

Lamorinda celebrates its graduates

Miramonte Class of 2021



Nejla Ackdoe-Pagey

Tristen Aengus
Shyon Afshar
Fiona Akazawa
Audrey Allen
Jordan Allred
Alyssa Angsupanich
Adrien Argast
Ethan Arroyo
Courtney Ausman
Marcus Austenfeld
Kathleen Bakonyvari
Emily Bakshi
Helena Bardsley
Grace Barmmer
Liam Bartosiewicz
Harman Bath
Lauren Berryhill
Ari Bertenthal
Wade Beury
Rigby Blair
Dylan Bliss
Lindsey Bliss
Emerson Bohligh
Amia Bonilla
Drugan Brady
Jameson Braitberg
Grayson Broderick
Kai Brothers
Lauren Brotman
Aidan Browne
Christopher Bruen
Jordan Brunner
Rhys Bubrick
Wolfgang Buchholz
Devon Byrne
Gianna Capozzi
Benjamin Cardoza
Jack Carlson
Isabel Cervantes
Jonathan Chambers
Jeromy Chang
Naomi Cheng

Yanjinbud Chinzorig
Gabrielle Christian
Audrey Cleveland
Reece Clotfelter
Charles Cohen
Mia Cohen
Courtney Coleman
William Coons
Aidan Crowley
Isabella Deanhardt
William Deanhardt
Jasraj Dhillon
Benjamin Diep
Russell Diep
Farish DiFonzo
Stephanie Dolan
Allison Dollard
Caitlin Dolorico-McPeake
James Donn
Giovanni Donofrio
Jake Doran
Kinsey Dunne
Jake Edelen
Ryan Edmister
Jackson Eng
Zackery Essex
Olivia Eukel
Cole Evans
Alexandra Eversole
Annie Eversole
Alexandra Finegan
Jared Fineman
Tawny Fischer
Emily Fisher
Aine Flynn
Isabella Fordyce
Conor Fortune-Thompson
Jenna Foster
Joseph Foster
Stradley Foutch
III Frank
Sofia Gamboa
Diba Ghazvini
Madeline Giron
Sydney Gong
Ryan Gottschalk
Sophia Govea
Claudia Gravano
Bryan Graves
Lily Grenning
Maxwell Grinold

Annika Gubser
Clarissa Gutierrez
Connor Haas
Payton Hall
Griffith Hallahan
Kendra Hardenbrook
Andrew Heilmann
Sydney Heim
Jack Hemming
Lindsay Hemming
Valerie Hernandez-Moreno
Parker Hett
Anna Hillen
Leilah Hodges
Cara Holden
Clara Holland
William Hollerbach
Cassandra Hopkin
Maxwell Houlihan
Marcus Huynh
Nicholas Hwang
Fiona Innis
Cole Insalaco
Finley Jackson
Camrin Jaffery
Zoe Jeffrey
Mina Jenab
John Ji
Erik Johansen
Ryan Johnson
Naomi Jordan
Julia Jungbluth
Katherine Kaiser
Alexander Karp
John Keady
Danielle Kelly
Elijah Kessler
Sophie Kessler
Richard Khoo
Caleb Kim
Hannah Klein
Joshua Kliot
Yoav Konstantino
Gregory Kornguth
Chloe Lai
Sachin Lakhotia
Audrey Lambert
Catherine Lan
Evelyn LaVelle
Amber Lee
Skyler Lee

Jack Lewis
Lindsey Lewis
Owen Lewis
Haley Lim
Michaela Lim
Michael Lin
Gabriella Linke
Shannon Lipp
Annalise Logan
Isabel Lopes
Rachel Lowe
Sophie Lurie
Nicola Lynch
Matthew Lyons
Emma Mackenzie
Sierra Marchese
Lucille Marken
Zion Mayo
Ryan McAninch
Matthew McCombe
Peter McCreadie
Connor McDonald
David McGrath
Frederick Meckes
Ethan Medal-Katz
Yahzee Mendez
Jalen Miller
Julia Miller
Nicholas Mollahan
Haley Molytanyer
Marlene Monteilh
Ava Moran
Joshua Morganstein
Scarlett Mosher
Jake Moss
Hannah Mueller
Mackenzie Murphy
Alisha Nazar
Simon Neuwirth-Stein
Preston Nibley
Karishma Nijjar
Christopher Nikban
Adeniyi Olabode
Apolo Orpilla
Taylor Packwood
Brendan Padilla
Adriel Palermo
Nicholas Palmer
Tahra Panah
Paulo Parramon
Joshua Paulus

