



Feng Shui, Creating a calming sanctuary for children ... read on Page D4

Digging Deep with Cynthia Brian Grace and gratitude in the dirt



A thick pile of Japanese maple leaves blanket the garden.

Photos Cynthia Brian

By Cynthia Brian

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." – Charles Dickens, 1812-1870, Novelist

Pumpkins, gourds, and scarecrows decorate our yards. Thanksgiving has arrived and we give thanks for our safety, the bounty on our tables, the flora in our curated gardens, our wide-open spaces, community camaraderie, and the benevolence of family and friends. Despite the electrical blackouts, evacuations and fires, for the most part, we have been spared despair and tragedy. As a gardener, I find solace, grace and gratitude while toiling in the dirt. I encourage you to discover happiness and joy in nature. Pay attention to the details. Walk around your home and journey into the garden to observe how your world is colored.

Begin by practicing gratitude for the simple things you take for granted: the bright red hues on the Boston Ivy, the intricate patterns on a coleus plant, the varied textures of a mosaic of palms, redwoods and liquid ambers swaying in the wind, a thick blanket of leaves fallen from the Japanese maple. What about being grateful that in normal times, we have electricity at the flick of a switch or warm running water by turning on a spigot? As frustrated as we are with our power company, we still luxuriate with more conveniences than people in many countries. We can't become numb to the delights and challenges of living.

The increased popularity of foraging has resulted in a stream of articles in magazines recently. Although I do advocate adding a variety of wild weeds to our diets, it is also important to caution the inexperienced about the dangers of picking plants that are unfamiliar. Whilst purslane, dandelions, amaranth and lambsquarters are highly nutritious, there are many botanicals that can trigger major allergies or even be deadly when consumed. Hemlock, which resembles wild carrots or Queen Anne's lace and oleander will kill humans and animals. Until you are knowledgeable about what you are gathering for your next supper, it's best to purchase your "exotic" greens from a Farmers' market or local vegetable bin.

... continued on Page D8



Count Blessings Give Thanks Share love Wishing you all a wonderful holiday this Thanksgiving!



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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	18	\$715,000	\$3,380,000
MORAGA	7	\$801,000	\$1,716,000
ORINDA	12	\$934,500	\$2,425,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

LAFAYETTE

- 3259 Camino Colorados, \$925,000, 3 Bdrms, 1184 SqFt, 1951 YrBlt, 10-11-19 382 Castello Road, \$1,250,000, 3 Bdrms, 1863 SqFt, 1961 YrBlt, 10-11-19, Previous Sale: \$339,500, 09-01-89
- 568 Francis Drive, \$949,000, 3 Bdrms, 1836 SqFt, 1967 YrBlt, 10-08-19, Previous Sale: \$862,000, 06-05-17
- 1198 Glen Road, \$3,380,000, 5 Bdrms, 3996 SqFt, 2003 YrBlt, 10-08-19, Previous Sale: \$1,325,000, 03-27-02
- 3110 Gloria Terrace, \$1,250,000, 3 Bdrms, 1757 SqFt, 1964 YrBlt, 10-08-19, Previous Sale: \$1,230,000, 03-13-18

3111 Gloria Terrace, \$1,450,000, 5 Bdrms, 2390 SqFt, 1965 YrBlt, 10-08-19, Previous Sale: \$1,199,000, 09-28-17

- 3911 Happy Valley Road, \$2,280,000, 2 Bdrms, 4718 SqFt, 1948 YrBlt, 10-11-19, Previous Sale: \$2,795,000, 05-13-15
- 3264 Marlene Drive, \$715,000, 4 Bdrms, 1449 SqFt, 1972 YrBlt, 10-07-19, Previous Sale: \$345,000, 02-03-12
- 1096 Oak Hill Road, \$1,900,000, 5 Bdrms, 3291 SqFt, 1932 YrBlt, 10-18-19, Previous Sale: \$1,335,500, 03-24-08
- 1198 Pleasant Hill Circle, \$2,540,000, 2 Bdrms, 1484 SqFt, 1945 YrBlt, 10-16-19, Previous Sale: \$855,000, 12-01-17
- 3811 Quail Ridge Road, \$905,000, 3 Bdrms, 1875 SqFt, 1972 YrBlt, 10-18-19 1590 Rancho Del Hambre, \$2,165,000, 4 Bdrms, 5228 SqFt, 1991 YrBlt,
- 10-16-19, Previous Sale: \$1,950,000, 02-22-12
- 2098 Reliez Valley Road, \$1,380,000, 4 Bdrms, 1918 SqFt, 1960 YrBlt, 10-17-19, Previous Sale: \$949,000, 08-26-11
- 1410 Reliez Valley Road, \$2,000,000, 4 Bdrms, 3049 SqFt, 1975 YrBlt, 10-16-19
- 828 Solana Drive, \$1,850,000, 5 Bdrms, 3307 SqFt, 1956 YrBlt, 10-11-19
- 1471 Sunset Loop, \$927,500, 3 Bdrms, 954 SqFt, 1950 YrBlt, 10-08-19, Previous Sale: \$830,000, 07-13-17
- 25 Warwick Court, \$1,600,000, 1 Bdrms, 2112 SqFt, 1963 YrBlt, 10-11-19, Previous Sale: \$282,000, 08-01-86
- 1010 Woodbury Road #102, \$1,425,000, 2 Bdrms, 1495 SqFt, 2015 YrBlt, 10-18-19

