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Jewel Roemer scored three goals and blocked a number of Sacred Heart shots at NorCal Championships.

Photo Gint Federas

## Acalanes Girls, Campo Boys win NorCal Championship

By Jon Kingdon

How do you improve on an undefeated season where you win the North Coast Section championship? If you're the Acalanes girls water polo team, you extend your unbeaten streak to 57 games, you win the NCS championship and you then win the NorCal Championship, a tournament that was canceled last year due to the fires and air quality, dominating Sacred Heart Prep by a score of 10-4.

"Winning the Norcal Championships this year gave us a capstone to the season," head coach Misha

Buchel said.

In playing their most complete game of the season, Acalanes jumped out to a 4-0 lead over Sacred Heart and led by as many as nine goals. "Our defense was unbelievable," said Buchel. "It was our most complete game of the year. We emphasized not relaxing or letting up and taking care of the defensive side of the pool and as a result of that, the offense would come."

Junior Ava Donleavy has been a real force in the goal, said Buchel: "Ava's saves on the inside are incredible. She has a real intuitive sense and does a

great job of adjusting to what the other team is doing, whether to play farther out from the cage or dropping back."

Sacred Heart did not score on any of their seven power play opportunities. It was a group effort, said Buchel: "Jewel Roemer, (who scored three goals) blocked a number of the Sacred Heart shots, Claire Rowell was fantastic leading the counter-attack. Brooke Westphal and Mary Beth Heffelfinger and the seniors had careers that were unparalleled with three championships in four years."

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COMPASS

## PG&E no-show at Lafayette city council meeting



Workers seen creating a gateway from the PG&E property onto Olympic Boulevard Nov. 5.

Photo Pippa Fisher

By Pippa Fisher

Despite multiple urgings from council members and city staff to engage with and hear the public, Pacific Gas and Electric Company declined an invitation from the mayor to attend the Nov. 12 council meeting to explain its plans for a major project to upgrade a gas regulator station at the intersection of Reliez Station Road and Olympic Boulevard in Lafayette.

Mayor Mike Anderson had invited PG&E to attend and make a presentation on the proposed project to answer concerns from neighbors who only found out about the work last month when work trucks started showing up on their street following the utility's purchase of a house next

to PG&E's existing site.

The location at Andreasen Drive has been used as a regulator station to reduce the pressure of natural gas from a larger transmission line to feed into smaller lines of the distribution system to reach homes and businesses for nearly 60 years.

Residents have concerns ranging from the aesthetics of the project, given PG&E's proposal to remove the line of redwood trees and concerns over what might replace them, to the safety of such a facility on a heavily traveled corridor where crashes have happened, to demands for an emergency egress to be created at the east end of Andreasen Drive since it is currently a dead-end.

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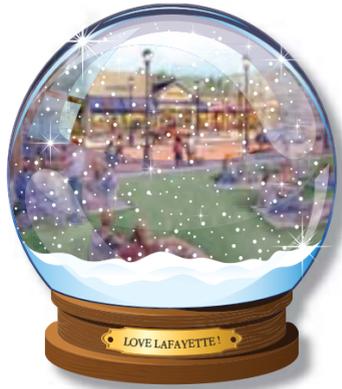


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COMPASS

The Dana Green Team is once again proudly joining the Chamber of Commerce and Branagh Development in sponsoring the 7<sup>th</sup> Annual Community Holiday Celebration and Tree Lighting. Rumor has it, Santa plans to arrive by 4:30 p.m.



**EVENT DETAILS**

Friday, December 6<sup>th</sup>  
 4:00 p.m. to 6:30 p.m.  
 Lafayette Plaza

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**Safety and circulation issues cited as car wash proposal is nixed**



Photo Pippa Fisher

The car wash, which was denied Nov. 18, was proposed near one of the worst traffic intersections in Lafayette.

**By Pippa Fisher**

The Lafayette City Council unanimously agreed to deny a controversial car wash proposed next to the Acalanes High School on appeal, overturning previous approval by the planning commission, and directed city staff to prepare a resolution of denial which will be voted on as a consent calendar item at the Dec. 9 city council meeting.

The Nov.18 meeting was a

continuation of the council’s previous Oct. 15 meeting on the subject (see story in Oct. 30 issue of Lamorinda Weekly) during which it was decided to bring the matter back at a special meeting, to give both staff and the applicant time to provide some answers to further concerns brought up by the council.

The applicant and owner of the Shell gas station at 3255 Stanley Blvd., Vanita Bindal, was requesting a land use

permit to demolish the existing 566-square-foot office/retail space and install a new self-service car wash and a 763-square foot office/retail space.

Neighbors Jon and Lisa Williams, whose property shares a fence along which the proposed car wash would be located, were appealing the planning commission’s decision to approve it, based on noise, pollution, safety and potential lowered property values.

The council listened to city staff, and then to the applicant’s attorney David Bowie together with the project architect, as they addressed the various concerns raised during the last meeting. Such concerns included the hours of operation, parking, noise and most notably the amount of space available, looking at turning radii and the implications for on-site circulation affecting the already congested intersection.

City staff acknowledged

that although cars would be able to maneuver between the gas pumps to the car wash in theory, it could become “challenging” if other cars were present.

Of great concern to the council – and to the 23 speakers who made their voices heard during public comment, along with multiple written comments against the project – was the issue of safety for the Acalanes High School students who already jaywalk across Stanley Boulevard to get to the shop for snacks. A couple of residents, including one police officer expressed concern about a bigger retail store staying open 24 hours and the potential for attracting crime.

Council Member Steven Bliss noted his very serious concerns about health and safety, saying that with the city’s goal of encouraging safe routes to school for children, “This takes us very much in the wrong direction on that broader goal for our city,” and he said he had secondary

concerns about nuisance and enforcement.

Mayor Mike Anderson acknowledged that there were many very valid issues but said that for him, “My biggest problem is really the onsite circulation which then has effect on offsite circulation and congestion,” noting they hadn’t even considered how delivery trucks would manage.

“It’s pretty obvious that when you have a site whose internal circulation doesn’t work, it does back up onto adjacent streets,” said Anderson, noting that there are other similar situations in the city.

Many members of the public stayed until late into the night to the end of the meeting and showed their appreciation for the decision with a round of applause, reflecting the overwhelming sentiment in the room that this neighborhood was not the right location for a car wash.

**Fall Citizens’ Police Academy class graduates applauded**



Photo Pippa Fisher

Graduates of the fall session of the Citizens’ Police Academy pose with Police Chief Ben Alldritt, Crime Prevention Commissioner Denise Brown and the Lafayette city council at the Nov. 12 council meeting.

Lafayette Police Chief Ben Alldritt congratulated the graduating Citizen’s Police Academy fall class at the Nov. 12 city council meeting.

Acknowledging the commitment the class requires of participants who give up a night a week to experience various areas of police work, Alldritt said that he was appreciative of the chance to “lift the veil” on police work. He said that the twice-a-year

sessions give the police a chance to engage with local citizens who want to learn what the police do and to share their feedback.

Alldritt thanked crime prevention commissioners Denise Brown and Judie Peterson who, together with Police Community Services Officer Cathy Surges-Moscato, he said, make the academy happen.

– P. Fisher

Further information on the Citizens’ Police Academy can be found on [www.lovelafayette.org/city-hall/city-departments/police/citizen-s-police-academy](http://www.lovelafayette.org/city-hall/city-departments/police/citizen-s-police-academy)



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**Lafayette Public Meetings**

**City Council**  
 Monday, Dec. 9, 7 p.m.  
 regular meeting  
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

**School Board Meetings**  
**Acalanes Union High School District**  
 Wednesday, Dec. 11, 7 p.m.  
 AUHSD Board Room  
 1212 Pleasant Hill Road, Lafayette  
[www.acalanes.k12.ca.us](http://www.acalanes.k12.ca.us)

**Planning Commission**

Monday, Dec. 2, 7 p.m.  
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

**Design Review**

Monday, Dec. 9, 7 p.m.  
 Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

**Lafayette School District**

Wednesday, Dec. 18, 7 p.m.  
 Regular Board Meeting  
 Stanley M.S. Library  
 3477 School St., Lafayette  
[www.lafsd.k12.ca.us](http://www.lafsd.k12.ca.us)



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# Hillside Memorial vigil honors those who served



Photo Pippa Fisher

As the sun went down Nov. 11, members of the community joined together beneath the imposing swath of crosses at the Lafayette Hillside Memorial to hold a vigil marking Veterans Day with poetry, music and reflection.

Amongst those in attendance were Lafayette Mayor Mike Anderson, County Supervisor Candace Andersen, and a representative from the office of Congressman Mark DeSaulnier who all thanked veterans for their service and noted the price those men and women have paid.

Formerly known as the Crosses of Lafayette, the Lafayette Hillside Memorial is preserved by a recently formed nonprofit organiza-

tion, with a board of directors and an advisory group comprised of a diverse group of community members. They describe the memorial as "A sacred place of reflection and remembrance; a protest against forgetting. It is a place to recognize, honor, and commemorate individual national service contributions. The memorial is also a place that encourages individual and public reflection on those contributions, and the otherwise unintended, unseen, and unexamined costs of war."

More information on the memorial can be found at <http://www.lafayettehillside-memorial.org/> - P. Fisher

# PG&E no-show at Lafayette city meeting

... continued from Page A1

PG&E Spokesperson Tamar Sarkissian explained in emailed comments that they purchased the adjacent property, details of which were not made public due to a non-disclosure agreement, to facilitate the upgrade of the station.

"The purpose of this project is to improve safety for the community by removing the old regulator station, building a new regulator station and installing automated valves. PG&E will be installing a receiver for an inline inspection testing tool (also known as a pig) which will allow easier and less invasive testing of the condition and integrity of the pipeline that runs through the station," Sarkissian said. "We also will be installing automated valves at the location which will enable PG&E to turn off the flow of gas remotely."

In a letter dated Oct. 30 to PG&E and the city of Lafayette, Gas Safety Task Force Members Michael and Gina Dawson ask why this particular site was chosen. "Why has PG&E ruled out an automated valve location in a more central location to three transmission lines that may expedite gas release containment to expanded areas of the city?"

Preliminary work, including vegetation removal, demolition of the existing house and grading began the week of Nov. 4 with removal of four trees on the east end. Construction work on the station is expected to start in early 2020 and is projected to conclude in the third quarter of the year.

Council Member Cam Burks asked Planning Director Greg Wolff when the city first asked the utility to reach out to residents. "Last year," replied Wolff. When Burks then asked when the utility actually reached out to residents, Wolff replied "Last week."

Burks has been heavily critical of PG&E. In an email dated Oct. 25 Burks urged PG&E, "Please, try to start being good neighbors and re-

spect what a true relationship could accomplish for all parties. Just go out and engage neighbors and tell them what you are doing."

Council Member Steven Bliss noted that of all the meetings not to come to, "It's incredible to me that they're not here tonight."

When asked why they did not attend the meeting, Sarkissian referred to talks they have had with city staff and the two meetings they have had recently with the neighbors. "Since January of 2018, PG&E has been meeting closely with the city of Lafayette regarding the Reliez Station safety and reliability project. Additionally, we have had multiple meetings with the local community and HOA, including earlier this month. We also shared an updated fact sheet with the city of Lafayette earlier this month. There was no new information to share at this point."

Andreasen Drive Homeowners Association president Aron Rosenberg explained to the council that they have given a list of "non-negotiable" requests to PG&E concerning a second emergency egress, construction of a wall matching that of the neighboring Olympic Oaks development, a study into vehicular safety of the intersection and said that in exchange for the utility holding off on tree removal other than the four that have already been removed, the association will hold off litigation. "We have not yet filed any legal action against PG&E," said Rosenberg. "Although we reserve the right to do so." He said that the utility had promised to get back to them within two weeks.

Saying that it showed negligence for PG&E to not come to the meeting, Burks said he wants to document all concerns and that a letter should be sent to the utility and to the California Public Utilities Commission. "If there's one community they could endear themselves to it would be this one," he said.

"It was their opportunity and they missed it," agreed Anderson.

**CORRECTION:** In the article "Cancer Support Community shares plans at public information meeting" published in the Nov. 13 issue of Lamorinda Weekly, the Cancer Support Center was listed incorrectly as the Cancer Support Center. Our apologies for this error.



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**December 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>**

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## 'Tis the season to be wary

By Vera Kochan

The holidays are just around the corner, and scammers are gearing up to separate generous donors from their money and more. While scamming is always in season, the holidays are more rampant with nefarious individuals that make The Grinch look down-right affable.

The State of California Office of the Attorney General has cautionary advice for anyone considering making a charitable donation. "Charities operating in California and telemarketers soliciting

donations in California are required to register with the Attorney General's Registry of Charitable Trusts. They are also required to file annual financial reports. Current registration status with the Attorney General's Office does not mean the Attorney General endorses or has approved the activities of the organization." For information on those records visit [www.oag.ca.gov/charities](http://www.oag.ca.gov/charities).

Many charities are not necessarily registered in California. As such, the OAG suggests it would be wise to donate to an organization that has a proven track record.

Doing a small amount of research can save you grief in the long run.

The OAG also warns consumers to watch out for charities that use similar-sounding names. "Some organizations use names that closely resemble those of well-established charitable organizations to mislead donors. Be skeptical if someone thanks you for a pledge you never made. Check your records." By the same token, scammers may also use look-alike websites or company logos to fool would-be donors.

It is becoming increasingly important to protect

your identity. Never give your social security number or other personal information in response to a charitable solicitation. Only give your credit card information after you are certain that the organization is legitimate and familiar to you.

The OAG warns that if a fundraiser or telemarketer exhibits abusive, coercive or threatening behavior consumers should visit their website and file a complaint.

The Federal Trade Commission (<https://www.consumer.ftc.gov>) has some tips for consumers regarding scammers' tricks. "Don't let

anyone rush you into making a donation; scammers can change caller ID to make a call look like it's from a local area code; scammers make lots of vague and sentimental claims but give no specifics about how your donation will be used; bogus organizations may claim that your donation is tax-deductible when it is not; guaranteeing sweepstakes winnings in exchange for a donation is not only a scam, it's illegal."

If you believe you have been the victim of a scam call the Moraga Police Department at (925) 888-7055.

## SMC SEBA Case Competition utilizes Painted Rock as this year's focus



Prize winning teams and the judges

Photo Vera Kochan

By Vera Kochan

The Moraga Chamber of Commerce and Saint Mary's College have once again partnered for the second annual case competition. The School of Economics and Business

Administration was tasked with developing a strategy for making Moraga a prime hiking destination in the East Bay thanks to the recent acquisition by John Muir Land Trust of the 84-acre Painted Rock area. This year's com-

petition also included possible strategies for boosting retail within Moraga's shopping centers thereby creating an influx of sales tax dollars.

The 100% community funded event was held Nov. 12 at SMC's Soda Center and

once again involved Professor Marco Aponte-Moreno's Strategic Management class.

The five teams in the competition were tasked with overcoming five criteria with regards to a five-year strategy: competitive advantage,

market need, potential for success, financial needs and presentation.

Throughout the course of the semester Moraga Town Manager Cynthia Battenberg, EBMUD Board Member Dee Rosario, JMLT Executive Director Linus Eukel, JLL Leasing Company's (Rheem Center) Jeff Badstubner, Parks and Recreation Director Breyana Brandt, Dover Saddletry Manager Madeline Appel and Vicki Von Arx, who represented the local horse community, spoke to the class offering their expertise.

Team 1 members Sarah Gonzalez, Noah Greene, Javier Landaverde, Byron Scott and Roman Zamora titled their presentation "Hidden Masterpiece of the East Bay." They suggested a Community of Colors Art Festival that could be inexpensively marketed through word-of-mouth and flyers;

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**Holiday Tree Lighting**  
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## Kwan leaves Moraga after seven years on the job



Edric Kwan

Photo Vera Kochan

### By Vera Kochan

Director of Public Works Edric Kwan announced his resignation to a stunned town council during the Nov. 13 meeting. He begins his new career in January with the County of Alameda as Deputy Director of Public Works, overseeing a staff of approximately 100 in the Engineering Department. His new position will allow him to solve problems on a grander scale due to Alameda

County's resources, staff and funding.

Kwan reminisced, "There's a lot to miss about Moraga. I'm really going to miss this community. There's a true sense of teamwork and participation with the community that only a small town can provide." He added, "The week after I started with Moraga in June of 2012, the community held a staff appreciation event. It was at that moment that I fell in love with Moraga. It's been my experi-

ence that working with numerous public agencies that I've never seen that before, and I was so touched."

Town Manager Cynthia Battenberg said, "Edric started at the town in 2012, just before the passage of Measure K and was instrumental in developing the town's award-winning Pavement Management Program that has increased the town's pavement condition index from 49 in 2012 (Fair) to 74 in 2018 (Good)."

Battenberg added, "The Town was fortunate to have Edric at the helm of Public Works in 2016 when the Rheem sinkhole appeared as Edric provided strong leadership in fixing the sinkhole and obtaining FEMA reimbursement for the majority of the work."

Further recognizing Kwan's value to Moraga, Battenberg stated, "The town has benefited from Edric's ability to find and secure grant funding - for the Alta Mesa/Moraga Road intersection, Laguna Creek daylighting project, Canyon Road temporary and permanent bridges, Moraga Road resurfacing, and design work for the St. Mary's round-

abouts."

Kwan is also pleased with the outcome of his involvement regarding the All Access Playground and restoring the Hacienda's Pavilion. However, he does regret that he won't be here to see the completion of the New Canyon Bridge.

