

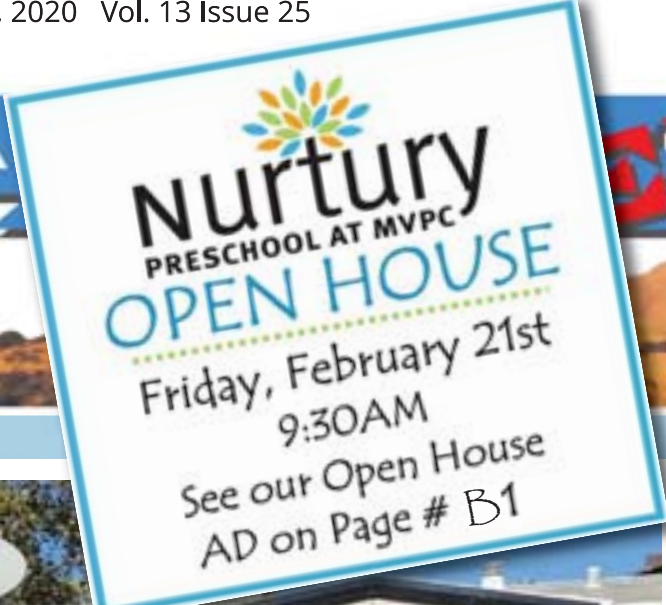
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OPEN HOUSE

Friday, February 21st

9:30AM

See our Open House

AD on Page # B1



Hank the horse walks into the Roundup, then critiques Carole Sinclair's pool stance on a recent visit to the saloon.

Photos provided

A horse walks into a bar...

By Pippa Fisher

What's to be done at the local saloon when there's no hitching post? Why, ride 'em right in, of course. It is certainly not an everyday sight, but that's what a posse of eight cowgirls led by Farmyard Darlings co-founders Kim Berry and Carole Sinclair, did Jan. 20 in a joint celebration of Martin Luther King Jr. Day and Berry's birthday at the Roundup Saloon in Lafayette.

Before popping into the Roundup for a cold one, the girls had lunch at American Kitchen, 'parking' their horses at meters, making sure they

had put money in first, naturally. Staff from nearby Tutu's brought carrots out for the horses. And then it was on to the Roundup for a game of pool and a drink with their well-trained horses beside them.

Berry, who owns the Lafayette-based country home style store Farmyard Darlings with Sinclair, says, "It's a great tradition that we started several years ago when Farmyard Darlings moved to 20 Lafayette Circle."

Berry explains they wanted to find a way to really engage with the community, "And we thought what better way to do that than to ride through town on horseback and see the smiling faces of

both young and old as we walk on by. Some of these people have never seen and/or even been able to touch a horse and we gave them that opportunity."

Sinclair says they try to ride downtown once a month or so. Like Berry, she loves all the people they meet, for whom this might be their first experience with horses.

"On the way downtown, a sweet 6-year-old came running out of her house on School Street yelling that this was the happiest day of her life!" says Sinclair. She explains the sight of the horses really does engage the community, young and old.

... continued on Page A11

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Controversial housing bill SB 50 fails to pass senate

By Sora O'Doherty

The California Senate failed to pass Senate Bill 50 Jan. 30, effectively killing the controversial housing bill for this legislative term. The vote was 18 in favor, 15 against, and six "no vote recorded." Among those voting against were Sen. Steve Glazer, representing Lamorinda in his district.

Orinda city council members did not have one good thing to say about proposed SB 50, and could not see how it could be improved by any amendment, and remain

implacably opposed to the bill, which would largely remove local control of housing development in California. SB 50 is, according to Mayor Darlene Gee, "a Pandora's box of disaster." The city council will be sending a letter to that effect to the legislature, and in particular to the district offices of Glazer and Assembly member Rebecca Bauer-Kahan, who also represents Lamorinda. According to her staff, Bauer-Kahan remains opposed to SB 50.

Lafayette Mayor Mike Anderson wrote to bill sponsor

Scott Weiner, copying other officials including local representatives, stating that the city could not support SB 50 without amendment. Anderson particularly called out the bill for failing to address the problem of the lack of jobs located near housing. Anderson additionally pointed out that the bill is unclear as to what would be required in very high fire hazard severity zones, such as portions of Lafayette.

"The City of Lafayette is in a VHFSZ and a jobs-rich area, so does

this mean that SB 50 would allow for unlimited density in areas that are at the highest risk for wildfire?" he queried. "It is critical that SB 50 not allow for development that could potentially put residents in direct risk during a climate related disaster," he concluded. Although Anderson tried to praise the goals of the bill, he also stated that SB 50 should be amended to provide priority for affordable housing to those that work within a half-mile of a proposed development.

... continued on Page A7

Civic News A1-A12	Life in Lamorinda B1-B6	Healthy Lifestyle C3-C4	Sports C1-C2	Our Homes D1-D16
Residents voice continued traffic concerns in Terraces project - Page A2	"Pain & Glory" opens for one week at Orinda Theatre - Page B1	Using exercise to combat pain - Page C3	Drew Anderson's winding road to the NFL - Page C1	Design ideas to chase away winter blues - Page D1
Fire Districts A8				
MOFD fire chief addresses local residents - Page A8				



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Traffic concerns at heart of residents' objections to 315-unit development



Proposed Deer Hill Rd./Pleasant Hill Rd. intersection

By Pippa Fisher

The Planning Commission held a joint meeting with the Transportation and Circulation Commission on Jan. 21 as a first look at the results of the traffic impact study report for the proposed Terraces development on Deer Hill Road.

No decision was reached at this meeting but the commissions had a chance to hear not only from traffic consultants TJKM as they presented their report, but also from members of the public who were overwhelmingly critical of the report's findings.

The Terraces, which would sit on a 22-acre parcel on Deer Hill Road, was first proposed in March 2011 but its application was suspended in 2014 in favor of alternative plans for a scaled back development of 44 single-family

homes, and amenities including a dog park, playground, playing fields and a car park. Local preservationist group

Save Lafayette sued the city, resulting in a referendum on the future of the revised project. With the defeat of Measure L in 2018, the developer O'Brien Homes resumed the original application for the 315-unit apartment project under the process agreement.

Planning Director Greg Wolff introduced Renee Powell and Chris Kinzel of TJKM, explaining that the company prepared both the initial 2012 study for the apartments and also the 2015 study for the Homes.

Powell presented the company's key findings and mitigations for traffic along

the Deer Hill/Pleasant Hill Road corridor. She said they looked at changes added since 2011, including plans regarding access to the development and driveways to improve sight lines, improved frontage with a bus dugout, sidewalks, and plans for an additional southbound "trap" lane that would begin north of the Deer Hill Road intersection – a lane dedicated to feed traffic onto the westbound entrance ramp for Highway 24. Powell said they looked at passenger loading and parking especially around the high school and at emergency vehicle response times on Pleasant Hill.

Powell addressed traffic mitigation on Deer Hill Road at Brown Avenue with signalization, and mitigation for emergency vehicle response times along Pleasant Hill Road by adding emergency vehicle signal preemption. She explained a construction management plan would address timing of construction work, and a BART shuttle would be added to address the impact on parking at the BART station.

"The bottom line of our findings is that there were no new significant traffic impacts," said Powell.

... continued on Page A8



City Council
 Monday, Feb. 10, 7 p.m.
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission Meeting
 Tuesday, Feb. 18, 7 p.m.
 Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review
 Monday, Feb. 10, 7 p.m.
 Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

School Board Meetings
Acalanes Union High School District
 Wednesday, Feb. 5, 7 p.m.
 AUHSD Board Room
 1212 Pleasant Hill Road, Laf.
 www.acalanes.k12.ca.us

Lafayette School District
 Wednesday, Feb. 12, 7 p.m.
 Regular Board Meeting
 Stanley M.S. Library
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Council strikes a more measured note in response to Skinner letter



The Lafayette City Council at the dais.

Photo Pippa Fisher

By Pippa Fisher

The Lafayette City Council spent close to an hour and a half thrashing out the nuances of language for their response to a message received in December from State Sen. Nancy Skinner at a recent meeting. Choosing between two versions of a response, four of the five members voted to send the more neutral version and not to escalate any questions regarding the ethics of the senator's letter.

At the previous meeting Council Member Cam Burks had expressed extreme concern over Skinner's Dec. 11 letter in which she reminded the council of her bills, Senate Bill 167 and SB 330, that would "likely impact not only the Terraces project but any project consistent with local zoning rules as defined in the amended Housing Accountability Act and in SB 330. Thank you for your consideration." Burks said at that meeting he had never been more outraged as he referred to what he called the "height of abuse of power" from Skinner's "interference in an active land-use application." It was a sentiment shared by Vice Mayor Susan Candell who said that she could not agree more, while Council Member Teresa Geringer took a more cautious view saying, although she was concerned, she wanted to find out more about any implications.

At that Jan. 13 meeting the council postponed a decision until the Jan. 27 meeting in order to get advice from Robert Hodil, the outside attorney hired by the council to advise on issues concerning the controversial 315-apartment Terraces project.

So, did Skinner cross a legal or ethical line with the letter and was it 'interference in an active land-use application' as Burks suggested?

Hodil, weighing in at the Jan. 27 meeting, said he did not see that. In terms of ethical rules the senator is bound to follow, he said that he didn't see any violations from a legal perspective.

"I can understand how many may feel that this is an unethical action on her part," he said, "but there's nothing in terms of any clear rules she has violated by doing this in my opinion."

Burks remained in favor of referring the senator's letter to various agencies for review and for sending a harsher draft of the response to register the city's concern with "a state senator declaring an opinion on the processing of a development project (the Terraces of Lafayette) that is not even in her district," and referred to "potentially unethical partiality regarding the Terraces project in Lafayette."

However the other four council members did not support such a response at the Jan. 27 meeting and opted to send a response acknowledging the senator's views on housing and assuring her that "the city will continue to focus on generating much-needed housing in compliance with the applicable laws."

Regarding Burks' proposal to have the matter examined by outside review, Mayor Mike Anderson responded, "I don't believe we are going to gain by pushing this into a question of ethics." Anderson said rather than ethics, this was a question of "poor form."

... continued on Page A11

Sold-out event celebrates Business Person of the Year



Jennifer Perlmutter receives her award from Mayor Mike Anderson.

Photo Andy Schreck

By Pippa Fisher

The city of Lafayette celebrated its 30th Business Person of the Year, Jennifer Perlmutter, Jan. 31 with a sold-out dinner at the Lafayette Park Hotel and Spa. The annual event traditionally also features the mayor giving a State of the City address.

Mayor Mike Anderson gave a brief summation, touching on the city's concerns regarding congestion and the challenges of retaining local jobs while meeting needs for housing. He pointed to last year's acquisition of the Batwing property as an example of how the city is retaining open space and parks, and he highlighted the efforts currently underway to resurrect the Park Theater. "Overall, the city is in a good state," he said.

Incoming 2020 Chamber of Commerce Board President John McCormick made his remarks and then handed the evening over to master of ceremonies Hilary Shipway who works with Perlmutter.

And then the evening was all about celebrating Perlmutter. There were presentations of proclamations from local dignitaries along with one from the Lamorinda Arts Council, and one presented by the Mayor. Attendees enjoyed a musical performance from members of the Peter Pan Foundation. A series of speakers paid tribute to Perlmutter's vision and to the success of her two art galleries and the revitalization she has brought to the downtown.

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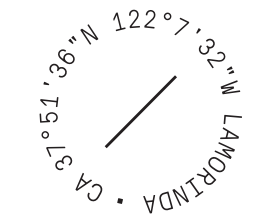
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Building for the Future: Moraga town council's goals for 2020

By Vera Kochan

Each January the Moraga Town Council decides upon the goals for the new year, and this year was no exception. Labeling the goals "Building for the Future" is the mantra the council members and town staff strive to adhere to.

During the Jan. 22 council meeting, Mayor Kimberleigh Korpus proposed a list of 12 goals for the calendar year that would allow for community input, direct progress-of-work plans for staff and prioritize limited resources toward high priority projects.

The town council voted to maintain and improve fiscal discipline by adopting a balanced budget, continuing high quality fiscal reporting, and continuing to position the town for long-term fiscal sustainability and operational efficiency, including the following approaches: To remain focused on planning, saving and spending for long-term priorities, needs, and council goals, ensuring the town's limited resources are not diverted from priority projects; diligently monitor legal fees, and remain vigilant as to the manner in which town decisions impact legal costs in the short and long term; reassess general purpose fund allocations (as appropriate) and ensure the highest and best use of those limited funds in the fiscal year 2020/21 budget (for example: exploring reallocation of some of Measure K

funds and the repurposing of some of the Fund 140 – Property Tax Special District Lighting Funds to help fund the town's unfunded infrastructure needs; prioritize long-term propagation and preservation of institutional knowledge and stability in decision making processes; and streamline town council meetings to enable regular adjournment no later than 11 p.m.

Still on the threshold of completion is the Capital Improvement Plan Budget Module to be implemented along with other enhancements to be explored in 2020. Another goal is to maintain and improve public safety through the continued provision of high quality police and emergency response services and the exploration of funding opportunities for an additional police officer (or perhaps a school resource officer) in town.

The council also plans to begin construction on the permanent Canyon Road Bridge, completing Phase 1 without incident, including submitting for reimbursement of costs in a timely manner, and continue implementation and development of the Storm Drain System Operations and Maintenance Program and begin work on needed storm drain CIPs.

Additional goals include implementing the 2020 \$1.8 million Neighborhood Streets and Roads Repair Program, complete design of 2021 Pavement Reconstruction Project (including po-

tential reprioritization of worst-condition streets), and pursuing additional third-party funding opportunities to supplement these efforts to maintain the town's streets and roads. The 2020 Pavement Overlay Project will accept bids in early 2020.

Revising the town's zoning code to implement the Moraga Center Specific Plan is also on the agenda. Community design firm Placeworks is drafting the zoning code amendments and a study session along with follow-up meetings with the planning commission are scheduled for February. A study session and follow-up meeting with the town council to adopt the amendments will follow.

The council also hopes to enhance Moraga's business environment and work collaboratively with the Chamber of Commerce and other stakeholders. A proposed update to the sign ordinance after completion of commercial zoning updates is on the horizon, and it hopes to re-zone the Bollinger Valley Study area. The work is scheduled to begin once the MCSP-IP project is complete most likely in the spring.

Implementation of a new town website to increase functionality, transparency and reduce administrative burdens was mentioned, as well as completing approved site improvements and develop economically feasible recommendations/solutions for commercial and other public uses of the Hacienda



Photo provided

de las Flores property. New doors and windows will be installed along with ADA restroom improvements beginning in February. The town has approved an issuance of a Request for Proposal to attract a restaurant with a due date of March 9.

The council also plans to update the zoning code to incorporate new Accessory Dwelling Unit legislation and develop a plan and initiate a re-evaluation of the town's three-step planned development process, development regulations and needs, and design guidelines, taking into account feedback from residents and other interested stakeholders.

An additional goal was proposed by Council Member Steve Woehleke to con-

tinue evaluation and implementation of viable strategies in Moraga's Climate Action Plan to lessen the town's impact on the environment. Town Manager Cynthia Battemberg noted that there are about 100 street lights that still need to be transitioned to LED; Pacific Gas and Electric Company's 0% loan to implement energy efficient upgrades in four of the town's facilities is in the works; energy efficient HVAC systems will be installed in the those same four facilities; and the two electric vehicle charging stations are expected to be installed at the town offices and Moraga Commons Park this summer.

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Town council officially endorses Measure M



Photo Andy Scheck

By Vera Kochan

At the Jan. 22 Moraga Town Council meeting, the council members unanimously adopted a resolution supporting the renewal of the \$192 parcel tax benefiting the Moraga School District through the upcoming Measure M.

In November 2013, Measure M's predecessor, Measure B, was approved by voters for a six-year window assigning a \$192 parcel tax to homeowners with an exemption for low-income residents over 65 years old. Measure B generated approximately \$1 million annually for the MSD and was approved by 68.36% of Moraga voters.

The tax is set to expire in June, and the MSD established a Fiscal Advisory Committee of stakeholders during the 2018-19 school year, to determine the ramifications resulting in the loss of Measure B funds. The FAC independently reviewed the impending financial picture and recommended expenditure reductions along with efforts to maintain the high level of education Moraga residents have come to expect. While MSD has made efforts to cut costs it cannot overcome a rising deficit. The FAC's recommendation for the MSD was to seek a renewal of the \$192 parcel tax through Measure M.

