Opiate antidote now in the hands of Lafayette police

By Nick Marnell

The Lafayette City Council unanimously authorized its police officers Aug. 14 to administer naloxone, a prescription medicine used for the treatment of an opioid emergency, to patients they encounter who show signs of an opioid overdose. The Lafayette police department became the first in Contra Costa County to employ trained officers to administer the drug in the field or at the police station.

“Lafayette is at the leading edge with this program,” said Carin Burke, the council member with an extensive public safety background. “I support this program because opioids are a serious public safety issue and this program needs to be available to our citizens.”

According to Contra Costa Health Services, there were 15 accidental drug overdose deaths in 2005 in Contra Costa County; in 2008 the number jumped to 54 and five years later, 113. Opioid-related deaths rose from 42 in 2013 to 48 in 2015. “This is not just a Contra Costa County problem,” said Tom Gilmore of Lafayette, who lost his son to an opioid overdose in 2013. “It’s also a Lafayette problem, the same way it’s been a problem in the United States.”

Contra Costa County MEDS Coalition Director Patty Hoyt agreed. “No community is immune,” she said.

Lafayette Chief of Police Eric Chris- tensen said that a serious threat exists not only to the public but also to law enforce- ment officers who come in contact with opioids such as fentanyl, a strong nar- cotic recently added to the street. Just touching or inhaling a small amount of fentanyl can cause an overdose or death. By administering naloxone in the form of Narcan nasal spray, the police — and officers — can reverse an opioid overdose.

Lafayette man killed in Barcelona attack

By Nick Marnell

The suicide at a cafe in Barcelona on Saturday before the terrorism attack. Photo courtesy You tube bomber. The widow of the Lafayette father killed during the Barcelona terrorist attack Aug. 17 has not only positive memories of her late husband but of her home city as well.

Jared Tucker and his wife, Heidi Nunes- Tucker, were enjoying a delayed honeymoon in Europe, celebrating their one-year wedding anniversary. The couple were having drinks along the waterfront in Barcelona, and as Jared went into a restaurant, he was killed. On Monday, the Lafayette City Council confirmed that Jared was killed in the attack.

Heidi teaches at the El Sobrante Christian school. “While we are thankful for Heidi’s safety, we are hurting for her,” said school principal Jeanette Mounaght. “We love her. She is a fabulous teacher. We want to do anything we can for their families during this time and we will continue to pray for all those affected.”

“We love them so much,” said a shaken Roxanne Smolko of the Roundup Saloon. “They were longtime customers, and such won- derful people. Our deepest condolences to the family.”

Heidi has lived in Lafayette for 14 years, near the Lafayette Reservoir. She spoke by tele- phone from Barcelona. “We loved the Round- up, and we loved Lafayette,” she said. “Lafayette is incredibly dear to both of our hearts.” Heidi said she met Jared at the Lafayette Art and Wine Festival, they moved on to Petar’s that evening and ended the night at the Roundup, dancing till closing.

Orotate woman completes 100-mile endurance horse ride

By Diane Clayout

earlier this month, Moraga’s Jenni Smith rode her horse, Supes, for 20 hours straight — well, 16 hours if you count the two mandatory rest periods required in the Tevis Cup, a 100-mile trail ride. It’s an annual event, held as near as possible to a mid-summer Saturday with a full moon because, as Smith explained, “we ride at night and need the moon for light.”

Smith is no novice to The Tevis, as it’s called. This was her 14th ride and the 11th time she’s finished. In the past, she’s ridden horses belonging to someone else, “more seasoned, experienced horses,” and has finished in the top 10 five times. But this time she rode her own horse — and the first time Supes, an Arabian racehorse, had gone 100 miles.

The Tevis Cup, an international event Time Magazine once named one of the world’s “Top Ten Toughest Endurance Events,” is a 24-hour, 100-mile trail ride. It’s an annual event, held...
**Phone: (925) 284-1968**  
www.ci.lafayette.ca.us  
City of Lafayette:

**Lafayette Library & Learning Center,**  
Community Hall, 3491 Mt. Diablo Blvd.  
**Lafayette Library & Learning Center,**  
Monday, Sept. 11, 7 p.m.  

**City Council**  
3491 Mt. Diablo Blvd.  
**Public Meetings**

- Service to Citizen  
- Suspicious Subjects  
- Suspicious Circumstances

10 Block Silver Leaf Ct.  
900 Block Hough Ave.

- Trespass  
- Mt. Diablo Blvd./Happy Valley Rd.

- Reckless Driving  
- 3600 Block Mt. Diablo Blvd.

- Upper Happy Valley Rd./Los Moraga Rd./St Marys Rd.

- Panhandling  
- El Nido Ranch Rd./Acalanes Rd.

- 10 Block Wellesley Ct.

- 3500 Block Mt. Diablo Blvd.

- 1000 Block 2Nd St.

- 10 Block Nemea Ln.

- Identity Theft  
- 3600 Block Mt. Diablo Blvd.

- 3500 Block Brook St.

- 3500 Block Mt. Diablo Blvd. (2)

- Harassment  
- 3300 Block Moraga Blvd.

- 3400 Block Shangri La Rd.

- Embezzelment  
- Disturbing the Peace  
- Commercial Burglary

60 Block Lafayette Cr.

- Animal Cruelty

**Drama as LAFSD appoints trustee to fill vacant board seat**

By Nick Marnell

Following the ceremonious onboarding of a competing applicant by his predecessor and the conflicted feelings of sitting board members, Rob Sturm was appointed trustee of the Lafayette School District at an Aug. 10 special meeting. Sturm, a labor-employment attorney, replaces recently retired trustee Mark Kindhouse, who took a job in Southern California and resigned from the board in June.

Eight candidates ranging from former school administrators to community-minded individuals appeared before the board at Stanley Middle School and were asked to explain their positions, their role and purpose, and the district’s big picture. Public comment followed and supporters spoke up in favor of Sturm, Darcie Martin and Kenny Tuckerman, endorsed by Kindhouse in a letter to the board.

Two candidates, Mike Pascale and Rob Sturm for the seat, and two issues dominated the evening board meeting: Terri Sturm is seeking the position for her father, the late trustee Mark Kindhouse. Credit for being the only applicant who directly followed and supporters spoke up in favor of Sturm, Darcie Martin and Kenny Tuckerman, endorsed by Kindhouse in a letter to the board.

On September 9th we will be sponsoring a Grateful Gatherings chapter event. Our team will donate, collect, deliver and furnish two East Bay family homes. Please consider joining our efforts in helping these families. We’re in to do it! Visit the website below to learn about the families we are working with and to consider donating an item.

Together, we can make a difference!  
Visit DTGTeamGratefulGatherings.com for Details.

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**Visit DTGTeamGratefulGatherings.com for Details.**
SunShares program returns to Lafayette

By Pippa Fisher

Residents considering installing solar energy, the sunny city of Lafayette is once again making choices simpler and more affordable with the return of the SunShares program.

Administered by the Business Council on Climate Change (BC3) and in partnership with 35 manufacturers. This year the program enables companies and vehicle manufacturers to get discounted pricing from solar companies and vehicle manufacturers. This year the program was able to negotiate a 15 to 20 percent additional discount beyond the companies’ initially discounted bulk purchase. The organization pre-vets solar installers and has selected PetersenDean, Solar Technologies and Skytech Solar.

For residents who may be considering installing solar but don’t know where to start, SunShares will provide educational workshops, scheduled throughout August, September and October. Lafayette will be partnering with SunShares workshop on the evening of Thursday, Sept. 28. Residents can also find out about their options for electricity.

Residents need to register by Nov. 10 to receive a no cost and no-obligation solar proposal and count their bulk purchase. The organization pre-vets solar installers and has selected PetersenDean, Solar Technologies and Skytech Solar.

For exact dates of workshops and webinars and for more details, residents should go to www.sunshares.org or for questions should contact BC3 at sunshares@bc3sfbay.org.

LAFAYETTE SCHOOL DISTRICT GOVERNING BOARD
Public Notice of Provisional Appointment

The public is hereby notified that the Lafayette School District Governing Board approved the provisional appointment of Charles “Rob” Sturm as Board Member on August 16, 2017, to fill a vacant position created by a Board Member’s resignation on June 29, 2017. Unless a petition calling for a special election, containing a sufficient number of signatures, is filed in the office of the county superintendent of schools within 30 days of the provisional appointment, it shall become an effective appointment.

Lafayette School District Executive Assistant, Sharon Carman, at (925) 927-3862.

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Work begins to simplifying Moraga's commercial approval process

By Sophie Braccini

When Starbucks applied to move its operations into an existing drive-through building nearby, it took 14 months for the town to approve its application. In addition to other concerns brought forth by residents, the town decided to hold a special meeting to address citizen concerns. A large number of Moraga residents attended the town council Aug. 8 to ask questions and hear answers from staff about the declaration, while town Manager Bob Priebe and staff responded to many questions.

Priebe began by reassuring residents that a declaration of fiscal emergency “is a heavy hammer.” The town deplored most of its reserves because of two infrastructure failures — a valve that failed at the Blue Ridge and the Canyon bridge, but the operational budget was balanced, he said.

Added that the reason employees’ salaries were raised just before the declaration. The manager explained that salaries were part of a long-running process with the different employee groups and that the unfortunate timing was just a coincidence. He credited that Moraga’s personnel budget was balanced. He noted that people hoped to be included as well.

Priebe went on to explain each staff member’s role. Some residents echoed him, recognizing the declaration and hard work of staff. Administrative Director Amy Cunningham indicated that personnel costs represent 60 percent of the town’s expenditures and that pension costs are going down because the employees’ contribution to the pension plan is increasing.

Some residents expressed their dismay at the town’s poor management, while others criticized their fellow citizens’ lack of understanding of public management and process. Residents who do not want to see their property tax bills increase proposed scaling down the town’s operations, seeking economy of scale by working with neighboring communities, dropping some projects such as the roundabouts on S. Mary’s Road, or creating a business improvement district to revitalize the town.

Others wanted to hear more from staff about what is really going on to address the decline of the town’s infrastructure and to generate enough revenue to reconstitute a stable reserve.

Jeanette Frisby was the only council member who started to question the way things are done in Moraga. She said that she believed Moraga needed to understand the essential services the town cannot live without, and that an outside audit of the town’s finances should be carried out.

Mora County Chamber of Commerce President Bob Fritzky added that the reason for the declaration was to allow the town to place a fiscal measure on the ballot outside of the regular election cycle. His statement was challenged by residents who claimed that the declaration was hurting property values and was bad public relations, and among council members, some said they believed that a fiscal measure would need to be placed on a regular election ballot to ensure wide participation.

Priebe also addressed the fact that employees’ salaries were raised just before the declaration. The manager explained that salaries were part of a long-running process with the different employee groups and that the unfortunate timing was just a coincidence. He credited that Moraga’s personnel budget was balanced. He noted that people hoped to be included as well.

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Jeanette Frisby was the only council member who started to question the way things are done in Moraga. She said that she believed Moraga needed to understand the essential services the town cannot live without, and that an outside audit of the town’s finances should be carried out. Some residents also called for an outside audit of the town’s finances.

Mora County Chamber of Commerce President Bob Fritzky responded that there was no money to pay for a budget study outside. She added that she had seen staff busy beyond belief, but she had never seen staff busier than they were now. She added that she did not need a third party auditor to tell her that “Moraga staff kills it.” For her, staff cost a drop in the bucket; the tens of millions of dollars needed for infrastructure is the most important aspect.

