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**MOL FOOTBALL • EST. 1969**

MOL Football is a local youth Flag Football league for boys and girls in 3rd through 8th grades. All games are played Saturdays in the Fall at JM. All 3rd and 4th grade games are played in the morning so there is no conflict with LMVA soccer.

Registration opens May 15 at 9am online at [www.molfootball.org](http://www.molfootball.org).



Jungle James Animal Adventures rep holds a reptile and Campo sophomore Vivian Tolajian displays her artwork at the Moraga Community Faire. Photos Vera Kochan

# Moraga Community Faire & Car Show makes fun-filled comeback

By Vera Kochan

Just like most events that draw large crowds, the Moraga Community Faire & Car Show took a three-year COVID-related hiatus. The 2023 version came roaring back during a beautiful April 29 Saturday that brought young and old out to the Rheem Valley Shopping Center for a day of community conviviality.

Moraga's Chamber of Commerce, along with other sponsors such as 5A Rent-A-Space, Moraga Motors, the Town of Moraga, and U.S. Realty Partners, Inc., helped to make the Faire possible. Live music, food trucks and beverage offerings, a classic car show, a KidZone featuring bounce houses, a magician, face painting, and live animals, as well as an MOFD fire engine, MPD vehicles, a

SportZone, pony rides, community organization tents and vendors selling their wares all added to the festivities.

The Artist's Alley included Vice Mayor Teresa Onoda's paintings in addition to Campo Art, featuring student artists from Campolindo High School. Sophomore Vivian Tolajian only recently became interested in becoming an artist. "During the pandemic I had so much time and really got serious," she stated. "I worked about five hours a day." Tolajian has an eye towards pursuing either art or science (ecology) in college, but she wouldn't mind a career as a comic book illustrator. Her artwork could easily open some doors.

The biggest take-away from the day was the joyful atmosphere. Smiles on faces and laughter in the air signaled that Moraga was ready to party again.

Advertising



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# All 6 Lamorinda Lacrosse teams make it to NCS

*Dons boys defeat Cougars in DAL*

*Campo girls defeat Acalanes in DAL*



Acalanes 44 Owen Estee. Miramonte 17 Jack Alcalay. 5 Declan Henderson. Goalie 21 Dante Aviccolli



Acalanes 7 Ella Thomason, Campolindo 30 Catie McCauley

All six Lamorinda lacrosse teams qualified for the NCS tournaments with the boys' teams having a combined 36-15 won-loss record and the girls having a combined 36-16 record.

Coming into the tournament, the boys' teams ranking in the North Coast Section II was Acalanes-1, Campolindo-5 and Miramonte-7.

The girls' teams were ranked Campolindo-3, Acalanes-7 and Miramonte-10.

See complete stories on Page C1

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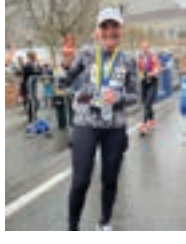
Cities support sustainable transportation during May 19 Bike to Work Day – Page A6

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77-year-old Orinda woman completes 37th straight Boston Marathon - Page C2



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Campolindo golf team wins DAL Tournament – Page C1



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Lamorinda Weekly's 17th annual Summer Camp Guide with a list of all Camps Half and Full Day - Page B4-B5

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Picking the perfect companion plants for your garden - Page D1





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## Lafayette Library & Learning Center engages readers in new ways



Photo provided

Lafayette Librarian Rob Tygett speaks at the April 24 city council meeting.

By Lou Fancher

For some people, every week is public library week, but with National Library Week arriving this year April 23-29, the city council on April 24 welcomed Lafayette Librarian Rob Tygett, who highlighted the Contra Costa Public Library system's achievements and strategic planning for the coming years.

Tygett emphasized the many ways readers are engaging in new ways, such as eBook checkouts (which have seen an 8% uptick between 2021 and 2022) as well as Brainfuse, a free online career job hunting assistance program, and Pressreader, a digital resource that offers access to thousands of newspapers, periodicals and magazines from over 120 countries in

more than 60 languages in one app.

In-person programming at Lafayette's downtown library restarted full steam in July 2022, with 1,398 programs that brought over 54,000 people to the facility. The library also participated in Contra Costa County Library's "Lunch at the Library" program that operates at seven locations and last year provided 5,640 grab-and-go meals and 2,852 food and produce boxes to close the nutritional gap kids experience during summer months.

Tygett said the most popular books from 2021-22 based on checkout rates were Mo Willems' "The Thank you Book" (early reader), Jeff Kinney's cant-keep-them-on-the-shelves "Diary of a Wimpy Kid: The Deep End" (middle reader), "Shadow and Bone," by Leigh Bardugo (teen

reader) and for adults, "The Lincoln Highway" by Amor Towles.

The Contra Costa Library system of which the LLC is a part has also joined hundreds of other libraries across the country, including 11 in California alone, to sign the United Libraries Council's Declaration of Democracy.

The ULC's statement reads: "Democracy is under siege throughout the world and close to home. Daily, we witness assaults on basic freedoms and human rights we've long cherished as books are banned, programs and events are canceled, disinformation and misinformation spread unchecked and racism is institutionalized. As cornerstones of democracy, it is incumbent upon libraries to stand up against all efforts to impede the democratic process and limit the full participation in civic life." It goes on to state a commitment to supporting legislation that affirms the freedom of all people to access library materials with diverse points of view and to oppose legislation that seeks to restrict access.

Speaking specifically about programs at the Lafayette library that bring patrons in, Tygett mentioned four weekly story times, with two of those events offered bilingually in Spanish and Mandarin, Outdoor Explorer events that are hosted county-wide and attract as many as 150 participants, a six-week Mandarin language class that will start in June, and educational programming such as technology assistance, homework help and 3D printing workshops. Other assets include Kanopy (online films), Rosetta Stone language programs, audio books, e-readers on loan, WOW (Wonders of

the World) cultural presentations and Sweet Thursdays author talks presented through a partnership with the Friends of the Library.

New equipment and opportunities arriving soon or already up and running at the library include 8-unit charging bays for mobile devices, an AWE language learning station for kids, and The Student Wellness Summer and Winter Program (SWELL), which is a partnership of the Lafayette Library & Learning Center Foundation (LLLCF), the city of Lafayette and the LLC. Activities will be located outside of the library throughout the summer and during winter and spring breaks and are available to all students grade 6-12. Tygett said the SWELL center staff will "work with

students (when they are) out of school who are looking for place to hang out." The design and purpose of SWELL is intended to address the emotional, social, and creative interests of teens in a fun, welcoming, and participatory atmosphere.

The council thanked Tygett for the update, with Vice Mayor Gina Dawson calling the Lafayette Library "a real asset" and Council Member Wei-Tai Kwok expressing appreciation for programs offered to the community during and while "coming out of" the pandemic.

For a list of programs visit [www.lllcf.org/program-calendar](http://www.lllcf.org/program-calendar) and [www.lllcf.org/special-events](http://www.lllcf.org/special-events)

## Annual Senior Car Rally planned for May 19



### SENIOR CAR RALLY '23

Acalanes High School seniors will once again be expressing their school pride prior to their upcoming graduation in decorated cars during the annual Senior Car Rally '23 at 5 p.m. May 19 on Mt. Diablo

Boulevard in Lafayette, from Oakwood to McDonalds and back. Community members are encouraged to cheer the seniors on from the sidewalks along the route. - J. Wake

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It's Village. Of Course.

# Lafayette Rotary Club's Concert at the Res to honor Dick Holt

By Elaine Borden Chandler

Dick Holt, who came up with the idea of the Concert at the Res and helped host the first concert in 1996, will be the honoree of this year's event.

Holt, who passed away in 2022, was a musician himself, part of the Generations in Jazz board, and a past president of the Lafayette Rotary Club. He was known for his vision and energy, as well as his big heart. He carefully listened to what the schools needed, finding not only funds but instruments like oboes and bass clarinets for them.

"He often broke into his military style talk and called the time out in military time as he planned our days' work. He was our leader!" explains Mo Levich, Rotarian and co-leader of the Big Band of Rossmoor. "He was the embodiment of the motto of Rotary, 'Service above Self,'" added Rotary Foundation Director Matt Pease. "He made Concert at the Res open for all concerned."

The Lafayette Rotary Club will be hosting the 28th annual Concert at the Res from 11 a.m. to 2 p.m. Saturday, May 20 at the Lafayette Reservoir Stage. The performers include the Big Band of Rossmoor, the Acalanes High School Symphonic Band, and the Stanley Middle School Symphonic Band with guests from Oakland's Edna Brewer Middle School and Roosevelt Middle School. The concert is free for anyone who wants to attend. Raffle tickets will be for sale to raise money for music programs of the performing schools, and proceeds from food and drink will also go to the cause.

"Dick is sorely missed as the quarterback of our concert team," said Lafayette Rotary Membership Director Jay Lifson. "This one is for him and we will be placing a special plaque on the stage to honor his service."

The concert will be featuring Holt's favorite musician, George Gershwin. The Big Band of Rossmoor, a band comprised of eighth-graders to octogenarians, will be per-

forming Gershwin's 1926 song, "Someone to Watch Over Me" and a Gershwin Medley, as well as classics from other composers such as Glenn Miller's "In the Mood." The combined Stanley, Edna Brewer, and Roosevelt band will perform Gershwin's "An American in Paris," "Summertime," and "I Got Rhythm," as well as songs from Pharrell Williams and Harry Mancini.

Much of the joy and anticipation of the Concert at the Res for the Big Band members and students comes not only from performing outdoors in spring but also from the intergenerational friendships and mentoring that occur. "We refer to it as Mentoring 360," said Levich. "All generations can listen to each other and using music learn the culture. The younger musicians mentor us all the time." Other highlights of the year come from the Rotary's comradery in running the concert, bemused walkers realizing that their afternoon hike unexpectedly includes live music, and the beloved Lafayette Rotary barbecue hot dogs.

Raffle tickets are \$20 each, and the prizes such as a foodie gift basket including restaurant and Diablo Foods gift cards, a 3-day test drive of a BMW 4 series convertible, a day sail with lunch on Angel Island, and a 10-person cruise of Oakland Estuary on an electric boat. The music programs at the schools will receive all of the money raised from ticket sales. Food and drinks will be for sale. There will be canopies and chairs available, but bringing a blanket or lawn chairs is recommended. There is metered parking in the Reservoir parking lot and \$7 parking for the whole day. The stage is a short walk from the parking lot, and golf carts are available for transportation as well. The event will take place rain or shine.

To find out more about the Concert at the Res, go to [rotarylafayette.org/event-directory](http://rotarylafayette.org/event-directory). To buy raffle tickets, go to [rotarylafayette.org/product/raffle-tickets/](http://rotarylafayette.org/product/raffle-tickets/). To donate money to support the music programs directly, go to [e.givesmart.com/events/uZh/](http://e.givesmart.com/events/uZh/).

# Minson takes over musical direction at Stanley; Jazz Cafe planned, May 12



Photo provided

Stanley Middle School Music Director Todd Minson at work in his new post.

By Sharon K. Sobotta

When Todd Minson graduated from Stanley Middle School in 1992, he didn't imagine that he'd be back 30 years later to fill the big shoes of his music teacher Bob Athayde.

After graduating from Acalanes in 1996 Minson

headed to college with aspirations of following in the steps of his music teachers including not only Athayde but also the music and band teachers he'd had in the Lafayette School District stemming all the way back to his days at Springhill Elementary School.

... continued on Page A9



**Lafayette Public Meetings**

**City Council**

Regular Meeting  
Monday, May 22, 7 p.m.  
Teleconference via City of Lafayette's YouTube Channel:  
<http://bit.ly/LoveLafayetteYouTube>

**Planning Commission Meeting**

Monday, May 15, 7 p.m.  
Teleconference Meeting via Love Lafayette YouTube  
<http://bit.ly/LoveLafayetteYouTube>

**Design Review**

Wednesday, May 22, 7 p.m.  
Teleconference Meeting via Love Lafayette YouTube  
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www.moraga.ca.us  
Phone: (925) 888-7022  
**Chamber of Commerce:**  
www.moragachamber.org  
**Moraga Citizens' Network:**  
www.moragacitizensnetwork.org

**Town Council:**

Wednesday, May 10, 6:30 p.m.

Wednesday, May 24, 6:30 p.m.

**Planning Commission:**

Tuesday, May 16, 6:30 p.m.

**Park and Recreation Commission:**

Monday, May 15, 7:00 p.m.,

**Moraga School District Board Meetings:**

Tuesday, June 6, 6 p.m.

www.moraga.k12.ca.us.



**Community donation drive**

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**Orinda Masonic Hall**

9 Altarinda Rd., Orinda

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**New town manager, Scott Mitnick, takes the helm**

By Vera Kochan

A framed copy of the Athenian Oath – a 2,000-year-old Greek code of civic responsibility that basically states,

“Leave the city better than you found it” – hangs near the office door of new Moraga Town Manager Scott Mitnick. He has adhered to that mantra for decades, both in spirit and in duty, tackling various community challenges through the years.

Mitnick has studied abroad, majoring in Political Philosophy and World Politics at the University of Bristol, England; a political science major at California State University, Fullerton; and received a Master of Public Administration degree in Public Finance and Local Government Management Concentration from Maxwell School, Syracuse University, New York.

