

he sounds of a communal heartbeat – good vi- daytime drumming circle near us." So she took matters a home at Lamorinda Music, where "one of the [Lafayette] brations – echoed loud and clear recently in into her own hands and formed one. Lafayette. Barbara Kloss, the group's self-pro-

Lafayette Library and Learning Center declined to host claimed "instigator" was excited about the attendance for the circle – she said there were concerns about the group's vided for the circle that meets at 11 a.m. the second Monday her newly formed senior drumming circle. For the last noise level – and Kloss was unwilling to commit to room year, Kloss lamented the fact that there seemed to be "no rental fees at the Lafayette Senior Center. She finally found

senior commissioners pays for room rental."

No music experience is necessary, and drums are proof each month. Donations are accepted, but no one is ... continued on page A14 turned away.

COMING SOON!

Quote of the Week:

"Here we go again in Moraga wiin signs and mailers that can't be traced to their source." Read Letters to the Editor - page A8.



Oct. 30 Town Hall to focus on future of transportation

Time to Make the Jetsons a Reality?

Town News A2 - A14 **Business** A12-A13 Life in Lamorinda B1 - B12 Classified **B8** Food В9 Service Directory **B9** Not to be Missed B10-B12 Sports C1 - C3 **HOW TO CONTACT US** C2 Love Lafayette C4 D1-D12 Our Homes This Week Read About: **Better Investments** A2 Measure K Success Α4 Stopping Elder Abuse Α6 MOFD Staffing Cuts Α9 **New Writing Contest** Katzen Comes to LLLC B2 Affordable Care Act **B3** JM's iKind Program **B4**

LAMORINDA

By Laurie Snyder ore than a half century after Hanna-Barbera first forecast flying cars and dogs jogging joyfully on space-age treadmills, Lamorinda's closet George and Jane Jetsons will finally get the chance to experience truly futuristic technology when Google comes to town with a selfdriving car. That was part of the electrifying news from state senator Mark DeSaulnier, chair of the California state senate's Transportation and Housing Committee, who recently announced that he will be hosting a special Town Hall meeting Oct. 30 at the Orinda Library Auditorium from 7 to 9

Scheduled well in advance of the mass transit meltdown that has irritated commuters across the Bay Area, the timing of "The Future of Transportation: Challenges and Opportunities" could not be better. In addition to having their voices

heard on issues impacting personal and professional lives, Lamorindans will learn about intelligent transportation systems, current state policies, the negative impacts that inadequate funding and the insular culture of government agencies have on innovation, and potential reforms which could alleviate these issues.

"California will face many transportation-related challenges in the years ahead as our infrastructure ages. Fortunately, California is consistently on the forefront of new technology," adds DeSaulnier. "As chair of the Senate Transportation and Housing Committee, I know how important it is to emphasize innovation as we plan for the future."

The audience will also hear from expert panelists Randell H. Iwasaki, executive director of the Contra Costa Transportation Authority (CCTA)

C1-C3

and Thomas West of California Partners for Advanced Transportation Technology at the University of California, Berkeley.

But even DeSaulnier knows it's likely to be the Google gadgetry that will inspire the young and old to turn out. In addition to describing how self-driving cars work, Anthony Levandowski, Google's product manager for autonomous driving, will explain why the company became involved with transportation planning, what has been done with automated vehicles to date and how their increased use could benefit society as a whole.

So, be sure to bring Judy and your boy, Elroy. The event is free, but RSVPs are requested and should be sent via sen.ca.gov/1565/transportationtownhall. For more information, call (925) 942-

Life in Lamorinda

C1

Pear Recipe Winners

Mats Prevail Over Dons

B1-B12

A Festival of Shorts

Cougars Still the Team Lafayette's New Marquis to Beat Construction of the

Sports

Campolindo remains dominant in DFAL volleyball, but the Mats did not go down without a fight Oct. 16 - page C2.



D1-D12 **Our Homes**

Marquis Lafayette townhouses is nearly complete; Cathy Dausman takes a look - page



previews the short film series featured at this year's California Independent Film Festival - page B2.

Sophie Braccini

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Lafayette Civic News

Public Meetings

City Council

Monday, Oct. 28, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Monday, Nov. 4, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Oct. 28, 7 p.m. Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

Check online for agendas, meeting notes and announcements

City of Lafayette:

www.ci.lafayette.ca.us Phone: (925) 284-1968

Chamber of Commerce:

www.lafayettechamber.org

School Board Meetings Acalanes Union High School District Wednesday, Nov. 6, 7:30 p.m.

AUHSD Board Room at 1212 Pleasant Hill Road, Lafayette www.acalanes.k12.ca.us

Lafayette School District

Wednesday, Nov. 13, 7 p.m. Regular Board Meeting Stanley Library 3477 School St., Lafayette www.lafsd.k12.ca.us



Lafayette crime statistics were not available at press deadline.

Share your thoughts, insights and opinions with your community.

Send a letter to the editor:

letters@lamorindaweekly.com



Better Investments Translate to Better Return for City

By Cathy Tyson

he city of Lafayette could be making an additional \$70,000 per year in interest on its \$20 million in savings, more than double what it's currently making, according to a recent presentation at the Oct. 15 city council meeting.

While \$20 million is a whopping balance, the current rates are yielding a paltry 0.25 percent from the Local Agency Investment Fund, or LAIF, a pooled investment fund run by the state of California. Thinking there's room for improvement, several investment firms were interviewed by the Finance Subcommittee; they determined that Wells Fargo "could best meet the needs of the City."

"Wells Fargo has presented an alternative investment portfolio which could boost annual yields to approximately 0.61 percent without significantly increasing the risk or the liquidity of the portfolio," wrote Tracy Robinson, administrative services director, in her staff report. The annual return the portfolio had been making was approximately \$50,000; the new and improved portfolio would have a return of over \$121,000.

Representatives from Wells Fargo went over their suggestions to revamp the portfolio. Dale Barton, government banking relationship manager, and John Williams of Wells Fargo In\$10 million in LAIF calling it a "safe and liquid alternative," despite its low return, and shifting the remaining \$10 million to a variety of medium and longer term instruments that provide medium term is from one and a half to three years, long term is three to five years in banker lingo.

Specifically they recommend moving \$1 million to Cal Trust – a pooled investment fund that is administered by the Joint Powers Authority with a yield that is approximately 0.64 percent.

A large chunk, \$5 million, would go to existing fixed income certifistitutional Securities proposed leaving cates of deposit that provide a 0.88

percent return, with the balance going into new CDs and long term corporate notes that allow the city to more fully diversify its portfolio.

Not surprisingly, city council a much better yield. The definition of members were pleased about getting a better return and unanimously agreed to direct staff to implement these new investment alternatives that conform to Lafayette's investment policy, in place since 2005. It spells out investment practices based on state law and prudent money management that has as its primary objectives: safety, liquidity and return on investment.

New Sculpture at Former Hungry Hunter Site



Mon-Fri 9:00am 6:00pm, Sat 9:30am 3:00pm

Photo Cathy Tyson

s it a riff on a Mobius strip? The Drivers poised at a red light at the inartist, Roger Berry, describes "Over Easy" this way: "It's a dynamically balanced form conceived to reference the experience of travel. As one passes by, the sculpture will appear to wind and unwind presenting a different profile from each vantage point."

Berry's works can be found all around the Bay Area from Berkeley and Brentwood to Sacramento and Lafayette's Public Art Committee San Jose. Its beauty and definition are unanimously approved the design. clearly in the eye of the beholder. C. Tyson

tersection of Pleasant Hill Road and Mount Diablo Boulevard should look to the southwest corner to check out the newly installed winding corten steel sculpture.

The developer of the new townhome project on the site, Signature Development Group, is responsible for funding the piece as a requirement to satisfy the Public Art Ordinance.

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Weekend to Remember in Lafayette

Trick-or-Treat Street, Res Run, and a concert ... Who could ask for anything more?



Lafayette Rotary will serve the traditional pancake breakfast at the Res Run.

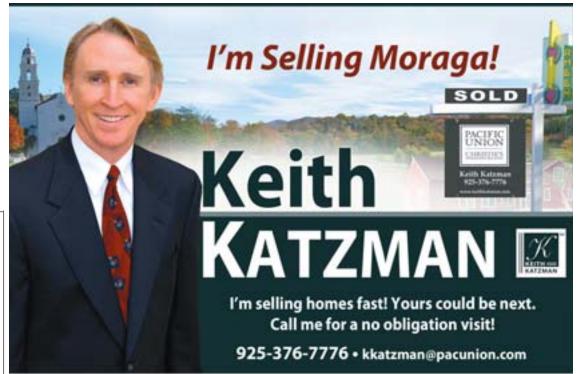
Photo Ohlen Alexander

evening a year, candy awaits all who get dolled up and ask nicely at participating merchants. Does it get any event is co-sponsored by the Chambetter than a Friday afternoon with ber of Commerce and the City of candy? Actually, yes - there's more. Lafayette. Go to the Chamber web-This Friday, Oct. 25, costumed kids site for all the details, www.lafayetare invited to boo-tiful downtown Lafayette to trick or treat along Mt. Diablo Boulevard from Oak Hill to afternoon from 1 to 4 p.m. relax and Dewing and in La Fiesta Square from 4 to 6 p.m. After strolling and trolling for treats, youngsters and their parents, along with fans and paparazzi, are invited to a costume contest and refreshments in Plaza Park at 6 p.m., followed by a screening of "Ghostbusters" at 6:30 p.m. It's been just shy of 30 years since the film was released, but the hijinx of three unemployed parapsychology professors who are attempting to save New York City from the Stay-Puft Marshmal-

low man is still hilarious. the services and programs of the mation,

he streets of Lafayette may not make it easy for folks of various skill be lined with gold, but for one levels to enjoy: a 10K and 5K certified run and a 2 mile run/walk through the heart of downtown. The techamber.org or call (925) 284-7404.

For the first time ever, on Sunday enjoy beloved music maker "Diamond Dave" at a family-friendly complimentary concert at the Lafayette Reservoir's new stage, near the kids' playground. The concert is a musical thank you for the generous outpouring of support from the Lamorinda community and to celebrate the official opening of a girls' school in Farza, Afghanistan by Lafayettebased Trust in Education, founded by Budd MacKenzie. The organization seeks to provide educational, economic and health care to villages in Once the sugar buzz has dissi- Afghanistan. MacKenzie just repated, on Sunday morning, Oct. 27, turned from a trip there and will have runners, joggers and walkers can parphotos on display that document the ticipate in the 21st annual Lafavette incredible changes to the school from Reservoir Run, burning a few candy start to finish. The school will serve calories in the process. It puts the approximately 250 girls in first "fun" in fundraiser, local schools and through eighth grade. For more infor-Chamber will benefit. Three options www.trustineducation.org. C. Tyson



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More Lafayette Civic News on Page A12

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LAMORINDA WEEKLY

Moraga

Civic News

Public Meetings

Town Council

Wednesday, Nov. 13, 7 p.m. Wednesday, Oct. 23, 7 p.m. Joaquin Moraga Intermediate School, 1010 Camino Pablo

Planning Commission

Monday, Nov. 4, 7 p.m. Moraga Library, 1500 St. Mary's Rd.

Design Review

Monday, Oct. 28, 7 p.m. Moraga Library, 1500 St. Mary's Rd.

Check online for agendas, meeting notes and announcements

Town of Moraga:

www.moraga.ca.us

Phone: (925) 888-7022 **Chamber of Commerce:**

www.moragachamber.org Moraga Citizens' Network: www.moragacitizensnetwork.org



Police Report

A Message from the Moraga Police **Department:**

Early in the afternoon of Oct. 12 Moraga police officers responded to the Moraga Safeway. It was reported that two subjects had taken a shopping cart full of groceries from Safeway and fled in a van towards Orinda. Orinda police located the vehicle near Beverages and More and detained three female occupants.

Subsequent investigation revealed that a full shopping cart had been staged inside the Moraga Safeway by two of the suspects and the third suspect later entered Safeway, located the filled shopping cart, and exited the store without paying for the items, valued at over \$1,000. An alert Safeway employee witnessed the theft and notified the police. A search of the vehicle also revealed suspected rock cocaine.

Moraga police arrested the three suspects, who are all Oakland residents, and multiple felony charges have been filed.

Further investigation has indicated that this commercial burglary crew has been active throughout the Bay Area and they have been linked with thefts and attempted thefts using the same method. Anyone who has any information regarding this investigation is asked to contact Moraga's detective sergeant Brian South at (925) 888-7052.

Moraga blotter

A parent's nightmare, 10/17/13 A family discovered early in the morning that a 12-year-old girl had left home the night before with a backpack and sleeping bag, but without her parent's knowledge. The community mobilized to search for the child, who was reunited with her family that evening.

Garage band complaint, 10/14/13 It was only 3:30 p.m. but musicians at a Crossbrook Drive house received an official shush by Moraga police spurred by an anonymous complaint. The band was advised to close the windows and turn down the volume.

D.U.I. 10/14/13 Police observed a Ray 4 without its headlights on, late at night, run two stop signs on Camino Pablo near Sanders Ranch Road. The 22-year-old driver from Lafayette happened to have a 17year-old female with her who was hiding on the rear floorboard of the car. Turns out the girl had consumed alcohol; she was later released to her mother. Cops smelled booze on the breath of the female driver, who flunked her field sobriety test. She was arrested for driving while intoxicated.

Pink petty theft, 10/12/13 Someone entered an unlocked Toyota Siena parked in a Carter Avenue driveway and stole a small pink cloth purse that contained approximately \$10 in change sometime during the late afternoon or evening. No suspects or leads at this time.



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Measure K Success

By Sophie Braccini

ales tax revenue from Mor- yield about \$250,000, but the town serve to 58 percent of our budget." aga's Measure K is higher than actually received \$330,000. expected, town manager Jill Keimach announced at a Town higher revenue from the planning Council meeting Oct. 9. "We had an estimate that the 1 percent sales tax would produce \$1 million annually for the roads," said Keimach. The first period was expected to

department and lower expenses elsewhere. "This year, instead of a result close to zero, we have a surplus of \$384,000," added Keimach. "This year we can bring our re- ate \$7 million for road repairs. The

Last November the residents of Other positive results include Moraga approved a 1 percent additional sales tax that would go to the General Fund and that the Town Council pledged to use only for the roads. A portion of the sales tax was bonded to produce an immedi-

first part of the campaign was just completed with half of the town's neighborhood streets repaved. Next year the rest of the neighborhood streets will be restored, after an assessment of the state of the underground storm drain system is completed.

New Young Staff Faces in Moraga

By Sophie Braccini



Clinton Calkins, Laurie Sucgang. Photo Sophie Braccini

couple of years ago Moraga recruited new department heads to consolidate the town's service framework. This year the town filled the middle management positions where big gaps were impacting servbeen hired in 2013: senior planner (Parks and Recreation).

versity of the things I can take charge knows everybody else.

of," says Calkins. Sucgang, who was previously in a large public works group at the county level, agrees, saying that she enjoys the different aspects of public works in Moraga – the intimate setting and the ice to residents. Five new staff have contact with the public. Tam adds that he likes the direct contact with Ellen Clark and associate planner the hierarchy. "Here you can even Ella Samonsky (Planning); senior talk to the town manager directly," civil engineer Laurie Sucgang and notes Clark, who remarks that Morengineering technician/inspector aga may be small but the projects are Lawrence Tam (Public Works); and large and have a complexity she enrecreation assistant Clinton Calkins joys. Samonsky, who just arrived from San Jose, also appreciates the "I came from a much bigger transparency and open atmosphere agency and chose Moraga for the di- of the small staff where everyone

Setback Solution

By Sophie Braccini

many homes were built in Moraga before November of 1980, but it is a large number. These houses, built before the town adopted its own zoning ordinance, were subject to county regulations. For current homeowners wanting to remodel their been anxiously awaiting this decision; older homes the question was, which they own homes with a certain setrules should apply – the town's or the back, but when they planned to excounty's? Moraga's municipal code tend their living space, some found

o one knows exactly how residents, the Moraga Planning Commission decided on Oct.7 that the rule used at the time of construction should apply to additions. The Town Council will have the final say in the

Many Moraga residents have

zoning regulations; a long, uncertain and costly process.

"This issue affects a lot of people in our town, many of us purchased our homes with the understanding that the county setback would apply to us," said Moraga resident Shannon Walkman. "Some people have projects on hold ... all we want is to imwas ambiguous. After months of de- out that they could not do it without that she even emailed the planning before she purchased it.

Making matters more complex, some homes were developed as part of a large, planned development, with setbacks that were different than the county's standard of the time. "The people who developed the Rheem Valley Manor had years of experience developing areas that are hilly," explained resident Stan Raleigh. "My entire street has a single minimum side yard setback of 5 feet, but with an aggregate of 25." He concluded

that imposing county setbacks to homeowners who want to modernize their homes now would not make sense. "Don't get hung-up on the property line, you have to consider the total layout of the land," he said.

The commission modified the proposed text to read that the front and side yard setbacks applicable to a prove our homes and our lot which was developed before Noneighborhoods." Walkman added vember 1980 will be the front and side vard setbacks that were in effect bate and testimony from frustrated applying for a variance to the town's department to make sure that the at the time of development, per the county rules would apply to her home subdivision recorded development setbacks or the county zoning. In order to avoid ruling on Moraga Country Club homes that require a different study altogether, the commission specified that this new rule applies only to detached, single-family residences.

The Council will review the Commission's proposal at its earliest opportunity. If approved, and nobody appeals the decision, the new rules would become effective a month later.





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Rustic or Electronic?

By Sophie Braccini

Road, across from the Commons Park, is rustic. Its dark wooden frame holds letters on a white background – staff manually changes the marquee's message once a week, at night so the process is invisible to residents, to keep people informed of coming events. Upgrading to a more modern way of communicating is one of the Town Council's objectives for 2013, so on Oct. 8 Jay Ingram, parks and recreation director, presented council members with a proposal to certs we are very limited as to what install one or more electronic signs.

signs has many potential benefits," said Ingram. "It would increase the ability to distribute important community-wide information; increase efficiency for staff; give the ability to provide a variety of messages by time of day; and offer the potential to partner with local organizations in order to reduce capital costs for installation." Ingram listed numerous organizations that use the marquee to announce their events, adding that the volume has been steadily increasing and that it is not unusual for groups to reserve marquee space three months in advance.

Ingram proposed to replace the existing marquee with an electronic

he town marquee on Moraga sign that could be changed remotely and would be lit. He added that such a sign would permit displaying emergency messages, notifications of town events, and would save on staff time.

Bob Reynolds of the Moraga Park Foundation agreed that the marquee has been very useful and he supported the idea of modernizing it. "I get really almost positively giddy when I think about the possibilities (of a new sign) at that location," he said. "When we advertise the summer conwe can say. (With a new sign) we "The installation of electronic could talk about this week's concert, the specialty meals we prepare, next fully and will improve communicaweek's concert; for the 4th of July we tion. could detail the program, we could also advertise classes at the library. And my understanding is that you could run many messages simultaneously on a sign like this." Reynolds recommended that staff look at Lafayette's marquee policy as it considers new guidelines – in Lafayette the use of the marquee is free but users need to provide their own displays.

> Resident Ellen Beans suggested that two new marquees could be installed, one on Moraga Way, and one on St. Mary's Road.

Councilmember Roger Wykle expressed initial nostalgia for the old sign. "If there is anything that screams semi-rural, it's that sign," he said. He subsequently recognized the added functionality of an electronic sign, but warned against obnoxious luminous signage that would be out of character in Moraga, and potentially distracting

Councilmember Michael Metcalf said he had been in town long enough to have grown tired of the old sign that according to him is nearing blight. He championed the project, which he believes can be done taste-

Mayor David Trotter recommended that staff focus first on the Moraga Road marquee then see if it could be duplicated in other locations, possibly with partners.

An initial estimate by one sign company totaled about \$37,000 per sign. Potential funding sources include the Comcast unrestricted funds - the town received a one-time distribution from Comcast in 2006. The money was placed in a separate fund and some was used to redesign the town's website in fiscal year 2010-11. The current balance is \$86,233.



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1681 Springbrook Road, Lafayette



This adorable 3-bedroom, 2-bath home on half an acre in the Springbrook neighborhood of Lafavette has been beautifully updated and has a peaceful and spacious backvard. Fantastic location within walking distance to Lafayette's top schools and with freeway access.

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46 Meritage Common, #202, Livermore



Nestled at the base of a beautiful vineyard, this home is a perfect combination of beauty and convenience. This 3-bedroom, 2-bath corner unit has lovely vistas, lots of natural light, hardwood flooring, fresh paint and many updates. Close to shopping, schools, transportation and the 580/680 split. Offered at \$415,000 by Janine Hunt 510.409.6266.

2828 Filbert, #8, Emeryville



This 1481sf, light-filled live/work loft has 1 bdr./1 bath. Loft space can be a second bedroom and/or office. The vaulted ceilings, bamboo flooring and open kitchen area make it spacious, while its 2 deeded parking spots and freeways/BART access offer convenience. Gated community with a relaxing courtyard, too. Available for \$315,000 by Maureen Coldwell-Meuer 510.915.0092

31 La Cuesta, Orinda



Carmel in Orinda! Charming 4 bedroom/2.5 bath home featuring 1903 sq. ft., beautiful wooded lot, vaulted ceilings, hardwood floors, terraced yard and flat play area. Ideal OCC location near Lake Cascade.

Offered at \$999,000 by Ruth Eddy. Call 925.788.5449.

2926 Andrade Road, Richmond



A beautifully remodeled 4-bedroom, 2-bath home on a double-lot in desirable northeast Richmond will be available soon! This 1883 sf, one-story home has high-end finishes and comfortable interior spaces. The oversized 2-car garage and attached multi-room storage shed are finished and could be wonderful work spaces. Offered at \$350,000 by Tania DeGroot 510.367.1422

And here are some recent sales where we represented buyers!

657 Sky Ranch Court, Orinda, \$1,415,000, Ruth Eddy/Janine Hunt 540 Delancy Street #302, San Francisco, \$1,080,000, Kathy Wu

5313 Terra Granada #1B, Walnut Creek, \$709,500, Ann Cantrell

259 Jennifer Way, Pleasant Hill, \$685,000, Adam Hamalian

3304 Maybelle Way, Oakland, \$670,000, Janine Hunt

1700 Lucille Lane, Orinda, \$662,000, Jim Colhoun

35 Oak Gate Place, Pleasant Hill, \$650,000, Jim Colhoun 3118 Rossmoor Pkwy #3, Walnut Creek, \$600,000 Ann Cantrell

131 Apalachian Drive, Martinez, \$570,876 Larry Jacobs/Kress Hauri

233 Southwind Drive, Pleasant Hill, \$560,000, Janine Hunt

1240 Walker Ave. #307, Walnut Creek, \$382,000, Elizabeth Haslam

651 Moraga Road #11, Moraga, \$349,000, Ruth Eddy 1116 Singingwood Ct. #4, Walnut Creek, \$255,000, Elizabeth Haslam

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Public Meetings

City Council

Special Meeting: Tuesday, Nov. 11, 7 p.m. Auditorium, Orinda Library, 26 Orinda Way

Planning Commission

Tuesday, Oct. 29, 7 p.m. Auditorium, Orinda Library, 26 Orinda Way

Citizens' Infrastructure **Oversight Commission**

Wednesday, Nov. 13, 6:30 p.m. Sarge Littlehale Community Room, 22 Orinda Way

Check online for agendas, meeting notes and announcements

City of Orinda:

www.cityoforinda.org Phone (925) 253-4200 **Chamber of Commerce:** www.orindachamber.org

The Orinda Association: www.orindaassociation.org

School Board Meeting Orinda Union School District

Monday, Nov. 4, 6 p.m. OUSD Office, Vintage Building 25 Orinda Way, Suite 200 www.orindaschools.org See also AUHSD meeting page A2



Orinda crime statistics were not available at press deadline.