Christine Pearson
Sara Persson
Allison Petek
Madison Peters
Sally Peterson
Owen Pines
Lanie Pritchard
Neeka Raie
Alexander Ramsey
Desiree Randall
Frances
Randolph-Malachowski
Peter Reeves
Lily Reiner
Daniella Resch
Madeline Reynolds
Abigail Richter
Anna Riley
Mateo Robles
Kathryn Rochios
Jacqueline Rolan
Natalia Roman
Anthony Rosendez
Ian Rush
Mia Rusk
Emma Safahi
Samuel Safahi
Zachary Safahi
Juno Saranyaphiphat
Eshna Sarkar
Phoebe Schmidt
Ava Schmitt
Henriette Schmuck
Ryan Schwarz
Leila Shadfar
Saba Sheikholeslami
John Shepherd
Aidan Sheppard
Justice Shin
Heather Shinn
Hayden Simon
Kuldeep Singh
Paramvir Singh
Mia Singleton
Ellie Sinha
Grace Sjoberg
Caitlin Smith
Kelli Smith
William Smith
John Sockwell
Olivia Sofield

Naomi Solwren
Ariel Steinberg
David Stephan
Aidan Stone
Christopher Strand
Roeningk Straub
Dilan Sudra
Sarah Svahn
Natalie Swanson
Aidan Swenson
Sydney Swinton
Lu Sylvester
Zoe Sylvester
Camryn Taft
Kolton Tang
Spencer Tarkoff
Keira Taylor
Lauren Taylor
Tenley Thompson
Ella Thorpe
Shannon Thuesen
Adam Ting
Chaya Tong
Khalil Toubba
Mia Trani
Cooper Tunney
Donovan Ty
Brigitte Uriarte
Caleb Waechter
Nicole Wagner
Edrick Wang
Samantha Webber
Molly Weber
Jakob Weiner
Dylan Welch
Madeline Westover
William Whiting
Caleb Wilday
Lucy Wilson
Otto Winter
Jackson Wisk
Anson Wong
Ibrahim Yasin
Miriam Yee
Fiona Young
Edwin Yu
Jason Yuen
Aia Zabetian
Isabelle Zezima-Deutsch
Alexandria Ziem

Family Focus

Having a good relationship with your adult child: part one

By Margie Ryerson, MFT

“Raising children is a spur-of-the-moment seat-of-the-pants sort of deal, as any parent knows, particularly after an adult child says that his most searing memory consists of an offhand comment in the car on the way to second grade that the parent cannot even dimly recall.” ~ Anna Quindlen

It’s often not easy to watch our children grow up and seemingly need us less and less. Of course, parenting is full of times when we must gradually let go and help our kids become as independent as possible. Whether it’s your child’s first day of preschool or kindergarten or their first experience driving on their own, parents must continually try to adapt and accept their child’s progression in life. Some welcome their child becoming more self-sufficient, whereas others miss the early childhood years. Each parent differs as to which stage of childhood they enjoyed the

most. But almost all can agree that they miss many aspects of their children’s earlier years as they witness their passage into adulthood.

We no longer have the same influence and control, and often we’re no longer the most significant people in our adult children’s lives. We go from being the center of their universe when they are little to gradually feeling more sidelined and less essential. We know this development is healthy and necessary for a child’s well-being. But if we have always derived comfort and satisfaction in being needed by our children, we may feel somewhat displaced as they evolve into independent adults.

As in most relationships, it’s important to find middle ground instead of being extreme in one way or another. Katy, age 67, was a recently divorced mother of two grown daughters. She and one of her daughters wanted help with repairing their relationship. Alison lived close by to her mother and was married with two small children. Katy’s other

daughter lived in another state and had infrequent contact with her mother.

Katy felt hurt and abandoned when her husband left her for another woman. Her self-esteem took a nosedive. She became very dependent upon Alison for companionship and emotional support. Katy called Alison several times a day and wanted to be with her as much as possible each weekend. Prior to this time, Katy and Alison had a good and close relationship. But Katy’s needs became overwhelming for Alison, who was already managing her kids and a full-time job.

