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Views from Painted Rock property.

Photo provided

A campaign to preserve Painted Rock

By Sophie Braccini

Piece by piece, the John Muir Land Trust is weaving a tapestry of protected open space throughout the East Bay, slowly expanding amongst the hills and between developments to preserve the local wildlife and its habitats. The new patch of land that was recently added to this network is not huge, but it is significant and strategically connected. On Sept. 5 the trust announced the start of the campaign to save Painted Rock in Moraga. After Carr Ranch two years ago at the eastern boundaries of the town, this time

it is right in the middle of town that a door will be opened to access 500 acres and more of connected wild habitat.

Looming over the town like a rogue billboard, the Painted Rock property gets its name from the long tradition that has sent hundreds of Campolindo High School students genially trespassing up the hill with cans of spray paint to script outrageous, funny and sometimes touching messages on the big round rock overlooking the intersection of Moraga Road and Rheem Boulevard. It was Roger

Poynt's property, a resident who died unexpectedly four years ago, abandoning forever the plans he had made for the development of his dreams. His widow has agreed to sell the 84-acre hill to the JMLT for \$2 million.

Peggy Cabaniss, a JMLT board member and Moraga resident for over 40 years, explains that this acquisition is part of a strategy to keep Moraga a special community with access to pristine open space.

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LAMORINDA WEEKLY

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Lafayette Art and Wine - a monster of a street party!

By Pippa Fisher



Photo Pippa Fisher

It's almost Art and Wine time again – Lafayette's biggest community party, a weekend-long opportunity for residents to stroll along Mt. Diablo Boulevard without traffic, wine in hand, listening to great music and browsing unique art with friends.

"What started as an experiment in 1996 when we put a couple of booths along Golden Gate Way to see if we could attract visitors to our downtown, has become a significant event and the 'go-to' festival of the year," says Executive Director of the Lafayette Chamber of Commerce Jay Lifson. "Like Mary Shelley, we have created a monster," he says. "And it's alive! It is a monster of a street party."

Scott Hampton, owner of Clocks Etc., was one of the founders of that original festival. He says he had no idea the festival would become as successful as it is today. His store will be participating this year again

as usual with a booth in "art alley." He says they have a large clock tower with hands that spin to land on a prize that winners can claim in his store.

The free festival, now in its 23rd year, is expecting around 80,000 visitors from around the area. With over 300 artist booths, three kid zones, four live stages and more than 20 cover bands – plus great food, wine and beer – there is no shortage of things to do.

But what do the locals think of the festival?

Tom Duffy of The Ripplers says he loves this event. "Even before we started performing at the festival, it was one of my favorite weekends of the year," he says. "The vibe, the food, the variety of great musicians and artists ... the big slide ... the time of the year – it all adds up to awesomeness!" Duffy recommends checking out Kristen Sanders' jewelry and the artwork of Molly Kars.

Residents all agree their favorite thing about the weekend is mingling with friends and family and the feeling of community.

Lafayette resident Susan Chritton agrees. "Much of our strolling time is taken with saying hello to people we haven't seen in a while," she says. Chritton and her husband have attended the festival every year since the very beginning, often joined by their adult children and their partners and friends.

Chritton's advice for a first-time festival-goer would be to slow down. "Have fun looking at all of the merchants, have a glass of wine and enjoy listening to the music."

Lafayette resident Jill Edwards recommends seeing the Spazmatics at the Bank of the West stage.

"My family has been in Lafayette for decades, and we have been coming to the festival ever since I can remember.

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Fire Districts A10

New firefighter strike team challenges – Page A8.

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Lamorinda girls volleyball preview – Page C1.



Our Homes D1-D20

Pool construction goes swimmingly – Page D1





Lafayette

Public Meetings

City Council
Monday, Sept. 10, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Monday, Sept. 17, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Sept. 10, 7 p.m.
Lafayette Library & Learning Center,
Arts & Science Discovery Center,
3491 Mt. Diablo Blvd.

School Board Meetings

Acalanes Union High School District
Wednesday, Sept. 5, 7 p.m.
AUHSD Board Room
1212 Pleasant Hill Road, Lafayette
www.acalanes.k12.ca.us

Lafayette School District

Wednesday, Sept. 12, 7 p.m.
Regular Board Meeting
District Office Board Room
3477 School St., Lafayette
www.lafsd.k12.ca.us

Check online for agendas, meeting notes and announcements

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PG&E to address safety concerns at special meeting

By Pippa Fisher

The city will hold a special meeting Sept. 10 with officials from both PG&E and from the California Public Utilities Commission in order to address more than 150 safety concerns raised by local residents.

Members of the public took issue with a spring 2017 council decision allowing PG&E to remove hundreds of trees which, the utility company claims, hinder access to and pose a safety threat to the high transmission pipelines beneath them. The work is part of the Community Pipeline Safety Initiative.

Residents' concerns spread

from the tree-cutting, which they claim is unnecessary, to other safety issues such as exposed pipeline, aging infrastructure and the lack of safety shut-off valves. In response residents formed the group Save Lafayette Trees. They are currently involved in a lawsuit they brought against the city and PG&E.

Public frustration with the utility company has led to this meeting, called by Vice Mayor Cam Burks.

"When I called for this city council public meeting, it was my hope that it would build and enable a new level of trust, transparency and confidence between the people of Lafayette and PG&E in the area of pipeline safety, and serve as a catalyst for follow-on, more functional and effective engagement," says Burks. "I am confident that we will achieve this goal to some degree on Sept. 10."

However SLT is a little less optimistic.

SLT co-founder Gina Dawson says that they appreciate the city council asking PG&E to answer their many questions, but notes, "The Sept. 10 meeting may be a step backwards, not forward. There's no guarantee PG&E will be complete, specific and truthful in their answers or that they don't see this meeting as a check-off box before they start removing trees from our neighborhoods."

PG&E spokesperson Jeff Smith says that the company appreciates the opportunity the opportunity to address questions and concerns at the meeting. "We want our customers to be fully informed about our safety work," he says, noting that they will be providing written responses to the commu-



Exposed high transmission gas pipeline along the Lafayette Moraga trail.

Photo provided

nity's questions. The city expects these responses in time to be available for the meeting.

Burks expressed appreciation for PG&E's willingness to appear before the public with their foremost experts and leaders and says he's grateful to the CPUC for agreeing to attend. "The CPUC's presence was a critical objective of mine as it establishes an important factor of accountability tied to PG&E's responses to our community's questions and concerns."

"Since May 2017, as part of the CPSI, we have conducted a va-

riety of outreach to share information, answer questions and receive feedback from the community," says Smith. "This includes informational booths at the Lafayette Reservoir and along the Lafayette-Moraga Regional Trail, door-to-door outreach, one-on-one meetings, and more recently, hosted an open house where residents could engage directly with our subject matter experts. Through these efforts, we interacted with over 200 local residents and provided hundreds of written responses."

... continued on Page A14

Class of '68 school spirit



Photo provided

The patio bar outside at El Charro was packed Friday Aug. 24 as the Acalanes High School class of '68 gathered in their usual tradition. The event, scheduled to run from 5 to 6:30 p.m. was still going strong late into the night. A couple of Acalanes teachers from 1968 even showed up.

Earlier in the day, the alums had

played golf and gone on a tour of the high school. More than 60 took part in the tour in three separate groups led by current honor roll students. The festivities continued throughout the entire weekend, with a celebration at Orinda Country Club on the Saturday evening and a picnic at the Lafayette Reservoir on Sunday. — P. Fisher

First day of school at Happy Valley



Photo courtesy City of Lafayette

It was all smiles – well, mostly all smiles – on the first day back at Happy Valley Elementary School Aug. 21. — P. Fisher

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Will Lafayette become a straw-free community?

By Pippa Fisher



From left, Darby Witherspoon and Chloe De Lancie. Photo provided

When will Lafayette reach the final straw? For co-founders of Central Contra Costa's Last Plastic Straw, Darby Witherspoon and Chloe De Lancie, they are hoping sooner rather than later.

The two are taking their message of education about the dangers and their goal of elimination of plastic straws to local city councils. In July Witherspoon and De Lancie spoke during the public comment period at the Lafayette City Council meeting, urging the city to place a discussion about plastic straw legislation on an upcoming agenda. To this end they will be presenting again to the September Environmental Task Force meeting.

De Lancie noted that the issue is tentatively expected to be on the Oct. 2 Walnut Creek City Council agenda. They will be talking at city council meetings this fall in Moraga and Orinda as well.

Both De Lancie and Witherspoon work at Crestwood Healing Center, a mental health facility in Pleasant Hill and 2016 Green Business of the Year award winner. De Lancie, who also serves as the sustainability coordinator at Crestwood, said that three and a half years ago the center started to take actions to reduce waste and save water and energy. Looking for both a bigger impact and also for ways to get residents involved and for them to give back to the community, De Lancie and Witherspoon decided on the issue of straws.

"Simple changes will reach more individuals," De Lancie says.

Given that the two only started working on this campaign in December 2017, less than a year ago, they have been remarkably impactful.

Currently De Lancie says that 12 locations in the county, including Buttercup Diners and Zachary's Pizza, have gone to either providing straws only upon request or by using compostable (paper) straws, or a combination of both of those.

Locally several businesses are on board, including the 2015 Cool California Award winner, Rising Loafer.

De Lancie and Witherspoon started their campaign by going door-to-door in the spring but quickly found it more effective to communicate with businesses via email. In April the two took the decision to push for local city and town ordinances.

In addition to talking to city councils, Witherspoon and De Lancie have been presenting their campaign to rotary clubs and schools. "Children are very receptive to the message," says De Lancie. In fact at the Walnut Creek city meeting, she said, a couple of 7-year-olds also spoke, noting that Crestwood residents also attend the meetings.

De Lancie and Witherspoon are among the nominations for this year's Sustainable Contra Costa award.

Developer pulls out – what's next for Park Theater?

By Pippa Fisher

City staff learned late Aug. 29 that developer Madison Park has decided against going further with a deal involving the purchase of the Park Theater and a density transfer, that could potentially have been the answer for saving the historic theater. The city council has placed the issue on the Sept. 10 meeting agenda in order to discuss options.

As reported in the last issue of Lamorinda Weekly, the developer who owns property at 3483 Golden Gate Way was considering an option to buy the theater, deeding it to the city in exchange for the theater's allowable residential units that he would then apply to the Golden Gate Way property.

However, in an email Madison Park Chief Financial Officer Simon Chen said that the company has de-

ecided not to move forward with the purchase and will instead focus on a smaller scale project on a property it owns in downtown Lafayette. The email noted several factors that led the developer to decide against the purchase and a density transfer.

A press release from the city quoted the developer saying that the scale of any development on its property would be a significant issue given the feedback from both the community and city council.

"The community's expectations," the developer wrote, "would result in the additional density no longer being accretive, and that this would present an additional financial hurdle to overcome."

With the matter on the next city council meeting agenda, the discussion on future options will continue.

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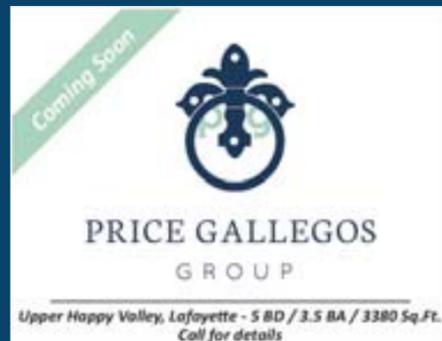
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Moraga

Public Meetings

City Council

Wednesday, Sept. 12, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission

Monday, Sept. 17, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Design Review

Monday, Sept. 10, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

School Board Meetings

Moraga School District
Wednesday, Sept. 12, 7 p.m.
Joaquin Moraga Intermediate School Auditorium
1010 Camino Pablo, Moraga
www.moraga.k12.ca.us
See also AUHSD meeting page A2

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

Please...

Candidate appointment procedure approved for town council vacancy

By Nick Marnell

The Moraga Town Council opted to appoint a candidate to fill the seat vacated by Council Member Jeanette Fritzky, who resigned in July due to health reasons. By appointing a candidate to fill the remainder of Fritzky's term, the town saves the cost of conducting a special election, which could exceed \$100,000.

Fritzky was honored at the Aug. 22 council meeting by friends, family and public officials, who presented her a town proclamation. Her husband, Bob, delivered an emotional tribute to Fritzky and the audience that packed the town hall gave her a warm standing ovation. Fritzky

was not present at the meeting.

Her successor will be chosen through an application, interview and appointment process. The town conducted an informal poll through the League of California Cities which showed that 70 percent of California public agencies that filled the vacancy of an elected official this decade used the application-interview-appointment method. It was the procedure followed by Lafayette when it filled a vacancy on its council in 2016. "Lafayette does things the right way," Mayor Dave Trotter said.

Other council members agreed with the format, insist-

ing that everyone who wants to run needs to be heard, and that the appointment process should be completely transparent. The transparency works both ways, as candidate applications become public record and the winning council member must fill out financial and conflict of interest forms, also for public inspection.

Candidate applications are available on the town website and must be returned to the town clerk by 5 p.m. Sept. 12. The council plans to further discuss the interview process at its meeting that evening, according to Town Manager Cynthia Battenberg.

The council must appoint Fritzky's successor by Oct. 21 or the town will have to call a special election. The winning candidate will fill out the remainder of her term, which ends in December 2020.

The appointment of Fritzky's successor is entirely separate from the two Moraga Town Council seats up for grabs on the November ballot. Vice Mayor Teresa Onoda chose to not run for re-election, leaving Trotter, the incumbent, to compete with challengers Mike McCluer and Steve Woehleke for the two seats in the November general election.

Orchard Supply Hardware closure stuns Moraga employees and customers

By Nick Marnell



Moraga OSH set to close its doors by December.

Photo Nick Marnell

Retail sales in Moraga took a major hit Aug. 21 with the announcement by Lowe's Corporation that it will close all of its Orchard Supply Hardware locations by the end of the year. According to Lowe's spokeswoman

Jackie Hartzell, the Moraga store closing process will last until early November, with the business shuttered by the end of December. All OSH employees will receive priority status for new jobs within the corporation, Hartzell

said.

Jim Hoopes has worked at the Moraga OSH since its 2004 opening. "I'll miss being here. We all enjoyed working with the customers, but, that's the way things are going now," said the

cashier, bemoaning yet another retail closure.

Many customers shared similar good feelings about the employees. "I love the people here," said Libby Duryea of Moraga as she packed items into the trunk of her car in the store parking lot. "It was an asset to those of us in Moraga who didn't have to go far for a store like this."

Matthew Grenby of Lafayette tossed a bag of cactus mix into his utility vehicle. "It's all about the people. You can get these things anywhere. It was always a pleasure to shop here," he said.

"We never had any complaints about the store. Ever," said Kathe Nelson, executive director of the Moraga Chamber of Commerce. "We're very sad. They were a very involved member, with nice people and a great store."

Not only were the employees and customers stunned by the news, but so was the OSH

landlord. "I just found out early today," said Dave Bruzzone, the day after the announcement. "The store was doing better than their projections. When you have a good tenant, you hate to lose them."

Neither Town Manager Cynthia Battenberg nor store manager Venessa Ochoa would divulge any OSH financial information, but it's not a stretch to say that the store accounted for a sizeable chunk of the town's \$1 million annual sales tax revenue.

"While there will be some short-term loss of sales tax revenue to the town, past experience indicates it will be offset in part by increased sales at other locally owned retail stores, including Moraga Hardware, Across the Way and the Moraga Garden Center, as well as CVS," Mayor Dave Trotter said.

... continued on Page A12

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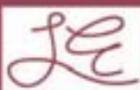
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Moraga police officers approved to carry Naloxone

By Nick Marnell



Officer Fabiola Hernandez displays the lifesaving kit used by the Moraga PD. Photo Nick Marnell

Moraga Chief of Police Jon King announced at the Aug. 22 town council meeting that his officers have been approved by the emergency medical services director of Contra Costa Health Services to carry and administer Naloxone, medication used to reverse the effects of an opioid overdose.

According to CCHS, opioid-related deaths rose from 42 in 2013 to 53 in 2016. "That translates into one death per week in Contra Costa County in 2016 due to opiate overdose," said CCHS Director Anna Roth in a statement. "Death related to opiate use is all the more tragic because it is preventable."

Properly administered, Naloxone can prevent an opioid-related death. Moraga police officers have been trained on the procedure, the amount to administer and the potential side effects, including victims who may vomit upon resuscitation. King said that three officers in the field will carry Naloxone kits, with one kit remaining in the police station.

Firefighter-paramedics of the Moraga-Orinda Fire District and

the Contra Costa County Fire Protection District also carry Naloxone, but police cars are more likely to arrive to an emergency scene before a fire engine, and administering the drug to a patient in those early minutes or seconds can be the difference between life and death.

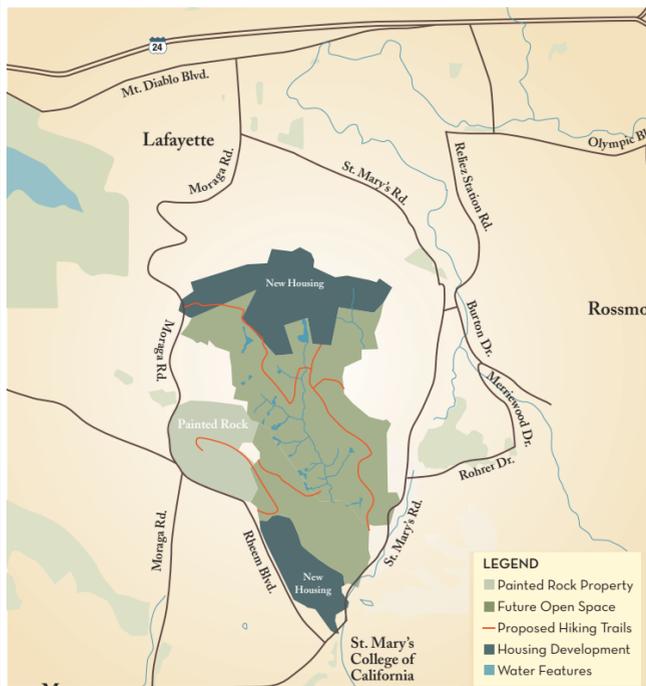
"If we're wrong, we won't hurt anybody," King said of administering Naloxone to a patient with overdose symptoms who did not need the drug.

CCHS requires that all officers receive refresher training on the use of Naloxone, the police department must report every use of the drug to the county EMS agency and the department must also submit an annual deployment report to the agency.

In 2017, the Lafayette Police Department became the first in Contra Costa County to authorize its officers to administer Naloxone. According to Police Chief Mark Nagel, Orinda police will receive training in the use of the drug once the Sheriff's Office schedules the classes.

A campaign to preserve Painted Rock

... continued from Page A1



Linus Eukel, the trust's executive director, adds that this specific piece of property shares boundaries with the Palos Colorados and Rancho Laguna properties, each with vast expanses of preserved open space and planned trails. He explains that the JMLT will start working on a trail plan and appeal for volunteers to carve it. He expects the preserve to open to the public in the spring of 2020. If all goes according to plan, Painted Rock will be a free recreation resource, opening a portal to miles of multiuse

trails, ponds, streams, windswept grasslands, unparalleled views of Mount Diablo and the rolling hills of central Contra Costa, all within a few minutes walk from homes in the heart of Lamorinda.

But before the deed is done, the trust needs to raise the money it has promised. The \$2 million purchase price is due May 31. Eukel explains that half of the money has already been raised, thanks to generous donors from Moraga, Lafayette, Orinda and beyond. Cabaniss adds that members of the Moraga com-

munity had already been giving money to JMLT, but that the recent acquisitions of Carr Ranch, and now of Painted Rock have ignited their interest and generosity.

Eukel is sensitive to the fact that the Bay Area is under tremendous pressure for more housing. He describes how Marin County started undertaking the task of preserving its open space long ago and that now 75 percent of the land is protected, concentrating housing in the more urban downtown areas. He adds that Contra Costa and Alameda counties are still far from reaching a level that he feels is necessary for the sustainability of the local fauna and flora, including wildlife corridors, but that the trust, treading tenaciously on the footsteps of its namesake, is proud to contribute to what he calls a moral duty to the future generations of Californians.

"Other than cattle ranchers who have grazed herds on these hills for decades, few people – even longtime residents who drive by daily on busy streets below – have experienced this beautiful landscape or enjoyed its remarkable vistas," notes Eukel. The JMLT has already acquired over 3,000 acres of open space in Contra Costa County. Contributions to the Painted Rock campaign can be directed to jmlt.org; the trust will be present at the Moraga Pear and Wine festival on Sept. 22.