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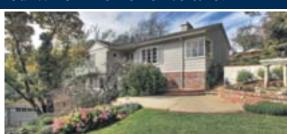




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To Pave or Not to Pave?

Orinda continues to fine tune street selection criteria for Measure L funds By Laurie Snyder

members of the City of Orinda's Citizens' Infrastructure Oversight Commission continued discussions regarding both what the city's policy should be for prioritizing tained. residential streets for repaving with repair budget and how best to communicate that policy to Orinda's more than 17,000 residents once that policy is finally approved.

Maureen

Wilbur

CA BRE #01268536

L," begins the current draft, "the City has an additional source of funds for road repair and reconstruction. This [half cent sales tax] Measure represents the first phase of a multi-year plan to repair all the City's streets. Even with this additional funding, current budgetary constraints and the with the highest volume road seg-

t their monthly meeting Oct.3, poor and deteriorating condition of ments forming a pool of candidate commission members thanks to traf-Orinda's roads require the City to apply budgeted funds only to those residential roads where the most benefit for the most residents can be ob-

Repair prioritization criteria curthe community's continued limited rently under consideration by the CIOC include: residential street segments that are among the most heavily used – based on actual traffic counts – and segments designated "With the adoption of Measure among the worst residential roads with a StreetSaver Pavement Condition Index (PCI) of 25 or less with an unacceptable ride quality (with ride quality determined by an appropriate objective measure to be determined). "The road segments will be ranked in descending order of traffic volume,

roads" for the annual pavement management program, according to the draft. The timing of underground utility work will also be factored in to minimize the need to dig up and repave up newly repaired streets.

"It may also help us to decide that segments of a road can wait," observed long-time road warrior Dennis Fay as he and his fellow commission icy at their next meeting in members teased out ways to better define the concept of "ride quality." Fay urged that the same automobile should be used by staff each time that ride quality is assessed on any residential roads in order to ensure consistency of the city's measurements. Fay also noted that additional streets are now on the CIOC's radar that had not previously caught the attention of

fic count studies recently completed by city staff.

Chuck Swanson, public works director, stated that staff hope to have all of those traffic count studies completed by the end of this year. CIOC members decided to continue their fine tuning efforts, and will take another look at the draft Measure L pol-November.

The CIOC also heard from Swanson regarding the progress of other ongoing infrastructure projects. "The Tarabrook drainage project is moving right along. Probably in about two weeks, we'll be done with jacking and boring," said a clearly relieved Swan-

Spotting and Stopping Elder Fraud and Abuse – An Interview with Orinda Police Chief Scott Haggard

By Laurie Snyder

he State Bar of California reports, "As many as one in seven senior citizens nationwide falls victim to some type of elder abuse usually at the hands of a family member." Much as Orindans would like to believe that this type of crime can't happen in America's second friendliest city, it can and does. Two cases were just recently prepared for the District Attorney's office by the investigations unit of the Orinda police department.

"There are two types of crimes that typically upset me more than others. Crimes against children, and a it in two different ways.

One is physical." Seniors may be neglected or left alone by their caregivers, may not be fed properly, or might even be beaten.

"The other kind is financial abuse, which is probably more prevalent." Someone could be attempting to leverage the senior out of his or her home, or a nanny or caregiver might be caught stealing. A third category - mental abuse - occurs when seniors feel threatened enough to acquiesce to whatever demands are being made by an individual who has been bullying them.

Many times, adds Haggard, it's "a silent, kept-in-the-family thing – kind very close second is abuse of the eld- of like child abuse." Incidents may inerly or dependent adults," says Scott crease gradually as the perpetrators Haggard, Orinda's police chief. "I grow more confident, continuing have seen both of these types of unchecked until finally caught by clergy crimes way too often, and categorize or physicians who frequently function as the failsafe for the seniors they serve.

Unfortunately, elder and depend- to prosecute. ent adult abuse remains challenging

... continued on next page

Potential Signs of Financial Abuse:

- Signatures on checks not resembling the senior's signature, checks signed by a senior but filled out by someone else, or checks made out to "cash" at the request of someone with a caretaker responsibility for that elder.
- Signatures on financial or legal documents when the elder is physically incapable of writing, or writing of a will when the adult is mentally incapable.
- Unusually large withdrawals from a bank, withdrawals from automated teller machines when an elder is unable to visit the bank, or a sudden surge of activity in accounts which have seen little to no activity in prior years.
- Contributions made to newly formed charitable or religious organizations, or investments made in annuities or other financial products.
- Investments or large loans made in time shares or other real

Sources: California Advocates for Nursing Home Reform (www.canhr.org), Investor Protection Trust (www.investorprotection.org), State Bar of California (www.calbar.ca.gov).









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Spotting and Stopping Elder Fraud and Abuse

... continued from page A6

Victims are often isolated and, hesitancy is particularly frustrateven with anonymous tips, police may be unable to gain access. Successful intervention generally happens when there is a 911 call. Plus, knowledge that a family Fraud Fighter Bureau, Senior member or caregiver is not be- Legal Services and Seniors having as usual may also make Against Investment Fraud. some reluctant to reach out for rethose harming elders would never driven by an addiction to alcohol or drugs.

connect, the person in trouble and repair it - and heal the fammay still refuse to take action. ily." "Many elders are unwilling to cooperate with law enforcement be- Adult Protective Services web- Contra Costa County, call: (925) cause they're afraid that the site, is to keep seniors independ- 646-2854, or visit: www.co.conalternative means being separated ent and in their homes as long as tra-costa.ca.us/index. from their families and placed in possible. "One thing APS cannot aspx?NID=914.

ing because there are trustworthy resources available to help. Contra Costa County operates several hotlines, including the Senior

lief. In the cases he has investi- system and work with Adult Progated, Haggard has noticed that tective Services and provide a pathway to sobriety – or maybe normally behave in an abusive even skills in handling finances," turn challenging situations around. "The object is certainly And even when police do not to punish. It's to try to stop it California:

nursing homes," he says. This do is take an elder or dependent

adult out of the home and place them in 'protective custody.' All services provided by APS are voluntary and can be declined by the elder or dependent adult." If need be, the reporting party's identity can be kept confidential.

"If you see a recurrent pattern, "If we can get them into the it warrants an investigation," urges Haggard. "The problem needs to end. It's a serious and severe crime."

To learn more about how you manner, but are often being Haggard explains, families can can keep the seniors in your life safe, call Orinda police at: (925) 254-6820, or visit the State Bar of

> www.calbar.ca.gov/Public/Pamphlets/ElderAbuse.aspx. To con-The point of all this, reads the tact Adult Protective Services in

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Habitat build volunteers pictured above: Suzanne Geoffrion, Michele McKay, Jon Woodcox, Quinn Berg, Chad Morrison, Cathy Schultheis, Tracey Fordahl, Kirsten Buckley, Mia Remar, Kathryn O'Donnell, Karen Lewis, Jim McGill, Lance Burke, DeAnne Gleidt, Brittney Gleidt, Lisa Gardelle

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Editor:

sun rise over the beautiful hillsides. Listening to the owls hoot, the turkeys gobble and the cows moo as I go through my day. Watching the kids walk safely, and happily to school each morning. Chatting with neighbors and friends on the fields, in the stands and on the pool deck. Running on the trails behind Rancho Laguna Park with my best friend (who I met when I moved here). These are the things that I love about Moraga.

But all of that could change on November 5th, if Moraga does not support Measure B – a six-year, parcel tax in the amount of \$192 per year to help fund the Moraga School District. It won't change everything overnight, but will begin to change the fabric of our community.

Sacramento continues to short change towns like ours and the funding never seems to make it back to Moraga (or Orinda or Lafayette for that matter). That is why I am voting Yes on Measure B. It is local, it goes directly to our school programs, and it helps ensure that Moraga's children will continue to get one of the best educations in our state for years to come. Without strong schools, Moraga will no longer attract the kinds of families that value a great education. And while the beautiful crisp Fall mornings, and owls, turkeys and cows will all still be here – the people that make this town a great place to live will be forced to look elsewhere.

Please vote Yes on Measure B and keep Moraga a great place to both live and learn!

Denise Duff Moraga

Editor:

When my husband got a great job offer in the Bay Area more than 40 years ago, I reluctantly moved from the East Coast with a condition that we would go home after one year. We fell in love with this amazing, little town called Moraga and eventually built our dream house. Our children grew up here, went to school here, left for college and we are lucky that our daughter came back to raise her family here.

We gave a lot of time and money to the schools when my kids were young because we wanted the best for them. And now that we are older, it would be easy to say "we have done our part". But the reality is that our Moraga Schools, and more importantly the children of Moraga, need our continued support. Whether your kids are still making their way through college, starting their careers, or raising a family of their own, it is all of our responsibility to keep our Moraga schools strong. It was done for us and we need to continue to support the schools and our community, because that is the prudent thing to do. I am Dale Walwark voting Yes on Measure B and urge you to join me. Great Moraga schools in Moraga are good for the whole community. In addition, the excellence of our schools keep our property Editor: values high. In the long run the passage of Measure B will put more money in our pockets than it takes out.

Janet Forman Moraga

Editor:

I am proud to admit that I was a teacher in the Moraga School District for 37 years! My career was highlighted in 2002 when I was chosen as an outstanding teacher by the Warren W. Eukel Teacher Trust. I served as president of the Moraga Teachers Association and participated on the Negotiating team for six year, chairing the team twice.

My children all attended Moraga schools and have graduated from major universities with advanced degrees. Their elementary education prepared them for competitive academic careers. Moraga has educated astronauts and Olympians! I am now privileged to have my grandchildren living in Moraga and attending school here. I want the best education for them as their parents

Recently literature was mailed to select Moraga residents advocating voting NO on measure B. This is a democracy and others have their opinions However, it is disturbing that this information was distributed with incorrect information/assumptions, and had no return address or creator's name. Teachers' pensions are received from STRS (not CalStars) and are the result of contributions made by the District and teachers. The more years a teacher contributes, the higher the retirement benefit. After retirement, the Moraga School District makes no contribution to retiree's benefits. Therefore, the \$532,699 mentioned in the flier is not money from the District budget. I doubt the truthfulness of these figures since my STRS account is confidential and can only be accessed by password. For many years Alberta Svendsen was a treasured kindergarten teacher in Moraga and her husband taught in the Acalanes High School District. To my knowledge, she was never an administrator as stated on the flier.

From my years of association with the Moraga School District I have not seen any waste of school funds. As a Waking up to a crisp Moraga Fall morning and seeing the negotiator, I have studied many a budget. The District has been fiscally responsible in its programs and expenditures. Since my first year in 1969 I have seen state funds reduced consistently, program cut-backs and staff reduc-

to the Edi

As property owners in Moraga for 69 years, my family has voted for parcel tax increases because we value the quality education received, the valuation of our property and the advantages our family earned from living in this community. I would like to see the quality of education in Moraga remain outstanding for my grandchildren and for future generations.

Susan Johnson-Sperry Moraga

Here we go again in Moraga with signs and mailers that can't be traced to their source. Opposing the Measure B school tax is acceptable if we know who is doing the opposing and if their information is accurate. The leader of the movement is anonymous and one of the active subordinates doesn't even live in Moraga. The mailer they sent out is misleading in that it frightens voters into thinking that the pensions for retired school superintendents are paid by the Moraga School District. The truth is that these pensions are paid by the California State Teachers Retirement System. The School District pays nothing after they retire and it has no unfunded pension liability. The mailer's list of superintendents' salaries also is misleading, although it does show that Moraga's superintendent's salary is the lowest of the districts listed. However, a comparison of total compensation would show a greater difference because the others typically receive things like health insurance, relocation allowances, and car allowances. All that Moraga's superintendent receives is his basic salary and a \$75 monthly cell phone allowance. I'm told that he has yet to receive a raise because things are tight and the district is trying to squeeze as much as possible out of declining revenue. For education. For the chil-

I recognize that many voters of my generation (age 77, a 34-year resident of Moraga) resent the size of some public pensions, but let us address that issue separately. It shouldn't be used as an excuse to vote against needed funding for our schools. Every penny of the Measure B revenue will go to support classroom instruction. None of the money can be used for administrative salaries. We shouldn't be voting on pensions in this election. We should vote yes to make up for reduced funding from the State. That is the issue here.

"[F]rustrated and weary" are the words used to describe Orinda City Council members attending an October 1 city-council meeting that examined Orinda's Housing Element (Lamorinda Weekly, Oct. 9).

The Housing Element is a plan that "is intended to benefit all Orinda households, with a particular emphasis on seniors, persons with disabilities, and persons of low and moderate incomes" (City Council Staff Report, Sept. 17,

Page 35 of the report (also designated as page 3-25) lists several categories of income. "Extremely Low" income is defined as a median household income of \$26,790 per year. "Very Low Income" is defined as \$44,650 per year.

The Staff Report does not explain how income is verified or calculated. For example, the report does not state if income levels are verified by examining a low-income person's recent tax returns (assuming there are such re-

With low-income households, there may be additional government-provided income derived from food stamps, housing allowances (often called Section 8 money), medical benefits (called Medi-Cal in California), and energy assistance grants. Some or all of this government-provided income may not be taxable. The Staff Report does not address the calculation of income.

A low-income person could be asset-rich. Such a person could have huge assets in gold coins stored in Canada. These coins could easily be converted into American dollars and brought back to Orinda. The report does not mention if Orinda will be examining a low-income person's total assets.

There is nothing wrong with low-income people living in Orinda or anywhere else.

However, there are plenty of objections to Orinda's failure to determine if a low-income person is really a lowincome individual.

Richard S. Colman Orinda

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MOFD Board Approves Staffing Cuts

By Nick Marnell

two financial workshops, and despite being divided on the specifics of the implementation, the board of directors authorized fire chief Stephen Healy to put into effect a staffing model that may result in service reductions for the Moraga-Orinda Fire District. The new plan will lower the number of daily on-duty safety personnel at the district's five fire stations from 19 to 17. The directors unanimously passed the motion Oct. 16.

The district's current staffing model includes five fire engines, one full-time ambulance each in Moraga and Orinda, and one cross-staffed ambulance. The cross-staffed ambulance – an ambulance staffed by the crew of the station's engine company - resides at station 44 in Orinda. Under Healy's recommended staffing model, which he presented at an

fter requesting public input at Orinda community workshop prior to the meeting, the district will employ three cross-staffed ambulances at the Orinda stations, with a full-time ambulance at station 41 in Moraga. The engine-only company at station 42 will remain unchanged. The proposed model – labeled "17-2" – will result in a reduction of two on-duty employees per day but will require the purchase of an additional ambulance.

> "It's the quickest way to make a difference," said John Wyro, board president. The district is staring at a third consecutive year of red ink, and the revised staffing model is estimated to save more than \$70,000 a month in operating costs.

Not everyone saw the solution as so simple and obvious.

"How much money are you trying to save?" asked Vince Wells, president of Local 1230, United Professional Firefighters of Contra Costa County. "Maybe we can find the money other than in service reductions and personnel costs." The district is forecast to lose \$950,000 this fiscal year.

Even the board members did not agree on the details of a new staffing model. Though he voted with the board to pass the motion authorizing service reductions, director and northwest Orinda resident Alex Evans was Evans. "Other things that we may vehemently opposed to the plan that Healy recommended. "I'm not voting for 17-2. Not today, not next week, not ever," he said. The proposal also disturbed MOFD union representative and Orindan Mark De-Weese. "Orinda will see a service reduction with 17-2," he said.

Others cautioned that additional senior housing was coming to Orinda, which may put a strain on MOFD

And a citizen wondered aloud how the new staffing model will be affected if "station 43 becomes 46," the proposed station on the Lafayette-Orinda border that would be jointly owned by two fire partners.

"Yes, everything needs to be on the table," said Wyro. "(17-2) is not is no need to raise taxes." the only thing that we will look at."

"We are at great risk," added have to do will be much worse."

One of the first orders of business for the district is to discuss the proposed changes with the firefighters union. So, before any action is taken, Healy and Wells will meet and confer over the effect of the proposed

services if they are cut back there. changes on firefighters' workloads and their safety.

> Wyro did find a positive for district residents amidst all of the uncomfortable news that was shared that evening.

> "We will be able to handle this problem ourselves," he said. "There



Moraga-Orinda Fire District **Board of Directors** Meetings

Next meeting:

Wednesday, Nov. 6

(Go to www.mofd.org as the meeting date approaches for location and more information)

More fire district news on pages A11 and A14

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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 can be sent to storydesk@lamorindaweekly.com with the subject header In Service to the Community

Brothers Take CPR Training to Las Lomas High School Honoring Wrestler's Memory

Submitted by Sandy Lilienstein



Las Lomas High School nurse Kathleen Mooney, De La Salle High School student Jake Lilienstein, Las Lomas High School student Akmal Khakimov, and Acalanes High School student Brian Lilienstein stand with a CPR mannequin.

gram started by Acalanes student over 1,500 students.

Photo Sandy Lilienstein rothers Brian and Jake Lilien- Brian Lilienstein with the help of Dstein wanted to honor the mem- Athletic Director Chris Clark and ory of wrestler Amir Khakimov, a school nurse Dvora Citron. Brian beloved Las Lomas High School raised an additional \$500 for Las student who passed away last May. Lomas, through a donation from Amir's younger brother, Akmal Fertility Bridges. Las Lomas was Khakimov, joined the brothers and then able to purchase 14 CPR manhelped train 400 Las Lomas fresh-nequins to seed their program. man students led by school nurse, Through Brian's project, Acalanes Kathleen Mooney and David Lilien- High School now has bystander stein, MD. The program was such a CPR training built into freshmen success Las Lomas will have their physical education classes and Las sophomore class also trained. The Lomas is hoping to raise additional CPR mannequins belong to funds to support a sustainable CPR Acalanes High School and were training for their students, too. By gifted by the City of Lafayette and December 2013, their community Acalanes Boosters through a pro-service program will have trained

Annual Rummage Sale Benefits Local Charities

Submitted by Christy Mack



Photo provided

he Lafayette Juniors 20th Annual Rummage Sale will be held from 8 a.m. to 2 p.m. Saturday, Nov. 2 at Lafayette-Orinda Presbyterian Church, 49 Knox Drive in Lafayette. A special early bird entrance from 7 to 8 a.m. is available for \$3 per adult. The sale, which benefits First Place for Youth, the Lafayette Library, SEED, STAND and Twin Canyon Camp, will feature pre-loved designer clothes, baby and kid clothes, toys, and gear, furniture, household goods, and much more. "Each of these non-profit organizations provides exceptional support to children and families in Contra Costa and neighboring East Bay counties," says Christy Mack. Cash only. For more information, visit www.lafayettejuniors.org.

SMGA Golf Tournament to Benefit Food Bank

Submitted by Doug Brown and Rich Larsen

he Moraga Senior Golf Asso- sor the event with \$1,000 contribuciation (SMGA) is hosting a major fundraising golf tournament Nov. 7 at the Moraga Country Club to raise money for the Food Bank of Contra Costa and Solano. This tournament will help provide turkeys and food to needy families during the holiday season. A private foundation has already pledged \$5,000 to benefit the Food Bank of Contra Costa and Solano and to supplement the Moraga Country Club (MCC) contribution. Individuals have also offered to spon-

tions. The format for this event will be a Shamble. Breakfast will be provided prior to an 8:30 a.m. shotgun start. At the end of the round, lunch will be provided and awards and prizes will be given.

SMGA is encouraging the support of all MCC golfing groups - Seniors, MWGA, Niners, MGA, the "Bulls" and any non-affiliated golfer MCC participate. There will be space Larsen at rlarzoni@hotmail.com. for some additional golfers. The cost

is \$75 per person (MCC members); \$125 (non-MCC members), which includes golf cart, range balls and the two meals. Cost for guests who do not wish to play golf, but would like to join the group for lunch and donate to a worthy cause, is \$40 per person. All MCC members, not just golfers, are encouraged to make donations to this charitable event. For information, contact co-chairmen Doug Brown at - and hopes to have 100 golfers from tahoedoug@hotmail.com or Rich

New Eagle Scouts for Troop 233

Submitted by Emily Hause Brooks



From left, Daniel Cook, Mitch Brooks, and Mitchell Chow Photo provided ov Scout Troop 233 announced awards for Mitchell Brooks, Mitchell its most recent Eagle Scout rank Chow and Daniel Cook. These three

Image provided

Scouts will receive their Eagle Scout awards at a national court of honor on Saturday, Nov. 23 at Lafayette Orinda Presbyterian Church. For their Eagle Scout Service Projects, Brooks built a 75-foot-long two-rail fence for Castle Rock Regional Recreation Area in Walnut Creek; Chow painted a map of the United States as well as a large map of California at Glorietta Elementary School in Orinda; and Cook constructed a brick fire pit and a covered wood storage shed at the Wagner Ranch Nature Area in Orinda. All three Scouts earned their Eagle awards under the leadership of Scoutmaster Don Larwood with the Assistance of Bruce McGurk and Wes

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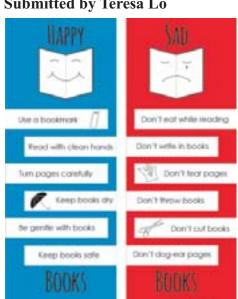
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Girl Scout Ambassador Works to Keep Library Materials Pristine

Submitted by Teresa Lo



irl Scout Ambassador of to distribute and show to her Lafayette Girl Scout Troop 31042 Teresa Lo, a senior at Acalanes High School, has worked on a Girl Scout Gold Award Project over the past year titled, "How to Take Care of Your Library," and addresses the abuse of library materials. "With the guidance of my Advisor, Mrs. Kimberli Buckley, I created some media to help achieve this goal," Lo said. "These include posters, bookmarks, and a video. I submitted those to Marissa Comins, the librarian of Lafayette Elementary School,

students at the beginning of this school year." Lo also delivered posters and bookmarks to the Happy Valley, Burton Valley, and Springhill elementary school libraries, the Stanley Middle School library, and the San Pablo Public Library. "Instead of replacing or repairing damaged items," Lo said, "a library could use its budget to acquire new materials or technology and the whole school community benefits from the project."

Task Force Speaks Out

By Nick Marnell

quest for public input, the most visible and critical of the community groups that go toe-to-toe with the Mor- ity, Cohn said that, if the district's cursuggestions to the district on how to paid down to \$23 million in 15 years, to the public ... and to do it soon.

the district," said Orinda Emergency Services Task Force member Diana Stephens, speaking of the MOFD board of directors. The group complained that, despite the bleak financial situation, it took the district's finance committee nearly one year to meet. And Steve Cohn, the task force member who parses the district's financial data, pointed out what he interpreted were serious flaws in the district's recently released long-range financial plan.

The task force is a self-appointed grass roots organization of Orinda citizens. In 2012 the group delivered a formal presentation to the MOFD that criticized its response times and its unfunded pension liability, and demanded that what it perceived was the subsidizing by Orinda of Moraga's costs for emergency services be stopped.