As a caring daughter, Alison recognized that her mom needed a lot of support during this difficult time. She wanted to help, but she gradually started to resent the conscious and unconscious demands her mother placed on her. Along with resentment, Alison felt guilt for being so reluctant to accommodate her mother.

For her part, Katy was so consumed with her own grief that she wasn’t thinking about

how much she was leaning on Alison. And since Alison had difficulty speaking up for herself, she behaved in a passive-aggressive manner – either waiting a day or two to return her mom’s phone calls or often being short-tempered and rude when she was with her mom.

Their work in therapy was clear-cut; they needed to communicate directly with each other about their needs and expectations. Ultimately, Katy was able to see how her increased dependence on Alison adversely affected their relationship, and she looked for other ways to find additional support and rebuild her life.

It’s a good idea to assess your relationship with your adult children periodically to determine if everyone is comfortable with the amount of contact and communication you have with each other. It helps to have a direct conversation, and preface it by saying it’s important for you to know how they feel so you can make any necessary adjustments. You can assure them that you won’t

take it personally (and hopefully you won’t). Since most parents’ ultimate goal is to have a close and positive relationship with their adult children, you will be paving the way.

In the next column, we’ll look at an example of the opposite situation: an adult child who would like more time with her parents, but the parents have flown the coop – literally and figuratively.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at 925-376-9323 or margierye@yahoo.com. Her new book, “Family Focus: A Therapist’s Tips for Happier Families,” is available from Orinda Books and Amazon.com.

Packing an emergency ‘Go Bag’

By Cynthia Brian

If an emergency occurred while you were at home, work, or play, and you are forced to evacuate to another location, would you be prepared or panicked? This scenario could happen anywhere at any time. With preparation, you will be ready to go.

A “Go Bag” is a bag filled with all the necessities you, your family, and your animals will need for one to three days. You will want to pack this emergency kit for every vehicle as well as have an additional one in your home in a closet or space closest to your exit door. The reason for keeping a “Go Bag” in your car at all times is because you may be caught in an earthquake, fire, or another disaster when you are not at home. By also keeping a “Go Bag” at home, in the event of an immediate evacuation, you will have additional reinforcements.

Here’s what you need to pack an emergency “Go Bag.” In a backpack, small suitcase, shoulder bag, or roller bag **pack the following:**
First Aid kit
Duplicate chargers for phones, tablets,

and computers
Copies of important documents including passport, drivers license, credit cards, insurance
Work gloves
Warm clothes
Towelettes
Small towel
Bottled water (1 gallon per person per day)
Thick blanket
Walking shoes
Socks
Warm jacket
Peanut butter
Honey
Protein bars
Personal hygiene kit with a toothbrush, soap, medications
Matches
Candle
Flashlight and headlamp with extra batteries
Eating utensils and plates
Breathing masks (Niosh-N95)
Clothing change
Reading glasses
Extra set of keys to home, office, etc.
Pet necessities: food, leash, medications

Cash
Toilet Paper
At your home, have a sign already made with your name, phone number, address, and the words “SAFELY EVACUATED” sitting on top of your “Go Bag” accompanied by a roll of blue painter’s tape. In an evacuation, when you exit your home, tape the sign (time permitting) to the door so the first responders will know that you have left. When told to evacuate, do so without question. Take one vehicle to avoid clogging escape routes. Stay calm.

Other things to do in preparation for an emergency :
• Make a rescue plan with your family and practice an evacuation.
• Decide where you will meet up if separated and where to go in an emergency.
• Back up important documents to the cloud or keep paper copies in a safe deposit box.
• Get a landline phone for emergency purposes only. They work without electricity.
• Know how to manually open automatic gates and garage doors.



Photo Cynthia Brian

Pack a smaller emergency bag for your car and a larger roller bag for your home.

- Connect with neighbors to create a support safety team.
- Keep your gas tank full on all vehicles.
- Store your laptop, keys, purse, wallet, and other “must take” items in one place for swift retrieval.
- Sign up for emergency alerts via www.nixle.com and www.cwsalerts.com. Earthquakes may not provide any warning, and a devastating wildfire may give you only a minute or two to grab your family and your bag. Natural disasters are on the rise and catastrophes can happen to you. Get ready to go!