



ORINDA

See public meetings schedule on this pages and check online for agendas, meeting notes and announcements

City of Orinda:

www.cityoforinda.org
Phone (925) 253-4200

Chamber of Commerce:

www.orindachamber.org

The Orinda Association:

www.orindaassociation.org

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BART work will cause temporary pain to achieve long-term improvements



Image provided

By Sora O'Doherty

New cars, smoother, safer rides and cleaner, safer stations are some of the improvements BART riders can look forward to in the near future. However, Lamorinda commuters will have to make some sacrifices while BART puts Measure RR money to use updating and improving its rail system. BART Director Rebecca Saltzman made a presentation to the Orinda City Council on Feb. 5 regarding new developments.

Measure RR was adopted by voters in three Bay Area counties in 2016. As the actual work begins, there will be some changes in service, and some workarounds. The most noticeable change will be that trains no longer start running at 4 a.m. but instead will start closer to 5 a.m. This

means that the first train from Orinda to San Francisco will now depart from the Lafayette station at 5:11 a.m. and the Orinda station at 5:15 a.m. The early hour changes are expected to last for about three years.

To accommodate early commuters, BART will be providing an Early Bird Express alternative bus service with 15 new bus lines to run between 3:50 a.m. and 5:30 a.m. in both directions between stops. The service will include a Contra Costa County route. The bus network will serve 21 BART stations and the Temporary Transbay Terminal in San Francisco. There are special provisions for parking at BART stations before they open, and also for paying for parking because in the early morning hours riders will not be able to use their Clipper cards.

The updates will include replacing platform and street escalators in downtown San Francisco and adding new canopies; replacing 10 miles of worn track to make the ride quieter, safer and more reliable; beginning a seismic retrofit of the Transbay Tube and replacing cross-passage doors in the Transbay Tube, which are critical in an evacuation; seismic strengthening of track between Lake Merritt and the Coliseum; realigning trackway in the Caldecott BART Tunnel, needed due to Hayward Fault creep; waterproofing leaking tunnels and structures; Phase 2 expansion of the Hayward maintenance facility, which will serve as the new home of the 775 Fleet of the Future train cars; and new electrical substations in downtown San Francisco, Richmond, Pleasant Hill and Oakland.

Another big improvement will be the replacement of BART's fleet of cars, with 200 new cars to be delivered by the end of 2019. BART is trying to make sure that stations are cleaner, adding 15 new cleaners and nightly deep cleaning of stations. A new focus will be implemented on fare evasion, with more enforcement and higher barriers. For greater safety, BART will be hiring more officers and working on increased visibility. In addition, staff will try to connect homeless persons to services.

BART will be working with the city of Orinda on the ConnectOrinda Streetscape Project. Insofar as increasing housing on BART property goes, Orinda is not affected because new laws governing development on BART-owned property do not affect Orinda since the land is owned by Caltrans, not by BART. However, BART does own the land at the Lafayette BART Station. Another new development is that BART will relaunch its carpool program next May through its new BART app. The program will be open to all carpools, including casual carpooling and rideshare matching. There will be dedicated parking spaces for carpool drivers. A minimum of two people per car will need to check in with the BART app. One passenger will pay for parking, and both passengers must enter the fare gates with Clipper cards. The carpool will be verified through the app and station entry data.

Miramonte students chat with scientists about drugs and alcohol

By Sora O'Doherty

The Miramonte Peer to Peer Club logged in to chat with scientists from the National Institution on Drug Abuse on National Chat Day Jan. 24. In preparation, the students sent a schoolwide email to every Miramonte student asking for

their top two questions on alcohol and other drugs. The club members then prioritized the questions to ask the scientists. Later they will close the circle by distributing the answers received to MHS students and parents.

According to Dr. Nora D. Volkow, NIDA Director, the nar-

tional chat day is an extraordinary event that is a substantial learning opportunity for teachers and students. Each year during its National Drug and Alcohol Facts Week, top scientists from the National Institute on Drug Abuse come together for a day-long live online chat to answer students' questions about drugs and their impact on the teen brain and body. "We have seen thousands of students ask smart, heartfelt, and insightful questions to some of our nation's experts about drugs, drug use, and its effects on the brain and body," she said in a letter to teachers.

The Miramonte teens asked questions about athletics and blood doping, the differences between alcohol and drugs, drug use levels in high school, use of more than one drug at a time, prescription pain killers, and quite a few questions about the effects of marijuana. In addition, they

asked questions about the dangers of vaping and juuling and how to find help for addiction to nicotine.