In November, the MSD board approved a resolution for the March ballot with the following language: "To maintain high quality elementary/intermediate schools, shall Moraga School District continue funding to

support effective science, technology, engineering, math, arts and music programs; maintain manageable class sizes; keep schools safe; and attract and retain the best qualified teachers; by adopting a measure renewing funding at the current \$192 rate per parcel, providing \$1 million annually, until repealed by voters, with low-income senior exemptions, cost of living adjustments and independent oversight with all funds supporting Moraga students?"

The Jan. 22 town council meeting attracted approximately 15 residents all urging council members to endorse Measure M. Among them was MSD Superintendent Bruce Burns who stated, "Moraga School District was recently recognized by the California Department of Education as having the highest performing elementary school district in Contra Costa County and received the highest possible score on every academic metric."

Representatives from Strong Schools For Moraga explained that all funding directly benefits Moraga schools and cannot be used for administrators' salaries. Additionally, citizens' oversight and annual public audits would be required.

Concerned parents stressed that Moraga's schools are why they chose to move into town and that good schools help to keep property values high.


After the council's announced unanimous support for Measure M, a hearty applause rang throughout the audience.

Moraga announces Business Person and Nonprofit of the Year

Submitted by Kathe Nelson

This year's recipients for Business and Nonprofit of the Year are Mechanics Bank and Lamorinda Community Emergency Response Team. Both recipients will be celebrated at a special dinner at 6 p.m. Monday, Feb. 24 at

LaFinestra in the Moraga Shopping Center, 1419 Moraga Way. Cost for the event is \$65. Purchase tickets and select your entree online at www.moragachamber.org or call Kathe Nelson at (925) 323-6524 by Feb. 19. Look for an article about the recipients in the Feb. 19 issue of Lamorinda Weekly.



Town Council
Wednesday, Feb. 12, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission: Tuesday, Feb. 18, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Park and Recreation Commission: Tuesday, Feb. 18, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Moraga School District Board Meetings: Thursday, Feb. 11, 7 p.m.
Joan Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga
www.moraga.k12.ca.us. See also AUHSD meeting page A2




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Orinda polls residents on renewing/increasing sales tax; attitude toward private roads

By Sora O'Doherty

Selected Orinda residents will be polled early this month on a potential ballot measure to renew the current half-cent sales tax and perhaps raise it to one cent. A subcommittee of the city council consisting of Mayor Darlene Gee and Vice Mayor Amy Worth approved the poll questions after a subcommittee meeting where they heard opinions from the public. The questions

were accepted with minor modifications in response to comments.

The poll will reach registered voters in Orinda through email and phone calls only. In order to get a statistically significant response, the poll needs to receive 400 responses from randomly selected respondents to minimize the standard deviation of less than 5%. FM3 Research, the same company who has done the polls for Orinda in the past,

will be conducting the poll.

The city is looking for public opinion on a variety of potential uses for tax revenue, including, for example, provision of city services, creek related improvements, parks and safety. Respondents will also be asked for a general appraisal of life in Orinda and how the city is doing in providing services in general. The last quarter of the poll will ask questions regarding private roads and private

storm drains, trying to find out where the public stands on the city repairing and accepting private roads and drains.

City Manager Steve Salomon and Assistant City Manager/Director of Public Works Larry Theis attended the meeting, in addition to Dave Metz of FM3, Bob Burt, and four residents who have been advocates for the private roads, Cathy Finch, Charles Porges, Steve Cohn and Melissa Roeder.

Orinda makes the list of America's best cities

By Sora O'Doherty

City Manager Steve Salomon included in his Jan. 21 report to the Orinda City Council the fact that in a survey of the 50 best cities in America, Orinda ranked number 28. The 24/7 Wall St. ranking, published on Jan. 13, included Orinda right above Rochester, Minnesota

and just below Hermitage, Pennsylvania.

Out of the 50 cities, nine are in California, including highest ranking Manhattan Beach and San Francisco, which came in at number 45 (who can afford to live there?). Neither Los Angeles nor San Diego made the list, but the methodology used ruled out cities in the same county. To identify the best cities to live in, 24/7 Wall St. created a weighted index of 25 measures across four categories: affordability, economy, quality of life, and

community.

Like most of the other California cities in the list, Orinda is identified as a high income area. The city was described in the list. "The typical household in the city, which is located about 17 miles from downtown San Francisco, earns \$210,288 a year, about 3.5 times as much as the typical American household. While goods and services are more expensive in Orinda, these high incomes are likely enough to offset the high costs. Wealthier areas typi-

cally have highly educated populations, and in Orinda, 83.1% of adults have a bachelor's degree or higher, compared to just 31.5% of adults nationwide.

"Orinda residents benefit not only from cultural and entertainment attractions in the nearby cities of San Francisco and Oakland, but also jobs. An average of just 3.6% of Orinda's labor force was unemployed over the last five years, well below the 5.9% national unemployment rate reported by the Census."

For more, see <https://247wallst.com/special-report/2020/01/13/americas-50-best-cities-to-live-8/11/>

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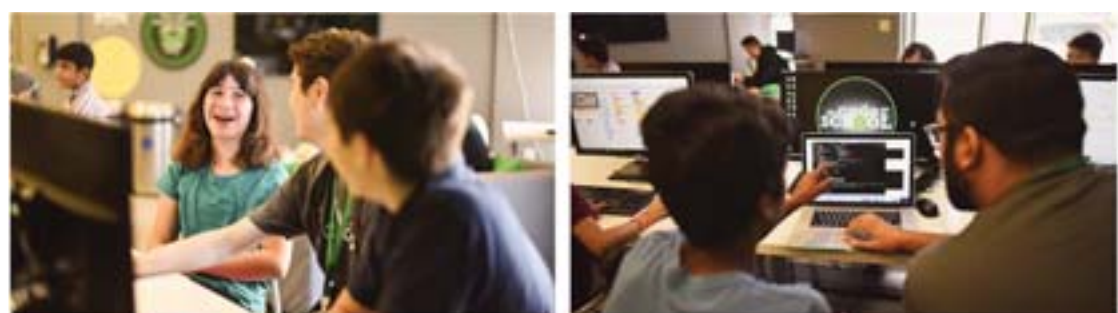
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Controversial housing bill SB 50 fails to pass senate

... continued from Page A1

The Orinda city council received an update on the proposed legislation from Planning Director Drummond Buckley at its Jan. 21 meeting. Vice Mayor Amy Worth was particularly aggrieved by the bill's focus on housing only and the lack of any measures to bring jobs to areas that have housing but lack jobs. She expressed concern that jobs-rich counties in the North Bay Area, including Marin and Sonoma counties, would be exempt from the bill. The bill provided a carve-out for counties with populations under 600,000, which covers 43 of the states 58 counties, leaving only 15 counties to bear the burden of the bill. Council member Inga Miller characterized the bill as being "not a sustainable safe way to increase housing, pushed on us by communities with jobs who want us

to provide housing."

SB 50, if passed, would have overridden local zoning in most of Orinda. Hazardous areas, which includes areas of very high fire hazard, might have been exempted, although the language of the bill was somewhat unclear, according to Buckley. MOFD Chief Dave Winnacker has said that CalFire is currently updating their fire hazard severity maps, and based on recent fire behavior it is reasonable to assume that statewide, the areas classified as having a fire hazard severity designation will be significantly expanded from the current maps that were produced in 2009. The bill also affected areas that are designated transit-rich and jobs-rich; such designations which cover a great deal of Orinda.

Under the bill's "upzoning" provisions, the city would have lost most discretion over building of

multi-family housing units, there would be no maximum density in the city, and multi-family housing would have needed to include no more than a half parking space per unit. Multifamily housing would be allowed in areas of single-family residences, and the floor area ratio of building to land would be increased from 0.2 to 2.5 within a half mile of BART and 3.5 within a quarter mile of BART. Height limits would have increased from the current residential height limit of 27 feet to 45 feet within one-half mile of BART and 55 feet within a quarter-mile of BART. In terms of the development process, only objective design standards would have been allowed under SB 50, which would have meant that multifamily developments would not undergo design review, which can take up to two years. It should be noted that there is no FAR for commercial

buildings; only for residential. In parts of Orinda outside the half-mile from BART radius, the existing FAR and building heights would continue to apply, but Orinda could not regulate the number of buildings on a lot.

Changes to SB 50, which has failed to pass on two previous occasions, include a provision for "local flexibility plans" and a delayed implementation date of January 2023. The Orinda council also wanted to know how long it would take to adopt an inclusionary requirement, which Orinda currently does not have, in order to require provisions for low income tenants in multi-family developments of up to 20 units. Orinda does regulate developments of over 20 units now. Buckley said it could be done quickly, in six months or less, and Orinda City Attorney Osa Wolff agreed.



Orinda Public Meetings City Council

Tuesday, Feb. 18, 7 p.m. Regular Meeting
Library Auditorium, Orinda
Library, 26 Orinda Way

Planning Commission

Tuesday, Feb. 11, 7 p.m.
Library Auditorium,
Orinda Library, 26
Orinda Way

Parks & Recreation Commission

Wednesday, Feb. 12, 7 p.m.
Community Center Room #7,
28 Orinda Way, Orinda

Orinda Union High School District Board Meetings

Monday, Feb. 10, 6 p.m.
Regular Board Meeting
8 Altarinda Rd., Orinda
www.orindaschools.org
See also AUHSD meeting page A2



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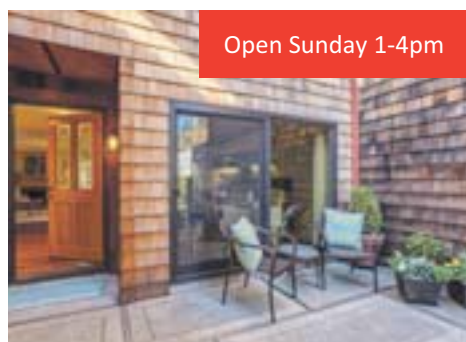
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Moraga audience presses MOFD chief over his proposed fire code



Photo Nick Marnell

MOFD Chief Dave Winnacker outlines new fire code

By Nick Marnell

Moraga-Orinda Fire District

Chief Dave Winnacker spelled out the rationale for his proposed fire code, which will

affect district parcels, remodels and new construction, to an audience of nearly 100 at the Joaquin Moraga Intermediate School auditorium Jan. 28. The chief covered many of the regulations that would take effect upon adoption of the new code, but most of the audience questions focused on two elements: the ban on the use of combustible ground cover within 2 feet of each district structure, and that all vegetation must be trimmed within 2 feet of each structure.

Winnacker explained that in the '70s, '90s, and 2010s, the area adapted to a changing environment as drought forced people to rethink the suburban ideal from expansive green lawns to lava rock or drought tolerant native

plants. "Now the environment is changing again as a series of major fires since 2017 have made clear," the chief said. "To adapt, now is the time to rethink our landscaping to create fire resistant space around our homes with particular emphasis on the last 2 feet."

Attendees asked Winnacker for a list of approved materials to surround district structures. "We need pictures and diagrams so we know what we are trying to accomplish," said one audience member.

"If it will burn, or if it drops things that will burn within 2 feet of a structure, it is not allowed," explained the chief, noting that succulents, aggregate, river rock and bare mineral soil were acceptable

ground covers within the 2 foot perimeter of a structure. Winnacker acknowledged that the regulation will result in major changes to landscaping.

"You've hired me to worry about this problem," the chief said. "I understand this is a big ask. If you agree, let your elected officials know." The fire code ordinance will be presented to the district board, the district municipal boards and the Board of Supervisors for approval, likely in February or March, and the ordinance will go into effect immediately upon adoption.

A link to a draft of the entire fire code can be found on the home page of the district's newly redesigned website at mofd.org.

Traffic concerns at heart of residents' objections to 315-unit development

... continued from Page A2

Clearly most members of the public in attendance that night did not agree as speaker after speaker spoke of the extreme congestion on that corridor and concerns for what would happen in an evacuation given the area is deemed to be high fire risk.

O'Brien Homes Project Manager Dave Baker acknowledged that the Deer Hill/Pleasant Hill Road intersection is the biggest challenge but pointed out that this development is proposed for open space, not tearing down existing businesses, near BART, and by the freeway. Baker pointed out that this development, zoned as administrative-professional office, is less than half the amount that could be developed on the site. "Where you saw problems, we saw all the opportunities." He said this

site had so many positives that influenced their decision to build a multifamily complex there.

Public speaker Matt Regan, senior vice president of public policy at the Bay Area Council and an Association of Bay Area Governments representative, agreed, stating the need to build housing for Lafayette's work force. He said it would reduce traffic for people driving to their jobs in Lafayette. "Look at the big picture. House your own work force," he said.

Regan, however was in the minority and the only member of the public to speak for the project on this night. Kristen Altbauer, founder of the North East Residents For Reduced Traffic group formed to address traffic congestion along Reliez Valley Road, told the commissions that she has presented traffic relief conceptualizations, which she

believed could work for a smaller development of the site. "I'm amazed that the affected parties are not getting together with the spirit of getting something there that is going to work for all residents' satisfaction," she said.

Attorney Bryan Wenter, counsel for the applicant, took the opportunity to remind the room of the project alternative. "This project (the Terraces) exists today because the voters saw fit to referend the single-family homes project that could have been built," he said. He emphasized that the traffic report

shows that the project will not impact traffic at Deer Hill Road.

Michael Griffiths, founder of the group Save Lafayette, which sued the city over the proposed single-family homes development, is highly skeptical of the TJKM report. "The city should never have selected TJKM to do the traffic study - TJKM has a very obvious conflict of interest, as it was recently on the developer's payroll," he said.

Griffiths says in a letter to the council that in view of this, "Save Lafayette has hired an independent transportation consulting firm to do a peer review

of the new traffic study." He expects the report to be ready in a few weeks.

"We would review all materials the public bring forward," said Wolff after the meeting when asked about a further, independent study.

Recent legislation designed to address the housing crisis, limits the number of public meetings on any application to five. The next Planning Commission meeting on the subject will take place on March 16.

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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

Lafayette Police Department Incident Summary Report Jan. 12 - Jan. 25

Alarms	41
911 Calls (includes hang-ups)	19
Traffic	115
Suspicious Circumstances	14
Suspicious Subject	32
Suspicious Vehicle	12
Service to Citizen	45
Patrol Req./Security Check	57
Public/School Assembly Check	2
Supplemental Report	29
Vacation House Check	2
Welfare Check	15
Vehicle violations	
Auto Burglary	
3500 Block Mt. Diablo Blvd.	
50 Block Lafayette Cir.	
1000 Block Oak Hill Rd.	
3600 Block Mt. Diablo Blvd.	
3500 Block S Silver Springs Rd.	
1200 Block Pleasant Hill Rd. (2)	
4000 Block Mt. Diablo Blvd.	
3100 Block Linda Vista Ln.	
Hit And Run Misdemeanor	

3200 Block Marlene Dr.	
4000 Block Mt. Diablo Blvd.	
3500 Block Golden Gate Way	
3600 Block Nordstrom Ln.	
Nordstrom Ln./Glen Rd.	
Moraga Rd./School St.	
Estates Dr./Canyon Rd.	
Petty Theft From Vehicle	
3400 Block S Silver Springs Rd.	
3500 Block S Silver Springs Rd.	
Reckless Driving	
Mt. Diablo Blvd./Golden Gate Way	
Pleasant Hill Rd./Taylor Blvd.	
Oak Hill Rd./Eb Sr 24	
Glenside Dr./St. Marys Rd.	
Beechwood Dr./Hawthorn Dr.	
Moraga Blvd./Moraga Rd.	
3500 Block Mt. Diablo Blvd.	
St Marys Rd./Glenside Dr.	
St Marys Rd./Moraga Rd.	
Acalanes Rd./Hidden Valley Rd.	
Vehicle Theft	
3100 Block Old Tunnel Rd.	
30 Block Crest Rd.	
Other criminal activity	
Commercial Burglary	
900 Block Mountain View Dr.	
Fraud Credit Card	
3500 Block Wildwood Ln.	
Fraud False Pretenses	
900 Block Colina Ct.	
800 Block Mountain View Dr.	
3500 Block Mt. Diablo Blvd.	
Grand Theft	
1200 Block Barott Rd.	
Petty Theft	
3300 Block Vaughn Rd.	
3500 Block Mt. Diablo Blvd.	
900 Block Carol Ln.	
10 Block Ewart Dale	
1700 Block Reliez Valley Rd.	
3100 Block Lucas Dr.	
3400 Block Mt. Diablo Blvd.	
Shoplift	
3600 Block Mt. Diablo Blvd. (4)	
3500 Block Mt. Diablo Blvd.	
Warrant Service	
1000 Block 2Nd St.	
Nuisance to the Community	
Disturbance-domestic	
900 Block 1st St.	
10 Block Eleven	
Disturbance-fight	
3600 Block Mt. Diablo Blvd.	
Disturbing The Peace	
500 Block Merriewood	
Loud Noise	
3600 Block Mt. Diablo Blvd.	
3300 Block Moraga Blvd.	
Loud Party	
1300 Block Reliez Valley Rd.	
Public Nuisance	
20 Block Old Millstone Ln.	
Summit Rd./Quandt Rd.	