Serving municipalities such as El Segundo, Thousand Oaks, Yuba City, Burbank, and Sutter County in various managerial capacities over the years, including financial analyst; project manager; assistant to city manager; budget administrator; administrative services director; deputy city manager; city manager; and county administrator, has helped Mitnick to bring a wealth of experience and knowledge to Moraga.

Mitnick’s first official day on the job was April 10, and he has wasted no time in acclimating himself with the town and getting to know its residents. He has met with several civic organizations including Moraga Valley Kiwanis, Moraga Rotary, Moraga Citizens Network, Smart Moraga, and is looking forward to attending many community functions in town.

While he is currently staying with friends in the area, Mitnick’s wife, is holding down the fort in Southern California until things settle down. Their twin sons, Michael and Matthew (22), are both in college studying



Photo Vera Kochan

Scott Mitnick stands alongside his framed copy of the Athenian Oath.

first year law at the University of California at Davis; and earning a Master of Public Administration from the University of Washington, respectively. “I’m very proud of them,” he stated. “They’re good kids.”

During a house-hunting trip for a previous Bay Area job several years ago, Mitnick and his wife were shown the Lamorinda area. “In the back of my mind I thought, ‘Wouldn’t it be great to be up here?’”

As fate would have it, when he heard about Moraga’s town manager position opening up, he realized, “I was meant to be here. The things that the town council wants to achieve and their expectations of me – it’s a match.”

With summer and fall coming soon, residents are once again thinking about the fire season. Mitnick and his family have already experienced the stress of mandatory evacuation. “I have a lot of muscle memory on what to do in a disaster. It takes a lot of agency cooperation to make sure that the community is well-positioned to respond to something like that. There’s

no on-the-job training for me. It’s ingrained in me.”

Mitnick sees the effects of the state’s Regional Housing Needs Allocation (RHNA), requiring the town to add 1,118 new housing units, as “the key to the future of Moraga’s revitalization. The goal is to protect the integrity of the existing single-family units, and there has to be sufficient infilling in the shopping centers. It’ll be good for the people that make the community work. We could have a more balanced community if those that worked here, lived here.”

When commenting on the town’s personnel, Mitnick said, “It’s a talented work force. I’m very impressed with the quality of the staff and their commitment to Moraga. It’s also an honor to work with such a forward thinking and appreciative town council.”

Mitnick’s enthusiasm at being Moraga’s new town manager comes through when speaking about his plans to continue making it a great place to live. “I’m not here to make Moraga a different town,” but he definitely expects to leave “the city” better than he found it.

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**Bollinger Canyon General Plan amendment and rezoning discussed**



Bollinger Canyon Special Study Area Photo courtesy Moraga Planning Dept

By Vera Kochan

The Moraga Town Council was tasked to consider two resolutions and an ordinance relating to the 423-acres of land referred to in the Moraga General Plan as the Bollinger Canyon Special Study Area during its April 26 meeting. The area consists of 20 parcels owned by 13 separate landowners with either residential or agricultural uses.

According to the staff re-

port by Moraga Planning Director Afshan Hamid and Consultant Barry Miller, “If approved, the two resolutions would: 1) Adopt CEQA findings and a Statement of Overriding Considerations for the Bollinger Canyon General Plan Amendments and Rezoning, based on the previously certified Comprehensive Advanced Planning Initiative EIR. 2) Adopt text amendments to the Moraga General Plan relating to the Bollinger

Canyon Study Area and definitions of land use categories, and amend the Moraga General Plan Map to replace the ‘Study’ designation for Bollinger Canyon with a combination of Non-MOSO Open Space, Rural Residential, and 1 Dwelling Unit/Acre designations. The ordinance implements the associated General Plan Amendments by creating a Rural Residential Zone, rescinding the Study Zone, and amending the zoning map for the Bollinger Canyon Study Area.”

Back in 1983, Moraga, Lafayette and Contra Costa County participated in a 3,400-acre multi-jurisdictional land use study that included the Bollinger Canyon Special Study Area. It was discovered that the area contained a “fragile ecosystem where very low-density residential use is to be a privilege and more intensive use would be inappropriate.” In 2019, and subsequent years, the council considered the rezoning of the Study Area as a one of its goals and priorities. A “White Paper” was prepared by staff in January 2022, which presented options for the Study Area.

... continued on Page A9

# Cathy Chang, 2023 Moraga Citizen of the Year



Photo Vera Kochan

Cathy Chang's family, from left: aunt Susanne Rheingruber, Chang, daughter Sara Chen-Mei Harrison, son Brian Chen-Wei Harrison, and uncle Dr. Herb Rheingruber

## By Vera Kochan

Growing up in Taipei, Taiwan, Cathy Chang, Moraga's 2023 Citizen of the Year, wasted no time in making Moraga the kind of place anyone would want to live. As Girl Scout Troop 33778 leader for the past five years, she orchestrated survival and geo-coaching skills, collected unsold Girl Scout Cookies for shipment to Ukraine, and had her scouts package seeds for the free-to-the-public Moraga Seed Library. She instilled in her troop the importance of giving back to the community by contacting the Moraga Gardens Farm and requesting that any of their damaged produce be turned over to her so that she, her two children, Brian (14) and Sara (12), both students at Joaquin Moraga Intermediate School, along with a group of scouts could prepare hearty meals for delivery to the Lake Merritt Tiny Home Project.

Having been a Camino Pablo Elementary School mom, Chang had students turn flats of tomatoes into salsa or pasta sauce and held clothing drives for Meadow Homes Elementary School in Concord, directed students in making lunches for at-need senior citizens, volunteered at the school's book fair, and established the Camino Pablo Community Service Committee (which held Lafayette Reservoir clean-up days, served food at the St. Mary's Center in Oakland, and sorted donated medical supplies to facilities during COVID). She also opened the Camino Pablo Garden during lunch hours in order to give students a chance to enjoy nature, and organized the "Plant It Forward" project

which encourages families to adopt a couple of produce plants and donate the "fruits of their labor" back to the community.

At JM, Chang helped organize screenings of movies such as "Try Harder" to incentivize students to prepare for college (the screenings included food and conversation involving relevant topics), and as one of the school's Diversity, Equity & Inclusion leaders, she has created classroom display materials.

Chang has often included her children in her endeavors such as volunteering at various East Bay Area food banks or helping to decorate the display case in the Moraga Library with presentations of Women's History Month, Learning Disabilities Month, Holiday Celebrations Around the World, and Black History Month. She also hosted community cultural presentations about the Moon Festival, Sukkot and Diwali among others.

As if all of her accomplishments for the community aren't enough to keep her busy, Chang also works from home as a manager of a revenue cycle project (management and development) for a children's hospital.

When notified that she was this year's recipient of the Moraga Citizen of the Year award Chang replied, "I am truly honored to receive the recognition, yet I feel that the award belongs to the whole village that made things happen. I am thankful for being part of all the opportunities. You made me feel truly accepted in this beautiful town."

In reaction to his mom's award, son Brian said, "I mean, I knew she deserved it, and I thought it was a great honor. She raised us to volunteer."

"I was like, really impressed," said daughter Sara Chang. "I knew she deserved some kind of award. I mean, Citizen of the Year is pretty cool!"

The Celebration Dinner was held on April 28 at the Holy Trinity Cultural Center. Chair of the Kiwanis Club Citizen of the Year Committee Sam Sperry coordinated and fine-tuned all details of the event. With Fred Weil, 2019's recipient, serving as Master of Ceremonies, Chang was feted by several members of the community including President of the Kiwanis Club of Moraga Valley Gloria Eive, followed by Chang's daughter, Sara, who gave the Invocation.

Moraga Mayor Renata Sos stated, "Cathy has operated with tenacity, a can-do attitude, and a huge heart."

"Cathy is an advocate for more community service in our schools," said Moraga School District Superintendent Dr. Julie Parks.

Supervisor Candace Andersen noted, "So often when I attend these events I feel so grateful that there are people like you."

Representatives for State Sen. Steve Glazer and U.S. Rep Mark DeSaulnier, Don Tatzin and Kaylee DeLand, respectively, praised Chang's value to the community; while friend Bobbie Preston indicated, "Cathy doesn't just teach it – she walks the walk."

Just prior to Chang's personal reflections, her son informed the assembled about the five things that his mom tries to instill into her kids: "My mother does a lot with the community, and she does a lot to teach us to be great role models." Volunteering, friendship, sense of humor, perseverance, and family are the most important points.

Chang prepared a slide presentation giving the attendees a glimpse of the many reasons why she was unanimously chosen as Moraga's Citizen of the Year. Not sitting on her laurels, she encouraged the audience to contribute their time and talent towards helping those within the community and beyond it. "Everything we do has an impact on young children. If you plant the seeds, they will grow."

# BUBBLE PALOOZA

## May 30 at 11AM

### Ages 5 and Under

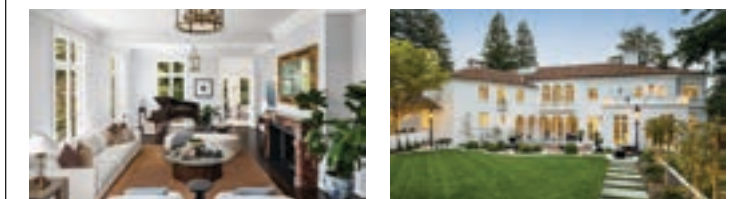
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Public Announcement from Town of Moraga

## Town of Moraga Community Meeting

The Town is seeking your input on the future of what makes Moraga home. The Town values your feedback on the character of new development, housing, and additional topics. What would you like us to know?

Your comments are welcome as part of an ongoing outreach to the community on the Housing Element.

Join us:

**May 18th from 6:00 p.m. - 7:30 p.m.**  
**Hacienda - La Sala Room**  
**2100 Donald Drive, Moraga**

**For more information:**  
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See public meetings schedule on these pages and check online for agendas, meeting notes and announcements  
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Tracy Keaton**  
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**COMPASS**

## Orindawoods celebrates 50 years



Woodhall when first built

Photo provided

By Sora O'Doherty

Orindawoods residents are celebrating the start of their development 50 years ago this month, with an exhibit of his-

open area. They also failed to overcome the opposition from the Orinda community, failing on three occasions to obtain planning approval for development.

In 1968, the property was sold to RT Nahas & Company and Great Western Homes. According to Wong, Nahas had the brilliant idea of getting the county to first change the zoning for the property. This was before Orinda was incorporated as a city in 1985. Once the county agreed to rezone the land for single-family housing and multiple-family housing, planning permission was granted for the Orindawoods development.

Wong, who has done extensive research for the upcoming anniversary, believes that Nahas hired the best of the best architects, landscape architects and engineers to work on the development. He hired former owner Donald Doughty as the project manager, and sought out Maurice McClure, an engineer who was very well versed in infrastructure. McClure had been the engineer on the Hearst mansion at San Simeon when he had just graduated from the UC Berkeley School of Engineering, and he agreed to come out of retirement to work on the Orindawoods infrastructure.

McClure put together the Orindawoods masterplan, which included the roads, sewers, waterlines and other infrastructure. The development includes a number of public and private streets. There has been a long-term agreement with the city of Orinda for maintenance of some, but not all, of the private roads, which was reconsidered but left in place in June of last year.

Home construction began with The Knoll and Raven Hill, a group of townhomes which were first occupied in 1975. Orindawoods features clusters of different types of housing set in acres of open space. There are estate homes, single family homes built by owners on land purchased from the developer, patio homes which are detached but have little land, and townhomes which are attached

in groups of two or three. In total, there are 257 homes on the 187 acres and every home has a view. Recently one accessory dwelling unit has been approved in Orindawoods. All of the homes are spacious, varying in the number of bedrooms and baths, but all over 2,000 square feet.

The development also includes Woodhall, the community center, a seven-court tennis club which is open to non-residents for a fee, and a swimming pool, in addition to the extensive landscaped shared open space. Because much of the housing is confined to clusters with little land per residence, there is more open space than in more traditional single-family home developments.

The first thing to be built at Orindawoods was the tennis courts, because there was little opposition to that amenity. The estate homes were built around 1975, and the patio homes between 1980 and 1989. Wong lives in the last of the patio homes to be completed.

Wong noted that even during the development of Orindawoods, opposition from the community continued, and there were several serious acts of vandalism, including releasing the brakes on a large tractor, that rolled down through Orinda, losing a wheel that traveled across Highway 24. A large cable spool was also sent rolling down the hill and survey stakes were pulled up and moved.

In its 50-year history, the tennis club has had only three professionals. Keith Wheeler, a member of the United States Professional Tennis Association, has been in charge since 1995. In addition to managing the tennis club, Wheeler gives lessons Monday through Friday.

Other members of the anniversary committee are Rick Forney, Robert Michael DeStefano Carla Unroe, Kathleen Kerr Schochet, and Maggie Reeves. The celebration will be attended by Moraga-Orinda Fire Chief Dave Winnacker, son of the Woodhall architect, George Winnacker.

toric information and photographs at Woodhall, the Orindawoods community center. The exhibition will be open for Orindawoods residents only on May 20 and open to the public from noon to 4 p.m. Sunday, May 21.

Cynthia Wong of the Orindawoods 50th Anniversary Committee, spoke to Lamorinda Weekly about the history of the development.