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The town council recently spent several hours discussing the zoning of the Moraga Center Specific Plan. The document approved in 2010 addresses the space located around the crossing of Moraga Road and Moraga Way. As Mayor Teresa Ondoa noted, it is appropriate to spend hours debating plan implementation since once built, the plan will forever change the feel of town. Traffic impacts and visual consequences were some of the most discussed aspects by the council members.

The MCSP outlined with large brushstrokes how to build some 600 housing units and add retail and offices in the center of town. But it lacks the details about how to do it. For example, the specifications given to City Ventures to develop Moraga Town Center Homes conduplicate many of the same concerns by the council members.

The proposed zoning presented by Opticos Design to achieve what is called a form-based zoning code, which defines the aesthetic, visual, and environmental standards for the center of town. David Bruzzone and his mother Joan Bruzzone, who own most of the MCSP property, came to the Aug. 9 meeting to express their frustration over what they see as counterproductive constraints for developers. David Bruzzone said that they would become guinea pigs to these new concepts. He believes that the additional restrictions would make it impossible to build. Joan Bruzzone stated that her family has a plan for the development of the MCSP and that the town is trying to take over their land. Resident Barbara Simpson reminded the council that property rights are a basic right of this country.

Several residents who attended the meeting commented that the 600-plus units planned for the area were too much and would alter the semidowntown character of the town, while others noted that denser housing in the middle of town would spur economic vitality.

Planning Director Ellen Clark echoed the traffic concerns, but added that there was no money to order a new study. She stated that the number of units needed to be approved in light of the traffic impacts. The proposed zoning presented by Opticos recommends moving the highest density housing to the center of the plan, where the elevation is lower and to design multi-family structures that look like different types of large single-family homes, up to 45 feet high. The proposal also offers to extend the area limited to three units per acre along Camino Ricardo to make sure that no high buildings are set on the highest elevation grounds now covered by a tire center. Vice Mayor Roger Wylke and Council Member Jeanette Fritzky said that a maximum of 45 feet was too high. All agreed that making sure that no tall building be set on higher ground was necessary.

A review of the MCSP is required to create the large green setbacks, to map connecting roads, to create green and civic spaces, and to change the density in some of the areas. The council decided to do this as the number of units needed to be questioned in light of the traffic impacts.

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Orinda
Public Meetings
City Council
Tuesday, Sept. 12, 6:30 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Planning Commission
Tuesday, Sept. 12, 7 p.m.
Speakers Meeting Hall, City Council Library
300 block Glorietta Blvd, Orinda Library
26 Orinda Way, Orinda, CA 94535

Citizens’ Infrastructure
Overseight Commission
Wednesday, Sept. 13, 6:30 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Public Meetings
Library Auditorium, Orinda Library
Tuesday, Sept. 12, 7 p.m.
Planning Commission
26 Orinda Way, Orinda, CA 94563
Library Auditorium, Orinda Library
Tuesday, Sept. 19, 6 p.m.
Wednesday, Sept. 13, 6:30 p.m.
Oversight Commission
Suspicious Circumstances
Traff ic stops
20 block Heather Ln
100 block Las Vegas Rd
Welfare check
40 block Via Farallon
10 block Altarinda Rd
Vandalism
20 block Heather Ln
300 block Camino Sobrante
Trespass
10 block Ardilla Rd
Robbery
Miner Rd/Honey Hill Rd
Moraga Way/Overhill Rd
Bear Creek (2)
San Pablo Dam Rd/Camino Pablo/Claremont Ave
Reckless Driving
10 block La Cuesta Rd
Public Nuisance
10 block Theatre Square
Estabueno Dr/Moraga Way
Police/Fire/EMS
Misdemeanor
70 block Donald Dr
Post Offi ce
Loitering
Reported to police
ID Theft
10 block Irwin Way
Moraga Via/Glorietta Blvd
Hit & Run
10 block Sycamore Rd
Hazmat
Fraud 20 block Snowberry Ct
Orinda Way/Santa Maria Way
DUI
10 block Theatre Square
Drunk in Public
40 block Hazel Tree Ridge
10 block Valley View Rd
Disturbance
Burglary
10 block Theatre Square
Barking Dog
70 block Moraga Way
Disturbance
Burglary
10 block Blackbird Rd
10 block Valley View Rd
Dog
40 block Hazel Tree Ridge
Dreamsicle
10 block Theatre Square

Orinda residents flock to food trucks to feast
By Sara O’Doherty
Two weeks after Orchard Road residents bemoaned the Orinda City Council’s decision to close Orchard Road for necessary repaving, within three days the council was ready to bring roads back to life.

The city council, at the Aug. 15 meeting, had approved an ordinance that would allow food trucks to roll onto Orchard Road from until 11 p.m. Friday, Aug. 18.

The council also approved a more lenient short-term rentals and regulation of mari- juana cultivation at its Aug. 15 meeting. A registration plan for short-term rentals in Orinda and collection of Transient Occupan- cy Tax will be tried out under a new ordinance approved by the city council. Planner Daisy Allen presented the revised draft to the city council and was praised for her clear and useful presentation.

...continued on page A14

MW~ Maureen Wilbur ~
Orinda residents flock to food trucks to feast
By Sara O’Doherty
The Orinda Street Feast, the first of the trial food truck events approved by the Orinda City Council, was a huge success, with long lines of people waiting to order, while others sat and enjoyed their meals in the evening sunshine Aug. 17 in front of the Orinda Community Center. Many children were present, especially after also enjoying the evening out, even if some found the food a tad too spicy. Laura McDowell of What’s Up Orinda said, “We are really excited about the turnout, essentially given the fact that a lot of people are still out of town since school hasn’t started,” she said, adding, “Hopefully the momentum will build and create a new Orinda tradition.”

…continued on page A14

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...continued on page A14

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• LASIK Surgery • Geriatric Vision Care • Contact Lenses
• Eyewear Center • Specialized Vision Care
Make an appointment and go Cal!
The 13th Annual Orinda Classic Car Show Weekend

Friday Night Pre-Party, September 8th, 5:30pm

“DANCING WITH THE CARS”

Saturday, September 9th, 10am–3pm
ORINDA CLASSIC CAR SHOW

Exhibitors’ Sponsor:

Enjoy vintage and modern exotic cars and motorcycles, food, music, and more! The show will be held in and around Orinda Motors, 63 Orinda Way.

Cruise in a Classic! Donate $10 and choose your ride for the Drive.

Enter to Win Buy and Party Tickets Today at www.OrindaCarShow.com

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: The Orinda Association, Rotary Club of Orinda, Orinda Historical Society Museum, Chamber of Commerce, EFO, Lamorinda Arts Council, Orinda Community Foundation and Seniors Around Town.

Event Schedule
Friday, September 8th, 5:30pm

“DANCING WITH THE CARS” FRIDAY NIGHT PRE-PARTY

The presenting sponsor for this great event is Mechanics Bank.

Route 66

Our all-inclusive event is Orinda’s largest community-wide fundraiser. You’ll enjoy “Route 66” cocktails, sample regional cuisines like St. Louis BBQ and feast your eyes on the coolest collection of classic Corvettes west of the Mississippi! Great music, silent and live auctions will round out the evening.

This community-wide fundraiser benefits our schools, our seniors, the arts, our parks, recreation programs, and more!

Buy your tickets at:

www.OrindaCarShow.com

Space is limited so don’t wait.

Free Admission

Saturday September 9th, 10am – 3pm

13TH ANNUAL ORINDA CLASSIC CAR SHOW

The presenting sponsor for this event is Orinda Motors.

• The show will be held in Orinda Village around Orinda Motors and on Orinda Way.
• 200 Classic and modern exotic cars as well as unique motorcycles
• Lamorinda Idol Winners Performance at Noon
• Amusing at 3 p.m., there will be an outstanding exhibit of classic Corvettes - cars from the 50’s, 60’s to today - driving into the middle of the show. If you experienced last year’s rolling Ferrari exhibit, you know this will be really exciting!

Special thanks to the Diablo Valley Corvette Club for their support and assistance developing this year’s special exhibit.

• Shaded seating to enjoy lunch and refreshments from the Car Show BBQ Booth.
• Loam’s Ice Cream and Candy
• Ride in the Drive of Classic Cars at 3pm
• Buy a 2017 Car Show T-Shirt

Proceeds benefit local charities: Seniors Around Town, Educational Foundation of Orinda, Orinda Historical Society Museum, The Orinda Association, Orinda Community Foundation and other local charities.

See a 1pm visit of over 60 years of Corvettes – driving into the middle of the show – from the 50’s to today!

“DANCING WITH THE CARS” PARTY SPONSORS

Presenting Sponsor:
Mechanics Bank

Supporting Sponsors:


CLASSIC CAR SHOW WEEKEND PIT CREW

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

Enter Your Car Today!
California Independent Film Festival Sept. 7th ‐ 14th Orinda and Rheem Theatre

The highest paid silent film director at Universal in 1916, a woman by the name of Lois Weber. It is told through the fictionalized character of a young magazine photographer who becomes infatuated with her. Lois Weber, played by actress Kristin Dattilo, is a career-driven woman who is more interested in winning headlines than the man of her dreams, writer Jack Hughes. Directed by Eric Stoltz.

As Good as It Gets

Hughes. Directed by Eric Stoltz.

Sunday, September 10, 5:00 PM – Feature Film

Directed by James L. Brooks, Producers: ZenFx, James L. Brooks, Bridge Johnson, Kristin Dattilo, A single mother/writer, a misanthropic author, and a loyal, loving wife converge to make the perfect family unit. "As Good as It Gets" is a story of love and redemption that reminds us all of the importance of having the right perspective in life. The film stars Jack Nicholson and Helen Hunt, with a supporting cast that includes Lisa Kudrow, Matthew Broderick, and Jack Black.

Thursday, September 7, 6:00PM Rheem Theatre

Openings Night Feature Film:

Class Rank

101 min., USA, Comedy/Drama, Northern California Premiere
Director: Eric Stoltz
Producer: Shaun Sanghani, Sandy Stern

Leading Role Members

As Good as It Gets

Producers: James L. Brooks, Sandy Stern

Director: Nathan Adloff

Ticketing:

All Access Pass $250
Opening Night Movie and Mixer $30
As Good as It Gets $30
General Admission $12

CAIFF in San Francisco September 15 & 16 see more information online at caiff.org

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Iron Filmmaker

SUSHI FIGHTER

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SUSHI FIGHTER
New facilities brighten OUSD campuses

By Sora O’Doherty

Seeking calm at midday

By Sora O’Doherty

The local market remains very strong due to very short supply and high demand. There’s still time this year to take advantage of the extremely favorable seller’s market.

Call me today for a free consult and personalized plan that will sell your home faster than you thought possible – donations are accepted and in August we were given to Mindful Littles, a Lamorinda nonprofit group that provides family community services around meditation and mindfulness. Carlo Fiatarone says that they are also open to directing the donations to other community service groups in the future.

Participants of the noon-time meditation practice Aug. 15 at Atma Yoga share a moment of calm.

A mid the hustle and bustle of the busy business, school and family community services around meditation and mindfulness. Carlo Fiatarone says though the session is free – Mozee and the Fiatarones are offering their services without charge – donations are accepted and in August were being given to Mindful Littles, a Lamorinda nonprofit group that provides family community services around meditation and mindfulness. Carlo Fiatarone says that they are also open to directing the donations to other community service groups in the future.