3300 Block Glenside Dr.	
Vandalism	
900 Block Hough Ave.	
200 Block Lafayette Cir.	
Other	
Ordinance Violation	
3600 Block Mt. Diablo Blvd. (2)	
3500 Block Mt. Diablo Blvd.	
Hilltop Dr./Hastings Ct.	
Phone Harass	
3500 Block Wilkinson Ln.	
Revocation of Probation	
1000 Block 2Nd St.	
Trespass	
3600 Block Mt. Diablo Blvd. (2)	
Unwanted Guest	
1100 Block Monticello Rd.	

Moraga Police Department Incident Summary Report Jan. 14 - Jan. 27

Alarms	17
911 Calls (includes hang-ups)	5
Traffic	56
Suspicious Circumstances	11
Suspicious Subject	6
Suspicious Vehicle	8
Service to Citizen	52
Patrol Req./Security Check	28
Supplemental Report	21
Vacation House Check	3
Welfare Check	5
Vehicle violations	
Auto Burglary	
10 Block Josefa Pl.	
10 Block Corte Amigos	
3900 Block Campolindo Dr.	
10 Block Corte Amigos	
Excessive Speed	
Moraga Rd./Moraga Way	
Moraga Rd./Alta Mesa Dr.	
Petty Theft From Vehicle	
CVS	
3800 Block Via Granada	
1100 Block Rimer Dr.	
Homegoods	
Reckless Driving	
Moraga Rd./Via Granada	
Fayhill Rd./Fay Hill Rd.	
St. Mary's College	
Moraga Way/Camino Ricardo	
Vehicle Theft	
St. Mary's College	
Other criminal activity	
Burglary	
100 Block Devin Dr.	
90 Block Devin Dr.	

10 Block Camelford Ct.	
Fraud Credit Card	
20 Block Indian Wells	
Identity Theft	
Donald Dr./Moraga Rd.	
Petty Theft	
Police Department (2)	
100 Block Donald Dr.	
10 Block Kings Crown Ct. (2)	
90 Block Devin Dr.	
10 Block Dolores Ct.	
10 Block El Paso Ct.	
60 Block Buckingham Dr.	
100 Block Ascot Ct.	
10 Block Donald Pl.	
10 Block Buckingham Dr.	
80 Block Buckingham Dr.	
200 Block Glorietta Blvd, Orinda	
200 Block Birchwood Dr.	
Safeway	
7/11	
10 Block Dolores Ct.	
10 Block Benedita Pl.	
10 Block Camelford Ct.	
600 Block Moraga Rd.	
Theft Access Card	
1000 Block Sanders Dr.	
Wells Fargo	
Warrant Arrest	
John Muir Medical Center, WC	
1900 Block Ascot Dr.	
Nuisance to the Community	
Indecent Exposure	
1900 Block Ascot Dr.	
Loud Music	
200 Block Corliss Dr.	
Not Available	
Loud Noise	
Camino Ricardo/Moraga Way	
Loud Party	
Not Available	
2100 Block Ascot Dr.	
10 Block Miramonte Dr.	
Phone Harass	
30 Block Maison Ct.	
Public Nuisance	
100 Block Oxford Dr.	
Vandalism	
Round Table	
Campolindo High School	
Other	
Accident Property	
20 Block Hour Fitness	
Dependent Adult Abuse	
20 Block Williams Dr.	
Fireworks	
Los Perales Elementary School	
Mentally Ill Commit	
1300 Block Rimer Dr.	
Campolindo High School	
Shots Fired	
Taco Bell	



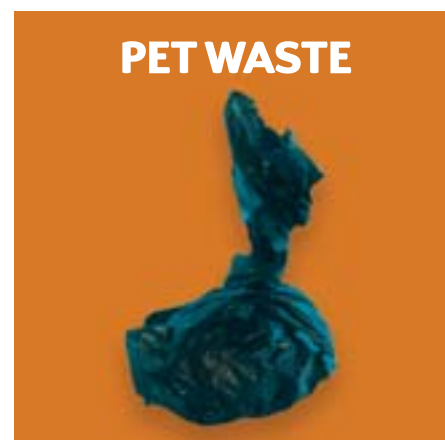
Orinda Police Department Incident Summary Report Dec. 29 - Jan. 11

Alarms	23
911 Calls (includes hang-ups)	2
Traffic	32
Suspicious Circumstances	2
Suspicious Subject	9
Suspicious Vehicle	7
Service to Citizen	52
Patrol Req./Security Check	39
Public/School Assembly Check	8
Supplemental Report	5
Vacation House Check	5
Welfare Check	5
Vehicle violations	
Accident Injury	
Del Rey School	
Accident Property	
Woodland Rd./Moraga Way	
50 Block Rheem Blvd.	
Auto Burglary	
Safeway	
Beverages And More	
10 Block El Toyonal	
Miramonte High School	
Grand Theft From Vehicle	
20 Block Warford Terrace	
Reckless Driving	
Moraga Way/Brookwood Rd.	
Moraga Way/Hall Dr.	
Vehicle Theft	
10 Block Oak Flat Rd.	
Other criminal activity	
Fraud False Pretenses	
90 Block Diablo View Dr.	
Identity Theft	
10 Block Whitehall Dr.	
Residential Burglary	
100 Block Ardith Dr.	
100 Block Ardith Dr.	
Warrant Arrest	
500 Block Moraga Way	
Nuisance to the Community	
Vandalism	
10 Block Orchard Rd.	
Other	
Unwanted Guest	
10 Block Lost Valley Dr.	

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Letters to the editor

The saga of Lot 66

Former Lafayette Planning Commissioner Richard Holt's application to develop Lot 66 is a mistake.

City Attorney Mala Subramanian has directed the planning commission and city council to ignore the road and utility easement issues and to allow a home to be built on Lot 66 which is bisected by Sessions Road.

There are many road easement lots around the city with the low tax valuations.

In fact, Lot 66 is currently valued at only \$25K; Mr. Holt's annual tax bill for 2019-2020 is a mere \$630.

The time to apply the brakes is now. By approving development on Lot 66, the planning commission would be setting a new precedent that permits "dual use" lots—buildable even though they are highly encumbered. This will inadvertently give huge profit opportunities to anyone who wants to develop these types of previously "unbuildable" lots and we will see more and more development of lots that were never intended to be built upon.

At the January 6, 2020 hearing, commissioner Stephen LaBonge said, "As much as we'd like to take into consideration someone's motivation for developing something, it's really out of our purview whether it's financial or whatever, it doesn't really matter ..."

I would highly disagree. It totally matters and ignoring motivation is irresponsible. If the planning commission decides to allow development of these "dual use" lots, the commissioners not only have to consider the developers' motivations, they must act within a new set of rules and announce the city's new stance on dual use lots to all Lafayette homeowners.

If the primary use of a lot is for a road and a secondary use, such as a house, is permitted, then perhaps it should fall under the mandates of California's new Accessory Dwelling Unit (ADU) laws, including the home's size, typically less than 1000 square feet. Is the City of Lafayette prepared to approve ADUs on dual use lots throughout the city?

This dual use lot concept should be debated more thoroughly prior to considering Lot 66's project massing and siting which the commission is doing prematurely. Let's also hear a second opinion from an outside city attorney and professional plan-

ners to determine the best outcome for all Lafayette property owners—and to eliminate any possible favoritism toward the applicant, a former Lafayette planning commissioner.

Jeff Swarts
Lafayette

The importance of Lafayette Parcel Tax Measure

We recently received a mailing from the Lafayette School District (LafSD) that illuminated, again, the fiscal challenges the LafSD faces because of inadequate funding from the State of California. This State support is responsible for the majority of our local school funding.

We are long-time residents of Lafayette, as well as, parents of alumni and grandparents of current LafSD students. We have watched our Lafayette schools persevere to maintain their high quality throughout the ups and downs of California's education finances.

While Lafayette residents have always been generous partners in supporting our public schools, LafSD now needs broader-based financial support that will allow its leadership to plan into the future.

The district must be able to make long-term commitments to staff and to programs that are necessary in providing the same high quality of education to its current and future students. The outlook for school funding appears to be status quo at best. The base per student grant provided to our LafSD is increasingly absorbed by CA State mandated pension costs and educational programs/services and rising healthcare costs. Finally, over the past five years CA State public educational monies have been reallocated and given to lower-performing school districts.

LafSD continues to fiscally balance its budget with ever increasing difficulty. It has cut \$3.0M in expense over the past three years.

We understand that the district has put forth a proposed \$290 parcel tax, Measure L, on the upcoming March 3rd ballot which would allow the district to fund its needs for the future. It will have a sunset provision of seven years. Measure L funds would stay locally and a Citizen's oversight Committee would ensure proper spending. Measure L includes a Senior Citizen Ex-

emption option.

For those Lafayette citizens who feel they don't have "skin in the game" or personal interest please understand that there is a direct correlation between Lafayette property values and the excellent public education provided by the LafSD.

We urge our fellow Lafayette citizens to vote Yes on Measure L on your March 3, 2020 Ballot.
Katrina and Rick Silvani
Lafayette

Request for more detail

I was perplexed by the Jan. 22 article "Skinner letter prompts outrage." It didn't clearly explain what State Sen. Nancy Skinner allegedly did that was wrong (much less an "abuse of power") by entering the debate over The Terraces project. It didn't give Sen. Skinner an opportunity to explain her position, nor did it give State Sen. Glazer or Assembly Member Bauerkahan a chance to explain theirs. But it gave Council Member Burks plenty of ink.

As a Lafayette resident and voter, I'd like to see a clear, straightforward account of what's going on here. It might help to get input from unbiased experts on the topic.

Chris Rauber
Lafayette

Potential increase to noise pollution

Plane noise pollution in Lamorinda will dramatically increase if the FAA implements a change to send all of Oakland Airport's southbound incoming traffic straight over Orinda and Moraga. Read on for details:

I just saw a report from a meeting earlier this month of the Oakland Airport/Community Noise Management Forum. It included the news that the FAA is considering rerouting OAK inbound traffic from its current route (just east of Highway 13) 2 miles North and East, which would put it squarely over Lamorinda.

Currently, most of the noise we hear from planes in Lamorinda is outbound traffic from SFO, at around 10,000 feet of altitude.

Incoming traffic to Oakland would run at less than half that—around 4,000 feet up. Though the report I read didn't include diagrams, the existing flight path is shown in blue at <http://soseastbay.org/east-bay-nextgen-flight-path-maps/>, so it's clear this new FAA plan would run the planes over San Pablo Dam Road, Camino Pablo, and Moraga Way.

If, like me, you think that this plan would have a major negative impact on our quality of life, please let the FAA, Representative De Salunier, and Senators Feinstein and Harris know. We need to nip this misguided idea in the bud.

Ian Crew
Moraga

Fire code changes

The front-page headline in the current Lamorinda independent newspaper is alarming: "MOFD Chief proposes aggressive, radical code." What is wrong with this headline, writer and the newspaper? Journalists are supposed to be neutral. This article is very biased using words such as radical and aggressive. Has this reporter or the newspaper not understood the warnings about our city's potential for disastrous wildfires? Has your newspaper not done their reporting and looked at Marin County

and seen what they are doing, not radical, given the serious threat we all face? Marin has banned numerous plants and are very aggressive in trying to educate and demand that residents take this issue seriously. Insurance companies know how bad the risk is - they are cancelling people and raising rates in our wonderful Lamorinda area.

As a member of a neighborhood that is a certified Firesafe neighborhood, I know the hard work that our Fire Chief Dave Winnacker faces trying to convince Lamorinda homeowners to realize that this is a serious and major issue. Has the writer of this story and the paper not seen photos of Paradise, Coffey Park, Kincadee fire or remember the Oakland Hills fire? This fire code is not radical and will benefit our community and children. We live in a community that has become a tinder box and its about time that homeowners, the Lamorinda newspaper, city council members and local realtors join together and support the Chief, who is actually a trained fire professional and is wanting us all to be safe from the firestorms that have surrounded us. I hope that in the coming weeks other neighborhoods will think about becoming certified firewise neighborhoods and band together and work to eradicate this backwards thinking as a call to action and support the Chief and Fire Marshall and work together before it's too late.

Shame on the Lamorinda News. One just needs to look at photos of Coffey Park after the firestorm, and they lived in a quiet neighborhood with no idea what might come. Let's not put blinders on!!!

I wish Lamorinda News would report the issues around wildfires in a more supportive and educational way so that we might educate our community and not use words like aggressive and radical. Maybe words like the Chief is taking a rational and calculated approach in defending our communities against wildfire!

Ken Light
Orinda

A vote for Measure L

As a dad, my children's education is an extraordinary priority. We moved to Lafayette because of the outstanding schools and the special character, semi-rural nature of the community. When we saw that the town's official motto was "Green Hills, Great Schools" it was a done deal! This is now at risk.

I appreciate the exceptional instruction and enrichment my kids receive here. But State-driven, irresponsible & poorly managed budget cuts are threatening our local quality of education and, correspondingly, that special character of our city.

Passage of Measure L will keep the very best teachers, instruction and enrichment here in Lafayette. If you value protecting the exceptional quality of our local schools - whether to prepare students for success, or simply to protect your property values - then L deserves your YES VOTE too.

I hope you agree - supporting our local schools is a wise investment. Stand with us - you'll be in good company. Please VOTE YES on Measure L!

Note: I write this letter, and support Measure L, solely as a parent and citizen of Lafayette, not in my capacity as a current member of the Lafayette City Council.

With profound gratitude for your consideration,

Cam Burks
Lafayette

Yes on SB 50

We don't have only Tesla's on the road, so we should not build only luxury housing. Please urge Senator Glazer to vote YES on SB 50, the More Homes Act.

SB 50 is critically important if we hope to address the Bay Area's intertwined housing and transportation crises. I am a Lamorindan; we moved to Moraga in 1992 for its semi-rural atmosphere and good schools. That said, I am not threatened by adding apartments and condos in the town center, to help our St Mary's students and faculty, our residents who want to downsize, and the people who work in Moraga.

SB 50 has been improved; it provides local government with ample flexibility to determine where and how (but not if) to build new housing. Lamorinda will enforce good design guidelines on new construction.

Please join me, the League of Women Voters of California, and a broad coalition of housing advocates, and support SB 50.

Ashley Coates
Moraga

More support for Measure L

I am the current Student Body President at Acalanes High School. I have been fortunate enough to receive an amazing education from Lafayette schools.

My all-time favorite class was a robotics class I took in 8th grade at Stanley Middle School. This fueled my love for engineering and opened up a world of opportunities for me to take part in. On top of this, throughout my time at Stanley Middle School, I had remarkable teachers who challenged and pushed me. I was able to participate in advanced math courses and encouraged to try a variety of electives. My computer science teacher helped me start a Girls Makers Club where we taught girls how to code. My 7th-grade math teacher helped me get accepted into a Science and Technology summer camp at Stanford where I got to build robots and learn Python. Every teacher I had at Stanley cared so much about me and every student that they had. These are the type of teachers that good funding attracts.

I have two younger brothers who are currently attending Lafayette K-8 schools. Every day my eight-year-old brother waits for me to come home from school and excitedly tells me about his day. His favorite days are when he gets to do labs in science or practice an instrument in music.

Measure L will prevent deep cuts to programs like these. It is my greatest hope that my brothers receive the same exceptional education I was given.

California is underfunding our K-8 schools and while our community continuously does an outstanding job of fundraising for our schools, there is still a sizeable funding gap. Measure L will help Lafayette keep quality teachers, maintain funding for programs such as art, science, and math, and ensure small class sizes. I want my brothers and every child in Lafayette to have an outstanding education.

Vote YES on Measure L and protect our schools!

Maddie Wilson
Lafayette



City seeks volunteers for vacancy on the Design Review Commission

The Lafayette City Council is soliciting applicants to fill one vacancy on the Design Review Commission.

The five-member body is responsible for matters relating to aesthetics and the physical appearance of the city. The commission advises the staff, planning commission, and city council and acts on applications for design review including residential and commercial development projects.

Members of the design review commission are selected on the basis of education, training and experience in the fields of architecture, landscape architecture, design, city planning or a related field. The council may appoint one or more nonresidents if, in its discretion, it considers it necessary to gain sufficient expertise.

Individuals interested in this volunteer position may obtain an application from the City's web site at www.lovelafayette.org or in person at:

City of Lafayette Offices
3675 Mt. Diablo Blvd., Suite 210
Lafayette, CA 94549

You may also call the City Clerk's Office at (925) 284-1968 to request an application be mailed to you.