MORAGA

- 17 Francisca Drive, \$801,000, 2 Bdrms, 1211 SqFt, 1984 YrBlt, 10-07-19, Previous Sale: \$685,000, 08-10-15
- 159 Miramonte Drive, \$825,000, 3 Bdrms, 1798 SqFt, 1966 YrBlt, 10-15-19
- 176 Natalie Drive, \$850,000, 3 Bdrms, 1552 SqFt, 1968 YrBlt, 10-09-19
- 236 Scofield Drive, \$1,716,000, 4 Bdrms, 2610 SqFt, 1958 YrBlt, 10-14-19, Previous Sale: \$650,000, 07-06-01
- 144 Via Joaquin, \$940,000, 3 Bdrms, 2117 SqFt, 1980 YrBlt, 10-11-19, Previous Sale: \$730,000, 10-21-14
- 124 Walford Drive, \$1,085,000, 4 Bdrms, 2110 SqFt, 1964 YrBlt, 10-17-19, Previous Sale: \$427,000, 06-01-90
- 39 Wandel Drive, \$1,093,500, 3 Bdrms, 1498 SqFt, 1961 YrBlt, 10-16-19, Previous Sale: \$670,000, 08-03-10

... continued on Page D9



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Feng Shui Creating a calming sanctuary for children



Photo provided

Using softer hues, cozy draperies, proper lighting and placing the bed against a solid wall in the FengShui "Commanding Position" all help create a serene place for kids.

By Michele Duffy

During this time of year our children often are at the center of many of our daily special occasions and the question Feng Shui can uniquely address is how to better support our children to be successful, happy and grounded. On a daily basis, the rooms our children spend time in playing and sleeping should also inspire them to dream and imagine. Feng Shui for a child's room can benefit them on so many levels. There are many symptoms of unease that Feng Shui can help alleviate in your child's environment. If your child lacks confidence, isn't sleeping or focusing, or is having trouble socially, many of the clues can exist and be unwittingly reinforced in their environments, especially in their bedrooms.

Recently a family in Moraga contacted me for help with their little girl who was having attention and focus issues. She didn't like sleeping in her room, so halfway through the night she would wander into her parents' room, disrupting their sleep as well. Sound familiar? If it does, you aren't alone. Many parents experience sporadic "night fright" with their kiddos, but it's important to note when the behavior has graduated to destructive for both the child and the family. Often if a child is not enjoying their room they also won't learn to settle down in their own space, to complete school work or spend time alone reading or dreaming.

These parents, like many others I've helped, felt an enormous amount of shame around not being able to change the situation for the better for their child. Compassion is always at the heart of my motivation for helping others, and I've seen it dissolve resistance and embarrassment, because these challenges are all a part of the human condition and no one is immune from experiencing some form of suffering. First, I meet children where they are and ask for their very important input; in this case, I asked for the child to help me with the colors for her room and other design details. The shy child I met at the front door transformed into a willing collaborator in the refresh of her room.

Involving your own children and asking for their input is really important so they feel heard. I moved this child's bed away from under a drafty window into the "Commanding Position," which is always the No. 1 FengShui adjustment for any bedroom. She liked the change. Next, the walls were a very strong blue hue and I asked her about her favorite colors. No shock that pink topped the list so instead of a bubble gum color, I asked her if she wanted a more sophisticated or "big girl" color and after looking at a few, she picked one of my favorites, Benjamin Moore's "Proposal" (#AF-260), a calm whisper of pink.