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Orinda

Public Meetings

City Council

Monday, Sept. 17, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Planning Commission

Tuesday, Sept. 11, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Citizens' Infrastructure Oversight Commission

Wednesday, Sept. 12, 7 p.m.
Sarge Littlehale Community Room,
22 Orinda Way, Orinda, CA 94563

School Board Meetings Orinda Union School District

Monday, Sept. 10, 6 p.m.
Regular Board Meeting
8 Altarinda Rd., Orinda
www.orindaschools.org
See also AUHSD meeting page A2

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

Orinda honors longest serving employee, ever

By Sora O'Doherty



Jennie Flores

Photo Sora O'Doherty

This August marks the 30th year of Jennie Flores' employment with the city of Orinda. Although she has no intention of retiring, the city marked the anniversary with a proclamation presented to her at the Aug. 21 city council meeting.

Flores joined the city of Orinda as an accounting clerk on Aug. 3, 1988, just three years after the city incorporated, starting even before the city moved to its new city hall.

Flores was born in Hawaii and moved to California when she was 16 years old in 1965. She got a job working part time for Aluminum & Chemical Corporation as an accounts payable clerk. She went to full time two years later in 1967, and stayed there until she moved to her job with the city of Orinda. Promoted to the Accounting Technician III position in 2002, she is primarily in charge of the accounts payable function in the city's finance department.

The proclamation declares, "Jennie is the longest serving employee of the City of Orinda

EVER," and goes on to praise her as "thorough, reliable, and always willing to help." It continues, "Jennie has been with the City through four city managers, three interim city managers, and approximately eighteen city councilmembers, and somehow not one of them could feel anything but affection and appreciation for her work, her diligence, and her sense of humor. Jenny is a rock at the base of the foundation of our city government!"

Flores lives in Pleasant Hill and has probably taken BART to work over 6,000 times. In the course of her employment she has processed over 60,000 checks. The city council was pleased to note that Flores is loved for her cheerful attitude and is always quick to smile, and recognized her unflinching service and loyalty to Orinda, which has been appreciated by everyone with whom she works.

When Flores isn't working, she enjoys her vacations, sometimes returning to Hawaii to visit her aunt who lives in Lahaina on Maui.

OIS principal resigns



Michael Randall Lamo archive

In order to spend time with his family and focus on other career opportunities, Orinda Intermediate School principal Michael Randall resigned from his position in the

Orinda Union School District effective Aug. 24 after 13 years serving in that position. "We wish Mr. Randall well and thank him for his service," noted Superintendent of Schools Dr. Carolyn Seaton in an announcement to the school population. Stacy Wayne will continue as interim principal of OIS while the district begins its search for a new principal. "During our search process, we will seek input from OIS students, staff, parents, and Orinda community members," said Seaton. — Sora O'Doherty

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Residents urge city council to enact gun control legislation

By Sora O'Doherty

Although there was an outpouring of support from Orinda residents for two proposed gun control ordinances — one to require that firearms be secured with trigger locks or kept in locked containers; the other regulating the business of gun dealers — and only a few speakers against them, the Orinda City Council remained concerned about potential financial liability and instructed staff to conduct

further research into the issues at its Aug. 21 meeting.

City Manager Steve Salomon explained that gun control is "a complicated issue, controversial at national and state levels as well as at the local level." He said that the council had four options as to how to proceed:

Option 1. Staff would monitor state and federal legislation and court decisions, and increase publicity on the services the police department provides relating to gun safety. Staff would report back to the council if there is a further action or position that would be prudent to take. Staff does not recommend that city pursue a land use permit.

Option 2. In addition to Option 1, direct the city attorney to prepare an ordinance similar to the one adopted by Moraga. This action would be primarily symbolic, since the police will not go to each house to examine gun storage. However, if police are called to a location for other reasons, this could add some breadth to an appropriate investigation. More significantly, the council would be joining with other communities who have passed similar ordinances signaling a desire for more reasonably restrictive interpretations of the second amendment.

Option 3. There are currently no gun dealers in Orinda. Ap-

proximately 20 years ago the city of Lafayette amended its municipal code to require gun dealers to apply to the city through the police department and, after review, if they meet requirements, they receive a permit with conditions. A permit can be denied under certain circumstances. Orinda Municipal Code would have to be amended similar to Option 2.

Option 4. In addition to the three options above, the council could direct the staff to explore and bring back other changes to the municipal code which create a more significant regulatory environment in Orinda. This will take a significant amount of staff and attorney time and would increase the risk of litigation if any additional changes are made.

Council Member Dean Orr asked for Orinda Police Chief Mark Nagel's assessment of what the state currently requires. Nagel responded that at the state level everything revolves around children. If children are present, guns must be locked. A child has to get a gun and use the gun for the owner to be criminally punished. Orinda attorney Osa Wolff added that the state focuses on the penal side, which is not equivalent to local regulation, and stated that this is an area for local consideration.

In the public comment period, the council heard from ap-

proximately 30 individuals in support of the ordinances, and three against.

Orinda resident Jackie Moreau was a victim of gun violence and also had some close personal friends who lost a child to suicide, and said she thought had they had their guns secured, that would not have happened. She urged the council to do everything that you can and be aggressive in pursuing gun safety.

Dan de Busschere said that nobody disagrees with the goals, but that the council has much to consider. He stated that gun ownership is a protected class and that regulation raises issues of litigation liability.

Many speakers offered statistics about gun violence; quite a few offered examples from their own lives. Christine Barry said that the Brady Campaign found that 4.6 million children live in homes with unsafely stored guns. Eight children a day are injured or killed by accidental use of guns. She spoke about a friend of her in-laws, a pastor who accidentally killed his own daughter while he was putting a gun away. The firearm accidentally discharged and the bullet ricocheted off the fireplace and hit his daughter in the heart; she died instantly.

... continued on Page A12

Correction: In the story, "Joaquin Moraga descendant to perform at annual Fandango," published in the Aug. 22 issue of Lamorinda Weekly, the name of Lance Beeson's grandmother was incorrectly listed as Gomacinda, which was actually the name of Beeson's grandmother's paternal grandmother. Beeson's grandmother's name was Irene. Also, according to Beeson, his grandmother did not have a "rift" as described with her Moraga and Avila families due to a will dispute in 1919. To his knowledge, Beeson says he didn't know if she ever knew about the will settlement of her paternal grandfather, although he says he did wonder aloud to the reporter if she did. Beeson found out about the will settlement from internet research, and says it was never part of his family lore. Gomacinda Moraga died in the 1890s, and Beeson's grandmother never met her nor had contact with surviving members of the Moraga family.

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Saturday,
September 8th, 10am-3pm
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- Shaded seating to enjoy lunch and refreshments from the Taverna Pellegrini Food and Beverage Pavilion
- Loard's Ice Cream and Candy
- Ride in the Drive of Classic Cars at 3pm
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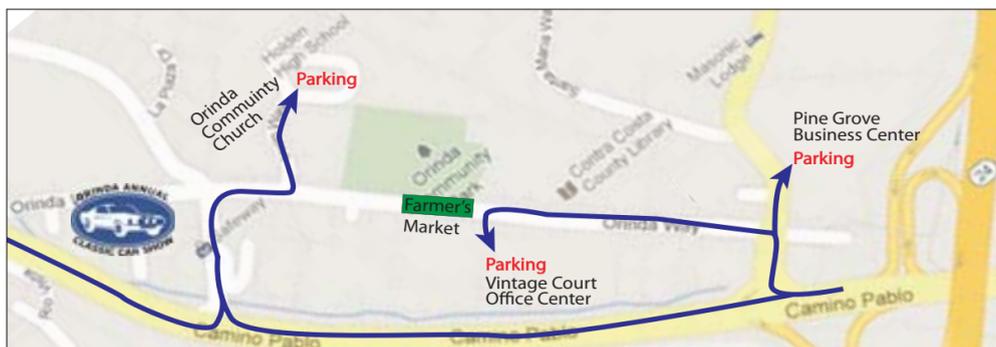
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Nancy and Bob Bishop	Susan and Steve Glynn	Pete Michaelides	Catherine Soso
Kevin Bixler	Joey Guerra	Jim Mitchell	Tom Steinberger
Barbara Bontemps	Kirk Haley	Ed Moffatt	John Vanek
Tom Brzezinski	Chris Hanlon	Tom Pearson	Michele Vasta
Betsy and Greg Chovanes	Steve Harwood	Allen Pennebaker	Marie and Bill Waterman
Steve Corbitt	Carolyn and Chip Herman	Vince Poehnel	Kate Wiley
Bill Cosden	Sally Hogarty	CJ Poloka	Matt Wilson
Bill Criswell	Ken Jew	Terry Ranahan	Gary Wong
David Dierks	Sylvia Jorgensen	Mike Robinson	Rick Woodward

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- Orinda Community Church and Holden High School, Irwin Way
- Vintage Office Building, Orinda Way
- Pine Grove Business Center, Santa Maria Way



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Fire Districts

Public Meetings

Moraga-Orinda Fire District Board of Directors
Wednesday, Sept. 19, 7 p.m.
 Go to the website for meeting location, times and agendas. Visit www.mofd.org

ConFire Board of Directors
Tuesday, Sept. 18, 1:30 p.m.
Board Chamber room 107, Administration Building, 651 Pine St., Martinez
 For meeting times and agendas, visit <http://alturl.com/5p9pu>.

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Firefighter strike teams face new challenges

By Nick Marnell



MOFD Capt. Jon Bensley, center, at the Carr Fire. Photo courtesy MOFD Firefighters Association

The Bay Area firefighters returning from deployments at the recent California wildfires agree: The fire behavior that they have seen this year is unlike anything they have ever witnessed.

Jon Bensley came home in August after eight days at the Carr Fire, a wildfire that burned more than 200,000 acres in Shasta and Trinity counties and caused

38,000 evacuations. "It was a big fire, but it was the behavior that put us all on edge," said the Moraga-Orinda Fire District captain. "We're always thinking about fire behavior, and trying to predict what we might see, but that surpassed anyone's expectations."

The fire created its own weather system, and produced a fire whirl – a tornado – with

winds over 140 mph. The whirl remained on the ground for 30 minutes and reached a height of 18,000 feet, destroying property and killing three in Redding.

Capt. Brent Boling of the Contra Costa County Fire Protection District was at a pizza shop with his crew in Redding when the fire tornado hit. "We got caught in evacuation traffic, on our way to base camp," Boling said. "Usually we're dealing with fire in the brush. The progression of this fire was house to house. You wouldn't expect that behavior."

"It reminds us to step back for a moment and think about what we are doing, and how best to serve the situation," said Bensley of the fire, which killed two firefighters. "It makes you re-evaluate the risks you are taking and how you are going to operate."

Both firefighters praised the community for its support. One boy wearing a firefighter outfit carried a sign along base camp every day thanking the crews, as did two young girls riding along on horseback. Families delivered food and treats to the camp. "You couldn't pay for a meal in Redding yourself," Bensley said.

Receiving encouraging cards from local residents helped cheer up the firefighters, many of whom were missing their families. "It's incredible what our families handle while we're gone," said Bensley, whose wife tends to a 5- and

a 3-year-old, plus a 4-acre farm. "She says, 'As soon as you leave, the kids get sick, something breaks and I get forced to go to work. With no babysitter.' She's fighting the fire at home."

Boling has two daughters enrolled at Saint Mary's College. "It never ends being a dad," Boling said. While he worked on the strike team, one daughter on a trip with a friend called him when the headlights went out in her car. "She caught me on Face Time, with flames shooting in the background, and asked me to help her fix them. 'Ah, I'm a little busy now ...'" Boling told her to get a hotel room and deal with the headlights the next day, which she did.

For Boling, the Carr Fire was his 17th out-of-district assignment. "My first strike team, the Fountain Fire in Shasta County, remained in the Top 10 until the last two years," he said, emphasizing the ferocity and destruction of the recent wildfires. The Fountain Fire marked its 26th anniversary Aug. 20.

Bensley was on edge for most of his interview, not because he was uncomfortable sharing his story but because he had to wrap up his captain's workload at MOFD Station 43.

That night, he was leaving Orinda to work the Mendocino Complex Fire, the largest fire in California recorded history.

MOFD chief offers strategies to cope with PG&E power shutdowns

By Nick Marnell

To allay concerns about power shutdowns that the Pacific Gas and Electric Company plans to institute during high fire-threat weather conditions, Moraga-Orinda Fire District Chief Dave Winnacker outlined steps residents can take to ensure that they always receive proper emergency notifications and evacuation alerts.

According to the utility, "For public safety, it may be necessary for us to temporarily turn off electricity to customers who are served by PG&E electric lines that run through extreme fire-threat areas." But if PG&E shuts down

power, how will residents be made aware of an approaching fire or to evacuate, especially in the era of internet-based phone systems and hands-free phones?

Winnacker recommended the purchase of an uninterruptible power source, which for about \$75 will provide adequate power for up to six hours. "And that gives you your Wi-Fi connection," he said. He also suggested the purchase a battery-powered AM/FM/weather alert radio to receive notifications during a power outage. The chief said he found one on Amazon for \$29.

The chief eschewed the use of sirens. "They are not designed to reach into buildings to communicate what is going on outside," Winnacker said. Rather, he favors relying on the Contra Costa County Community Warning System, which provides automated phone calls, text messages and weather alerts and allows for targeted evacuations of those who face the highest risk. For residents who sign up for Reverse 911, a feature of the warning system, "We can determine to the lot where the emergency is," Winnacker said.

The chief also recommended

signing up for Nixle alerts, emergency notifications provided by public agencies.

PG&E said it will make every effort to contact customers in advance of a power shutdown. Customers can sign up for the alerts on the utility website.

The chief offered perspective on the utility's power shutdown policy. "There is very little likelihood that this will happen," Winnacker said. Even in this record-setting fire season, PG&E has not yet reached the threshold for a preemptive power shutdown anywhere in California.

Moraga Police Department Incident Summary Report Aug. 14-27

Alarms	23
911 Calls (includes hang-ups)	7
Traffic	69
Suspicious Circumstances	13
Suspicious Subject	4
Suspicious Vehicle	7
Service to Citizen	35
Patrol Request/ Security Check	20
Vacation House Check	13
Supplemental Report	11
Welfare Check	3
Abandoned Vehicle	50 Block Miramonte Dr. 2100 Block Ascot Dr. 2100 Block Donald Dr.
Accident Property	600 Block Moraga Rd.
Auto Burglary	St. Marys College (3)
Beat Info	1800 Block School St. 40 Block Cumberland Ln.
Civil	1800 Block Joseph Dr. 200 Block Calle La Mesa

Coroner's Case	1300 Block Rimer Dr.
Disturbing the Peace	Police Department Canyon Post Office
Drunk In Public	Safeway (2)
DUI Misd	Coral Dr./Moraga Way
Excessive Speed	Skate Park Canyon Rd./Country Club Dr. (2) Moraga Way/St Andrews Dr. Rheem/St. Marys (2) Renalt/Rheem Moraga Rd./Corliss Dr. St. Marys Rd./Moraga Rd. Larch Ave./Wandel Dr. (3) Campolindo Dr./Moraga Rd. 500 Block Rheem Blvd. (2) Fernwood Dr./Rheem Blvd. (2) Rheem Rd./Campolindo Dr. (2) Moraga Rd./Alta Mesa Dr. Campolindo Dr. Fernwood/Green Moraga Way/Camino Ricardo

Fire/Ems Response Info	Camino Pablo/Hodges Dr. 600 Block Moraga Rd. Canyon Rd./Eb Mud Trail
Found Property	10 Block Moraga Valley Ln. (2) Police Department St. Marys College 200 Block Tharp Dr. 300 Block Moraga Rd. 600 Block Rheem Blvd. Police Department Campolindo High School Starbucks 200 Block Tharp Dr. Draeger Dr./Moraga Rd. (2) 100 Block Derby Ln. 70 Block Miramonte Dr. 600 Block Moraga Rd. 2000 Block Ascot Dr. Calle La Montana/Corte Del Cae 1000 Block Sanders Dr. (2) Wells Fargo 40 Block Cumberland Ln. 1500 Block Canyon Rd.
Police Department (2)	
Fraud False Pretenses	
Grand Theft	
H&S Violation	
Hailed by Citizen	
Harassment	
Identity Theft	
Juvenile Disturbance	
Lost Property	
Loud Music	
Loud Noise	
Loud Party	
Ordinance Violation	
Other Non Criminal	
Petty Theft	

Phone Harass	50 Block Sullivan Dr. 40 Block Sarah Ln.
Public Assembly Check	1400 Block St. Marys Rd.
Public Nuisance	Rimer Dritharp Dr. 1900 Block Ascot Dr. Moraga Way/St Andrews Dr. Moraga Way/Ivy Dr. St. Marys Rd./Bollinger Canyon Safeway Moraga Way/Moraga Rd. Camino Ricardo/Moraga Way 300 Block Rheem Blvd. Bollinger Canyon Rd./ Valley Hill
Reckless Driving	
Shoplift	
Tc - Property Damage	
Traffic Hazard	
Valley Hill	
Unwanted Guest	1400 Block Moraga Rd. 1500 Block Canyon Rd. 70 Block Sullivan Dr. 1400 Block De La Cruz Way
Vandalism	
Violation Restraining Ord	40 Block Sarah Ln. Williams Dr/Chalda Way St. Marys Rd./Carter Dr. 10 Block Laird Dr.
Warrant Arrest	
Warrant Service	

Orinda Police Department Incident Summary Report Aug. 12-25

Alarms	52
911 Calls (includes hang-ups)	8
Traffic	66
Suspicious Circumstances	7
Suspicious Subjects	17
Suspicious Vehicles	10
Patrol Request/ Security Check	20
Service to Citizen	63
Supplemental Report	19
Vacation House Check	28
Welfare Check	11
Abandoned Vehicle	60 Block Brookwood Rd. 10 Block El Toyonal 60 Block Brookwood Rd. 30 Block Marston Rd.
Accident Injury	Moraga Way/Stein Way
Accident Property	Police Department Camino Pablo/Brookwood Rd.
Auto Burglary	60 Block Loma Vista Dr.
Auto Burglary	40 Block Loma Vista Dr.

Battery	80 Block Loma Vista Dr. 30 Block Oak Rd.
Beat Info	40 Block Orchard Rd. 10 Block Woodcrest Dr.
Civil	70 Block Van Ripper Ln.
Civil Problem	10 Block Altarinda Rd.
Commercial Burglary	10 Block Orinda Way
Dependent Child	100 Block Brookside Rd.
Disturbance-Domestic	Lombardy Ln./Van Ripper Ln. 70 Block Van Ripper Ln.
Disturbing the Peace	Orinda Convalescent 100 Block Orchard Rd.
Drunk In Public	Safeway 500 Block Moraga Way Moraga Way/Glorietta Blvd.
DUI Misd	Lombardy Ln./Tarry Ln. First Republic Bank Lavenida Dr./Estabueno Dr.
Forgery	
Found Property	
Hailed by Citizen	Orinda Way/Camino Sobrante
Harassment	10 Block Irwin Way
Hit And Run Misdemeanor	200 Block El Toyonal Moraga Way/Stein Way 40 Block Overhill Rd. (2) Lost Valley Dr./Valley View Dr.

Identity Theft	Police Department
Intoxicated Subject	500 Block Moraga Way
Juvenile Disturbance	20 Block Adobe Ln. 10 Block Rio Vista 10 Block La Campana Rd. Lombardy Ln./Dalewood Dr. 30 Block Zander Dr. 10 Block Sunrise Hill Rd. 20 Block Las Vegas Rd. 10 Block Las Vegas Rd.
Loud Music	
Loud Noise	
Medical Hospital	60 Block Moraga Way 500 Block Moraga Way
Misc Burglary	Christian Scientist Church
Ordinance Violation	10 Block Lloyd Ln. 60 Block Monte Veda Dr.
Other Misdemeanor	Safeway
Petty Theft From Veh	20 Block Camino Encinas
Possession Of Stolen Prop	10 Block Theatre Sq 106
Public Assembly Check	10 Block Camino Sobrante (2) 20 Block Orinda Way
Reckless Driving	Safeway

School Assembly Check	Orinda Intermediate School (2) Miramonte High School (2) Glorietta Elementary School
Surveillance	20 Block Block Of Muth Muth Dr. Lost Valley Dr. 10 Block Southwood Dr. 10 Block Lost Valley Dr.
Tc - Property Damage	40 Block Via Floreado
Trespass	El Ribero/Camino Sobrante Moraga Valley Swim And Tennis
Unauthorized Possession	10 Block Monte Vista Rd.
Unwanted Guest	Safeway
Vandalism	40 Block Donald Dr. 10 Block Tamalpais View Rd. 500 Block Miner Rd. 70 Block Van Ripper Ln. 20 Block Adobe Ln. 10 Block Dos Posos
Verbal Dispute	
Video	
Warrant Arrest	

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Wildfire evacuation talk fills Orinda auditorium

By Cathy Dausman



Orinda residents Jack Babcock (left) and Cheryl Nevares locate their streets on the city's evacuation district map. "It's wonderful training," Nevares said. Photo Cathy Dausman

A neighborhood social media conversation about the use of outdoor sirens in Orinda as wildfire alerts sparked a public forum on electronic alerts and included detailed map updates of Orinda's 25 evacuation zones. Attendees filled

the seats in the Orinda Library auditorium Aug. 22 and additional chairs were brought in as residents heard from police, fire and emergency preparedness speakers.

