Tots search for treats at Halloween event

By Sora O'Doherty

The afternoon of Oct. 25 was sunny and bright, the tooth fairy wore a gown of blue with a sparkling tiara, and led a sizeable contingent of tots around Orinda Community Park, with stops to collect treats offered by Orinda Parks and Rec folks, including one dressed as the tooth fairy. Families got into the Halloween spirit by showing up in coordinated costumes. A young girl in a Heidi costume was accompanied by her mother in alpine costume, her father, dressed as a cow. There were several young girls in Frozen costumes, some superheroes and interesting animals from sheep to frogs to dinosaurs. There were even some vegetables, including a green avocado. There were little police officers, firefighters, and construction workers. No donuts were observed in the crowd.

Judge sides with Save Lafayette Trees on CEQA appeal

By Pippa Fisher

Superior Court’s previous dismissal of the case. The court now must rule on whether the city of Lafayette failed to comply with the California Environmental Quality Act.

The appeals court upheld the Superior Court’s previous dismissal of the city’s claim concerning CEQA had been served within the proper timeframe. As such, the trial court now will have to consider whether the parties have satisfied the CEQA, and whether the city did nothing to comply with CEQA, we are confident that the superior court will now rule that the city violated CEQA. Once the court makes that ruling, it will set aside the city’s tree removal agreement with PG&E.

PG&E spokesperson Jeff Smith says the utility is in the process of analyzing the court’s decision. “It is premature to declare this ruling as a victory for the city of Lafayette or against either party involved in the litigation,” he said.

Meanwhile, PG&E’s spokesperson has appeared at exposed pipeline locations and the company says they will be replacing approximately 150 feet of pipeline, with work starting in mid-November and taking about six weeks to complete.

Gina Dawson, co-founder of Save Lafayette Trees, credits community engagement with bringing about this agreement. "That being said, their latest activities, pipeline signage and positive approach to addressing the exposed pipeline, are surface issues. We’d like to know that PG&E is addressing the strength and long-term viability of the lines – which will entail deeper inspection.""
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Ob-la-di, ob-la-da … Town Hall celebrates 50 years since Beatles’ White Album release
By Pippa Fisher

This year marks another notable 50th anniversary – in the same year that Lafayette became a city, a Liverpudlian band of some fame released The White Album. And Lafayette’s Town Hall Theatre will be celebrating that release in authentic Beatles-style on Nov. 2 and 3 with concerts put on by the Sun Kings, the much-loved Bay Area Beatles tribute band.

Town Hall Theatre board Vice President Tom Stack is excited. The Sun Kings opened the Music and Comedy Series for which Stack is responsible, in its very first show back in 2010. “This will be one of our greatest shows,” says Stack, his enthusiasm evident.

Stack explains that the first show on Friday, Nov. 2 will be an evening with the Sun Kings playing the very best of the Beatles. “Lots of hits, including some songs from The White Album,” he says. At the time of writing some tickets were still available.

However it is the sold out show on Saturday, Nov. 3 that Stack is most excited about. He explains that the Sun Kings will be playing the entire White Album through in order for 90 minutes.

The event will be much more than just a regular concert – there is a White Album-themed costume contest for starters.

Trick-or-Treat Street at Fiesta Square

Who knew City Clerk Joanne Robbins is related to royalty? Both Robbins and the princess were taking part in the Lafayette Chamber of Commerce-sponsored Trick-or-Treat Street in Fiesta Square Oct. 26. Photos Pippa Fisher

It was very crowded as the ghouls and goblins made their way from shop to shop gathering candy. – P. Fisher

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Moraga, CA

By Vera Kochan

Bollinger Valley Project temporarily on the shelf

By Vera Kochan

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Moraga keeps Contra Costa County Animal Services busy

By Vera Kochan

Countywide, Moraga represents 1.6 percent of the Contra Costa County Animal Services' total service area and uses 0.98 per capita costs to the town.

Steve Banks, media and community relations manager for CCAS, delivered an update presentation during the Oct. 24 Moraga Town Council meeting outlining many of the services CCAS provides to the area. According to Banks, CCAS protects public health and safety by enforcing animal ordinances, uses rabies control measures, runs field patrols and responds to dead animal impounds. The animal services department also encourages and coordinates adoptions and is involved in the transfer and intake of animals, providing daily care in facilities, transfer and intake of animals, adoptions and is involved in the reservation during unloading of animals due to continuous population growth (including volume of animals due to concentrated pet population growth). CCAS focuses on the importance of getting pets licensed. An updated processing system and an increase in staff are tasked with balancing life saving (animals biting humans) and noise ordinance investigations (animals biting humans; not to mention enforcing, etc.)

CCAS response times coincide with priority levels ranging from one to five with Priority 1 having the response time of no more than two hours and Priority 5, five days. Of 52 dispatches to Moraga, 23 of them ranked Priority 1; two ranked Priority 2 (12 hours) and seven priorities were Priority 3 (24 hours). Banks stressed, “It must be taken into consideration that a crew is dispatched from Martinez. Unless the crew happens to be in the near vicinity of a call, a two hour response time for a Priority 1 is standard for Moraga.”

Volunteers are needed at the Moraga Barn. CCAS encourages pet adoption, field work, medical procedures, shelters and adoptions. For any questions call the CCAS website: ccasd.org.

Summary of animal activities and actions in 2017

<table>
<thead>
<tr>
<th>Species</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deer</td>
<td>119</td>
</tr>
<tr>
<td>Bird</td>
<td>43</td>
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<tr>
<td>Cat</td>
<td>15</td>
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<td>Skunk</td>
<td>7</td>
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<td>Bat</td>
<td>2</td>
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<tr>
<td>Opossum</td>
<td>2</td>
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<tr>
<td>Coyote</td>
<td>1</td>
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<tr>
<td>Guinea pig</td>
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</tr>
<tr>
<td>Squirrel</td>
<td>1</td>
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Moraga’s storm drain maintenance preparations

By Vera Kochan

A storm is season approach- ing, and this is no time to be complacent. A Storm Drain Operations and Maintenance Program presentation during the Oct. 24 town council meeting. Edic Kwan, Moraga’s public works director, stressed the importance of taking preventive measures to ensure minimal future costs to the town.

Moraga has a storm drain system involving 27 miles of pipe and 2,000-related structures. These un- plated facilities are 40-60 years old and have undergone very limited maintenance. Storm sewers, seep and water mains, not to men- tion underground electrical phone and gas lines, operate in a complex network beneath the town.

In order to repair and maintain this system, proactive steps have been taken and will be continued. Video inspections perform condition as- sessments and identify maintain- ance repairs to prolong pipe life. To remove existing sediment and debris (small rocks and trash) vacuum trucks clear out pipes before localized flooding problems can occur.
that the city had only five years in California Government Code section to accept the easement. A few days mously to rescind its previous re- of 53 Rheem Blvd., the Orinda City having failed to do so, the easement disagreement with Scheg’s arguments. DeSpain’s attorney on Oct. 24. She attorney Osa Wolff responded to the... would to connect to Parkway Court. vide access to the creek or its banks...tation of our lives.”

Residents were served refresh-ments and asked what chang-their wish list for ConnectOrinda, the city of Orinda’s Downtown Streetscape Master Plan project. Participants took time to write suggestions on a large map provided, and Plan-ed the tree, agreeing that it could cause major damage and expense if it fell. Fierner contacted PG&E, and, through his diligent interven-tion, made the company realize that the expense of removing the tree was far less than repairing the damage it might cause if it fell. Director of Public Works Larry Thies introduced Fierner, speaking about how he goes out of the way, beyond the normal, to serve the people of Orinda, and how much he enjoyed working with him. “You put on the most smiles in the city,” Thies said. “I love the city of Orinda. When I wake up in the morning, its not like I’m going to work. I like to hit the ground run-ning, I get to talk to all kinds of pe-ople. What I try to do 99 percent of the time is to meet people in person. Sometimes they love me, and sometimes they hate me, but nine times out of 10 they walk away sat-isfied” after a face-to-face meeting.

Council member Dean Orr praised Fierner as “the coolest, calmest, most collected individu-al” who deals with whatever di-sturbances beset the city, such as the Miner Road stump. Mayor Amy Worth added that she and Fierner were the first people on the scene when that stump exploded in Jan-uary 2017. Council member Eve Fierner said that Fierner “gets to work at all the worst times” and Mayor Ingrid Miller praised his work on the problems encountered on Orchard Road during the East Bay Municipal Utility District pipe repairs in the summer of 2017.

Following a special meeting of the city council on Oct. 23 to con-sider, in closed session, the filing of an application by the Defulant, city at-orney Osa Wolff responded to the Defulant’s attorney on Oct. 24. She disagreed with Scheg’s arguments. She pointed out that the creek is private, not public, and that the tree’s work on the city. “On any day,” the city manager said, praised Fierner as “the coolest, calmest, most collected individu-al,” who deals with whatever di-sturbances beset the city, such as the Miner Road stump. Mayor Amy Worth added that she and Fierner were the first people on the scene when that stump exploded in January 2017. Council member Eve Fierner said that Fierner “gets to work at all the worst times” and Mayor Ingrid Miller praised his work on the problems encountered on Orchard Road during the East Bay Municipal Utility District pipe repairs in the summer of 2017.

