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Sunday, October 14
5:00 p.m.

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Postmaster Elena Tyrrell graciously accepts a plaque in her honor surrounded by, from left, County Supervisor Candace Andersen, long time resident Deva Rajan and Canyon Steinzig, President of the Canyon Community Association
Photo Ohlen Alexander

Zip Code 94516: Necessary at 90?

Canyon residents defend post office's usefulness

By Cathy Dausman

Canyon Post Office forms what resident Jeanne Lorenz called a "unique gateway to the community." Nestled in a secluded glade of redwood trees barely two miles from Moraga where trout still swim in the brook on site, cyclists speeding by lean into the roadway curves, the building doesn't look its age—perhaps because of a face lift in the mid-1980s—but the grand

dame of Canyon is now 90 years old. Naturally there was a party: the Canyon community held a birthday celebration August 25 to celebrate the post office and to raise awareness of its importance. Lorenz kicked things off, pointing out to the dozens of post office fans in attendance, including a handful of Lamorinda dignitaries and a television news

crew. "The post office is the straight arm of our curvy community."

Canyon Fire's Jonathan Goodwin welcomed new County Supervisor Candace Andersen, describing his home as "an unusual community, old west or perhaps from the Jurassic period; dinosaurs have been sighted here. ... continued on page A12

Quote of the Week:

"So, like Disneyland, we keep on reinventing ourselves."

Read *Craft Beer Land Debuts at Art & Wine Festival*, page A10

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Moraga School District to Implement Safety Curriculum

Student Safety Committee presents recommendations to School Board

By Sophie Braccini

In the aftermath of reports late last spring revealing that a Moraga School District principal had failed 16 years ago in his duty as mandated reporter, Superintendent Bruce Burns proposed the creation of a Student Safety Committee that was tasked with spending the summer reviewing existing policies and proposing improvements. Last week, on the eve of the first day of classes in the new school year, the committee presented its findings to the Moraga School District Governing Board. Among the committee's recommendations is the implementation of a safety curriculum for the District's most vulnerable population—the students themselves.

"The committee went through what happened 16 years ago to identify gaps and make recommendations," said Burns. The Board accepted, and has begun to implement, all of

the recommendations, which include more training for staff and teachers, providing information to parents and the community, and the creation of a safety curriculum for all children enrolled in Moraga schools.

"A subcommittee is looking at what's being done across the country to teach children what is appropriate and what is not, and what their rights are," said Burns, who anticipates that a safety program for students will begin in early 2013.

Regarding additional training for adults, Burns explained, "Up to now we talked about mandated reporting, among other high profile issues, once a year with all District employees," he said. "The committee asked that the information be given twice a year." The first session with employees was held August 20; the second will happen before the end of Jan-

uary, 2013. A special workshop for the administrative team, at which barriers to reporting will be discussed, is scheduled for October.

The Board asked for clarification of what a teacher should do if a colleague tells her about a suspicion of abuse but doesn't know if that colleague has reported the suspicion. "The rule is, 'if in doubt, report,'" stated Burns.

Burns said the District is also trying to reach out to parents. "We organized an information session for parents on August 20," but although all District parents were invited, only eight attended. The timing of the workshop may have been the problem, he mused, adding, "That presentation was excellent, we might do it again later this year."

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Tender, Loving Care

Laurie Snyder meets Moraga's Bruce and Bea Cunningham. Page B3



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Gaels Start Strong

SMC men's soccer takes to the field. Simon Tryzna reports. Page C1



Our Homes D1-D8

Feng Shui

Sophie Braccini discovers there are many paths to harmony. Page D1



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Public Meetings

City Council

Monday, September 10, 7:00 pm
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd

Planning Commission

Tuesday, September 4, 7:00 pm
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd

Design Review

Monday, September 10, 7:00 pm
Lafayette Library & Learning Center
in the Arts & Science Discovery
Center at 3491 Mt. Diablo Blvd.

Check online for agendas, meeting notes and announcements

City of Lafayette:

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

Chamber of Commerce:

www.lafayettechamber.org

Police Report



Lafayette Police Summary, week of August 12 to 18, 2012

Accident with property damage:

3300 block Moraga Blvd
Moraga Rd at Sky Hy Dr
Moraga Rd at Rimrock Rd
1st St. at Hwy 24 WB

Arson/Fireworks:

3800 block Happy Valley Rd
3100 block Stanley Blvd (arson)
700 block St. Mary's Rd (fireworks)

Animal Cruelty:

Lafayette Cir/Mt Diablo Blvd
3500 block Mt. Diablo Blvd
100 block Lafayette Cir

Burglaries:

3500 block Mt. Diablo Blvd (grand theft) (twice)
1200 block Pleasant Hill Rd (auto)
Olympic at Reliez Station (auto)
1000 block N. Thompson Rd (petty theft)
800 block Las Trampas (residential)
3300 block S. Lucille Ln (prowler heard)
3600 block Mt. Diablo Blvd (shoplift)
4000 block Mt. Diablo Blvd (auto)
1400 block Tichenor Ct (petty theft)
800 block Mt. View Dr (residential)

Suspicious:

1200 block Cambridge Dr (shooting-promiscuous)
Franklin Lane at happy Valley Rd (shooting-promiscuous)
1600 block Taylor Blvd (unwanted guest)
• Over 28 suspicious circumstances/subject/vehicle stops
Moraga Rd at Moraga Blvd (suspicious subject)
Lafayette Circle at Mt. Diablo Blvd (suspicious subject)
3400 block Orchard Hill Ct (suspicious subject)

Security Check:

Crosses on Oak Hill

Vandalism:

1st Street/Monroe Avenue
1st Street/Moraga Blvd. (twice)
900 block 1st Street
3400 block School Street
300 block W. Lowell Lane
100 block Topper Court
3400 block Moraga Blvd.

Disturbances/Public Nuisance

3600 block Powell Dr. (fight)
1600 block Taylor Blvd. (unwanted guest)

Traffic Stops

Over 73 traffic stops logged within the same week.

Four Contenders for Two Lafayette School Board Seats

By Cathy Tyson

After a combined quarter century of volunteer service to the Lafayette School District Governing Board, Shayne Silva and Stephenie Teichman have chosen not to run for another four year term. Four candidates are vying for those two empty seats on the November 6 ballot. Job responsibilities for the volunteer position include being available every second Wednesday of the month for board meetings and finding the time to serve on lots of committees – from the curriculum council to technology.

Candidates are, in alphabetical order, Jean Follmer, Quinlan Tom, Nancy Wallace and Don Wolff. Their official role will be to represent the community and provide leadership in addressing community issues related to education. All four have children attending schools in the Lafayette School District and all mention financial pressures facing the district as a key concern, but they have different motivations for wanting to be on the school board.

Each of the candidates was asked to respond to three questions (due to space constraints, we asked them keep their responses brief): Why are you running for School Board, do you have kids attending Lafayette public schools, and what do you think are the key issues facing the District?



Jean Follmer is the Springhill Parent Faculty Club President, a former education reporter, and works with organizations Lafayette for Education and Educate our State.

I am running for the Lafayette School District Governing Board because I moved to Lafayette in 2007 for the excellent schools. Since then, the District has implemented \$3,000,000 in cuts. These cuts have resulted in increased class sizes and reductions that include teaching, aide, counseling and janitorial staff. Along with many parents, I am disappointed by these reductions. We must restore our programs through thoughtful financial planning and spending as well as expand our programs to include full-day kindergarten and foreign language as do some of our neighboring districts. Further, I believe that all stu-

dents in Lafayette should be challenged daily through the effective use of differentiation and ability grouping. I have become keenly aware of the challenges that the Lafayette School District and other California school districts currently face. I believe that my experience, my collaborative nature, my sense of financial responsibility and my desire to work on behalf of the Lafayette community will enable me to be an effective school board member.

I have two children; both are school-aged and have attended school in the Lafayette School District since kindergarten. My daughter is in the 6th grade at Stanley Middle School and my son is in the 4th grade at Springhill Elementary School.

The key issue facing our District is the lack of a stable funding source. Reductions in Average Daily Attendance revenue from the State of California combined with a dependence upon uncertain revenue streams that include parcel tax renewals and parent and community donation requests make reliable financial planning difficult for the District. The District has also faced recent and unexpected increases in the cost of administering some of its programs.



Quinlan Tom is an attorney with the Oakland law firm McInerney & Dillon, and was also school site supervisor for the Measure B campaign.

Serving on the Lafayette School Board will allow me to apply my experience, as a past PTA President for Lafayette Elementary and a current Lafayette Partners in Education (LPIE) Executive Board member, for the benefit of all of the children in our district.

My two sons, Zach and Nate, are now at Stanley Middle School after attending Lafayette Elementary. For the past six years, I have seen the excellent education that the Lafayette District provides to its students on a day to day basis.

The number one issue we face is how to maintain and improve educational excellence in Lafayette schools in this time of extremely limited financial resources. There is no single answer. We must use existing re-

sources efficiently. We have to hold our teachers to high standards and provide them with the tools they need to meet those standards. We must look to our community for support and sometimes, as we have seen recently, we must make difficult choices. Our current Board has set a great example of how to maintain the quality of Lafayette education while balance competing interests, and I intend to follow that example.



Nancy Wallace served on the Director of Student Services' Parent Advisory Committee; served on the Board of the Springhill Parent Faculty Club; she's the Founder and President for the past four years of SEED (the Special Education Enrichment and Development Foundation of Lafayette); and has volunteered at school and on parcel tax campaigns. For more information, visit her website, www.NancyWallace2012.com.

I am running for the Lafayette School Board because I want to help our District ensure a world-class education for all of its students — gifted, typically developing and those with special needs. Providing a world-class education for all students in these economic times requires proven leadership and experience. Through my volunteer experience in this community, I have exhibited this leadership. These experiences have helped me understand the issues involved in governing this District. Before leaving my practice at a large international law firm to care for my children, I practiced law for eleven years and worked in the actuarial field for several years. As an attorney and an actuary, I dealt with complex legal and financial issues. This experience will be invaluable in navigating the complex issues involved in the continuing struggle with tough budgetary issues.

I have three children who attend or have attended school in the Lafayette School District — two typically developing daughters and a son with special needs. As part of supporting their education, I have been an active member and leader in both the general education and special needs communities in Lafayette.

The most significant issue facing the District is insufficient funding. While fundraising is critical, the state budget crisis will continue to force us to make tough budgetary decisions too. Continuing to provide world-class education with less money is our biggest challenge.

Other issues we face include the need to remain technologically current, maintain differentiation with fewer resources, develop a more coordinated curriculum from K-8, introduce a foreign language program starting in kindergarten, strengthen our science and math programs, and continue our excellent music programs.

The District also needs to continue to provide world-class education for children with special needs and learning differences.



Don Wolff graduated from the Stanford University School of Medicine, and is currently a practicing ophthalmologist in Walnut Creek. He's been actively involved in Boy Scouts for years.

I am a candidate for school board to bring fresh ideas that complement the "character and wellness" initiatives. Specifically, as a medical doctor and small business owner with ten years experience, I want to see a strengthening of programs for diet-nutrition awareness, anti-obesity, vision screening, bike and sport safety.

Our son attended Springhill for kindergarten through fifth grade. His mom and I were impressed with the high quality of teachers and curriculum there. Our son thrived under their creative instruction. Ms. Heather Duncan has done an amazing job in bringing new programs such as student government. While our son was at Springhill, I was a Cub Scout leader and school dad volunteer. Our son is now eleven years old and starting Stanley this year. I am active as a Boy Scout leader and our son is working on his "tenderfoot" rank.

There will continue to be external financial pressures on the district, especially with increasing enrollment and requests from students outside the district to join. The drive for excellence will push us to continue to seek out and implement the cutting edge developments in education that will enable us to far exceed state guidelines, while keeping class sizes at levels that promote the best learning for our children.

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More
Lafayette
Civic News
on Page A8

Chateau Lafayette Residents Request Permitted Parking

By Cathy Tyson

City staff has been investigating car ownership in an effort to scope out who is parking on Moraga Boulevard between Moraga Road and First Street, to find a solution for residents of Chateau Lafayette who are forced to park some distance away from home. There is "considerable parking intrusion," noted a staff report prepared for the August 20, 2012 meeting of the Circulation Commission, mostly due to its proximity to commercial areas. Employees who work nearby or folks taking BART to work for the day are likely culprits for the lack of parking available for residents at the Chateau.

With parking available only on the south side of the street, and pressure from nearby La Fiesta Square, Lafayette Elementary and Golden Gate Way, it's easy to see why the street is full of cars parked all day long. According to City Engineer Tony Coe, the width of the road is insufficient for two way traffic and parking on both sides of the street. Single family homes on the south side of the street, opposite the Chateau, have garages and driveways to accommodate their vehicles.

Residents on the 3500 block of Moraga Boulevard expressed support for a \$12 per year parking permit, limited to one per household, that could be renewed annually. While the City can't dictate where employees of local businesses park, they can tighten the rules of the road as a way to encourage parking elsewhere. There's a free, under-utilized parking area, just down Moraga Road, in a lot recently purchased by the City of Lafayette, that has no time limits – a good alternative for shoppers and workers rather than taking parking from senior citizens who live at Chateau Lafayette.

"There have been a number of hiccups in the process, I'm thankful we can finally bring this to the Circulation Commission tonight," said Transportation Planner Leah Greenblatt.

Results of a parking survey by City staff revealed that less than 30 percent of the cars parked on the block, measured at various times over a two-day period, were registered to Moraga Boulevard homes.

With 66 apartments and only 22 parking spaces on the Chateau Lafayette premises, on average, nine residents park on the street on most days. When the Chateau was built years ago, seniors weren't living as long and a smaller percentage were driving, so the city approved the design with less than the standard required number of parking spaces.

Tenants are now living longer and receiving health care and physical therapy services at home, creating a need for parking for service providers like visiting nurses and physical therapists. Faster turnover of spaces would open up the street for health care workers and perhaps parents parking while dropping off children at the Old Firehouse Preschool, around the corner on Moraga Road.

After hearing passionate comments from many of the elderly Chateau residents, Circulation Commissioners were in agreement about creating a permit parking area with a two-hour limit on the block, but disagreed with a staff recommendation to allow just four permits for the Chateau. Part of the city's survey showed that the 4 on-site visitor's spaces were empty most of the time. Staff recommended using 2 of those spots for residents—that plus 4 permits would give Chateau residents a combined six additional parking spaces – solving most, but not all, of the problem.

Treva Perkins of the Chateau Lafayette Tenants' Association kicked off the effort with a Transportation Action Request Form last year. At the meeting she commented that "two-hour parking is warranted, but four permits are not enough, elderly residents need to be able to park close by."

... continued on page A8



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City Council Continues Public Hearings to September

Although the proposed roundabout and streetscape improvements were on the agenda at the August 13 City Council meeting, due to an abundance of resident comments and the late hour no final decisions were made. The public hearing will be continued on September 24, giving City staff an opportunity to provide alternative options for street improvements. Residents' concerns ranged from traffic implications and ease of access to the driveways of businesses that front Mt. Diablo Boulevard, to maintenance costs. The public hearing on the certification of the Final Environmental Impact Report on the Downtown Specific Plan, as well as a vote on the Plan itself, is slated for September 10 at the Community Hall of the Lafayette Library and Learning Center.

C. Tyson

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Moraga Civic News

Public Meetings

Town Council

Wednesday, September 12, 7:00 pm
Joaquin Moraga Intermediate School,
1010 Camino Pablo

Planning Commission

Monday, September 17, 7:00 pm
September 4 canceled
Moraga Library, 1500 Saint Marys Rd

Design Review

Monday, September 10, 7:00 pm
Moraga Library, 1500 Saint Marys Rd

Check online for agendas, meeting notes and announcements

Town of Moraga:

www.moraga.ca.us
Phone: (925) 888-7022

Chamber of Commerce:

www.moragachamber.org

Moraga Citizens' Network:

www.moragacitizensnetwork.org



Police Report

Speeding with vomiting teenager, 8/20/12 A sober 16-year-old driver was chauffeuring his 16-year-old pal who was in no condition to drive. The young man had attended an end-of-the-summer party and apparently drank too much. Vomiting in a car is not illegal, but going 53 m.p.h in a 35 m.p.h zone is. Like following a trail of breadcrumbs, police were able to locate the fiesta after finding juveniles walking in the neighborhood and beer cans in the front yard of a home on Corte Maria. Cops came upon a youth parked in a driveway and wanted to chat; the genius 16-year-old fled on foot, but left his driver's license and car keys in the vehicle.

Identity theft, 8/11/12 An unknown suspect was able to obtain a duplicate Capital One credit card with the same information as a Shuey Drive resident. Allegedly \$15,000 was charged to the account – fortunately all of that will be reimbursed. The folks at Capital One have assigned an investigator to the case.

More credit card theft, 8/17/12 Same street, different card. A Chase debit card was taken from a Shuey Drive home - that same day, the thief spent \$354 for Comcast services. The reporting person is seeking prosecution.

Phantom charger, 8/16/12 A Wandel Drive resident reported to police that between \$3,000 and \$4,000 had been charged to her Nordstrom account in July from the Valley Fair Nordstrom in Santa Clara. The department store agreed to forgive the charges.

False alarm, 8/17/12 The security alarm at Orchard Supply Hardware was triggered via an interior nursery motion sensor at almost 11 p.m. Police checked the perimeter and found everything to be fine and dandy. Plants walking around?

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Moraga Road Construction Projects

Drivers should encounter only minor delays this fall

By Sophie Braccini

There are no dire predictions of major traffic jams this time, but drivers beware: the Town of Moraga will conduct a few construction projects along Moraga Road this fall.

The Town will begin with grant-funded improvements to the crosswalks between Moraga Road and Corliss and at Moraga Road and Woodford Drive (across from Campolindo High School). The development plans include

pedestrian-activated, solar-powered systems that have flashing lights or overhead flashing beacons to notify drivers that pedestrians are using the crosswalk.

Construction is expected to start at the end of August and should be completed in early November.

The other, larger, project along Moraga Road is the addition of a parking lot at the skate park. The Town Council must first award the

contract, which is on its to-do list for the September 12 meeting. "Six bids were received; the lowest qualified bid was \$199,000, a little less than the \$210,000 estimate," said Parks and Recreation Director Jay Ingram. Orinda and Lafayette are each contributing 25 percent of the cost.

Ingram does not expect the work to start before the Pear and Wine Festival, held the last Saturday in September, and assures that workers will

not mobilize before school traffic has receded each morning. "The construction will not affect the road itself," said Ingram, "and the skaters will not be affected either." Parking will not be available along the affected portion of Moraga Road during construction. Ingram expects the work to be completed by Thanksgiving.

As Seen in Moraga...



On the first day of school families enjoyed frozen yogurt from Tangelo, which recently opened at the Rheem Shopping Center. Photo Andy Schreck

Moraga School District to Implement Safety Curriculum

... continued from page A1

In addition, the District plans to add an information section to its website where elements such as "reasonable suspicion" and legal obligations will be defined. "We may also inform other community organizations who deal with children about this resource so they can take advantage of it," noted Burns.

The committee will continue to meet as needed and will report to the Board about the implementation of its recommendations before the end of November. Meeting agendas, minutes, a list of committee members, and additional resources can be found under the header Student Safety Committee on the District's website, www.moraga.k12.ca.us.

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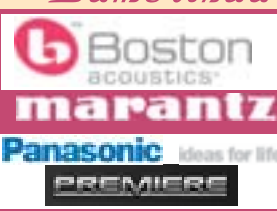
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Moraga School Board Candidates

Three residents will vie for two seats in the November General Election

By Sophie Braccini

The Moraga School District will tackle multiple challenges over the next couple of years. In addition to stepping up efforts to keep students safe and coping with the ongoing funding problems all districts are facing, Moraga will also begin implementing the California Common Core State Standards, which are designed to provide a consistent, clear understanding of what students are expected to learn in order to be fully prepared for the future.

Overseeing all this activity is the School District's all-volunteer Governing Board. Two seats are up for election on the five-member Board this November. Incumbent Dexter Louie is seeking re-election, while his Board colleague Dennis Kelleher has decided not to run again. Also throwing their hats in the ring are Shari Simon and Parker Colvin. We caught up with all of them last week and introduce them here in alphabetical order:

Colvin believes that Moragans strongly support their school district, even though a recent parcel tax measure failed. "Depending on whether the governor's plan passes or not, we might have to face an even greater deficit of funding," he said. "We will need new and greater forms of support from the community."

Colvin says that his expertise with long term financial planning and his ability to communicate with, and respond to, taxpayers will make him a very effective Board member. He can be reached at parks2c@gmail.com, or by visiting www.parkercolvin.com.

Louie acknowledges that the community's support has been great over the past year. "The parcel tax failed by only 100 votes," he noted. "We need a clear goal and clear message to get everyone on board." Louie can be reached at dlouiemd@gmail.com.



Shari Simon has been involved with the District since 2005 and has served in many capacities, including President of the Moraga Education Foundation. She was a Senior Vice President at Oracle Corporation. Her youngest child just entered fourth grade. "I believe in our schools," said Simon, "and want to continue to help make our schools as terrific as they can be. My involvement with MEF, PTA and our site councils has given me the opportunity to really understand how school funding works. Reduced state funding creates difficulty, but we have talented teachers, a great population of kids and parents, and we can do a lot to augment what the State provides."

Simon agrees that a local parcel tax will go a long way toward maintaining the quality of education that Moragans have come to expect from their schools, especially if the Governor's tax plan isn't approved. "Reasonable class size, technology, and enrichment programs are things that need funding," she said.

