

Lamorinda takes precautions to combat coronavirus

By Nick Marnell

Local community organizations remain on alert for the spread of COVID-19, a disease that first appeared late last year in Wuhan, China. COVID-19 is caused by a member of the coronavirus family, a close relation to the SARS and MERS viruses which have caused outbreaks in the past.

While there were no documented cases of people contracting the disease in Contra Costa County by the end of February, a Feb. 25 statement from Contra Costa Health Services noted that three patients from Travis Air Force Base infected with COVID-19 were being treated at local hospitals in Contra Costa County.

The Contra Costa County Fire Protection District, which also dispatches emergency calls for the Moraga-Orinda Fire District, is adjusting its dispatcher protocols to ensure that callers with appropriate symptoms are queried about travel to parts of the world that have experienced COVID-19 outbreaks. Alliance partner American Medical Response has premade kits for outfitting ambulances to accommodate transport of known infected patients, according to Steve Hill, ConFire public information officer.

The Acalanes Union High School District issued a directive to parents Feb. 28. "At this time, we emphasize the importance of hand washing, respiratory hygiene and asking students and staff who have flu like symptoms to stay

home, seek medical attention as appropriate and remain home until symptoms subside," Superintendent John Nickerson said. CCHS Public Health Director Dan Peddycord was "not recommending school closures at this time, or restricting student attendance outside of normal flu activity," as of Feb. 27.

Catholics who are ill, especially those who suffer from a contagious disease, are excused from the obligation to attend Sunday Mass, according to Helen Osman of the Diocese of Oakland. Pastors of the Lamorinda parishes - St. Perpetua in Lafayette, the Church of Santa Maria in Orinda and St. Monica in Moraga - have the option to suspend community rituals at Mass, such as shaking hands at the Sign of Peace,

Osman said.

"We are cautiously concerned," said Daniel Collier, general manager of Lafayette's Diablo Foods. "We do not want to add to a state of panic, but we want to protect our customers, employees and the community." The company has ordered extra hand sanitizing stations for use throughout the store.

According to CCHS, the best way to reduce your risk of becoming infected with a respiratory disease, such as COVID-19, is to practice good hygiene:

- Wash your hands frequently with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer when soap and water is not available
- People who are sick should always cover their

coughs and sneezes using a tissue or the crook of their elbow; wash your hands after using a tissue to wipe your nose or mouth

- People who are sick should stay home from work or school until they are well
- Avoid touching your eyes, nose or mouth with your unwashed hands

The Centers for Disease Control and Prevention suggests making preparations for a potential period of time when you or a family member may need to stay home. This would include ensuring you have a 30 to 90 day supply of all medications, enough nonperishable food on hand, and pet food.

For more information, visit cchealth.org or cdc.gov

Acalanes girls win NCS soccer championship

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We preached to the girls to stay focused, keep working hard and working for each other and give everything that they had and to not leave anything on the field."

Branson attacked relentlessly in the second half, constantly keeping the ball in the Acalanes side of the field. Branson finally scored with 13 minutes left in the game, tying the game at 1-1. With both teams battling exhaustion, there was no further scoring in regulation.

In the first overtime, Acalanes found their second wind and had a number of scoring opportunities, said Barbarino: "In the first five minutes we hit one ball over the post, their goalie made a save and we then missed one off frame. We came out with a lot of energy but both teams were really tired for the rest of the two overtimes."

The first set of five penalty kicks ended up with each team scoring four goals. From that point on, it became sudden death which went on for 14 more kicks, with Acalanes making one more penalty kick than Branson. Adding to the tension was a blackout on Acalanes' 13th penalty kick that forced everyone to stand around and wait for five minutes. Ironically it was two girls who had not played in the game, junior Olivia Parnell and senior Jordan Pratt, who stepped up big in the penalty shootout: "We do penalty kicks after every practice and I knew they both were very good penalty

shooters. I looked at Jordan and Olivia and told them they could make it which they did." After a missed Branson shot, Parnell ended the match by putting the ball in the upper right corner of the net.

Overall on offense, it was a team effort led by center midfielders Ivy Souza, Gabby Ortale and freshmen center forward Addie Bailey. "Ivy and Gabby were tremendous with their decision making, their passing, defending in the midfield and in shutting down Branson's top player which were keys to us getting opportunities forward, said Barbarino. "Addie held the ball up for us by herself, working as hard as she could, making great passes, great runs down the line and created some really good scoring chances."