The siren idea went down in flames.

Contra Costa County Community Warning System manager Heather Tiernan called the use of such a system completely dead, even in tornado alley. Tiernan said sirens are "ugly, loud, non-targetable and expensive," that old civil

defense sirens can't be retrofitted, and new ones are expensive to install and maintain. Besides, Moraga-Orinda Fire District Fire Marshal Kathy Leonard said residents might not even hear sirens inside a well-insulated home.

The focus instead was on receiving Nixle and CWS alerts. Orinda Chief of Police Mark Nagel said the countywide CWS system is even more efficient than the Nixle system local law enforcement uses.

Evacuations are dangerous business both for firefighters and the public, Leonard said, as she promoted the department's free Fire Wise assessment program. "Ahead of the fire is an ember storm blowing 60 miles per hour," Leonard told residents they must act quickly when it comes time to leave.

What if you're not alerted? Nagel and MOFD Emergency preparedness coordinator Dennis Rein responded, "Do something yourself!" Lamorinda CERT program manager Duncan Seibert added, "Refill your gas (tank) when it gets to half."

But Seibert's comment that a little planning goes a long way

rang hollow for at least one former Santa Rosa couple who relocated to Orinda. "We packed an earthquake 'go bag,'" the husband said, "but no one told us we'd need a fire go-bag." When a firestorm like that erupts, "planning goes out the window," his wife added.

"We're all in this together," said Rein, who noted that Police Chief Jon King plans to schedule a similar meeting in Moraga. Rein also expects a response soon from Lafayette Police Chief Ben Alldritt.

One audience member was upset city council members did not attend. "Safety is not being addressed," Valerie Colber said, adding the city has put "priority over paving when our lives are at stake." Mayor Amy Worth expressed regrets she was unable to attend but pointed out the city's police chief attended and participated in the meeting.

"The city and the fire district work together," Worth said. "We care deeply."

To begin receiving alerts from police or county agencies, sign up at: www.nixle.com and <https://cw-alerts.com>

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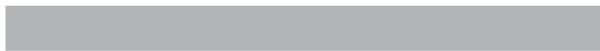


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Letters to the Editor

Note from the Editor:

Due to an incredibly large volume of candidate endorsement letters, we were only able to include one letter per candidate, but have noted if multiple letters were received. A complete list of Letters to the Editor will be included online at www.lamorindaweekly.com.

Road work woes

I am a homeowner in Orinda and definitely not an engineer. We have been pleased that our road is currently being resurfaced and we're thankful to our city for making this happen. That being said, I have a serious question about the best practices used by our road contractor with the resurfacing and whether our city or EBMUD understands the process enough to mitigate the expense either to EBMUD ratepayers or the city of Orinda.

Specifically, after our road was scraped, a heavy vibrating steamroller compacted the soil prior to resurfacing. My neighbors and I all felt it, as if an earthquake rocked us for 30 minutes or more. No problem with that, but the next day we had a major water leak from our main water line in the street. I called Orinda and someone showed up for the city who marked out gas and water lines. He told me this happens a lot. EBMUD showed up and they've been here with excavators, etc. for 10 hours and I know this has been an expensive repair. My neighbor and I think this must be at least a 50K repair job given all the heavy equipment and manpower.

I spoke to the EBMUD foreman and he said this is an EBMUD expense because "we can't prove how it happened." OK, that's not my venue, but the fact is, the steamroller rolled right over many times the cap of the main water line and there's no question it busted all the water connections under the street. I asked the EBMUD foreman if that makes any sense, and he said it was crazy because, of course, that will destroy all the connections.

Like I said, I'm not an engineer, but the EBMUD foreman and I both questioned why the main water connections to the street couldn't be handled uniquely prior to compacting. I am a residential builder, and I am trying to understand the thinking that doesn't consider how to minimize this kind of damage. If the thinking by the city and contractor is that EBMUD just absorbs this practice I think it should be called out. We are all paying for this, one way or another.
David Kirk
Orinda

MOFD board of Directors election

Elect independents for MOFD Board

It is encouraging that so many citizens are standing up to run for the MOFD Board which directs our emergency services provider, managing over \$25 million tax dollars each year. In the last issue of the Lamorinda Weekly retiring Director Famulener pointed to the improved condition of the Pension by \$12 million, and that is good news. But it mostly was the result of a robust investment economy, not MOFD economies. In

2008, MOFD's Pension assets lost almost 30 percent of their value. That would be a \$50 million loss today. MOFD retirement plans are still \$75 million underfunded. Yet the employee's union is demanding that less money go to reduce this debt so that more can go to salaries which currently average \$150,000 including overtime but excluding \$200,000 in benefit costs. While our firefighters provide us great service, the management of MOFD has to remain independent of their union. This is why it would be dangerous to elect any of the three union supported candidates for the MOFD Board: Baitx, Danziger or Donner. Please elect the independent candidates (Bell, Anderson, Smith and Talbot).

Steve Cohn
Orinda

Lucy Talbot is BEST choice for Division 4

We endorse Lucy Talbot for the Board of the Moraga-Orinda Fire District (MOFD). We've had the pleasure of knowing Lucy for 30 years and believe she is the best representative for the challenges facing MOFD. Lucy brings a combined business and philanthropic background with experience working closely with fire districts (in her previous career), being a small business owner with a track record of strong fiscal responsibility and serving as an active community volunteer.

She understands the importance of strong, community-minded representation in order to manage the services so critical to Orinda's daily operations. Lucy is never afraid to get involved; we know many people in the community have had a firsthand opportunity to experience Lucy's commitment to making Orinda a better place. Both of us have enjoyed working with her throughout the years on various local projects (including many at various schools) where we observed her positive, professional attitude and collaborative nature. Lucy's ability to carefully listen to the issues and develop a measured strategy for a path to solutions is critical to an organization's longevity. We are confident that Lucy understands the concerns of Orinda's citizens because she is focused on fire prevention plans as well as seeking solutions to reducing emergency response times and unfunded pension liabilities.

Please join us in voting for Lucy Talbot for MOFD Board.

Jane and Mark Zuercher
Orinda

(Other letters from Joan and Frank Maxwell of Orinda)

Nathan Bell for MOFD Board Division 1

I write in support of Nathan Bell for the Moraga Orinda Fire Division Board. I have known Nathan for well over 25 years and have worked with him in various volunteer capacities and have been impressed by his integrity and his consistent generosity of time and resources in support of community organizations. He and his wife, Melanie, have raised a fine family of five children, sent them all to Moraga schools and have been good community citizens. I have every

confidence that he will represent the citizens of Moraga well as a member of the MOFD Board which oversees the affairs of the District. He will be fair in his dealings with the firemen's union and in representing the financial realities of the District. I enthusiastically recommend him for your vote.

Marlene Jex
Moraga

(Letters of support also received from Bill Wright, and Courtney Johnson of Moraga)

Letter endorsing Red Smith for MOFD Division 3

This is a letter endorsing Red Smith, an outstanding and respected community member and friend, who is running for a position as a Board Director for the Moraga-Orinda Fire District. (MOFD). Red is well qualified for this post for many reasons including; his professional experience as a CEO in technology and finance, his deep roots in local community service with youth baseball, scouting, and various boards, and his passion for serving people in our community. We've had the fortunate experience of knowing Red through the Haas School of Business MBA program and as a supportive "dance dad" at CAPA. Many people in the community know Red and his wife Gina of over 30 years due to their involvement in the community and their hard to miss four red headed young adult children. Red's warm personality, easy laughter, ability to listen and collaborate, as well as his boundless energy and ability to inspire others, make Red Smith a valuable team member and leader. Red's goals for the MOFD include focusing on fire prevention, assisting with emerging technologies for emergency services, and to prudently manage the budget. If anyone can make a difference it is the dynamic and passionate Red Smith! Please consider joining our family as we endorse Red Smith to serve on the MOFD.

Lori and Mark Oczkus
Orinda

(Letters of support also received from Stephen and Rosemary Durant, and Eileen and Scott Hoffinger of Moraga)

Orinda City council election

Dennis Fay for Orinda City Council

I strongly support Dennis Fay for Orinda City Council. In his capacity as Chair of the Citizens Infrastructure Oversight Commission he was instrumental in developing the program to repair Orinda's roads that is now being implemented. He is dedicated to completing that plan and to finding sufficient revenue to maintain the roads in good condition in the future. Dennis is an excellent listener and knows how to develop consensus on complex and divisive issues. As a long time Orinda resident he understands the needs of this beautiful small town as

well as the economic and fiscal issues that confront it. He brings experience that will assure that the city is well managed and retains its excellent credit standing. He will also work to preserve its essential character as a charming family-oriented small town with a human scale while striving to revitalize our downtown. I urge all Orinda citizens to vote for Dennis Fay.

Brad Barber
Orinda

(Letter of support also received from Darleen Gee and Tom Trowbridge of Orinda)

Nick Kosla for Orinda City Council

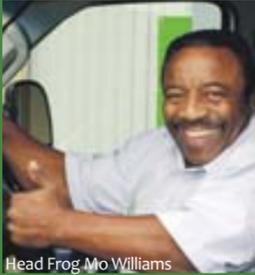
One of my favorite times of the day is taking my chocolate lab for a walk down my street during the magical "golden hour" and watching the sun cast its glow over the rolling hills that are classically Orinda. I often find myself smiling as I look out, thinking about how lucky I was to grow up surrounded by such beauty and now, fortunate to return with my husband to raise our own family here. It delights me that my children visit the same library and play in the same community park that I ventured to as a child. I also can't help but feel a sense of nostalgia as we dine at the same eateries and shops like Village Pizza, Nation's Hamburgers and Loard's Ice Cream that I frequented as a child. There is so much to love about Orinda and yet I know there is much more work to be done to keep our beloved town thriving. This is why I was thrilled to hear that Nick Kosla is running for City Council. Nick also grew up in Orinda, as did his wife, Larissa. They too returned to Orinda in order to raise their family here. He is the perfect addition to the City Council as he knows and respects Orinda's history, but also understands that growth and improvement are necessary to secure the future of our town. As former Chair of the Orinda Planning Commission, Nick has the experience needed to help revitalize downtown Orinda and bring in additional restaurants and shops. Keeping Orinda safe is also at the forefront of Nick's agenda. Funding for our public services is especially important in light of the fires that have devastated many nearby areas and the knowledge that our town borders major fault lines. These are just a few of the key issues Nick intends to address if elected. Orinda needs Nick. Please join me and your fellow neighbors and vote for Nick for Orinda City Council on November 6, 2018. (If you vote by mail, please vote for Nick in October when you receive your ballot.)

Regina Gordon
Orinda

(Letters of support also received from Jack and Kiley O'Meara, Tamra Aguinaldo, Leigh Fortune Feusier and Tanya Caragol of Orinda)

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

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Saturday- 15th

- 10:15am-11:15am - Lamorinda Idol Finalists
- 11:30am-12pm - Peter Pan Foundation
- 12pm-12:30pm - Peter Pan Foundation
- 12:30pm-1pm - Performing Academy
- 1pm-1:30pm - Town Hall Theatre
- 1:30pm-2pm - Funkmode
- 2pm-3pm - Peter Pan Foundation
- 3pm-4pm - Lamorinda Idol Finalists
- 4pm-4:30pm - Martial Arts America
- 4:30pm-5:30pm - High Five Music Academy
- 5:30pm-6:30pm - Rhythmic Gymnastics Academy East Bay

Sunday - 16th

- 10am-11am - Traci de Leon Studios vocalists
- 11am-11:50am - Erin Fishler Studios performers
- 11:50am-12:30pm - Nancy Lake's students
- 12:30pm-1pm - Laura Zucker's students
- 1pm-3pm - Music Co-op Kids' Bands with Vince Lay
- 3pm-4pm - "Free T-Shirts" Teenage rock band from ModernTone Studios
- 4pm-4:30pm - "Isabelle" - soloist from ModernTone Studios
- 4:30pm-6pm - "7pM" High School kids rock band

Fiesta Stage

Saturday- 15th

- 12:30 pm - 2:00 pm Annie Sampson
- 2:30 pm - 4:30 pm Deep Blue Jam
- 5:00 pm - 7:00 pm Neon Velvet

Sunday - 16th

- 10:00 am - 11:00 am Watermelon Men
- 11:30 am - 1:00 pm Bob Athayde
- 1:30 pm - 3:30 pm Toree McGee
- 4:00 pm - 6:00 pm East Bay Mudd

Bank of the West Stage

Saturday -15th

- 11:00 am - 12:00 pm Purple Fox & the Heebie Jeebies
- 12:30 pm - 2:00 pm Sunny and the Black Pack
- 2:30 pm - 4:30 pm Extra Large
- 5:00 pm - 7:00 pm ZEBOP!

Sunday - 16th

- 11:30 am - 12:30 pm The Quitters
- 1:00 pm - 3:00 pm Spazmatics
- 3:30 pm - 6:00 pm Sun Kings

Premium Wine Stage

Saturday -15th

- 12:00 pm - 1:30 pm Rock City
- 2:00 pm - 4:00 pm The Ripplers
- 4:30 pm - 6:30 pm 3day Weekend

Sunday - 16th

- 12:00 pm - 1:30 pm Juke Joint
- 2:00 pm - 3:30 pm Bay Bridge Beat
- 4:00 pm - 6:00 pm Big Jangle

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MOFD hosts International Disaster Management Seminar

By Nick Marnell



From left, MOFD seminar participants from Namibia, Nigeria, Bangladesh, South Africa and Myanmar (Burma). Photo MOFD

Disaster preparedness and response professionals from around the world converged on the Moraga-Orinda Fire District Aug. 20 seeking to enhance their ability to prepare for and respond to natural disasters. The district sponsored the final exercise of

the 2018 U.S. Forest Service International Disaster Management Seminar, which included 29 participants from 21 countries all over the world.

The district put on a Sand Table exercise that included two modeled incidents based on a

scenario of a large earthquake ripping through the Hayward fault. One part of the exercise included an evacuation caused by a potential weakness in Briones Dam while another group had to deal with a wildland fire threatening homes on the Orinda-La-

fayette border.

MOFD staged the exercise at Fire Station 45 and included simulated TV news reports, radio transmissions and written communications for the participants. The participants used knowledge they had gained over the first two weeks of the seminar to implement the Incident Command System and the coordination required at the local, regional, state and national levels of government. "They dealt with the entire scope of a disaster, including political issues," said Dennis Rein, MOFD emergency preparedness coordinator, who hosted the event.

Participants grabbed dinner at the Orinda Safeway, and they ate and shared disaster response stories at the Orinda Community Park, across from the fire station. Rein said the sartorial award went to the forest general director of Tunisia, who wore his full military uniform everywhere he

went, all day long.

The 15-day seminar included time with the San Francisco Fire Department, the Pacific Gas and Electric Company, Cisco Systems and the California Governor's Office of Emergency Services. Some participants went to the Mendocino Complex Fire to observe the coordinating efforts used in handling that major disaster.

"The idea was for them to see how the U.S. manages large-scale incidents," Rein said. "The event provided great international exposure for MOFD." And every participant – including the Tunisian general – went back to their home country with an MOFD hat and T-shirt.

Volunteers from Lamorinda Community Emergency Response Team and the MOFD communications support unit aided the district in putting on its portion of the seminar.

Orchard Supply Hardware closure

... continued from Page A4

Moraga has dealt with a struggling retail sector for years, and Bruzzone said that the OSH news did nothing to halt the narrative. "We've been trying to get these vacancies filled up. We turned the corner with the Canyon Club and La Finestra, and now this," Bruzzone said, speaking of the brewery scheduled to open in the fall across from OSH, and the restaurant moving into the Moraga Shopping Center in October.

"With every door that closes, one opens," Nelson said. "We hope to bring something back into town soon." Trotter added that the newly improved OSH building "presents another attractive opportunity for a new and

viable retail tenant along Moraga Way, which I believe the town can and should encourage."

On that note, Bruzzone mentioned that he has been actively looking for a grocery store. "We know that Moraga is a great place for retail and commercial," he said.

One business owner had every reason to gloat over the OSH departure, but he did not. "I respected Orchard as a chain. They were a solid, viable competitor," said Bill Snider, president of Moraga Ace Hardware. "We welcome those who looked at Orchard as the town's main hardware store."

Residents urge city council to enact gun control legislation

... continued from Page A6

Jenifer Balducci suggested that, as there are no gun dealers in Orinda yet, it is the perfect time to enact an ordinance to not allow gun sales in the future. (Pleasant Hill was sued by a pre-existing gun dealer.)

Moraga resident Alison Anderman is the managing attorney at the Gifford Law Center. San Francisco was the first jurisdiction to adopt a safe storage law, she said. The gun lobby sued, and they lost in the trial court, lost in the 9th circuit, and the Supreme Court declined to review the case. After San Francisco nine other jurisdictions have enacted safe storage laws and none have been sued. "Moraga was also worried about being sued," Anderman said, "so (The Gifford Law Center) secured the services of Farella Braun and Martel a prestigious litigation firm to defend the town pro bono, and we pledge the same support to Orinda." She added that she is very happy to work with the city attorney and happy to provide free drafting assistance. She suggested that Orinda could face a bigger cost if the city fails to take modest reasonable steps.

The council asked staff to conduct additional research about other ordinances passed in other cities, ways to limit litigation risk, specifics gun sales and permits, and what kind of legal framework exists for this type of gun storage ordinance.

Wolff said she would research this, noting that there would need

to be an analysis to assure that the city doesn't effectively ban guns.

Council Member Darleen Gee asked if Nagel was concerned about enforcing this ordinance.

"I am concerned that it would be interpreted as violation of Second Amendment rights," Nagel said. "How far do you want us to go? Investigating? Asking questions?"

Orr noted that there had been a tremendous amount of correspondence on this issue and that the message to the council is clear. "I just want to make sure that whatever we do we have a policy in place so we don't place the city with an undue amount of risk, either legal or financial," he said, adding that it is critical that the ordinance can be supported by the Sheriff's Office. "We have to be able to have our law enforcement stand behind it." He asked for further clarification between state ordinance and proposed local law and a better understanding of how they work together.

Mayor Amy Worth asked staff to return to council with more information and to identify any other issues they come across so the council can make a decision in the future.

To view the video of the Aug. 21 city council meeting, visit <http://orindaca.iqm2.com/Citizens/SplitView.aspx?Mode=Video&MeetingID=1415&Format=Agenda>.

Share your thoughts, insights and opinions with your community. Send a letter to the editor: letters@lamorindaweekly.com



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The Music Coop fills a void in local musical training

By John T. Miller



Jennifer Grossi warms up the microphone in the Music Coop's rock band studio. Photo John T. Miller

The Music Coop, with studios in Walnut Creek and Lafayette, is filling a void in musical instruction caused by the closure of other venues and cutbacks in elementary music programs.

Jennifer Grossi, who runs Music Coop, said, "When Red House Studios in Walnut Creek closed, the instructors needed somewhere to go. We couldn't maintain the space because the rent was so high."

She ended up partnering with three other instructors from Red House and moved into offices on Tice Creek Boulevard that had been recently vacated by a group of lawyers.

"We didn't have a plan, but we just wanted to keep the music going," she said. The space was not ideal, but rather than reconfigure the lawyer offices, a tutoring center around the corner, with six perfect rooms for studios, became available in the same Tice Valley Plaza Center.

In May of this year, Grossi added the location on Golden Gate Way in Lafayette. Currently, there are 15 instructors using 10 studio rooms between the two locations.

With the closing of Campana Music (see article in the Aug. 8 issue), the Music Coop will add some of the instructors who have been put out of business there.

"It's a really interesting time in the world of music," says Grossi. She explains that the difference for the Music Coop instructors is that they are independent and manage their own students. Rather than getting paid an hourly wage, the instructors pay for use of studio space.

Vince Lay, a talented guitarist, singer and songwriter, spent 10 years at Red House Studios teaching youth summer camps and youth and adult rock band programs and workshops.

Asked about the difference working with Music Coop as opposed to other studios, Lay says,

"Working at the coop is fantastic! I run my own business but get to work in a supportive group environment. Teachers can share students and refer students to one another, and can work together on events, recitals, and things like advertising as well." Lay enjoys making his own hours and speaking with his clients directly instead of through some sort of manager. "I customize my lessons and classes, which is great because none of my students are the same, and no one learns exactly the same way."

Lay taught ukulele camps over the summer at the Golden Gate Way location, and he also teaches guitar, bass and helps put kids' rock bands together.

While an overwhelming love of music compels Grossi, a background in finance and investment banking helps her run and manage the spaces. At the age of 16 she sang with a band in the '80s, and more recently fronted an '80s tribute band.