Simon believes that her experience in the private sector, coupled with the years she's spent fundraising for the schools, will make her a great addition to the Board. "I'm a community builder; I will work to bring people together—across our whole community—to make our district successful." Simon can be reached at sharisimon@yahoo.com.



Incumbent Dexter Louie has served on the Moraga School Board for 14 years. He is a medical doctor with a private practice in otolaryngology. He believes that even if new blood is needed on the Board, it is also important to maintain stability and retain experience in policy and process.

"The Moraga School District brings to our students what they need to succeed in the 21st century," said Louie. "We provide the electives, the technology, the excellence that has served the community well. Our goal will be to sustain this quality education in spite of the financial situation we face." Louie is concerned that, as the financial situation of the District deteriorates further, the great system and the strong team that serves it might have to be dismantled; once broken, it would be very hard to rebuild. "The system I've had the privilege to work for has served our community well, there is no more room for cuts," he said. "People need to understand what the situation is."



Parker Colvin and his family moved to Moraga from San Francisco last year. His oldest child just started first grade at Los Perales Elementary School. Colvin works with Stifel Financial and is a municipal bond underwriter. "I have worked with about 100 schools all over the state," said Colvin. "I know how school finances have been deteriorating and I want to bring my financial experience to the Board."

Colvin says that he and his wife have been very pleased with the school and the District over the last year and that he wants to get more involved. "Knowing my background, some parents have encouraged me to run," said Colvin. "The State's finances are deteriorating with an im-

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Orinda Civic News

Public Meetings

City Council

Tuesday, September 4, 7:00 pm
Auditorium, Orinda Library,
26 Orinda Way

Planning Commission

Tuesday, September 11, at 7:00 pm
Auditorium, Orinda Library,
26 Orinda Way

Citizens' Infrastructure Oversight Commission

Wednesday, Sept. 12, at 6:30 pm
Sarge Littlehale Community Room, 22
Orinda Way, Orinda

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

Police Report
... will be back next time.

More Orinda Civic News on Page A8

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Get Schooled About Your School Board Candidates

By Laurie Snyder

This November, Orinda residents will vote for City Council candidates, for or against a sales tax increase, and to elect fellow citizens to the Orinda Union School District (OUSD) Board of Trustees. Four Orindans hope to serve on the School Board; only two seats are available.

The candidates will serve as role models – not just for the adults who will be voting – but for area children who will be learning about the importance of civil discourse in a democratic society. The children the board shepherds may one day become senators, physicians, athletes, artists, or retirement fund managers.

Class is now in session. Here are the candidates:

SARAH GENN BUTLER

Sarah Butler holds a degree in environmental planning, and has worked in both environmental consulting and property management. A 14-year resident of Orinda, she has two children; both have attended Orinda's schools since Kindergarten.

She has been involved with the Educational Foundation of Orinda and active as: a school site council member (five years at Glorietta Elementary and three at Orinda Intermediate School), and as a parents' club board member at Glorietta, OIS and Miramonte High School. She has volunteered for strategic planning, AHUSD Measure A parcel tax and county-wide 32nd District PTA legislative committees, and served as a legislative representative and co-chair, Las Trampas legislative team. "That actually gives me a broader

depth of understanding," she says of these interactions.

She wants to continue Orinda's effective use of taxpayer dollars through conscientious oversight while improving communication and collaboration between all stakeholders.

Butler plans to "promote a vision for the Orinda Union School District for educational excellence and 21st century learning, while also being fiscally responsible" to "keep our schools among the top in the nation and give our children the academic foundation, technological education and experiences in the arts and music that will develop critical-thinkers, innovators and well-rounded students."

BEKKI VAN VOORHIS-GILBERT

Bekki Gilbert and her husband, Neil, have lived in Orinda for more than a decade. Their two children attend OUSD. A former tenured associate professor in Sociology and Social Services, Gilbert holds a bachelor's degree in psychology, as well as Juris Doctor and Doctor of Philosophy degrees.

Gilbert believes that her breadth of experience makes her uniquely qualified to serve. "I have attended many OUSD Board meetings. I have visited all five OUSD school sites – talking with parents, teachers and staff to learn about what they see as currently working well in the OUSD and their hopes for the future."

She encourages experimentation with teaching methods – but in ways

that won't jeopardize an entire generation, and believes that parents, teachers and community members "should be treated as partners in the educational enterprise."

While it will be vital for the board to continue its already sound fiscal management, she believes it must become more creative in how funds are raised. And while "OUSD students have consistently achieved an outstanding record on the conventional measures of academic performance," she says more must be done to meet the changing academic requirements of the 21st century, particularly in "advanced information technology, critical thinking and project-based learning."

JASON LURIE

Jason Lurie holds a bachelor's degree in political science and communications and a Juris Doctor. A practicing real estate attorney, and Lafayette resident for seven years, he and his family moved to Orinda in December 2010.

"Our public school system is outstanding," he observes. "Whether the measure is academic test scores, which consistently rank among the best in the state, or less objective but equally important ways: nurturing teachers and administrators that provide optimal learning conditions; parents that volunteer their time and give generously to our Parent's Clubs and EFO (Educational Foundation of Orinda); and local businesses that sponsor and support our school programs."

He describes California's cur-

rent financial situation as a "morass" which "threatens the quality of our curriculum, our small class sizes, the maintenance – let alone any improvement – of our physical facilities, the availability of elective programs, and the morale of our teachers and administrators." He believes Orinda's Trustees can and must overcome this challenge.

As a board member for a local non-profit, he also serves as the legislative representative for the Glorietta Parents' Club. "I have always been committed to a collaborative and cooperative work style, and that is exactly the spirit I will bring to the OUSD board if elected."

MATTHEW P. MORAN

Matthew Moran of Moran Supply, an Oakland wholesale plumbing distribution company, has served on OUSD's board for four years. The only incumbent, he is running again to help "a very young board. We need continuity."

Raised and educated in Lafayette, he has coached youth sports for 11 years, been a past Orinda Youth Association president, and volunteered for Orinda math breakout, character education, and other programs.

He is committed to giving every child an excellent education, and points with pride to Orinda's Columbia Readers and Writers Program, which teaches students to not only think critically, but to articulate their thoughts in writing – a skill corporate leaders say will help kids secure good jobs.

... continued on page A8

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“BART Mural” Becomes Orinda Community Center Fixture

Dedication ceremony scheduled for September 4

By Laurie Snyder



The mural formerly known as “the BART mural” has found a new home – on the exterior wall of the kinder gym building at the Orinda Community Center.

Photo Ohlen Alexander

A new, brightly colored work of art is catching the eyes of visitors to the Orinda Community Center and its neighboring park – the Orinda Historical Landmarks Mural.

The painting is a replica of the mural that has been located, for more than 30 years, to the left of the entrance to Orinda’s BART station. That BART art, done by a local sign com-

pany, was based on a smaller painting created originally in 1975 by Lonie Bee. The BART mural was later granted Historic Landmark status.

By the mid-1990s, the mural became so weathered that a group of concerned Orindans worked to restore it, but dripping water and further weathering damaged those repairs. So in 2011, a new crop of community

leaders, including representatives from the Orinda Historical Society (OHS), Historic Landmarks Commission, Arts Council, and other supporters took action to save the mural before it was destroyed.

Funds were provided by the Orinda Community Foundation and the City of Orinda, and local muralist Ellen Silva (www.ellensilva.com)

was brought on board. Initially, planners had hoped to move the mural to a location better protected from the elements; however, the damage was so extensive that the committee doubted that a new restoration would last. Additionally, BART managers did not want the mural moved until they could install something to replace it. So, the decision was made to have

Silva replicate the mural at its new location.

Silva scanned Bee’s original painting, magnifying key sections to document the mural’s details, and painted the new work on a more durable backing. She then added coats of varnish to further protect the replica.

The colors – much brighter than what BART viewers grew accustomed to seeing – reflect Bee’s early vision. His original painting, now in delicate condition, remains in good hands with OHS. Says Silva, “I’ve been honored to work with this wonderful group of Orinda residents to bring Lonie Bee’s original art back to life.”

City leaders anticipate that the attraction will become increasingly popular as student groups touring Orinda’s historic sites begin using the mural as their starting point when exploring the community.

A dedication ceremony will begin at 5:30 p.m. September 4 at the Orinda Community Park.

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Civic News Lafayette

County Supervisor Andersen Addresses Rotary Members

By Cathy Tyson

Now in office for just over sixty days, Contra Costa County Supervisor for District 2, Candace Andersen, took time from her busy schedule to address the Lafayette Rotary recently. Originally from Hawaii, she served as a Deputy Pros-

ecuting Attorney for the City and County of Hawaii after earning her J.D. from Brigham Young University.

Andersen had served as the Mayor of Danville for two terms and was on the Town Council for nine years. In a wide ranging discussion,

from fellow classmate at Hawaii's Punahou School—"Barry" Obama—to pension problems, she charmed the audience and demonstrated a keen understanding of the pressing fiscal challenges facing the County.

Not only is she new to the office,

but the boundaries of District 2 have recently changed; it now encompasses Lamorinda as well as San Ramon and Danville. She'll be keeping former Supervisor Gayle Uilkema's office at the fire station on Mt. Diablo Boulevard, along with a Danville office.

As part of the five-member Board of Supervisors, she talked about her priorities in her new role as County Supervisor. First off, "continue to find ways to do more with less money," said the fiscally conservative Andersen.

Next in line is dealing with public safety issues, primarily reigning in pension costs. She called for an alternative pension tier for new hires. The Supervisors are currently working with unions to negotiate a 3 percent at 55 contract versus the current 3 percent at age 50; she acknowledges it's not a perfect solution, but "at least it's a start."

Anderson was the lone vote



Supervisor Candace Andersen
Photo Andy Scheck

against putting the \$75 parcel tax to support Contra Costa Fire District on the November ballot. She believes the model that the County is using is not working, even if passed by the voters, because in 3 years' time the Fire District will be running deficits again.

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If a plan gives us
traffic solutions,
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The Terraces of Lafayette will bring much-needed apartments to a former rock quarry in Lafayette. The community plan proposes several traffic flow improvements that have been rejected by the Draft Environmental Impact Report (EIR). Why? Largely because the City Consultants and staff believe that improvements to existing traffic flows would be inconsistent with regional traffic policies that actively promote congestion as a means of discouraging through traffic.

The Draft EIR also rejects a proposed protected left turn into the community from Pleasant Hill Road that would minimize impact to the Deer Hill Road-Pleasant Hill Road intersection—a solution endorsed by two traffic engineers. This rejection is rooted in the same flawed regional policies that promote congestion over improved traffic flows and is also based on the use of analytical tools without reference to their specific published limitations.

The Terraces of Lafayette provides several thousand feet of new public sidewalk, multiuse trail and bike paths and mitigation plans for local traffic impacts. In all, the plan improves traffic flow and contributes to the reduction of greenhouse gasses and air pollution.

Shouldn't it get the green light?



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Chateau Lafayette Residents Request Permitted Parking

... continued from page A3

She cited age, vision issues, disabilities and difficulty walking, especially for seniors carrying groceries or packages.

"Lafayette supports aging in place," said Senior Services Commissioner and Chateau resident Barbara Kloss who lobbied for more permits. "We're residents on the block and we're asking to park on a public street."

After some discussion, Circulation Commissioners agreed on 6 permits for residents of the Chateau and establishing a 2-hour parking limit Monday through Saturday from 8 a.m. to 6 p.m. excluding holidays – cars with a permit will be exempt. The matter will go to the City Council for final approval.

Civic News Orinda

Safety Improvements for Two Orinda Traffic Hot Spots

By Laurie Snyder

Orinda City Council gave the go ahead for one traffic improvement project and directed staff to continue refining plans for another at its lightly attended August 21 meeting.

On a 5-0 vote, Council members awarded a construction contract to low-bidder American Asphalt Repair and Resurfacing, Inc., of Hayward, for the Moraga Way Pedestrian and Pathway Project. Their bid for the project was \$218,396.

Expenses for design engineering, construction and City administration and construction management – plus a 10 percent contingency fee – are estimated by City staff at \$322,600. Funding will come from park dedication fees (\$154,930), a Safe Routes to Schools grant (\$166,000), and gas taxes (\$20,000).

According to the staff report, in addition to "cold existing asphalt concrete paving of the shoulder and overlaying the shoulder with asphalt concrete for a pedestrian pathway between side street intersections" for roughly 3,300 feet from El Camino Moraga to Ivy Drive, the contractor will install approximately 2,850 feet of hot mix asphalt concrete dike, lay down about 3,300 feet of slurry seal on the street surface, remove and replace thermoplastic striping and other markings, and install "a rectangular rapid flashing beacon at one intersection" and "reflecting pavement markers."

Construction is anticipated to take

place from October 8 to December 31, 9 a.m. to 5 p.m. Lane closures will be prohibited before 9 a.m. and after 4 p.m.

Camino Pablo/Santa Maria/Brookwood Intersections

Following up on its September 6, 2011 report to Council members, Kimley-Horn and Associates, Inc., the traffic engineering consultant on the Contra Costa Transportation Authority (CCTA)-funded project for improving intersections at Camino Pablo, Santa Maria Way, and Brookwood Road, provided a progress update. Council members, concerned at the earlier meeting about proposed directional signage, had expressed their desire "to retain the current aesthetics of the downtown area by minimizing the number of signs."

Those concerns were heard. A Kimley-Horn representative reported that plans now call for no overhead route signs, as well as an overall reduction in the number of signs used. New pedestrian ramps will be installed at Brookwood, and shared bicycle routes will likely be created by employing "sharrows" rather than full bike lanes.

Staff and consultants hope to submit their updated plans to CCTA for Measure C funding peer review and to Caltrans for encroachment permit review in September. If plans are approved and Council authorizes bidding, construction could begin in spring 2013.

Get Schooled About Your School Board Candidates

... continued from page A6

In spite of funding declines, he says, "Our district continues to offer a full 180-day school year, small class sizes, and a broad curriculum including music, art, science, physical education, computer science, audio visual production, wood shop, and foreign languages" – none of which would

happen "without the commitment and financial support of our parents' clubs and the Educational Foundation of Orinda."

Noting that "our schools are among the top in the state," Moran stresses that Orinda must continue protecting kids from funding cuts.

Orinda Motors Presents



The 8th Annual Orinda Classic Car Show Weekend

Friday, September 21st, 7pm

“Dancing with the Cars”

Saturday, September 22nd, 10am–2pm

Orinda Classic Car Show

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These events benefit the Seniors Around Town transportation program, Educational Foundation of Orinda, and other local charities. We would like to thank our partners for helping make these events happen: Orinda Association, Orinda Rotary, Orinda Historical Society, Orinda Country Club, Orinda Chamber of Commerce, Educational Foundation of Orinda, Orinda Arts Council, and Seniors Around Town.

Event Schedule

Friday, September 21st, 7pm

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Again, we will be tenting Avenida de Orinda for a fun-filled sneak preview of the next day's car show. The evening will feature hosted cocktails, dinner, music and a live auction. Proceeds of this event primarily benefit the Educational Foundation of Orinda.

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September 22nd, 10am - 2pm

8TH ANNUAL ORINDA CLASSIC CAR SHOW

The presenting sponsor for this great event is **Orinda Motors**.

- The show will be held in Orinda Village around Orinda Motors and on Orinda Way.
- This year's car show will expand again to include the 16th fairway at Orinda Country Club with food and beverages served on the fairway!!!
- + 175 Classic and modern exotic cars as well as unique motorcycles
- Orinda Idol Winners Performance at Noon
- There will be a special Carroll Shelby tribute exhibit of Shelby Mustangs and Cobras
- Shaded seating for over 100 to enjoy lunch and refreshments from the Boy Scout Food Booth featuring SAAG's sausages and the Orinda Country Club lunch offerings
- Loard's Ice Cream
- Ride in the Parade of Classic Cars at 2pm
- Buy a 2012 Car Show T-Shirt

Proceeds benefit local charities: Seniors Around Town, Educational Foundation of Orinda, Orinda Historical Society, and other local charities

CLASSIC CAR SHOW WEEKEND PIT CREW

Dan Akol	Peggy Dillon	Joan Kiekhaefer	Jon Randelman
Hallie and Henry Alfaro	Steve Giacomi	Lindsay Lautz	Janet and Ben Riley
Stretch Andersen	Karen Derr Gilbert	Mary Maxson	Charlene and Mike
Syd Anderson	Steve Harwood	Gwen McNeilus	Robinson
Bob Bishop	Carolyn and Chip	Jim Mitchell	Kevin Romak
Meredith and David	Herman	Jody Morrison	Betty and Bill Thompson
Blain	Cara Hoxie	Allen Palmer	Dayna and John Sayres
Barbara and Jack	Sue and Dave Howard	Sharon and Lou	John Vanek
Bontemps	Glenn Jackson	Parrague	Bill Waterman
Sheila and Scott Butler	Donna and Doug	Terry Ranahan	Kathie Wicker
Betsy and Greg	Johnson	Lynn and Paul	Kate Wiley
Chovanes	Stu Kahn	Randelman	



Sunday,
September 23rd, 5:30pm & 7:45pm

"SPEED ON THE SCREEN"
at the Orinda Theater

Bullitt starring Steve McQueen

Admission \$10

Beer and Wine Included

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Proceeds benefit the Lamorinda Theaters Foundation

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FESTIVALS AND EVENTS

Craft Beer Land Debuts at Lafayette Art and Wine Festival

By Cathy Tyson



Photo Andy Schreck

Although for the last 17 years the name of Lafayette's biggest festival referred to wine, along, of course with art, this year there's something special for beer lovers – Craft Beer Land. Fear not winers, there will still be lots of choices from a chilled glass of Wente Riva Ranch Chardonnay to Robert Mondavi Pinot Noir to Ravenswood Zinfandel and beyond to wash down some tasty kettle corn or help digest grilled figs with goat cheese care of Whole Foods. Come hungry, there will be something for even the most finicky junior gourmand at the Art and Wine Festival Saturday, September 15 from 10 a.m. to 7 p.m. and Sunday, September 16 from 10 a.m. to 6 p.m. – lemonade and burgers, anyone? All of the music is free, check the schedule on www.lafayettefestival.com to see who is playing when; bands include the

popular Spazmatics and Beatles tribute band The Sun Kings along with Lafayette's own Bob Athayde and friends.

"Organizing an event like this is a constant challenge to find ways to make it better," said charming organizer and Executive Director of the Lafayette Chamber of Commerce, Jay Lifson. "So like Disneyland we keep on re-inventing ourselves. We present Craft Beer Land and Food Truck Land. Tucked away behind the Art Stage (on Lafayette Circle) you will find a fun new dining area. A place to enjoy a micro brew, a (hot) dog and a table with an umbrella. Sorry, you will have to walk there. The monorail is currently closed for servicing."

Look for over 250 arts, crafts and commercial vendors and a Kid's Zone with activities for little guests. Last

year, the Art and Wine Festival was bathed in toasty sunshine, so organizers once again suggest those bringing their pooch to come before 1 p.m. when the sidewalks are cooler and less crowded - be sure to bring your own water for Fido.

A complimentary continuous shuttle will be available from the BART station for those parking there or if coming by bike take advantage of the free secured bike valet parking at La Fiesta Square, next to Sharp's Bikes. Mt. Diablo Boulevard will be closed to through traffic from Dewing Avenue to Oak Hill Road through Sunday evening, so drivers take note and plan accordingly.

Lafayette Art & Wine Festival
September 15 & 16
downtown Lafayette

Orinda Restaurant Tour Beckons Bay Area Foodies

By Laurie Snyder

Foodies from the 680 corridor to Piedmont are the focus of local business leaders engaged in planning Orinda's 5th Annual Restaurant Tour. Sponsored by the Orinda Chamber of Commerce, the event will be held at Theatre Square on September 18 from 5 to 9:30 p.m. Proceeds will benefit the Educational Foundation of Orinda.

"We're trying to gain greater exposure for the event, and I think we've accomplished that," says Victor Ivry, the co-owner of Orinda's Barbacoa and Table 24. Ivry is chairing this year's planning committee, which also includes Sylvia Jorgensen of Merrill Lynch, Dina Zapanpa of First Republic Bank, and Sophina Gellon, the property manager for Theatre Square.

Six wineries will be part of the festivities this year, along with a live band and dance floor, dessert bar, 10-minute massages from Entourage Spa, and a cooking exhibition pre-



Getting a taste at last year's Restaurant Tour Photo Ohlen Alexander

sent by local master chef, Charlie Vollmer. The talents of 30 local artists will also be showcased by Allison McCrady Fine Arts. Co-sponsor Douglas will provide free valet parking.

Rather than shuttling tour goes back and forth between Orinda Village and Theatre Square as has been done in the past, Village-based restaurants will set up along the strip between Barbacoa and Starbucks. Planners hope this will create a greater sense of unity.

More than 20 restaurants are expected to participate, but only 400 tickets will be sold – and are likely to go quickly at \$40 per person (advance) and \$45 (at the entrance on the day of the event). For more details, visit the Orinda Chamber of Commerce web site: www.orindachamber.org.

Orinda Restaurant Tour
September 18
Orinda Theatre Square

Get into the Swing at the Rheem

By Jennifer Wake

The New Rheem Theatre in Moraga will be transformed Friday, September 14 when the Big Band of Rossmoor performs the sweet sounds of swing made popular by big band greats like Glenn Miller, Benny Goodman, Duke Ellington, and Louis Armstrong who filled ballrooms and nightclubs with enthusiastic fans in the mid-'30s and '40s.

