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Photo Jeff Heyman

Hundreds of swimmers push their limits at Acalanes pool prior to county meet

Music and cheers from enthusiastic fans filled the air last weekend when hundreds of swimmers, and nearly an equal number of family members and volunteers, converged at the Acalanes High School pool July 29 for the Lafayette Swim Conference Championship Meet (see story Page C1) and July 30 for the LSC Last Chance Meet, which is designed to give swimmers and relays that are teetering on the edge of qualification one last shot at a season-best time to improve selection odds. The weather was

perfect for this opportunity to propel top swimmers to the county meet, slated for Aug. 5 and 6, which will be held once again at Acalanes. Between competitions, participants and their families enjoyed refreshments from Kona Ice truck, Dippin Dots and Bay Area Munchiez. According to the Lafayette Swim Conference Championship Meet Director Aly Macalister, the Championship Meet took 10 months of preparation and involved 200 parent volunteers who helped make things run smoothly for the nearly

500 competing swimmers. Lafayette Swim Conference is a nonprofit organization. Its purpose is to establish, organize and hold meets for summer recreational competitive swimming within its membership to enhance community spirit, camaraderie and friendly competition. To see the LSC Championship Meet and Last Chance Meet results, visit lafayetteswim.org
- J. Wake

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Cyber attacks and evacuation routes part of broader Safety Element discussion

By Lou Fancher

The Lafayette City Council at its July 24 meeting heard and discussed the General Plan Safety Element which addresses the city's preparedness and the community's resilience related to hazards such as drought, wildfire, hazardous materials transport, flooding, earthquakes, cyber attacks, landslides, the wide-ranging impacts on safety of climate change, and other matters.

emphasized that the majority of the updates resulted from an effort to comply with current state, regional, and local requirements, address community concerns, suggest mitigation actions, and refine language allowing the city on an ongoing basis to consider new regulations or changing hazardous situations and communicate fluid but clear policies effectively. The importance of technology in city communications and infrastructure systems received secondary, but vital emphasis, as did the planning commission's work to be specific, but not "fixed" or restrictive in the language used and topics covered.

Presented primarily by staff members Senior Planner Arly Cassidy and Safety Element consultant Eli Krispi, the plan, prepared with information from the California Environmental Quality Act and by state law, is required to be updated whenever the Housing Element is updated, but does not have a definite deadline for completion. The current Safety Element was adopted in 2002 and was last updated in 2009.

Krispi outlined updates to maps, new language related to evacuation routes, the results of a Vulnerability Assessment that analyzed people and assets most at risk and less able to "bounce back" after an emergency, the broad impact of climate change on things like wildfires that extend from property loss



Image courtesy PlaceWorks

to chronic health conditions experienced by people who are unhoused or work outside to destruction of infrastructure systems resulting from downed power lines. He said two community workshops, seven meetings held with General Plan Advi-

sory Committee (GPAC), and two Planning Commission hearings (one more is scheduled for Aug. 7) will likely have the commission forwarding the final updated draft to council for adoption at the Aug. 28 council meeting.
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Public Safety

PG&E offers programs for vulnerable folks - Page A5

A BRIGHTER DAY

Lifting Depression and Stress Resilience with Teenagers



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Mighty Market refill apothecary opens in Lafayette



Photo Vera Kochan

Mighty Market offers a wide variety of refill products.

By Vera Kochan

No, it's not a new grocery store. Mighty Market (3568 Mt Diablo Blvd, Lafayette) is best described by its co-owners/sisters as a refill apothecary and sustainable marketplace.

Bronwyn Kopacek and Claire Martinez have owned their other location in downtown Martinez for over three years. The name of the stores is taken from the saying, "small but mighty," due to the fact that the shop's limited square footage holds a surprisingly large amount of skin care

products and more. "Our products are plant-based ingredients that are powerful and help people with skin issues, such as eczema," explained Kopacek. "Small steps lead to mighty changes."

Mighty Market officially opened June 8, but waited until July 14 for their Grand Opening. When asked what it's like to run a successful business with a sibling, Martinez replied, "If I had to do it again, I'd still do it with my sister."

"We are polar opposites, but it works," added Kopacek. "We don't get sick of each

other."

The store carries home care products on one side and personal care products on the other with a mix of both on counters in between. The concept is to either bring your own refill containers or make a one-time purchase from the store's various sizes, and pay for your purchase by the weight of product minus the weight of the refill container. There's even a community jar section for customers to bring in clean and empty containers for others to use when coming in to get refills. ... continued on Page A8

Cyber attacks and evacuation routes

... continued from Page A1

Importantly, staff's update process included the draft being circulated for review and comments to relevant agencies such as Cal Fire, ConFire, the California Geological Survey, the Lafayette Police Department, and the Lafayette Emergency Preparedness Commission. Because Lafayette contains zones with Very High Fire Hazard Severity designations, the California Board of Forestry also provided input. Throughout, the GPAC consulted with PlaceWorks, a firm that has worked with nearby cities such as Orinda and Walnut Creek.

Following the presentation, Mayor Carl Anduri's questions focused on cyber security and the planning commission's focus. Krispi highlighted two areas of concern addressed in the Safety Element: the potential disruption of city communica-

tion systems if they close down or are attacked during a public emergency; and the risks and impacts to public safety if any infrastructure systems such as traffic control or sewer systems are attacked and result in a loss of services during an emergency event. Later in the meeting, Council Member Gina Dawson and a member of the public asked if staff had consulted with other cities such as Oakland that have been the victims of cyber security attacks and if they might provide valuable information.

Council Member Wei-Tai Kwok focused on recommendations in the draft that appeared to apply largely, if not exclusively, to new developments. Existing structures have also been incorporated, according to Krispi, with language about policies pertaining especially to wildfire: maintaining defensive space and ensuring water sup-

plies are working around existing homes and buildings. He said the overall emphasis on new developments noticed by Kwok was because the city is able to demand new requirements for all new development projects due to the state issuing more directives and policies that must be implemented.

Kwok also asked about camera systems and wildfire alert networks the city has begun to invest in and the lack of robust language in the draft related to those efforts. Also missing were mention of plans to work with other cities and agencies to highlight technology and to participate in the across-the-board movement to use satellite-based systems for wildfire detection. He and other council members asked staff to amend the draft accordingly. Krispi said those types of efforts could fit into the framework of Lafayette staying on top of

wildfire issues, but staff advised not using detailed language about specific technology, which would allow for flexibility as new approaches and technologies develop.

Several questions pertained to maps and the specificity of earthquake fault lines and high fire hazard zones. Krispi and Cassidy said the maps are based on the best information available as of 2007 and people should always look for updates. Maps, zoning areas and regulations are often revised, as are policies for everything from ingress and egress evacuation routes to trees such as the Bay Laurel reclassified from "protected series" to "fire hazard" to the vulnerability of soft story or "up story" dwelling units located above parking spaces. Inspection schedules required of PG&E to ensure the safety of electrical and biohazard transport systems, Dawson suggested, also need to remain current and should be added to make sure the company is accountable and follows timelines.

Public comment had one resident encouraging council to consult with other cities about

the ways in which they have enhanced their cyber systems to prevent future attacks. Another speaker stressed the dangers of elevated carbon emissions and the importance of acknowledging the impact on public health and safety.

Council's discussion following public input included several amendments: adding mention of high wind and its importance when it comes to emergency situations in Lafayette, enacting various map modifications discussed, and making a clear statement about investing in early warning systems and partnering with other agencies to detect wildfire or similar risks. Clarification of the language related to ingress and egress evacuation routes, the vulnerability of groups in addition to aging (senior) populations, tree maintenance and defensible space enforcement, and cyber and other infrastructure and technology issues were requested by council.

The council (with Kwok participating remotely) voted unanimously to continue the matter as recommended to the Aug. 28 meeting.

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LES Teacher of the Year vows to never stop having fun



Photo courtesy of Samantha Patath

LES Teacher of the Year Linda Marsden poses with her student, 8-year-old Anya Patath.

By Sharon K. Sobotta

Linda Marsden knew in her heart that she was meant to be a second-grade teacher since she was in second grade, around the time she was 8 years old. Marsden made her way to Lafayette Elementary School in 1987 and got hired pretty much on the spot after what she remembers to be a grueling interview with the superintendent. Some 35 years later, Marsden is still going strong in her beloved second-grade classroom at LES – so strong that she was honored as the 2022-23 Teacher of the Year.

Marsden is known by many who've sat in her class or worked alongside her as a classroom comedian of sorts. She's also known for her end of the day trivia games, her wit and her structure. "I have clear (boundaries with my students), but I enjoy being funny and silly," Marsden says. "When my students remember their time in my class, I hope they'll think of it as a time they had fun." The students from Marsden's first second-grade class are now in their early 40s and many of them (and those who have come after them) are her Facebook friends. "I had my first grand-students this year," Marsden boasts proudly. "That's been so special. I just love that."

Long before Marsden was old enough to make her childhood dream of teaching come true, she was preparing. "I had a classroom in my house. I never wanted to be anything (other than a teacher)."

That inner passion for children and the art of teaching that Marsden exudes is perhaps what's helped her navigate some tough moments in time with creativity and compassion. When Marsden's time with her 2020 cohort of students was cut short by the pandemic, she created flat 'Ms. Marsden's' and invited her class to take her everywhere they went and take pictures along the way. She got into character over Zoom to inspire the budding poets in her class to write their best work and craft at-home poetry nights. "There have been many hard days—the 1989 earthquakes, 9/11, school shootings around the country, emails from parents who forget teachers are human – plus being a working parent with babies, teenagers (and now grown kids with grand kids on the way)," Marsden says. "But underneath it all, it's the kids that make it fabulous every day. When I'm feeling (overwhelmed) for

whatever reason, I shut my door and live in the world of Room 15." Marsden says she could talk about the 'wonderfulness' of second grade for hours. "The students have the first grade under their belt. They've experienced everything from the Halloween parade to Field Day to Leopard Spirit Day and they're ready to go. Academically, they have settled into school and generally enjoy learning," Marsden says. "And, they love their teacher – (me)." Marsden wants

her students to know that even when things seem tough for a day or a week or even a month, things will eventually get better. If she could give advice to her younger self, her own children or even the students she has today, it would be to simply not to forget to have fun. "I'd say get a 'B.' Enjoy life, as it goes by (quickly). You don't have to have an 'A' on every assignment," Marsden says. "You will end up where you're supposed to be and there are many paths to get there."

Anya Patath, age 8, says she was thrilled to learn that Mrs. Marsden was the Teacher of the Year at LES. When asked why that makes her happy, Anya's eyes light up with pride as she says, "Because my teacher is the Teacher of the Year."

Anya loved earning table points from the in-class trivia games that were redeemable for prizes. Marsden's sense of humor along with her stories about her family were another high point for Anya. "Mrs. Marsden's sister had a fish named AJ, but when the fish died she got another fish named BJ and the one after that was CJ," Anya explains through giggles.

Even though Anya will be in a different classroom as a third-grader in just a few weeks, she says she has every intention of going to visit Mrs. Marsden and getting some hugs from her as long as she's at LES.

LES fifth-grade teacher Scott Moe is both a friend and a colleague of Marsden. "She's the number one teacher with 35 years under her belt. I'm number two with 30 years. She's a mentor to everyone and a voice of reason," Moe says. "She reminds us that it's important to get to know the families, not just (through the lens of) a teacher, but also as people."

Although Moe and Marsden work with different age groups, they work together at school and maintain a connection that extends beyond their teaching roles. Moe's fifth-graders pair up with Marsden's second-graders as big buddies and little buddies, which give the pair a chance to collaborate. Marsden has also known Moe's children, who are now in high school, since they were born and served as their homeroom teacher when they were in second grade. Moe says it was a long time coming for Marsden to be recognized as Teacher of the Year. "It's about time," Moe says. "She really is the heartbeat of the school."

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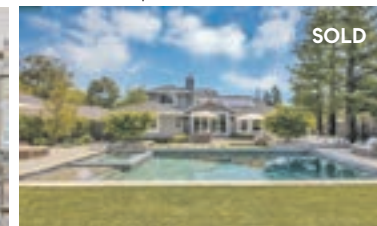
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Lafayette Public Meetings

City Council

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Monday, Aug. 28, 7 p.m.
Teleconference via City of Lafayette's You Tube Channel:
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Planning Commission Meeting

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

Design Review

Wednesday, Aug. 14, 7 p.m.
Teleconference Meeting via Love Lafayette YouTube
<http://bit.ly/LoveLafayetteYouTube>



MORAGA

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Town Council receives Phase II: Comprehensive Advanced Planning Initiative update

By Vera Kochan

Since July 2021, the town has been addressing the state's mandated 6th Cycle Regional Housing Needs Allocation (RHNA) of identifying 1,118 new housing units for the Housing Element. To that effect, Moraga's Comprehensive Advanced Planning Initiative (CAPI) was divided into two phases to create consistency in the town's documents when



Concept of future Moraga Shopping Center development Photo courtesy Moraga Planning Department

dealing with specific plans, zoning ordinances, state laws, and regional policy alignments.

Phase I addressed the Housing Element, the full Environmental Impact Report (EIR), rezoning of key sites in both shopping centers, Rheem Objective Standards and rezone of Bollinger Canyon Special Study Area, and General Plan updates for compliance with new state laws.

According to the recent July 12 staff report by Moraga Planning Director Afshan Hamid, "Phase II is driven by the need for an updated forward-looking General Plan, since the existing Plan is now more than 20 years old, relies on outdated data and forecasts, and does not address the full range of issues facing the town today. Phase II focus will be on moving the time horizon forward to 2040 and responding to current issues and State requirements rather than rethinking the guiding principles

of the existing Plan."

Phase II will not only update the remaining General Plan Elements, it will also include an Evacuation Study, Housing Element zoning amendment implementations, illustrative guidelines, economic development and climate action policies, the three step Planned Development process, and additional CEQA work needed to update the adopted EIR. Phase II will also provide consideration of new natural resource management policies in relation to creeks, trees, habitat management, and conservation.

As with Phase I, staff will continue to involve the community in various forums in order to collect feedback to incorporate into Phase II. This will include pop-up events, focus groups, workshops, and meetings with stakeholders, besides the regular Town Council and Planning Commission meetings. Outreach to the community will come via so-

cial media, the Town website, About Town and newspaper updates.