Completed applications must be received by 5:00 pm, February 20, 2020.

Lamorinda vintner receives coveted wine competition awards



Photo Vera Kochan

Bill Scanlin proudly holds Deer Hill Vineyards' award winning wines.

By Vera Kochan

Lamorinda Wine Growers Association President Bill Scanlin's Lafayette-based Deer Hill

Vineyards was awarded a Bronze for his 2016 Sangiovese and the highest honor of a Double Gold for his 2016 Cabernet Sauvignon during the

recent San Francisco Chronicle Wine Competition.

Deer Hill Vineyards went commercial in 2010 with wines available in Diablo Foods, Total Wine & More and through the vineyard itself. Scanlin explains his road to the awards by saying, "I haven't really entered many competitions lately. As a board (LWGA), we decided that we needed the recognition for our location as we try to pursue American Viticultural Area designation."

The San Francisco Chronicle Wine Competition was founded in 1983 as the Cloverdale Citrus Fair Wine Competition. It was renamed in 2000, due to a sponsorship agreement with The Chronicle. The location was moved to San Francisco where it became the largest wine competition of American wines in the world. The number of entries grew from 3,800 wines in 2007, to

nearly double that in 2018 with a total number of 6,960 entries from the United States.

Deer Hill Vineyards went through four days of judging by a panel of judges from trade, media, education and hospitality industries. The judges are aware of the category of wine (Pinot Noir priced above \$30), but they know nothing else about the wines that remain blinded until the competition's conclusion. Scores are based on criteria such as bouquet, clarity, ripeness, intensity, delicacy and subtlety. Oftentimes the judges have heated debates as to which wines deserve top honors, because the taste is in the tongue of the beholder. In order to achieve Double Gold status a wine has to receive a gold medal vote from every judge.

Scanlin entered the competition online and was required to submit five bottles of

each entry. Once the bottles were shipped, all that was left to do was wait. The old adage "Good things come to those who wait" couldn't be more appropriate for Deer Hill Vineyards. Being an award winner can change the status of a wine by increasing sales and brand recognition. "It gives me some credibility to expand," Scanlin said, "and to look at my marketing efforts by getting my name out there."

The SFCWC creates an opportunity for all participating wineries to showcase their products at the Public Tasting held at Fort Mason in San Francisco on Feb. 15 from 1 to 4:30 pm. The winners are encouraged to display their plaque awards at their tables.

For more information about Deer Hill Vineyards visit DeerHillVineyards.com or call (925) 200-7676.

A horse walks into a bar...

... continued from Page A1

Sinclair says a comment from a gentleman in his late 80s was truly touching for all of them. "You guys remind me of my late wife! She loved horses so much! She's smiling down from heaven right now!"

Farmyard Darlings, now in their 10th year of business, say they aren't just farmyard-type-of-gals; they are also philanthropic-giving-gals who donate time and products through their Darling iGive Program. They are also part of a select group of Northern California cowgirls called Sisters on Saddles - a group of

cowgirls with a mission to engage with individuals who don't necessarily have access to the horse-world. Berry and Sinclair hope to become more active with this organization, visiting retirement homes and schools soon with their horses, Dixie and Hank. Roundup Saloon owners, Mike and Karen Johnson love

having the cowgirls stop by. "It's always fun to see them riding downtown," says Mike Johnson, "The Roundup is a central place and the horses blend in with the theme of the saloon."

The Farmyard Darlings say they are trying to raise money for hitching posts outside the Roundup.

However, at this point at least for Dixie and Hank, they seem just fine walking on in.

Details on the Farmyard Darlings' philanthropic program can be found on their website <http://www.farmyarddarlings.com/>

Council strikes a more measured note in response to Skinner letter

... continued from Page A3

Burks did not support the final vote to send out a slightly modified draft of the more neutral letter, which passed 4-1.

In comments made after the meeting he indicated his intention as an independent council member to refer the letter to the California Department of Justice, the State Senate Select

Committee on Ethics and the U.S. Department of Justice Public Integrity Section, saying he is doing so on behalf of the constituents, based on what he believes they elected him and the entire council to do - "to uphold and defend values of integrity and transparency."

"I will continue to pursue action that calls Senator Skinner's actions into question and places analysis of potential vio-

lations of ethics and public corruption in the hands of trained investigative/enforcement and specialized legal experts; of which we as a council and our retained city attorney, are not," Burks said, adding that his focus is solely on the senator's action, not the project.

Burks said that, while he has great respect for his colleagues, he was disappointed with the council's reversal. "The

council signaled indignation only two weeks before, expressing strong dissent with the senator's interference ... I took this as a sign of commitment to the expected principles required of us as elected leaders."

Burks continued, "The Constitution of this state grants us, the city and residents of Lafayette, with the extraordinary authority to govern local land use, which in turn will

shape the future of Lafayette and the character of our hometown; I believe this imperative wasn't recognized on Monday night and in my opinion, we let our community down."

Editor's note: Sen. Skinner's office did not respond to a request for comment by the time this paper went to press.

3 Generations Working Hard to Pass Measure L.



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— Danielle & Graham

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Former Springhill Elementary Student
- Graham Deutscher
Former Springhill Elementary Student
- Will Deutscher
Future Springhill Elementary Student
- Katrina Silvani
Former Happy Valley Student
- Danielle Silvani Gallagher
Former Springhill Elementary Student
- Grace & Lauren Gallagher
Springhill Elementary Students



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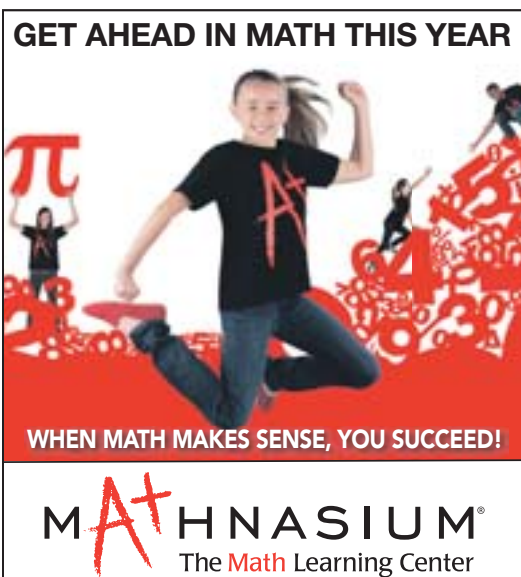
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OUSD Kinder/TK Registration in February

Transitional Kindergarten and Kindergarten registration for children entering an Orinda public school in August 2020 will be open Feb. 3-6. On those dates, parents may register their child online at www.orindaschools.org.

Kindergarten students must be at least 5 years of age on or before Sept. 1, 2020. A child is eligible for Transitional Kindergarten if their fifth birthday is between Sept. 2, and Dec. 2, 2020.

Additional information regarding registration is available at the district website: www.orindaschools.org.

What it takes to bring the Lamorinda Weekly to your door



Giant rolls of paper

Photos Vera Kochan

By Vera Kochan

Few people realize the hard work and time consuming effort it takes to produce a newspaper. From the conception of an article to the final process of delivery, keeping the public informed and up-to-date is an ever-changing challenge.

This reporter recently toured Bay Area Production Services, a Fremont-based newspaper printing facility which is owned by the San Francisco Chronicle, a Hearst Corporation, that prints the Lamorinda Weekly among other newspapers.

The first stop in the massive warehouse-like facility that employs approximately 100 personnel, was to view the area where gargantuan rolls of white paper, resembling adding machine tape for the Jolly Green Giant's calculator, stood stacked on floor-to-ceiling racks. The paper comes straight from the mill and incorporates recycled product. Paper sizes have minor variances from roll to roll, but for the most part they arrive cut to fit standard newspapers. This section is run with little to no human interference as electronic sensors determine when rolls need to be replaced during printing.

Across from the stacks of paper rolls are enormous vats containing ink. The same color spectrum used in a Laser Jet Printer – cyan, magenta, yellow and “key” (black) – are used to print the wording and pictures in a newspaper. According to Bay Area Production Services CSR & Receiving and Logistics Manager Rocky Dave, “This facility began using color in newspapers about 10 years ago.”

Next in the process came the visit to a room with consoles resembling something from Mission Control at NASA.

Publishers from various newspapers transmit mock-ups of a completely corrected and edited edition to a BAPS console where the content is checked one last time before the paper “goes to press.”

Aluminum printing plates are etched by lasers to resemble the printed pages of a newspaper. The printing plates are then mounted onto the printing press. Ink is added in the actual printing process. Each prospective newspaper page is lasered onto four different printing plates; one plate for each color of ink. Because each printing plate has been marked by lasers, no plate is used twice.

The print plates are then mounted onto web offset presses, so called because they use giant reels or “webs” of newsprint and four colors of ink. The machines were designed to print thousands of copies an hour. “Our presses can print up to 80,000 copies per hour,” Dave stated. “If the web breaks the paper tears during the run.”

The ink is stacked in “towers.” Each tower level contains a different color of ink. The four printing plates add the different color levels to the paper, essentially layer-

ing ink until it creates the finished product.

The separate webs of paper then come together and are slit, cut again, folded and individually sent along on conveyor belts high above the floor much like small, winding roller coasters zooming overhead. This sight is the climax of the tour, because thanks to the movies and television, it's the one process most people think of at the mention of printing newspapers.

At the end of “the ride” the individual issues are stacked and packaged at the distribution center where they are broken down into zip and area codes prior to being fork-lifted on pallets to loading bays for delivery. The whole process is so fast – it can take less than a minute from putting ink onto paper to the final step of ready for pickup.

When asked whether the term “Stop the presses” is still used, even in this highly mechanized form of printing, Dave replied, “Yes, it can happen. We have people stationed in critical areas, and the turn around time to resume printing is usually 10 minutes.”



Manager Rocky Dave holds up a lasered printing plate.

~ Life in LAMORINDA ~

'Pain & Glory' - Pedro Almodovar's latest touching self-portrait



Image provided

By Sophie Braccini

"Pain and Glory" is probably the most personal of the famous director, Pedro Almodóvar. The Spanish movie scene's "enfant terrible" is now 70 years old, and with this film, part autobiography and part fiction, the director brilliantly covers his tracks for the spectators' pleasure.

Antonio Banderas plays Salvador Mallo, an aging director, riddled with pain, dealing with depression and in danger of becoming a cocaine addict. As a local theater presents the first film he made 32 years prior, he looks back on his life, holed up in his museum-like apartment.

His first memories are that of his beloved mother (played by Penelope Cruz), portrayed here as a courageous and hard working

woman. He sees himself again in a small rural Spanish village, a poor boy whose universe opens up through music and reading. Almodóvar creates an idyllic and bucolic portrait of a simple and beautiful life, close to nature and innocence, a kind of lost paradise in stark contrast with his present days.

Now the aging man in constant pain with arthritis and recurrent migraines abuses drugs and can no longer fuel his inspiration.

Every memory seems to echo Almodóvar's real life, even the physical appearance of Banderas with a grey beard and tousled hair. But all is, of course, smoke and mirrors as Almodóvar does create and is inspired to give us this calmer than usual, but delightful and poignant movie.

Those who have loved the Spanish director's previous movies will enjoy the references to these films, such as the scene between Salvador as a child and a priest that is a reminder of the 2004 film "Bad Education."

Almodóvar talks about first loves, next ones, his mother, death, people with whom he worked, the '60s, the '80s, today, the impossibility to make a difference between creation and real life, and the terrible emptiness when one realizes that it is too late to create.

It is not necessary to know the director's previous work to enjoy this movie, at times emotional, at times ironic, always very human.

"Pain and Glory" is Almodóvar's 21st movie. In the United States he is best known for films such as "Women on the Verge of a Nervous Breakdown," "All About My Mother," "Talk To Her" or "Bad Education." Banderas won the Best Leading Actor award at the 2019 Cannes International Film Festival for his role as Mallo; it was a huge success in Europe. "Pain and Glory" opens Feb. 7 at the Orinda Theatre as part of the International Film Showcase for at least a one-week showing. For showtimes, visit www.Orindamovies.com.

Lamorinda Cancer Crushers raise funds to crush leukemia and lymphoma



Photo provided

Riley Perlman (left) and Mitchell Franklin (right), co-candidates in Leukemia & Lymphoma Student of the Year competition to raise funds to fight blood cancers.

By Sora O'Doherty

Two high school candidates are participating in a national fundraising drive to raise money for the Leukemia & Lymphoma Society. Under the mentorship of Jonathan Faulks, Acalanes students Riley Perlman and Mitchell Franklin are co-candidates in the very large, countrywide fundraising campaign that lasts for seven weeks. If they raise the most money in the Northern California area, they will be recognized by the L&L Society as students of the year. There are 14 teams in the greater Bay Area.

The program is designed not only to raise money to fight cancer, but also to provide the student participants with valuable assets designed to help them as they move forward in life. According to Faulks, the goal is to help them develop skills during the campaign. He tries to teach professional skills; for example, how to present to a group. As a mentor, Faulks works with the candidates to help them learn how to really communicate their mission to others. They are encouraged to build out a multi-

generational team to help them fundraise, and the co-candidates are learning how to recruit team members and how to market to sponsors. One big goal is to create a legacy team to pass on to the next year.

As co-candidates, Perman and Franklin head a team of 15-17 other students from Acalanes, Miramonte and Campolindo high schools plus a few others. The L&L Society program is aimed at students who are thinking about applying to colleges and are looking for something to differentiate themselves from others. The students have spent a couple of hours per week on the project. "Jonathan is great," Perlman said, "he really guided us through the process, he made it so much easier."

Perlman says that cancer "devastated my family five years ago when my grandmother, Paula Katz, passed away within two weeks of her diagnosis." She adds, "I never got a chance to say goodbye and that has affected me over the past several years." Franklin chose to be a part of LLS because his grandmother, Joan Rolleen Franklin (whom his older brothers called "Lulu"), passed away from lymphoma before he could meet her. He says, "I wish I had the opportunity to meet her. I don't want others to be unnecessarily cheated from meeting their grandmothers."

Faulks is the campaign manager for the Student of the Year Campaign, Greater Bay Area. Although Faulks is new to the area, he has been a part of nonprofits for years, working for American Red Cross as well as other groups. When Faulks was 9, he overheard a doctor telling his mother that cancer cells were developing. This came about as the result of osteoporosis medication he was given following a horrendous car accident. He developed bone cancer. Following surgery, Faulks is now completely cancer free with no further issues. "It made sense for me to accept this role to help develop students and help them learn the importance of helping," he says. Faulks was also affected by losing individuals near to him from cancer.

The campaign began on Jan. 15 and the deadline to contribute is Mar. 7. Thus far, the Lamorinda team has raised over \$20,000. Last year Nuda from Danville raised over \$67,000 with Team Omar (named for her brother who had just passed away from Leukemia). The Society also has man and woman of the year programs.

For more information about Riley and Mitchell's campaign, please see <https://events.lls.org/gba/bayareasoy20/rperlman> <https://events.lls.org/gba/bayareasoy20/mfranklin>

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Diablo Symphony's All Beethoven Concert features award-winning Campo choir



Photo provided

Submitted by Helen Duncan

The award-winning concert choirs of Moraga's Campolindo High and Danville's San Ramon Valley High join the Diablo Symphony Orchestra and four Bay Area soloists in performances of Beethoven's Ninth Symphony at 7:30 p.m. Saturday, Feb. 8 and at 2 p.m. Sunday, Feb. 9 at Walnut Creek Presbyterian Church, 1801 Lacassie Ave, Walnut Creek. Featured in the final movement's musical setting of Schiller's poem "Ode to Joy" are soloists Carrie Hen-

nessey, Soprano, Betany Coffland, Mezzo-Soprano, Michael Jankosky, Tenor, and Zachary Gordin, Bass. One of the most recognized melodies in Western music, this setting symbolizes a search for joy and unity throughout the world, while the text celebrates the moment when "all men become brothers."

Honoring Beethoven's 250th birthday, the concert also features his Prometheus Overture and Opferlied ("Song of Sacrifice") with soloist Betany Coffland.

The concert is presented under the direction of Matilda Hofman, music director and

conductor of the Diablo Symphony Orchestra. The choirs are currently preparing for their significant roles in Beethoven's monumental "Choral Symphony" under the direction of Mark Roberts, director of choral activities at Campolindo High and Ken Abrams, choral director at San Ramon Valley High.

Advance tickets are available at the Leshner Center box office, 1601 Civic Drive, Walnut Creek, (925) 943-7469, or by visiting <https://www.diablosymphony.org>. Adults, \$35; Youth 13-17, \$10; Children 12 and under, free. Tickets will also be sold at the door.



