



Organize your dorm room

read on Page D4

## Digging Deep with Goddess Gardener, Cynthia Brian Sacred spaces



Photos Cynthia Brian

A man-made garden stream offers the sound of trickling water over river rocks.

## By Cynthia Brian

"Nature is the original church. Worship there daily." ~ Alan Cohen

If we have learned anything from the pandemic of the past 18 months, it is that our greatest blessing is to be able to go outdoors to breathe fresh air. Many people choose to hike the hills, walk the reservoir, or take a jaunt to the ocean to calm nerves and preserve sanity. For those of us fortunate enough to have a garden, balcony, porch or patio, we can open a door to escape the confines of lockdown.

The majesty of Mother Nature rivals the most exquisite man-made cathedral. Throughout my landscape, I have designed special areas that stimulate my senses, inducing a sense of tranquility and connectivity with the natural world. I have dubbed these my "sacred spaces," places where I can meditate, watch the wildlife, listen to birdsong, commune with the breeze, rest my weary legs, take a nap, or just sit and contemplate life. My "sacred spaces" provide a structure amidst the chaos, a respite against the turmoil of the times.

We can expand our living environment by crafting outdoor elements that nurture our spirits, emotions, and bodies. Here are a few of my favorite strategies to help gardeners recast their yards into a serene, yet lush oasis.

#### Water

The sound of water is immensely soothing. Listening to the gurgling of a fountain or the rippling of a stream heightens my creativity. Birds splashing in a birdbath bring a smile to my face. A pond with a recirculating pump provides a happy home for frogs, and if deep enough, fish.

### Hammock

Hanging a hammock from two trees is the ultimate in shaded relaxation. I have double hammocks strung between a giant magnolia and Japanese maples. There is nothing quite like swaying in the hammock looking up at the light as it dances between the branches. The colors of the leaves are forever changing. For an afternoon nap on a hot day,



Recline on a hammock for the best view of the branches and rustling leaves.

a hammock provides a piece of paradise. **Swing** 

I've installed a metal garden swing behind my pond flanked by orange Birds of Paradise and midnight blue agapanthus. By adding comfy cushions, I can silently swing while listening to the aerating pond and watching the aerial antics of squirrels spiraling through the loquat tree.

### Tables, Chairs, and Benches

Throughout my landscape, I have placed multiple tables, chairs, and benches in specific areas to encourage me to take a break from the hard labor. A wooden picnic table under an apple tree begs me to take a lunch period. A bench facing the hills beckons me to behold a doting doe with her twin fawns as they forage. A small rocking chair in a cozy nook allows me to remove my mud boots and watch the sunset.

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## Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	22	\$1,175,000	\$4,700,000
MORAGA	13	\$515,000	\$2,450,000
ORINDA	20	\$1,125,000	\$4,190,000

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.