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Sarah Aoki, right, passes out flyers for the new Teen Center.

Advisory Council.

In the long-term goal of the Orinda Teen Center, located in the same facility that earlier in the day hosted Kindergartners, "I guess it is a case of, ‘If you build it, they will come,'” he mused. The project had been a success; the center was busy with teens lounging on the large bean bag chairs, playing various games, or just relaxing and chatting. Some brought in food, others availed of the snacks and drinks provided by the center.

Stearns said that OTAC has obtained supplies and equipment to create a place for students from middle school and high school to hang out after school. The center will be open from Monday through Thursday from 3:30 to 5:30 p.m. for now, until the level of interest can be evaluated.

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Lafayette residential occupancy fire inspections nearly complete

By Nick Marnell

ConFire's Chief Aubert tested the fire department connection.

The Contra Costa County Fire Protection District made several changes to its fire prevention bureau in order to catch up on past due fire inspections and Fire Chief Jeff Carman has announced that all mandated residential occupancy inspections will have been completed by the end of the year.

Schools and residential occupancies with three or more dwelling units are subject to mandatory annual fire inspections. The district fell behind with its inspections after the recession due to budget cuts and the inability to hire qualified personnel and, according to ConFire, Carman had to prioritize the inspections, doing those that could cause the largest loss of life and property first, such as residential care homes.

With improved finances and a sharper focus on the lagged inspections program, he hired five new fire inspectors in the summer and reassigned two inspectors from other fields to help out with the backlog, it also stopped assigning temporary on-call inspectors and the district also added a temporary fire inspector.

The largest staff ConFire has ever had, ConFire had to complete its inspections of the 11 Lafayette education facilities in June and to tackle the inspections of the cr's residential structures.

A random review of Lafayette fire inspection reports, from a document on Bickstaff Street to the iconic Lafayette Park Hotel, showed the most common violations included failure to service fire extinguishers, improper sprinkler systems and test fire hydrants. Fire resources have been prepositioned on task for completions by Dec. 31. Not wanting to lose immediate occupancy, some home owners managed, as did the building manager, to inspect the fire alarm control panel, while the building owner likely would probably never think twice about it.

The Contra Costa County Fire Protection District has completed 48 out of 533 inspections of the 11 Lafayette education facilities, according to Abert, as did the building manager, to inspect the fire alarm control panel, while the building owner likely would probably never think twice about it.

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"Our job is to educate the proper owners and managers. They aren't trained in any of this," Carman said.

In October, ConFire received the departure of its fire marshal, who had assumed the job during the summer. In its place, the department's fire prevention captain, Steve Aubert, assumed the role.

"We are not allowed to go into private areas," said Aubert, as he inspected the interior areas, corridors, hallways and elevators. He found that the fire extinguisher was not stapled as tested. The rated dates were inspected for air smoke seals. The elevators which must not only close but latch to stop smoke and fire from spreading into corridors and closets. "We installed new hallway carpet with a higher pile so the fire doors were not completely closed on their own," said Nick Bo- bert, Lafayette Fire Protection District's chief fire prevention captain. "The doors were closed and the doors close properly," he said.

Fire Prevention Capt. Steve Aubert conducted an inspection of a Lafayette apartment complex. "We don't schedule those visits. You have to see things on their worst day," he said.

Aubert first checked that the fire alarm system was working. He saw the smoke detector was working, the fire extinguisher was working. He looked at the fire alarm control panel – the controlling component that makes sure all systems are working. "Our job is to educate the proper owners and managers. They aren't trained in any of this," Carman said.

"It isn't something we have to do every day," said Aubert. "We want to go into private areas." Aubert said, as he inspected the fire alarm control panel, floors, hallways and elevators. He found that the fire extinguisher was not stapled as tested. The rated dates were inspected for air smoke seals. The elevators which must not only close but latch to stop smoke and fire from spreading into corridors and closets. "We installed new hallway carpet with a higher pile so the fire doors were not completely closed on their own," said Nick Bo- bert, Lafayette Fire Protection District's chief fire prevention captain. "The doors were closed and the doors close properly," he said.

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Poppies for Veterans Day raise much needed funds

By Sara O’Doherty

Veterans Day will be commemorated this year on Sunday, Nov. 11. On the weekend before that, and on the day itself, vet-

eran poppies will be distributed in remembrance of those who served and those who lost, according to Terry Murphy, senior vice commander and service officer of Veterans of Foreign Wars Post 8063 and com-
nander of VFW District 15, which consists of 18 posts in three coun-
ties. Poppies will be distributed at the U.S., Canada, England, Hol-

day, France, Australia and New

Zealand as well as other countries, said Murphy, who spoke during the public forum at the Oct. 16 Orinda City Council meeting.

Donations to the VFW are re-

stricted by their charter and bylaws

for community pipeline safety.

The CPUC up on their commit-

ment on making the downtown

retail. The attacks on the Planning Commissioners and the City Manager are an attack on us and the voters who elected us. We hired City Manager Steve, should be trusted with discretion. We support Teresa Gerringer and Karen Maggio, who are positive, proactive hard-working volunteers who serve on our council and represent their constituents.

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and enhancing fire safety, being fireground running. His goals include, Why, oh why if these people do not love Lafayette community in many ways, for many years. We are so fortunate to live in this space available basis. Visit www.lamorindaweekly.com for submission guidelines. If you live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters should be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. Visit www.lamorindaweekly.com for submission guidelines.

I heartily endorse Steve Dunger for Moraga-Orinda Fire District 3. It is my honor to be serving on my son’s team of 16 years and to like his personal and professional attributes as “a group that provides women in underserved communities, including ensuring state resources and children are dryer than you would have no reason to time after time. When the Administration of Steve Woehleke for council. He has the temperament and expertise to set the right priorities, taking into account sound management of local resources and physical assets while keeping in mind the quality of life we enjoy. Steve has demonstrated extraordinary leadership and business skills to the table. Steve supports local businesses focused on critical issues facing local residents and farmers to the need for the future. The stewards platform says it best, ‘Better decisions for Moraga-Orinda.’ Please join Marianne and me and vote for Steve Woehleke for Moraga-Orinda Board of Directors: Steve Hirsch, Mike McKee

Susan Candell and Ivy Samson for Lafayette City Council

As we are fortunate to live in this small tightknit community where volunteers are the name of the game, we have at least one. Most of the candidates running for City Council have served our community in many ways, for many years. Steve Woehleke for council. I am writing to strenuously and enthusiastically endorse Steve Dunger for the Moraga-Orinda Fire District 3, in District 3, I urge you to vote for Steve Dunger on or before November 6th.

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PaperBox Bread & Pastry, owned by Campo of "Thomcord" grapes?) as well as cooks, or unique grape growers (have you heard new vendors such as mushroom producers Evan Ting in front of his farmers' market stand, PaperBox Pastry. Photo Sophie Braccini

By Sophie Braccini

Jill Keimach Photo provided

By Nick Marnell

Former Moraga town manager cleared of wrongdoing

Wednesday, Oct. 31, 2018
www.lamorindaweekly.com 925-377-0977
LAMORINDA WEEKLY Page: A11

Former Moraga town manager cleared of wrongdoing

By Nick Marnell

By Nick Marnell

Attorney's Office following a six-month investigation into the levering of certain criminal conduct. The

communications for the purpose of

obtaining evidence reasonably be-

lieved to relate to the commission of

a particular crime. The

DA investigation concluded that

Keimach did not break any laws,

having had a reasonable belief that

her cell phone without consent

she taped the meeting on

her, she taped the meeting on

Keimach's s saga began in July

of the parties. The DA investiga-

tion concluded that neither Oddie

nor Vella committed any criminal

acts. She was referred to a profes-

sional price but am relieved and

fearful examination of all the facts

the DA did not break any laws, and

the selection, asserted that

in this case and concluding that I

Consider it and concluding that the

Keimach to discuss the selec-

tion process. Ting works with the farmers' market

polindo High School in 2008, Ting worked at

Metro Lafayette while he was still in school.

Two Alameda city council members, Jim Oddie and Malia Vella, while Keimach was

in this case and concluding that I

had a reasonable belief that

matters might try to pressure

had a reasonable belief that

Attorney's Office for its

considering all of the circumstances.

was put on administrative leave in

October, and she was mum about

is illegal in California to re-

cord a conversation without permis-

sion. Many of the clients are already aficionados who be-

come quickly addicted to the cream puffs,

macarons, stuffed English muffins, chocolate chip cookies, Pâtes de Fruit (a centuries old

French candy recipe made with fruit, no pres-

ervatives or artificial flavors, and more).

Each week the selection changes

cause Ting works with the farmers’ market

fruit vendor in season. In the fall, he will have Meyer

lemon and strawberry macarons, and peach,

Thomcord pears or apple and fig danishes.

