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Donald L. Rheem Elementary School students get hot lunch on Aug. 12.

Photo Sora O'Doherty

Rolling out universal meal service at schools has joys and disappointments

By Sora O'Doherty

As Lamorinda kids went back to school in August, social media erupted in a barrage of comments. While parents were concerned, there was largely a tone of understanding, as Lamorinda schools began to roll out the universal meal program adopted by the State of California. With the beginning of this school year, California became the first state in the nation to implement a statewide Universal Meals Program for school children. California's Universal Meals Program is designed to build on the foundations of the federal National School Lunch Program

(NSLP) and School Breakfast Program (SBP).

The new California program requires that all students be offered breakfast and lunch at school. According to Lafayette School District Superintendent Brent Stephens, schools have a choice about whether or not to sign on to the federal program, which comes with particular requirements, but schools that do not sign on to the federal program will not receive funding from the state, while still being required to meet the new state requirements on meals. Thus, for Lamorinda schools, which already face tight funding, there really is no choice but to sign up for the federal program. Having done so, each school will receive reimbursement for each

meal served.

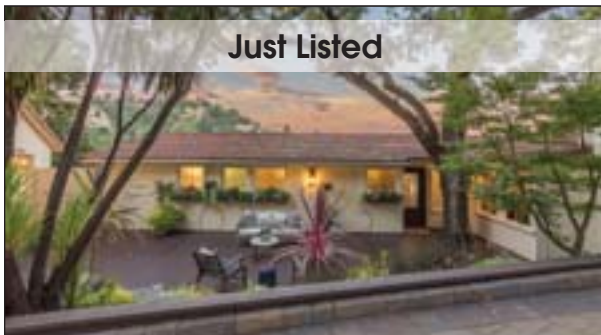
All three Lamorinda school districts, Orinda, Moraga and Lafayette, chose Sodexo food service after a bidding process last spring. Lamorinda schools face unique challenges, as many local schools do not have full kitchen facilities. The roll-out was somewhat uneven, with Moraga apparently doing better than Lafayette or Orinda. Stephens acknowledged this, and explained some of the problems the district experienced during the first week of meal service. "Up to day one," he said, "it looked like most of our planning was solid. But on day one, we encountered problems."

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Lamorinda elections begin to take shape



bigstock images

By Sora O'Doherty

As the first period for candidates to file to run for office closed on Aug. 12, a number of incumbents in Lamorinda chose not to run again. This reopens the nomination period until Aug. 17 for non-incumbents to decide to run. Most local government bodies have staggered terms so that at no time is the entire body up for reelection.

In Orinda, three city council incumbents are at the end of their terms, but have decided not to run again: Amy Worth, first elected in 1998, and Dennis Fay and Nick Kosla, elected in 2018. Fay and Kosla

both served one term. Worth has served six terms, totaling 24 years, and has served as mayor a historic five times. This is the second time in the history of Orinda when three sitting council members have decided not to run for reelection. The last time was in 1994 when Bill Dabel, Bobbie Landers, and Aldo Guidotti did not run and Sargent Littlehale, Allan Tabor, and Laura Abrams were elected.

Nomination papers have been issued by Orinda to a large field of candidates. When the Lamorinda Weekly went to print, the following candidates were pending: Brandyn Iverson, Mat Fogarty, Latika Malkani, Alex Drexel, Janet Riley, and Sunil Rajaraman.

There are also three incumbents on the Orinda Union School Board whose terms are ending at the end of 2022, Carol Brown, Jason Kaune, and Liz Daoust. All three incumbents on the OUSD Board have announced that they will not be running for reelection. At this time, four candidates have pulled nomination papers: Edda Marie Collins-Coleman, Eve Marie Phillips, Michelle Lin Chang, and Mary Kateri Shogan.

All three Lafayette City Council incumbents whose terms end in 2022, Susan Candell and Teresa Gerlinger, and Wei-Tai Kwok, filed nomination papers by the Aug. 12 deadline. No other candidates had filed.

Seven candidates for the Lafayette School Board filed papers, including incumbents Rob Sturm and

Dave Smith. The non-incumbent candidates at this time are Katy Foreman, Niels Larsen, Robb Mcsorley, Sarah Elizabeth Lind, and Stephen Phillip Bosse. Incumbent Jean Follmer did not file papers.

With three terms expiring on the Moraga Town Council, only Steve Woehleke had filed for reelection by the Aug. 12 deadline. The other two incumbents whose terms are expiring are Sona Makker, and Mike McCluer. The only non-incumbent candidate to have filed paperwork was Kerry Hillis.

On the Moraga School Board, there are also three incumbents whose terms expire at the end of the year, but only Larry Jacobs filed papers by the deadline. Incumbents Heather Davis and Jon Nickens did not, but three additional candidates did file: Martha A. White, Henry Simon Nicholas King, and Kristin Kraetsch.

Two of the three incumbents on the Acalanes Union High School Board filed papers: Nancy Kendzierski and Christopher Severson. Bob Hockett did not file, but an additional five candidates did: Jennifer Chen, Mark Woolway, Renee Nowac, Clayton Gardner and Gabriel Morris Ledeen.

Terms of three of the five Moraga-Orinda Fire District governing board incumbents expire at the end of 2022, but only two are running for reelection.

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Orinda approves first hydrogen filling station - Page A6

Public Safety

Make wildfire preparations prior to evac order - Page A8

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COMPASS

Council considers 6th Cycle Housing Element Environmental Impact Report, focuses on evacuation routes

By Lou Fancher

As part of the 6th Cycle Housing Element – which outlines potential development of the Regional Housing Needs Allo-

cation of 2,114 units assigned to Lafayette, including a buffer bringing the total to 3,095 units – the Lafayette City Council is required to certify a final draft Environmental Im-

pact Report to provide an in-depth analysis required by the California Environmental Quality Act (CEQA) and address the impact of development projects under policies

in the Housing Element.

At its Aug. 8 city council meeting Lafayette Senior Planner Renata Robles, who was joined by housing consultant Diana Elrod, Luke Evans

of ESA, and Ellen Poling, a traffic consultant with Fehr & Peers, presented to council members an update and review of the draft EIR.

... continued on Page A3

Intergenerational dialogue inspires learning & growing in Lamorinda



Photo Sharon K. Sobotta

Gabe Gardner (far left) on July 27 at Lafayette Learning Center discussed intersections of ethnic and religious identities as ways to curb misconceptions. Siena Billings, Taryn Veronda and Cassidy Keely shared their work on the UMBRELLA (Understanding, mentoring, belonging and racial equity through listening, learning and advocacy) committee.

By Sharon K. Sobotta

An intergenerational crowd of about four dozen Lamorinda community members came together in the Lafayette Learning Center on July 27 to talk, learn, share and grow.

Lynnā McPhatter-Harris, EdD set the tone for the evening by inviting people to lean in, connect with their neighbors and begin thinking about what they can do for the community as a whole to make it a more inclusive place that values diversity, equity and inclusion. “We can’t point our

fingers at others and hope the work gets done,” McPhatter-Harris said. “We all need to think about what we can do.”

Students from the Lafayette and Acalanes Union school districts took turns at the mic sharing what they’re doing to include their peers and younger students in conversations about topics ranging from embracing and honoring intersectional identities to promoting acceptance and feeling like they belong.

Jacqueline Evans, a rising sixth grader at Stanley Middle School talked about what it means to be part of the com-

munity SWELL (Student Wellness) program, where she had a chance to connect, produce art and have lunch with fellow middle and high schoolers in the Lafayette Learning Center during the summer. “You don’t have to bring a friend. Bring yourself and your true personality and you’ll make one there,” Evans said. “You can make real friends (that won’t judge you).”

Gabe Gardner, a rising junior at Acalanes High School, said that when he realized many of his classmates didn’t know the difference between ethnicity and religion and found himself struggling with side comments about his Jewish identity, he wanted to do something to promote understanding and acceptance. “I realized that misconceptions within religion were prevalent. Some people thought to be fully Catholic you needed to believe a particular thing or to be fully Jewish you had to be kosher,” Gardner said. “There are many sets of beliefs. I wanted to cover that and make sure misconceptions were cleared and also show where there are intersections (of religion and ethnicity). These aren’t binary things. It’s like a gradient.”

As a Jewish person, Gardner said he can empathize with the struggles people of other marginalized religious identities might encounter. “You

don’t have to hide (who you are or what you believe in). I hear comments about my nose and get asked if my dad is a banker (and other slurs). These things can make you feel hidden,” Gardner said. “But rising up and speaking up and identifying that Jewish people aren’t just A, B and C or that Muslims aren’t just A, B and C really can help people feel visible. I sometimes didn’t feel like I had a voice and then I started standing up for myself.”

Gardner and some of the other high school presenters were confronted with lots of tough questions by parents in the audience at times. Gardner said that it’s all part of the learning process.

Maria Gastelumendi, the owner of Rising Loafer, didn’t ask questions or offer comments to the youth who presented. She just listened and left feeling both inspired and hopeful about the youth. “I think sometimes adults are not as mature as kids on these topics,” Gastelumendi said. “Adults need to learn to listen. It’s by learning new ideas that we grow in a society. Not by carrying our own ideas. Life is a constant evolution. Ideas are evolutionary. Languages evolve. We need to learn that other voices are as important for building community.”

Although Gastelumendi said she’s proudly served high quality, sustainably sourced

food to the Lafayette community for the past two decades, she also prides herself on serving up authenticity and open heartedness to those she encounters. “I was born in the Highlands of Peru. I’m Quechua, an ethnicity that is never available to be checked off on a form,” Gastelumendi said. “Business owners have to participate in these conversations because we are part of the community. Our relationship with the community keeps us in business and we owe it to the community to listen.”

Pam Dawkins and her daughters Olivia and Ash said they were glad to attend the event. As multiracial students, both Olivia and Ash said these kinds of events and conversations make them feel heard and seen. “I learned a lot. This is a good reminder that you don’t have to be an expert to get involved in the conversation,” Olivia said. “If we keep an open mind and listen to new ideas and experiences, we can learn a lot. Adults can even learn from kids,” Ash added.

Pam Dawkins said she got more involved in DEIB work in schools after the death of Miles Hall (in Walnut Creek) and George Floyd (in Minneapolis). “It’s great to see high school kids engaged with these topics,” Dawkins said. “I’d encourage everyone in the community to get involved.”

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It’s Village. Of Course.

New LafSD Superintendent excited to meet district students & families

By Sharon K. Sobotta

Just as students are getting acclimated to their new routines with the arrival of the new school year, the new superintendent Dr. Brent Stephens is settling into the Lafayette School District.

After a three year tenure as the superintendent for Berkeley Unified School district, Stephens began his tenure in Lafayette in July. "I had gotten to the point after contending with the pandemic both at home and in the school district, that a change felt important and necessary," Stephens says. "One of my goals was to find a district where I would have more of an opportunity to work directly with principals and teachers and would still give me a reasonable amount of time to be with my daughter who is a senior in high school," Stephens says. "I learned about the (the Lafayette school district



Photo Sharon K. Sobotta

Dr. Brent Stephens

and the) way the community rallies around the public schools and its commitment to diversity, equity and inclusion (and) it was very appealing to me."

Stephens didn't bring a particular agenda to the district. Instead, he says he's committed to meeting students, family, staff and the Lafayette community where they are at and co-crafting and supporting the vision.

... continued on Page A9

Housing Element Environmental Impact Report

... continued from Page A2

The studies conducted include items such as evaluating and providing metrics for a project's impact on air quality, aesthetics, evacuation routes, direct wildfire significance, and other aspects. Questions focused on evacuation routes in very high fire hazard severity zones and concerns about "significant or insignificant" impacts during emergencies.

The following three scenarios were chosen for analysis in the EIR based on the likelihood of occurrence, location in high fire risk areas, availability of evacuation routes, and the judgment of the emergency responder representatives: Wildfire originating in the north (Briones Regional Park) and moving southeast - afternoon, August/September with schools in session; Wildfire originating in the eastern portion of the Lafayette Reservoir area and moving east - afternoon, August/September with schools in session; and Wildfire originating in southeast Lafayette (Hunsaker Canyon Road) and moving north - nighttime, August/September.

According to the report, the assumptions used as part of the analysis were conservative, and included, among other things, that an entire region of the city would be required to evacuate at the same time (e.g., under Scenario 1, all areas north of SR-24 would be required to evacuate simultaneously), which is unlikely given that evacuations are more typically implemented by notifying specific subareas or zones as an emergency event unfolds (sometimes called a "rolling" evacuation).

Council members Susan Candell, Wei-Tai Kwok and Gina Dawson brought up aspects about evacuations and language used to reference them in the draft EIR. Information in the report specifically states the evacuation routes used in the AB 747 analysis were those identified in the City's Emergency Operations Plan/Wildland Fire Evacuation Plan and are listed in Table 4.17-2 of the Draft EIR.

According to the draft EIR, "... if the HEU is adopted and if subsequent residential development occurs, conditions in the city would change, and the city's evacuation plans would need to be updated to reflect those changed conditions. This is not just good policy, it is also

a requirement of State law, specifically AB 747."

The analysis showed that full development under either the HEU with Distributed Sites or the Downtown-Only Alternative would increase evacuation times for certain areas of the city. Some areas would experience no increase at all, but other areas would experience some level of increase, ranging from just a few minutes to nearly an hour. The city concluded that the estimated increase in evacuation times under various conservative assumptions may warrant changes to the plan, which is already updated on an as-needed basis, but would not substantially impair emergency response or evacuation enough to warrant special action or the elimination of a site from consideration.

Importantly, Robles and the consultants reiterated a primary difficulty in assessing and determining the importance of impacts: There are no established numerical standards or thresholds for when the amount of time needed to evacuate an area is excessive.

Evans said identifying what is significant, and what is not, is difficult to evaluate and subject to differing opinions without metrics to guide them. CEQA thresholds depend on actual (complete) impairment, such as would make an evacuation impossible. Using checklist questions provided by CEQA, he said it remains impossible to determine what would actually prevent an evacuation, although it is possible to determine the delay metrics.

At the end of the discussion, the council asked the staff and consultants to look into whether changes in language that might include applying "significant and unavoidable" to impacts or other changes resulting from re-examination of Zonehaven designations could be added without causing the report to be rejected by HCD. Candell also questioned whether anyone had direct conversations with County Connection regarding buses performing evacuation services during an emergency, and asked the consultants to return with that information for further discussion at the Sept. 12 council meeting.

The complete draft and final EIR can be found at www.lovelafayette.org/CEQA.



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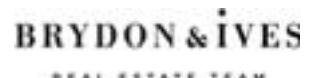
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Lafayette Public Meetings

City Council

Regular Meeting
Monday, Sept. 12, 7 p.m.
Teleconference via City of Lafayette's YouTube Channel:
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Planning Commission Meeting

Tuesday, Sept. 6, 7 p.m.
Teleconference Meeting via Love Lafayette YouTube
<http://bit.ly/LoveLafayetteYouTube>

Design Review

Wednesday, Aug. 24, 7 p.m. Zoom
Teleconference Meeting via Love Lafayette YouTube
<http://bit.ly/LoveLafayetteYouTube>



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Town Council: Wednesday, Aug. 24, 6:30 p.m.
Planning Commission: Tuesday, Sept. 6, 6:30 p.m.,
Park and Recreation Commission:
 Monday, Sept. 19, 7:00 p.m.,
Moraga School District Board Meetings:
 Tuesday, Sept. 13, 6 p.m. www.moraga.k12.ca.us.

How Moraga streets got their names



Photo Vera Kochan

"England meets Mexico" when it came to naming some of Moraga's streets

By Vera Kochan

The town of Moraga was named after Joaquin Moraga, whose 1835 Mexican land grant and subsequent ranch helped to begin the roots of this community that grew from orchards to subdivisions with nearly 60 miles of criss-crossing streets and cul-de-sacs.

It makes perfect sense to name the two main and longest vehicular arteries in and out of town Moraga Way and Moraga Road. However, the many and varied street names within town may not have a "rhyme," but they do have a "reason."

Thanks to an amazingly information laden manuscript, "DEVELOPING The Moraga Company Ranch, 1922-1977" by Frank Draeger, an engineer who also had a hand in naming many of the town's streets, these historical aspects of the project are not lost.

Draeger states that because the Rancho Laguna de los Palos Colorados was part

of the 1835 land grant, it became appropriate to use Spanish words for the street names. Some subdivisions used only Spanish names within their tracts such as: Arroyo Drive, Corte Amigos, Del Rio Way, and Ramona Drive. As the use of Spanish names increased, 1960s Moraga Fire District Chief Al Baitx (whom Baitx Drive was named after), requested that future street names be more simplified, because the names were difficult to understand over the phone when the caller was in the midst of an emergency and overly excited.

Looking for new ideas with regards to Moraga's burgeoning growth of housing tracts, Draeger made a request of his secretary who was about to leave for England to visit family. "I asked her to bring back a London street directory. From this directory, many of the streets in Rheem Valley and Moraga Valley were named." Amberwood Court, Birchwood Drive, Cumberland Lane, Deerfield Drive, Fairfield Place, Greenfield Drive, Kent Court, Lynwood Place, Oxford Drive, Selborne Way, Whitethorne Drive and York Place are just some of Moraga's streets that have their roots in England.

Many of the town's streets were named after the Rheem family, their friends, or business associates. Alice Lane (Mrs. Donald "Alice" Rheem), Calvin Drive (Mary Calvin - Donald Rheem's secretary), Hall Drive (Herbert Hall - Donald Rheem's attorney), Kenneth Drive (William Kenneth Rheem - Donald Rheem's brother), Turk Drive (Ed Turk - Donald Rheem's accountant), and Zander Drive (Bill Zander, Senior Vice President of Rheem Manufacturing Company).