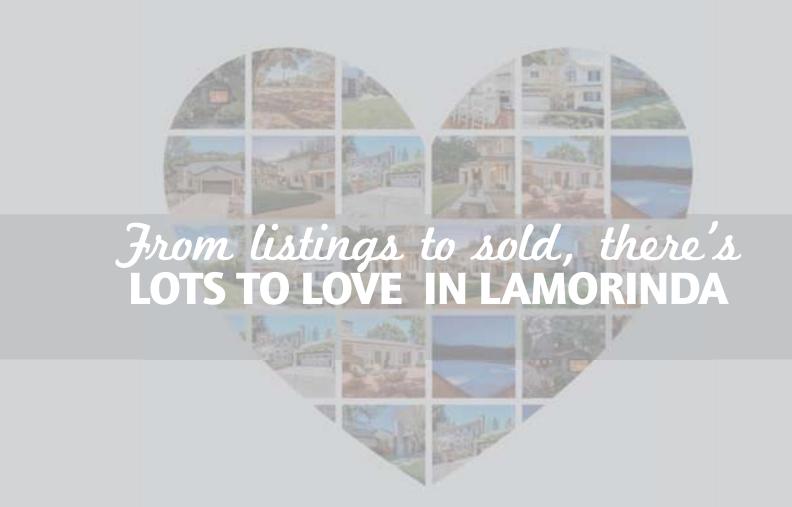
## LAFAYETTE

2755 Acacia Road, \$1,725,000, 5 Bdrms, 3032 SqFt, 1947 YrBlt, 07-02-21 851 Avalon Court, \$1,675,000, 3 Bdrms, 1602 SqFt, 1954 YrBlt, 06-28-21,
Previous Sale: \$815,000, 06-07-11
1039 Buchan Drive, \$1,800,000, 4 Bdrms, 2140 SqFt, 1954 YrBlt, 06-25-21
1144 Camino Vallecito, \$2,500,000, 4 Bdrms, 3271 SqFt, 1978 YrBlt, 06-28-21,
Previous Sale: \$1,420,000, 08-19-05
30 Carolyn Court, \$1,650,000, 3 Bdrms, 1563 SqFt, 1951 YrBlt, 06-21-21,
Previous Sale: \$752,000, 08-27-12
1020 Circle Creek Lane, \$1,460,000, 4 Bdrms, 1599 SqFt, 1953 YrBlt, 06-25-21,
Previous Sale: \$520,000, 03-11-11
4 West Creek Court, \$1,175,000, 3 Bdrms, 1427 SqFt, 1975 YrBlt, 06-23-21,
Previous Sale: \$527,500, 04-09-12
1811 Del Rio Drive, \$2,100,000, 6 Bdrms, 4347 SqFt, 2009 YrBlt, 06-24-21,
Previous Sale: \$1,400,000, 03-06-15
3303 Freeman Road, \$2,150,000, 5 Bdrms, 2733 SqFt, 1948 YrBlt, 07-02-21,
Previous Sale: \$400,000, 06-29-98
1045 Juanita Drive, \$1,565,000, 3 Bdrms, 2042 SqFt, 1946 YrBlt, 06-22-21,
Previous Sale: \$142,000, 09-01-85
570 Merriewood Drive, \$1,769,500, 3 Bdrms, 1966 SqFt, 1959 YrBlt, 06-25-21
3364 Mildred Lane, \$1,765,000, 3 Bdrms, 1365 SqFt, 1954 YrBlt, 06-21-21,
Previous Sale: \$718,500, 12-19-07
964 Mountain View Drive, \$1,570,000, 3 Bdrms, 2020 SqFt, 2019 YrBlt,
06-22-21, Previous Sale: \$1,583,000, 01-23-20
3826 Palo Alto Drive, \$4,700,000, 6 Bdrms, 5352 SqFt, 1974 YrBlt, 06-23-21,
Previous Sale: \$1,500,000, 09-24-01
3203 Palomares Avenue, \$2,000,000, 3 Bdrms, 2253 SqFt, 1954 YrBlt, 06-30-21,
Previous Sale: \$645,500, 08-08-01
1045 Pleasant Hill Road, \$2,020,000, 4 Bdrms, 2056 SqFt, 1960 YrBlt, 06-29-21
1500 Pleasant Hill Road, \$2,200,000, 5 Bdrms, 3862 SqFt, 1978 YrBlt, 06-30-21
18 Reliez Valley Court, \$1,900,000, 4 Bdrms, 2839 SqFt, 1978 YrBlt, 06-24-21,
Previous Sale: \$210,000, 09-01-78
980 Stow Lane, \$2,350,000, 4 Bdrms, 3320 SqFt, 1970 YrBlt, 06-23-21
3145 Somerset Place, \$1,950,000, 4 Bdrms, 2055 SqFt, 1958 YrBlt, 07-01-21
1055 Sunrise Ridge Drive, \$3,100,000, 4 Bdrms, 3422 SqFt, 1998 YrBlt, 06-25-21,
Previous Sale: \$1,280,000, 12-16-11
3174 Teigland Road, \$1,371,500, 4 Bdrms, 2922 SqFt, 2019 YrBlt, 06-25-21,
Previous Sale: \$900,000, 12-12-18

#### MORAGA

- 2075 Ascot Drive #220, \$515,000, 2 Bdrms, 1213 SqFt, 1971 YrBlt, 06-21-21, Previous Sale: \$455,000, 10-06-05
- 923 Augusta Drive, \$1,325,000, 4 Bdrms, 2828 SqFt, 1989 YrBlt, 06-23-21, Previous Sale: \$1,050,000, 10-23-15
- 1065 Bollinger Canyon, \$1,500,000, 3 Bdrms, 2746 SqFt, 1990 YrBlt, 07-02-21

... continued on Page D10



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Image: Comparison of Comparison of

# WELCOME BACK!

OTHER DESIGNATION.