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No sweets for our sweet dogs for Valentine's Day

(Toxicities to know)

By Mona S. Miller, DVM

It's the sweet time of year, with Valentine's Day as the reminder to love and be loved, and to present sweet gifts upon those we cherish. With Americans spending record amounts on the care of their beloved dogs, cats and other pets, it's fair to say that some of those lucky animals will receive a special Valentine's treat. It's also fair to say that some of those pets might find their way into a supply of candy, cookies and

other treats meant for someone else. I'd like to review two of the most common "sweets" toxicities in dogs that I handle in general practice: chocolate and xylitol.

Almost everyone knows that chocolate can be a problem for dogs. Chocolate contains methylxanthines called theobromine and caffeine – these are the same stimulation compounds found in tea and coffee. At low doses, these can cause stomach upset or agitation. With moderate amounts ingested, signs can progress to increased heart rate, urination and muscle tremors. Larger amounts ingested result in irregular heart rates, difficulty breathing, seizures, high body temperature and potentially death. Symptoms develop within four to six hours, and can last for a few days, depending on the severity.

Chocolate toxicity is directly related to the weight of the dog, the amount of chocolate consumed (in ounces or grams), and the type of chocolate. The more pure and dark the chocolate, the higher the level of toxicity. For example, the worst combination is a small dog eating large amounts of cocoa powder or dark bitter-sweet baking chocolate. Conversely, a tiny amount of white or milk chocolate in a large dog will rarely result in a problem.

In the event of a suspected ingestion, it is important for your veterinarian to know what type of chocolate and how much might have been ingested. It's safest to assume the maximum amount consumed, in order to determine if this might be a problem. In most cases of moderate ingestion, the recommendation will be to get the dog to your vet in order to induce vomiting and remove any chocolate not yet absorbed, and then to administer an activated charcoal to absorb any ingredient left over. Other recommendations might include hospitalization, monitoring for progression of symptoms, and intravenous fluids and other supportive medications.

Xylitol is a sugar substitute found in a variety of products such as sugarless gum, toothpaste and peanut butter. It has some interesting beneficial properties in humans – it is antibacterial and may help with osteoporosis. However, in dogs,

it is potentially fatal. It causes a huge response of insulin release from the pancreas, resulting in sudden life-threatening levels of low blood sugar, as well as a delayed liver tissue destruction. The mechanism for liver destruction is not known, but it occurs eight to 12 hours after ingestion, so ongoing monitoring and care is very important in patients.

It takes only a small amount of xylitol for toxicity to develop – it is possible for one small piece of Orbit chewing gum to cause severe low blood sugar in a 10 pound dog. Unlike chocolate toxicity, in which a few minutes on the phone can be spent figuring out how much and what type was ingested, and how big the dog is, xylitol ingestion is always an emergency until proven otherwise. If you suspect or know that your dog ate xylitol, it's best to call your veterinarian (or local veterinary emergency center) and bring your dog in right away. In some cases, your vet will induce vomiting if ingestion has occurred within the past one to two hours. Further treatment is almost always recommended for this problem – hospitalization, intravenous fluids and monitoring bloodwork for the next one to two days. As with any suspect or known toxicity, bring the package that identifies the product and amount of xylitol contained in the product.



Dr. Mona Miller lives in Lafayette with her son, two cats and yellow Labrador. She attended UC Berkeley as an undergraduate, and received her DVM from UC Davis. She has been happy to call Lafayette home since 2001. She can be reached via email at MonasDVM@aol.com. She welcomes questions from readers that may get incorporated into a column.

Is this too young to go to Cal?



Actually, it's just the right age to get an eye exam at the University of California Eye Center. And again at three years. And regularly after that. (We developed ways to test kids' eyes while they play!) We're part of the UC School of Optometry, and offer you LASIK surgery, contact lenses, and an Eyewear Center with a vast collection of designer frames, too. We take most insurance plans, and major credit cards. It's time for your whole family to go Cal!



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An informative website for these toxicities is [veterinary partner.com](http://veterinaryclinic.com/chocolate/calc.html). Here is the specific link to the Chocolate Toxicity Calculator:

Lamorinda Sunrise Rotary donation to THT used for new carpeting



ing director of Town Hall Theatre in Lafayette, recently accepted a \$750 check from Moraga resident John Speicher on behalf of Lamorinda Sunrise Rotary. The donation was used to install new backstage carpeting, supplied at cost by Larry Blodgett, owner of Blodgett's Abbey Carpet and Flooring in Lafayette. Prior donations from the Rotary club have gone toward other facility upgrades. This latest comes at a time when Town Hall Theatre has a capital campaign under way. THT is celebrating its 75th year of operation; the building itself is 25 years older.

Submitted by Tom Black

Dennis Markam, left, manag-

Brook Street Park creek bank restored by Girl Scout group



Photo provided

Submitted by Esther Dean, El Reid, Celia Farrell

On the banks of Lafayette Creek, just a hop over the fence from Brook Street Park, 21 volunteers stood listening to John Zentner, chairman of the board for the Restoration Trust in Oakland, as he demonstrated how to plant small native plants to restore a local creek after the previous removal of an invasive species. Having finished his demonstration the three middle school leaders, Esther, El, and Celia stood up to talk about the safety guidelines everyone was going to follow before setting off to replant the creek bank.

Workers planted a total of 850 plants. These included young Mexican rushes, California fescue, and Santa Barbara sedge, all native to California. Girls from local Girl

Scout troops 33137, 33126, and 32928 all attended the event. The bank was on the steeper side, so there were numerous ropes in place to help workers stay safe. The group finished earlier than expected, so they picked up trash in the surrounding area.

Forty hours of work had already gone into restoring the small area of the bank by the park. Esther, El, and Celia had worked on planning this creek day since the previous summer for their Girl Scout Silver Award. At the same location on Nov. 16, the leaders led the effort to remove the invasive species Arundo donax, the top invader and enemy of many local creeks. By the end of the day, the group had filled 20 bags of Arundo and ivy. Now the bank is full of small, green plants that will encourage native species growth and create a healthier creek.

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 with the subject header In Service to the Community.

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Making Orinda and Moraga HeartSafe



Photo provided

Submitted by Ryan Kaelle

Ryan Kaelle, a Boy Scout in Orinda's Troop 237, partnered last spring and summer with members of Contra Costa County's American Medical Response, Emergency Medical Services and Lamorinda Community Emergency Response Team for his Eagle Scout service project. For Kaelle's project, he organized and led a team of volunteers from both Troop 237 and Na-

tional Charity League Acalanes Chapter to increase awareness and education for automated external defibrillators at local businesses, schools, and institutions in Orinda and Moraga. AMR maintains a listing of the approximately 80 AED devices in the community. Kaelle and team spent over 100 hours May through August updating the AED list and, where possible, providing education and awareness materials and inspecting the actual devices to make certain they are ready

in an emergency. Another goal of the project was to spread the message that AEDs are not scary, are very user friendly and can be used by anyone in an emergency situation to save a life.

An AED analyzes the heart's rhythm and guides a first aid provider to deliver a shock to a victim of sudden cardiac arrest. This shock is called defibrillation and may help the heart re-establish an effective rhythm. More than 160,000 Americans suffer a cardiac arrest every day, and for every minute that passes before returning the heart to a normal rhythm, the chance of survival decreases by 10%.

To continue the partnership and education, local paramedics came to a Troop 237 Monday meeting in December to educate on AEDs, CPR, Stop The Bleed and basic first aid. Over 50 Scouts attended the session with the goal of preparing them to react quickly in emergency medical situations.

Now that Kaelle's Eagle project is complete, AMR, EMS and Lamorinda CERT can determine where more AEDs are needed, which will ensure Orinda and Moraga are HeartSafe communities (a formal designation assigned by the American Heart Association).

Special thanks to Dennis Rein at Lamorinda CERT, Anna Cleese at AMR, Joanny All and Geoffrey Martin at EMS for the guidance they provided for this project.

In Memory

Barbara Harbuck

Feb. 4, 1938 – Nov. 28, 2019, Resident of Moraga, CA



The family of Barbara Jane Harbuck is sad to announce her passing on Thanksgiving Day. She is survived by her loving husband Col. James Harbuck, her sister Nancy Gnepper, brother Steve Johnson, grandchildren Haley and Cooper Harbuck, daughter-in-law Jill Harbuck, and many other loving family members. Her beloved son David predeceased her in 2016.

Barbara was a longtime resident and community leader in Moraga and had established a wide circle of friends throughout Lamorinda. She had a passion for people and tirelessly devoted her life to her family, friends, and philanthropic organizations. In her early career she was a grade-school teacher. She was a volunteer at John Muir hospital and the Navy League. She was a strong supporter of education, and a longtime respected member of the American Association of University Women (AAUW). Barbara served

as President of AAUW in 1987-88 and won the AAUW Distinguished Woman Award in 2004.

A Celebration of Life will be held on Feb. 1 at 1:30 pm at the Lafayette Orinda Presbyterian Church. In lieu of flowers, the family suggests contributions to the Orinda-Moraga-Lafayette branch of AAUW to support women's education.

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Not to be missed

ART

Lamorinda Arts Alliance presents an exhibit, "Strictly Abstract," though Feb. 28 at the Lafayette Bank of America at 3530 Mt. Diablo Blvd. in Lafayette. The new exhibit features abstract paintings by Susan Erickson, Carla W. Gelbaum, Irenka Kudlicki, Pam McCauley, Geoff Meredith and Judy Bolef Miller. <https://laa4art.org>

Moraga Art Gallery presents a new art exhibit and reception at the reopened gallery: "Kaleidoscope" from Feb. 5 through April 4. See story on next page.

Valley Art Gallery's new show "Joel Summerhill's Wild Jazz 5" runs through March 13. See Joel Summerhill's watercolor jazz animals. Reception from 4 to 6 p.m. on Feb. 15. www.valleyartgallery.org; (925) 935-4311

Jennifer Perlmutter Gallery presents "Translations: Painting and Poetry" - Abstract work by Rebecca Crowell and Jerry McLaughlin Feb. 15 through March 14. Reception from 6 to 8 p.m. on Feb. 15. www.jenniferperlmuttergallery.com

JPG@ The Bank Pop up Art Gallery presents "Unknown Key: The Adventure" at 7 p.m. on Feb. 22.

Saint Mary's College Museum Art (SMCMoA) is opening two new exhibitions on Feb. 12: "Feminizing Permanence" features 40 historical

and contemporary artworks by 40 women artists from the permanent collection. "Sign of the Times: The Great American Political Poster 1844-2012," a traveling exhibition, explores a variety of styles, design trends, and printing technology associated with political posters. Reception is from 5:30 to 7 p.m. on Feb. 20. SMCMoA admission and programs are free for everyone. www.stmarys-ca.edu/museum.

The Lamorinda Arts Council presents a solo exhibition of photographs entitled "The Allure of Equine Beauty" by Barbara Brady-Smith of Lafayette, running through Feb. 29 at the Art & Garden Center at Wilder. Reception from 2:30 to 4:30 p.m. on Feb. 8. <https://lamorindaarts.org/current-exhibits-wilder/>

MUSIC

Campolindo High School Music Department invites you to their Winter Concert from 7:30 to 9 p.m. on Feb. 6 in the Campolindo Performing Arts Center, 300 Moraga Rd., Moraga. The concert will feature the Orchestra, Concert Band, and Symphonic Band performing works by Wolfgang Amadeus Mozart, James Curnow, Béla Bartók, Howard Hanson, Samuel Coleridge-Taylor, Randall Standridge, Guy Woolfenden, and Gustav Holst. The concert is free to attend.

Contra Costa Performing Arts Society presents their first concert of the 2020 season featuring original

and seductive music with occasional reference to Broadway, Brahms, and New Orleans at 7:30 p.m. on Feb. 7 at Grace Presbyterian Church 2100 Tice Valley Blvd. in Walnut Creek. Free, donations accepted. www.ccpas.org

Bowerbird Collective presents "Music For Australia: A Concert Raising Funds for the Bushfire Crisis" from 6 to 7 p.m. on Feb. 9, at the Orinda Library Auditorium, 26 Orinda Way, Orinda. Cost: \$30. www.wheresongbegan.com or call (646) 384-8080 or email hello@bowerbirdproductions.com.

Do you love to sing and want to bring more harmony, fun, and musical company in your life? Then audition for the Diablo Women's Chorale at 6:30 p.m. on Feb. 10 at Saint Matthew Lutheran Church, 399 Wiget Lane, Walnut Creek. Auditions are by appointment only. Contact Nancy Hickman, Membership Chair, at (925) 899-5050 or hickmandg@gmail.com, to book an audition time spot. www.diablowomenschorale.org/join-us.

The Gold Coast Chamber Players present Grammy-nominated Aizuri Quartet, in Songs and Echoes of Home, at 7:30 p.m. on March 7 in the Don Tatzin Community Hall at the Lafayette Library, 3492 Mt. Diablo Blvd. A special student showcase from the SF Conservatory of Music begins at 7 p.m. Tickets and information- GCCPmusic.com.

THEATER

Town Hall Theatre Company presents "The Cherry Orchard" Feb. 27 through March 21 at 3535 School Street, Lafayette. Tickets: \$18 Previews \$27-30 evenings, \$25-27 Sat. & Sun. matinees. Discounts available for Seniors and youth. For tickets and showtimes: (925) 283-1557; www.townhalltheatre.com

LECTURE & LITERATURE

Orinda Books - The Poetry Circle will read and discuss "Father's Day" by Matthew Zapruder at 11 a.m. on Feb. 10. They meet monthly at Orinda Books and welcome anyone interested in poetry.

SMC presents Steve Almond Q&A with Matthew Zapruder from 2:30 to 3:30 p.m. on Feb. 19 at De La Salle Hall: Hagerty Lounge, 1928 St. Marys Road. Q&A and discussion with Steve Almond, author of William Stoner and the Battle for the Inner Life.

The San Antonio Breast Cancer Symposium forum from 6 to 8 p.m. (5:30 to 6 p.m. registration and refreshments) on Feb. 25 at Oakland Library Rockridge Branch, 5366 College Avenue, Oakland. RSVP: Call (510) 204-5656

SMC Creative Writing Reading Series with Chris Feliciano Arnold from 7:30 to 9 p.m. on Feb. 26 at the Soda Activity Center: Claeys Lounge, 1928 St. Marys Road. Chris Feliciano Arnold has written essays

for The Atlantic, Harper's, Outside, Vice News, The New York Times, and more.

KIDS, PARENTS & TEENS

Registration is open for the fifth annual AAUW-OML Techbridge STEM (science, technology, engineering, math) conference for middle school girls being held from 8 a.m. to 3 p.m. on March 21 at Saint Mary's College in Moraga. <https://oml-CA.aauw.net>. Fee is \$25 per student.

Cupid Comes to Canyon Club from 10 a.m. to noon on Feb. 9 at the Canyon Club Brewery. Bring the kids to decorate cookies, pose for pics in the Valentine's themed photo station, and enjoy festive food. \$25 Adult, \$15 child. Tickets: www.canyonclub.works/store/events/

The Friends of the Lafayette Library and Learning Center has an invitation to all Lafayette students from Kindergarten to 8th grade. Here is an opportunity to express your artistic talent in the form of a bookmark. The Contest begins Feb. 14. All entries must be submitted by March 6. The entry forms will be available at the Lafayette Library and the Friends Corner Book Shop. The winner's bookmarks will be framed and exhibited in the library and the Friends Corner Book Shop.

Join Park Rangers as we explore the life of one of our favorite feathered friends, the owl from 12:30 to 2:30 p.m. on Feb. 8 at the John Muir NHS, 4202 Alhambra Avenue, Martinez. Young scientists will investigate first-hand what an owl eats and learn fun facts about owls. Color and take home your own owl mask. This is a drop-in program. Visitors should meet at the visitor center. All ages welcome. No reservations are required. www.nps.gov/jomu.

OTHER

Free Tax Preparation for the 2019 tax season is available starting February 2020 from AARP's Tax-Aide and United Way's Earn It, Keep It, Save It (EKS) programs. Service is provided by volunteer tax preparers who are IRS trained and certified. For information on Tax-Aide sites, call: (925) 726-3199. For information on EKS sites, call 2-1-1 or visit www.earnitkeepsaveit.org.

All Lafayette residents are invited to attend the Lafayette Homeowners Council (LHC) Board's Community Meeting "Issues Night" to be held at 7 p.m. on Feb. 6 at the Community Center's Sequoia Room at 500 St. Mary's Road. Scheduled speakers include Mayor Mike Anderson with "State of the City" remarks followed by School Superintendent Richard Whitmore on our Schools and former Mayor Don Tatzin regarding transportation and traffic issues. www.LafayetteHomeownersCouncil.org.