Street names in the Moraga Bluffs were named by Joan Bruzzone (wife of developer Russell Bruzzone), after her family members. Breck Court (derived by using the first two letters in Bruzzone and adding Eck, Joan's maiden name), Russell Drive (her husband), Santa Catalina Court (her daughter, Kathryn), David Drive (her son, David), and San Pablo Court (her son, Paul) are just a few.

Many of the streets were named after ranchers or business people in the town. Carr Drive (the Carr ranching family), Carroll Drive (Carroll family, in Moraga since 1865), Dickenson Drive (Elinor Dickenson, former postmaster), Hetfield Place (Helen Hetfield, owner of the Moraga Bar before it was called Barn - thanks to prohibition), Sanders Drive (Sanders ranching family), and Shuey Drive (owners of then Golden State Dairy).

Scores of streets were named after friends or people involved with the Moraga Ranch. Some of them are Canning Court (Margaret Armsby Canning - Frank Draeger's secretary, and the woman who brought back the London directory), Corliss Drive (wife of Utah Construction and Mining employee), Ivy Drive (abbreviation of Inland Valley "I. VY."), Rimer Drive (a builder in Moraga Ranch), School Street (Willow Spring Grammar School), and not to be left out, Draeger Drive (Frank Draeger, Moraga Company Ranch engineer).

There is information available, for dozens upon dozens more street names and their origins (some even located in Orinda near the Moraga border), through the Moraga Historical Society. Email: info@moragahistory.org.

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Annual Pear Harvest yields several thousand pounds of fruit



Lamo archive

Submitted by John Burgess

A total of 48 volunteers gathered Aug. 6 from 9 a.m. to 3 p.m. at the orchard next to Joaquin Moraga Intermediate School for the annual Pear Harvest, organized by the Moraga Park Foundation.

An email from Food Bank of Contra Costa and Solano Outreach Specialist Sharon

Zepegno to MPF said, "Even with the drought and the cutting and plowing of the orchard next to Joaquin Moraga School by the fire department you were able to organize and have the volunteers pick several thousand pounds, and those pears went out (Aug. 8) at our agency distributions. Please thank everyone for helping and feeding those we support in our community."



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State Secretary of State's Office strives to squelch election process rumor mill



Photo Vera Kochan

Voter drop box on Saint Mary's College campus is covered and locked in between elections

By Vera Kochan

Election procedure rumors continue to run rampant, causing the California Secretary of State, Shirley N. Weber's Office to devote some time into squelching the gossip. Titled her post "California Elections Rumor Control," the office is "committed to ensuring that elections are free, fair, safe, secure, accurate, and accessible. Misinformation, intentional or otherwise, continues to confuse voters and sow distrust in the electoral process." The following information from the SOS is in response to the most widespread rumors circulating with regards to elections and their legitimacy.

A popular rumor is that votes are being cast on behalf of dead Californians and that those votes are being counted in the primaries. In fact, state and federal law prohibits anyone from doing that. There are security measures in place to prevent this type of fraud such as signature verification

and performing information checks. The state's election officials adjust the voter registration list based on information received from the California Department of Public Health and the Social Security Administration. In short, voter records are updated regularly.

Elections held during strict COVID mandates allowed voter drop boxes to become a popular choice in voting. The circulating rumor is that drop boxes used by election officials to collect returned vote-by-mail ballots could be easily tampered with, stolen, or destroyed. In fact, drop boxes are under heavy safeguards to protect voters' returned ballots, according to the SOS. The typical drop box is made of heavy, high-grade metal, which is bolted to the ground and equipped with additional security features such as tamper-evident seals, minimal ballot insertion size, locks, and water/fireproof materials. Sometimes these boxes are placed in a public location with 24-hour video surveillance.

Another rumor is that the vote-by-mail method is being forced on voters and that the mail-in ballots are susceptible to fraud. The SOS's Office stresses that mail-in ballots provide more security to elections, not less, citing the wrongful claims that the 2020 primary general election was rigged through the use of "mules" (paid or unpaid operatives who put ballots in multiple drop boxes). In fact, when the ballot is returned, election officials verify the voter's identity. If the signature doesn't match, the envelope will not be opened, and the ballot won't be counted until the voter's identification is confirmed.

There's also a rumor that provisional ballots are only counted if there is a close race. The fact is, California law requires that any voter who claims to be registered, but can't be confirmed through the list of registered voters on the records with the county, is entitled to cast a provisional ballot. This ballot will be counted after election officials have confirmed that the individual is registered to vote in that county and hasn't already voted. Anyone who casts a provisional ballot can check its status with their county elections office.

An interesting rumor is that poll workers hand out sharpies to specific voters so their ballots will be rejected. In fact, some vote tabulating systems have more ideal or preferred instruments for marking ballots, which may be blue or black ink or sharpies. If the vote tabulating system is unable to determine the voter's selections, the tabulator is designed to sort the ballots into a separate pile for manual review. Tabulator systems are capable of reading all kinds of ink colors – even pencil.

Many voters worry that, "If I leave something blank on my ballot, my ballot will not be counted." In fact, a blank "contest" on a ballot is known as an undervote. This occurs when a voter, either intentionally or not, doesn't vote on a specific "contest." All properly marked votes on a ballot will be counted.

One rumor claims that the voting system software is not reviewed or tested before the election and can be easily manipulated by any corrupt individual.

... continued on Page A10

Moraga Community Service Day planned, Oct. 1 and 2



Save the date for Moraga's Community Service Day, scheduled to occur during the mornings and afternoons of Oct. 1 and 2 and organized by several Moraga community groups as a way for residents to help those in need within and outside the town of Moraga as well as to help local schools and beautify the community. More information to follow soon. Questions? Contact mmmcluer@aol.com.



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

City Council

Regular Meeting:

Tuesday, Sept. 6, 7 p.m.

By Teleconference Only

Planning Commission

Tuesday, Aug. 23, 7 p.m.

By Teleconference Only

Supplemental Sales Tax Oversight Commission

Wednesday, Sept. 14, 6:30 p.m.

By Teleconference Only

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Orinda Planning Commission approves first Lamorinda hydrogen filling station

By Sora O'Doherty

The Union 76 station on the corner of Moraga Way and Northwood Drive in the Orinda Theatre District will be able to sell hydrogen fuel, in addition to gasoline. The project was first proposed in December 2020 and was the subject of a study session in April 2022.

The plan, as approved, adds two hydrogen dispensers, one each between each set of existing gas pumps on the site. In addition to the pumps, there will be an above-ground hydrogen fuel tank and related equipment added to the facility. As a result of the new equipment, the station will lose 8 of their existing 16 parking spaces. While the station has been renting out parking spaces, the city is requiring that the remaining

parking spaces be reserved for customer use.

The Union 76 station dates back to the '50s or '60s in downtown Orinda. There are currently four gas pumps, a convenience store, and a service bay, all of which will remain. The new hydrogen fuel dispensers will be provided by FirstElement Fuel, Inc., providers of True Zero hydrogen fuel. According to FirstElement's website, the company is committed to building a better world by addressing the three major energy and environment challenges that face us today: clean air, energy security and global climate change. "Fuel cell vehicles are widely recognized as the ultimate automobile technology for reducing our impact on energy and the environment," according to FirstElement.

ment.

Some issues regarding the station were resolved at the Planning Commission meeting on Aug. 9, when the project was unanimously approved by commissioners. City staff had recommended that the increase in the size of the canopy not be authorized because it did not appear to be driven by any operational concerns. However, the applicant explained that a larger canopy was required because of the need to move the columns supporting the canopy to allow space for the new fuel dispensers. The applicant did agree to work with the city to find a solution that would allow the new dispensers, but keep the increase to the canopy size to a minimum.

At the early study session, the Commission had made some

suggestions about landscaping, preferring a "living wall" of plants to screen the new tank and other equipment. However, the applicant explained that they are not proposing to implement this suggestion owing to the continued drought in California. They suggested a fence covered with artificial vegetation, but that option did not receive the support of either staff or the Commission. A fence painted to match the building was eventually agreed upon. However, the applicant is planning to add additional street trees to increase the landscaping of the station. Commissioner Brandyn Iverson wished for more, but the other commissioners, including Commissioners Mautner and Smith, noted that this is a service station, not a park.

Theatre Square is going to the dogs

By Sora O'Doherty

Must love dogs? Jen Frase just loves dogs. In fact, she adores them. As a photographer for the past 15 years, she changed her focus to just dogs about two years ago and now has opened Jen Frase Photography, a dog photography studio in Theatre Square.

The Orinda shop will operate on an appointment basis, with appointments being



Jen Frase, dog photographer, at work at her grand opening in Orinda Theatre Square.



Photos Sora O'Doherty

booked online. The studio grand opening on Saturday, Aug. 13, offered goodie bags for dogs, merchandise, cookies and water. Although she sees her new focus on the studio, Frase will continue to book location photo shoots if her customers prefer that, but location shoots are longer and cost more.

In studio, Frase uses plain, bright colored backdrops, but she may add some props for various holidays. She likes to bring in the dog's owner along

with the dog. The owner can stay and help. She says that she's never been bitten, but expects it to happen sometime. How does she keep a dog still for a photograph? Frase explains that she lowers the lights, gives lots of treats and belly rubs. The dog only needs to stay still for a second. In her sessions, which can be either 30 minutes or an hour long, she says that 90% is not shooting. Nevertheless, she admits that some dogs just can't do it.

Although her passion is dogs, Frase says that she won't turn anyone away, and has been asked to photograph a couple of cats. Frase lives in Lafayette with her husband and twins, who just started high school at Acalanes. Their pet is Monk, "the love of my life," Frase enthuses. Monk is 5 years old, part Shih Tzu and part miniature poodle.

For more information and to book appointments, see Frase's website: <https://jenfrase.com>

Lamorinda elections begin to take shape

... continued from Page A1

In District 1, Gregory Allan Hasler and Christopher Gerard Young will contend for the seat of incumbent Gregory Baitz,

who did not file for reelection. In District 3, Vincent James Dell Aquila will challenge incumbent Steven Michael Danziger, and in District 4 Michael James Roemer will challenge incumbent Michael Dean Donner.

On the federal and state levels, US Representative Democrat Mark DeSaulnier faces

a challenge from Michael Ernest Kerr of the Green Party, and State Assembly member Democrat Rebecca Bauer-Kahan faces a challenge from Republican Joseph A Rubay.

At the time of publication, not all of the candidates who pulled nomination papers had yet qualified to be on the ballot.

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Lamorinda Idol finals return to Orinda Theatre



Winner of the 6th to 8th grade group award, Treble and Base, members - Aubrey Peterson and Isabelle Porcella.



Ruby Vanhouten, winner of Audience Favorite Award.



Photos Sora O'Doherty

4 O'Clock, winners of the 9th to 12th grade group award. Members Jaden Maspaitella, Mina Lim, Svea Peterson and Sadie Poole.

By Sora O'Doherty

Following some difficult years logistically during the COVID-19 pandemic, the Lamorinda Idol singing contest made a joyous return to the Orinda Theatre on Sunday, Aug. 14. Starting at 11 a.m. finalists performed for a panel of judges. After the judges deliberated, the winners were announced at an awards ceremony starting at 7 p.m.

There were some very high

heels and high spirits as the contestants gathered, supported by family and friends who whooped for their favorites. The audience at the contest also gets to select the recipient of the audience award, the person who earned the most audience votes and did not win in any other category. This year the award went to Ruby Vanhouten, a finalist in the 9th to 12th grade soloist contest. Vanhouten brought home a check for \$300.

All of the winners receive cash awards, ranging from \$200 for winners in grades kindergarten to 2nd up to \$500 for winners in grades 9 to 12. The contest is open to performers from throughout Contra Costa County. This year, Rena Wilson led Zoom-based workshops for solo finalists and runners-up, which parents were welcome to audit. Wilson was a founder of Performing Academy, a former lead in Beach Blanket Babylon, and a

highly regarded private coach, now living in Southern California.

The winners of the 2022 Lamorinda Idol contest, as announced by Master of Ceremonies, The Voice of Orinda Steve Harwood, are: K-2 solo: William Tanner; 3-5 solo: Cara Impallomeni; 6-8 solo: Palig Horoupiian; 9-12 solo: Mina Lim; K-5 group: Biggy Smalls (Colette Goodman and Vivian Welch); 6-8 group: Treble and Bass (Aubrey Peterson

and Isabelle Porcella); 9-12 group 4 O'clock (Mina Lim, Jaden Maspaitella, Svea Peterson, and Sadie Poole); and Audience Award: Ruby Vanhouten.

The names of all of the finalists and runners-up will be posted to the Lamorinda Arts Council website, which will also link to videos of the contestants' performances on YouTube. The Arts Council website can be found at <https://lamorindaarts.org>

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Local residents gather during National Night Out

Submitted by **Chuck Silva**

Residents of the Lafayette Meadows neighborhood – which includes the streets Carol, Berta, Marlene, Janet, Judith, Anita and Vista Via – gathered Aug. 2 at Community Commons on Carol Lane to meet and greet local law enforcement and fire personnel as part of the National Night Out initiative which is celebrated the first Tuesday of each August (<https://natw.org/>).

Officers from the Lafayette Police Department mingled with neighbors and community members, capping off the evening with an incredible drone demonstration. The fun, informative event included food, kids

games, local nonprofit information booths and tours of Community Commons spaces

available for rent. Everyone agreed to make this an annual event.



Photos provided



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Don't wait for the wildfire 'go order' before preparing to go

Not long after midnight in the early morning hours of Oct. 10, 2019 a fire in the Sanders Ranch neighborhood of Moraga was reported and 140 residents were asked to evacuate. Not only were residents forced to evacuate in the middle of the night, but it was done in complete darkness since the area was without power due to a Public Safety Power Shutoff instigated by Pacific Gas and Electric Co. to reduce the risk of a catastrophic wildfire event.

Fortunately, the 50-acre blaze was extinguished quickly due to fast action and prepositioning by the Moraga-Orinda Fire District, the Contra Costa County Fire Protection District and partners, but the incident underscores the importance of preparing for a potential evacuation when a wildfire occurs, since those fires rarely happen during optimal times or under ideal

circumstances.

So what you can do to prepare today?

Lamorinda residents were recently sent the updated Wildfire Preparation and Evacuation Guide, which highlights what you can do now to prepare for an evacuation. In addition to signing up for the Community Warning System (<https://cwsalerts.com>), which will alert you of any potential evacuations in your area, the guide includes a detailed list of what you can pack in your "go bag" such as spare glasses, medications, phone and/or laptop chargers, toiletries, N95 masks, a battery operated radio and undergarments. The guide also outlines which documents you may need or what to save on a flash drive or in the cloud, what to prepare if you have pets, and much more.

– J. Wake

To view the 20-page guide online, visit <https://lamorindacert.org/evacuate/documents/LRGWPE.pdf>

Fire District Public Meetings

Moraga-Orinda Fire District Board of Directors
 Wednesday, Aug. 17, 6 p.m.
 For meeting times and agendas, visit www.mofd.org

ConFire Board of Directors
 Regular Meeting: Tuesday, Sept. 13, 1 p.m.
 For meeting times and agendas, visit www.cccfpd.org
 (http://64.166.146.245/agenda_publish.cfm?id=&mt=ALL)



LAFAYETTE TOWN HALL (ZOOM)

"Get Ready for Wildfire Season"

- **DATE:** Thursday, August 25th
- **TIME:** 6:00pm to 7:00pm
- **LOCATION:** ZOOM TELECONFERENCE
 Link to Zoom: www.lovefayette.org
 Zoom link will be active on the date/time of the event.