Phase II will involve the consulting services of the same team used in Phase I. Barry Miller Consulting for the General Plan, Rincon Consultants for CEQA, and Aaron Welch Planning for Illustrative Guidelines and Planned Development Process. A separate contract with Fehr & Peers will cover the Evacuation Study.

During the Town Council's July 12 meeting, council members unanimously approved the Phase II update which included an increase in the original agreement amount by an additional \$75,348 in order to cover the modified scope of work. The original cost of Phase II (\$226,244) was approved in July 2021, along with Phase I (\$713,039). The new cost of the Phase II agreement is \$301,592 which makes the combined total of both phases \$1,014,631.

Kid Size Concerts at the Commons – for the young and young-at-heart

By Vera Kochan

Adults have the Summer Concert Series to look forward to every year. Shrink the dimensions and the average age of the audience by a couple of decades, and you have A Kid Size Concert Series also held at the Moraga Commons Bandshell.

Held one Saturday in June, July and August, the free 11 a.m. shows are geared to entertain toddlers through kids aged



Photo Vera Kochan

Musician Andy Z entertains pint-sized concert-goers on July 29.

5, who love to sing along and move to the groove. June's award-winning musical artist was Megan Schoenbohm, who specializes in "earthy, edgy, high vibe indie-style family music." July's show featured Andy Z, also an artist with many awards to his name, as well as a following of 280,000 listeners on Pandora Radio, who's been entertaining kids for 21 years. Coming up in August, the last show of the summer will feature Mr. Elephant who typically uses puppets while performing "original family-friendly songs, with styles ranging from rock to reggae, from beats to bossa nova."

A Kid Size Concert Series is yet another event presented by the Parks and Recreation Department that's meant to pro-

vide wholesome entertainment for Moraga and its guests. "It's nice to be doing this for the young families in town," stated Recreation Supervisor Jasmine Bateson.

According to Bateson, the attendance for June's show was approximately 300 musical revelers.

The recent Andy Z concert attracted nearly as many concert-goers to his "music, movement, storytelling, and character puppet show" that encouraged audience participation.

So, bring your picnic blankets, snacks and boogie shoes to the last remaining concert on Aug. 26 at 11 a.m. Oh, and don't forget your kids!

For more information visit: moraga.ca.us.



Town Council Wednesday, Aug. 23, 6:30 p.m.
Planning Commission: Tuesday, Aug. 15, 6:30 p.m.,
Park and Recreation Commission: Tuesday, August 14, 7 p.m.,
Moraga School District Board Meetings: TBA
www.moraga.k12.ca.us.

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PG&E hosts Wildfire Safety Webinar targeting Access and Functional Needs customers

By Vera Kochan

Lamorinda is in the middle of fire season again, and Pacific Gas & Electric Company offered its customers a July 25 webinar aimed at enlightening Access and Functional Needs (AFN) residents. The webinar began with updates on PG&E's efforts to combat wildfires before discussing resources and partnerships to support special health needs individuals with regards to the company's Medical Baseline Program.

Hosting the webinar were PG&E's Senior Manager of Customer Emergency Planning and Operations Tom Smith, and Program Manager of the Public Safety Power Shutoff Program Lizz Stout.

First on the agenda was PG&E's Community Wildfire Safety Program discussion. Smith briefed the webinar attendees on the layers of safety which include: using the latest technologies, such as weather cameras to monitor daily conditions; ensuring safety with enhanced protection and temporary outages; keeping trees

and branches away from power lines; installing stronger powerlines and poles to withstand severe weather; and undergrounding 10,000 miles of powerlines in the highest fire risk areas to reduce ignition risk.

Stout discussed customer resources with regards to PG&E's Medical Baseline Program in the event of a Public Safety Power Shutoff (PSPS). Customers can receive an additional monthly allotment of energy or a discount based on their rate, as well as extra notification attempts in advance of a PSPS, if the customer doesn't respond to previous alerts. To apply for the Medical Baseline Program visit: pge.com/medicalbaseline.

If you need extra help but don't qualify for Medical Baseline, vulnerable customers can still receive additional notification attempts, doorbell rings or a door hanger from PG&E if you did not respond to previous PSPS notifications. To certify for Vulnerable Customer status visit: pge.com/vcstatus.

If someone falls under the

category of Medical Baseline or Self-Identified Vulnerable customer, PG&E will notify them before a PSPS via a phone call, text or email. If there is no response to these notifications, PG&E will make additional attempts to reach out by ringing the doorbell or leaving a door hanger.

During a PSPS, Community Resources Centers provide solutions and up-to-date information, such as personal and medical device charging, mobile battery chargers, ADA-accessible restrooms, cooling/heating stations, bottled water/snacks, seating, and ice.

PG&E also shares partnerships with local food banks to provide food replacement packages during a PSPS and up until three days after power is restored. Meals on Wheels provides home-bound seniors with nutritious meals delivered to their homes. The service is provided to eligible and enrolled seniors who are impacted by a PSPS. For more information visit: pge.com/disabilityandaging.

Disability Disaster Access & Resources is targeted for in-

dividuals with medical and independent living needs who either live in High Fire-Threat Districts or have experienced two or more PSPS events since 2020. These may include customers who use an electrical medical device or assistive technology, have a disability or chronic condition, or rely on electricity to live independently. Some of the resources provided consist of emergency planning assistance, portable backup batteries, accessible hotel accommodations, accessible transportation, food vouchers, fuel cards for generators, and more. For more information visit: pge.com/ddar.

The Portable Battery Program is available to customers with specific medical needs who have experienced at least one PSPS since 2021, or five or more Enhanced Powerline Safety Settings outages (when power is shut off due to a detected problem on the line). PG&E provided resources include portable backup batteries, insulin cooler wallets, mini-fridges for medications or food, and extension cords.

For more information visit: pge.com/portablebattery.

PG&E also offers a Generator and Battery Rebate Program: pge.com/backuppowers; a Backup Power Transfer Meter Program: pge.com/transfermeter; a Self-Generation Incentive Program: pge.com/sgip; and Fixed Power Solutions: pge.com/residentialstorageinitiative.

Partnering with the California network of 211s, PG&E provides AFN customers with a single source of information and connection to available resources in their communities. The services include a 24/7 connection point for all AFN households before, during and after a PSPS; PSPS education and connection to critical resources (i.e., transportation, portable backup batteries); live phone services in English and Spanish; and 300 additional languages available through tele-interpretation services. For more information visit: 211.org.

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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 July 9 - July 22

Alarms	38
911 Calls (includes hang-ups)	21
Traffic	54
Suspicious Circumstances	9
Suspicious Subject	25
Suspicious Vehicle	15
Service to Citizen	26
Patrol Req./Security Check	13
Public/School Assembly Check	0
Supplemental Report	21
Vacation House Check	11
Welfare Check	20
Ordinance Violation	1
Vehicle violations	
Auto Burglary	
1000 Block Walnut Dr.	
3700 Block Mosswood Dr.	
Dui Misd	
3600 Block Mt. Diablo Blvd.	
Hit And Run Misdemeanor	
3200 Block Fairholm Ct.	
3000 Block Bradbury Dr.	
Police Department (2)	
Reliez Valley Rd./Gloria Terrace	
Reckless Driving	
1200 Block Pleasant Hill Rd.	
Mt. Diablo Blvd./Happy Valley Rd. (3)	
Pleasant Hill Rd./Condit Rd.	
3500 Block Mt. Diablo Blvd.	
Mt. Diablo Blvd./Acalanes Rd.	
Moraga Rd./St Marys Rd.	
Vehicle Theft	
800 Block Rosedale Ave.	
3300 Block Las Huertas Rd.	
3800 Block Paseo Grande, Mor	
Other criminal activity	
Fraud False Pretenses	
1700 Block Springbrook Rd.	
Grand Theft	
50 Block Lafayette Cir.	
Identity Theft	
3500 Block Deer Hill Rd.	
Petty Theft	
3600 Block Mt. Diablo Blvd.	
3400 Block School St.	
3700 Block Happy Valley Rd.	
3200 Block Lucas Dr.	
1000 Block Woodbury Rd. (2)	
1600 Block Reliez Valley Rd.	
3500 Block Mt. Diablo Blvd.	
700 Block Moraga Rd.	
Petty Theft Bicycle	
900 Block S Thompson Rd.	
Petty Theft From Veh	
700 Block Moraga Rd.	
Residential Burglary	
1100 Block Bacon Way	
800 Block Rosedale Av	
Shoplift	
3600 Block Mt. Diablo Blvd. (2)	
3500 Block Mt. Diablo Blvd. (3)	
Shoplift - Attempt	
3200 Block Mt. Diablo Blvd.	
Stolen Vehicle Recovery	
600 Block Michael Ln.	
Nuisance to the Community	
Disturbance-domestic	
10 Block Diablo Cir.	
Loud Music	
900 Block Janet Ln.	
3400 Block La Caminita (3)	
Loud Noise	
3600 Block Mt. Diablo Blvd. (2)	
Lombard Ln/Reliez Valley Rd.	
3600 Block Bickerstaff St.	
3600 Block Brooker St.	
Loud Party	
700 Block John Way	
1100 Block Upper Happy Valley Rd.	
3300 Block Walnut Ln.	
Public Nuisance	
3400 Block Golden Gate Way	
90 Block Lafayette Cir.	

3300 Block Mt. Diablo Blvd.
20 Block Shreve Ln.
3200 Block Marlene Dr.
3500 Block Mt. Diablo Blvd.
Happy Valley Rd./Deer Trail
Vandalism
3500 Block Mt. Diablo Blvd.
2900 Block Windtree Ct.
Dewing Ave./Mt. Diablo Blvd.
Golden Gate Way/Mt. Diablo Blvd.
10 Block Tolon Way
3500 Block Mt. Diablo Blvd.

Other

Animal Cruelty
4000 Block Mt. Diablo Blvd.
3600 Block Mt. Diablo Blvd.
3500 Block Mt. Diablo Blvd.
Animal Services Call
3600 Block Mt. Diablo Blvd.
Brandishing Weapon
Springbrook Rd./Bacon Way
Fireworks
10 Block Carolyn Ct.
Forgery
600 Block Sky Hy Cir.
Impersonation
3700 Block Sundale Rd.
In Custody Theft
3600 Block Mt. Diablo Blvd.
Trespass
900 Block Hunsaker Canyon Rd.
50 Block Lucas Ranch Rd.
Unwanted Guest
10 Block Hawk Canyon Pl.
3500 Block Mt. Diablo Blvd.
3200 Block Mt. Diablo Blvd.
60 Block Lafayette Cir.
Violation Custody Order
Police Department
Violation Restraining Ord
1300 Block Masterson Ln.

Moraga Police Department Incident Summary Report July 11 - July 17

Alarms	6
911 Calls (includes hang-ups)	4
Traffic	43
Suspicious Circumstances	2
Suspicious Subject	1
Suspicious Vehicle	5
Service to Citizen	19
Patrol Req./Security Check	5
Public/School Assembly Check	1
Supplemental Report	4
Vacation House Check	0
Welfare Check	1
Ordinance Violation	0
Vehicle violations	
Accident Property	
Glenside /Reliz Station	
Excessive Speed	
Moraga Way/St Andrews Dr. (2)	
Moraga Way/Eastwood Dr., Ori	
Moraga Way/Ivy Dr. (4)	
Moraga Way/Miramonte Dr.	
Moraga Way/Ifo Fire Sta 41	
St Marys Rd./Bollinger Canyon Rd.	
Fernwood Dr./Rheem Blvd.	
Moraga Way/School St.	
Moraga Rd./Moraga Way	
St Andrews Dr./Country Club Dr.	
Moraga Way/Viader Dr.	
Moraga Rd./St Marys Rd. (2)	
Moraga Rd./Woodford Dr.	
Reckless Driving	
Moraga Rd./Rheem Blvd.	
Other criminal activity	
Grand Theft	
3900 Block Paseo Grande	
Larch Ave./Baitx Dr.	
Petty Theft	
Homegoods Mor	
Petty Theft From Veh	
100 Block Calle La Mesa	
Theft Access Card	
1000 Block Larch Ave.	
Vehicle Theft	
10 Block Buckingham Dr.	
3800 Block Paseo Grande	
1500 Block Canyon	
1400 Block Moraga Rd.	
Nuisance to the Community	
Loud Music	
Canyon Club Brewery	
Loud Noise	
100 Block Tharp Dr.	
Vandalism	
100 Block Cypress Point Way	
Other	
Fireworks	
600 Block Augusta Dr.	
Joaquin Moraga Int School	
H&S/Poss Marijuana	
Xst Station 42 At The Bus Stop	
Mentally Ill Commit	
1000 Block Carter Dr.	

ORINDA POLICE

Orinda Police Department Incident Summary Report July 9 - July 15

Alarms	28
911 Calls (includes hang-ups)	5
Traffic	67
Suspicious Circumstances	2
Suspicious Subject	6
Suspicious Vehicle	4
Service to Citizen	29
Patrol Req./Security Check	9
Public/School Assembly Check	1
Supplemental Report	13
Vacation House Check	0
Welfare Check	56
Vehicle violations	
Accident Injury	
Lavenida Dr./Moraga Way	
Accident Property	
60 Block Moraga Way	
Camino Pablo/Bart	
Auto Burglary	
70 Block Brookwood Rd.	
Reckless Driving	
Moraga Way/Orchard Rd.	
Moraga Way/Lloyd Ln.	
Reckless Driving	
Moraga Way/Hall Dr.	
Vehicle Theft	
El Camino Moraga	
Other criminal activity	
Burglary	
10 Block Whitehall Dr.	
Fraud Credit Card	
10 Block Camino Sobrante	
Fraud False Pretenses	
Police Department	
Grand Theft	
Camino Sobrante (2)	
Identity Theft	
20 Block Los Amigos	
Petty Theft	
Moraga Way	
20 Block Dias Dorados Rd.	
Nuisance to the Community	
Disturbance-domestic	
600 Block Moraga Way	
Public Nuisance	
20 Block Avenida De Orinda	
Other	
Failure To Obey	
Camino Pablo/Miner Rd.	
Revocation Of Probation	
Police Department	
Transient Contact	
Miner Rd./Camino Sobrante	
Trespass	
30 Block Big Rock Rd.	