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New gas lines for cooktops
•
•
approved vendors of PG&E – better than iron)
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Moraga woman completes 100-mile endurance horse ride

Seeking calming at midday

OUSD

continued from page A9

The multipurpose building at Wagner Ranch—Julie Rossiter
builds to a new electronic marquee sign, new
storage cabinets in pod hallways.

The board also assigned mem-
bers to a STEAM initiative, which
includes psychiatrists, counsel-
ors, teachers, engineers, computer

moters, teachers, engineers, computer

ters, engineers, computer

ers, teachers, engineers, computer

ers, and the board agreed to do so.

Hoxie responded to their concerns
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ers, and the board agreed to do so.
I am hopeful, that in the future, the first thing I will hear on Saturday is a modicum of respect for the citizens of Moraga and refrain from this activity – the swim meet, 1 percent of you feel the need to honk your horns at 7:30 and bring the largest recreational swim competitions in the United States.

I am concerned the Town is talking to an outside company to help de-termine how much the residences are willing to pay in increased taxes and then assist in getting it on the ballot to be passed. I would rather not see any dollars spent on hiring an outside Financial Advisor to make recommen-dations as to how to resolve the current crisis.

I was very upset in the way in which Mr. Freeman was treated. He made some excellent recommendations to address the Financial Emer-gency. A Council Member asked him to return to the podium and pro-ceeded to cross examine him in regard to his media relationships. The way he was treated was not a high point for the Town of Moraga. The only way I would vote for a Tax Increase is after all avenues have been studied by a Financial Consultant working with a Financial Commit-te.

Barry Behr
Moraga

Request for quiet arrival from some swim meet revelers

As a resident near Campolindo High School, one of the most life-affirm-ing and joyful sounds in the world is the cheering of parents and children at the annual OMPA swim meet in August. Our family participated in this meet for 13 years and it brought us many enduring positive memories. Despite the traffic and vehicles parked everywhere, I am grateful that we in Moraga are the host of one of the biggest meet venues and provide a venue for one of the largest recreational swim competitions in the United States.

While 99 percent of the parents save their energy and enthusiasm for the swim meet, I percent of you feel the need to honk your horns at 7:30 a.m. on a Saturday morning to announce your arrival. Please show modicum of respect for the citizens of Moraga and refrain from this activity.

We know that you are here by the stream of cars entering our town. I hope that, in the future, the thing I will hear on Saturday morning is the singing of the Star Spangled Banner and the excitement and joyful sounds in the world is the cheering of parents and children.

Dan Wood
Moraga

Letters to the Editor

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Dan Wood
Moraga

California’s bail reform bills

Lamorinda, California needs our voice! Thousands of men and women are currently sitting in jail, awaiting trial away from their families because they can’t afford bail. But right now, California is considering two bills that would make this injustice even worse.

Every year, defendants lose their jobs, their homes, and even their chil-dren because they don’t have the money for bail. Many take plea bargains to avoid these losses, even if they are innocent. Low income defendants and people of color suffer the most. Is it justice that these with money can easily get out of jail and go about their lives, while those without must remain and lose even more? Especially when studies have shown that people of color are often assigned higher bail? For families that manage to gather the bond fee, the burden of paying it off can last years, and bal-ances into thousands of dollars more as they try to dig their way out from under the interest. Even if this is true, I would rather pay a few extra dollars a year than have a single mom of two arrested for an unpaid traffic ticket sit in jail long enough to lose her job. What about you?

It is telling that AB 412 and SB 1081’s greatest opponents are found in California’s bond industry. They argue their industry will collapse if this bill passes. Are we willing to ruin the lives of innocent people in order to protect the bond industry? Homeless are just as important as bond industry.

On the financial side, it costs taxpayers about $100 per day to hold a defendant in jail, which could be used to provide a venue for one of the largest recreational swim competitions in the United States.

Continued commentary on Moraga police blotter

I can hardly believe that the “humorous” police blotter went on for as long as it did. I’ve never found humor in any way, but I didn’t bother to express my opinion in the paper so I guess I deserved to suffer through it. I can’t tell you how happy our household was to see an end to it, but now that people are trying to bring it back I thought I’d better speak up.

Having gone through a similar trauma, I’m in complete agreement with Mr. Belling’s “views” on the “humorous” police blotter. There are per-sons at all humors about being the victim of a crime and I can tell you from personal experience that recovery is slow if it happens at all. To have someone treat your situation like it’s a big joke is insulting and rude.

If the person providing the humor still works at the paper, perhaps they should have some classes on “life’s work” and “empathy”.

Grace Bennett
Moraga
Moraga’s commercial approval process
... continued from page A4
CPDs are allowed only within existing multi-unit commercial centers, and can allow for a reason- able degree of infill development. Major changes would still require approval from the council takes the final vote defining the CPD. During the first meeting, nei- ther Jay Kern nor a representa- tive of the business community was present. The objective is still to get the process defined so the Moraga CD can be decided on. At last company commercial properties can decide if this zoning would be beneficial for their centers.

Tinkergarten underscores outdoor exploration, one muddy step at a time
By Diane Claztor

What toddler doesn’t love
making mud pies, splash-
ing through puddles or climbing around searching for bugs or dig-
ing for worms? That’s what the founders of Tinkergarten, a program of classes exploring the outdoors through activities that are free, exciting and educate kids from 18 months through 3 years. And that’s also what Moraga mom Eliza Becker thought when she was look-
ing for a high-quality activity for her young sons.

When Meghan Fitzgerald, an educator, and her husband, Brian, a developer of tech products, had their first child, they were look-
ing for hands-on activities where parents and kids could spend qual-
ity time together, having fun and learning. They built play-based activities where kids could use their creativity, independence and problem-solving skills in an ad-
genic way. “Our goal was to take in the way it was when we grew up – get our children playing outside,” Brian Fitzgerald noted in a recent interview.

Most children today are grow-
ning up in a world filled with a myriad of scheduled activities and a way too much computer and TV screen time. The focus of Tinkergarten is to bring memora-
tile and outdoor educational opportunities to both children and parents. “We all know that nature and outdoors are the ideal classroom,” said the Fitzgeralds.

When Becker thought when she was look-
ing for a program of classes exploring the outdoors through activities that in-
clude videos, articles and calls (called explorers) were sent on a scavenger hunt searching for live creatures and, with the help of their parents or caregivers (referred to as guides), they found all different types of bugs. “We celebrated each discover-
y,” Becker said, “and we also talked about how these creatures have just as much right to live as we do so we’re going to do the same but we’re also going to protect them.”

Even with all the rain experi-
cing this past year, Becker made every effort to continue unless there was a “stormy downturn,” she explained. “The days it was

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Even with all the rain experienced this past year, Becker made every effort to continue unless there was a “stormy downturn,” she explained. “The days it was raining tended to be the most fun.” Becker built shelves in the park with tarp so they had a dry space to retreat to when needed.

But, she said, the kids wore rain boots, rain jackets and “we went out there and got wet, got dirty, got muddy. We found a lot of worms in the rain and the sensory experience the kids get from different play is tremendous.”

“In today’s world, there’s often as much hesitation in allowing type of free play, she said, “and we’re trying to reverse that. There’s a time and place to be clean and a time and place to get muddy. Becker will again be leading a fall Tinkergarten program at Ran-
cio Laguna Park starting Sept. 7. To learn more, visit www.tinkergarten.com.

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- CompostSMART Advanced Training
- Republic Services garbage bill discount
- Free guides and resources

www.RecycleSmart.org

A Tinkergarten student makes an animal shelter – for his stuffed animals.
With a final approval from the County Board of Supervisors, Hall Equity Group will be able to begin construction on the proposed Saranap Village project. The unanimous 5-0 vote on Aug. 15 was met by enthusiastic applause from the mostly supportive audience.

After presentations from County Senior Planner Sean Tulley and HEG Spokesperson Deb Karbo, the board took public comment from over 35 speakers, with an overwhelming majority speaking in favor of the project.

Many residents who live close to the new Saranap Village locale spoke in favor of the proposal. They were joined by a number of organizations, including the Saranap Forum, the Realtor Association of Realtors, the Saranap Chamber of Commerce, the Contra Costa Building Industry Association of Metal Workers Union and the Plumbers Local 159, the Sheet Metal Workers Union and the Building Industry Association of the Bay Area.

The spokesperson for the Chamber of Commerce, Deb Karbo, the board took public comment from over 35 speakers, with an overwhelming majority speaking in favor of the proposal. They were joined by a number of organizations, including the Saranap Forum, the Realtor Association of Realtors, the Saranap Chamber of Commerce, the Contra Costa Building Industry Association of Metal Workers Union and the Plumbers Local 159, the Sheet Metal Workers Union and the Building Industry Association of the Bay Area.

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Opiate antidote now in the hands of Lafayette police

... continued from page A1

"When someone needs Narcan, they need it badly," said Moraga-Orinda Fire District Chief Stephen Beatty, who has worked with the drug for almost 30 years. "I'd advise that the police take universal precautions. Use gloves and eyewear, as victims could vomit upon exhalation." The police field overdose kit will contain a pair of exam gloves and a face shield along with the nasal spray.

Termine Carey, assistant chief of emergency medical services for the Contra Costa County Fire Protection District, sided the police carrying a Narcan kit in their car. 

... continued from page A6

Salomon acknowledged that parking is a problem in Orinda but pointed out that it is a good problem to have. Some places have plenty of parking but nobody shows up. Some solutions were identified in the Urban Land Institute report on parking.

Last month, City Councilman Chris Canepa worked on a new policy to use Bryant Way for additional parking. Councilman Canepa pointed to the council wanting to work on those if that is what the community and the council want to do.

... continued from page A6

Some solutions were identified in the Urban Land Institute report on parking. In downtown development. In the downtown development, the city council stuck with its intention to prohibit outdoor grows of any marijuana and to also prohibit any commercial marijuana-related activities within the city. However, Council Member Inga Miller and Mayor Eve Phillips voted against the ordinance because they did not support the prohibition on outdoor grows. The two ordinances will be formally adopted on a future consent calendar.

Food trucks and Orinda restaurants

... continued from page A6

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... continued from page A1

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Eclipse Elates Elementary Earthlings

By B.B. Kaye

M onday morning Aug. 21 in Lamorinda was characterized by a bustling in the heavens and on Earth. This first day of school brought the yearly return of early morning student traffic, weaving summer tams and gaze in height and confidence, streaming in by bus, on foot, and car. And while there may have been some reluctance at exchanging lazy summer mornings for a disciplined schedule of having-to-be-there-on-time mixed with the delight of seeing old school buddies and favorite teachers again, this first day began with an exciting bonus: a chance to observe the wondrous return of a total solar eclipse.

Although the precise path (directly underneath the transient bodies) was far north of Lamorinda, beginning in Oregon and ending in South Carolina, making totally visible in only 14 states, angles of the eclipse were seen all over North America, South America, Africa, and parts of Europe. Schools across Lamorinda readied eclipse activities for the day. At Camino Pablo Elementary School, principal Brian Sullivan explained, “Eclipses have fascinated ancient cultures.”

At Rheem Elementary School Science Aide Karen Healy (left) explains the total eclipse of the sun to a fifth-grade class while teacher Tanja Gubser (right) looks on. Gubser told her class that she observed the 1979 total solar eclipse when she was an elementary school student.