TOPICS INCLUDE:

- **WILDFIRE PREPAREDNESS & EVACUATION GUIDE**
- **FIREWISE**
- **RED CROSS**
- **QUESTIONS & ANSWERS**

Presenters:

- **Chief Ben Alldritt, Lafayette Police Department**
- **Deputy Fire Chief Aaron McAlister, Contra Costa Fire Protection District**
- **Briana Taylor, Bay Area Red Cross**
- **John Cornell, Emergency Preparedness Analyst- Lafayette Police Department**

Moderator **Wei-Tai-Kwok, Lafayette City Councilmember**

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 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, Ryan Sullivan 925-254-6820
 Orindatip@cityoforinda.org

Lafayette Police Department Incident Summary Report



June 24 - Aug. 6

Alarms	61
911 Calls (includes hang-ups)	12
Traffic	62
Suspicious Circumstances	8
Suspicious Subject	20
Suspicious Vehicle	9
Service to Citizen	34
Patrol Req./Security Check	16
Public/School Assembly Check	1
Supplemental Report	12
Vacation House Check	28
Welfare Check	23
Ordinance Violation	1
Vehicle violations	

Auto Burglary
 3600 Block Mt. Diablo Blvd.
 3200 Block Marlene Dr.
 Hit And Run Misdemeanor
 Deer Hill Rd./N Thompson Rd.
 3600 Block Mt. Diablo Blvd. (2)
 Mt. Diablo Blvd./2Nd St.
 200 Block Lafayette Cir.
 3400 Block Mt. Diablo Blvd.
 50 Block Lafayette Cir.
 Pleasant Hill Rd./Springhill Rd.
 Reckless Driving
 Candy Ct./Quandt Rd.
 Pleasant Hill Rd./Greenvalley Dr.
 Dewing Ave./Bickerstaff St.
 Camino Pablo/Bear Creek Rd., Ori
 Dewing Ave./Mt. Diablo Blvd.
 Pleasant Hill Rd./Pleasant Pl.
 3600 Block Mt. Diablo Blvd. (2)
 3400 Block School St. (2)
 Stolen Vehicle Recovery
 900 Block Janet Ln.
 Wb Mt D / Ifo The Park Hotel
 Tc - Fire And Amb Enroute
 El Curtola Blvd./Old Tunnel Rd.
 Tc - Minor Injuries
 Camino Colorados/St Marys Rd.
 Tc - Property Damage
 S Thompson Rd./Mt. Diablo Blvd.
 3400 Block Mt. Diablo Blvd.
 Oconner Dr./Moraga Rd.
 Oak Hill Rd./Deer Hill Rd.
 Vehicle Theft
 900 Block Janet Ln.
Other criminal activity
 Embezzlement
 3300 Block Mt. Diablo Blvd.
 Fraud False Pretenses
 600 Block Doreen Way
 3400 Block Moraga Blvd.
 Grand Theft
 3300 Block Deer Hill Rd.
 1100 Block Laurel Dr.
 4000 Block Mt. Diablo Blvd.
 Identity Theft
 600 Block Doreen Way (2)
 Police Department (2)
 3300 Block Sweet Dr.
 Panhandling

3600 Block Mt. Diablo Blvd.
 3500 Block Mt. Diablo Blvd. (2)
 Petty Theft
 3700 Block Meadow Ln.
 3500 Block Silver Springs Rd.
 3300 Block Mt. Diablo Blvd.
 Petty Theft From Veh
 600 Block Lucas Dr.
 Police Department
 Residential Burglary
 3300 Block Las Huertas Rd.
 30 Block Chapel Dr.
 Shoplift
 3500 Block Mt. Diablo Blvd. (2)
 3600 Block Mt. Diablo Blvd. (5)
 Theft Access Card
 3300 Block Helen Ln.
 40 Block Westwind Rd.
Nuisance to the Community
 Disturbance-domestic
 3300 Block N Lucille Ln. (2)
 Cattle Chute Rd./St Marys Rd.
 3200 Block Woodview Dr.
 Disturbing The Peace
 Pleasant Hill Cir./Acalanes Ave.
 Loud Music
 900 Block Moon Ct.
 900 Block Oak St.
 Lana Ln.
 St. Marys Rd./Glenside Dr.
 Loud Party
 900 Block Oak St.
 Public Nuisance
 3500 Block Mt. Diablo Blvd. (3)
 Sunset Loop/Meek Pl.
 3300 Block Mt. Diablo Blvd.
 1St St./Mt. Diablo Blvd.
 3200 Block Phillips Rd.
 Vandalism
 Nausin Ln./Hillview Ln.
 Acalanes Rd./Glorietta Blvd.
 1000 Block Oak Hill Rd.
 3200 Block Rohrer Dr. (2)
 3300 Block Mt. Diablo Blvd.
 3100 Block Somerset Dr.
Other
 Extortion
 900 Block Hough Ave.
 Fireworks

900 Block Moraga Rd.
 Hailed By Citizen
 4000 Block Mt. Diablo Blvd.
 Harassment
 Wilkinson Ln./Moraga Rd.
 K9 Outside Assist Request
 400 Block Pebble Dr., Eso
 2300 Block Lisa Ln., Phi
 Loitering
 3400 Block Golden Gate Way
 Threats
 3300 Block Mt. Diablo Blvd.
 Trespass
 3500 Block Boyer Cir.
 Unwanted Guest
 3500 Block Mt. Diablo Blvd. (3)
 3200 Block Stanley Blvd.

Moraga Police Department Incident Summary Report July 26 - Aug. 8



Alarms	20
911 Calls (includes hang-ups)	6
Traffic	74
Suspicious Circumstances	3
Suspicious Subject	4
Suspicious Vehicle	9
Service to Citizen	34
Patrol Req./Security Check	29
Supplemental Report	10
Vacation House Check	5
Welfare Check	3
Public/School Assembly Check	4
Ordinance Violation	0
Vehicle violations	
Excessive Speed	
10 Block Hart	
Ivy Dr./Moraga Way (2)	
Reckless Driving	
Moraga Rd./Moraga Way	
Moraga Rd./Kendall Cir.	
Vehicle Theft	
Not Available	
300 Block Rheem Blvd.	
Other criminal activity	

Fraud False Pretenses
 1000 Block Country Club Dr.
 Police Department
 Warrant Arrest
 22500 Block Sonoma St., Hayward
Nuisance to the Community
 Disturbance-domestic
 Not Available
 Loud Music
 Draeger Dr./Moraga Rd.
 Loud Noise
 10 Block El Camino Flores
 Loud Party
 Hacienda
 Not Available
 Public Nuisance
 10 Block Ross Dr.
 Vandalism
 100 Block Moraga Rd.
Other
 Animal Cruelty
 500 Block Center St.
 Failure To Obey
 Moraga Way
 H&S/Poss Of Contr Sub
 Cvs
 Indecent Exposure
 Seven Eleven
 Threats
 400 Block Moraga Rd.
 Trespass
 1800 Bfoc Ascot Dr.
 400 Block Center St.
 Unwanted Guest
 Not Available
 Violation Restraining Ord
 Police Department



Orinda Police Department Incident Summary Report will be back

Letters to the editor

Equal representation in local news

Your August 3 article, "Swim clubs dive into OMPA traditions," perpetuates special-needs athletes' invisibility by erasing their existence. The writer's focus on the "magical air" and sense of "unique community" fostered by a meet among private swim clubs fails to mention the participation of the East Bay Sea Serpents, a local team of Special Olympic athletes.

I hope future articles on this annual event will include the Sea Serpents' participation and do so in a way that celebrates the athletes rather than spotlighting the organizers' logistics including diverse members of the swim community. For an example of how not to approach writing about special-needs athletes, see Lamorinda Weekly's well-intentioned but misfocused April 27 article, "Special Olympics returns to Acalanes after two-year hiatus," which interviewed six people involved in organizing the event and not a single participating athlete. People with special needs are members of the Lamorinda community and deserve equal representation in the local news.

Jennifer Reid
Lafayette

Acalanes and Lafayette School Board endorsement

To my fellow Lafayette residents: If you don't often pay attention to our local school board elections, now is the time. In particular, this November, I ask for your support in voting for Sarah Lind, Niels Larsen and Robb McSorley for Lafayette School Board and Gabe Ledeen, Renee Nowac and Mark Woolway for Acalanes Union High School Board.

I have spent the last 21 years devoted to coaching and mentoring the youth of Lafayette, currently involved with two sports at Acalanes (football and girls lacrosse). Having worked closely with our young people for so long, I can tell you how damaging the past 30 months have been to many of them at such a critical time in their lives. The candidates I endorse understand this.

Negative repercussions have arisen in response to recent decisions to lower our academic standards and opportunities. I see this decline first hand as I attended our public schools starting in seventh grade and my sons went all the way through our districts from K to 12. There is an urgent need to return the focus of schools to the primary mission of providing a top-notch academic environment. Within that goal, there should be a focus on the whole child ... each and

every student in our districts deserve the attention they need. These candidates are ready to step up and do everything they can to restore our school environment to that which existed in our community for so many years.

A major issue facing our schools is decreased enrollment. Since 2019, the LAFSD has seen an enrollment decline greater than 11%. School funding follows enrollment, so unless it resolves, there will be major budget shortfalls which will include painful cuts, within years.

Sarah Lind, Niels Larsen, Robb McSorley, Gabe Ledeen, Renee Nowac and Mark Woolway are stepping up to run for the Boards at a critical time. Please join me in supporting these candidates. Your vote for them is of crucial importance. Thank you.
Bill Fraser
2022 Lafayette co-Citizen of the Year

Censorship in Moraga

I write to express agreement with Nick Waranoff's recent Letter to the Editor opining that censorship by the left is rampant in Lamorinda. In agreement is no less an authority than Nadine Strossen, professor emerita at New York Law School and president of the American Civil Liberties Union from 1991 through 2008. She describes the current opposition to freedom of speech and viewpoint diversity in a lengthy interview in the Wall Street Journal (August 6-7.)

Robert Coffman
Moraga

Michael Donner for District 4 MOFD Board

I am writing to share my support for Michael Donner, incumbent for the Moraga-Orinda Fire District Board of Directors in District 4.

As a resident and business owner in Orinda, I've invested time in joining CERT and getting our neighborhood certified through Firewise. I'd also like to make sure our Board of Directors in District 4 contains citizens that are passionate, knowledgeable, and experienced when it comes to protecting our neighborhoods from fires and other emergencies.

Here are just some of Michael's accomplishments while on the Board:

- Increased the fire prevention program.
- Supported and passed a fair labor contract for firefighters.
- Negotiated the contract to keep our chief.
- Purchased Type 6 fire engines for

Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and city/town of residence - we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters must be factually accurate and be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. Visit www.lamorindaweekly.com for submission guidelines. Email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

wildland firefighting.

Currently, Michael is working with the city of Orinda on the best way to spend measure R money.

If you don't already know Michael Donner from his work on the board, perhaps you know him from his thousands of volunteer hours in our local community in addition to his 30-year career as an Oakland firefighter.

Michael continues to work tirelessly to help others. A dear friend of mine recently experienced a devastating house fire. Michael was the first person I called for advice on how to help. He not only gave me some suggestions, but he also took time from his schedule to reach out to these folks (that he didn't even know) to see how he could assist as they navigated through their loss.

Amy Berryhill
Orinda

Discrimination versus racism

A June 22 letter in this paper continued efforts by some in this community to curb school Diversity, Equity, Inclusion and Belonging programs.

Quoting Ibram X. Kendi, the writer shared important guidance,

"The only remedy to racist discrimination is antiracist discrimination. The only remedy to past discrimination is present discrimination. The only remedy to present discrimination is future discrimination" (How to be an Antiracist, p19).

However, a wrong conclusion was then asserted - that antiracist discrimination is racism. This would mean that the evil of racism (which leads to things like the mass killing in Buffalo, the merciless murder of George Floyd, lynching, and the brutality of slavery) is the same as antiracism (which leads to justice, peace, reconciliation).

Equating discrimination that considers race with actual racism tears at the ethical fabric of community by trying to strip the plain meaning from words we all understand. If this reversal of meaning is successful it renders honest and meaningful communication - and thus community - impossible.

The belief that all race-based discrimination is racist crumbles with a simple real-life example.

Historically, district libraries were filled with books by white authors. Why? Our schools, and the publishing industry, reflected white culture by favoring white authors. The remedy included discriminating in favor of stories by Black writers. Balancing and broadening library content is not racism,

it's antiracism.

White people are beginning to reckon with an extreme historical sin - 250 years of slavery. The racial divide in our country, as David Brooks put it, "is born out of sin" (New York Times, 3/7/2019). Addressing the multitude of sins that flowed from slavery and eliminating enduring racist beliefs are what antiracist work is ultimately about.

Discrimination is either racist or antiracist. We all wish to live in a post-racial society, where racism is a thing of the past. With honest assessments of where we stand today and hard work to eliminate racism, we may finally reach post-racial harmony. But we're not there yet. Antiracist discrimination is part of what's required to get there.
Todd Hollenberg
Lafayette

Eve Philips for Orinda Unified School District Board of Trustees

My wife Rhoda and I built our life together in Orinda. We were fortunate that included raising three children who all had the opportunity of attending Orinda schools. We, along with other Orinda parents and citizens, have invested in our schools by volunteering, fundraising and through property tax assessments. Those actions paid off. Today Orinda continues to be recognized as a community that supports and delivers excellence in education for Orinda children. I do not want to risk that highly valued Orinda legacy.

There are choices soon to be made regarding the election of new OUSD board members. I will vote for Eve Philips for the OUSD board. Eve attended Miramonte, went on to MIT to achieve an MS in Computer Science, an MBA at Stanford and today makes her home in Orinda as a working mother of four. Additionally, she has successful work experience in the health care, software, and venture capital industries.

Eve is already recognized in our community as an effective leader for Orinda. She has served on the Orinda City Council and has the endorsement of Amy Worth and Inga Miller. Contra Costa County Supervisor Candace Anderson and three current OUSD board members, Cara Hoxie, Carol Brown, and Jason Kaune have all endorsed Eve. For the OUSD board.

Maintain the excellence in education for our special Orinda community and support Eve Philips for OUSD Trustee.
Bob Regalado
40 year Orinda resident

Lamorinda's wealth of health on display at Moraga Commons



Sunday Strong instructors at Moraga Commons Park Photo provided

Submitted by Brenda Luster

Lamorinda is filled with health-conscious citizens who run, walk their dogs, bike through our beautiful hills, and this last summer, participated in a new program at the Moraga Commons Park called Sunday Strong. Sunday Strong was started by the Moraga Commu-

nity Foundation, in cooperation with the Town of Moraga Parks and Recreation Department, to offer free fitness classes every Sunday morning in the park during June and July.

Lamorinda's finest instructors volunteered their time to promote the health and well-being of our community and help MCF raise awareness for the Commons Enhancement Program, which includes the

purchase and installation of a new ADA compliant, 4-stall, gender-neutral restroom facility at the south end of the Commons Park. The program showcased these amazing local instructors and offered a variety of fitness classes including Bootcamp, Yoga, Pilates, and Tai Chi.

"Sunday Strong gave our community an opportunity to connect personally with neighbors and civically in support of MCF to improve the park facilities," said Brenda Luster of the Moraga Community Foundation (www.moragacommunityfoundation.org). "Engaging the mind, body, spirit, and community rejuvenates us and others around us."

Christine Vleck Jensen has been teaching Pilates for over 15 years in San Francisco and is now opening a Mighty Pilates in downtown Lafayette (www.MightyPilates.com). "The Sunday Strong program was a great way to introduce the local fitness community to a variety of classes," Vleck Jensen said. "Participants who attended my class were thrilled to have the

opportunity to try different classes and instructors all while enjoying being outside in the park."

Vleck Jensen is an accomplished lifelong athlete having been a Division 1 softball player, cyclist, and an Ironman. With the addition of a Nutrition degree from Cornell and an MBA from Berkeley, she is proving herself an invaluable health and fitness resource for the Lamorinda community.

Belle Hammond founded Moraga Bootcamp (www.moragabootcamp.com) and is a certified instructor in multiple disciplines. She has spent the last 11 years passionately motivating others to live a healthy lifestyle. Her promise is "to meet each one of [my] clients where they are in their current journey."

Katie Rogers teaches Ash-tanga/Vinyasa yoga at Atma Yoga in Orinda (www.mind-bodyonline.com). Rogers started teaching yoga in 2006 with the goal "that students experience not only a mental and physical release in her class, but that they leave with a re-

newed sense of inner peace and connectedness."

Dina Ricksen is an avid health and fitness advocate in Moraga and has taught Pilates for over 20 years, currently offering her expertise at Joy in Motion (www.joyinmotiondance.org) and also runs a successful Arbonne business furthering her commitment to healthy living.

Grandmaster Marilyn Cooper has been training and teaching the art of traditional Chinese Kung Fu for over 50 years, winning several titles in national and international competitions. In 1999, after the Columbine High School tragedy, Marilyn found a way to bring the peacefulness of T'ai Chi training to our youth to help prevent bullying and encourage empathy by creating the 9 Tai Chi Peace Games (www.pushingforpeace.org).

Sunday Strong has ended but these health and fitness guru's continue to offer a wealth of resources and talents serving as a vital part of the Lamorinda community and our quality of life.

New LafSD Superintendent

... continued from Page A3

"Meeting people is absolutely my biggest goal. I really value being out in the schools, walking the hallways, seeing classrooms and hanging out with parents on the sidewalk. I'm going to be listening really hard and learning," Stephens says. "It's about getting to know the families that call Lafayette home and also about learning their concerns and aspirations."

Stephens is proud of the changes that are happening in the district this academic year ranging from onsite counselor

at all elementary schools to universal lunch programs to the work being done to enhance and strengthen diversity, equity and inclusion efforts.

"There's a lot of great work taking place that predates me. I'm plugging into the lines of conversation. When it's appropriate I can build on what's already there and add some different perspectives."

Stephens started his path as an educator way back when he was a 19-year-old college student at University of California, Santa Barbara with a position as a paraeducator,

which he held for about three years. During that same time he had a side weekend gig as a janitor in the college dorms. After working as a paraprofessional educator for three years, Stephens joined his (then girlfriend, now) wife in the Bay Area to begin a credentialing program at the New College of California. He then spent eight years teaching in roles ranging from a bilingual Spanish teacher to a special ed teacher.

When asked about the most important lesson he's learned on his educational journey from working with students from all backgrounds,

Stephens had a simple yet profound answer.

"We need to remember that every student is the hero in their own story," Stephens says. "Even when mistakes are made, we can learn and grow from them."

As for the adult generation, Stephens says he's learned that a lot can be accomplished simply by listening to each other. "I believe deeply that the answer is always in the room and that it's really a matter of listening effectively and trying to draw out from the people in the group," he says. "(There's a) sort of collective

genius that exists in every group."

Greg Barnes, Assistant Superintendent of Student Success, says he believes Stephens' breadth of experience and approach to getting things done will benefit the district. "I'm particularly excited about the equity and special education work Brent has led over the years to see how it can inform our work in Lafayette," Barnes says. "(From what we've seen in the short time we've worked with Stephens), he is student centered and has a thoughtful approach to decision making."



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Rolling out universal meal service at schools has joys and disappointments

... continued from Page A1

Stephens spoke about the difficulty of providing adequate food to students with less than adequate staffing and delivery challenges. On day one, the driver hired by Sodexo failed to report for work. Lafayette has to bring food from the preparation sites at the two Lafayette schools with kitchens to the three schools without kitchens. The rollout of the meal program was not immune from the current national labor shortage and supply chain problems. Sodexo's staffing was running at 50% of what Lafayette needed. However, Stephens was quick to point out, parents who saw what was happening immediately came forward and volunteered to help in the short term. The Lafayette superintendent sent out a letter to parents explaining the difficulties, promising to work on improvements, thanking them for their help and offering suggestions for their children, such as advising the schools of any allergies and perhaps packing food for their children just in case.

Things seemed to go more smoothly in Moraga. Although some food choices were not available, generally students were able to get something to eat and be back in class on time. Moraga School District Superintendent Julie Parks posted a video report on YouTube answering frequently asked questions about the new program, which she called new and exciting. "This is big news, a big change here in Moraga," she said, lauding California's move to be the first state in the nation to offer universal meal service to students as amazing progressive legislation. "We are learning each and every day how to manage this new and exciting project." In just the first two days, Moraga served 722 breakfasts and lunches at

Joaquin Moraga Intermediate School and about 2,000 breakfasts and lunches at Moraga elementary schools. This compared with the previous program that served about 150 students per day.