The Music Coop focused primarily on rock and roll, but with school music program cuts, along with Campana Music closing, and, soon, Jam Brothers on Boulevard Way in Saranap going out of business, Grossi has added instructors in classical music, string instruments and woodwinds.

This summer, in addition to ukulele camps, the Music Coop held rock band camps, and workshops for vocalists age 12-17 years, who could bring in a song and make it performance-ready in four hours.

Grossi anticipates forming a band workshop for eight weeks that finishes with them recording a demo at Modern Tones Studio (on Almanor Lane in Lafayette), whose primary focus is recording. Rock band formation instructors with real-life experience work with musicians from middle school age all the way to adults.

While music instruction is typically slow during the sum-

mer months, once school kicks in Grossi believes there will be stiff competition for studio time.

One goal of the Music Coop is to get students on stage and let them perform. Grossi partners with the Lafayette Chamber of Commerce for its Art and Wine Festival, providing entertainment for the

Family Stage, and the students also participate in a holiday celebration at Up The Creek records.

One of the difficulties with running a music studio, according to Grossi, is "finding a place where you can play music without the neighbors complaining. We want to be the best neighbors we can be but

we also want to play music." So far, they've been musically noisy, their neighbors have been relatively quiet, and the respective landlords have been cooperative.

For more information on the Music Coop and a list of instructors and programs, visit www.mymusiccoop.com.



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DATE: Thursday, September 13

TIME: 6:00 - 8:00 p.m.

**LOCATION: Amador Rancho Community Center
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PG&E to address safety concerns of community at special meeting

... continued from Page A2

Smith says that PG&E is continuing to work with city staff to review additional information, "including restoration plans and to determine the timing for this important gas safety work."

"We've heard clearly the dissatisfaction of many in our community around how PG&E has recently communicated with our residents in the area of pipeline safety," says Burks. "I'm personally very thankful to those who brought their concerns to us so we could take action by holding this meeting."

Dawson says SLT's ultimate goal is to get PG&E and the city to work with residents to jointly identify the safety priorities in the community but says they perceive "more than a taint of conflict of interest and lack of transparency."

"First off," says Dawson, "PG&E is paying for the city's legal fees pertaining to our lawsuit. This fiscal arrangement, aside from the \$500K the city received per the deal, may be compromising city representation of the facts."

Dawson says that unanswered

questions have created doubt as to the validity of PG&E safety programs. "And worse yet, the integrity of PG&E gas pipeline running under our feet - to the point that we have taken our concerns to the CPUC, who is now conducting an audit of PG&E safety operations in Lafayette."

"To us, this meeting is about gaining commitments from council, PG&E, and the CPUC, meaningfully engaging with the community to help us regain trust in community pipeline safety. It's just a beginning."

Lafayette Art and Wine

... continued from Page A1

We attend every year and it is one of my favorite weekends," says Edwards. "When our now-teenage daughters were in elementary school we used to come down after soccer on Saturdays and go to the kids play zone. Now that they are in high school they love to catch up with friends and there are a lot of opportunities for them to volunteer. I really love the live music! There really is something for everyone."

As a family with elementary school-aged children, Debbi Feeley says they spend a lot of time in the family zone. "My kids love the bouncy castles and giant slide. Another fun (and free) activity for kids is painting the 'LPIE Guy' at the LPIE stall."

Feeley's top tips would be to avail of the free bike valet parking and cycle to the festival. "You avoid all the traffic restrictions and

parking hassle and get to enjoy our beautiful trails on the way. Also, if you're attending with young family, go early before it gets too crowded and hot."

Of the continuous music and dancing, Lifson quotes Bob Weir. "The bands we get are more fun than a frog in a glass of milk!"

The festival takes place on Sept. 15 and 16. Full details can be found at <http://lafayettefestival.com/>.

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~ Life in LAMORINDA ~

A classic car love story for the ages

By Sora O'Doherty



Photo Sora O'Doherty

When you hear the name "Apollo" you might think of the Greek god, or even the spacecraft, but you probably don't think of a classic car. That is not surprising, as only a very small number of the vehicles were ever produced (42 were sold by International Motor Cars and later some others were sold by Vetta Ventura) and even fewer still exist today, but you will have the opportunity to see one at the Orinda Classic Car Show on Saturday, Sept. 8.

The car was the brainchild of Milt Brown of Oakland. Sleek aluminum bodies were produced in Turin, Italy and shipped to the United States where they were finished in Oakland with Buick V-8 engines. The blue Apollo 5000 GT Coupe that will be on display is owned by Orinda resident Meg Mowry Evans. The car was one of two Apollos that belonged to her husband, Bill Evans. When Bill died, Meg decided the best way to honor his memory was to restore his beloved car. So \$50,000 of restoration later, the Apollo can be spotted at classic car shows, and, occasionally, zooming around local freeways, attracting admiring double-takes with driver Meg, or her son-in-law Ben Speelman, behind the wheel.

When Meg Evans talks about her husband Bill, her eyes sparkle. He was the love of her life, father of her two daughters, and quite the character, it appears. In addition to his business ventures, Bill Evans also sang in the San Francisco Opera as a supernumerative and with the San Francisco Choral. "He sang all the time," Meg Evans remembers. "He was a saint, a renaissance man," she adds. "His soul was music and cars." Before racing the Apollo, Bill worked on the Porsche race team. At one time he lived in Wales, working for the Welsh Railway. In his early 20s, he purchased not one but two Apollo 5000 GT Coupes, one in red and another in blue. The red one was a race car, and Bill raced it at Sears Point and Laguna Seca. The red Apollo was later sold, but the blue one is still in the hands of Meg Evans.

Born in Oakland and raised in Montclair, Bill Evans attended Oakland Tech High School. When

he was 23 years old and working as a roofing contractor, he bought the two Apollos, to join his beloved old Jeep. A great businessman, he later joined two partners in purchasing an apartment building in Berkeley. They bought it for \$13,000; it is now worth over \$1 million. Evans later owned a bullet-proof vest company. A full set of medieval armor stands sentry in Meg Evans' home as a reminder of that venture.

Meg met Bill Evans around 1978 at a Sierra Club singles hike. He would take her for dates in the Apollo, and they had fun zooming around the Bay Area hills in the sleek car. Evans admits that she's gotten the sports car up to 120 mph. The Apollo can't be missed on the road. In addition to its elegant good looks, the car sounds like an airplane – with its quad exhausts, it produces quite a few decibels.

In 1980, Meg and Bill Evans got married, and moved into their gorgeous home in the Orinda hills. He was 32; she was 30. Their first daughter, Laura, was born in 1982, Marion was born four years later. Bill died of a brain tumor just after Thanksgiving in 2008. Meg recalls sadly that it fell to her to walk her two daughters down the aisle when they married. Laura will inherit the Apollo, and her husband Ben works hard to keep it going, driving it every other weekend. Evans says that the car is tough to drive, difficult to steer and hard to brake. Milt Brown helped her refurbish the car, including re-leathering the interior and rebuilding the engine. "It's a first class job," Evans says. The car has been shown in a number of classic car shows, including the Concorso Italiano in Monterey. The Blackhawk Auto Museum wanted the car for their collection, and Evans was tempted, but her children wanted her to keep it. When they were younger, she had made them take the car on dates or when they went for nice lunches, enjoying happy days with their dad's memory.

The Apollo will be on display from 10 a.m. to 3 p.m. Saturday, Sept. 8 at the 14th Annual Classic Car Show in Orinda. The free event benefits the "Seniors Around Town" transportation service, an Orinda Association program, The

Educational Foundation of Orinda and other fine causes. For information visit www.orindacarshow.com.

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“The War of the Roses” an epic production at Cal Shakes

By Lou Fancher

THE WAR OF THE ROSES

HENRY VI TRILOGY + RICHARD III



Image provided

Remarkably, “The War of the Roses” at Cal Shakes makes four hours in the company of tyrannical, villainous, evil, vengeful characters whose specialties are butchery and betrayal a desirable outing. Directed by Artistic Director Eric Ting, who with dramaturg Philippa Kelly adapted and combines Shakespeare’s “Henry VI” trilogy and “Richard III,” the production bristles with intrigue while blazing through 15th century English history from the end of the Middle Ages to the Tudor reign.

Ultimately, the question as to why Ting aimed his sites at producing four plays in one is far less intriguing than a second question: Does it work?

Largely, yes. On several counts.

Although Shakespeare himself took some liberties with facts – relying only on the plays for learning English history would be like picking up American history entirely from Twitter or Hollywood films – War of the Roses’ condensed history plays are an adequate if imperfect entry point for those whose historical awareness is lacking. Suffice it to say there are kings, queens, dukes, duchesses and government and church dignitaries whose rivalries to gain or retain power exploit soldiers, citizens and often, their closest family members. Audiences get the gist, which is enough to know a foul odor emanates from the channels of oligarchy and patriarchy.

The production hosts a bold cast with the chops to barrel into counter-type, gender crossover, and multiple role casting. Actors balance each other so that each is spectacular but no one person steals the shine from another actor, and a versatile set design (Nina Ball) instantly brackets both past and future. The overhanging “cage” bears modern style subtitles and name labels to assist in following the complexities of plot and characters. Costumes (Anna R. Oliver) and lighting design (Jiyoun Chang) extend and magnify themes related to class, competition, ghostly afterlife, violence and peace. There’s even live electronic music (Josh Pollock) that adds gritty, contemporary edginess throughout the production.

Because the play gives more voice to women in ways that traditional versions tend not to, especially developing the arc of Queen Margaret, “War of the Roses” deepens understanding. Not only that, but the ghostly mothers who haunt and throw curses upon Richard III, having received fuller profiles in Act I, become not just vengeful spirits but real souls whose pain resonates with extra intensity. It’s not just fine acting that produces this result; it’s time and careful directorial and script considerations courtesy of Ting and Kelly.

But it is an homage to language where the production most excels. Credit Kelly to large extent (and come early to

her pre-show chats for an extra treat). The script is soaked with Shakespeare’s gems that emerge like brilliant showstoppers out of the confusion of names, titles and family feuding: “Things ill-got have ever-bad success,” or “Virtue is choked by foul ambition.” And the Duke of York’s description of Queen Margaret’s “tiger’s heart wrapped in a woman’s hide.” And many more.

The production is not perfect. There is a skipping stone feel to the first act and a recent trend to have disembodied voices broadcast from speakers in the back of the amphitheater., which worked in a previous production, had audiences searching for the source instead of focusing on the stage at crucial moments.

As a four-hour experience, however, “The War of the Roses” offers a parallel thinker ideas to take away. Is leadership a corrupting force? Are alliances doomed to fail? Will a marriage founded on fortune ever result in love? What forces will trust, kindness and allegiance endure and which ones will cause them to tumble and fail? But mostly, the remarkable afterthought is how much fun it has been to be in the company of truly creepy people.

The Cal Shakes production, “The War of the Roses,” runs through Sept. 15 at the Bruns Amphitheater in Orinda. For tickets or information, visit www.calshakes.org.

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SMC students continue a colorful tradition

Submitted by Kay Carney



Photo Haley Nelson

More than 650 first-year and 160 transfer students moved into their residence halls at Saint Mary’s College Aug. 23, with the day kicking off the College’s annual Weekend of Welcome for new and returning students. In keeping with the Saint Mary’s tradition of service, more than 100 student volunteers comprised of sophomores, juniors,

and seniors helped out new Gaels by swooping in to unload cars, carry boxes of school supplies and personal effects, and help the new students transition into their new on-campus home.

Moving into the residence halls was the first of many activities spanning four days, steeped with games, a carnival, resource fair, pool party, and perhaps the

most photogenic and physically engaging activity – the distinctly sloppy and fun “Paint the SMC” event, which happened Aug. 25. A longtime SMC tradition, students hiked up the hill to paint the large SMC letters that overlook campus. No brushes were allowed. Students used only their hands to paint not only the SMC letters, but each other as well.

Submit stories and story ideas to

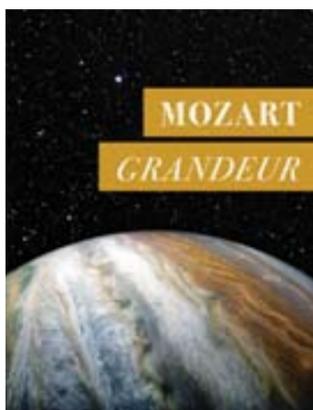
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Pacific Chamber Orchestra's 'Mozart – The Grandeur' in Lafayette Sept. 15

Submitted by Lawrence Kohl



Photos provided



Members of the Pacific Chamber Orchestra, touring soloists and chamber musicians who also appear in such prestigious groups as the San Francisco Symphony, Opera and Ballet Orchestras, touring Broadway shows, and feature films recorded at Skywalker Ranch, will perform “Mozart – The Grandeur” at 7:30 p.m. Sept. 15 in the Lafayette-Orinda Presbyterian Church 49 Knox Drive, Lafayette, and at 3 p.m. Sunday, Sept. 16 at in the Bankhead Theatre, 2100 First Street, Livermore.

Mozart's Symphony No. 41



Lawrence Kohl

Jupiter takes you to the home of the gods as it simultaneously pours forth beautiful music entwined with the complexities of human emotions. The slow movement pulls you into some of the most achingly sensual music Mozart ever wrote, while in the final movement you wondrously marvel at the towering edifice constructed note by note as Mozart gathers together building one on top of the other the melodies from all parts of the symphony. Jove himself seems to have conferred a sense of majestic serenity on the symphony. Likewise, the Haffner Serenade, commissioned to celebrate a dear friend's wedding, bespeaks all the emotions of such an occasion – affection, gaiety, dancing, and youthful generosity of spirit.

The Haffner Serenade, which Mozart proclaimed should “start with fire” and “end just as fast as one can go,” consists of eight movements, of which three form a miniature violin concerto. First

Violinist, Igor Veligan, will perform the delightful solos. Veligan is an artist faculty member of the Orfeo International Music Festival (Italy), on the faculty at the University of Pacific, and in 2013 released an acclaimed CD, “Voices of Eastern Europe” with the wonderful pianist, Natsuki Fukasawa. Mingle with other music lovers and let the music transport you.

Tickets may be purchased through the PCO website: PacificChamberOrchestra.org or for Livermore at the Bankhead Box office by phone at (925) 373-6800, or online at BankheadTheater.org.

For information and videos about PCO, go to PacificChamberOrchestra.org.

'The Gold Seekers' (Los Buscadores)

By Sophie Braccini



Photo provided

Let us start with a little bit of history. During the Paraguayan War against the Triple Alliance of Argentina, Brazil and Uruguay in the 19th century, it is thought that rich Paraguayans buried their treasure as occupying forces took over their country. It has remained a vivid urban legend in Paraguay that millions are still hidden and gold seekers continue to look for it today. “The Gold Seekers,” which opens Sept. 7 at the Orinda Theatre, follows the adventure of a group of colorful characters embarking in such a gold-seeking quest.

After producing “7 Boxes” five years ago, the first Paraguayan blockbuster, Juan Carols Maneglia and Tana Schembori return with this exciting and fun film. The four gold seekers are two teenage boys, an unsightly but intelligent young maid, and a discombobulated middle-aged man. Their naivety and good nature attract a lot of attention from really bad guys who are willing to put their hands on an ever elusive treasure at all costs.

As the movie develops and the rhythm picks up, it becomes more and more complicated for the four unlikely allies to get to the treasure of which they dream. The movie describes in very touching ways a series of humble people, struggling in the margin of this South

American society, living by their wits as the water of the Paraguay River rises and threatens to flood entire neighborhoods.

“The Gold Seekers” showcases actors who look like ordinary people on the street. Somewhat clumsy, not very attractive, they are nonetheless endearing and deliver quite believable performances. It would have been nice to see more character development with some of the side characters, such as the mother of Manu played by Tomás Arredondo, who is the central teenager who inherits a book from his grandfather where the treasure map is hidden. His mother is still a young woman burdened by much and fighting back.

The movie gives a glimpse of a society where faith and superstition coexist, where poor and rich people seem to have lost some of their sense of reality and are ready to face life's vicissitudes with a mix of opportunism and fatalism.

Is there really a treasure and will they find it? Go to the movies to find out and enjoy a very pleasant time that will transport spectators to quite a different world.

“The Gold Seekers” is brought to the Orinda Theatre by the International Film Showcase beginning Sept. 7 for a one week engagement. For information, visit lamorindatheatres.com.

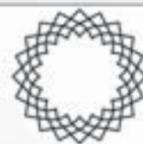
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In Memory

Fred H. G. Lothrop, citizen of Lafayette, CA—1931-2018



Fred Lothrop left this life in the same way he spent it—by taking care of those around him and then quietly leaving the scene. It was August 8, 2018, when, after returning home from yet another hospital stay, he greeted each of his children and grandchildren (and their spouses), smiled at his wife Judith, checked out the view from the living room’s front window, and then simply stopped breathing. Living with cancer had become too much work. He was in the house he had purchased and lived in for more than 55 years in the Burton Valley area of Lafayette.

Fred was born in Berkeley to Marcus and Derelle Lothrop at the start of the Depression and together with his parents and a younger sister (Evelyn White) lived in a grand house his father had built when the Berkeley Hills were mostly empty. Fragile health as a child brought him to Lafayette’s sunshine for extended stays, and thus his relationship with this city he called home began. Upon graduation from Berkeley High School in 1949, he attended Yale College (graduating Class of ’53), and got drafted for the Korean War. But Fred led a charmed life and managed to spend his Army days mostly in Europe, where he got to refine a boyhood hobby (radio communication) into a life-long skill. Army life over, he returned stateside to get a 2nd Bachelors (Electrical Engineering at UC Berkeley) and to marry Janet Dudley Clayton in June of 1958. They moved to Lafayette in 1959, raised three daughters (Cathy Hager (John), Mary Trimble, and Nancy Kaehler), enjoyed 3 grandchildren (Andrew (Hannah), Stephen, and Thomas) and celebrated their 41st wedding anniversary before Janet died in 1999.

The majority of Fred’s work life was with the Lawrence Berkeley National Laboratory at the University of California, most notably working with physicists who had come from all over the world to run their experiments in the Bevatron. LBL was Fred’s work home from 1956 to 1997.

Both Janet and Fred were deeply involved in All Souls Episcopal Church in Berkeley, where Janet (among other duties) was their first female usher. Fred’s duties were focused on ushering, electrical work, sound systems, general building maintenance, vestry responsibilities, and finance. The last church duty he gave up before illness took all his strength was running the sanctuary sound system from a booth he designed himself and had built in 2014.

In Lafayette Fred was a very familiar face—volunteering regularly for myriad fund-raising activities of the Chamber of Commerce (most especially the Res Run and the Art & Wine Festival), teaching CERT (Community Emergency Response Team) classes and serving on the Lamorinda CERT steering committee, and participating in the city’s Emergency Preparedness Commission, which he joined in 2005 and chaired from 2007 until the time of his death.

When not participating in civic duties, Fred enjoyed back-packing, gardening, photography, automobiles, and (of course) amateur radio (call K6REQ).

Fred married Judith Stadler Gonder in 2001, and she moved to his home. Besides church at All Souls, they shared a love of theater, mostly in Ashland, Oregon, as well as The Lamplighters presentations of Gilbert and Sullivan. Met live broadcasts of operas were another favorite.

A celebration of Fred’s life will be on September 8, 1:00, at All Souls Episcopal Church, 2220 Cedar Street in Berkeley. In lieu of flowers, the family asks that donations be made to charity. Among Fred’s favorites are The All Souls Senior Housing Project (a non-profit endeavor for low-income seniors), Doctors without Borders, and Hospice East Bay.

Local firms bring the beach to a military family

Submitted by Truman Flynn



Photo provided

Branagh Development Inc. and Left Coast Architecture partnered with Habitat for Humanity East Bay/Silicon Valley to design and build a beach themed playhouse for a military family. BDI and LCA reached out to Habitat for Humanity back in March to organize a volunteer day and identified the Playhouse Program as a good fit. Habitat East Bay/Silicon Valley’s Playhouse Program offers sponsors a fun, unique team building experience spent creating custom playhouses for local children, with sponsorship proceeds going back in to fund housing solutions through Habitat.

Habitat EBSV partners with Blue Star Moms to select a family currently serving in any of the branches of the Armed Forces of the United States to receive the playhouse. The recipient family recently relocated to the Bay Area and requested a beach theme

for their 5-year-old son who left a lot of friends and family back in San Diego where they were last stationed. The intent of the playhouse is that it will help the boy make a smooth transition into a new community when the family relocates.

Based on the template provided by Habitat EBSV, LCA came up with the design for the playhouse which was full of vibrant beach colors and scenery including sand, waves, sun, and surf boards. On Aug. 3, with guidance from two representatives from Habitat EBSV, volunteers from BDI and LCA constructed and painted the playhouse at Branagh Development Inc., located at the west end of Lafayette. The recipient family arrived just as the paint was drying. They were thrilled with the design and the 5-year-old boy quickly ran inside his beach shack.