"I'm not convinced that the district knows the true value of its liabilities," said Cohn. "MOFD needs to confirm its unfunded pension liability, and find out what it will really cost to bring that liability down." He indicated that the district may need to get an outside opinion to find that answer.

Cohn then suggested three revisions to the district's long-range financial plan, which he says understates MOFD liabilities by more than \$30 million over the next 15 years.

Property tax revenue should be increased at a 5 percent rate, rather than the 4 percent rate used in the plan, said Cohn. And if expenses increase not at annual average of 1.7 percent but at 2.62 percent - which he said was the average Bay Area inflation index of the past 15 years - he www.orindataskforce.org.

n response to the district's recent re-noted that "the two revisions should produce a net benefit of \$6.5 million."

www.lamorindaweekly.com

For the unfunded pension liabilaga-Orinda Fire District has offered rent debt of more than \$45 million is properly present its financial situation as stated in the plan, it will take \$3 million more in payments. "This is "Hands-on leadership is missing in not a big difference," he said. "But they should get their math right."

Cohn singled out the district's other post-employment benefits unfunded liability, which consists mainly of retiree health benefits, as the largest miscalculation in the plan. The discounted liability should be \$31 million, not the \$11.9 million that MOFD reports, said Cohn. He claimed that the \$24 million liability that he said was calculated in a 2009 actuarial accounting of the other post-employment benefits has increased 30 percent. To totally fund this liability would take \$48 million, he said, not the \$14 million the MOFD plan assumes. "How does MOFD think they can pay off what was \$24 million in 2009, and has increased 30 percent since then, with \$14 million?" said Cohn.

The net result of the revenue increase, correctly amortizing the pension liability and paying off the current other post-employment benefit liability is more than \$30 million, according to the task force.

The group acknowledged that a reduced staff and lower wages and benefits were the only methods for the district to achieve any real operational cost savings. "Cut salaries by 10 percent, and cut medical by 20 percent," said Stephens.

Both Stephens and Cohn did concede that, despite what they noted as its flaws, the long-range financial plan was a good starting point for prudent fiscal management by the district. The latest version of the MOFD longrange financial plan is available online at www.mofd.org; the task force response can be







1:15PM | Valentine Road (89 min)

3:15PM | **Bluebird** (90 min, Drama)

6:00PM | Closing Night

4:00PM | Short Program C (80 min)

1:30PM | Bullying in Schools (120 min)

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THE ORINDA THEATRE • THE RHEEM THEATRE 56 FILMS, DOCUMENTARIES AND SHORT FILMS

Movie Reviews by Adam Reeves

Along The Roadside

Playing at The Rheem Theatre – Sat., Nov. 9 – 7:45pm

This is a must see movie!



A man named Varnie (Iman Crosson) picks up a female hitch hiker named Nena (Angelina Hantsch) while driving on a journey to escape his past and his responsibilities. The dialogue and interaction between this odd pair as they travel together on the road make one great story. The story is told lightly and believably by the great ensemble cast directed superbly by Zoran Lisinac. Every character is real and yet so unbelievable in their encounters and situations.

The people they encounter include Michael Madsen (from "Kill Bill" fame) who cameos in one of the funnier pit stops in the film. You will feel like you are the "third" person on this trip as you sit back and enjoy getting to know your traveling companions and the adventures they will take you on. There are so many clever elements in this film it is well worth seeing. The movie starts a little too slow – but give it about seven minutes and you will be glad you stayed for the entire 108 minutes.

G.B.F.

Playing at The Orinda Theatre -

Sat., Nov. 9 - 6:00pm

Pure entertainment based on adolescent humor



The newest and latest fashion accessory that you must have is a Gay Best Friend (G.B.F.). Who knew? Well, obviously the most popular girls at the local high school found this out and now they want to accessorize!

The witch hunt is on to find a gay student (Tanner played by Michael Willett). Once found, the three most popular girls - Fawcett (Sasha Pieterse), Caprice (Xosha Roquemore), and 'Shley (Andrea Bowen) - compete to make him their own pet. The competition, the cat fights, and the shallowness of each of the senior females in their pursuit to accessorize are what makes up the majority of the humor in this film.

A big shout out to the actors playing the parents and adults in this film, they each steal any scenes they appear in. Tanner's parents (Rebecca Gayheart and Jonathan Silverman) are hilarious when Tanner decides to "come out" to them. And the ever supportive mom of Tanner's best friend Brent (Paul Iacono) is played by Megan Mullally from "Will and Grace" fame and she will have you falling out of your chair laughing!

G.B.F. is 92 minutes

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business briefs

Jennifer Lenfestey Takes Over the Rheem Valley Pet Shoppe 388 Park St., Moraga (925) 376-8399



Jennifer Lenfestey, Rheem Valley Pet Shoppe. Photo Sophie Braccini

At the beginning of October, the Rheem Valley Pet Shoppe changed ownership when Jorge Quintero sold his longtime business to store manager Jennifer Lenfestey. "I plan to continue to run the store with the same types of products and expand the inventory across the board by 25 percent," says Lenfestey, who was Quintero's employee for 17 years and the Moraga store manager for six. She also re-hired Carolyn Green who is a very active member of East Bay Rabbit Rescue. "We are expanding our business, offering small rescue animals," says Lenfestey, adding that rabbits will be available at the store, as well as guinea pigs and gerbils. "You might even see lizards and an occasional Leopard gecko," she adds with a smile. The store will continue to carry fish, and aquarium plant choices should grow. "We are also adding new lines of dog toys, new rabbit bedding," she adds,

"and we will start a new frequent buyer program soon." The pet Kaur Photography Becomes Bright Baby Photography shop will renew its involvement with the community and the 3538 Golden Gate Way, Lafayette schools, such as Canyon School's eight-week internship program (415) 810-8615, brightbabyphotography.com for middle schoolers.

Quintero continues to own and manage the Lafayette Pet Shoppe at 3517 Mt. Diablo Blvd.

Klein Gallery Opens Across From Chow 50 Lafayette Circle, Lafayette

The new Klein Gallery is opening in the space formerly occupied by the Lafayette Art Gallery (which moved to Mt. Diablo Blvd. next to Bo's Barbecue and Artisan Bistro). The building is also home to The Art Room studio, which offers art classes to teens, newly remodeled studio. owned by Carrie Klein.

SmileLABS Dealer Opens in Lafayette 3483 Golden Gate Way, Ste. 16, Lafayette (925) 826-6463

www.mysmilelabs.com/yourperfectsmile/

This month, after seeing the SmileLABS teeth whitening business on the east coast and extensively studying the products and company, business owner Teresa Ketterman decided to become a Lafayette dealer. The SmileLABS system combines a higher concentration of peroxide gel with the use of a strong, safe wavelength of blue LED light as an accelerator or catalyst to the teeth bleaching reaction. This provides a much shorter time of contact between gel and tooth that increases the bleaching efficiency of the gel and shortens treatment time by a large factor, while keeping the process mostly free from sensitivity, the company states. On her website, Ketterman advertises a 15 minute treatment time. The store is opened Monday and Tuesday in a private room located in the salon on Golden Gate Way.

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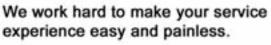




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Gurpreet Kaur is now offering newborn portrait sessions in her

adults, and children; not really a coincidence, since both are For the last several years, the professional photographer has specialized in wedding photography, but recently decided to change the direction of her studio with a focus on newborn portraits – a photograph taken in a baby's first 10 days of life. "This is a momentous time for a new life, and a portrait captures their innocence, almost as if they are still in the womb," says Kaur, who tries to captures an infant's perfect temperament with endearing, 'au naturel' poses during a session that can last approximately 3 to 4 hours. Up to five family members can also be in the portraits and a variety of photography props are available.

Daljit Singh Named Moraga Employee of the Month



From left: Harry Singh, Daljit Singh and Nora Avelar.

Photo provided Popular Mountain Mike's Pizza manager Daljit Singh has been named Moraga's Employee of the Month for September. Singh has served as owner Harry Singh's right hand man since it opened in 2005. He works six days a week and greets most of his customers by first name when they arrive. "Daljit is a big reason for our success here in Moraga," said owner Harry Singh. "He not only is reliable and trustworthy, but knows all of our customers and they really like seeing his familiar and friendly face when they come in to enjoy our pizzas." The Moraga Rotary and Chamber of Commerce will award Singh a gift card to Safeway as well as a gift certificate to TJ Maxx in Moraga, which will be presented at the Moraga Rotary luncheon Nov. 5.

Construction Place Becomes Ponta - Offers New Services (925) 324-4718

Moraga resident Gary Westernoff, who began offering integrated online tools to property managers, real estate and construction professionals a few years ago with Construction Place, has changed the business name to Ponta, while improving the online functionality, and adding mobile device capabilities. A new software offering on Ponta is called PropertyAndProjects.com, which makes it easy to digitize, manage, share, and archive information for owned or managed property(s) and their respective projects and/or improvements while always being in control of the content. Westernoff also added a travel company to Ponta's service offerings. Tabitours.com facilitates group tours to and from Japan, weddings in Hawaii, and offers liaison services between businesses in Japan and the United States.

News from the Three Chambers of Commerce

Tonight! The Orinda, Lafayette and Moraga chambers join together to kick off the California Independent Film Festival from 5:30 to 7 p.m. Wednesday, Oct. 23 in the lobby of the Orinda Theatre. In addition to networking, hear about and preview some of the films that will be screened at this year's festival.

Lafayette

Ribbon Cutting at California Human Resources LLC at 5 p.m. Thursday, Oct. 24 at 201 Lafayette Circle, Suite 200.

Trick-or-Treat Street on Oct. 25 (see article page A3). For a fun, safe Halloween event, children and their parents are invited to trick-or-treat on Mt. Diablo Boulevard from Oak Hill Road to Dewing Avenue and in La Fiesta Square from 4 to 6 p.m. Friday, Oct. 25. All participating businesses will display a "Trick-or-Treat" poster and balloons. Please come in costume to receive a special treat. Then head over to the Plaza for a costume contest and a special viewing of "Ghostbusters" at 6:30 p.m.

The 21st Annual Reservoir Run includes a choice of races and fun for all levels of difficulty to fit all ages on Sunday, Oct. 27. Registration opens at 6:30 a.m. with staggered start times beginning at 8 a.m. with a two mile fun run/walk, and 5K and 10K certified runs. Registration is required, either online at register.bazumedia.com/reg/form?eventID=3516, or at the chamber office at 100 Lafayette Circle.

Moraga

Membership meeting at 7:30 a.m. Friday, Oct. 25 at the Hacienda de las Flores. Roger Poynts will discuss his project for the 'painted rock' property.

Save the dates: Nov. 19 Mixer at the Barn hosted by Canyon Construction and Dec. 10 Holiday Party hosted by Moraga Royale.

Orinda

Orinda Chamber Member Luncheon at noon Friday, Oct. 25 at the Orinda Country Club with guest speaker FBI Agent Joy Mihara-Meer, who will discuss "Spear Phishing," cyber attack on small businesses, your parents and your children. For tickets and reservations, go to OrindaChamber.org.

> If you have a business brief to share, please contact Sophie Braccini at sophie@lamorindaweekly.com

www.lamorindaweekly.com

CaHR: Back to Lafayette to Manage Human Resources

By Sophie Braccini



From left, CaHR V.P. of Sales Michael Harrison and CEO Matt Delaney. Photo Sophie Braccini

Lafayette to develop and expand the business he started in Hawaii adventurer, Delaney looks like nothing would be able to slow him down, not even the cancer that struck him some 15 years ago. Still going back to Hawaii regularly while his family is settled here, the CEO is focusing his energy on developing the California market for managing and outstates.

hiring.

Lafayette speaks of local connections re-activated. The building under the client's federal em-Delaney is leasing belongs to his next door neighbor from a family he knew when he was growing up. recruiting. To kick start his implementation in California he bought a Lafayette many states, but to develop the firm called Human Resource Advisor that belonged to Barbara to have a local office," says De-Freet, whose daughter, Amy, went laney, who believes in creating reto Stanley Middle School with De- lationships with his clients, which laney. Coming back to Lafayette to means that he is looking for the raise his family in Burton Valley right partners to expand in other and establish his California head-regions. He also plans to diversify quarters, he reconnected with the services in California by many friends, including Michael Harrison, a Campolindo High School buddy who became a baseball pro before hanging up his mitt will be regrouped under a national and going into sales; he is now CaHR's vice president of sales.

Delaney's professional life, however, has taken him quite far small companies. "The laws in from Lafayette. After graduating California are a pain in the neck from USC in accounting, he for small companies," Delaney worked for E&Y Kenneth Leven- says, "but there is opportunity for thal Real Estate Group where he us to come in and help." He adds was a senior consultant and CPA. that size is not an absolute limiting He became part of Sunterra's ac- factor. "In Hawaii our smaller quisition and development team, client has one employee, the before becoming the CEO of biggest has 800." Marc Resorts Hawaii which operated 22 resort properties with a receptionist, an executive/perover 1,000 employees. Twelve years before creating the Hi-Group, Delaney held various executive positions in Hawaii. It is there that he saw an untapped market for human resource services. In the meantime, he found the time to marry Karen, his Campo sweet heart.

nal employees with 286 clients last Lafayette Circle, Suite 200. The year representing 5,000 employees energy, or "mana" (power within), - a nearly 500 percent increase in left behind from the people who clients from the end of 2009, translating to \$71 million in revenue.

The Lafayette office will provide human resource services for to enter, dwell, and prosper. To businesses of all sizes. "Busi- RSVP, email mdelaney@canesses do not always have the re- hr.com. For more information, sources to manage their workers' comp, payroll, and now the Af- 310-5400. fordable Care Act (ACA) benefits," says Delaney. He adds that the ACA, which can be confusing to a lot of business owners, is not

here is no place like home, something new to his company. I for family or for work, ac- "In Hawaii, we have had the precording to Matt Delaney, who repaid health care act since 1974 that turned to his home town of companies have to subscribe to even if they have only one employee, so we know the game of five years ago. Almost a business eligibility, tracking the hours, et cetera," he said. "Right now there is so much confusion, and reporting compliance requirements, business owners will have to turn to somebody."

CaHR is a full resource outsourcing firm. "There are two models to manage employment and administrative functions," says sourcing human resources func- Delaney. "PEOs (Professional Emtions, and more, and is thinking ployer Organizations) where we about expanding to the rest of the are the co-employer handling all the back-office and taking respon-And his Lafayette company is sibility for it, and ASOs (Administrative Service Organizations) Everything at CaHR in providing the same services but with the paperwork being filed ployer's identification number." CaHR also does full staffing and

> 'We already have clients in California market, it is important adding accounting and marketing, just like HiHR does in Hawaii. "In a few years, all the subsidiaries holding called Demand HR," he

The market of CaHR is mostly

Right now CaHR is looking for sonal assistant, a staffing manager, a recruiter, some sales people, a benefits specialist, and a payroll

The Hawaiian blessing of the office – a traditional blessing in the islands that honors those of the past, present, and future – by Kahu Curt Kekuna, is scheduled from HiHR in Hawaii has 100 inter- 5:30 to 8 p.m. Oct. 25 at 201 once held a place here, and even those before are honored and blessed, as they allow new energy visit www.ca-hr.com or call (925)

> Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service

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Civic News Fire Departments

Healy Named MOFD Fire Chief

By Nick Marnell

removed the interim tag from Stephen Healy's title Oct. 16 and appointed him as the fifth fire chief in the history of the district. Healy succeeds Randall Bradley, who departed

Healy confirmed that he is taking on his new role as the district faces significant challenges. In fact, the board announced his appointment the same day it authorized him to initiate district service cutbacks. But Healy appeared undaunted by the task. "I have a high degree of confidence that

he Moraga-Orinda Fire District we will stabilize our finances and lenging time for the district." move forward as an organization," he

> Having the top candidate inhouse obviated the need to conduct an executive search, according to board president John Wyro. "The search firms know who's out there," he said. "We knew we already had the right guy."

Wyro also noted that there was a significant benefit to promoting a candidate from the ranks. "Keeping our said. "Especially during such a chalsional in California.

"I was delighted to hear of the appointment of chief Healy to this permanent position," said county supervisor Candace Andersen. "He brings the strong leadership and experience we need for MOFD as it works together with ConFire to determine how to best provide the fire, disaster and emergency medical services for our Lamorinda region."

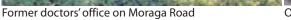
Healy has been with MOFD for seven years and has over 27 years of team together has great value," he experience as a fire service profes-

Civic News Lafayette

What's the Future of Two Vacant City-**Owned Buildings?**

By Cathy Tyson







Old library building

✓creation of a volunteer task force to help analyze options that would be the highest, best, and most fiscally responsible use of two vacant, cityowned properties. At issue is 949 Moraga Road, the former doctors' office that was acquired as part of the purchase of four parcels that make up Lafayette's newest parking area, along with the old library building. For years rumors have been swirling about both properties, but no decisions have been made on either one for a variety of reasons.

The citizen's task force will feature representatives from a wide variety of stakeholders that potentially have some skin in the game, to come together and make recommendations about both properties. A list of 15 constituencies was drawn up, with slots for representatives from the Methodist Church, which is directly adjacent to the doctor's office, as well as from the Lafayette school district, a person from Senior Services, an architect, police and more. "Wow, that's a really big task force," said Steven Falk, city manager, echoing

afayette recently authorized the the sentiments of city clerk Joanne Robbins.

The more prominent of the properties is the old library that the city is required to purchase under a 1994 Settlement Agreement with Contra Costa County and the now dissolved Lafayette Redevelopment Agency. Questionable title issues have finally been resolved. "We may be jumping the gun here," said school board president Art Kapoor at the Oct. 15 City Council meeting, "but the School District is interested," in the library property. With Lafayette Elementary School right next door, the old library's parking lot is full to the brim with parents dropping off and picking up children every school day.

Falk said the structure is in "relatively good condition," but noted asbestos in the ceiling tiles and bathrooms that are not handicap accessible. Peering inside, there's nothing but cobwebs and worn out carpet, set in a mid-century modern shoe box.

Concluding that moving the city offices to the old library, instead of continuing to lease office space at Desco Plaza on Mt. Diablo Boule-

vard, where the rent is currently \$280,000 per year, even factoring in approximately \$4 million for acquisition and renovations, would mean significant savings over the medium and long term, according to city staff who crunched the numbers.

The former doctors' office has a lot of potential, but also needs some love. There had been some discussion in the past about turning the doctors' office into a new location for a senior service center or perhaps a location for the police department possibilities that a fellow task force member representing the Circulation Commission could weigh in on to consider the impact of traffic on accessibility. It could be demolished to make room for additional parking, used for something else or even reserved for future housing.

Ultimately the task force will examine all the moving parts and make recommendations. To check out the full constituency list, read the staff report from the Oct. 15 city council meeting. For those interested in serving, contact city clerk Joanne Robbins at jrobbins@lovelafayette.org.

From Front Page

Drumming Circle Creates Good Vibrations

... continued from page A1

Sixteen women, ranging in age from their late 40s to beyond 70s, showed up for the second meeting to learn from Mary Ferrick how to improve brain health and have fun.

Ferrick holds a master's degree in social work and has been drumming for 30 years. "You are a walking, living, breathing drum," she told each participant. Following her lead, the group rapped on frame drums and hourglass-shaped African djembes one, two, three ... one, two, three ... with fingers or mallets. The beating resonated around the room before settling in each sternum.

"See how naturally you fell into the elephant rhythm!" Ferrick exclaimed. "It's very matriarchal," she added. Ferrick explained research shows that women became the

world's first drummers when they discovered the musical beat grains made while being winnowed in a bowl or shallow pan. She passed around the with eyes closed, kept the beat. depiction of a woman drummer circa 2500 B.C.

Ferrick was on a percussive mission, using the primitive rhythms to encourage meditation and healing. She said the drum's vibrations can "wash away trauma and pain."

"Be sure to drink [plenty of] water," Ferrick said, and then cautioned participants not to worry if they fell out of sync with the rest of the group. It never happened. The women, smiling and relaxed, some

When asked why she wanted to form a drumming circle, Kloss replied with her own questions: "Did you see the smiles? Did you feel the energy?"

At session's end, one woman said she'd bring her 96-year-old mother next time. Another, upon leaving, shook her head incredulously, simply saying, "Wow."

Lamorinda Community Drumming for Seniors (all adults welcome, no children please) meets at 11 a.m. the second Monday of each month at Lamorinda Music, 81 Lafayette Circle, Lafayette. For information, e-mail Community.drumming.seniors@gmail.com or call (925) 385-0963. To learn more about the history of drumming, Ferrick suggests reading "When Drummers Were Women" by Layne Redmond.

Local Teens Start Lafayette Writing Contest for Middle **School Students**

www.lamorindaweekly.com

Photo provided

"I'm really excited," said Lin-

The judging panel for the pho-

nae. "I read his books so much as

well, with experienced local pho-

meet him."

fessionals.

the joys of writing.

photography may only be edited

After spending so many hours

about].'

By Clare Varellas



Linnae Johansson and Uma Unni

hen Acalanes freshman Uma Unni began to experience the typical boredom that a kid, and now we might actually comes with being out of school this past summer, she and her friend, Stanley Middle School tography contest is impressive as eighth grader Linnae Johansson, decided to put their technological and planning skills to the test by creating a Lafayette youth writing and photography contest.

"I really like technology, so I wanted to make a website," said Uma. "I also really like writing, so I thought I would make a literary website. But we had no idea Uma and Linnae have the support how to make people come to it, so we thought we'd make a contest. Lafayette Library as well, and Then Linnae agreed to help me have made plans to display winout. That's how it started."

Uma and Linnae are the they are announced. founders of the newly formed Lafayette Youth Arts Society, clined to create the contest bewhich will be hosting its first annual writing and photography contest this winter. The contest, write in their free time and post which is to open Nov. 15, offers entries on writing blogs regularly. all middle school students (students in grades 6-8) who reside or attend school in Lafayette the opportunity to showcase their artistic abilities. The girls based their contest model off of that of the Orinda Junior Women's Club Youth Ink Contest, which is only open to Orinda residents.

"There's a contest like this in Orinda called Orinda Ink, and it's told to write an essay, but here only open to Orinda kids, so we're only giving them a theme, there's part of where we got the idea," said Uma. "Lafayette kids aren't allowed to enter, so we don't have anything to do like about [what they want to write that."

The contest, which Uma and Linnae largely planned over the tries will be that the writing piece summer, is no small affair. Not cannot exceed 1,000 words, the only have the girls raised over \$2,000 to be awarded as prize to an extent, and there will be cermoney, but they have also se- tain themes for entries to be ancured none other than the ac-nounced on Nov. 15. The contest claimed author Lemony Snicket will last two months, with final (Daniel Handler) to judge the submissions due Jan. 15. Winners writing entries, along with two will be announced March 30, and other experienced writers. Uma an awards ceremony will follow. and Linnae, avid fans of Snicket's

all goes well, they want to continue hosting the contest, and will even consider opening it up to outside communities Lafayette, provided there are enough judges.

"We are hoping that kids in other communities will also be inspired to start their own contests," said Uma. "But they need to know that even though they may not get a positive response right away, they need to persevere and then they will be successful."

For further contest details, visit www.lafayetteyouthartssociety.com. Writing contest themes will be announced on Nov. 15. There will also be a book fair at Barnes and Noble in Walnut Creek Nov. 24-25 where the store will give 20 percent of all sales, both online or at the store, to benefit the Lafayette Youth Arts Society when the organization is mentioned.