Do You Know What to Do if a Major Earthquake or Wildfire Hits Lamorinda?

- Do you know your evacuation zone?

- Do you have a family plan?

- Do you have Go-Bags packed?

- Do you know how to operate a fire extinguisher or turn off the gas and water valves to your home?

- What is your source for updates?

- Do you know how to render disaster first aid should you or a family member need it and 911 is not available?

To answer these questions and many more, attend the Community Emergency Response Team (CERT) class series this Fall in Orinda.

Classes will be held in Orinda on Thursday nights from 9/14 - 11/9. For more information and to register go to: <https://classes.lamorindacert.org>

Now is the time to get prepared. As Snoopy would say "Ten minutes before the party is not the time to learn to dance"!





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New Rec Coordinator manages fields and gyms in Orinda



Photo Sora O'Doherty

New Parks & Rec Recreation Coordinator Mark Callaway.

By Sora O'Doherty

Mark Callaway, a Walnut Creek native, comes to Orinda with 15 years of experience working for Walnut Creek's Parks & Rec Department. Callaway, who started in Orinda in June, formerly worked with Todd Trimble, Director of Parks and Rec in Walnut Creek, and is happy to be working with him again.

One of three Recreational Coordinators, Callaway is in charge of the rentals of fields and gyms in the city, which

provides a substantial contribution to the city's revenue. His domain includes the fields and gyms of the Orinda Unified School District, which has a deal with the city under which the city handles reservations.

Including the field at Wilder, Orinda fields are sought by a number of large sports clubs, including the Lamorinda Soccer Club, Eclipse Soccer, and Cal Magic, plus lacrosse and rugby. Callaway's job is to manage who uses which field when, based

on factors such as the number of persons involved, how much field time has the group had in the past, whether the group is local and/or non-profit. Nonprofits don't get priority, but they do pay a reduced rental fee. Twice a year the department does big seasonal allocations for the period of September to February and March through August.

One thing that Callaway likes about working for Orinda is that, because it is a much smaller city than Walnut Creek, parks and rec staff

get to work on multiple assignments, such as helping out at community events or summer camps.

Callaway acknowledged that the issue of having an on-line reservation system for tennis courts has been raised recently, and noted the rising popularity of sports such as pickleball and ultimate Frisbee.

Callaway, who was born and raised in Walnut Creek, still lives there. He and his wife will be celebrating their first anniversary in September.

Director of Animal Services responds to request for information from Orinda Council

By Sora O'Doherty

Orinda, which contracts with the County to deal with stray and dead animals in the city, asked Contra Costa Animal Services (CCAS) to come before the City Council and provide an update on how things are going at the Martinez Shelter, after receiving emails critical of CCAS performance. On July 11, CCAS Director Beth Ward gave a presentation to the council, after which several members of the public offered differing opinions.

Ward explained to the Council that, during the height of the COVID-19 pandemic, pet adoptions were up and the number of animals coming into the shelter had declined. However, as the pandemic has waned, the number of animals coming into the shelter has increased. Despite the increase, numbers are still lower than they were in 2019, before the pandemic.

In 2022, Ward saw 82 animals taken in from Orinda, and 23 animals adopted by Orinda residents. Animal services also picks up dead ani-

mals. Of the animals taken in from Orinda, Ward noted that almost all would have been strays.

Ward stated that dog adoption rates remained very consistent throughout 2022, with 53% of dogs adopted by the end of the year. In 2022, CCAS's annual intake was 6,426 animals. The adoption, transfer, and return-to-owner outcomes totaled 4,072. Ward said that results in an average daily intake of 17 animals per day, and an average daily output of 11 animals per day.

Ward acknowledged that the shelter is overcrowded, but added that statewide, shelters in cities such as Los Angeles, Pleasanton, Oakland and San Jose are all facing critical overcrowding. Overcrowding coupled with a shortage of both staff and volunteers sometimes results in animals suffering mental and physical decline while in the shelter, and sometimes the decline is so significant that the animal is scheduled for euthanasia, Ward admitted.

Ward stated that when animals begin to suffer, they are placed on a list of animals that would benefit from adoption. If the animal is not adopted, it may then be placed on a list of animals that will be euthanized within 24 to 48 hours.

The chief matter of contention between the shelter and some animal activists concerns the number of animals that are killed by the shelter. Also of great concern is the lack of low-cost spay/neuter facilities to reduce the number of animals in the population.

Bara Sapir told the council that while there are currently seven animals being fostered out of CCAS, there are 100 fosters at Oakland Animal Services. In a year, Sapir said, Oakland has 497 fosters, while CCAS fosters were in single digits. She added that Contra Costa County has only one animal shelter, excluding a city

shelter in Antioch, while Alameda County has seven shelters.

Ward later agreed that "Alameda County is a great comparison because it shows the lack of resources in our county." But she pointed out that most of the animal services in Alameda County are run by independent nonprofits, such as the East Bay SPCA, Independent Oakland Animal Services, the Berkeley Humane Society, and city-run shelters in the cities of Alameda, Berkeley, Hayward, Fremont, and San Leandro.

Sapir did give CCAS kudos for the new animal play groups which she thinks will be a game changer, but she lamented the lack of an animal behavioralist on staff. Ward denied that a behavioralist is necessary.

The CCAS shelter is housed in a 38,000 square foot facility and serves 18 of the 19 cities in the county, with Antioch running their own shelter. Ward noted that recent rate increases in renewed contracts with the cities is providing more money to expand services. The Martinez shelter is unusual in that it provides treatment for animals with severe, contagious diseases such as parvovirus and ringworm.

One allegation is that the CCAS does not provide extensions for dogs on the euthanasia list when outside rescue agencies need more time to collect the animals. Ward says that the shelter frequently provides extensions, and posited that there may be times when a third party is positioning itself between a rescue group and the shelter, which may lead to miscommunications. Ward said she has asked staff to start making a record of times CCAS has been asked for an extension and whether or not the request was granted.

Speaking to the city council, Irina Dyatlovskaya complained that dogs are not evaluated properly and that rescue groups do not have the access to the animals that they used to and described how a committed person from the public wanted to adopt a dog and was not allowed to do so directly from CCAS, and was told it was necessary to go through a rescue organization. Ward explained that while many dogs are in fact adopted directly from the shelter, some dogs are believed to have issues that need to be worked out by spending time in a rescue facility, and that safety concerns sometime do not allow an animal to be directly adopted.



Photo Sora O'Doherty

This guy would be delighted to join a family.

Ward is anxious to speak with those who have concerns. She has invited Sapir and others to meet with her, and Steve Burdo, CCAS Public Information Officer, has been reaching out as well. "We want to do better," Ward says; "there's always room for improvement, but I need to talk to people and hear their concerns." However, Ward draws a line at what she terms "hate speech," such as calling CCAS a Nazi camp or comparing staff to Hitler.

Ward told the council that CCAS hired a group to come in and train staff on doggy play groups and CCAS is looking at a development grant program to support rescue groups. CCAS currently utilizes up to \$150,000 a year from the Animal Benefit Fund to provide grants to support nonprofit animal welfare groups to help Contra Costa County animals. Ward considers the nonprofit groups absolutely necessary for the shelter to succeed in placing animals in homes. CCAS is also soliciting proposals from qualified and experienced agencies to receive Animal Benefit Fund funding to increase low-cost spay and neuter opportunities in the county.

Ward concluded her remarks by explaining that CCAS's biggest gap in services now is low-cost and accessible spay and neuter services. "That sounds like its an easy fix, right? Just build a clinic and they will come," she said, but the reality is that there is a shortage in veterinarians and registered veterinary technicians across the state and across the nation. "I know a spay/neuter clinic that was built down by Bakersfield and they have not been able to staff it." She added that CCAS is working toward a proposal to use Measure X county funds to provide a new accessible spay/neuter clinic.

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OUSD puts finishing touches on Sleepy Hollow multi-purpose room



Photo Sora O'Doherty

The new multi-purpose room at Sleepy Hollow is almost ready for the return to school. The large space boasts a stage, large garage-type doors that will open onto the large patio area in front, and a very large kitchen area off to one side.

By Sora O'Doherty

A few years after conceiving a plan to shelter in place during a potential wildfire, Sleepy Hollow Elementary School will open for the 2023-24 school year with a new multi-purpose room (MPR) capable of sheltering students, staff and members of the community, according to Orinda Union School District (OUSD) Director of Facilities, Stuart Watson.

The new MPR stands at the entrance to the school in what was formerly part of the parking lot. The building houses a large auditorium with a stage and a up-to-the-minute kitchen with plenty of room and equipment for providing universal meal service. In front of the building is a large concrete patio, and the building has a number of large doors, similar to garage doors, that can be opened to provide a seamless indoor-outdoor facility. The MPR and

the rest of the school are now enclosed by a high black metal fence.

Although the large water tank installed some years ago to provide water to enable the Moraga-Orinda Fire District to protect the building and its occupants during a severe wildfire still remains, the East Bay Municipal Utility District has put in considerable work to install bigger water pipes to ensure an adequate supply for MOFD in the event of a fire.

The old MPR has been torn down. While that location is currently bare, in the future it will be the site of Sleepy Hollows' before and after school care program.

Work has been continuing seven days a week during the summer so that the MPR will be ready for the start of school. Additional work at Sleepy Hollow includes new HVAC units in each building, including classrooms and administration areas, to provide cooling, heating and air filtra-

tion. New HVAC units have also been installed at Del Rey and Glorietta elementary schools and Orinda Intermediate School (OIS).

Sleepy Hollow will have a backup generator. Del Rey and Glorietta will not have backup generators, but considerable work by PG&E has provided a major electrical upgrade to those schools.

Although it will not open until January 2024, work is going full steam ahead at OIS to build a new Student Services Building. Watson explained that it was first necessary to demolish an old building and to build a new canopy on an adjacent building, because once the the Student Services Building goes up, there will not be sufficient room to work on a new canopy. Since the beginning of the summer contractor Overaa Construction has worked on extensive excavation for the new building and has just poured the foundation and associated retaining walls. The work area will be fenced off during continuing construction.

Additional work was done over the summer at OIS to clear storm-damaged trees and foliage from the creek that borders the back of residences on Ivy Drive, and to perform fire fuel mitigation on all the campuses. Watson observed that the district manages to do a tremendous amount of work with only five employees assigned to school maintenance.

Aug. 14 is the first day of school, so prepare for extra traffic and watch out for school children walking or biking to school.

Moraga Adobe to open in 2024



Moraga Adobe

Photo provided

By Sora O'Doherty

The Friends of the Joaquin Moraga Adobe (FJMA) announced that they plan to own and operate the historic home as a museum and learning center beginning in 2024. In September 2021, the Friends met their goal of raising half a million dollars towards the adobe's rehabilitation, and work as been ongoing to rehabilitate the building, which had been empty and vacant for decades.

According to Teresa Long, member of the board of the Friends, rehabilitation work, which started in September 2020 when the Friends raised the money to purchase the

adobe from developers J&J Ranch LLC, included bringing the building back to its 1840's footprint, adding a new roof, doing extensive interior and exterior work, installation of reclaimed redwood floors, upgrading electrical wiring, providing ADA access, earthquake retrofitting, restoring the historic wooden trim, and adding a new bathroom and storage building. Restoration is now in its final stages of completion.

"The rehabilitation has taken longer than we originally expected," FJMA President Kent Long observed, "but it is worth the extra time and effort to preserve its historic attributes. Fortunately, the J&J Ranch developers, who are

responsible for the rehabilitation, have worked collaboratively with us in getting the result we were hoping for."

FJMA, a nonprofit volunteer organization formed in 2009, has been busy planning the next steps for this oldest home in Contra Costa County including purchasing traditional furnishings, creating museum exhibits, installing a security system, and finalizing landscape plans. Commemorative pavers and a donor wall will be featured in the landscape implementation, taking advantage of the amazing views of Moraga Valley, Mt Diablo and the Las Trampas ridge line. Faculty and students from the Saint Mary's College Anthropology Department met with FJMA last month to explore the possibility of conducting a future archaeological dig on the Adobe property.

There is a wealth of information about the entire project, including videos, on the Friends' YouTube Channel, which can be accessed at www.youtube.com/channel/UC4vRiBoqHt16ENW_Ti8J8JA



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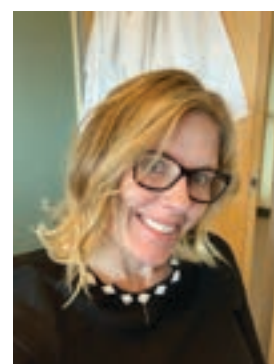
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City Council Regular Meeting:

Tuesday, Aug. 15, 7 p.m.

Planning Comm.:

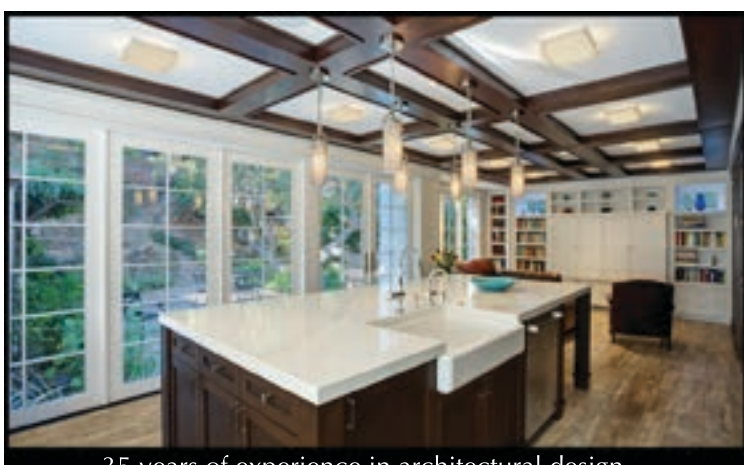
Tuesday, Aug. 8, 7 p.m.

Traffic Safety Advisory Committee

Regular Meeting

Wednesday, Aug. 21, 7 p.m.