The scientists' answers included information about the negative effects of both drugs and nicotine on athletic performance, what blood doping is and that it is banned in international sports. Roger Sorensen explained that mixing drugs can lead to fatal consequences. Steve Grant explained the differences between natural and synthetic cannabinoids, warning that synthetic cannabinoids are much stronger and their effects can be unpredictable and dangerous. Roger Little explained how marijuana can remain measurable in the blood for up to 30 days in people who use marijuana regularly.

Facts about alcohol included that alcohol is involved in more deaths around the world each year than all other

drugs combined. According to Aaron White, more than 3 million people die from drinking every year. Cora Lee Wetherington answered a question about teen drinking in Europe, revealing that there is actually more binge drinking among teenagers in most European countries than in the U.S.

Dr. Volkow believes that whether you are registered to participate in the live chat, watching it online, or viewing the archived transcripts, this exercise of seeing real teens' questions about drugs can be a powerful way to help your students gain the knowledge required to make smart and healthy decisions.

The Peer to Peer Club was organized by Jaime Rich, director of ADAPT Lamorinda. The questions were asked by the student members of the Peer-to-Peer club, by Rich and by Debbie Berndt, an adult and a coalition chair.

The complete transcripts from the 2019 Chat Day can be viewed at <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists/search?year=2019>.

Tickets available for Orinda Awards Dinner

By Sora O'Doherty

Each year, the Citizen of the Year award honors very special volunteers who dedicate many hours of their time for the betterment of the community. The annual awards presentation, sponsored by the Orinda Community Foundation and the Orinda Association, will be held on March 10 at the Orinda County Club. The 2019 Citizen of the Year award will be presented to Carole and Andy Amstutz for their long history of community involvement in local organiza-

tions, including the Friends of Wagner Ranch, Orinda Garden Club and Lamorinda Village, a volunteer organization that helps seniors.

The 2019 William Mott Jr. Environmental Award will be presented to Bill Hudson that night as well. This award is presented to a person who is involved in protecting the environment. Hudson has been maintaining the Wagner Ranch Nature Area, which is used as an educational center for students.

In addition, this year two other volunteers will also be

honored: Bobbie Landers and Andy Radlow. Former mayor Landers was instrumental in the incorporation of the city and was a member of the first city council. She continues to be involved with the Orinda/Tabor Sister City Foundation and the Friends of Joaquin Moraga Adobe. Radlow has managed the Fourth of July Parade for the last five years. He coordinates over 100 volunteers and has spent thousands of hours each of those years making the Orinda Fourth of July Parade a successful event.

Tickets are available and can be obtained through the OA website at www.orindaassociation.com.



City Council

Tuesday, March 5, 7 p.m. Regular Meeting
Tuesday, March 19, 7 p.m. Regular Meeting
Library Auditorium, Orinda Library,
26 Orinda Way

Orinda Public Meetings

Planning Commission

Tuesday, Feb. 26, 7 p.m.
Library Auditorium, Orinda Library,
26 Orinda Way

Citizens' Infrastructure Oversight Commission

Wednesday, March 13, 6:30 p.m.
Sarge Littlehale Community Room,
22 Orinda Way, Orinda, CA 94563

Orinda Union High School District Board Meetings

Monday, March 11, 6 p.m.

Regular Board Meeting
8 Altarinda Rd., Orinda, www.orindaschools.org
See also AUHSD meeting page A2



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ORINDA UNION SCHOOL DISTRICT

Volunteers needed for Citizens' Bond Oversight Committee

The Independent Citizens' Bond Oversight Committee (CBOC) will:

- Inform the public about expenditures of bond proceeds from recently passed Measures E & I.
- Review expenditures to ensure bond proceeds are spent for authorized purposes.
- Provide an annual report to the Board of Trustees at a public meeting.

CBOC Member Terms and Meeting Information

Terms of service are two years, and no CBOC member may serve more than three consecutive terms. CBOC meetings must occur at least once per year and will not exceed quarterly.

Committee Representation

The CBOC will include seven (7) total members:

- Business organization (1)
- Taxpayers organization (1)
- Senior citizens organization (1)
- Parent/guardian of a student enrolled in OUSD (1)
- Parent/guardian of a student enrolled in OUSD who is active in support of the District (1)
- Community at large (2)

More Information

For more information or to request an application, contact Debbie Jamieson at djamieson@orindaschools.org or by phone at (925) 258-6201. **Deadline to apply is 4:30 p.m. on March 4, 2019.**