Like Wilder, the development at Orindawoods faced a great deal of opposition and it took decades from the time it was conceived until it was finally built, 1975-1989. The property, known as the Pine Grove property, was originally 300 acres. Owned by the East Bay Municipal Utility District from 1917, it was held as part of the district's watershed. By 1955, however, EBMUD had sold off a number of acres for the construction of Highway 24 and the BART station, and decided to sell the remaining 187 acres.

The land was bought by Pacific Intermountain Express, a trucking company. The company intended to build its national headquarters on the property, and also build some housing. However, they received a great deal of pushback from the Orinda community and eventually abandoned their plans, selling the property in 1958 to four interested developers, who wanted to build a combination of single family and multiple family housing complexes with surrounding

## Bike to Work Day encourages use of bikes as transportation, not just for fun



By Sora O'Doherty

On any weekend you can see dozens of bicycles in Lamorinda as folks enjoy recreational bike riding, but in keeping with a national movement to encourage people to use bicycles for transportation in addition to recreation, Lamorinda will celebrate Bike to Work Day on May 18.

Orinda, Lafayette and Moraga, including Saint Mary's College, will be offering special incentives to those who show up on a bike.

Darrin Hughes, Orinda Assistant Planner, has taken it upon himself to organize a passport program where people are encouraged to visit 10

different businesses and get stamps in their passports, which can then be turned in to be entered for a prize. Hughes and Kevin McCourt will be staffing an energizer station at the BART station, where they plan on having over-the-top refreshments, including freshly cooked pancakes.

The Lafayette energizer station will be serving drinks and snacks, and offering tote bags while supplies last at Plaza Park from 7 to 9 a.m. If you are in the market for a new bike, or need accessories, Lafayette staff suggest the city's Shop Local Lafayette E-Card Program, which features a number of local bike shops. There is currently a promotion offering a \$30 bonus card

when you buy a \$100 e-card to spend at any of the participating businesses in Lafayette.

Saint Mary's College in Moraga is celebrating Bike to Work/School/Wherever Day. The College is proud to host an energizer station at the entrance of campus (St. Mary's Road and De La Salle Drive) with free refreshments (fruit, energy bars), giveaways and the regional BTWD tote bag from 8 to 10 a.m.

The college suggests that if commuting all the way from home to work or school seems daunting, it's not cheating to make the distance more manageable by adding BART and the County Connection to your commute. The Saint Mary's community enjoys free rides on the local County Connection bus service. Routes originating from the Saint Mary's campus (No. 6) are free and transfers to other routes are regular fare.

... continued on Page A7

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## A clean, well-lighted place for sewage



Orinda Pumping Station in 1960

Photo provided

### By Sora O'Doherty

When you flush your toilet, you might, for a moment, wonder if the Coriolis effect, which says that draining water swirls counter clockwise in the northern hemisphere but clockwise in the southern hemisphere is real (it is), but you probably don't spend much time wondering where the contents of your toilet is going. You're just glad it's gone. But the dedicated engineers at Central Contra Costa Sanitary District have your back, and they recently completed a total revamp of the main Orinda pumping station, located discretely behind Theatre Square.

This reporter recently enjoyed a tour of the newly refurbished station with Keith Gellerman, a Central San As-

sociate Engineer. Chris Carpenter, Senior Community Affairs Representative, was also on hand. We started at ground level. Through the entry door, there is a small office, which is dominated by large electronic display showing the functioning of the five pumps located below ground. The station is staffed with personnel during normal business hours, but if a problem occurs after that, the electronic controls will automatically call in operators to deal with it right away. Only larger stations are staffed; smaller stations operate automatically.

Central San has 18 pumping stations, and half of those are in Orinda. The need for these stations is caused by the very hilly terrain of the city. Moraga has one, Lafayette doesn't. In many areas,

sewage follows the path of gravity, but in Orinda it is necessary to pump it up and over the hills and send it on its way to the sewage treatment plant in Martinez. The station behind Theatre Square is the largest in Orinda. The refurbishment project took two years, and the station was run continuously while all the equipment was replaced.

The Theatre Square station houses five pumps. Two of the pumps used to operate on diesel, but have been replaced with electric pumps. Three are called "dry weather" pumps. They run about 95% of the time. There are also two larger "wet weather" pumps that kick in when needed to handle even the highest flows that can be caused by storm water seeping in through manhole covers, or joints in the pipes, although the pumps do not handle storm water per se. Some

years these large pumps do not run at all. This year, Gellerman says, was a good test for the big pumps, which ran a lot during the heavy winter storms.

The exterior of the pumping station was built in the late 1950s. The old diesel engines, which also dated from the '50s, were very loud and polluting. The new electric pumps, which operate with a generator backup, are not just on/off pumps, but operate with variable frequency drives. They ramp up or down as needed. Although they run continuously, they run at lower capacity during the night. Usually only one pump is running, and they rotate which pump about once a week. The pumps are housed on the lower level of the station, well below ground.

The station has air filters that filter out the gasses, such as hydrogen sulfide, ammonia,

carbon dioxide, methane, nitrogen, and hydrogen, so the air smells clean. The station is also air conditioned for the comfort of the staff. Beyond the office there is a large room, lit by skylights.

Funding for the renovation is cash-based from user fees. Central San received a \$100 million federal loan for treatment plant upgrades. Carpenter says that they try to strike a balance between bonds and current user fees to balance who pays: current users or future users, to maintain the facilities, which include 1,500 miles of pipeline. Generally, about 6 miles of pipes are replaced each year.

A new 900-kilowatt generator is included with this upgrade and powers the pumps in the event of an electrical power outage. The generator is powered by diesel, but meets very stringent air quality controls to limit emissions.



Photo Sora O'Doherty

The newly refurbished Orinda main pumping station behind Theatre Square pumps Orinda sewage up and over the hill and out to the treatment plant in Martinez.

## Bike to Work Day

... continued from Page A6

In Moraga, the town and 511 Contra Costa will launch a free, healthy, outdoor family fun activity with the Summer Bike Challenge. The Bike Challenge begins June 1 and runs through Aug. 31. Moraga residents are encouraged to participate and explore the town by biking, getting exercise, and collecting incentives in the process. It's free to register. Visit <https://511contracosta.org/sbc/> for more detailed information on how to register.

Bike to Work Day is part of the Bike to Wherever Days throughout the month of May. Join thousands of people across the Bay Area as they ride their bikes to work or school, run errands, visit friends, and more. If you need additional encouragement to try biking to work, visit 511 Contra Costa's Incentives Page to explore rewards including free secure bike parking, a \$25 gift card, free rides home, and an e-bike rebate up to \$500. <https://511contracosta.org/bike-to-work-day/>



### City Council Regular Meeting:

Tuesday, June 6, 7:00 p.m.

### Planning Commission.:

Wednesday, May 23, 7:00 p.m.

### Supplemental Sales Tax

### Oversight Commission

Wednesday, May 10, 6:30 p.m.

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# City awarded \$3.1M for School Street Multi-Use Pathway Project



Congressman Mark DeSaulnier presented a check for \$3.1 million on May 2 to Lafayette Vice Mayor Gina Dawson for the School Street Multi-Use Pathway Project. This Safe Routes to School project for the city of Lafayette will result in construction of a Class I multi-use pathway on School Street, from Moraga Road to the Lafayette-Moraga Regional Trail.

"These improvements will not only provide a safe and comfortable path for students to walk or cycle to both Stanley Middle School and Lafayette Elementary School, but also a safe, direct and protected walking/biking connection between Downtown Lafayette and the numerous neighborhoods to the south of the project site with access to the Lafayette-Moraga Regional Trail and the existing Class I pathway on First Street," said city spokesperson Suzanne Iarla.

Photo courtesy City of Lafayette

**From left: Council members Susan Candell and Teresa Gerringer, Gloria Dias, Rep. Mark DeSaulnier, Vice Mayor Gina Dawson, LafSD board members Katy Foreman and Merideth Meade, and Council Member Wei-Tai Kwok**

## Letters to the editor

### Traffic safety in Lafayette

I am writing to share my thoughts about the city of Lafayette and their efforts to improve traffic safety. As a resident of this wonderful community, I have noticed that the city has been taking some great steps to make our roads safer for everyone.

One of the things that I have noticed is that Lafayette has installed more stop signs and traffic lights in areas where they are needed the most, and also has more crossing guards. This helps to slow down drivers and reduce the risk of accidents. Additionally, the city has added more crosswalks and pedestrian signals, which make it easier for people to walk around safely.

Overall, I am satisfied with the efforts that Lafayette has made to improve traffic safety. These actions have made a positive impact on our community

and have helped to ensure that everyone can get around safely. Naoto Watanabe Lafayette

### Want to defend girls' sports? Your neighbors may cancel you

Recently I published posts on NextDoor and Facebook's Lamorinda Community defending the right for biological females (i.e. women and girls) to safely and fairly participate in sports. This is one of many issues that drove me to the Women's March in 2017. As a former high school varsity basketball player and continuing athlete, I know the protections afforded by Title IX extend to the playing field as well as locker rooms and safe spaces.

But now basic opinions about fairness for women are being called "transphobic in the guise of feminism" and on

Nextdoor: hate speech. Yes, hate speech. Apparently, my post there has been taken down and some neighbors are now calling me a TERF, or trans-exclusionary radical feminist. Basically, it's a derogatory term meant to shut people down.

Tendencies to block opinions we don't want to hear are also revealing themselves through laws passed in Sacramento (see AB 2098), and in pledges and bias reporting systems in our local schools. As someone who has been working as a substitute teacher since the omicron surge, and who has actively attended school board meetings and DEIB workshops, I understand these have been implemented with good intentions. But what they are also saying is that you are now responsible for how others feel and if they don't like it, then a report can be filed against you. It can even be anonymous. Fortunately, even

the Lafayette School Board has acknowledged how few reports have been filed.

As Eleanor Roosevelt said, "No one can make you feel inferior without your consent." I'm a pretty confident person. I know who I am and I know what I believe. I will continue to stand up. But make no mistake, we are shutting down opinion and free speech - and now even the protections for women and girls. We should all be concerned.

Lauren Herpich Lafayette

### Put enforcement of BP 6144 on school board agenda

All four Lamorinda school districts have a similar Board Policy 6144: Controversial Issues. Acalanes High School District's (AUHSD) BP 6144 states in part: "... the District's educational program may sometimes include instruction related to controversial issues that may arouse strong reactions based on personal values and beliefs, political philosophy, culture, religion, or other influences. ... Instruction concerning such topics shall be relevant to the adopted course of study and curricular goals ... [and] shall be presented in a balanced manner, addressing all sides of the issue without bias or prejudice and without promoting any particular point of view."

"The teacher shall not use his/her position to forward his/her own religious, political, economic or social biases. ...

A "Class 1 Multi-use Facility" is a paved shared-use or multi-use path for people walking and biking that is physically separated from vehicular traffic.

The planning and design phases for the project and other related safety improvements around Stanley Middle School are expected to kick off this fall. The process will include engaging with the neighborhood, schools and community members. - J. Wake

teachers act on behalf of the District and are expected to follow the adopted curriculum. ... Students shall be assured of their right to form and express an opinion ... instruction shall not reflect adversely upon persons because of their race, ethnicity, national origin, sex ... If the guest speaker is presenting only one point of view on an issue, the teacher shall be responsible for ensuring that students also receive information on opposing viewpoints."

Based upon information from parents and its website the AUHSD is teaching the racial tenets of Critical Race Theory and the sexual fluidity principles of Queer Theory (Gender Studies) without contrary traditional viewpoints from social science, biology, and religion. Speakers at recent board meetings have discussed the misuse of academic class time for promotion of these programs. For examples, see links from "Equity Work at Campolindo" at www.acalanes.k12.ca.us/domain/925 and "Google Form for Pronouns Available" at www.acalanes.k12.ca.us/Page/3459.

Please contact the District and instruct them to place the enforcement of BP 6144 on a board agenda for public debate per AUHSD's Bylaw 9322. Email the board at school-board@auhdsd.schools.org David Berti Moraga Robert Lavoie Lafayette

Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and city/town of residence - we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters must be factually accurate. Lamorinda Weekly reserves the right to refuse publishing a letter submission. Visit www.lamorindaweekly.com for submission guidelines. Email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, 1480 Moraga Road STE C #202, Moraga, CA 94556

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Chief of Police, Jon King ext. 7049

**Orinda Police Department:**  
22 Orinda Way 925-254-6820  
Chief of Police, Ryan Sullivan 925-254-6820

Orindatip@cityoforinda.org

### Lafayette Police Department Incident Summary Report

**April 16 - April 27**

Alarms	39
911 Calls (includes hang-ups)	16
Traffic	108
Suspicious Circumstances	3
Suspicious Subject	17
Suspicious Vehicle	11
Service to Citizen	33
Patrol Req./Security Check	26
Public/School Assembly Check	4
Supplemental Report	21
Vacation House Check	56
Welfare Check	14
Ordinance Violation	1
<b>Vehicle violations</b>	
Accident Property	
Police Department	
Auto Burglary	
4000 Block Mt. Diablo Blvd.	
3900 Block Woodside Ct	
4000 Block Valente Dr.	
Hit And Run Misdemeanor	
500 Block St. Mary's Rd.	
Reckless Driving	
Moraga Rd./School St.	
Moraga Rd./St Marys Rd.	
Pleasant Hill Rd./Eb Sr 24	
Pleasant Hill Rd./Deer Hill Rd.	
1st St./Mt. Diablo Blvd.	
Stolen Vehicle Recovery	
Eb Oak Hill/Downtown Laf	

Tamper With Vehicle  
900 Block Old Hawthorne Rd.  
Tc - Property Damage  
Moraga Rd./Mt. Diablo Blvd.  
3600 Block Mt. Diablo Blvd. (2)  
Police Department  
St Marys Rd./Topper Ln.  
Old Tunnel Rd./Pleasant Hill Rd.  
Orchard Nursery And Florist  
1400 Block Pleasant Hill Rd.