Sarge Littlehale Community Room, 22 Orinda Way



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Mighty Market

... continued from Page A2

While Mighty Market does make some of their products, a large portion are purchased from manufacturers in the Bay Area and Greater Northern California. According to Kopacek, "It's easier to build relationships with our suppliers when they are local."

Kopacek and Martinez plan to add cosmetics to this location and will soon be offering refrigerated beverages like healthy juices or CBD drinks. "We're always bringing in new products," the sisters added. Some of the items have become so popular with customers that they've created a product wait list that guarantees the items to those on it before it hits the shelves. They're also launching a subscription program where refills can either be delivered locally or set aside for pick-up on an automatic, monthly basis.

Even though many of Mighty Market's products come in exotic and unique scents,

there is always a non-scented option available. Tangerine scented garbage disposal pods, black fig or grapefruit scented soy candles, verbena mint liquid dish soap, and vetiver scented liquid hand soap are just some of the interesting aromas that your home can experience.

Handmade bar soaps available in a myriad of scents like ylang ylang, silk or Kashmir are located in the same vicinity as green tea facial cleanser; marshmallow crème, pomegranate peach or wild honey lip balm. Fresh rain/cucumber or lavender/jasmine deodorant; lemon ginger eucalyptus bath salts; plumeria bath bombs; grapefruit plus mint shampoo and conditioner; citrus plus sea salt liquid body wash; peppermint tea tree shower gel; and lemon verbena body lotion are just a very few of the interesting scents available for personal care.

Mighty Market even stocks mouthwash and tooth tabs with flavors such as water-

melon/strawberry, men's beard shampoo and beard/moustache styling balm, and essential oils of patchouli or lemon.

Bulk tea in flavors like dragon fruit rooibos or watermelon plus mint green tea are located in the same area as coffee socks that act as a filter delivering a richer flavor of coffee, or charcoal bits for use in water bottles that work on the same concept as Brita water filters.

Wool laundry pods that look like colorful tennis balls are meant to take the place of dryer sheets for static cling removal and Swedish dish cloths are virtually paper thin but expand when wet to take the place of 17 rolls of paper towels and sponges.

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Letters to the editor

Editor's note: In the July 19 issue, we inadvertently left out the last three paragraphs of Mr. Cohn's letter and are republishing it in its entirety below. Our apologies for the error.

MOFD Fire Flow Parcel Tax

The MOFD Fire Flow Parcel Tax is a "top up" tax used to supplement regular property taxes. MOFD Director Mike Roemer, elected to represent 7,300 Orinda residents, said that it is fair to tax Orindans and Moragans the same rate for this top up tax. He is wrong.

\$21.2 million of Orinda's property taxes go to MOFD. That equates to \$2,925 per household. \$10.8 million of Moraga's property tax goes to MOFD. That equates to \$1,900 per family. The average revenue for the district as a whole is \$2,475 per household. Orinda families already pay

\$450 a year more than it costs MOFD to operate while Moraga families pay \$575 less than it costs to serve them. Orindans pay 50% more than Moragans for the same service.

Why is it fair that Orinda families pay any "top up" tax at all and why is it not fair that Moraga families pay the full \$575 shortfall?

Currently the average property owner in Moraga only pays \$82 in parcel tax. The MOFD Board could have increased that to \$410, an additional \$1 per day. It still would not cover the shortfall but would have come closer than what it is now.

How Roemer can tell the 7,300 families he is representing in Orinda that charging them an additional \$80 on top of the \$450 a year they are already being overcharged is fair, is beyond me.

The last issue of Lamorinda Weekly quoted Roemer saying that he had spoken with "many taxpayers who told them that they consider the present structure to be fair." I don't know what he told them the "structure" was, but I cannot believe anyone would say that charging one resident 50% more than another for the same service is fair.

Roemer says he has an obligation to keep this community united. Orinda walked away from service by ConFire 26 years ago for exactly this reason; not using Orinda tax dollars in Orinda. It can happen again.

For more details on how Orinda is subsidizing Moraga's service with \$4.3 million, see www.SaferOrinda/latest-news. Steve Cohn Orinda

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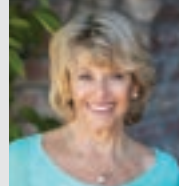
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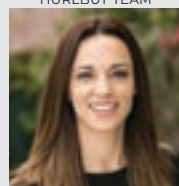
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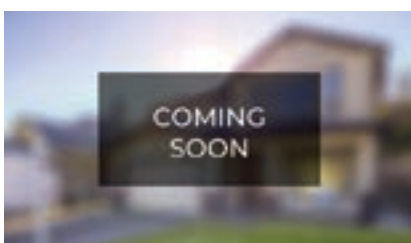


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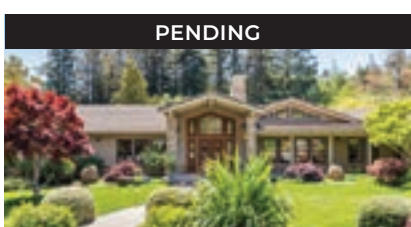
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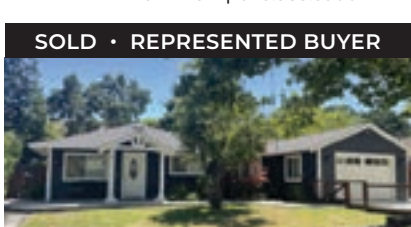
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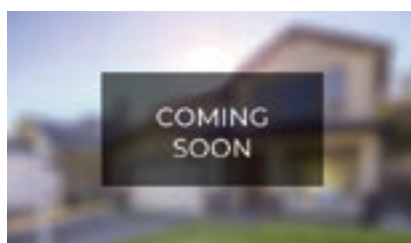
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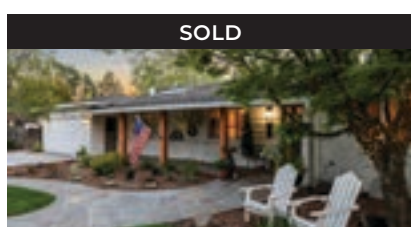
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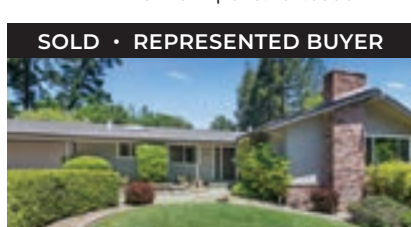
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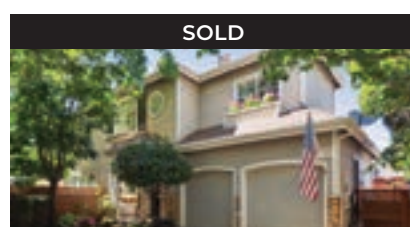
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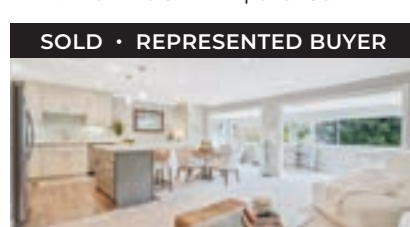
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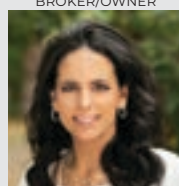
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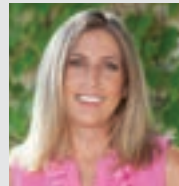
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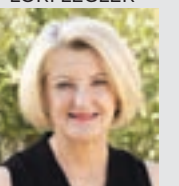
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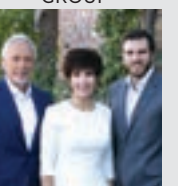
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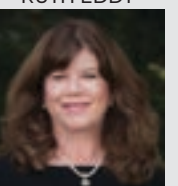
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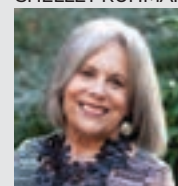
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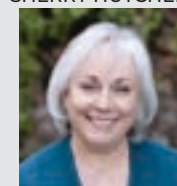
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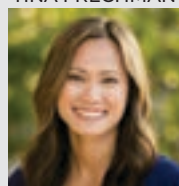
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~ Life in LAMORINDA ~

A Brighter Day provides resources for teens struggling with depression and thoughts of suicide



Photo courtesy Elliot Kallen

Jake Kallen, in 2013

By Vera Kochan

In January 2015, Lafayette resident and founder of A Brighter Day, Elliot Kallen and his wife Tammy, got the kind of news that is every parent's worst nightmare. Their son Jake, 19, died by suicide while away at college at the University of Montana.

Jake graduated from Acalanes High School in 2013, and had an easygoing personality to match his love of sports, especially hockey. His parents never suspected anything was wrong until his last month of life, and they didn't find many answers in Jake's suicide letter, other than telling them that he never felt compelled to come to them or anyone else for help. According to Kallen, most of the six-page letter was "rambling."

The month before Jake's passing, while he was back home for Christmas break during his sophomore year, Kallen recalled an unsettling comment that his son made. Jake admitted that he had thoughts of suicide while he was in high school. Asked whether he wanted to talk about it, he said that he was over it. "I didn't think much about it," stated Kallen, "because it didn't seem like a problem anymore."

However, Kallen began to notice that his son stopped looking him in the eye. And, while giving each other a hug goodbye before his trip back to college, "He, again, didn't look

me in the eye and gave me a weak hug." Something that was uncharacteristic of Jake.

After Jake left, Kallen's intuition began to kick in, and he decided to fly to Montana and spend a quality weekend with him. It was at this point that Jake stopped taking calls from his dad. Kallen recalls that Jake's last words to his mother were, "Mom, I want you to know that I'm at peace now." He had couriered his suicide letter to his parents, who received it approximately 12 hours after he died by walking onto an interstate highway in the middle of the night and being hit by a truck.

"His tox screen came back clean," Kallen recalled. "Jake didn't do that kind of stuff."

Still in shock, Kallen and his wife flew to Montana to collect Jake's body and were touched to see that his classmates had erected a small memorial along the side of the road. "Looking back, you do see the signs that you never noticed before."

It was during the flight home that Kallen decided to do something so that no other parent had to live through this type of loss. "I wanted to channel this experience into something positive." And so, A Brighter Day, a 501(c) (3), was born with the intent to "unite depression and stress resources with teenagers."

A Brighter Day's mission is to be "a relentless force in stopping teen suicide by providing educational resources on mental health and parenting." The nonprofit accomplishes this by hosting community events and virtual support groups, offering crisis intervention and therapy partnerships, and providing valuable information through its article center and website.

Kallen feels it's important for parents to make time, even after a busy day of work, to talk to their children and get involved in their lives. "Kids are bombarded with negative stuff every day. Parents need to have them turn off their cell phones at the dinner table and talk."

According to the Pew Research Center, 1 in 5 teens will experience depression this year and suicide remains a leading cause of death in youth, ages 10-24. The Centers for Disease Control and Prevention states that every year tens of thousands of teens struggle with thoughts of depression, sadness, isolation and suicide.

Symptoms of teen depression,

according to A Brighter Day, include: sad or depressed mood; crying; feelings of worthlessness or hopelessness; loss of interest in things they used to enjoy; withdrawal from friends and family; inability to sleep, or sleeping too much; loss of appetite, or increased appetite; aches and pains that don't go away, even with treatment; irritability; feeling tired despite getting enough sleep; inability to concentrate; and thoughts of suicide, talk of suicide, or suicide attempts.

A Brighter Day's website offers teens the opportunity to download a "Teen Survival Tool Kit," and parents can download a "Parent Resource Tool Kit." It also encourages calling 211 for Immediate Emergency Services or 1-800-273-8255 for the National Suicide Prevention Hotline. Teens experiencing a mental health crisis can also text BRIGHTER to 741741 for free, unlimited support where they will be contacted within 5 minutes by a licensed professional with complete anonymity.

In order to get the word out to teens about their organization, A Brighter Day started an event called "Teen Band Showcase" where local bands perform while being judged by music professionals on both quality and the number of attendees they manage to draw. Winners can receive a \$1,000 scholarship and attendees are given drawstring backpacks containing A Brighter Day information and resources. "At the end of each concert," said Kallen, "we've never seen our informational brochures on the floor or in the trash."


Kallen wants parents to know that A Brighter Day can arrange and pick up the tab for teens to get immediate professional help via Zoom, rather than having to wait weeks to get an appointment for a therapist. He's also working to disseminate information across the country by making A Brighter Day's resources available nationwide. On a local level, he'd like the area's high schools to help get the word out.

As to the future, A Brighter Day's vision is to "improve the lives of parents and teens struggling with mental health to ultimately create a world where teen suicide is no longer an epi-


demio in this country."

For more information visit www.abrighterday.org or to contact Elliot Kallen: elliott@abrighterday.info or call (510) 206-1103.

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Enjoy this zany farce under the stars



Submitted by David Dierks

The Orinda Starlight Village Players' (OrSVP) production of Ray Cooney's "It Runs in the Family," directed by Suzan Lorraine and Jill Gelster will run through Aug. 12 at the Orinda Community Center Park Amphitheater. Set in a hospital, this British farce sees Dr. Mortimore fend off a pa-

ternity suit, a former mistress, a punkish son and various lunatics running in and out of doors mistaking everybody for someone else, all while perfecting his speech for an international conference.

"There's nothing quite like a good farce with a great cast to make theater the fun it should be - lots of laughter, action and good camaraderie," said Lorraine. ... continued on Page B3

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Before After





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Hearty corn muffins a perfect bite for breakfast, brunch ... or anytime



Sausage, Chive and Cheddar Corn Muffins

Photos Susie Iventosch

By Susie Iventosch

I love corn almost any way imaginable — grilled on the cob, polenta, cornbread, cream of corn, corn chowder, corn tortillas, street corn, and especially corn muffins. We make this recipe with turkey breakfast sausage, chives (or green onion) and sharp white cheddar. They are hearty, moist and so delicious. And, they're perfect for any meal of the day, too!

This basic recipe comes from Professor Torbert's website and then I add sausage, cheese and chives. What I love

about Professor Torbert's corn products, is that they have a vibrant orange color due to increased levels of carotenoids, which are potent antioxidants said to be helpful for both eye health and vitamin A deficiencies. But, mostly for me, it's that amazing, bright orange color of the corn that goes into their corn meal, corn flour and grits.