Says that the vendors know each other all the

time, taste each other’s produce and con-

fections, and create synergies.

In the means, Joan Magalhaes, a longtime Moraga resident, comes by for a

weekly treat. The well-traveled man who has

served specialties all over the world and has

visited the best of the Bay Area’s restaurants

has become appreciative of Ting and always

gets something at his booth every Sunday. The
day the reporter was there, Magalhaos rode the paito of fruits.

In the meantime, Joan Magalhaes said that Ting was not interested in the chocolate chip cookie. That is what the Moraga vice mayor likes best, she added that these are the best ever she had.

Ting shares a little of his secret, explaining that the small chunks of bittersweet Guittard milk chocolate and add a tiny amount of salt on top magnify the sweetness.

If the weather is warm, Ting’s wife can be seen at the market with their young child on her lap. She explains that she works during

the week for Facebook’s catering, while

takes care of their child and the bus-

ness. “This is what I was born to do,” says

Ting.

PaperBox Bread & Pastry can be found at Moraga Farmers’ Market every Sun-

day between 9 a.m. and 1 p.m. More pictures can be found at www.instagram.com/paper-

boxpastry/

Jill Keimach, the former Moraga

town manager, was exonerated

by the Alameda County District

Attorney’s Office of “Thomcord”

grapes? as well as cooks, or unique grape growers (have you heard new vendors such as mushroom producers

Ting worked at different restaurants after graduating, including the prestigious French Laundry, then decided that he wanted to

try his hand at entrepreneurship and launched PaperBox Bread & Pastry last spring at the Moraga Farmers’ Market. On a typical Sunday morning the lines form quickly in front of Ting’s white tent. Some are curious newcomers attracted by the seductive but still natural looking confections and pastries on display. Many of the clients are already aficionados who become quickly addicted to the cream puffs, macarons, stuffed English muffins, chocolate chip cookies, Pãtes de Fruit (a centuries old French candy recipe made with fruit, no preservatives or artificial flavors, and more).

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ing the last financial crisis and, as in helping lead the district during the utmost integrity and always trust, Chris always acted with trust.

I attended Candidates Night and solidified my support for Ivor Samson. I've worked hard for this community and Governor Brown publicly announced that he's... continued on Page A14...
Moraga’s storm drains

...continued from Page A5

Pipes with holes can be lined with trenchless technologies like Cured-In-Place Pipe, or CIPP. Any corroded bottoms will have invert resurfaced with concrete to maintain water flow. Finally, buckled pipes can be spot repaired by removing and replacing sections of the damaged pipes. Inspections (through manholes, inlets, outfalls, etc.) and closed-circuit television videos of pipeline are expected to be complete in five years. The next step would be to prioritize the maintenance repairs.

At this point in time, Moraga’s Storm Drain Operation and Maintenance Program is fully funded. The program’s elements of video inspection, sediment/debris removal, technical assistance, maintenance repair and asset management software comes to $254,400. Project costs for 2019 are $170,000. Any costs to continue the program into the future remain at a steady $170,000. Preventative maintenance, in the long run, is cost effective.
I'm voting for Teresa Gerringer for Lafayette City Council. Before Election Season started, I didn't know much or had heard of most of the candidates. But after attern...
The 2018 election for the directorships of three Moraga-Orinda Fire District divisions features not only the most expensive district campaigns ever run but also lays claim to the nastiest, with the degree of campaign vitriol rarely seen in the 21-year history of the district.

According to the Contra Costa County Elections Division, through the third week of October candidates Greg Baitx, Steve Danziger and Michael Donner have received more than $26,000 in campaign contributions, with $1,000 for each coming from the local firefighters union and $21,000 from the California Firefighters Political Action Committee in Sacramento - $8,000 for Danziger, $7,000 for Donner and $6,000 for Baitx.

Candidates Nathan Bell, Red Smith and Lucy Talbot have raised more than $13,000 through loans and contributions, mostly from individuals, including current MOFD board member Craig Jorgens and Orinda firefighter Steve Cohn. The three candidates’ individual totals fall within $800 of each other. Division 3 incumbent Steve Anderson reports no campaign contributions. (Full disclosure: this media outlet has benefitted from the campaign spending.)

The ads themselves are fairly straightforward, but the vitriol stems from the 21st century version of the old town-hall social media. Many of the social media comments denounced the union-backed candidates, who were pegged as out to take over MOFD in order to spend more of the district budget on firefighter salaries. The concept of union-backed candidates, or firefighters themselves, sitting on the board was blasted as a major conflict of interest.

Comments bashing the non-union-backed candidates painted them as uninformed and dispassionate. They were skewered as investment managers who intended to put public employees in their place and treat them as nothing more than an investment portfolio, and were labeled as clueless of the firefighting profession.

For their part, the local firefighters have avoided the negativity. “We’re staying above the fray and we refuse to disparage our opponents,” said Capt. Lucas Lambert, MOFD union representative. “Our mission remains the same: the dedication to serve the community and the public.” But if this local race follows the pattern of major national and regional elections, with a week to go and three of the five MOFD board seats up for election, the best – or worst – may be yet to come.

Shelter-in-Place... continued from Page A4

4) Turn on your AM radio to KCBS 740 to get official updated information and;
5) Stay off the telephone. Contra Costa County has a telephone ring-down system that will begin calling numbers in the impacted area. Do not call 911 to get more information. Only call 911 in a life-threatening emergency. Overloaded phone circuits can prevent actual emergency calls from getting through.

County officials will announce the All Clear via the news media, so residents are advised to monitor radio stations, such as KCBS 740. Since the sirens were not designed to be heard indoors, there is no separate safety siren signal for All Clear. The county will reactivate its telephone ring-down and call impacted areas with the All Clear message.

After the All Clear is announced the health department recommends opening doors and windows to air out your building.

For safety alerts in Moraga sign up at www.nixle.com. For more information about Shelter-in-Place, visit www.cococaer.org.
Stack urges concertgoers to come dressed as a favorite character from the album. “Do some research … go for a drive and listen to the album right through to inspiration,” says Stack, who wants people to really get into the event.

Local celebrity judges include lead guitarist for Night Ranger, Brad Gillis, VP of licensing for the Beatles, Steve Senk; and the Sun King’s Drew Harrison. Everyone gets a signed poster. The lobby of the theater will be decorated. With a nod to “Back in the USSR” the house lighting will be a White Russian. And 40 lucky people will attend the “White Circle” before the show, which will include champagne and appetizer reception, and a panel discussion with members of the Sun Kings.

If Stack’s role in the evening is the celebratory production, for the Sun Kings it is all about the music.

Harrison, who delivers the Lennon vocals and plays lead guitar with the Sun Kings, says the White Album might be his favorite Beatles record. “Great lyric, melodies and rock and roll,” he says. He explains how the Beatles addressed the lives of so many growing up at that time. “Liverpool was bombed and depressed but they (the Beatles) saw opportunity. The world shaped them and they shaped the world,” he says, explaining that the Beatles were a bright spot. “Their message was that we’ll be OK. The key for them was to make things better.”

In fact, Harrison has just performed his solo “In the Spirit of Lennon” show at the Cavern in Liverpool, where the Beatles got their start, in what was surely a forerunner to their shows.

Along with Harrison, the Sun Kings is comprised of Scott Southard, who takes the Paul McCartney vocals and plays bass, guitar and piano, Bruce Coe who does the George Harrison vocals and plays guitar and piano, Steve Scarpelli (Ringo) on drums, percussion and vocals, and Michael Barrett on keyboards, orchestrations, guitar, percussion, harmonica and vocals. They have had this lineup for two years but have been around as a band for 18 years. Although they each lean toward a particular Beatles member, they are not a caricature band. They do build lots of story telling into their shows.

Harrison is looking forward to a fun party celebrating this 50th anniversary and echoes Stack’s enthusiasm for dressing as a White Album character. “There’s plenty to choose from – Bungalow Bill, Rockey Raccoon, Sexy Sadie, Deomond and Molly Jones, Chairman Mao for a start.”

“Life is a participation sport,” says Stack. “Play along – it’s really fun.”
Commuting with nature in the outdoor classroom

By John T. Miller

The 35-acre Twin Canyon Girl Scout Camp in Lafayette at the end of Springhill Road that borders Briones Regional Park for its classroom, Wild Oak Talaksan, a nonprofit home school enrichment program, offers a unique approach to education.

Formerly Singing Stones School, a Waldorf Education situated in Walnut Creek, the group moved to the Lafayette location earlier this year and is currently completing its first 12-week session. Wild Oak rents the space out of the Girl Scouts for their three days of classes, and occasionally hosts other community events, such as film screenings and campouts.

Classes are conducted using various campsgrounds, picnic areas and other sites nestled in the hillsides. “We conduct education outdoors, rather than calling ourselves outdoor education,” says Kate Newkirk, Business Manager at Wild Oak.