"My one biggest disappointment is the failure of the storm water measure," Kwan said. "It did not provide me the desperately needed funds to manage the storm water system and avoid catastrophes such as sinkholes."

In retrospect Kwan's pride and joy was the Pavement Project. He nurtured it from birth when Measure K passed and feels that the results turned out much better than anticipated.

Council Member Steve Woehleke said, "As a (council) member, I am impressed at the number of Moraga residents who have complimented Edric's incorporation of their input into projects. In particular, the Public Works Department tackled three major road safety projects this year. In each case, these intersections posed significant pedestrian safety challenges, two of them involving children traveling to

and from school. Edric led citizen engagement meetings and incorporated learnings into final designs."

Council Member Mike McCluer added, "Edric is very knowledgeable and especially easy to work with, always doing whatever it takes to help our town. He has worked on many of our large important projects. I will miss him!"

Kwan looks forward to serving a larger population, stressing "money doesn't motivate me. I took a pay cut coming to Moraga. What keeps me interested is the new challenges. I came here to do whatever I could to leave Moraga a better place if I ever left. I know that my work isn't complete, but I've done what I can to position my successor to take it to the next level."

Battenberg observed, "While Edric's professional accomplishments are significant, Edric's artistic Power-Point presentations and attire, his ability to take a technical issue and make it easy for a lay person to understand, his loyalty, his passion for public works and his excitement about life in general are what make him special."

## SMC SEBA Case Competition utilizes Painted Rock as this year's focus

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entice a store such as Sports Basement to move into town and provide sporting goods as well as offer guided tours to Painted Rock involving hiking, biking and skill testing through their on-sight equipment; partner with SMC for a capstone community project to "paint the rock"; and invite retail stores such as Michaels, BLICK art supplies, The Vitamin Shoppe and Panera Bread to open stores that would appeal to art enthusiasts and the health conscious.

Team 2 members Alexander Banks, Logan Bradeson, Ryan Connolly, Brandon Talavera and Greg Platner's presentation, titled "Family-Friendly Hiking Capital of the East Bay," suggested a partnership with The Taylor Family Foundation known for their nature-driven youth camp. TTF is a well-established organization whose donors could add an influx of cash to the Painted Rock hiking vision. Other suggestions included: "A Day at Painted Rock" in July with activities for kids and evening concerts for adults; creating a dog park; bathrooms; water fountains; log benches; natural surface trails and signage. Promotion for the facility would be through Snapchat Geotag that would spread awareness of Painted Rock. On the retail side a Mexican restaurant and Homegrown eatery along with a GNC vitamin store were possibilities.

Team 3 members Logan Bockhahn, Eric Harrelson, Anthony Hudson, Nicholas Lloren and Felix Song promoted "Moraga, A Dog Owners Paradise." Their target market was dog owners where two options for a fenced or unfenced area were discussed. A secondary

market was aimed at the general public including multi-use trails that could also be utilized by SMC and Campolindo's athletic departments. On the retail side it was noted that Rheem already has a pet shop and any additional eateries should be of the health conscious variety.

Team 4 members Miles Campbell, Kaitlyn Fong, Matthew Ouellet, Katina Biggers and Anthony Tucci promoted the theme "Walk the Rock." Their presentation stressed the desire to keep Moraga "rustic" and basically unchanged. Striving to remain cost effective their suggestion was to take advantage of partnering with East Bay Regional Parks known for its well-maintained park system, while offering natural surface trails, a parking lot, Bocce Ball courts, a nine-hole disc course and dog park. The goal for low-cost implementation is to open the area as soon as possible for the public's use. Marketing strategy relies heavily on word-of-mouth.

Team 5 members Alondra Barajas, Tom Moise, William Cooper, Casey Weider and Kaleigh Wright's theme was "Small Town, Big Adventure." An autumn "Paint the Rocks" Festival held at the Rheem Shopping Center would focus on local food and beverage vendors. The stress would be on art and music from local bands and artists. Additions to Painted Rock itself include color-coded trails, rustic benches, unisex restrooms and water stations for humans and dogs. On the retail side, suggestions were to add an athletic clothing store, healthy eateries and a vitamin shop. Marketing would depend on using the town's and EBRP's websites. Publicizing the festival would extend to news me-

dia sources.

The evening's judges were AcelRx Pharmaceuticals, Inc. Chief Engineering Officer Anil Dasu, Moraga Town Manager Cynthia Battenberg, US Realty Partners Principal Tina Colacino, John Muir Land Trust Executive Director Linus Eukel, PGIM Real Estate Managing Director Tim Hennessey, Moraga Chamber of Commerce Executive Director Kathe Nelson and Neighborhood Computers Owner (SMC Alum '07) Grant Stubblefield.

The winners were announced by Saint Mary's Col-

lege SEBA Dean Elizabeth Davis and certificates of recognition were presented by Matthew Wright, field representative for California State Assembly Member Rebecca Bauer-Kahan.

Team 2 was awarded third place, sharing the \$1,500 prize; Team 5 took second place, with a \$3,500 prize; and Team 4 won first place with a \$5,000 prize.

"It was a great project for the students and a lot of people are invested in them to have a real world experience," Battenberg stated. "The students had a unique perspective."

Professor Aponte-Moreno was excited when the chamber first proposed Painted Rock adding, "I'm so proud. They all did great. The students were all on the same level."

When asked how many of the proposals will be looked into Nelson replied, "Bits and pieces of the winners' presentations could be utilized. The Chamber will get together with JMLT to make any decisions, which could later go before the town council. The college did a great job organizing all the details."

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**Town Council**  
Wednesday, Nov. 27, 7 p.m.  
Wednesday, Dec. 11, 7 p.m.  
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

**Planning Commission:** Monday, Dec. 2, 7 p.m.  
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

**Park and Recreation Commission:** Tuesday, Dec. 17, 7 p.m.  
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

**Moraga School District Board Meetings:** Thursday, Dec. 10, 7 p.m.  
Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga  
[www.moraga.k12.ca.us](http://www.moraga.k12.ca.us). See also AUHSD meeting page A2

## Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Lamorinda Home?

Lamorinda - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-489-1443 and enter 1000. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

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**ORINDA**

See public meetings schedule on this pages and check online for agendas, meeting notes and announcements  
**City of Orinda:**  
 www.cityoforinda.org  
 Phone (925) 253-4200  
**Chamber of Commerce:**  
 www.orindachamber.org  
**The Orinda Association:**  
 www.orindaassociation.org



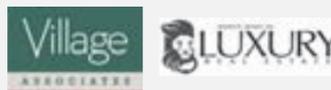
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**Orinda council responds to resident concerns, amends urgency ordinance on short-term rentals**

By Sora O'Doherty

The urgency ordinance banning non-hosted short-term rentals in Orinda was adopted by the city council on Nov. 19, but with some changes in response to issues raised by the public. The ordinance is effective immediately. One significant change in the ordinance imposes a two-night minimum rental requirement for short-term rentals.

After the Nov. 5 decision by the council to ban non-hosted short-term rentals provided by agencies such as Airbnb, the council received considerable email communications, and about a dozen residents attended the Nov. 19 meeting to voice their views. City attorney Osa Wolff was present and amended the wording of the ordinance on the spot in accordance with the wishes of the council.

In response to a mass shooting during a party at a non-hosted Airbnb in Orinda on Halloween that resulted in five deaths, the city council chose to ban non-hosted short-term rentals, defined as rentals of less than 30 days,

but to allow hosted short-term rentals to continue. There was some confusion and disagreement, however, in what is required to qualify as a "hosted" STR. Staff presented two alternative drafts of the ordinance, with one that would have required STRs to be more like the European bed and breakfast model when the host lives in the home and rents out rooms. That draft did not find favor with speakers or with the council.

Instead the final urgency ordinance bans all short-term rentals, with an exception carved out if the STR meets the following criteria: STR registration requirements have been met; the property is owned by the host and contains the host's primary residence, although that residence may be in a separate structure from the STR; the host is physically present to greet guests and to monitor and regulate activities on the property, although the host need not be on the property continuously; that the host sleep at the property and any listings for the STR must specify that the host will be present. In addition, any listing or advertisements

for the property must allow the city to identify the property.

A number of speakers objected to a requirement that the host remain in the same structure as the guests, and there was confusion about the host being required to prepare and share meals with the guests. Wolff explained that the meal requirement was only that the host prepare and eat meals on the property, and was just to show that the host lived on the property. The requirement was dropped.

Public comments ranged from fully supporting Airbnb to supporting a total ban on short-term rentals. In support of a total ban, Bob Weiss said, "Airbnb can't protect us. We can't protect ourselves." Sarah Funk found both drafts over-reaching and unfair. Christine Chalmers urged the council to take action without fear of legal repercussions. "How much of Airbnb's business comes from illegal rentals?" she wondered.

Planning Director Drummond Buckley stated that regulation cannot prevent illegal activities, and that additional code enforcement activity would be required.

At least one speaker, Pam Whitman, opposed regulating STRs, but wondered why there was no discussion of regulating guns. Several speakers questioned the mutual aid agreement that resulted in Orinda police officers not being present at the time of the shootings on Halloween, and some called for greater police presence on high risk nights, such as Halloween, New Year's Eve, and prom night. Latika Malkani spoke about objectional discriminatory views in the wake of the shooting incident, and urged further community hearings before adopting the ordinance. She also suggested gun control.

A number of speakers referred to wonderful experiences with short-term rentals, while some neighbors complained about conditions living close to STRs.

The urgency ordinance went into effect immediately upon adoption and lasts for 45 days. The council has the option of extending the ordinance for a period of up to two years. A replacement ordinance would be required to go through the usual adoption procedures.

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**Orinda accepts final ConnectOrinda plan**

By Sora O'Doherty

The Orinda City Council unanimously welcomed the final ConnectOrinda plan Nov. 19. Mayor Inga Miller praised the plan as "very Orinda," calling it "a special, special document that allows us to dream about how we can make these things happen." Acceptance of the plan had

been continued from the previous Nov. 5 city council meeting due to the emergency consideration of an urgency ordinance addressing short-term rentals after the Halloween mass shooting at an Airbnb on Lucille Lane.

At the conclusion of the year-long project, the plan was submitted by contractor Eisen | Letunic in consultation with Fehr & Peers Trans-

portation Engineering, WRT Landscape Design, BKF Civil Engineering and Steven Grover & Associates Architecture & Engineering. Entitled "ConnectOrinda: Bringing Together Downtown Orinda," the 133-page plan includes recommendations, design guidelines, and a comprehensive transportation study and will be a chapter in the forthcoming Downtown Orinda Precise Plan.

The project's goals focused on projects that connect the two sides of downtown, support future pedestrian access along San Pablo Creek, preserve Orinda's unique sense of place and beautify the downtown, and produce grant-eligible projects. For the Village District, the plan recommends connecting the Village to BART by transforming walkways with gateway treatments, plantings, art and safety improvements and re-opening the second BART entrance (\$1-1.5 million); highlight creek access points and enhance creek-viewing and experiencing opportunities (\$100,000-\$150,000); and enhance and activate the library terraces on Orinda Way (\$5,000-\$400,000).

For the Theatre District, the plan recommends beautifying and enhancing the safety of existing pathways and pedestrian bridges between the Theatre District and BART (\$375,000-\$600,000); creating a part-time pedestrian alley at Vashell Way (\$100,000-\$250,000); and constructing a living-landscape berm on Bryant way to block freeway noise (\$200,000 to \$400,000). The recommended streetscape design guidelines include incorporating green infrastructure, broadening Orinda's public art collection, improving sidewalks, crosswalks, lighting and bike/scooter parking, and establishing a maintenance program for public property. It was also suggested that the city should consider curb extensions and parklets.

The plan also included some long-term projects of various viability. A stay-high pathway to join the pedestrian bridges over the BART driveways and over the westbound freeway ramps with an elevated walkway was deemed potentially effective and viable. Other projects were deemed potentially feasible, but with significant chal-

lenges, including a new pedestrian/bicycle bridge, a new eastbound Highway 24 onramp accessible from Camino Pablo and a two-way protected bikeway in the existing roadway. Projects considered to be unlikely to be viable included an aerial gondola over BART and Highway 24, and protected bikeways created by tunneling behind or by moving existing bridge supports, and roundabouts.

The plan was introduced by Senior Planner Adam Foster, and Planning Director Drummond Buckley said, "By the city doing some of these projects, we hope to spur private development. Council Member Nick Kosla said he was very impressed, and hopes that the plan will lead to connecting business with each other, as happened in Truckee. Council member Amy Worth emphasized the real opportunity for bike and pedestrian paths, as opposed to the existing paths that are limited to pedestrians, and council member Dennis Fay agreed that the plan sets the stage for downtown development.

The plan may be viewed at <https://cityoforinda.app.box.com/v/ConnectOrindaDraft>

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**Lamorinda teams assist in county-wide emergency drill**

By Sora O'Doherty

On Saturday, Nov. 16, as the Bay Area was rocked by a 7.0 earthquake, a gas station in Moraga fell into a sinkhole. Well, not really, but Lamorindans with active imaginations reported this and other casualties as part of a county-wide emergency drill. Members of Lamorinda CERT (Community Emergency Response Team) joined many other CERT organizations throughout Contra

Costa County and partnered with the California Office of Emergency Services, the Contra Costa Sheriff's office and the County's Community Warning System to conduct an emergency communications exercise - Light Up The San Francisco Bay.

Early in the morning, volunteers were told that there had been an earthquake along the North Hayward Fault with the epicenter in the San Pablo Bay. Field CERT teams were directed to gather, conduct

windshield surveys and/or fill out their local rapid needs assessment forms, and communicate simulated messages to their CERT division incident commands or directly to their EOCs to provide rapid situational awareness to city and county officials prioritizing mass threats to life and major infrastructure failures. A windshield survey is a quick drive through an area, to identify immediately visible damage. ... continued on Page A9

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## Suspects arrested in ongoing investigation into Orinda shooting

By Sora O'Doherty

The Contra Costa County Office of the Sheriff on Nov. 21 served additional arrest warrants and search warrants in multiple locations, including Martinez and Vallejo, in connection with the Oct. 31 Orinda shooting. Law enforcement agencies had served arrest warrants and search warrants in several Bay Area counties and arrested five suspects on Nov. 14, but the Contra Costa District Attorney declined to press charges and the suspects were released shortly thereafter.

The two suspects are identified as: Domico Dones, 29, of Martinez, who was booked on charges related to the Orinda shooting, and Frederick Johnson, 29, of Vallejo, who was also booked on charges related to the Orinda shooting. The Contra Costa County DA's Office has filed two formal charges against Dones: being a felon in possession of a firearm and a felon in possession of ammunition. The Solano County DA's Office has filed the following charges against Johnson: being a felon in possession of a firearm, a felon in possession of ammunition,

and child endangerment. Both suspects are being held at the Martinez Detention Facility. Dones is being held in lieu of \$300,000 bail; Johnson is being held in lieu of \$75,000 bail. The sheriff's office was assisted by the Bureau of Alcohol, Tobacco, Firearms and Explosives.

According to Contra Costa Sheriff David Livingston, evidence shows two of the deceased persons inside the house were themselves armed, which, he said, may have played a role in this tragedy. The investigation into the shooting is ongoing. Anyone with any information

is asked to contact the Sheriff's Office Investigation Division at (925) 313-2600. For any tips, please email:

[tips@so.cccounty.us](mailto:tips@so.cccounty.us) or call 866-846-3592 to leave an anonymous voice message.

### Orinda Public Meetings



#### City Council

Tuesday, Dec. 3, 7 p.m.  
Regular Meeting  
Library Auditorium, Orinda Library, 26 Orinda Way

#### Planning Commission

Tuesday, Dec. 10, 7 p.m.  
Library Auditorium, Orinda Library, 26 Orinda Way

#### Citizens' Infrastructure Oversight Commission

Wednesday, Dec. 11, 6:30 p.m.  
Sarge Littlehale Community Room, 22 Orinda Way, Orinda, CA 94563

#### Orinda Union High School District Board Meetings

Monday, Dec. 2, 6 p.m.  
Regular Board Meeting  
8 Altarinda Rd., Orinda [www.orindaschools.org](http://www.orindaschools.org)  
See also AUHSD meeting page A2

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# Painted Rock charred after second MOFD controlled burn



Photos David Grube for John Muir Land Trust

## By Nick Marnell

The Moraga-Orinda Fire District continued its aggressive wildfire mitigation program in November by completing a controlled burn on the east side of Painted Rock in Moraga and a 12-acre controlled burn on the east side of San Pablo Reservoir in Orinda.

The district took advantage of a cool, cloudy Nov. 14 and conducted a training session at Painted Rock, along Moraga Road near Rheem Boulevard, and completed an 8-acre controlled burn on the east side of the town's de facto monument. In June, MOFD conducted the district's first ever controlled burn of 4 acres on the same side of

Painted Rock.

The controlled burn near the San Pablo Reservoir was completed the next day in a remote area northwest of Briones Dam. The district said the project was intended to reduce heavy fuels in the area and promote regeneration of native oaks.

MOFD recently completed its North Orinda Shaded Fuel

Break project, a \$4 million state-funded effort to reduce the risk of wildfires along a ridge from Tilden Park to Acalanes High School. The fuel break is one of six statewide projects completed out of 35 approved by Gov. Gavin Newsom in March.

Fire district spokesman Dennis Rein said that residents should prepare for

more prescribed fire projects as they are a key element in controlling unruly vegetation and preventing wildfires. "Better that residents tolerate a little bit of smoke from a low-intensity prescribed fire now than a lot of smoke from a wildfire later," Rein said.