In the two seasons prior to Barbarino's arrival at Acalanes, the team had a combined record of 9-22-4. In these past two seasons, Acalanes had a 28-11-8 record. Barbarino came in with a plan: "I think it came down to creating a culture and a place where the girls want to come and they want to have fun and they want to work for each other on and off the field. The big thing with us is that we are family and that's something that I stressed this season. You work for your family, you love your family and you protect your family. If you have that bond, on and off the field, it will help propel you past teams that don't get along as well and if you're in the 100th minute of a game,

the girls knew that they are all working as hard as they can for each other."

There are 15 seniors that fought through the problems that began in their freshman year, and Barbarino acknowledged what all of them brought to the team: "I have to give our seniors a ton of credit because in their first two years, they did not have the best experience and they bought into the things that I was saying. They were very welcoming to the freshmen on the team and they made sure that they were involved in everything."

In the end it was a successful season overall for Lamorinda with Miramonte (13-4-4), Campolindo (15-3-5) and Acalanes (17-5-3) combining for an overall 44-12-12 record, going 22-9-5 in league play. Campolindo lost in the second round to eventual finalist Maria Carillo, Miramonte lost in the semifinals to Branson but provided some assistance to Barbarino in the championship game: "I did speak with (Miramonte coach) Barry McQuain (who had lost to Branson in the semifinals) who I coached under as his JV and freshman coach and he gave me a little heads up on who to look out for."

Even though Acalanes finished seventh in league play with a 6-5-1 record, it worked out for the best in the long run said Barbarino: "It was such a competitive league that even though we finished in seventh place, we were only two games behind the second place team. Every one

of our league losses was by only one goal. Looking back at our season, our losses were from our own mistakes so the girls learned what not to do in the future games. We had some tough losses when we made mistakes that cost us

some games, but we learned from the mistakes and that helped us learn how to win the tough games in the playoffs. I believe that if we had not experienced those losses, we would not have been at this point as NCS champions."

Rick and Janet Cronk, Lafayette Citizens of the Year

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"Their enthusiasm for life and learning transcends every aspect of all they do," says Douglas. "Their charisma inspires people."

Former Mayor Anne Godin recalls one of the many fundraisers held at the Cronk home for the Cal band. "The excitement in the air was palpable to hear and see the Cal band marching down Happy Valley Road to go to Rick and Janet's home to rev up the alumni for a fundraiser," she says. "Nothing could be more exciting - unless you went to Stanford."

Grodin says that when she first approached the Cronks on behalf of the Lafayette Community Foundation for a gift to the new library she thought they would be inclined to donate in light of their past support of local causes. "But their excitement when they saw the architectural model was so enthusiastic that they immediately donated \$1 million. Not only did they write a large check," says Grodin, "but they also got involved in helping to raise funds for the new library." She explains their home, made calls to solicit gifts and took others on tours of the construction site. "Their support was invaluable in the building of the LLLC," says Grodin.

St. Perpetua Church's Rev. John Kasper agrees. "Their encouraging and 'cando' spirit helps to turn wishes and dreams into reality," he says. "Their support and encouragement have helped our parish and school community to grow as we've built a new Community Center and made major improvements to our facilities. Rick's smile lights up a room and you can't help but feel affirmed and energized in his presence."

The couple are completely humble, embarrassed even, by this Citizen of the Year award. Rick shrugs and says, "We just raised our hands."

Both are Bay Area natives. Both are Cal graduates, who met as students working at the Lair of the Bear, the Cal alumni family camp and married soon after. They have three sons and five grandchildren, all living locally. In 1977, following a few years in the restaurant business, Rick Cronk bought Bay Area ice cream company

Dryer's with his partner and friend, Gary Rogers. Together they expanded Dryer's to become the number one ice cream company in the country.

The Dryer's philosophy - their positive work culture - revolves around respect and one of its guiding tenets is empowerment, which Rick brings to all his ventures, a value he says he got from his mother. "She worked really hard and expected a lot," says Rick, adding, "It is all about empowering people to do more, achieve more."

Former Mayor and last year's Citizen of the Year Don Tatzin says that for all their accomplishments, Rick and Janet remain modest. "They are unassuming, unfailingly considerate and delightful company," he says. "At every meeting I have with them, I feel good about them and they make me and others feel good about ourselves. That is a rare and valuable trait."

Janet says the award means a lot to them because, "This is our community. We love Lafayette."

The couple will be honored at a sold-out dinner March 13 at the Lafayette Park Hotel and Spa.

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