Healy spoke to students about the specifics of the historic event happening across the country on Monday morning Aug. 21 in North America. “We’ll also study how eclipses affect our lives. What do the clouds do to the weather during an eclipse?” she asked.

In Tanja Gubser’s fifth grade classroom, Science Aide Karen Healy spoke to students about the eclipse. “We’re going to listen for the sounds of birds and insects, and try to compare them to any differences in the natural background noises they make when the eclipse occurs. Do their behavior change? Later, we’ll also study how eclipses affected ancient cultures.”

Rheem Elementary School purchased 200 ISO approved eclipse glasses and structured lessons to ensure that maximum preparation and supervision and guidance corresponded with the learning experience. In Camino Pablo, when suddenly, to the amazement of about 10 children, the clouds parted, revealing the eclipse in full view. “Can we see it? We can see it!” students called out excitedly. Teachers sprinted to call classes out, but the clouds slid like stage curtains into place, concealing the great act again.

The last total eclipse visible in North America was 18 years ago, on Feb. 26, 1979. Six years from now, there will be another solar eclipse in which the edge of the sun remains visible for a bright ring around the moon. On Oct. 14, 2023, and the next total eclipse visible in North America will happen in seven short years, April 8, 2024. Mark your calendars!

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Miramonte writer hopes bystanders step in to stop sexual assault

By Jennifer Waka

When Kate Nerone wrote an article for the Miramonte Mirror about what consent means and what constitutes sexual assault, she never thought it would receive the reaction it did. Classes began to read out to Nerone, wanting to share their stories. Soon after, she published an opinion piece in the Mirror, describing several alleged assaults of those who approached her—she and her furnishings a champion of something called bystander intervention.

"Once I started talking to people, some of the statistics, you know, came alive," Nerone said. "I had a discussion with one of my close gay friends who said the article shuttled up his opinion of his Lorina; he finally got a glimpse of what was happening here..." I was surprised at the reaction [to the article]," added Nerone, who said she received a hug from Malorinda Principal Julie Parks when she saw Parks on campus after publishing the piece. "She was really supportive. I was expecting a lot of hate and backlash [from students], but a lot of feedback was really supportive, thanking me and saying, 'Finally.'"

Approximately 1.8 million adolescents in the United States have been the victims of sexual assault, according to the "National Survey of Adolescents," conducted in 1998 by the National Crime Victims Research and Treatment Center in South Carolina. The U.S. Department of Justice National Sex Offender Registration and Public Protection Program reports that teens 16 to 19 years of age were three and a half times more likely than the general population to be victims of rape, attempted rape, or sexual assault, and approximately one in five female high school students report being physically or sexually abused by a dating partner.

Nerone believes bystander intervention can make a difference. "I've been in situations like that, in social settings where you know something's not right. I think it's important to learn how to read the signals,"

she says. "This is not just a guys versus girls issue. Everyone could use more education."

The Centers for Disease Control and Prevention identified three programs that have been shown to be effective in preventing sexual violence perpetration: Safe Dates, which focuses on changing adolescent dating-gender role norms and improve peer helping and conflict situations skills, Shifting Boundaries, which focuses on increasing knowledge and awareness of sexual abuse and harassment and promote respectful behavior and intentionality; and RealCost, which is a bystander-based model that focuses on increasing pro-social interacting behavior, including knowledge and skills for safely intervening. RealCost consists of "10-30 minute web-based, interactive modules that include didactic activities and episodes of a social drama to model sexual communication, consent, and positive bystander behaviors," according to the CDC. Additional programs including Green Dot, a bystander-based prevention program, are identified as "promising."

A recent four-year study at Kentucky high schools involved Green Dot trained educators who conducted schoolwide presentations and recruited student volunteer opinion leaders to receive bystander intervention training. Nearly 90,000 students completed surveys, which showed that between 2014 to 2016, Green Dot implementation at those high schools significantly decreased not only sexual violence perpetration but also other forms of interpersonal violence perpetration and victimization.

While Nerone thinks it good to bring students together to open a discussion about sexual harassment and assault, she believes getting bystanders involved and able to speak up when they see something they know is wrong, or to simply ask more questions, will have a stronger impact. "I want this to permeate social gatherings so people start talking about it and do something."

"For many of my sister's slogans is 'Not everyone will be a victim, but everyone will be a bystander.'" Nerone added. "One of my sister’s slogans is ‘Not everyone will be a victim, but everyone will be a bystander‘."

To learn more about ways to combat sexual assault, visit https://www.cdc.gov/violenceprevention/sexual-assault-prevention.html.

Grazing goats sighted on Moraga hillside

These grass-munching goats were spotted grazing on the hillside near the River Valley Shopping Center Aug. 12, disturbing the area of dry brush, which is a potential fire hazard.
Adonal Foyle

Photo provided

W hat's a professional basketball player to do after retir- ing from the game he loves? If you ask Orinda resident and fan- former Golden State Warrior Adonal Foyle, the answer is simple: everything. He appears to have accomplished just as much off the court since his retirement seven years ago as he did in his 13 year career with the Warriors and the Orlando Magic.

Foyle’s new book “When the Bull is Laid to Rest” is a collec- tion of poetry he penned over the past seven years to mark significant events in his life such as his retir- ement from basketball, the death of loved ones, or moments of clarity. “Poetry has always been intensely personal,” explains Foyle. The book, published in July, is divided into chapters of poems dedicated to Caribbean life (his childhood home on the island of Canouan in the Grenadines), basketball, politics, and love. One poem, titled “Loves Song to a Game,” is especially poignant. “Another...”

Lamorinda residents may say “Breakfast at Chow,” a poem where he often has breakfast on Friday mornings. This is Foyle’s fifth book. He has also published two children’s books and two books intended for kids and teens to take to performing their post-retirement: “Winning the Money Game” (Harper Cal- lins 2015) and “The Athlete CEO” (2017). “The Athlete CEO” helps athletes or others launching a sec- ond career in this book he brings together his knowledge of sports psychology and business to show how to become the CEO of their own career and discover their new mission. Foyle has a master’s degree in sports psychology from John F. Kennedy University and is currently working on his MBA.

His master’s degree in sports psychology was on life changes ex- perienced by former NBA players upon retirement.

As a former player in the U.S. at the age of 15 for better educational opportunities and a possible career in basketball, he eventually played for Colgan University and was a standout in his three years with the Warriors. He played for the team for 10 years, his final year being the “We Believe” year. He finished his NBA career with the Orlando Mag- nificent for three of those years. He re- turned to the Bay Area soon after and fell in love with the Bay Area, the Warriors, and his community. “There is such diversity in the city...”

Foyle’s five books reflect the varied tastes and lifestyles of individuals like you! In addition to writing five books and earning two master’s degrees, he has founded and runs two nonprofits, One of a Kind and young people with the Kreskin Lamp Foundation encourages at-risk youth through athletics, academics, and community involvement. Democratic Values encourages young people to get in- volved in the political process. Foyle can also be seen on ABC as an analyst following some War-riors games and co-hosts the radio program “The Warriors Hour” on 95.7 The Game on Wednesdays from noon to 1 p.m. He is active in the Warriors community.

Of all that Foyle has accom- plished, he gets the most joy from spending time with his two nieces and nephews. Through his two foundations he has been young people fight through obstacles and find their passion. He has been able to bring two of his sis- tiblons to the U.S. to pursue their educations and find their path as well. “When you can impact some one’s life and help them find their faith that’s my passion.” For more information or to buy his books, visit: www.adonalfoyle.com.

Lamorinda Idol 2017

Lamorinda Idol 2017 finals this Sunday

Wednesday, Aug. 23, 2017

By Kara Navolio

Lamorinda Idol 2017 finals this Sunday

Lamorinda Idol 2017 winners be- ing crowned in the elementary, middle and high school categories at 7 p.m. Lamorinda Idol is magical...”

Audience members are an im- portant part of the voting and will have the chance to curt- aoit Aug- 27 for their favorite Lamorinda Idol. Audience votes, combined with feedback from a local panel of music coaches, will determine who will be crowned in 2017.

“...especially proud of the young people who are pas- sionate about singing receive the encouraging support of our staff as well as our Idol judges, vocal- ists, sponsors, and audience mem- bers as they strive to substantiate their artistic talents.”

For those who say “Not Old” to run the mill retirement living, our condo-style apartment community welcomes and reflects the varied tastes and lifestyles of individuals like you. Embrace your next stage in life alongside others who appreciate the extra amenities The Heritage Downtown offers: • Spa • Restaurant-Style Dining • Pool, Spa & 24-Hour Fitness Center • Weekly excursions, Educational & Social Events • Optional In-Home Care as you can age in-place • Pool, Spa & 24-Hour Fitness Center • Savory Restaurant-Style Dining • Pool, Spa & 24-Hour Fitness Center • Savory Restaurant-Style Dining

Call 925.943.7427 to schedule a tour of our One-of-a-Kind, Wellness Certified, Condo-style boutique rental community.

Design your fall fashions! Classes Registering Now

Classes Registering Now

• Learn to sew in Fashion 101 or learn 100+ garments
• New Feather Club for intermediate and advanced sewers
• Custom Halloween - design your own costume!
• Potlucks - garment parties, pre book and equipment.
• Classes starting after Labor Day - register now!

Super Saturday Sale • Fall Open House 826 70-22-28

Fall Fashion Show • Served 24/7

Fall Fashion Show • Served 24/7

Fall Fashion Show • Served 24/7
S'mores around the campfire at Twin Canyons Girl Scout last May filled not only with songs, but also hikes, knots, and camp in Lafayette, where 150 Girl Scouts gathered for the Girl Scouts even when other activities yearn to consume children’s Hospital Oakland during a perfor-
dation, an inspiring nonprofit helping others through music and theater, donated others through music and theater, donated T

The Lafayette-based Peter Pan Foun-
dation, an inspiring nonprofit helping others through music and theater, donated

Children’s Health Guild gala a huge success

The Children’s Health Guild, a nonprofit group comprised of highly talented and passionate women almost exclusively from Lafayette, and dedicated to improving the health and lives of children of any age, held its second biennial Evening of Giving, at the Diablo Valley Country Club. Event Chairs, Kristina Barnes and Michelle Benderleimer (pastoral), did an outstanding job creating a beautiful, memo-
able and successful event. The money raised will help the guild’s beneficiary or-
ganizations provide the full circle of medical care for children and their families, including emergency and ongoing treatment as well as transitional, respite and palliative care.

Dungeness section of Moraga Rotary receives a $15,000 check from Dave Kemnitz of the Ellen Meadows Prosthetic Hand Foundation. The nonprofit’s mission is providing prosthetic hands to people all over the world, mostly in de-
veloping countries without access to quality medical care. Kemnitz is the president and owner of a plastic injection molding company who was commissioned by Erin Mead-
onna, a member of the Pleasant Hill Rotary Club, and co-founder of the Ellen Meadows Prosthetic Hand Foundation.