Come to dance or just tap your toes to the music. The doors open at 6:30 p.m. with free dance lessons offered by professional instructor Gail Enright starting at 7 p.m. before the musical performance begins at 8 p.m. The 31-piece band, which includes seasoned musicians up to age 93 as well as aspiring new artists as young as 13 years old, will keep the joint

jumpin' until 10 p.m.

"The magic of the Rheem Theatre helps bring back the history of this music," said Big Band of Rossmoor director Mo Levich. "The music becomes even more timeless when shared between the generations."

The Big Band of Rossmoor is sponsored by The Generations in Jazz Foundation. Tickets are available for \$10 per person at the Lafayette Chamber of Commerce, at the Rheem Theatre or at the door. You may call and reserve tickets by phone at (925) 284-7404 for pick up at Will Call.

Big Band Dance
September 14
The New Rheem Theatre

Saturday, Sept. 15th 10-7 PM Sunday, Sept. 16th 10-6 PM
Downtown Lafayette

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7th ANNUAL ART SHOW

Twenty of the Bay Area's finest artists will exhibit. Proceeds from paintings sold will support open space preservation campaigns in Lamorinda.

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Soda Center, St. Mary's College

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SIZZLE IN SEPTEMBER

Orinda Revs Up Again for Classic Car Show

Fun-filled Weekend September 21-23

By Cathy Dausman



Cars will once again be displayed on the grass of the Orinda Country Club

Photo Ohlen Alexander

The Orinda Classic Car Show may truly be a win-win-win situation, as the Cartini bars and Bond cars event picks up a third venue for its eighth year of operation. From its humble beginnings showing 26 cars and earning just \$1,500 for charity, committee chairman Chip Herman expects to show more than 200 automobiles and raise up to \$50,000 dollars in donations for local charities this year. Cars on display include a 1911 Cadillac and a 2012 Spyker. Herman says the event has “the flavor of Pebble Beach in Orinda,” likening it to the famous Concours d’Elegance. “If the car has a [back] story,” he says, “then it’s in!”

The Friday night tented dinner party along Avenida de Orinda – suggested attire: black tie and shorts – is a James Bond-themed presentation featuring two “shaken not stirred” Cartini bars and a special display of 007 classic cars. Admis-

sion is free to Saturday’s car show, featuring a performance by Orinda Idol winners, cars on the 16th fairway at Orinda Country Club, and a special exhibit memorializing Carroll Shelby-designed Mustangs and Cobras. Sunday evening Orinda Theatre will show the 1968 classic film “Bullitt” starring Steve McQueen. McQueen plays a rogue cop in San Francisco, and the car chases up and down the city’s hills can make a Mustang fan wince when pavement repeatedly meets the suspension.

Herman says this “crazy car show” comes together after eight months of work, the last four full-time. “This is my day job,” he says. But he also has plenty of help, noting his six committee members, 75 “pit crew” volunteers, and presenting sponsors Orinda Motors and Mechanics Bank.

Orinda Car Show 2012 Events

Friday, September 21: “Dancing with the Cars”

Pre-Party presented by Mechanics Bank
Cocktails, dinner, music and live auction 7 p.m. Orinda Motors, 63 Orinda Way
Tickets in advance only, \$100 per person

Saturday, September 22: Orinda Annual Classic Car Show

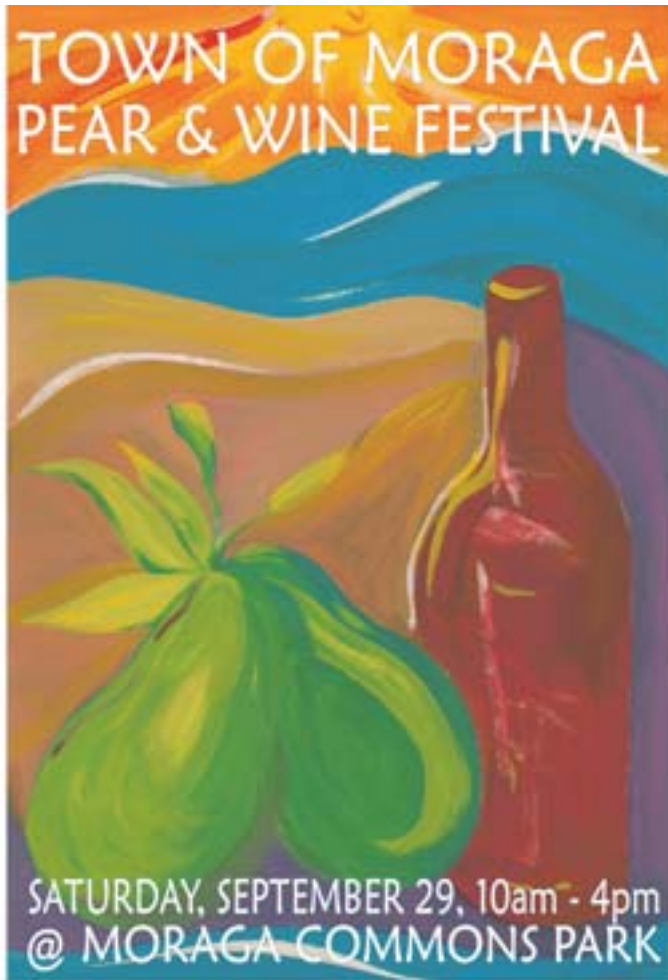
Free to the public
Presented by Orinda Motors
10 a.m. to 2 p.m. Parade of Classic Cars at 2 p.m. Orinda Way, Avenida de Orinda and Orinda Country Club, 16th Fairway

Sunday, September 23: Speed on the Screen

Steve McQueen in “Bullitt”
Presented by Flying A Gasoline
5:30 p.m. and 7:45 p.m. showings Orinda Theatre, 4 Orinda Way, \$10 admission
Proceeds benefit the Educational Foundation of Orinda, Seniors Around Town, Orinda Association, Orinda Rotary, Orinda Arts Council, Orinda Historical Society, and Lamorinda Theatre Foundation.
Orinda Car Show events are part of Celebrate Orinda in September.
For additional details about the weekend, visit www.OrindaCarShow.com.

Hot September in Moraga

By Sophie Braccini



Local artist Lauma Johnson's winning poster

Image provided

According to weather statistics, September is often the hottest month in Moraga. This year will be no exception with two consecutive Saturdays offering great community events.

Preserve Lamorinda Open Space presents its annual art show from 10 a.m. to 5 p.m. September 23 at Saint Mary’s College on the lawn by the Soda Center. About 20 Bay Area artists will present and sell their most recent productions. “This is the seventh time we are organizing this show in the beautiful atmosphere of the campus,” says Lamorinda Open Space Steering Committee member and well-known local artist Teresa Onoda.

The artists participating are chosen for the quality of their work and the way their productions foster awareness of our beautiful surroundings. “This show is such a good thing for our community,” says Onoda, who feels blessed to live in Moraga where so much natural beauty has

been preserved. Forty percent of the sales that day will go to Preserve Lamorinda Open Space. “The money is used to hire scientists and lawyers who help in the fight for good planning and development decisions,” says Onoda.

A week later, on September 29 from 10 a.m. to 4 p.m., the 14th Annual Moraga Pear & Wine Festival will ignite the Moraga Commons Park. “This year we’ll put a professional spin on our pear recipe contest,” says Parks and Recreation Coordinator Kimberley Nelson who worked side-by-side with Pear Prince John Haffner to organize this year’s festival. Nelson invited the Lafayette cooking school Back to the Kitchen to participate and be among the judges of this year’s recipes.

“We’ll have adult and youth categories and want all professionals on our judging panel,” says Nelson. Nelson also started the poster contest for

the festival that local artist Lauma Johnson won this year. The festival will include wineries, with three local wine makers, and the grape crushing event that got so many kids and adults worked up last year. And with this being an election year, the festival will feature the ‘Political Pavilion’ where candidates set up their tents and come out to meet the community.

“This is a venue for all the residents, from the youngest to the most senior,” says Haffner. “There will be plenty of children’s activities, including jumpies and a pie-eating contest (next to Weight Watchers and iTrim!), artists will come, many community organizations, food vendors,” says Haffner. “This is really the spirit of small community fun.”

Art Show
September 23
Soda Center St. Mary's College

Pear & Wine Festival
September 29
Moraga Commons Park

BIG BAND BALL ROOM DANCE / SHOW

The New Rheem Theatre
350 Park Street, Moraga

Come swing with your friends and neighbors or just watch the show!



Friday, September 14th

Dance Lessons - optional from 7PM to 8PM
Dancing or Show viewing at 8PM
Please join our 31 member band ages 14 to 92 and enjoy the show.
Doors Open 6:30PM

Tickets \$10 at the door
or at the Lafayette Chamber of Commerce

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... continued from page A1



Dozens of Canyon residents came to Saturday's event to support their post office. Photo Ohlen Alexander

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Andersen, making her first official visit to Canyon, said the post office is "a tribute to what's really important—human interaction."

Elena Tyrrell, who started working Saturday relief in Canyon in 1990 while also working at a Moraga post office, has been Canyon's Postmaster since 1998 and received multiple accolades at the event. She had to apply twice for her current job, she said, because postal officials originally didn't want a local person to serve as Postmaster.

Apparently the job runs in the family: Tyrrell's mother, Virginia Menge, was also Postmaster, although her technical title was Officer in Charge.

Menge worked when the post office was located inside Joe and Grace Knipe's Canyon Grocery Store. The store and its post office were destroyed in 1969 during a Shell Oil pipeline explosion, and the post office was then housed in a trailer. Another Canyon resident, Tyrrell's neighbor Deva Rajan, built the current post office on land the community pur-

chased as the Canyon Store Trust.

So why is this post office so important? Tyrrell calls Canyon Post Office, with its 290 boxes, a "necessity" office. The U.S. Postal service is not so sure. The Canyon location, along with 13,000 other post offices nationwide, is currently being considered for closure or service cutbacks. But residents see their post office as the heart of their community.

Goodwin said it embodies the true nature of a rural post office. He explained that the office routinely gets five-star reviews online from customers who know they can get same-day passport application service, and the Postmaster "is a career employee committed to her job and the community."

As Central Co-coordinator of the Canyon Fire Council, Goodwin also values having a Postmaster who can direct fire and medical emergency responders to sites on the winding, often unmarked back roads.

Canyon residents vote by mail because they lack a physical polling site. Take away the post office and the votes might go away too, said Lorenz.

Canyon Steinzig, the aptly-named president of the Canyon Community Association, said at Saturday's event, "We are here to celebrate this community and its vital heart. . . . The post office has always been supported by the U.S. Government – it's part and parcel of our identity as a nation."

Goodwin said Canyon representatives want the Postal Regulatory Commission to ask the U.S. Postal Service Headquarters "to take Canyon off the POSTPlan list and order the local postal district to work with us to create a business plan to grow our way to more prosperity."

Lorenz explained that residents hope "to protect a beloved institution that supports and connects our community," and to avoid possible cutbacks or closure. "We don't want our community to crumble," she said.

View a discussion of the POSTPlan from the League of Postmasters point of view online: <http://www.savethepostoffice.com/postplan-qas-faq-and-other-fact-sheets>.

Cathy Tyson contributed to this article.

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This Little Piggy Went Wee, Wee, Wee All the Way Home

Submitted by David Pinkham and Carol Somerton



Pot-bellied pig petting farm employee (center) plots his escape
Photo Kristy Downs

A miniature pot-bellied pig, spotted trotting through yards and along the bike trail near Las Trampas pool over the last two weeks, has finally been corralled and sent home to Brentwood to rejoin his petting farm buddies.

On Wednesday, August 8 children attending vacation Bible school at Lafayette Christian Church were treated to a visit from a petting farm. They had a great time practicing gentleness by using gentle hands and voices with chickens, rabbits, miniature goats and pigs.

As the petting farm folks were getting their animals back into their crates, the miniature pig – a newcomer to the petting farm circuit – made an escape and ran down into Las Trampas Creek alongside the church. As hard as they tried, no one could coax the little piggy back up. His heart seemed to be set on adventure.

Although concerned about the wild critters, including coyotes and foxes that inhabit the creek area, the owners had to take the rest of the animals back to the farm and they drove home.

Just over a week later on August 16 the pig was spotted rooting around the redwood trees in the courtyard where the petting farm pen had been. Having survived the rough and tumble world of Lafayette's wild lands, he seemed not at all interested in anything like petting. Neighbors who had spotted him earlier in the week had been leaving food for

him in various places and Wilbur was living the high life! When approached, he ran back down to the creek with a grunt of indignation.

Three days later, Pastor Steven Moore stopped in mid-sentence during his sermon at the Lafayette Christian Church, an astonished expression crossing his face as he focused his attention over the heads of the parishioners out the front door of the sanctuary. There, several of the youth members were dashing across the parking lot in hot pursuit of a black and white miniature pig that was clearly getting the best of them. Chaos ensued as the pig led them and several adult members who had leaped from their seats to join the chase, back and forth across the front of the church, causing drivers to slow and stare. Amazingly, five humans were bested by one little piggy and Wilbur remained on the lam.

Members of the church, coached by the farm owners, tried several strategies to catch the pig, but Wilbur managed to pig out on all the goodies used to entice him without getting caught until the next morning, when he finally made his mistake. He just had to have that lovely bowl of fresh fruit that was carefully placed in a raccoon trap in the courtyard, and that was that. As he reached the bowl the trap snapped shut and he became a pig in a pokey.

Wilbur is currently being rehabilitated and will continue his petting farm duties soon.

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New Neighbors Arrive in Canyon

By Cathy Dausman

The newest neighbors in Canyon are intent on living a quiet life. Guests of the McCosker ranch, they are vegetarians who make their bedding from handmade straw and ticking, wear simple garb and sandals, and rely on donations to meet their everyday needs. They don't teach, or nurse or work with the poor. Instead they hope to help everyone through a life of contemplation and prayer.

Lamorinda's newest neighbors are Sisters of the Carmel of Jesus, Mary and Joseph of Canyon, relocating from Valparaiso, Nebraska to accommodate their expanding population.

By their own rules, a Carmelite community may not number more than 21 members. The Nebraska population had swelled to 37. "We love it here," said Mother Agnes, of their new surrounds. "Right now it's just the 'shock troops,'" she said, with a smile in her voice and sounding decidedly secular. The first group of five sisters, ranging in age from 27 to 72, arrived in late July. A second group of younger sisters, all in their late-teens to mid-20s, are scheduled to arrive late September.

The establishment of the new temporary monastery falls on the 450th anniversary of the order's formation in the 16th century. The order has ties to the San Francisco area dating back to Spanish occupation. Eventually a permanent monastery will be built within the Diocese of Oakland, which extends from Fremont to Vallejo and east to Livermore.

As new neighbors, the sisters have registered for a post office box, and are encountering wildlife in Canyon, including a mountain lion sighted on their grounds.

"Everybody's been so welcoming," Mother Agnes said. Although she politely declined to have the sisters faces photographed or even named, she said members come from as far away as Seattle and Australia.

Outsiders may consider cloistered religious to be "tight lipped and frowning." Not so, says Mother Agnes. The sisters are "joyful and full of life...a reminder God is there for them, and hope for our sometimes poor, sad world." Reflecting on her own 36 years of cloistered life, she said simply, "It's a wonderful life."

Back to School, Saint Mary's College Style

By Cathy Dausman



Cars line up in front of Augustine Hall to unload freshmen and possessions
 Photo Cathy Dausman

Welcome, class of 2016. This was not your typical college experience. Many of the approximately 600 freshmen checking into Saint Mary's College residence halls were met by upperclass student volunteers and treated to valet move-in service from 7 a.m. to 2 p.m. last Thursday, August 23.

"Welcome to Saint Mary's," the group cheered before they descended on the next car in line, unloading an entire dorm room full of possessions in mere minutes.

Senior Molly Allen was ground-traffic controller. Stop the car. Pop the trunk. Unload belongings into the arms of waiting Resident Assistants, Mission and Ministry or Week of Welcome volunteers. Tag the belongings with room number. Dispatch the belongings.

"Once we got the routine down it went pretty smoothly," she said. Those working the Augustine move-in felt lucky; only it and the Aquinas residences have elevators. Behind Allen, Brother Dominic Berardelli worked the line of cars, introducing himself and chatting with incoming freshmen. He met parents sending their only child to college, as well as those with both college age and kindergarten age students. "This is my favorite day of the year," he said. Returning students said everyone gets to meet "Brother Dom" on the first day.

Students came from across the globe. "Our new international freshmen are citizens of Australia, Austria,

Canada, China, New Zealand, Poland, Sweden, Taiwan, the U.K. and Japan," said Michael McAlpin, Director of Media Relations. "We're also seeing more enrollments of students from Hawaii and more from the Pacific Northwest."

Of the 2,800 Saint Mary's students, only freshmen and sophomores were guaranteed on-campus housing. Freshmen generally live in the central campus area. Sophomores live in "the Canyon Area," which includes several suite-style residence halls located at the back of the campus. Juniors and seniors populate unfilled residence space by participating in a housing lottery.

Lamorindans in nearby apartment complexes like those on Ascot Drive, in Miramonte Gardens or at Park Lafayette noticed a surge in residents as students sought off campus housing, but they were not the only ones who detected a shift in the town's dynamic.

When asked if he knew it was back to school time for the college, Moraga Police Chief Robert Priebe remarked, "Clearly, we do." Priebe explained that is mostly because it is back-to-school time for nearly everyone else as well, and is always accompanied by a notable drop in vacation watch requests. Saint Mary's is "very proactive" when it comes to safety issues, said Priebe, although until new students get the hang of dialing "9" before calling off-campus, there might be a few mistaken 911 calls placed.

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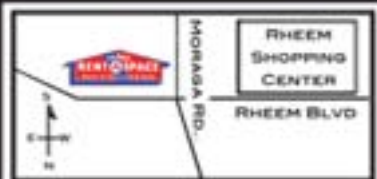


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Submit stories and story ideas to storydesk@lamorindaweekly.com

Tender, Loving Care

How home care help has changed life for one Lamorinda couple

By Laurie Snyder



The love story of Bruce and Bea Cunningham, now in their 80s, began when Bea met Bruce, who was rooming with her brother at San Jose State University. Photo Ohlen Alexander

Aging is not for amateurs. Joints crackle and pop. Progressive lenses only seem to make eyes progressively worse. Previously subtle snoring becomes an earth-shaking rumble. But as indignities go, these pale in comparison to Mother Nature's most wicked curveballs.

According to a report published in The Journal of the Alzheimer's Association, "People with Alzheimer's and other dementias who live alone are exposed to higher risks – including inadequate self-care, malnutrition, untreated medical conditions, falls, wandering from home unattended and accidental deaths." As many as half do not have identifiable caregivers, and it is estimated that one in seven with Alzheimer's – roughly 800,000 Americans – are living alone.

Even when a caregiver is present and a loved one's declines are mostly physical rather than cognitive, the toll taken on those serving as primary caregivers can quickly overwhelm. According to familycaregiving101.org, the dawning awareness often begins when your "mood is sometimes upbeat – you're proud you've been able to provide such wonderful care and make decisions that support your care recipient's best wishes," but you begin noticing a longing "for the days before caregiving. And, you're tired."

Take Bea Cunningham. Readers may remember Bea and her husband, Bruce, as Moraga's 2003 Citizens of the Year, the first duo ever so honored by town leaders. Bruce guided and groomed generations of current and future community leaders – as a baseball coach and Boy Scout troop leader, and as the president and dis-

trict governor for Kiwanis. Bea served on the Parks and Recreation Commission and as the president of Moraga Women's Society, raising funds for everything from an Oakland homeless shelter to annual scholarships for Campolindo girls. Up until last year, she helped coordinate Moraga's annual 4th of July dog parade.

Their lives changed, though, after Bruce had two strokes. His speech ultimately wasn't affected – but his walking was. He went from wheelchair to walker to cane with the help of his physical therapist (PT). But after he came home from rehabilitation, he grew increasingly reluctant to exercise – something that often happens with stroke survivors. So, Bea brought in PT help. It was expensive, though, so she tried PT assistants – but they weren't a good fit.

Bea's days would have been hard for someone twice her size and half her age – assisting Bruce from bed to wheelchair to the shower before helping him dress and make his way down their L-shaped staircase. Three years ago, Bea realized she was also answering more and more questions for Bruce during their interactions with others. They saw a doctor who noted he might have mild dementia.

Although their children were relatively close by and willing to help, Bea wanted them to be free to live their own lives. After a failed experience with one local home care agency Bea found Senior Helpers in Moraga. "There are 'caregivers,'" says Bea, "and there are care givers."

Kevin Reneau, CSA of Senior Helpers arranged for Kim Polen to help the Cunninghams on weekdays. Now, Polen arrives early each morn-

ing, gets a briefing from Bea regarding Bruce's status, and helps Bea move Bruce from bed to wheelchair before taking over to assist him with bathing and dressing for the day. Thanks to the installation of various assistive devices, including an electric stair lift, it's now easier for Bruce to transition to daily activities

her friends of 70 years. "Kim is what my kids wanted for me – someone to take the pressure off," says Bea.

A former pre-school teacher, Polen has an obvious soft spot for Bruce. "He's got a great sense of humor; he really makes me laugh," she says. Polen urges readers who might be living alone to arrange for Life Alert and for anyone caring for a loved one to "consider having someone from a home care agency come in to help. There's nothing to be afraid of."

Bea counsels readers to begin planning now. Life can change in an instant, but with a bit of planning, life can still be golden.

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Questions with home care?

End of life: comforting a terminally ill loved one...