Moraga served meals with four Sodexo staff, eight district office staff, and 24 volunteers. Donald L. Rheem Elementary School Principal Brian Sullivan, presiding over the first week of school was glad to hear that Moraga seemed to be faring better than Lafayette or Orinda, but, he said, in fairness, the other two districts have a lot more students to feed.

In Orinda, Superintendent Aida Glimme at the end of the first week sounded a bit frazzled as she reported that some Orinda schools were seeing a 95% uptake on school meals when 50% had been predicted. Even children with packed lunches in their hands wanted to try the new school food. "It's been a messy rollout," she admitted, with long lines and choices and even food running out. "It's not OK for now," she said, adding that Sodexo has been very responsive and they were hoping for a major change the second week of school. OUSD board member Carol Brown added that Sodexo sent out so many of their employees, including their CEO, to help with the rollout of the school meals programs.

The parents are very understanding of the tough rollout, she said. Glimme also mentioned that, although the schools are being reimbursed for each meal served, they were not given any funding to update infrastructure. Although some comments on social media suggested that students had been told to hold off on school lunch to allow those who need it more to go first, Glimme said she was unaware of any such requests. "I've been at every school every day," during the

first week, she said. "I've yet to see a child turned away. It is open to all, and we encourage you to try it."

Parents on social media expressed relief at no longer having to pack school lunches, as well as concerns about the quality and quantity of the food. There was certainly an awareness that it was still early and there was a willingness to help. Liz Johannesen is a parent of two at Springhill Elementary School in Lafayette. She has a great deal of experience in school food service, including working seven to eight years at Stanford. Her main concern is to keep the program going. She feared that early implementation problems might cause some parents to drop out of the program and urged parents, "Don't just walk away." One in six children suffer from food insecurity in our nation, she said, and even when it is not evident, some children can fall through the cracks. As a parent, Johannesen was very happy with the popular Choice Lunch program offered in Lafayette in the past, which were high quality and allowed for up-sizing portions.

The Moraga School District sent out feedback forms to all families at the end of the first week of the meal program to gather information. "Moraga has never run a program like this," Parks said, "and we really appreciate everyone's patience as we navigate a complicated system."

Acalanes Union High School District Superintendent John Nickerson reported that he believes the AUHSD food service program has gone pretty well this year. The high schools, unlike the elementary and middle schools, have already been doing universal meals for a year. "They are still working out kinks in lines and we are slightly understaffed," Nickerson said, "but I hear reports that it is going well."

State Secretary of State's Office strives to squelch election process rumor mill

... continued from Page A5

In fact, California's voting technology is layered with security. The state conducts source code review and evaluation, hardware and software security penetration

testing, open ended vulnerability testing, operational testing to validate system performance and functioning under normal and abnormal conditions, and more. The systems are not connected to the internet, and they don't have modems or hardware in them that could be remotely "activated." All technology software, firmware and hardware meet or exceed federal guidance including that of the Justice Department, the Cybersecurity and Infrastructure Security Agency and the Election Assistance Commission. The SOS assures that, "California has the strongest voting security system standards in the country."

The phrase "Big Brother is watching" comes into play with the rumor that observers are allowed to interfere with voting or touch voting materials. In fact, this is against the law, the SOS says. Neither observers or election officials are allowed to collect private voter information, violate ballot secrecy, campaign, or conduct any other form of interference. If you feel that you have been a victim of voter intimidation or have witnessed suspicious behavior, contact SOS at: <https://www.sos.ca.gov/elections/publications-and-resources/voter-complaint>.

A rumor circulated that videos, images, or emails suggesting voter registration information was being manipulated and meant that voters would not be able to vote. In

fact, voters are requested to check the source of this disinformation and call their state or local election offices for accuracy.

One rumor would almost be funny if it weren't a possibility that California's return envelopes were designed with holes to allow election officials to peek inside and toss out ballots. In fact, it is illegal for election officials to tamper with the election process, and this includes throwing away ballots. The holes were designed to help visually impaired voters know they are signing their official ballot envelopes, and to help officials ensure that each ballot envelope has been extracted from the outside envelope without inspecting the ballot.

The last rumor that the SOS felt the need to quell implied that Californians with a felony background are prohibited from voting in the state's elections. In fact, an individual with a criminal history can register to vote based on the following criteria: if they are on parole, probation, mandatory supervision, under post-release community supervision, federal supervised release, or in a county jail. They cannot vote if they are currently serving a state or federal prison term for the conviction of a felony. Upon release, their right to vote is automatically restored and they should visit: RegisterToVote.ca.gov or fill out a paper registration form.



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~ Life in LAMORINDA ~

Moraga native and ultra marathoner Rod Farvard



Photo provided

Rod Farvard, right, runs through Foresthill, mile 62 of WSER, with his pacer and close friend Max Storms, who would go on to run the next 16 miles with Farvard.

By Jon Kingdon

If Moraga native, Rod Farvard, asks you to come along with him for a little run, be forewarned that little can be a relative term. Know that the “Far” is Farvard is no misnomer.

Farvard began running cross country as a freshman at Campolindo. “I grew up playing a lot of sports,” Farvard said. “When I started running, it was a positive experience. There are just so many great trails. Whenever I come back to visit my parents, it’s just incredible. I definitely developed my love for running there. I was a varsity runner but on the very low end of it. I was above average,

but definitely not fast enough to get recruited.”

After entering UC Santa Barbara, Farvard moved on to marathons (26.2 miles) and then moved on to triathlons (swimming, bicycling and running-140.6 miles). Besides running marathons through his sophomore year, Farvard got a road bike and began biking tours. “Someone commented on my activities page that I should check out the Triathlon club,” Farvard said. “I went to one of their practices and the atmosphere was amazing. I really missed having a team and a group setting as I had just been training on my own.”

Longer distances had always been Farvard’s area of

expertise and when he ran his first marathon in San Francisco in 2013, he was pleased but not surprised at his performance. “I anticipated that I’d be pretty good at it and that race went incredibly well for myself.”

At this point, the Boston Marathon became Farvard’s target ‘A’ race, the race you build toward, making sure you are in peak condition. Farvard would run the Boston Marathon in 2014 and 2015 with a best time of 2 hours and 40 minutes.

Farvard majored in physiology, which was more plant-based physiology, and how it relates to ecology and evolution though his real interest was in human physiology and cell biology. Was this a way for Farvard to connect the human body and his running long distances? “One thousand percent,” Farvard said. “That’s what initially sparked my interest in understanding what happens in the body during these endurance events and how to bio-hack it more than anything. I’m incredibly interested in the science and the data behind these races, learning how do I get myself to go further? How do I sustain a faster pace and things like that? It just boils down to what you’re putting in your body.”

After graduating from Santa Barbara, starting his professional career training the necessary 30 hours a week for the triathlons was too much for Farvard who began working for Elation Health in San Francisco. “We are a health software company that works in small, independent, primary care practices helping these businesses have a tool for charting their telehealth for their billing. We’re like a one-stop for an independent primary care provider.”

In 2016 and 2017, Farvard had run the Ironman Vineman and Ironman Santa Rosa, 10- and 9-hour races along with bike rides for training and adventure rides with his friends. “I would ride for 8-10 hours and as much as 20 hours,” Farvard said. “Having done this, I already knew what to expect to feel in an endurance event of that length in terms of that very low-glycogen feeling and potential sleep deprivation, so I was able to avoid getting to those low points by fueling correctly. Running was always my favorite discipline and at that point, I had gotten used to a 10-hour race.”

For Farvard, it was a mat-

ter of pushing his limits in an environment of his choice. “I just love the outdoors and being outside for a long time,” Farvard said. “I was always fascinated by what my body can do. In these events, the limiting factor isn’t how naturally gifted or fast you are. It’s how you are taking care of yourself with very input-output type of training – input is running more miles in training and output is being able to run farther at once in a race. There’s always the mystery such as can I make it this far today or is this new formula which I’m putting in my body with my healing going to work for me?”

... continued on Page C2

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September 9th, 6 - 8:30pm

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www.orindarotary.org for tickets and information - Car Show entrants receive a discount!

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Free Admission



Fruity and fabulous Peach Plumb Crumb Pie



Peach Plum Crumb Pie

Photos Susie Iventosch

By Susie Iventosch

It's definitely fruit pie season, and with peaches and plums beautifully ripe at the produce markets, this is a good one to make right now. I make a lot of pies, but there are two new things I did with this pie that I'd never done before. First of all, I combined fresh peaches and plums, along with brown sugar and spice, and then topped the fruit mixture with both a crumb topping and a lattice crust. This serendipitous combination was indescribably delicious. It was also a very pretty pie with both the peach color and dark purplish red of the plums. Don't feel that you need to do both, one crust or the other would be plenty, but if you have time, it's such a treat to have both!

This is my go-to recipe for summer fruit pies, and you can generally swap out the fruit as the summer moves along and different fruits get ripe. Just recently, I made this pie with a combination of berries and stone fruits, (blackberries, blueberries, huckleberries, peaches and nectarines), for a friend's birthday dessert. It was so good and a lot of fun. I wasn't quite sure what to expect with so many different fruits, but I'll definitely make that one again. Earlier in the season, we made strawberry-rhubarb pie using

the same recipe and that was fabulous. The tart flavor of the rhubarb combined with the sweet strawberries was particularly good.

Lately, I've been using cornstarch in place of the flour to thicken the fruit filling, and I really like it because it makes it super simple to change this pie into a gluten-free fruit crisp. The only thing then to do differently, is to substitute Paleo Baking Flour (or your favorite gluten-free flour) for the all-purpose flour in the crumb topping. I find that it takes about one and a half times as much of the Paleo flour as all-purpose flour, so count on about one and one-half cups of the Paleo flour for the crumb topping. I haven't yet met the challenge of a gluten-free pie crust. That's still on the to-do list.

Another crazy thing happened when I made the strawberry-rhubarb crumb pie. Accidentally, I started dumping the crumb topping in with the fruit instead of adding the bowl of brown sugar and cornstarch. (I was a little distracted with a lot of house guests that week). While I managed to scoop most of it out, about one-quarter cup was left in the filling and it turned out that we all loved it that way. So, for the next few pies I added a little bit of the crumb topping in with the fruit and this little accident has be-



come quite popular in our household. Happy ending! When you make this pie, be



sure to make the crust first, then the crumb topping and finally prepare the fruit filling mixture.



This way the fruit will not have to sit out and wilt while you make the crust and topping.

INGREDIENTS

Flaky Crust

2 cups all-purpose flour
1 teaspoon salt
1 1/2 sticks butter 6 oz., (chilled and cut into small pieces)
2 teaspoons cider vinegar
1/3 cup +/- ice-cold water

Crumb Topping

1 cup flour
3/4 cup light brown sugar
1/2 teaspoon cardamom
1 teaspoon cinnamon
1/4 teaspoon salt
1 cube butter (4 oz. or 1 stick)

Pie Filling

4 1/2 cup peaches peeled and sliced
3 1/2 cups black plums sliced (no need to peel these, the skins give you the beautiful color)
2/3 cup light brown sugar
4 teaspoons cornstarch
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon cardamom
1/8 teaspoon nutmeg
1/4 cup of the crumb topping (recipe below)

DIRECTIONS

Flaky Crust

Mix flour and salt in a large bowl. With a pastry cutter, or clean, cold fingers, crumble the butter into the flour until well integrated and the butter is the size of small peas. Sprinkle cider vinegar over the mixture and stir in well with a fork. Add ice-cold water, a little at a time, and blend with a fork until the dough is moist enough to roll into a ball, but not too wet. Roll into one large ball for the bottom pie crust and a smaller ball for the lattice crust.

Crumb Topping

Place all dry ingredients into a bowl and mix well. Cut butter into the dries using a pastry cutter or your fingertips, until the mixture is crumbly. Set aside or refrigerate until ready to assemble the pie.

Fruit Pie Filling

In a separate bowl, mix brown sugar, cornstarch, salt and spices until blended. Then gently toss peaches and plums with brown sugar mixture, being sure to coat the fruit well. Stir in 1/4 cup of the crumb topping.

To Assemble Pie

Roll the large dough ball out on a flour cloth or board into a large circle about 14 inches in diameter. Lay it in the bottom of a 9-inch pie dish. Roll out the second ball of dough into a circle about 10 inches in diameter and cut into strips about 3/4 of an inch wide. Leave on the floured board for now and cover with a towel or plastic wrap so it won't dry out.

Turn the prepared fruit mixture into the pie dish, right on top of the bottom crust, and spread out evenly into the dish. Sprinkle crumb topping mixture over the top of the fruit. Now, weave the lattice crust pieces over the crumb topping and roll the excess dough from the bottom crust over the top of the lattice edges, and roll into a nice even edge. Crimp or flute the edges of the bottom crust so that the lattice crust edges are tucked inside.

Bake at 375 F for 45 minutes, or until crust is golden brown and filling is bubbly. Serve with a scoop of vanilla ice cream or frozen yogurt!

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. Or visit <https://treksandbites.com>



Modern verse translation of Shakespeare's 'King Lear' opens at Cal Shakes, Sept. 7; Ting to step down after 7 years at helm



Eric Ting

Photo courtesy Cal Shakes

Submitted by Kevin Kopjak

California Shakespeare Theater (Cal Shakes) announced the full cast and creative team for "Lear," the world premiere modern verse translation of William Shakespeare's "King Lear" by playwright and Oakland-native Marcus Gardley ('black odyssey' at Cal Shakes).

Co-directed by Cal Shakes' Artistic Director Eric Ting and Aurora Theater Company's Associate Artistic Director Dawn Monique Williams – and star-

jazz music accompaniment composed by Resident Artistic Director at SF Jazz, Marcus Shelby – reckons with uncomfortable legacies, with the consequences of our actions, and with the vulnerability and ultimate resilience of the human heart to find its way back again.

"Translating 'King Lear' was a dream as it is my favorite Shakespearean drama," Gardley said. "I am elated to be able to share this timeless story with the Bay Area and to have two of my favorite directors at the helm – Eric Ting and Dawn Monique Williams. We have the honor of presenting this epic and placing it in The Bay at a pivotal time in our community's history. The Bay Area is the perfect location for 'Lear' because of themes concerning class, the wealth gap, and the importance of family, community, and legacy. I am certain

that audiences will have an incredible time experiencing 'Lear.' It has been a long time since 'black odyssey' and it's great to be back home doing another classic!"

"My time at Cal Shakes as much as anything has been defined by the community of artists that have graced our stage," said Cal Shakes Artistic Director and "Lear" Co-Director Eric Ting. "I consider it the greatest gift to welcome Marcus Gardley back with his stunning re-imagining of 'King Lear,' and to collaborate with the extraordinary Dawn Monique Williams as Co-Director! It's sure to be an exquisite conclusion to my tenure at Cal Shakes and I hope a real celebration of this craft—this community – we call theater."

Adds Co-Director Dawn Monique Williams: "Marcus Gardley is one of the greatest

playwrights of our time. His stunning poetry and limitless dramatic imagination bring such heart to his work. As the president of Shakespeare's fan club, I can think of no better marriage than that of these two Bards. This 'Lear' all at once delights in wit, shatters the heart, and asks us all to take care of home."

Production of "Lear" is supported by Oaklandish and The National Endowment for the Arts, with Student Discover Matinees supported by Shakespeare in American Communities, a program of the National Endowment for the Arts in partnership with Arts Midwest. Single tickets (ranging from \$35-\$70) are available online at calshakes.org or by calling 510-548-9666 (Tuesday through Friday from 2 to 6 p.m.). Ticket prices are subject to change without notice.

Cal Shakes Artistic Director Eric Ting to depart after 7 years at helm

Submitted by Kevin Kopjak

California Shakespeare Theater's (Cal Shakes) board of directors announced on July 20 that Artistic Director Eric Ting will depart the Bay Area nonprofit theater organization following the conclusion of the 2022 season. The board of directors has formed a transition committee to begin the important work of overseeing the artistic leadership evolution.

"The pandemic shifted the circumstances of so many lives. Mine was no exception," said Ting. "Amidst the move to remote work, my family relocated back to New York City; and as so many of our theaters now slowly return to the vital work of live and in-person performance, the time has come for me to step down so I can be with them full-time. There are so many individuals who have lifted up our work at Cal Shakes to extraordinary heights, but I want to especially recognize the efforts of Co-Board Presidents Kate Stechschulte and Tracey Walthall, and our incredible Managing Director Sarah Williams for helping to shepherd this theater through the tumult of the pandemic and all that's to come."

Adds Ting: "The real testament to any endeavor is not how much you change a thing, but how much you are changed by it. I leave Cal Shakes reshaped by its artists, staff, board, community and civic partners, patrons and funders, and above all, our audiences who I've had the great honor of being in company with these past seven years. I've learned what it means to truly serve a community through art, to listen through complexity and resist urgency, to create spaces where we can exist in the glory of our full selves. And through it all, I've held close the unwavering faith in the power of stories to unite us not in our common experience, but in the strength of our differences."

"Eric's visionary leadership and unparalleled artistry has made a lasting impact on Cal Shakes and the Bay Area theater community," said Cal Shakes Managing Director Sarah Williams. "He inspires me – and so many others – to use the power of theater to challenge our preconceived notions so that we might imagine a more equitable world. I can't think of a better way to celebrate Eric's incredible artistry on the stage and close out his tenure at Cal Shakes than with our production of Marcus Gardley's 'Lear.'"

For information on Cal Shakes' COVID safety policies, visit <https://calshakes.org/cal-shakes-covid-19-safety-precautions/>. For more information, visit calshakes.org.