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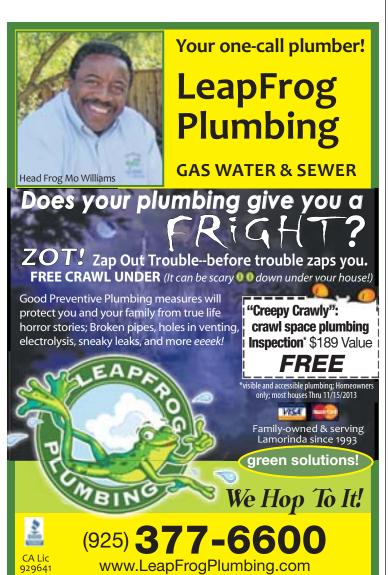


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A Festival of Shorts

By Sophie Braccini



Death of a Shadow

fume: you need only a small amount for the ultimate effect. The 2013 California International Film Festival will feature 31 short films presented in five groups lasting about 1.5 hours each beginning Nov. 8 at the Orinda and Rheem theaters. These short films, which range from 3 to 30 minutes long, give spectators a rush of sensation Favor" is as gripping as any good that can last a lifetime.

The series is grouped as A, B, program A is called "All in the Family." From the very funny "God Don't Like Ugly" to the awkward "OMG," from the poignant Creole gem "Soup a Pye" to the dramatic "Teilhard," the seven stories touch on family issues or social hurdles, like in the Romanian short "Way of the Danube."

Short program B, called "They Work Hard for the Money," showcases seven short films that explore the humorous side of the work place, whether discussing culture clash in "Farid in the West," strange business practices in "Strange Fish," down-right hilarious situations in "The Op Shop," or more serious and historical stories like those in "Lil Tokyo Reporter."

Short program C, "That's What mantic tale that develops in the tickets, visit www.caiff.org.

he short film is like a fine per- Friends Are For," delves into span of just 20 minutes. friendship, both good and bad, with unlimited imagination and creativ-Drama unfolds quickly in "Black and White Lines" and "Trivial" (a USC thesis film set in Pleasanton), vision sparks from every day remarks in "Animation Hotline," while "Last Call" is sensitive and heartfelt and "Just a dark thriller.

The five films in short program C, D and Sapporo shorts. Short D, "Celebrities," show that stars of the screen can also have self-mocking irony. You feel almost sorry for Gerard Depardieu in his failure to become a salesman in "Frank-Etienne," Lee Meriwether breaks your Floor," directed by Denis Vilheart as she relives her past in "Remember to Breathe," and Ian McKellen mesmerizes in "The Egg Trick."

> Finally, CAIFF presents the Sapporo Shorts. Out of the 3,000 short films that were submitted to the Sapporo Short Film Festival, 80 were selected. Of those 80, CAIFF selected five unique creations. These movies are all award-winning films from all over the world. Tom Van Avermaet's "Death of a Shadow," for example, is a beautiful, frightening and ultimately ro

Photo provided

As always with these series of shorts, the contrast between films is almost violent. From "Death of a Shadow" to "Letters from Pyongyang" there is a world of difference in terms of space, time and vision. The second is no less interesting than the first, opening a completely different window in the spectators' imagination. The other three are also very personal and interesting. The viewer will need some emotional stamina to take it

Short films are often the launch pad of future talent. Four years ago, CAIFF featured the short "Next leneuve, whose feature film "Prisoners" is currently getting great reviews. Not only does it cost less to make a short, it is also often not financed by studios that will have their own priorities. You get the real voice of the artist. And shorts are also made more quickly, so they can closely speak to present day events.

The five shorts programs will play on different days Friday through Sunday, Nov. 8-10 at the Rheem and Orinda theaters. For show times, more information and

Eat Your Vegetables and Smile!

Vegetarian cookbook author Mollie Katzen to speak in Lafayette Oct. 29

By Lou Fancher



Mollie Katzen Photo Lisa Keating

ookbook author and illustrator Mollie Katzen changed the reputation of cauliflower from lowly, loathsome vegetable to sexy "Cauliflower Cheese Pie with grated potato crust" in 1977 with the publication of her best-selling "Moosewood Cookbook." Suddenly, "vegetarian" no longer meant a trip to the restaurant salad bar. The term became synonymous with succulent Succotash Chowder, Exotic Walnut Paté and Montana's Mom's Dynamite Cheesecake blowing everybody out of their naturally spring-fed water.

Of course, she didn't do it alone. But it seemed that way to us pioneering "veg heads" whose meals achieved the pinnacle of gastronomic grossness on airlines. Recalling the result of ordering "vegetarian meal" (during that antiquated time when eating meals on a plane was admittedly risky, but happened), is akin to a nightmare. Rice, shredded carrots and raisins eternally stewed in a dark sauce mysteriously similar to the substance coating a nearby passenger's chicken still causes shudders.

But Katzen and her merry band of "Moosewood People" at the Moosewood Restaurant in Ithaca, N.Y., served delectable food, both on the plate and on the pages of their collective cookbook. It came with no dogma attached. Eating vegetarian was less about not eating meat – the ends – and entirely concentrated on kitchen. creating fresh, flavorful meals. Most

trated first cookbook, she split from the restaurant, rather unhappily. Subsequent cooking and book-writing followed: "The Enchanted Broccoli Forest;" a trilogy of children's cookbooks; several collaborative projects, "Get Cooking," and others. A casual perusal of her (now) 12 books is rather like watching a cake rise in the heat of an oven. Baking is evolution and so were the years she became a James Beard Cookbook Hall of Fame inductee (2007), published less artful companion cookbooks for a 26-part public television cooking series (1997) and consulted with the Harvard University Dining Services, where she co-created their Food Literacy Project (2003-11).

With her September 2013 release, "The Heart of the Plate," Katzen finds an old/new hybrid. The 500-page cookbook is sprinkled with her art: nearly every page boasts a whimsically rendered painting or her bold, tightly cropped photographs. Although it's slightly sterile, especially compared to her earliest books, the visuals stir fond, even nostalgic, '70s era memories (although not of airline meals).

Katzen claims, in the book's subtitle and brief introduction, to have developed "recipes for a new generation." The changes are slight, but paradigm shifting. Pasta "peppers" a main (pasta) entree now mostly composed of vegetables; garlic and specialty oils replace yesterday's cream and butter sauces; novel texture, color and flavor blends are center stage. Moving from menus to soups, salads, stews, mashes, suppers from the oven, burgers, pancakes, and desserts, plus the expected grains, vegetables and sauces, there is a casual, light

restaurant served fresh fish on week- hand in Katzen's contemporary

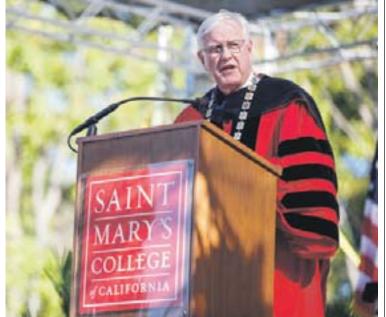
Katzen's soups have always been recipes included a solid dose of sour evidence of how simple ingredients cream, butter or cheese. Or all three. can be made into a nectar worthy of Four years after Berkeley's Ten the gods without being "fancy." Speed Press published Katzen's Green Matzoh Ball Soup requires hand-written and mostly self-illus- only seven everyday ingredients. (Unless you prefer to avoid storebought stock and make Katzen's vegetable stock. Even that has only six ingredients; the most "exotic" being garlic.) Salads are equally accommodating: Fattoush, a Middle Eastern bread salad is fun to say and even more fun to eat. A bounty follows: Very Simple Lentil Stew with Cottage Cheese Dumplings (optional, but unless you are vegan, make them), Roasted Cauliflower Mac and Cheese (she's still got the magic with this cruciferous item), Cajun-Style Tofu Burgers, and "mashes" (vegetable "beds" or "nests" made of mashed vegetablespice blends) – and to top it off, Bittersweet Mocha Bundt Cake, Bruléed Persimmon Pudding and more.

> More than half of the recipes are vegan and most come with appealing suggestions for additions or variations. Best of all, they come without the heavy definition and heavier dining of 30 years ago – and without that recipe for disaster served to frequent vegetarian flyers. "The Heart of the Plate" is filled with fresh, simple, fantastic vegetables. Vegetable eaters, rejoice.

Katzen lives in Berkeley and is a popular speaker on subjects relating to sustainability, nutrition and community. She will be appearing at a Commonwealth Club event at 6:30 p.m. Tuesday, Oct. 29, in conversation with John Birdsall, senior editor of Chow.com, at the Lafayette Library, (3491 Mt. Diablo Blvd, Lafayette. Check-in time is at 6 p.m. Cost: \$22 non-members, \$12 members, \$7 students (with valid ID).

Inauguration of President James Donahue

By Sophie Braccini



James Donahue

auguration of its 29th president, mination to contribute to the flourish-James Donahue, Ph.D., Oct. 11, ing of an institution he defined as which included messages and blessings from Christian Brothers and rep- that the main challenges for the years resentatives of other faiths. Presenters to come are how to make technology talked about the high expectations simultaneously high-touch and highthey have of the lay president, who tech; how to provide enrollment afcomes with a proven track record as fordability for all; and how to align an educator, a scholar and administrathe relevance of the liberal arts with tor. In his introductory speech Don- the practicalities of job creation for ahue reaffirmed his passion for the students.

Photo Stephan Babuljak

www.lamorindaweekly.com

aint Mary's College held the in- mission of the college and his deter-"extraordinarily good." He indicated

Two Local Opportunities to Learn About the **Affordable Care Act**

By Cathy Tyson

read about it in the paper, but now, live and in person get the scoop from Covered California Certified Educator Sue Hamill. She'll be discussing and answering questions at an upcoming presentation, Understanding the Affordable Care Act, also known as Obamacare. With enrollment now open and the program taking effect in January of 2014, now is a good time to compare and contrast Cultural Center, 1700 School St. in coverage choices. This is a change in Moraga. She will answer the followthe delivery of healthcare for many Californians; this event is an opportunity get the facts, possibly dispel some myths and ask what it all to an audience of all ages. means.

shows how the Covered California the State of California. She knows healthcare marketplace exchange firsthand the "ins and outs" of many works, so people can find out what of the state's publicly funded service new healthcare insurance options are programs, including Home Supportavailable to them thanks to the Patient ive Services, CalFresh (aka Food Protection and Affordable Care Act. I Stamps), Foster Care, and Aid to describe what services are included in the health plans offered through Covered California and how the pricing structure works," said Hamill. "I show people how to determine what insurance system they are eligible for and is most financially feasible. It the American Association of Univermight be Medi-Cal, Covered California, or their current employer sponsored program."

ou've heard about it on TV, 6 to 8 p.m. Tuesday, Oct. 29 in the Arts and Science Discovery Center on the Mezzanine floor of the Lafayette Library and Learning Center.

> Alison McKenzie, who has been recruited by the California State Department to train county leaders about the Affordable Health Care Act (ACA) and its implications, will also discuss the ACA provisions at 9:15 a.m. Tuesday, Nov. 19 at the Serbian ing questions: What is the ACA? Who does it cover? and How does it work? Her free presentation applies

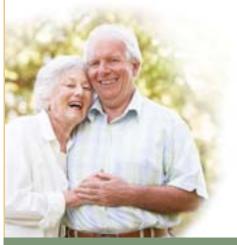
McKenzie served as an adminis-'Specifically, the presentation trative law judge in social services for Adoptive Children. Although newly retired, she continues to be involved with administrative hearings on a part time basis and, because of her familiarity with Medi-Cal eligibility.

The presentation is sponsored by sity Women (AAUW), Orinda-Moraga-Lafayette (OML) Chapter. For more information about the event, The free event is scheduled from visit www.aauwoml.org.

As Seen in Lamorinda Blessing of the Animals



Brother Brendan Williams stands with Lafayette resident Nelita Antezana and her Nubian goats, Florencia and Florentina, during the St. Giles congregation blessing of the animals. Brother Williams belongs to the religious Order of St. Francis; St. Francis was the patron saint of animals. - C. Dausman



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Non-Random Acts of Kindness

By Cathy Dausman



Heidi Felt holding the iKind T-shirt

Photo Cathy Dausman

t began last May with a simple question: how to recruit more Joaquin Moraga Intermediate School staff to mentor the peer leadership groups already in place.

With the Safe School Ambassadors program starting its sixth year, counselor Heidi Felt and others brainstormed on ways to expand teacher involvement for that small group support system. The first question, Felt said, quickly led to a second, more fundamental query: "Why can't everyone just be nice?"

We do a lot of looking for what's wrong, she said; why not look for kindness? "Middle school kids are like a kaleidoscope," Felt said, because "everything's changing." That leaves many students feeling vulnerable, exposed and especially sensitive to bullying in its many forms.

At that age they'd rather be cool than be kind, she said. The group, comprised of principal Joan Danilson, Felt, outgoing PTA president Stacy counter the notion that the movie ad-

Giglio and former Joaquin Moraga student Debbie Ruiter, kicked around ideas for a name. They considered "be kind" using a bee instead of "be." Then they hit on iKind, and the name

The iKind concept was originally presented to the teaching staff last May. It was introduced to the student body this month during a school-wide assembly featuring the screening of "Finding Kind." Filmmakers and friends Lauren Parsekian and Molly Thompson travelled across the U.S. for more than two years to make their award-winning independent film festival presentation on the effects of aligns with district and school goals bullying in young girls' lives.

drop" during the movie, Felt said. "Even [Moraga School District superintendent] Bruce Burns couldn't believe how quiet the students were."

The staff worked hard to prep both genders for the assembly to

dressed only a "girl problem."

"Before their assembly, we held a conference call to make sure their assemblies were designed for both males and females. [Parsekian and Thompson] have been in over 500 schools since 2009 and [we] felt confident our student and staff would find value for all students," said Felt. "The post-film interactive session was definitely co-ed."

Parsekian and Thompson handed each audience member three cards to complete. The first was a pledge card, or promise to end bullying; the second was an apology card to give to someone you had offended; the third, a "kind" card to share. The kind cards were then posted on a "kind wall" banner, iKind T-shirts are in evidence on campus – black tees for staff members, white tees for students; each complete with a tiny "JM" where the trademark logo would go - and iKind announcements are made via PA system and decorated Kind Card boxes populate classrooms making it, as one poster puts it, "kool" to be kind.

"The ["Finding Kind"] messages were powerful," said sixth grade core teacher Dawn Lezak. "The proof that it was good for me was that I talked about it at length with my family and

Danilson said the iKind program by supporting socio-emotional devel-"You could have heard a pin opment in a safe and healthy environ-

> "I love that [kindness] is a subtle idea," Felt said. "I wish we'd thought of it 10 years ago."

> Details about the movie and the kindness campaign can be found online at www.findingkind.com.

JM Students Respond to Bullying Film and iKind Program

A cross section of sixth, seventh and eighth graders, both boys and girls, responded via e-mail to Lamorinda Weekly with their thoughts on the "Finding Kind" assembly and iKind program. Their responses appear in edited versions below:

"Recently, a group of classmates have been rather unkind to me. They [shall] go unnamed," said eighth grader Brigitte Jia. She brought the group's actions to the attention of her counselor and the school's vice principal.

Conor O'Brien, seventh grade, said he was made fun of "on the way to the movie." But "the person who bullied me made a kind card apologizing [afterwards]. He felt really sorry that he [bullied] me."

Amy Flett, sixth grade, saw the movie with her mother before it was shown at Joaquin Moraga. She said her mother was happy "that a bunch of moms and daughters saw the movie together and that we could talk about it after," and thinks "about half" her fellow students are putting the change in attitude

Maggie O'Connor was "shocked and hurt" by a recent episode of peer unkindness directed at her. "The film made my mom sad about what girls are going through today," she said.

Eighth grade student Ben Miller said the movie did not affect him as a boy, but did admit "everybody can be unkind no matter their age or gender." Miller was unfazed when a best friend recently called him a name. "Everyone does that and no one really means

Eighth grader David Gomez Siu considers Joaquin Moraga Intermediate School "a very safe place to learn and grow," but said "everybody is mean at one point or another." The real difference is how it is dealt with, he said. "Girls usually hold grudges for long periods of time, whereas boys usually make up fairly quickly."

Chase Giglio, sixth grade, was surprised to learn so many people had been bullied. "Sometimes bullying doesn't seem like such a big deal just one time, but when it happens repetitively, it can be really depressing for people," he said. "Probably 60 percent are buying into this attitude change, the others think it's 'lame' because they are not the ones getting bullied."

Viewing the movie left sixth grader Allie Appleton "in tears." "To know Lauren tried to kill herself ... that's just really sad," she said. "Bullying is sad and

"Many people in the movie said that they wished they could go back in time and change how they had treated someone. [That] made me not want to have to think back and regret something," said eighth grader Aaron Moranville.

"A lot of times, people [bully others] unknowingly," said eighth grader Kate Ginley. "But I always remember that they are just words, they can't affect you unless you let it get to you. Being unkind is a choice, not something that comes with gender."

"It kind of scares me to think that I could do something or write something that could really hurt someone else in such a big way," said Jessalyn Simon-Parker, eighth grade.

Classmate Isabel Artiaga thinks bullying "is definitely a phase that people go through, especially at this age. It was kind of funny to see people who are usually so mean walk up to each other and start apologizing," adding that girls "can be your best friend one day, then a mean text or something else comes along, and suddenly we are enemies and don't talk to each other for two years."

She believes eighth graders at least are buying into this 'iKind' campaign, "because we have had some forms of bullying over the past three years, and most people are starting to realize that it's really okay to be yourself!" - C. Dausman

Look, Up in the Sky!



Kirk's shoulders as they watch an East Bay part of a Safety Fair and CERT exercise held there Regional Parks helicopter land at the Stanley Mid- Oct. 12. - C. Dausman

enry Ellison, 2, of Lafayette, rides his dad dle School field in Lafayette. The helicopter was

Natalie Coughlin Dares to Show Her Roots Oct. 26

www.lamorindaweekly.com

By Laurie Snyder



Natalie Coughlin Photo provided

hat does it take to get air guitarists in a room with history buffs and gimpy weekend outfielders? Natalie Coughlin.

will reveal her fascinating family tree clinic. Her mother, she says, "grew up at "Their Roots Are Showing!" Oct. 26. Presented by the California Genealogical Society and Library (CGSL), the sure-to-be-a-blast celebration of Family History Month will also feature a silent auction of celebrity memorabilia, along with the intriguing ancestry of Grammy-winning rock drummer, Tim Alexander, and Oakland A's general manager and "Moneyball" subject, Billy Beane, who has donated use of an A's luxury suite as an auction prize.

"Her story is a true American story," says CGSL's Therese Hart-Pignotti of Coughlin, whose family has serious American roots. One of

the nation's two most decorated female Olympians, Coughlin recently returned from a USO tour at the Naval Station Rota in Spain where The 12-time Olympic medalist she conducted a children's swim on military bases. It's hard on the families. If the kids are in sports, they get different coaches every year." Coughlin, who mentors as time permits, muses, "I know when I was a kid and I went to a clinic where Olympians stopped by, I remembered it. We're all busy, and we have stresses, but it's important to make the effort."

> Coughlin also continues to find fame beyond the pool. She recently shadowed a master chef and winemaker for Lifetime television's "Celebrity Bucket List," and has also appeared on the Food Network. "The way that I decompress for the day,"

she explains, "is to cook a great meal." She makes pasta "especially this time of year when it gets to be fall – and you love that cozy comfort. I love kneading and rolling out the dough – the product you get is so delicious and rewarding." Family and friends are often in on the nurturing

As for the horizon, "My next competition is going to be in Italy - the first and second weekend in November. And then I have short course nationals in Knoxville, Tennessee." She hopes that, in addition to cheering her on, fans will support one of her favorite charities, Right to Play (www.righttoplay.com). "They had a very big presence in the Olympic Village at Athens and especially at Beijing." A supporter since 2004, she did her first field work in Rwanda, foster-

ing anti-malaria efforts by "teaching kids how to prevent and recognize the symptoms" through simple games of tag.

Coughlin also has a message for young Lamorinda fans who find it hard to fit everything into their own busy days. "There is enough time," she says. But, "It's important to have balance. When you're in school, focus on school." When you're with your coach and team, she says, "Focus on practice." And when you're with friends, just concentrate on enjoying the time you have. "It's really just being present in the moment."

"There Roots are Showing!" will begin at 7 p.m. Saturday, Oct. 26 at Walnut Creek's Del Valle Theatre. For tickets, visit: www.lesherartscenter.org/event/california-genealogical-societys-theirroots-are-showing/.

The West Without Water"

By Lou Fancher



Authors B. Lynn Ingram and Frances Malumud-Roam

Photo provided

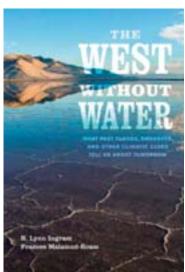


Image provided

new book by two Bay Area authors reads with the surprising velocity of a murder mystery and the intrigue of a rigorous, detective investigation. Why surprising? Because paleoclimatologists B. Lynn Ingram, of Moraga, and Frances Malamud-Roam write in measured, non-dramatic tones, braced with hard data about water. It isn't homicide (at least, not in the traditional sense), but their storytelling momentum will have readers itching to flip to the final pages. Burning in their minds, the underlying question: How will the perpetrators pay for their crimes?

"The West Without Water" (University of California Press, 2013) introduces climate as an ancestral protagonist. As such, water is climate's offspring; liquid generations spanning 20 millennia revealing the underlying history of the West's relationship to its most precious resource. In a three-part treatment, Ingram and Malamud-Roam "crack the code" of climate and paleoclimate research, explain the methods and mindsets of pioneering efforts made by mankind to capture and control Earth's water resources, and merge past, present and future with an investigation of the emerging water crisis in light of global warming predictions. Infinitely readable due to the author's clear and compelling storytelling abilities, the book's solid science is mostly easy to digest. Thankfully, final chapters offer thoughtful, real, and realistic solutions to the problems from the authors and a number of experts.

Ingram is a professor in the Earth and Planetary Science Department at the University of California, Berkeley. Cracking into fossil shells from basement core sediment in the San Francisco Bay, she writes in an introductory chapter of how she came to understand marsh ecosystems. Tracing the nomadic lifestyles of indigenous populations prior gold-seeking, westerner's intrusion, the authors unearthed a wisdom often

heralded by 21st century "green" activists as their own: respect the earth's resources, or perish. Stepping through archeological remains, she and Malamud-Roam, a Caltrans associate environmental planner and biologist and visiting scholar at Cal, chronicle past societies' symbiotic relationship with the natural world as they shifted according to environmental stresses. One example, natives fishing and hunting in wetlands, but not constructing permanent residential developments on what were potential floodplains, provides an instant, learnfrom-elders lesson.

The book's Part I aims scrupulous science at why climate matters. What is "normal" for the semi-arid West? After all, Western history holds both devastating floods, like that of 1861-62, and the "Dust Bowl" of 1987-92, a cataclysmic, six-year drought. Climate emerges as a character; mischievous, capricious, prone to clim (and climactic) bipolar disorder.

Part II digs beneath the surface, untangling the mysteries of 20,000 years of "water family" history. Understanding how climate grandparented change - from gigantic comings and goings, like the advent of ice ages or pueblo collapse, to miniature migrations, like that of diatoms, microscopic phytoplankton preferring fresh over salt water, or vice versa – the authors spin into technicalities the casual reader may find thick.