Local Grades Teacher Meryn Gruhn Di Tullio reinforces the concept of using the outdoors, saying: “Something magical happens in nature that can’t happen within four walls. Being backed against the wall and being trapped in a corner makes walls. Being backed against the wall and being trapped in a corner makes a comforting sense of time and structure. The predictability of knowing ‘what comes next’ allows children to be fully present in the moment.”

Lead Forest Kindergarten teacher Andrea Hctor, who spent most of her childhood exploring the hills around Martinez, has a master’s degree in early childhood education and environmental education, specializing in garden-based learning. Her website states she “combines her passion for Waldorf principles and her love of providing outdoor experiences for young children where they can explore the natural world in its entirety.”

Gruhn Di Tullio holds an associate degree in international relations and a Bachelor of Fine Arts degree and is a multifaceted artist. Her passion is in creating engaging, experiential curriculum, and the interconnection to nature.

While its emphasis for seven years previous as Singing Stones School was as a Waldorf School, the Wild Oak curriculum employs many different educational philosophies including Montessori – in addition to the teachings of Rudolf Steiner.

Classes meet on Tuesdays, Wednesdays and Thursdays from 9 a.m. until 1 p.m. for kindergarteners, and until 1:30 p.m. for Grades. Extension is available until 3 p.m. each day, with handwork, art, and journaling offered. Students can choose to enroll in one, two, or three days.

The Grades Kindergarten hikes to various sites in Briones on Tuesdays and Wednesdays where they engage in nature play, have snacks, and hike back for lunch outdoors.

On Thursdays they chop veggies, make soup, and do other projects. Gruhn Di Tullio says, “It promotes inclusivity and a sense of belonging, eating together is an important part of our curriculum.”

The Grades program covers math on Tuesdays, science on Wednesdays, and humanities on Thursdays. With a wide range of ages, the students often break into groups to meet their individual needs. The learning is experiential. For example, in science they used camping stakes and twine to make a grid of an area for a field study to examine the barrows and activities of the ground squirrel.

The focus of study for humanities for the current session has been the Renaissance, with emphasis on the explorers. Gruhn Di Tullio, a world traveler herself, brings much to the learning than the traditional Eurocentric teaching, saying, “The Renaissance was a worldwide experience involving other countries as well. We study explorers like Ibn Battuta, a Moor, and Zheng He, who was from what is now Mongolia.”

Gruhn Di Tullio says the teaching of a worldview matches the welcome diversity of the students in the program. Other topics include First Peoples, Human and Animal Talismans, and Innovations. Almost half the students come for all three days, an option known as a “micro school,” according to their teachers. These schools feature less than 150 students, multiple ages learning together, where teachers act more as guides than lecturers, and a highly personalized education with an emphasis on project-based learning. Students can explore the natural world in its entirety.

Newkirk emphasized that Wild Oak is a home school enrichment program, and not a school, per se. “We are fulfilling a need in this area for nature-based education that can also contain curriculum in core subject areas.”

For more information about tuition and session dates, visit wildoakeducation.org.
Students and disabled adults create crafts for 1st Annual Peace and Kindness Carnival
By Jenn Freedman

The local nonprofit Mindful Littles brought together 10 disabled adults from Las Trampas School in Lafayette and 22 students from Carondolet High School in Concord Oct. 10 to create mindful crafts, like beaded bracelets, lavender sachets, and painted pots, which will be sold at a Peace and Kindness Carnival on Veterans Day at Oad Community Park.

Tanya Gordon, founder of Mindful Littles, explained the inspiration for this partnership: "My own 11-year friendship with a woman who has cerebral palsy has been the inspiration for creating an intergenerational and more organic experiences between people who have special needs and those who do not. There is nothing more powerful than the beautiful expression of love and inclusion that can naturally emerge when you bring such groups together." 

Integrating these groups was a natural extension of their existing partnerships with the nonprofit already: Carondolet has been working closely with Mindful Littles's youth leadership program, and the school had specifically offered up student volunteers to work as part of the partnership to promote the youth day.

The weekly yoga class at Las Trampas is now open to the public as well. This experience lends itself to a natural opportunity for opening up a diversity dialogue with children at home.

Initially, both the Carondolet and Las Trampas students felt unsure of what to expect when they gathered to make the crafts. But as soon as they began working together, both groups were naturally helping each other. "Quite honestly, I was moved to tears as I saw the students help each other, laugh, share stories. By the end of the day, the groups were dancing together and even gave each other high fives and hugs before they left. If we can create more and more of these moments, I think our world would be looking like a different place," Gordon said.

The crafts will be sold at the First Annual Peace and Kindness Carnival, a fundraiser for Mindful Littles. Its mission is to spark children and families to re-engage in mindful, compassionate action through service learning experiences, creative yoga and mindfulness programs, and heartfelt parenting resources. Mindful Littles is a small and fast-growing nonprofit, and fundraising has become a critical need to enable long-term sustainability.

The carnival will be held from 10 a.m. to 1 p.m. Mon., Nov. 12 at Oad Community Park and will include a live band, bounce house, face painting, balloon artist, kindness gardens, carnival games, food trucks, and a chance to meet and help real veterans on Veterans Day. Tickets are $40 per child, free for adults and children under 2. For tickets, go to mindfullittles.org and click the upcoming events tab.

DON’T GO BROKE IN A NURSING HOME

Elder Law Workshop

Presented by:

Elder Law Attorney

MICHAEL J. YOUNG

Learn about:

1. How to Get Medi-Cal Coverage For Your Nursing Home Care.
2. How you should update your estate planning documents to incorporate asset protection and Medi-Cal qualification language.
3. The Veterans Administration Aid & Attendance Improved Pension Benefit, for war time veterans.

WHEN: Thursday, November 8, 2018 from 12:00 to 1:30 p.m.

WHERE: At the Heather Farm Community Center Club Room
301 N. San Carlos Dr., Walnut Creek. Stop by at the Heather Farm Park Parking Lot.

YOUR ATTENDANCE IS FREE

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THE MERRY ART GALLERY

Holiday magic at the Moraga Art Gallery
By Sophie Bracini

Work by ceramist Donna Arganbright on display

Photos Sophie Bracini

The quint art gallery in Moraga’s Rheem Shopping Center has curated for the end of the year a show that combines beautiful objects, unique jewelry and diverse paintings. Always driven by a need to create uniqueness, the artists present a wide palate for art aficionados and people looking to give their loved ones – or themselves – something that will endure as a testimony of human creativity.

The show, “Holiday Magic in Porcelain and Paint,” will be on display through Jan. 5. The two featured artists are plein-air painter Maria Santoléfano and ceramic artist Donna Arganbright.

Santoléfano’s work captures the light and shade, and the colors of Northern California landscape. Her compositions often feature a natural scene that include some type of building, barn or old house, and expose brilliant gradients of reds, greens, blues and earthy tones on display as season changes. A student of Anne Marie Glover and ceramist Donna Arganbright, Santoléfano’s technique is flawless, the shapes she creates are harmonious and the colors reflect without being aggressive.

The gallery also features the creations of several other notable local artists in many different media.

One of them is Ayston Singh, the granddaughter of Maharaj Bulpinder Singh of Patiali who said she inherited her father’s passion for jewelry. She brings to the Moraga Art Gallery a limited edition of her new Manjusha collection that was designed for the Legion of Honor Museum gift shop. The elements of the collection available in Moraga are of exquisite craftsmanship, with a definitely modern east-meets-West flavor. The earrings, necklaces and bracelets are beautifully detailed yet easy to wear everyday. The reasonable pricing will make it an simple choice as a gift.

Many other artists worthy of consideration will attract the attention of visitors. Anna W. Edwards from San Leandro has several mesmerizing abstract paintings on display inspired by scenes that the painter experienced all over the world. K. de Groot jewelry, creations often based on antique Asian pieces are also on display, including some new pieces that the artist that demonstrate her talent for balance and discriminatory elegance.

George Isabel’s watercolor, inspired by the local scene or Yosemite, always bring a sense of calm poetry and soft happiness, while Pam Murray’s creative collage energizes the whole gallery.

The gallery located at 522 Center St, close to T.J. Maxx is open from noon to 5 p.m. Wednesday- day through Sunday. For more information, visit at meraygallery.com.
Talking to kids about race
 By Lou Fancher

adults as young as six months old pay attention and respond to race, according to research performed by experts, includ-
ing Dr. Allison Briscoe-Smith, a Berkeley-based psychologist. Fed sugar water and their eye waves tracked, babies shown some race outside of their usual experience focus more and track higher at higher ages. Although the study is one-time systemic experience and are primarily done with black and white babies, having mixed race and other nuanced data proves race is a phenomenon in very early childhood develop-
ment.

That and other starting facts— as well as instructional tools by which to engage children about racial relations—were the subject Oct. 16 at a Lamorinda Moms speaking event, “How to Talk to Your Kids About Race.” The pro-
gram introduced Briscoe-Smith, who received her undergraduate training in social psychology from Harvard University and holds an M.A. and a Ph.D. in clinical psychology from UC Berkeley. She specializes in treating parents, whose trauma is experienced at the intersection of poverty and racism. A frequent public speaker and trainer and consultant, Briscoe-
Smith addresses the complex role of implicit bias in various settings.