# How to properly store water for emergencies



Photo Vera Kochan

## Store bought, one-gallon containers of drinking water

### By Vera Kochan

After the last round of unpredictable power outages, miscommunications and unreliable utility usage, it became increasingly clear that resi-

dents must do all they can to take emergency survival matters into their own hands.

While the public, through trial and error, has learned to cope without electricity, thus far water resources and its availability have not been put to the test this season.

According to East Bay Municipal Utility District there are a few myths that need to be debunked in order to keep consumers safe.

**Myth:** I can use water from a pool or water heater for emergency drinking water. **Fact:** Pool water may have bacteria or chemicals, and water heaters may have metals. Do not drink this water or use it for hygiene. You may use this water for other purposes, like to flush a toilet. **Myth:** I have plastic one-gallon jugs of water. I don't need other emergency water. **Fact:** Plastic from everyday containers of water can leach into the water over time. This

plastic isn't made to withstand longer-term storage or variations in temperature.

They can also leak. You'll need storage grade plastic meant for long-term use. **Myth:** Water goes bad. **Fact:** Water doesn't "expire," however, over time, plastics or chemicals can leach into water if stored improperly. Bacteria can also grow if the water container isn't sealed or is exposed to warm temperatures.

It is recommended that at least one gallon of water per person per day for three days be stored for both drinking and sanitation purposes, although various sources differ between one gallon to two gallons per person per day. Pet owners are reminded to store extra water for their animals. Individual human needs may vary according to

climate, age, diet, health or physical condition. Children, pregnant or nursing mothers, or sick people may need more water.

The official website of the Department of Homeland Security <https://www.ready.gov/water> states, "Never ration drinking water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool." They also recommend not drinking sodas, alcohol or caffeinated drinks instead of drinking water. These beverages cause dehydration which increase the need for water.

The Federal Emergency Management Agency stresses the importance of storing

water in food-grade water storage containers if residents are preparing their own containers. These can be purchased from surplus or camping supply stores. "If you decide to re-use storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them." Milk protein and fruit sugars cannot safely be removed from cardboard containers and provide a breeding ground for bacteria. Storing water in glass containers is also not advised as they can become heavy and might break.

If purchasing water from stores, note that there are expiration dates on each gallon-size container. Adhere to the use-by dates, and when necessary purchase replacements as needed.

Share your thoughts, insights and opinions with your community. Send a letter to the editor: [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com)

## Fire District Public Meetings

**Moraga-Orinda Fire District**  
Board of Directors  
Wednesday, Nov. 20, 7 p.m.  
Go to the website for meeting location, times and agendas.  
Visit [www.mofd.org](http://www.mofd.org)



## ConFire

Board of Directors  
Tuesday, Dec. 10, 1:30 p.m.  
Board Chamber Room 107,  
Administration Building  
651 Pine St., Martinez.  
For meeting times and agendas, visit [www.cccfpd.org](http://www.cccfpd.org)



## Public Safety

### Emergency response:

Emergency: 24 Hours 911  
Police Dispatch: 24 Hours  
925-284-5010

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**Lafayette Police Department:**  
3471 Mt. Diablo Blvd.  
925-283-3680  
Chief of Police, Ben Alldritt  
925-299-3221

Police Department Tip Line  
94549Tip@gmail.com  
Police Department Traffic Issues  
94549Traffic@gmail.com

**Moraga Police Department:**  
329 Rheem Blvd., 925-888-7055  
Chief of Police, Jon King ext. 7049  
**Orinda Police Department:**  
22 Orinda Way 925-254-6820  
Chief of Police, David M. Cook  
925-254-6820  
[Orindatip@cityoforinda.org](mailto:Orindatip@cityoforinda.org)

### Lafayette Police Department Incident Summary Report



**Nov. 3 - Nov. 16**  
Alarms 52  
911 Calls (includes hang-ups) 14  
Traffic 107  
Suspicious Circumstances 11  
Suspicious Subject 37  
Suspicious Vehicle 11  
Service to Citizen 52  
Patrol Req./Security Check 13  
Pubic/School Assembly Check 4  
Supplemental Report 26  
Vacation House Check 3  
Welfare Check 30  
**Vehicle violations**  
Auto Burglary  
1100 Block Garden Ln.  
Happy Valley Rd./Deer Hill Rd.  
3700 Block Happy Valley Rd.  
3500 Block Terrace Way.  
900 Block Hough Ave.  
DUI Misd  
3600 Block Mt. Diablo Blvd.  
Exhibition Of Speed  
Silver Springs Rd./Moraga Rd.  
Hit And Run Misdemeanor  
50 Block Lafayette Cir.  
900 Block Moraga Rd.  
900 Block Dewing Ave.

70 Block Lafayette Cir.  
Petty Theft Veh Parts  
900 Block Moraga Rd.  
Reckless Driving  
School St/Moraga Rd.  
1200 Block Pleasant Hill Rd.  
Mt. Diablo Blvd./Lafayette Cir.  
Glenside Dr./St Marys Rd.  
Moraga Rd./St Marys Rd.  
Road Rage  
1700 Block Reliez Valley Rd.  
Vehicle Theft  
900 Block Hough Ave.  
1000 Block Leland Dr.  
1200 Block Rose Ln.  
10 Block Greenvalley Dr.  
**Other criminal activity**  
Fraud False Pretenses  
1500 Block Sunset Loop  
10 Block Arbor Way.  
3400 Block Mt. Diablo Blvd.  
Grand Theft  
1200 Block Pleasant Hill Rd.  
Identity Theft  
Police Department  
900 Block Janet Ln.  
40 Block Los Arabis Cir. (2)  
10 Block Sessions Rd.  
3300 Block Mildred Ln.  
Panhaling  
St Marys Rd./S Lucille Ln.  
3500 Block Mt. Diablo Blvd. (2)  
Petty Theft  
3500 Block Mt. Diablo Blvd. (2)  
1100 Block Bacon Way.  
3400 Block Mt. Diablo Blvd.  
900 Block 3Rd St.  
Pleasant Hill Rd./Stanley Blvd.  
1000 Block Dolores Dr.  
Residential Burglary  
1000 Block 2Nd St.  
1000 Block Willow Dr.  
Shoplift  
3600 Block Mt. Diablo Blvd. (6)  
3500 Block Mt. Diablo Blvd. (4)  
**Nuisance to the Community**  
Battery  
3500 Block Mt. Diablo Blvd.  
Disturbance-domestic  
20 Block Hidden Valley Rd.  
3400 Block Moraga Blvd.  
1500 Block Pleasant Hill Rd. (2)  
600 Block Sweet Ct.  
Drunk In Public  
3500 Block Mt. Diablo Blvd.  
Harassment  
Moraga Blvd./4Th St.  
3300 Block N Lucille Ln.  
3100 Block Lucas Dr.  
10 Block Westminster Pl.  
Loud Music  
1800 Block Reliez Valley Rd.  
Mountain View Dr./Mountain View Pl.  
Loud Noise  
3600 Block Boyer Cir.  
1000 Block Dewing Ave.

Loud Party  
3500 Block Oliver Ct.  
900 Block Moon Ct.  
Oak St/Oconner Dr.  
Tilden Ln./Upper Happy Valley Rd.  
800 Block Mountain View Dr.  
Public Nuisance  
Deer Hill Rd./Brown Ave.  
3100 Block Stanley Blvd.  
3500 Block Mt. Diablo Blvd. (6)  
Foye Dr./Moraga Blvd.  
2Nd St/Monroe Ave.  
3500 Block Terrace Way.  
Mt. Diablo Blvd./Moraga Rd.  
Ameno Dr./Pleasant Hill Rd.  
800 Block Tanglewood Dr.  
3500 Block Plaza Way.  
**Other**  
Animal Control Call  
Pleasant Hill Rd./Greenvalley Dr.  
Ordinance Violation  
1000 Block Dewing Ave.  
3500 Block Hamlin Rd.  
Threats  
3600 Block Walnut St.  
Trespass  
3600 Block Chestnut St.  
1200 Block Warner Ct.  
700 Block Reliez Station Rd.  
600 Block Sky Ranch Ct.  
Trespass W/ Vehicle  
3400 Block Mt. Diablo Blvd.  
Unwanted Guest  
3300 Block Mt. Diablo Blvd.  
Not Available  
3500 Block Mt. Diablo Blvd. (2)  
900 Block Almanor Ct.  
Violation Restraining Ord  
1200 Block Warner Ct.

### Moraga Police Department Incident Summary Report



**Nov. 5 - Nov. 17**  
Alarms 16  
911 Calls (includes hang-ups) 9  
Traffic 54  
Suspicious Circumstances 20  
Suspicious Subject 1  
Suspicious Vehicle 5  
Service to Citizen 48  
Patrol Req./Security Check 27  
Supplemental Report 6  
Welfare Check 7  
**Vehicle violations**  
Accident Property  
Moraga Rd./Campolindo Dr.  
Excessive Speed  
Country Club  
600 Block Rheem Blvd.  
Via Barcelona/Rheem Blvd.  
Rheem Blvd./Woodminster Dr.

Moraga Way/St Andrews Dr.  
Petty Theft From Vehicle  
Campolindo High School  
Reckless Driving  
Moraga Way/Moraga Rd.  
Bollinger Canyon Rd./Joseph Dr.  
St. Marys College  
Moraga Rd./St. Marys Rd.  
Moraga Way/Miramonte Dr.  
**Other criminal activity**  
Battery  
Campolindo High School  
Extortion  
10 Block Fleuti Dr.  
Forgery  
Not Available  
Fraud Credit Card  
Police Department  
Residential Burglary  
Not Available  
**Nuisance to the Community**  
Loud Music  
800 Block Augusta Dr.  
Loud Noise  
Not Available  
Loud Party  
70 Block Miramonte Dr.  
10 Block Miramonte Dr.  
2000 Block Ascot Dr. (2)  
10 Block Brandt Dr.  
Public Nuisance  
Moraga Commons Park  
Public Nuisance  
10 Block Ashbrook Pl.  
Vandalism  
Police Department  
**Other**  
Ordinance Violation  
200 Block Scofield Dr.  
Public Assembly Check  
Rheem Valley Shopping Center  
Unwanted Guest  
Bank Of America  
Violation Custody Order  
1700 Block St Andrews Dr.

### ORINDA POLICE

### Orinda Police Department Incident Summary Report

**Nov. 3 - Nov. 16**  
Alarms 44  
911 Calls (includes hang-ups) 8  
Traffic 36  
Suspicious Circumstances 1  
Suspicious Subject 14  
Suspicious Vehicle 8  
Service to Citizen 62  
Patrol Req./Security Check 32  
Public/School Assembly Check 31  
Supplemental Report 11

Vacation House Check 10  
Welfare Check 4  
**Vehicle violations**  
Accident Property  
90 Block Moraga Way  
10 Block La Vuelta  
Santa Maria Way/Orinda Way  
Moraga Way/Altamount Dr.  
Moraga Way/Glorietta Blvd.  
Orchard Rd./Estates Dr.  
DUI Misd  
Underhill Rd./Camino Encinas  
Grand Theft Veh Parts  
Bear Creek Rd./Camino Pablo  
Hit And Run Misdemeanor  
Moraga Way/Glorietta Blvd.  
Reckless Driving  
Camino Pablo/Santa Maria Way  
Moraga Way/Ivy Dr.  
Moraga Way/Brookwood Rd.  
St Stephens Dr./Eb Sr 24  
Tc - Property Damage  
El Camino Moraga/Moraga Way  
100 Block Moraga Way  
**Other criminal activity**  
Commercial Burglary  
600 Block Orindawoods Dr.  
Grand Theft  
Starbucks  
100 Block Ardith Dr.  
Identity Theft  
10 Block Hartford Rd.  
Panhaling  
Safeway  
Petty Theft  
10 Block Orinda Way  
Residential Burglary  
Block Dos Posos  
10 Block Dos Posos  
Shoplift  
Beverages And More  
Rite Aid  
Warrant Arrest  
Wells Fargo  
**Nuisance to the Community**  
Disturbing The Peace  
10 Block Irwin Way  
Loud Music  
10 Block Paintbrush Ln.  
Loud Noise  
20 Block Coffee Berry Ln.  
10 Block Las Aromas  
Loud Party  
10 Block La Fond Ln.  
Public Nuisance  
McCaulous  
100 Block Meadow View Rd.  
Vandalism  
Miramonte High School (2)  
**Other**  
Failure To Obey  
Wb Sr 24 At Wilder Rd.  
Threats  
Orinda Community Church  
Trespass  
20 Block Northwood Dr.

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## When schools go dark during PG&E outages



Acalanes Union High School District Office in Lafayette.

Photo Ania Keenan

By Ania Keenan

The Acalanes Union High School District on Oct. 29 sent out a message to parents and students at Miramonte, Campolindo, and Acalanes high schools announcing that they had decided to keep schools open the following day despite power outages and poor air quality in the preceding three days. At the time the message was sent many students and staff had been without power for up to 72 hours, many without cell service and hot water.

"We were confident we could provide a safe learning environment," Acalanes Union District superintendent John Nickerson said.

After securing communication lines with local law en-

forcement, superintendents from Acalanes, Orinda Union, Lafayette and Walnut Creek school districts worked together to begin the long process of conference calls and group meetings to form a game plan for if and when the power was shut off at their schools.

"It's a work group, five educational leaders, who are trying to solve similar challenges and so we are exchanging ideas," Nickerson said.

School districts in California are required by state code to keep schools open for 180 days out of the year. With no alternative days for weather obstructions, if time is taken off for instances of power outages or poor air quality for a time of longer than three days, the school is forced to cut into other sanctioned days, these

include teacher preparation days. Keeping this in mind the superintendents worked with Orinda, Moraga and Lafayette police departments to establish guidelines for what would constitute safety for students and staff and what would be the bottom line for schools to be open or closed. Among those key factors were running water, lighting, air quality, communication and emergency preparedness.

If schools are without running water for more than a few hours, the district is obliged to close them. This also applies to a certain amount of lighting and especially to the ability of the administration to communicate with law enforcement. There is additional concern related to air quality. During the out-

ages the district largely relied on "Purple Air" to give them quick updates on changing conditions. They also have access to a more scientific system, "Air Now," but the hour delay in their ratings proved too long.

Despite plans set in place, lack of cell service, Nickerson admits, posed a challenge for the districts. "To deal with this obstacle the district relied on the stable connection of one administrative officer per high school." So far the district does not have plans to establish more concrete forms of communication during an outage that affects cell service.

An additional challenge posed by the latest set of shutdowns was emergency preparedness and evacuation plans. With limited communication, schools across the districts were directed to establish "Fire Watch Protocols." Many students saw administrative personnel and teachers roaming the halls Monday through Wednesday the week of Oct. 28, some with bullhorns, all carrying whistles and wearing bright reflective jackets. Many were given protective gas masks. These were the members of the "Fire Watch." Stationed at positions around campus, these staff members were instructed to keep tabs on nearby classrooms and watch for changes in dangerous weather patterns, namely fires as the name indicates. If they spotted something of concern members would communicate with each other on short-range walkie-talkies they had connected. If said weather concern was dangerous enough or close enough to the school to warrant an evacuation, it would be on the one administrative official with cell service to notify the superintendent who would have

promptly notified law enforcement.

While emergency communication pose challenges, updates on the status of power went smoothly due to the districts' access to local law enforcement's special connection to PG&E updates.

Another hurdle for local schools was the requirement to provide school lunches for students who needed them. With short notice the district decided to outsource and bring in pizza for students from a vendor not affected by the outages.

While the California education board has proven to be flexible in the past when schools don't meet their 180 days of instruction due to fire and power conditions, with no current designations in the calendar for "outage or fire days" the state of school operations during the outages may be the new normal for Bay Area students during annual fire season.

Nickerson would like to keep that from happening. "The state has suggested that this is not a long-term solution and ultimately you might need to have something like a weather day or a 'snow day' like other regions have," Nickerson said.

"As a teacher I would like the district to explore ways to close school when we have high fire danger and no power because I'm able to teach without power, but I don't think it's best for student learning and student safety," Miramonte English teacher Adrienne Spencer said.

This proposal came before the school board during a Nov. 20 meeting. According to Nickerson the districts' teacher union, Acalanes Education Association, supports the initiative but they were not available for comment.

## Lamorinda teams assist in county-wide emergency drill



Lamorinda CERT team prepares to participate in a Bay-Area-wide drill.

Photo Sora O'Doherty

... continued from Page A6

Thirty-four volunteers in Lamorinda participated, including this reporter, with 17 messages successfully received by the city EOC which was staffed by members of the Lamorinda Area Radio Interest Group (LARIG). No city officials were involved in this particular drill, and 11 messages were successfully sent to the County Emergency Operations Center using Fldigi, which is digital messages sent via radio frequencies. Fldigi

does not require internet, so is particularly important for emergencies when internet service might not be available. The other six messages were triaged and considered not necessary to send to the county. According to Julie Luckenbach, CERT registrar and instructor, LARIG had uploaded and practiced Fldigi for this exercise and now has four to five strong users, which will be key in helping the EOC operate in a real disaster and communicate with the county.

Overall, the count for participants in all of Contra Costa County was around 346 people. A few smaller areas have not yet reported numbers. The interest created was way above expectations. CERT had only estimated 200-300 participants in the first year. CWS sent out 190 alerts, and Luckenbach reports that they received many new registrations because of the exercise, which is a huge success.