The kids are back in class, and we hope the coming school year will be an amazing one for the students, faculty, administrators, and volunteers. We've watched in awe as educators and students alike have risen to the pandemic's challenges to find new ways to learn and grow. We applaud your efforts and wish you a wonderful school year ahead!



LAMORINDA 999 OAK HILL RD., #100 LAFAYETTE, CA 94549 925.284.1400 WALNUT CREEK 1910 OLYMPIC BLVD., #100 WALNUT CREEK, CA 94596 925.937.4000 DANVILLE 301 HARTZ AVENUE, #301 DANVILLE, CA 94523 925.800.3510 BRENTWOOD 60 EAGLE ROCK WAY, #B BRENTWOOD, CA 94513 925.420.8717 SIERRA TAHOE 6883 N LAKE BLVD., #B TAHOE VISTA, CA 96148 530.414.1475

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925.998.1914 JULIE DEL SANTO





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150 LA ESPIRAL, ORINDA OFFERED AT \$2,949,000 MATT MCLEOD | 925.464.6500



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59 VISTA ENCINOS, MORAGA SOLD FOR \$2,325,000 L. LEGLER / C. HATA 510.912.5882







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# Top organizing tips for dorm rooms



Shutterstock image

## By Jennifer Raftis, CPO®

Planning ahead will simplify the transition to college dorm life.

As summer comes to an end, many of my clients are getting ready to send their child off to college. I wanted to share some of my favorite dorm room tips – ones that you might not find in a book. These tips not only come from my years of experience as a professional organizer, but also from my personal experience as a mom of three – two college graduates (girls) and one currently attending college (boy).

If you are like me, as my college-bound child was heading off to school, I read through every list of "must haves" and "must knows" for a college dorm room. The list seemed overwhelming, endless, and costly! One list had over 50 "best ideas." Really?! I learned to stick to the basics – dorm rooms are small and you have to move everything again in the summer – and anything else they needed could be added later.

Here are the key items to know that I found were the most useful and efficient:

1) Pack less clothing than you think you will need. If your child has four huge suitcases of clothing and is still packing ... they have over-packed! They will be quickly acquiring college logo T-shirts, sweatshirts and swag (guess what your holiday gift will be this year?), so make sure you have planned space for the new items. Most likely, you will be visiting your child on "Parents Day" (usually October) and you can easily bring (or send) more items to them. By then, they have a better sense of what they will be needing.

Dorm rooms are small. Don't try to take all of your clothes. 2) Raise the bed to create more space. Depending on the bed design and dorm rules, you can raise the bed high enough to put a desk underneath, or to make room for a refrigerator or rolling storage bins. Find out what your options are before move-in day.

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EUROPEAN CLASSIC | 58 Camino Del Diablo | Orinda | \$4,250,000

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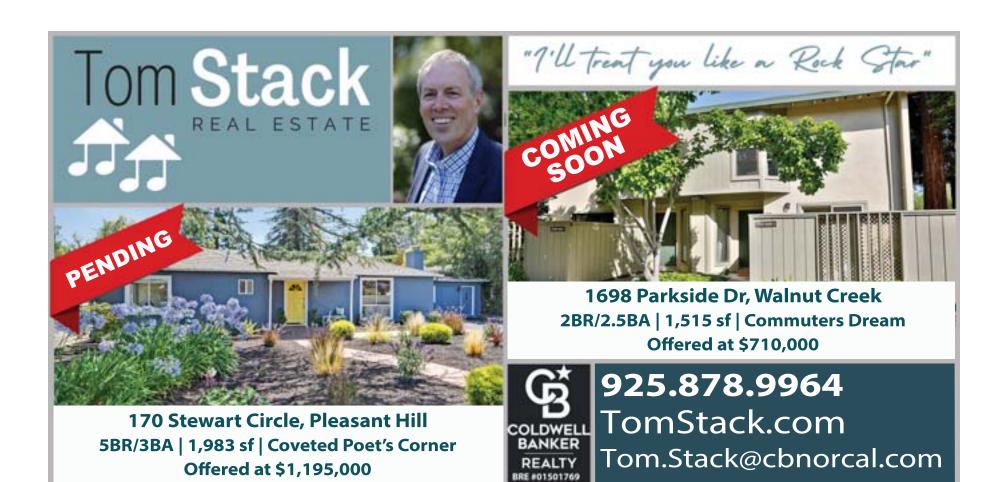
NEOCLASSICAL ESTATE | 362 Camino Sobrante | Orinda | \$5,700,000



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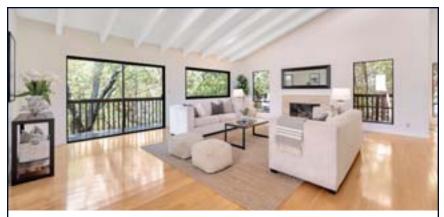


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It was an honor to represent the sellers of this special Lafayette property! If you're considering a change of address, now may be the perfect time to make your move! Call me today.





