

**Bay Area UNDERPINNING**  
A Groundworks Company

FOUNDATION REPAIR • CRAWL SPACE REPAIR • CONCRETE LIFTING

**707-532-2468** LIMITED TIME OFFER  
**GET A FREE INSPECTION \$500 OFF\***

\* Ten percent off any job over \$2500 up to a max of \$500. Coupon must be presented at time of inspection. Offer may not be combined with any other offer. Limit one per customer. Ask inspector for further details. Promo valid through 12/31/2024.

**When I say "good," you say "neighbor."**

**Mike Rosa**  
Agent  
925-376-2244  
Insurance Lic. #: OF45583  
346 Rheem Blvd., Suite 106  
Moraga  
P097314.1

Now that's teamwork.  
CALL FOR A QUOTE 24/7

**State Farm**  
State Farm Home Office, Bloomington, IL

**(not so) Haunted Hacienda**  
**October 25, 2024**  
5:00pm – 8:30pm  
**Moragarec.com**

**MORAGA**  
PARKS & RECREATION

# Town Council changed Mayor/Vice Mayor selection policy again

In a 3:2 vote the town council adopted a new draft policy provided by staff on how to select the town's mayor during the Oct. 9 meeting. The change came after Town Council member David Shapiro had requested during an early September meeting that the matter should become an agenda item before the new council takes over.

Back in September Council member Renata Sos felt strongly that the new policy adopted last year in September was good enough. "First of all, I don't think anything needs to be changed." Sos explained,

"Because the Council still under the current protocol can use its best judgment to do what it wants and to pick whatever mayor they want regardless of whatever the voting history is."

Pointing out that there has been some conflict in electing the mayor in the past, Shapiro explained: "The voters don't elect the mayor. Some of the people think that the voters elect the mayor that's not right." He believes that the new protocol will help avoid conflict in situations when the traditional selection by received votes does not apply, like this year

when all three new council members were appointed without an election.

Town manager Scott Mitnick ended the presentation of the staff report with: "For the record to make it very clear to the Council members and people who are watching, this is not a staff driven agenda item. We did not recommend this to be put on the agenda, but we were asked to review it, do some homework and come back with a recommendation. We fatefully implement whatever direction you provide us."

California law requires the council to ac-

cept the outcome of an election and to select a mayor and vice mayor. The law does not provide a protocol on how to elect the officers.

Moraga's protocol – which states in the past to elect the mayor based on received votes and rotate after one year – had been altered last year

and now accommodates appointed council members who did not receive any votes in an election.

The new protocol passed by Council members Shapiro, Kerry, and Onoda will allow the council to elect the mayor and vice mayor by the following policy: "All Council members

may vote for mayor and vice mayor and may consider seniority, experience, leadership, willingness to collaborate, efficiency, the number of votes received when elected or any other relevant and legal factor." Mitnick stated. – A. Schreck

# Moraga School District Board

... continued from Page A4

What steps do you propose to help Moraga K - 8 schools be better prepared to protect our students?

Dickerson has been on school safety committees, and in 2018, they were able to acquire school safety experts to examine Moraga's schools and file a report detailing all of the issues facing schools. Keeping schools safe is her priority.

Hays feels that collaboration with first responders when it comes to school safety is important, and hopes that parents become involved. Mental and emotional wellness should also be included in the safety category.

Having experienced a lock-down while a student at Los Perales Elementary School, Panetta would like to see schools become more involved with the Moraga Police Department and Moraga-Orinda Fire District with regards to a game plan. He would also like MSD to become better organized in case of emergencies.

Question four: Recent legislation encourages school districts to create homework policies that among other things align with the developmental needs of students, emphasize meaningful assignments over busy-work, and prioritize students' mental and physical health. What are your thoughts on how this law will impact instruction in the MSD?

Hays feels that the district's teachers are currently giving the right amount of homework, and that they are attuned to each child's needs. He believes there are other ways to educate kids without excessive homework and the district is successful thus far.

Panetta wants to make certain that this situation doesn't overload the teachers.

Dickerson feels that the schools are already doing a great job with dispensing the right amount of homework.

The fifth question: What is motivating you to become a member of the Moraga School District governing board?

Having gone through the Moraga school system, Panetta feels that he can bring a lot of experience to the table. He also wants to make sure that no kid falls behind.

Dickerson explained that it's a natural progression to what she's already been doing, and that it feels like a calling – she wants kids to be safe in school. Another priority is the lack of funding.

A strong belief in Moraga's schools and the community are what motivate Hays. He feels that with his background in finance and construction he will be an asset when it comes to Measure D decisions.

The last question of the evening: If you find yourself in the minority position on a vote, how will you manage the situation both internally and externally?

All candidates were in agreement when it came to the importance of collaboration in order to get a job done and move forward towards the greater good.