Next we talked about calming, soft and new bedding and I emphasized how important it was to add a bed frame with a solid headboard so she would feel supported in life. As the transformation continued, her excitement grew. We talked with her about adding a loveseat under the window to create a reading nook and a place to rest and daydream, and also an upgrade to the wall décor including a gallery wall of her artwork and another wall area for photos of her family and friends. Doing so helps a child feel connected to their gifts and also to the people who love them the most, and that they are part of something bigger, which fosters a sense of well being. The images that surround a child should be the same that Feng Shui recommends for adults: positive and uplifting, versus sad and melancholy. ... continued on Page D9

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Digging Deep with Cynthia Brian Grace and gratitude in the dirt



The patterns and colors of coleus change with the seasons.



Photos Cynthia Brian

Like ornaments on a tree, Hachiya persimmons glisten.

... continued from Page D1

Persimmons appear like shiny orange ornaments hanging from tree limbs and will add a festive feeling to your holiday décor. Pick them now before the squirrels and birds add them to their autumn menu. Persimmons will ripen on the counter. Keep in mind that astringent Hachiya persimmons must be soft before eating, while the Fuyus are most delicious and perfect for lunch snacks or sliced into salads when hard and crunchy like apples.

November is usually the optimum month to plant trees, bulbs, transplants and seedlings, however, without any rain this autumn thus far, I am recommending waiting until we have at least a day of consistent moisture. Even though I watered boxwoods and annuals purchased earlier in the month, these plants are struggling and will probably have to be replaced.

As we celebrate November, we prepare for the dormant season ahead. Hopefully, we'll experience muchneeded rainfall soon.



A neighborhood view of the hills and trees of autumn.

Feng Shui Creating a calming sanctuary for children

... continued from Page D4

Finally, I recommended a new storage solution to help keep her bedroom tidy. Clutter magnifies chaotic energy and so it's of paramount importance to help kids learn to participate in balancing out their own rooms, with simple choices that bring their personal space into greater calm. Creating storage solutions helps make the task of tidying up achievable.

Helping children to make the connection between a messy room and feelings of unease, and empowering them to see the connection between a tidy room and inner calm encourages them to tidy up themselves. Kids need structure and routines and setting up their rooms for success is a quiet layer that provides a canvas for them to write their own story, from a place of support and love. If children feel safe, grounded, and empowered they stand a better chance of success and Feng Shui can help create the ideal environment for growth.

Things to avoid in children's rooms

Bunkbeds create insecurity (top bunk hit head, lower fear of the top falling) Beds under window Beds with messy and cluttered storage underneath Side of bed pushed up against a wall Room clutter Poor lighting Loud or strong primary colored walls Bare floors See through window coverings Depressing or lonely wall art

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 2019 Feng Shui Consultation,

contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.







Lamorinda home sales recorded

... continued from Page D2

ORINDA

57 Bates Boulevard, \$934,500, 3 Bdrms, 1932 SqFt, 1960 YrBlt, 10-09-19, Previous Sale: \$969,000, 06-13-07

10 Broadview Terrace, \$1,495,000, 4 Bdrms, 2500 SqFt, 1951 YrBlt, 10-15-19, Previous Sale: \$635,000, 09-01-92

11 Crown Court, \$1,450,000, 3 Bdrms, 1491 SqFt, 1958 YrBlt, 10-10-19

309 El Toyonal, \$1,165,000, 3 Bdrms, 1410 SqFt, 1961 YrBlt, 10-18-19, Previous Sale: \$775,000, 12-12-05

124 Fiesta Circle, \$1,450,000, 3 Bdrms, 2314 SqFt, 1960 YrBlt, 10-18-19

6 Lloyd Lane, \$1,460,000, 2 Bdrms, 2049 SqFt, 1950 YrBlt, 10-16-19

35 Longridge Road, \$1,200,000, 3 Bdrms, 2273 SqFt, 1958 YrBlt, 10-07-19, Previous Sale: \$739,000, 02-09-08

315 Miller Court, \$2,425,000, 5 Bdrms, 3822 SqFt, 2014 YrBlt, 10-17-19, Previous Sale: \$2,228,500, 04-30-14

3 Mira Loma Road, \$1,750,000, 2 Bdrms, 3041 SqFt, 1926 YrBlt, 10-17-19 8 Santa Lucia Road, \$1,770,000, 6 Bdrms, 3917 SqFt, 1934 YrBlt, 10-17-19 63 Tomcat Way, \$2,147,000, 3 Bdrms, 3006 SqFt, 2018 YrBlt, 10-10-19,

Previous Sale: \$24,440,000, 12-23-15

112 Van Ripper Lane, \$2,125,000, 3 Bdrms, 2765 SqFt, 1950 YrBlt, 10-18-19, Previous Sale: \$1,100,000, 08-05-03

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your LAMORINDA Home for Sale

LAMORINDA - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

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Cynthia Brian's Gardening Guide for end of November

- **CLEAN UP** any leaves or weeds remaining from annuals and vegetables. Compost your healthy debris. Cleaning up now will prevent the population of snails, earwigs, and sowbugs from expanding.