The immediacy of Part III, addressing today's water crisis, will revive and arouse any student, scholar, or reader interested in mankind's survival. Simple questions - "Why Does Spring Come Earlier?" - receive simply stated, factual answers. "Nine of the ten warmest years in the West have occurred since the year 2000," the authors write. "This warming is the result of changes in the earth's atmosphere: carbon dioxide levels have risen to 390 parts per million...."

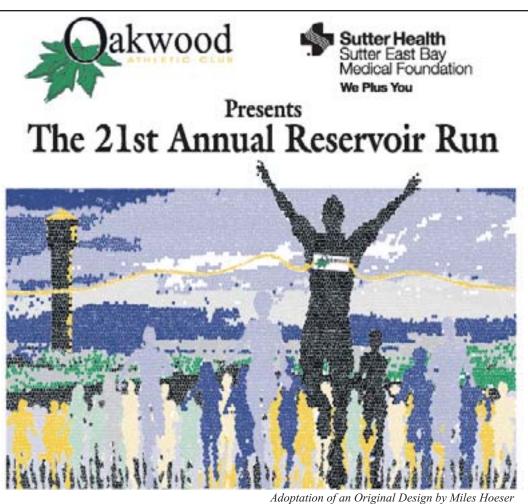
And there is no "fishing around" in murky waters for clues to man's impact on wildlife. Instead, the authors examine the plight of fish. Dam building in West Coast rivers diverted water to thirsty agricultural fields and populous cities, but "The Salmon Story" makes plain the devastation caused by "hydraulic capture" altering the temperature and timing of salmon's natural environment. Adding to the gravity of disappearing food sources, Ingram and Malamud-Roam cite data-supported evidence of increasing wildfires, insect infestations, premature snowpack melting, levee-busting floods, and drought. "The recent trend in urban sprawl seems to dance on the edge of disaster," they write.

Admittedly, climate's shifting

the Emperor's new clothes are miss-sponsibly remove dams, enable coaliprofile invites opposing perspectives: ing? The authors take a "no regrets" Is it Chicken Little's "the sky is approach, suggesting a number of technologies aimed at preserving the falling" false panic, or the "recognize- ways to reduce our water footprint, West's water, and support legislative the-truth" of the boy who announces reverse environmental damage, re-change.

tions to collaborate, fund innovative





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Great Shake-Out Teaches New Lessons

By Sophie Braccini



Orinda staff drop, cover, and hold at the EOC.

Shake-Out, conducted within the three Lamorinda communities Oct. 17, had a different scenario than last year: what challenges arise after the first 48 hours of a major earthquake.

The three Emergency Operations Centers of Lafayette, Moraga and Orinda as well as the Saint Mary's College EOC, the Orinda School District and Miramonte and Campolindo high schools participated. Dennis Rein, Lamorinda emergency preparedness coordinator, had given all participants a detailed scenario. At 10:17 a.m. last Thursday everyone at the EOCs dropped, covered, and held, then continued as if 48 hours had passed, organizing their resources to respond as well as possible to reports of problems coming to them. Initially, this involved testing the communication between radios at the different centers. Difficulties were identified immediately, such as one school that could not connect, and outdated contact lists. "Overall, things went well," said Janet Keeter, the Orinda city manager and incident commander. "It became very clear though that sustaining the rescue and organization with our limited staff

would quickly become very difficult." Orinda's EOC is located in the

his year's Great California City Hall building that is fully equipped and built to sustain a large magnitude earthquake. Lafayette's EOC is located in the Lafayette Library and Learning Center Community Room that was built with emergencies in mind, and includes an automatic generator and a kitchen. The biggest challenge in Moraga is that there is no permanent EOC and it took staff an hour to set one up at Fire Station 42.

> The three incident commanders, Keeter, Lafayette's city manager Steven Falk and Jill Keimach, Moraga's town manager, confirmed that if a disaster were to hit Lamorinda, after

Photo Sophie Braccini

a few days the EOC would be consolidated into one location to be able to sustain the rescue operations. "By doing so we would have three people for each position," noted Falk. He said that conversation on that topic would continue between the three cities.

Saint Mary's College also reported good results. "The usual people who staff our EOC were not on campus that day," says Adan Tejada, the college's director of public safety, "so this was good practice and it went well." Tejada indicated that Saint Mary's would be open to discussing different possibilities, including a consolidated EOC.



Miramonte students evacuate buildings through a narrow gate during participation in the Great California Shake-Out Oct. 17. Photo Andy Scheck

The Common Application: A Failed Launch That Keeps on Failing

By Elizabeth LaScala

ome 500 colleges and tens of thousands of students have come to depend on the Common Application. For those unfamiliar with the Common Application, what it is and what it does, consider yourselves lucky. That means you are not dealing with the problems it is causing high school seniors this fall. The Common Application (informally known as the Common App) is an undergraduate college admission application that students may use to apply to any of its 517 member colleges and universities in 47 states and the District of Columbia, as well as a half dozen international countries. The Common Application, Inc. is managed by the staff of a not-for-profit membership association governed by a volunteer member board of directors drawn from college admission deans and college guidance counselors.

An overhauled Common Application version went live on Aug.1. The new platform was preceded by a full-blown marketing campaign and touted to offer many enhancements sure to please. Unfortunately, the Common App was beleaguered by opening day glitches and hobbled through its first week. As of this writing, issues continue to plague the system 79 days after its initial launch. As college counselors around the country work with panicked students, one name stands out among the rest as a beacon to guide us through the maze. Nancy Griesemer has been reliably and systematically addressing Common App issues from the launch date. Griesemer writes for the DC College Admissions Examiner and on Oct. 8 she offered tips that still make good sense today. They are summarized below along with some of my own advice:

1. "Don't procrastinate!" was always a good mantra for seniors applying to college. Now it is a survival strategy. Don't wait until the last minute to fill out the Common Application and avoid the 24 hours immepreceding application deadlines. Of course, the deadlines are now a moving target since some (but not all) colleges are responding to student distress (bless them) by excollege website for up-to-the-minute information – your college is your absolute best go-to source for reliable, timely and accurate information.

at the bottom of each page of the application and follow them.

3. Avoid editing your essays in the text box. Your essay should be prepared as a Word document using simple font, single-spaced with no indents. To do paragraphs, double space (make two hard returns). Once you are satisfied with the document cut and paste it directly into the text

4. Print Preview is your best friend, but it is at the end of the process. You must complete each section of the application and obtain 'green check marks' for each part of the application before you are permitted to Print Preview. This is when you can check your application and be certain all the information you entered appears as you intended, including how your essay survived being added to the text box. If anything doesn't look right, go back and try again.

- 5. If problems continue, reboot your computer, check system settings, and change browsers to see if that helps. If you still have problems, contact the Common Application Help Desk.
- 6. Documentation is important. Print out and date your Print Preview just prior to submission so you have a hard copy.
- 7. Avoid paying twice. If you pay and you don't get a signature page, do not pay again. In other words, do not enter your credit card information twice. If your signature page (the last step in the process) does not appear after you pay, wait 48 hours for the Common App system to clear and then try again. If you are still unable to get to the signature page contact the Help Desk. For those of you who have already paid twice, the Common Application is arranging for refunds. 8. Sign your application. It is not

complete unless you sign it. Once you have paid, signed and submitted tending their deadlines. Check your your application, you will receive a green check mark. This means you are able to submit part two of the app which is the Writing Supplement. These additional writing prompts re-2. Check the Common Application quire time to complete and colleges system requirements which are found value them highly, so leave time to do a good job. And be sure to generate and print a Print Preview before submitting your writing supplement.

> Most importantly, don't despair and don't give up. Remember, even though you may feel like crying, screaming or throwing something (or all three), you are not alone with these problems. The colleges do understand and will remain flexible. They don't want to lose your application. Use the Common App Help Desk that is available 24 hours a day. Keep up with the Common Application issues and solutions by 'liking' the Common Application on Facebook, following on Twitter and/or subscribing to updates from the support team http://myemail.constantcontact.com/ An-Update-From-The-Support-Team.html?soid=1102398051782&ai d=UIrzlNjZq7Y.



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Lamorindans Learn about **Tough Cancer Problem**

By Laurie Snyder

"Cancer is still a word that strikes fear into people's hearts, producing a deep sense of powerlessness. But today it is possible to find out through a blood test whether you are highly susceptible to breast and ovarian cancer, and then take action." – Angelina Jolie

he ever beautiful and oft-controversial humanitarian and Oscar winner, Angelina Jolie, recently lit a fire with those words in a May 14 New York Times op-ed piece, "My Medical Choice." Receiving news from physicians that she was at 50 and 87 percent risk, respectively, for ovarian and breast cancer from a genetic mutation, she elected to undergo a preventive double mastectomy.

But while the spotlight on Jolie raised awareness, says Rabbi Dovber Berkowitz, it also caused confusion and intensified debate about what's best for women. For example, 1 in 40 women of Ashkenazi Jewish descent carry a BRCA gene mutation similar to Jolie's – compared to about 1 in 400 in general, says the Jewish Learning Institute (JLI) rabbi from Contra Costa County. Potentially, these women have a 50 to 80 percent risk for breast cancer as early as their 20s and a 20 to 40 percent risk for ovarian by their 30s. Ovarian cancer is often deadlier though, he notes, because medical tests rarely diagnose before the disease reaches stage three or four. JLI series, "Life in the Balance."

Dr. Wendy Rubinstein, director of the National Institute of Health's genetic testing registry, believes genetic testing for all women of Ashkenazi Jewish descent could save 2,800 lives each year. Yet other healthcare providers view such testing and resulting prophylactic procedures as going too far too fast.

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To help clear this fog and celebrate National Breast Cancer Awareness Month, JLI presented a program Oct. 22 at the Lafayette Library, "An Ounce of Prevention: BRCA, Genetic Testing, and Preventive Measures." Speakers reviewed the biblical requirement to safeguard one's health, whether it requires Jews of Ashkenazi descent to test for mutations, and what Jewish law says about radical procedures for those testing positive for BCRA-1 or 2.

"Some 1,500 years ago when rabbinic scholars wrote the Talmud, they didn't have questions about screening for cancer genes like we have today," observes Berkowitz. "However, there are guiding principles found in the Talmud that can help us determine how to respond to these very perplexing and life-altering medical quandaries. One of the Talmud's most important lessons that must guide our response is that saving one life is like saving an entire world."

The class was the first of a new

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"Le Week-End" (2013)

By Leonard Pirkle



Jim Broadbent and Lindsay Duncan in Le Week-End

Photo provided

he 16th California Independent Film Festival opens with a fun little film, "Le Week-End," that will resonate with the particular demographics of this geographic region and the CAIFF audience in particular. The need for married professionals to reconnect after years of marriage, family and career is a common theme for those finding themselves suddenly in mid-life or "empty nesters." This film tells the story of a British couple who return to Paris for a second honeymoon but much like similar films, what ensues is not necessarily what was planned or hoped

Starring a wonderful cast led by Jim Broadbent ("Harry Potter") and Lindsay Duncan, a well-known British actress who has been seen in numerous productions from "Alice in Wonderland" to HBO's "Rome" a few years ago, with a memorable guest appearance by Jeff Goldblum, scene stealer from too many films to mention, including "Jurassic Park," "Independence Day" and one of this writer's favorites - "The Big Chill." The revelations, confrontations and surprises that unfold during this compressed weekend trip to reconnect are at times shocking, but never dull or predictable.

This independent film is lifted to a level above most film festival fare by the locations, writing and superb acting. The dialog and delivery is rapid paced but sharp, funny and at times quite cutting, much like we imagine our own dialog could be if we thought a little more before speaking. In the hands of these professionals it seems very natural and not delivered from a script even one as well written as this.

There are a few scenes that will not be appropriate for younger audiences, but mature experienced film goers will enjoy the tempting and teasing of things not necessarily graphically displayed – enough said. For those who enjoy Paris, this will bring back some memories and hopefully a desire to return. For those who have not been to Paris – well, what are you waiting for?

Take a chance, buy a ticket and experience a good film that you will not likely have a chance to see in the theaters. Support your local film festival and be a supporter of the arts and the exhibition of someone's hard work and passion.

For more information regarding this film and others at the 16th California Independent Film Festival, please go to www.caiff.org - get your tickets early as we expect this event to sell out. Au revoir.

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THE APP RAP

By Eric Pawlakos

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LAMORINDA WEEKLY

Therefore it should come as no surprise that there is an app that actually monitors your movement during more features that come with this app, sleeping. It uses this data to ensure that your alarm wakes you during the optimal time of your sleep cycle. The developers of this app recommend that you place your phone next to your pillow when you go to bed. SleepBot uses movement tracking to monitor your movements while you sleep, allowing it to distinguish between REM (deep sleep) and lighter sleep (non-REM). The science of sleep tells us that if you are awakened during a non-REM sleep cycle stage, you will feel much more rested then if you are awakened during REM sleep. You set your wake-up time, and SleepBot's alarm will wake you during a 30 minute window (no later than your set majoring in statistics. He is a memtime) when it determines that you are ber of the UC Davis rugby team, a in your lightest sleep phase. This app reporter on Express Yourself!TM is not a gimmick, as both the United Teen Radio, and enjoys playing gui-States National Institute of Health and tar and exercising.

here seems to be a smartphone the National Academy of Engineering app for nearly everything. awarded SleepBot the First Place Winner of the "Go Viral To Improve Health" competition. There are many but the optimal wake-up is the primary feature. Try SleepBot. You may get awakened a little earlier than your set time, but you will wake up feeling more refreshed and ready to meet the



Eric is a sophomore at UC Davis,

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TEEN SCENE

Are Teens Too Old to Trick or Treat?

Two local teens offer differing opinions on the Halloween tradition

Leave it for the Little Kids By Youngjoo Ahn

Now in my fourth year of high school, I've learned that life is always hectic. There are constantly more tests, volunteering opportunities, club meetings, and even school dances. This whirlwind of activity never seems to stop for a moment so that we can embrace the child within. Halloween is that one special day where everyone can let loose and celebrate silly fun. There are many ways to enjoy Halloween without going through neighborhoods to find the most candy. Dressing up in costumes for school with friends creates memories to cherish, while teenage trickor-treating should be taboo.

Many high school students view trick-or-treating as an opportunity to gather loads of free candy, but childhood trick-or-treating remains a fond memory in many of our minds, and should stay that way. Doing something just for the sake of hoarding candy detracts from the adventure.

"As a kid I loved trick-or-treating but now it just feels like something I've out grown. I don't want to tarnish all my cherished childhood memories of Halloween," senior Evan McAvenia said.

"Parents buy candy because they enjoy seeing cute little kids in their costumes, and want to add to the fun of their Halloween. Little kids take Halloween much more seriously. They dream about their costumes weeks in advance. Adults appreciate that excitement," junior Cece Andrews said.

When high school students take to the streets with paper bags or worse yet, pillowcases, they take away from the experience that little kids enjoy," Andrews added.

It's a treat to have adorable little ones at your door, but it feels more like a trick when a band of teens knock.

For teens, I suggest celebrating Halloween without trick-or-treating. Why not dress up in a crazy costume and spend the evening handing out the candy to the children? Or get your friends together for a scary story circle or to watch frightening movies?

If getting lots of candy is the main motivator, pick up bagfuls for a pittance at the spectacular post Halloween candy sales. Leave trick-or-treating to the kiddies.

Youngjoo Ahn, a senior at Miramonte High School, is co-president of Club Be the Star You Are and host of international teen radio Express Yourself. In her free times she enjoys to bake, write, and drink hot chocolate in the fall.



Halloween's Fun for Everyone **By Konnie Guo**

Trick-or-treating is a timeless tradition that should be for all ages, not just little children. Teenagers are always told to grow up and get ready to be an adult. The pressure they constantly face leaves them with very few opportunities for fun. However, the end of October provides teens with a much welcome escape from their stressful

Some teens enjoy going trick-or-treating simply to have a good time. It's nice to get out and stop stressing about school and grades once in awhile. Chris Ramirez, a junior at Miramonte High School, gave his input on this entertaining holiday: "I really enjoy being able to relax with a night out with my friends on Halloween. Plus, getting lots of candy is a bonus!" At a time when homework and extracurricular activities begin to pile up, the festivities of Halloween allow for a welcome break.

Trick-or-treating can be used as an opportunity to help others. The Orinda Juniorettes Club is a local group of teenage girls who work together to do various acts of community service. This Halloween, they are planning to raise money for charity by participating in "Trick-or-Treat for UNICEF." According to UNICEF's website, this campaign has been going on for over 60 years. Instead of getting candy, the Juniorettes will go door-to-door asking for donations for their cause. Trick-or-treating is much more than a simple activity for children. Instead, it can be utilized as a great way to help those who are less fortunate.

Sondra Abruzzo, president of the Juniorettes, explains, "Trick-or-treating is far more important than just getting free candy. Halloween is the perfect time to collect aid for those who need it the most." Abruzzo's compassionate stance on the importance of trick-or-treating takes the activity far beyond some trivial activity.

As Halloween rolls around, don't dismiss it as being too juvenile. Trick-or-treating is an endearing activity with a purpose for everybody, whether it's simply blowing off some steam or helping a greater cause. No matter how old or young someone is, one phrase is certain to be on the lips of many this Halloween: trick-or-treat!

Konnie Guo, a junior at Miramonte High School, is a member of Club Be the Star You Are! She is an avid reader, and during her spare time, enjoys playing the piano and doing volunteer work.



Teen Scene is YOUR voice. If you have something to say or have writing skills and want to be part of our Teen Scene team, email our Teen Coach, Cynthia Brian, Cynthia@CynthiaBrian.com.

The opinions expressed in Teen Scene are those of the writer and not necessarily those of the Lamorinda Weekly.

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Moraga Pear & Wine Festival Recipe Contest

By Susie Iventosch



Karen Reed's pear and cheese pinwheels

Photo Susie Iventosch

his year's Pear Recipe Contest boasted five winners for a wide variety of recipes, including Nancy Ogden's Pear Coffee Cake, Karen Reed's Pear and Cheese Pinwheel appetizers, Elaine Cable's Rustic Chai Pear Scones with pear butter, Eva Spindler's Pear Cake dessert and AJ Russell's Pear-Oatmeal Cookies.

While they all sounded fantastic, I only had enough time – and ripe pears – to try two of them. So, I made the Pear Cheese Pinwheels and Miss Spindler's Pear Cake. Both were delicious! I wound up eating the pinwheels for dinner one night and the following day consumed a hefty portion of pear cake, fresh out of the oven. Beware, it is tough to eat just one piece.

The fun thing about recipe contests is that they challenge the imagination.

past," said Karen Reed, who won for her pin- she was informed that she had won the youth are sweets. This time I tried to create something taste the cake, so she asked if there was any left simple, easy to put together and a dish where for her to try. Apparently, not even a crumb you can be creative. I love the creativity aspect of the contest."

In fact, I did not try this, but goat cheese I would've liked to have tried it," she said. would probably be a fun alternative to the cream cheese for a little different flavor in the Spindler will have to carve out enough time to pinwheels.

Reed, vice president of the Moraga Park Foundation board, said she really enjoyed the entire festival. "It was perfect weather and there were lots of fun activities going on all day."

In addition to the many activities, the Park Foundation sold a record number of pear pies for people to take home, as well as for the pie www.lamorindaweekly.com under the FOOD eating contest. Nations Giant Burgers doesn't tab.

normally make pear pies, but they made 450 of them for this single event, roughly 25 more than last year!

Eva Spindler, a sophomore who plays volleyball, basketball and swims for Campolindo High School, found out about the recipe contest about two hours before the final dishes were to be delivered to the festival. She made up her recipe in quite a big hurry!

"My mom told me about the contest, and I said, why not," Spindler said. "Every cake needs flour, so I started there!"

She was reviewing other recipes online and found a cinnamon cake. Since she had entered a few other recipe contests, she knew what went well together and converted that cinnamon cake into her pear cake.

During the contest, she and her mom left to "I've done the pear recipe contest in the donate at a blood drive and when they returned, wheel appetizers. "What usually comes to mind dessert division! She never had a chance to could be found.

"Well, I am really glad they enjoyed it, but

With most of her life devoted to sports, try this recipe again, because it really is superb!

"I will probably enter more recipe contests, because you make your own creations that you can share with others. I would love it if more people would participate in these recipe con-

You can see all of the winning recipes at:

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga,

www.amazon.com, and www.taxbites.net. 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.



Pear and Cheese Pinwheels

Karen Reed 2013 Adult "Appetizer" Winner

Ingredients

2 pounds ripe Moraga pears ½ cup cream cheese ½ cup onion chive cream cheese 1/4 pound thinly sliced ham 4 whole wheat wraps

2 cups shredded sharp cheddar cheese 2 cups shredded Monterey Jack Cheese ½ cup Craisins

½ cup finely chopped pecans 4 garden herb wraps

Directions

Pear, ham and cheese pinwheels: Peel, core and thinly slice pears. Spread a thin layer of onion chive cream cheese on each whole wheat wrap. Sprinkle lightly with Craisins. Cover with a layer of pear slices, then a layer of ham and a layer of Monterey Jack cheese. Roll wraps tightly into log shapes. With a sharp serrated knife, slice the logs into 1-inch sections. Lay the sections on their sides on a serving dish to show the pinwheel design.

Pear, cheddar and pecan pinwheels: Peel, core and thinly slice pears. Spread a thin layer of plain cream cheese on each garden herb wrap. Sprinkle chopped pecans lightly over the cream cheese. Cover with a layer of pear slices and a layer of cheddar cheese. Roll wraps tightly into log shapes. With a sharp serrated knife, slice the logs into 1-inch sections. Lay the sections on their sides on a serving dish to show the pinwheel design.



Eva Spindler's Pear Cake

Eva Spindler 2013 Youth "Dessert" Winner

Ingredients

½ cup butter 1 cup brown sugar 1 tablespoon vanilla extract

1 1/2 cups flour

1 teaspoon baking soda 1/2 teaspoon salt (Susie's addition) 1/2 cup buttermilk 2 pears, cut up

Directions

Preheat oven to 350 degrees. Grease a baking dish. (Eva used 9x13 and also has tried a bread loaf pan. I used an 8x8 and loved the way it turned out!)

In a large bowl, beat butter and brown sugar until smooth and creamy. Add egg and vanilla and beat well. Mix flour, salt and baking soda and add to butter mixture alternately with buttermilk. Stir in pears.

Bake for approximately 25 minutes, or until a tester comes out clean and top of cake is golden brown. Serve warm or at room temperature.