To view the candidates night on youtube visit: <https://youtu.be/SiLsJ2F0yw4>

## Alameda Engineering

The Bay Area's Residential Specialist Since 1989

**Drainage System Installations**

**Retaining Wall Repairs/Replacements**

**Foundation Repairs/Replacements**

**Concrete Construction, Pier Drilling, Slide Repairs**

**510-537-6550**

General Engineering Contractors License #A562641

[www.alameda-engineering.com](http://www.alameda-engineering.com)



Are you suffering from  
**SEVERE NECK  
LOWER BACK  
OR LEG PAIN?**

Have you Been Diagnosed with a Bulging, Herniated or Degenerative Disc?

Sciatica and herniated discs are often misunderstood

They can cause pain and numbness in the back, neck, legs and feet. This pain affects everything that you do, from work to play, and ultimately your quality of life. We are here to tell you that there is hope. We have the technology and experience to help you find relief from sciatica and back pain. At DISC Centers of America, we have helped thousands of pain sufferers just like you. We offer only the most advanced non-surgical treatments.

Is Surgery the Answer?

It is true that surgery may be the answer for certain types of back injuries. When considering your options, ask yourself this question: If there is a solution to back pain that doesn't require surgery, is it worth exploring?

Before you consider surgery consider these points

- Back surgery can cost \$50,000 to \$100,000 or more
- Recovery can be very painful and can take months or years
- Surgery may or may not relieve your pain
- Dependence on prescription drugs may occur after surgery
- Missed work can amount to \$1000s in lost wages
- Outcomes may be uncertain, and surgery is not reversible

The Solution: The DRT Method (Disc Restoration Therapy)



In the before picture you can see the herniated disc (black) protruding into the spinal column (white, center of MRI). After decompression treatment, the MRI shows the herniated disc is no longer bulging into the spinal cord.

The DRT Method is a 5 step "S.P.I.N.E." approach to healing & restoring function to discs.

- Spinal Decompression
- Physiotherapy
- Inter-Segmental Mobilization
- Nutritional Support
- Exercise Rehabilitation

The DRT method allows for a much higher success rate by increasing hydration and restoring health to your discs. The results in a more effective and lasting solution to your pain. There are no side effects and no recovery time is required. This gentle and relaxing treatment has proven to be effective... even when drugs, epidurals, traditional chiropractic, physical therapy and surgery have failed.. Disc Restoration Therapy has shown dramatic results.

Who is a candidate for Disc Restoration Therapy

It is our opinion that patients should exhaust all non-surgical/non-invasive treatments first before considering surgery.



**Dr. James Dietrick, D.C.,**  
Member, DCOA  
Disc Centers of America  
• 20 Years experience  
• National Certification in Spinal Decompression  
• Thousands of Decompression Treatments Performed

**CALL NOW**  
Free Consultation and MRI Review

**BE SEEN TODAY**

Did you know that 30 million Americans suffer from back and neck pain every day?

- NO BACK SURGERY**
- NO EPIDURAL INJECTIONS**
- NO NARCOTIC PAIN PILLS**

**FREE DECOMPRESSION CONSULTATION**

Includes

- Free Consultation with Dr. James Dietrick, D.C.
- Complete Orthopedic and Neurologic Eval
- MRI/X-Ray Review
- Report of Findings

Why DISC Centers of America?

Dr. James Dietrick, DC and his team have vast experience in treating patients suffering from moderate to severe disc disease. Dr. James Dietrick, DC is certified by and is also part of the Disc Centers of America Team who are a national group of doctors that have gone through extensive training that follow the protocols set up by The International Medical Advisory Board n Spinal Decompression, and follow the protocols set forward by Dr. Norman Shealy the Honorary Chairman, former Harvard professor, and probably the most published doctor in the world on spinal decompression therapy.

Get Your Life Back, Today

If you suffer from sciatica, severe back or neck pain, you can find relief! If you are serious about getting your life back and eliminating your back and neck pain, my staff and I are serious about helping you and proving how our technology and experience can help. We are extending this offer to the first 30 callers. These spaces fill up quickly, so call today to reserve your spot.



Meet Our Patients  
[ContraCostaDiscCenters.com](http://ContraCostaDiscCenters.com)



**CALL TODAY!**

**925-395-0252**

\*Due to Federal Law some exclusions may apply

**Town Council Meetings:**  
Wed., Oct. 23, 5:30 p.m.  
Wed., Nov. 13, 5:30 p.m.  
**Planning Commission:**  
Tuesday, Nov. 5, 6:30 p.m.  
**Parks and Recreation Commission:**  
Mon., Nov. 11, 6:30 p.m.

**Hassler Heating & Cooling**  
LEADING CALIFORNIA'S ELECTRIFICATION INITIATIVE

- Heat Pump Conversions
- Maintenance
- Repairs
- Replacements
- Water Heaters

**HASSLERHEATING.COM 510.210.0826**