**Other criminal activity**  
Fraud False Pretenses  
800 Block Ava Ct.  
3400 Block Little Ln.  
Grand Theft  
Brook St./Hough Ave.  
1700 Block Toyon Rd.  
Grand Theft From Veh  
3500 Block Walnut St.

Grand Theft Veh Parts  
900 Block Janet Ln.  
Identity Theft  
800 Block Moraga Rd.  
3900 Block Woodside Ct.  
1000 Block 2Nd St.

Petty Theft  
3500 Block Mt. Diablo Blvd. (2)  
3800 Block Mt. Diablo Blvd.  
1000 Block Carol Ln.  
Police Department  
Petty Theft From Veh  
3300 Block Moraga Blvd.  
Petty Theft Veh Parts  
3300 Block Victoria Ave.

Shoplift  
3600 Block Mt. Diablo Blvd.  
3500 Block Mt. Diablo Blvd. (2)  
**Nuisance to the Community**  
Disturbance-domestic  
3500 Block Mt. Diablo Blvd.  
Disturbing The Peace  
3500 Block Mt. Diablo Blvd.

Drunk In Public  
Golden Gate Way/Mt. Diablo Blvd.  
Loud Music  
3300 Block Mt. Diablo Blvd.  
900 Block Dewing Ave.  
Pleasant Hill Rd./Old Tunnel Rd.  
3200 Block Alta Ln.

Loud Noise  
3500 Block Mt. Diablo Blvd.  
100 Block Greenbank Dr.  
Loud Party  
N Lucille Ln./Peacock Blvd.  
Alta Ln./Pleasant Hill Rd.  
900 Block Leland Dr.

Public Nuisance  
Carol Ln./Berta Ln.  
900 Block S Thompson Rd.  
Mt. Diablo Blvd./Lafayette Cir.  
3500 Block Mt. Diablo Blvd.  
3600 Block Mt. Diablo Blvd.  
Vandalism  
3100 Block Stanley Blvd.  
4000 Block Valente Dr.

1300 Block Reliez Valley Rd.  
**Other**  
Animal Cruelty  
10 Block Dollis Park Rd.  
20 Block Lafayette Cir.  
Assault W/ Deadly Weapon  
3100 Block Acalanes Ave.  
Dependent Adult Abuse  
800 Block Moraga Rd.  
Extortion  
3400 Block Shangri La Rd.  
Unwanted Guest  
3600 Block Happy Valley Rd.  
3600 Block Mt. Diablo Blvd.  
Violation Custody Order  
90 Block Carolyn Ct. (2)  
3500 Block Mt. Diablo Blvd.

**Moraga Police Department Incident Summary Report**  
**April 18 - May 1**

Alarms 14  
911 Calls (includes hang-ups) 16  
Traffic 99  
Suspicious Circumstances 6  
Suspicious Subject 3  
Suspicious Vehicle 5  
Service to Citizen 24  
Patrol Req./Security Check 11  
Public/School Assembly Check 4  
Supplemental Report 9  
Vacation House Check 2  
Welfare Check 7  
Ordinance Violation 0

**Vehicle violations**  
Accident Property  
Campolindo High School  
St Andrews Dr./Augusta Dr.  
Canyon Rd./Pinehurst Rd., Can  
Moraga Way/Hardie Dr.  
Ivy Dr./Moraga Way  
Campolindo Dr./Moraga Rd

Dui Misd  
Moraga Rd/Campolindo Dr.  
Excessive Speed  
Rheem Blvd./Woodminster Dr. (2)  
Rheem Center  
Birchwood Dr./Fernwood Dr.  
Moraga Way/School St.  
1900 Block St Marys Rd.  
Moraga Way/St Andrews Dr. (2)  
Moraga Rd./Alta Mesa Dr.  
Ascot Dr./Moraga Rd

Vehicle Theft  
Police Department  
Constance Pl./Canyon Rd.  
**Other criminal activity**  
Computer Fraud  
1100 Block Alta Mesa Dr.  
Fraud False Pretenses  
200 Block Sheila Ct.

100 Block Draeger Dr.  
Grand Theft From Veh  
80 Block Hardie Dr.  
Grand Theft Veh Parts  
1000 Block Sanders Dr.  
10 Block Wandel Dr.  
90 Block Shuey Dr.  
100 Block Donald Dr.  
2000 Block Donald Dr.  
80 Block Sullivan Dr.  
Identity Theft  
Not Available  
300 Block Lakefield Pl.  
Residential Burglary  
400 Block Fernwood Dr.  
Shoplift  
Safeway  
500 Block Moraga Rd.  
Wells Fargo Plot

**Nuisance to the Community**  
Disturbing The Peace  
Police Department  
Loud Music  
2000 Block Ascot Dr.  
Loud Noise  
Hacienda  
Donald Dr./Moraga Rd  
200 Block Corliss Dr.  
Loud Party  
Sanders Dr./Wandel Dr.  
Public Nuisance  
10 Block Gloria Ct.  
Vandalism  
1800 Block St Andrews Dr.  
**Other**  
Brandishing Weapon  
Rancho Laguna Park  
Corporal Injury To Child  
300 Block Rheem Blvd.  
Failure To Obey  
Moraga Rd/Corliss Dr.  
Fire/Ems Response Info  
3900 Block Campolindo Dr.  
Fireworks  
1700 Block St Andrews Dr.  
Other Felony  
Pito Of Safeway

100 Block Draeger Dr.  
Grand Theft From Veh  
80 Block Hardie Dr.  
Grand Theft Veh Parts  
1000 Block Sanders Dr.  
10 Block Wandel Dr.  
90 Block Shuey Dr.  
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Identity Theft  
Not Available  
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**Nuisance to the Community**  
Disturbing The Peace  
Police Department  
Loud Music  
2000 Block Ascot Dr.  
Loud Noise  
Hacienda  
Donald Dr./Moraga Rd  
200 Block Corliss Dr.  
Loud Party  
Sanders Dr./Wandel Dr.  
Public Nuisance  
10 Block Gloria Ct.  
Vandalism  
1800 Block St Andrews Dr.

**Other**  
Brandishing Weapon  
Rancho Laguna Park  
Corporal Injury To Child  
300 Block Rheem Blvd.  
Failure To Obey  
Moraga Rd/Corliss Dr.  
Fire/Ems Response Info  
3900 Block Campolindo Dr.  
Fireworks  
1700 Block St Andrews Dr.  
Other Felony  
Pito Of Safeway

**Other criminal activity**  
Fraud Credit Card  
10 Block Monterey Terrace  
Identity Theft  
60 Block Windy Creek Way  
Petty Theft  
300 Block El Toyonal  
Petty Theft From Veh  
Wilder Sports Fields  
100 Block Canon Dr. (2)  
Robbery  
60 Block Sunnyside Ln.  
Shoplift  
Camino Pablo  
Vehicle Theft  
Moraga Way/Ivy Dr.

**Nuisance to the Community**  
Disturbing The Peace  
20 Block Bryant Way (2)  
Loud Music  
Silver Oak Terrace/Sundown Terrace  
Loud Party  
10 Block Santa Lucia  
200 Block Sundown Terrace (2)  
Great Oak Cir./Orchard Rd.  
Public Nuisance  
20 Block Orinda Way

**Other**  
Elder Abuse  
200 Block Hall Dr.  
Failure To Obey  
Eb Sr 24 At St Stephens Dr.  
Trespass  
80 Block Hillcrest Dr.  
Unauthorized Possession  
California Shakespeare Festival  
Warrant Arrest  
Camino Sorbrante  
Orinda Way (2)

**Orinda Police Department Incident Summary Report**  
**April 16 - April 29**

Alarms	34
911 Calls (includes hang-ups)	10
Traffic	110
Suspicious Circumstance	6
Suspicious Subject	2
Suspicious Vehicle	6
Service to Citizen	53



# Bollinger Canyon General Plan

... continued from Page A4

Its purpose was to describe physical context, planning and zoning history, identify potentially applicable zoning districts, provide general zoning principles and define three "parcel groups" while presenting zoning options.

The 20 parcels were grouped into three categories based on their common characteristics. Parcel Group 1 included developed residential properties at the east end of Joseph Drive and a single developed property on Bollinger Canyon Road. The entire area includes nine parcels ranging in size from 0.97 to 3.78 acres totaling 17.3 acres. Parcel Group 2 included four parcels with a combined 139 acres that have recently become part of the Harvey Ranch John Muir Land Trust. Parcel Group 3 included seven parcels total-

ing 270 acres. Two of the eastern-most parcels (186.3 acres) had once been proposed as a 129-lot subdivision (Bollinger Valley Project).

The "White Paper" was presented during a virtual meeting that same month to more than 40 attending residents in order to collect input which was incorporated with feedback from a Feb. 9 Town Council meeting. Staff used the information to develop a General Plan and zoning proposal for the Study Area which was presented on May 24, 2022 to the Planning Commission.

For Parcel Group 1, a General Plan and zoning designation of "Residential - 1 Dwelling Unit per Acre" (1DUA) was proposed. According to the staff report, "The median lot size in the parcel group is 1.77 acres, and the prevailing character is single-family residential. All but one

of the parcels is already developed with a single-family residence. Moreover, Parcel Group 1 is functionally part of the Bluffs neighborhood, which has a 1 DUA designation.

"A General Plan and zoning designation of 'Non-MOSO Open Space' was proposed for Parcel Group 2. All four of these parcels are in single ownership and have been acquired by the John Muir Land Trust. The proposed designation is consistent with the intent to retain these properties as open space for conservation and recreation."

Lastly, for Parcel Group 3, a new General Plan designation and zoning district was proposed. "This designation - Rural Residential - has a density of one dwelling unit per 5 acres and is intended to provide a transition between the Bluffs neighborhood to the

west and the open space and agricultural areas to the north and east. Similar density limits apply to the north in Lafayette and to the east in Contra Costa County. Staff developed draft General Plan and Zoning text for this new district, including development standards and permitted uses."

Public comment from property owners in the Valley Hill and Bluffs area expressed concerns about traffic and road conditions, safety (wildfire, landslides, etc.), evacuation capacity and neighborhood character/aesthetics. The largest landowner (186 acres) requested density higher than 1 unit per 5 acres.

After taking everything into consideration, the Town Council certified the FEIR (Final Environmental Impact Report) on Jan. 25, 2023. This action also included a Mitigation Monitoring and Reporting

Program (MMRP) for the entire project.

The Planning Commission's April 11 feedback to the council expressed general support for staff's updated proposal after questions/comments relating to expected VMT (Vehicle Miles Traveled) with regards to electric vehicles, opportunities for density transfer, expected access points for future development, process for planned development, opportunity for owner-initiated General Plan Amendment requests, and wildfire risk assessment requirements were discussed.

The Town Council voted 4-1 (Vice Mayor Teresa Onoda voted against) to approve the two resolutions and waive the first reading and introduce by Title only the ordinance amending the Moraga Municipal Code as it relates to the Bollinger Canyon Study Area.

# Minson takes over musical direction at Stanley; Jazz Cafe planned, May 12

... continued from Page A3

"I intended to become a music teacher, because all of the wonderful music and band teachers I had growing up inspired me," Minson says. "In college, life took me in a different direction and I became a performing musician and a working musician."

As Minson pieced together his musical career, performing in gigs while playing the trumpet, the French horn and dabbling with the drums (in the footsteps of his father, who was also a percussionist) and at times, singing in venues and settings ranging from orchestra pits to rock concert stages to church gigs, he never lost touch with his alma mater and kept an important side gig as an LPIE instructor. With Bob Athayde's encouragement, Minson eventually went back to school and got his teaching credential which helped him land a job in the Mt. Diablo Unified School District teaching at the elementary and middle school level. "When Bob told me he was retiring (and encouraged me to apply), I decided to go for it and luckily, I got hired and so here I am," Minson says with an ear-to-ear smile.

Minson was transitioning into his new role around the same time the youngest of his three children (now 11 months old) was arriving.

Music seems to be in Minson's bones. He loves listening to it. He loves creating it. He loves performing it. He loves teaching it. And, as much as he loves and breathes music, he loves being a family man. "I loved performing (as my main gig) but it was tough being out late most nights when I started having kids (with a now 10-year-old son and a 7-year-old and soon to be 1-year-old daughter) and I wanted a different lifestyle," Minson says. "Teaching helps me have that lifestyle, where I can do what I love (while supporting the next generation of musicians) and also still have time for my family."

Minson says regardless of one's age or stage or life or field of study or career trajectory, music has something to offer everyone. "Music is a central part of being a human being. You can't go anywhere without having music on in the background. Music is in stores. Music is in movies," Minson says. "It's everywhere and it touches on so many aspects of human life - whether it's giving you a fun beat to dance to just offering you something really powerful or emotional to touch your human spirit. I can't imagine life without it." And, music is a transferable skill that, in Minson's estimation, has as much to offer a future scientist as a performer.