Diablo Ballet presents the second program of their 26th season, "Balanchine & Beyond" at 8 p.m. on Feb. 7 and at 2 p.m. and 8 p.m. on Feb. 8 at the Del Valle Theatre in Walnut Creek. The program features selections from five ballets. Tickets: \$15-\$48 (925) 943-7469; lesherartscenter.org, diabloballet.org

Holy Trinity Serbian Orthodox Church 15th Annual Crab Feed and Dance from 6 to 11 p.m. on Feb. 8 at 1700 School Street, Moraga. Chicken available by special advance order request. Dinner & Dance - \$60. Tickets must be purchased in advance. Call Thea at (925) 672-6799 or (925) 890-0918, or email thecubsfan23@yahoo.com.

Friends Corner Book Shop in Lafayette is having a half price sale from 9 a.m. to 5 p.m. on Feb. 8. This is a wonderful opportunity to find some last-minute treasures for your favorite valentine (or teacher)! Proceeds benefit the Lafayette Library and Learning Center. www.llcf.org/shop-for-a-used-book/

Welcome to Medicare is a free class presented by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP). You will learn when and how to enroll, about Medicare costs and benefits, prescription coverage, Medicare Advantage plans (HMOs), Medicare Supplements and how Medicare coordinates with other coverage. Classes are monthly on the second Wednesday from 6 to 8:30 p.m. at John Muir Medical Center, Walnut Creek. Upcoming date: Feb. 12. See www.cchicap.org or call (925) 602-4168 to enroll.

... continued on next Page

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Rocky Road Cake, a dense and delicious dessert



Rocky Road Cake

Photo Susie Iventosch

By Susie Iventosch

If you love s'mores or rocky road ice cream, you will love this dessert! Even though it's called "cake" it is really more dense like a brownie. The cake batter, made with miniature marshmallows and pecans, has all the wonderful flavors found in the ice cream. In fact, the addition of textures to ice cream appears to have originated with rocky road ice cream and today you can find dozens of different ice creams with candies and nuts folded in.

The history of rocky road ice cream is an interesting, al-

Dreyer and Edy, and he was the first to mix a marshmallow-walnut candy bar into chocolate ice cream. The origins of Rocky Road candy dates back to 1853 in Australia, where confectionery that had begun to spoil on the long (rocky road) journey from Europe was mixed with local nuts and chocolate as a way of saving the candy. I'll leave it to you to further investigate or simply enjoy the fabulous concoction! It will make a delicious dessert for your Valentine.

This dessert is like eating cake and candy, all at the same time. High quality cocoa and chocolate make this cake even better. In purchasing cocoa powder, you may have noticed that cocoa powders can be "Dutch" processed or "Non-Dutched" — a fancy way to say alkalinized or natural. It was a Dutch man, Coenraad Johannes van Houten, who invented the alkalinizing process. While the Dutch process deepens the chocolate color, mellows the flavor, and reduces the bitterness, a natural cocoa has a sharper, more acidic fruit flavor. Because "Dutch" cocoa powder is more soluble in water, it is good for most baking purposes, but it may be fun for

you to experiment with both to see which you like better. I really prefer the taste and the aroma of Dutch cocoa powder, but this is a personal choice. Also, because Dutch cocoa powder is non-acidic, it doesn't mix with alkaline leavening agents like baking soda. Instead, it is usually partnered with baking powder, which has a neutral pH level.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: 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.

Rocky Road Cake

INGREDIENTS

Cake

- 1 1/2 sticks (6 oz.) unsweetened butter, at room temperature
- 1 1/2 cups granulated sugar
- 4 tablespoons unsweetened cocoa powder
- 3 eggs
- 1 1/2 cups all-purpose flour
- 2 1/4 teaspoons baking powder
- 3/4 teaspoon salt
- 1 1/2 cups pecans, chopped
- 1 teaspoon pure vanilla extract
- 1 1/2 cups miniature marshmallows

Frosting

- 1/2 stick (2 oz.) butter, at room temperature
- 2 ounces bittersweet chocolate, melted and cooled (I use Trader Joe's Dark Chocolate)
- 1/4 cup unsweetened cocoa powder (I prefer Dutch processed cocoa powder-see article above)
- 3-4 cups powdered sugar
- 1/4 cup milk
- 1 teaspoon vanilla

Frosting Directions:

In a large mixing bowl, beat butter and melted chocolate until smooth. Add cocoa powder and mix until well-integrated. Add powdered sugar, a bit at a time, alternately with milk, beating after each addition until smooth. Stir in vanilla.

CAKE DIRECTIONS

With an electric mixer, cream butter and sugar until light and fluffy. Beat in cocoa powder. Add eggs, one at a time, beating well after each. Add flour, baking powder and salt and mix well. Stir in marshmallows, nuts and vanilla. Pour into a greased (or sprayed) 9x13x2 inch glass baking dish. Bake at 325 F for 30-35 minutes, or until toothpick comes out clean from center of cake. Remove from oven and cool completely. Once cooled, spread frosting evenly on top of cake.

Origins of Rocky Road Ice Cream:

<https://www.braums.com/blog/everything-you-want-to-know-about-rocky-road/>
<https://www.mentalfloss.com/article/82388/conflicting-stories-behind-invention-rocky-road-ice-cream>
 Dutch Process vs. Non-Dutch cocoa powders:
<https://www.seriousseats.com/2014/08/difference-dutch-process-natural-cocoa-powder-substitute.html>

◆ Not to be missed ◆ Not to be missed ◆

OTHER ... continued

Updates from the Breast Cancer Symposium from 6:30 to 8 p.m. on Feb. 19 at 3276 McNutt Ave, Walnut Creek. Dr. Svahn will cover exciting new data from the latest clinical trials, new FDA approved treatments and advances in treatment strategies. Please register by emailing: sgoldberg@dvothmg.com or call (925) 677-5041.

Salary Negotiation Seminar from 2 to 4 p.m. on Feb. 23 at the Lafayette Library and Learning Center in Lafayette. Come learn about salary negotiation and how to better articulate your worth at work or as a volunteer. <https://oml-CA.aauw.net>

Lafayette resident, Papa John Kiefer, will, again, offer workshops on "How to Raise Your Own

Chickens." Topics will include raising young chicks, laying hen maintenance, and sustainable coop construction. Workshops are free and will be held in Lafayette from 1 to 3:30 p.m. on March 1 and 15. Reservations are required. Contact: chickenspapa-john@gmail.com. Location provided upon registration.

GARDEN

The Walnut Creek Garden Club will hold its monthly meeting at 10 a.m. on Feb. 10 at the Gardens at Heather Farm, 1540 Marchbanks Drive, in Walnut Creek. The Walnut Creek Historical Society will be speaking and showing a visual presentation.

Lafayette Garden General Meeting starting at 10 a.m. on Feb. 13 in the Lafayette Veteran's Bldg,

3780 Mt. Diablo Blvd., Lafayette. Guest Speaker John Greenlee is an expert in grass ecology and champion of sustainable design. Free. twalklet@comcast.net.

The Moraga Garden Club Monthly General Meeting will be held at 9:30 a.m. on Feb. 20 at the Holy Trinity Cultural Center, 1700 School Street. Garden Designer Katie Creighton will speak about "Brightening your Garden with Variegated Plants". www.moragagardenclub.com

The Montelindo Garden Club February meeting will be held at 9:30 a.m. on Feb. 21 at the Lafayette Library and Learning Center's Community Hall. Presentation: Soil, a Sexy Subject; Speaker: Carole Frost a.k.a. Seductress of Soil.

Moraga Art Gallery announces a new art exhibit and reception

Submitted by Carla Gelbaum

The Moraga Art Gallery announces "Kaleidoscope," its first show of 2020, highlighting the art of two dozen member and guest artists. Guests entering the gallery see a diverse collection — a kaleidoscope of surprising and satisfying media, styles, and color.

An opening reception on Saturday, Feb. 8 from 5 p.m. to 7 p.m. will offer live music, complimentary wine and hors d'oeuvres, and an opportunity to mingle with the artists as well as with other devotees of painting, sculpture, jewelry, print media, ceramics, photography, woodworking, and much more.

Curated by member artists Judy Miller and Mar-

garet Lucas-Hill, the exhibit will run from Feb. 5 to April 4. Create your own whimsical and unique Valentine card at the Moraga Art Gallery on Sunday, Feb. 9. Drop-in between 1 to 3 p.m. The free Valentine making workshop will be led by local artists who specialize in bringing out the whimsy and creativity in everyone.

The gallery is located at 432 Center Street, Rheem Shopping Center, in Moraga. Hours are Wednesday through Sunday, noon to 5 p.m.

Moraga Art Gallery is a cooperative featuring the work of established local artists and artisans. Each member is accomplished in their field and meets high standards of workmanship and originality in order to qualify for membership.



Susan Erickson, Kaleidoscope, Acrylic and house paint on wood, 36"x48"

For more information, visit <https://moragaart-gallery.com> or call (925) 376-5407 or email moragaartgallery@gmail.com.

'Strictly Abstract' grand reopening reception, Feb. 12



Tenth Bloom (diptych), acrylic painting by Carla W. Gelbaum

Submitted by Carla Gelbaum

The Lamorinda Arts Alliance will hold a free grand reopening reception for "Strictly Abstract" from 8 to 9 a.m. Wednesday, Feb. 12 at the Lafayette Bank of America. "Strictly Abstract" features artwork by local artists Susan Erickson, Carla Gelbaum, Irenka Kudlicki, Pam McCauley, Geoffrey Meredith and Judy Miller and will continue to be available for viewing during banking hours through Feb. 28. The bank is open Monday through Friday, from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 1 p.m. For more than two decades, the Lamorinda Arts Alliance has promoted the visual arts through exhibits in libraries and businesses, at open studio events, street fairs, and lectures, and in the community's art galleries.

For information, visit: <https://laa4art.org>

Service Clubs Announcements

Lafayette Rotary Club

Step in on a Thursday and join us for our lunch meeting.
Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

February 13:	February 20:
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Lamorinda Sunrise Rotary

FEBRUARY WEEKLY MEETINGS

7: Carl Guarneri, PhD., Civil War Historian
14: Terri Khonsari, Families Without Borders
21: Club Assembly
28: Bradley Ward, Member Presentation

Breakfast, Friday 7:00 a.m.
The Lafayette Park Hotel & Spa, 3287 Mt. Diablo Blvd., Lafayette, CA
www.lamorindasunrise.com

Lamorinda Weekly

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LAMORINDA SPORTS

Drew Anderson's long and winding road to the NFL



Drew Anderson in 2013

Photos Gint Federas

By Jon Kingdon

The Arizona Cardinals concluded the 2019 season Dec. 29 with a loss to the Los Angeles Rams, finishing their season with a 5-10-1 record. Earlier in the week, with little fanfare, the Cardinals activated Drew Anderson, a 2014 graduate of Miramonte High School from their practice squad, much to the satisfaction of those in Lamorinda who have followed his meandering career these past six years.

Perseverance is an understatement in describing the route Anderson took to the NFL, but it was a goal he had from a young age: "As a kid, growing up and playing football, it was a dream for me to play in the NFL. With such a winding road and a different path than most guys take to the NFL, there were a lot of times when I thought that this

might not be for me. I just kept plugging away and continued to get better."

The "Anderson Trail" took him from Miramonte, to San Diego State to Diablo Valley College to the University of Buffalo to Murray State University and finally to the Arizona Cardinals, though his home base still remains in Orinda: "Orinda and the whole Lamorinda area was a super supportive community. I always had people reaching out to me, wishing me good luck. It was awesome and even now when I come back, a bunch a people are there willing to help me and train with me."

Anderson played football, basketball, baseball and even one year of lacrosse at Miramonte but it was not until he was a senior that he blossomed on the football field. After playing freshman and JV football his first two years, a fractured scapula in the first

game of his junior season severely limited his playing time. However, everything came together for Anderson as a senior throwing for 4,074 yards with 47 TD's and only 10 interceptions, leading Miramonte to the North Coast Section championship over Clayton Valley and being named first team all-state.

"Coach (Jack) Schram was great and did an awesome job in giving the players a lot of freedom, especially me," said Anderson. "I was able to change the plays at the line of scrimmage which not a lot of high school QB's get to do and we all loved playing for him and he played a big part in my development."

Schram was equally taken aback when Anderson was not heavily recruited: "Drew had all the qualities you wanted in a quarterback - he's intelligent, he has good arm strength and is real leader. I do not know why it had taken so long for him to be recognized."

Anderson did not get any offers to play at a Division I school so he walked on at San Diego State, which turned into a situation he had not hoped for: "I stayed there for one year. After spring ball, I saw the writing on the wall. At that point, I felt that going to Diablo Valley College would be the best thing for me because I had a lot of developing to do and at Diablo Valley I was able to get a lot better to where I could play at a Division I school. Getting all the reps in practice and starting all the games was something that I definitely needed. At that point, I was more of a thrower than a passer. I was pretty raw and learned a lot in how to play the position."

Anderson worked closely with DVC head coach Mike Darr, assistant coach Doug Longero (now the head coach at Los Lomas) and Will Hewlett. Darr knew Anderson from his play at Miramonte: "Drew had the arm to make all of the throws. In high school, he was able to just sling the ball and get away with it. Once he came here, in our spread offense, he had to read defenses, check things at

the line, make pre- and post-snap reads and manipulate safeties and underneath coverages. It was just a higher caliber of football and he was more responsible for things in the passing game."

While attending DVC, Anderson was living at home and working in retail when the University of Buffalo offered him a football scholarship: "I never thought that I would end up in western New York but in the end, it was great for me. I saw it as an opportunity and I was ready for a new challenge. (Head coach) Lance Leipold and Jim Zebrowski, my QB coach, were very important in my journey."

Though playing behind Tyree Jackson, the starting

quarterback at Buffalo, Anderson patiently waited for his chance to get on the field. It came in his second year at Buffalo when Jackson went down with an injury, said Anderson: "It was a long time in the making for me and having been in the offense for a long time, I was always prepared to play and to be ready for that moment and knew that once I got that opportunity, I would be ready."

Ready was an understatement. Against Western Michigan, Anderson threw for 597 yards and seven touchdowns in a 71-68 overtime loss. After taking eight classes in the spring to graduate with his degree in psychology,

... continued on Page C2

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Campolindo brothers

By Jon Kingdon

Last season, the theme song for the Campolindo boy's basketball team was "We are the Champions" by Queen. Though that may ultimately be their theme song once again this year, as this point, it could just as easily be "We are Family" by Sister Sledge. The team includes three sets of brothers: Chase and Cade Bennett, Rex and Cole Curtiss, and Carter and Aidan Mahaney. Just for good measure, the Cougars' head coach Steven Dyer is ably assisted by his younger brother, Chris, as his assistant coach, both of whom were also teammates when they played at Campolindo.

There is a unique relationship between brothers when they compete and play on the same team, says Dyer: "My brother was a better player than I was. It's a huge advantage to growing up and getting beaten up by your older brother. Last season, I had both of the Mahaney brothers on the team but to have three sets of brothers on one team is pretty unique. Chase Bennett and Carter Mahaney and Rex Curtiss have all been supportive of their younger brother's basketball skills, so I think that has added to their basketball success."

For Cade Bennett, it was more than basketball with his brother. They've always been close and competitive. "We've been playing with and against each other all of our lives," Cade says. "Chase was a bit of a teacher to me."

Being only a year apart and playing the same position has not led to any dissension between the two, Chase says. "Looking back, it was always neck and neck. I'm a little better shooter but we work out a lot together so we have a lot of similar skills."

Two years ago, there were actually three Curtiss brothers attending Campolindo simultaneously. Oldest brother Harry was a baseball and tennis player while Rex and Cole were playing football and basketball. Unlike the Bennetts and the Mahaneys, with the Curtiss', there's a size difference between the brothers and each plays a different position in both football and basketball. Cole has a couple of inches on Rex and played on the defensive line for the football team and in the front court on the basketball team. Rex played wide receiver and had 34 receptions this past season and plays point guard in basketball.

Being so close in age led Rex and Cole to play the same sports: "Growing up, Cole was able to follow in my footsteps in the different kinds of sports we played," said Rex. "Since we were only one year apart, we tended to gravitate towards the same things. We really found our niche with basketball and football. When we were younger, I would work with him on his shooting and dribbling. He got the size so I ended up as a point guard and he played in the front court."

With two older brothers, Cade had the benefit of learning from both of them: "Unlike Harry, Rex continued to play basketball in high school and he has been an inspiration and someone whose skill I wanted to work up to. We've always played sports together growing up and I've always gone to his games and now that we're on the same team it's pretty special. I may take it for granted but what other opportunities am I going to get to play with my brother on the same team?"