Like all drills, the teams conducted immediate "hot-washes," which are after-

action discussions and evaluations of an agency's (or multiple agencies') performance following an exercise, training session, or major event. Luckenbach provided information from the Contra Costa County meeting. Although Lamorinda volunteers were proficient in Fldigi, the County didn't have theirs up and running in the first hour. Messages were delayed. Voice instead could have been used for backup. In addition, some of the equipment at the EOC did not have the correct cables or parts.

Luckily, they had a few engineers who were able to make it all work. And field CERTs had equipment failures as well. Some dead spots were identified and volunteers found a need for more GMRS repeaters. GMRS are general mobile radio service radios that require a license from the Federal Communications Commission. GMRS radios can connect with local "repeaters" that strengthen the signals, thus giving GMRS users greater range than the local RRS, family radio service, radios. In Moraga, this reporter was part of a two-person incident command, but was hampered by discovering, as did several other CERT members, that radios were not fully programmed to be able to transmit on GMRS, but only to listen. This resulted in messages being received from CERT members who were assigned to search for damage in areas such as the Rheem Shopping Center and the Campolindo and Country Club neighborhoods, but IC was unable to acknowledge. Following the drill, volunteers were able to have their radios reprogrammed so that, in the event of a real emergency, they will be fully functional.

One of the takeaways from the exercise was a determination that everyone needs more training on being a scribe and reporting messages.

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## Acalanes Girls, Campo Boys win NorCal Championship



Photo Gint Federas

... continued from Page A1

It was a combination of offense and defense that worked so well for Acalanes all season, according to Buchel. "We created a lot out of our hard counter-attacks and our offensive sets enabled us to put our players into positions where the defense was at our mercy. When we got back on defense, we did a good job of managing the games."

Buchel says, without fear of contradiction: "We have the best shooters in the country." One of those shooters, first team All-American, Roemer, who will be playing for Stanford

next year, emphasized the totality of the team: "These past two undefeated seasons were amazing. It was not just a couple of players. Everyone on this team was contributing. We all had our own roles and everyone did those roles really well to make a really good team."

Senior Brooke Westphal shared that assessment: "My teammates have made this so special every year. The chemistry on the team has been like no other and I have played on club teams and national teams and I always look forward to playing for the Dons. Misha and (assistant coach) Pat Reid always got us working hard.

We were always grinding hard in practice but they have such a fun attitude that you always want to come to practice and continue to work hard. They push us but they were so supportive and I believe that all the girls would say the same thing."

Buchel does not take for granted how special his team has been: "We have had this incredible generation of talent that is coming through and I am so fortunate to be with a group like this. I told the girls to just enjoy every second of it. It doesn't happen all the time. They're an incredible group."

(See Campolindo boys' water polo story on Page C1.)

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# ~ Life in LAMORINDA ~

## Fifth-grade students enjoy First Thanksgiving event at Wagner Ranch Nature Area



Toris Jaeger and students prepare the adobe oven for baking cornbread Photos Sora O'Doherty

By Sora O'Doherty

A part of the fifth-grade curriculum at Orinda elementary schools is a "First Thanksgiving" event at Wagner Ranch Nature Area. On different weeks, the students join naturalist Toris Jaeger in the event, during which they prepare a Thanksgiving feast, along with enjoying sports and crafts that Native Americans would have practiced. On Nov. 21, it was the turn of the students from Wagner Ranch Elementary School.

The nature area was a blur of busy students that morning along with a naturalist who seemed to be everywhere, giving instruction and inspiring quiet attention when she called for it. Jaeger never sat down as she oversaw the event, which involved the students making fires, using sharp knives and bows and arrows. A good number of parents were on hand to help, as well as the nature area staff that assists Jaeger. When it came time to eat, Jaeger suggested that the aides and parents should be served first, as a mark of respect and appreciation for all they do for the students. The students were bursting with pride as they served the foods they had prepared. Wagner Ranch Principal Jim Manheimer joined the students for lunch, sitting and chatting with them as he enjoyed the meal.

Jaeger, who has been the naturalist at the nature area for 41 years, inherited the First Thanksgiving event, and has made significant changes to it over the decades she has been in charge. In fact, she muses, she might seek to change the name of the event from "First Thanksgiving" in the future. This year one

student who attended the event, Harrison Fuesier, was accompanied by his mother, Leigh Fuesier, who had attended First Thanksgiving when she was a fifth-grader in Orinda.

Back in the day, students dressed in costumes as "pilgrims" or "Indians." Jaeger put a stop to the costumes. Jaeger had believed that she had Native American ancestry, but was proved wrong by a DNA test. Still, she is accepted, she says, as a "spiritual" member. Her views on the real "first Thanksgiving" differ greatly from the rosy view sometimes presented in school plays. Early immigrants, she says, stole from Native American stores of food and even robbed graves. "It was arrogant of the settlers to call the event the "First Thanksgiving," Jaeger says. It might have been their first Thanksgiving, but Native Americans had a long cultural history of gratitude and harvest celebrations.

At the nature area event, students prepare and serve everything for the meal, except the main course offerings of sliced roast turkey or salmon. For appetizers, they cut up carrots, celery and apples, popped corn, and offered trays of dried fruit. They made fresh cranberry sauce, roasted corn on the cob, and prepared cooked pumpkin, stewed apples, and pilgrim beans. Corn bread was prepared from scratch, baked in the adobe oven and served with honey and butter that the students churned themselves and formed in decorative molds. They also prepared the beverage: apple cider.

For about four hours the students took turns working on the food preparation. They scrubbed their hands at

the sinks in the outdoor kitchen at the nature area, and followed instructions scrupulously. Jaeger gave detailed instructions on everything from how to wipe down a work area to how to prepare the adobe oven for baking. In addition to parent volunteers, Jaeger is assisted by paid staff members Kim Curiel, Laura Lowell and Liliana Spindler. There have been young people who have wanted to work at the nature area, Jaeger says, but they cannot afford to work at the low pay offered. Jaeger hopes that one day the nature area will be put in trust with an endowment to pay staff.

Katie White was a parent volunteer, there with her identical twin boys. She was delighted by the weather, and echoed comments of other parents who all expressed gratitude that the children have this great opportunity to learn outdoors in the nature area. Bill Real is an instructional assistant at Wagner Ranch. He was especially impressed with the opportunity offered to the fifth-graders to build relationships with students in different classes, while also learning history.

... continued on Page B3

For more on the native American perspective on the first Thanksgiving, Jaeger recommends [www.oyate.org/index.php/resources/43-resources/thanksgiving](http://www.oyate.org/index.php/resources/43-resources/thanksgiving)



Home-made cornbread baked in the adobe oven and butter churned by the students.

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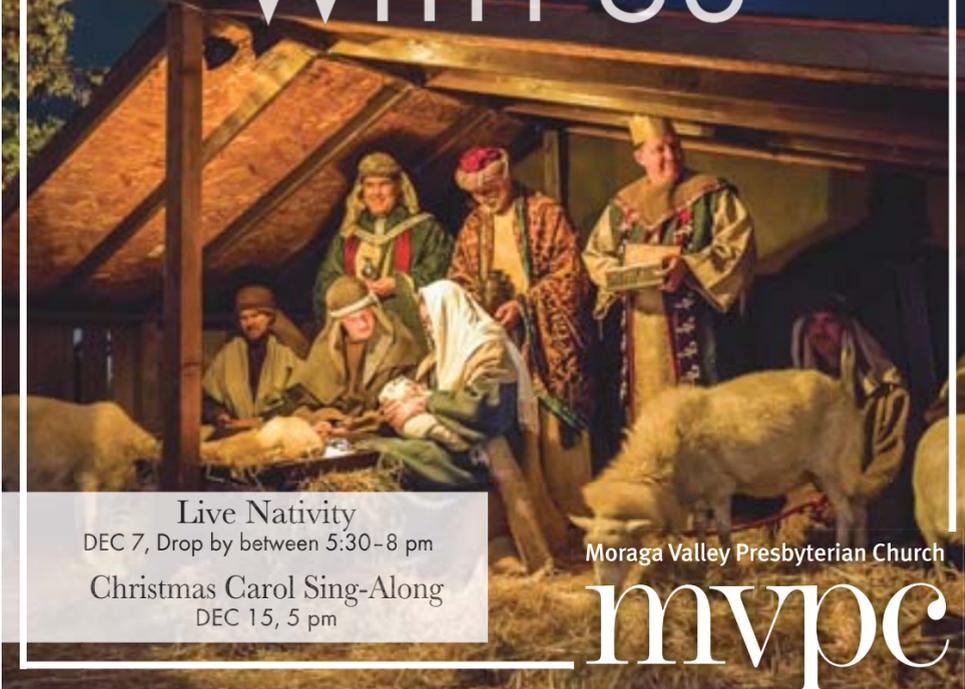
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## Local bands entertain to combat cancer at Roundup



The Ripplers at last year's event.

Lamo archive

### By Pippa Fisher

Lafayette's iconic Roundup Saloon will once again be holding a fundraiser on the night after Thanksgiving featuring The Ripplers and many other bands, this time to benefit the American Cancer Society. The music is set to start at 8 p.m. on Nov. 29. This fun musical evening for a great cause could be the perfect answer for turkey coma.

Encouraged by the huge success of last year's fundraiser that raised over \$7,000 for families affected in the Paradise fire, The Ripplers' front man Tom Duffy and Roundup owner Karen Johnson decided that this year's traditional night-after Thanksgiving concert would once again be a benefit.

Duffy explains that a recent brush with cancer prompted him to suggest the ACS to Johnson. "When I suggested the possibility to Karen, she let me know that she was a breast cancer survivor, and that she thought the benefit was a great idea," says Duffy.

Together Johnson and Duffy recognized that many people's lives are touched by cancer, either directly or in their families and friends. "Every person I know has

been affected by this disease," says Duffy.

Duffy says that he's lucky. "On Sept. 11 of this year, at my wife's urging, I went in for a colonoscopy. The doctor spotted a tumor, which turned out to be cancerous."

Within 27 days Duffy had met with his surgeon, Dr. Salvador Guevara, and with the oncologist, had a CT scan and then had surgery to remove the tumor and an eight-inch section of his colon. "They found it, got it out, ran all the pathology, and I am stage one. No chemo or radiation. Dodged a bullet!" he says.

Johnson agrees that by sharing their stories, they help build awareness, which in turn could save lives. Her cancer was diagnosed five years ago. After discovering that she was BRCA-positive, she had four aggressive surgeries and six rounds of chemo in 14 months.

Johnson says that the support of her family, especially her husband, was very important. She says all the staff at the Roundup, who she describes as "family," stepped up to help. "My husband was a rock," she says.

A native Lafayette girl, Johnson has owned the Roundup with her husband for 15 years and worked there

for 10 years before that. "And I was a customer before that," she says. Johnson says both the night before and the one after Thanksgiving are huge nights for the bar, describing it as a Lafayette tradition.

The Roundup has had other fundraisers throughout the year, such as ones for suicide prevention, and for Notes 4 Hope, which raises funds and provides education for breast cancer prevention.

"It is human kindness, gathering together for a cause," says Johnson. "Good people doing good things."

Duffy says his idea snowballed. "I started thinking about how grateful I am to be friends with so many cool musicians in this area, and how I would love to gather as many of them as possible to take part in this event," he says, adding "They keep saying yes!"

The musical lineup appearing with The Ripplers include The Fog 5, Carly Thomas, Roxy Lady, The Dill Farmers, NoFlow, SKOOL!, and John Todd and Erik.

Duffy says he was amazed to learn firsthand how many skillful, compassionate, intelligent people are focusing their energy and efforts to fight cancer. "If we can use the power of music to help fund the fight ... let's do it!" he says.

It will be a fun evening with music and dancing, with raffle prizes and plenty of opportunity to donate to ACS.

"I am so grateful and lucky to be alive, on the mend, and making music with and for friends and family in this area," says Duffy.

Johnson and Duffy encourage people to stop by from 8 p.m. onward on Nov. 29, to enjoy the bands and to come together as a community to fight this disease.



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## Seventh annual 'It's a Wonderful Life' kicks off the holiday season



Santa visit at last year's event

Photo Gint Federas

### By Pippa Fisher

It's one of the official signs that the holiday season is here; the annual "It's a Wonderful Life in Lafayette" event hosted by the Chamber of Commerce will be taking place from 4 to 6:30 p.m. Dec. 6. The free, fun, family-friendly celebration includes the tree lighting, live music, community sing-a-longs and, of course, Santa himself.

It's a sure sign that things are getting jolly in the 94549 area when you see the big man arrive at the Lafayette Plaza. This year, Santa is arriving by train at 4:30 p.m.

Children will also be able ride the rails on the Lafayette Express too, along Golden Gate Way, once they have visited with Santa, who will be taking note of all requests and posing for photo ops. Lafayette's historic fire truck,

Old Betsy, will still be part of the parade and will be available for photos too.

In addition to the complimentary hot chocolate and treats, there will be activities for the kids and live entertainment, including local student musicians, singers, and dancers from Stanley Middle School Chorus, Lafayette Kids' Cottage, Performing Academy, Lafayette Nursery School, The Sizzling Latin Dance Studio, the MCVT Glee Club and Town Hall Theatre Kids.

The official lighting of the Lafayette holiday tree is planned for 5:30 p.m., immediately followed by a community sing-a-long lead by Rena Wilson of Performing Academy. The Master of Ceremonies this year is artistic director and founder of the Gold Coast Chamber Players Pam Freund-Striplen.

This year the Lamorinda

Sunrise Rotary Club is raffling their latest project – a completely renovated 1963 Glasspar Seafair boat. Previous projects from this club (known as the "We Build Stuff" club) have included a canoe, a kayak and a teardrop trailer. The sedan model seats four or five and is suited for fishing, water skiing or pleasure cruising. The V-shaped berth sleeps two and has an integrated toilet. It is estimated to be worth \$25,000. All proceeds will go toward a variety of community projects.

The event is presented by the Lafayette Chamber of Commerce and sponsored by local Lafayette Realtor Dana Green and Branagh Development, who together are also hosting the environmentally-friendly downtown Lafayette twinkle lights for the 2019 holiday season.

Further details are available at <https://lafayettechamber.org/holiday/>

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# Son of Moraga's vice mayor is medal-winning gymnast



Gymnast Benjamin Korpus, 11.

Photo K. Korpus

By Vera Kochan

Eleven-year-old Benjamin Korpus took to gymnastics at a much later age than is typical. Before trying his hand at the sport, he played soccer. At the age of 8 he trained in parkour, the activity or sport of moving rapidly through an area negotiating obstacles by running, jumping and climbing. Mom, Kymberleigh Korpus, said, "He was always like a monkey climbing everything he could find."

Parkour turned out to be the perfect segue into gymnastics when Benjamin attended a local tryout at the gym and was hooked.

During his first year, he was promoted from a pre-team to Level 5 in a few short months. According to Kymberleigh Korpus, "He participated in five regular season meets here in California, plus the Northern California State Meet, plus the Region 1 Regional meet during the 2017-2018 Junior Olympic (JO) season, during which he competed as a Level 5 gymnast after training for less than a year in the sport."

By April 2018, Benjamin was promoted to JO Level 6. His prowess earned him another promotion to Level 7 in December. During that year's NorCal State competition he won first place honors and took sixth place at the regionals, which qualified him for nationals at the Olympic Training Center in Colorado where he ranked 24th in the country for his age group.

Center in Concord, feels he'd be a good fit for Stanford or Oklahoma. Benjamin has continued to excel in the sport, rapidly making progress through the various classification levels of gymnastics with a positive outlook.

His most recent endeavor was at the Future Stars National Championships Nov. 14-16 in Colorado Springs, Colorado. The Future Stars program is designed to start athletes on the right developmental path to national and international success. The program uses a competitive routine format to evaluate the skill, strength and flexibility of elite gymnasts. Benjamin's total score for nine routines was 76.8 ranking him 11th in the country for his age group – a personal best.

His mom responded proudly, "He stuck all his landings and had no falls. He was so much more polished than last year, and he was looking forward to it. It's the best he's ever done!"

Of the 23 kids competing in his age group, only 18 are chosen to advance to the Junior National Development Team (a team in name only). Benjamin earned the honor and was later coached by a judge and coaches from the national level. One judge was so impressed with Benjamin's skills she asked him to give a trampoline demonstration to a class she was teaching to coaches during the event.

His 2018-19 season brought Benjamin more glory when he placed third in all around competition during a JO meet, and continued racking up medals and a promotion to Level 8.

In the two years since Benjamin first fell in love with the sport, he has participated in roughly 15 meets winning an average of four medals (mostly ranging between first place to fifth place) during each outing, racking up about 60 medals. He feels his strongest showing is the floor exercise and the rings. Some of the other events he must compete in include pommel horse, vault, parallel bars and the high bar.

Benjamin has a twin brother, Tyler, who is also a gymnast, but doesn't feel as passionately about the sport as Benjamin does. "I try to give him tips, but he just says 'Ooooh'" Another brother, Jared (14), has no interest in gymnastics, preferring to draw and create things through reclamation art (taking things found in nature and crafting it into art).

Benjamin trains six days a week (24-30 hours a week during the school season and 36-40 hours a week in summer) but doesn't miss a beat educationally thanks to being home-schooled by his mom and dad, Todd.