"It teaches teamwork. Kids have to figure out how to

work with other people," he says. "And they're working toward a common goal of creating beautiful music together while making all the pieces fit together."

On Friday, May 12 Minson and his students will bring the magical elements of music, ambiance and community together for the annual Jazz Café so that folks of all ages can have a chance to experience the high-end prestigious elements of a night of jazz with dim lights, coffees, teas and desserts inside Stanley's multipurpose room. An assortment of food trucks will also be outside.

"The Jazz Café started under Bob's leadership and we're trying to keep the tradition alive as we transform our multi-use room into a jazz club with mood lighting, tables with flowers on them," Minson says. "The kids get to play in the kind of atmosphere that you wouldn't expect in a school gym. We'll have a professional sound person. (It's the real deal.)"

The Jazz Café is free and open to everyone. It takes place at Stanley Middle School from 6 to 9 p.m. on Friday, May 12. Josh Norek says Minson's homecoming to his middle school alma mater makes this year's Jazz Café extra special. "It's fantastic (having Todd as a product of the Lafayette school system) back. Just like the teacher character on 'Welcome Back Kotter' who returns to teach at his former school, Todd is able to return to Lafayette and help foster a love for jazz with the students."

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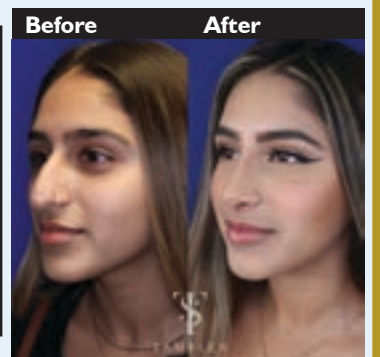
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# As Lafayette School District works to amplify inclusion efforts, outside community members stage weekly protests

By Sharon K. Sobotta

When Lafayette Elementary School joined schools and entities across the country with displaying a flag in honor of Transgender Day of Visibility on March 31 after a resolution was unanimously passed for the Lafayette School District, many people celebrated the victory in making schools more inclusive. A small group of people have been demonstrating across the street from the school on Friday afternoons ever since.

In a letter to parents Lafayette School District Superintendent Brent Stephens called the acknowledgment of Transgender Day of Visibility an important marker to recognize and celebrate the pres-

ence, accomplishments and contributions of transgender people to the community and informed them about the display of the Transgender Pride Flag (in March).

“For many, (this acknowledgement) also represents the diversity and vibrancy of the larger LGBTQ+ Community. Last week, the Lafayette School District Governing Board unanimously passed this resolution to affirm our school district’s support for transgender students and families. It is another in a long line of policy decisions in our District meant to protect all our students, families, and staff; and uphold the legal obligations of the District to provide a safe learning environment that is free from all

forms of bias.

“The unanimously passed resolution,” he said, “was both a celebration of the presence of transgender people among our students and families, and, sadly, a sobering reminder of the intensifying political and legal challenges faced by trans people everywhere.”

Lisa Disbrow, a 2022 candidate for Contra Costa County Board of Education, and a few others began showing up across the street most Friday afternoons to greet students, parents and passers-by with signs emblazoned with slogans like “biology is not bigotry,” “DEI—Deliberate Extinction of Innocence” and messages about what should be kept out of the library.

“(Biology is not bigotry) means there are two sexes – male and female. And to say that isn’t to be a bigoted statement, it’s a scientific statement,” Disbrow said, while explaining her signs. “This sign says ‘sexual exposure is abusive.’ That’s based on a drag queen event that Burton Valley sponsored and the Lafayette School District endorsed.”

It’s unclear if the event Disbrow was referring to was the one sponsored by the Lafayette Learning Center in which a drag queen named Bella read stories to children and sang songs to them and their parents as a group of protesters and another group of supporters held signs outside of the event.

When asked about the specifics of her concern with the school district’s sentiment that all students regardless of gender identity should be accepted or that using someone’s preferred pronouns might be a small way to make someone else feel seen, Disbrow described an unnecessary imposition. “Why should you change? Why should a group be able to control the English language because of their feelings? In America, you can be anything you want, right? As an adult, what I’m concerned about is indoctrinating children into ideas that are not proven,” Disbrow said.

Disbrow also expressed concerns that by recognizing nonbinary and trans-identifying folks, it somehow detracts from those identifying in the traditional binary. “How do children who are raised to believe in just the male and



Photo Sharon K. Sobotta

Protesters across from Lafayette Elementary May 5.

the female sex feel recognized? Where are they included? Because they’re not.”

Gina Schwartz, a passerby, who stopped to engage with Disbrow on May 5 after noticing her signs, couldn’t disagree more with that statement. “Our media is saturated with that. We are surrounded by examples of boys and girls being boys and girls, and men and women being men and women. It wasn’t until recently that same sex couples were able to legally marry,” Schwartz said. “And interracial marriage in the United States has (only been fully legal since 1967). Little by little, gains are being made. But it’s not enough. We need more. Everybody deserves to see themselves, to be seen and to be heard, acknowledged, honored and loved.

“This kind of rhetoric continues to contribute to disparaging mental health situations where, not only children, but also adults are in crisis and it contributes to suicide rates,” Schwartz added. “It’s (based on) such a lack of understanding. People can live their own lives and deserve to.”

Schwartz said she wants all kids to know that they are

loved. “I want (queer and trans people) to know that there are adults that support them. It’s a sad truth, that they’re going to encounter people that don’t,” Schwartz said. “But there are people who love them and care for them and want to support them.”

Sev is a college student who uses he/they pronouns and identifies as black, queer and religious. For Sev, being a part of communities with LGBTQ+ affirming messaging is heartening and tells him that there is a place for them. “Growing up, we were taught that we should love everyone,” Sev said. “I’ve never thought that you couldn’t be queer and be a Christian. When I hear people say that if you’re queer or trans, God will hate you; it’s heartbreaking, because that’s not supposed to be.”

Sev said more can be accomplished when we set aside judgment and show up as our authentic selves. “As long as we’re able to be honest with ourselves and also honest with the different components of the things that make up who we are, then that’s where we’re able to have deeper conversations.”

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## Bush Poppy Flower Farm thrives in Orinda



Photo Sora O'Doherty

Owner Heather Marano at Bush Poppy Farm. Here she is tending ranunculus, one of the many flower varieties she raises for her bouquets and events.

By Sora O'Doherty

A new endeavor in Moraga is highlighting Heather Marano and her Bush Poppy Flower Farm in Orinda. Across the Way, an adjunct of Moraga Hardware and Lumber, is now selling fresh flower bouquets provided by Marano on Fridays. Each bouquet retails for \$25. She will also be selling seedlings to Moraga Hardware.

Marano is an Orinda resident who has grown her own vegetables for almost 20 years. From 2010 to 2019 she designed knitting patterns, dying yarn with plants. Although she has degrees in archeology, a BA and MA from University of Southern

Florida, and all but the thesis for a Ph.D. from the University of Southern Illinois, Marano has been fascinated by traditional plant medicine.

In 2019 she started Bush Poppy Farm. She does flowers for big events, such as weddings. Most of the weddings she provides flowers for are “a la carte,” but she also does full-service wedding flowers, which entails getting to the venue very early to set up the flowers, which sometimes includes a flower arch that can’t be assembled before the day of the wedding. Generally all the flowers come from her farm, but sometimes, if necessary, she gathers more blooms from other organic farmers through Gather Flora

at the San Francisco flower mart, which operates like a co-op for flower farmers.

Marano is full of energy and the joys of flowers, and arranges several types of fun events, such as workshops and bouquet bars for parties. She also provides dried flowers to Orchard Nursery in Lafayette.

The main channel for Marano to sell her flowers is her CSA, which stands for community supported agriculture. People purchase memberships for either weekly or bi-weekly bouquet delivery for roughly \$20 a bouquet. She started delivering her flowers during the pandemic and now delivers on Tuesdays and Wednesdays. She drives for five hours on delivery days. An avid reader, Marano listens to audio-books as she drives.

Before moving to Orinda in 2019, Marano was a master gardener in San Mateo. She and her husband are avid hikers, and moved to California from back east. They have two children at Miramonte High School.

Marano leases the land for her flower farm, located on Fish Ranch Road. You can find out much more about what Marano offers on her website, where you’ll find merchandise, gift certificates, events, and even garden consultations available.

www.bushpoppyfarm.com/

# Geo Cache – a global treasure hunt with locations in Lamorinda



Photo Vera Kochan

A Geo Cache sign-in "logbook" was located inside a plastic pouch glued to a large magnetic, protective patch that was found on a historic Moraga artifact.

By Vera Kochan

The "treasure" at each Geo Cache (pronounced JEE-oh-cash) location is most definitely nothing comparable to a pirate's chest of riches, but then, that is not the point of geocaching.

Geo Cache was started in 2000 by a group of people in Oregon with an interest in technology and geography. Originally called Geo Stash, in reference to the small treasures that were left at each location by players, the "game" caught worldwide momentum and can claim nearly 2 million participants globally. Within the United States, California leads with 138,475 Geo Cache locations.

According to a National Geographic article, "Caches are the hidden treasures. After registering online, geocachers look for coordinates

(the longitude and latitude) of caches. Caches have two or three parts: a waterproof container, a logbook to list the people who visit the cache, and sometimes a low-cost trinket or geocoin. (Geocoins are metal medallions made by individual geocachers or organizations. Like other cache items, geocoins are not worth much money.) Common materials found inside caches might include foreign currency, key chains, ornaments or booklets. Valuable objects, food, or other items that could be easily damaged are not allowed in geocaching." It is suggested that players bring small trinkets to exchange for any taken from the cache where applicable.

Geocaching has become a pastime/hobby that is fun for all ages, while getting players outside to experience nature and discover some historic sites where caches may be

hidden. The adventure might require a bit of walking, depending on the cache's location. While caches are meant to be hidden, none are supposed to be buried. Clues to the cache are given online, for example: look under the bench by the oak tree.

Lamorinda has not been left out of the geocaching craze. There are at least 10 caches in Moraga, with as many in Lafayette and Orinda. To get started, go to geocaching.com to register and get the free Geocaching mobile app to help you find possible cache locations in the area and beyond (there are millions worldwide). Geocaching.com is loaded with information to help beginners. There's a 5-star rating guide that notes the level of difficulty for any cache location.

Once players are ready to hunt, make certain that the phone being used is fully charged. It is suggested that participants keep their eyes open for any possible camouflaged caches as they are not supposed to be in plain sight. Once the cache is found, sign the logbook within, exchange one item (if any), and put everything back the way it was found for the next players. The basic rule of the game is "Leave no trace" during the hunt. It is also important that the cache is sealed properly to prevent any damage from the elements.

REI.com notes that, "More than two decades old now, geocaching has evolved into a vast, diverse and passionate community of users. Like any social group, it's evolved its own slang and social norms. You can do it on your own, with a few friends or with other geocaching devotees at events year round, around the world. However you choose to do it, the game of geocaching can be delightfully addicting."

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## A. OUR OPINION – YOU DECIDE!

### Save Lafayette responds to Court of Appeals decision regarding The Terraces Project

Save Lafayette continues to work to preserve all residents' health, safety, and quality of life. We support the efforts of Our Neighborhood Voices and the thousands of neighborhood leaders across the State of California fighting to restore local government decision-making and fair growth initiatives.

The Court of Appeal's decision to deny our lawsuit in November 2022, was very disappointing, particularly given the court's subsequent decision to grant the appeal for the People's Park project in Berkeley because "noise impacts had not been adequately studied."

**We raised many more serious issues regarding the Terraces, but for whatever reason, with Senator Wiener in attendance, the Court found the following issues acceptable:**

- the City consultant's software shows up to 500+ Terraces residents would not escape a wildfire
- the City stated that County Connection would send 27 buses in a timely fashion to rescue 1,800 schoolchildren from a wildfire, even though the Connection's CEO had denied any such assurance
- this project is inconsistent with Lafayette's General Plan/Zoning
- the State's Permit Streamlining Act requires project approval in 270 days - the City allowed 7 years
- the intersection traffic, already an F for emergency response, will increase by up to 3000 daily trips
- air and/or noise pollution will always exceed government standards - by up to 800% during the movement of 500,000 cubic yards of dirt from this "scenic gateway" (Caltrans description)
- five endangered species will be directly threatened by the project.

### So, did the Court protect the rights/health/safety of residents/students? YOU DECIDE!

As a result of public hearings, The Terraces' approval comes with a long list of requirements and we look forward to receiving information from the Council and staff to ensure that every requirement is met. We also expect that, when it comes to issuing permits, the County Building and Fire departments will look very closely at the traffic, air pollution and fire evacuation impacts on the health and safety of Terraces residents, surrounding neighborhoods and schools.

## B. OUR NEIGHBORHOOD VOICES – A CRITICAL INITIATIVE!

Save Lafayette will continue to protect the best interests of Lafayette's residents, when it concerns their rights, their safety and their health, whether it's a city, county or state issue. We support *Our Neighborhood Voices*, a coalition of thousands of California neighborhood leaders driving a 2024 ballot initiative that will protect local control of real estate development decisions.