Trop 234 honors four new Eagle Scouts

Submitted by Julio Carlson

Cookie and lemonade profits go to two good causes

Submitted by Suzanne Jones

Front row, from left: Matthew Shieh, Kisakye Naiga, PPF Founder and Director Leslie Noel, Sadie Poole, Dr. Joe Torkildson, Michelle Hannigan, Lisa Rodriguez; back row: Svend Ryge, Devon Ashburn, Kat Chen, Jordan Smith, Jordan Cox, Sierra, Hadley, Lindsay, TVI Coordinator Samantha Jeton Renee (at rear), Hannah Hoffman, Megan Berger, Garrett Hannigan, Joe Irish, Christian, Madden, Corrupt, Maggie Fernando, Lyn Ann Vracko, and Peter Pan Foundation.

Also in attendance was Michael Men-
donna, a member of the Pleasant Hill Rotary Club and co-founder of the Ellen Meadows Prosthetic Hand Foundation. "This donation is our way of giving back to the people and to the community that helped us grow. It is our way of saying thank you to our donors through our philanthropic efforts, and we are thrilled to be able to support such a great cause," said Donna Rendina, the executive director of the Ellen Meadows Prosthetic Hand Foundation.

The Ellen Meadows Prosthetic Hand Foundation is a nonprofit organization that provides prosthetic hands to children and adults in need around the world. The organization was founded in 2011 by Erin Meadonna and is headquartered in Pleasant Hill, California.

The organization has received donations from individuals and organizations all over the world, and has been able to help children and adults in need of prosthetic hands around the globe.

The Ellen Meadows Prosthetic Hand Foundation has received a $15,000 donation from the Dungeness section of Moraga Rotary, which will be used to purchase prosthetic hands for children in need around the world.

The donation was presented to the Ellen Meadows Prosthetic Hand Foundation by Dave Kemnitz, who works with the organization to help source and deliver prosthetic hands to children in need. Kemnitz spoke about the importance of providing prosthetic hands to children and the impact it can have on their lives.

The Ellen Meadows Prosthetic Hand Foundation is grateful to the Dungeness section of Moraga Rotary for their continued support and for their dedication to making a positive difference in the lives of children around the world.
**Coral Gable's Star, Aug. 23, 2017**

New concert, new season for the Pacific Chamber Orchestra

By Sophie Braccini

In Memory

Ron Olowin, Ph.D.

Longtime Saint Mary’s College School of Science professor and astrophysicist Ron Olowin passed away Aug. 5 after a yearlong illness. He was 72.

Olowin taught at Saint Mary’s from 1963 and moved to the Bay Area in 1975. She was known to Moraga residents as Bee Kendall, a regular fixture at the Lafayette Library and Learning Center, where he regularly spoke as a sought-for lecturer at the Graduate Theological Union at Berkeley, and received several awards.

Olowin was born July 23, 1945 in Chicago, Illinois, and has lived in several U.S. cities. Olowin was part of the SMC community.

Olowin, who lived in Lafayette, was not only popular with his students, but was a regular fixture at the Lafayette Chamber, where he performed as part of the SMC Café lecture series. During his career, Olowin published numerous articles in scientific and popular publications, served as a visiting professor and guest lecturer at the Graduate School of California, and was represented by the St. John Baptist De La Salle Award, which honors a faculty member for their outstanding contributions to the Saint Mary’s community. It was noted in Olowin’s “determined efforts that the Geissberger Observatory was installed on the full-time roof.”

Olowin’s services will be held at 10:30 a.m. Saturday, Aug. 26 at St. Peter Church in Lafayette. A vigil service will be held at 7 p.m. Aug. 25 at the Saint Mary’s College Chapel.

From left: Alda Billingsley (Gran Great Stan), J. Alphonse Nicholson (Ulysses Lincoln), Safiya Fredericks (Benevolence Nausicca Sabine), Dawn S. Troupe (Alsendra Sabine) and Gardley’s text brings spectators along the SMC community.

Bee Laird Hylinski (Bee Kendall)

Announcements service will be held for Bee Laid Hylinski at 10 a.m. Saturday, Aug. 26 at St. Stephens Church in Orinda. Bee Kendall was known to Monroe residents as Bee Kendall, when she served on the town council alongside Mayor Alan Davis. She moved to Lafayette with her husband Dr. Ralph Hylinski in 2015 before she launched a campaign to be a Republican Club. She graduated from Vassar in 1963 and moved to the Bay Area in 1975. She has degrees and certifications from Golden Gate University and practiced law for 17 years in Walnut Creek, specializing in tax, estate planning and probate law. After retiring in 1993 Bee became an author and journalist. In 2012, she published the book “Civil Partnership.”

Bee Hylinski is a wonderful woman who knows nothing of his ancestors, or about the risk was well worth it. “Black Odys-

## Black Odyssey at CalShakes a formidable adventure

By Sophie Braccini

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Lamorinda's Religious Services

High Shephered Lutheran Church
343 Moraga Way, Orinda, 925-3422
www.holyshepherd.org
10 Irwin Way, Orinda | 925.254.4906 | www.orindachurch.org
"No matter who you are, wherever you are on life's limitations in one's activities. Rotator anatomy and applicable biomechanics Aug. 29 at Lafayette Physical Therapy, Shoulder Injuries and Prevention: Is new! Lamorinda's Sunday mornings, 9:30 am www.holyshepherd.org or at the door.

THEATER
Cal Shakes presents the West Coast Premiere of "Black Odyssey" written by Caryl Thomas and directed by Eric Ting through Sept. 15 at the Bruns Theatre at the University of California, Berkeley. The show runs from 4 to 6 p.m. on Saturday, Sept. 16 at the Lafayette Library and Learning Center. Visit www.lafayettebigband.com. For more information, important dates cut at this weekend's adoption event on Saturday, Aug. 26 and Sunday, Aug. 27. Location: Pet Food Express in Lafayette, 2nd Street and Hill, and Petco in Walnut Creek. For more info, visit www.animalcour-
continents.com/conferences/circle/... 2017. 39th Annual Orinda Classic Car Show "Driving for a Cure" will take place from 10 a.m. to 4 p.m. on Sunday, Sept. 10 at the Lafayette Library and Learning Center. For info, visit calshakes.org.

OTHER
Contra Costa Sings invites you to a story sing with Linda Nittrouer to hear folkmonger tales that help us understand the natural world at 7 p.m. Thursday, Aug. 24 at the Lafayette Library and Learning Center, 10 a.m. to 3 p.m. Saturday, Sept. 9. For info, visit confreresources.org. Calling all fifth- through eighth-grade students! The Lafayette Studio Big Band will perform an outdoor concert on the Lafayette City Hall lawn on Friday, Aug. 25 from 4 to 6 p.m. For more information, call (925) 284-7404 or visit www.lafayettebigband.com.

COMMUNITY EVENTS
Community Concern for Cats will celebrate its 13th Annual Orinda Cat Adoption fundraiser this year from 10 a.m. to 3 p.m. Saturday, Sept. 9 at the Lafayette Library and Learning Center. To learn more about Community Concern for Cats, visit www.communityconcernforcats.org.

From Spiritual to Material and Can We Do It? by Mark Celli, author of "Living a Spiritual Material World: Why the Daily Grind Makes Sense," will discuss his views on how the flow of daily life, challenges and tribulations of discovering our inner master, an inner journey has included ensuring a cancer to be treated.

The Walnut Creek Garden Club Presents "How About A Facelift To Your Yard? What Are Some Things We Can Do To Improve Our Home's Aesthetic Appeal?" at 9:45 a.m. Monday, Sept. 11. 12th Floor, 1340 MacArthur Place, Walnut Creek, CA. For more info, visit www.walnutcreekgardenc.../content/events.

The Lafayette Art and Wine Festival will be held from 6 to 9 p.m. Thursday, Aug. 30 on Main Street in downtown Lafayette. An award-winning wine and music festival with live entertainment, 200+ artists and a KidZone. There will be food by five different food vendors. Free admission. Napa BAR. For more info visit www.lafayetteartandwinefestival.com or call (925) 284-2624 or email festival@lafayetteartandwinefestival.com.

Valley Art Gallery’s featured artist is Ruth Haas. For more than 40 years Henry has concentrated on capturing the skills, specializations, informality, and still life painting work done in egg tempera, a medium that has many masters in the fine and early Renaissance. The show runs through Sept. 15. For information, visit valleyartgallery.com.

St. Anselm's Episcopal Church
A Loving Community Church Services: 8 and 10 am In-church Youth Zone, 10 AM Nursery Childcare 392 Michael Lane, Lafayette, 925-7426, www.stanselms.org

Children available for ages 4 and younger.

Not to be missed Not to be missed

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Other:
Comedy Club at the Lafayette Library and Learning Center will host the interactive performance by Mark Celli, author of "Living a Spiritual Material World: Why the Daily Grind Makes Sense," will discuss his views on how the flow of daily life, challenges and tribulations of discovering our inner master, an inner journey has included ensuring a cancer to be treated.

Gardens:
Spun FabricART Advanced Training Series, Receive over 30 hours of instruction, hands-on instruction and education to understand and share the inner workings of your spinning wheel. The classes are designed to assist you in identifying your spinning wheel and providing hands-on instruction to address any issues you may be having.

The Walnut Creek Garden Club Presents "How About A Facelift To Your Yard? What Are Some Things We Can Do To Improve Our Home's Aesthetic Appeal?" at 9:45 a.m. Monday, Sept. 11. 12th Floor, 1340 MacArthur Place, Walnut Creek, CA. For more info, visit www.walnutcreekgardenc.../content/events.
The Teacher underscores the frailties of human decency

By Sophie Braclay

In 1983 in the film com- pleted Czechoslavak, “The Teacher” was a part of the International Film Show- case this week at the Orinda Theatre. — is a 1966 Czech—German film written by Petr Jarchovsky and di- rected by Vojtech Jasny that focuses on human selfishness and coward- ly, and how these qualities affect the attitudes to impose dominance.

The film shows how a teacher uses her position as a communist delegate to remove the students from her status as a communist delegate.

While the movie is about the teacher and how she abuses her power, it is also about the dehumanizing impact on the students, their families, and about how the students confront the powerful with this abuse. The film is a mix of debonair demeanor and indeed terribly menacing with her position as a communist delegate is protected by her status as a communist delegate.

A few revolt - some willingly, others out of their inability to comply. In an interview with Variety, Hřebejk confirmed that the film is a universal metaphor, even if it is based on real facts, and that it is a reflection on the bravery that we have to find within ourselves in current times as well as in the past. The movie shows the harsh reality of Czechoslovakia in the 1980s. A friend of a former teacher who left the country that time noted that all the little things that are true to her the fact that the author- is that the teacher and the students confront the powerful with this abuse. The film is a mix of debonair demeanor and indeed terribly menacing with her position as a communist delegate is protected by her status as a communist delegate.

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Delicious summer barbecue fun on a stick

Saratoga Chops

Recipe by Susie IvesDoros

Lamb Sirloin or Shoulder Meat (Bonafide Farms)

Ingredients

- 2 pounds lamb sirloin or lamb shoulder meat, boneless if possible
- 1/3 cup olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. sea salt
- 1 tsp. freshly ground black pepper
- 1 tbsp. fresh rosemary
- 1 tbsp. fresh thyme leaves
- 1 tbsp. fresh basil
- 1 tbsp. fresh mint (optional)

Mint sauce (Crosse & Blackwell makes this) or mint jelly to serve with meat

Method

1. Place the Saratoga chops in a container with a tight-fitting lid. Cover with olive oil, red wine vinegar, sea salt, freshly ground black pepper, rosemary, thyme, basil, mint (if using), and mint sauce or jelly. Cover and refrigerate for 1 hour.