Too young to worry about college yet, Benjamin does have Olympic aspirations. His coach, Chris Nagy from the Liberty Gymnastics Training

# Fifth-grade students enjoy First Thanksgiving event at Wagner Ranch Nature Area



Fifth grade student building up the fire in the adobe oven during First Thanksgiving event at Wagner Ranch Nature Area

... continued from page B1

Wagner Ranch has two and a half fifth-grade classes, taught by Sean O'Connor, Ivy Guesenkamp, and Annalisa Bruckner. The First Thanksgiving event fits into the curriculum, which in fifth grade deals with California Native Americans and early explorers.

Mary Jernigan, a certified archery instructor, was hired to teach archery. She believes

that the sport builds confidence in children who don't necessarily enjoy more common team sports. Archery adds to the program, she said, because Native Americans used games to teach skills that would be required in adulthood. "Archery is an incredible sport," she said. "Everyone has a unique ability and kids get a different challenge to learn concentration and technique."

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## Kiwanis See's Candy Holiday Shop opens at Rheem



Photo Stan Holcenberg

From left: John Drennan, Scoutmaster for Camp Timberwolf; Jean Johnston, executive director of Xenophon; Stephanie Becker, co-president of the Moraga Educational Foundation, and Jon King, president of the Kiwanis Club of Moraga Valley cut the ribbon at the Kiwanis See's Candy Holiday Shop opening Nov. 21.

### Submitted by Dick Olsen

As part of an annual, major fundraising effort that primarily benefits local children's charities, the Kiwanis Club of Moraga Valley will once again operate a See's Candy Holiday Shop in the Rheem Shopping Center in Moraga, next to Starbucks. The Shop will fea-

ture all of See's major selections and will be open every day (except Thanksgiving), from 10 a.m. until 5 p.m., through Dec. 23. In addition to making direct purchases at the Shop, customers can also arrange for the shipping of their holiday See's Candy purchases to friends and relatives across the United States.

## GivingTuesday gives matching opportunity to area nonprofits

### Submitted by Brit Hotaling

St. Vincent de Paul of Contra Costa County is joining the GivingTuesday movement on Dec. 3, and hopes to raise funds to help support its' holistic approach to assisting Contra Costa residents overcome the challenges of poverty. Currently, the SvdP Family Resource Center is host to multiple programs, including a free medical clinic and dental program for the uninsured, a daytime homeless shelter, a hot meal program, an emergency food program, and provides a transitional job training program for residents returning to the workforce. Additionally, over 780 St. Vincent de Paul

trained volunteers, "Vincentians" operate from 29 branches and provide person-to-person assistance to people in need.

Founded in 2012, GivingTuesday has inspired millions of people to give back and support the causes they believe in. Those who are interested in joining St. Vincent de Paul of Contra Costa County's GivingTuesday initiative can visit [svdp-cc.org/giving-tuesday](http://svdp-cc.org/giving-tuesday). Two generous, anonymous donors have agreed to match each dollar raised on Dec. 3 for SvdPCCC up to \$1,000. For more details about the GivingTuesday movement, visit the GivingTuesday website [www.givingtuesday.org](http://www.givingtuesday.org).

### Community Service:

We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions may be sent to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com) with the subject header In Service to the Community.



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## 'Be the Star You Are!' charity honored by California legislature



Photo Cynthia Brian

Three teen volunteers and Express Yourself Radio hosts Siri, Jack and Kenneth.

### By Cynthia Brian

The volunteers of local Moraga charity, Be the Star You Are, were honored with a Certificate of Recognition for 20 years of dedicated community service by the California Legislature Assembly. As a top rated 501(c)3 nonprofit dedicated to increasing literacy, improving positive media messages, and providing tools for living for women, families, and youth, Be the Star You Are has no paid staff and is operated solely with 100% volunteers, most of whom are teenagers.

The outreach programs to em-

power others, including disaster relief services, book reviewing, and radio production, were designed by local teens. One of its two radio programs, Express Yourself, is broadcast with teen hosts and reporters as a way to give young people an uncensored voice while learning leadership skills. Volunteers continue to live up to their motto of "communicate, collaborate, innovate." Teens are encouraged to apply for positions and receive community service credits. For information visit <http://www.BetheStarYouAre.org> and <https://www.starstyleradio.com/>.

## NCL service honored



Photo Laura Lamison

From left: Hailey Hiett, Avery Bahl, Kelly Resendez (speaker), Jojo Bishop, and Julia Darin.

### Submitted by Mabel Kimball

The Lamorinda and Acalanes Area Chapters of the National Charity League (NCL) hosted its second annual joint Ticktock meeting Oct. 6 at Miramonte High School. There were almost 250 members in attendance. Each member brought donations for their philanthropy service project with the Blue Star Moms, a nonprofit organization that supports members and their sons and daughters who serve or have served honorably in the U.S. Armed Forces. Donations included new socks, tuna packs, drink powder, peanut butter and cash donations. Blue Star Moms Suzi Lister and Jaci Beering presented to the girls about their organization and how NCL could help. After the presentation, the girls wrote letters to and made cards for the servicemen and servicewomen.

Also at the event was guest speaker Kelly Resendez, who spoke about "moving from intention to action." Her three ways to do this are to: write down your vision and goals; differentiate your "big voice" from your "little voice;" and identify your preferred method of self-sabotage.

Resendez is the author of the best-selling books "Big Voices" and "Foundation to Sustainable Success." She also offers training and coaching through her two companies, Big Voices and Foundation to Sustainable

Success.

The National Charity League, Inc., is a renowned volunteer organization with more than 50,000 active members, women and their daughters in grades 7 through 12, in more than 200 chapters across the country.

The Lamorinda and Acalanes Area Chapters are comprised of members from the communities of Lafayette, Moraga, and Orinda. NCL's mission is to foster mother-daughter relationships in a philanthropic organization committed to community service, leadership development, and cultural experiences. The philanthropies NCL works to provide a wide array of essential services and support in the community and includes Monument Crisis Center, Blue Star Moms, Child Abuse Prevention Council, Contra Costa Food Bank, J.F. Kapnek Trust Pediatric AIDS Fund, Loaves & Fishes, Special Olympics, Town Hall Theatre Company of Lafayette, Children's Quilt Project, Las Trampas, Youth Homes, Juvenile Diabetes Research Foundation, Xenophon Therapeutic Riding Center, Friends of the Library, Cal Shakes, and many more.

These volunteer opportunities help instill a lifelong commitment to community work; develop leadership skills; and deepen the bond between mothers and daughters through their shared contributions to meaningful, worthy pursuits.

## Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com), and include "Celebrations and Remembrances" in the subject line.

# All stars art exhibit – real people at the ballpark

By Pippa Fisher

More than just art that appeals to baseball fans (although it does), the unique exhibit hanging in the Lafayette Library and Learning Center is a celebration of relationships – of people to teams, to towns, to each other and even to pets by local artist Ellen Reintjes. A special reception was held for the public Nov. 12 to give people a chance to meet the artist and several of the faces featured in the artwork.

The exhibit is called “All-Stars: Fans, Fams, and Friends.” It is a series of portraits of real individuals – nine family members, friends including several community leaders, and yes, Reintjes’ dogs – all wearing team baseball caps. There is even one of Reintjes’ father painted from a photo of him as a child at the 1926 World Series at Yankee Stadium with Babe Ruth visible in the outfield behind him. The collection features many connections – Reintjes

knows all the individuals and, furthermore, each of the individuals knows at least one of the others.

All portraits were painted in acrylic on a six-inch square canvas. Reintjes has since given the originals to the painting’s subject but had made high-quality digital reproductions, which she framed and hung on Louisville Slugger bats – a project she worked on with her husband, Former Mayor Don Tatzin.

“Despite working on the framing project together with Don,” says Reintjes with a smile, “we are still married.”

Reintjes has had work exhibited throughout the Bay Area at wineries, galleries, shops and libraries. She is a member of the Bay Area Studio Artists and paints animals and nature, landscapes and seascapes.

Further information on the Bay Area Studio Artists can be found at <https://bayareastudioartists.com/>



Photo Pippa Fisher

Senior Community Library Manager Vickie Sciacca, left, and artist Ellen Reintjes pose for a photo in front of their portraits, behind them.

# Amigos holiday fundraiser kicks off



Amigos de las Americas will hold its annual fundraising over the holiday season, selling Texas Ruby Red grapefruit (\$30 a box), locally grown florist quality poinsettias (\$15 each), and organic, fair-trade coffee from Latin America, whole bean or ground (\$15 a pound). The grapefruit can be bought and donated back to a local food bank, while the poinsettias can be donated to a care facility of choice. The Amigos program sends volunteers to Latin American countries to collaborate on projects addressing community health, equality through sports and teamwork, and environmental preservation, in addition to other projects. To order, visit [eastbay.amigosinternational.org](http://eastbay.amigosinternational.org) and click on the order link, or email Mary De Luna at [deluna.mary@gmail.com](mailto:deluna.mary@gmail.com).

- John T. Miller

Photos Mary De Luna

This year's Amigos volunteers include (from left) Yuji Watanabe and Devon Bradley from Miramonte High School, and sisters Maria and Anna Toldi from Acalanes.

# Make an impact at Thanksgiving with Jalapeno-Lime Cranberry Sauce



Photo Susie Iventosch

By Susie Iventosch

Since you still have a day or two before Thanksgiving, there’s plenty of time to make homemade cranberry sauce. Cranberries are readily available in the produce section of your favorite markets this time of year, and this recipe is a breeze to make! We love to barbecue turkeys all year long, especially in the summer, so we stock up on extra fresh cranberries

and freeze them. Then we make the sauce as we need it. I’ve never had too much luck finding frozen cranberries in the stores, although for the very first time this year, I was able to find a couple of bags in the freezer section of my grocer.

When it comes to making cranberry sauce, you really just need to follow the recipe on the back of the bag of cranberries, but it’s fun to create your own variations. The basic recipe calls for cranberries, water

and sugar and to that you can add almost anything. You can use fruit juices or Port as part of the liquid and you can add other fruits like pears or apples, or even nuts such as pecans or pistachios. Spices add a nice touch and cinnamon, cloves, and nutmeg

are all great options. But, over the past several years, we’ve really come to love the one we make with brown sugar, lime juice and jalapeños the best. If jalapeños are too hot, simply substitute poblanos or Anaheim chilies.

### INGREDIENTS

- 1 12-ounce bag fresh cranberries (find them in the produce section)
- 1 jalapeño, remove stem, seeds and veins, and finely dice
- 1 cup brown sugar
- ¼ cup lime juice
- ¾ cup water

### DIRECTIONS

Place all ingredients into a medium-sized pot. Bring to a boil, stirring until everything is mixed in and sugar is melted. Reduce heat to low and simmer over low heat for 20-30 minutes, stirring occasionally. It should begin to thicken a bit. Remove from heat and cool completely. Once cooled, it will really thicken up. Store in an airtight container in the refrigerator until ready to use. It lasts for months in the refrigerator, too. Happy Thanksgiving!

You can find most of the recipes published in the Lamorinda Weekly on our website. Food tab: [www.lamorindaweekly.com/html2/food1.html](http://www.lamorindaweekly.com/html2/food1.html)

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



# Attitude of gratitude: Live longer and healthier

By Linda Fodrini-Johnson

We have an entire day set aside to focus on gratefulness: Thanksgiving. However, what if we focused on gratitude at least one day each week? Doing so can have a positive impact on our health.

Do you wake up every morning appreciative of another day or do you roll out of bed with the thought, “Oh, another day of the same old thing?” Our attitude sets the stage for how each day plays out. Attitude can affect our health, our marriage, our career and the very essence of our lives.

Most of us probably model our attitudes based on our parents – that can be both a negative and a positive. If you had parents who were very critical, you might make a real effort at not being like them and always be looking for someone or something to compliment. On the other hand, you might be overly

critical of others and yourself. If you find yourself in the latter group, your attitude might be hindering your ability to live life fully.

There is much research on attitudes of gratitude in the medical community and most of it points to less illnesses, better sleep, better relationships and adding an additional two years to your life.

A positive attitude is always seeing the possibility in every situation as a potential gift. Yes, the forest fire can bring about new life and clear the forest of the overgrowth.

Harold S. Kushner said, “If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.”

The positive attitude seems to bleed into an “attitude of gratitude.” We like to be around positive people. They make us feel good about ourselves and usually help us feel both grounded and safe. They always say “thank you”

and you may find that they smile a lot as well.

If you tend to make “mountains out of molehills,” these three tips could help you reduce stress and increase gratefulness:

1. Stop – Tell yourself you are not going to do this “mountain” thing again!
2. Breathe – Focus on your breath. Practice deep belly breathing for about two minutes.
3. Refocus – Reframe that mountain into bite size pieces and find someone who is grounded to help you forge a better path.

My 19-year-old granddaughter had a recent experience with a flat tire and a flat spare tire while also undergoing the stress of taking hard classes and the confusion of parents giving her differing advice. She became so overwhelmed that it was hard to know where to go and how to get herself back to a stress-free place. Reminding her of these three actions and to focus on what she was grateful

for changed her whole experience from one of stress to an opportunity.

As a geriatric care manager, I have been honored to work with individuals who are in their 90s and have had multiple losses and health challenges. Yet they feel good about their lives and see good in every day and in every person. They tell me that loss is just part of life and you need to expect it, grieve and move on. Many have added that the moving on is a way to honor those you have lost.

If you feel you’re in need of an “attitude adjustment” try the following:

- Reading
- Journaling
- Deep breathing
- Meditation
- Giving compliments
- Seeking professional counseling

Many care managers are licensed therapists and can help you make this change. Let your life be one of light! Be healthy and live longer by making gratitude part of

every day.

Happy Thanksgiving! Affirmation: “I practice being grateful for what I have in my life daily.”



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989. Eldercare Services is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.

◆ **Not to be missed** ◆ **Not to be missed** ◆ **Not to be missed** ◆

**ART**

**On view at Saint Mary's College Museum of Art** through Dec. 8 "Kal Spelletich: Significance Machines and Purposeful Robots" explores boundaries between humans and machines, integrating spirituality and mysticism through an unlikely form – robots. "New Formalism in Painting and Photography" presents the collaborative work of artists R&D (Diane Rosenblum and Joe Doyle) expanding the boundaries of painting and photography through digital manipulations. SMCMoA admission and programs are free for everyone. For information on programming and hours, visit [www.stmarys-ca.edu/museum](http://www.stmarys-ca.edu/museum).

**"Teachers Have Class," Art Gallery** at the Orinda Library, 26 Orinda Way. The Lamorinda Arts Council is honored to feature the work of current and retired teachers who are also artists during the month of November. Go to [www.lamorindaarts.org](http://www.lamorindaarts.org) for more information.

**The Lamorinda Arts Council** invites writers and artists to participate in their Art Embraces Words program from 2 to 4 p.m. on Dec. 8 at the Lafayette Library. Emerging writers read excerpts from their work surrounded by visual artwork from local artists. In this way art literally "embraces" the spoken word. A reception with light refreshments follows the readings. Go to <https://lamorindaarts.org/art-embraces-words/>, email [literary@lamorindaarts.org](mailto:literary@lamorindaarts.org) or call (925) 359-9940 for more information.

**Valley Art Gallery presents** its 54th Annual Holiday Collection for Artful Giving through Dec. 28. Their holiday collection includes a wide variety of jewelry, ceramics, glass, textiles, holiday decorations, small paintings, and many other one-of-a-kind gifts crafted by greater Bay Area artists. In addition, unique sliding walls feature over 300 works in a variety of styles, media and prices by the best Bay Area artists. 1661

Botelho Drive, Suite 110, Walnut Creek. Website and telephone: [www.valleyart-gallery.org](http://www.valleyart-gallery.org); (925) 935-4311

**MUSIC**

**Pacific Chamber Orchestra**, under the direction of Conductor Lawrence Kohl, presents a concert production of "The Glorious - Handel Messiah" with soprano Marnie Breckenridge, and mezzo-soprano Silvie Jensen, tenor Ricky Garcia, and baritone Ben Brady and the Pacific Chamber Orchestra Chorus, Ofer dal Lal Chorus Master. Performances are at 7:30 p.m. on Nov. 30 at the Lafayette-Orinda Presbyterian Church 24 Knox, Lafayette and at 3 p.m. on Dec. 1 at Bankhead Theatre, 2400 First Street in Livermore. Tickets may be purchased online at [www.pacificchamberorchestra.org](http://www.pacificchamberorchestra.org).

**Diablo Women's Chorale** Fall concert, "Winter's Light," at 4 p.m. on Dec. 8 at Temple Isaiah, 945 Risa Road, in Lafayette. Backed by live mu-

sicians, the chorale will present a program of jazzy, uplifting music to kick off the beginning of the holiday season. Grab your friends and family members and join us as we lighten a winter afternoon with songs from Lisa Loeb, George Michael, Irving Berlin, Phil Spector, and many others. Purchase advance tickets online at [www.DiabloWomensChorale.org](http://www.DiabloWomensChorale.org) or call 1-800-838-3006.

**The Contra Costa Chorale**, will present a concert featuring two masters of American music, Leonard Bernstein and Aaron Copland, at 5 p.m. on Dec. 8 at Mt. Diablo Unitarian Universalist Church, 55 Eckley Lane, Walnut Creek. \$20 General, \$15 Students/Seniors/Disabled. Children under 12 free. For further information visit our website at [www.cchorale.org](http://www.cchorale.org), email [cochorale@gmail.com](mailto:cochorale@gmail.com), or call (510) 255-5850.