'Lost Illusions' – how great literature can give birth to excellent entertainment

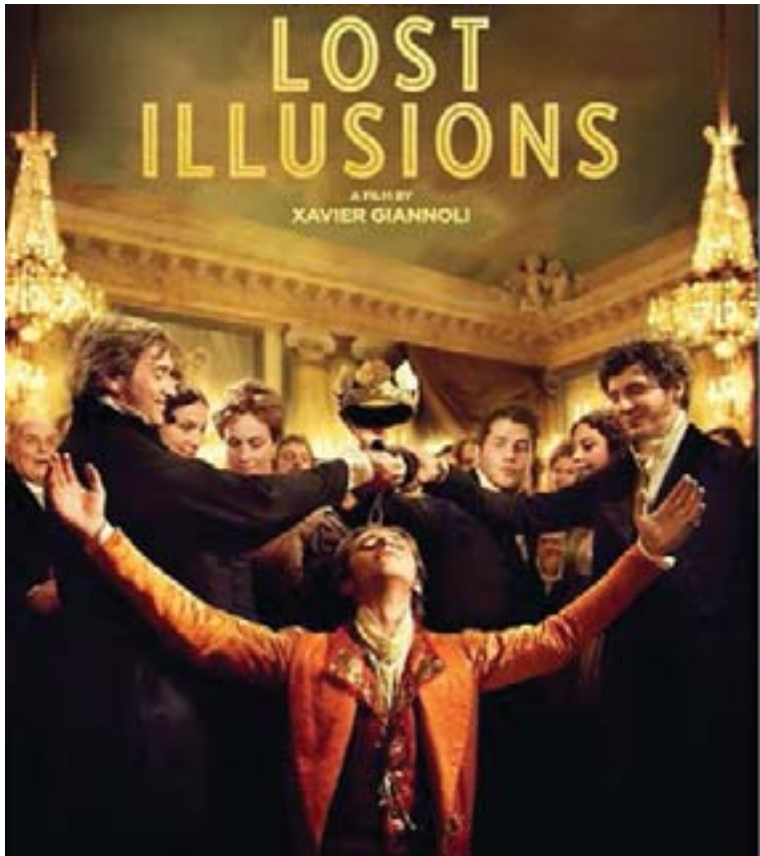


Image provided

By Sophie Braccini

Honoré de Balzac wrote "The Human Comedy" during the first part of the 19th century in

France. There, without any indulgence and with great sharpness, he painted a changing world where capitalism was emerging, where social classes were intermingling in a big post revolution maelstrom, where those who had the guts and not too many scruples could reap the benefit of a changing world order. It was an exciting time, it was a cruel time. It was the time of youth like Lucien de Rubempré, the hero of the movie "Lost Illusions" presented on Aug. 26 at the Orinda Theatre for a week. The French movie with English subtitles has all the ingredients of the novel and makes for supreme entertainment, with many elements of reflection about our time, as the human comedy of today may play on a different stage, but the characters are the same.

Rubempré is a romantic young man who dreams of becoming a published poet. He feels he is vegetating in his small provincial town. His only door into the sophistication he craves is Madame de Bargeton, an aristocrat married to a rich

but rustic old husband. She and Rubempré become lovers and when she escapes to Paris and her family, he follows suit. The young man is thrown without preparation in a complicated world in which social codes evade him. Soon cast away from his patroness he has to fend for himself and finds an outlet for his wit in writing for controversial liberal publications. The gifted young man soon makes the choice to master the rules of that world full of deceitfulness and manipulation and starts his own social climb, at the expense of his conscience. But the enemies he made during his ascension will use his vanity to summon his demise.

The times described here are that of the beginning of capitalism. Profit, fakes and pretense are leading the dance. Industrialists and bankers are the growing power that will soon take on everything. Investments are made in liberal publications that are still legal and proliferating, and financial corruption reigns. For the non-aristocratic and poor per-

son who wants to succeed, compromise is the inescapable step.

Some players in the Human Comedy are pure. Some are redeemed by real talent, or by love. Most will not survive and the naive will perish.

The actors cast in the main roles are delightful. The innocent, the rotten, the hypocrite, the righteous are portrayed perfectly. The cinematography is beautiful, the old Paris, the palaces, the wretched quarters, the places of pleasure, the costumes, all add to the eyes' pleasure given by the film. It is a long movie, two and a half hours, but the rhythm is such and so much is happening that time flies watching it. Long after the movie ends, the characters of the story stay with the spectator. It is hard to remain untouched by this dive into the roots of our capitalistic world.

"Lost Illusions" will run at the Orinda Theatre for one week starting Aug. 26, brought to Contra Costa County by the International Film Showcase, a Lamorinda nonprofit. Tickets at Orindamovies.com

Community Open House at Lafayette Community Garden, Aug. 28



Submitted by Janet Thomas

The Lafayette Community Garden and Outdoor Learning Center is celebrating its 11th year with a Community Open House from 11 a.m. to 2 p.m. Sunday, Aug. 28. The event is free and will feature inspirational speakers: Jim 'Doc' Hale will share fascinating information about the people who lived on this land for centuries before the 1800s; and a beekeeper from Mt. Diablo

Photo Sharon K. Sobotta

Janet Thomas at the Lafayette Community Garden and Outdoor Learning Center

Beekeepers will talk about the amazing nature of bees and art of beekeeping.

In addition to the speakers, there will be guided tours of the garden, information on raising chickens, master gardening, family crafts, edible treats, iced tea and lemonade, and an opportunity to walk a labyrinth and see the garden's Miwok Village.

Garden members will be on hand to answer gardening questions and show off a variety of gardening methods and practices including hinged

covers that prevent critters from eating crops, vermiculture (worm composting), mulching, a butterfly garden, deer resistant plantings and so much more.

If you have questions, you can call (925) 946-0563.

1,000 backpacks distributed during Backpack Giveaway

Submitted by Barry Behr

The Kiwanis Club of Moraga Valley made a donation of 100 school backpacks including school supplies for family members of the Monument Crisis Center of Concord, and on July 30 Kiwanis Club members assisted the staff distributing 1,000 backpacks to

underserved youth in Contra Costa County. The Club would like to thank the members of the community for supporting its fundraising activities during the year, allowing the Club to provide contributions and assistance for those in need.

For further information about the Kiwanis Club of Moraga Valley, visit <https://moragavalleykiwanis.org>



Photo provided

Moraga Lions' Achievement Awards presented



Stanley: Ray Casabonne, Len Lyford (winner), Stephanie Brown (parent), Joseph Lyford (parent)



Saint Perpetua: Ray Casabonne, Moraga Lions; Wyatt D'Amato, winner; Crystal D'Amato (parent)



Saint Perpetua: Ray Casabonne, Moraga Lions; Dominic Silvestri (parent), Kyra Silvestri (winner), Melissa Silvestri (parent)



Joaquin Moraga: Jamie McLeod, (parent), Dan Hagan, Moraga Lions Stella McLeod, winner; Matt McLeod (parent)



Joaquin Moraga: Tami Pearson (parent), Sophie Pearson, winner; Mike Pearson, (parent), Dan Hagan, Moraga Lions

Submitted by Ray Casabonne

The Moraga Lions at the end of the 2022 school year gave its annual Achievement Awards to the follow-

ing students at local middle schools: Joaquin Moraga, Saint Perpetua School, Stanley, and Orinda. Joaquin Moraga – Sophie Pearson Joaquin Moraga – Stella McLeod

Saint Perpetua – Kyra Silvestri Saint Perpetua – Wyatt D'Amato Stanley – Len Lyford OIS – Ava Ranzal

OIS: Sydnie Souza (teacher), Diane Bode (teacher), Mary Ranzal (parent), Ava Ranzal (winner), Megan Natal (asst. principal), Dan Hagan (Moraga Lions), Noana Pinto (parent), Celeste Pinto (winner), Susan McGill (teacher), Michelle Reese (counselor)

Photos provided



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In Memory

Ann Stearns Ramseyer Kapelke

March 13, 1935 – July 13, 2022



Ann Stearns Ramseyer Kapelke died of Alzheimer's disease at the age of 87 in Moraga, California on July 13.

Ann was born at home in Prineville, Oregon on March 13, 1935, the youngest of three daughters of Harry and Crystal (White) Stearns. She grew up on her family's cattle ranch surrounded by a large and loving extended family and by childhood friends – the "Octagon Snots" – to whom she would remain bonded for life.

Ann was an exceptionally talented musician with a beautiful soprano voice. After graduating from the University of Oregon, she moved to San Francisco where she taught music at Marina Middle School. She later lived in Honolulu,

where she toured with the USO and met her first husband, Joseph Ramseyer. After their marriage, Ann and Joe moved to Seattle and later built a house on Clyde Hill in Bellevue, where they raised their family. Once her children were older, Ann became a travel agent, a job that allowed her to travel the world and which she enjoyed until her retirement in the early 2000s.

In 1981 Ann moved to Moraga, where she lived for most of the rest of her life. In 1989, she married Hugo Kapelke. Ann and Hugo were married for 33 years and had a beautiful life together. They lived in Belgium for four years, traveled all over Europe and the world, loved to entertain family and friends and above all loved spending time with their 10 grandchildren. They were exceptionally devoted to each other through good times and bad.

Ann was a natural, instinctive cook who rarely used recipes. She loved dinner parties and entertained often, including the large spontaneous family dinners that were so familiar to her from childhood. She always rushed to put other people first, she had a delightful and charming smile, and she was likely to brighten every room she entered. Her family will miss her forever.

She is survived by her husband Hugo, children Sara Ramseyer Klein (Tom) and John Ramseyer (Heather); stepchildren Mark Kapelke (Maki), Erik Kapelke (Susan), Ghila Kapelke (Deborah) and Kevin Kapelke (Patti); grandchildren Julia Klein, William Klein, Scott Ramseyer, Jessica Ramseyer, Marie Biethan (Mike), Julie Kapelke, Lara Kapelke, Lia Kapelke, Anthony Kapelke, and Lukas Carbone; and great-granddaughter Kiki Biethan.

In Memory

John William Creech, Jr.

Feb. 16, 1929 – July 12, 2022



The Life of John W. Creech Jr.

John William Creech, Jr. was born Feb. 16, 1929 and died after 93 years on July 12, 2022. His death was preceded by his loving wife of 62 years, Nancy Claxton Creech, in July of 2017. He has been an amazing father to his daughter Debby Day (John) of Pleasanton, Calif., son John Creech (Linda) of Clinton, NJ along with being a "second" dad to Tom Dewing (Carole) of Walnut Creek, Calif. He is blessed to have 4 grandchildren: Jennifer Day (Vince Donatini), Heather Day Niehues (Jeff), Michael Creech (Kate) and Kevin Creech (Hannah) and six, soon to be seven great grandchildren: Cameron, Colin, Levi, Parker, Cal and Jonathan.

John was beloved by many and his accomplishments were great. The impact he had on numerous lives is incredible and he will be remembered forever. He was a graduate of Berkeley High School, University of California Berkeley and the California Maritime Academy. From the Maritime Academy he went into the Merchant Marine then onto the U.S. Navy during the Korean War on the USS Los Angeles. He rose to the rank of Lt. Commander in active duty then served in the reserve for many years. He loved snow skiing, water skiing (attempted this at 92!), camping, traveling and so much more. He was an Eagle Scout and the little known part was an ice skater in his younger years. He loved Chautauqua, New York among many places.

His business career took him from delivering RC Cola in Southern California to selling glass containers at Glass Container Corp, onto LSI as its first employee then President of its Specialty Products Division, then onto starting Sigma Marketing consulting. He volunteered his time over the years to Mercy Ships, Orinda Community Church, California Maritime Academy (serving as Board Chairman of its Foundation) and many more. We are deeply saddened by his death and will miss him dearly. In lieu of flowers please send donations to: The Chautauqua Foundation, PO Box 28, Chautauqua, NY 14722. Or a charity of your choice in his memory.

In Memory

Donovan Lloyd (Don) Jenkins



Loving husband, father and philanthropist, Donovan Lloyd Jenkins died suddenly on Aug. 4, 2022 at the age of 81. Born in Berkeley, Don attended elementary school there, graduated from high school in Newport, RI, attended UC Berkeley and joined Sigma Chi fraternity. Don graduated in 1962. He married his beloved Linda "Becky" (Beckett) that same year. After settling in Lafayette, they created their home, raising two daughters with Don coaching each one of their sports teams. Their lives together began devoted to family, service and community.

Partners in Jenkins, Reeves & Shaw Insurance, then later Lafayette Square Insurance Services, he treasured his clients and received the Lafayette Business Person of the Year award in 1996, served as the Chamber of Commerce President in 1995 and was awarded the Lafayette Citizen of the Year in 2018.

Through Don's strong faith and belief to always live with purpose, his volunteerism became a major influence on many community organizations over his lifetime. A consummate fundraiser, Don was a founding member and past president of the Lafayette Community Foundation which led to his involvement with the financial planning of the Lafayette Library and Learning Center. He was also a founding board member and original fundraiser of Cal Shakes. A Trustee for the Lafayette Orinda Presbyterian Church Foundation, he proudly served as an Elder. Always looking for the next opportunity to make an impact, he committed his time and fundraising energy as a founding board member of Lamorinda Village, a nonprofit helping seniors live in their home as long as it is safe to do so. The Cancer Support Community also benefited from his fundraising efforts. Past president of Orinda Rotary, a dedicated member of Lamorinda Sunrise Rotary, national advisor to the Rotary Foundation, he epitomized their motto of "Service above Self."

Don enjoyed swimming, skiing, golfing and sailing, serving as past Commodore of the Berkeley Yacht Club. Together, Don and Becky relished time with good friends and traveling with a purpose. He loved Becky and his family deeply and was uniquely blessed with the foresight to craft his own legacy. A gentleman always, he will be remembered by those who knew him for his warmth and faith filled life, his selflessness, generosity, good humor and citizenship. Because of his dedication to philanthropy, our community will benefit for years to come.

Don is survived by his wife Linda "Becky," his daughter Renee Culbertson, husband Dr. Bruce Culbertson, grandchildren Mikayla and Jack and Nick Culbertson of Phoenix, Ariz., daughter Diana Jenkins and grandson Elijah Jenkins Taylor of Oakland, Calif., and sister Robin Okano, husband Isao, nephews Gou, Tetsu, Ryu, Keu and niece Ai of Japan.

A Celebration of Life will be held at Lafayette Orinda Presbyterian Church Sept. 15, 2022 at 3 p.m.

The family requests those who wish to express their sympathy in honor of Don's legacy, to consider making a donation to Lamorinda Village, the Lafayette Orinda Presbyterian Church Foundation, Rotary International or Cancer Support Community in his name.

We will miss his gracious heart and kind presence throughout our community.

CELEBRATION OF LIFE

for

Angelena J. Sakalay

February 28, 1923 – September 1, 2020



Angelena J. Sakalay (formally of Moraga, CA and Camden, ME) passed away on September 1, 2020. Because of COVID-19 concerns, a Memorial Service was not conducted.

The family has now decided to move forward with a formal Service. In accordance with Angie's wishes, a Celebration of Life Service is planned for Saturday, September 10, 2022 from 10 to 11 am at Saint Mary's Chapel, Saint Mary's College of California, Moraga, CA. Family, Friends and

Associates are invited to attend. This will be an Episcopal Service since Angie was a member of Saint Giles which held their services at Saint Mary's Chapel. Attendees will be required to follow current COVID-19 Episcopal guidelines which includes wearing a mask while in the Chapel and showing proof that their COVID vaccinations are current before entering the Chapel. Following the Service all are welcome to join the Family for a Reception in the Chapel Plaza (in front of the Chapel).

If you are unable to attend, the Service will also be Live Streamed from 10 to 11 am. Following are instructions to log into the Live Stream:

- To log into the Live Stream enter <https://zoom.us/join>
- and when prompted enter for Webinar/Meeting ID: 917 7991 1105 and Passcode: 651794

If you are able to attend, please let us know by contacting Tony Nuccio @ 512-294-7792 (phone or text) or by email @ tnuccio@earthlink.net. This will allow us to finalize our planning.

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.

Share Your Celebrations and Remembrances

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

Submit stories or story ideas to
storydesk@lamorindaweekly.com

Not to be missed

ART

Art Gallery at the Orinda Library – Ceramic Vessels to Inspire, Woodturnings, Fabric Art, Photographs and Paintings presented by the Lamorinda Arts Council during August. Visit lamorindaarts.org.

Art Gallery at Wilder – Reclaimed Wood Transformed with Patina and Imagination. View this virtual artwork exhibit through Sept. 9 at <https://lamorindaarts.org/current-exhibits-wilder/> for details.

The Moraga Art Gallery announces the debut of "Unique Expressions," an exhibit featuring world-class jewelry from the Lafayette workshop of K. de Groot and ever-enticing, abstract acrylic paintings by Irene Needoba. Clearly, neither artist ever looked over her shoulder to view artistic trends of the past. Rather, each has conjured collections of unique, easy-to-admire pieces of art. Aug. 31 until Nov. 6. Saturday, Oct. 15 from 5 to 7 p.m. free reception at the gallery, located at 432 Center Street in Moraga's Rheem Shopping Center. Come to meet the artists, enjoy the art as well as wine, light snacks, and live music. www.moragaart-gallery.com or call (925) 376-5407.

Valley Art Gallery presents hand colored photographs by Lisa Rigge through Sept. 16. This selection of her photographs reaches back to her darkroom days of hand coloring darkroom prints (which are known as "silver gelatin" prints) and extends to the present with her hand colored digital images. Meet the Artist: Tuesday, Aug. 23, 2 - 5 p.m., Sunday, Aug. 28, 2 - 5 p.m. Valley Art Gallery, 1661 Botelho Drive, Suite 110, Walnut Creek. www.valleyart-gallery.org, (925) 935-4311

Theatre

Town Hall Theatre Company presents "The Re-Education of Fernando Morales," by Justin P. Lopez and directed by River Bermudez Sanders at 8 p.m. Saturday, Aug. 20. Town Hall Theatre, 3535 School St., Lafayette Office: (925) 283-1557. Tickets \$20 at www.TownHallTheatre.com.