## Lamorinda home sales recorded

## ... continued from Page D2

## **MORAGA** ... continued

- 319 Calle La Mesa, \$1,975,000, 5 Bdrms, 2667 SqFt, 1968 YrBlt, 06-28-21, Previous Sale: \$925,000, 03-31-03
- 5 Camelford Court, \$1,285,000, 3 Bdrms, 1462 SqFt, 1959 YrBlt, 06-24-21
- 1375 Camino Peral #A, \$550,000, 1 Bdrms, 951 SqFt, 1970 YrBlt, 06-24-21, Previous Sale: \$382,000, 07-20-07
- 264 Fernwood Drive, \$1,625,000, 4 Bdrms, 2032 SqFt, 1972 YrBlt, 06-30-21 5 Josefa Place, \$1,225,000, 3 Bdrms, 1845 SqFt, 1985 YrBlt, 06-28-21, Previous Sale: \$950,000, 05-08-19
- 27 Lynwood Place, \$2,450,000, 5 Bdrms, 2777 SqFt, 1963 YrBlt, 06-23-21
- 21 Miramonte Drive, \$811,000, 2 Bdrms, 1344 SqFt, 1964 YrBlt, 06-30-21, Previous Sale: \$560,000, 08-24-15
- 240 Tharp Drive, \$1,970,000, 4 Bdrms, 2087 SqFt, 1967 YrBlt, 06-30-21, Previous Sale: \$810,000, 06-10-11
- 125 Tharp Drive, \$2,000,000, 4 Bdrms, 2220 SqFt, 1963 YrBlt, 06-28-21
- 124 Via Joaquin, \$830,000, 2 Bdrms, 1354 SqFt, 1980 YrBlt, 06-29-21, Previous Sale: \$750,000, 06-06-18

#### ORINDA

22 Bates Boulevard, \$1,400,000, 3 Bdrms, 1825 SqFt, 1957 YrBlt, 07-02-21, Previous Sale: \$355,000, 07-01-90

43 Camino Don Miguel, \$1,975,000, 4 Bdrms, 2643 SqFt, 2001 YrBlt, 06-28-21

- 440 Camino Sobrante, \$1,300,000, 2 Bdrms, 1088 SqFt, 1955 YrBlt, 07-01-21,
  - Previous Sale: \$905,000, 07-27-16
- 21 Candlestick Road, \$1,900,000, 5 Bdrms, 2763 SqFt, 1979 YrBlt, 06-30-21, Previous Sale: \$247,500, 08-01-80
- 1 Crane Court, \$2,450,000, 4 Bdrms, 2575 SqFt, 1951 YrBlt, 06-22-21, Previous Sale: \$720,000, 09-18-00
- 120 Crane Terrace, \$2,875,000, 6 Bdrms, 5406 SqFt, 1978 YrBlt, 06-22-21, Previous Sale: \$1,320,000, 09-30-98
- 16 Fallen Leaf Terrace, \$2,815,000, 6 Bdrms, 4046 SqFt, 1978 YrBlt, 06-25-21,