League of Women Voters’ Volunteers Assist in Voter Registration

Submitted by Gail Murray



Photo Ashley Coates

Members of the League of Women Voters of Diablo Valley will stock voter registration forms weekly before the November election, at post offices, libraries, and other locations in Central and East Contra Costa County. From left, top row: Joan Lautenberger (Lafayette), Karen Dolder (Danville), Connie Chiba (Moraga), Sally

Ericksen (Lafayette), Barbara Kuklewicz (Pleasant Hill), Lietta Wood (Clayton); bottom row: Elaine McClellan (Danville), Anne Granlund (Lafayette), Patti Bittenbender (Walnut Creek), and Diane Bianchi (Orinda). More volunteers are needed in East Contra Costa. To volunteer for this important voter service, contact info@lwvdy.org.

In Memory

Noemi Maria Leonard

(March 10, 1921- July 9, 2018)



Noemi M. Leonard peacefully passed away at the age of 97 on July 9, 2018. She was born in Shanghai, China. Noemi was a very supportive, thoughtful, and caring person who cherished family and friends and enjoyed life to the fullest. She married William Leonard from Boise, Idaho on May 17, 1947. Her independence and strong will continued throughout her life’s journey. She was a longtime resident of Orinda. Noemi touched many families in her community and created a strong bond of friends in the East Bay and East Coast.

She will be forever missed and remembered fondly with love and smiles. She is survived by her three sons, Bill (San Jose), Bruce (Sacramento/Fair Oaks) and Brian (South Lake Tahoe).

Celebrations

SMC student veteran awarded \$12K scholarship

Submitted by Allison Borthwick



Photo provided

Elena Stoffe, who is an accomplished student veteran at Saint Mary’s College

of California, was awarded the Comcast NBCUniversal Scholarship, in partnership with Student Veterans of America. Elena is an active member of Saint Mary’s SVA chapter – successfully demonstrating the best in academic excellence and leadership potential of student veterans.

SVA partnered with Comcast NBCUniversal to provide scholarships to student veterans pursuing careers in the media and entertainment industry. NBCUniversal is committed to increasing diversity both on the air and behind the scenes to attain a secure, powerful and competitive advantage in their industry.

SVA is the country’s largest student veteran organization, supporting the 1.1 million student veterans currently enrolled in higher education. SVA’s mission is to empower all veterans through their transition from the military, educational advancement and career growth, and these scholarships help achieve that goal.

Share Your Celebrations and Remembrances

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

Local author's debut novel 'A River of Stars'

By Lou Fancher



Author Vanessa Hua Photos Andria Lo

Orinda writer Vanessa Hua's debut novel, "A River of Stars" (Ballantine), tells the story of Scarlett Chen, a young woman eight months pregnant. Sent from China by her married lover to a secret maternity center in the United States to gain advantageous citizenship for her soon-to-be-born baby, Scarlett and Daisy, a volatile teenager and fellow "inmate" in Mama Fang's mothers-to-be prison, escape captivity in a stolen van. Venturing from Los Angeles to San Francisco's Chinatown, the two women confront first-time motherhood, poverty and hardscrabble life in America—Scarlett, as an immigrant with only a temporary visa. With time, intelligence and fierce mother-love, they forge connections having nothing to do with blood relatives or nationality to create families, secure improved fortune and establish newfound identities.

Hua is a columnist for the San Francisco Chronicle and author of the short story collection, "Deceit and Other Possibilities." Her work has appeared in The New York Times, The Atlantic, The Washington Post, and more. Winner of a number of awards and fellowships, Hua writes most often about Chinese-American immigrants, social justice, citizenship outside of the dominant narratives and the cultural and economic forces operating in disenfranchised or emerging communities worldwide.

At a literary luncheon Aug. 27 at Orinda Books, approximately 40 people enjoyed a meal prepared by bookstore owner Maria Roden while listening to Hua's presentation and book reading. A Q&A allowed readers to gain insight into the backstory behind the longtime journalist's first novel.

Hua, who attended Wagner Ranch Elementary School and Miramonte High School, was born in 1975, the year her parents moved from China to California. During childhood, she was an avid reader, especially of books with "feisty girls who wanted to be writers," like the protagonists in Little Women and Anne of Green Gables. "I would read after lights out, but get busted by my dad because he'd come back and check the lamp and find it was warm," she said. A story she wrote in second grade was selected as class favorite, but she overheard a classmate say she'd only voted for it because it was the longest story. Demonstrating a light sense of humor and thick-

skin sensibility that prevails in the characters and stories she creates, Hua said, "I got used to thoughtless reviews early on."

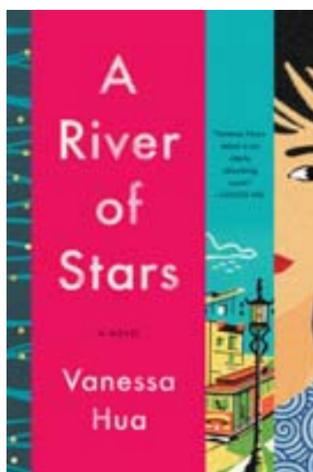
After completing her short story collection in 2004, Hua found herself making small talk with a colleague about wanting to write a novel. "Go do it then," the woman said. Encouraged, challenged, an MFA from UC Riverside in hand, she pursued the long-held goal. Appreciating the mix of journalism's sprint-like pace and a fiction writer's marathon journeys, she allowed her natural curiosity full reign while researching "River of Stars" topics: women's reproductive choices in China, motherhood—Hua was "hugely pregnant with twins" during the writing process—and the vitality of San Francisco's Chinatown.

Her book, she said, was written with purpose. "To deny a story is to deny humanity. I write to inspire action, change thinking. Literary fiction fosters empathy because it puts you deep in the hearts of others." Fiction, she said later, "flourishes where the official record ends (in contrast to journalism). I have license to make it up and amend the facts."

People asked Hua the usual questions about writing workshops, agents and getting published. She said the value of attending workshops varies depending on classmates and instructors, but having a support group helps a writer during times

of struggle or success. Her initial attempt at writing a novel—a book about Chairman Mao's teenage lover who was into swing dancing—failed to sell in her first outing. "It came close with my first agent but didn't sell," she said, adding a joke: "Close only matters in horseshoes and grenades, right?" Actually, Hua was both right and wrong about that: her second, current agent has recently sold the Mao/dancing book.

Asked about Hollywood and the potential for film adaptations of "River of Stars," Hua was visibly animated. "One can dream. I know a movie like the current hit, 'Crazy Rich Asians,' does open the possibilities. You never know what might make something happen. Asian Americans are the fastest growing group in America."



Annual Las Trampas 'Walk n' Roll' event scheduled Sept. 22

Submitted by Suzanne Pestal



Photos provided

Walk, roll or run for one mile on the streets of Lafayette during the 9th Annual Las Trampas Walk n' Roll event from 9 a.m. to noon on Saturday, Sept. 22 and join participants for a fun celebration at the end the event at the Lafayette Plaza Park – all to benefit a great cause. Since 1958, Las Trampas has helped individuals with developmental disabilities to discover their capabilities and to lead fuller lives in their homes, at work and in the community. Every dollar goes directly to client programs and

makes a difference in the lives of those with developmental disabilities.

Registration begins at Las Trampas, 3460 Lana Lane in Lafayette. The fee of \$25 (\$30 the day of the event) includes: T-shirt, raffle, Whole Foods bag, music and games by KKDV with brunch, Three Twins Ice Cream and live entertainment by the Jen Googan Group sponsored by Bread & Roses. You can also register online at www.lastrampas.org.



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Advertising

Type 2 or Pre-Diabetes?

Almost 50% Of The US Population Is Living With Either Type 2, or Pre-Diabetes... And Most Don't Even Know It. If You Think You're Safe, Think Again! – THIS MAY BE THE MOST IMPORTANT INFORMATION YOU HAVE EVER READ IN YOUR LIFE!

Your doctor orders a lab test blood for you every 6 months, and other than talking to you about your high cholesterol, says nothing to you about your slightly elevated fasting blood glucose number. Does that sound familiar? You should be safe, right? Well depending on the lab, your insurance company, and your doctor, you may not even be told that your glucose levels are abnormally high until it is time for your doctor to recommend medication. And remember, we are talking about a reversible condition.

Abnormally high glucose numbers (fasting) begin at 100 mg/dL, but testing only 2 times a year results in a huge number of people being left in the dark, and keeping them in a pre-diabetic state commonly for decades. The easiest time to turn Type 2 Diabetes around is before diagnosis and prescription medication.

"On Average, Type 2 Diabetes Takes Decades To Develop, And The Complications Of Elevated Glucose Levels Have Been Shown To Begin With Pre-Diabetes"

Do you remember what your doctor said to you when he/she gave you the news that you had type 2 diabetes? "You are going to have to make changes in the area of _____ and _____." (You fill in the blanks)

You most likely filled in the blanks with diet and exercise. Right? Why do doctors tell their patients this phrase, even to the extent that we know it by memory? **Because it's true!** But what is commonly the action of the doctor immediately after suggesting this lifestyle change? Typically, something like this, "I am going to prescribe you 500 mg. of Metformin which should help lower your glucose numbers."

This is what is clear to almost everyone I talk to who has type 2 diabetes or Pre-Diabetes...Even though there is acknowledgement that type 2 diabetes can be reversed through very specific changes in the way a person eats and exercises, that is clearly not the focus within the insurance environment of today's healthcare.

The focus seems to be on managing the symptoms (high glucose levels) through medication, instead of addressing the cause of this chronic and inflammatory condition, allowing it to progress, which results in devastating complications like kidney failure, heart disease, loss of balance, amputation, blindness...etc.

ENVIRONMENT MAKES THE DIFFERENCE!

Everyone has heard a story of someone within their circle of friends or colleagues reversing Type 2 Diabetes. Scientific literature clearly states that Type 2 Diabetes is reversible. Intuitively most people with Type 2 Diabetes know there is a way to lower high glucose numbers, and sustain them. So, where and how is this taking place?

I am glad you asked. For the last decade, I have had a laser-like focus within my clinical practice of helping people with Pre and Type 2 Diabetes learn to understand how the human body responds to different food. Macronutrients specifically (Proteins, fats, and carbohydrates). Successfully, this focus returns glucose levels to a normal and healthy range. When normal fasting glucose levels are attained, prescribing doctors typically reduce and/or eliminate medications.

Let me say this...I am not saying that everyone is ready to make the changes required to exit a Type 2 diabetic state. I don't even know if you qualify for my Balancing Blood Sugar Program. That is yet to be determined, and requires a proper history and examination. And I know that you've been overwhelmed with information which seems to contradict what you read the day before about reversing T2D.

That is why I'm offering you a seat at my next live presentation, this coming Saturday Here's you'll get:

- A CLEAR and SIMPLE description of the fundamental causes Type 2 Diabetes.
- Exactly what it takes to lower glucose levels (Naturally), and keep them there.
- How and Why Type 2 diabetes creates Kidney Failure, Peripheral Neuropathy, Heart Disease and Loss of Balance.
- Personal examples of several of my patients who have completely turned Type 2 Diabetes around, **NATURALLY!**

The information that you will receive during this presentation has been described as, **"...unlike any conversation taking place during your typical HMO/PPO doctors office visit."** These principles of exiting the state of Type 2 Diabetes are simply not what insurance-based healthcare is focused on.

I don't have the space to go into more details here, which is why I am inviting you to a 60 minute, live presentation. The old-fashioned kind where a you can relax, sit and listen to a knowledgeable, practicing doctor, feeling comfortable enough to ask any question



The word Doctor literally means Teacher (in Latin).

Why hasn't your doctor told you about this approach? Because it doesn't fit into the model of "Let me give you a medication to cover up the problem". This is a functional approach to correct the problem, not unnaturally lower sugar numbers.

Here's What To Do Now
This Saturday morning, September 8th, at 11am, Harvest House Natural Foods in Concord.
is Dr. Thomason's only scheduled talk on "How To Exit The State Of Type 2 Diabetes" on calendar for this year. There is no cost to attend. Call 925-407-0888 today and we can reserve a seat for you and a loved one.

Our office is located on Olympic Boulevard in Walnut Creek; just a few minutes from you.

When you call, tell the receptionist you'd like to attend the **Type 2 Diabetes Presentation** so she can reserve your seat. You will also be provided a delicious and healthy lunch following the presentation at no charge.

Sincerely,

Dr. Brian E. Thomason, D.NMSc, BCIM, D.C.



PRESENTING DOCTOR: Brian E. Thomason, D.NMSc, BCIM, DC, CAFNI. Dr. Thomason has post-graduate training in functional neurology, blood chemistry analysis, neurotransmitters, and functional endocrinology. He has been helping people both locally and internationally return glucose numbers to normal for the past 23 years. If you have been diagnosed Type 2 Diabetes or Pre-Diabetes and medications are not working for you, there is hope, there are answers.

To Reserve a seat at this Saturday, September 8th, 2018's informative and entertaining presentation... Call (925)-407-0888 (Attendance is Free, but seating is limited to the first 26 who register)


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FESTIVALS

Lafayette Chamber of Commerce presents the Lafayette Art & Wine Festival from 10 a.m. to 7 p.m. on Sept. 15 and 16 in downtown Lafayette, 3553 Mt. Diablo Blvd. Award-winning art, wine and music festival. Two days, four stages, 20 cover bands, 300+ artists, and KidZones. Food, wine, and beer. Free admission. For more info see <http://www.lafayettefestival.com> or call (925) 284-7404 or email info@lafayettefestival.com.

The Town of Moraga is celebrating the 20th Annual Pear and Wine Festival from 11 a.m. to 3 p.m. Saturday, Sept. 22 at Moraga Commons Park. Stop by and enjoy wine tasting, pear pies and pear cider. Hosted by local DJ RyanO, the event will feature kids' activities - face painting, petting zoo, inflatable jumpies, chalk art, games and prizes. The Pear and Wine Festival will feature some hometown fun including a pear recipe contest and pear pie eating contest. Community groups, artisans, and local businesses are encouraged to apply with the Parks and Recreation Department for a booth at the festival.

ART

The Jennifer Perlmutter Gallery presents "Color and Pattern," an immersive experience of paintings and sound that will delight and engage the public. On view are paintings by Andy Cunningham and Angela Johal, with a special sound performance by artist Jon Fischer and musician Danny Clay. The work is on view from Sept. 6 through 29, with an Artist's Reception from 6 to 8 p.m. on Sept. 6. A special perfor-

mance of the "Turntable Drawings" happens from 7 to 9 p.m. on Sept. 15. Don't miss this fantastic experience.

Valley Art Gallery presents "August Ambience" exhibition through Sept. 14. The Diablo Valley can be very warm in August, so what better way to cool off than with some very cool art from our very own Valley Art Gallery. Demonstrating a wide range of motifs, styles, media and prices, and representing the best of the best from more than 100 East Bay artists, the "August Ambience" exhibition is a must-see show for residents of the Diablo Valley! www.valleyartgallery.org

MUSIC

Pacific Chamber Orchestra, under the direction of Conductor Lawrence Kohl, presents "Mozart: The Grandeur" with Mozart's "Jupiter" Symphony and his "Haffner" serenade with Igor Veligan as Violin soloist. Performances will be in the Lafayette-Orinda Presbyterian Church at 7:30 p.m. on Saturday, Sept. 15; and in the Bankhead Theater in Livermore at 3 p.m. on Sunday, Sept. 16. Enjoy how Mozart simultaneously pours forth beautiful music entwined with the complexities of human emotions. Tickets are available at PacificChamberOrchestra.org.

Classical Pianist Robyn Carmichael Performs at 7 p.m. on Sept 22 at St. Paul's Episcopal Church, Walnut Creek. At St. Paul's, Carmichael will perform her piano solo program "Peers, Friends, Rivals: Four Romantic Masters," which includes pieces by Mendelssohn, Chopin, Schumann, and Liszt. Her program has received rave reviews and stand-

ing ovations in recent performances; a concert not to be missed! Donation at the door: average \$20; Students \$10 (all are welcome regardless of donation). For more information, please visit: <https://www.robyncarmichael.com> or stpaulswc.org.

Lafayette Studio Big Band Concert from 4 to 6 p.m. on Sunday, Sept. 23 at Lafayette Christian Church, Courtyard Patio in the Grove, 584 Glenside Dr. Lafayette. Enjoy this fun afternoon in the beautiful oak grove, listening to Count Basie style jazz. No reservations required. Listen to a sample of music on www.lafayettebigband.com. Suggested Donation: \$20 for adults, and \$5 for a refillable glass for craft beer or wine and snacks.

Two Gold Coast Chamber Players performances, 7:30 p.m. on Sept. 29 in the Lafayette Library Community Hall, and at 5 p.m. on Sept. 30 at the Piedmont Center for the Arts, 801 Magnolia Ave., Piedmont. Pre-concert talk 30 minutes prior to each concert. Tickets: \$45 General, \$40 Senior, \$15 Student. Purchase online: www.gcplayers.org or By phone: (925) 283-3728

THEATER

California Shakespeare Theater presents the company debut of "The War of the Roses" - a monumental evening of theater spanning four history plays: the Henry VI trilogy and Richard III. Presented as an action-packed evening, "The War of the Roses" will deliver a fast-paced, far-ranging, vividly theatrical depiction of two powerful families—the Lancasters and the Yorks—and their decades-long fight for the English throne. Political unrest and power

grabs collide with weak leadership and civil strife as the country fights against the threat of tyranny. The show runs through Sept. 15. Tickets are \$20 and are available through the California Shakespeare Theater Box Office, 701 Heinz Avenue, Berkeley, (510) 548-9666, online at www.calshakes.org, or at the Bruns box office on the day of the performance (pending availability).

LECTURE & LITERATURE

Discovering Opera: Mozart's The Abduction from the Seraglio, presented by Bradford Wade, opera lover for 40 years from 1:30 to 3 p.m. on Sept. 13 in the Arts and Science Room, Lafayette Library and Learning Center. Pirates have captured Konstanze and her maid Blonde, and delivered them to the Pasha Selim. The Pasha attempts to win the affections of Konstanze; Osmin, the chief of the palace guard, tries to force himself on Blonde. Can the women's lovers Belmonte and Pedrillo rescue them from the harem? Lecturer Bradford Wade will give a guided tour of the opera, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San Jose's production of The Abduction from the Seraglio, Sept. 15-30. Free.

Saint Mary's College MFA in Creative Writing program presents The Roy E. and Patricia Disney Forum - An Evening with Kevin Young at 7:30 p.m. on Wednesday, Sept. 19 at Hagerty Lounge, SMC Campus. Kevin Young is the Director for the Schomburg Center for Research in Black Culture, newly named a National Historic Landmark, and Poetry Editor of the New Yorker. He is the author of 13 books of poetry and

prose. Free and open to the public.

Saint Mary's College MFA program presents Afternoon Craft Conversation with Tongo Eisen-Martin from 2:30 to 3:30 p.m. on Wednesday, Sept. 26 at the SMC Museum of Art. This craft talk presupposes that among other potentials, poetry exists within a multidimensional overlap of two spheres of insight; one, that of the music or math of language, and two, the social realities that the poet navigate and digest. Students will explore the strategies, mechanics, and resulting art of prolific poets from various epochs of craft and social contradiction. By the end of the talk, students will be exposed to a useful set of strategies they can use in their own writing and also a lens of social analysis to synthesize with their writing. Free.

KIDS, PARENTS & TEENS

Lafayette Community Garden presents "Creating a Fairy Garden Log" - an intergenerational class from noon to 2 p.m. on Sept. 8. The class is a fun nature crafts project appropriate for adults and children alike (kids under 8 years of age need to be accompanied by an adult) where participants can bring their own "found" items from nature to include in their Garden Log creation. Free, but preregistration is required: www.lafayettecommunitygarden.org.

Mindful Littles Workshop: Exploring Awe and Wonder from 4 to 5:30 p.m. on Sept. 14 at Atma Yoga Studio, 99 Brookwood Rd. Orinda. Awe and Wonder is a magical element of our Universe. When we can tune into it, we practice mindfulness by focusing on the present moment and focusing on something greater than ourselves. During this beautiful workshop, kids will get to experience interactive group discussions and storytelling, practice playful yoga and mindfulness, and do creative projects to explore what it means to discover awe and wonder in their everyday lives. Open to kids: age K-5th grade. \$30. Register at Atma Yoga Studio: <https://www.atma.studio/>

Stop by the Be the Star You Are charity booth between 1 and 3 p.m. on Sept. 22 at Pear and Wine Festival at Moraga commons for free activities for kids, reading circle, and book signing by contributors to the new book, Be the Star You Are! Millennials to Boomers. www.BetheStarYouAre.org/Events

OTHER

It's not too late to find your purrfect kitten. See the cream of the crop at Community Concern for Cats' weekend adoption event from 1 to 4 p.m. on Sept. 8 and 9, at Pet Food Express in Lafayette and Pleasant Hill, and Petco in Walnut Creek. For more information, see www.communityconcernforcats.org.