**Solo Opera presents a collaboration** with Macy's Concord, a fundraiser for their season, entitled The Twelve

Days of Christmas at 10:30 a.m. on Dec. 14. The event will include breakfast treats, a concert of opera and holiday music featuring soprano Diane Squires, a fashion show, a sing-along, and 12 enter to win prizes. All proceeds benefit Solo Opera, a local nonprofit opera company and their 2020 season. Tickets - \$22 at Eventbrite.

**WomenSing presents The Light of Hope** Returning at 8 p.m. on Dec. 11 at Saint Andrews Presbyterian Church 1601 Mary Dr., Pleasant Hill and at 4 p.m. on Dec. 15 at Temple Sinai 2808 Summit Street, Oakland. \$10-\$28. Tickets: <https://lightofhopepleasanthill.brownpapertickets.com>; <https://lightofhopeoakland.brownpapertickets.com>

**The singing and ringing choirs** of Our Savior's Lutheran Church present their annual Christmas concert at 4 p.m. on Dec. 15. "Faith, Fun, and a Feast" includes a little religious Christmas music, a lot of popular Christmas music, and ends with "A Feast of Carols," composed by Randol Alan Bass for the Dallas Symphony and Symphony Chorus. 1035 Carol Lane in Lafayette; free admission/freewill offering taken, with half the proceeds going to Contra Costa Interfaith Housing, helping the homeless find permanent homes.

**THEATER**

**Orinda Intermediate School Bulldog Theater** stages Disney's "Frozen JR.," Dec. 5 - 7 at Orinda Intermediate School, 80 Ivy Drive. This spectacular musical is a heartwarming stage adaptation of the top-grossing animated film of all time. Tickets are \$3-\$10. Visit [www.showtix4u.com](http://www.showtix4u.com) for show times and tickets. Tickets are also available at the door.

**Town Hall Theatre Company** presents "Cinderella: A Fairytale" Dec. 7-21 at 3535 School Street, Lafayette. There will be previews at 8 p.m. on Dec. 5 and 6. For times, tickets, and prices: BOX OFFICE: (925) 283-1557; [www.townhalltheatre.com](http://www.townhalltheatre.com)

**Celebrate the holiday season** with The Peter Pan Foundation's original holiday show, "Twas the Opening Night before Christmas" Dec. 14 and 15 at Diablo Valley College, 321 Golf Club Rd. Pleasant Hill. This seasons production includes a cast of more than 100 performers ages eight to adult. Its original story and music tells the heartwarming story of love, hope and holiday cheer the whole family will enjoy. Tickets are \$25 for adults; \$15 for youth 18 and under. For tickets and showtimes visit [www.brownpapertickets.com/event/4421286](http://www.brownpapertickets.com/event/4421286).

**LECTURE & LITERATURE**

**Orinda Books presents Alex Counts** at 5:30 p.m. on Dec. 5. Alex Counts will introduce his new book, "Changing the World without Losing Your Mind: Leadership Lessons from Three Decades of Social Entrepreneurship." Drawing on his decades of experience as an acclaimed nonprofit leader, he offers practical advice on such vital activities as fundraising, team-building, communications, and management.

... continued on next Page

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**Orinda Junior Women's Club announces Youth Ink 2020**, an annual Orinda middle-school writing contest to support literary arts in the community. Prizes include a \$250 first prize award. Entry details will be on the Youth Ink 2020 submission forms available online by Dec. 2 at [www.orindajuniors.org](http://www.orindajuniors.org).

**Breakfast with Santa Benefit** for Lafayette Historical Society from 8:30 to 10 a.m. at Sideboard Lafayette. Advanced reservations are required and cost \$29 for adults and \$20 for seniors and kids age 12 and younger. To book your tickets and for more info, go to: [www.localfoodadventures.com/breakfast-with-santa](http://www.localfoodadventures.com/breakfast-with-santa)

**Join Mindful Littles at White Pony Express** for their Family Volunteering Program from 1 to 2:15 p.m. on Dec. 15 and from 4 to 5:15 p.m. on Dec. 17 at 3380 Vincent Rd #107 Pleasant Hill. White Pony Express is one of Mindful Littles' nonprofit partners, "working to eliminate hunger and poverty by delivering the abundance all around us to those in need." Bring water and any snacks needed for your kids. Please also wear comfortable clothes. Programming is for families with kids 4-12. Register at: <https://mindfullittles.org/events/>

OTHER

**"It's a Wonderful Life in Lafayette"** scheduled from 4 to 6:30 p.m. on Dec. 6 in Lafayette's Plaza Park, located in downtown Lafayette. Tree lighting, live music, community sing-along, crafts – and, of course, Santa. Complimentary admission. For more details and the entertainment schedule, please visit [www.lafayettechamber.org/holiday](http://www.lafayettechamber.org/holiday)

**Moraga Country Club will hold** its 3rd Annual Turkey Trot at 8:15 a.m. (7 a.m. registration) on Nov. 28. This event is a fundraiser opportunity where all proceeds benefit the Food Bank of Contra Costa and Solano County. The event is open to runners and walkers of all abilities and age levels. 1.5K is \$20 and the 5K is \$30 (plus a \$3.45 sign-up fee). For more information and donation opportunities please visit the race website at [www.runsignup.com/moragaturkeytrot](http://www.runsignup.com/moragaturkeytrot).

**For the 22nd year, Bobbie and Tom Preston** will be holding the Cycle Recycle, collecting repairable bikes to be refurbished and given to charitable groups to distribute at Christmas; new and/or used bikes and trikes-in working order or repairable, or useable bike parts may be delivered to the side driveway of the Preston's home at 1307 Larch Avenue in Moraga, throughout the month of November only. No skateboards or plastic bikes please; no need to call beforehand, but for more information contact Bobbie or Tom Preston at (925) 376-8474.

**Saint Mary's College Guild** Christmas Luncheon from 11 a.m. to 2 p.m. on Dec. 4 at the Soda Center, Saint Mary's College. Featuring the renowned Saint Mary's College chorale, Infamous Money Tree and several raffle baskets. Lunch will have Molded Crab salad or Chicken salad. Price is \$45. Reservations and Meal Choice to Karen Cain 1835 Joseph Drive, Moraga, CA 94556. For information call: Pat Mc Enaney at (925) 376-3306.

**Microhair Aesthetics Grand** Opening from 5 to 8 p.m. on Dec. 5 at 3420 Mt. Diablo Blvd., Ste. B., Lafayette. Visitors are invited to a ribbon-cutting and champagne party and to learn more about the art of

Microblading, a cutting edge method of simulated hair strokes to enhance the eyebrows. Raffle drawings included. RSVP at [www.microhairaesthetics.com/events](http://www.microhairaesthetics.com/events)

**Come Celebrate the Holidays - Lamorinda Wine Growers Association** presents an evening of Local Wines, Food, Dancing and more from 6:30 to 10 p.m. on Dec 5 at the Serbian Cultural Center 1700 School Street, Moraga. Commemorative AVA gift, raffle prizes, and dancing to the Sounds of DI-AMOND DAVE. Cost: \$60. [www.lamorindawinegrowers.com](http://www.lamorindawinegrowers.com)

**Santa's Bag Boutique** at the Lafayette Community Center from 11 a.m. to 7 p.m. on Friday, Dec. 6 and 9 a.m. to 5 p.m. on Saturday and Sunday, Dec. 7 and 8.

**Hacienda Holiday Faire** at the beautiful, historic Hacienda de Las Flores located at 2100 Donald Drive in Moraga from noon to 8 p.m. on Friday Dec. 6 and 11 a.m. to 6 p.m. on Saturday. Dec. 7 and Sunday, Dec 8. Enjoy the festive atmosphere and find handcrafted, specialty items from over 45 local artisans.

**Middle East Children's Alliance** presents Palestinian Holiday Crafts Bazaar from 10 a.m. to 5 p.m. on Saturday, Dec. 7 & 11 a.m. to 3 p.m. on Sunday Dec.8 at Middle East Children's Alliance, 1101 8th Street, Berkeley. This free event will have a tantalizing array of extraordinary gifts, including olive oil --your purchase aids Palestinian children and their families. For more info see <https://www.mecaforpeace.org/event/berkeley-ca-palestinian-holiday-crafts-bazaar/> or call (510) 548-0542.

**North Shattuck Association** presents Snow? In Berkeley? from 10 a.m. to 3 p.m. on Dec. 8 at Gourmet Ghetto,

Shattuck Ave., 1451-1495 Shattuck Ave., Berkeley. Bring boots and mittens to 1451 Shattuck, Berkeley, Sun. Dec. 8, 10AM-3PM. Snow Queen, Pony Rides, DIY Crafts, Holiday Craft Vendors. Free. For more info see [www.anotherbullwinkelshow.com/holiday-berkeley/holiday-gourmet-ghetto.html](http://www.anotherbullwinkelshow.com/holiday-berkeley/holiday-gourmet-ghetto.html)

**Lamorinda Village's 5th Annual Afternoon of Gratitude** will be held from 1:30 - 3:30 p.m. on Friday, Dec. 13 at LOPC, 49 Knox Drive in Lafayette. We will gather to celebrate with our members, volunteers and community supporters another great year of serving the older adults in our community. Refreshments, entertainment and a special Volunteer of the Year Award in Honor of Ed Stokes will be presented. For more information on Lamorinda Village please go to [www.lamorindavillage.org](http://www.lamorindavillage.org)

**Hospice East Bay's Tree of Lights** ceremonies have offered community members a way to honor the lives of friends and loved ones. This year's ceremonies in Lamorinda are at 4:30 p.m. on Dec. 7 at Orinda Village by Bank of America, and at 5:30 p.m. on Dec 15 at Moraga Country Club, 1600 St. Andrews Drive. For further information about these special events, visit Hospice East Bay Tree of Lights.

**Winter Solstice Event at 6 p.m.** on Dec. 21 at Outdoor Courtyard, 1035 Carol Lane, Lafayette. Fire Arts Performance, poetry, candlelight, original music by singer/songwriter Laura Zucker, warm drinks for adults and kids, all to mark the longest night of the year. Free to the public with donations welcome as we pause and honor the turn toward the sun. <http://www.oslc.net/>

Service Clubs Announcements

**Lafayette Rotary Club**  
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**Happy Thanksgiving**  
 Next meeting December 12  
[www.rotarylafayette.org](http://www.rotarylafayette.org)  
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**Lamorinda Sunrise Rotary**  
 DECEMBER WEEKLY MEETINGS  
 6: Jim Boquin, Club Member Presentation  
 13: Annie Welden, M.Phil. candidate at Oxford, Oceanic Water Infrastructure  
 20: No Meeting  
 27: No Meeting  
**Breakfast, Friday 7:00 a.m.**  
 The Lafayette Park Hotel & Spa, 3287 Mt. Diablo Blvd., Lafayette, CA  
[www.lamorindasunrise.com](http://www.lamorindasunrise.com)

Lamorinda Weekly is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA 26,600 printed copies; delivered to homes & businesses in Lamorinda.

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'Live At the Orinda' features Emily Skinner, Dec 8



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The Tony nominated star of Broadway's "The Cher Show," "Billy Elliott," "The Prince of Broadway" and "Side Show," Skinner has had the distinction of being chosen by two pop

icons to star in their musicals. First by Cher to star as her mother, Georgia Holt, in "The Cher Show" and then starring as Amanda Priestly in the reading of Sir Elton John's upcoming musical version of "The Devil Wears Prada." Skinner also has the distinction of being the first American to star as Mrs. Wilkinson in Elton John's "Billy Elliot." You don't want to miss her!

For info/tickets: [www.OrindaMovies.com](http://www.OrindaMovies.com) or (925) 254-9065.

Orinda Junior Women's Club Announces middle-school writing contest, Youth Ink 2020

Submitted by Angela Woodard Narayani

The Orinda Junior Women's Club is pleased to announce Youth Ink 2020, the annual creative writing contest open to all middle school students who live in or attend school in Orinda. The Youth Ink 2020 prompt is "The Gift." Entrants do not have to adhere to the prompt, and imagination and creativity are encouraged. This contest gives young adolescents the opportunity to experience literary arts and enjoy the creative writing

process. Cash prizes of \$250 for first place, \$125 for second place, \$75 for third place, and gift certificates for 10 honorable mentions will be awarded. Youth Ink 2020 submissions will be accepted via email from Dec. 2 until Feb. 28 in order to be considered for an award. Full entry details will be on the Youth Ink 2020 submission forms, available through Orinda Intermediate School, several local private middle schools, the Orinda Public Library, and online by Dec. 2 at [www.orindajuniors.org](http://www.orindajuniors.org).

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# LAMORINDA SPORTS

## After NCS Championship win, Cougars go on to win NorCal Championship



Photos Gint Federas



Soren Jensen



West Temkin



Brock Zamanian

By Jon Kingdon

Campolindo head coach Miles Price put together a schedule for his team that would have tested the heartiest of souls, competing against the top teams in Southern California, compiling an 8-8 record but losing only four more games (three to Miramonte) the rest of the season. "You want to take your punches during the regular season to prepare yourselves for the NCS and NorCal tournaments," said Price. "It was a hard schedule and I probably wouldn't do it again like that but it did prepare our guys. Each game was challenging and we learned a different lesson each time."

Soren Jensen, who will be playing for Stanford next year, attributed the success of the team to how well they played together: "The key to our success was teamwork. We lost five starters from last year but a lot of us have been together since the 12-and-unders and we worked really hard and wanted to win and we came together to win it."

"Our defense was excellent," said Price. West Temkin was our anchor in the goal and there were no leaks in the defense. There was great communication on our side of the pool."

It was a combination of upper and lower classmen that led to the success of the team, according to Price: "Soren and Paul McGuire really came into their own and played to their potential. We got what we expected from our seniors and we had a lot of younger guys like juniors

Brock Zamanian and Caleb Boggan who really anchored the middle of our lineup. All of our guys have stepped up the last four weeks and come together as a unit. We had to figure out who worked well together and once we got that, everyone seemed to play well around one another."

Jensen gives much of the credit to Price: "Miles has been great. He's helped me so much from when I was a freshman on the varsity and helped our team tremendously."

In only his second season at Acalanes, head coach Robbie Arroyo was able to take a team that was 8-9 last season, to the victory stand in the Division II NCS Championships with a victory over College Park by a score of 16-10. With the No. 1 seed, the Dons got a bye in the first round and then defeated Redwood (14-11) and Tamalpais (10-9) prior to the win over College Park.

Dripping wet after the compulsory leap into the pool with his team after the win, Arroyo attributed the victory to the process of a long season: "We played in a very tough league (Campolindo, Miramonte and Las Lomas) and played some great teams all year and it definitely prepared us for this moment. Mac Darren scored the majority of the goals in the championship game, but it was a team effort from top to bottom."

Though losing in the first round of the NorCal Division tournament to Clovis, Arroyo's great satisfaction was "bringing the team back to the tradi-

tion of winning. This is a great group of kids that wanted to be successful. They came in every day and worked hard. They were able to come together and do it when it mattered."

With a 6-0 record in a very competitive league with Acalanes, Campolindo and Las Lomas, it all came down to a matter of three goals that would prove to be the difference in two playoff games. The Matadors defeated Campolindo three times during the regular season but came up short in the NCS championship game against the Cougars by a score of 8-6. In the NorCal tournament, Miramonte lost to San Ramon Valley by a score of 17-16 in the semifinals, preventing a fifth matchup against Campolindo for the championship.

"Senior co-captain Jackson Painter led the way," said head coach James Lathrop, "and a lot of guys stepped up. Blake Hoover and William Thomas may have gone unnoticed but their main role was on defense and they did a great job anchoring that area."

Despite the tournament losses, Lathrop felt the overall work of his team was responsible for the overall success of the team: "It's been a really great senior group and they did a great job in leading the team. Everyone did a nice job in having fun but pushing and challenging each other to get better and working together with everyone willing to sacrifice when called upon. Everything really derived around the team concept."

## Miramonte and Campo girls water polo heartbreak

By Jon Kingdon

With a 20-6 record, Miramonte was only an 8-6 loss to Acalanes in the NCS finals and 9-8 loss to Sacred Heart in the NorCal semifinals from having a truly memorable season. Head coach Lance Morrison and the team had trouble accepting the loss to Sacred Heart: "Everybody deep down was a little bummed with that loss as we wanted to make it back to the final game, but we're still very proud to have made it to the final four."

Of their six losses, five were by two goals or less and the biggest differential was by four goals. "Nothing came easy for us and we had to work for every bit of success that we got," said Morrison. "We had to buckle down and learn from all of our failures and the team did that in stride."

Seniors Sally Fellner and

Chloe Morrison were mainstays in the pool and Fiona Young was the utility player that filled the gaps for every position.

Sophomore Lindsay Lucas stepped in at goal and, says Morrison, "was a rock and in my opinion, the best goalie in the area. We had games where she just kept us in the fight. I couldn't be more proud of her. Her talent just speaks for itself."

The one word that Morrison felt described his team was perseverance: "We have a lot of young players that had to step up big and we asked them to fill big roles. We have a foundation for next year. Our seniors put in the work, energy and focus in with our underclassmen and this is going to pay dividends for us next year."

After graduating 12 seniors, seven of whom were either first or second team all-league and only four seniors

on this year's team, the Campolindo team was a work in progress from the start. Head coach Kim Everist felt it was important for the team to "make progress and grow right from the beginning. Starting the season off 13-2 was a good indication that lessons were quickly learned. The Cougars made it to the semifinals of the NCS tournament and qualified for the NorCal tournament losing to Davis in overtime by a score of 7-6.