Previous Sale: \$715,000, 08-01-85

- 9 Gardiner Court, \$4,190,000, 7 Bdrms, 6963 SqFt, 2007 YrBlt, 06-25-21, Previous Sale: \$3,150,000, 04-01-19
- 10 La Madronal, \$1,825,000, 3 Bdrms, 2937 SqFt, 2002 YrBlt, 07-02-21, Previous Sale: \$141,500, 02-09-00
- 95 Loma Vista Drive, \$1,200,000, 2 Bdrms, 1360 SqFt, 1955 YrBlt, 07-01-21
- 653 Miner Road, \$2,500,000, 4 Bdrms, 3101 SqFt, 1976 YrBlt, 07-02-21, Previous Sale: \$1,825,000, 04-29-15
- 112 Moraga Way, \$2,200,000, 4 Bdrms, 2868 SqFt, 2001 YrBlt, 06-29-21, Previous Sale: \$1,225,000, 01-03-13
- 392 Moraga Way, \$1,625,000, 4 Bdrms, 1695 SqFt, 1958 YrBlt, 06-22-21, Previous Sale: \$712,000, 10-01-13
- 41 Muth Drive, \$1,125,000, 3 Bdrms, 1484 SqFt, 1958 YrBlt, 06-25-21
- 63 Orchard Road, \$2,360,000, 5 Bdrms, 2929 SqFt, 1941 YrBlt, 06-22-21
- 3 Roselle Lane, \$1,780,000, 3 Bdrms, 2153 SqFt, 1960 YrBlt, 06-24-21, Previous Sale: \$549,000, 10-17-00
- 673 Tahos Road, \$2,375,000, 3 Bdrms, 3262 SqFt, 1964 YrBlt, 06-30-21, Previous Sale: \$432,000, 09-01-91
- 83 Tiger Tail Court, \$3,500,000, 3 Bdrms, 4340 SqFt, 2004 YrBlt, 06-22-21, Previous Sale: \$2,350,000, 08-31-11
- 51 Via Farallon, \$1,630,000, 4 Bdrms, 1800 SqFt, 1957 YrBlt, 06-28-21, Previous Sale: \$745,000, 06-17-03
- 28 Vista Del Orinda, \$2,200,000, 5 Bdrms, 3782 SqFt, 2018 YrBlt, 06-23-21, Previous Sale: \$340,000, 10-24-13

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5 Moraga Way | Orinda | 925-253-4600

## Top organizing tips for dorm rooms



Source: The Container Store

.... continued from Page D6

Tip: Bring your own tools and risers – you will look like you know what you are doing and everyone else will be borrowing your tools! Create additional storage space under the bed with bed risers.

**3)** You can preorder items for pickup. Many stores (including The Container Store and Bed Bath and Beyond) will have a dorm items check-list with the option for you to purchase items in-store locally or online and then pick them up at a location near campus. The items will be ready at the store when you arrive and you can return any items you don't need. This saves tons of time and money as you do not have to pack it. Bedding alone can take up two suitcases.

**4) Only bring decor and mementos that can be hung on a wall.** Dorm rooms are tiny and may only have a bed, desk and a closet. You do not want to clutter the desk. Clutter can be very distracting to a student who is trying to focus on school work (once they figure out which parties to go to). Also, they will need room on their desks for all of their books and supplies. Tip: Be sure to check with dorm rules for decorating walls – removable hooks and mounting strips may come in handy. 5) Purchase a small trash can that HAS A LID. Your student will save themselves from a fruit fly infestation from the food they will throw in there. Most likely your student will not realize until at least for four months of living there that no one will be coming to empty the trash for them. Wait ... WHAT?! 6) Bring cleaning supplies. Trust me on this, you will want to clean the entire room before moving in. I recommend a small hand broom and dustpan along with a roll of paper towels and a bottle of all-purpose cleaner (you may need to show your student how to use this product if you have been cleaning their room since birth). Again, your student may be confused when they realize that no one will be cleaning their room for them.

7) Maximize closet space. New college students and parents are often shocked by the limited space in dorm rooms. I've listed a few of my space saving products. Tip: These work for your home spaces too. Most of these products can be found at The Container Store, Bed Bath and Beyond or good old Amazon.

Maximize closet space with a double hanging rod expander.

• Double hang rods: If your child knows how to hang up their clothes (this is a possibility), use a rod expander to double the hanging space. It installs in minutes and hangs from the upper rod.

• Hanging clothes and shoe organizers: These items help create shelf space in any closet. Always think of the vertical space as you will be very limited on the floor space.

• Stacking Drawers: Add a drawer unit or stacking storage drawers on the floor of the closet for more vertical storage (these can be used in place of a dresser).

• Hanging Accessory Organizers: You can purchase accessory organizers in many shapes and sizes that hang on the back of a door or inside the closet on a hanger. These are handy for smaller items such as sunglasses, keys, hats, etc.

• Tier Swing-Arm Pant Hanger: This hanger can hold up to 4 or more pairs of pants if you double up. Each of the swiveling arms allows easy access to your clothes.

6-Tier Shirt Tree: Get even more mileage from limited closet space with this hanger! It holds six garments in the space normally occupied by one.
8) Plan ahead. Find as much as you can about the new dorm living space before the move – size, furniture in the room, storage/closet space, size of the bed, dorm room rules, etc. – and have a plan. Remember, organizing is hard with a plan, it's almost impossible without one.