2. Remove chops from marinade and grill to desired doneness. It may take a bit longer to get the very center cooked, so check it before you remove the meat from the grill.

3. Serve with mint sauce or mint jelly and garnish with a sprig of fresh rosemary or thyme.

By Lynn Ballou CFP®

T he first day of school is the day my mom always called “Mother’s Day.” So let’s take advantage of some quiet moments between classes to review my Top Five for this month, all of which share the theme of being kid-related financial topics.

Sept. 15 is just around the corner. This is an important date for many who are self-employed and those who receive taxable income from investments and other sources with no withholding. It’s also a good time to review your withholding from work, social security and pensions. But I especially mention this to you who may no longer qualify for local or householdable deductions and others who may no longer claim your children as dependents. Check with your employer if you need to make changes to your withholding or if it would make sense to make an estimated tax payment next month. With just four months left this year, it is easy to get sidetracked on top of these matters.

Medical Insurance for college kids. Many colleges have medical insurance plans for their students. When you review those plans, though, you’ll often find the coverage is a pretty skimpy coverage, regardless of maximum amounts covered. So, if you can afford to keep your children on your plans, or they already have plans of their own, we especially recommend that you keep them in place as long as possible. Take time to review all the limitations, deductibles and particularly focus on exclusions and maximums.

Teenage or college driver? If so, call your usual insurance agent to figure out your coverage needs. For college-bound children this could be especially important. Can you save some premiums by suspending their coverage while they are away? Or do they need to stay on your policies if they have a car with them, should they be able to get a separate policy for that doesn’t involve paying to protect them any more than your net worth? It’s time to call your agent and have an in-depth discussion about this topic.

Lynn’s Top Five: Back to School Specials

1. Shop around for the Saratoga chops in a container with a tight-fitting lid.
2. Mix of olive, vinegar, wine, salt, pepper and herbs for the marinade and pour over the chops. Cover and refrigerate for several hours or overnight, turning at least a couple of times.
3. When ready to serve, remove lamb from marinade and grill to desired doneness. It may take a bit longer to get the very center cooked, so check it before you remove the meat from the grill.
4. Serve with mint sauce or mint jelly and garnish with a sprig of fresh rosemary or thyme.

Getting for teenagers, it’s time to think about a checking and savings account, teaching them with the strategies directly or indirectly suggested and not to be regarded as a complete analysis of the subject(s) discussed. All information is derived from sources deemed to be reliable. All expressions of opinion reflect the judgment of the author as of the date of publication and are subject to change.

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The limited preseason practice is also a telling issue for Macy. "It takes time for him and his receivers to get comfortable," Macy said. "We are counting on our defense to keep them honest and make it a rough challenge." The players were excited about the trip, and one of them said, "It will be a challenge for John," Macy said. "He did play quarterback as a freshman but was a wide receiver the next two seasons." The limited preseason preparation is something the team will need to overcome. The players have already been able to scrimmage other teams. The Acalanes defense is returning many starters, but the secondary is a real concern, since losing a number of players through graduation. According to Burnsed, "We have a chance to be good but we have a very difficult schedule with every team being a potential playoff team." Burnsed is positive about his starting lineup but "the key is for us to stay healthy at this point. We do not have a lot of depth on the team."

Coming off a successful 2016 season, Campolindo High School is in a rebuilding stage. The key player on offense and defense is head coach Kevin Macy. In Macy's eyes, he is still a young man's fancy. However, Torchio's key receiver this season should be Vince Mossotti. Macy will be utilizing a spread offense. "Torchio's key receiver this season should be Vince Mossotti," Macy said. "He will be our featured receiver with multiple formations and is hoping for a balance between his passing and running game."

The real concern for Campolindo will be on defense, having lost a number of starters through graduation, though many of the potential starters did play a fair amount as backups last season. Macy is relying on linebacker Grant Larsen and defensive end Justin Ehrenberg to provide stability and leadership for this young unit. Miramonte head coach Jack Schram is facing with replacing his best player from last season quarterback Tim Tague. Two players have been competing for the starting QB position, Xavier Clark and A.J. Fruita. Clarke is the anticipated starter as he is more familiar with Miramonte's spread offense. Schram has eight returning starters on both sides of the ball and is counting on his offense to remain productive as it was last season. He is looking for "much improvement on defense." He will be relying on senior middle linebacker Sam Walker to provide the leadership for the team's defense. Schram is also concerned about the limited time for pre-season preparation. Starting with his first practice, he said, "Our first game is less than three weeks away."

Acalanes will open its season at home on Aug. 25 against Alhambra High School, while Campolindo opens its season on the road on Aug. 26 at Marin Catholic High School and Miramonte will host Vandenberg High School out of Fairfield on Aug. 25.

Football season opens this week
By Jon Kingdon

LAMYA SWIM HOSTS the 57th CONTRA COSTA COUNTY MEET
LAMYA Swim team partners volunteers work tirelessly to host one of the biggest (and fastest) swim meets in the country, the Contra Costa County Swim Championships (aka “County”) from August 11-13th at Acalanes High School. For 57 years, the LAMYA Swim Team has hosted County and takes great pride in providing a fun, competitive atmosphere for all (56 teams with approximately 2,000 swimmers). Thank you to ALL who volunteered (Announcers, Officials, Stroke & Turn Judges, Timers, etc.). We couldn’t do it without you!

WANT TO FIND OUT MORE? Count on LAMYA to bring you fresh ways to stay healthy all year long. Open for registration Aug 19 & August 26, 12-1pm Farm

Photo Credits to David Cervenka Photography (DavidCervenka.com) Edited by LMYA
Gold medal-laden middle school track star returns triumphantly

By Gerardo F. Recinos

California Magic 04 girls win championship

Submitted by Jean-Paul Cozzatti

The California Magic 04 girls soccer team claimed the San Luis Obispo Summer Classic Premier Division Championship. The Magic girls went 4-0 defeating teams from Southern and Central California for the title. The Magic girls showed excellent passing, teamwork and execution were able to show what they have been working on this season.

Lamorinda Soccer Club ‘07 Girls win the Championship

Submitted by Jean-Paul Cazzatti

The Lamorinda Soccer Club ‘07 Girls battled the Pleasanton Rage 07 Predator 3-1 to win the Championship.

800 every one is going out really fast, but the second lap they’re flat,” Hunt said.

He hung around the middle of the pack for the first lap, checking in at 1:03.25. But his two-lap split was the best of any of his competitors, allowing him to finish first in clear three seconds before the second-place finisher.

In the 1500 meters, Hunt was competing in a heat with 17 other runners and with the congested field, the competition was much stiffer.

So much so that the Stanley Middle School runner only finished 0.01 of a second ahead of second-place finisher Ethan Vander Meer. The third medal came with the help of teammates Kai Rosher-Bruckman, Tyler Bergren, Trevor Rogers, Alexander Lodewick and Beck Murphy.

With all those accolades it’s clear the kid spends a lot of time running. So what does he do in his free time – full time work. $18-$20 an hour.

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Submitted by Pam Drake

The 680 Drivers: U18 Women’s Water Polo team won the Junior Olympic National Championship by scoring a total of 7-6. In the final game versus SoCal, 680 trailed in the fourth quarter, but managed to come back and gain the lead and hold off SoCal with great defense to the end. The final score was 7-6. Ava Johnson had five goals, Grace Tehaney had one goal and Sarah Klass had one goal. Romy Wharton was named MVP for the tournament.

In addition to women’s singles, Jakic dominated the Heritage Bank of Commerce Open Tennis Championships, winning all three of her events at the Moraga Country Club last week.

Berkeley, joined her in the winner’s circle in the mixed doubles. For the second year in a row, Brazilian native Kane Sall won the men’s singles event. The former UCLA star also teamed up with current UCLA athlete Austin Rapp to take the men’s doubles.

Jaksic on top at MCC tennis tournament
By John T. Miller

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Isabella Chen
Olivia Doherty
Tara Sudersan
Dee Mace

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Magnol Tran
Leeroy Lee
Shelene Summer
Create an outdoor oasis with smaller pools and backyard living spaces
By Paula King

When Scott and Stephanie Barmmer moved into their Broadview Terrace home over a decade ago, their backyard requirements were minimal landscaping, play areas for their three young children and a fence for the steep slope. Now that they have three teenagers, the couple wanted to upgrade the yard into another living area, so it would be an inviting gathering spot for their children and their friends.

“We wanted to build a space that was an extension of the house,” said Scott Barmmer.

In 2007, they hired Orinda’s Garden Lights Landscape and Pool Development to complete their simple backyard project. Then this past spring, Garden Lights returned to add a vineyard on the slope, high-quality artificial sod, an outdoor kitchen, fire pit and a modern swimming pool.

Even though the Barmmers just have a 21-by-15 foot pool, it reflects many of the recent swimming pool trends in Lamorinda. The Barmmer’s home is no exception to the incredible views that are almost the norm in Lamorinda homes and Garden Lights owner and designer Stephen Lambert wanted the vanishing edge pool to be an ideal place to take in the spectacular view of Mt. Diablo there.

“Their backyard project is like adding three more rooms to the home. People are trying to live outdoors more now,” Lambert said.

According to Lambert, the Barmmer’s project bucks the notion that you can’t place a pool in a smaller yard. He said there is definitely a trend to build smaller pools in yards that aren’t spacious and he has designed three smaller pools in Lamorinda alone this year.

“It (the pool) is big enough that the kids can jump into it feet first,” said Barmmer.

Lambert calls the smaller pools “spools.” He noted that it is important that a pool not overwhelm the yard and “spools” are ideal for not being too immense.

“Homeowners are thinking about design and flow,” Lambert said. “It is important to look at it as a holistic thing.”

... continued on page D4
Lamorinda Home Sales recorded

<table>
<thead>
<tr>
<th>City</th>
<th>Last reported</th>
<th>LOWEST AMOUNT:</th>
<th>HIGHEST AMOUNT:</th>
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<tr>
<td>LAFAYETTE</td>
<td>21</td>
<td>$800,000</td>
<td>$6,500,000</td>
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<tr>
<td>MORAGA</td>
<td>12</td>
<td>$435,000</td>
<td>$1,975,000</td>
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<td>ORINDA</td>
<td>20</td>
<td>$910,000</td>
<td>$3,250,000</td>
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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.