Despite a two-year difference in their ages, for the Mahaneys, it's the second year that they have been teammates. "It's definitely been an advantage to being the younger brother because Carter had two years of high school basketball experience when I came in," Aidan says. "I watched his games when I was younger and I learned some stuff and coming in and having someone that knew what it was about on things, like the away games and how the crowd would react and what to do and what not to do was helpful."

Carter understood his role with Aidan: "I do my teaching. We have a younger brother in the seventh grade and we're both tutoring him. Playing together helped us when teams tried to press us, but we also had other good players on the team such as Jake Chan."

"It also helped that we're both good ball handlers and coach Dyer had confidence in us," Aidan says. Growing up together and playing together were two different things initially for Aidan. "At the beginning of last year, Carter had a lot more experience than me so I would go into practices and not be fully ready for what was to come and he was able to figure out things quicker than me, but with his help, I caught on pretty quick. We've always had a competitive spirit and I'm always trying to one-up him and it's just a healthy competition and it's made me a lot better because of it."

"Chase, Carter and Rex have all been supportive of their younger brother's basketball skills and that's led to a lot of their success," said Dyer. "You see competition between brothers all the time. They all enjoy that, especially with Chase and Cade who play a similar position and Carter and Aidan will go at it."

Cole Curtiss also felt there was a familial connection on the floor with Rex and the team: "We both know how each other plays the game and we're super competitive and I can tell when there are two brothers on the floor, they definitely want to win and I can tell if my brother is working hard, I'm going to work just as hard as him."

For Cade Bennett, it's more than knowing his brother's game; it's the closeness of the team as a whole: "Because we're so close with the team, it's not just me and my brother, we all have little communication things."

With the brothers all playing in various leagues and teams simultaneously, the effort required by the parents is something that should not be overlooked. Prior to high school, the last time the Mahaneys had played together was in the sixth grade.

"I played on the varsity as a sophomore and Cole was on the freshman team," said Rex Curtiss. "We would play at different locations so our parents would have to split up a lot of the time."

Growing up, the Bennetts, for the most part, played on the same teams, though there was one time that Cade was not up for playing against his brother: "When Chase was about 10 years old, we were on opposing teams, he did not want to play against me so he sat out the game."

Still and all, it's proven to be a positive for the brothers individually and the team as a whole as summed up by Cole Curtiss: "Overall, I think it's pretty cool to have three sets of brothers and two coaches who are brothers on the same team."



Cade and Chase Bennett

Photos Gint Federas



Rex and Cole Curtiss



Aidan and Carter Mahaney



Steven and Chris Dyer

Drew Anderson's long and winding road to the NFL

... continued from Page C1

However, in his next game, Anderson tore his pectoral muscle which required surgery and signaled the end of his career at Buffalo. After taking eight classes in the spring to graduate with his degree in psychology, Anderson had another year of eligibility and used it to transfer to Murray State University (Kentucky).

It was another Bay Area connection that led him to Murray State, said Anderson: "Brian Hamilton was an assistant coach there and had been the head coach at Concord High School. He knew the coaches at DVC and with their recommendations, it provided

me with a great opportunity to go there and earn the starting spot. When I look back at myself as a redshirt freshman and then as a senior at Murray State, I could see that I was a totally different player." In 11 games at Murray State, Anderson went on to complete 60% of his passes and threw for 20 touchdowns.

That's when the NFL became a realistic goal for Anderson: "It was a gradual thing for me but, to be honest, there were a lot of times when I had those doubts and did not think that playing professional football would ever happen, but I continued to work and improve and by the end of my college career, I started to see that maybe this is something that I could do."

After his pro day at Murray State and workouts at the San Francisco 49ers and Oakland Raiders facilities, it was time for the draft. Anderson was a free agent, and with the help of his agent Greg Linton he was able to choose among a number of teams that were interested in his services. The Cardinals had a new head coach in Kliff Kingsbury and a 5'10" quarterback they drafted with the overall first pick named Kyler Murray.

"That's one of the awesome things about Coach Kingsbury," said the 6'4" Anderson. "He knows how to play to different guy's strengths. It's a super friendly quarterback system and he makes it work for whichever quarterback is in there. As with anything, by

the last preseason game, I was feeling a lot more comfortable. Going against starters in practice and seeing that speed, the game did slow down for me. The game is faster but the players around me with the Cardinals are also much better and it forces you to raise your level. The more I played, the more comfortable I got."

Anderson played in 3 of the 4 preseason games for the Cardinals going 18 for 32 for 104 yards with 2 touchdowns and 1 interception. Playing against the Raiders in preseason was a particular highlight for Anderson, going 6 for 9 for 59 yards and one touchdown pass: "At the Raider game, I had a lot of family and friends come out for that game and it was special for me. The Raiders

were the team that I grew up rooting for and playing against them with family and friends there was definitely a special moment for sure."

Having learned so many different schemes and terminologies from high school to the NFL, in the end, proved to be beneficial to Anderson: "Offenses may be different but you're still trying to accomplish the same things so I do think that playing in a number of different systems for a bunch of different coaches helped me in a holistic sense of understanding football. It obviously wasn't the route that I would have chosen out of high school but in learning offensive football, it's definitely been beneficial to me."

~ Healthy Lifestyle ~

Is your favorite food helping or harming you?

Controlling inflammation through your diet looks a lot like controlling for weight gain



Photos provided

By Stephanie Harvin

No look at chronic pain would be complete without considering the foods we eat. Not surprisingly, the same foods that contribute to a healthy diet are the ones recommended by experts to help control inflammation.

Although the experts vary on exactly what foods may have more or less inflammatory effects on the body, a Harvard study suggests an anti-inflammatory diet should look like a Mediterranean diet, which consists of:

- Tomatoes
- Olive oil
- Green leafy vegetables, such as spinach, kale and collards
- Nuts like almonds and walnuts
- Fatty fish including salmon, mackerel, tuna and sardines
- Fruits such as strawberries, blueberries, cherries and oranges.

And the study revealed that the

foods to avoid are the same culprits that have been shown to give you an increased risk of type 2 diabetes and heart disease:

- Refined carbohydrates, such as white bread and pastries
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- Margarine, shortening and lard.

Dr. Frank Hu, professor of nutrition and epidemiology in the department of nutrition at the Harvard School of Public Health, says that while unhealthy foods contribute to weight gain, several studies have suggested that even taking excess weight into account, there was still a link between foods and inflammation. "Some of the food components or ingredients may have independent effects on inflammation over and above increased caloric intake," Hu says.

Controlling your weight gain and inflammation at the same time can reduce flareups of chronic pain, even if it doesn't control the pain entirely.

Some experts have suggested that berries may have an active role to play in fighting the inflammation that leads to chronic pain.

Eating antioxidant-rich berries may help your body combat inflammation that could lead to heart disease, according to Dr. David Heber, director of the UCLA Center for Human Nutrition at the University of California, Los Angeles. And they may also lower your chance of developing colon cancer, protect your eye health and help keep your memory sharp as you age. Berries are a good source of the soluble form of fiber, which helps lower cholesterol, according to Dr. Heber.

All berries have substances in common that make them a valuable part of your diet. The vibrant berry colors signal their health benefits, according to Ruth Frechman, MA, registered dietitian and spokesperson for the American Dietetic Association.



"When you see color, you know there will be antioxidant properties [in the berries]," says Frechman.

It's not just the antioxidants that give you a lift. Those tiny crunchy seeds that give berries their characteristic texture also provide a health boost. The seeds and the skin contain dietary fiber. In fact, a cup of berries has more fiber than a slice of whole wheat bread. --CTW Features

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What's New in Breast Cancer Treatment?

By Tiffany Svahn, MD

The end of the year is not only the time for families and holidays, but also when the latest updates in breast cancer treatment are announced at the San Antonio Breast Cancer Symposium (SABCS). Thus, as we head into 2020, we have new insights into improved treatment options for breast cancer.

An important question that often arises in treating hormone-sensitive early stage breast cancer is how long should a patient remain on her estrogen blocker? Five years? Ten? There have been several studies addressing this question, and the answer remains unclear. The NSABP-B42 study looks at women who have completed 5 years of anti-estrogen therapy - either aromatase inhibitor (AI) or tamoxifen followed by AI. Women were randomized to an additional five years of AI versus placebo. There was a 4% absolute reduction in breast cancer recurrence with extended AI use, but no difference in overall survival seen thus far. Importantly, there was no increased risk of osteoporotic fractures with longer AI use. The decision to continue anti-estrogen therapy beyond 5 years remains individualized based on the patient, risk of their tumor, bone density score, and tolerance of the treatment. We now have another important study showing a potential benefit of longer treatment, and genomic assays are being investigated which will hopefully help guide treatment decisions.

HER2-positive metastatic breast cancer is an area where we have seen several treatment advances. Three important therapies were presented at SABCS that will soon, if not already, be available to treat patients. Trastuzumab deruxtecan (Enhertu®) was granted accelerated FDA approval on 12/20/2019. The oral HER2-blocker, tucatinib, was granted FDA breakthrough designation on 12/18/19 based on improvement in overall survival, including patients with brain metastases. Finally, margetuzimab (an anti-HER2 antibody) is awaiting FDA approval based on improvements in outcomes in combination with chemotherapy compared to trastuzumab (Hercpetin®) and chemotherapy.

Breast cancer is a complex disease, with treatment options varying between the stage and specific biology of an individual's cancer. Decisions about therapy are becoming increasingly targeted to specific pathways, and molecular testing is continuing to evolve to better tailor our treatments. We continue to see improved outcomes with better quality of life.

Please join me at the Cancer Support Community on February 19th at 6:30 pm to hear more about new treatment strategies in breast cancer. Reservations recommended, email sgoldberg@dvoimg.com or call 925-677-5041.



Dr. Svahn is a Medical Oncologist and Breast Cancer Specialist with Diablo Valley Oncology and Hematology Medical Group in Pleasant Hill. She is the Medical Director of the Women's Cancer Center of the East Bay. Contact information: 925-677-5041 or www.wccastbay.com



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Studies show that working out may help reduce certain pain



Photos provided



By Lisa Iannucci

Edward Garafolo suffered from chronic pain for two years as a result of a herniated disc in his back. During this time, the 50-year-old was advised to sit, put some heat on it and give his back time to heal. But rest didn't help, and on top of everything, the pounds piled on from sitting around so much, which made the stress on his back even worse.

Eventually, Garafolo consulted another doctor who completely changed his treatment plan. After a few months of walking short distances and several physical therapy sessions each week, he finally started to feel a bit better. "It's going to take more time, and I'm not sure my chronic pain will ever completely go away; but for me, exercise has become a big part of my healing," said Garafolo.

"With anybody who is experiencing chronic pain -- there is going to be movement that makes the symptoms worse and some that make it better," said Justin Feldman PT, DPT, at Feldman Physical Therapy and Performance in Poughkeepsie, New York. "Our goal is to determine the difference between the two and provide them with a strategy to begin exercising with weights, resistance bands or bodyweight movement exercises."

Most importantly, Feldman urges those patients in physical therapy to continue the exercises at home. "You have to do the exercises five to six days a week, and we found that the less you go to physical therapy, the less likely you're going to do the exercises in between sessions," said Feldman.

In his book, "Do You Really Need Spine Surgery?", David Hanscom M.D. writes, "Tight muscles and joint

contractures are painful. As the injured area approaches full range of motion, your body warns you with pain signals. Becoming more protective of these tissues, your pain grows with less motion. As you decrease your level of activity, your weakened body finds it harder to support your spinal column."

To help prevent this, Dr. Hanscom suggests working toward a full range of motion for all of your painful joints with three to five hours of resistance exercises per week.

The National Institute on Aging explains that each type of exercise provides specific benefits to those in chronic pain. For example, strength exercises can help maintain or add to your muscle strength. Strong muscles support and protect joints. Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Finally, flexibility exercises help to keep joints moving, relieve stiffness, and allow for more freedom of movement for everyday activities.

But Dr. Hanscom says that exercise is only part of chronic pain treatment.

"Chronic pain is an embedded memory, so it has to be erased," he said in an interview. "Lack of sleep, stress, all contribute to the pain. Exercise and medications all work a little, but nothing works completely. You have to take control of all of the variables that are affecting you personally, but exercise is mandatory to make progress."

This is especially important as you age. "Muscles atrophy when you get older and weight training stops and reverses it," he said.

If your joints hurt too much to walk or carry weights, consider aquatic therapy as a form of exercise to get you started.

When you step into the water, the buoyancy provides less stress on your joints and makes it less painful to move. Some physical therapy centers provide aquatic therapy, or you may find a gym that offers aquatic therapy classes. Perhaps you would prefer doing the downward dog to a water jog? If yoga is your thing, studies have also shown that yoga can reduce pain perception and have the opposite effect on the brain, as does chronic pain. There are many types of exercises to consider when trying to combat chronic pain, and it just might be as simple as finding one that's right for you and taking that first step.

~CTW Features



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Digging Deep with Cynthia Brian

... read on Page D8

Design tips to shoo away winter blues



Photo provided

By Amanda Eck

The chilly air and overcast skies can dampen our spirits, but using a few tried and true design tips can help enhance our homes and chase away the winter blues. Bringing in pops of color and shimmering light are just a few ideas that pack a punch. Here are my five go-to's to brighten these often dreary days:

1) Pillows/Throws: Switching up accent

pillows on sofas and beds are great ways to add a pop of color during the darker winter months. They are also a budget friendly way to update your space. Some of my favorite sources for pillows are: Etsy, Little Design Co. (<https://www.shoplittledesignco.com>), Arianna Belle (<https://ariannabelle.com>) and for a great local resource Linen & Cloth (<https://linenandcloth.com>). Along with new pillows try adding a colorful throw blanket at

the end of your bed or on the arm of your favorite chair.

2) Layer Art: While I love a great gallery style wall, there is something about leaning and layering art that brings depth and interest. Leaning your wall decor provides a great deal of flexibility in your design since you can easily change or move it. It also minimizes damage to your walls, which is great if you are renting. Great places to layer your art are on entry tables, fireplace mantles, and bedside nightstands. And don't be afraid to mix art pieces with a framed mirror. Which brings me to the next tip:

3) Mirrors: Mirrors are great for brightening up a room and making the space feel larger. Before you hang a mirror take into account what is across from it. I reached out to our local Feng Shui expert, Michele Duffy, and she had this to say: "Mirrors are the heavy lifters in Feng Shui and are affectionately called the 'aspirin' of Feng Shui. Sparkly clean mirrors are recommended opposite windows to bring more light into a space, placed in a dining room to reflect and amplify the abundance of happy meals with friends and family, or to create more spaciousness in a tight space like a foyer."

4) Natural elements: I know I have said it before, but there is nothing better than a bouquet of fresh flowers to help brighten up a space. I also love to go out into my yard and cut branches from my trees or shrubs to bring in some green on those dreary cloudy days. And don't underestimate the lure of a bowl of fresh fruit. Placing a bowl of green apples on your coffee table not only adds a pop of color but it encourages a healthy snack when watching television.