- WATER ornamentals and perennials that have withered from the dry winds.

- **PRUNE** shrubs before new flower bulbs form. As soon as crape myrtles lose their leaves, shape your trees. Prune fig trees to a size to keep the fruit within reach.

- **CUT** back leggy geraniums and pelargoniums. New growth with an abundance of flowers will re-emerge by spring.

- FORAGE only for plants that you can positively identify.

- **FERTILIZE** your hedges with fertilizers high in nitrogen. Lawns need their second feeding application now. Water deeply.

- RAKE fallen leaves to add to the compost pile.

- CLEAN rain gutters of leaves and add to your compost pile.

- **SPRAY** deciduous fruit trees with dormant oil. Pears, peaches, plums and apricots will benefit from three rounds of spraying, usually toward the end of November, December and January.

- **PERUSE** nurseries for perennials such as columbine, carnations, coral bells, and chrysanthemums which can be planted from six-packs as soon as it rains.

- **DEADHEAD** your roses regularly to maintain blossoms and fragrance until January. If you prefer, allow the rose hips to grace your bushes with their vibrant red and orange color. Pick the hips to add vitamin C to your tea.

- **DIVIDE** perennials and separate overgrown clumps. Plant elsewhere or share extras with a friend.

- **COLLECT** dried grasses, pods, willows, branches and other natural materials for a cornucopia of autumn arrangements.

- **HOLLOW** out a pumpkin or gourd and plant with succulents for an appealing Thanksgiving display.

- **CREATE** glorious fall hued floral arrangements with the firecracker colors of roses, gerbera, berries and reeds.

- **VEGETABLES** such as broccoli, beets, carrots, lettuce, peas, turnips and spinach can be planted by seed when carefully watered.

- HARVEST your pumpkins, gourds, squash, apples, walnuts, persimmons and tangerines. Create a basket of edibles as festive holiday décor.

- **ENJOY** the fall foliage and views of the changing tree colors from a hilltop location.

- **BE** grateful for your garden. Whether your plot is large, medium or small, or even if you only showcase a potted plant in the window, you are a gardener. Keep digging. Grace and gratitude are buried in the dirt. Everyone grows with nature.

Take time to give thanks for the little things every day, not just once a year. Be grateful for what you have. Having an attitude of gratitude makes every moment shine brightly.

Each day is Thanksgiving Day when you live, learn, laugh, love, and appreciate what you have. Share the abundance.

Wishing everyone a very happy, healthy, and delicious Turkey Day! Happy gardening. Happy growing. Happy Thanksgiving!

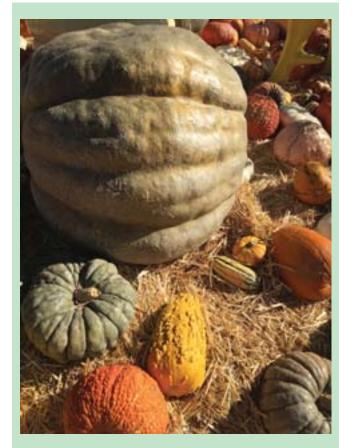
"Gratitude is riches. Complaint is poverty." Doris Day



Succulents planted in a white gourd for a pleasing Thanksgiving arrangement.



The fiery red leaves of Boston Ivy.



Harvest pumpkins, gourds, and squash for eating or decorating.





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Cynthia Brian in a garden of begonias.

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 Arel® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at www.StarStyleRadio.com. Buy a copy of her books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.StarStyleStore.net Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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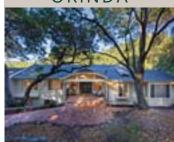
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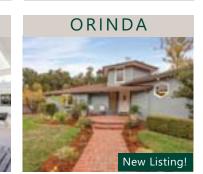


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New Listing!

\$1,395,000



Elegant 4 bed/ 3.5 bath two level renovated home with remarkable views from terrace decks. top schools.

\$2,599,000



19 La Cintilla Elegant 5 bed/ 3.5 bath home with chef's kitchen & hardwood floors. Minutes to commute &

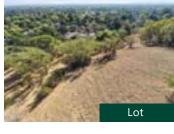
\$3,198,000

PLEASANT HILL



WALNUT CREEK

1341 Leisure Lane #4 Beautifully updated, sought after level-in Yosemite model, 2 bed/ 1.5 bath. Perfect for privacy. Views! \$525,000



20 Whitfield Court Great parcel at top of knoll with views of Mt. Diablo. Ideal for privacy. Investment opprtunity! \$1,375,000