For more - see [www.savelafayette.org](http://www.savelafayette.org)






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## Stanley middle schoolers headed to OM World Championships



From left: Sanika Khamkar, Lauren Brekke, Shriya Lind, Sophia Moore, Raini Chugh, Aleah Mathai-Jackson, David Siu

Submitted by Manju Lind

With many of the team members having worked creatively together since the second grade, a team of seventh-graders will represent Stanley Middle School and Lafayette at the Odyssey of the Mind World Finals in Michigan later this month.

Odyssey of the Mind is a decades-old, global, creative competition that engages kids from kindergarten through college in STEAM (Science Technology, Engineering, Art, and Mathematics) problem-solving activities.

This is the Stanley team's first time attending the World championships in person and

their second time representing Lafayette on the global stage.

This year's competition is expected to draw hundreds of teams from across the United States and around the world. At the competition, each team will compete in an age-appropriate division and present a creative solution to one of five long-term open-ended problems and a spontaneous "think-on-your-feet" challenge.

For the long-term problem, the Stanley team reinterpreted the Greek classic "The Iliad," devising a "Trojan Horse" and a figurative "wall." Featuring a required Greek chorus, "Iliad" character, and unusual statue, the team tells the story of two ri-

val grocery delivery companies, a theft, a clever ruse, and the retrieval of a prestigious award. The team's elaborately engineered set, costumes, and props – made almost entirely from recycled and upcycled materials – earned them first place for overall style in their division at the Northern California championships.

While the long-term problem requires months to solve, the spontaneous problem involves solving a surprise verbal, engineering, or combination problem in under 10 minutes. The team captured second place for their division in the spontaneous portion of the Northern California championships.

Since the state competition, the team has been refining their solution and preparing to send materials to the championship. The costs of attending the competition, including shipping their multi-paneled set, are high, so the team is looking to the Lafayette community for support. They will be out in the Lamorinda area raising money for the competition this month.

If you're inspired to support this creative group of middle schoolers and help them represent Lafayette on the world stage, you can donate directly by visiting their campaign at [gofundme.com/StanleyMiddleSchool-OM-2023](http://gofundme.com/StanleyMiddleSchool-OM-2023).

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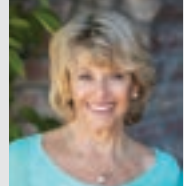
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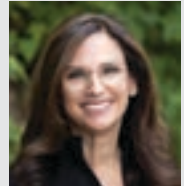
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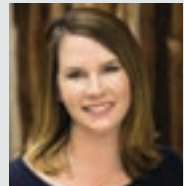
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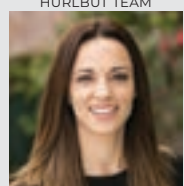
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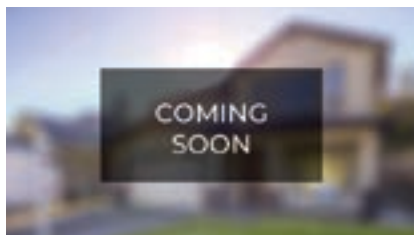


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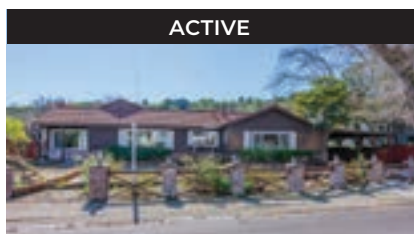
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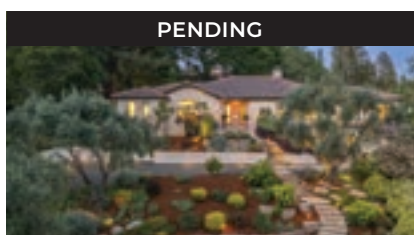
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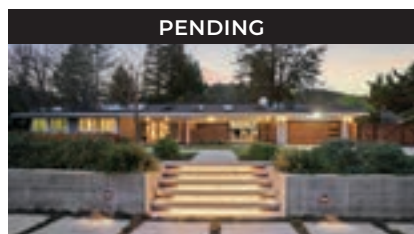
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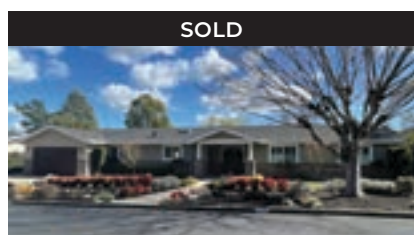
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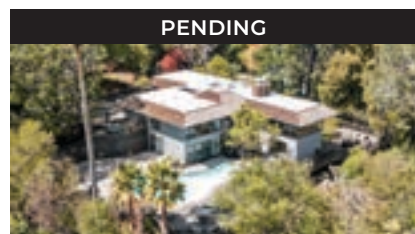
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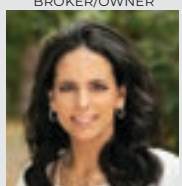
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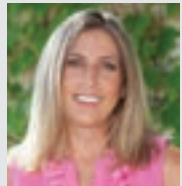
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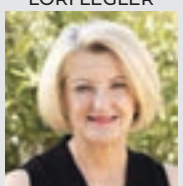
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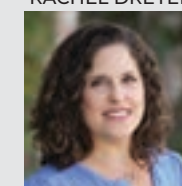
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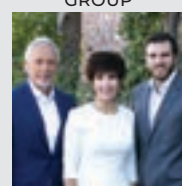
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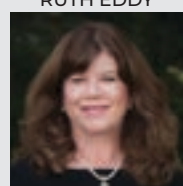
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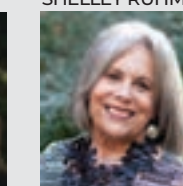
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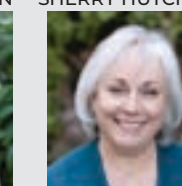
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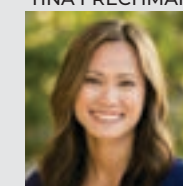
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# ~ Life in LAMORINDA ~

## 'Ajoomma' – A feel-good movie from Singapore at the Orinda Theatre



Photo provided

By Sophie Braccini

The movie opening at the Orinda Theatre on May 19, "Ajoomma," is not a K-drama. Even though it is filmed mostly in South Korea, it is a Singaporean-Korean co-production directed by Singaporean director He Shuming. It has none of the sugar-coating, glamorous unrealism of a Korean TV series. All the better. This charming uplifting comedy is steeped into the life of a Singaporean middle-aged commoner, and it is more related to the Swedish film "A Man Called Uve" than to "Crash Landing on You."

Ajoomma is a Korean term given to a middle-aged woman or a relative from an older generation. According to Lingua Asia, it is not an offensive term when used for older married women, but it is not particularly respectful either and can be patronizing. Translated as "auntie," it is the name given to the main character. A woman widowed for three years, Auntie lives with a son who is trying hard to escape the confined life they live in their spotless Singaporean apartment. Auntie is a big K-

drama fan and she has booked an organized trip to Seoul with her son, a 3,000-mile voyage and a big first for her. When her son cancels and she cannot get a refund, she has to decide whether or not she will go alone. Along the way she will have to become more resourceful and self-reliant, and find in herself the resources to become a relevant and contributing member of society again.

In an interview to the Busan Film Festival where his movie opened last year, He Shuming said that his own mother and her obsession with K-drama was an inspiration for the movie he co-wrote with Kris Ong. He explained that he wanted to make it a Korean-Singaporean co-production because of the way Korean pop-culture is influencing all of Asia. "Korea is an exciting place for filmmakers," he commented. Shuming believes that the people immerse themselves in the streaming series to escape to a life so distant from their own. The portrait he draws of Auntie is done in an impressionistic way, one small stroke after another. The character

that lived mostly in her dreams and her past, slowly emerges as a person of character as she takes steps to resolve the unfortunate predicament she finds herself in during the trip.

All the characters in the film, the tour guide, the Korean guard who will help Ajoomma, are ordinary human beings who go just a little step beyond ordinary apathy and selfishness. Their small steps of courage or resilience will have an impact. Not earth shattering or even life-changing, but they reclaim the fullness of their humanity.

The movie is full of charming cute details, such as the day Ajoomma, coming from a tropical region of the world, sees snow for the first time. The way this is filmed has nothing to do with the hyper-romanticizing of snow falling in K-dramas, but it just adds charm in a delicate way that rings true.

It is interesting to note that the movie also touches upon the issue of same sex relationships, just as Singapore's parliament repealed S377A, at the end of 2022, the law which criminalized gay sex. Shuming explained that he did not want to give lessons or change society, but simply to humanize situations.

The movie showing in Orinda is a U.S. commercial premiere, thanks to the International Film Showcase, the local nonprofit that selects excellent foreign movies and partners with the Orinda Theatre to present them in Contra Costa County. The movie opens at the Orinda Theatre on May 19 and will play for at least one week; tickets at [www.orindamovies.com/](http://www.orindamovies.com/)

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# Crispy, cheesy potato goodness goes well with morning or evening fare



**Crispy Parmesan Roasted Potatoes**

Photo Susie Iventosch

## By Susie Iventosch

These potatoes are so easy and so delicious and they're great for breakfast or dinner. I was introduced to them at the Heartstone Inn in Eureka Springs, Arkansas. The innkeepers, Cheri and Rick Rojek, put on an amazing breakfast every day and one morning these potatoes were on the menu. We loved them so much and were pleased to learn that they were in their cookbook, "Bigger, Better Breakfast and Brunch Cookbook." Naturally, I bought the cookbook and have made several recipes already, including these potatoes. They have quickly become a family favorite!

The nice thing about this

dish is that you can prepare it several hours ahead of time and bake it at the last minute. It takes about 30 minutes at 400 F to get the potatoes crispy and cooked through. I like to use the baby Yukon gold potatoes, but have also made them with the combination of red and gold potatoes, and both turned out really well. The nice cheesy, crispy bottoms of the potatoes are so good and it's best to invert them when you take them out of the baking dish, so the crispy part is on top.

You can take a peek at the book on Amazon or buy it directly from the inn, if you are interested. The link is below in the info box. There are more than 200 recipes in this tiny little spiral-bound book and they all look so yummy!

## Crispy Parmesan Roasted Potatoes

(Serves 4-5)

### INGREDIENTS

- 1 1/2 lbs. baby potatoes, cleaned and halved
- 2 tbsp. olive oil
- 1/2 cup freshly grated Parmesan or Pecorino Romano cheese (don't use pre-grated)
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- 1/2 tsp. paprika
- 1/2 tsp. lemon pepper

### DIRECTIONS

Preheat oven to 400 F. Baste the bottom of a 9x13 inch glass baking dish with the olive oil using a basting brush to coat the entire bottom of the dish. The glass dish allows you to see if the bottoms of the potatoes are golden-brown.

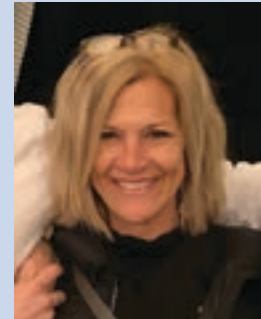
Mix grated cheese with salt, pepper and spices. Evenly distribute the cheese mixture on top of the olive oil in the baking dish.

Place potatoes, cut side down, on top of the cheese mixture. Spray the tops of the potatoes with olive oil spray or cooking spray and season with salt, pepper and lemon pepper.

Bake for 30 minutes, or until the potatoes are tender when a knife is inserted into the center, and the crust is deep golden brown and crispy. Remove from oven.

To serve, flip potatoes upside down, so the tops of the potatoes are facing up. Serve 6 or 8 potato halves per person. Serve plain or with a dollop of sour cream or plain yogurt.

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com) If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>



To buy the cookbook, please visit: <https://heartstoneinn.com/>, and it's also available on Amazon.

# Moraga dad utilizes AI to write book to help kids overcome fears



Photo provided

**Moraga dad and author Kendell Haynes and his daughter, Mina, who inspired his book, "Goodnight Mira: Overcoming Fear of the Dark."**

## By Diane Claytor

In 2017, Kendell Haynes crossed an item off his bucket list. "It had always been a dream of mine to drive across

the country," he recalls. "So I got into my little Honda Civic and drove from my home in New Jersey to California."

He was working as a United Airlines flight attendant

but once in the Bay Area, he met his now-wife, had a family and moved to Moraga. Suddenly he didn't want to travel and be away from home anymore.

A current stay-at-home dad to two children, Haynes recently released his debut children's book, an enchanting, magical story inspired by his young daughter, Mina, and the struggles faced when transitioning her to a "big girl bed."

"She had the normal fears of shadows and the dark," Haynes explains "and didn't want to sleep in the new bed. I was trying to find ways to make the transition easier for her." At the same time, he was looking for ways to contribute financially to the family while staying home and had been seriously thinking about writing a book. "Suddenly, I had the subject right in front of me," he says, and "Goodnight, Mira: Overcoming Fear of the Dark" was born.

In this empowering book, Mira goes on a courageous journey to conquer her fear of the dark with the help of a very special fairy. It's the perfect story to end a child's day on an uplifting, positive note.

When beginning to write, Haynes spent a considerable amount of time researching

how best to accomplish his goals. His research drew him to online videos showing artificial intelligence (AI) helping to both write and illustrate books, so Haynes, a self-described techie, started "playing around with it."

As he explains it, Haynes gave Chat GPT the basic storyline he wanted and they provided the copy. Haynes then edited and re-edited, making it into the book he imagined, telling the story he wanted in the way he wanted it told.