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Lamorinda's Religious Services







Lafayette United Methodist Church

955 Moraga Rd., Lafayette, 284-4765, office@thelumc.org

Worship Sunday 10 am Children/Youth Sunday School Sunday 10 am Youth Fellowship Sunday 6 pm



- **▶**Something for everyone, birth through senior adults
- ▶Seedlings Preschool
- ►lamorinda familycenter
- ►Sunday Worship

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH See more at LOPC.org

ORINDA CHRISTIAN SCIENCE CHURCH **SECURITY - LIVING WITHOUT FEAR**

Explore how effective prayer can bring practical healing and freedom to your life Oct. 29, 7:30 p.m. Orinda Library Free talk - all are welcome www.christianscienceorinda.org 254-4212

Holy Shepherd Lutheran Church 433 Moraga Way, Orinda, 254-3422 www.holyshepherd.org



8:15 a.m. Traditions Worship Service 9:40 a.m. Education for all ages 10:45 a.m. Contemporary Worship Service Coffee Fellowship at 9:15 and 11:45 a.m. Childcare available for ages 5 and younger



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St. Anselm's Episcopal Church A Loving Community

Sunday Services: 8 and 10 AM

In-church Youth Zone, 10 AM Nursery Childcare 682 Michael Lane, Lafayette, 284-7420, www.stanselms.ws

Not to be missed ◆

ART

Barbara Hudler Cella is delighted to announce a new exhibit of her paintings at the Moraga Library. The exhibit will run through the month of October. The library and exhibit are open Tuesday and Thursday, noon to 8 p.m., Wednesday 10 a.m. to 6 p.m., Friday and Sunday 1 to 5 p.m., and Saturday 10 a.m. to 5 p.m. Hudler Cella highlights the Moraga Library show with her brilliant new paintings of sardine boats in Italy and paintings of Saint Mary's College. For more info about the show and the artist, visit www.bar-

A sale of Guatemalan jewelry and hand-woven items coordinated by Maya Works - a nonprofit social venture that empowers indigenous women of Guatemala (Mayan Artisans)to achieve economic security by providing markets for their handcrafted products and expanded educational opportunities – will be held from 11:30 a.m. to 1 p.m. Sunday, Nov. 3 at the Orinda Community Church. For info, call (925) 254-4906.

baracella.com, or call (925) 878-9723.

Unusual and mundane recyclable materials, dynamically re-imagined and creatively blended with fresh and dried floral materials, will comprise a large indoor/outdoor exhibition from 11 a.m. to 5 p.m. Saturday and Sunday, Oct. 27-28 at the Orinda Community Center, 28 Orinda Way. Titled "Dynamic Ikebana Flower Show," this event also includes live demonstrations by Ikebana teachers throughout both days. Cost: \$10 general (includes all day exhibits and two teachers' demonstrations); \$20 feature admission (adds the featured demonstration with Gail "Koho" Emmons, Riji, or Yayoi 'Soho" Sakai, Riji). Tickets are available at the door.

After 14 years on LaFiesta Lane, the Lafayette Art Gallery opened its doors Oct. 8 at its new and greatly expanded location, in the historic Forge complex of Lafayette (3420 Mt. Diablo Boulevard, next to Bo's Barbecue, and adjacent to The Artisan Bistro). The new space was formerly occupied by the Pacific Wildlife Galleries, and has been designed expressly for displaying art, photography, ceramics and jewelry. A new exhibit titled "The Heart of Art" will inaugurate the opening, and will feature warm and emotional works by both current and new members. It will run through the holiday season, ending Dec. 28. For info, call (925) 284-2788 or visit www.lafayettegallery.net.

Meet artist Bobby Bowes at the first annual Glass Pumpkin Patch in Lafayette from 6 to 8 p.m. Friday, Oct. 25. Wine tasting presented by Sequoia Grove Winery. Exhibit and sale from 9 a.m. to 4 p.m. Saturday and Sunday, Oct. 26-27 at The Art Room, 50 Lafayette Circle, Lafayette. For info, call (925) 299-1515.

The Moraga Art Gallery announces a new show entitled "Capturing Light: Lens and Glass" highlighting photography by resident artist Wenda Pyman, and cast sand glasswork and flamework by guest artist Janice Peacock. The show opens Oct. 30 and will run through Jan. 4, 2014. There will be an free opening reception to see the exhibit and meet the gallery's artists from 5 to 7 p.m. on Saturday, Nov. 2. The show also includes works by the gallery's 14 resident artists and several guest artists. The show entitled "Indian Summer," highlighting ceramics by resident artist Donna Arganbright, and jewelry by guest artist Terri Durkovic runs through Oct. 26 at 522 Center Street, Rheem Shopping Center, Moraga. Free. The gallery is open Wednesday through Sunday from noon to 5 p.m. For more information, email moragaartgallery@gmail.com or call (925) 376-5407.

Saint Mary's College Museum of **Art's Schedule** of Exhibitions through Dec. 15: Photographer "Judy Dater: Edo Redux" in the new Studio Gallery. "The Artist Revealed: Artist Portraits and Self-Portraits" in the Hearst Gallery; fifty portraits and self-portraits are on loan from the Syracuse University Art Collection. "Malcolm Lubliner: The Automotive Landscape" in the new Armistead Gallery. "Nature's Placid Splendor" in the Keith Gallery; landscapes include three private collec-

tion paintings never before on public

view. Open 11 a.m. to 4:30 p.m., Wednesday through Sunday. For info, call (925) 631-4379 or visit stmarysca.edu/museum. Admission: free to K-12 graders; \$5 adults. Free parking.

MUSIC

Free Range Opera presents Irene (1919) - A Cinderella Story from 2:15 to 4:30 p.m. on Saturday, Nov. 9, at Lesher Center - Knight 3, 1601 Civic Drive, Walnut Creek. Free Range Opera's darling revival of "Irene" to benefit Bay Area charity, Career Closet. This is a rare opportunity to hear the original 1919 hit! Cost: \$30. For more info, visit www.freerangeopera.com or call (408) 475-1376 or email info@freerangeopera.com.

THEATER

Role Players Ensemble presents Peter Shaffer's "Lettice and Lovage," a funny look at the value of friendship and storytelling. Shows start at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays through Nov. 9 at the Village Theatre, 233 Front Street, Danville. Tickets: \$20-28; online at www.RolePlayersEnsemble.com; at Danville Community Center, 420 Front how to plan and prepare your student's St, Danville; or call (925) 312-3400.

"The Man Who Came To Dinner" by Moss Hart and George S. Kaufman, acknowledged as one of the funniest comedies ever written, is coming to the Acalanes High School theatre, Nov. 13-16 with a 7 p.m. curtain (house opens at 6:30 p.m.), directed by Ed Meehan. Tickets: \$10 general; \$7 students. Tickets are available at the door or online at ahsperformingarts.org. All proceeds benefit the Acalanes Performing Arts Boosters-Drama.

Saint Mary's College, Performing **Arts Department Theatre Program** proudly presents the West Coast premiere of "And When We Awoke There was Light and Light," Laura Jacqmin's contemporary fable about teenage idealism and activism in the age of global connections. Guest director Susannah Martin stages the production, which opens Thursday, Nov. 14 and performs for two weekends on the Saint Mary's College campus. And when we awoke performs at 8 p.m. on Nov. 14, 15 and 16, 21, 22 and 23, and a matinee at 2 p.m. on Sunday, Nov. 24. Tickets are \$10 general; \$8 seniors (65+) and non-SMC students; \$5 SMC students, faculty and staff. Tickets are available online (www.brownpapertickets.com), by phone ((925) 631-4670) or at the

LECTURE & LITERATURE

Creative Writing Reading Series at Saint Mary's College: Rae Armantrout will speak about her most recent book of poems "Just Saying" (Weslevan University Press, 2013) at 7:30 p.m. Wednesday, Oct. 23 at the Soda Center Claeys Lounge. Cristina Garcia, author of author of five novels: "The Lady Matador's Hotel," "A Handbook to Luck," "Monkey Hunting," "The Agüero Sisters" (winner of the Janet Heidiger Kafka Prize), and "Dreaming in Cuban" (finalist for the National Book Award) will speak at 7:30 p.m. Wednesday, Nov. 13 at the Soda Center Claeys Lounge. Her next novel, "King of Cuba," will be released

Moraga Attorney Turns to Romance and Mystery. When Jeanne Marie Olin decided to write her first novel, she knew it would take place in her favorite city, but San Francisco is more than the setting for her mystery romance. The City by the Bay is a prominent character in the tale of a young woman from the Midwest seeking romance and excitement in the turbulent 1960s. Jeanne Marie Olin will be signing her debut novel at 1 p.m. Saturday, Nov. 3 at Orinda Books.

KIDS, PARENTS & TEENS

Please join us for Orinda Intermediate's annual Diverse Abilities Awareness Week Open House from 6:30 to 8:30 p.m. Wednesday, Oct. 23 at Orinda Intermediate School, 80 Ivy Drive, Orinda. Highlights include hands on learning stations, community group representatives sharing support resources, and a wheelchair basketball game between OIS students and the Bay Area Outreach Program that is not to be missed! Come ready to learn and

have fun! All are welcome; family participation is encouraged. (Students, bring adult supervision.) Free. For more information, please contact Anna Tague: Tague6@comcast.net, or go to http://tinyurl.com/OIS-DAAW.

Wednesday, October 23, 2013

Not to be missed

Owl Prowl. Owlers will gather at the staging area at Fernandez Ranch for a presentation on owls that live in this area from 7:30 to 9 p.m. Friday, Nov. 1 at Fernandez Ranch, 1050 Christie Rd., Martinez. Discover what makes owls so unique and head to nearby fields where we will attempt to call in screech owls and great horned owls. Parents urged to bring children of all ages. Free. Sign up at outreach@muirheritagelandtrust.org.

Free College Planning and Information Session. Minimize Stress and Demystify the College Planning Process discussion and question and answer session offered by Smart Cookie Learning in partnership with the Lafayette Library and Learning Center from 3 to 5 p.m. Sunday, Nov. 3 is designed to help high school students (of all grades) and their parents effectively manage the college planning process. Learn more about what to expect and path to college and find the right fit. Free. Space is limited. Please register at www.smartcookielearning.com or call (925) 297-5304 with questions.

Lamorinda Moms will host the 16th annual Preschool Fair designed to help parents find the perfect preschool for their children from 6:30 to 8:30 p.m. Thursday, Nov. 14 at Oakwood Athletic Club, 4000 Mt. Diablo Blvd. Lafayette. Free. Children are welcome to attend. For info, contact Catherine Aker, Lamorinda Moms publicity chair at publicity@lamorindamoms.org.

Turkey Trot Fun Run and Walk from 9 a.m. to 1 p.m. Saturday, Nov. 16 at Fernandez Ranch, 1050 Christie Rd., Martinez. Run with the wild turkeys at Fernandez Ranch during the first annual turkey trot, open to all ages. Walkers welcome to join in the fun, too. T-shirts and refreshments included with registration. Cost: \$25 adults; \$20 Under 18. To register, visit muirheritagelandtrust.givezooks.com/events/tu rkey-trot-fun-run-walk.

OTHER

Creative Writing Workshop series from 6:30 to 7:30 p.m. Oct. 24, Nov. 7 and 14 in the Orinda Library Gallery Room. This six-week series led by author and writing instructor, Jessica Barksdale Inclan, is free and open to the public. Pre-registration required by visiting ccclib.org or register at the Orinda Library information desk, (925) 254-2184.

Don't let the challenges of aging defeat you or your loved one. Mary Ballin, CFP practitioner, client relationship advisor, Mosaic Financial Partners has been invited by Eldercare Services to participate in the upcoming community event, "The Family Circus: Walking the Tightrope of Elder Care and Aging" from 8:30 a.m. to 3:30 p.m. Saturday, Oct. 26 at the Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Ballin will be available to answer attendees' questions about the role that a financial advisor plays in helping families ensure that all the pieces of the plan for care are considered and followed through on. Registration required by Thursday, Oct. 24 via email to Danielle Miller at DanielleG@EldercareAnswers.com or by calling (925) 937-2018.

Daughters of the Goddess welcomes women and girls of all ages to join their Annual Spiral Dance beginning at 6:30 p.m. Friday, Oct. 25 at the Orinda Masonic Temple, 9 Altarinda Rd., Orinda. Opening is a spectacular marketplace filled with beautiful crafts and services from women all over the Bay Area. The ritual, led by Daughters of the Goddess Kahuna and High Priestess Leilani, will begin at 7:30 p.m. Tickets: \$23 advanced before Oct. 22; \$29 at the door. Student and Crone discounts are available. Daughters of the Goddess asks that you please bring your drums and rattles, as well as pictures of your loved ones that have passed to be placed on the Ancestor Altar. For info, contact Leilani at (925) 787-9247.

... continued on next page

Not to be missed



www.lamorindaweekly.com

Not to be missed

Not to be missed



OTHER ... continued

Lafayette Hiking Group - Lafayette Reservoir - rim and side trails. Discover new areas of this favorite strenuous 5-6 mile Lafayette walk with leader Alison Hill on Saturday, Oct. 26, following part of the rim trail, then hiking down into a valley on one trail and back up to the rim on another. There is a possibility of seeing some interesting birds - bring binoculars. There are steep hills so bring hiking sticks if you use them. The hike will be modified if the ground is very muddy. Meet in the parking lot out from Lafayette BART's main entrance at 8:30 a.m. We form carpools to the trailhead. Bring lunch or snacks, water, layered clothing, good walking shoes, sun protection and money to contribute toward gas, bridge tolls and

Fall Festival at the Lafayette United Methodist Church, Fellowship Hall from 10 a.m. to 3 p.m. Saturday, Oct. 26. Boutique items, jewelry, crafts, plants, food items, note cards, doll clothes, plush animal puppets, and more. Lunch available from 11:30 a.m. to 1 p.m.

parking. Cost: \$3 local.

21st Annual Lafayette Reservoir Run - Sunday, Oct. 27, co-spon**sored** by the Chamber of Commerce and the City of Lafayette to benefit local schools and the services and programs of the chamber. Approximately 2,500 participants compete in a 10k or 5k Certified Runs and a 2-mile run/walk for fun through the heart of downtown, around the reservoir and back. Sprinters, walkers, the "stroller brigade" and many of Lafayette's top four legged residents share the streets. Starting location is Mt. Diablo Boulevard between First Street and Moraga Road. Registration opens at 6:30 a.m., staggered start times: 2mi run/walk 8 a.m., 5k Certified Run 8:30 a.m., 10k Certified Run 8:45 a.m. Race Course: 10k Moraga Road west to El Nido Ranch Road, around the Lafayette Reservoir and back to Moraga Road. 5k or 2-mile DO NOT go around the Lafayette Reservoir. Adult registration fee: \$30; or \$35 (day of race). Elementary school fee: \$22; or \$27 (day of

race). For info, visit http://www.lafayettechamber.org/even ts/reservoir-run/.

Widowed Persons Support will have its monthly meeting at the Lafayette-Orinda Presbyterian Church at 7 p.m. Monday, Oct. 28 in the Davies Room, 49 Knox Drive, Lafayette. Learn about the new Panama Canal to be built by 2015. The program begins after the social half-hour with refreshments. No charge, reservations not required. All widowed persons and guests welcome.

"Security - Living without Fear." The Christian Science Church in Orinda is presenting this special program in recognition of National Domestic Violence Awareness Month at 7:30 p.m. Tuesday, Oct. 29 in the Orinda Library Auditorium. Hear from international speaker, Suzanne Riedel, a practitioner and teacher of Christian Science who says, "No one needs to feel their lives are controlled by fear of health-issues, safety concerns, or financial disaster." For more info, call (925) 254-4212 or visit www.christianscienceorinda.org.

Town Hall meeting on The Future of Transportation in California: Challenges and Opportunities from 7 to 9 p.m. Wednesday, Oct. 30 in the Orinda Library Auditorium. Hear from a panel of experts: Contra Costa Transportation Authority, Google, Inc., and California Partners for Advanced Transportation Technology. For more info, call (925) 942-6082 or RSVP at sen.ca.gov/1565/transportationtownhall.

John Muir National Historic Site reopened to visitors on Oct. 17. Visitors can access the site between 10 a.m. and 5 p.m. Wednesday through Sunday year-round, except Thanksgiving Day, Christmas Day, and New Year's Day. The park has been closed since Oct. 1 due to the lapse in Congressional appropriations. John Muir NHS, located at 4202 Alhambra Avenue, Martinez. Admission to the site is free

of charge. For more information, please visit the park website at www.nps.gov/jomu or call (925) 228-

Come and start your holiday shopping at the Orinda Community Center Auxiliary [OCCA] 37th Annual Holiday Bazaar from 9:30 a.m. to 4:30 p.m. Saturday, Nov. 2 at the Orinda Community Center, 28 Orinda Way. There will be lots of vendors featuring products including jewelry, cards, food varieties, accessories, arts and crafts, as well as family entertain-

Lafayette Juniors 20th Annual Rummage Sale from 8 a.m. to 2 p.m. Saturday, Nov. 2 at Lafayette-Orinda Presbyterian Church, 49 Knox Drive in Lafayette. Special early bird entrance fee \$3 per adult from 7 to 8 a.m. Pre-loved designer clothes, baby and kid clothes, toys, and gear, furniture, household goods, and much more. For info, visit www.lafayettejuniors.org.

Join Boy Scout Troop 224 for an open house with activities and dessert at 7:30 p.m. on Monday, Nov. 4 at Happy Valley School, 3855 Happy Valley Road, Lafayette (behind the multi). Boy Scouts is open to boys who are at least 11 years old or who are completing fifth grade in 2014, and you do not need to have been a Cub Scout to join Boy Scouts. If you have any questions, please contact assistant leader Cheryl Tyler at ctcalbear@comcast.net or (925) 283-2506.

Sons in Retirement Lamorinda Branch 171 meets the first Wednesday monthly at Holy Trinity Culture Center 1700 School St. Moraga. Social hour 11 a.m., lunch at noon. The after lunch speaker on Nov. 6 will be Wayne Korsinen, who, in monologue style, will portray Secretary Knox as he visits with the Chief of Naval Operations during the early hours of December 7, 1941 at Pearl Harbor. For membership information, call Larry at (925) 631-9528.

Travels through Southern Asia. Filmmaker Nateon Ajello and his wife Pam traveled 1,300 miles by bicycle, bus and train through India, Nepal and Bhutan. Come and hear about their adventures abroad, the people they met and the sights that they saw at 6 p.m. Wednesday, Nov. 6 at the Arts and Science Discovery Room, 3491 Mt. Diablo Blvd, Lafayette.

Maintain Your Home's Interior. Mark Shaw, 15-year real estate broker, will discuss interior maintenance tasks that are critical to the long-term performance of your home from 10:30 a.m. to noon Thursday, Nov. 7 at the Lafayette Library, Arts and Science Room. Regularly-scheduled maintenance can help you avoid serious problems, or at least identify issues early so problems can be addressed in a timely manner with minimal adverse effects. Cost: \$1 Members; \$3 Non-Members.

The 16th Annual California Independent Film Festival will be held once again at the Orinda Theatre and the New Rheem Theatre in Moraga Nov. 7-10, with the biggest lineup of films to date for this festival. For more info, visit CAIFFA at www.caiff.org. (See ad page A11)

The Orinda Community Foundation (OCF) invites community organizations to apply for grants for projects that enhance the quality of life in Orinda. To be considered in the current cycle, grant applications must be received by Nov. 8. The application downloaded be from www.orindafoundation.org. Questions can be emailed to orindafoundation@gmail.com.

Reaching out to Korean War Era Veterans. Contra Costa County is seeking connections with Korean War era veterans who served in the "Forgotten War" and to encourage them to be a part of the 2013 Veterans Day celebration. If you or a family member served on the Korean Peninsula or provided support back home, please contact the Veterans Service Office at 313-1481 (925)or email veterans@vs.cccounty.us.

Tired of that boring, cluttered old Foundation. garage? Come to the Lafayette Community Foundation's first ever Garage Tour from 1 to 5 p.m. Sunday, Nov.10 featuring custom garages, shops and man caves in the Lamorinda area. In addition to some great ideas for transforming your garage in to the retreat of your dreams – there will be classic cars, live music and food trucks. Tickets are available for \$35 online at www.LafayetteCF.org, and locally at Blodgett's Flooring, Lafayette Car Wash and the Lafayette Chamber of Commerce. Day of the Tour tickets will be available at Blodgett's Floor, 3291 Mt. Diablo Court, Lafayette. Proceeds from the Garage Tour support neighborhood projects through the Lafayette Community

Learn more www.LafayetteCF.org.

The Moraga Women's Society's Goodwill Bays Fashion Show and Luncheon will present at 11 a.m. on Monday a museum collection of antique clothes that span over 100 years Nov. 18 at the Holy Trinity Cultural Center, 1700 School St., Moraga. Check-in and social time starts at 10:30 a.m. Lunch will be served following the fashion show. Cost: \$35. For tickets or questions contact Nancy Comprelli, (925) 376-3187. Please mail check to Moraga Women's Society, c/o Nancy Comprelli, 1844 Joseph Dr., Moraga, CA 94556-2711. Deadline is Nov. 11.

at Alison McKenzie, who has been recruited by the California State Department to train county leaders about the Affordable Health Care Act (ACA) and its implications, will discuss the ACA provisions starting at 9:15 a.m. Tuesday Nov. 19 at the Serbian Cultural Center, 1700 School St. in Moraga. She will answer the following questions: What is the ACA? Who does it cover? How does it work? Free for all ages. Sponsored by the Lafayette-Orinda-Moraga (LOM) Chapter of the American Association of University Women (AAUW). For more info, email communication-publicity@aauwoml.org.

... continued on page B12



Learn about the "Aid and Attendance Benefit" for Wartime Veterans and Spouses.

If you are a wartime Veteran or spouse, you may be eligible to receive benefits to help pay for your healthcare costs, up to:

\$1,732 Single Veterans \$2,054

\$1,113

Veteran & Spouse Surviving Spouse

Tuesday, October 29, 5:00 pm - 6:30pm

Presented by: Littorno Law Group

RSVP by October 25th to 925-377-7900 nancy.robinson@aegisliving.com

of Moraga

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Complete the Day!



Join Us in Celebrating the opening of the Girl's School in Farza, Afghanistan



After three long years of hurdles and bumps and challenges to satisfy a lifetime, the school finally opened to 250 girls.

Meet us after the Reservoir Run at

the Lafayette Reservoir Oct. 27 - 1pm - 4pm

for an afternoon of Celebration featuring the versatile Singer, Dancer, DJ and Emcee - Diamond Dave. Sponsored by Trust In Education & the Lafayette Chamber of Commerce



4





Not to be missed

OTHER ... continued

For the 16th year Bobbie and Tom Preston will be holding the Cycle Recycle, collecting repairable bikes to be refurbished and given to charitable groups to distribute at Christmas. New and/or used bikes and trikes—in working order or repairable — or useable bike parts may be delivered to the side driveway of the Preston's home at 1307 Larch Avenue in Moraga throughout the month of November only. No skateboards please; no need to call beforehand. For info, contact Bobbie or Tom Preston at (925) 376-8474.

GARDEN

The Orinda Garden Club invites you to enjoy "A Feast from the Forests and Fields," featuring Kevin Feinstein, author, teacher and foraging expert at 10:30 a.m. Thursday, Oct. 24 in the Orinda Library Auditorium. Kevin's presentation will focus on Contra Cost County. Coffee will be served at 10 a.m. prior to the program.

Lafayette Garden Club "Encouraging Children to Garden" with author Stephanie McInnis begins at 10 a.m. Thursday, Nov. 14 at the Lafayette Christian Church, 584 Glenside Dr., Lafayette. Visitors and new members welcome. For info, contact Carolyn Poetzsch at (925) 944-1737.

Montelindo Garden Club meets every third Friday, September through May. Ted Kipping, arborist who travels the world, locating rare flora and fauna will discuss "Flowering California Native Shrubs for Gardens" at 9 a.m. Friday, Nov. 15 at St. Stephen's Episcopal Church, 66 St. Stephens Drive, Orinda. For info, visit www.montelindogarden.com. Visitors welcome.