Because these muffins are so good, you might want to double the recipe and save half of the muffins in the freezer for another time. In fact, we had guests in house, so I doubled the recipe and baked half the batter one day and saved the remaining batter for a few days

later and baked another fresh batch. I was so happy that they came out just as well as the first batch.

You can always change the added ingredients from sausage, chives and cheddar to bacon, onions and jack cheese, or whatever combination you like best. And although I have not done this yet, next time we have an extra ear of grilled corn, I am going to add it to the batter and I'll bet that will be fantastic!



INGREDIENTS

1 cup all-purpose flour
1 cup corn meal (we love Professor Torbert's Orange Corn Meal)
1/4 cup granulated sugar
1 tsp. salt
1 tbsp. baking powder
1/3 cup vegetable oil
2 large eggs
1 cup buttermilk
1 cup shredded sharp cheddar cheese
1 cup chopped turkey sausage
1/4 cup finely sliced chives or green onions

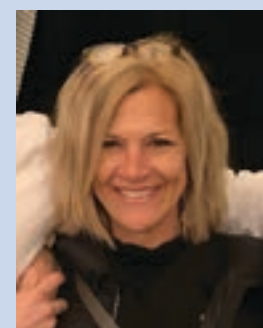
DIRECTIONS

Preheat oven to 350 F. Line a muffin tin with paper liners. I also like to spray the liners with cooking spray to make it easier to get the paper off the muffin.

Mix all dry ingredients (flour, corn meal, sugar, salt and baking powder) in a large mixing bowl until combined. Add the wet ingredients and mix gently until well incorporated.

Stir in the diced sausage, sliced chives or onions and cheese. Fill each muffin tin about 2/3 full and bake for approximately 15 minutes or until golden brown. Serve right away or store in an airtight container in the refrigerator or freezer.

For more information or to buy Professor Torbert's products, please visit:
<https://professortorberts.com>



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>

What is Eligibility in the Local Context?

By Elizabeth LaScala, PH.D.

ELC is a program that guarantees students in the top 9% of their California high school class admission into the University of California system. Students must also earn at least a 3.0 GPA and they must have fulfilled the A-G course requirements. You can find a list of the A-G course requirements on the UC ELC page. As long as these requirements are met, applicants can expect to attend a UC after they graduate from high school, but not necessarily the UC of their choice.

Why was the ELC program started?

The ELC program, which began in 2000, was designed to improve equity and diversity in UC admissions. The program's specific goal was to be "race-neutral." Because ELC is conducted at a school level rather than a statewide level, high achievers are determined relative to their local educational opportunities and context. This is a more equitable approach as it is a better way to recognize outstanding performance while at the same time capturing the racial and so-

cioeconomic diversity of California.

Initially, the admission guarantee was only offered to the top 4% of students in their high school class. However, in 2012, this was expanded to the top 9%. There are currently over 1,600 California high schools participating in ELC.

How do I get ELC status?

You can get ELC status if your school participates in the ELC program and if you have met the A-G subjects and GPA criteria. All you have to do is apply to a UC. But watch out for mail that asks you to give the state permission to collect information about you from your high school. Your high school may not participate in the program, or some misinformation could be on file. I have seen that kind of letter/email and it is good to respond to anything specific to be sure you receive your ELC status.

Is it important that I submit a good UC application?

Yes! Even if you "know" you are in the top 9% of your class, be sure to do an excellent job on your UC application. While you should always strive to do

your best, there are two specific reasons for putting effort into your application related to ELC.

First, ELC status uses a UC-calculated GPA that meets or exceeds the 9% benchmark. This GPA is based on past transcripts submitted by your high school. Just being in the top 9% compared to your peers does not guarantee that you will satisfy the UC-calculated benchmark.

The second reason to take your application seriously is that achieving ELC helps you get admitted to the UC of your dreams. It has been reported that students with ELC status are accepted at a higher rate at top UCs. Although you might not get into the school of your choice, you will be offered a space on a UC campus.

How can my school join ELC?

The ELC program is eager to include all eligible California schools, so ask your school to apply for the ELC program if they aren't already part of it. Contact ELC@ucop.edu if your school wants to participate and did not in the prior year.

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Elizabeth LaScala, PhD, brings decades of admissions expertise to personally guide each student through applying to well-matched colleges, making each step more manageable and less stressful. She has placed hundreds of students in the most prestigious colleges and universities in the US. Elizabeth attends conferences, visits campuses and makes personal contacts with admissions networks to stay current on the evolving nature of college admissions. She and her professional team offer resume development, test preparation, academic tutoring, value analysis, merit and need-based scholarship search and more.



Tips for pet safety during hot summer months

By Vera Kochan

It's difficult enough for humans to stay cool and escape the heat of summer, but it's also important to remember our four-legged friends can suffer from the effects of high temperatures, too.

The Humane Society of the United States reminds pet owners to never leave pets in a parked car. "Not even for a minute! Not even with the car running and air conditioning

on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die."

It's not just high summer temperatures that can adversely affect your pet; high

humidity can make them unable to cool themselves. Animals pant to evaporate moisture from their lungs, and they sweat through their feet. Too much humidity won't allow them to cool down, which in turn raises their temperatures. A dog's temperature should never climb above 104 degrees.

HSUS also cautions pet owners about over-exercising their pets. Either early morning or evening hours are the coolest times to be outdoors for animals as well as their owners, and bring extra water along for both to keep from dehydrating. Be especially mindful of pets with white-colored ears, as they are more susceptible to skin cancer, and short-nosed pets tend to have difficulty breathing in the heat. Also, older dogs, just like humans, might not be able to handle high temperatures.

According to HSUS, if a pet has to be outside, try to keep it in the shade or under tarps to take advantage of any air flow. Lack of air flow also makes a doghouse a dangerous place during a heat wave.

DoveLewis, an Oregon-based nonprofit ICU & ER Animal Hospital, reminds pet owners to "protect your pet's paws from hot surfaces. Walk your pet in the grass or the shade whenever possible. If the pavement is too hot for your bare hands or feet, it's too hot for your pet's paws."

Additionally, "If you need to take them outside to do their business, try wetting the surface with a hose or water bottle to help make it a little cooler for them."

DoveLewis also recommends using a pet-safe sunscreen on unprotected areas such as the tips of the ears, the skin around the lips, and the tip of the nose. If a sunscreen is safe for babies, it will also work for pets.

Heatstroke in animals can be just as dangerous as it is for humans. Panting, vomiting, excessive drooling, warm and dry skin, rapid heartbeat, staring or anxious expressions, uncoordinated movements or collapse require urgent attention. "Owners who suspect their pets may be experiencing heatstroke should call their regular veterinarian immediately," states DoveLewis. "In the meantime, you can: lower your pet's body temperature by applying towels soaked in cool water to the hairless areas of the pet's body (the tips and back of the ears, foot pads, belly, and inner thighs). Do not use ice or extremely cold water because that can worsen the problem."

Another tip is to "use a fan to help cool the animal. Even if the pet seems to cool down, it's still imperative to visit a veterinarian immediately, as temperatures often spike again or cool below a safe, normal temperature."



Photo Lorna Kochan

"Buddy" chooses to stay "cool" with sunglasses.

In 2016, California passed a law prohibiting anyone from leaving an animal in "any unattended motor vehicle under conditions that endanger the health or well-being of an animal."

California penal code 597.7 states that endangering conditions include lack of ventilation, heat, cold, lack of food or water, or "other circumstances that could reasonably be expected to cause suffering, disability, or death to the animal."

A "Good Samaritan Law," AB 797, also known as the Right to Rescue Act, allows a person to break into a vehicle if the vehicle is locked or there is otherwise no reasonable manner for the animal to be removed from the vehicle, the animal is in imminent danger of suffering harm if it is not immediately removed from the vehicle, the rescuer has contacted a local law enforcement agency prior to forcibly entering the vehicle; and the rescuer stays at the scene until local law enforcement responds to the situation.



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Correction: In the July 5 article, "Got a rodent problem? Working Cats could be the answer," the correct website address is www.oaklandanimalservices.org/adopt/oakland-feral-cats-program/. Also, kittens are not placed into the Working Cat Program, and Oakland Animal Services does not test the cats for FIV/felV before being placed.



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Local Rotarian exemplifies 'Service Above Self'



Roberto Alvarez del Blanco Photo provided

Submitted by Tom Guyette

Roberto Alvarez del Blanco was recently honored with the Rotary International "Service Above Self" award. Presented by Rotary International Board Member Vicki Puliz, this prestigious accolade is given to individual Rotarians who exemplify an unwavering dedication to serving others through their volunteer work. It is recognized as Rotary's highest honor.

Out of the 1.4 million members spanning 180 nations within Rotary International, only a select few individuals are chosen to receive the "Service Above Self" award. This year, a mere 101 recipients were recognized worldwide.

Ms. Puliz acknowledged Roberto's exceptional volunteer efforts, "In response to the scarcity of Spanish-language information during the

COVID-19 pandemic, he initiated Hope Initiative, offering vital scientific information to Latin American doctors and healthcare workers." These efforts often provided the only information these professionals received, allowing them to save many lives.

Through Hope Initiative COVID-19, Roberto spearheaded the distribution of weekly publications via email and a dedicated website (hopeinitiative-covid.com) by leveraging the vast Rotary network. Over the course of 88 editions, his efforts reached more than 250,000 people, dedicating close to 5,000 hours towards this life-saving endeavor. Roberto humbly stated, "Even if it saved only one life, it was worth it."

A dedicated member of Rotary for nearly four decades, Alvarez del Blanco's journey with the organization began in Buenos Aires, Argentina. Later, he founded a Rotary club in Barcelona, Spain, before joining Lamorinda Sunrise Rotary.

Alvarez del Blanco's story demonstrates the profound impact one person can make by leveraging local and international connections.

Lamorinda Sunrise Rotary hosts a weekly program over breakfast, Friday at 7 a.m. at the Lafayette Veterans Memorial Building, 3780 Mt. Diablo Blvd. in Lafayette. Guests are always welcome. Visit: lamorindasunrise.org

Moraga woman awarded scholarship at Oxford, England, provided by Moraga Rotary Club



Photo provided

Oxford-bound Moraga Regina Kong speaks to Moraga Rotary about her interests and future aspirations.

Submitted by Gary Irwin

Moragan Regina Kong, a recent graduate of Stanford University, will attend University of Oxford, England, to study for a Master of Science degree in Nature, Society, and Environmental Governance with a \$69,000 scholarship provided by various Rotary sources arranged by Rotary Club of Moraga. Kong's focus is sustainable livelihoods with smaller ecological footprints that can maintain people's social well-being. After Oxford, she plans to work with a non-government organization in environmental conservation.

Kong, who grew up attending Moraga schools, has already been pursuing

her goal through several extracurricular field studies. Last spring, she joined a 35-day voyage to Palmyra atoll in the Pacific Ocean to study the pristine coral reefs there. In over two months in 2019, she interviewed local fishermen in small Alaskan villages to gather data about how their livelihood is marginalized by changes in the industry. While at Stanford, she attended a field research seminar in the Galapagos Islands, and interviewed local educators and conservationists for future publication.

The scholarship was sponsored by Moraga Rotary and was partially funded by a Global Grant of \$24,000 from The Rotary Foundation; \$30,000 was funded by the 72-club Rotary District 5160 (from San Ramon to the Oregon border), and the balance came from several Rotary Clubs and individuals. Moraga Rotarians Frank May and Debbie Koo were the leaders in obtaining funding from their District and in applying and receiving the Global Grant. Regina will be hosted in England by the Rotary Club of Beaconsfield, which is located near Oxford in District 1090. Clubs there are well experienced in providing extracurricular cultural and social services to visiting Rotary scholars.

In 2015, Moraga Rotary provided a scholarship to another Moraga woman, Venetia Baker, who attended and graduated from the London School of Tropical Medicine, and is now working in that field.

Moraga Rotary is a 56-year-old service club within Rotary International, and meets most Tuesdays at noon at La Finestra restaurant. To inquire about membership, or for further information, check out the website: moragarotary.org

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 200 words) to storydesk@lamorindaweekly.com, and include "Celebrations or Remembrances" in the subject line.

Enjoy this zany farce

... continued from Page B1

"Cooney has written some of the best and audiences always leave with huge grins."

Gelster added, "I cannot wait. Both Suzan and I are very excited about this show and are so lucky to have this cast. It is going to be a blast."

Farces present a unique set of difficulties for the stage. "It translates into a fast-paced series of comic situations that happen to real people," Gelster said. "With a farce, the characters are not trying to be funny. Their lives are just pushed into comic situations."

"Farce can't drag or it becomes too real rather than funny," added Lorraine. "Farce is at the top of my list of favorite genres. There's so much good energy."

Lorraine and Gelster are longtime volunteers with OrSVP and other community theaters in the Bay Area.

"I've directed over 60 shows during

the last 30 years and this is the first time I've worked with a co-director," Lorraine said. "I couldn't ask for a better partner than Jill Gelster."

The all-volunteer Orinda Starlight Village Players is the city's only non-profit community theater and has performed at the park for 40 years.

"We are very grateful for our sponsors, the Orinda Community Foundation, Zamboni's Pizza, Casa Orinda and Geppetto's Café, as well as our program advertisers," Gelster said. "Without their support, we would not be able to continue to be part of the fabric of Orinda."

"This entire theater community is one of the best and a great place for newbies, directors and actors, to get their feet on the boards," Lorraine said.

Performances through Aug. 12 are Friday and Saturday (8:30 p.m.), Sunday, Aug. 6 (4 p.m.) and Thursday, Aug. 10 at 8 p.m. For more information, visit www.orsp.org.

In Memory

Violet Mei Chen Ann Yeager

Feb. 27, 2014 – July 14, 2023



Violet Mei Chen Ann Yeager was born on Feb. 27, 2014 in Jiyuan, China and died peacefully at home on July 14, 2023 in Orinda, California. She is survived by her parents Ryan and Shauna Yeager, brother Emmett Yeager, her grand/godmothers Jeanne "Nie Nie" Yeager of Denver, Colorado, and Linda "Lao Lao" Riehl of Brookfield, Connecticut, great grandparents Anna and Armando DeMarco of Rye Brook, New York as well as numerous loving aunts, uncles and cousins from Colorado and Connecticut.