... continued on Page D6

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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	10	\$600,000	\$1,600,000
MORAGA	7	\$962,500	\$2,200,000
ORINDA	8	\$360,000	\$2,087,500

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

1000 Dewing Avenue #413, \$1,340,000, 2 Bdrms, 1554 SqFt, 2017 YrBlt, 12-20-19

871 Las Trampas Road, \$1,249,500, 3 Bdrms, 2201 SqFt, 1975 YrBlt, 12-16-19,

Previous Sale: \$1,000,000, 04-30-19

3161 Lucas Drive, \$1,448,000, 3 Bdrms, 2443 SqFt, 1960 YrBlt, 12-26-19

700 Old Jonas Hill Road, \$1,720,000, 3 Bdrms, 3224 SqFt, 1971 YrBlt, 12-27-19

1070 Sierra Vista Way, \$920,000, 3 Bdrms, 1519 SqFt, 1958 YrBlt, 12-17-19,

Previous Sale: \$202,000, 09-01-87

1624 Silver Dell Road, \$1,400,000, 3 Bdrms, 2578 SqFt, 1963 YrBlt, 12-27-19

741 Solana Drive, \$1,600,000, 3 Bdrms, 2290 SqFt, 1951 YrBlt, 12-16-19,

Previous Sale: \$1,100,000, 07-23-15

3419 St Marys Road, \$900,000, 3 Bdrms, 1697 SqFt, 1952 YrBlt, 12-23-19,

Previous Sale: \$790,000, 12-03-15

1252 Sunset Loop, \$1,560,000, 4 Bdrms, 3052 SqFt, 1950 YrBlt, 12-23-19,

Previous Sale: \$545,000, 03-17-00

16 Warwick Court, \$1,431,000, 3 Bdrms, 1820 SqFt, 1964 YrBlt, 12-17-19

MORAGA

1191 Rimer Drive, \$1,100,000, 5 Bdrms, 2486 SqFt, 1966 YrBlt, 12-20-19

1804 Saint Andrews Drive, \$980,000, 3 Bdrms, 1819 SqFt, 1989 YrBlt, 12-24-19,

Previous Sale: \$680,000, 04-02-10

222 Sonora Road, \$2,020,000, 3 Bdrms, 4685 SqFt, 2018 YrBlt, 12-18-19

228 Sonora Road, \$2,200,000, 3 Bdrms, 4685 SqFt, 2018 YrBlt, 12-17-19

81 Sullivan Drive, \$1,235,000, 3 Bdrms, 2121 SqFt, 1964 YrBlt, 12-16-19

157 Via Joaquin, \$962,500, 3 Bdrms, 2018 SqFt, 1980 YrBlt, 12-27-19,

Previous Sale: \$700,000, 06-16-14

124 Walford Drive, \$1,325,000, 4 Bdrms, 2110 SqFt, 1964 YrBlt, 12-18-19,

Previous Sale: \$1,085,000, 10-16-19

... continued on Page D8



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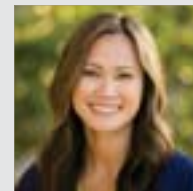
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Design tips to shoo away winter blues



Photos provided

As the Owner and Principal Designer of Lamorinda-based Amanda Carol Interiors, Amanda Eck believes your home's interior should be both approachable and well-appointed. She often asserts, "Beauty is a necessity." With a distinct sense of style that mixes contemporary and classic design she fashions spaces that are both elegant and inviting. Her design aesthetic is inspired by anything visual but especially fashion, architecture and art. Visit <http://amandacarolinteriors.com> for more design ideas.



... continued from Page D1

5) Candles: Smells play an important part of our psychological makeup. Scent can affect our memory, our emotions, and even how productive we are. I am a professed candle-holic; ask my family, there is always a candle or two lit when I am at home. When my kids' friends come over they always comment on how good our house smells. One of my son's friends even begged his mom to buy him a candle so his house could smell like the Eck's house. I like to change up the scents with the seasons. I am currently burning a winter scent called Fir & Grapefruit. And if having lit candles make you nervous due to small children or for health reasons, try using a diffuser with essential oils. Or put some cinnamon sticks and orange peel in a pot of water and boil it on the stove; that was my mother's go-to when we were little. She also loved to put on a pot of fresh coffee right before company came over.

I hope these little tips give you some inspiration to drive away the winter blues in your own home. Until next time friends!

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... continued from Page D2

ORINDA

- 46 Brookwood Road, \$384,000, 2 Bdrms, 1164 SqFt, 1935 YrBlt, 12-23-19, Previous Sale: \$379,000, 06-19-02
- 655 Cross Ridge Court, \$1,920,000, 3 Bdrms, 2731 SqFt, 1979 YrBlt, 12-17-19, Previous Sale: \$1,950,000, 02-14-19
- 36 Dias Dorados, \$1,230,000, 4 Bdrms, 2064 SqFt, 1961 YrBlt, 12-16-19, Previous Sale: \$923,000, 08-25-17
- 36 Heather Lane, \$1,030,000, 4 Bdrms, 2923 SqFt, 1979 YrBlt, 12-20-19, Previous Sale: \$1,030,000, 10-28-19
- 1 La Vuelta, \$2,087,500, 3 Bdrms, 2442 SqFt, 1990 YrBlt, 12-18-19, Previous Sale: \$1,087,500, 08-04-12
- 6 Linda Vista, \$360,000, 1 Bdrms, 1219 SqFt, 1939 YrBlt, 12-20-19, Previous Sale: \$685,000, 09-16-13
- 146 Manzanita Drive, \$1,640,000, 4 Bdrms, 2601 SqFt, 1986 YrBlt, 12-18-19, Previous Sale: \$995,000, 12-17-13
- 2 Monte Veda Drive, \$1,110,000, 4 Bdrms, 2302 SqFt, 1951 YrBlt, 12-27-19, Previous Sale: \$630,000, 03-28-01
- 28 Warford Terrace, \$1,605,000, 2 Bdrms, 2421 SqFt, 1957 YrBlt, 12-23-19

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

LAMORINDA - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

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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Home organization tips from a pro



Photos provided

By Jenn Freedman

With the new year comes resolutions and fresh starts, and for many of us, the craving to get organized. But where do you start? And how do you get organized and stay organized?

Organizational guru and longtime Moraga resident Jennifer Raftis, Certified Professional Organizer and founder/owner of Efficiency Matters, says, “Getting organized is a marathon, not a sprint.”

Raftis uses the S.P.A.C.E. method for her clients, which she describes as a “no-fail” method. Developed by organizational expert Julie Morgenstern, author of “Organizing from the Inside Out,” the S.P.A.C.E. method, which stands for sort your items, purge items you don’t use or need, assign a “home,” containerize, and evaluate your new system periodically, works for organizing any space—a room, a kitchen drawer, a filing cabinet, a closet, or even the garage.

Raftis recommends starting in a visible area like a room (not a drawer) because you will be able to see the results. Before starting, label four boxes or containers as

follows: recycle, stays, remove (to another location), donate/consign. You will use these same boxes for each space that you want to organize.

When sorting, Raftis says to sort twice. Put all like items together (magazines, toys, phone chargers, sunglasses, pens, newspapers, books, etc.), then go through each pile and put items into one of the boxes (recycle, stays, remove, donate/consign). You may want to start removing the items that don’t belong in the room, but don’t do it yet. “Stay focused on your sorting,” she says.

Then decide what to keep and what to purge. “Ask yourself, does this item serve me today?” If you have a hard time letting things go, Raftis says to consider the reasons. “Was it a gift? If you gave someone a gift that they weren’t using or loving, would you want them to keep it out of obligation? Was it expensive?” Raftis says if you are not using it, you have already spent the money and keeping it won’t bring the money back. This also applies to the age-old dilemma of thinking you might need the item someday. In this instance, Raftis uses the 20/20/20 rule. “If

you can replace it in 20 minutes under \$20 within 20 miles, let it go,” she says.

For the items you are keeping, Raftis suggests figuring out where each item should “live” – ideally close to the place you will use it. Keep it simple, put a label on it, and ensure everyone in your household is aware of the new home. The more complex you make your systems, the harder it will be for anyone to follow.

Once you know what you are keeping (quantities, sizes, and homes,) find or buy containers to store it. Raftis recommends using matching containers and labeling, as this creates an organized and calm aesthetic.

“Your life is always changing, and you will need to evaluate your organizing systems from time-to-time,” Raftis says. “In a few weeks, assess the system. Is it too complicated? Is it in the right location? As the new organized systems in your home start working, I have witnessed a change in confidence and energy with my clients, because they are now in control of their homes.”

To learn more about Raftis’ work or to contact her, visit efficiencymattersllc.com.



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Digging Deep with Cynthia Brian

Love grows in a garden



Sink your nose into the musky scent of Angel Face roses.

Photos Cynthia Brian

By Cynthia Brian

“The beauty of the season will grow wherever seeds of love are planted.” ~ Euripides

February derives from the Latin word *februa*, which means “to cleanse.” The Romans *fêted* *Februalia*, a month-long purification and atonement festival, annually occurring during the wettest and dreariest of days of the year. In California, February opens the floodgates of rain with weather that is overcast and cold.

Thankfully, not everything is dreary and gray. We attribute love to February with the celebration of Valentine’s Day and what better place to savor the “amour” than in the garden?

Take a walk in a garden where natural aromatherapy originated. Feel the spongy softness of cool moss as you step off the stone path. Admire the cymbidium orchids beginning to bloom. Sink your nose into a patch of narcissi or heavenly gardenias, inhaling the intoxicating perfumes. Cut a few stems of Angel Face roses with their heady musky scent to give to your partner or friend.

If you are stressed at work, a visit to the intensely fragrant flowers of jasmine will instantly settle your nerves. Is indigestion

bothering you after meals? Munch on peppermint leaves with your lunch. Do your children need to focus more on homework? Make a sachet of grapefruit peels, eucalyptus leaves, and rosemary sprigs to promote concentration. Are you having trouble sleeping at night? Pick a stem of fresh lavender, roll the leaves and flowers between your palms, and breathe in the vapors. All of these delightful therapies are available in the February landscape.

One of the season’s wondrous luscious gifts is the orange. Its folk name is “love fruit” because the orange is sweet and sensuous. The orange warms your heart, restores your sense of humor, bringing out your brighter personality. When you need a boost of confidence before an interview, presentation or audition, smell the peels from any citrus, especially orange or lemon. If you are feeling depressed or sad, inhaling the peels works as a mood-elevator to restore a sunny disposition. Despite the dismal weather, every time I hike up my hill to pick a radiant navel, I am renewed and refreshed with the sweet and tangy juices. Oranges offer a concentrated Vitamin C shower that pollinates a dampened spirit. Oranges and tangerines are

my elixirs. I cook with them, use the leaves, rinds and piths in teas as well as the flowers in salads. I create love sachets and toss the peels in my bathwater when my muscles are aching after a hard day’s work.

Since we have more time to dream indoors about gardening in February than actually going outside, this is a perfect month to do like the Romans: clear the clutter, cleanse your body, mind and soul, and tidy your garden in anticipation of spring. Peruse garden books and catalogs. Make a list of what you want to sow for your family’s enjoyment. When you start growing fresh healthy food, you’ll be showing your heart some love while saving trips to the grocery store. February is Heart Health Month, so experience increased vitamins, flavor and color while munching from your private Garden of Eden.

Life and love began in a garden. Love is not only in the air. Love is growing in your backyard. Discover the benefits of your personalized, organic Love Potion No. 9 and be blessed with the beauty and seeds of this season.

May cupid’s arrow remain in your heart all year and fill your days and nights with passion. Happy Valentine’s Day!



Yellow and white narcissi make a fragrant pocket posy bouquet.

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Cynthia Brian's Gardening Guide for February

LOVE your heart by eating healthy fresh greens, berries, and fruits combined with exercising, and thinking positively.

PULL weeds as they sprout. It's easier to eradicate the weeds in soft, damp soil when they are four to six inches high.

PRUNE fuchsias, roses, and any still dormant shrubs or trees. Do not prune spring-flowering specimens such as tulips, forsythia, lilac or magnolia.

HOUSEPLANTS need a refresher this month. Repot with fresh potting soil, prune any dead leaves, give a jolt of fertilizer, and a spritz of H₂O.

CLEAN and sharpen tools to be ready for March madness.

FLOAT pink camellias in a bowl on Valentine's Day.

PLANT bare root roses. Expect blooms by summer.

IDENTIFY mushrooms as edible before picking and consuming. Mushrooms growing in your lawn are most likely poisonous.

ADD moss to areas around steppingstones for a romantic, ethereal sensation.

NAME a rose after your special someone or celebration. Find out prices from a rose breeder or develop your specific rose. The American Rose Society serves as the International Cultivar Registration Authority for Roses following rules set forth by the International Code of Nomenclature for Cultivated Plants in the registration of new rose varieties. <https://www.rose.org>

MAKE a simple arrangement of mums, baby's breath, alstroemeria, and stock to bring a bit of sunshine into a dreary February day.

HIBERNATE at home. Enjoy the luxury of reading a good book on a rainy day. Check out my best sellers at www.cynthiabrian.com/online-store.

CLEAR the clutter, cleanse and purify. When in Rome ...

CELEBRATE Valentine's Day with a pocket of posies picked from your garden. Give the gift of a bare root rose that will yield years of adoration.



Pick pink camellias to float in a bowl.



Eat only identified "as edible" mushrooms growing in your yard.



As an anniversary gift, a Digging Deep reader, Rena, received her personalized rose: Rena's Radiance.



A jar of sunshine on a dreary February day: mums, baby's breath, alstroemeria, and stock.



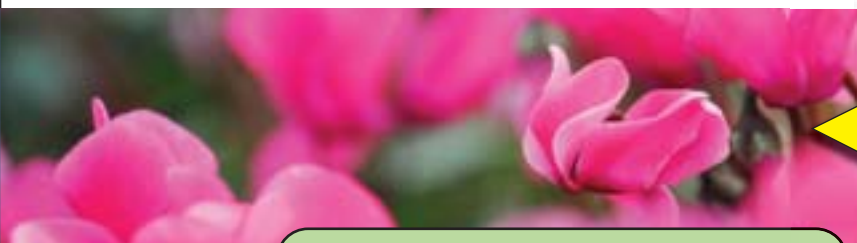
Navel oranges are ripe and ready to rejuvenate you.



Cynthia Brian flanked by a flowering pink bower vine.

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. Buy copies of her best-selling books, including, Chicken Soup for the Gardener's Soul, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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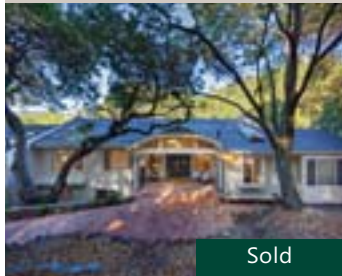
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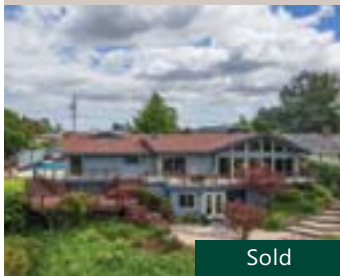
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3.5bath Orinda family
home with separate in-law
accommodations.
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ORINDA



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Serene 3460 sqft garden oasis
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interiors & numerous meditative
retreats.
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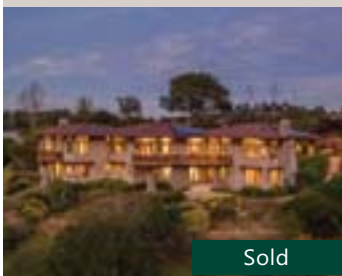
8 Moraga Court
Single level 5 bed/ 4 bath
home with pool & expansive
grounds. First time on market
in over 34 years!
\$1,995,000

ORINDA



48 Oak Drive
Elegant 4 bed/ 3.5 bath two
level renovated home with
remarkable views from terrace
decks.
\$2,495,000

ORINDA



Sold

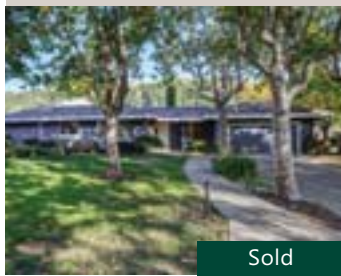
13 Gardiner Court
Custom craftsman home. 6 bed/
4.5 bath with spectacular views,
flat play areas, & stunning
infinity pool.
\$3,595,000

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57 Charles Hill Circle
A new SpringHill Homes mas-
terpiece! 5 bed/ 4 baths +2 half
baths with an open floor plan on a
.75 acre lot.
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Sold

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bath home on Moraga Coun-
try Club golf course. Close to
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\$1,200,000

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Pending

1010 Woodbury Road #202
3 bed/ 3 bath desirable end
unit, best location w/ 2 car gar-
age. Secure access building &
elevator w/ private entry.
\$2,300,000

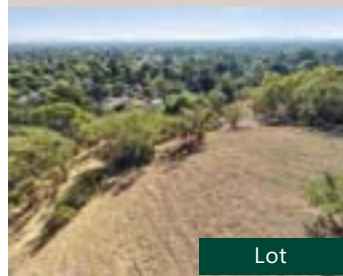
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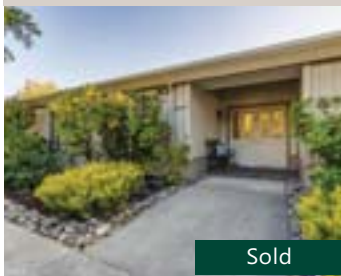
PLEASANT HILL



Lot

20 Whitfield Court
Great parcel at top of knoll with
views of Mt. Diablo. Ideal for
privacy. Investment opprtunity!
\$1,375,000

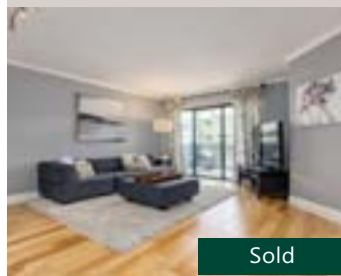
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bed/ 1.5 bath. Perfect for
privacy. Views!
\$499,000

WALNUT CREEK



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remodeled kitchen, hardwood
floors, & oversized master w/
large closet. **\$699,000**

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