Ask Vanessa

DEAR VANESSA,

I have an elderly family member who is critically ill and when we were at a doctor's visit recently, the doctor had mentioned the option/possibility of hospice care. I have heard of this type of care but am not sure exactly what hospice is. Why is it important and how does it differ from regular health care? What does it focus on and what types of services does hospice provide? Is this a kind of service that is covered by health insurance and are there other methods of payments as well? I hope that you can provide for me a better understanding of this part of health care and how one goes about utilizing these services. STEPHANIE

DEAR STEPHANIE,

Hospice is a type of care that focuses on the palliation of a terminally ill patient's symptoms. It is special because it concentrates on care--not cure; the goal is to provide comfort during the final months and days of life. It addresses the needs of the entire family, not only of the patient. Hospice care services are provided by a team of health care professionals who create a holistic plan of care that addresses pain and comfort, as well as physical, emotional, social and spiritual needs; it can be provided as long as your uncle's doctor and hospice care team certify that his condition remains life-limiting (life expectancy is usually 6 months or less). If your uncle decides to receive hospice care at home, members of the hospice staff will make regular visits to his home. However, it is also available at hospitals, nursing homes and dedicated hospice facilities. A primary care doctor and the hospice program's medical director will oversee your uncle's end-of-life care; nurses will address symptom management and concerns about end-of-life issues; home health aides can provide extra support for routine care; spiritual counselors provide spiritual guidance for the whole family; social workers provide counseling and support and will help address insurance and financial concerns; volunteers offer a variety of services depending on your uncle's needs; and bereavement counselors offer support and guidance before and up to one year after the death of a loved one in hospice. Remember that your uncle, his family and friends are important members of the team, too.

Medicare, Medicaid, the Department of Veterans Affairs and private insurance may pay for hospice care. While each hospice program has its own policy regarding payment for care, services are often offered based on need rather than the ability to pay. Be sure to ask about payment options before choosing a hospice program.

To find out about hospice programs in your area: contact your uncle's physician, your state or local health department, your state hospice organization, your spiritual leader, or a home health care agency. The National Hospice and Palliative Care Organization also offers an online provider directory: www.nhpc.org or 1-800-658-8898.

Ask your uncle if he has advance directives in place. These are documents that allow him to state what kind of health care preferences or types of special treatment he does and doesn't want in the event that he becomes unable to communicate. And consider the benefits of hospice care. It can make the difference between a comfortable existence and one that involves much suffering; it's been helping make life--and its loss--a little easier for many people.

Got Questions & Answers about Home Care is written by Vanessa Valerio, RN, VP and COO for Patient Care at Home Care Orinda. If you would like more information about senior care and how home care can help, please email Vanessa Valerio at vanessav@careindeed.com, call her at (925) 317-3080 or visit their website at www.homecareorinda.com/.

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TEEN SCENE

Betty Has a Beamer, I've Got A Bike

Three teens weigh in on monetary inequality

It's Just Not Fair!

By Morgan Hunter

Sometimes, as a teenager, it's *easy* to feel like material possessions are the center of our world, especially in high-income towns like Moraga, Lafayette, and Orinda. It's *easy* to feel left out when you don't have the newest phone or the nicest clothes. It's especially *easy* to forget that not everyone is on a level playing field in terms of wealth. And it's *easy* to feel that life is unfair.

For my senior year in high school, I will share a single, rented room with my mother. It's not what I would choose, but I don't have an option. "What a lot of people don't understand," says Campolindo student, Suzie (not her real name), "is that not everyone in our community is from a high-income family. A lot of kids don't have the money for fancy cars and other expensive things, and it really bugs me when people aren't considerate of that." While monetary status appears to dominate lives in this community, for teens, it is critical to remember that a parent's bank balance does not determine what our individual future will be.

John, a Lamorinda student states that "sometimes I look at other kids and think to myself: 'Why can't I have that? Why does life have to be so hard for me?'" I know so many kids who have a license and a car that was given to them 'just because.' I have a job and I still can't afford a car."

Although Lamorinda is considered a wealthy area,

there are low-income families living here as well. Not everyone is fortunate enough to drive a BMW and in fact, some people may not be able to even afford a bike. Having money is great, yet many of us go without. Fair or not fair, this is life.



Morgan is a Campolindo senior with a passion for art, writing, and birds. She enjoys long walks on the beach, obscure Internet jokes, and red pandas.

Feeling Inferior?

By Robbie Sadre

At some point in life everyone feels inadequate.

When I joined my school track team I was tremendously excited to finally be a part of a sports squad. I was disappointed on the first day of practice to witness that I was light years behind my fellow teammates during the running exercises. It dawned on me that I would never be a star athlete. I am five foot four inches at 17 years old and run an eight minute 43 second mile! Instead of quitting, I challenged myself to improve. With hard work and dedication I managed to stay on the team.

High school is a time of comparing ourselves to others. Peer pressure is fierce and questioning our personal worth is standard. Some things we can control, but many things we cannot.

For example, many of the students at my school arrive in brand new BMW and Mercedes Benz automobiles. My parents *drive* me to school but in my senior year, I will borrow my father's Corolla for the commute. Some people would be ashamed to drive an old car. Instead of feeling inadequate, I take the words of Henry David Thoreau to heart: "It is not what you look at, but what you see." I don't look at a car as a means of expressing a lavish and extravagant lifestyle provided to me by my parents. I see the used Toyota as a means of pragmatic transportation. When I consider the high maintenance fees of a BMW or Mer-

cedes, my father's Corolla is cooler.

Often students feel judged based on the wealth and prominence of their parents. Most teens have felt insufficient for something—being too tall, too short, too skinny, too fat, too poor, and even too rich. I won't deny that there are indeed those who criticize others based on these factors. Rather than blame yourself for what you can't control, spend more time improving in areas that you can.

It is only normal, and perhaps healthy to feel inadequate at times as long as we don't allow a car to define who we are or will be. If I don't enjoy driving, I can always run.

Senior Robbie Sadre is the co-creator of the *Be the Star You Are!*® Clubs at local high schools. He plays guitar in his free time.



Dealing with Lifestyle Inequality

By Caie Kelley

While grabbing coffee or arriving at a friend's house in Lamorinda, it's normal to park my family's beige, 14-year-old Toyota Sienna van next to BMWs, Mercedes, and other luxury vehicles.

Don't get me wrong. I love my car, however, it is not exactly a Sweet 16 dream car.

Affluence abounds in Lamorinda. As teenagers living here, we receive a great education as well as many opportunities not afforded to those who live nearby. But even in our sheltered area, inequality exists. Not every family indulges in elaborate European vacations or drives new cars – and even those who do splurge are not necessarily wealthier than those who don't.

People who live in Lafayette, Moraga, or Orinda are not financially 'equal.' One family buys their daughter a customized Volkswagen Bug for her 16th birthday, while another girl walks to school.

How do teenagers around the area view these inequities?

Hannah Li, a junior at Miramonte High School, explains, "We are fortunate enough to live in an area where the majority of the population is well off. There aren't huge disparities, but examples of inequality can be found. This goes from the nonchalant purchasing of pricey cafeteria food to the new BMW 6 series rolling into the parking lot. It's unavoidable."

Another teen, Ben Chiu, agreed, "Everyone who lives here knows that they're in the 'upper end' in terms of class status and economic stability. We don't

have to go out of our way to deal with it."

As lucky as we are, lifestyle inequalities exist. Having a nicer car or bigger home isn't something that causes huge problems. We value our economic situation, acknowledge the disparity, and accept it for what it is.

Betty may have a beamer while I've got an old van, and that's okay!



Caie Kelley is an 11th grader at Miramonte High School. She enjoys swimming, playing piano, and participating in public speaking as well as tutoring elementary school kids.

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

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

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Electric Ahead of their Time:

Campo Alums Remember 1970 Cross Country EV Race

By Cathy Dausman



The 1970 Clean Air Car Race crew, from left: teacher Tony DeBellis, Larry Rinehardt, John Muir, Charlie Wurm, Mark Schneider (Missing: Peter Clark).
Courtesy Tony DeBellis



Tony DeBellis shows off his student-built electric motorcycle
Photo Cathy Dausman



Former Campolindo High School physics teacher Tony DeBellis grins as he rides the fairing-encased electric motorcycle he and his students built.
Courtesy Tony DeBellis

Lamorinda parents in favor of having your high school son make a cross country summer trip on a motorcycle, please raise your hand!

Don't worry – the permission slips aren't going out anytime soon. In fact, that trip, although definitely one for the books, was safely completed 40-plus years ago.

Long before electric cars like the Tesla, Volt, Leaf, Prius or Insight, Campolindo High School physics teacher Tony DeBellis had his students build electric vehicles.

The first group – Larry Rinehardt, John Muir, Charlie Wurm, Mark Schneider and Peter Clark, whom one student called "a genius with fiberglass," grafted a 1928 Dodge starter onto a Honda motorcycle frame, enclosed it in a fairing and entered themselves in a cross country, low-emission vehicle competition.

The trip, the Clean Air Car Race of 1970, began at the Massachusetts Institute of Technology and ended in southern California at Cal Tech. The race featured 50 zero- to low-emission two-, three- and four-wheeled vehicles from 40 colleges and universities across the U.S., and one lone high school entry: Campolindo's.

It was the only motorcycle. Event organizers gave it number "00."

"Originally, they wouldn't allow us to run," DeBellis said. "We were just a high school group." Yet DeBellis said their vehicle turned in the fastest acceleration during time trials on an airfield near MIT. The motorcycle also hit speeds of 65 mph in upstate New York with sophomore Charlie Wurm (who actually had a motorcycle license) driving. DeBellis admits he was nervous about allowing the students to drive both night and day, partly because contest rules stipulated a "towing" penalty.

Muir called that summer event a "crazy adventure." The Campo cycle was built on a shoestring budget, recalls Muir, and was "horribly underfunded," although they did get a modest loan from a Walnut Creek bank. Four students and DeBellis drove across the country nonstop as

far as Detroit driving DeBellis' VW bus and a rental van. They were met by Mark Schneider, who flew east to meet the group, bringing a suitcase full of banana bread for the trip.

The biggest problem was the heavy lead acid battery required to run the cycle and the ability to reach a charging station before losing power. The bike traveled only 50 miles per charge. DeBellis said there were 70 charging stations "the size of a Porta-potty" spread across the U.S.

At each stop, they plugged the cycle into the 220 volt, 200 amp power supply and "let it cook" for 45 minutes. Charging the cycle in the rain proved a dangerous task, said DeBellis.

Muir recalled his own dangerous experience crossing the Hudson River, where the metal roadbed "threw you around." Later, when Muir reached a toll booth, he opened up the canopy and realized he had no money. The toll taker simply waived him through. Campo students were always the last vehicle into the rest stop at night, sometimes sleeping along roadways to save money. In Lubbock, Texas Muir said they slept behind some bushes near city hall. By the time they reached southern California, DeBellis admitted, they were all pretty worn out. "I'm just glad we made it back safely," he said.

Cal Tech won the race, but the experience started the Campolindo students down lifelong career paths in science and math. DeBellis, who retired after teaching for 35 years, said proudly most students earned "full ride" college scholarships. Two years later Wurm, Rinehardt, Bill Jacob, John Tucker and Dave Munro built an electric car and entered that in the Urban Vehicle Design Competition at General Motors' proving grounds.

Some of the group reunited 15 years ago. By then Mark Schneider had passed away. Larry Rinehardt ran a Silicon Valley startup selling electric car motor controllers, and Charlie Wurm designed circuit boards. Munro, who earned his undergrad degree at Cal Tech and a doctorate in

physics from MIT, is now a laser fusion physicist at Lawrence Livermore National Laboratory. He says the electric project had a profound influence on his life.

"It all started in Tony DeBellis' physics class at Campolindo," he said.

For more details about this historic trip, visit www.electriconline.com/hist_trip_03.htm.

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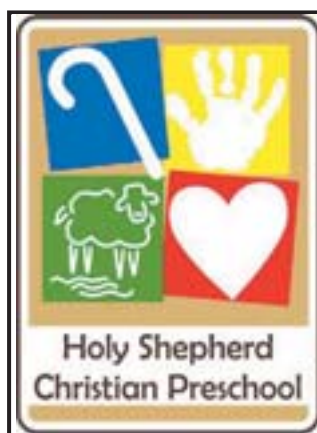
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Belly Dancing for Fun and Fitness

By Sophie Braccini

The vibe was light and festive in Samira Dawn's studio last Friday night, as Ladies' Night Out unfolded. Samira Dawn (Dawn Morrison), in glamorous belly dance attire, got the 15 or so women who came that night to loosen up and start having fun while learning the first techniques of belly dancing. Giggling, dancing, expressing their inner sensuality, the women had a blast in the non-judgmental and supportive atmosphere of the new studio Morrison opened at the beginning of August in Lafayette.

"We left our husbands and kids at home and we came to just have fun among us girls," said Wendy Hershey, who after hearing about Shimmy Dreams Studio had invited six friends to join her for the night. The ladies in the room that night ranged in age from their 30s to mid-60s; two or three were dancers who had worked with different techniques and some had not exercised in a while. "Belly

dancing is for women of all ages and sizes," said Morrison. "You can dance and feel beautiful at whatever stage of your life you're in."

Morrison's story with belly dancing is a bit unusual. When in school, she trained as a synchronized swimmer with the Walnut Creek Aquanauts. She was on the U.S. National Team and reached a pre-Olympic level before an injured shoulder crushed her dreams. Shortly after ending her swimming career she was dazzled by a group of belly dancers at a party. "I was drawn to the artistry, sensuality and confidence with which they performed," said Morrison. "But what really left me in awe was that each woman who enchanted me was unique. They were real women of every age, shape, size, color, and ability. And each one radiated with confidence, sensuality, and beauty."

Morrison immediately started taking classes and receiving private coaching, and now the mother of two

young children has been belly dancing professionally for 14 years. She was the co-director of Dansoleil Belly Dance Studio in Brentwood several years ago and has performed regularly at eight different restaurants in the East Bay.

Opening the studio in Lafayette is a new and exciting step for her. She teaches different levels of belly dance, a class for pre-teens, cardio belly dance for those who want the extra work-out, and she organizes Ladies' Night Out.

During Ladies' Night Out, after sharing food and drinks and seeing Samira Dawn perform a short program, the ladies draped hip scarves and coin belts, removed their shoes and started following the teacher's instructions.

Guided by the lustful rhythm of Oriental music, they twirled, shook, did the belly roll, the Egyptian hip movement, adding arm actions, soft body waves, creating a dance, some-



Dawn Morrison guides a group of women during Ladies' Night Out at her Shimmy Dreams Studio. Photo Sophie Braccini

times a bit clumsy – most were beginners – but always with good humor. As the night progressed, the women started to let their bodies guide them, and began to express their inner grace.

"The focus of the studio is to encourage, motivate, and build women's self-esteem," said Morrison. "I am also a fitness professional who teaches exercise classes at four local gyms. So I will be helping women realize their fitness and health goals as

well as showing them, through belly dance, how beautiful they really are."

Shimmy Dreams Belly Dance Studio is located at 1018 Almanor Lane, off Mt. Diablo Blvd. in Lafayette. For information, call (925) 984-8213 or visit www.shimmy-dreams.com.

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

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business briefs

New Chef at Metro Lafayette
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Steve Jaramillo, a 20-year veteran of Bay Area kitchens, has joined Metro as executive chef. Jaramillo was formerly executive chef at L'alime's in Berkeley and the opening chef at Fonda, both SF Chronicle three-star, Top 100 restaurants. Jaramillo previously worked at such notable restaurants as Mark Miller's 4th Street Grill and Christopher's Cafe. Jaramillo's rustic cuisine reflects the seasons with an emphasis on the use of local, organic produce and sustainable, humanely-raised meats and fish. Jaramillo will oversee the kitchens of both Metro Lafayette and Metro Montclair, located in Montclair Village.

New Recycling Services, CCCSWA Wants your Input

The Central Contra Costa Solid Waste Authority, which manages garbage, recycling and green waste programs for Lafayette and other central county communities, is entering a new franchise period. New services and providers will be evaluated by the Agency during a period that will end with new services being contracted by the end of 2014. The agency is hosting a series of public workshops to get input from businesses and residents about current and potential future solid waste and recycling programs. For Lamorinda, the workshop is scheduled from 6:30 to 8:30 p.m. September 13 at the Orinda Community Center, 28, Orinda Way. To attend a workshop email Authority@wastediversion.org.

News from the three Chambers of Commerce

Lafayette
September Mixer from 5:30 to 7 p.m. Wednesday, September 5 at Mechanics Bank, 3640 Mt. Diablo Blvd. Havana Restaurant will be bringing its Mojito Bar to make this mixer extra festive.

Shop Lafayette meeting at noon Tuesday, September 11 in the Lafayette Chamber Conference Room.

The 17th Annual Lafayette Art and Wine Festival (with music, too) will take over Downtown Lafayette on Saturday and Sunday, September 15 and 16. It is still time to volunteer and have fun with your fellow Chamber members and neighbors. For more information, see article on page A10 or contact the Chamber.

Ribbon cutting at 5 p.m. September 13 for the new office grand opening of Pacific Union Real Estate, 201 Lafayette Circle #100.

Social Media Strategies Workshop Series by Robin Fox. Learn about Personal Branding in a LinkedIn World Wednesday, September 19 starting at 8 a.m. in the Lafayette Library Art and Science Classroom. Online registration at bit.ly/LafayetteChamber. Free for Moraga and Lafayette Chamber members.

Moraga
Chamber regular members' meeting starting at 7:30 a.m. with coffee and muffins, followed by the month's discussion topic from 8 to 9 a.m. Friday, September 28 at the Hacienda de las Flores.

Orinda
Fifth Annual Orinda Restaurant Tour from 5 to 9:30 p.m. Tuesday, September 18 in the Theatre District of downtown Orinda, conducted by the Orinda Chamber of Commerce in partnership with the Educational Foundation of Orinda (EFO, a non-profit organization committed to providing financial support for quality educational and enrichment programs for Orinda's public schools). For more information, see article on pg. A10.

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

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Kitten Season a Constant in Lamorinda

Need for quality homes continues year-round

By Julie Schmoll

Kitten season is upon us once again, bringing an abundance of wiggly kittens vying for new homes. Sounds great, right? What could be so bad about kittens?

Maybe more than most of us realize.

Due to Lamorinda's mild climate, kittens are born year-round and an un-spayed cat may have up to four litters of kittens a year, according to the American Society for the Prevention of Cruelty to Animals' (ASPCA) website. The organization estimates the number of kittens an un-spayed cat and her offspring could produce in seven years could reach more than 91 million.

Local rescue groups such as Community Concern for Cats (CC4C) focus on adoption and trap-neuter-return programs for feral cats to keep the population down. "Lamorinda is a dangerous place for kittens in the wild. Coyotes, hawks, owls and raccoons all prey upon them day and night," says Moraga resident Candace Olsen, long time CC4C volunteer.

CC4C sometimes get dozens of calls to their hotline each week, says CC4C Board of Directors member Jennie Richards. "We usually get between three to ten calls a day. We

never want to turn away cats in need, but we just don't have enough people available to foster."

Overcrowding in shelters sometimes results in adoptable pets being euthanized, but like many rescue foundations, CC4C never euthanizes animals, except in extreme medical situations, says Richards. "When the cat is suffering and dying, there's no question that it is the best thing to do."

When kittens flood the shelters, older cats are overlooked in favor of the new kittens. "We are able to adopt out one adult cat a week," says Richards. "Families just like to start new with kittens."

Richards recommends becoming a foster family, or adopting a pet. "It's a great way to help out if you aren't ready or willing to make a 20-year commitment to a pet. It's fun for the family to have a kitten or two in the home and it allows the cat to grow before being adopted. We try to pair people with a cat that fits their household's needs. People with young children should get a slightly older kitten because they are less vulnerable and fragile," Richards added.

"Many Lamorindans have adopted these homeless little ones,"

says Olsen. "It's fun to drive around Orinda, Moraga and Lafayette and remember: 'An adopted cat lives there' or 'I placed two kittens in that home.' It's a great feeling to know I've helped turn around the lives of these animals and added a loving presence in these homes."

The main way people can help is to spay and neuter their pets, says Richards.

Olsen says a situation in Orinda got out of control because one female cat was left un-spayed. "When we were called to help the yard was overrun with that female's offspring: three adult females and ten kittens," she says. "Community Concern for Cats trapped and fixed the adults and found homes for all the kittens."

If you're interested in adopting a cat or kitten, the rescue holds adoptions in three locations every Saturday and Sunday from 1 to 4 p.m. at Petfood Express in Lafayette and Pleasant Hill, and at Petco in Walnut Creek, or you can contact the organization directly.

"I personally don't mind people coming to visit a cat in my home," says Richards. "Our number one goal is to find every cat a loving home."



An adult cat waits for a new family at a recent adoption event



A kitten awaits adoption

Photos Julie Schmoll

Heatstroke in Dogs

By Mona Miller, DVM



Mona Miller's one-year-old Labrador, Luca, stays cool in the pool on a hot day. Photo provided

Heatstroke, or hyperthermia, occurs when there is an increase in body temperature from the environment. Dogs and cats have a higher body temperature than humans, at 100.5 - 102.5 degrees Fahrenheit. An emergency arises when their body temperature reaches 105 degrees Fahrenheit. Prolonged hyperthermia can affect every organ system in the body, and consequences can be severe, even fatal. Initial symptoms include panting, acting distressed or restless, drooling or weakness. Progression of heatstroke will show as change in mucous membranes (gum color) to blue or bright red, collapse, then death.