After asking the approximately 75 adults gathered in the multipurpose room at Orinda In-

dependent School to share their first race-related memories with a nearby seat mate, Briscoe-Smith said, “We can engage in dialogue about race. It’s doable.” Moments later, she issued a caveat: “I can’t re-
nefit the parents to the children, as ages 1 and 9.

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November is “America Recycles Month”

Do you recycle more, and vote for a local

When I say “good,” you say “neighbor”

From left: Rebecca Branstetter, a Lamorinda mom, speaks with Dr. Allison

Briscoe-Smith, prior to the Oct. 16 event. Photo: Lou Fancher

resolution, and implicit bias can be? What if a world with systemic 

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November is

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FALL WORKSHOPS

November 1–November 30 for the

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November 1–November 30 for the


deciding to manageable chunks and pace the conversation to suit

in the first year. But repeated a


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**Event focuses on many aspects of Congo**

Submitted by Bobbie Dodson

Congo Mission Team chair at Lafayette-Orinda Presbyterian Church, Herb Long, says “It seems most of us did not learn much about Africa in school, an important area on the world stage.” Local residents will have an excellent opportunity to learn about one of its countries, the Democratic Republic of Congo, on July 23 at the Lafayette Library. The Lafayette event will feature Congolese food, music, dance, cultural talk and a fashion show.

“It will be a joyous occasion,” says Long. “However, there will also be an opportunity to learn about conditions in Congo today. The humanitarian conditions in the DRC remain critical. The Congolese people have a vibrant, multi-faceted culture that we want to share with the community.”

Mboyo Therese Okitukunda, the featured speaker, was born and raised in the Democratic Republic of Congo. She came to the United States after completing two years at the University of Kinshasa. She worked as an educational consultant for Footprint, a not-for-profit, and Modesto community colleges and became an associate teacher at Earlham School. Her passion for education and learning led her to pursue a degree in nursing at the University of California, San Francisco.

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For more information, be sure to plan on attending and supporting the Orinda Community Church, Orinda Community House, and local book clubs. Her favorite theater, needlepoint, bridge, crosswords, the cabin at Donner Lake and reading, which she has done a lot of with her children, in-laws, 8 grandchildren and 12 great grandchildren.

**Supporting the Orinda Community Church, Orinda Community House and local book clubs.**

**Lafayette Scouting**

Submitted by Linda Murphy

Residents who live in the Lafayette Reservoir Rim Trail likely have noticed the hard work that were done by Alan Manguba by Scout Troop 234. The East Bay Municipal Utility District, which manages the trail, has numerous Backcountry Regulations signs posted along the 4.7-mile hilly, unpaved stretch. But years of wear and tear had taken a toll on the signs. They needed to be replaced.

It was an ambitious project to replace 10 signs. Manguba collected large amounts of material, hard- wood, plywood sheets, and heavy poles. Several steps were involved in creating the signs: measuring and cutting the wood and poles to the proper shape and size, af- fixing the metal signs to the wood and poles, and attaching the signs to the poles. Manguba provided all the wood he need to ensure it will withstand many years of exposure.

After construction the signs over the summer, Manguba “planted” the signs over two weekends. This phase of the project in- volved digging holes, mixing cement, and positioning the signs. EMUD provided a truck to drive him and the signs from site to site, and Manguba’s father and oldest Scout helped him set the signs in place. Manguba never cut corners, and his hard work is evi- dent in the sturdy new signs that now dot the trail.

Manguba has been a member of Troop 234 since fifth grade. Now a Campolindo Jr. High student, he is proud of his hard work in completing his time-consuming and physically demanding Eagle Scout project.

Eagle Scout project updates Lafayette Rim Trail signs

Submitted by Linda Murphy

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A walk to honor Jeanette Fritzky

A walk to honor Jeanette Fritzky

APPROXIMATELY 200 PEOPLE GATHERED AT THE MORAGA COMMUNITY CENTER ON OCT. 27 TO WALK IN HONOR OF FORMER COUNCIL MEMBER Jeanette Fritzky, raise money for the American Cancer Society, and increase awareness for the disease that claimed her life in 2013.

Lung cancer in never-smokers is now considered the sixth most common cause of cancer death in the United States. The percentage of affected individuals is significantly higher in Asian women.

Teresa Onoda, former colleague of Fritzky, gave a warm recollection of the days she knew her friend. The prizes Fritzky’s intelligence, analytical skills, warmth, humor, and elegance. Elected officials from neighboring cities, the county and state came to honor Fritzky and participate in the 1.5-mile walk on the Lafayette-Moraga trail. The event was sponsored by a large number of local business associations, associations and the town of Lafayette – S. Bractin.
Fall Exhibitions at the Saint Mary's College Museum of Art through Dec. 16. "Graphicanos: Contemporary Latino Prints" from Nov. 3 to Dec. 16. "Diablo Valley!" In addition, there are beautifully crafted, ceramic, wood, and glass pieces, and original fine art. For more information on BASA, see the website: http://www.bayartsarts.com.

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"Child, Disrupted" returns to the Rheem Theatre for an encore presentation

By Derek Zemrik


Not to be missed

**POLITICAL GATHERINGS**

Lamorinda Republican Women's Club meeting will be at 11 a.m. on Nov. 13 at the St. Hilary Catholic Center, 500 Oak Hill Road. Club is affiliated with Multi Grammy nominee, Maureen McGovern. Cost: luncheon and speaker $36; speaker only $18. For more information, go to lamorindarepublicanwomen.com/womenofspiritlamorinda/. For tickets contact, (925) 8614. For more information http://www.lamorindarepublicanwomen.com.

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Fears and anxieties in pets

Part I - Challenges during the vet visit

By Mona Miller, DVM

There are many reasons why pets may be anxious and exhibit fear. Just as there are many reasons in humans. Some of these include individual chemical makeup or temperament, others are based on previous traumatic experiences. Some phobias are very specific – such as the case of your cat who no longer enjoys car rides, or your dog who is scared of fireworks. Many others, however, are fearful in many different types of situations.

Understanding the causes and triggers of a pet's anxiety is very helpful in being able to manage the resultant fear response. A thorough history is often required. I regard fear/anxiety as a behavioral issue that should be diagnosed, so that management and treatment options can be provided. It is important to resolve this issue before it becomes a problem when another medically related issue arises. The fear is often related to a very specific setting, where something is perceived to be threatening.

Fears can be divided into two categories, depending on a patient's past experiences. One is the fear of a specific situation – the fear of a particular doctor or an event that occurred at a particular time. The other is the fear of a specific object or situation – the fear of a dog or a cat.

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When the call is suddenly disconnected, the spectator breathes. The world that he is still capable of making a difference.

The policeman oversteps the boundaries of his role, calling on former partners, trying to save the victim and prove to himself, and the world that he is still capable of making a difference.

But Holm is outside of the situation; he makes assumptions that lead to decisions that can become catastrophic.

The action takes just as long as the movie itself has been and the audience empathy follows inside further the story. The spectator's empathy for the director of the movie, by his decision to give the audience the feeling of “saving” the character, brings up the social issues that may get incorporated into a column. The marvelous depth of Dr. Mona Miller's observations and work brings up different ideas for the moviegoer to consider.

The “Guilty” – a unique thriller in Orinda and Moraga

By Sophie Braccini

When the call is suddenly disconnected, the search for the woman and her kidnapper begins. Holm has nothing but a phone and a computer to prove his point. The policeman oversteps the boundaries of his role, calling on former partners, trying to save the victim and prove to himself, and the world that he is still capable of making a difference.

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Yielding all morning, I said, “That's fine, but I will make the rice.”

Now that I'm a huge fan of Brussels sprouts, so they'll brown nicely but not get over-cooked. Remove from heat and add them and absolutely loved them! She roasted away dinners, I said, “That's fine, but I will make the rice.”

Suzie can be reached at susievientosch@gmail.com.

Cheesy, nutty Brussels sprouts

Ingredients:

- 1 pound Brussels sprouts, cleaned, and halved (can quarter large sprouts)
- 2 large shallots, chopped
- 4 tablespoons olive oil
- 2 large chicken apple saucages (sausages), cut into small pieces
- 1 cup grated cheddar cheese (can use Pecorino Romano or Parmesan, if you prefer)
- 1 cup washed halved, toasted walnuts
- Salt and pepper to taste

DIRECTIONS:

- Clean Brussels sprouts and cut in half, or quarter if really large. Place in a cast iron skillet and pour about 1 cup water in the bottom of the pan. Cover and heat over medium-high heat for about 3 minutes, to slightly blanch the sprouts. Do not over cook. They should still be tender. The water will slowly be evaporated: immediately transfer sprouts from skillet to a bowl and toss with 1-2 tablespoons olive oil. Season with salt and pepper and serve.