Don't miss the 14th Annual Orinda Classic Car Show Weekend: "Dancing with the Cars." Pre-party, 5:30 p.m. Friday, Sept. 7; Classic Car Show, 10 a.m. to 3 p.m. Saturday, Sept. 8. Enter your car and buy party tickets today at www.OrindaCarShow.com. These events benefit the Seniors Around Town transportation program, Educational Foundation of Orinda and other local charities.

The Stroke Support Group of Contra Costa County will hold its September meeting from 7 to 9 p.m. on Sept. 10 in the Sequoia Room at John Muir Medical Center - Walnut Creek Campus (1601 Ygnacio Valley Road). Jim Otis DC, Chiropractor will present 'A Stroke Survivor's Road to Recovery.' After the program, attendees will break up into three coping groups: stroke survivors without aphasia, stroke survivors with aphasia, and caregivers and families of stroke survivors -- each group led by a trained professional. For further information about the Stroke Support Group, contact Ann Dzuna at (925) 376-6218. Meetings are free and open to the public.

... continued on next page

Lamorinda's Religious Services

unity of Walnut Creek *A positive path for spiritual living*

If you are spiritual and not religious, are looking for an alternative to your childhood religion, seek a loving, accepting community, or are yearning for a deeper connection to Spirit, come and experience Unity of Walnut Creek. Join us for Sunday Services:

9:30am Contemplative Service
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254-3770. www.ststephensorinda.org
Sunday 8am, 10am

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Sunday Service and Sunday School 10 - 11 am

Informal Wednesday Meeting 7:30 - 8:30 pm

Reading Room/Bookstore M - F 11 - 4; Sat 11 - 2

www.christianscienceorinda.org

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Sunday - Masses at 7:30, 9:00 and 11:00 am

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925.283.0272 Parish | 925.284.1640 School

Holy Shepherd Lutheran Church

433 Moraga Way, Orinda, 254-3422
www.holyshepherd.org

8:30 a.m. Traditions Worship Service
9:45 a.m. Education for all ages
10:45 a.m. Celebrations Worship Service
Coffee Fellowship at 9:30 and 11:45 a.m.
Childcare available for ages 5 and younger

The Phantom of Orinda

By Derek Zemrak



Photo provided

Calling all “The Phantom of The Opera” fans. Franc D’Ambrosio will be performing at 7:30 p.m. on Thursday, Sept. 20 at the Orinda Theatre. This unique cabaret series started in Orinda this past February and the shows have quickly become the East Bay events to attend. Where else in the Bay Area can you see Tony, Grammy and Emmy Award-winning performers in such a close-up, personal and stunning venue?

Nowhere. “Every seat in the 190-seat auditorium makes you feel like you are having a private concert. Even the back seats are only 14 rows from the stage,” states Michael Williams, producer of Live at the Orinda.

D’Ambrosio is best known as the Phantom in Andrew Lloyd Webber’s Tony Award-winning musical, “The Phantom of The Opera.” Affectionately known as “The Iron Man of the Mask,” D’Ambrosio was awarded the distinction as the “World’s Longest Running Phantom,” with over 2,300 performances of the Phantom, a title he held for a decade.

D’Ambrosio is a welcome and frequent guest artist with many major symphonies in America and Europe (Pop Series). With the success of D’Ambrosio’s national and international tours, he has joined the ranks of Michael Crawford and Sarah Brightman as only a hand-

ful of Phantom alumni to successfully cross-over to solo careers. He celebrates 11 years of continuous touring.

D’Ambrosio’s resume also includes an Academy Award-nominated film, an Emmy Award-nominated television show, four-time Tony nominated Broadway show, two Grammy considerations, and a National Theatre Award nomination.

Early in D’Ambrosio’s career, Paramount Pictures talent scouts discovered him in the chorus of his first Broadway show. This ended an exhaustive two-year international search and D’Ambrosio was awarded the role as the opera-singing son of Al Pacino in Coppola’s seven-time Academy Award nominated film “Godfather III.” D’Ambrosio had the honor of singing the Academy Award-winning theme song, “Speak Softly Love” (Brucia la Terra), both in the film and on the Original Motion Picture Soundtrack. D’Ambrosio’s performances of the theme song have garnered over one million hits on YouTube.

D’Ambrosio’s performance so impressed the late Luciano Pavarotti that it led to an invitation for the summer to study with the legendary tenor at his home in Italy. So began his varied and amazing career.

After his impressive run as The Phantom of The Opera, D’Ambrosio caught the eye of Barry Manilow, who personally selected him to create and star as Tony in the pre-Broadway tour of “Copacabana.” The show enjoyed a successful yearlong tour. This performance earned D’Ambrosio his National Theatre Award nomination for Best Male Performer in a Musical.

D’Ambrosio tours extensively throughout the United States, Europe and South America with his critically acclaimed one-man show. “He looks and acts like Marlon Brando and sings like Mario Lanza,” said Hal Prince, Tony Award-winning director of “The Phantom of the Opera.”

Now is your chance to hear D’Ambrosio’s amazing voice at the Orinda Theatre. It will be an event that you might never have experienced before. Tickets for the show can be purchased online at www.lamorindatheatres.com or at the Orinda Theatre box office. Seating is reserved and will be sold out soon, so get your tickets for this very unique performance as soon as possible.

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Service Clubs Announcements



Breakfast, Friday 7:00 a.m.
 The Lafayette Park Hotel & Spa,
 Mt. Diablo Blvd.
www.lamorindasunrise.com
 or email lamorindasunrise@gmail.com

September 7	September 14
<p>Common Hope, Executive Director, Shari Blindt. Fighting poverty with diplomas in Guatemala.</p>	<p>Annett Balter of COVIA - helping people thrive.</p>
<p>Join us to learn how you can help.</p>	



Lafayette Rotary Club



Step in on a Thursday and join us for our lunch meeting.

Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

<p>September 6: Sara Zeff Gerber PhD. Fifty Plus, Minus Kids, The Unique Changes of “Solo Agers”</p>	<p>September 13: Susan Orassman and Michael Barrington: Water Sanitation and Hygiene in Schools.</p>
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www.rotarylafayette.org
www.facebook.com/Rotary-Club-of-Lafayette-Ca-197392963631366

◆ Not to be missed ◆ Not to be missed ◆ Not to be missed ◆

OTHER ... continued

Lafayette Methodist Church Stained Glass Window Tour at 2 p.m. on Sept. 15 and 16 at 955 Moraga Road, Lafayette.

Come celebrate our diversity and promote our unity at Soul Food Lamorinda from 2 to 3:30 p.m. on Saturday, Sept. 15 at the Intercultural Center at Saint Mary’s College. Soul Food Lamorinda is a free Baha’i-inspired program which combines live music and an audio-visual presentation with readings from various faiths, philosophers and leaders, reminding us of the oneness of humanity. This month’s program, “Sacred Balance,” will explore humanity’s physical and spiritual relationship with the environment and how these two elements can work hand in hand to address the environmental challenges of today and tomorrow. Free and open to everyone. For more info: www.meetup.com/Soul-Food-Lamorinda/

Members of the Lamorinda community are invited to attend a special presentation from 10 to 11 a.m. on Sunday, Sept. 16 at the Lafayette-Orinda Presbyterian Church in the Oak Room. The LOPC Senior Ministry team is sponsoring a unique opportunity for persons of all ages to learn about Well Connected (formerly Senior Center Without Walls) a nation-wide, award winning Community Service of Covia (formerly Episcopal Senior Communities). It is a FREE phone and on-line based program offering activities, education, friendly conversation, and an assortment of classes and support groups accessible to older adults right from the comfort of home. For more information, call LOPC at (925) 283-8722.

The Many Faces of Prostate Cancer from 6:30 to 8:30 p.m. on Sept. 27 in the Lafayette Library and Learning Center Community Room. Come and experience an event focusing on the unique issues of prostate cancer patients. Join an engag-

ing panel of medical experts who will discuss the latest information regarding ongoing screening, risk factors, and advances in treatment. Q & A session to follow presentation. Space is limited, advanced registration is required. RSVP to Shayna at 925.677.5041 x272 or sjung@dvothmg.com.

POLITICAL GATHERINGS

Catharine Baker the 16th Assembly District Representative, is the LRWF Monthly Speaker at 11:30 a.m. on Thursday, Sept. 20 at the Orinda Country Club. She is a Republican Assembly person serving since 2014 for the Lamorinda and Tri-Valley areas. This talk will be highly informative and offers a chance to hear about the changing dynamics of the Golden State’s politics firsthand. Luncheon and program: \$31 For more information regarding this event www.lamorindarepublicanwomen.org/ or <https://www.facebook.com/Lamorinda-Republican-Women-Federated-136134033113066/>

The Lafayette Homeowners Council (LHC) is sponsoring its yearly Candidates Night at 7 p.m. on Sept. 20 at the Lafayette Veterans Memorial Hall at 3780 Mt. Diablo Blvd. All residents are welcome! This year five candidates will be on the November ballot for just two City Council positions. Each candidate will have five minutes to introduce themselves and speak regarding their individual positions on various issues regarding our City. After each of the candidates have spoken, members of the audience will be able to ask questions of any candidate. The meeting will also include a brief “Annual Meeting” agenda by the LHC and we also hope to hear from our Mayor! www.LafayetteHomeownersCouncil.org

SENIORS

Xenophon Therapeutic Riding Center in collaboration with Connected Horse is offering Equine Assisted Workshops for people with

early stage dementia and their care partners. No prior horse experience needed to participate. Participants will be engaging with horses from the ground, no riding. Session 4 - 9:30 a.m. to noon on Aug. 29, Sept. 5, 12, 19, 26. If interested in participating, please contact (925) 377.0871; info@xenophontrc.org. Free.

A Matter of Balance, presented by Lamorinda Village and Meals on Wheels Diablo Region, is an 8-week program for those who are experiencing concerns about falling. Held at LOPC, 49 Knox Dr, Lafayette, the program begins at 10:30 a.m. on Friday, Sept. 14. Registration is required. Fee is \$25 and includes materials and refreshments. Call (925) 283-3500 to register or go online: <https://lamorinda.helpfulvillage.com/events>

BE! Brain Enrichment is an interactive educational experience for adults with normal age-related memory changes. Presented by Lamorinda Village and Eldercare Services, the program begins at 10 a.m. on Monday, Sept. 17 for eight weeks. Held at Eldercare Services, 1808 Tice Valley Blvd, Walnut Creek. Registration is required. Fee is \$40 for Village members, \$60 for nonmembers. Includes materials and refreshments. Call (925) 283-3500 to register or go online: <https://lamorinda.helpfulvillage.com/events>

GARDEN

Healthy Meals/Healthy City on a Budget: The September program of the Walnut Creek Garden Club features Cindy Gershen, chef, teacher, and founder of Sunrise Bistro who created a remarkable, sustainable Hospitality Program at Mt. Diablo High School. Heather Farm, 1540 Marchbanks Road, Walnut Creek. 9:45 a.m. - Business Meeting; 10:30 - Social; 11 Program on Sept. 10. We invite you to attend a meeting. Questions: mittle44@gmail.com

The Lafayette Garden Club meets the second Thursday of each month

at the Lafayette Veteran’s Building at 10 a.m. and will have its first meeting Sept. 13 featuring Executive Director Linus Eukel, who will speak about the John Muir Land Trust and its mission to conserve our open spaces. His presentation will include photos, maps and video. There is no admission charge and light refreshments will be served.

The Moraga Garden Club will hold their next meeting at 9:30 a.m. Thursday, Sept. 20 at the Holy Trinity Church, 1700 School Street, Moraga. The guest speaker will be Steve Lambert of Garden Lights Landscape. Interested parties are welcome to attend the 9:30 a.m. social hour, the 10 a.m. meeting and the presentation by Steve Lambert, immediately following the meeting.

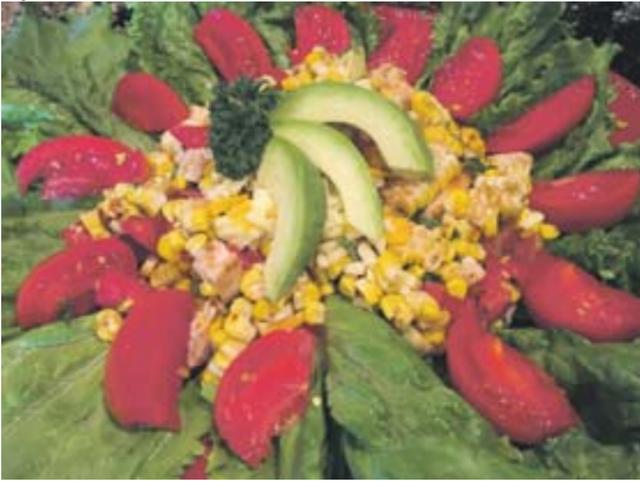
Lamorinda Weekly

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Savory summer market salads

By Susie Iventosch



Barbecued corn-chicken salad

Photo Susie Iventosch



Jalapeño peach salad

My husband and I just completed a magical, 99-mile whitewater rafting trip down the Middle Fork of the Salmon River in Idaho. We journeyed through the Frank Church-River of No Return Wilderness for seven days with our three adult children and nine of their best friends, including their Uncle Kirk, who came all the way from North Carolina

for the adventure. Since we are retired, and all of the kids have busy schedules and demanding jobs, we did all of the planning and cooking. (So, you might say that we actually do work!) Needless to say, at the end of such a trip, and after so much cooking, I was at a loss for a new food column idea after already preparing seven days of our favorite break-

fasts, lunches and dinners for 14 people.

But, it never fails. When you want to make something delicious and timely, simply stop at your local produce market and you will find inspiration. For some reason, the jalapeño peppers sitting right next to the fresh, ripe peaches gave me an idea for a peach-jalapeño salad. The next aisle was chock-full of fresh corn and gorgeous locally-grown tomatoes, and voila! I had not only one, but two ideas. You can adapt these any way that you like, by adding protein or changing the dressing, but we were very pleased with the tastes of these two salads. As soon as Uncle Kirk finished eating the corn salad, he asked me to please send the recipe to his wife. That's a pretty good indication that Mother Nature and locally-grown produce have ways of providing.



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.

Do your legal documents need a tune up? Or do mom or dad's?

By Linda Fodrini-Johnson

As we plan for the "what ifs" of life, most of us have a Living Trust, Advance Health Care Directives and sometimes a Durable Power of Attorney for Finances. You may even have the newer POLST form (Physicians Orders for Life-Sustaining Treatment).

That is all good. Or is it?

My experience over these past 30-plus years working with older individuals (as well as adult children who become the advocate for a parent that has lost capacity) is that these documents were often not activated properly.

In other cases, the person who will take over has not been asked or notified of their responsibility. Documents are often unclear. Frequently, they are too specific or not specific at all – leaving the individual who has to make decisions in a dilemma.

Another common error many individuals or couples make is that they don't have a meeting to discuss the options with those they have named to take over. They need to discuss the care and how they want life to play out if they lose capacity (the ability to make sound decisions).

Life, families, health, finances and communities change over time, impacting your legal documents. Do you review your documents annually? Is everything the same? What has changed? Have there been divorces, deaths or births of new grandchildren? Is that non-profit you want to bequeath to still in operation, or have you changed your mind about them or want to add another wonderful organization to your list?

I recommend reviewing annually on the month of your birthday or the wedding anniversary for couples. Also, I highly recommend calling your attorney with changes in your life. Check in to see if there have been changes in laws or processes that might affect your legal documents.

Just like our medications, bodies and environment, our legal documents need "tweaking" about every five years or so to assure us that our wishes have been made clear.

Those of us who are reasonably healthy have a difficult time seeing ourselves as having lost capacity. However, on this journey, most of us don't just die — we have a period of dependence before death that can last for many years. At any time, we might not have the capacity or energy to manage our affairs. Dementia, such as Alzheimer's disease, affects about 50 percent of us over the age of 80. Do you have a specific plan for that illness? I do — because I had the honor of working with so many successful individuals who have weathered that journey. My family knows exactly what I want and don't want. It is in writing.

I also feel strongly about my family finding a professional advocate, someone like me or one of our professional care managers to guide them. I had my attorney put the precise language into my Advanced Health Care Directive and my Power of Attorney for Finances as well.

Each of us has desires and wishes to be followed. We need those details integrated into our legal documents. We also need to have meetings with our family or advocates so they understand what we would like to see if we do lose capacity.

I had a client several years ago with four children, all successful professionals (as was their mother). Before our family meeting, I met with my client privately and she told me her desire was for one of her children to inherit and live in her home, which was designed by a famous architect.

She had never mentioned this to them, and I was permitted to bring up the subject at our family meeting. Two of the children were interested and agreed to flip a coin to

see who would be the one to inherit that asset. The details were worked out in their legal documents. Everyone understood, and my client was delighted.

If you are struggling to find the language you need to implant in your documents, a consultation with a professional geriatric care manager can assist you in getting the right words so you can have life your way to the very end.

On Nov. 16, I will be discussing health care directives with a local elder law attorney at Eldercare Services. It is a free workshop but we do ask that you register.

The goals are:

- Learn how to maintain your independence on your terms, for as long as possible;
- Learn how to properly draft a Trust that outlines what you would like done in the event of incapacity; and
- Control how your assets are used for your care.

If you would like to attend, RSVP at (925) 937-2018. Have life your way!



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 29 years.

Barbecued corn-chicken salad

(Serves 4-5 as a main lunch dish and 8 as a side dish)

INGREDIENTS

Salad

Corn Preparation:

- 6 ears corn (precooked on the grill and cooled)
- 2 tablespoons canola oil
- 3 teaspoons cajun spice
- 1 teaspoon lemon pepper
- ¼ teaspoon cayenne pepper

Remaining salad ingredients:

- 4 large tomatoes, cut into bite-sized pieces
- ¼ cup minced parsley or cilantro
- 2 chicken breasts, grilled and cut into bite-sized pieces
- 2 slices bacon, chopped
- 2 avocados, cut into bite-sized pieces
- ½ cup grated sharp white or yellow cheddar
- 1 teaspoon Tajin spice*

Garnishes: tomato wedges, avocado slices, extra grated cheddar and sprigs of parsley.

*<http://www.tajin.com/products>

Dressing

In a jar with a tight-fitting lid combine and shake well:

- 1/3 cup red wine vinegar
- 1/3 cup salsa
- 2 teaspoons of your favorite hot sauce
- Juice of 1/2 lime
- 2/3 cup olive oil

DIRECTIONS

Brush corn with canola oil and season with cajun spice, lemon pepper and cayenne. Barbecue corn over medium heat for approximately eight minutes, rotating four times to grill each side of the corn. Cool completely and then cut corn off the cobs. Set aside. Can be done a few days ahead of time.

When ready to make salad, combine corn with remaining salad ingredients. Season with Tajin and toss with dressing. Garnish with extra tomato wedges, avocado slices, cheese and a sprig of parsley.

Jalapeño peach salad

INGREDIENTS

- 2 tablespoons olive oil
- 1 small red onion, thinly sliced
- 1 jalapeño, stem removed, seeded and finely chopped
- 1 head butter lettuce, cleaned and torn
- 2 peaches, pitted and sliced
- 2 slices bacon, cooked and chopped (I almost always use turkey bacon)
- ½ cup crumbled blue cheese
- 1 avocado, cut into bite-sized pieced

Lime Vinaigrette Dressing:

- Combine all of the following and shake well.
- 2 tablespoons fresh lime juice (more or less to taste)
- 2 tablespoons rice vinegar
- ½ cup olive oil
- Salt and pepper to taste

DIRECTIONS

In a skillet, heat olive oil, add onions and cook until beginning to caramelize. Add jalapeños and continue cooking for a couple of minutes longer. Set aside.

Place butter lettuce in a salad bowl and add peaches, cooled onions and jalapeños, bacon, blue cheese and avocado.

Toss with lime vinaigrette and serve with a little garnish of cilantro and a lime wedge.

Silverfoote honors UC-Davis teammate's legacy

By John T. Miller



Honoring the memory of his former college roommate at University of California, Davis keeps longtime Moraga resident John Silverfoote busy after his recent retirement as a stock trader for an investment management firm in Menlo Park.

As president of the board of directors of the Phil Wells Memorial Scholarship fund, Silverfoote has helped to organize the third annual golf tournament at Diablo Country Club, which will take place next Monday, Sept. 10.

Both Silverfoote and Wells played football at Davis during the early years of the Aggies' reign as perennial champions of the Far Western Conference, forging a strong friendship that lasted until Wells passed away from Non-Hodgkin's Lymphoma in 2015 at the age of 63.

According to Bob Dunning, a sportswriter for the Davis Enterprise, "Wells was one of the Aggies' all-time best athletes, fondly remembered by his UC Davis teammates and the thousands of Aggie fans who followed his career."