Everist reactions to the game and the season were ones of extremes: "Everybody was heartbroken after leaving it all out in the pool. I was just super proud of them."

With two freshmen and three sophomores on the roster, the four seniors, co-captains Lola Cirulli and Nina Hunter, along with Haley Hunter and Marissa Ennis proved crucial to bringing the team together, said Everist:

"Our seniors had a good challenge and helped bring along a really young group. Each of them at some point stood up and bore the weight of the team on their shoulders. They were just so full of life."

The play of senior goalie Haley Hunter, starting for the first time, was a key to the team's success, giving up an average of only 7.6 goals per game. "Haley definitely stepped up and I'm so proud of her," said Everist. "I only have great things to say about her."

It took a team meeting for the Cougars to come together and play to Everist's satisfaction: "When we got everyone on the same page after a team meeting, my team came out and battled and I realized that we had a very special group and expectations jumped for our team, raising the bar. We were in the top 3-4 the entire season, which speaks to the confidence the team had.

They were young in a lot of ways but they were super gritty."

Everist saw a number of players really step up their games - Munson - "a brilliant shooter," Tallulah Clancy - "bore a lot at the center position," Maggie Hawkins - "a force at both ends of the pool," Cirulli - "our primary center defender matching up against our best opponents and Kaia Levenfeld - "filled some key roles this year."

Everist is already looking forward to next season with a great deal of optimism: "This team was transformative. I did not know what type of team we would have and we eventually found ourselves, getting a three seed in the NCS tournament. The growth of the team was exponential. With a young and experienced team, it should really serve us well for the future."



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## Miramonte makes it to NCS Finals and into State Tournament



Eliza Bates

Photos Gint Federas

By Jon Kingdon

It was a successful season for the Lamorinda Girls Tennis teams though they were not shown the respect they deserved by the seeds they received for the NCS championship. Campolindo was seeded 10th, Miramonte 7th and Acalanes 6th.

Campolindo unfortu-

nately opened the tournament against Miramonte, losing by a score of 6-1. Miramonte and Acalanes went on to prove the seeders wrong. Miramonte defeated the No. 2 seeded Dougherty Valley and Acalanes upended the No. 3 seeded San Ramon Valley setting up a match between Miramonte and Acalanes in the NCS semifinals, which Miramonte went on to win by a

score of 5-2. Later in the day, Miramonte would lose to Tamalpais 4-3 but still qualified for the state tournament by making it to the finals. The Matadors went down in the first round of the NorCal tournament to Granite Bay.

"We had a very complicated season," said Miramonte coach Mike McCollom. "This was only the fourth match all season that we had our team

together with all of our players and we did well in each of those matches. It's hard to win a championship from the seventh seed and I believe it's only the third time a seventh seed has made it to the championship."

The Matadors were led by Amber Lee, said McCollom: "Amber is a warrior and an amazing player who is very spirited with her teammates. We were very lucky to have her as a human and as a teammate."

Besides Lee, Macey Dowd and Henrietta Schmuck were the key singles players and the doubles teams were led by Shaili Lakhotia and Peyton Smith.

Acalanes coach Drew Diefenbach took away a lot of positives from the season: "We were successful results wise (16-5). We did better than last year and we can say that we finished in the top four in the NCS. We won the Diablo Athletic League and advanced further in the NCS than we had done in a long time. Our goal was to get to the finals and we fell just short but as a team it was better than last year. Everybody on the team did great. We have a great core of freshmen players that are all team players and will be carrying on the culture."

Though the No. 1 player for Acalanes, Eliza Bates, was

unavailable for the team tournament, she returned to win the North Coast Section Division I singles championship, defeating Solia Valentine from Berkeley High School by a score of 7-6, 6-0. The tournament has been held since 1977 and Bates is the first female from Acalanes to win the singles crown. Jasmine Toni also competed in the tournament, winning in the first round but losing to Valentine in the second round. "Eliza played well all season and certainly deserves recognition for how well she played with the team and in the singles tournament."

Campolindo coach Susan Faulker saw the season as being ultimately successful: "We came in second in our league and showed that we were a very good team. We were very strong in doubles with our number one team of Juliet Barliet and Francesca Restrepo and our number two team Sarah Vranesh and Sarah Warner that went undefeated in the regular season. (Senior) Kate Brown was very tough against the top player. It was fun to see her improve and have some success this year. (Sophomore) Claire Ross has really improved and could be our No. 1 singles player next year."



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# Basketball tournament champions



**Pictured:** Aiden Wong, Blake Frechman, Channing Stewart, Chase Nickens, Hudson Luengo, Julian Arrigotti, Julian Milojkovic, Lane Dalton, Michael Fagundes, Michael Vallas, Miles Cooper, Rhys Robinson. Coaches: Brian Frechman and Mark Robinson

**Submitted by Jon Nickens**

Lafayette-based Bay Area Blitz 2028 Boys Team (fourth grade) have wrapped up their 2019 AAU campaign by winning the Nov. 9-10 Bulldawgs Tournament held in San Francisco. In

living up to their name, the Blitz outscored their three opponents by a combined score of 184 - 61. The boys ended the season as the No. 2 ranked fourth grade boys team in Northern California along with being the 15th ranked team on the West Coast. Looking forward to 2020!

# Undefeated Acalanes JV football team thanks coach



**Front row, from left:** Rhett Skvarna, Luke Combi, Jack Cusamano, Luke Souza, Ryan Haugner, Evan Malmquist, Nick Eppinger, Will Berrien; **back row from left:** Eli Berkowitz, Ryan Giorgianni, Logan Ketcham, Kyle White, Anthony Ortale, Connor McPhail, Chandler Peatross, Jon Clark, Brady Brinkman, James Gunn, Marshall Lockwood, Trygg Boren, Jake Benken, Noah Yeager.

**Submitted by Jim Malmquist**

The Acalanes JV Football team, under the guidance of head coach Greg Young, finished off their season with a perfect 9-0 record this season. The boy's wanted to show their gratitude for their coach, and the pride in their accomplishment, so they arranged to

have the Lafayette Park Theater put up a note celebrating the moment. Many of these young men have been playing sports together since they were 7 or 8 years old, and have developed such a wonderful bond, and level of camaraderie, that would be tough to match on any team. Coach Young has helped direct that bond to the level it is now. (See related story Page C4.)

# Cal Magic '04 Girls Clinch Fall League Title



**Submitted by Paradi Mirmirani**

The Cal Magic '04 girls soccer team won the NorCal state premier north U16 division fall league on Nov. 17. They went undefeated in nine games.

The team, playing possession style soccer, was effective both offensively and defensively scoring 38 goals while allowing only 5. Coach Tony said "I'm very proud of the team progress. We've been able to add new elements to our game model every season, and I attribute that to the continuity our team has had over the years. It's a pleasure to coach." Next up, the team will be heading to San Diego for the Surf Cup Showcase tournament after Thanksgiving.

**Front row, from left:** Charlotte Dierks, Tatum Zuber, Gigi Betti, Rachel Kopelman, Sayaka Hirano, Ainsley Murphy, Chloe Quintella, Tahra Minowada; **back row from left:** coach Tony Neto, Ashley Van Pelt, Talia McCloy, Ruby Hill, Maddie Buckley, Addison Creson, Audrey Le-Nguyen, Addison Bailey, Anna Chard

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# Campolindo comes up short in state finals



Erin Thomas

Photo Gint Federas

## By Jon Kingdon

Campolindo girls volleyball head coach John Vuong was concerned when the Cougars were up to Division I for the NCS playoffs, having to compete against teams that had far larger student bodies. Ironically, the schools with the smallest student bodies, Campolindo and Bishop O'Dowd, met in the finals with O'Dowd besting Campolindo. Each qualified for the

NorCal state tournament, with O'Dowd playing in the open division and Campolindo playing in Division I bracket.

With the No. 1 seed, Campolindo earned a first round bye and then defeated Clovis North and Palo Alto by 3-0 scores to then play and defeat Menlo-Atherton 3-1, earning the right to represent Northern California in the state finals against Vista Murrieta. In the match, Campolindo ran into a freshman buzz saw named Claire Lit-

tle who had 30 kills and the Cougars lost to Vista Murrieta by a score of 20-25, 30-28, 25-22 and 25-21. Particularly frustrating for Campolindo was losing the second set when they were ahead 24-19 and could not close out the game.

Vuong and assistant coach Dave Chen made it to their third state finals with the Cougars. Vuong still spoke highly about the team: "They worked hard all season and it was a reward for their efforts to play the championship game. I told them that getting here was not easy and that every other school in the state would have loved to have been in our place. It just wasn't our night tonight."

Erin Thomas, Molly Mitchell and Audrey Pak stood out for the team. "Audrey has gone above and beyond everything I expected," said Vuong. "She's played every position we've asked her to play. There's been nothing she can't do on the court. She really put the team on her shoulders through the whole season."

Vuong also highlighted junior Madison Xiong who had to step in for an injured player: "Maddie had a number of kills. She was ready to play and took advantage of the opportunity and did not disappoint at all. She showed the ability to step up and gave us a chance to win."

There was a special chemistry that pervaded the team. "The best part of this team is that we're such a family and we play for each other," said senior Arielle Allen. "We all

wanted it so bad."

Senior Sophia Newman took great joy in winning the Northern Regional finals: "As this was my last year at Campolindo, I wanted us to take one of these big games, playing our hearts out and having fun and I'm so happy that we beat Menlo-Atherton to make it to the finals. Everything is special about this team. I've never been on a team like this where everybody wanted to play for each other and be there for each other. John and (assistant coach) Dave Chen were the best coaches I've had in my volleyball career. They always gave 100%, coming in on off days, giving us the best opportunity to win and allowing us to believe that we could do it."

The lone freshman on the team, Olivia Wiseman, appreciated the uniqueness of her situation after the Menlo-Atherton game: "It's such a unique experience as a freshman to go to the state tournament. My heart was pounding. I love being on the team and everyone has been really nice to me."

It was a long process for Vuong: "At the beginning of the season, I did not see us making it to the state finals. Playing in Division I was training on the job and we had to adjust as we went on. The team improved a lot in the sense of cohesiveness and team chemistry. We had the talent to play as one unit, led by captains Audrey Pak and Sophia and all of the seniors. They realized the opportunity to make it to the finals and they took it."

## Lamorinda Freshmen and JV Teams – Foundations for Success



Photo provided

From Left: 35- Robby Horst, 30- Dashed Weaver, 28- Robbie Mascheroni, 2- Greg Palamountain, 36- Lucas Concepcion, 59- Maddex Mastrov and 26- Brendan Comerford

## By Jon Kingdon

If you were to peruse the rosters of the Acalanes, Campolindo and Miramonte football teams, every player would have at least one thing in common – at one point, they all played for a freshman and/or JV team. These are teams that practice and play as hard as the varsity players but generally perform in front of much smaller crowds, primarily made up of parents and friends.

Having an undefeated team at any level merits great appreciation due to its rarity. Three years ago, the Miramonte Girls Water Polo team and the past two years, the Acalanes Girls Water Polo teams have gone undefeated and were duly praised.

Flying way under the radar this past fall, there were two teams that went through their seasons undefeated. They were the Campolindo freshmen football team that went 10-0 and the Acalanes JV football team that went 9-0. The closest margin of victory for Acalanes was by 22 points and they averaged 38 points while only giving up 2 points per game. They also earned local bragging rights by de-

feating Campolindo and Miramonte by a combined score of 71-0. Campolindo had only three games that were decided by seven points or less and returned the favor by defeating Acalanes by a score of 49-12

Acalanes' varsity head coach Floyd Burnsed witnessed the commitment the JV team showed all season: "They are a very dedicated group. These kids lifted on Tuesday and Thursday at 6:45 a.m. and we always had a great turnout each of those days."

As a rule, Burnsed keeps his sophomores on the JV roster but "when there was a need where we had an injury or two on the varsity, we would bring up some of the sophomores for that game and then send them back to the JV."

Burnsed brought up a number of their sophomores to the varsity for the playoffs though few get to see the field. "It's a huge jump from their sophomore to their junior year," said Burnsed. "That's why it's going to really help them coming up with us now to see how we practice and play. It'll give them a leg up."

The Don's JV team did not have an easy schedule

defeating teams like Vintage (10-1), Oakland (7-3), Las Lomas (7-2-1) and Campolindo (7-3). Head coach Greg Young appreciated how special his team was this season: "It wasn't just the athletic talent of this group. There was tremendous leadership along with a hard-working personality, a passion for the game and a fearlessness made for football. It all just came together." The success of the team was no surprise to Young as he had been the team's freshmen head coach the prior season that had an 8-1-1 record: "We predicted that we would be undefeated this year."

The health and depth of a team can always dictate the success or failure of a season and for Acalanes, the team stayed remarkably healthy, said Young: "We only had one player that went both ways, which was running back Evan Malmquist, but he also shared the running with Dante Montgomery while starting on defense. We had 20 players that started and we dressed 42 out of 42 for our last three games. There were no concussions or broken bones, which I feel is as impressive as our points on offense and defense."

The individual statistics for the players were as impressive as the team's record. Malmquist averaged 9.2 yards/carry and scored eight touchdowns. Logan Ketchum had 14 tackles when called up to the varsity and averaged seven tackles/game for the JV, quarterback Luke Suza completed 71.4% of his passes and threw 24 touchdowns and only two interceptions and wide receiver Will Berrian caught 30 passes and scored 13 touchdowns, averaging 21.2 yards/reception.

It's the consistency of the program that Young feels led to the team's current success: "With Coach Burnsed, we are able to have the same offense, defense and special teams."

For Young, it's the players that are ultimately responsible for the team's record: "As soon as the season ends, they're back to work. They believe in their hearts that they have a destiny as a varsity team they will go far and they're all about working hard and that leadership permeates throughout the team with a real positive attitude. They're a joy to be around."

With a freshmen team,

it's a lot harder to predict how your season is going to evolve, says Campolindo head coach Darell Breedlove, in his eighth-year coaching for the Cougars: "It's always tough to know in advance with a freshmen team how good it will be. They've mostly played in flag football leagues. You never know what you're going to get. We were blessed this year with an abundance of talent and kids that had a strong aptitude as well as an understanding what a team situation is."

For freshmen teams, it's primarily a learning experience, says Breedlove: "At the freshmen level, there is a ton of teaching that goes on before the season and it continues throughout the year. The hardest things to get are the fundamentals of football. We were fortunate to have a pretty solid group that paid attention, better than any other freshmen team that I had coached before and they really worked to improve on their fundamentals and how we approached the game which is why we performed so well."

The value of a freshmen team is not lost on varsity head coach Kevin Macy: "We are fighting to keep our freshmen team going. Some schools are more than willing to drop their freshmen football teams and if we took that path, we just wouldn't exist. Everyone here is invested at every level. The freshmen, JV and varsity integrate very well together."

Breedlove attributes the success at Campolindo to Macy: "Kevin is a coach for all of the teams. When I have a specific question or need for an upcoming game, I ask him what drill he recommends and what method he believes would help the team get through this obstacle the best and he brings it over and we go through it and the kids learn a ton."

The connection between Breedlove, assistant varsity coach Bill Levy and Macy goes back 50 years to junior high school and when they played together on the same high school football team. It's this connection that contributes to the consistency of the program, says Breedlove: "Whatever you got that works, we're going to share it with the other groups."

The test of character for the freshmen teams can be as strong as it is for the varsity, even as they learn the physi-

cality, subtlety and nuances of the game, according to Breedlove: "The improvement of the players through the freshmen year is astronomical. There was great athleticism and commitment that our team brought this year. In our first game at Rio Vista, it was 104 degrees and was played on a dry grass field. We were severely tested in a lot of areas and we had to put our quarterback, Dash Weaver, in at line-backer where he forced a fumble late in the game allowing us to win 25-22. It's those type of situations where kids get tested and they show their stripes."

It's the entire freshman experience that Macy deems so crucial: "The freshmen need to know who their leaders are and let the leaders elevate and learn that experience. We play with a commitment that these kids have to each other and develop a spirit in the way they play."

Breedlove concurs with that assessment: "Many of the kids play other sports so they're not coming to us without a competitive background. However, they do have to buy in to the program and there's a lot to learn. You don't get them all in at the freshman level but if you get enough of them, you can have success. Our 10-0 record was a great accomplishment but you don't go in anticipating or making it your goal to go undefeated. You want to see great improvement, you want a wonderful time and you want to build a rapport with the kids so they stay in the program."

Macy is not above having sophomores on the varsity with one proviso: "We'll only bring up sophomores to the varsity if they're going to play. We brought up seven freshmen to dress for our playoff games (pictured) because it's an honor for these kids to witness the game from the sidelines."

The freshmen that earned that distinction are: QB/DB Dashed Weaver, LB/EB Robby Horst, RB/S Greg Palamountain, RB/LB Brendan Comerford, OT/DT Maddex Mastrov, WR/DE Robbie Mascheroni and RB/WR/DB Lucas Concepcion.

"They've all done a great job," Breedlove says. "It's a real opportunity for them to get guidance by being around the varsity players and learning what it's like on that level."

# Lamorinda OUR HOMES

Lamorinda Weekly Volume 13 Issue 20 Wednesday, November 27, 2019



Feng Shui, Creating a calming sanctuary for children  
... read on Page D4

## Digging Deep with Cynthia Brian Grace and gratitude in the dirt



A thick pile of Japanese maple leaves blanket the garden.