Meanwhile, using the same skillet, heat 2 tablespoons olive oil and sauté shallots just until they’re tender. Add the chicken apple saucages and sauté briefly. Add the cheese and mix well. Add the hot sprouts, toss well, and let the cheese melt. Serve hot.

Cheesey, nutty Brussels sprouts (serves 4 to 6)

Photo Susie Iventosch

“Guilty” is a movie very few others. Think Aristotelian drama: one act, one time, one thing. Think re- pens. The voice talents that captures the audience. The voice talents that captures the audience. The voice talents

In the next couple articles, I will address medications – anti-anxiety and sedative shirts defi nitely help (and cannot hurt) and are used with anti-anxiety or sedative medications. Thundershirts can be used in a “situational anxiety,” such as car rides, loud sounds, recall new pets or dogs.

Dr. Mona Miller lives in Lafayette with her son, David, and one online laboratory. She is a UC Berkeley as an undergraduate, and re-cover 2000 from Orinda. She is happy to call Lafayette home since 2001. She will never play for a second time. In Orinda, California, www.lamorindaweekly.com/html2/food1.html

You can find most of the recipes published in the Lamorinda Weekly on our website. Food tab. www.lamorindaweekly.com/html2/food1.html

The single location of the movie never feels empty, instead it animates the tension created by the fact that the hero is bound to this place while a drama is unfolding. The world that he is still capable of making a difference.
Lauding the team to its first 30-win season last year, head coach Randy Bennett is not in a position where he has to be critical. Having lost three all-conference players to graduation—Jack Lamballe, Emmat Naar and Calvin Hermann—Bennett has to find a way to replace the teams that scored 54 percent of the team’s points, collected 47 percent of the team’s rebounds and provided 71 percent of the team’s assists last season.

Bennett’s first goal has been to install his top eight players. This has not been easy, not because of a lack of talent but rather because of the system’s depth, says Bennett. “Our practices have been very even and they’ve had to be hard to distinguish which is the best group so far. I like our team. We are more athletic, and have better depth this year. Our young guys are not the typical freshmen lacking any experience. They are strong and must have played internationally at a good level.”

Though the team returns only two starters from last year, guards Jordan Ford and Emmett Naar, Bennett is not relying on any one player to fill the vacuum. “We have to re-establish these players as a group. The entire team has to keep working and developing. A big part of this is that I don’t have to establish our rotation and get them on a roll. It’s been hard to do because so many of the players are even and the key is to see who can make the move. They’re all pretty good. We have a lot of good options and you can see it in our practice competitions. They have to keep working and developing. That’s my message to the team.”

With Ford moving to point guard, Bennett does not anticipate any drop-off in his scoring, pointing out how Ford had 45 the other day in a scrimmage against Stanford. He can be our best scorer since Mickey McConnell (2007-2011).”
Krebs is also being counted on to be a potential starter. Quinn Clinton, a 6’6” freshman from Latvia, has impressed early due to his defensive toughness. “I want to get more to the rim as second on the team; 7’1” sophomore Jack Perry appeared in 21 games, averaging 2 points per game; 7’3” redshirt senior Aaron Memoule transferred from the University of Louisville after averaging 3 points per game last season and 6’10” Freshman Matthew Tao may also see playing time, arriving with a lot of international experience while playing in Austral”ia is still sorting out this group, “The center position is open, players competing for the starting position and playing time: 6’10” Senior Jordan Hunter played the most last season, appearing in all 32 games, averaging 2.9 points per game and had 16 blocks which was second on the team; 7’1” sophomore Jack Perry appeared in 21 games, averaging 2 points per game; 7’3” redshirt senior Aaron Memoule transferred in from the University of Louisville after averaging 3 points per game last season and 6’10” Freshman Matthew Tao may also see playing time, arriving with a lot of international experience while playing in Australia. Bennett is still sorting out this group, “The center position is wide open though Hunter may have a slight edge over the others but all four can play and help this season.”

Still, with all of the changes, Saint Mary’s will continue to use the scheme that has been so successful, according to Ford: “We have not the same system. We are not trying to take good shots and find the weld.”

Though on the surface the forwards look to be an unassuming group, this is somewhat deceiving. Junior Jordan Hunter played the most last season, appearing in all 32 games, averaging 2.9 points per game and had 16 blocks which was second on the team; 7’1” sophomore Jack Perry appeared in 21 games, averaging 2 points per game; 7’3” redshirt senior Aaron Memoule transferred from the University of Louisville after averaging 3 points per game last season and 6’10” Freshman Matthew Tao may also see playing time, arriving with a lot of international experience while playing in Australia.
By Jon Kingdon

Saint Mary's women's basketball preview

With eight seniors and junior and eight freshmen and sophomores, the Saint Mary's women's basketball team is both experienced and youthful. Entering his 15th year at Saint Mary's and coming off a 20-11 season, head coach Paul Thomas is approaching this season with great optimism: "This team has done a really good job of coming together. They have a strong bond off the court and they are doing a very good job of applying it on the court."

Despite losing their leading scorer to graduation, Stella Beck, who was a strong bond off the court and they have done a very good job of applying it on the court. The job of our players is to bring the group together: "On the court there is only one ball and they must bring their teammates together: The sheet plays are much respect he had for their pass...

Meredith, acknowledging how much respect he had for their pass...

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Meredith, acknowledging how much respect he had for their pass...

with eight seniors and freshm...
Oakland Strokes men’s youth 8+ boat finished fifth out of 85 entries at the Head of the Charles Regatta held in Boston on the Charles River Oct. 20-21. The Strokes finished well ahead of their Californian rivals from Marin, Norcal (Redwood City), and Los Gatos. For high school rowers, there is nothing quite like racing at the Head of the Charles Regatta. For this year’s squad, coach de Regt pulled from his 2018 National Championship crews, including from the Gold Medalist Lightweight Eight and Silver Medalist Varsity Eight.

The Men’s Youth 8+ boat was comprised of Ryan Tripp (Piedmont HS), Adrian Layer (Piedmont HS), John Mark Ozaeta (Miramonte HS), Matthew Boranian (Head-Royce), Richard Reid St (Joseph Notre Dame Alameda), Andrew Simpson (Berkeley HS), Andrew Stoddard (Piedmont HS), Carter Young (San Ramon Valley HS), and coxswain Audrey Gates (Miramonte HS).

Lamorinda students row at Head of the Charles Regatta
Submitted by Oakland Strokes
Racing for the win  Photo Amber Gates

Lamorinda Water Polo’s 14U Girls Team Wins Silver at Statewide Competition
Submitted by Chris McCracken

Back row from left: coach Greg Woehrle, Zubin Krishnan, Anish Kapur, Reis Hartvickson, Charlie Anzenberger, Blake Frechman, Owen Westen, coach Brian Frechman; front row: Nick Zagorov, Brady Salvas and Cash Woehrle. Photo provided

Lamorinda Water Polo Club’s 14U Girls Blue Team took home the Silver Medal in the (highest) Platinum Division at the 2018 Evan Cousineau Memorial Cup Tournament. The statewide tournament was held in Orange County on Oct. 13-14. The 14U Team will next travel to Indiana University where it will be the Pacific Zone’s top seeded team in the Champion’s Cup, a 3-day national championship event hosted by USA Water Polo (Nov. 2-4).


Congratulations to the CYO St Perpetua fourth-grade girls National basketball
Basketball champs
Submitted by Marty Woehrle


The St Perpetua Third Grade Boys American basketball team won the third American/Ninth National Bracket of the Preseason MVP Tournament beating CTK 3A, SIV 4N and the SP 4N team in the championship game. It was a great overall team effort and start to the season!

Front row from left: Sofia Holman, Dania Innis, Tali Stryker and Lauren Greenfield; back row from left: LAMO Head Coach (and former Olympic Women’s Head Coach 2000-2008) Guy Baker, Meghan McAninch, Lauren Hett, Ana Pieper, Lucy Berkman, Allie Lurie, Petra Cherry, Peyton Gray and Zoe Petty. Photo by Rola Innis

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LAMORINDA WEEKLY
Wednesday, Oct. 31, 2018
www.lamorindaweekly.com  925-377-0977
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First place for basketball girls team
Submitted by Marc Greenfield


This article is from the LAMORINDA WEEKLY, a weekly publication covering news and events in the Lamorinda area, located in the Contra Costa County towns of Lafayette, Moraga, and Orinda. It includes local sports news, community events, and articles on various topics such as education, healthcare, and entertainment. The weekly is published every Thursday and distributed throughout the Lamorinda area. LAMORINDA WEEKLY is owned and operated by the Lamorinda Publishing Company, a locally owned media company in the Lamorinda area. The website www.lamorindaweekly.com features breaking news, community events, and a calendar of local events. The LAMORINDA WEEKLY is also available on Facebook and Instagram. The newspaper publishes several columns, including sports news, local politics, and community events. The newspaper is available for free at local businesses and newsstands. The newspaper is staffed by a small team of journalists and writers. The newspaper is published every Thursday and distributed throughout the Lamorinda area.
Button up your home for fall

By Cathy Dausman

As the enticing tang of fall hits the air, leaves change color and temperatures drop. Even in Lamorinda, where winter temperatures rarely remain below freezing, residents reach for sweaters and scarves. When you button up outside, it's time to button up your home as well.