In his senior year, Wells, a defensive end, was a Little All-American, FWC Player-of-the-Year, All-League, a team captain, and winner of the Babe Slater award for best male athlete at Davis.

Wells tried out with the San Diego Chargers, but after being cut he returned to Davis where he lived with Silverfoote, who was in his senior year.

"When Wells passed away, we immediately got together and decided to do an endowment fund," says Silverfoote. "He was a real loved guy. We thought it was a worthwhile endeavor, but it wasn't easy getting it to fly."

The first hurdle they faced was raising \$25,000 in order to qualify in the UC Foundation system. Silverfoote is hopeful that the endowment will reach nearly \$135,000 after next week's tournament.

Last year they gave their first \$10,000 grant to Wes Preece, a tight end out of Rocklin.

For information on the tourney or the endowment, contact Silverfoote at Foot24@comcast.net.

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LAMORINDA SPORTS

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Lamorinda Girls Volleyball preview

By Jon Kingdon



Madi Risch



Miramonte's Kaylyn Goode at practice

Coach Peter Chao brings 25 years of experience to his first-year coaching at Miramonte. Miramonte finished last season with a 16-12 record and a spot in the state tournament is a veteran squad that brings a lot of experience to this year's team says Chao appreciatively: "We have a good core of seniors that are providing great leadership for the younger players. Our co-captains are opposite (right side) hitter Meaghan Hohman, outside hitter Jennifer Giron and libero Lauren Lim."

Hohman led the team last season with 255 kills and Giron was second with 168 kills and digs (316). Lim led the team with 504 digs. Gracie Guidotti was second on the team in assists with 158 last season and will be looked up to replace Tati Luevano, who was last year's assist leader.

The defense is being led by senior libero Lauren Lim and her sister, sophomore Haley Lim.

Senior Kaylyn Goode, who led the team last season with 27 blocks, will team with junior Mackenzie Gripp as middle blockers.

Playing young players is not a concern for Chou: "I have two

freshman who were both standouts on their club teams, outside hitters, Casey Roy and Kate Swan."

The Matadors opened their season with a dominating 3-0 win over San Leandro. Chao is very positive about what he has seen so far: "This is a very good group of young women that are willing to push themselves to the limit. They are willing to learn new techniques. They are utilizing their athleticism and speed more than they did previously. It is important because we are not the biggest team out there."

Junior Julia Martin, who suffered a serious knee injury last season, will be unable to play this season as she continues her rehabilitation but will be serving as the team's manager and contributing any way she can this season.

Chou sees this team as a work in progress: "As the season moves on, I am looking for increased chemistry on the team. I am impressed with the girls' willingness to learn and improve. We have good volleyball intelligence and should improve in our ability to adjust on the court."

Two years ago, Acalanes won the state tournament. Last year,

they finished with a 13-16 record. Winning the state tournament put a lot of pressure on Acalanes according to head coach Ernie Rodriguez: "There is definitely less pressure on us this season than there was last year when we were coming off a championship season when we had the bullseye on our back and everyone wanted a piece of us."

There are still five seniors who were members of that championship team and Rodriguez is counting on them to provide the leadership for his team. Says Rodriguez: "We're a young team with only five seniors, three sophomores and six juniors, but we are ready to go."

On offense, seniors outside hitter Madi Risch and Roxie Cummings and middle hitter Elsa Clever are the leaders up front. Junior Lane Webster is the starting setter for the team.

Senior libero Cailey Mcvay, who Rodriguez describes as "a very good defender and passer," is the key player on the Don's defense.

With only six teams in their league, Acalanes is playing in three tournaments: The East County, San Ramon Valley and Sonoma Valley Invitations. Says Rodriguez, "We

want to be better in the gym prior to league play. As the season progresses, I am looking for consistency in our play. I want us to play at a high level all the team and see us come together as a team."

Acalanes made it to the second round of the playoffs, losing 3-2 to Moreau Catholic. In their opening game this season, they got some revenge by defeating Moreau Catholic 3-1. Said Rodriguez: "Last season we let our last match slip away and defeating Moreau Catholic in our opening match was a big statement for our team."

Playing in front of an enthusiastic home crowd has become a tradition at Acalanes. The team shares that enthusiasm, says Rodriguez: "They bring the energy. Our players take pride in being louder than the other team."

With a record of 169-59 over the last six seasons at Campolindo, head coach John Vuong has established a standard of excellence that is to be envied.

... continued on Page C2



Campolindo played Bishop O'Dowd on Aug. 28, pictured Elizabeth Canon.

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Foundation takes aim at reducing incidence of melanoma

By Jon Kingdon

As the summer swimming season recently wound down, with 3,000 swimmers competing in the Lafayette and Orinda-Moraga Pool Association meets, a silent killer was stalking the participants: the sun and all of its UV radiation, exacerbated by the rays' reflection off of water, sand, concrete and tiled deck surfaces.

As the swimmers and spectators entered the Campolindo Aquatic Center for the OMPA Meet, they were first met with a poster warning of the dangers of melanoma and a complimentary offer of sunscreen provided by AIM at Melanoma and TropicSport. Manning the table was Lafayette resident Alicia Rowell who was educating people about the risks of excessive exposure to the sun. Explains Rowell: "At the OMPA, I wanted to increase the awareness of the risk factors for melanoma. It was very gratifying to get so many thanks for bringing this issue to their attention and for providing the sun screen that so many had neglected to put on."

Since 2016, Rowell has been the vice president of the AIM at Melanoma Foundation, a large global, nonprofit organization,

working in the areas of fundraising and project management: "I used to work at the University of California and I got an executive search call to be the V.P. of AIM at Melanoma. In 2013, my husband Buddy was diagnosed with stage 3 melanoma and it was just a coincidence that I was called by AIM."

Says Rowell: "I'm a part of the generation that put on baby oil and sat in the sun. We used to say, 'I burn and then I tan' but now we know that repetitive and severe sunburns in childhood are a major risk factor for melanoma. So, I have my skin checked by a dermatologist annually."

The Rowell's three children have spent their fair share of time in the sun, so she has their skin checked annually, too. Her two daughters, Lexi and Claire, play water polo year-round and for Acalanes High School. Her son Robby played football for Acalanes, among other sports, and is now playing at Cal. "I stress sunscreen, hats, and shade with them," says Rowell. "They are at higher risk because of their dad, in addition to their light skin and blue eyes."

AIM was founded in 2004 and is the largest international melanoma foundation seeking the cure for melanoma. The foundation focuses its efforts in three areas: innovation in melanoma research, legislative reform and patient and caregiver support. "Melanoma research has lagged behind other cancers, says Rowell, and AIM intends to change that. AIM designs and manages global collaborative research projects. We think the cure will be found by bringing the best researchers from all over the world together."

In 2006, AIM put together the International Melanoma Working Group comprised of researchers from the United States, Australia, Belgium, France, Germany, Greece, Italy, The Netherlands, Spain, Sweden, Switzerland and the United Kingdom. AIM now organizes semiannual meetings, pulling together researchers and the pharmaceutical industry to share their research to accelerate the quest for more effective therapies and ultimately a cure for melanoma.

Epitomizing the international nature of the research, this past

year there were meetings in Athens, Greece and Florence, Italy. In March of this year, they met in Edinburgh, Scotland and will be meeting again in November in Barcelona, Spain.

As research on primary tissue has resulted in major advances in breast and prostate cancer, similar research is needed on melanoma tissue. According to Rowell, a critically important tool in melanoma research will be AIM at Melanoma's International Melanoma Tissue Bank Consortium: "There are now four medical research institutions across the United States and one in Australia about to open where researchers can study the primary tumors along with depersonalized patient data. The genetic code lies in the primary tumor. These fresh frozen tissue banks will stimulate new treatments."

The fundraising by Rowell and others is crucial to the research that will be conducted at the tissue banks. It costs approximately \$6,400 to collect and properly process a single tissue sample for research because the fully annotated sample requires blood and urine samples, epidemiology,

digital photography, patient history, freezing, storage, shipping and legal documentation. The initial goal is to collect 500 tissue samples at a cost of \$3.2 million. The expense is worth it, according to Rowell: "We are excited to see the discoveries that will emerge from the research."

Melanoma accounts for less than 5 percent of all skin cancers, but it leads to the large majority of skin cancer deaths. Ninety-five percent of skin cancers are basal cell and squamous cell cancers, which are not as a rule deadly, but can still be dangerous.

The World Health Organization estimates that as many as 60,000 people a year worldwide die from too much sun, mostly from malignant skin cancer. Of these deaths, 48,000 are from melanoma and 12,000 are from other cancers. About 90 percent of these cancers are caused by ultraviolet rays from the sun.

Rowell sums it all up very simply: "The sun is warm and beautiful and makes things grow, but your skin is not a piece of bacon – do not get fried!"

For more information, visit AIMatmelanoma.org.

Cortessis led nation in sacks after one game

By Jon Kingdon



Alex Cortessis

Photo provided

The MaxPreps website keeps the offensive and defensive statistics for every high school football player in all 50 states. To be atop any of the lists is a major accomplishment. Despite losing their opening game 12-6 to Las Lo-

mas, Acalanes outside linebacker Alex Cortessis had a game for the ages. Cortessis had 5 1/2 sacks for 47 yards along with seven solo tackles and 14 assisted tackles. Cortessis, who had all of two sacks in the entire 2017 season, was the

nation's sack leader as listed below:
MaxPreps National Sack Leaders

1. Alex Cortessis – 5.5
 2. Michael Daley – 5.0
 3. Deondric Henderson – 5.0
 4. Myhael Douthard – 4.0
 5. Connor Barbato – 4.0
- National average – .65

Acalanes head coach Floyd Burnsed was not surprised at Cortessis' dominant play: "Alex is playing really well. Playing rugby in the off-season really helped him. This year he is quicker off the ball, faster, stronger and has very good technique. He is just hard to block."

Playing on the outside, Cortessis is complemented on the other side by Nick Bettencourt.

Cortessis' place as the nation's sack leaders was short-lived as he was held without a sack in the second week win at Vantage High School. Says Burnsed: "Alex did not have a chance to get any sacks against Vantage because they only passed 10 times. He is only going to get better each week."

Lamorinda Girls Volleyball preview

... continued from Page C1

Vuong is cautiously optimistic about this year's team: "Last year we had a number of seniors and this year we only have three seniors and a lot of sophomores on the team so we are still trying to figure it out." Having won four of their first five matches, it appears that things seem to be coming together.

The captains voted on by their teammates are senior middle hitter Elizabeth Canon and juniors setter Audrey Pak and middle hitter Sophia Newman.

Senior libero Sarah Carrasco has been battling injuries so far this year and sophomore Brianna Lee has been filling in that position when Carrasco has not been available.

Vuong is patient with his team: "We are playing in a very even league. It's a process. We are a very balanced team. We are learning how to play with each other prior to the beginning of league play. With all of the girls having played club volleyball after the season, it has prepared them for our season."

The Cougars are participating in four invitational tournaments: Albany, San Ramon, East Bay and the Southern California Nike Tournament, competitions that Vuong welcomes. "This toughens our team up in getting ready for the post-season tournament."

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Young Moraga golfer takes first place

Submitted by Tony Rodriguez



On Aug. 6, US Kids Golf Bay Area held the Boys 13-14 summer tour championship at Ruby Hill Golf Club in Pleasanton. Justin Rodriguez, 13, of Moraga, won the event in a sudden death playoff. With the tour points from this win, Justin came in first place in the Boys 13-14 Bay Area summer tour.

Justin Rodriguez Photo Tony Rodriguez

Magic 06 Boys Tournament Champions

Submitted by Angela White



Standing, from left: coach David Landeros, Andrew Ramirez, Niko White, John Tuggle, Drew De-Francisci, Tiko Moodie, Cyrus Rowley, Mack Fisher, Faisal Shaghasi, Aiden Rascher; kneeling from left: Harlem Clemons, Ryan Rho-Baity, Paulo Trento, Pepukai Allard-Chigamba, Ace Reeder, James Jenkins, Noah Rabinovitz; not pictured: Kadin True, Kai Lucas, and Khalil Rashad. Photo provided

The California Magic 06 Boys soccer team showed their "magic" at the Ballistic United Soccer Club's Summer Classic Tournament Aug. 11-12. They started off strong in the first game and won all three preliminary round games while outscoring their opponents 18-8. The boys delivered strong technical passing and never fell behind. The team demonstrated great poise under pressure and executed an overall outstanding team approach. In the

championship game, they won 4-1. Goals were scored by four different players. It was a very balanced approach ... a great team win! "It's been an amazing journey and I'm glad our team could enjoy the tournament, all the hard work and years of time invested. I am very proud of them; everyone contributed and added value, they played for each other and carried themselves like gentlemen on and off the pitch," stated coach David Landeros.

Boys soccer team plays in final

Submitted by Lani MacKenzie



Photo provided

California Magic Soccer Club Boys U14 team played in the Championship final at the Mustangs Stampede tournament Aug. 18-19. Team players: Ezra Wornick, Chase Kivelson, Grant Eubanks,

Braden Chestnut, Rhys Hire, Tyler Hunt, Ben Kokel, James MacKenzie, Coach Alfredo Rocha, Doug Ellery, Michael Tague, Eli Leal-Schuman, Ben Hashim, Aaron Brown, Sean Spillane, and Lucas Dissman.

Lamorinda United Navy Girls win tournament

Submitted by Marc Rich



Top row, from left: Sadie Hansell, Camila Velasquez, Samantha Rich, Kadence Yim, Reese Lins, Camila Vasquez, Tamar McKey, coach Evan Sassano; bottom row: Alinah Aquilar, Miranda Lui, Isabella O'Callaghan, Elodie Jensen, and Grace Charles. (Not pictured: Avery Williamson, Iskra Micovic, Samantha Murdin, Arden Sorensen-Wald, and Ella Wallway.) Photo provided

Congratulations to the U11 Lamorinda United Navy Girls soccer team on winning the 2018 San Ramon Summer Classic, July 28-29. The girls played up in the U12 division and won their first game versus Northbay Elite FC 07' by a score of 6-3. In a hard fought second match the Lamorinda girls tied

San Ramon 07' Navy 1-1. In the semifinals, Lamorinda took a 6-0 lead into halftime versus North Marin 07' Utd before ending the match with a 6-4 win. The championship game was a rematch against San Ramon 07' Navy, and Lamorinda won 3-1.

Magic 05 girls win local soccer cup

Submitted by Megan M. Shields



Photo provided

Under a sweltering sky, the California Magic 05 girls soccer team seized victory Sunday, Aug. 12 in Concord, winning the U14 division of the Diablo FC Girls Cup. In an afternoon game played at Ygnacio Valley High School, Magic struck first with a goal that was answered quickly with two from Tri Valley SC 05 Girls Black. The Magic team fought back to tie the game and win the tournament, thanks to points from

two Saturday victories, including a decisive 9-1 win over Palo Alto SC 05G Red. "The team has worked really hard, and the results have paid off," said Magic Coach Luis Pinto. "The team had a very productive summer; we are starting to identify our style of play and have improved tremendously in our speed of play. We set goals and standards that we will continue to work by to help us compete in league this fall."

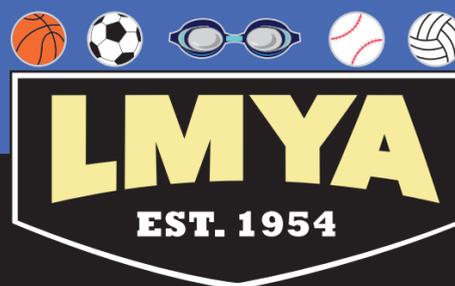
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California Magic Soccer Club wraps-up summer community service projects

Submitted by Megan Shields



Magic volunteering at the Emeryville Citizen Assistance Program.



Making Magic at Mabele Primary School, Botswana. Photos provided



Making Magic in Cuernavaca, Mexico orphanage.

This summer, three California Magic teams completed community service projects as part of creating magical moments on and off the field. "Being members of the community who are a force for good and add value to others is the ultimate goal we have for our young members. To see our kids already making an impact is the greatest victory that can be earned," said Haris Obic, executive director of coaching.

The 03 Boys spent two weeks in Cuernavaca, Mexico participating in a cultural and soccer exchange. The players collected donations from around Lamorinda for an orphanage that

sustained damage in the recent earthquake. Along with soccer and social activities at the orphanage, the boys and coaches made over 300 lunches and delivered them to local hospitals.

The 05 Girls team spent the day volunteering at the Emeryville Citizen Assistance Program. The team and coaches delivered home cooked meals to tent encampments around Oakland and manned the "free market" where ECAP provides donated food to people in need at their facility. ECAP Volunteer Leader Dean Criddle said, "The girls stepped right up and shared themselves generously with the

hungry people they served. Perhaps even more importantly, the girls treated each person who received food with respect and compassion."

Representatives from both the 03 Girls and 06 Girls teams visited Mabele Primary School in the Muchenje Village in Botswana, Africa. They spent the afternoon with the students in the classroom and handed out school supplies, games and books donated by friends and family. The players had collected approximately 100 Magic game jerseys from the Magic community, which they donated to the children along with indestructible soccer balls.

Courtney Johnson, executive director of operations, wrapped up the summer activities, "California Magic aims to educate, inspire, and empower. This goes beyond how players can inspire and be empowered on the soccer field. These players represented Magic ideals with pride as they educated, inspired, and empowered those who crossed their paths in life."

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Lamorinda OUR HOMES

Lamorinda Weekly Volume 12 Issue 14 Wednesday, September 5, 2018

Poolside living

By Cathy Dausman



Dive in! This finished 15-foot by 35-foot backyard in-ground pool is ready for use.

Photo Cathy Dausman

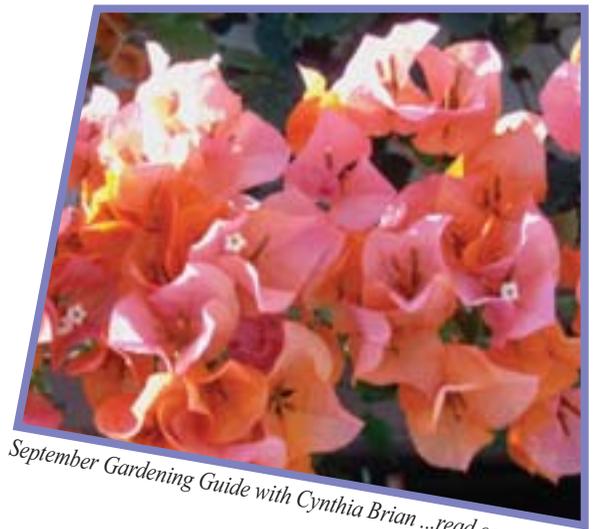
Warm weather often makes Lamorindans consider a dip in a pool; especially if that pool is just steps outside your own back door. And while the long summer daylight hours may be fading, the hot dry weather the Weather Network recently said was “anchored across the western half of the U.S.” lingers into autumn.

Lamorinda pools got a good workout in 2018. But residential pool installations involve more than answering “yes” or “no” or “do we want one?” The project is multi-layered, time-consuming and possibly lifestyle-changing.

Above ground or in-ground? If in-ground, will it be vinyl, fiberglass or concrete? How will

the pool area be kept safe? How will it be heated? Who will use it, and when? Who’ll do the cleaning and chemical maintenance? What are the liability issues? Additionally, pool construction often forces homeowners to consider taking on related projects, such as upgrading electrical service, installing solar heating, paving or repaving surrounding areas and adding or changing out vegetation. All of this extends the project timeline and adds to the cost.

While realtors caution that having a pool won’t change a residence’s appraisal value, there is an undeniable appeal to after-hours water fun in your own backyard. Ask Aaron and Anjuli Cargain, who recently completed their pool and now enjoy using it with their daughters.



September Gardening Guide with Cynthia Brian ...read on page D14

Anjuli Cargain was ready to install a pool when the couple first purchased their home, but Aaron admits he needed “a little convincing.” After coming to agreement on building a pool and deciding on its shape and materials (theirs would be an in-ground, concrete pool, with solar heating and a built-in spa) they began work with an electrical service upgrade to the house.

Pool pumps, lighting, an in-pool spa and heating systems all require at least 30 amps and 240 volts of dedicated service, says Rob Omo of Omo’s Electric Company. He says it costs as much as \$5,000 to upgrade a main panel, and the older the home, the more likely that will happen. And while today’s pumps cost as much as four times more than older models, they run five to 10 times more efficiently, which translates into a smaller hit on your electric bill.

The construction process hit a snag early on due to the electrical permitting process; when that was resolved, construction began in earnest.

The finished pool is a 15-foot by 35-foot rectangle incorporating a 7 by 7 spa cutout and sun shelf (wading) entry. The Cargains chose Pennsylvania blue stone to ring their pool deck. A matching low wall along the back length serves as an additional poolside seating area. A minor fence line revision shifted extra driveway space to the backyard. Related projects included the installment of driveway pavers to match those on the pool patio and a s’mores-friendly fire pit in a secluded corner.