The most common causes of environmental hyperthermia in dogs include exercise in hot and/or humid weather, being left outdoors without shade and water, and being confined to a car. Most everyone knows to not confine your dog in the car on a very hot day, even if the windows are left open a bit. Information from San Francisco State University Department of Geosciences shows that on an 80-degree day, it takes only 20 minutes for car temperature to reach 109 degrees. A related study from Stanford University Medical Center showed that car temperature raises 40 degrees within an hour, no matter what the outside temperature is. It is inadequate to leave the windows open a few inches, especially for a full-coated large dog, overweight or older dogs, or a short nosed dog who is unable to pant enough heat off to maintain his/her internal temperature. This latter category includes breeds such as Pugs, Boston Terriers, Shih-Tzus, and Lhasa Apsos. A dog's cooling mechanisms are much less efficient than humans, relying primarily on respiratory increase and effort (panting) as opposed to sweating out the excess heat.

Since 2006, California Penal

Code 597.7 PC makes it illegal to leave an animal in an unattended vehicle if by doing so, the health or well-being of the animal is endangered. This includes conditions such as weather, inadequate ventilation or any other circumstance that could reasonably be expected to cause suffering, disability or death to the animal. If a pet suffers great bodily injury, first-time offenders can be penalized \$500 and six months in jail.

If you suspect your dog is suffering from heatstroke, the best thing to do is seek immediate veterinary care. First aid at home can include getting a rectal temperature, draping your pet with luke-cold wet towels and/or directing a fan to cool those towel-draped areas. Contrary to initial inclination, using cold or ice water (or ice packs) is not advised. Cold will cause vasoconstriction of surface layer blood vessels, creating an insulated cold layer on the surface of the body, trapping the heat of internal organs inside. Veterinary care is recommended to address the issues of internal organ dysfunction.



Dr. Mona Miller lives in Lafayette with her young son, two cats and Luka a new puppy. She has worked at Four Seasons Animal Hospital in Lafayette since moving here in 2001. She attended Cal as an undergrad, and received her DVM from U.C. Davis. She can be reached at Four Seasons, 938-7700, or by email to MonaSDVM@aol.com.



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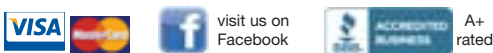
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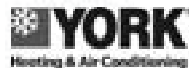
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Local Authors

Lafayette Author's Novel is Far from Science-Fiction

By Jennifer Wake



Lafayette author Jil Plummer
Photo provided

Set in the year 2030, photojournalist Kendra Savage is recovering from the loss of her husband and young son following a worldwide pandemic in the novel *Caravan to Armageddon* by Lafayette author Jil Plummer. The story begins with countries cut off from one another and fearful of another outbreak. The broken and defiant 28-year-old photographer is offered an assignment to document a secret cross-country journey of celebrities from 11 countries in 13 travel trailers intent on restoring a sense of peace and regaining mutual understanding in the world.

While Plummer sets the book in the future, *Caravan to Armageddon* is not a typical science-fiction thriller. The underlying plot is centered on the book's main characters – each with their own complexities – and the timeless aspects of what comprises friendship and family. Often told through the eyes of Savage behind her camera lens, Plummer introduces her characters visually at first, adding layers to each as the book progresses: a clown from Peru, an opera singer from Italy, a poet from Africa. The book builds in intensity when different group members are attacked along their journey, and Savage begins a quest to find the would-be assassin.

Plummer says she drew her inspiration for the book's variety of characters from her travels as well as from the many adult ESL (English as a Second Language) students who at-

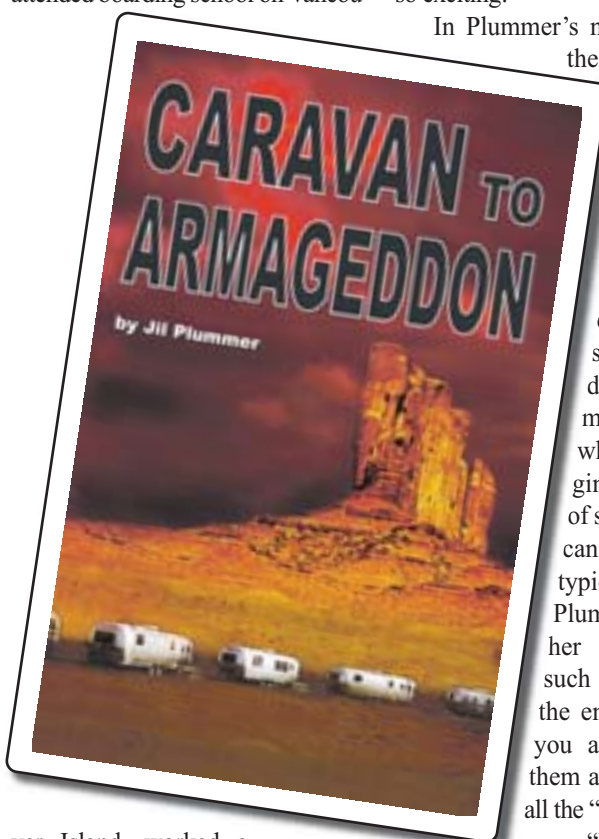
tended her creative writing classes at Acalanes High School over the past 20 years.

"I loved my students and from their writing and just being with them I learned so much about the human spirit. There were the Vietnamese boat people, the Iranian refugees, the Russians, the Africans, many of whom had suffered things we cannot imagine," says Plummer.

Living abroad also taught Plummer much about people, she says. She worked on a banana plantation in Jamaica, trained horses in England, and visited family in Spain. She also attended boarding school on Vancou-

Years ago, she joined her husband on his first assignment, traveling by Airstream trailer with a group of French nationals across the U.S., through the national parks, to Washington.

"There we met at the State Department reception the foreign diplomats we would travel back with over the same route," Plummer says. The author kept a diary of the journey, including descriptions of the countryside, and personalities along the way. "The characters in *Caravan* are all fictitious, the cameras made digital and, of course, no assassins made our trip so exciting!"



In Plummer's novel, many of the Americans who interact with the caravan group have a backwoods drawl often heard in the far corners of sleepy towns dotting the upper mid-west. And while in the beginning the voice of some characters can seem stereotypical at times, Plummer develops her characters in such a way that by the end of the book you are rooting for them all – at least for all the "good guys."

ver Island, worked a couple of off-Broadway plays in New York, and worked for a Clown TV show in Hollywood where she befriended clowns, and all sorts of circus performers, including chimpanzees. Her husband was a photojournalist, and took her on assignments to Peru, Portugal and many countries around the South Pacific.

Plummer used her personal experience when writing about the American countryside unfolding in front of a long line of gleaming silver trailers.

"I find that the main theme of my novels is how different people often are [from] how we first perceive them and that we should never judge without walking in their shoes," says Plummer.

Caravan to Armageddon is an enjoyable read that gives us a glimpse of the human spirit under the most stressful of circumstances. The novel is available on Amazon as an e-book and will soon be available in paperback.

SMC's Reading Series—30 Years and Going Strong

By Andrea A. Firth



Author Lysley Tenorio
Photo provided

"It's a really glamorous reading series," says Brenda Hillman, Director of the MFA Program at Saint Mary's College in Moraga. For the past 30 years, Saint Mary's has hosted a creative writing reading series that invites poets and authors to share their work with the students and public. "It's a great opportunity for the members of the community to hear some really well-known writers in an informal setting," says Hillman. "We always have writers from all the three genres—poetry, fiction and non-fiction—that represent a great artistic diversity."

The 2012 series kicks off on Wednesday, September 12 with readings by two distinguished and internationally known poets: Robert Haas and Tom Meschery. Both Haas and Meschery are SMC alumnae and the evening is billed as a sesquicentennial event, part of the college's celebration of its 150th anniversary.

In October, award-winning fiction writer Lysley Tenorio will be reading. Tenorio is an Associate Professor at SMC, and his debut collection of short stories, *Monstress*, was published last spring and has been described as "brilliantly quirky, often moving, [and] always gorgeously told." In *Monstress*,

Tenorio, a Filipino-American, explores the disparate cultures that comprise his background, but he says his stories are not biographical. "Like most writers, my work is emotionally autobiographical," says Tenorio. "In other words, the emotional and psychological concerns of my characters are concerns that I've had in my own life, though my personal circumstances aren't nearly as interesting as those of my characters."

Tenorio's story collection is required reading for all incoming freshmen at SMC and for readers looking for a new, refreshingly unique Bay Area author. *Monstress*, the title story in the collection, is based on a really cheesy American sci-fi flick and an awful Filipino caveman horror film that were spliced together to produce what one critic described as the worst movie of all-time says Tenorio. An admitted sci-fi/fantasy movie and television junkie (his favorite TV show of all time is *Buffy the Vampire Slayer*), Tenorio says this disastrous movie meld seemed like great material to explore. Despite the strange and outlandish plots and situations in Tenorio's book, he has been told that, at its heart, *Monstress* is a collection of love stories.



Monstress is author Lysley Tenorio's collection of short stories.
Image provided

The SMC Reading Series also includes several craft talks. Held on Wednesday afternoons, the craft talks have working writers explore topics related to the writing mind and the process of writing says Hillman. "I think the craft talks are interesting for people who like reading contemporary literature or who are interested in writing themselves," she adds.

In addition to all the great visiting writers, the public will also have the chance to hear from five of the SMC MFA faculty who will be participating in Litquake, San Francisco's annual literary festival. SMC faculty members will be reading on Saturday, October 13 in the city. Check the Litquake website for the specific location and time at <http://litquake.org>.

Fish and Shrimp in a Shell

By Susie Iventosch



Photo Susie Iventosch

Fish tacos have become a "go to" meal for us this summer! When we are lucky enough to see wild fresh Sockeye or Copper River salmon in the market, I purchase enough to serve fish one night and make grilled fish and shrimp tacos the next. These tacos are perfect fare for a Labor Day fiesta, and especially great to eat outdoors, as they can be rather messy!

Normally, when you see fish tacos on a menu, they use fried fish, but using grilled fish makes the dish all that much healthier, and besides, you don't really need the breading in addition to the taco shells. We like to use both corn and flour tortillas, and serve up papaya-mango salsa and guacamole on the side—this is where the mess comes into play, but with all those delicious flavors enhancing the wonderful fresh fish, I figure it's okay ... just hand out plenty of napkins!

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziventosch@gmail.com.



This recipe is available on our web site 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.

Fish and Shrimp Tacos (Makes 12-16 tacos)

INGREDIENTS

- 1 1/2 pounds fresh, wild salmon filet (with skin on one side)
- 1 pound raw shrimp, medium sized
- Juice of one lime
- Cajun seasoning
- 12-16 tortillas

Accoutrements

- 1 recipe guacamole (below)
- 1 recipe mango-papaya-avocado-lime salsa (below)
- 1 cup freshly grated Cheddar or Jack cheese
- 1/4 head finely sliced lettuce
- Sour cream or plain low-fat yogurt

DIRECTIONS

Shrimp

Peel and devein shrimp and marinate for a couple of hours in a simple vinaigrette of 1/4 cup olive oil, 1 tablespoon lime juice and 1 teaspoon Cajun spice. Skewer or place in a grilling basket and grill for 1-2 minutes per side over medium heat.

Salmon

Place filet on a large piece of foil, skin side down, and season top of filet with Cajun spice. Grill over medium heat for about 4 minutes, then tent with foil and continue to cook for another 5-7 minutes, or until fish is cooked. Time will depend on thickness of filet. My husband uses a gas grill and with three burners going, heats the center one directly under the fish to medium, and the two side burners to medium-high. This, he says, cooks the fish evenly but also gives it some nice color, before it is tented!

Papaya-Mango-Lime-Avocado Salsa

INGREDIENTS

- 1 medium papaya, peeled, seeded and cut into bite-sized pieces
- 2 mangos, peeled, pit removed and cut into bite-sized pieces
- 2 avocados, peeled, pitted and cut into the same sized pieces
- 1 red onion, thinly sliced, caramelized in olive oil and cooled to room temp
- 1/3 cup coarsely chopped fresh cilantro
- 1 roasted, seeded and finely diced jalapeno
- Juice of 2 limes
- 1/4 cup extra-virgin olive oil
- Sea salt to taste

DIRECTIONS

Gently toss all ingredients, and adjust flavors using more or less lime juice or olive oil, as you desire. Chill until ready to serve.

Guacamole

INGREDIENTS

- 3-4 ripe avocados, peeled and pitted
- 1/2 to 1 teaspoon sea salt
- 1 teaspoon cider vinegar
- Optional:
- 2 tablespoons salsa
- 1 teaspoon Louisiana hot sauce
- 1 clove garlic, pressed
- 1/2 teaspoon chili powder
- 1 medium tomato finely diced

I really love the flavor of avocados so I like to add nothing more than sea salt and cider vinegar. But, if you enjoy lots of flavors in your guacamole, you may wish to add some or all of the optional ingredients. Either way, simply dice or smash the avocados and stir in the rest of the ingredients!

To Assemble

Fry tortillas in a little bit of oil in a large skillet, until starting to brown, but still pliable. Fold in half like a taco shell and place lettuce at the bottom with pieces of fish and shrimp over the lettuce. Sprinkle grated cheese over seafood and spoon fruit salsa, guacamole and yogurt or sour cream over the top. Enjoy!

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ART

Orinda Library August and September Art Exhibits. The art exhibit for August will include CC14 group, Another World. The September exhibit will include Three-Eight Art Studio, Lucia Tsang. The library is located at 26 Orinda Way in Orinda.

The Nature of Collecting: The Early 20th Century Fine Art Collection of Roger Epperson, an East Bay Regional Parks ranger who had a passion for California's environment and a deep love of art. Additional exhibits include One Square Mile and Recent Watercolors by Richard Gayton, and Out of California by William Keith. The exhibits run through September 16 at Saint Mary's College Museum of Art, 1928 St. Mary's Road, Moraga. Admission: \$5 for adults and free for youths. Opening day events are free. For more info, call (925) 631-4379 or visit www.stmarys-ca.edu/museum.

Anticipation is the New Lafayette Exhibition. Anticipation – one of life's delights – will run through October 7 at the Lafayette Gallery, 50 Lafayette Circle, Lafayette. Works of art are ready for your home or garden and evoke the anticipation of pleasurable things to come. The gallery is open Tuesday through Saturday from 11am to 5pm, and Sunday 11am to 2pm. Free. For more info, call (925) 284-2788 or visit www.lafayettegallery.net.

Cool Breeze is the New Paintings Exhibit at Valley Art Gallery. New paintings in many different styles and mediums are now featured through September 14, Tuesday through Saturday 11am to 5pm at Valley Art Gallery, 1661 Botelho Drive Suite 110, Walnut Creek. For more info, call (925) 935-4311.

Painting Exhibits at the Moraga Public Library. The Moraga Public Library will exhibit the art of Denise Lee and Jonathan Shum, both students of famous local Chinese brush painter, Joan Yao – a well-known Chinese brush painter, calligrapher, and teacher. Lee and Shum's exhibits will run through August and September at the library, 1500 St. Mary's Road, Moraga. Yao will also have an exhibit in the month of September. For more info, call (925) 376-6852.

Moraga Art Gallery Reimagined. Moraga Art Gallery's new show highlights the collective creativity, commitment and energy of the gallery's members. The show opened Wednesday, August 22 and runs through Sunday, October 21, Wednesday through Sunday from noon to 5pm at the Moraga Art Gallery, The Rheem Valley Shopping Center, 522 Center Street, and will feature the work of the entire gallery artist group, in celebration of this tireless organization that has survived a challenging relocation, coming out stronger, and more creative and successful than ever before. For more info, call (925) 376-5407 or visit www.moragaart-gallery.com.

Shadowfold demonstration presented by Valley Stitchers and Fiber Arts Guild. Chris Palmer will show his "Shadowfold" technique of geometric designs in fabric using an origami technique at 10am September 10 at the Faith Lutheran Church, 50 Woodsworth Lane, Pleasant Hill. For more info, contact Sheila Rogstad at (925) 945-1338.

MUSIC

Contra Costa Children's Chorus. Children who love to sing can join a prestigious children's chorus. Placement auditions for choir levels of boys and girls ages 6-16 yrs are scheduled for September 4 from 4 to 6pm and September 5 from 4 to 5:30pm, Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. Rehearsals are on Tuesdays or Wednesdays. For more info, visit www.childrenschorus.org or call (925) 945-7101 x1.

Orinda Idol Finals. The Orinda Arts Council presents the seventh annual Orinda Idol competition for performers from Lafayette, Orinda and Moraga Sunday, September 9 at the Orinda Theatre. More than 200 performers from kindergarten through 12th grade vied for a spot in the finals and 40 made it through to this huge event! Let's fill the theatre and cheer these finalists on to their best performances! Please find more details at www.orindaartscouncil.org.

THEATER

"Blithe Spirit": A novelist hosts a séance as research for his next book, unwittingly summoning the spirit of his first wife—making his current spouse none-too-pleased. Associate Artistic Director Mark Rucker brings Coward's romantic shenanigans and barbed-wire bon mots to the Cal Shakes stage for a second time. This performance runs through September 2 at the Cal Shakes Theater, 100 California Shakespeare Theater Way in Orinda. For more info, call (510) 548-3422 or visit www.calshakes.org.

The International Film Showcase features Late Bloomers. Four older ladies from a small village in the Emmental region turn a corner store into a chic lingerie shop which throws the whole community into disarray. The movie will be shown August 24-30 at 1:30, 4, and 6:30pm with additional screenings at 8:45pm on Friday and Saturday at the Orinda Theatre, 4 Orinda Theatre Square, Orinda. For more info, call (925) 254-4284 or visit www.lfef.org or www.lamorindatheatres.com. (photo)

DVC Drama 2012 - 2013 Season. The Grapes of Wrath by Frank Galati will be showing at Diablo Valley College October 19 through November 11, Fridays and Saturdays at 8pm and Sundays at 2:30pm, 321 Golf Club Road, Pleasant Hill. Tickets: \$20 general admission; \$15 for faculty, staff, and seniors; \$10 for students. For more info, call (925) 687-4445.

Orinda Starlight Village Players' 2012. Sherlock Holmes in The Speckled Band by Sir Arthur Conan Doyle will be showing September 7- 29, Fridays and Saturdays at 8:30pm. The play will also be showing on Sunday, September 16 and 23 at 4pm, and Thursday, September 27 at 8pm. Regular admission: \$16; \$8 for seniors and children. For tickets or more info, call (925) 528-9225 or visit www.orsvp.org.

Sly Fox. Lafayette's Town Hall Theatre begins another season with Larry Gelbart's Sly Fox, an hilarious adaptation of Ben Jonson's satire Volpone. Sly Fox runs from September 29 through October 20 with previews on September 27 and 28. It is rated PG13 and is approximately two hours long. The show starts at 8pm on Thursday, Friday, and Saturday and 2pm on Sundays. Town Hall's Theatre Club will be having free wine and an actor talk back following the performance on Friday, October 5. The show is at Lafayette's Town Hall Theatre, 3535 School Street, Lafayette. Tickets: \$29 for adults preview or matinee; \$32 for Thursday, Friday, and Saturday evenings; \$25 preview or matinee for seniors (60 and older) and youth (under 18) and \$29 for Thursday, Friday, and Saturday evenings. For more info, call (925) 283-6673 or visit www.townhalltheatre.com.

Diablo Ballet and The Lafayette Library present classic dance films this summer. You're invited to see some of the greatest dance films ever made. There will be a showing of West Side Story (1961) on Wednesday, September 12 at 6:30 pm in the Arts & Science Discovery Center at the Lafayette Library, 3491 Mt. Diablo Blvd., Lafayette. West Side Story is a classic musical retelling of "Romeo & Juliet" as rival gang members fall in love and face the consequences. Admission: \$5. For more info, call (925) 283-6513 or visit www.llcf.org.

LECTURE & LITERATURE

Book Sale by Friends of the Orinda Library. This book sale offers quality books for all interests and all ages Thursday, September 6 from 10am to 1pm at the in the Book Shop and Sorting Room, Orinda Library, 26 Orinda Way, Orinda. For more info, call (925) 254-1358.

Addiction and Youth: Family Resource Night, presented by New Leaf Treatment Center. Dr. Alex Stalcup and the Clinical Staff from New Leaf Treatment Center will discuss the problem of drug use among youth and other common behavioral addictions such as video-games and gaming September 8 from 3 to 6pm at the Lafayette Library Community Hall, 3491 Mt. Diablo Boulevard, Lafayette. Tickets: \$25 per family or group. For more info, visit www.nlct.com/Family_Resource_Night_Flyer.pdf.

Orinda Library Art Gallery Energy Conservation and Sustainability Workshop. Come see the Orinda Library Art Gallery Lighting Upgrade and attend a workshop on energy conservation in the workplace and home Tuesday, September 11 from 3 to 4pm at the Orinda Library Art Gallery Garden Room. Presented by REACH and hosted by The Orinda Arts Council and the City of Orinda, the event is free and open to the community. For info, visit www.ReachTheFuture.org.

Discovering opera: Bizet's The Pearl Fishers. Lecturer Bradford Wade will discuss the background of the story and present a guided tour of the opera, with a description of the plot interspersed with musical examples Tuesday, September 11 from 1:30 to 3pm at the Lafayette Library Arts and Science Room, 3491 Mt. Diablo Blvd., Lafayette. Cost: \$1 for members; \$3 for non-members. For more info or to register, call (925) 284-5050.

O'Neill's Danville. As part of the Eugene O'Neill Festival in Danville, celebrating the 75th anniversary of Tao House, Beverly Lane will describe "the way we were" when Eugene and Carlotta arrived in town Saturday, September 15 at 10am in the Village Theatre, 233 Front Street, Danville. She will provide background on the O'Neill's purchase of the Las Trampas property, the building of Tao House, and the couple's relationship with their Danville neighbors. Free.