Photos Cynthia Brian

### By Cynthia Brian

*“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.” – Charles Dickens, 1812-1870, Novelist*

Pumpkins, gourds, and scarecrows decorate our yards. Thanksgiving has arrived and

we give thanks for our safety, the bounty on our tables, the flora in our curated gardens, our wide-open spaces, community camaraderie, and the benevolence of family and friends. Despite the electrical blackouts, evacuations and fires, for the most part, we have been spared despair and tragedy. As a gardener, I find solace, grace and gratitude

while toiling in the dirt. I encourage you to discover happiness and joy in nature. Pay attention to the details. Walk around your home and journey into the garden to observe how your world is colored.

Begin by practicing gratitude for the simple things you take for granted: the bright red hues on the Boston Ivy, the intricate patterns on a coleus plant, the varied textures of a mosaic of palms, redwoods and liquid ambers swaying in the wind, a thick blanket of leaves fallen from the Japanese maple. What about being grateful that in normal times, we have electricity at the flick of a switch or warm running water by turning on a spigot? As frustrated as we are with our power company, we still luxuriate with more conveniences than people in many countries. We can't become numb to the delights and challenges of living.

The increased popularity of foraging has resulted in a stream of articles in magazines recently. Although I do advocate adding a variety of wild weeds to our diets, it is also important to caution the inexperienced about the dangers of picking plants that are unfamiliar. Whilst purslane, dandelions, amaranth and lambsquarters are highly nutritious, there are many botanicals that can trigger major allergies or even be deadly when consumed. Hemlock, which resembles wild carrots or Queen Anne's lace and oleander will kill humans and animals. Until you are knowledgeable about what you are gathering for your next supper, it's best to purchase your "exotic" greens from a Farmers' market or local vegetable bin.

... continued on Page D8

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City	Last reported	Lowest amount	Highest amount
LAFAYETTE	18	\$715,000	\$3,380,000
MORAGA	7	\$801,000	\$1,716,000
ORINDA	12	\$934,500	\$2,425,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

### LAFAYETTE

3259 Camino Colorados, \$925,000, 3 Bdrms, 1184 SqFt, 1951 YrBlt, 10-11-19  
382 Castello Road, \$1,250,000, 3 Bdrms, 1863 SqFt, 1961 YrBlt, 10-11-19,  
Previous Sale: \$339,500, 09-01-89  
568 Francis Drive, \$949,000, 3 Bdrms, 1836 SqFt, 1967 YrBlt, 10-08-19,  
Previous Sale: \$862,000, 06-05-17  
1198 Glen Road, \$3,380,000, 5 Bdrms, 3996 SqFt, 2003 YrBlt, 10-08-19,  
Previous Sale: \$1,325,000, 03-27-02  
3110 Gloria Terrace, \$1,250,000, 3 Bdrms, 1757 SqFt, 1964 YrBlt, 10-08-19,  
Previous Sale: \$1,230,000, 03-13-18  
3111 Gloria Terrace, \$1,450,000, 5 Bdrms, 2390 SqFt, 1965 YrBlt, 10-08-19,  
Previous Sale: \$1,199,000, 09-28-17  
3911 Happy Valley Road, \$2,280,000, 2 Bdrms, 4718 SqFt, 1948 YrBlt,  
10-11-19, Previous Sale: \$2,795,000, 05-13-15  
3264 Marlene Drive, \$715,000, 4 Bdrms, 1449 SqFt, 1972 YrBlt, 10-07-19,  
Previous Sale: \$345,000, 02-03-12  
1096 Oak Hill Road, \$1,900,000, 5 Bdrms, 3291 SqFt, 1932 YrBlt, 10-18-19,  
Previous Sale: \$1,335,500, 03-24-08  
1198 Pleasant Hill Circle, \$2,540,000, 2 Bdrms, 1484 SqFt, 1945 YrBlt,  
10-16-19, Previous Sale: \$855,000, 12-01-17  
3811 Quail Ridge Road, \$905,000, 3 Bdrms, 1875 SqFt, 1972 YrBlt, 10-18-19  
1590 Rancho Del Hambro, \$2,165,000, 4 Bdrms, 5228 SqFt, 1991 YrBlt,  
10-16-19, Previous Sale: \$1,950,000, 02-22-12  
2098 Reliez Valley Road, \$1,380,000, 4 Bdrms, 1918 SqFt, 1960 YrBlt,  
10-17-19, Previous Sale: \$949,000, 08-26-11  
1410 Reliez Valley Road, \$2,000,000, 4 Bdrms, 3049 SqFt, 1975 YrBlt, 10-16-19  
828 Solana Drive, \$1,850,000, 5 Bdrms, 3307 SqFt, 1956 YrBlt, 10-11-19  
1471 Sunset Loop, \$927,500, 3 Bdrms, 954 SqFt, 1950 YrBlt, 10-08-19,  
Previous Sale: \$830,000, 07-13-17  
25 Warwick Court, \$1,600,000, 1 Bdrms, 2112 SqFt, 1963 YrBlt, 10-11-19,  
Previous Sale: \$282,000, 08-01-86  
1010 Woodbury Road #102, \$1,425,000, 2 Bdrms, 1495 SqFt,  
2015 YrBlt, 10-18-19

### MORAGA

17 Francisca Drive, \$801,000, 2 Bdrms, 1211 SqFt, 1984 YrBlt, 10-07-19,  
Previous Sale: \$685,000, 08-10-15  
159 Miramonte Drive, \$825,000, 3 Bdrms, 1798 SqFt, 1966 YrBlt, 10-15-19  
176 Natalie Drive, \$850,000, 3 Bdrms, 1552 SqFt, 1968 YrBlt, 10-09-19  
236 Scofield Drive, \$1,716,000, 4 Bdrms, 2610 SqFt, 1958 YrBlt, 10-14-19,  
Previous Sale: \$650,000, 07-06-01  
144 Via Joaquin, \$940,000, 3 Bdrms, 2117 SqFt, 1980 YrBlt, 10-11-19,  
Previous Sale: \$730,000, 10-21-14  
124 Walford Drive, \$1,085,000, 4 Bdrms, 2110 SqFt, 1964 YrBlt, 10-17-19,  
Previous Sale: \$427,000, 06-01-90  
39 Wandel Drive, \$1,093,500, 3 Bdrms, 1498 SqFt, 1961 YrBlt, 10-16-19,  
Previous Sale: \$670,000, 08-03-10

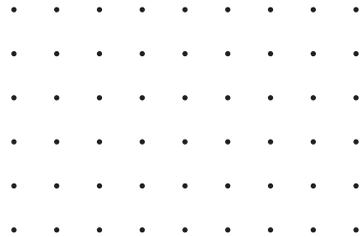
... continued on Page D9



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## Feng Shui

# Creating a calming sanctuary for children



Photo provided

**Using softer hues, cozy draperies, proper lighting and placing the bed against a solid wall in the FengShui "Commanding Position" all help create a serene place for kids.**

**By Michele Duffy**

During this time of year our children often are at the center of many of our daily special occasions and the question Feng Shui can uniquely address is how to better support our children to be successful, happy and grounded.

On a daily basis, the rooms our children spend time in playing and sleeping should also inspire them to dream and imagine. Feng Shui for a child's room can benefit them on so many levels. There are many symptoms of unease that Feng Shui can help alleviate in your child's environment. If your child lacks confidence, isn't sleeping or focusing, or is having trouble socially, many of the clues can exist and be unwittingly reinforced in their environments, especially in their bedrooms.

Recently a family in Moraga contacted me for help with their little girl who was having attention and focus issues. She didn't like sleeping in her room, so halfway through the night she would wander into her parents' room, disrupting their sleep as well. Sound familiar? If it does, you aren't alone. Many parents experience sporadic "night fright" with their kiddos, but it's important to note when the behavior has graduated to destructive for both the child and the family. Often if a child is not enjoying their room they also won't learn to settle down in their own space, to complete school work or spend time alone reading or dreaming.

These parents, like many others I've helped, felt an enormous amount of shame around not being able to change the situation for the better for their child. Compassion is always at the heart of my motivation for helping others, and I've seen it dissolve resistance and embarrassment, because these challenges are all a part of the human condition and no one is immune from experiencing some form of suffering. First, I meet children where they are and ask for their very important input; in this case, I asked for the child to help me with the colors for her room and other design details. The shy child I met at the front door transformed into a willing collaborator in the refresh of her room.

Involving your own children and asking for their input is really important so they feel heard. I moved this child's bed away from under a drafty window into the "Commanding Position," which is always the No. 1 FengShui adjustment for any bedroom. She liked the change. Next, the walls were a very strong blue hue and I asked her about her favorite colors. No shock that pink topped the list so instead of a bubble gum color, I asked her if she wanted a more sophisticated or "big girl" color and after looking at a few, she picked one of my favorites, Benjamin Moore's "Proposal" (#AF-260), a calm whisper of pink.

Next we talked about calming, soft and new bedding and I emphasized how important it was to add a bed frame with a solid headboard so she would feel supported in life. As the transformation continued, her excitement grew. We talked with her about adding a loveseat under the window to create a reading nook and a place to rest and daydream, and also an upgrade to the wall décor including a gallery wall of her artwork and another wall area for photos of her family and friends. Doing so helps a child feel connected to their gifts and also to the people who love them the most, and that they are part of something bigger, which fosters a sense of well being. The images that surround a child should be the same that Feng Shui recommends for adults: positive and uplifting, versus sad and melancholy. ... continued on Page D9



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*Going...*

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**5 Williams Court, Orinda, \$1,606,000**  
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**30 Miramonte Drive, Orinda, \$665,000**  
**13 Estates Drive, Orinda, \$1,175,000**  
**1087 Upper Happy Valley Rd, Lafayette, \$1,770,000**  
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**104 Sleepy Hollow Lane, Orinda, \$3,200,000**  
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**37 Underhill Road, Orinda, \$1,200,000**  
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## *Digging Deep with Cynthia Brian*

# Grace and gratitude in the dirt



**The patterns and colors of coleus change with the seasons.**

Photos Cynthia Brian



**Like ornaments on a tree, Hachiya persimmons glisten.**

... continued from Page D1

Persimmons appear like shiny orange ornaments hanging from tree limbs and will add a festive feeling to your holiday décor. Pick them now before the squirrels and birds add them to their autumn menu. Persimmons will ripen on the counter. Keep in mind that astringent Hachiya persimmons must be soft before eating, while the Fuyus are most delicious and perfect for lunch snacks or sliced into salads when hard and crunchy like apples.

November is usually the optimum month to plant trees, bulbs, transplants and seedlings, however, without any rain this autumn thus far, I am recommending waiting until we have at least a day of consistent moisture. Even though I watered boxwoods and annuals purchased earlier in the month, these plants are struggling and will probably have to be replaced.

As we celebrate November, we prepare for the dormant season ahead. Hopefully, we'll experience much-needed rainfall soon.



**A neighborhood view of the hills and trees of autumn.**

## Feng Shui

# Creating a calming sanctuary for children

... continued from Page D4

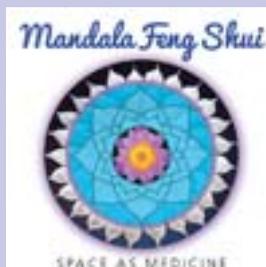
Finally, I recommended a new storage solution to help keep her bedroom tidy. Clutter magnifies chaotic energy and so it's of paramount importance to help kids learn to participate in balancing out their own rooms, with simple choices that bring their personal space into greater calm. Creating storage solutions helps make the task of tidying up achievable.

Helping children to make the connection between a messy room and feelings of unease, and empowering them to see the connection between a tidy room and inner calm encourages them to tidy up themselves. Kids need structure and routines and setting up their rooms for success is a quiet layer that provides a canvas for them to write their own story, from a place of support and love. If children feel safe, grounded, and empowered they stand a better chance of success and Feng Shui can help create the ideal environment for growth.

### Things to avoid in children's rooms

- Bunkbeds create insecurity (top bunk hit head, lower fear of the top falling)
- Beds under window
- Beds with messy and cluttered storage underneath
- Side of bed pushed up against a wall
- Room clutter
- Poor lighting
- Loud or strong primary colored walls
- Bare floors
- See through window coverings
- Depressing or lonely wall art

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2019 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com).



## Lamorinda home sales recorded

... continued from Page D2

### ORINDA

57 Bates Boulevard, \$934,500, 3 Bdrms, 1932 SqFt, 1960 YrBlt, 10-09-19, Previous Sale: \$969,000, 06-13-07

10 Broadview Terrace, \$1,495,000, 4 Bdrms, 2500 SqFt, 1951 YrBlt, 10-15-19, Previous Sale: \$635,000, 09-01-92

11 Crown Court, \$1,450,000, 3 Bdrms, 1491 SqFt, 1958 YrBlt, 10-10-19

309 El Toyonal, \$1,165,000, 3 Bdrms, 1410 SqFt, 1961 YrBlt, 10-18-19, Previous Sale: \$775,000, 12-12-05

124 Fiesta Circle, \$1,450,000, 3 Bdrms, 2314 SqFt, 1960 YrBlt, 10-18-19

6 Lloyd Lane, \$1,460,000, 2 Bdrms, 2049 SqFt, 1950 YrBlt, 10-16-19

35 Longridge Road, \$1,200,000, 3 Bdrms, 2273 SqFt, 1958 YrBlt, 10-07-19, Previous Sale: \$739,000, 02-09-08

315 Miller Court, \$2,425,000, 5 Bdrms, 3822 SqFt, 2014 YrBlt, 10-17-19, Previous Sale: \$2,228,500, 04-30-14

3 Mira Loma Road, \$1,750,000, 2 Bdrms, 3041 SqFt, 1926 YrBlt, 10-17-19

8 Santa Lucia Road, \$1,770,000, 6 Bdrms, 3917 SqFt, 1934 YrBlt, 10-17-19

63 Tomcat Way, \$2,147,000, 3 Bdrms, 3006 SqFt, 2018 YrBlt, 10-10-19, Previous Sale: \$24,440,000, 12-23-15

112 Van Ripper Lane, \$2,125,000, 3 Bdrms, 2765 SqFt, 1950 YrBlt, 10-18-19, Previous Sale: \$1,100,000, 08-05-03

### 11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your LAMORINDA Home for Sale

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Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn

prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

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This report is courtesy of The Jackson Group-Exp Realty DRE #01763819. Not intended to solicit buyers or sellers currently under contract. Copyright © 2019

## Cynthia Brian's Gardening Guide for end of November

- **CLEAN UP** any leaves or weeds remaining from annuals and vegetables. Compost your healthy debris. Cleaning up now will prevent the population of snails, earwigs, and sowbugs from expanding.
- **WATER** ornamentals and perennials that have withered from the dry winds.
- **PRUNE** shrubs before new flower bulbs form. As soon as crape myrtles lose their leaves, shape your trees. Prune fig trees to a size to keep the fruit within reach.
- **CUT** back leggy geraniums and pelargoniums. New growth with an abundance of flowers will re-emerge by spring.
- **FORAGE** only for plants that you can positively identify.
- **FERTILIZE** your hedges with fertilizers high in nitrogen. Lawns need their second feeding application now. Water deeply.
- **RAKE** fallen leaves to add to the compost pile.
- **CLEAN** rain gutters of leaves and add to your compost pile.
- **SPRAY** deciduous fruit trees with dormant oil. Pears, peaches, plums and apricots will benefit from three rounds of spraying, usually toward the end of November, December and January.
- **PERUSE** nurseries for perennials such as columbine, carnations, coral bells, and chrysanthemums which can be planted from six-packs as soon as it rains.
- **DEADHEAD** your roses regularly to maintain blossoms and fragrance until January. If you prefer, allow the rose hips to grace your bushes with their vibrant red and orange color. Pick the hips to add vitamin C to your tea.
- **DIVIDE** perennials and separate overgrown clumps. Plant elsewhere or share extras with a friend.
- **COLLECT** dried grasses, pods, willows, branches and other natural materials for a cornucopia of autumn arrangements.
- **HOLLOW** out a pumpkin or gourd and plant with succulents for an appealing Thanksgiving display.
- **CREATE** glorious fall hued floral arrangements with the firecracker colors of roses, gerbera, berries and reeds.
- **VEGETABLES** such as broccoli, beets, carrots, lettuce, peas, turnips and spinach can be planted by seed when carefully watered.
- **HARVEST** your pumpkins, gourds, squash, apples, walnuts, persimmons and tangerines. Create a basket of edibles as festive holiday décor.
- **ENJOY** the fall foliage and views of the changing tree colors from a hilltop location.
- **BE** grateful for your garden. Whether your plot is large, medium or small, or even if you only showcase a potted plant in the window, you are a gardener. Keep digging. Grace and gratitude are buried in the dirt. Everyone grows with nature.

Take time to give thanks for the little things every day, not just once a year. Be grateful for what you have. Having an attitude of gratitude makes every moment shine brightly.

Each day is Thanksgiving Day when you live, learn, laugh, love, and appreciate what you have. Share the abundance.

Wishing everyone a very happy, healthy, and delicious Turkey Day!  
Happy gardening. Happy growing. Happy Thanksgiving!

“Gratitude is riches. Complaint is poverty.” Doris Day



Succulents planted in a white gourd for a pleasing Thanksgiving arrangement.



The fiery red leaves of Boston Ivy.



Harvest pumpkins, gourds, and squash for eating or decorating.



Cynthia Brian in a garden of begonias.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at [www.StarStyleRadio.com](http://www.StarStyleRadio.com). Buy a copy of her books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at [www.StarStyleStore.net](http://www.StarStyleStore.net). Hire Cynthia for writing projects, garden consults, and inspirational lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com)

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