SPOOKY



Trick-or-Treat Street on Oct. 25. For a fun, safe Halloween event, children and their parents are invited to trick-ortreat on Mt. Diablo Boulevard from Oak Hill Rd to Dewing Avenue and in La Fiesta Square from 4 to 6 p.m. Friday, Oct. 25. All participating businesses will display a "Trick-or-Treat" poster and balloons. Then head over to the Plaza for a costume contest at 6 p.m. and a special viewing of "Ghost-busters" at 6:30 p.m.

It's time again for Sleepy Hollow Elementary School's Annual Pumpkin Patch – and you won't want to miss it! Head over to the school's grounds from 10 a.m. to 3 p.m. Saturday, Oct. 26 at 20 Washington Lane in Orinda and enjoy a day of old-fashioned fun and games with family and friends. This year's attractions and festivities include: haunted house, carnival games in the quad, jump, climb and bungee, face painting, a cupcake walk, cake decorating contest, and food.

Second Annual Orinda Theatre Square Haunted House will be from 6 to 8 p.m. Oct. 26 - Oct. 30; Saturday and Sunday the Spookiness kicks off at 5 p.m. This year, the admission fee is \$2 or a non-perishable food donations onsite. All money and food donations collected will be donated to the Food Bank of Contra Costa County.

Brasarte presents: A Brazilian Family Halloween Ball from 5 to 8 p.m. Saturday, Oct 26, at Casa de Cultura, 1901 San Pablo Ave, Berkeley. This family Halloween ball Brazilian style includes music and dancing, and a costume contest, with Brazilian snacks and drinks for sale. Cost: \$5, adults and children. For more info, visit www.Brasarte.com, call (510) 528-1958 or email damasceno@Brasarte.com.

Haunted House Friday and Sunday, Oct. 25 and 27 at the Live Oak Room, Lafayette Community Center, 500 Saint Mary's Road, Lafayette; (not too scary) from 5 to 7 p.m., parents accompany children 7 and under. Very scary from 7:30 to 9:30 p.m. for children 8 and over. Cost: \$3 (ages 7 and under); \$5 (ages 8 and over). For info, call (925) 284-2232.

Rheem Valley on Halloween. Costumed children are invited to trick-ortreat from 3 to 5 p.m. Thursday, Oct. 31 at participating businesses in the Rheem Valley Shopping Center in Moraga. Children must be accompanied by an adult.

Halloween night fun in Moraga! If you're out trick-or-treating in Moraga don't miss 12 Lynwood Place, home of the traditional Halloween skit. This year's show, "Snow White," runs continuously from 7 to 9 p.m. Oct. 31.

The Celtic/Folk/World music duo, Four Shillings Short, is coming to town. Samhain/Halloween concert celebrating the Celtic New Year with music, ghost stories and poetry from 8 to 10 p.m. Saturday, Nov. 2 at 85 Lafayette Circle. Suggested donation: \$15-20. For info, call (925) 268-8226 or visit www.reverbnation.com/venue/1208316.

Please submit events to: calendar@lamorinda weekly.com

TRICKORTREAT STREET

Friday, October 25, 4:00-8:30PM BOOtiful Downtown Lafayette



- Trick or Treat Street 4:00-6:00pm
- Costume Contest and Refreshments at Plaza Park 6:00pm
- Movie in the Plaza 6:30pm GHOSTBUSTERS



FREE FOR EVERYONE

For a fun, safe Halloween event, children and their parents are invited to Trick – or -Treat at participating merchants along Mt. Diablo Blvd., from Oak Hill Rd. to Dewing Ave. in La Fiesta Square and the Shops at Plaza Center. All participating businesses will display a Trick-or-Treat Poster" and balloons. Please come in costume to receive a special treat. Don't forget to bring a Trick-or-Treat bag. Then head over to the Plaza for a costume contest and a special showing of Ghostbusters.



Sunday, October 25, 8:00am Downtown Lafayette





www.lafayettechamber.org

LAMORINDA SI

Mats Defeat Dons

Miramonte splits rivalry series

By Michael Sakoda

he Lamorinda rivalry series concluded with a big win for Miramonte on Oct. 11. The Mats (4-2, 1-1) defeated visiting Acalanes (4-2, 0-2) 41-28.

Both teams were looking to get back on track after suffering losses the previous week (Miramonte at Campolindo 10-38; Acalanes at Las Lomas 26-33) while the Cougars of Campolindo (6-0, 2-0 DFAL) overtook Marin Catholic as the top team in the Northern Division III rankings.

Before the game, Miramonte head coach Jack Schram emphasized the need to shut down the Don's running game. "Acalanes runs the football very well. We want to... take them out of the ground game and put them into a passing game."

Schram's pregame strategy was based on the success of Las Lomas, who forced Acalanes quarterback Casey Harrington to throw the ball 46 times after senior running back Peter Mitchell went out early in the game.

"Casey had a breakout game last week, but this is what we're dealing with," said Acalanes head coach Mike Ivankovich, before the match-up with Miramonte. "When you lose your top weapons it's tough." Luckily for Ivankovich, Mitchell was ready for the Miramonte match-up. He had a 61yard rushing touchdown on his way to recording 169 yards on the night.

The game began with early scoring drives from the Mats. "Our offensive line did a good job creating holes which allowed us to run right up the field for the opening touchdown," said Schram. And his team kept the pressure on, building a 28-7 lead into the waning minutes of the first half.

In the third quarter, it was the Dons who came out hard, scoring a touchdown, and getting a pick six from its defense to cut Miramonte's lead to seven, 28-21.

But it was too little, too late. In the fourth quarter, Miramonte senior running back Ray Clark, scored a 78yard rushing touchdown to put the game out of reach.

"It was a pretty deep hole," said Ivankovich after the game. "We kept playing, gave ourselves a chance...just wasn't enough."

An ecstatic Schram credited his team. "It was a good effort, and it was good for us to come back after last week and pick up the tempo offensively."

Acalanes beat Doughtery Valley 42-28, while Campolindo defeated Las Lomas 35-20 to stay perfect on



Casey Harrington (3)

Photos Clint Federas



Clayton Stehr (32) interception



Robbie Stern (17) reaches for the pass while Clayton Stehr (32) looks to tackle.



Senior running back Ray Clark rushed for a 78-yard touchdown to seal the win for Miramonte.

Youth Sports Registration



Lamorinda Rugby Football Club



Registration is now open for the 2014 rugby season! Season runs January through March for youth, and through April for HS. All ages welcome. Girls welcome through age 11. No prior rugby experience necessary. Practices are located at the Wilder Fields in Orinda. Youth parent informational meeting is scheduled for Nov.

20 at 7pm in the Miramonte HS Cafeteria. High School player/parent info meeting is Sunday, Nov. 17 at 5pm in Miramonte HS Cafeteria. Find out more about our team and how to register online at www.lamorugby.com. Contact head youth coach Doug Pearson for more info: dpearson@lee-associates.com. For High School, contact Recruiting Director Tim Mascheroni at tim@mascheroniconstruction.com.

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Campolindo Volleyball Still Perfect

By Brad Kvedaris



Senior Kelley Wirth had 14 kills, including four aces, in the win.

kind of step out and have that real-

istic goal, that we can keep up with

team," Mats' coach Dave Masdeo

Miramonte surprised the

said.

ampolindo may be the team to Cougars (11-5, 5-0 DFAL) by tak- they do a lot of tipping, and we beat in DFAL girls' volleyball ing the first set, to delight of the this year, but anything can happen raucous home crowd. The Matain a rivalry match with Miramonte. dors (8-9, 3-3 DFAL) used Cougars' coach John Vuong said. The Matadors didn't disappoint, scrappy defense and deceptive soft giving the defending league hits to jump out to a five-point early lead in the second set, but this champs a serious test before falling lead over the bigger Campo side, 3-1, 23-25, 25-14, 25-23, 25-20 in then withstood a late Cougars rally Orinda on Oct. 16. to hold on. Team captain Maddie "I'm very happy with how we Goodreault scored three of the played. To go four games with final six points in the set for the Campo is amazing for my girls, to Mats, while fellow senior Kacey

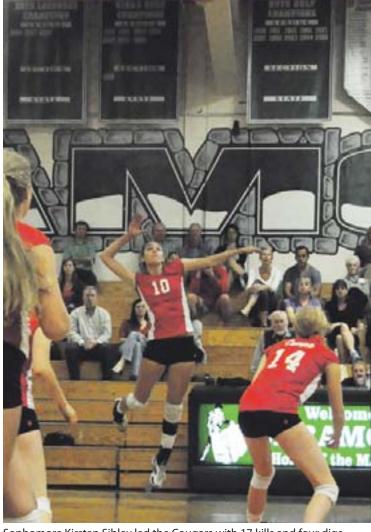
Sorenson had the set-winner. But the lead didn't hold up long, the Campo team and that style of as Campolindo used two timeouts and the break between sets to make adjustments.

"After that (first set), we realized

changed our defensive scheme a little bit. We picked up the tip,"

Photos Andy Scheck

The Matadors again got out to an time a methodical Campo squad wore them down. Kelley Wirth (14 kills, 4 aces) and Kirsten Sibley (17 kills, 4 digs) controlled the front line as the Cougars took 17 of the last 23 points to claim the set easily. After squeaking out a tight third game in which the teams were rarely separated by more than two or three points, Campo grabbed control of the fourth set early on and cruised to the



Sophomore Kirsten Sibley led the Cougars with 17 kills and four digs.

seeing Wirth turn in impressive per-Sibley and Emma Johnson (9 kills). The two underclassmen - who Johnson says are also best friends off the court - weren't in for every play, but when they were on the floor together, they gave the Matadors fits with their size (Johnson stands 5-10, Sibley 6-2).

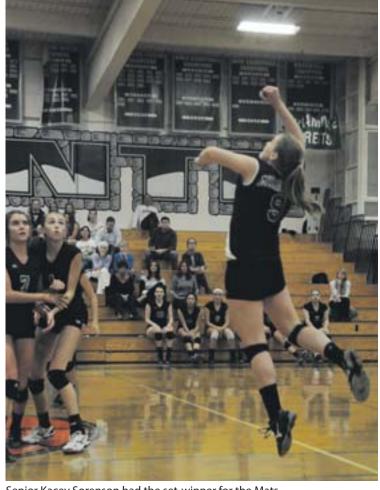
"I think (our friendship) helps on the court - we can be really comfortable with each other, help each other out, tell each other where to hit," Johnson said. "(Sibley) helps me a

While the Cougars are used to lot with the blocks, tells me when to go up. We've definitely gotten closer formances, this time they also got through volleyball because we've big contributions from a pair of been through more things together... sophomore front-line players in and that's made us even better on the court together, and it benefits the

> Miramonte and Campo were coming off vastly different stretches in the week leading up to the match, which featured a school holiday on Monday. The Cougars hadn't played in a long time, with a bye the previous week and several players out of town visiting colleges over the long weekend. The Matadors had played eight matches in five days, including two league contests that went the full five sets, and a five-game weekend tournament. While Masdeo acknowledged that his team was "on the tired side, kind of drained emotionally and physically" by the end of Tuesday night, he was pleased with the progress they'd made.

On Oct. 17, Campolindo defeated Las Lomas in four sets Thursday to stay perfect in league play, 25-15, 25-23, 27-29, 25-20. Kenzie Brown recorded 33 assists to go along with the 52 she had against Miramonte, and Natalie Menitkas had 22 digs. Wirth and Sibley led the Cougars with 19 and 13 kills, respectively.

Acalanes fought through injuries to starters Molly Dalziel and Ying Stroebe to split a pair of league matches against Dougherty Valley (L, 3-2) and Alhambra (W, 3-0). The Dons improved to 10-9 overall and 5-2 in league play to claim sole possession of second place in the DFAL. They also took fifth place in the Dougherty Valley Varsity Tournament the previous weekend, losing to Carondelet, once in the group stage and again in the knockout rounds.



Senior Kacey Sorenson had the set-winner for the Mats.



Senior captain Maddie Goodreault scored three of the final six points in the first set to give the Mats the win.

Lamorinda Weekly

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- Tough Decisions Ahead
- Campolindo Stays Perfect against Lamorinda Rivals

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Girls Tennis Teams Look to NCS

www.lamorindaweekly.com

By Marissa Harnett







Melissa Van Pell held on to win a pivotal match for the Dons Photos Gint Federas Bella von Ebbe got the Dons on track winning the first match. Silvana Moiceanu battled, but fell to Van Pell.

igh school tennis is winding down with just two matches remaining in league play. Acalanes' current record stands at 8-2 in DFAL (10-5 overall), losing only to Miramonte (2-7) and Dougherty Valley (9-0) during first round of action. Their last two pivotal matches of the season Faulkner explained. will be against those tough teams for a second time.

Campolindo's young team continues to battle hard standing at 4-6 in Oct. 15. The Lady Dons came up DFAL.

"Although our team is made up of a good number of inexperienced players, they definitely make up for it with their good effort and positive spirit. As a result, many of the girls have made tremendous strides over the past month," Campo coach Sunun

Their hard work was not enough to take the win against Acalanes in their second match on with the 6-3 victory.

Acalanes' head coach John Vocke took nothing for granted going into the match. "Since the first Campolindo match, we have been working hard to improve our doubles play. We have experimented by having the girls play with different partners to try to find players who have chemistry with each other," Vocke added.

Their first meeting ended with the same 6-3 final score. Acalanes swept all six singles matches and Campo took all three doubles. This time the Lady Dons traded one singles match (line 5) for one of the doubles (line 3).

The competition could have tipped toward the Cougars however. Line four singles proved to be a pivotal match. In the last singles match to finish, Campolindo's Silvana Moiceanu and Acalanes' Melissa Van Pell treated spectators to long rallies and hard fought points.

It started with a 6-1 first set win for Van Pell, but Moiceanu stepped up her game in the second set, scrambling and tracking down more balls.

Moiceanu came back to even the set 5-5, but Van Pell took the next two games to close out the set (and our most successful years," Faulkner match), 6-1, 7-5.

their goal of defeating the Dons in this come. For us, that means strive to immeeting, but they have much to be proud of. "Although we're not win-

ning as often as the past Campo tennis teams, we feel we are having one of said. "Our team philosophy is to The Cougars did not accomplish focus on the process and not the outprove our skills, always be a good "citizen" and be a good teammate."

Note: Miramonte and Acalanes faced off Oct. 22 after our press deadline.

Miramonte also stands at 8-2 with both Lamorinda rivals remaining in their schedule.

Heading into the match, Vocke felt optimistic. "The Lady Dons competed hard against Miramonte in our first meeting," he said. "While the overall score was a lopsided 7-2, we believed that we played well and match up well against Miramonte."

Miramonte head coach Michael McCollom expects a competitive second match against their Lafayette rival. "Acalanes team is good top to bottom with one and two among the best around, but...we are just a little deeper," he said. "I think we are playing well enough to continue our success against the Dons."

Miramonte's final match of league play will take place tomorrow, Oct. 24 at Campolindo. "I look forward to ending our DFAL season at [Campo's] place and believe we have the depth and players to finish strong in second place of the DFAL and playing on into the NCS," he said.

SINGLES

- 1. von Ebbe (ACA) d. Ross 6-1, 6-0
- 2. Karagocev (ACA) d. Leserman 6-1, 6-2
- 3. Barabi (ACA) d. Brewer 6-1, 6-2
- 4. Van Pell (ACA) d. Moiceanu 6-1, 7-5
- 5. Marino (CAM) d. Singer 6-4, 6-4 6. Ladrech (ACA) d. McDonell 6-2, 6-3

DOUBLES

- 1. Kallerud / Finney (CAM) d.Lo / Harrington 6-3, 6-3
- 2. Zhong / Warner (CAM) d. Kwok / Bakar 6-3, 6-2
- 3. Yang / Ho (ACA) d. Braun / Wong 6-3, 4-6, 10-5

Campolindo JV Football Defeats Rivals

Submitted by Nicole Cassidy



ramonte to open its DFAL season. The Acalanes game was a nail biter through the third

he Campolindo junior varsity football team earned late in the fourth quarter to put the Cougars up 21-13. A back-to-back wins against rivals Acalanes and Mi-final drive by Acalanes was thwarted with a Cougar interception to end the game.

Campolindo's strong play on both sides of the ball was quarter as the teams remained tied. Campolindo scored too much for Miramonte. Campolindo won 42-20.

Cougars Water Polo takes Third

Submitted by Jeffery Fara



went 4-1 and took third place in the Villa Park death overtime. Classic held in Irvine Oct. 3-5. The Cougars beat

he Campolindo boys' varsity water polo team Las Lomas 8-7 in the third place game in sudden

Position Available: Sports Reporter

Lamorinda Weekly is looking for a sports reporter to cover a variety of high school, college and club sports. A journalism background and understanding of AP Style is helpful, but not required. Please send your resume and writing sample to wendy@lamorindaweekly.com or call (925) 377-0977; \$50-\$75 per published article.





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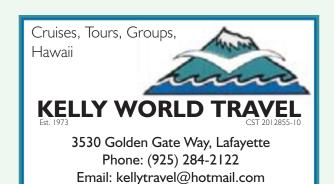
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Pamorinda OUR HOMES

Lamorinda Weekly Volume 07 Issue 17 Wednesday, October 23, 2013



Lafayette's New Marquis

By Cathy Dausman



Construction of the Marquis Lafayette development is nearing completion; pictured is a courtside view.

Photo Cathy Dausman

he Marquis is back in Lafayette – this time in the form of town home style housing. Twenty-three homes; four to six units per building, in five buildings are taking shape on the 1.5 acre parcel which formerly housed the Hungry Hunter restaurant on the southwest corner of Mt. Diablo Boulevard and Pleasant Hill Road.

The Marquis Lafayette townhomes will bear the new street name of Shreve Lane. Coffee shops, grocery stores, medical offices, the Lafayette Library and BART transportation are just minutes away on foot. Each single family attached home features four bedrooms, 3.5 baths and a 2 car garage; the three available floor plans offer square footage ranging from 1967 to 2074.

Models cost from \$795,000 to \$820,000. Additional "location premium" and upgrade costs apply.

"These are high spec level homes, with 17 by 17 tiles, granite countertops, stainless steel GE appliances and maple cabinets," said Rebecca Newell, northern California area sales manager for Taylor Morrison.

The house also features CAT 5 cable wiring. Newell said the homes' GreenPoint rating also makes them environmentally friendly.

... continued on page D4



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Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	24	\$480,000	\$1,950,000
MORAGA	9	\$500,000	\$1,480,000
ORINDA	9	\$575,000	\$1,503,000

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

930 Acalanes Road, \$480,000, 5 Bdrms, 2334 SqFt, 1972 YrBlt, 9-20-13

593 Antonio Court, \$1,190,000, 4 Bdrms, 2070 SqFt, 1956 YrBlt, 9-20-13; previous Sale: \$43,000, 12-01-72

571 Arrowhead Drive, \$910,000, 6 Bdrms, 2354 SqFt, 1962 YrBlt, 9-16-13

1077 Brown Avenue, \$929,000, 3 Bdrms, 2712 SqFt, 1979 YrBlt, 9-20-13; previous Sale: \$193,000, 08-30-79

4105 Canyon Road, \$1,400,000, 4 Bdrms, 3144 SqFt, 1953 YrBlt, 9-18-13

2459 Cherry Hills Drive, \$753,000, 3 Bdrms, 1740 SqFt, 1963 YrBlt, 9-23-13; previous Sale: \$610,000, 09-26-03

3959 Cowan Road, \$850,000, 3 Bdrms, 1680 SqFt, 1952 YrBlt, 9-19-13; previous Sale: \$585,000, 01-11-11

3131 Diablo View Road, \$855,000, 3 Bdrms, 2317 SqFt, 1947 YrBlt, 9-24-13

3097 Hedaro Court, \$875,000, 4 Bdrms, 1955 SqFt, 1954 YrBlt, 9-11-13; previous Sale: \$610,000, 01-31-13

3435 Little Lane, \$1,250,000, 3 Bdrms, 1925 SqFt, 1955 YrBlt, 9-12-13; previous Sale: \$160,000, 10-01-92

3370 McGraw Lane #A, \$1,500,000, 5 Bdrms, 4236 SqFt, 1958 YrBlt, 9-20-13; previous Sale: \$155,000, 09-27-76

3500 Moraga Boulevard, \$1,075,000, 4 Bdrms, 2178 SqFt, 1950 YrBlt, 9-25-13 687 Old Jonas Hill Road, \$1,350,000, 4 Bdrms, 2367 SqFt, 1969 YrBlt, 9-17-13 3555 Old Mountain View Drive, \$1,015,000, 5 Bdrms, 3082 SqFt, 1949 YrBlt, 9-12-13:

previous Sale: \$899,000, 06-24-10

3154 Padre Street, \$825,000, 4 Bdrms, 1722 SqFt, 1962 YrBlt, 9-13-13; previous Sale: \$44,500, 05-07-73

1342 Reliez Valley Road, \$1,375,000, 4 Bdrms, 2662 SqFt, 1970 YrBlt, 9-13-13; previous Sale: \$620,000, 09-13-94

3393 Rossi Street, \$1,060,000, 3 Bdrms, 2203 SqFt, 1955 YrBlt, 9-20-13

3132 Sandalwood Court, \$1,062,000, 4 Bdrms, 1599 SqFt, 1962 YrBlt, 9-18-13

816 Solana Drive, \$1,370,000, 4 Bdrms, 2243 SqFt, 1949 YrBlt, 9-12-13; previous Sale: \$902,000, 03-27-13

720 South Pond Court, \$810,000, 4 Bdrms, 2483 SqFt, 1996 YrBlt, 9-12-13; previous Sale: \$625,000, 10-12-11

964 Stow Lane, \$1,950,000, 4 Bdrms, 2255 SqFt, 1956 YrBlt, 9-17-13; previous Sale: \$841,000, 05-11-12

3756 Sundale Road, \$870,000, 4 Bdrms, 2192 SqFt, 1953 YrBlt, 9-18-13; previous Sale: \$380,000, 08-28-98

33 Toledo Drive, \$1,375,000, 3 Bdrms, 3707 SqFt, 1979 YrBlt, 9-20-13 1098 Via Roble, \$960,000, 4 Bdrms, 2320 SqFt, 1962 YrBlt, 9-12-13;

previous Sale: \$495,000, 12-06-96

1903 Saint Andrews Drive, Moraga





Moraga Country Club detached home on double lot!

Beautifully updated throughout, this split-level plan offers approximately 3,424 sq. ft. Open kitchen and family room, formal living room, luxurious Master Suite, two additional bedrooms plus large bonus room and storage galore- the possibilities are endless. Fantastic for entertaining! Enjoy the privacy of the spectacular gardens as well as the amenities of the Country Club, all located conveniently close to top rated schools!







Presented by
SUE LAYNG

Cell: 925-963-7189 • Sue@SueLayng.com • www.SueLayng.com







Classic Marchant Ranch home in Prime Lafayette location!

3158 S. Silver Springs Rd., Lafayette



www.3518SouthSilverSprings.com

Located in the coveted Silver Springs neighborhood Inner Circle! Walk to trail and top rated schools from this expansive 4BR, 2.5BA home on .48 level acre with beautiful backyard and solar heated pool. Hardwood floors, vaulted ceiling, kitchen with breakfast bar, dining room with brick fireplace and seamless access to the patio and yard...plus large bonus room.

Offered at \$1,795,000







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Lafayette's New Marquis

... continued from page D1

The green extends outside, as well. The buildings face inward to a park space which will hold a tot lot, lawn and picnic area.