While we may be saying goodbye to pool time, don't forget about pool care. Cris Pacheco of Pacheco Landscape and Pool Construction says true pool winterizing is done only in areas where the climate changes drastically and temperatures remain below 56 degrees.

That said, he strongly recommends continuous chemical testing (at least every other week) plus surface brushing and filtration work. Homeowners using an older single speed pump can reduce their filter pump run time during winter to about four hours per day, he says, but newer variable speed pumps need to run longer “in order to turn over the water properly through the filters” and to keep the pool water clear. ... continued on Page D4
Lamorinda Home Sales recorded

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<tr>
<th>City</th>
<th>Last reported</th>
<th>LOWEST AMOUNT</th>
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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.

**LAFAYETE**

1026 Hampton Road, $1,401,000, 3 Bdrms, 1884 SqFt, 1963 YrBlt, 9-28-18; Previous Sale: $910,000, 10-25-13  
3177 Lucas Drive, $1,320,000, 3 Bdrms, 1574 SqFt, 1961 YrBlt, 9-18-18; Previous Sale: $670,000, 06-14-11  
845 McEllen Way, $740,000, 4 Bdrms, 2100 SqFt, 1954 YrBlt, 9-18-18; Previous Sale: $1,480,000, 08-24-18  
613 Murray Lane, $2,295,000, 5 Bdrms, 3342 SqFt, 1990 YrBlt, 9-21-18; Previous Sale: $735,000, 06-29-90  
3410 Silver Springs Court, $2,700,000, 6 Bdrms, 4208 SqFt, 1983 YrBlt, 9-19-18; Previous Sale: $1,160,000, 05-24-99  
3958 South Peardale Drive, $4,970,000, 4 Bdrms, 5270 SqFt, 1947 YrBlt, 9-21-18; Previous Sale: $1,550,000, 09-20-12  
1649 Springbrook Road, $776,000, 3 Bdrms, 1299 SqFt, 1953 YrBlt, 9-27-18  
839 Topper Lane, $1,744,000, 3 Bdrms, 2131 SqFt, 1950 YrBlt, 9-19-18; Previous Sale: $1,100,000, 12-15-06  
1217 Upper Happy Valley Road, $1,457,000, 3 Bdrms, 2385 SqFt, 1967 YrBlt, 9-20-18

**MORAGA**

1166 Alta Mesa Drive, $1,127,000, 3 Bdrms, 1954 SqFt, 1974 YrBlt, 9-21-18; Previous Sale: $765,000, 11-30-04  
591 Augusta Drive, $1,575,000, 4 Bdrms, 2945 SqFt, 1984 YrBlt, 9-19-18; Previous Sale: $316,000, 01-11-17  
1445 Camino Peral, $685,000, 3 Bdrms, 1584 SqFt, 1973 YrBlt, 9-28-18  
475 Chalda Way, $654,000, 2 Bdrms, 1170 SqFt, 1974 YrBlt, 9-19-18; Previous Sale: $342,000, 12-10-10  
1019 Del Rio Way, $1,150,000, 3 Bdrms, 1821 SqFt, 1967 YrBlt, 9-18-18  
139 Donald Drive, $800,000, 3 Bdrms, 1822 SqFt, 1960 YrBlt, 9-26-18  
491 Fernwood Drive, $1,287,000, 4 Bdrms, 2184 SqFt, 1972 YrBlt, 9-21-18; Previous Sale: $1,043,000, 04-24-18  
651 Moraga Road #10, $500,000, 3 Bdrms, 1418 SqFt, 1962 YrBlt, 9-11-18; Previous Sale: $180,000, 10-21-98  
128 Walford Drive, $1,500,000, 5 Bdrms, 2461 SqFt, 1963 YrBlt, 9-18-18; Previous Sale: $275,000, 09-28-01  
105 Westchester Street, $1,068,000, 3 Bdrms, 2222 SqFt, 1979 YrBlt, 9-26-18; Previous Sale: $810,000, 05-24-05

**ORINDA**

4 Berrybrook Hollow, $2,440,000, 4 Bdrms, 4211 SqFt, 1995 YrBlt, 9-20-18; Previous Sale: $54,500, 01-01-11  
3 Dos Encinas, $1,215,000, 5 Bdrms, 2250 SqFt, 1955 YrBlt, 9-28-18

...continued on Page D8
Located in the Upper Happy Valley enclave of family-friendly homes of incredible appeal so close to the charm of downtown Lafayette, BART & commute.

Offered at $1,599,000
Button up your home for fall
... continued from Page D1

“I can't tell you how many pools turn green over winter and the costs of a 'green clean' is far more than keeping your pool service company over the winter months,” Pacheco says. He adds that “a green pool will cause damage to your plaster and when you shock it to clear the algae it causes even more damage.”

Turning on the furnace? Fall once was the time to replace furnace filters. Eric Schaefer of Ariston Heating and Cooling agrees it’s all about indoor air quality: “Filtration is your best winterization,” he says. But Schaefer adds that many Lamorinda houses (he calls 1970s construction “the freon era”) were just not built with modern heating systems. In-wall electric room heaters, for example, are just a big short circuit.

“Nobody notices (the heating system) until something breaks,” he says. He suggests that HVAC systems less than five years old can be repaired; otherwise it’s time to consider a “heart and lung” replacement. New heating and cooling systems require less than half the energy of older systems, Schaefer says, and are designed to circulate air at a constant lower speed through electrostatic filters – filters which remove not only dust, dirt or soot but also smoke. The U.S. Department of Energy says in moderate climates (including the San Francisco Bay Area) heat pumps offer an energy-efficient alternative to furnaces and air conditioners.

Keep areas around the furnace and water heater free from obstructions and flammable items too, Moraga-Orinda Fire District Fire Marshal Kathy Leonard says. Inspect dryer vents and clean out excess lint. And turn off portable heaters before leaving a room or going to bed, Leonard says. She also reminds homeowners to change out batteries in smoke alarms and carbon monoxide detectors when reverting to Standard Time.

Are outdoor decorations part of your holiday plan? Before you set up, check pathway lights to ensure they are in good working order. Clear walkways and driveways of fallen leaves, which turn to mush with just a bit of rain. Rob Omo of Omo’s Electric recommends inspecting extension cords before use. Don’t run them in the open over lawns, bushes and yards, and don’t plug them in unprotected either, Omo says. “When it rains, the open plug ends can be dangerous,” even posing risk of shock. Check for open splices or broken fixtures; any loose or exposed wires are hazardous and should be repaired, Omo says.

If setting out decorations requires a trip up a ladder, Leonard says residents should be extra cautious. “Shoes or boots may be wet causing you to slip as you climb the ladder,” she says.

Still plan to cozy up to a wood-burning fire? Indoors, Leonard says homeowners should ensure their chimney is in good condition, and its damper is open before lighting up the logs. If the weather is dry enough for another round of s’mores outdoors, remember October wildland fires burn fiercely. Be sure to cover your outdoor fire pit with a spark arrestor lid.

In summary, safety first, both indoors and out. Check everything off your "honey do" list, then do something safe for yourself and your family, Leonard says, like buying a NOAA all-hazard weather radio, enrolling in emergency preparedness classes (https://lamorindacert.org/), signing up for Nixle (www.nixle.com) and countywide sheriff warnings (www.cocows.us), and putting out flashlights with fresh batteries. Then button up your sweater and pass the apple cider.
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Feng Shui

Tips to ease into the harvest season
By Michele Duffy

Like many ancient philosophies, Feng Shui observes different aspects of the phases of the Five Elements – water, wood, fire, earth and metal – to inform the changing patterns in our lives, homes and bodies. Simply take a look outside and use nature’s canvas to adjust your home for the season.

The metal element of fall conceptually symbolizes in Feng Shui refinement or precision, beauty, completion and finishing up. Take a look at your home office workspace. Do you have a project that has been dragging on and on and needs to wrap up? Use the precision and completion of the metal element to push your project goal toward the finish line. Stand in the doorway and look into the home office room. Divide the space into nine equal squares and ask what is presenting in the middle right area of completion (metal/harvest). Placing a symbol or reminder of the project you want to complete in that area will send out your wishes for the energetic of completion.

Do you have relationship attachments you feel ready to release or find closure on? The middle right area (completion/harvest) of your master bedroom would be an ideal spot to place something that symbolizes the relationship you want to release.

Adding more warmth (fire) and glow into your home environment with warmer hues and truly yang colors like tangerine, sunshine yellow and earthy browns can be an intuitive way to balance out the metal element associated with fall. Bring back the cozy carpets under your feet or light a fire in the fireplace. Surround yourself with cozy red, orange or brown throws that will bring the necessary balance into your space by adjusting the missing elements of fire and earth.