It was a similar process with the artwork. Using AI, he described the scenes he envisioned for his children's storybook and the resulting beautiful, colorful illustrations perfectly complement the heartwarming story of a young girl learning to overcome her fears and discovering her own inner strength. Haynes says he loves being creative but admits he never thought he was capable of writing a children's book.

"Traditional authors and artists spend a lot of time writing their books and I have great respect for them and their hard work," Haynes says. "But I'm not sure I could do that. I always have plenty of ideas, but actually implementing them is the most difficult

part." Having these advanced technological tools gives you more options, he says. "I know what I want and with the new technology, I'm able to get it."

Haynes sees Mira as an ongoing series. He already has the second book written and is starting to work on the illustrations. This story has Mira helping a friend deal with the loss of her pet, an idea that came from a neighbor who didn't know how to talk to her young son about the death of their dog.

Haynes bases his stories on his daughter because, he reports, "there are not a lot of books about African American children and I wanted that to be a highlight, but also want them to be relatable, covering topics that many kids deal with."

Haynes loves being a stay-at-home dad and having the time to spend with his kids. He enjoys cooking and cleaning and, with a busy physician wife that has a "very hard job," he's always looking for ways to support the family.

There are more Mira stories in Haynes' head and more Mira books in his future.

"Goodnight, Mira," which was self-published, is available at both Amazon and Barnes & Noble.

# 'Every Day is Memorial Day' photographs of the Lafayette Crosses to exhibit at the Lafayette Library



## Submitted by Jenny Rosen

The City of Lafayette's Public Art Committee has selected "Every Day is Memorial Day," a collection of nine black and white photographs of the Lafayette Crosses by East Bay photographer Jeff Heyman, for an exhibit at the Lafayette Library's Public Art Gallery through the summer.

"Every Day is Memorial Day" focuses on the somber experience of walking among the Lafayette Crosses, or Lafayette Hillside Memorial, and contemplating the lives lost during war. Heyman

found inspiration for the photographs from his own experience in war zones while he served with United Nations Peacekeeping. "These photographs of the Lafayette Crosses really capture for me the feeling of forgotten wars and vanished lives," Heyman said. "We should never forget war and those we have lost – in a very real way every day is Memorial Day."

First taking photography classes at San Ramon Valley High School in Danville, Calif., Heyman went on to earn a degree from San Francisco State University in Fine Art Photography. He studied under the photographers Catherine Wag-

ner, Don Worth, Jack Welpott and Melanie Walker, and painters Paul Pratchenko and Robert Bechtle. "Every Day is Memorial Day" is Heyman's third solo exhibit.

"Every Day is Memorial Day" runs through Aug. 30. There will be an opening reception and artist's talk Monday, May 22, from 6 to 7 p.m., prior to the Lafayette City Council Meeting. The Public Art Gallery exhibit is on display in the Don Tatzin Community Hall at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd., Lafayette, Calif. For hours, please call the library at (925) 385-2280.

See his photos here: <https://heymanfoto.smugmug.com/Exhibits/Jeff-Heyman-LLLC-Memorial-DayExhibit/>

Photo Jeff Heyman

Family Focus

# How to unintentionally sabotage your children's self-esteem, Part Two

By Margie Ryerson, MFT

Last time we looked at some common ways parents may inadvertently contribute to lowering children's self-esteem.

Here are a few more: **Emphasize how other kids or siblings are doing well – in a sport or school or a performance or exhibiting good manners.**

You want your children to take note of others who may serve as role models for them and you may want to inspire your children to try harder to excel. No matter how you present it, though, your children will likely compare themselves and feel less successful.

Of course, sometimes you want to compliment another child directly. If your child is present, it's best to say something short and sweet. And if your child is especially sensitive, you can bring up something positive about him or her as well. For example, "Brody, you did such a good job scoring today. And Austin (your child), it was great watching you do so well on defense." **Frequently bring up what your children are doing wrong, and then continue to mention it.**

One family I worked with had a teenage son who spent a great deal of time playing video games online. "Jake" was also an excellent student, had a group of good friends, and played soccer on his high school junior varsity team.

Jake's father, "Brian," thought that Jake spent too much time in his room playing games on his computer. In our sessions, Brian often mentioned this complaint, and Jake was angry and frustrated that his dad harped on this topic. Jake was also very hurt that his

dad didn't give him credit for all the things he was doing well. He looked up to his father who was a highly accomplished professional, and hearing his dad's continuous criticism caused him to feel anxious and depressed.

After discussing this issue, Brian realized that what really bothered him is that Jake didn't talk much to him and isolated in his room when he was home. However, Jake's mom said that Jake did talk to her and that she was comfortable with their relationship.

It made sense that Jake didn't want to continually be judged and criticized by his dad, so he avoided him. It was a vicious cycle since the more Jake isolated himself, the more his dad complained about his video-game playing. Then, the more Brian complained, the more Jake stayed in his room.

Finally, Jake was able to tell his father how his nagging and pointed remarks were interfering with their relationship, and how his negative approach was doing nothing to motivate Jake to do anything differently. Fortunately, Brian was able to let Jake know he understood, and he agreed not to keep bringing up video games. He told Jake in detail how proud he was of him for his accomplishments and also for all of his personal qualities. Brian then acknowledged how he felt shut out of Jake's life and really just wanted to spend time with him.

**Encourage your children to have very high expectations of themselves and others.**

It's a good idea for your children to have reasonable expectations of themselves and others – just not unrealistically high ones. There's a difference between having goals and having high expectations. Goals are motivating and help

children focus, whereas high expectations can create pressure, dissatisfaction and anxiety. Goals are more open-ended; it would be great to accomplish them, but if we fall short, hopefully we can take it in our stride. Expectations are more exacting and demanding. There is no allowance for error or not meeting them. Expecting too much of ourselves often leads to perfectionism which can be tough on self-esteem.

One example is a child with an older sibling who excels in sports and is on several varsity teams in high school. Help your younger child find his or her strengths and passions without trying to match or surpass a sibling's accomplishments. Actively talk your child out of thinking that he or she must follow in anyone's footsteps. We often see this in the case of college admissions where an older sibling or a parent has gone to a prestigious college. If your younger child can't qualify, it's important to start early on building up your child's sense of identity and self-confidence. Be sure to find skills, talents, and personal qualities that are special to your child and find ways to help him or her get recognition for these.

Often, expecting too much of ourselves goes hand in hand with having high expectations of others. Some children become frustrated when a parent doesn't just know how they feel or what they want for dinner without words needing to be said. Or they become extremely hurt if they feel left out by a close friend who should always be aware of their feelings. Standards for others can be so high that invariably your children will often be hurt or disappointed or feel wronged. Help your chil-

dren to expect that sometimes others will let us down, often unintentionally. Your children may well let others down at times too. Help them learn how to set reasonable expectations of others and deal with occasional letdowns. Above all, help them learn to speak up appropriately to ask for what they want and to let others know how they feel. Role-playing with them can be very helpful.

**Don't allow your children to express their feelings about your rules and behavior.**

An adult male I've been working with has dealt with low self-esteem all of his life. "Jeff's" mother was angry, narcissistic and controlling. She only could see her point of view and her concerns were the only valid ones in the family. After being ragged at or ignored by his mother most of the time, Jeff learned not to speak very much at home. His father worked long hours and was passive and quiet. Jeff didn't have much of a relationship with him either.

Jeff married a woman he met at work. Soon after they got married, Jeff began having sex with other women he met online. He also started drinking heavily. He didn't know how to have emotional intimacy with anyone and by acting out in these ways, he kept his wife at a distance. After she threatened to leave with their two children, Jeff tried to manage these temptations by going to AA meetings and curbing his impulsive self-gratifying behavior. However, he soon showed signs of a huge anger problem, both at home and at work.

Growing up, Jeff never learned how to discuss his feelings, and was actively discouraged from doing this by his both of his parents. As an

adult, he only knew how to be passive and uncommunicative like his father or angry and raging like his mother.

Helping your children express themselves, even if you'd rather not hear their critical remarks, is a loving and helpful act. Releasing feelings in a safe environment helps them to avoid internalizing them, a consequence that can contribute to anxiety and depression. Teach them to do this appropriately and as calmly as possible by being encouraging and accepting. Let them know that blasting you with "I hate you" or "I wish you weren't my mother or father" is not the preferred way to express themselves. Encourage them to tell you if they are angry at you and why. Sharing their feelings with you will not only help them now, but will also help them in future relationships with others in their lives.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at (925) 376-9323 or margierye@yahoo.com. She is the author of "Family Focus: A Therapist's Tips for Happier Families, Treat Your Partner Like a Dog: How to Breed a Better Relationship," and "Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating." They are available on Amazon.com and BarnesandNoble.com and from Orinda Books.

## Pacific Chamber Orchestra presents 'Refreshing' in Orinda, May 20



Photo provided  
**Music Director & Conductor Lawrence Kohl**

Submitted by  
**Leslie Silberman**

Pacific Chamber Orchestra will present two performances of its "Refreshing" program at 7:30 p.m. Saturday, May 20 at St. Stephens Episcopal Church in Orinda and at 3 p.m. Sunday, May 21 at Livermore's Bankhead Theater. This captivating program features the "Fab Four" rock star composers, each of whom made an indelible mark in shaping the British Classical music landscape. Lawrence Kohl, PCO's Music Director and Conductor remarks, "From Baroque, to Classical to modern times, these four composers demonstrate musical charm, melody, playful wit, and especially the use of concise expression for maximum affectation. Their

techniques helped define and elucidate the engagingly unique British approach to Classical music."

As its name suggests, Handel's "Water Music" was indeed written to be performed on the water, commissioned by King George I to accompany a grand royal jaunt up the River Thames in the summer of 1717. 'Alla Hornpipe' is perhaps the most famous movement of this work exemplify-

ing the loud and pompous nature of the piece with piercing trumpet fanfares and jubilant strings. Haydn's Symphony #104 in D 'London' represents the climax of his orchestral output. The virtuosity of instrumentation, masterful treatment of musical forms, and freely flowing melodic inspiration – not to mention deft wit – endeared the works to British audiences. Appreciate the bold, romantic power of Sir

Edward Elgar's beautiful "May Song" and "Love's Greeting," a composer best known for "Pomp and Circumstance," the most popular choice for graduation procession marches. Then, prepare to be transported to a refreshing place with the expansive melodies of Gordon Jacob's lively work, "Little Symphony for Chamber Orchestra."

To purchase tickets for the performance at St. Stephens Episcopal Church go to <https://www.pacificchamberporchestra.org/tickets>

To purchase tickets for the performance at Livermore's Bankhead Theater, go to <https://livermorearts.org/events/pco-passionate/> and then choose desired seats on the checkout page. You can also email your request to [boxoffice@bankheadtheater.org](mailto:boxoffice@bankheadtheater.org), order tickets by phone at (925) 373-6800, or by visiting the box office at 2400 First Street, Wednesday – Saturday from noon to 6 p.m.

## The Saklan School celebrates Grandfriends' Day



Georgia Kuchen and her granddaughter work together on a special art project.

Submitted by  
**Emily Williamson**

Over 90 grandparents and special friends flocked to The Saklan School in Moraga April 21 to experience what their grandchildren love about Saklan. The morning started with refreshments and a welcome from Head of School David O'Connell. Grandparents then visited their grandchildren's classrooms, where they participated in morning meeting activities, created art projects, talked about family history, compared experiences from long ago and today, and shared in the joy of learning their grandchildren experience at The Saklan School each day.

The Saklan School was excited to bring back the tradition of holding a Grandfriends' Day each year, following a pause due to the pandemic. The event is a celebration of family and community, whose commitment and connection are hallmarks of The Saklan School and central to its mission of student-centered, hands-on education.

Photo provided

### Lamorinda Weekly

is an independent publication for the residents of Lafayette, Moraga and Orinda, CA. 25,000 printed copies; delivered to homes in Lamorinda.

**Contact us:**

Letters to the editor (max 350 words): [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com)  
Delivery issues: [homedelivery@lamorindaweekly.com](mailto:homedelivery@lamorindaweekly.com)  
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Sport events/stories/pictures: [sportsdesk@lamorindaweekly.com](mailto:sportsdesk@lamorindaweekly.com)

**Publishers/Owners:**

Andy and Wendy Scheck; [andy@lamorindaweekly.com](mailto:andy@lamorindaweekly.com), [wendy@lamorindaweekly.com](mailto:wendy@lamorindaweekly.com)

**Editor:** Jennifer Wake; [jennifer@lamorindaweekly.com](mailto:jennifer@lamorindaweekly.com)

**Sports Editor:** [sportsdesk@lamorindaweekly.com](mailto:sportsdesk@lamorindaweekly.com)

**Advertising:** 925-377-0977, Wendy Scheck; [wendy@lamorindaweekly.com](mailto:wendy@lamorindaweekly.com)

**Staff Writers:**

Vera Kochan; [vera@lamorindaweekly.com](mailto:vera@lamorindaweekly.com), Sora O'Doherty; [sora@lamorindaweekly.com](mailto:sora@lamorindaweekly.com), Jon Kingdon; [sportsdesk@lamorindaweekly.com](mailto:sportsdesk@lamorindaweekly.com), Digging Deep: Cynthia Brian; [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com), Food: Susie Iventosch; [suziventosch@gmail.com](mailto:suziventosch@gmail.com)

**Contributing Writers:**

Conrad Bassett, Sophie Braccini, Diane Claytor, Jenn Freedman, Moya Stone, Margie Ryerson, M.D. Jones, Linda Fodrin-Johnson, Elizabeth LaScala, Lou Fancher, Sharon K. Sobotta, Elaine Borden Chandler, Ashley Dong, Jim Hurley, Casey Scheiner, Toris Jaeger

**Photos:** Tod Fierner, Gint Federas, Jeff Heyman

**Layout/Graphics:** Andy Scheck. Printed in CA.

**Mailing address:**

Lamorinda Weekly, 1480 Moraga Road STE C #202, Moraga, CA 94556

Phone: 925-377-0977; email: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

**website:** [www.lamorindaweekly.com](http://www.lamorindaweekly.com)

**Community Service:** We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions may be sent to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com) with the subject header In Service to the Community.