9 Arbor Way, $1,033,000, 3 Bdrms, 1652 SqFt, 1975 YrBlt, 7-21-17; Previous Sale: $394,000, 05-15-97
1149 Bacon Way, $1,180,000, 3 Bdrms, 2129 SqFt, 1954 YrBlt, 7-17-17; Previous Sale: $394,000, 05-15-97
50 Circle Creek Court, $820,000, 3 Bdrms, 1468 SqFt, 1978 YrBlt, 7-19-17; Previous Sale: $202,500, 07-18-96
1305 El Curtola Boulevard, $800,000, 3 Bdrms, 1416 SqFt, 1950 YrBlt, 7-13-17; Previous Sale: $252,500, 08-30-95
1110 Estates Drive, $2,330,000, 4 Bdrms, 2951 SqFt, 2016 YrBlt, 7-12-17; Previous Sale: $540,000, 12-03-13
1678 Glen Oak Court, $1,201,000, 4 Bdrms, 2380 SqFt, 1972 YrBlt, 7-13-17; Previous Sale: $315,000, 03-30-88
3273 Helen Lane, $1,481,000, 4 Bdrms, 2800 SqFt, 1951 YrBlt, 7-14-17; Previous Sale: $612,000, 02-15-02
3705 Highland Court, $1,500,000, 4 Bdrms, 2149 SqFt, 1949 YrBlt, 7-14-17; Previous Sale: $1,150,000, 06-20-07
1038 Leland Drive, $905,000, 3 Bdrms, 1228 SqFt, 1962 YrBlt, 7-7-17; Previous Sale: $689,000, 04-10-09
3411 Moraga Boulevard, $1,250,000, 3 Bdrms, 1522 SqFt, 1941 YrBlt, 7-24-17; Previous Sale: $830,000, 07-25-06
699 Old Jonas Hill Road, $1,975,000, 4 Bdrms, 2745 SqFt, 1968 YrBlt, 7-13-17; Previous Sale: $1,800,000, 10-23-14
1253 Panorama Drive, $1,905,000, 5 Bdrms, 3703 SqFt, 1971 YrBlt, 7-18-17; Previous Sale: $230,500, 04-08-83
110 Promintory Lane, $2,225,000, 5 Bdrms, 3979 SqFt, 1988 YrBlt, 7-17-17; Previous Sale: $2,001,000, 08-09-13
1259 Redwood Lane, $6,500,000, 6 Bdrms, 6453 SqFt, 1986 YrBlt, 7-17-17; Previous Sale: $4,595,000, 08-28-06
1991 Reliez Valley Road, $1,050,000, 4 Bdrms, 1789 SqFt, 1953 YrBlt, 7-11-17
3106 Sandalwood Court, $1,650,000, 3 Bdrms, 2159 SqFt, 1962 YrBlt, 7-6-17
3155 Stanwood Lane, $1,645,000, 4 Bdrms, 2732 SqFt, 1959 YrBlt, 7-7-17
1471 Sunset Loop, $830,000, 3 Bdrms, 954 SqFt, 1950 YrBlt, 7-19-17
3 Via Oneg, $1,375,000, 4 Bdrms, 3712 SqFt, 1977 YrBlt, 7-17-17
995 Victoria Court, $1,345,000, 3 Bdrms, 1509 SqFt, 1970 YrBlt, 7-18-17; Previous Sale: $965,000, 07-01-14
3227 Withers Avenue, $1,200,000, 3 Bdrms, 1914 SqFt, 1961 YrBlt, 7-12-17; Previous Sale: $486,000, 06-30-06

MORAGA

6 Baltusrol Street, $925,000, 3 Bdrms, 1824 SqFt, 1979 YrBlt, 7-11-17; Previous Sale: $450,000, 11-07-11
1357 Camino Peral #C, $435,000, 1 Bdrm, 951 SqFt, 1970 YrBlt, 7-21-17; Previous Sale: $252,500, 08-30-95
1411 Camino Peral, $723,000, 3 Bdrms, 1440 SqFt, 1972 YrBlt, 7-6-17; Previous Sale: $523,000, 07-24-13
10 Crockett Drive, $1,975,000, 5 Bdrms, 3831 SqFt, 1988 YrBlt, 7-11-17; Previous Sale: $895,000, 05-22-98
2133 Donald Drive #9, $460,000, 2 Bdrms, 1224 SqFt, 1963 YrBlt, 7-7-17; Previous Sale: $185,000, 09-28-11

... continued on page D11
Create an outdoor oasis with smaller pools and backyard living spaces
... continued from page D1

Hello Lamorinda!

I have received several phone calls from clients who are considering selling their home in the spring. Now is the perfect time to start laying the groundwork for a successful sale. This is especially true in Lamorinda where the spring market has gotten progressively earlier. It is more important than ever to start making your to-do list now if you want to take advantage of this typically strong early selling market.

I always suggest that sellers spend time de-cluttering and getting rid of things that they no longer use or need. Consider donating your unwanted treasures to deserving local non-profits. Thinning out your possessions shouldn’t be an overwhelming exercise and is a good habit to get into regardless of whether or not you are planning to move.

Now is also the time to start getting quotes, picking finishes and lining up contractors if you plan to make updates to your home prior to selling. Make sure that you consult with your Realtor® throughout this process to ensure that you are making choices that will appeal to current buyers. It is important to make sure that the money you put into upgrades will translate into higher profits upon sale. When the budget for repairs and upgrades is limited, a simple coat of paint can go a long way to brightening up your home.

I also highly recommend sellers pre-inspect their home so there is time to make repairs or disclose any defects before going to market. The home inspector will provide clearly written reports describing the condition of the home and highlighting any areas of concern. If you are not in a position to address the items flagged by the inspector, it may be a good idea to get quotes for their repair and include them in your disclosures.

And finally, take a good look at what your home is worth before you go full speed ahead by seeking the advice of a local Realtor® who understands the nuances of the Lamorinda market. They can help you to evaluate your situations and make sure your expectations are realistic and that a move makes financial sense.

ERIN MARTIN
925.951.3817 direct
erin@erinmartinhomes.com
CalBRE# 0192810

The Broadview Terrace home’s new pool features glass tiles with accents of abalone shells in the design scheme. Hiring a pool designer like Lambert can make choices such as selecting a color scheme much simpler by providing a limited number of options based on their knowledge of the homeowner’s personality and taste.

“Pools today are not like the pools of the past,” Lambert said. “Hiring a designer is the way to go. Pool builders don’t have the training for the overall design and look of a project.”

For years, Garden Lights was designing pools but not building them. To date, they have managed about 30 pool projects in Lamorinda including their newest one in Orinda’s Lost Valley with a natural shape, water feature and glass tile.

In recent years, Lambert has been seeing a desire for larger hot tubs and saltwater pools, which he noted offer several benefits.

“They are better for your skin and it is a giant water softener,” he said.

Another extension of modern pool design is an outdoor kitchen to complement the entertaining vibe of pools. The Barmmer’s kitchen has a mini-refrigerator, cooling drawers, an ice maker and a large grill.

“It brings people together to gather,” Barmmer said. “That was what we wanted.”

For more information on Garden Lights, email office@gardenlightslandscape.com or call (925) 254-4797 or check out www.gardenlightslandscape.com.
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Nestled at the end of a long private and gated driveway is this gorgeous six bedroom three and a half bathroom home in the prestigious Springhill neighborhood of Lafayette. This tastefully remodeled 4,300± sq.ft. home offers spacious light-filled single level living throughout. A second level bonus/media room with adjoining bedroom and bathroom is ideal for guests, an au-pair, extended family or kids. A beautiful and serene outdoor setting is the perfect backdrop for this exceptional estate. . . what a wonderful place to call home!

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Feng Shui
Space clear your student’s study area
By Michele Duffy

The start of a new school year is the perfect time to restore positive feng shui to our living environments, and space clearing – which has the same goal and function of energy management and refreshment – is the perfect place to start.

If your student is a straight-A wiz kid, space clearing will mindfully create a set of renewed intentions for the student’s continued success, with perhaps an intention for better balance between work, self-care, and play this school year. Space clearing also helps clear out the old cobwebs, disappointments, and failures of the past and creates a fresh energetic new start for your student. Think of what needs improvement, what you want to amplify and what you want to minimize with your student. Where our children study matters, and refreshing that space energetically is a great way to help them get off on the right foot in a new school year. Once you have refreshed the space with positive intentions for a fresh start then turn your attention to the more mundane aspects of uplifting the study area.

The most important part of a space clearing ceremony is to create positive intention, calm your heart and mind, and proceed mindfully for best results. The following tips will help your students maintain a healthy relationship to learning, their studies, daily responsibilities, and self-care:

First, where is the study located in your home? If your student studies at a busy thoroughfare, like a kitchen counter or dining room table, consider moving the study area to a more secluded quieter spot, like their bedroom. Creating calm will be more conducive to concentrating and retaining the homework material.

Depending on the age of your student, try to involve them in some of the decisions, including desk type, lighting design, or wall colors in the study room, but remember the goal is to maintain or improve performance, so don’t allow their input to derail the bigger goals.

Try to encourage your student to forego distractions such as TVs, music, and laptops displaying distracting content unrelated to their studies. Unless they actually need their phones or laptops for homework, encourage them to leave them with you till their homework is complete. There is new data noting the negative effects of tech devices on our children’s ability to focus, display empathy, and retain what they have learned, based on total screen time. Most pediatricians will recommend no more than two hours a day of screen time and many of our children exceed that regularly, which can certainly impact their grades.

Next, make sure that where your student is studying is clean, organized and tidy. If it is the bedroom in which they sleep, try to get them into the habit of making the bed and tidying up before they leave for school so when they return home, the study environment is receptive and welcoming.

In the study room take some time to see that everything has a place, and review the functionality of the storage or organization system in place for ways to inexpensively improve and upgrade. Look for ways to keep the study desk itself as clean as possible to aid in concentration and focus.

Where is the placement of the desk? First to place any desk, and especially your students’ desk, in the commanding position so that they are seated facing the door to the room. The commanding position is a recurring feng shui theme. The subliminal message is one receives more support with a solid wall behind your back, like a mountain, and so the feeling of being in the most powerful spot aids whatever tasks we set out to do from that spot. Looking out from the desk into the broadest expanse of the room will also help expand and inspire creative thought. Never place the desk pushed up against a wall. Facing a wall will lead to feeling blocked. Sitting at the desk with one’s back to the door will also adversely affect concentration, if we are jumpy or uncertain about who is entering – another reason for your student to face the door.

... continued on page D10
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Finally, make sure the lighting in the study room is bright and plentiful. It’s also helpful to try and create inspiration with the imagery that surrounds your student. What is currently on the walls? Especially the wall across from where they sit at the desk. Place an inspirational nature scene, a graphic of admirable people or a favorite subject of your student. Students may think more expansively, artistically, and logically with all-important time to rest and daydream, too. Bring life into the space with a few oxygen producing green leafy plants, like jade or fiddle palms, to stimulate the growth and development of your student in their studies this year.

There are plenty of reasons to think about making sure that your study area is compliant when it comes to feng shui. If the room is set up so the student is comfortable, supported and relaxed, it may have a surprising effect on the results. Applying some of these easy-to-do small adjustments will make a significant impact and help to create a more welcoming study environment.

Get back to the basics and have fun creating an inspiring, calming and healthy study space for your student.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional.