Work on the finishing touches continues (paver sealing and landscaping) but the pool opened for play in July. “We love our new pool,” Aaron Cargain says, “and have been playing in it a bunch” during summer.

... continued on Page D4





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Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	6	\$980,000	\$3,650,000
MORAGA	5	\$770,000	\$1,617,000
ORINDA	12	\$1,278,000	\$5,300,000

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

- 3669 Boyer Circle, \$980,000, 3 Bdrms, 2309 SqFt, 1926 YrBlt, 8-10-18;
Previous Sale: \$450,000, 02-06-18
- 1185 Glen Road, \$1,431,000, 3 Bdrms, 1916 SqFt, 1955 YrBlt, 8-10-18;
Previous Sale: \$960,000, 06-27-08
- 3905 Happy Valley Road, \$3,650,000, 6 Bdrms, 4578 SqFt, 1952 YrBlt, 7-31-18;
Previous Sale: \$3,050,000, 05-20-16
- 777 Reliez Station Road, \$1,275,000, 3 Bdrms, 2333 SqFt, 1958 YrBlt, 8-8-18;
Previous Sale: \$469,000, 03-24-98
- 3414 Shangri La Road, \$1,209,000, 3 Bdrms, 1849 SqFt, 1961 YrBlt, 8-9-18
- 3369 Sweet Drive, \$1,100,000, 3 Bdrms, 2371 SqFt, 1955 YrBlt, 8-13-18;
Previous Sale: \$288,000, 11-25-92

MORAGA

- 127 Calle La Mesa, \$1,387,500, 4 Bdrms, 2525 SqFt, 1974 YrBlt, 8-6-18
- 47 Corte Del Campo, \$1,323,000, 5 Bdrms, 3329 SqFt, 1972 YrBlt, 7-31-18;
Previous Sale: \$505,000, 06-29-94
- 752 Country Club Drive, \$770,000, 2 Bdrms, 1262 SqFt, 1973 YrBlt, 8-13-18;
Previous Sale: \$700,000, 04-29-14
- 14 Crockett Drive, \$1,617,000, 5 Bdrms, 3793 SqFt, 1988 YrBlt, 7-31-18;
Previous Sale: \$130,000, 09-11-87
- 253 Rheem Boulevard, \$1,225,000, 3 Bdrms, 1866 SqFt, 1955 YrBlt, 8-1-18

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- 85 Acacia Drive, \$1,450,000, 4 Bdrms, 2575 SqFt, 1956 YrBlt, 8-7-18;
Previous Sale: \$386,000, 11-19-91
- 165 Canon Drive, \$1,653,500, 3 Bdrms, 2277 SqFt, 1962 YrBlt, 8-7-18;
Previous Sale: \$1,190,000, 08-21-08

... continued on Page D13



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Poolside living

... continued from Page D1



Pool dug to 6.5-foot depth; circulation pipes installed.

Photos Cathy Dausman



Gunite is sprayed over steel rebar forming the pool shape. Oversized first step is called a sun shelf.

Both girls have taken swim lessons; their parents say the older daughter is now water safe and her younger sister is getting there. They've already hosted one pool party and already plan another. Cargain expects to be able to use the spa year 'round and hopes that because the pool itself is solar-heated, its off-season will be limited.

The couple was so impressed with their contractor they recommended him to Anjuli's parents for a landscape project. Aaron Cargain advises patience when considering a residential pool installation.

"It's a process," he says. "Expect the unexpected and (expect) delays. Make sure you're ready to have a construction zone in your backyard for the next several months." The couple kept neighbors apprised of upcoming construction work, apologizing in advance for short-term inconveniences. And as for their new pool setting? "It creates an environment to spend a lot of fun time with the kids," Cargain said.

Project timeline: September 2017 to July 2018

- Electrical panel upgrade
 - Solar installation
 - Earth excavation
 - Concrete pour
 - Construct pump area
 - Add decorative tile work
 - Install pool deck pavers
 - Build low-wall seating
 - Complete backyard fencing
 - Install driveway pavers
- Contractors:**
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 - Hardscape: Atlas Pavers
 - Solar: Sunworks
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Decorative tile installed; Pennsylvania blue stone used as coping stone is mortared to the top of pool.





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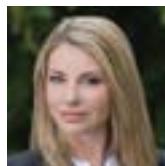
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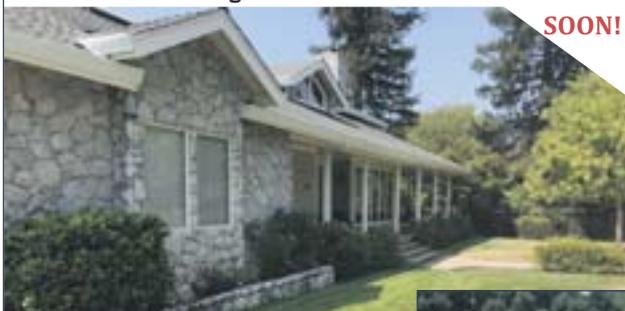


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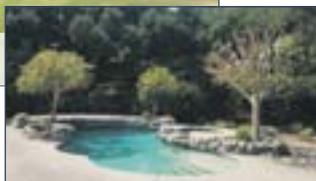
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Feng Shui

Home office review

By Michele Duffy



The "Commanding Position" for the home office desk is always the best bet, and blue and green colors create growth and creativity. *Photo provided*

The Bay Area has a plethora of creative entrepreneurs, many of whom work from their home offices. With the advent of autumn and many children returning to school, the following helpful home office tips will not only help those of us in the throws of working from home, but those of us still studying to possibly become an entrepreneur.

First, we have to carve out a separate space for our creative hard work at home, ideally not the dining room table (unless lack of space dictates otherwise). By finding a space of your own in your home, your business won't get the "situational" chi from the dining table dumping ground. Home offices are also not ideally situated in your master bedroom, which is meant to guide you into restful sleep, not remind you of all the work you still have to do, especially as an entrepreneur.

If you are in the process of searching for a home, try to include the spaciousness needed to create an actual home office in a room by itself. It's important to include the concept of healthy boundaries when you are running a business out of your home, and the room should ideally include a door that closes so that you are able to remain focused on your business. Also, limit the number of reminders of family to two framed photos; too many pictures can distract us and potentially interfere with execution of tactical and strategic events for our business.

Second, the "Commanding Position" is a central Feng Shui concept, and as it relates to a home office, the desk placement is vital. When you enter the room, from the door wall the desk ideally should be placed to face the door across the room at a diagonal, never in line with the door, and preferably with a solid wall behind the person sitting at the desk.

This concept of mountain behind us, water in front is a key aspect of Feng Shui placement and is designed to energetically put you firmly in charge of your business and all decisions, creative focus, organization, and strategic planning. If you place your desk with your back to the door it may energetically place you and your business in a weaker position, creating distracting back-biting gossip behind your back, or being blindsided by unhelpful events. Set yourself up in the most advantageous position from the start and see how you feel. ... continued on Page D12

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION Li Fire South Red Summer	RELATIONSHIPS Kun Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

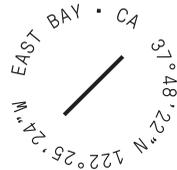
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New Listing

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Open 9/9, 1-4 pm

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Michelle Holcenberg

Lamorinda specialist since 2003

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Feng Shui

Home office review

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Don't be shocked if it feels like a more secure, cozy and comfortable vantage point from which to run the ship.

As for the desk shape and size and materials usage, avoid glass desks if possible because seeing through the desk doesn't provide a solid foundation and wood or metal desks are a better choice to ground the work you do there. Also, rectangular desks or round tables used as desks are the best choices, but if you have space for an L-shaped desk, this can work well, too, in creating plenty of room to work on a computer and also spread out visual projects or proposals.

Third, take a quick audit of the overall home office space. Does the color of the room promote growth (greens and light blues) and is the hue strong enough to keep you awake? If you want an accent wall it might be inspiring if it was the wall you face while at your newly placed commanding position desk. What does the art and images on your walls say about your business? Placing your logo in a frame or on a stretched canvas reinforces what you are there to do, but equally at home in an home office might include framed photos of the Golden Gate Bridge or Mount

Diablo or other natural wonders based in your business' geographical area. What inspires you? Do the images work their magic? If not, consider an upgrade. Next, do you have proper lighting? If you do not have overhead or recessed lighting, are their ample 100-watt desk or floor lamps well positioned in your home office? There are so many lighting options in whatever style you want to create for your home office including modern, vintage, farmhouse chic, contemporary, traditional or avant garde.

The key function of lighting is to illuminate so you don't strain your eyes and can see what you are trying to work on, so don't skimp on this important functional step.

These timely tips can also inform your student's workspace and create a more stable environment to start the new school year. Putting an extra pair of eyes on your own home office or your children's school work space, will provide the mid-year rejuvenation you need to carry you through the fall season in grounded command of what's to come.

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Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2018 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



Lamorinda Home Sales recorded

... continued from Page D2

ORINDA ... continued

- 49 Diablo View Drive, \$1,890,000, 5 Bdrms, 3989 SqFt, 2002 YrBlt, 8-10-18;
Previous Sale: \$210,000, 09-06-00
- 6 Dover Court, \$1,515,000, 4 Bdrms, 2735 SqFt, 1979 YrBlt, 7-31-18;
Previous Sale: \$342,000, 08-26-88
- 113 Estates Drive, \$1,800,000, 3 Bdrms, 2262 SqFt, 1954 YrBlt, 8-1-18;
Previous Sale: \$1,150,000, 04-28-03
- 54 La Campana Road, \$2,800,000, 5 Bdrms, 3122 SqFt, 1938 YrBlt, 8-8-18;
Previous Sale: \$985,000, 12-31-14
- 50 Linda Vista, \$1,278,000, 4 Bdrms, 2468 SqFt, 1960 YrBlt, 8-7-18;
Previous Sale: \$955,000, 05-27-14
- 44 Oak Drive, \$1,825,000, 4 Bdrms, 3094 SqFt, 1939 YrBlt, 8-7-18;
Previous Sale: \$750,000, 08-05-16
- 7 Sycamore Road, \$5,300,000, 5 Bdrms, 5151 SqFt, 1939 YrBlt, 8-1-18;
Previous Sale: \$1,095,000, 10-06-99
- 16 Valley View Road, \$2,092,500, 3 Bdrms, 2344 SqFt, 1955 YrBlt, 8-10-18;
Previous Sale: \$1,620,000, 06-30-15
- 36 Via Floreado, \$1,300,000, 5 Bdrms, 4888 SqFt, 1926 YrBlt, 8-8-18
- 10 Westwood Court, \$1,550,000, 5 Bdrms, 2543 SqFt, 1956 YrBlt, 8-10-18



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4 BR | 2.5 BA
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Offered at \$1,610,000
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6 Idyll Court, Orinda



Idle Times on Idyll Court

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Offered at \$1,375,000
www.6Idyll.com



3 BR | 2.5 BA | 1,716 SF
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PROPERTIES

Cynthia Brian's Gardener's Guide for September

Gardening at any age

By Cynthia Brian

"Old Gardeners never die, they just spade away!"



Echinacea is a favorite summer blooming perennial.

Photos Cynthia Brian

When my dad turned 60 he confided that he didn't have the physical strength that he'd had at 30. Although he was always Superman to me, Dad had to make accommodations to continue working uncompromisingly in the fields on our ranch as he aged.

Gardening and farming are bedfellows. Having worked in the dirt since I toddled, I have always felt confident in my gardening vigor whether it was lifting heavy rocks, pulling barbed wire, cutting limbs, digging holes, or carrying sacks of fertilizer. Over the decades, I have learned to curb my enthusiasm and ask for assistance when a task is beyond my physical prowess.

Gardening offers exercise for the body, mind and spirit. It is an outdoor activity that anybody can enjoy

from birth until death. By working in the garden, our bodies and bones become stronger and more flexible allowing for greater mobility. Gardening reduces stress, clears our minds, births creativity, and staves off depression. The bonus is we get to enjoy beautiful landscapes, gorgeous flowers, and fresh fruits, vegetables and herbs.

Here are a few tips I've gleaned that have been helpful to increase my gardening enjoyment while taking precautions for health and safety.

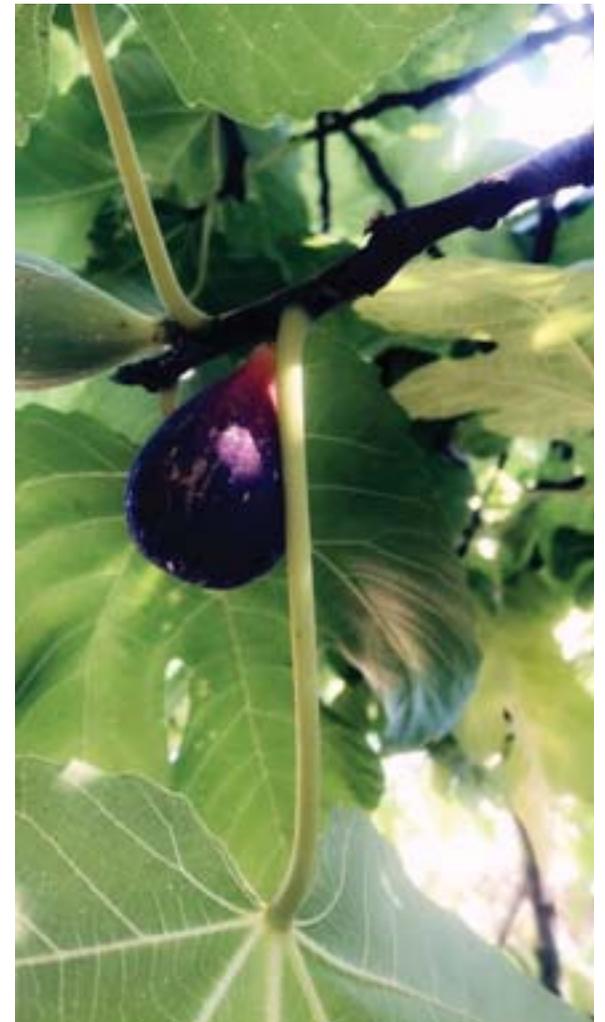
Health and safety tips for all ages

1. Always apply sunscreen before going outdoors.
2. Wear gloves, a hat and boots with good treads.
3. Although my preferred summer gardening wardrobe (and that of my family members) is wearing a bathing suit or shorts with my boots, it's best to

pull on trousers and a long shirt when pruning roses, blackberries, or doing any type of spraying.

4. Use insect repellent or wear a scarf and socks by Insect Shield® to keep the ticks, mosquitoes, and other pests from biting.
5. Get a tetanus shot every 10 years.
6. Seek medical attention immediately if allergic to bee or yellow jacket stings.
7. Respect physical limits. I push myself forward, but more gently.

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A luscious black Mission fig on the tree.

www.LamorindaWeekly.com
Most Frequently Viewed Stories From
Our Last Issue:



- MOFD firefighter suffers heart attack after wildfire deployment
- Oh ...rats!
- Acalanes Class of '68 celebrates 50 years
- Condos proposed for Lafayette Circle
- With La Finestra coming to Moraga, owner still dreams of the Hacienda
- BART bill to head for senate vote
- Competitive MOFD board races shaping up
- Joaquin Moraga descendant to perform at annual Fandango
- A last-chance glimmer of hope for Lafayette Park Theater?
- County Connection Transit Agency announces proposed fare and route changes

If you wish to view any of the stories above go to www.lamorindaweekly.com and click the link below the story.



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Cynthia Brian's Gardener's Guide for September

Gardening at any age

... continued from Page D14

8. Minimize the BLT activities: bending, lifting, and twisting. I now do my weeding scooting along the ground. I lift only an amount that doesn't hurt my back and I avoid twisting as much as possible. (Sorry Chubby Checker!)
9. Install raised beds for vegetables to decrease the "B"... bending.
10. Use caution when climbing on high ladders.
11. Drink lots of water. It's so easy to get dehydrated while gardening especially when it is warm. My mother taught me that lesson.
12. Keep tools sharpened, cleaned and organized. Always use the proper tool for the job at hand.
13. Repair or replace immediately anything that could be hazardous to the gardening experience. I walk my perimeter daily adjusting rocks, stepping stones, picking up fallen branches, or debris that could lead to a fall or worse.
14. Hire experts when needed.
15. Bathe and wash clothes after every garden work out.
16. Spend at least 20 minutes daily enjoying the beauty and the bounty. My morning ritual is to express gratitude and awe for my garden every morning as I meander through the landscape before going to work. In the evening I appreciate being able to harvest fresh vegetables, fruits, and herbs for our supper.
17. Use all of your senses. Listen, really listen to the sounds of nature. Pay attention to the birds, bees, butterflies, hummingbirds and insects. Embrace the sounds of the breeze whistling through the trees, breathe in the sweet fragrance of the flowers, and taste the peppery flavor of the nasturtium. Feel the velvety texture of lamb's ear and avoid the prickles of the cactus. Look around you and truly see the unique kaleidoscope of flora and fauna.
18. Make gardening a family affair. Encourage your spouse, partner, children and grandchildren to dig in the dirt with you.

Practicing the art of gardening is an activity that reaps benefits for our physical fitness and spiritual wellbeing. It is a hobby with measureable perks. Be alert and consider safety first. With joy and abandonment, we will be able to frolic in our garden playgrounds for a lifetime until we just spade away!



A tree of green persimmons.



Peace lily or Sail plant offers immune boosting chemicals called phytoncides to keep indoor air fresh.



A fresh picked box of Sweetwater grapes, Mission figs, and pomegranates.



Cynthia Brian's Monthly Tips for September

TREAT balconies, rooftops, and porches like outdoor rooms. Define the space, add robust colors, comfortable furnishings, and an element of shade.

ELIMINATE sugar and artificial sweeteners from your diet. Plant stevia, a natural sweet herb that is a healthy sugar substitute.

MAINTAIN optimum health by adding superstar foods to your vegetable garden including sweet potatoes, broccoli, watermelon, butternut squash, and numerous leafy greens including mustard, kale, collards, spinach and Swiss chard.

DIVIDE overgrown perennials beds after the flowers have finished blooming. Plant the divisions in other areas of your yard or share with friends or a garden club.

FERTILIZE roses, azaleas, rhododendrons, fuchsias and camelias.

CUT bouquets of Naked Ladies and bougainvillea to use in flower arrangements. Flowers last about a week to 10 days.

SOAK the heads of hydrangeas in a bucket of water after cutting. Hydrangeas drink from the top. Spray bouquets with water once a day to keep the hydrangea flowers fresh looking.

HARVEST apples, grapes, figs, and Asian Pears as they ripen.

BUY bulbs for spring planting. Tulips, crocus and hyacinth will need to be refrigerated for six weeks before planting.

DETER squirrels and birds from devouring your green persimmons by netting the tree.

VISIT me and other contributors to my eighth book, "Be the Star You Are! Millennials to Boomers Celebrating the Gifts of Positive Voices in a Changing Digital World" at the Pear and Wine Festival on Saturday, Sept. 22 from 11 a.m. to 3 p.m. Get your books autographed with sales benefitting literacy outreach projects. Information at <http://www.CynthiaBrian.com/books>. Thank you to Lamorinda Weekly for sponsoring.

BRING plants into your office. Exposure to living greenery has a calming effect and helps us be more productive. Many plants, such as the Peace Lily, also called the Sail Plant, emit antiviral, immune-boosting chemicals that clean the air and promote health.

GROW echinacea as a beautiful hardy perennial as an ornamental or for its medicinal qualities that are found in its root. Test the quality of the root by chewing a small piece. If your tongue tingles, the root can be used for making teas, tinctures, and toners.

ENLIST the assistance of a pest control professional if you find bats getting into your attic, garage or other space. Although they don't usually attack humans, they can carry rabies. On the positive side, bats are garden guardians and consume copious amounts of damaging insects.

RELISH the spectacular show of colorful crape myrtles this month as they grace driveways, gardens and town centers.

Savor the final days of summer. Autumn clean up is coming soon. Sharpen your spade and spade away!

Happy Gardening. Happy Growing.
Cynthia Brian



A bloom on the watermelon crape myrtle tree.



Bat on a screen door.



Raised beds with a chicken coop.



Covered raised beds are great for winter gardening.



Bees drinking from a fountain. There must be a hive nearby.



Cynthia Brian with the Naked Ladies.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com. Buy a copy of the new book, Growing with the Goddess Gardener, at www.cynthiabrian.com/online-store. Available for hire for projects and lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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ORINDA



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ORINDA



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ORINDA



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LAFAYETTE



4030 Happy Valley Road

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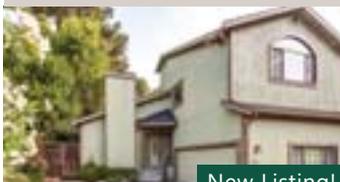


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MORAGA



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