Violet was adopted on May 25, 2015 in Zhengzhou, China, emigrated via New York City and became a U.S. Citizen on June 6, 2015 simultaneously with her brother. She had

significant special needs and was cared for lovingly by a wide range of doctors, nurses, teachers, social workers, aides, au pairs, friends and family. Violet loved to be tickled by her brother, listen to Disney songs, go in the pool and most of all to be held, to hold your hand, and to feel kisses on her round cheeks. Her family is grateful for the love and support of the community, which contributed so positively to Violet during her lifetime and beyond.

Funeral services were held on Tuesday, July 25 at St Monica's Catholic Church in Moraga. In lieu of flowers, donations can be made to Chinese Children Adoption International in Centennial, Colorado <https://public.ccaifamily.org/charity/donate> with "in memory of Violet Yeager" in the comments field. Funds will be distributed to her foster home in Jiyuan to care for other children with special needs.

In Memory

Thomas Mac Preston

April 28, 1942 - May 10, 2023



Tom Preston passed away at a Fitness retreat in Utah, doing what he loved ... exercising to the max.

A Moraga resident, Tom was married to Bobbie Preston for 26 great years, her partner in crime in many Moraga community activities: the Cycle Recycle, the Rancho Laguna Monarch Garden, pear pruning at JM, Moraga Library Seed Library, Moraga Garden Farms, and the Pear, July Fourth and Community Fairs. Tom and Bobbie traveled extensively collecting friends, beer steins and memories along the way. While the joints still allowed, they enjoyed kayaking, rollerblading and biking, settling ultimately on bocce and park strolls at Rancho Laguna.

Born in Richmond California, where dad Lloyd was building Liberty ships ... after the war Lloyd moved the family back to Morenci, Arizona (pop 3,311) because "California wasn't going anywhere." Tom graduated from Northern Arizona University and from Thunderbird Graduate School of International Business. He joined J&J and quickly became Director of International Marketing and Acquisitions which took him and new wife Terri to San Jose, Kansas, Seattle, Puerto Rico, New Jersey, Mexico, and Minneapolis, Lake Forest Ill, and Westchester, Pennsylvania. Along the way daughters Cari and Portia and son Ty joined them. Subsequently he joined American Critical Care in Lake Forest, Illinois, then Dupont in Pennsylvania as Director of International Marketing. Recruited by Ribogene, Tom and Terri moved to Hayward. Terri died in September 1994.

Predeceased by son Ty, Tom is survived by his adoring wife and soulmate Bobbie, daughters Cari Miller and Portia Preston and stepdaughter Liesl Peterson.

Bobbie is endeavoring to partner with the Town to provide a donation of outdoor fitness equipment for Rancho Laguna Park in Tom's name; if you wish to be included in this tribute, you may mail a tax-deductible donation annotated "Preston Memorial", to Lamorinda Lions Foundation, 17 El Camino Flores, Moraga CA 94556. A Celebration of Tom's life will be held at the Canyon Club 1558 Canyon Road, Moraga, August 27, 2:30-5 p.m. Please RSVP: barbamapreston@comcast.net

Not to be missed

Art

Exhibit at art gallery at Orinda Library runs through Aug. 28. Cheryl Kampe, abstract wax and acrylic paintings Shiva Jafarzadeh, illustrations, Karl Stinson, photographs of animals from all around the world, Kelly Gentry, paper art, folded books.

"Wonders of Man and Nature" starts on Wednesday, Aug. 16 at the Moraga Art Gallery, located in Moraga's Rheem Shopping Center at 432 Center Street. On view until Oct. 22, the show also includes work by more than two dozen gallery members and guest artists. A free reception will be held on Saturday, Aug. 19 from 5 to 7 p.m. The public is invited to view the art, chat with the artists, enjoy wine, light snacks, tasteful music and the company of fellow art lovers. For more information, visit www.moragaartgallery.com or call (925) 376-5407.

Art show at Orinda Books. August features the bold, realistic wildlife oil paintings of Joel Kratter, which are partly drawn from his trips to Africa and Australia. Visit the Artist of the Month for a preview at www.orinda-books.com. Orinda Books is located at 276 Village Square, Orinda, (925) 254-7606.

Art Gallery at the Orinda Library – Paintings by Holly Bazley, Alexandra Saunders, Kendra Stone & Photographs by Jeff presented by the Lamorinda Arts. The exhibition runs from July 29 to Aug. 31 in the Art Gallery at the Orinda Library. Meet the artists at a reception on Saturday Aug. 5 from 3 to 5 p.m. View their artwork at the reception or online with one click at www.lamorindaarts.org/online-galleries/.

Virtual Art Gallery at Wilder – "Nature in Abstraction". The Lamorinda Arts Council features abstract artist David Lew of El Sobrante at his virtual Art Gallery

Please submit events to:
calendar@lamorindaweekly.com

Lamorinda Weekly

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website: www.lamorindaweekly.com

at Wilder exhibit in August. View his artwork at <https://lamorindaarts.org/current-exhibits-wilder/>.

Music

Lamorinda Idol Concert, Wednesday, Aug. 2, 6-8 p.m. Moraga Commons Park. Congratulations to the 2023 Lamorinda Idol Finalists & Runners-Up! Visit lamorindaarts.org/idol-2023-finalists/ to see videos for each category. Don't miss your chance to watch them shine at our last summer concert in Moraga Commons on Aug. 2 and then onstage at the Finals in the historic Orinda Theatre on Aug. 20!

ALO (Animal Liberation Orchestra) at The Bruns Amphitheater. A two-day music festival set amongst the stunning redwoods and eucalyptus in the East Bay hills. Featuring "jam-pop" band ALO, legendary drummer Jay Lane & The Mayhem (*Sunday only) plus more acts to be announced soon. Saturday, Aug. 5: Doors at 5 p.m.; Show at 7 p.m.; Sunday, Aug. 6: Doors at 1 p.m.; Show at 3 p.m. Bruns Amphitheater (Home of Cal Shakes), 100 California Shakespeare Theater Way, Orinda. Tickets range from \$45 (General Admission) to \$75 (Limited Reserved Terrace) and are available now on etix.com.

Solo Opera is pleased to present the West Coast Premiere of the full version of, The Three Feathers, a family-friendly chamber opera with music by award winning composer, Lori Laitman, and libretto by former California poet laureate, Dana Gioia. Sept. 8, 8 p.m. and Sept. 10, 2 p.m. Free lecture one hour before each show. Leshner Center for the Arts. 1601 Civic Drive, Walnut Creek. Running time: 85 minutes in

length / No intermission. Tickets: \$25-Youth 17 and under / \$45-Senior / \$55-Adult (925) 943-7469, or visit LeshnerArtsCenter.org

Stone Student Scholarship Concert on Saturday, Aug. 26, at 7 p.m. Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. Contact Dwight Stone (510) 512-2623 stone-musique@gmail.com. Admission: \$20 Adults; Seniors \$15; Students and children free. www.stonemusique.com/SSS.html

Families and people of all ages can enjoy a summer Mosaic of Music concert on Aug. 12, from 3-7 p.m., at the Bruns Amphitheater in Orinda, featuring songs that embrace the challenges and joys of building peace. Arrive early to enjoy food and beverages from the café and participate in family activities like face painting, giant bubbles, nature art, and games. Tickets & more info at: www.eventbrite.com/e/mosaic-of-music-tickets-629521093537

Literature

Art Embraces Words: Aug. 12, 2 – 3:30 p.m. The Lamorinda Arts Council presents a free Art Embraces Words program held at the Lafayette Library Arts & Science Room, 3491 Mt. Diablo Blvd., Lafayette. Featured writers include Brad Hoge, Dita Basu and Bob Poirier. Visit <https://lamorindaarts.org/art-embraces-words/> for details.

Other

Knit a cap or scarf for a child or adult undergoing chemotherapy, a debilitating illness, or experiencing homelessness! As part of Community Service Day, new knitted items will be distributed to patients at John Muir Hospital,

Kaiser Hospital, Hospice of the East Bay, Warm Winter Nights and Safe Parking. Items knitted over the summer will be gathered in late September to distribute to the agencies. Any size, style, color ... let your imagination guide you! (Items for pediatric oncology patients need to be from a pet-free home...please label them as such; other childrens' items do not need to be) Contact Bobbie Preston at barbarampreston@comcast.net to arrange drop-off of your gifts in September.

350 Contra Costa is delighted to host a free screening of "The Scale of Hope" on Thursday, Aug. 10, at 7 p.m., at the historic Orinda Theatre, 4 Orinda Theatre Square, Orinda. The Scale of Hope follows Molly as she prepares for an expedition in the Alaska Range while working to create a new climate narrative that centers her favorite question—"What can I do to help?"—with a surprising answer. It's a story about struggle, hope and what it will take to solve the greatest issue of our time. This is a free event—please register at: www.eventbrite.com/e/patagonia-documentary-the-scale-of-hope-qa-with-molly-kawahata-tickets-679918443367

Native American Indian Sites in the East Bay Hills presented by the Moraga Historical Society, featuring James Benney. As a spokesperson for the East Bay Hill People, Benney enjoys discovering and preserving historic sites once inhabited by the indigenous people of the Bay Area. Join us as he brings to life the locations of these ancient habitats. Sunday, Aug. 20, 1-3 p.m. in the Casita at Hacienda de las Flores, 2100 Donald Dr, Moraga. RSVP to Susan Sperry: ranchsu-san@aol.com by Aug. 15. Reservations only – limited seating.

san@aol.com by Aug. 15. Reservations only – limited seating.


Lamorinda Historical Society Members free, Guests \$5. Refreshments will be served. Kapnek Trust USA Family 5K/1K Fun Run and Kids Carnival will be held on Sunday, Aug. 27. Starting at 9 a.m. on the Moraga Commons Path, this family event supports preschool education and nutritious food to children and Zimbabwe. Participants enjoy a T-shirt, food, music, carnival games, and fun for all ages! To register go to <https://kapnektrustusafunrun23.eventbrite.com>

Mocktails & Cocktails, Sun. Aug. 27 – 3-5 p.m. at The Coop, 32 Lafayette Way, Lafayette. Join those who love art, literature, music and everything in between at The Coop, 32 Lafayette Circle, Lafayette. Whether you are deep into your creative journey or blocked; we want to hear about it. Look for our framed Piccasoesque poster of a crazy art lady – that's us! No host bar. Just show up. Questions? Email literary@lamorindaarts.org.

Garden

The Lafayette Community Garden and Outdoor Learning Center is celebrating its 12th year with a Community Open House on Sunday, Aug. 13 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 wildlife in the East Bay and a beekeeper from Mt. Diablo Beekeepers will talk about the amazing nature of bees and art of beekeeping.

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LAMORINDA SPORTS

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

Fineman and Heinz represent Lamorinda at World Rowing Championships



From left: Nate Fineman and Keenan Heinz Photo provided

By Jon Kingdon

Just a week ago, the Under 19 National U.S. Rowing team left the United States to compete in the 2023 World Rowing Championships the first week of August in Paris, France at the Vaires-sur-Marne Nautical Stadium, which is where the Olympic rowing events will be held in 2024.

The U.S. team roster of 53 men and women has seven rowers from Oakland Strokes (the largest number of rowers from one club) and two of the seven, Nathan Fineman (8-man crew) and Keenan Heinz (4-man crew with coxswain), are upcoming seniors at Miramonte High School.

During a crew race, rowers' heart rates can vary depending on the intensity of the race and the individual fitness levels of the rowers. According to a study published in the Journal of Sports Sciences, the average heart rate of rowers during a 2000-meter race was 174 beats per minute.

For the past four years, starting in eighth grade, Fineman and Heinz have been training at and competing for Oakland Strokes. "I had just stopped playing water polo and

my parents were looking for another sport for me to participate in," Fineman said. "At first, I really didn't enjoy it and I couldn't see myself doing this for a number of years, but it's definitely stuck with me. After rowing a few months, I started to enjoy it a lot and saw a future in it for myself and I've been pursuing it since. Towards the end of my novice year when I started high school rowing, I began to appreciate it more."

Heinz began rowing at the encouragement of his mother. "My mom just wanted me to try something new and it turned out pretty well," Heinz said. "Just getting into the sport was pretty easy and initially I treated it as more of a hobby, after school thing. I began to get competitive my sophomore year. The physical work was hard and that took a lot of persistence. I'm still learning new things and trying to improve what I can do now. At first, it was intimidating because there are a lot of new things that aren't common in most sports, but I got the hang of things fairly quickly."

Jovan Jovanovic, the head coach at Oakland Strokes, was witness to the evolution of Fineman and Heinz's improve-

ment. "From the beginning, Keenan was always very talented, and we saw early on that he had that discipline," Jovanovic said. "Even though he is not the biggest kid (6'1"), he's a good racer that has the discipline and training. When Nathan (6'5") first came to Oakland Strokes, he had very good size and strength and was not as polished, but I told him that if we kept up the good work, you never know what could happen. In the last two years, both of them made big strides in their development and this year especially, both of them stepped up and found that next gear. We always talk about getting to the next level and focusing on not just being the best at our rowing program but thinking about the big picture, our whole country."

The time demands put on the rowers in their training are second to none, according to Heinz: "During the school year, we work out 6 to 7 days a week. The five days during the week we work out for three hours after school and on Saturday, it is usually five hours and before big races during the season, we will also work out on Sunday for 2-3 hours."

"Rowing is mainly, for me, a mental sport," said Fineman. "It's a lot of effort for a little payoff. You train for many months just for six minutes on a two-kilometer course."

The physical demands of rowing impose unique physiological challenges to rowers with implications not only for their physical, technical, and mental preparation for competition, but also for health and longevity.

"It takes all these things to be a good rower," Jovanovic said. "It is important to be physically gifted and talented but none of it matters if you are not persistent, motivated, and driven. You have to set high goals because rowing is a cyclical sport and even though it does look repetitive, you can always improve, and you always have things to work on and build on. We try and recognize the weak points in each athlete in their development and guide them but, at the end of the day, it goes back to them. It really shows who they are as people and athletes and how willing they are to pursue that excellence. We can guide them, and we can help them with

some things but when it comes to mental preparation, they are the ones that have to grab those tools in their hands and really work little by little every day. I put it on them, and they've met the challenge."