California Shakespeare Theater (Cal Shakes) the world premiere modern verse translation of William Shakespeare's "King Lear" by playwright and Oakland-native Marcus Gardley ("black odyssey" at Cal Shakes). "LEAR" performs at the Bruns Memorial Amphitheater (100 California Shakespeare Theater Way, Orinda) Sept. 7-Oct.

2. Single tickets (ranging from \$35-\$70) are available online at calshakes.org or by calling (510) 548-9666.

Other

Join us on Sunday, Aug. 28 for the annual Kapnek Trust USA fun run/walk. Starting at 9 a.m. on the Moraga Commons Path this event supports preschool education and nutritious food to children in Zimbabwe. Participants enjoy a T-shirt, food, music, carnival games, and fun! To register go to: <https://kapnektrustusafunrun.eventbrite.com/>

Mocktails & Cocktails – Sunday, Aug. 28, 3 to 5 p.m. Join those who love art, literature, music and everything in between at The Coop, 32 Lafayette Circle, Lafayette. Time for some artsy conversation with Ani Breslin and Elana O'Loskey of the Lamorinda Arts Council. No host bar. Just show up. Questions? Email literary@lamorindaarts.org.

The Junior League of Oakland-East Bay is currently accepting new members. We're a friendly group of women from a varied background of professions, industries and passions. One of the things we all have in common is the desire to empower girls

and other women in our community through volunteerism, partnerships, trainings and other programs. Saturday, Aug. 20, 10 a.m. at The Hideout Kitchen & Café, 3406 Mt. Diablo Blvd., Lafayette. www.jloeb.org/join.

The 2022 Lafayette Art & Wine Festival will be held Saturday, Sept. 17, 10 a.m. to 7 p.m. and Sunday, Sept. 18, 10 a.m. to 6 p.m. in Downtown Lafayette. The Festival offers complimentary bike valet parking at 81 Lafayette Circle. Driving? The Festival is an easy walk or free shuttle ride from free Festival parking in the BART parking lot. Music on four stages features some of the Bay Area's top cover bands. <https://lafayettefestival.com>.

Community Coffee Meetings with the OUSD Board. The School Board wants to hear from you! Meet with us each Thursday morning following our monthly regular Board meetings. Two Board members will attend each coffee, and the members attending will rotate from month to month. We want to answer any questions you may have, hear your concerns and ideas, and share new information as it arises. Details at www.orindaschools.org/boardmembers

Garden

The Lafayette Community Garden and Outdoor Learning Center is celebrating its 11th year with a Community Open House on Sunday, Aug. 28 from 11 a.m. to 2 p.m. The event is free and will feature inspirational speakers. Jim 'Doc' Hale will share fascinating information about the people who lived on this land for centuries before the 1800s and a beekeeper from Mt. Diablo Beekeepers will talk about the amazing nature of bees and art of beekeeping. In addition to the speakers, there will be guided tours of the garden. (925) 946-0563.

Please submit events to: calendar@lamorindaweekly.com

Lamorinda Weekly

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LAMORINDA SPORTS

Acalanes' Stefan Raeth starts his major league baseball career



Stefan Raeth

Photos provided

By Jon Kingdon

For the second year in a row, a player from Acalanes was drafted by a major league baseball team. Last year, Davis Diaz, a shortstop, was drafted right out of high school in the 10th round by the Arizona Rattlers but opted to matriculate and play baseball for Vanderbilt University.

This past month, Stefan Raeth, a right-handed pitcher, after attending, Napa J.C., Los Medanos, and the University of Washington, was selected in the 17th round by the Seattle Mariners.

It was a true family affair with Stefan, his sister Simone and their parents Thomas and Tamara together as they watched the draft on TV. "It was very cool and was almost surreal because I knew, when Stefan was young, he had a

true passion for the sport," said Thomas. "It was fantastic to see him drafted."

At 5'10" 140 and with an 85 mph fastball when he played for Acalanes, Raeth was well aware that he needed to get bigger and stronger. "Looking back, I'm not the same person I was there, but I have nothing but good things to say about my time at Acalanes," Raeth said.

Attending Los Medanos proved to be a key factor in Raeth's growth as a player. "It was a good fit and they proved to be some of the best coaches I had worked with. I hit 90 mph for the first time at Los Medanos. After I added the weight, I got more consistent with my velocity," Raeth said.

Watching the major league pitchers throw with such velocity does not look that difficult to the average viewer but

that is far from the case. "People say it's effortless to throw 90-95 mph," Raeth said. "There is nothing effortless about it. Throwing that hard puts a strain on your muscles so you do everything you can to stay ready like getting deep tissue and muscle therapy and figuring which stretches work. It's a combination of everything going hand in hand."

It was the staff at Los Medanos that got Raeth's name out to the coaches at Washington. Though no promises were made to Raeth by Washington, he was welcomed to the team as a walk-on. "They told me that they would love to have me, but they did not know if I would be able to make the team," Raeth said "I knew I didn't have to have a big scholarship but it's who you are and how you play on the field that matters."

Majoring in finance in his two years at Washington, Raeth would appear in 56 of the 106 games Washington played, welcoming every opportunity to show what he could do. "My first year, I was used in short relief and in my second year, I averaged two appearances each weekend and if they asked me to start, I would start," Raeth said.

At Washington, Raeth was a fastball, slider, change up pitcher knowing how those pitches play off each other and was most comfortable throwing the slider (a breaking ball that is slower than a fastball but faster than a curveball).

"I threw my slider as much as my fastball and I always tried to find a way to throw the slider because it was such a plus pitch for me," Raeth said. "Everybody knew they were going to get a lot of sliders and I just had to find ways to adapt when the hitters knew what was coming."

Raeth, a longtime S.F. Giants fan who bats lefty because he was a big Barry Bonds fan from an early age has also been compared to former Giants



pitcher Sergio Romo whose main pitch was also the slider.

"At Washington I was told that my slider is very similar to Romo's," Raeth said. "I've been compared to him quite a bit though I do throw harder than he does now. The Mariners are a team that stresses throwing the slider with their minor league teams, and they suggested throwing it 85% of the time and I see nothing wrong with that."

Raeth had little time to sit around and ponder his future as he was almost immediately called, along with all of the other Seattle draftees and free agents, to report to their complex in Peoria, Arizona.

"We had lot of talks about how the Mariners do things," Raeth said. "The pitching coach gave us a rundown as to what they wanted us to do this year and the next in seeing what we could do. There was a lot of analytical stuff such as spin rates on our pitches and how they grade the pitchers. They were all aware of my skills coming in. Velocity is king and they let us know the harder you throw the better your pitches are, in general, so I am

trying to put on weight in order to do that. A lot of that comes in the weight room where a lot of the unseen games are, and it will be seen when you get out on the mound."

Raeth learned soon enough where he would begin his professional career. "I had just moved into an apartment and then received a text that I was going to be playing for their low A team in Modesto. I met my parents at the Oakland airport where they dropped off my car and I drove the 73 miles to Modesto with a teammate, which helped since it would have been a \$200 Uber ride. Playing there is a way to get our feet wet and learn what we're supposed to do and how to execute the way they want you to do things. For the next five weeks, we will play six games a week. It is exciting."

It's been a whirlwind since that eventful draft day for Raeth: "I heard from a lot of people that I hadn't heard from in a while. I'm thankful for the opportunity and hopefully it will all work out. I just want to find ways to get better."

Liftathon at Acalanes High School



Girls 500-Pound Club, bottom row, from left: Apple Walton, Jasmine Frost; top row: Monica Dikova, Katelyn Olin, Chloe Lockwood, and Addie Ames

By Jon Kingdon

Sports has become a year-round event for many high schoolers. If they're not playing in a summer league, many spend their summers preparing for the upcoming school year on the field and in the

weight room.

As the summer weight room program was concluding at Acalanes, Jeff Julian, the Acalanes Booster's webmaster and video coordinator, took it upon himself to organize a "Liftathon" competition. With about 600 Acalanes student-athletes working out over the



Boys 1000-Pound Club, bottom row, from left: Kyle Bielawski; top row: Sulley Bailey, Brady Morrow, John Rusk, Zach Robb, Jake Boselli, Marcus Julian, Jack Giorgianni, Tyler Murphy, Henry Hagel, Vic Nicolakis, Paul Kuhner, Nathan Kim (not pictured: Tyler Worthington)

summer, Julian set up a competition to see how many of them would take on a three-lift challenge (Bench, Squat and Dead Lift) to try and reach a composite 1,000 pounds for the boys and 500 for the girls, giving them a goal to shoot for.

Seventy-five athletes (60 boys and 15 girls) put up \$40 to

enter the competition. Each participant received an Acalanes Liftathon T-shirt and the funds left over went to help support the Acalanes Strength and Conditioning program throughout the year.

In the end, 15 boys made the 1,000-pound club led by Tyler Worthington's 480-pound

deadlift and Marcus Julian's three lift total of 1,115 pounds. There were six girls who made the 500-pound club led by Jasmine Frost deadlifting 265 pounds and Katelyn Olin finishing with a total of 627 pounds.

... continued on Page C2

Photos Acalanes Boosters

Liftathon at Acalanes High School

... continued from Page C1

Julian had three goals in mind when he set up the competition: "I wanted to encourage all of the athletes in all of the sports to use the weight room. I wanted to provide a fun event so that the athletes could see how their lifting has made them stronger and to help generate more funds to be able to purchase more equipment and allow more hours for the weight room to be available."

Tim Sil has been the strength coach at Acalanes for four years, after coming over from Miramonte. "When I got

here, the Booster Club came to me and said that they had funds available to upgrade the weight room," Sil said. "So, (trainer) Chris Clark and I figured out what we needed and put together the layout of the room."

Sil, who also coaches the defensive backs for the football teams, has been studying weight training for 10 years, has attended numerous clinics and has developed his own weight training principles. "My philosophy is 'Less is more,'" Sil said. "I try and set up workouts for three days a week and have them rest in between. We will do upper, lower, and full rotational lifts. I will start with mo-

bility on various parts of the body then will lead into their lifts and then accessories and plyometrics. I like movement-based work as I don't want the athletes to get too tight."

Those athletes that have been coming in since their freshman year have shown great strength gains, but there's a lot more to it than that for Sil: "Everything we do is with the idea of preventing injuries. We've seen a decrease in injuries. We've only had two concussions per season in the last four years."

Besides setting up the lifting programs, Sil also has to manage the increased number

of lifters along with the new freshmen classes: "Working with the freshmen is a little harder because this is the first time for many of them to be working with weights. It will get crowded in the wintertime and I have to be creative with setting up the workouts to make sure everyone and everything is safe in here."

Along with Chris Carter, there are other coaches that work along with Sil in the weight room like Mike Ivankovich who started the weight room back in the 1990s and Connor Hornsby, the Dons' baseball coach, who runs the program for his team.

With an influx of new weight room equipment this past year, there has been a concomitant increase of athletes and teams that began to utilize the weight room. "We had about 90% participation of the school's athletes that participated in the weight program this summer with just about every Acalanes team participating," Julian said. "The water polo and swim teams numbers were low for the Liftathon as most were competing in the junior Olympic tryouts. This is the first year we've done this and I'm hoping to make this an annual event as part of the Boosters."

Rod Farvard – ultra marathoner



Photo provided

Rod all smiles meeting his crew at mile 31 of WSER at the Robinson Flat Aid Station.

... continued from Page B1

In my training, there's just so much time for things to go wrong that it's actually a little bit exciting. It's like, can I beat the clock today and push my body to outperform what I thought I could do."

In March 2020, Elation Health chose to operate remotely. Farvard and his girlfriend opted to move to Mammoth Lakes, an environment that satisfied his aesthetic desires and was an ideal area, at an altitude of 8,000 feet, for his training. "I mostly moved out here for the mountains and the trail riding," Farvard said. "I also like climbing and peak bagging (attempting to reach a collection of summits published in the form of a list) and things like that. It's a really amazing area with a number of 14,000-foot peaks. I've always wanted to live in a high altitude and see

what it would do for my running."

The 'A' race for Farvard at this point was The Western States 100-mile endurance run, the world's oldest 100-mile trail race starting in Olympic Valley, California, and finishing 100.2 miles later in Auburn, California.

Farvard first ran in a shorter ultramarathon race in San Diego where he qualified for the Western States ultramarathon. "I was absolutely hooked on the community and the way the event was run," Farvard said. "It was an out-of-body racing experience that I didn't get in the triathlons. It was a very unique, captivating experience."

Farvard finished in 58th out of the 380 entrants in the Western Open with a time of 22 hours and 48 minutes. Farvard's goal was to finish in the top 10 and for 80% of the race, things

went as planned. "I'm essentially running the whole time averaging eight-to-nine-minute miles," Farvard said. "Where this race went south was around mile 80 when I couldn't stomach anything, so I basically had to walk in the last 15 or so miles which resulted in a very slow time and a very bad position."

The races have proven to be a constant learning experience in both mind and body for Farvard: "Self-belief is huge. The person that's not telling themselves they're going to do well is not going to do well. You have to be mentally strong and able to convince yourself that you can do this thing versus pain in the mind and body, but if your goal is just to finish this race, it's absolutely all mind."

Runners can hit the wall where the mind wants to quit but for Farvard it was in his training where he learned to break through that symbolic wall. "Every day in training is a mental battle," Farvard said. "It's a matter of not letting anything bother you. I want to hit that wall because it teaches me how to get out of it and how to prevent getting there during a race. I focus on running with the same rhythm and cadence that I want during the race."

Every runner will have their own technique in handling the distances in what is going on in their heads. "I try to stay as present as possible, monitoring for myself," Farvard said. "I don't like getting distracted and I try stay in the pre-

sent, focusing on my breath, my steps, and my surroundings. I'm always thinking about what is happening and imposing my moment in that race."

In many ways, Farvard has come to understand himself better through these challenges: "I learned about my weaknesses more than anything. I'm not a very patient person and that's something I'm really trying to work on. I've also learned that I'm extremely competitive and how much I've really enjoyed the races and how it really matters to me."

In his preparations, Farvard learned not to overtrain and to plan in how to run each race. "It's incredibly easy to go overboard," Farvard said. "I will feel I need to train super long but that's a great road track to injury. It's easy to go out hard because you want to win the race, but you can really be suffering in the back half of the race. I've gotten a bit more strategic in my racing and have been pacing things better but it's a really fine line."

Farvard has sponsors for shoes, apparel, backpacks and bottles. He will compete in ultramarathons about every two months and, as a rule, training everyday, going through about 15 pairs of shoes each year.

Most of Farvard's races are in the United States but he is currently planning on going to Chamonix, France for the Ultra Trail du Mont Blanc Ultramarathon at the end of August. It is 106 miles long with an elevation gain of 33,000 feet. Even

with strict qualifications, the race will have 2,500 starters with a history of 35-40% of the racers unable to finish the race.

Farvard has a support staff at each of the ultramarathons. "I get most of my aid from my crew because they will have more of the stuff I've been practicing using. For the race in France, my parents are going to come along with my girlfriend. I have a lot of friends who will also be competing. There are multiple races and it's like a festival so when we're not racing, we're helping each other," Farvard said.

Not afraid to take on any challenge, Farvard took it upon himself to run the 210-mile John Muir trail in the Sierra Nevada mountain range last summer and, as in all his races, was careful to avoid injuries. "It took a little over three days and it was just non-stop moving so I had a lot of caffeine though I would take an hour nap here and there," Farvard said. "A lot can happen in these runs so I'm definitely on the better side of technical running. You have to be conscious but it's not like it occupies my mind at any point. I can see myself racing 200-mile races at some point competitively."

In the end, it has to take more than just a drive to run these daunting distances for Farvard: "I run every day. Obviously, I'm training for races and stuff like that. But even when I don't have a race on the calendar, I still run every day because I absolutely love it."

CCFOA seeks officials for high school and youth football

The Contra Costa Football Officials Association is looking for men or women interested in officiating high school and youth football this fall. It's a great experience that leads to great camaraderie as well being able to make up to \$300 a week. (This amount may vary depending on availability and number of games officiated.) Most games are in Southern Solano County, Central and East Contra Costa County, and Central and Eastern Alameda County. Email Assignor Dave Cutaia at cutaia@aol.com if you are interested.

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Rancho Colorados swimmers score at LSC and CCCC



Submitted by Jennifer Nipp

Four swimmers from the Rancho Colorados Swim Team took high-point honors at the 10th Annual Lafayette Swim Conference Championship, July 23-24, at the Acalanes High School Heaston Aquatics Center in Lafayette.

The winning Lafayette resident swimmers are: Clara Roggensack (15-18 Girls), Niko Tzorbatzakis (13-14 Boys), Lucy Kao (13-14 Girls) and Caleb Mason (11-12 Boys). Additionally, Kao won 13-14 High Point Outstanding Girl Swimmer at the 61st Annual Contra Costa County Championship the following weekend also held at the Heaston Aquatics Center.

Located in Burton Valley, the Rancho Colorados Swim Team is a recreational team focused on fostering a fun, nurturing environment for swimmers to develop stroke technique, and a love for swimming.

Photo provided

From left: Clara Roggensack, head coach Adrian Lohse, Caleb Mason and Lucy Kao (not pictured Niko Tzorbatzakis)

Submit sports stories and story ideas to sportsdesk@lamorindaweekly.com

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Lamorinda

OUR HOMES

Lamorinda Weekly

Volume 16

Issue 13

Wednesday, August 17, 2022



Handyman Jim Hurley moving home theater read on Page D4

Digging Deep with Goddess Gardener, Cynthia Brian

Plants, pets, and poisons



Colorful African daisies.

Photos Cynthia Brian

By Cynthia Brian

“Flowers have an expression of countenance as much as men or animals. Some seem to smile, some have a sad expression, some are pensive and diffident, others again are plain, honest, and upright.” ~ Henry Ward Beecher

And may I add ... some are very poisonous!