To schedule a professional 2017 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.
Lamorinda Home Sales recorded
... continued from page D2

MORAGA ... continued
264 Draeger Drive, $1,564,000, 4 Bdrms, 2790 SqFt, 1971 YrBlt, 7-12-17;
  Previous Sale: $505,000, 12-10-87
13 Kendall Circle, $1,479,000, 4 Bdrms, 2147 SqFt, 2016 YrBlt, 7-5-17
23 Kendall Circle, $1,190,000, 4 Bdrms, 1965 SqFt, 2015 YrBlt, 7-3-17
4 Merrill Drive, $1,830,000, 5 Bdrms, 3132 SqFt, 1986 YrBlt, 7-6-17;
  Previous Sale: $775,000, 07-16-96
139 Miramonte Drive, $785,000, 2 Bdrms, 1742 SqFt, 1965 YrBlt, 7-11-17
1194 Moraga Road, $1,200,000, 4 Bdrms, 1802 SqFt, 1971 YrBlt, 7-17-17;
  Previous Sale: $300,000, 09-09-94
1825 St. Andrews Drive, $1,530,000, 3 Bdrms, 3424 SqFt, 1980 YrBlt, 7-14-17;
  Previous Sale: $931,500, 03-15-12
  
ORINDA
10 Bates Boulevard, $1,275,000, 4 Bdrms, 2030 SqFt, 1956 YrBlt, 7-12-17
411 Camino Sobrante, $1,650,000, 5 Bdrms, 2975 SqFt, 1941 YrBlt, 7-21-17;
  Previous Sale: $900,000, 05-08-97
629 Cross Ridge Terrace, $1,807,000, 4 Bdrms, 3131 SqFt, 1979 YrBlt, 7-7-17
6 Eastwood Drive, $1,600,000, 4 Bdrms, 1862 SqFt, 1961 YrBlt, 7-17-17;
  Previous Sale: $962,500, 07-09-07
77 Estates Drive, $2,540,000, 4 Bdrms, 3548 SqFt, 1976 YrBlt, 7-18-17;
  Previous Sale: $1,405,000, 05-26-10
5 Fleetwood Court, $1,480,000, 4 Bdrms, 2294 SqFt, 1962 YrBlt, 7-14-17;
  Previous Sale: $63,000, 08-19-76
8 Harran Circle, $1,725,000, 3 Bdrms, 2419 SqFt, 1955 YrBlt, 7-24-17;
  Previous Sale: $692,000, 03-31-00
86 Hillcrest Drive, $1,770,000, 5 Bdrms, 2625 SqFt, 1952 YrBlt, 7-24-17;
  Previous Sale: $550,000, 09-19-02
153 Ivy Drive, $1,035,000, 3 Bdrms, 1875 SqFt, 1955 YrBlt, 7-12-17
22 Ivy Drive, $1,250,000, 3 Bdrms, 1862 SqFt, 1954 YrBlt, 7-12-17;
  Previous Sale: $796,000, 04-04-03
12 La Cintilla, $1,375,000, 3 Bdrms, 3423 SqFt, 1939 YrBlt, 7-12-17;
  Previous Sale: $425,000, 12-14-84
85 La Encinal, $1,005,000, 2 Bdrms, 1278 SqFt, 1951 YrBlt, 7-10-17;
  Previous Sale: $700,000, 06-23-09
10 Las Palomas, $2,450,000, 5 Bdrms, 3832 SqFt, 1939 YrBlt, 7-19-17;
  Previous Sale: $2,283,000, 12-15-15
48 Michael Lane, $2,050,000, 4 Bdrms, 3788 SqFt, 1977 YrBlt, 7-11-17;
  Previous Sale: $470,000, 11-07-97
731 Miner Road, $3,250,000, 6 Bdrms, 5185 SqFt, 1950 YrBlt, 7-19-17;
  Previous Sale: $1,350,000, 02-28-14
47 Mira Loma Road, $910,000, 3 Bdrms, 1440 SqFt, 1959 YrBlt, 7-13-17
11 Orchard Road, $1,782,000, 4 Bdrms, 2788 SqFt, 1940 YrBlt, 7-14-17;
  Previous Sale: $1,232,000, 04-10-12
69 Sleepy Hollow Lane, $1,850,000, 4 Bdrms, 2144 SqFt, 1950 YrBlt, 7-12-17
29 Tappan Lane, $1,625,000, 4 Bdrms, 2227 SqFt, 1956 YrBlt, 7-14-17
73 Tara Road, $1,560,000, 3 Bdrms, 1946 SqFt, 1958 YrBlt, 7-7-17

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Cynthia Brian

Dancing Naked Ladies and strutting wildlife

By Cynthia Brian

“Those who danced were thought insane by those who could not hear the music.” ~ Unknown

Digging Deep with Cynthia Brian

Can you hear the music? Or are you insane?

Dancing in the breeze, Naked Ladies are South African natives in the Amaryllis belladonna family with bare, unadorned stems that turn their faces to the sunshine. The long straight necks and the perfect pink throats of the Naked Ladies brighten every late summer landscape. In our climate they bloom at the same time as agapanthus, making for a lovely yin yang interaction of pinks and blues. When little else is blooming in the blazing summer sun, and the deer have dined on garden delicacies, the toxic bulbs of Naked Ladies can always be counted on to put on a brilliant ballet.

In winter and spring the bulbs grow leaves that are glossy and spear shaped, often mistaken for agapanthus. By summer the leaves have died back and only the heads of the bulbs can be seen. Miraculously one morning you’ll walk into your garden to witness a sprouted leafless stem, soon followed by a pretty pink face. Naked Ladies will bloom for four to six weeks, swaying to the music of the wind. As soon as the blooms fade, cut the stalk back to the ground. Since the plant is now dormant, this is the time to divide the clumps to replant bulbs wherever you want a patch of Naked Ladies for the next year. If you scatter the fresh seeds from the dried flowers, they may germinate in as little as two weeks, but will take as many as six years to flower.

Naked Ladies are not fussy at all. They can be planted in gravel, dirt, or enriched soil as long as they are planted in the sunshine. They will last for many years with little to no care. Once established they require minimal water, thus they are a great flowering solution to drought inclined climates. A single bulb will multiply into a clump of bulbs, yet the clumps don’t travel far. When the clumps are bare, they resemble a turtle’s back. It is best to plant in groups. If you plant in rows, they will remain in rows until you transplant the bulbs elsewhere. Amaryllis belladonna are also spectacular long-lasting cut flowers.

Naked Ladies are not the only specimens strutting their stuff in our yards. Raccoons, deer, skunks, coyotes, squirrels and turkeys are in unafraid abundance this August. As I approached my home driving from work, a family of three deer polished off my gladioli on my driveway. I see them daily roaming the neighborhood munching on every edible while coyotes provide a nightly chorus of howling from the hills. Outside my back door, a skunk sniffed away empty handed than a huge raccoon pranced onto the patio, also seeking dinner. Both nocturnal creatures are gorgeous to admire from behind glass but are not to be approached as they dance in the dark. (I snapped photos instead.) Make sure to remove any pet food from outside and tighten garbage can lids to avert their nightly invasions. The squirrels have been ravaging the grapevines. The grapes are not quite ripe but are certainly sweet and delicious to those bushy tailed rodents. Since I can’t control the parade of turkeys flying into my garden, I’ve learned to admire their dances. Sometimes two or more families with two-dozen chicks will trot across the plot, scratching, clucking, yelping, purring and gobbling. My reward for allowing them into my space is a collection of beautiful feathers to adorn my creations.

Take a peak outside and listen to the music. Nature is dancing.

“Great dancers are not great because of their technique – they are great because of their passion.” ~ Martha Graham

... continued on next page
A cluster of dancing deep pink Naked Ladies.

A clump of Naked Lady bulbs with stems shooting up.

**Back-to-School Shopping** the entire family can enjoy!

It’s a great time to buy and sell in Lamorinda.

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Cynthia Brian’s Mid-Month Gardening Guide

MOSQUITO WATCH: Did you know that mosquitoes are the most deadly creatures on the planet? Except for Maine, West Nile Virus transmitted by mosquitoes has been reported in all the states of the continental United States. Zika is the most recent mosquito-borne disease to infect humans and cause birth defects. In Asia, Japanese encephalitis is deadly and malaria has been a global killer for centuries. As vectors for diseases they also transmit dengue fever, chikungunya, and dog heartworm. Mosquitoes are attracted to carbon dioxide. People with high metabolisms create more CO2 and attract more mosquitoes. What can you do to keep these pesky, biting, disease-filled flyers away?

- Empty all standing water from any vessel.
- Add mosquito dunks to ponds or fountains. Vector Control gives free mosquito fish to pond owners. Call (925) 771-6192.
- Apply DEET to all exposed skin. The Centers for Disease Control and Prevention indicate that oil of lemon eucalyptus can be as effective as low doses of DEET, however, it needs to be reapplied every 15 to 20 minutes.
- Sunscreen-repellent combinations are not as effective and are not recommended.
- Repellent clothing such as Insect Shield is worthwhile. (www.insectshield.com)

If you are planning a trip and you’d like to know how to protect yourself from these pests visit the Centers for Disease Control and Prevention’s Traveler Health page. https://wwwnc.cdc.gov/travel... continued on next page
PINCH back annuals and perennials to increase continual blooms until winter.

DEADHEAD roses and dahlias.

HANG a basket of yellow and red petunias on your patio for instant dazzle.

PHOTOGRAPH the crape myrtle trees that are in their full flush of blooms this month.

DEEP-SOAK redwood and magnolia trees, especially during hot weather.

CALL Vector Control before 7 a.m. Monday through Friday at (925) 771-6192 if you trap or need to trap a skunk. Along with rats, voles, moles, gophers and raccoons, skunks are in abundance this year. Vector Control can advise you about all of these creatures but it only offers removal services for skunks and yellow jackets.

Happy Gardening and Happy Growing!


Hanging basket of yellow striped and red petunias add dazzle to the field of daisies.
### New Listings

**1 Hidden Lane**  
Sleepy Hollow home - custom built by original owner of quality craftsmanship. Lovely view setting. Vaulted ceilings, large windows and patio doors lead to private setting of spectacular sunset views.  
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**136 Manzanita Drive**  
$2,395,000

**10 Winding Lane**  
A setting like no other. A tasteful estate situated up a winding lane of 8.6 acres. 3 main structures of apx. 23,422 sq.ft. with Main Residence, Carriage House & Sports Complex. Handcrafted features.  
$16,500,000

**5 Hilary Way**  
Beautiful apx. 2854 sq. ft. home, 3 bedrooms, 2 baths. Highlights include updated kitchen with stainless appliances. Close to elementary school and Rim Trail.  
$1,649,000

**15 Tia Place**  
Spacious 4 bedroom, 2.5 bath home on cul-de-sac. Great location near schools and park.  
$1,195,000

**3094 Hedaro Court**  
Totally updated top quality 4 bedroom, 2 bath, 2579 sq ft home with dual panes, Carrera marble kitchen/baths, open floor plan. Level lot, small court. Great entertaining inside & out!  
$1,298,000

**50 Orchard Road**  
Fabulous 1930’s Hacienda style with exquisite charm! Pool, spa, putting green and garden inside central courtyard. Updated kitchen with wine cellar, media room, and private master suite.  
$2,095,000

**3176 Surmont Drive**  
Casual, elegant and inspired by Mid-Century Mountain home design, this amazing property has a 2642 sqft, 4 bedroom, 2 1/2 bath residence, plus spacious decks and patios, pool, spa and fabulous outdoor pavilion.  
$1,295,000

**3015 Happy Valley Road**  
Rare opportunity to own elegant French Country home in prestigious Happy Valley. Classic 2 story, apx. 6,011 sq.ft., 5 beds, 5.5 baths, flat .97 acre, saltwater infinity-edge pool/spa, outsd kitchen & pergola.  
$4,895,000

**18 Toledo Court**  
Great Happy Valley neighborhood! .94 acre private setting at end of cul-de-sac with level yard, 2 tennis courts. High ceiling, walls of glass, large living & dining rms, kitchen opens to family rm, bonus rm. Top schools.  
$1,950,000

**212 Dorchester Lane**  
Incredible setting in Stonegate w/ stunning views of Diablo Foothills Regional Park. Updates throughout! Gorgeous kitchen! Spacious master suite on main level! Vaulted ceilings, hardwood floors & more!  
$2,195,000

**127 Lawnview Circle**  
$699,000