As difficult as it can be during the race, for Heinz, it's keeping his eye on the prize: "In the moment it can be really hard in the heart of a workout or race when it's really painful mentally and physically but at the end of the race, you get that sense of relief and accomplishment because it can be so hard and even if you don't do well, you can still be excited at finishing the race, knowing that you put your full effort into it and that's what I get really excited about and what pushes me through, being able to have an opportunity to push myself as hard as I can, no matter what the outcome is, it's something that I can be proud of."

For Fineman, it's both the journey and the destination. "I do enjoy rowing, but I wouldn't say that I find joy in it," Fineman said. "The training is really grueling, training many, many, hours a week but I find joy in seeing my efforts pay off in a competition when I medal at a regatta or perform well on the erg machine. It requires a lot of mental toughness and fortitude to keep pushing, making sure that you have the goal in mind and not to stray off the path you put yourself on."

Jovanovic has tried to make the athletes know that they are responsible for their success. "What I have tried to instill in them is to start with yourself and don't worry about anyone else," Jovanovic said. "I try to remind them every day you had a good piece but what are the Germans or the French or the Australians are doing? Can we find that extra gear and it's a rhetorical question, but I tell them that they'll know it the best inside of themselves."

It's not the arms that are the key in effective rowing. "It's about 65% legs to 30% back and core," Heinz said. "The arms are actually minimal to a rowing stroke. You start by driving with your legs and hips which are the most powerful muscles in your body and then you start swinging your body back which gives you the leverage and you

barely finish off with your arms which is the minimal part. During a race, you're at such a high heart rate for such a long time and repeating the same move over and over, so having a powerful heart and lungs enables you to circulate air for a prolonged amount of time."

Fineman and Heinz also learned that as individual as the training is, working as a team is more crucial in rowing than in just about any other sport. "Everybody really needs to be in the same head space, rowing the same way," Fineman said. "If everyone is locked in on the same mental wavelength, believing we can win and pushing forward and rowing as well as we can, the boats go really fast but one weak link can ruin everything. With the national team, we needed time to get to know each other and the more time we practice together, the more we are able to become a tight knit crew. We practice 3-4 hours a day knowing that tough hard work and tough hard experience can bring any group together."

The necessary tools to be a successful rower have carried over to other aspects of rowers' lives. "I've become a much better student," Fineman said "My grades have improved and there has been a direct connection between my racing performance and my performance in school. During the school year, I've had to develop new strategies to become as efficient as possible to get my schoolwork done. Starting rowing and having more constraint times, has made me a more efficient student."

Fineman and Heinz have proven to be the epitome in what Oakland Strokes aspires their rowers to be. "It makes us proud to see our kids make the national team and represent the country on the biggest stage," Jovanovic said. "I can talk about my experiences, but they have to personally experience it. I always try to have them bring it back to themselves because it always starts inside of them, getting them to focus on themselves and what they are doing, building confidence through hard and good workouts. In the end, it's their development and daily improvement and their own accomplishments."

Hundreds of swimmers converge at Lafayette Swim Conference Championship Meet

By Jon Kingdon

Arriving at 6 a.m. at the Acalanes pool last Saturday, Aly Macalister, the Lafayette Swim Conference Championship Meet Director welcomed the start of their 11th annual championship meet. With 200 parent volunteers and 497 competitors, it took a great deal of effort to pull it all together. "The hardest thing has been coordinating all of the volunteers and getting everything set up," Macalister said. "There has been a lot of work over the course of the

last 10 months in preparing for this event and the last two weeks, we've been particularly busy."

Macalister sees the opportunity for everyone to feel like a winner at this meet: "We host this championship meet as a way for our swimmers who have spent their entire summer working for a goal: to have something that feels extra special and extra fun. It's an opportunity for the swimmers to swim in the same pool where the county meet will be held next week. And for those swimmers who are not quite at

that level, to have a great day and to have fun and it's more about the experience of the day rather than the results in the afternoon."

Sun Valley

Jill Taylor, one of the swim team directors for Sun Valley (Lafayette) said the team had a lot of success coming into the meet.

"After starting our spring clinic in April, we had about fifteen meets and it's been a great season," Taylor said. "We don't score the dual meets in our league and what we are mostly looking for is the im-

provement of our swimmers while having a lot of fun along the way. We really look at how many times our swimmers have improved their times and so far, this summer we've had 1,000 pop (personal improvement) times."

The Taylors first joined Sun Valley with their daughter in 2018 and this is the first year that she and her husband have served as the directors of the team. "When we moved here, we had no idea what rec swimming was all about and then we saw the minivans all decked out. Our daughter did

the mini race program and loved it and wanted to join the team."

The leading swimmer this year for Sun Valley has been Cole Carlson who has broken the team's freestyle record in the 9-10 group three times this season. The team also looks to the senior members like Sophie McKay who will be swimming at UC Davis next year, Olivia Williams and Will Carlson and junior J.P. Rosenblatt for leadership and help in coaching the younger swimmers.

... continued on Page C2

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Lafayette Swim Conference Championship Meet

... continued from Page C1

"I've been around the team since I was four and I've been on the team since I was six," Rosenblatt said. "I coach the four through eight-year-olds and I compete in the meets as well. One of the traditions of Sun Valley is that we do "Tuck-Ins" where we go to their houses of our young swimmers and tuck them in and make sure they get a good night's sleep before the meets."

Sun Valley does not take a win at all costs attitude. "If any of our swimmers qualify for the county meet, it's a bonus," Taylor said. "What we want to see is every swimmer have their own individual growth that takes place in our team setting. For a lot of our swimmers, it's just seeing that growth or having our younger swimmers master a difficult stroke like breaststroke or butterfly to be technically sound in their technique."

Assistant Coach Ava MacKay spoke of the camaraderie at the meet. "As a team, we showed a lot of team spirit together in our tents as usual," MacKay said. "We have a buddy system in our pool, so they were really supportive there. Individually, a number were able to pop all their times and really took what we gave them as critiques and proved to us that they could do that in the water so that was awesome and two that really stood out were Lena Taylor (8) in the freestyle, butterfly and Valentina Young (10) who did an amazing job. A bunch of

our kids qualified for the county today and after winning a meet at the beginning of the season that we were not expecting to win, we've been progressing through the through the time I've been here in the summer."

Rancho Colorados

After the coronavirus, the numbers of swimmers at Rancho Colorados (Lafayette) have climbed to 237 which is as high a number as the club has seen.

"We had 14 meets this year so we're back to normal after the coronavirus which really caused an epidemic of stroke flaws that took a lot longer than usual to of recover from, head coach Adrian Lohse, an Acalanes alumnus, said. "It as our goal is to develop complete swimmers as we spent much of the summer correcting strokes but I think we're almost there now. We had a chance to mix in some of the Invitational style meets, which was pretty good. We swam the pentathlon at Dana Hills in Clayton and that was a good meet. It's been fun though it's been cold this summer, so that's been a weird risk and it made our Wednesday night meets pretty tough but now that the weather's gotten back to normal, the swimming has gotten faster."

The team has been particularly pleased with the progress of their six and under group. "We've had multiple swimmers improve by over a minute for one lap race which is kind of unbelievable," Lohse said. "When they started, it would take many of them a

minute and a half to swim a lap and now most got that down under thirty seconds. They went from being barely able to swim to becoming quite proficient."

The leading swimmer on the team has been 14-year-old Lucy Kao. "Lucy has had a great season breaking four team records and several pool records along the way," Lohse said. "Clara Roggensack who just graduated from Campolindo and will be attending Indiana University has been a coach and spiritual leader all summer and has been our oldest, strongest and most proficient demonstrator of the strokes."

For Lohse, the highlight of the season had nothing to do with swimmers' times. "It came not from our individual performance but when we did a fundraiser in the water which we call the Rancho 500 because it's designed to be like a NASCAR style race," Lohse said. "At this event, we were able to raise \$2,400 which almost entirely funds the fall season for the local East Bay Sea Serpents which is a swim team for the disabled swimmers, and we look upon that as a team accomplishment."

"Today was a great tournament in that we got a lot of new county qualifiers which is always exciting," Lohse said. Part of the excitement for us was getting a chance to swim a full lineup of events in three individual events. That was a fun experience for swimmers that don't typically get in a normal dual meet. Lucy Kao

ended up breaking her fifth team record. All the individual events are her team records now. Our individual medley swimmers as a group did really well. They're kind of a reflection of our philosophy as a team to work on each of the strokes. It's a really challenging race to pull all those races together and we did well."

Dana Hills and Pleasant Hill

The Dana Hills Swim Team (Clayton) made their initial appearance at the Lafayette Swim Conference Championship meet. They started out this year with 180 members

and by mid-June they were up to 284 which was a higher-than-normal number. And things are back to normal for the Pleasant Hill Club, with 300 members and 250 individual swimmers. (To see the full story including comments from Dana Hills and Pleasant Hill coaches, see the online story at www.lamorindaweekly.com.)

What did Meet Director Aly Macalister do after the last race? "I began looking forward to the next swim season as soon as the meet concluded."

LAFAYETTE CHAMPIONSHIP MEET RESULTS

GIRLS TEAMS

DANA HILLS	3,147.50
RANCHO COLORADOS	1,930
SUN VALLEY	1,630.50
PLEASANT HILL	1,574

BOYS TEAMS

DANA HILLS	2,591.5
SUN VALLEY	1,995.5
RANCHO COLORADOS	1,934
PLEASANT HILL	1,449

LAFAYETTE MEET NEW RECORDS

BOYS 50 FREE STYLE RELAY – DANA HILLS	D. Vines, S. Canada, J. Parker, D. Van Famos 1:20.25
BOYS 50 MEDLEY RELAY – DANA HILLS	D. Vines, S. Canada, J. Parker, F. Van Famos – 1:38.87
GIRLS 25 BUTTERFLY – DANA HILLS	Channing Branch (7) – 17.81
BOYS 50 FREE – DANA HILLS	Jack Parker (18) – 22.63

RANCHO COLORADOS TEAM RECORD

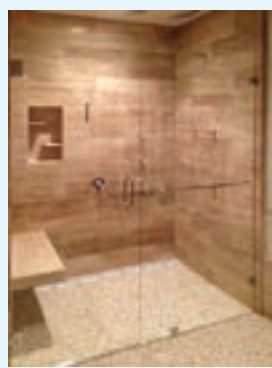
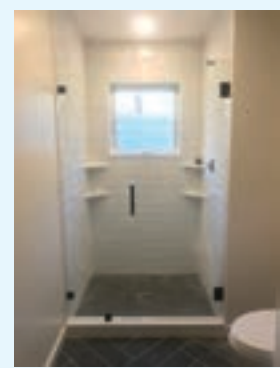
GIRLS 50 FLY	LUCY KAO (14) – 26.85
SUN VALLEY TEAM RECORDS	9-10 BOY 50 FREE STYLE RELAY
C. Carlson, A. Stein, A. Mura, L. Parks – 2:04.03	15-18
15-18 BOYS 50 FREE STYLE	Alexander Butler-Kurimai (17)– 23.12

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Lamorinda

OUR HOMES

Lamorinda Weekly

Volume 17

Issue 12

Wednesday, August 2, 2023



Lamorinda Home Sales

... read on Page D2

Digging Deep with Goddess Gardener, Cynthia Brian

Growing with kids

Photos Cynthia Brian



Agapanthus is poisonous. Instruct children to admire but don't eat.

By Cynthia Brian

"I rejoice when I see anyone, and especially children, inquiring about flowers, and wanting gardens of their own, and carefully working in them. For the love of gardening is a seed that once sown never dies, but always grows and grows to an enduring and ever-increasing source of happiness." ~ Gertrude Jekyll

How immensely fortunate I was to grow up on a farm where both parents were connected to the land and taught their five children to care for plants and animals. At a very young age, we were each given a small plot of earth to tend our very own gardens. We could plant whatever we wanted: fruit, vegetables, flowers, trees, or even just let the weeds take over. Whatever we decided to do, we were told that the success or failure of our plantings was 100% our responsibility. Each of us received this gift with gratitude and excitement as we each created our unique and individualized design.

The benefits of introducing children to gardening are numerous and life-enriching. Kids are inherently curious and soak up new information

like sponges. Gardening with children encourages a lifelong commitment to good environmental practices and stewardship of our earth. Since gardening is a hands-on experience, kids relish getting dirty and wet, and especially enjoy finding and touching slimy creatures. As their grown-up garden guides, we must teach safety in nature. We must point out that they must never nibble a leaf or flower without knowing if the plant is edible as many plants are poisonous or can cause allergic reactions. The same holds true for picking up frogs, snakes, lizards, spiders, or other critters. Educating our little ones about the natural world and how humans cohabit is part of our critical supervisory function.

Benefits of Gardening for Kids

Education: Besides learning sustainable practices, kids are close-up witnesses to the circle of life. We plant a seed or seedling. We water, fertilize, and prune the plant. It matures, flowers, and possibly bears fruit. Annuals die at the end of the season. Perennials return the following year. Evergreen shrubs and trees maintain their leaves while deciduous plants are barren in winter and re-leaf in spring. Botany, biology, and ecology are all evident in the garden.

Health: Outdoor play is essential to developing a healthy body and mind. Gardening is an outstanding exercise and it's playful. Pulling hoses, carrying rocks, weeding, raking, pushing wheelbarrows, hoeing, and planting all contribute to stronger muscles and stress-free minds.

Mental Well-Being: Mindfulness and tranquility are part of the gardening experience. Numerous studies have shown how anxiety and stress are reduced by spending even 20 minutes outdoors in nature.



... continued on Page D6

Strip rose cuttings of the thorns, then allow children to smell the fragrance.