Lafayette Physical Therapy is having free community lectures. Nutrition for Healing lecture with registered nurse Cynthia Allen September 25 from 7 to 8pm, 3468 Mt. Diablo Blvd. Suite B110, Lafayette. To RSVP, call (925) 284-6150. For more information please visit www.LafayettePT.com.

ORGANIZATIONS & WORKSHOPS

Pet Loss Support Group. Grief Support Group Helps People Cope with the Death of a Pet. When you lose your pet you often feel like a part of you is lost. This is a support group where participants can share memories and feelings and talk to others who truly understand and care. The group will meet every first Tuesday of the month beginning September 4 from noon to 1:30pm at the Tony La Russa Animal Rescue Foundation, 2890 Mitchell Drive, Walnut Creek. For more info and to pre-register, call (925) 887-5681. Pre-registration is required.

Sons in Retirement Lamorinda Branch 171 meets the first Wednesday monthly at Holy Trinity Culture Center, 1700 School St., Moraga. The first meeting will be September 5 with after-lunch speaker Professor Ron Olowin, PhD, of Saint Mary's College. For details and membership information on SIRs, call Larry at (925) 631-9528.

The Stroke Support Group of Contra Costa County. Speaker Jerry Rainey of Neuro-Fit will discuss Neurological Injury Functional Integrated Therapy Monday, September 10 from 7 to 9pm at the John Muir Medical Center Concord Room, 2540 East Avenue, Concord. 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. Free and open to the public. For more info, contact Ann Dzuna at (925) 376-6218.

Common Threads Stitching Group. Whether you are a seasoned cross-stitcher or newbie beginner, join this ongoing, drop-in group for instruction, guidance, or simply a relaxing afternoon spent with fellow stitchers every Wednesday at the Lafayette Community Center in the Elderberry room from 2 to 3:30pm starting September 12 (except November 21 and December 26), 500 St. Mary's Road, Lafayette. For more info or to register, call (925) 284-5050.

Lafayette Garden Club. Have you got questions about your garden? There will be answers with guest speaker Buzz Bertolero, Executive Vice President of Navlet's chain of lawn and garden centers, at 9:30am September 13 at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette.

... continued on next page

Please submit events to:
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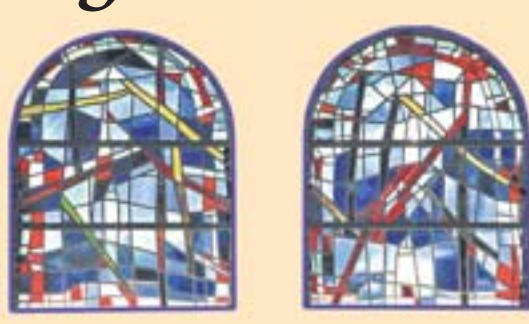
SEPTEMBER 14-23, 2012

SEPT 14, 8 PM SF CONSERVATORY OF MUSIC
SEPT 15, 8 PM MISSION SANTA CLARA
SEPT 16, 5 PM SF CONSERVATORY OF MUSIC
SEPT 22, 8 PM LAFAYETTE-ORINDA, PRESBYTERIAN CHURCH
SEPT 23, 5 PM ST. FRANCIS OF ASSISI, SACRAMENTO



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www.christianscienceorinda.org

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www.holyshepherd.org

9/2: ONE SERVICE AT 9:30 a.m.
Coffee Fellowship at 10:30 a.m.
9/9: TWO SERVICES 8:15 & 10:45 A.M.
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LAMORINDA FLOORS

ORGANIZATIONS & WORKSHOPS ... continued

Words of Wisdom discussion group led by Paul Fillingier. Take part in this free-wheeling exchange of inspiration, information, and humor September 18 from 10:30am to noon in the Lafayette Community Center Elderberry Room, 500 St. Mary's Road, Lafayette. Cost: \$1 for members; \$3 for non-members. For more info or to sign up, call (925) 284-5050.

Montelindo Garden Club Meeting. Kathy Courtright of Orchard Nursery will speak on spring blooming bulbs, deer and gopher resistant, tried and true as well as less popular but wonderful varieties of bulbs September 21 at 9:30am at the Orinda Community Church, 10 Irwin Way, Orinda. For more info, call (925) 254-3906.

Avoiding Falls an Anne Randolph Workshop. If you are worried about falling or are at risk of falling, you should know about activities that improve balance. Learn how to improve your balance and avoid the risk of falling Friday, September 28 from 11:30am to 12:30pm in the Sequoia Room, Lafayette Community Center, 500 St. Mary's Rd., Lafayette. For more info or to register, call (925) 284-5050.

Entertaining Seniors. Are you a retiree who enjoys singing, dancing, or telling stories? Consider joining Silver Wings Repertory. Members put on variety shows for residents of assisted living facilities, nursing homes, and other places seniors gather. They perform twice a month, plus meet monthly at Faith Lutheran Church, 50 Wordsworth Lane, Pleasant Hill. The next meeting is October 4 at 10 a.m. For info, call (925) 935-0861.

OTHER

Campolindo sophomore Sam Larson is collecting new and gently used items for a fall Back to School Give-away shop benefitting disadvantaged families of neighboring San Pablo. Clothing, shoes, accessories, jump ropes, soccer and other sports balls, toys, and sports equipment for ages pre-school to adult are welcomed. Drop off on the porch at 243 Paseo del Rio, Moraga before September 15, or call (925) 284-8142 for pick up. Thank you for your support!

Lamorinda Dance Social. Enjoy afternoon dancing every Wednesday and learn some great new dance moves. Professional dancers Karen and Michael will provide a dance lesson and live DJ services, playing your favorites and taking requests every Wednesday from 12:30 to 3pm, Lafayette Community Center Live Oak Room, 500 St. Mary's Road. Cost: \$2 for members, \$4 for non-members. For more info, call (925) 284-5050.

Nature Walk and Bird-Watching led by Ben Pettersson. Experience nature at its finest along our local trails. Delight in the beauty that unfolds around each bend, all the while learning to identify a variety of birds. Bring a

water bottle; binoculars will be helpful if you have them. The walks are every Wednesday from 9 to 11am. Please call (925) 284-5050 to find out the weekly meeting place.

Celebrating the 75th anniversary of the TAO House. The Tao House was built by Eugene O'Neill and his wife, Carlotta, in Las Trampas Hills, just outside of the town in 1937 shortly after his reception of the Nobel Prize for Literature. The 13th annual Eugene O'Neill Festival in Danville runs from September 7-30 at the Tao House which is now a National Park site. You must take a shuttle from The Museum of the San Ramon Valley, 205 Railroad Avenue, Danville. For more info, contact Dan Cawthon at (925) 946-0108.

Hearing Screening by Audiologists from Hearing Science/Diablo Valley Ear, Nose, and Throat September 5, October 3, November 7, and December 5 in the Cedar Room at the Lafayette Community Center, 500 St. Mary's Road. An appointment is required and a minimum of two sign ups are required in order for screenings to take place. Please call Lafayette Senior Services at (925) 284-5050 to sign up for one of the following appointment times: 1, 1:20, 1:40, or 2pm. Cost: \$1 for members; \$3 for non-members.

The public is invited to a dedication ceremony for the newly replicated and relocated Orinda Historical Mural, Tuesday, September 4, 5:30pm, kinder gym wall at the Orinda Community Park. Bay Area Muralist, Ellen Silva, was commissioned to precisely replicate the original mural which was created by artist Lonnie Bee to depict Orinda's historical sites and was dedicated on the exterior BART wall on July 9, 1978.

Fall into Fashion show featuring the latest styles from Coldwater Creek in Walnut Creek. The fall show features the latest in fall fashions September 8 from 11:30am to 2:30pm at the Crow Canyon Country Club, 711 Silver Lake Drive, Danville. Attendees can take part in a silent auction, and opportunity tickets will be available. This event is presented by the Diablo Valley Foundation for the Aging. Cost: \$45 and includes lunch and refreshments. For more info, contact Carmen at (925) 956-9269 or visit www.dv-fa.org.

Lafayette Community Center offers free yoga class. The Lafayette Community center wants to give people an opportunity to try yoga without having to make a commitment Saturday, September 8 from 11am to 12:15pm at the Lafayette Community Center, 500 St. Mary's Road, Lafayette. Reservations required. For more info and to register, call (925) 284-2232.

Natural Health Care Open House. Running from Mexico and Canada for Natural Health. There will be free massage and natural skincare treatments, free handouts and natural product samples, and Naturopathic doctors speaking about treating pain, fatigue, and bio identical hormones September 10 at 4pm, Tara Natural Medicine, 3186 Old Tunnel Road 6536 Telegraph Ave, #C201, Lafayette. Free. For more info, call (925) 949-8604 or visit www.taranaturalmedicine.com. (photo)

Volunteers needed to transcribe Braille. Volunteers interested in learning how to transcribe literary works for the blind or sight impaired are needed by the Contra Costa Braille Transcribers. A volunteer must complete a 7-month course to be certified by The Library of Congress. Weekly training classes are every Tuesday in Concord beginning Tuesday, September 11 from 9:30am to noon, 1201 Monument Blvd., Concord (near the 680 Freeway). For more info, call Fran Whipple at (925) 298-2344 or visit www.ccbraille.com.

Walk n' Roll. Join us for a fun one mile or 5K Walk n' Roll event to support people with developmental disabilities Saturday, September 22 from 9am to noon, starting at Las Trampas, 3460 Lana Lane, Lafayette, continuing towards Olympic Blvd and ending at Las Trampas. The trail is wheelchair-friendly. Registration: \$25 per person and includes: the event, T-shirt, gift, refreshments, prizes, music, and more. For more info, visit www.active.com/running/lafayette-ca/walk-n-roll-for-las-trampas-2012.

Free memory screening by Caring Solutions September 28 in the Cedar Room at the Lafayette Community Center, 500 St. Mary's Road, Lafayette. An appointment is required. Appointments are at 12:30, 12:50, or 1:10 pm. For more info or to sign up, call (925) 284-5050.

The Lafayette Library and Learning Center Board of Trustees, which manages Foundation assets, implements major fundraising plans, oversees non-county library budget operations and staff, and coordinates activities of the Glenn Seaborg Learning Consortium, is seeking new members. Applications, which are available at LLLCF.org or available in the LLLCF office on the mezzanine floor of the library, will be accepted until September 30.

NOMINEES REQUESTED

The Contra Costa Philanthropy Awards program recognizes individuals, businesses and service organizations that have made significant

contributions of time, leadership and financial support to benefit Contra Costa residents. This is the 2nd Annual awards program. Help promote and honor philanthropy in Contra Costa County by submitting your nominations to the Contra Costa Council's 2nd Annual Contra Costa Philanthropy Awards program by Friday, August 31. Please visit <http://www.contracostacouncil.com/forms/form1.html> for your nomination form. A special breakfast honoring award recipients will be held at 7:30am November 8 at the Hilton, 1970 Diamond Blvd., Concord. For more info, call (925) 246-1880.

Peace and Justice Awards 2012. The Mt. Diablo Peace and Justice Center is asking residents of Contra Costa County to nominate local peacemakers for a Peace and Justice Award to be given by the Center at its annual Peace Awards Celebration. Deadline for nominations is September 7. Forms for nominating candidates are available at www.mtdpc.org or by calling the Peace and Justice Center at (925) 933-7850.

SEPTEMBER SPECIAL EVENTS (see event articles on pages A10-A11)

The Big Band of Rossmore Show and Dance featuring The Fred Astaire Dance Book Friday, September 14 from 6:30 to 10pm at the Rheem Theater, 350 Park Street, Moraga.

Annual Lafayette Art & Wine Festival 10am to 7pm Saturday, September 15 and 10am to 6pm Sunday, September 16 in Downtown Lafayette.

5th Annual Orinda Restaurant Tour, featuring over 20 restaurants from 5 to 9:30pm Tuesday, September 18 at the Theatre District on Moraga Way.

The Orinda Annual Classic Car Show Saturday, September 22 from 10 am to 2pm in Orinda Village at Orinda Motors, 63 Orinda Way.

Moraga Pear & Wine Festival from 10am to 4pm Saturday, September 29 at the Moraga Commons Park.

Please submit events to: calendar@lamorindaweekly.com

ParaNorman

Great animated film but not for the little ones!

By Derek Zemrak




Photo LAIKA

Just because a movie is animated does not mean it is appropriate for kids. ParaNorman is a prime example. Laika Entertainment based in Portland, Oregon, which previously produced Coraline – another edgy animated film – created ParaNorman. Laika has shown that they have the creative edge that we experienced during the early years of Pixar. They are not following the “traditional” Hollywood model but are leading the way to fresh new ideas in the animation arena.

ParaNorman follows a young schoolboy, Norman Babcock (Kodi Smit-McPhee) who sees and speaks to dead people. Yes, everyone including his family thinks he is crazy, but soon they will all need him when the zombies take over their small town and must stop the evil witch, who is determined to destroy it. The voice talent is mainly made up of voice actors and not Hollywood stars, which proves that you do not need Brad Pitt, Ben Stiller or Chris Rock to sell your animated film.

Talent is talent and the cast of ParaNorman delivers outstanding performances. The visual effects of the movie are outstanding, setting the tone of the scary, spooky feel of the film, which is one of the best animated feature films this year. I predict an Oscar nomination in January for ParaNorman, as Coraline received in 2010. The film is co-directed by newcomer Chris Butler, who also wrote the screenplay, and Sam Fell (Flushed Away, The Tale of Despereaux).

This edgy, spooky film filled with zombies and ghosts will have you jumping in your seat in a few scenes. I question the PG rating of the film with scary action, spooky images, and rude language. ParaNorman will be enjoyed by the pre-teen and above audiences but it is not for the youngsters.

Derek Zemrak is a Film Critic, Film Producer and Founder of the California Independent Film Festival. You can follow Derek on Twitter @zemrak for the latest Hollywood news.

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Rising Fashion Stars in Lamorinda

By Moya Stone



Photo Peter Goldie

Lamorinda's young fashion stars hosted their own fashion show August 19 at the Community Hall in the Lafayette Library. Twenty summer camp students from Sewnow in Lafayette, ranging in age from 7 to 16, sashayed down the runway in their own creations for the fashion studio's third annual show.

Former designer Susan Goldie, who opened Sewnow in 2006, said the end of summer fashion show is a way to showcase and celebrate these students' accomplishments.

Among the rising stars was 11-year-old Liz Messinger. She made a halter dress using a burnt orange print fabric. Messinger has been sewing

for three years and hopes one day to have a career in fashion. "I really like having the skills to make special dresses," she said after the show looking chic donning her dress and a pixie hairdo.

Messinger and her fellow sewsters are off to a good start with what was an impressive array of fashions

including skirts, dresses, hoodies, kimono-style robes and tote bags. Students were on top of the current color trend with orange a popular choice. Details like embroidered flowers, butterflies, and monograms on the totes reflected individual style. The hoodies had a new longer silhouette with added embroidery on the back and a colorful lining.

One of the hoodie creators was Izzy Pauletich. The 12-year-old appreciates sewing and creating because "it's yours." She's been sewing for three years and wants to continue to improve her skills.

Quilts were also part of the show and one was made by 11-year-old Catie Foley. She's been sewing for a year and says making quilts is her favorite. In addition to creating she also enjoys the people part of her classes. "I really like the social aspect of sewing," she commented.

The enthusiastic students say they enjoy all the steps of sewing from pinning to wearing, but for 11-year-old Harper Orr, it's drawing that attracts her. She says what's most fun is being able to make so many different things from her sketches.

But the show wasn't just about the clothes. Students had to learn how to walk down a runway with a certain sparkle and accessorize their outfits. Erica Chernne put together a unique look by sporting her tote over her head like a messenger bag and pairing her lime green skirt and white t-shirt with rain boots.

Beaming parents made up the audience that included Rachel Fracchia, who drove all the way from Rocklin to see her two daughters Isabella and Tuscany show off their wares. The sisters attended one week of camp while staying with their aunt who lives locally. Fracchia says the best part of the whole thing for her was seeing how proud her daughters were in their accomplishments.

Sewing is growing in popularity with kids and Goldie attributes that to a desire for individuality. "By designing and sewing your own garments," said Goldie, "you can make clothes that are modern and fun and that also fit the school dress code."

Moya Stone writes quarterly fashion column for *Lamorinda Weekly* and a fashion blog at www.overdressedforlife.com.

Moraga Native Places Ninth at Scrabble Championship

By Jennifer Wake

Although so sick he could barely stand, Moraga native Conrad Bassett-Bouchard finished in the top 10 among 73 world-class competitive Scrabble players for his division at the National Scrabble Championships (NSC) August 11-15 in Orlando, Florida. The 22-year-old former Campolindo High School student is currently ranked No. 7 in the top division for North America.

Bassett-Bouchard started competing at age 14 in 2004 and one year later was the youngest competitive Scrabble player to reach "expert" ranking at the time. Bassett-Bouchard has competed in approximately 100 tournaments across the globe since then, including a trip to Thailand and Malaysia last year.

"Scrabble is gigantic there," said Bassett-Bouchard. "We were in a crowded mall with loud, crazy rock music playing in the background. It was much different than tournaments

here where there are just a bunch of people quietly thinking in a ballroom."

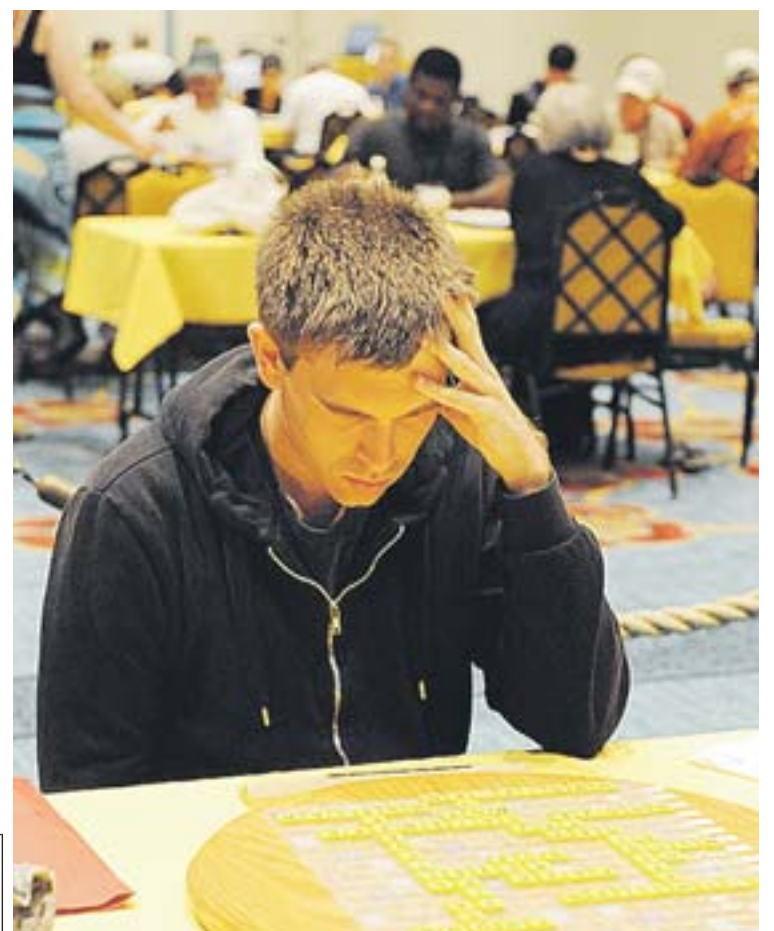
Unlike the casual game of Scrabble played on family room tables, competitive Scrabble is much different. An article in the *Journal of Experimental Psychology* stated successful competitive Scrabble players require three cognitive abilities: word fluency, because the game requires the rapid retrieval of appropriate words from memory; visuospatial ability, because the spatial layout of words and letters on particular squares on the board determines the point value of a play; and numerical ability, because players need to calculate probabilities and rapidly use the numerical properties associated with different combinations of words located in different places on the board. Tournaments are timed, with an average of 11 to 13 plays per player in the game or about two minutes per play. Points

are deducted for each minute players go over their allotted 25 minutes of playing time.

"Competitive Scrabble is more about probability and expected value," said Bassett-Bouchard. Expert players need to estimate the probability of retrieving certain remaining tiles, and rapidly add the point values for different possible words placed on different squares on the board to determine which of several possible words will yield the highest point value, noted the article.

To prepare for competition, Bassett-Bouchard practices about the same amount of time each day deciphering anagrams using a word-study program called "Zyzyva" and the Leitner Cardbox Method to study the dictionary, but said it would take thousands and thousands of hours to memorize the entire thing. "I haven't memorized it," he quipped.

What Bassett-Bouchard likes



Conrad Bassett-Bouchard concentrates during the recent National Championships

Photo Provided

most about competitive Scrabble are the many people he's met over the years. "Jerry Lerman from Foster City has had a huge impact on me, and I learned everything online from Kenji Matsumoto in Berkeley," he said. "Nationals is like a family reunion in a sense. It's really cool to know so many people. I can pretty

much show up anywhere in the country and know someone."

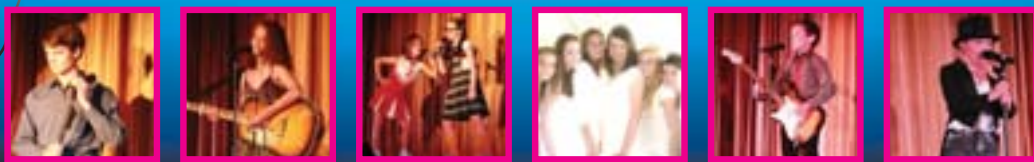
Bassett-Bouchard's next major tournament will be at the California Open November 2-4 in San Francisco. If you have any questions about competitive Scrabble, you can contact Bassett-Bouchard at conradbb@gmail.com.