Since I was a child growing up on a farm, I have adopted and raised every type of creature, both domesticated and wild. Dogs, cats, rabbits, squirrels, chickens, ducks, geese, cows, horses, sheep, ponies, deer, birds, pigs, goats and more roamed our barnyards. My family never allowed indoor pets, yet many of our animal friends followed us around our expansive gardens as we did our chores, sometimes nibbling on roses or gnawing on low voltage wires, but never getting sick. It seemed that our animals had an innate knowledge of what plant was poisonous and they stayed clear of the oleander, digitalis, hemlock, and hundreds of other



Blue plumbago is eye-catching and safe for pets in the garden.

toxic specimens.

Recently I was hired by a lovely client to provide a colorful garden design for the family’s backyard. The caveat to the project was that their sweet puppy ate anything growing. While we walked around the yard, the pooch did indeed sample everything. When I submitted my suggested planting list, I was confident that my choices would be fine with a plant-eating pet.

I was wrong. Several of my choices could have caused health issues depending on the amount consumed, potential allergies, or other matters.

In general, plants that are considered toxic or poisonous to people are poisonous to most animals. For example, although humans enjoy many types of mushrooms, there are numerous lethal mushrooms when ingested. If your pet nibbles on a mushroom in the wild, it must be treated as toxic. There have been instances where a plant that is safe for humans has been poisonous to an animal. ... continued on Page D13

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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	24	\$1,250,000	\$3,925,000
MORAGA	19	\$490,000	\$2,880,000
ORINDA	24	\$1,599,000	\$4,000,000

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

LAFAYETTE

- 1140 Bacon Way, \$1,700,000, 4 Bdrms, 1640 SqFt, 1954 YrBl, 06-24-22,
Previous Sale: \$1,040,000, 08-22-16
- 3568 Brook Street, \$1,650,000, 2 Bdrms, 1314 SqFt, 1939 YrBl, 06-30-22,
Previous Sale: \$775,000, 02-03-06
- 1211 El Curtola Boulevard, \$1,400,000, 3 Bdrms, 1725 SqFt,
1950 YrBl, 06-15-22
- 17 Ewart Dlx, \$1,595,000, 3 Bdrms, 1565 SqFt, 1958 YrBl, 06-16-22,
Previous Sale: \$900,000, 04-26-05
- 4 Foothill Park Terrace, \$2,140,000, 4 Bdrms, 2336 SqFt, 1958 YrBl, 06-13-22
- 3812 Happy Valley Road #E, \$3,925,000, 2 Bdrms, 4111 SqFt,
1948 YrBl, 06-13-22
- 3153 Indian Way, \$2,610,000, 4 Bdrms, 2457 SqFt, 1959 YrBl, 07-07-22,
Previous Sale: \$1,012,000, 04-01-04
- 10 Kelly Ann Court, \$2,100,000, 4 Bdrms, 1884 SqFt, 1977 YrBl, 06-16-22,
Previous Sale: \$930,000, 11-07-16
- 717 Los Palos Drive, \$2,540,000, 3 Bdrms, 2185 SqFt, 1946 YrBl, 06-20-22
- 3301 Mildred Lane, \$1,930,000, 4 Bdrms, 1951 SqFt, 1951 YrBl, 07-07-22,
Previous Sale: \$720,000, 03-28-03
- 3474 Monroe Avenue, \$1,508,000, 2 Bdrms, 1158 SqFt, 1941 YrBl, 06-17-22
- 1062 Oak Hill Road, \$1,250,000, 3 Bdrms, 1137 SqFt, 1959 YrBl, 06-28-22,
Previous Sale: \$1,500,000, 03-29-22
- 2602 Pebble Beach Loop, \$1,475,000, 4 Bdrms, 1610 SqFt, 1963 YrBl, 06-14-22,
Previous Sale: \$981,000, 07-19-21
- 3215 Rohrer Drive, \$2,525,000, 4 Bdrms, 2688 SqFt, 1952 YrBl, 06-28-22,
Previous Sale: \$1,675,000, 06-25-19
- 1261 Rose Lane, \$5,675,000, 5 Bdrms, 4945 SqFt, 1999 YrBl, 07-01-22,
Previous Sale: \$3,750,000, 08-24-21
- 878 Santa Maria Way, \$3,325,000, 4 Bdrms, 3012 SqFt, 1961 YrBl, 06-29-22
- 361 Shire Oaks Court, \$2,100,000, 4 Bdrms, 2064 SqFt, 1964 YrBl, 06-28-22
- 3560 Silver Springs Road, \$3,600,000, 4 Bdrms, 3482 SqFt, 1956 YrBl, 07-01-22,
Previous Sale: \$2,370,000, 11-13-12
- 3318 Stage Coach Drive, \$3,010,000, 4 Bdrms, 3384 SqFt, 1983 YrBl, 06-13-22,
Previous Sale: \$2,075,000, 02-05-19
- 1211 Sunset Loop, \$1,588,000, 4 Bdrms, 1652 SqFt, 1949 YrBl, 06-14-22,
Previous Sale: \$127,000, 10-01-86
- 27 Toledo Drive, \$3,150,000, 5 Bdrms, 3616 SqFt, 1979 YrBl, 06-17-22
- 3320 Walnut Lane, \$1,250,000, 4 Bdrms, 1535 SqFt, 1950 YrBl, 06-29-22
- 3589 Walnut Street #D, \$1,375,000, 2 Bdrms, 1506 SqFt, 1979 YrBl, 07-08-22,
Previous Sale: \$853,000, 05-23-19
- 1006 Woodbury Road #201, \$2,555,000, 3 Bdrms, 2468 SqFt,
2015 YrBl, 06-29-22

... continued on Page D12

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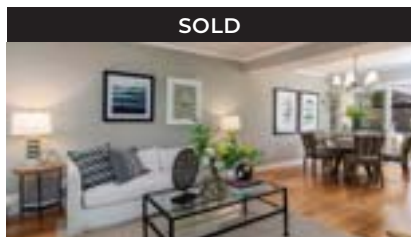
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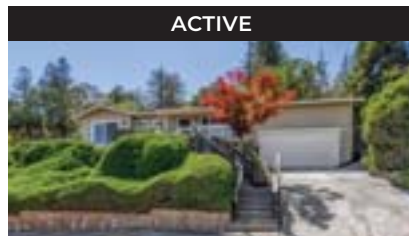
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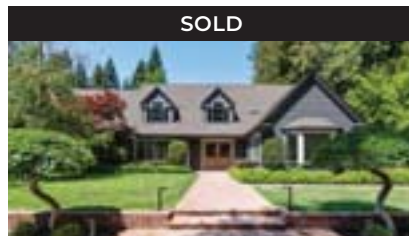
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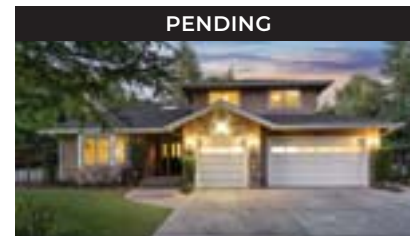
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J. DEL SANTO/K. WOOD | 925.381.7172



3918 LOS ARABIS DRIVE, LAFAYETTE
SOLD FOR \$2,621,000
TINA FRECHMAN | 925.351.5049



3350 S. LUCILLE LANE, LAFAYETTE
OFFERED AT \$1,499,000
SMITH HOMES TEAM | 925.998.1914



1886 CHAPARRO COURT, WALNUT CREEK
OFFERED AT \$2,099,000
BRYAN HURLBUT | 925.383.5500



17 BATES BOULEVARD, ORINDA
SOLD FOR \$2,600,000
MATT MCLEOD | 925.464.6500



3270 JUDITH LANE, LAFAYETTE
SOLD FOR \$1,710,000
C. HATA & L. LEGLER | 510.912.5882

BRYAN HURLBUT



925.383.5500
DRE# 01347508

CHERYL HATA



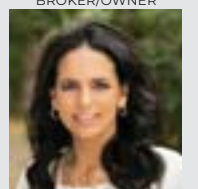
510.912.5882
DRE# 013859346

JILL BALAZS



925.804.0200
DRE# 02038791

JULIE DEL SANTO
BROKER/OWNER



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DRE# 01290985

KELLY WOOD



925.381.7172
DRE# 01931711

LISA TICHENOR



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DRE# 01478540

LORI LEGLER



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DRE# 00805732

MATT MCLEOD



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DRE# 01310057

PAMELA & DON
COLOMBANA



925.878.8047
DRE# 01979180/01979181

RUTH EDDY



925.788.5449
DRE# 01313819

SHELLEY RUHMAN



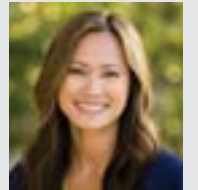
510.506.1351
DRE#01180260

SHERRY HUTCHENS



925.212.7617
DRE# 01320608

TINA FRECHMAN



925.915.0851
DRE# 01970768



What to do when it's moving day for your home theater



Photo bigstock images

By **Jim Hurley**

Let's face it, your modern home doesn't have just a TV anymore. You have a home entertainment center with game boxes, sound systems, and video players attached in a crazy quilt of cables going everywhere. Typically this has been set up over time as components are added by various installers, including your teenagers, and you have no idea what goes where or how it works. That's OK until the day comes to move. How to get this mess from the old home to your new home? Especially when the teenagers have moved out?

I recently tackled this problem for a client and had success by borrowing a concept from my buddy Sven at IKEA.

Grab your roll of masking tape and a marking pen and label each line before you unplug anything. I used a letter/number system. Assign a letter to the component and print it on a piece of tape, stick the tape on the component. Start at the back of your TV. Label the TV "A"

and each cord with a number, A1, A2, A3 etcetera. Also label the back of the TV where each of those cords are connected with the corresponding letter/number. (Or take a picture of where they are connected, or both in case a label gets lost in transit.) Now you're ready to disconnect the cords and take the TV off the wall.

Next you want to label all the components in the console where they are hiding. It's probably pretty dark inside there, so get some extra light to make your job easier. Has the housekeeper possibly neglected to dust in there? You might want a cleaning rag to wipe things down as you go.

Pick a box, any box, and assign a letter. "B" is good unless you used that for the sound bar under the TV. I got creative and used X for the X box and W for the Wii. Anyway, label the component with a letter and label each cord coming off it with a letter/number combination. Then label the points where each cord is inserted or take a photo. Label the power cords as well; it will be helpful when you reconnect later. Then unplug those cords and move to the next component.

Eventually, I had all the components and cords out of the cabinet and off the wall and boxed for the move. I know this sounds tedious, but it only took an hour and saved a lot of time and trouble later.

When things arrive at the new house, it is time for assembling the mess. First mount the TV (and sound bar if included) in their new location. Then unbox all the components and wires and sort them out by letter. Start at the TV again and then plug in one component at a time. Connecting letter to letter and number to number should go easily. Refer back to your pictures when in doubt. It might be a really good time to smooth out the cords and maybe even use zip ties to bundle things together for a clean look and more stability when the housekeeper starts dusting more frequently down there.

Hopefully, nothing got lost in transit and everything works on the first try when you turn it on. Hopefully too, your internet service provider has been able to get you connected to the outside world of digital information and entertainment. If something is not working, call a teenager. They seem to intuitively know how this stuff should be connected and which remote control to use.

Jim Hurley is an independent handyman with over 25 years of experience in residential repairs. Hopefully this free advice is helpful to someone attempting Do-It-Yourself home repairs. The information presented is intended for informational purposes and for use by persons having appropriate technical skill, at their own discretion and risk.



Recent sales

Represented Sellers:

48 Rheem Blvd, Orinda \$3,000,000
 519 Miner Road, Orinda \$8,000,000
 10 El Sueno, Orinda \$3,707,000
 63 La Cuesta, Orinda \$2,900,000
 3423 Freeman Road, Walnut Creek \$1,450,000
 65 Hillcrest Drive, Orinda \$2,200,000
 21 El Patio, Orinda \$3,950,000
 20 Tia Place, Moraga \$1,751,000
 17 Camino Don Miguel, Orinda \$2,450,000
 18 Woodside Glen Court, Oakland \$1,755,000
 653 Miner Road, Orinda \$2,500,000
 102 Meadowview Road, Orinda \$3,108,000
 71 Camino Don Miguel, Orinda \$1,970,000
 11 Las Palomas, Orinda \$1,800,000
 35 Candle Terrace, Orinda \$4,425,000
 116 Scenic Drive, Orinda \$2,500,000
 22 Camino Sobrante, Orinda \$2,000,000
 25 Marston Road, Orinda \$1,881,000
 12 Los Arboles, Orinda \$2,050,000
 15 Ichabod Lane, Orinda \$2,900,000
 2397 Warren Road, Walnut Creek \$2,400,700
 270 Camino Sobrante, Orinda PENDING

Represented Buyers:

78 Greenfield Drive, Moraga \$1,435,000
 754 Augusta Drive, Moraga \$1,515,000
 63 La Cuesta, Orinda \$2,900,001
 17 Camino Don Miguel \$2,450,001
 146 Camino Sobrante, Orinda \$2,750,000
 52 Evergreen, Orinda \$2,200,000
 46 El Gavilan, Orinda \$1,825,000
 825 Hidden Pond Court, Lafayette \$1,800,000
 600 Tahos Road, Orinda \$3,980,000
 362 Camino Sobrante, Orinda \$5,700,000
 46 El Gavilan, Orinda \$1,825,000
 243 El Toyonal, Orinda \$1,600,000
 12 Los Arboles, Orinda \$2,050,000
 57 Bobolink Rd, Orinda \$1,975,000

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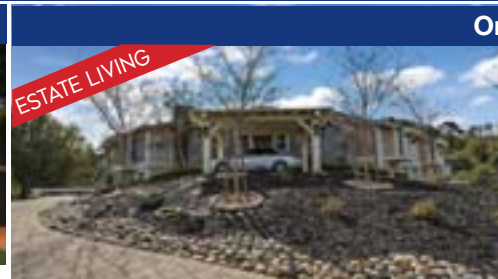


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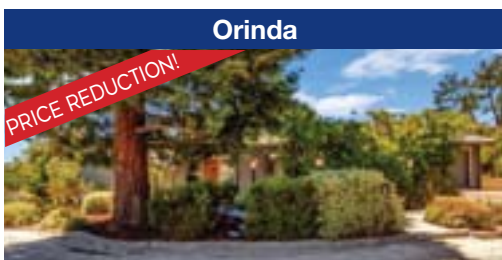
Orinda
17 Camino Encinas \$6,950,000
 Gated downtown estate. East coast traditional design. Constructed with world-class materials & craftsmanship.
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25 Rustic Way \$5,750,000
 Gated Private Glorietta Estate on 8.14 acres with a custom build by the original owner has everything you could want in a home! Pool, tennis court, flat areas for play and entertaining, 8,514 square feet and an indoor gymnasium-racket ball court. Potential for subdivision of additional parcels.
 Laura Abrams 510.697.3225
 25rusticway.com Lic#01272382



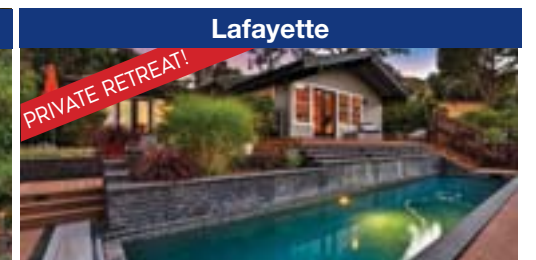
Lafayette
1456 Rancho View Dr \$3,595,000
 Private retreat w/ gorgeous views from the pool deck. Chef's kitchen, great room & formal dining room.
 5 Beds | 4 baths | 3,853 Sqft. | 39,910 lot
 Kelly Crawford Team 925.998.5599
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Orinda
6 Dover Ct \$2,250,000
 Beautifully maintained home on quite cul de sac with high ceilings & stunning decks.
 4 Beds | 2.5 Baths | 2,735 Sqft. | 27,650 lot
 Bev Arnold 925.788.8516
 kellycrawfordhomes.com Lic#01154860



Orinda
19 Candlestick Road \$1,895,000
 Sophisticated Architect designed Contemporary home with views, outdoor entertaining, flat lawn and located on a cul-de-sac.
 Laura Abrams 510.697.3225
 19candlestick.com Lic#01272382



Lafayette
1062 Oak Hill Rd \$1,447,000
 Mid-century modern 1 block from Bart and 2 blocks from downtown Lafayette. Level yard and private.
 3 Beds | 2 Baths | 1,137 Sqft | 10,890 lot
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 kellycrawfordhomes.com Lic#01327015



Lafayette
912 Dana Highlands Ct \$2,295,000
 Stunning single level home on a corner lot in coveted Reliez Valley Highlands.
 5 Beds | 3 Baths | 3,103 Sqft. | 15,100 lot
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Moraga
144 Draeger Drive \$1,500,000
 Rheem Valley Manor single-story home with 4 bedrooms, 2.5 baths and private yard. Sold with 3 offers. Closed in 10 days. Represented the seller.
 Michelle Holcenberg 925.324.0405
 holcenberg.com Lic# 01373412



Pleasant Hill
142 Devon Ave \$1,175,000
 Marvelous tri-level, 4/2, Coveted Shannon Hills neighborhood, near everything, fruit trees, private and quiet. Represented buyers.
 Tom Stack 925.878.9964
 TomStack.com Lic# 01501769



Lafayette
1224 Juanita Drive \$1,235,000
 2/1 with large lot for ADU. HW Floors, charming kitchen, fruit trees, Lafayette schools.
 REPRESENTED ECSTATIC BUYERS
 Tom Stack 925.878.9964
 TomStack.com Lic#01501769



Moraga
144 Draeger Drive \$1,500,000
 Rheem Valley Manor single-story home with 4 bedrooms, 2.5 baths and private yard. Sold with 3 offers. Closed in 10 days. Represented the seller.
 Michelle Holcenberg 925.324.0405
 holcenberg.com Lic# 01373412



Pleasant Hill
142 Devon Ave \$1,175,000
 Marvelous tri-level, 4/2, Coveted Shannon Hills neighborhood, near everything, fruit trees, private and quiet. Represented buyers.
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100 El Toyonal, Orinda, 5 bedrooms 3 baths, designed by Robert Klemmedson, pool , all on use-able 1/2 acre of land. \$1,950,000.