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City	Last reported	Lowest amount	Highest amount
LAFAYETTE	14	\$851,000	\$12,450,000
MORAGA	10	\$630,000	\$2,350,000
ORINDA	6	\$1,025,000	\$3,000,000

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

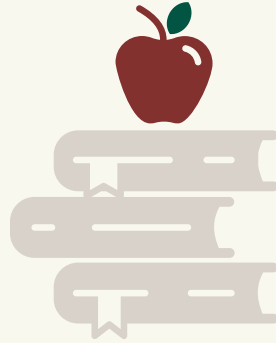
- 649 Byrdee Way, \$1,220,000, 5 Bdrms, 2136 SqFt, 1967 YrBlt, 06-12-23
- 922 Diablo Drive, \$1,575,000, 2 Bdrms, 2399 SqFt, 1942 YrBlt, 06-15-23,
Previous Sale: \$375,000, 10-30-02
- 4067 Happy Valley Road, \$8,250,000, 5 Bdrms, 5314 SqFt,
2010 YrBlt, 06-20-23
- 3972 Happy Valley Road, \$12,450,000, 6 Bdrms, 7651 SqFt,
2012 YrBlt, 06-22-23
- 917 Hough Avenue #10, \$851,000, 2 Bdrms, 1038 SqFt, 1969 YrBlt, 06-16-23,
Previous Sale: \$850,000, 06-02-22
- 3838 Palo Alto Drive, \$3,750,000, 4 Bdrms, 3440 SqFt, 1961 YrBlt, 06-14-23,
Previous Sale: \$3,725,000, 10-19-22
- 11 Reliez Valley Court, \$2,000,000, 5 Bdrms, 3232 SqFt, 1979 YrBlt, 06-12-23
- 3554 Springhill Road, \$3,300,000, 5 Bdrms, 5983 SqFt, 1972 YrBlt, 06-21-23
- 3229 Stanley Boulevard, \$1,550,000, 3 Bdrms, 1738 SqFt,
1943 YrBlt, 06-22-23, Previous Sale: \$500,000, 02-02-09
- 944 Stow Lane, \$1,703,500, 5 Bdrms, 2518 SqFt, 1964 YrBlt, 06-16-23
- 3370 Sweet Drive, \$1,377,000, 3 Bdrms, 1291 SqFt, 1955 YrBlt, 06-16-23,
Previous Sale: \$834,000, 08-18-16
- 1059 Via Roble, \$1,325,000, 3 Bdrms, 1660 SqFt, 1964 YrBlt, 06-12-23,
Previous Sale: \$992,500, 02-14-21
- 3385 West Terrace, \$2,152,000, 4 Bdrms, 2074 SqFt, 1955 YrBlt, 06-13-23,
Previous Sale: \$1,101,000, 06-03-15
- 3158 Withers Avenue, \$1,250,000, 4 Bdrms, 1927 SqFt, 1964 YrBlt, 06-20-23

MORAGA

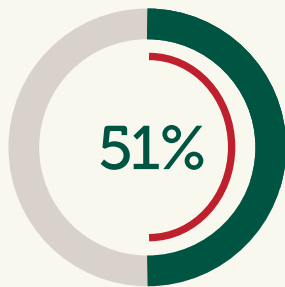
- 2129 Ascot Drive #11, \$630,000, 2 Bdrms, 1314 SqFt, 1970 YrBlt, 06-15-23,
Previous Sale: \$650,000, 04-21-21
- 24 Carr Drive, \$1,900,000, 5 Bdrms, 2084 SqFt, 1962 YrBlt, 06-16-23,
Previous Sale: \$1,236,000, 04-04-14
- 710 Crossbrook Drive, \$2,130,000, 4 Bdrms, 2465 SqFt, 1967 YrBlt, 06-22-23
- 131 Devin Drive, \$1,446,500, 3 Bdrms, 1449 SqFt, 1959 YrBlt, 06-13-23,
Previous Sale: \$869,000, 07-07-15
- 197 Fernwood Drive, \$2,350,000, 4 Bdrms, 2434 SqFt, 1967 YrBlt, 06-12-23
- 50 Gaywood Place, \$1,950,000, 3 Bdrms, 2162 SqFt, 1966 YrBlt, 06-21-23,
Previous Sale: \$240,000, 03-01-86
- 29 Kippy Court, \$2,340,000, 5 Bdrms, 2492 SqFt, 1972 YrBlt, 06-20-23,
Previous Sale: \$533,000, 06-01-90
- 282 Paseo Bernal, \$1,060,000, 3 Bdrms, 2044 SqFt, 1978 YrBlt, 06-16-23,
Previous Sale: \$915,000, 06-19-18
- 1917 Saint Andrews Drive, \$2,200,000, 4 Bdrms, 2680 SqFt,
1978 YrBlt, 06-14-23
- 341 Tharp Drive, \$2,315,000, 4 Bdrms, 2360 SqFt, 1966 YrBlt, 06-23-23,
Previous Sale: \$1,260,000, 07-19-19

ORINDA

- 5 Bonita Lane, \$1,730,000, 3 Bdrms, 1987 SqFt, 1946 YrBlt, 06-16-23,
Previous Sale: \$788,500, 07-23-13
- 6 Cascade Lane, \$1,025,000, 2 Bdrms, 1308 SqFt, 1954 YrBlt, 06-13-23
- 7 Crescent Drive, \$1,625,000, 3 Bdrms, 1869 SqFt, 1955 YrBlt, 06-13-23,
Previous Sale: \$675,000, 05-24-12
- 7 Evans Place, \$2,000,000, 3 Bdrms, 2185 SqFt, 1955 YrBlt, 06-20-23,
Previous Sale: \$850,000, 07-28-04
- 17 West Hill Way, \$3,000,000, 3 Bdrms, 3006 SqFt, 2017 YrBlt, 06-20-23,
Previous Sale: \$2,152,500, 05-29-18
- 41 Sleepy Hollow Lane, \$1,598,000, 3 Bdrms, 1849 SqFt, 1960 YrBlt, 06-23-23



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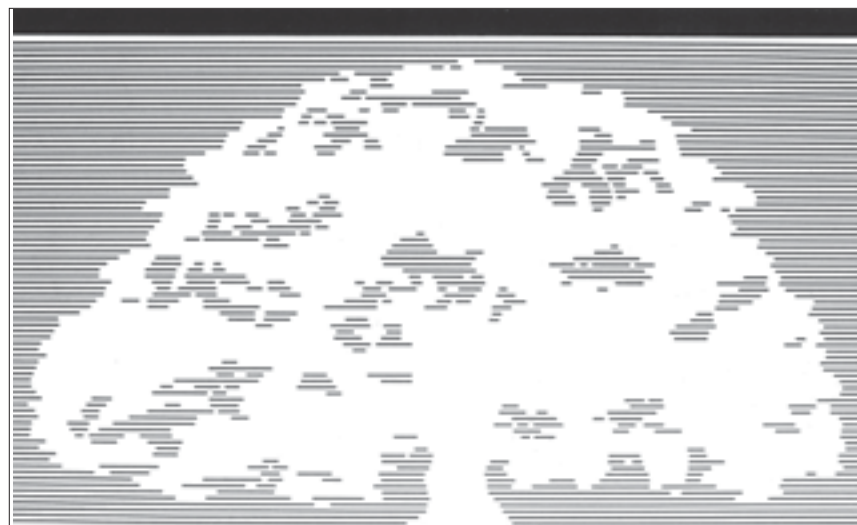
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COMPASS



Digging Deep with Goddess Gardener, Cynthia Brian

Growing with kids



Jacobinia, known as the flamingo plant, is an easy plant for kids to propagate with cuttings.



Tomatoes are a rewarding vegetable for children to grow.



Raking leaves is great exercise for kids.

Photos Cynthia Brian

... continued from Page D1

Nutrition: If they grow it, they will eat it! If you were to ask a child where zucchini comes from, unless they are growing a garden, they will probably tell you that it comes from the grocery store. Once when I was doing a gardening demonstration for children, kids asked me why the iceberg lettuce on my demonstration plant wasn't wrapped in cellophane. A similar question arose when my chicken laid an egg during a petting zoo visit.

"What's that?" the child asked.

"An egg," I responded.

"What do you do with it?" the child retorted.

"You cook it and eat it. It's fresh," I answered.

"But it's not in a carton!" was the prompt and surprised look on the child's face.

We need to teach children about where our food comes from as well as the benefits and nutritional values of growing our own produce. In this way, they will establish healthy eating habits.

Life-Skills: Perhaps more than anything, gardening instills skills and qualities that will last a lifetime fostering cognitive development and problem-solving skills. Patience, creativity, curiosity, tolerance, generosity,

responsibility, pride, and respect are just a few of the virtues that we all learn in the garden. We can't rush a tomato. We must be patient and learn that delayed gratification reaps rewards. Designing a garden stimulates creativity and imagination. When we investigate the insect crawling on the artichoke, our curiosity is aroused. Tolerance of misshapen or imperfect crops is necessary. We are responsible for our plant's life by providing it the essentials it needs to survive – soil, sunlight, water, and food. When we harvest, we feel pride that we have succeeded and are generous by sharing the bounty. Respect, empathy, and compassion for all living things are grown in the garden. Also important, gardens teach us that mistakes are normal. Failure is fertilizer. When a plant dies, heap it on the compost pile and grow a new garden. Through gardening, children learn that there is no perfection, giving them the permission to take measured risks.

Environmental Awareness: Through caring for a garden, kids develop a deeper appreciation for nature. They better understand the impacts of their actions and how they can personally contribute to a greener, cleaner planet. When kids connect with nature, they will want to protect and conserve the environment for future generations. They will develop a lifelong appreciation for nature's beauty and grandeur.

... continued on next Page

A Few Safe and Simple Flowers to Grow with Kids

- | | | |
|------------------|---------------|---------------|
| Sunflowers | Dahlia | Passionflower |
| Marigolds | Forget-Me-Not | Pansy |
| Cosmos | Geranium | Petunia |
| Clover | Hollyhock | Strawflower |
| Crocus | Lamb's Ear | Sweet pea |
| Black-eyed Susan | Lavender | Verbena |
| Cockscomb | Nasturtium | Zinnia |

Easy Vegetables to Grow with Kids

- | | | |
|-----------------|----------|------------|
| Basil | Cucumber | Pumpkins |
| Beans | Dill | Radishes |
| Carrots | Lettuce | Zucchini |
| Cherry Tomatoes | Mint | Watermelon |
| Corn | Parsley | |

... continued from Page D6

Growing with kids is a rewarding and educational experience. As children nurture plants, they discover happiness, satisfaction, and a love for the natural world that will stay with them throughout their lives. Most of all, through gardening, they grow a healthy body, mind, and spirit.

Although the vegetables and flowers that I planted as a child are long gone, my youngest brother's garden is still thriving. He had chosen to plant tropical seeds which grew into towering palms!

"Treat the Earth well. It was not given to us by our parents, but it is loaned to us by our children. We do not inherit the Earth from our Ancestors. We borrow it from our children." ~ Ancient Native American Proverb
Happy Gardening. Happy Growing with Kids!



Cynthia Brian and her helper amongst the pink bower vines.

For more gardening advice for all seasons, check out Growing with the Goddess Gardener at <https://www.CynthiaBrian.com/books>. Raised in the vineyards of Napa County, Cynthia Brian 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, Family Forever, from the series, Stella Bella's Barnyard Adventures is available for PRE-ORDERS now at <https://www.CynthiaBrian.com/online-store>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com <http://www.GoddessGardener.com>

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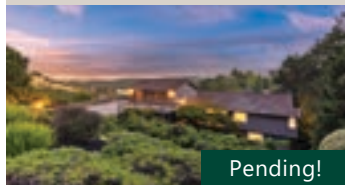


24 La Cuesta Road

Fabulous 3 bd/ 2.5 ba OCC home features lovely gardens, lush lawns & walls of windows that bring the outdoor beauty in!

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3921 Quail Ridge Road

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LAFAYETTE



3445 Shangri-La Road

Desirable Reliez Valley neighborhood offers amazing privacy, stunning views, beautiful architecture on an almost 1 acre lot!

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LAFAYETTE



1987 Reliez Valley Road

Wonderful 3 bd/ 3 ba Reliez Valley home has been completely reconfigured, updated & enlarged!

\$1,848,000

LAFAYETTE



3611 Lincoln Way

This charming 3 bd/ 2 ba Lafayette home offers single level living with views, privacy and a serene setting!

\$1,595,000

Pending!

LAFAYETTE



3390 Reliez Highland Road

Incredible home situated at the end of a private road features 4 bd/ 3 ba, wine room, work shop & a mostly level .58 acre lot. Serenity awaits!

\$1,595,000

New Listing!

LAFAYETTE



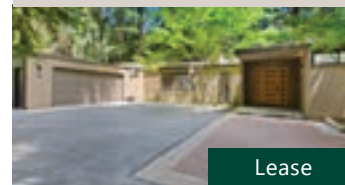
406 Castello Road

Single story, 3 bd/ 2 ba Burton Valley Charm with an A+ location!

\$1,295,000

Pending!

LAFAYETTE



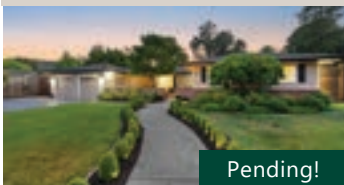
9 Redwood Circle

Situated down a private lane, surrounded by majestic redwood trees is this spectacular 5 bd/ 3 ba home!

\$12,000/mo.

Lease

MORAGA



1254 Larch Ave

Tucked in the beloved Camino Pablo neighborhood, this updated single story home has open floor plan w/ perfect bckyrd for entertaining!

\$1,995,000

Pending!

MORAGA



163 Corliss Drive

Single-level, Ranch style home features 4 bd/ 2.5 ba in approx. 2228 sqft on a .27-acre level lot!

\$1,795,000

Pending!

MORAGA



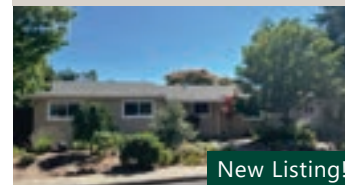
1996 Ascot Drive, Unit D

This 2 bd/ 2 ba upper-level end unit has it all including spacious cathedral ceilings & serene views from the veranda deck!

\$2,450/mo.

Lease

CONCORD



4232 Woodland Drive

Charming, updated 3 bd/ 2 ba 1330 sq ft on large level lot. A gardener's paradise!

\$738,000

New Listing!

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