The Orinda Arts Council presents

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Orinda Theatre
Sunday,
September 9th
11:00 am - 7:30 pm

from previous Orinda Idol Finals:



Schedule By Category:

11:00 am Elementary K-2 and 3-5
1:00 pm Groups K-5 and 6-12
3:15 pm Middle School
5:00 pm High School
7:00 pm Announcement of Winners

For a list of Finalists visit www.OrindaArtsCouncil.org

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LAMORINDA SPORTS

Saint Mary's Soccer Earns Win in Home Opener

By Simon Tryzna



Team captain Trevor Newquist extended the lead 2-1 early in the second half.

Photos Tod Fierner

After a late season surge that saw the Saint Mary's men's soccer team win its first ever West Coast Conference Championship and make a Cinderella run to the Elite Eight of the NCAA Tournament, the expectations were high in Moraga as the #18 Gaels opened their regular season at home with a 2-1 victory over UNLV on Sunday, August 26.

In his first game in two years, sophomore Ismail Adams opened the scoring with over 18 minutes left in the first half. The Gaels found the back of the net again a few minutes later, but the goal did not count because two Saint Mary's players ran into the goal keeper.

In the second half, captain senior Trevor Newquist converted on a penalty kick to give the Gaels a 2-0 advantage. The Running Rebels would respond on a counter attack with just over 17 minutes left in the match to remain in the game. UNLV

improved its attack as the Gaels withstood a second half barrage to hang on for the season opening win.

"Always good to get a win," said Newquist. "UNLV is a good team and we battled it out. There are some positives that we can take away and we definitely need to play better in the second half. But a win is a win."

In order to prepare for a tough conference season, head coach Adam Cooper, the WCC Coach of the Year, prepared a tough non-conference slate. Prior to the season opener, the Gaels scrimmaged at Stanford, losing 1-0.

The opportunity gave the newcomers a chance to get some game experience as well as give their head coach a lesson on what the team needs to do to improve for the upcoming year. "We tweaked some things in the lineup but didn't really do anything differently," said Cooper.

The Gaels will host CSU Bakersfield on September 7. Saint Mary's

defeated the team last year in the first round of the tournament. They also host #3 Creighton just two days later on September 9.

While the Gaels have high hopes for the year, the team is mostly inexperienced. A total of 18 players have entered the season never playing a Division I game and there are only five seniors. Five of the 18 fresh faces made their debuts Sunday.

"I have high expectations for our freshmen," said Cooper. "They are all doing really well right now and they all still got to learn and improve as the whole team does. The guys were focused, they had a good week of training, and they were ready to play."

Only three starters and twelve players total returned. However, behind preseason All-WCC seniors Newquist and Jose Cabez, Saint Mary's remains the favorite to defend its WCC title and hopes to make another long run in the tournament.



Jose Cabez earned All-WCC preseason honors.



Ismail Adams opened scoring for the Gaels.

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Matador Becomes a Chicago Cub

By Rebecca Eckland



Photos provided

Chicago Cubs Center Fielder Brett Jackson remembers watching Giants games with his dad while growing up, well, watching half a game anyway. "I'd rather play than watch," he said.

His dad, Peter Jackson, explained that his son had a specific goal. "When he was a tyke of six years old, he had a plastic bat in hand and said that he wanted to be a 'baseball man.'"

Instead of growing out of his dream like most kids do, Jackson grew into his.

Jackson's baseball career began at the age of four when he began to play for the Orinda Baseball Association. It wasn't long until baseball became Jackson's sole athletic focus. Once an avid snow-skier, hiker, and water-skier, he sacrificed summers with his family to attend baseball camps. "Every summer since he was 14, he's yet to have a summer at home," his dad recalled.

Brett's dedication earned him a position on Miramonte High School's baseball team, where he earned DFAL First-Team All-League honors his junior and senior years.

At the age of 16, UC Berkeley recruited him to play for the Golden Bears. At Cal, he studied sociology and art, while achieving All-American status on the field.

"It's hard to see how you size up in the big baseball world when you are in high school. Playing at Cal and [for] summer college leagues gave me confidence I could work hard and maybe play at the highest level," Brett said.

After Brett's junior year at Cal, he accomplished his lifelong dream of playing Major League Baseball. He was drafted in the first round, 31st overall, by the Chicago Cubs in 2009.

Jackson was called up from the minors to make his debut for the Cubs on August 5.

Playing in the Majors is different than Brett had imagined it. Growing up, he thought players just showed up to play at game time. Instead,

Jackson arrives hours before the first pitch to watch video.

"This is a 9-10 hour a day job," he explained, "Sometimes, it feels like a 24/7 job, seven months a year!"

However, Jackson enjoys the extra time to develop his skills. "The combination of coaching and technology... [has] allowed for the ability to fine-tune areas of my game that I never had before," he said, "I simply want to take full advantage of that."

Yet, the strength of competition has been a challenge for Jackson. He has struggled at the plate, accumulating 31 strikeouts for 61 bats, while batting .197 before last weekend's series.

"[My] biggest adjustment has been the additional speed of the game--the pitchers are the best in the world," he said.

Brett found a rhythm last weekend against the Colorado Rockies though. He notched two home runs in as many games, including a bomb that sparked a winning rally for the Cubs on Friday.



Brett and his family in 2009

Correction: In the last issue in the OMPA High Point Winner sidebar, we only listed one high-point winner for the boys' 6-and-under category. However, Bronsen Trunzo tied for the top finish, also earning high point honors.

Five Year Old Makes Waves

Submitted by Eddie Lee



Bronsen Trunzo had an incredible swim season. As a five-year-old competing against six-year-olds, Trunzo went undefeated in dual-meets. He also won the high point at Bottom's Up Invitational and at Meadow Mini Meet Invitational, where he broke a 20-year-old meet record in the 25 back.

Following his top finish at OMPA, he competed at the Contra Costa County Championships where he placed third in back and third in breast.

Photo provided

2012/2013 Lamorinda Football Teams



The Acalanes Dons traveled to Hercules to take on the Titans in their season opener on August 24. The Dons dominated the game, winning 34-7. Junior Peter Mitchell and senior DeShawn Johnson combined for rushing 261 yards and four touchdowns. Acalanes next travels to take on Skyline in Oakland in their season opener on August 31. Photos Ohlen Alexander



Campolindo took on Moreau Catholic in Hayward in a televised game on August 24. The Cougars rolled to 48-28 victory. Senior quarterback Brett Stephens recorded 166 yards on 6-of-7 passing to notch two touchdowns. Campo will host St. Patrick/St. Vincent (0-1) next Friday, August 31 at 7:00 p.m.



The Mats played host to Marin Catholic, last year's NCS runner-up, on August 24. Miramonte fell to the visitors, 31-14. The Mats had a 14-10 lead in the third quarter, when Marin Catholic switched to a running game and took over. Miramonte next travels five hours to take on Eureka (0-1) on Saturday, September 1.

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Diver Competes at Nationals



Asher Lichtig Photo provided

Local springboard diver Asher Lichtig, 18, qualified for the 2012 USA Diving "age group" National Championship in Greensboro, NC on August 1-3. There, he competed against 30 boys, age 16-18 from across the U.S. on one- and three-meter boards. Taking 13th and 17th place, his "full out" double twister was awarded 57 points, a personal best for the Acalanes 2012 Scholar Athlete of the Year. He will be attending and diving for Amherst College in the fall.

New Orinda Soccer Club Plays First Tournament

Submitted by Linda Sosa



Front row, from left: Emily Smith, Anya Li, Samantha DeVecchi, Molly Ikeya, Holland MacDonald, Mia Grillo, Kaitlin DeVries; Back row: Coach Haris Obic, Kiki Scott, Molly Davis, Jackie Nichols, Lauren Van Stralen, Anne Midthun, Kate Minden. Photo provided

The U13 girls' team of the newly formed California Magic Soccer Club caravanned to the 24th Annual North vs. South Summer Tournament in San Luis Obispo August 11-12.

The Magic rallied to beat the Clovis Crossfire 2-1 in their first game. In the afternoon, the Magic took on the host, San Luis Obispo Storm. The Magic won 3-0 and advanced to the second day of competition.

Day two began with the Magic completely dominating the Orchard Valley Clash, earning a 3-0 win.

In the last game of the tournament, the Magic took on the Camarillo Eagles. A fast and

physical team, the Eagles beat the Magic 3-1.

While runner-up was not the girls' goal, they did have many magical moments. "Getting to the finals was very rewarding," said Head Coach Haris Obic. "It was a successful weekend; we learned about ourselves, we are much stronger as a team on the field and much closer as a team off the field."

The California Magic is a newly sanctioned competitive soccer club in Orinda giving the community more options to play competitive soccer. Lead by Technical Directors Haris Obic and Jasko Begovic, the Magic plans on expanding into Lafayette, Moraga, Pleasant Hill, and beyond.

Swimming for Awareness

Submitted by Bobbie Dodson



Keris Dahlkamp in the cool water of Lake Tahoe. Photo provided

While swimming the length of Lake Tahoe was a challenge, Keris Dahlkamp says it comes nowhere near the challenge the citizens of the Democratic Republic of the Congo face today. Because he wanted to raise awareness of the desperate situation there, Dahlkamp took to the 65 degree water at one in the morning and successfully completed the 20.75 miles in 10 and a half hours. "I wore a wet suit and three layers on my head," Dahlkamp explained his strategy and struggles, "My biggest problem was nausea. I think my nutrition was a little off in the excitement of readying for the event." He had boat and kayak support, plus many friends and relatives cheer-

ing him on. He raised about \$6,000 in donations for Friends of the Congo.

"I think the high point was in the morning seeing the sun came up, but also knowing that Kambale Mugavuli, National Spokesperson for Friends of the Congo, flew here from the east coast to support me," Dahlkamp commented.

"Keris reminded me that no matter how tough things get in the Congo, or the world, there will always be people caring for one another trying to make the world a better place," Mugavule said.

For more information visit www.friendsofthecongo.org.

NorCal Kids Tri Results

Submitted by Charles Vollmar

The annual NorCal Kids Triathlon took place on Saturday, August 25 at Wilder in Orinda. Here is a list of the top

five finishers for each age group (for a complete list visit NorCalKidsTri.org):

- 6 and Under - Girls**
Adrianna Smith, Lafayette
Paige Arnold, Oakland
Claire Onderwater, Alameda
Zoya Acuna, Lafayette
Delaney Joyce, Moraga
- 6 and Under - Boys**
Parker Smith, Moraga
Will Callister, Orinda
Jakob King, San Ramon
Sebastian Antonios-McCrea, Moraga
Mick Goddard, Alameda
- 7 - 8 Girls**
Aria Benetti, Walnut Creek
Chloe Harwood, Highland Park, IL
Sarah Berten, Lafayette
Mia Sides, Lafayette
Keira Taylor, Orinda
- 7 - 8 Boys**
Justin Cole, Orinda
Griffin Brown, Orinda
Matteo Petty, Orinda
Mike Kostolansky, Walnut Creek
Corey Nelson, Moraga
- 9 - 10 Girls**
Madeline Smith, Lafayette
Elizabeth Becker, Orinda
Maggie Buckley, Moraga
Elizabeth Kravtchenko, San Carlos
Oceane Streubel, Orinda
- 9 - 10 Boys**
Alex Karp, Orinda
Orion Ravin, Pleasant Hill
Joe Hempeck, Oakland
Clayton Seastrand, Clayton
Kai Degrande, Orinda
- 11 - 12 Girls**
Lizzy Follmer, Lafayette
Savannah Decarlo, Lafayette
Cassidy Haskill, Orinda
Jessica Thomas, Moraga
Sophie Vaughn, Orinda
- 11 - 12 Boys**
William Clark, Orinda
Teddy Buckley, Moraga
Tyler Vergho, Cupertino
Peter Hillen, Orinda
Alexander Kunczynski, Orinda
- 13 - 14 Girls**
Arden Creson, Orinda
Sondra Abruzzo, Orinda
Rebecca Buck, Lafayette
Hannah Konkel, Oakland
Kenna Van Steyn, Lafayette
- 13 - 14 Boys**
Alex Sokol, San Jose
Michael Wright, Orinda
Christian Schillinger, Orinda
Will Stenzel, Orinda
Joseph Wang, Orinda
- 15 and Up Women**
Hanna Abruzzo, Orinda
Sarah Rockwood, Orinda
Annie Larsen, Orinda
Megan Howard, Orinda
Megan Fuqua, Walnut Creek
- 15 and Up Women -Long Course**
Marie-Claire Schillinger, Orinda
Alexa Clark, Orinda
Megan Giambastini, Lafayette
- 15 and Up Women -Short Course**
Christine Lum, Oakland
- 15 and Up Men**
Cameron Hoyh, Orinda
Alex Shieman, Moraga
Sean Cavanaugh, Walnut Creek
Blake Carver, Lafayette
Niko Umar-Durr, Hayward



Blake Carver, Lafayette Photos Ohlen Alexander



Sarah Rockwood, Orinda



Alex Shieman, Moraga

Lamorinda Weekly

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Lamorinda OUR HOMES

Lamorinda Weekly Volume 06 Issue 12 Wednesday, August 29, 2012



Digging deep with Cynthia

...read on page D5

The Many Flavors of Feng Shui

By Sophie Braccini



Marsha Golangco likes a round light fixture above the dining room table to channel positive energy

Photo Ohlen Alexander

Everybody seems to know something about Feng Shui – it's about numbers, colors, energy or direction; it's Chinese; all of Hong Kong's buildings are built following its rules; red is good; the number eight is good. Some people spend their entire lives studying this ancient art of placement.

"Feng Shui literally means wind and water, which are two of nature's dynamic forces influencing the flow of Chi, the energy of life," says Lafayette interior designer Lynda Catlin. "This an-

cient art and science balances, enhances and directs energy flow in a harmonious way within our environments, thus improving our life situations."

In Lamorinda, many residents incorporate some aspects of Feng Shui, either by studying it themselves or asking for help from professionals. All of those we met get a sense of balance and harmony from the practice, even when adding only a few elements of the complex system into their lives.

Interpretations of Feng Shui vary among the different disciplines or schools, says Catlin, who

studied Bon Tibetan Buddhist Feng Shui. "To analyze a space, a core tool is the concept of the Bagua, the eight-sided symbol with the trigrams of the I-Ching arranged in an octagon with each side of the diagram representing a different aspect of life. It is superimposed upon a space and becomes a compass and tool for analysis of the life situations: career, knowledge, family, wealth, fame, relationships, creativity, benefactors, health."

Some forms of Feng Shui align the Bagua on the entry door of a space, while the more traditional Chinese form aligns it with the north, east, west and south.

Teri Tanner taught herself Feng Shui and she always has a compass with her. Her bible is *The Complete Idiot's Guide to Feng Shui*. "When I bought my condo in Moraga I used to run my business from the garage, and it didn't work for me," she remembers. Tanner researched the favorable direction for herself, according to her birth year, and learned it is southwest. "I placed my office upstairs, my back to the southwest for support and I placed my fax machine so incoming faxes would come from that same direction," she explains.

Tanner says that her business thrived. Now that she is looking to purchase a house in Lafayette, the first thing she looks at is her compass and the orientation of the front door.

Jan Gruen met Marsha Golangco at a meeting of the California Professional Women in Building Council, and was very interested in the Chinese woman's practice of Feng Shui for builders. Gruen asked Golangco to come and take a look at her house.

... continued on page D4

Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	19	\$442,000	\$2,725,000
MORAGA	11	\$141,000	\$1,250,000
ORINDA	17	\$220,000	\$2,060,000

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

- 833 Broadmoor Court, \$975,000, 3 Bdrms, 1273 SqFt, 1950 YrBlt, 7-31-12
 945 Carol Lane, \$705,000, 2 Bdrms, 1763 SqFt, 1951 YrBlt, 7-30-12
 16 Hidden Valley Road, \$1,515,000, 5 Bdrms, 3137 SqFt, 1950 YrBlt, 7-25-12;
 Previous Sale: \$1,579,000, 08-23-06
 3765 Highland Road, \$866,000, 4 Bdrms, 1731 SqFt, 1952 YrBlt, 7-24-12;
 Previous Sale: \$611,000, 05-04-01
 884 Mountain View Drive, \$686,000, 3 Bdrms, 1675 SqFt, 1970 YrBlt, 7-26-12;
 Previous Sale: \$230,000, 06-24-85
 931 Mountain View Drive #B, \$520,000, 2 Bdrms, 1401 SqFt, 1983 YrBlt, 8-1-12;
 Previous Sale: \$649,000, 08-11-05
 3279 Mt. Diablo Court #13, \$600,000, 3 Bdrms, 2420 SqFt, 1987 YrBlt, 7-25-12;
 Previous Sale: \$610,000, 08-27-04
 24 Northridge Lane, \$1,662,000, 3 Bdrms, 3661 SqFt, 1993 YrBlt, 7-25-12;
 Previous Sale: \$225,000, 04-07-92
 928 Oak Street, \$442,000, 2 Bdrms, 1394 SqFt, 1947 YrBlt, 8-2-12;
 Previous Sale: \$600,000, 08-26-05
 2004 Reliez Valley Road, \$575,000, 1 Bdrms, 831 SqFt, 1938 YrBlt, 7-25-12;
 Previous Sale: \$650,000, 08-27-04
 3219 Rohrer Drive, \$625,000, 4 Bdrms, 1711 SqFt, 1952 YrBlt, 7-30-12
 3111 Sandalwood Court, \$925,000, 4 Bdrms, 1778 SqFt, 1962 YrBlt, 7-24-12
 30 Sanford Lane, \$2,725,000, 5 Bdrms, 4906 SqFt, 2006 YrBlt, 8-2-12
 1098 Sierra Vista Way, \$709,000, 3 Bdrms, 1951 SqFt, 1954 YrBlt, 7-30-12;
 Previous Sale: \$267,500, 01-24-97
 543 Silverado Drive, \$995,000, 4 Bdrms, 2206 SqFt, 1971 YrBlt, 7-26-12;
 Previous Sale: \$450,000, 06-06-91
 3741 St. Francis Drive, \$2,650,000, 4 Bdrms, 3482 SqFt, 1973 YrBlt, 7-27-12;
 Previous Sale: \$2,450,000, 06-30-10
 2 Tanglewood Lane, \$1,050,000, 3 Bdrms, 2751 SqFt, 1974 YrBlt, 7-25-12
 2 Wellesley Court, \$1,327,500, 3 Bdrms, 2136 SqFt, 1998 YrBlt, 7-30-12;
 Previous Sale: \$180,000, 07-18-96
 1021 Willow Drive, \$718,000, 3 Bdrms, 2234 SqFt, 1942 YrBlt, 7-24-12

MORAGA

- 2051 Ascot Drive #102, \$269,000, 2 Bdrms, 1181 SqFt, 1971 YrBlt, 7-24-12;
 Previous Sale: \$305,500, 06-02-08
 2063 Ascot Drive #117, \$176,000, 2 Bdrms, 1068 SqFt, 1971 YrBlt, 7-24-12;
 Previous Sale: \$125,000, 12-27-94
 2091 Ascot Drive #129, \$240,000, 2 Bdrms, 1180 SqFt, 1971 YrBlt, 7-24-12
 1917 Ascot Drive, \$469,000, 2 Bdrms, 1379 SqFt, 1973 YrBlt, 7-26-12;
 Previous Sale: \$490,000, 05-01-03
 1043 Camino Pablo, \$1,085,000, 3 Bdrms, 1458 SqFt, 1953 YrBlt, 7-24-12
 2121 Donald Drive #3, \$220,000, 2 Bdrms, 1224 SqFt, 1963 YrBlt, 8-2-12;
 Previous Sale: \$147,000, 09-20-91
 127 Miramonte Drive, \$375,000, 2 Bdrms, 1134 SqFt, 1965 YrBlt, 7-31-12;
 Previous Sale: \$400,000, 06-24-09
 177 Miramonte Drive, \$470,000, 2 Bdrms, 1514 SqFt, 1965 YrBlt, 7-25-12;
 Previous Sale: \$560,000, 11-16-07



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- 44 Lucille Way, Orinda- Sale pending- representing Seller
 9 Loma Linda Ct, Orinda-08/27/12- represented Buyer
 9 Ewart Dr, Lafayette-08/03/2012- represented Buyer
 917 Veterans Dr, Martinez-07/31/12- represented Buyer
 234 El Toyonal, Orinda-07/25/12- represented Buyer
 485 Woodminster Dr, Moraga-07/24/12- represented Tenant
 94 Devin Dr, Moraga-05/29/12- represented Buyer
 255 La Espiral, Orinda- 05/17/12- represented Buyer
 20 Birch Ct, Orinda-05/11/12- represented Seller
 17 El Camino Moraga, Orinda-05/01/12 represented Buyer
 136 Spring Rd, Orinda-04/10/12- represented Seller and Buyer
 9 Wanfleete Ct, Orinda-03/27/12- represented Buyer
 122 Lombardy Ln, Orinda-02/24/12- represented Buyer

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... continued on next page

Lamorinda Home Sales recorded

... continued from page D2

MORAGA ... continued

- 651 Moraga Road #4, \$141,000, 1 Bdrms, 669 SqFt, 1962 YrBlt, 8-1-12;
Previous Sale: \$275,000, 10-28-04
- 127 Shuey Drive, \$1,250,000, 5 Bdrms, 3934 SqFt, 1963 YrBlt, 7-25-12;
Previous Sale: \$607,000, 09-15-98
- 3 Whiting Court, \$1,185,000, 4 Bdrms, 2754 SqFt, 1999 YrBlt, 7-24-12;
Previous Sale: \$1,635,000, 04-06-05