Professional Organizer, Jennifer Raftis, CPO® founded Efficiency Matters, LLC to help you with all of your organizing needs for your home and business. She is a Certified Professional Organizer and an active board member with NAPO, National Association of Productivity and Organizing Professionals.

She is also an independent representative for The Container Store and has expertise in designing closets, garages, pantries, playrooms and more. In addition, she is a Corporate Organizing and Productivity Consultant and has worked with Fortune 500 companies across the U.S. Another large part of her business is move management especially working with seniors who are downsizing. She and her husband have lived in Moraga for 30 years, raising 3 kids and working countless volunteer hours with many local non-profit organizations and schools. Jennifer@efficiencymattersllc.com

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## Digging Deep with Goddess Gardener, Cynthia Brian Sacred spaces



Utilize spaces that are often forgotten, such as the repurposed area below a deck.

... continued from Page D1

#### **Paths and Walls**

Whether you use gravel, bricks, decomposed granite, pavers, or flagstone, creating paths throughout the garden allows for interesting patterns and yard exploration. Because I believe in recycling, upcycling and repurposing, I always utilize whatever materials are available when I'm building stairs, paths or walls. A former built-in redwood bench is turned on its side to be reused as a retaining planter box. Used bricks add a separation element to the revamped below-deck walkway bordering the tangled wisteria forest.

#### Pergolas, Gazebos, Decks

A deck is always a great gathering spot. A gazebo or pavilion is a stately structure to sit, embrace the view, and offer gratitude for outdoor rooms. On my deck, under my grape, wisteria and bower vine-covered pergola, I unwind after a long day by soaking in the hot tub. This is my prayer place as I gaze at the twinkling stars above.

#### Plantings

The selection of specific plants is critical to the overall color and scale of any garden. My goal is always to witness botanical interest 365 days a year through express attention to the trees, flowers, shrubs, bulbs, vegetables, herbs and bushes. Every season brings a change to the landscape. Roses bloom for nine or 10 months when regularly dead-headed. Perennial sweet peas flourish with their pretty purple pea heads from spring until autumn. Pink naked ladies pop up to smarten the summer soils when most other plants find it too hot to shine. Deciduous trees such a Japanese maple, pistache, crape myrtle, and liquid amber offer spectacular autumn colors.

When you think about creating your sacred spaces, make sure you are bringing the indoors out and the outdoors in. Expand your home environment by mimicking and mingling colors, patterns, themes, and shapes through both areas. Great design amplifies your emotional well-being. Rediscover forgotten or overlooked spots. Feel the vibes as you develop your scheme keeping comfort and safety at the forefront. Use your imagination to unearth the endless possibilities.

Mother Nature is the original church. When we honor Her, we will attain a more balanced life with peace as a bonus gift, no matter what is happening around us. As this latest Delta variant spreads its dangerous virus tendrils, I urge everyone to talk with their physicians, listen to the science, and get vaccinated. Discover your sacred space, breathe, and spend as much time outdoors as possible.

A Be the Star You Are!® volunteer from Minnesota emailed me, "I go for walks on our nearby trail as often as I can because it's a way to escape to nature, and I know how you feel about that! So off I go."

Off you go!

#### MARK YOUR CALENDARS!

Saturday, Sept. 25, Be the Star You Are!® will participate in the first live event at the Pear and Wine Festival with a booth sponsored by the Lamorinda Weekly

(www.Lamorindaweekly.com) and MB Jessee

painting (www.MBJessee.com). Wear your mask and visit us! Details at www.bethestaryouare.org/copy-of-events

Happy Gardening. Happy Growing.



Perennial sweet peas spread throughout the hillside.



A close-up of the elegant Arizona rose.

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A bee drinks from the pink throat of the Naked Lady.



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Cynthia Brian, the Goddess Gardener

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia 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 StarStyle® Radio Broadcast at www.StarStyleRadio.com.

Buy copies of her books, including, Chicken Soup for the Gardener's Soul, Growing with the Goddess Gardener, and Be the Star You Are! www.cynthiabrian.com/online-store. Receive a FREE inspirational music DVD and special savings.

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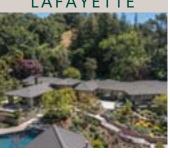
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