... continued on Page D10
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ORINDA ... continued
79 Estates Drive, $1,837,500, 3 Bdrms, 2610 SqFt, 1974 YrBlt, 9-20-18;
Previous Sale: $685,000, 10-08-97
214 Glorieta Boulevard, $1,350,000, 2 Bdrms, 1561 SqFt, 1947 YrBlt, 9-28-18;
Previous Sale: $900,000, 01-23-17
42 La Encinal, $965,000, 2 Bdrms, 1544 SqFt, 1925 YrBlt, 9-21-18;
Previous Sale: $760,000, 08-23-13
190 Moraga Way, $1,085,000, 3 Bdrms, 1598 SqFt, 1950 YrBlt, 9-28-18
52 Persimmon Walk, $1,470,000, 3 Bdrms, 2385 SqFt, 2013 YrBlt, 9-28-18
22 Rabble Road, $1,699,000, 3 Bdrms, 2427 SqFt, 2010 YrBlt, 9-28-18;
Previous Sale: $1,225,000, 07-16-12
116 Ravenhill Road, $970,000, 2 Bdrms, 2141 SqFt, 1974 YrBlt, 9-27-18;
Previous Sale: $945,000, 10-28-05
70 Rheem Boulevard, $1,525,000, 3 Bdrms, 1909 SqFt, 1954 YrBlt, 9-24-18;
Previous Sale: $958,000, 11-09-12
49 Singingwood Lane, $3,225,000, 4 Bdrms, 2955 SqFt, 1973 YrBlt, 9-18-18;
Previous Sale: $1,775,000, 11-15-17
2 Tumbling Brook Road, $1,362,500, 4 Bdrms, 1669 SqFt, 1958 YrBlt, 9-28-18;
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Feng Shui

Tips to ease into the harvest season
... continued from Page D6

Consciously celebrate the bounty of fall with a visual display of the fruits of the harvest season. For example, be inspired by all of the reminders of fall’s cornucopia with sumptuous pumpkins, red or orange berries, acorns, uniquely shaped gourds, pinecones, yellow, orange or purple mums and fragrant apples to welcome the abundant joy of the harvest to your home. Arranging the auspicious symbols of fall that you love at your front entrance sets a tone and welcomes the joy of the harvest season to your home.

Symbols of fall’s harvest create a welcoming centerpiece for your dining room, too. Apples are symbolic of peace, pinecones conjure longevity and good health, pumpkins are believed to fend off negativity, and mums are a sign of wealth and abundance. Infuse your home with the energy of the harvest and gratitude for all that you have personally accomplished so far this year.

Fall is also a great time to remind ourselves to brighten up our spaces. Make sure the path to your front door is well lit, add full spectrum lighting inside your home and place candles in all the areas people gather to introduce the necessary warmth to your home.

It’s also important to be personally grounded (metal depletes grounding earth) through healthy self-care, creating healthy boundaries, and saying yes to what really nourishes our souls this time of year. Reconnecting, cooking in your kitchen, hosting gatherings, spending time with friends and family are part of the joy of the season. It isn’t unusual to feel like going to bed early or rising later, if possible, and generally it’s wise Feng Shui to go with the flow.

... continued on next Page

Photos provided
Try this easy fall space clearing technique to refresh your space for the beauty of the fall season. You will need bells or a gong and positive intention.

1) If you can, first open all doors and windows of your home, letting the crisp fall air in.

2) Start at your front entrance door and slowly walk clockwise around your home. As you ring the bells with precision, so the sound reverberates in your space, simultaneously and mindfully chant a prayer that symbolizes good luck and good fortune to you. In Feng Shui we often use “Om Ma Ni Pad Me Hum,” which symbolizes good fortune, health and happiness.

3) End up back where you began at the front door and visualize everything is cleansed and released from your home that no longer serves your higher purpose.

4) Express gratitude for all of your blessings, accomplishments, successes, and the harvest you observe in your own life and home.

5) Wish for all sentient beings to also receive the blessings of the fall season of harvest.

Personal wellness will also be refreshed and re-aligned with the cooler autumn temps by adapting and cooking up those root vegetables like carrots and beets in stews and soups and choosing warmer foods and drinks in general, incorporating warmer spices like ginger, turmeric and cinnamon as we go. This also nourishes our stomachs and digestive systems (earth element is depleted by metal) and helps us to personally stay healthy and grounded and aligned with the changing energy of the season.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2018 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.
As we drive around neighborhoods we witness the spirit of the holidays in the landscape décor. Fall themes flow into Halloween then metamorphose into Thanksgiving. Christmas tree lots are already sprouting. It's obvious that the season of festivities is here.

The weather has been warmer this year and the changing of the leaves is appearing slowly. Boston Ivy has reddened climbing on walls, pumpkins and gourds are ready for picking and placing in spaces of prominence to be used as décor for the next month or two. Gargoyles and ghouls haunt our houses until Halloween. When I was a kid, freshly harvested apples and walnuts were always part of the trick-or-treat bag, but today these fruits will be featured only in lunches or in our autumnal meals.

Reseeding lawns and installing new turf is the primary horticultural chore this month if you seek a lush, green grass environment. As mentioned many times in my articles, I am a fan of Pearl's Premium (www.PearlsPremium.com) as I have found their testimonials to be factual. Through Oct. 31, you can get a 20 percent discount with my code STAR20 at the website at checkout. I have not been able to find Pearl's Premium seed for sale in any local store. The thin white coating on the seed holds 400 times the water around the seed, helping the seed to stay moist longer. The white coloring also helps you see where you may have missed a spot. Birds don't seem attracted to the coating. The seed grows down to a depth of 20 inches or more and will not invade your flowerbeds. You can spread the seed over your existing lawn and this slow-growing, non-GMO seed will outcompete them, providing you with an emerald green lawn within about six weeks. I also like both red and white clover in my lawn because of the nitrogen that clover provides to keep lawns green year-round. If you like a mosaic feel, this is an interesting grass addition.

**Instructions for Reseeding a lawn**
- Mow the lawn as short as possible.
- Rake away all clippings and leaves.
- Get soil pH between 6.0-7.0 pH. To lower the pH use sulfur, to increase the pH use lime.
- Core aerate once a year, leaving the plugs on the lawn.
- Spread seeds at a rate of seven to 10 pounds per 1,000 square feet.
- Add organic fertilizer and top dress with ¼ inch organic compost.
- Water twice a day in the morning and evening or until it begins raining.
  - Once the lawn is established you will water less frequently.
  - Sharpen the blades on your mower and cut your lawn high ideally to 3.5 inches tall.
  - Leave grass clippings on the lawn to provide nutrients.
  - For the first year, you may experience a few weeds. Remove them and throw more grass seed. The lawn will become thick, lush, and healthy. You can then sit back, do nothing, and watch your grass grow.
Did you invite a skeleton to your Halloween dinner?

Final days of basil as it flowers and goes to seed. Every part of the plant is edible.

Boston Ivy turns red and cherry in autumn.
Cynthia Brian’s Garden Guide for November

SEED or reseed lawns. If you prefer to install sod, autumn is the best time. Make sure you have prepared the bare soil with plenty of rich, organic matter before sodding.

FILL bare spots with a mixture of seed, compost and potting soil. Make sure to water thoroughly and keep moist until the grass sprouts.

RAKE leaves, especially off lawns, as grass needs as much sunlight as possible. You can also use your mower to chop the leaves.

MOW lawns shorter in fall until the grass stops growing to prevent matting.

WINTERIZE your grass by fertilizing heavily before the first rain. By feeding your lawn you’ll give it the tools it needs to develop strong roots to survive winter.

PLANT spring blooming bulbs anytime through January. These include daffodils, tulips, crocus, Dutch iris, and hyacinths.

SCATTER wildflower seeds for a spring butterfly garden.

CLIP florets of basil and continue consuming as the herb will die completely back during winter. Any extra leaves can be frozen or dried.

SAVE seeds from your favorite sunflowers to sow next spring and if you carve pumpkins, dry these seeds for later planting or roast them as a healthy snack.

PLANT perennials that will reward you with blooms throughout the year including chrysanthemums, dahlias, statis, and hibiscus.

DEADHEAD roses for a final flush of flowers.

ENJOY the plethora of shapes, sizes, and textures of gourds and pumpkins. You can use them to decorate for Halloween, Thanksgiving, and spray paint them in your favorite holiday colors for Christmas and Chanukah displays.

FIX leaky faucets and pipes to deter thirsty ants.

FERTILIZE your entire landscape in preparation for the forthcoming cooler climate.

ADD a thick layer of mulch (three to four inches) to deprive weeds of light and to insulate plants from varying temperatures. Leaves, compost, shredded newspaper, cardboard, and straw add organic matter to the soil. Because organic matter deteriorates over time, you will need to replace as needed.

GOAD your ghoul and rock All Hallowed Eve, All Saints and All Souls Day with cheer and gratitude.

Happy Gardening. Happy Growing.

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

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