"We modeled it after the [downtown] Lafayette park," said sales associate Chrissie Curnutt, although theirs is absent the park's namesake statue and overhead trellis. "We're excited to have an offering which is a little bit different product for Lafayette," Curnutt added.

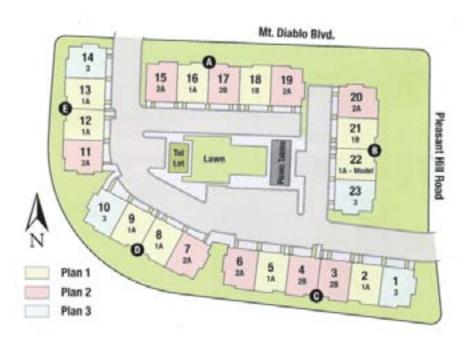
Newell and Curnutt see the residences as an opportunity for buyers both young and older – those looking to move up or empty nesters wanting to scale back. Both ends of the homeowner spectrum should enjoy living together, although boomers should plan on getting a healthy leg workout. The ground floor entry level does include a fourth bedroom and bath tucked in behind the garage.

The main floor is the living area, one flight up from ground, with kitchen, dining room, living space, laundry and a powder room, and small deck facing the common green space.

The upper floor has three bedrooms and two full baths. Views are good from both the main and upper floors, and it seems the builder made an effort to preserve the tall pine and redwoods encircling the complex. Traffic noise on the busy adjacent streets was surprisingly quiet with the windows closed.

When Lamorinda Weekly first visited the project mid-September the interiors had been painted, but the kitchen cabinetry and backsplash tile installation was unfinished.





Hardwood flooring was still under a protective wrap, and the kitchen appliances had not been installed. Now, according to Curnutt, all appliances have been installed "except in Building B" (the four townhomes which back up to Pleasant Hill Road). It is expected that exteriors and landscaping should be done by December, she added.

Exterior finishes – shingling in fall colors and trellis-like sunshades above windows and garage bays were taking shape along the building façades, especially along the site interior.

According to Newell, the old restaurant was demolished a little over a year ago; paving began last April. The company hopes to have its first building completed this fall; buyers could move in by December or January, she said.

Marquis Lafayette is a Taylor Morrison development. For details, go online to http://www.taylormorrison.com/new-homes/california/bay-area/lafayette/marquis-community#Floorplans or call for a viewing appointment: (925) 785-1331.



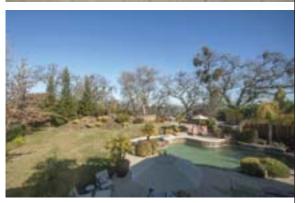


925-377-0977

Discover Reliez Valley Highlands, Lafayette







Truly deserving of its Sunrise Ridge name, this beautiful home with 4 bedrooms/3.5 baths, plus office and rec/media room is situated on a culde-sac overlooking stunning views of the surrounding Alhambra Valley. Verdant, rolling hills and wooded views greet you along the way to this gorgeous executive-style home, and that's only the beginning...

The backyard beckons you outdoors to a resort-like experience with a beach entry, Pebble Tec finished pool and a tempting spa with cascading waterfalls. Terraced patios and an expansive lawn invite you to entertain outdoors with a magnificent backdrop of towering ancient oaks, dedicated open space, and expansive views to the Carquinez Straits.

Centrally located, this very special home is approximately 10-12 minutes from Highway 24, BART and downtown Lafayette - just about 5 minutes to Highway 680 with quick access to locations north and east.

> www.1030SunriseRidge.com Offered at \$1,398,000

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Page: D6 LAMORINDA WEEKLY OUR HOMES www.lamorindaweekly.com \$\mathcal{C}\$ 925-377-0977 Wednesday, October 23, 2013

The Home Designer

Fall in Love

By Brandon Neff

all – shorter days, cooler nights, and for many, a time of transition. Lazy summer getaways spent dreaming and relaxing give way to thoughts of cozy spaces, family gatherings and rooms designed for nesting. As the season moves forward, you notice the light shifting and you find yourself reaching for that extra blanket to drape across the bed. For many of my clients, autumn also signals a season for reevaluating the way they live, what they surround themselves with, and for discovering new ways to love their home. Once overlooked or ignored rooms can be transformed into a favorite place to entertain, to lounge or to simply escape. We evolve – why shouldn't our home?

This isn't just about new trends because I don't believe in trends when it comes to good interior design. This is about living at your best, and designing a home that reflects your best life. This speaks to falling in love with your home all over again, and looking beyond the walls and rooms and discovering what connected you to your house or apartment in the first place. Ask yourself, does your home make you smile when you walk in the door? Does your space represent who you are and what you're passionate about? It can.

This week's project really speaks to how thoughtful choices and a passion for reinvention led my clients to re-imagine their home into a very personal expression. Lisa and Richard's home in Lafayette was, at first glance, unremarkable. It was large with spacious rooms centered on an expansive lot – the grounds reflecting more about their passions than the interiors. Much of the furnishings seemed to crowd the rooms, and the layout denied the main room's proper flow. (Did I mention the foosball table in the living room?)

Much of the "eclectic" furniture was a hodgepodge of pieces collected over years in different homes, former lives as parents and durable seating that they couldn't part with because it still did the job. Er ... sort of. People, durability does not a well designed home make. Sure, it's nice when things last, but hanging on to the past can limit your creativity. Rather, think about a functional home that serves your life in the present and build a space that caters to how you live today.

Clearly, my clients were eager to create a home that spoke to their lives now – newly empty-nested and ready for rooms that they could spread out in. The chal-

lenge they presented me was to uncover a fresh perspective on the home they wanted to stay in, while respecting their tastes as a couple, as well as imagining a welcoming home that worked for entertaining. Not a small task!

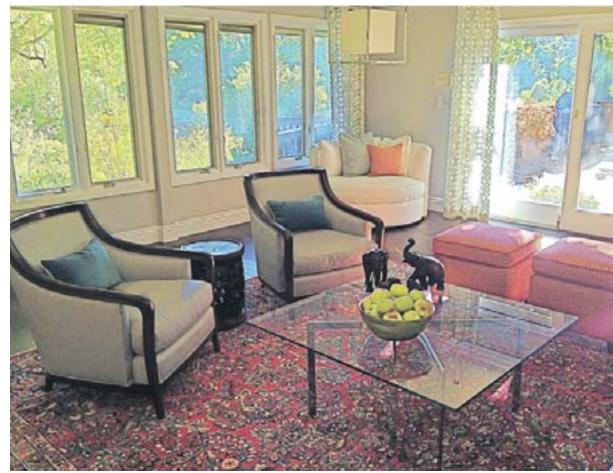
The project was less about a gut job, and more about peeling away old layers to create new vistas. Lisa and Richard loved the views to their tree lined backyard, and wanted a better vantage point to enjoy their combined love of nature. (Did I mention the foosball table in the living room?)

The best part about this project was my clients – this couple has charisma, and not a small amount of knowledge of design. Rarely, do I get the opportunity to discuss the likes of Stark, Miller, Nelson and Wormley with clients who can hold their own.



Before – low slung beams, dated tile and a choppy floor plan work against the views.

... continued on page D8



After – an open plan invites conversation while a separate nook for bird watching and lengths of fabric compliment the park-like views.

Photos courtesy Brandon Neff Design



Village Associates Real Estate

welcomes

Erin Martin

as a sales associate

Village Associates is pleased to announce that Erin Martin has joined our firm. Born and raised in Lafayette, Erin is a third generation Lafayette resident. Erin is extremely knowledgeable about all that Lamorinda has to offer and her love for the community is infectious. She feels fortunate to live in such an amazing community and to watch her own children benefit from many of the same activities and traditions she did growing up. Erin loves where she lives and believes it is essential to personalize buying and selling homes. Where you call home is important!

She received a BA from UC Berkeley, her MSW from NYU and is a licensed Realtor®.



Erin Martin

Village Associates Real Estate

925.951.3817 erin@erinmartinhomes.com www.erinmartinhomes.com bre#01922810



93 Moraga Way #103 Orinda, CA 94563

Coming Soon: 138 Ardith Drive, Orinda



Beautiful turn-key Craftsman style 4 bdrm., 2½ bath family home on large lot. Level front and back yards with outdoor kitchen, gorgeous landscaping and views. Gourmet kitchen and updated

baths, hardwood floors and cherry built-ins throughout. Walk to 12 years of school.

Marianne Malenk Malenk Properties 510-522-7780

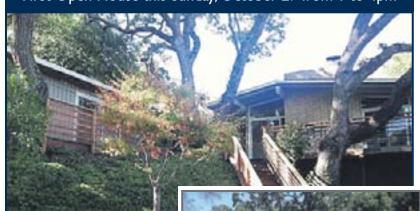
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Soraya Golesorkhi

Presents:

Stylish Mid-century Modern in Hidden Valley

First Open House this Sunday, October 27 from 1 to 4pm



79 Silverwood Dr., Lafayette ght, 4 bedroom, 2 bath, Robert

Must see this light and bright, 4 bedroom, 2 bath, Robert Klemmedson designed home in Lafayette's Hidden Valley! The 2,344 sq. ft. home has been carefully remodeled and updated, from top to bottom, in keeping with the award winning architect's original vision. Open floorplan with new kitchen and bathrooms, large bedrooms -- all with top quality materials and designer touches throughout. Huge walls of glass let you enjoy views of the majestic oaks and give you the feeling of being outdoors while comfortably inside this warm and sophisticated home.

Excellent commute location! Close to freeway entrance, Lafayette Reservoir and downtown Lafayette.

Call me for more information!

Offered at \$1,295,000



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The Home Designer

Fall in Love

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From Richard's polished skills as a nature photographer, and their wide tastes in art and decorative accessories to their shared appreciation for 20th century architecture (they once lived in a Frank Lloyd Wright designed home) – they had a strong aesthetic sense of what they were looking to accomplish, and allowed me to help shape it into clearer focus.

The best example of how we accomplished this was in the family room – the largest space, but the most poorly laid out room in the house. It featured obtrusive cabinetry, an overpowering brick fireplace and low slung decorative beams on the ceiling that made the whole space feel claustrophobic. Additionally, the lighting was underwhelming, the furniture too large and out of scale and the windows left unadorned. If I sound harsh, it's only because the room needed some tough love.

After convincing my clients that "everything must go," we removed the interior island and cabinetry dividing the room, removed a rather large, clunky mantel, clad the entire brick wall behind new drywall to create an installation space for art and photography, stripped away the beams and low slung header, and added much need recessed lighting to highlight all of the new furnishings. A gorgeous paint color and luxe fabrics were added – all inspired by the lovely heirloom area rug that grounded the space.

With a palette of rich reds, warm tans, teal and cream – along with espresso wood floors and polished chrome accents – the room emerged transformed into an elegant, but comfortable gathering space while keeping the best views of the garden. The lush yard was now highlighted by a new vantage point from which to enjoy it. A mix of custom designed furniture, mid-century pieces and even a couple of re-purposed chairs now work in harmony to bring a fresh, chic and relaxing vibe to a well loved room. Custom paint colors on the walls convey a soothing calm throughout the space, and I even nudged them into a rather upscale wallpaper in the elegant dining room – a nod to Lisa's tug toward a little Park Avenue moment.

Tip: When wallpapering a room don't be shy – paper every wall for full effect. A single accent wall in wallpaper looks as if you ran out of supplies.

I often speak of the transformative power of good design. Color moves us. Art inspires, and can even transport us. Take a moment and look around your space – find what speaks to you and what feels out of place. Perhaps, this too may be your own season of change.

BTW, the foosball table found a new home.

Brandon Neff is a Bay Area based Interior Designer. He can be reached at BrandonNeffDesign.com or at brandonneffdesign@yahoo.com.





Before – the brick fire breast and chunky mantel overpowered the room.



After – sleek new walls over old brick combined with glossy white crown moulding create a new polish to the room.



Page:

Lamorinda Home Sales recorded

...continued from Page D2

MORAGA

415 Chalda Way, \$500,000, 3 Bdrms, 1322 SqFt, 1974 YrBlt, 9-11-13; Previous Sale: \$300,000, 10-18-00

159 Corliss Drive, \$1,152,500, 4 Bdrms, 2515 SqFt, 1965 YrBlt, 9-19-13; Previous Sale: \$390,000, 05-03-91

www.lamorindaweekly.com

1103 Country Club Drive, \$1,480,000, 5 Bdrms, 3051 SqFt, 1977 YrBlt, 9-16-13; Previous Sale: \$527,500, 06-28-91

169 Cypress Point Way, \$706,000, 2 Bdrms, 1626 SqFt, 1973 YrBlt, 9-25-13

359 Deerfield Drive, \$1,059,000, 4 Bdrms, 2188 SqFt, 1965 YrBlt, 9-13-13; Previous Sale: \$750,000, 02-27-04

103 Miramonte Drive, \$500,000, 2 Bdrms, 1302 SqFt, 1965 YrBlt, 9-24-13; Previous Sale: \$387,000, 09-23-03

1336 Rimer Drive, \$930,000, 4 Bdrms, 1995 SqFt, 1963 YrBlt, 9-17-13

112 Walford Drive, \$1,081,500, 4 Bdrms, 2410 SqFt, 1964 YrBlt, 9-25-13; Previous Sale: \$245,000, 02-14-86 80 Warfield Drive, \$1,040,000, 3 Bdrms, 2584 SqFt, 1965 YrBlt, 9-12-13; Previous Sale: \$63,000, 04-13-90

ORINDA

149 Ardith Drive, \$968,000, 4 Bdrms, 1801 SqFt, 1959 YrBlt, 9-17-13; Previous Sale: \$928,000, 05-10-13 173 Camino Pablo, \$575,000, 3 Bdrms, 1837 SqFt, 1950 YrBlt, 9-25-13

11 Knickerbocker Lane, \$640,000, 3 Bdrms, 1432 SqFt, 1977 YrBlt, 9-18-13; Previous Sale: \$91,500, 12-04-08

6 Linda Vista, \$685,000, 1 Bdrms, 1219 SqFt, 1939 YrBlt, 9-20-13; Previous Sale: \$305,000, 09-19-12

45 Longridge Road #47, \$715,000, 4 Bdrms, 2349 SqFt, 1938 YrBlt, 9-20-13

29 Meadow Park Court, \$958,500, 4 Bdrms, 2407 SqFt, 1956 YrBlt, 9-20-13; Previous Sale: \$712,000, 12-03-02

56 Miner Road, \$810,000, 2 Bdrms, 2165 SqFt, 1938 YrBlt, 9-11-13; Previous Sale: \$385,000, 12-27-89

440 Tahos Road, \$1,503,000, 2 Bdrms, 2852 SqFt, 1958 YrBlt, 9-13-13

216 the Knoll, \$925,000, 3 Bdrms, 2408 SqFt, 1974 YrBlt, 9-13-13; Previous Sale: \$515,000, 05-26-00

KAREN RICHARDSON PRESENTS:

Beautiful Mediterranean New Construction with Breath Taking Views in Lafayette!



The finishing touches are now being completed on this new, truly custom 5 bedroom/3.5 bath Mediterranean home off of Reliez Valley Road. Not a detail was overlooked and the upgrades are endless. The thoughtful floor plan delivers sweeping valley views and includes a grand entryway, large great room, chef's kitchen with large island, breakfast nook, formal dining room, bonus room, extra-large sauna, and wine tasting room. Enjoy the tranquility and privacy on the acre+ lot. Briones Regional Park is only steps away and provides access to miles of hiking and open space. With award winning Lafayette schools, this home is conveniently located just minutes from downtown Lafayette, BART, Hwy 24 and all that Lamorinda has to offer.

Offered at \$2,450,000.

New Construction in Lafayette.

Gated Estate Property on over 2 acres. Will Build to Suit! What's your style- Traditional? Mediterranean? Pool? Tennis Court? Stables? Guest House? There is still time to choose, if you act soon.

Call Karen at 925-639-3904 for details on pricing



1700 Reliez Valley Rd, Lafayette







Karen Richardson www.karenrichardsongroup.com BRE#01407557





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Ask Cynthia Brian-Pumpkins Reader's Request

Hi Cynthia:

We grew pumpkins as project with the kids this year yet we aren't sure about harvesting or what to do with them besides carving them for Halloween? I hate to waste and figured you'd have some ideas.

Thanks,

Angela

Hi Angela:

Bravo to you for getting your children involved in growing! They will learn so much and the fact that they have grown their own pumpkins will give them pride and boasting rights. You have come to the right person for suggestion, as, like you, I am a waste not person.



Carved pumpkins

Photos Cynthia Brian

To harvest, thump the melon, it should sound hollow and have a tough skin. Try to put your fingernail in the rind. When pumpkins are ripe, it is difficult to pierce them. Cut the pumpkins from the vine with pruning shears or a sharp knife. Don't twist them off or they'll rot more quickly. Cure in the sun to harden for at least a week. They are now ready for display, carving, and eating.



Besides using them for jack-o-lanterns and pumpkin pie, the noble pumpkin (from the Greek work "pepon," or large melon) are a major health food fruit, packed with large amounts of vitamins A, C, and potassium. A full cup is only about 30 calories. Cut out the flesh and cook like squash, or make soups, cakes, bread, pancakes, or even a pumpkin pizza.

After harvesting, here are other ideas to consider:

- 1. Before carving your pumpkin, scoop out the seeds. Roast them on a cookie sheet with a dash of olive oil and garlic salt for a nutritious, crunchy snack.
- 2. Or dry the seeds, store them in a brown bag to plant next May in a sunny location. With plenty of water and fertilizer you'll be able to boast your own pumpkin patch in 75-100 days from planting. Now your kids will be really excited.
- 3. Spray paint the extra pumpkins bronze, gold, silver, or whatever colors you are using for your Thanksgiving or Christmas décor. I add natural foliage such as dried corn stalks and reeds for the November holiday, and evergreens and ornaments for the December season. My porch sparkles. You can even paint them one color for Thanksgiving and another for Christmas. Pumpkins, if kept dry, will last three months or more. Store your extra produce in a cool, dark place to enjoy all winter for projects and recipes.
- 4. Instead of carving your pumpkin, draw, paint, or use decals to make creative faces. In this way, after Halloween, you can cut up the pumpkin and enjoy the delicious flesh inside.
- 5. Once you have carved a pumpkin and put it outside as a decoration, don't attempt to salvage it for human consumption. However, pumpkins are great snacks for chickens, ducks, geese, goats, and other barnyard animals. Find friends with critters before you discard. Even the squirrels and birds love them.

... continued on next page





Growing pumpkin

- Compost your carved pumpkins. They will decompose and can be used to fertilize your garden.
- Bury the entire pumpkin. It may grow next season and if nothing else, it will enrich your soil.

Make sure to take lots of photos to reminisce in later years. The largest pumpkin my kids ever grew weighed in around 400 pounds, but the world record is over 2,000 pounds. The memories are priceless.

Enjoy a happy haunted Halloween as well as pumpkin treats.

Happy Gardening to You!

Cynthia

©2013 Cvnthia Brian The Goddess Gardener Cynthia@GoddessGardener.com www.GoddessGardener.com I am available as a speaker, designer, and consultant. Cynthia will answer one or more questions every other issue as space allows. Email your comments or questions to Cynthia@GoddessGardener.com

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ORINDA

40 Dos Osos Incredible Orinda, San Pablo Dam, Mt. Diablo views + abundance of nature surrounds this supersized parcel bordering EBMUD land. Exceptional beauty. Once in a lifetime opportunity raw land sale.

\$545,000

ORINDA



11 Fairway Drive Rare find. Mid-century modern 4bd/3ba+2 half bath home on 4th fairway. Private, large rooms, high ceilings, office, boudoir, great guest setup, updated kitchen. Grand, comfortable, very special \$1,729,000

ORINDA



92 Sandhill Road Absolutely One-of-a-Kind Bay Area Home with captivating, sweeping views from every rm. Perched on foremost knoll of the coveted Sandhill enclave. Ideal for active family as well as large scale entertaining. \$5,200,000

LAFAYETTE



9 Mountain View Place Fabulous updated 4bd/2.5ba, 3481 sf custom contemporary on .78 ac in tranquil setting. Spacious LR & DR, new hardwd flrs throughout, new eat-in kitchen/DR open to FR, voltaic solar panels, new redwood deck & more. \$1,350,000

ORINDA



54 La Campana Brilliant 1938 south facing lathe & plaster construction in heart of Country Club. 4bd/3ba with approximately 2608 sf. One of largest pools in Orinda, Trader Vics built BBQ poolside, gardens. A bit of TLC needed. \$1,000,000

ORINDA



10 El Castillo Spacious 5 bed, 3.5 bath. Built in 1998, home includes: marble entry, private office, huge kitchen/family rm, media rm, large level lot on cul-desac, citrus garden, resort-like living.

\$2,150,000

MORAGA



651 Moraga Road # 24 Pottery Barn Style! Chic updated end unit in quiet location at rear of Rheem Terraces. Lovely fenced private patio. Dual pane windows, wood floors, stainless steel kitchen. Walk to shops, restaurants, Rheem Theatre! \$310,000

LAFAYETTE



3518 S. Silver Springs Rd Silver Springs inner circle charmer. Traditional Marchant ranch w/vaulted ceilings, hardwood floors, easy indoor/outdoor living. Newly landscaped backyard & new pool. Quick walk to town, schools & Lafayette bike trail. \$1,795,000

ORINDA



9 Las Piedras Picturesque private 6bd/3ba home in park like setting w/panoramic views, level lawn & recreational pool. 3745sf classic custom w/vaulted ceils, walls of windows, hdwd flrs, den, workout rm, FR & wellappointed kitchen.

ORINDA



17 Tappan Lane Vistas across Orinda come alive from all rooms of this spacious 4,155 sf with 6 bd/4 ba & 2 half ba. High ceilings & light & bright. Perfect for fun in the sun with yards, decks, pool, & vineyard on 1.15 acres.

\$2,389,000

MORAGA



1743 Spyglass Lane Moraga Country Club Forest Hills model, updates throughout include new kitchen appliances, granite counters, updated bath, hardwood floors, new carpet, paint & lighting.

\$950,000

DANVILLE



1540/1550 Finley Road Terrific horse property on two level separate parcels total 2.98 acres(pr). Rancher w/country kitchen, pool & hot tub! The Ranch has 12 stall barn, indoor/outdoor riding arenas, covered & stall paddocks, fenced pastures \$1,299,000

ORINDA



1 Camino del Cielo Sophisticated and stylish 4900+ sq ft newer construction with 4 bedrooms + office, 3.5 baths, decks and views.

\$1,699,000

ORINDA



11 Scenic Drive Elegant updated 4bd/3.5ba, 4695sf single-story estate property on .64ac. Custom millwork, hand carved biblical stone fplcs, lrg bdrms, ofc, Chef's eat-in kit/fam.rm; guest house, pool, lrg patio, gorgeous landscaping. \$3,350,000

MORAGA



1903 Saint Andrews Dr. Gorgeous MCC detached home on double lot. Beaut. updated, apx. 3,424 sf. Open kitchen & family rm, formal dining & living both w/ seamless deck access. 2nd family rm/4th bdrm plus bonus rm & storage galore. \$1,245,000

WALNUT CREEK



3737 Waterford Lane Don't miss this fabulous Northgate area 4bd/3.5ba home w/close to 3700 sf. Huge kitchen/ family rm area overlooking spectacular .70 ac bkyd w/orchard, vineyard & room for pool. Hdwd flrs, ofc, formal dining & \$1,468,000



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