381 Read Drive, Lafayette, 6 bedrooms 4 baths, 4498 square feet, pool, built in 1985, short walk to Burton Valley School. Privacy on 1.07 acres of land. \$3,100,000.



43 Overhill Rd., Orinda, 5 bedrooms 5 baths, classic estate home with pool, pool house, pickle ball court , situated on .89 acres. \$2,895,000.



494 Fernwood Dr., Moraga, 4 bedrooms 2.5 baths, views of Moraga, pool, room for more on nearly 1/2 acre lot. \$1,995,000.



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KELLY WOOD

REAL ESTATE

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I want to express my heartfelt appreciation to Broker/Owner Julie Del Santo and her amazing staff, my Dudum colleagues, and the Lamorinda community for the support I've received of my real estate business. Home means everything, and it's my pleasure to help both sellers and buyers realize their real estate dreams.



SALES ACTIVITY WITH DUDUM

1259 Redwood Lane, Lafayette** \$8,810,000	69 Hillcrest Drive, Orinda* \$2,700,000
30 Sanford Lane, Lafayette \$4,850,000 · Buyer & Seller	473 Florence Drive, Lafayette* \$2,705,000
44 Robert Road, Lafayette* \$4,650,000	717 Los Palos Drive, Lafayette* \$2,540,000
16 El Camino Corto, Walnut Creek* \$3,759,000	30 Brandt Drive, Moraga* \$2,515,000
1540 Cervato Drive, Alamo* \$3,775,000	165 Ponderosa Lane, Lafayette \$2,225,000 · Buyer & Seller
31 Darryl Drive, Orinda \$3,600,000	163 Crestview Drive, Orinda \$2,155,000
65 Adobe Lane, Orinda* \$3,506,757	944 Yorkshire Court, Lafayette** \$2,076,567
42 Ardilla Road, Orinda* \$3,300,000	225 Lombardy Cir., Walnut Creek* \$1,670,000
63 Meadow View Road, Orinda* \$3,200,000	3363 N. Lucille Lane, Lafayette \$1,550,000
2 La Cresta Road, Orinda* \$3,030,000	951 Yorkshire Court, Lafayette** \$1,520,000
1056 Roderick Court, Lafayette* \$3,010,000	1703 Berrywood Drive, Concord* \$1,474,000
2000 Reliez Valley Rd, Lafayette \$2,850,000	945 Yorkshire Court, Lafayette** \$1,270,000
3490 Black Hawk Rd, Lafayette* \$2,750,000	35 Adobe Lane, Orinda* \$1,200,000
3357 Springhill Road, Lafayette* \$2,725,000	

*Represented Buyer **Co-Listed

KELLY WOOD

925.381.7172

kellywoodrealestate.com

kelly@kellywoodrealestate.com

REALTOR® DRE# 01931711

DUDUM
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Lamorinda home sales recorded ... continued from Page D2

MORAGA

2067 Ascot Drive #142, \$490,000, 1 Bdrms, 753 SqFt, 1971 YrBlt, 07-06-22, Previous Sale: \$255,000, 07-16-15
 1926 Ascot Drive, \$1,150,000, 2 Bdrms, 1478 SqFt, 1973 YrBlt, 07-08-22, Previous Sale: \$540,000, 12-05-06
 1996 Ascot Drive #A, \$579,000, 2 Bdrms, 1066 SqFt, 1973 YrBlt, 06-15-22, Previous Sale: \$461,000, 07-03-06
 2135 Ascot Drive #22, \$780,000, 2 Bdrms, 1529 SqFt, 1969 YrBlt, 06-17-22
 818 Augusta Drive, \$2,100,000, 3 Bdrms, 2148 SqFt, 1978 YrBlt, 07-08-22, Previous Sale: \$1,100,000, 11-07-20
 830 Augusta Drive, \$1,050,000, 2 Bdrms, 1743 SqFt, 1978 YrBlt, 06-28-22, Previous Sale: \$875,000, 05-23-18
 23 Corte Mateo, \$1,795,000, 3 Bdrms, 1808 SqFt, 1972 YrBlt, 06-27-22
 832 Country Club Drive, \$1,360,000, 2 Bdrms, 1464 SqFt, 1973 YrBlt, 06-17-22
 828 Crossbrook Court, \$2,875,000, 5 Bdrms, 2654 SqFt, 1964 YrBlt, 06-27-22
 129 Cypress Point Way, \$1,150,000, 2 Bdrms, 1743 SqFt, 1973 YrBlt, 06-21-22
 1011 Del Rio Way, \$2,500,000, 4 Bdrms, 2437 SqFt, 1967 YrBlt, 06-16-22, Previous Sale: \$1,480,000, 08-12-19
 6 Dolores Court, \$1,195,000, 3 Bdrms, 2095 SqFt, 1984 YrBlt, 06-13-22, Previous Sale: \$710,000, 10-02-13
 248 Draeger Drive, \$2,880,000, 4 Bdrms, 2604 SqFt, 1972 YrBlt, 06-14-22, Previous Sale: \$1,750,000, 08-05-19
 23 Fieldbrook Place, \$1,820,000, 4 Bdrms, 1782 SqFt, 1963 YrBlt, 06-13-22, Previous Sale: \$985,000, 06-17-14
 3 Josefa Place, \$930,000, 2 Bdrms, 1211 SqFt, 1985 YrBlt, 06-27-22, Previous Sale: \$754,000, 03-19-18
 402 Redfield Place, \$1,800,000, 5 Bdrms, 2380 SqFt, 1968 YrBlt, 06-17-22
 109 Sandringham Drive, \$2,500,000, 4 Bdrms, 2620 SqFt, 1974 YrBlt, 06-21-22, Previous Sale: \$1,150,000, 04-07-04
 63 Sanders Ranch Road, \$2,450,000, 4 Bdrms, 3114 SqFt, 1989 YrBlt, 06-15-22, Previous Sale: \$1,670,000, 08-29-19
 1723 Spyglass Lane, \$2,700,000, 3 Bdrms, 2430 SqFt, 1976 YrBlt, 06-14-22, Previous Sale: \$1,560,000, 05-10-21

ORINDA

161 Ardith Drive, \$1,300,000, 4 Bdrms, 1969 SqFt, 1959 YrBlt, 06-22-22
 105 Ardith Drive, \$2,100,000, 4 Bdrms, 2683 SqFt, 1960 YrBlt, 06-22-22
 25 Ardor Drive, \$2,400,000, 4 Bdrms, 2354 SqFt, 1954 YrBlt, 06-13-22, Previous Sale: \$600,000, 11-13-13
 1 Avis Court, \$2,600,000, 4 Bdrms, 3307 SqFt, 1957 YrBlt, 06-16-22
 119 Coral Drive, \$1,800,000, 3 Bdrms, 1470 SqFt, 1960 YrBlt, 06-17-22, Previous Sale: \$950,000, 05-17-13
 8 Crestview Court, \$1,600,000, 4 Bdrms, 1590 SqFt, 1955 YrBlt, 06-21-22, Previous Sale: \$860,000, 12-26-13
 10 Crestview Court, \$2,700,000, 3 Bdrms, 2317 SqFt, 1955 YrBlt, 06-16-22, Previous Sale: \$890,000, 10-10-07
 11 Crestview Court, \$2,395,000, 4 Bdrms, 3836 SqFt, 2005 YrBlt, 06-21-22, Previous Sale: \$1,825,000, 12-17-19
 17 El Rincon, \$1,599,000, 3 Bdrms, 1678 SqFt, 1928 YrBlt, 07-07-22, Previous Sale: \$950,000, 05-07-14
 372 El Toyonal, \$1,861,000, 4 Bdrms, 1896 SqFt, 1949 YrBlt, 07-01-22, Previous Sale: \$575,000, 06-16-00
 188 Ivy Drive, \$3,100,000, 5 Bdrms, 2649 SqFt, 1953 YrBlt, 06-16-22, Previous Sale: \$1,820,000, 08-09-18
 3 La Cuesta Road, \$1,900,000, 3 Bdrms, 1976 SqFt, 1952 YrBlt, 06-14-22, Previous Sale: \$1,205,000, 08-31-16
 69 Lombardy Lane, \$2,495,000, 4 Bdrms, 2744 SqFt, 1952 YrBlt, 06-22-22
 12 Los Arboles, \$2,050,000, 4 Bdrms, 2884 SqFt, 1947 YrBlt, 06-24-22, Previous Sale: \$1,480,000, 07-31-19
 134 Meadow Lane, \$3,270,000, 5 Bdrms, 2715 SqFt, 1952 YrBlt, 07-08-22, Previous Sale: \$1,647,000, 08-04-06
 63 Meadow View Road, \$3,200,000, 3 Bdrms, 3156 SqFt, 1951 YrBlt, 06-30-22, Previous Sale: \$758,000, 02-24-11
 21 Monte Veda Drive, \$2,387,000, 5 Bdrms, 3224 SqFt, 1962 YrBlt, 06-28-22, Previous Sale: \$45,000, 06-01-78
 26 Paintbrush Lane, \$3,500,000, 5 Bdrms, 4369 SqFt, 2017 YrBlt, 06-29-22, Previous Sale: \$699,000, 11-23-16
 20 Parkway Court, \$1,875,000, 4 Bdrms, 2004 SqFt, 1952 YrBlt, 06-14-22
 104 Ravenhill Road, \$1,800,000, 1 Bdrms, 1532 SqFt, 1974 YrBlt, 06-29-22, Previous Sale: \$589,000, 07-29-06
 4 Risa Court, \$1,905,000, 3 Bdrms, 2025 SqFt, 1957 YrBlt, 07-07-22, Previous Sale: \$1,360,000, 03-28-19
 1 Rustic Way, \$1,950,000, 4 Bdrms, 2076 SqFt, 1955 YrBlt, 07-08-22, Previous Sale: \$845,000, 10-11-12
 130 Sleepy Hollow Lane, \$1,850,000, 4 Bdrms, 2499 SqFt, 1952 YrBlt, 07-07-22
 27 Woodland Road, \$4,000,000, 5 Bdrms, 4206 SqFt, 1949 YrBlt, 06-20-22, Previous Sale: \$1,800,000, 11-07-08

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Digging Deep with Goddess Gardener, Cynthia Brian

Plants, pets, and poisons



Roses and snapdragons grow well together, yet roses have thorns.

... continued from Page D1

Often, animals eat larger amounts of the plant resulting in a greater problem.

As I went back to the drawing board to research a list of non-ruinous flowers, it became apparent that contradictions and confusion reign. In one report, a specimen was listed as safe, and in another, it was listed as dangerous. It became important to investigate the Scientific name as well as the Family name. For example, 1,000 species and over 10,000 hybrids of begonia, Scientific name: *Begonia* spp., Family: *Begoniaceae* are toxic, while climbing begonia known as *Rex Begonia*, Scientific name: *Cissus dicolor*, Family: *Vitaceae* are fine. The health, age, and size of the pet as well as how much they devour is a factor in whether your pet will be affected. A website that is helpful as a guide for plants that are toxic to dogs is the ASPCA. Visit



Sword ferns are excellent for shade gardens.

<https://www.asPCA.org/pet-care/animal-poison-control/dogs-plant-list>.

After examining numerous sources and talking to experts, my recommendation is to check with your personal veterinarian before landscaping as your doctor knows your pet best. Many plants with no known toxicity could still cause an allergic reaction under the right conditions. The juice or sap from some plants contains oxalate crystals which are shaped like tiny needles that could result in irritation of the mouth, or in severe instances, cause swelling of the throat and breathing difficulties. Exposure to selected juice or sap could cause itching or burning dermatitis. Minor toxicity plants may not cause any symptoms or induce mild vomiting or diarrhea. Major toxicity plants could have serious effects on body organs such as the heart, liver, or kidney. Just as each human reacts individually to stimuli, so do animals. For this reason,



Photos Cynthia Brian

Hollyhocks come in numerous colors and are hummingbird magnets.

a consultation with your veterinarian is advised.

Of course, there are other circumstances as well. Roses are considered healthy to eat for people and pets if they have not been treated with pesticides, insecticides, or other chemicals. However, a puncture wound from a thorn could cause irritation and pain in both humans and animals. Does this mean that we don't plant roses?

It's summer and tomatoes, peppers and beans fill many potagers. I've witnessed several friends' pets navigating the garden munching the ripe juicy veggies straight from the vine. The leaves of tomatoes, peppers, and potatoes contain solanine which can cause gastrointestinal distress and a slow heart rate. The beans could cause additional gas while potatoes need to be cooked before eating. Do we not plant vegetables?

... continued on next Page

Digging Deep with Goddess Gardener, Cynthia Brian

Plants, pets, and poisons

... continued from Page D13

What about garlic and onions? Plants in the Allium family can cause anemia in animals. Certain literature indicates that plants in this family should not be given to pets. Yet, garlic has been a medicinal food for centuries. It is rich in nutrients that boost immunity to numerous ailments. Our family feeds our animals small amounts of raw garlic as an agent to deter worms and repel ticks. Our pets are always healthy. The level of danger must be



Canna of all hues adds a tropical flair.

weighed by you, individually for your animals in concert with the expertise of your veterinarian.

I've always considered goats environmentally correct weed-eating and fertilizing animal machines. If you've ever witnessed hundreds of goats clearing a hillside of blackberry bushes, poison oak, and a variety of tall grasses, it's easy to believe that these ruminants can and will consume anything ... and everything. Yet, there are over 700 species of plants that could cause toxicity in goats.



The spectacular pink naked ladies grow in any soil condition.



Mahonia, AKA Oregon grape.



Muscari, also called grape hyacinth.

Fortunately for them, their internal antenna steers them away from the poisonous plants unless starvation is a factor.

This is a curated list of "safe plants for pets" culled from numerous research. With that being written, remember that you and your vet know your pet the best, so make sure to double-check that your beloved friend won't eat something harmful at home or while traveling.

astroemeria	sword fern
aster	celosia
petunias	chervil (French parsley)
bee balm	heuchera (coral bells)
orchid	daylilies
statice	Easter lilies
rosemary	gloxinia
thyme	grape hyacinth
pot marigolds (calendula)	baby tears (stonecrop)
sage	hollyhock
catnip	ice plant
basil	jasmine
lemon balm	crape myrtle
canna lilies	mahonia (Oregon grape)
camellias	plumbago
fuchsias	rose
lilac	scabious (pincushion flower)
nasturtium	stargazer lily
magnolia bushes (need full sun, purple, pink, white)	stevia
snapdragons	strawberry
star jasmine	sunflower
ginger lily	sweet potato vine
viburnum	coreopsis
African daisy	torch lily (red hot poker)
cornflower (Bachelor Buttons)	impatiens
rabbit's foot fern	

Photos Cynthia Brian

... continued on Page D15

... continued from Page D13

Currently, my landscape is full of a stunning sea of swaying naked ladies. In the Amaryllis genus, this flowering bulb contains a variety of toxic alkaloids with the most prevalent being lycorine. Again, the lethality posed by pet ingestion is contradictory and the medical literature contains no pet-related cases reported. Fortunately, my pets are not interested in this flower, but if you have animals that are nature nibblers, exercise caution, not only in your garden but when out on walks or hikes with your animals.

Do your homework. Keep your plants and pets safe from poisoning. And in case I didn't write this enough, talk to your vet!

Happy Gardening. Happy Growing.



Cynthia Brian and bunny are blessed by a garden angel!

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your fall garden. Raised in the vineyards of Napa County, Cynthia 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. Her newest children's picture book series, Stella Bella's Barnyard Adventures, will be available soon. Buy copies of her books, www.cynthiabrian.com/online-store. Receive a FREE inspirational music DVD and special savings. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@Star-Style.com www.GoddessGardener.com



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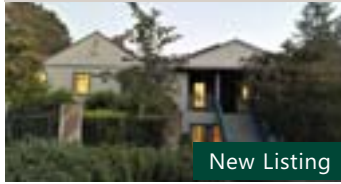
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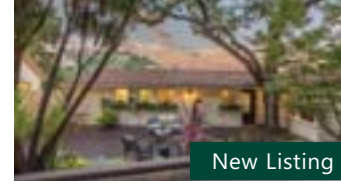


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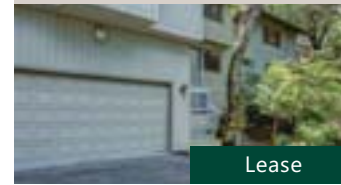


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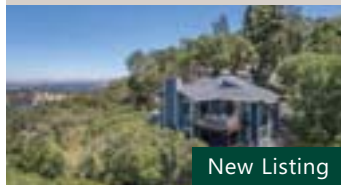
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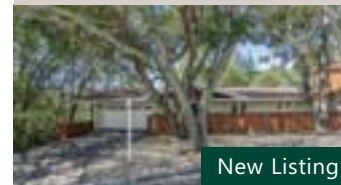


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Sweeping views! Peaceful setting. Walls of glass. Quality, great condition. Separate bonus room. Lafayette schools!
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New Listing

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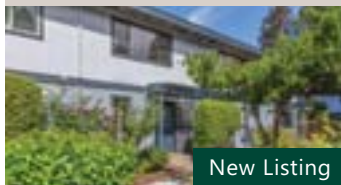
WALNUT CREEK



1333 Running Springs Rd #2

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CONCORD

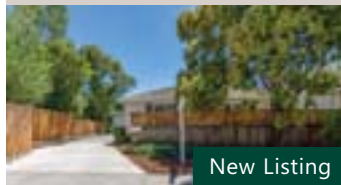


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