ORINDA

- 136 Ardith Drive, \$565,000, 4 Bdrms, 1975 SqFt, 1959 YrBlt, 7-24-12
- 73 Brookwood Road #23, \$220,000, 1 Bdrms, 673 SqFt, 1962 YrBlt, 7-25-12;
Previous Sale: \$87,000, 07-16-84
- 34 Broadview Terrace, \$850,000, 3 Bdrms, 1765 SqFt, 1951 YrBlt, 8-1-12
- 13 Crestview Court, \$1,230,000, 4 Bdrms, 3018 SqFt, 1955 YrBlt, 8-1-12
- 14 Crestview Terrace, \$1,295,000, 5 Bdrms, 3652 SqFt, 1988 YrBlt, 7-24-12;
Previous Sale: \$855,000, 07-16-99
- 35 El Gavilan Road, \$900,000, 4 Bdrms, 2244 SqFt, 1960 YrBlt, 7-24-12;
Previous Sale: \$880,000, 03-05-03
- 234 El Toyonal, \$520,000, 3 Bdrms, 1530 SqFt, 1957 YrBlt, 7-27-12;
Previous Sale: \$800,000, 02-22-06
- 8 Keith Drive, \$1,175,000, 4 Bdrms, 3474 SqFt, 1979 YrBlt, 7-25-12;
Previous Sale: \$885,000, 10-17-02
- 21 Knickerbocker Lane, \$760,000, 3 Bdrms, 1659 SqFt, 1974 YrBlt, 7-24-12;
Previous Sale: \$337,000, 09-28-95
- 14 Las Palomas, \$1,350,000, 5 Bdrms, 2831 SqFt, 1956 YrBlt, 8-1-12;
Previous Sale: \$840,000, 06-04-02
- 9 Lavenida Drive, \$940,000, 3 Bdrms, 2100 SqFt, 1953 YrBlt, 8-1-12;
Previous Sale: \$386,000, 05-28-93
- 106 Lombardy Lane, \$925,000, 3 Bdrms, 2177 SqFt, 1950 YrBlt, 8-1-12;
Previous Sale: \$1,100,000, 11-16-07
- 238 Overhill Road, \$1,806,000, 5 Bdrms, 3432 SqFt, 1950 YrBlt, 7-26-12;
Previous Sale: \$615,000, 05-31-00
- 1 Tappan Way, \$2,060,000, 4 Bdrms, 3961 SqFt, 2006 YrBlt, 8-2-12;
Previous Sale: \$3,000,000, 02-05-08
- 71 Van Tassel Lane, \$875,000, 1 Bdrms, 1492 SqFt, 1957 YrBlt, 8-1-12
- 5 Vida Descansada, \$1,517,000, 5 Bdrms, 3952 SqFt, 1953 YrBlt, 8-2-12;
Previous Sale: \$825,000, 08-16-90
- 415 Wovenwood, \$790,000, 3 Bdrms, 2150 SqFt, 1981 YrBlt, 7-26-12;
Previous Sale: \$395,000, 08-27-91

Lamorinda Foreclosures recorded

none

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21 Sanders Ranch Road

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This exceptional 4 bedroom/3 bath traditional home is located in the gated community of Sanders Ranch in Moraga. Situated on a .69 acre corner lot with park-like yard, expansive lawns and gardens, basketball court, sparkling pool and spa, with views of surrounding hills. The rich and inviting interior spaces features a wonderful floor plan with easy indoor/outdoor spaces for entertaining.

Chefs kitchen with wood block center island, hardwood floors and high ceilings adjacent to family room with dramatic fireplace, high vaulted wood ceiling. Both kitchen and family room open onto large patio area overlooking yard and pool. The private master suite is facing the pool and gardens.

Offered at \$1,145,000



93 Moraga Way Ste 103 • Orinda • kallst@aol.com • www.mariannegreene.com

Creekside Charmer

3199 Stanley Boulevard,
Lafayette

This charming and traditional 1950s home is located in the popular Acalanes Valley and Ridge neighborhood. The single-level 1520 sq. ft. floor plan offers 3 bedrooms and

2 full baths on a 7800 sq. ft. lot that includes a seasonal creek and adjacent land creating a true, county-like setting. The bright and sunny home has a wonderful blend of mid-century style with modern-day upgrades including a totally remodeled kitchen, beautifully updated baths, Andersen doors & windows, hardwood floors, crown moldings and more!

Enjoy this close-in location that is steps to award winning Lafayette schools, Briones open-space and easy access to downtown Lafayette and Walnut Creek with tons of choices for shopping and tasty restaurants.

Offered at \$739,000



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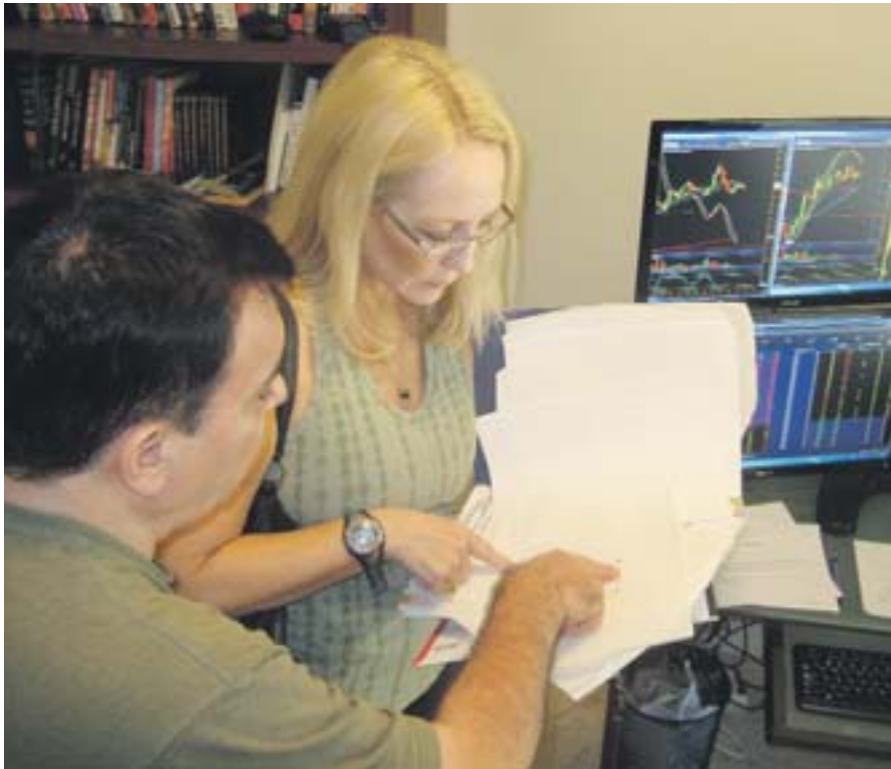
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The Many Flavors of Feng Shui

... continued from page D1



Teri Tanner checks her compass with the tenant of her Moraga condo for a better orientation of his workstation

Photo Sophie Braccini

“When she arrived, she just stopped at the curb and didn’t move for a long moment,” recalls Gruen, “then she proceeded and told me, ‘Your mail box: it’s at the wrong place,’ then she went on and we discussed the whole house.”

Golangco pointed to the bare white wall where the chimney is set. “This is not good Feng Shui. Fire burns wood, it creates ashes and absorbs oxygen; you need to balance it.”

There are five elements in Feng Shui: water, wood, fire, earth and metal – all of the elements need to be balanced. As a remedy to the negativity of the fire place, Golangco proposed putting tall green plants close to the chimney and a water feature, or a picture of a water element, above the chimney.

Many things in Feng Shui are symbolic. Water is the element of the north

and its colors are black, blue and white. Shapes also play a role. For a builder, a simple square is the best possible shape for a building, but when it comes to a dining table, no sharp angles. A round shape is a favorite since the circular pattern channels positive energy.

The symbolic colors, elements and shapes are just as important in the garden.

“I use Feng Shui as a complement to western techniques I studied to create gardens,” says local landscape designer Susan Morrison pointing to a container in her own garden. “Here, the silvery color that echoes throughout the succulent selection represents metal in the Feng Shui creativity cycle, and should be balanced by earth (represented by the terra cotta color of the container) and water (represented by the trailing shapes of the sedum and burrows tails,

which will eventually cascade down the side of the pot). If the container were bright red instead (fire), the high contrast would make the composition agitating rather than soothing. This combination works from a western garden design standpoint as well, as contemporary planting design emphasizes contrasting textures and forms rather than flower color.”

Morrison says she uses Feng Shui to check her designs and sometimes to solve a problem, like an unused corner, or a place that is not inviting enough.

“Harmony and balance are crucial factors in Feng Shui and can be achieved on the physical level and on the energetic or quantum physics level,” says Catlin. “Many factors are taken into account including geological elements, positioning of structures within the environment, the architectural and interior layout of a space, and the inhabitants.”



A succulent container

Photos provided



The red roses (fire) are balanced by the square planter (earth) that contains them and the green plants (wood) nearby

Digging Deep with Cynthia Brian

Pick a Peck of Harvest Homecoming

By Cynthia Brian

"Tickle it with a hoe and it will laugh into a harvest."

English Saying

As kids, after a summer of utilizing the grape tanks as our private swimming pools, September ushered in the seriousness of harvesting in the vineyards. My entire family worked in the fields alongside the Mexican laborers picking grapes from dawn to dusk. The most exciting part of the day would be "the haul" when one of us would be chosen to accompany my dad to the winery pulling two tank trailers filled to the brim with Cabernet Sauvignon, Chardonnay, Merlot, Petite Sirah, Zinfandel, or Sauvignon Blanc, depending on which varietal had reached its peak sugar content. When the autumn weather was exceedingly hot, the hauls could be thrice a day. Often we didn't return to the farm until long after dark, yet my mom's table awaited, laden with a garden feast. On days when we weren't picking, we manned the fruit and vegetable stand selling just picked produce from our orchards as well as freshly laid eggs to the city slickers for pennies on the dollar.

Fall harvest! Could any two words evoke more delicious memories? From mouth-watering tomatoes to plump purple eggplants, crisp tangy apples, and sunflowers on the sundeck, September is a cornucopia of scrumptious freshness ripe with expectation. If you hoed a spring garden, or have been tending a fruit orchard for a few years, this is the season of plenty. For those of you who prefer to let others do the sowing and growing, I have prepared a list of some of the just-harvested produce for purchase from farmer's markets, corner stands, or your neighbors' kids.

Grapes	Peppers
Blackberries	Tomatillos
Apples	Zucchini
Figs	Cucumbers
Pears	Squash
Plums	Olives
White Peaches	Beets
Nectarines	Beans
Elderberries	Carrots
Raspberries	Onions
Sweet Corn	Horseradish
Tomatoes	Melons
Sweet Potatoes	Lemons
Eggplants	Quince

HARVEST STANDS

Your garden isn't producing these yummy indulgences? May I suggest a day trip to local farms. Tap into your inner farmer, grab your overalls, and head to the fields for farm fresh food. In Contra Costa County, a drive to Brentwood is your best resource. A Non-Profit Organization dedicated to educating the general public and "foodies" about farming and its products while improving Agri-tourism education in the Brentwood Region is Harvest Time. They publish the Farm Trail Map of U-pick locals as well as a harvest calendar. You'll be able to find your favorite produce ripe and ready in addition to flowers, condiments, nuts, and other goodies. Since there are over 40 farms to choose from, visit <http://www.harvest4you.com/> for more information.

About an hour north in Solano County, seasonal fruit and vegetable stands dot the country roads with local farmers providing the just picked pleasures.

Cal Yee Farms

5158 Clayton Road, Suisun Valley
(707) 425-5377
www.calyee.com (Open year-round)

Erickson Ranch Produce Stand & Dahlia Garden

2482 Cordelia Road, Suisun Valley
(707) 864-0557
www.ericksonranch.com (Seasonal: June-November)

Larry's Produce

Corner of Suisun Valley and Ledgewood Roads, Suisun Valley
(707) 864-8068 (Seasonal: June-December)

Parker Farms

2991 Rockville Road, Suisun Valley
(707) 422-2915 (Seasonal: July-October)

FYI, Cal Yee and Larry's Produce are my personal favorites. Venture across the bridge to Sonoma County where the back roads are strewn with homegrown stalls. These modern day produce stands are a far cry from my childhood rustic two saw horses buttressing a plank of plywood creation, yet they offer field to table freshness and flavor you won't find anywhere except in your personal potager.

Whether you want to eat fresh, can, freeze, dry,



Sunflowers

Photos Cynthia Brian



Beets

Photos Cynthia Brian

make sauces, pies, cobblers, cider, jellies, or jams, load up your wagon this is the month with ranch indulgences. Like the squirrels gathering acorns, jumpstart your winter stores with the nutrients and essence of healthy crops. With the harvest homecoming, it's time to pick-a-peck to make those pickled peppers. Hmmm, hmmm good! Bon appetite.

Cynthia Brian's Gardening Guide for September

"I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well." Diane Ackerman

From pre-school to grad school, class is back in session. Where did the summer go as we were having fun in the sun? The good news is that with all the fresh, juicy, ripe fruits and vegetables available in September, our kids can enjoy a delicious and nutritious home-packed lunch. Autumn is harvest time and everyone benefits from the length and width of life. Make sure to bring the family to the Moraga Pear and Wine Festival on Saturday, September 29 to savor pear pies, local wines, and fresh fruits. Stop by the Be the Star You Are!® charity booth where our teens will be hosting a live radio show and I'll be talking dirt with you. Until then, let's eek out the last buds and blooms of the sunshine season before we begin putting our gardens to bed for a long winter's nap.

- **TIME** to feed irises with a low-nitrogen, well-balanced fertilizer. Don't overfeed and keep the fertilizer away from the rhizomes.
- **DRESS** up your fall patio by taking advantage of plant and furniture sales at local retailers.
- **STRETCH** before using your green thumbs as all the pulling, bending, twisting, and lifting require warmed muscles.
- **GRILL** your home-grown tomatoes adding inner SPF for the hot days of September. The antioxidant plant pigment, lycopene, increases skin's resistance to harmful UV rays.
- **FEED** and water our flying friends by keeping feeders filled with high quality seeds and fresh water in the fountains and birdbaths.
- **GROW** plenty of lettuce and spinach. Not only are they tastier straight from your garden, research has found that skin cancer survivors who munch these nutritious greens are less likely to have reoccurrences.
- **PREVENT** cataracts by eating at least five to nine servings of colorful fruits and vegetables daily. Both lutein and zeaxanthin have been found to help protect against eye diseases, which can be caused by oxidative stress and solar damage to the lens of the eye.
- **SOW** individual cloves of garlic this month, allowing them to sprout into scallions. Mulch and overwinter them to develop into full garlic bulbs by spring.
- **FILTER** volatile organic compounds (VOC's), like formaldehyde and benzene, found in many homes and offices by bringing in the natural air cleaners: houseplants!
- **RECYCLE** your plastic bags at Lafayette's Whole Foods this month and donate the five cents to a local charity. It's the Nickels for Non Profits Program to clean up our environment!
- **DELIVER** stress relief to yourself by spending more time in the garden. A recent survey conducted by the Nursery and Landscape Association found that a major reason people gardened was to escape the real world and get closer to God through nature. Gardening has its blessings!
- **CHECK** out the Lamorinda Winegrowers Association to purchase locally grown grapes and wines and receive information on vineyard harvesting notices. <http://www.lamorindawinegrowers.com/>
- **FERTILIZE** in fall with nitrogen, phosphorus, potassium, and calcium. The first three nutrients are found in most mixed fertilizers, and calcium can be purchased separately in the form of limestone.
- **TOSS** the chopped leaves of baby carrot tops, peas, radishes, broccoli, and cauliflower into your salad or tabouli. Do not eat parsnip or potato tops as they are toxic.
- **REDUCE** inflammation from sprains and sunburn by planting comfrey. Steep fresh leaves in boiling water, strain, cool, then soak the sprained or sunburned areas in the cool tea to reduce pain, discomfort, and promote healthy skin rejuvenation.
- **ATTEND** The National Heirloom Exposition and World's Pure Food Fair in Santa Rosa, California, September 11, 12, and 13 with over 3,000 varieties of heirlooms and seeds from farms and gardens across America with proceeds benefiting school gardens.
- **SELECT** bulbs for spring blooms. Tulips need to be refrigerated six weeks before planting. Peruse your garden centers and catalogues for a kaleidoscope of narcissi, crocus, galanthus, iris, hyacinths, scilla, fritillaria, anemone, and more. Two of my favorite beauty in bulb catalogues are John Scheepers, www.johnscheepers.com and Van Engelen, www.vanengelen.com
- **VISIT** the Lamorinda Weekly booth at the Lafayette Art and Wine Festival on Sunday, September 16 between 4-6pm, enjoy a glass of wine and ask me your garden questions. Let's toast the harvest!

See you at the festivals. Celebrate the harvest homecoming and the final days of summer. Raise your glass!

Happy Gardening to You!

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Corn

Photos Cynthia Brian



Melons-cucumbers



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ORINDA

159 Lombardy Lane
Paradise found in this desirable 4+bd/4ba Sleepy Hollow updated home. 1bd/1ba det au pair. Huge media/game rm, kitchen w/Wolf cooktop, gorgeous 1.1 ac grounds w/patio, bocce ball ct.
Offered at \$1,695,000



ORINDA

251 Monte Vista Ridge Road
Stunning gated custom estate hm w/pano views of Briones. Outdoor living at its best w/expansive terrace featuring fabulous kitchen. Romantic mstr retreat w/spa bath.
Offered at \$1,995,000



MORAGA

15 Inverleith Terrace
Charming 3bd/2ba single level home w/hdwd flrs, eat-in kitchen, views, lg lot set on a wonderful cul-de-sac. Close to schools, shopping. Pvt backyard w/stone patio.
Offered at \$830,000



MORAGA

838 Camino Ricardo
Custom 4bd/2.5ba ranch hm, beaut fam rm w/dj kitchen, in-home laundry/mud rm w/outside access. Spacious LR w/vaulted ceilings & hi windows. Hdwd thruout. Lg lvl yd w/patio/garden beds.
Offered at \$925,000



MORAGA

21 Sanders Ranch Road
Park-like .69 ac lot w/mature landscaping, pool & spa, expansive lawns & basketball court. Wonderful 4bd/3ba floorplan w/indoor-outdoor living spaces. Chef's kitchen, lg fam rm.
Offered at \$1,145,000



MORAGA

4 El Paraiso Court
Wonderful large yard w/sweeping lawn. Desirable, convenient location - walking distance to town, trails & parks. Spacious 5bd/2.5ba custom home.
Offered at \$1,150,000



MORAGA

54 Shuey Drive
Breathtaking views from this knoll setting! 1-story ranch home w/gorgeous updated kitchen/fam rm combo overlooking fabulous yd w/lawn, pool & forever views. www.54shuey.com
Offered at \$1,165,000



MORAGA

89 Brookfield Drive
Located in popular cul de sac neighborhood. Super-sized 5+bd/3.5ba home w/versatile floor plan on .40 ac. Sm office, lg updated kitchen overlooks yard w/pool. Hdwd flrs, 2 fam rms.
Offered at \$1,319,000



LAFAYETTE

3199 Stanley Blvd.
Charming trad 3bd/2ba tastefully updated blending mid-century touches w/modern amenities. Hdwd flrs, crown moldings, remod kitchen, newer baths, dual panes, flex floorplan.
Offered at \$739,000



LAFAYETTE

3500 Moraga Blvd.
Amazing location nr town, trails, schools, Bart & more. 4bd/3ba hm impressively blt w/high quality materials & the finest craftsman finishes. Lg mstr w/spa-like bath, open kitchen.
Offered at \$1,099,000



LAFAYETTE

3645 Boyer Circle
Uniquely pvt 4bd/3.5ba 3600 sf custom hm on .76 ac natural setting close to town. Lovely views, lvl play area, fab decks, 3-car garage. Vaulted ceilings, hdwd flrs, French & sliding doors.
Offered at \$1,299,000



LAFAYETTE

3388 Rossi Street
Charming 4bd/3ba + 1bd/1ba in-law/guest. Updated kitchen & baths. Beautiful pool & lots of lvl lawns/gardens/entertaining areas. Small court, close-in, excellent schools.
Offered at \$1,299,000



LAFAYETTE

3898 Happy Valley Road
Fab orig owner property in Happy Valley's "Golden Mile". Prime 1.5 ac w/lvl lawn, secluded patio, towering redwoods. Gorgeous vus. Restore 1948 farmhouse or build new dream hm.
Offered at \$1,495,000



ALAMO

1420 Arbor Lane
Truly special orig custom spacious trad 3bd/3.5ba hm. Enjoy grand sz entertaining allure inside & out. European touches. Fab setting at end of flat cul-de-sac Westside quiet street. Level lot.
Offered at \$1,299,000



ALAMO

207 Dorchester Lane
Wonderful contemp 5bd/4.5ba hm thoughtfully designed & built to perfection w/finest quality detailing throughout. Dramatic 2-story entry, gourmet kit lux master suite, ofc, exquisite yard.
Offered at \$1,325,000



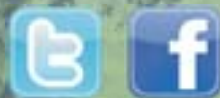
ROSSMOOR

3674 Rossmoor Pkwy. #6
Views of golf course and hills from 2bd/2ba condo. Dining, living room, roomy kitchen, laundry room, fireplace, storage loft in garage. Opportunity to improve and enjoy.
Offered at \$299,000

THE VILLAGE ASSOCIATES:

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