# SUMMER CAMP 2023

## Alphabetical listing of all Camps and Classes

**MIRAMONTE HIGH SCHOOL  
NIKE FOOTBALL SKILLS CAMP**

**HIGHLIGHTS:**

- Nike Sports Camp T-Shirt, Wristband, Sticker, and Potentially Other Prizes!
- Professional Instruction from Jack Schram & Staff
- Daily Training to Develop Speed, Strength and Agility
- Non-Contact Drills and Scrimmages
- Low Camper to Instructor Ratios
- Excellent Training Facilities

**2023 CAMP INFORMATION:**  
**June 12-15, 2023** TIMES: 9:00am-12:00pm  
**PROGRAMS:** Football Skills **AGE GROUP:** 9-14  
**GENDER:** Boys **Head Coach:** Jack Schram

USSPORTSCAMPS.COM  
 Questions? Call us! 1-800-NIKE-CAMP

SCAN TO SECURE YOUR SPOT TODAY




### Ballplayers (Moraga)

Partnering with Nationally-Recognized Legends Camps for 2023. All camps 9 a.m.-3 p.m. held at Ballplayer Field in Moraga behind Safeway. bayareaballplayers.com/camps

### Berkeley Rep (Berkeley)

Looking for summer fun? Berkeley Rep's got you covered! Create your own play, musical, or film, perform on Berkeley Rep's main stage. All levels welcome. Register at BerkeleyRep.org/classes.

### Creative Camp (Moraga)

For children ages 5 to 17 at Saint Mary's College of California. Project-based art and science camps during the month of June. Learn more and register at smccreativecamp.com

### California Academy of Performing Arts (CAPA) (Moraga)

CAPA is for beginner to pre-professional dancers (3 to 18 years old) in multiple genres. CAPA's 8-week summer session runs June 5 to July 29. www.capadance.net/registration (925)376-2454.

### CAL Shakes Summer Conservatory Camp (Orinda)

Students in grades 6-12 will study with Bay Area experts in such areas as Acting, Voice, Movement, Text Analysis and more. 3-week and 2-week training options. www.calshakes.org

### Camp Awesome Summer Camp (Lafayette)

Awesome games, activities and phenomenal summer shows. Open all 11 weeks of summer: Early care 8am, Day Camp 9am-2pm, and Afternoon camp 2pm-5:30pm. Dates: May 30th-Aug 11th. www.LafayetteRec.org | (925) 284-2232

### Community Center Classes & Summer Camps (Lafayette)

Art, soccer, cooking, dance, science, engineering, LEGOs, pickleball, archery, basketball, carpentry, singing, chess and more! www.LafayetteRec.org | (925) 284-2232

### Contra Costa Ballet Center (Walnut Creek)

CCBC offers comprehensive ballet training for beginning-advanced dancers. Ages 5-7 are invited to join Ballet Classics Camp. Ages 8-19 may audition for our intensive. June 26-July 21. www.contracostaballet.org | (925) 935-7984

### Cougar Youth Football Camp (Moraga)

The Cougar Youth Football Camp directed by Head Coach Kevin Macy for grades 5-8 is held at Campolindo High School July 10-14 & July 17-21. Registration forms online. Register at www.cougarcamps.com

### DONS Youth Football Academy (Lafayette)

Run by current Acalanes coaches, will teach fundamentals, develop skills. Both skilled position players and linemen from 4th to 8th grade. June 19-22, 3 p.m. - 5 p.m. www.acalanesdonsfootball.com

### Eclipse Soccer -Summer Soccer Camp (Lamorinda)

The focus is on developing skills and having a ton of fun in the process. The summer camp is a week-long camp (Monday-Thursday) with 2.5 hours of soccer each day. www.eastbayeclipse.com

### FastBreak Basketball Camp (Lafayette)

Camp for girls grades 3-8, June 19-22 at Acalanes High School from 12:15-3:30 p.m. run by Acalanes Girls Basketball Coach Margaret Gartner. www.fastbreakbball.org (925) 330-7414.

### FireCracker Summer Math Camp (Lafayette)

For curious and challenge-loving kids ages 6 to 16. Math games, projects, and magic tricks. Morning classes are followed by fun activities in the afternoon. www.firecrackermath.org | (510) 488-4556

happy days LEARNING CENTERS

# SUMMER CAMP

May 30-Aug. 4  
Weekly adventures "around the world"!



Happy Days Learning Center  
 3206 Stanley Blvd, Lafayette • 925-932-8088 • info@happydayslafayette.com

Summer by ESPAÑOL Weeks of June 5 - July 31

## Spanish Camps!

Join our In-Person Spanish Camps!

\$50 OFF using the code LW50 at checkout  
Valid until April 15

Join us for adventures, cooking, crafts, and playing games...¡en español!

Camps will be held at our language center and at the Reservoir!  
For kids from 6 to 10. Check out our PreK programs too!

info@vivaelespanol.org www.vivaelespanol.org 925-962-9177

CAL SHAKES

# Summer Conservatory

Register Today!

Our Shakespeare Conservatory will return in 2023 with both a 3-week and 2-week training option!

**3-week session June 12th-30th\***  
\$1,875 tuition: financial aid available

**2-week session July 17th-28th**  
\$1,250 tuition: financial aid available

Classes in...

- Acting
- Voice
- Movement
- Stage Combat
- Shakespeare History/Text

TOWN HALL THEATRE COMPANY EDUCATION

# Summer 2023

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fun classes & camps all summer long!

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3535 SCHOOL ST. LAFAYETTE, CA


Summer 2023  
June 19-22  
3-5pm

# DONS

YOUTH FOOTBALL ACADEMY

Improve your Skills and Have Serious Fun

Dons welcome young athletes of all levels to join the fun this summer and take their game to the next level. Our experienced Dons football staff and players will help each athlete learn the fundamentals while assisting them in developing their skills using proper techniques. A great opportunity for any young athlete looking to improve their game, have fun, make new friends, and raise their confidence.



Register at: [acalanesdonsfootball.com](http://acalanesdonsfootball.com)  
or Scan QR Code

\$200.00 for the week  
Open to boys and girls, grades 4<sup>th</sup>-8<sup>th</sup>

Thank you Advertisers!  
Lamorinda Weekly



# SUMMER CAMPS 2023

## Alphabetical listing of all Camps and Classes

### Happy Days Summer Camps (Lafayette)

Fun-filled weekly adventures, we explore lands and cultures around the world. Dramatic play, art, crafts, games, and music will enhance each exciting theme. May 30 - Aug. 4, 8 a.m. - 4:30 p.m. \$460 per week (ages 6-9) [www.happydayslafayette.com](http://www.happydayslafayette.com) | (925) 932-8088

### Lamorinda Lacrosse Summer Day Camp (Orinda)

Boys and Girls 6U-14U. Full gear is required. Please bring water and sunscreen. Games, prizes and Lacrosse. DATES: July 10-July 14, TIME: 9:00AM-2:00PM. <https://lamorindalacrosse.leagueapps.com/camps/3809022-2023-summer-camp>

### Miramonte Girls Basketball Camp (Orinda)

Miramonte Girls Basketball Camp will take place at Miramonte High School and be run by Miramonte Coaching staff, as well as current and past student athletes. Grades 3 - 8 are welcome. Dates July 17 -21 and July 24 -28. Please contact [michaela99.thomas@gmail.com](mailto:michaela99.thomas@gmail.com)

### Moraga Day Camp (Moraga)

Join us for imaginative games, crafts, songs, and field trips themed around iconic songs. Ages 5.5 - 11. Weekly sessions June 5 - August 4. 9 a.m. - 3 p.m. with extended care available. Moraga Day Camp Jr will run 9 a.m. - 1 p.m. select weeks. [www.moragarec.com](http://www.moragarec.com) | (925) 888-7045

### MVPC Vacation Bible School (Moraga)

Week-long camp June 5-9 from 9 a.m. to noon where kids will explore how Jesus shined hope, love, forgiveness, and joy to the world - and how all of us can do the same with His power! Register by May 15. [www.mvpc.today.org](http://www.mvpc.today.org)

### NIKE Youth Football Skills Camp (Orinda)

For 9-14 years, all athletic levels welcome for non-contact drills and competitions, daily training to develop speed, strength, and agility. June 12-15 from 9 a.m - 12 p.m. at Miramonte High School. [www.usportscamps.com/football/nike-1/nike-skills-football-camp-miramonte-high-school](http://www.usportscamps.com/football/nike-1/nike-skills-football-camp-miramonte-high-school) 1-800-NIKE-CAMP

### Orinda Parks and Rec (Orinda)

This year's summer camp theme is Curiosity Quest. Orinda summer camps will run from June 5 - Aug. 11. [www.cityoforinda.org/188/Camp-Information](http://www.cityoforinda.org/188/Camp-Information)

### Randy Bennett Basketball Camps (Moraga Saint Mary's College)

Great way for boys and girls grades K-8th, led by Coach Bennett and his staff. Morning, afternoon and full day options available. Day Camps June and July. [www.smcmenzbasketballcamps.com/](http://www.smcmenzbasketballcamps.com/)

### Roughing It Day Camp (Lafayette)

Our all-outdoor camp at the Lafayette Reservoir lets kids ages 4 - 16 enjoy a variety of activities, explore nature, be active outside, and have fun with friends! [www.roughingit.com](http://www.roughingit.com) | (925) 283-3795

### Sherman Swim School (Lafayette)

Sherman Swim School is a family business since 1961. Our springboard diving program runs year-round offering lessons and team. Diving information is available online at [shermanswim.com](http://shermanswim.com).

### Sienna Ranch (Lafayette)

Full day 9 a.m.-3 p.m. Outdoor Summer Camps for Kids PreK-8th Grade for nature exploration, visiting our animals, learning survival skills, and more! [www.siennaranch.net/programs/summer-camp/](http://www.siennaranch.net/programs/summer-camp/)

### Spanish Immersion Summer Camps (Lafayette)

Learn or improve Spanish language skills at Viva el Español through games, music, arts and crafts, science projects and cooking. Full day, 9 a.m.- 3 p.m. Before/after-care available. Half-day options also available. [www.vivaelespanol.org](http://www.vivaelespanol.org) | (925) 962-9177

### Summer@Saklan Language, Culture and Creativity (Moraga)

Our summer camp offers hands-on language experiences (Mandarin and Spanish) and engaging activities such as art, cartooning, chess, coding, and more, all in a fun and supportive environment. [www.saklan.org/summer/](http://www.saklan.org/summer/).

### Town Hall Theatre (Lafayette)

Town Hall Education is holding Summer Camps running June-August! Single or multi-week camps are available. Tuition assistance is available. [www.townhalltheatre.com/summer-2023](http://www.townhalltheatre.com/summer-2023)

The Lamorinda Weekly Summer Camp listings are not paid advertising. Our intent is to provide a useful reference guide. In the event we have inadvertently printed misinformation, please let us know. LW is not liable for errors or omissions.

## FireCracker MATH

Promoting Love for Mathematics



**In-person and Online Summer Math Camps. Year-Round Classes.**

**Math for Children Grades K-11**

Lafayette, Berkeley, Oakland, San Francisco and Castro Valley

Get 5% off classes LW05 (exp. 6/30/23)

[www.firecrackermath.org](http://www.firecrackermath.org) 510-488-4556

## Cougar Football

EST.  1996

### FULL GEAR YOUTH FOOTBALL CAMP

INSTRUCTOR: KEVIN MACY, HEAD FOOTBALL COACH AT CAMPOLINDO HIGH SCHOOL

GRADES 5 - 8, SEPARATED BY GRADE

DATES: July 10-14 & July 17-21 TIMES: 1:30 - 5:00 P.M.

FEES: \$500 (T-shirt included)



FOR REGISTRATION GO TO:  
[cougarcamps.com](http://cougarcamps.com)

## Now accepting registrations!



Games, Prizes  
Lacrosse



Registration is open for our **Summer Day Camp**

Boys and Girls 6U-14U

DATES: July 10-July 14, TIME: 9:00AM-2:00PM

COST: \$450.00

Full gear is required. Please bring water and sunscreen <https://lamorindalacrosse.leagueapps.com/camps/3809022-2023-summer-camp>

Character. Competition.  
Discipline. Fun.



## Summer @ Saklan

Language, Culture, Creativity

**Your Passport To The World!**  
Hands-On and Engaging Language, Culture, and Artistic Classes.  
Ages 3-9  
[saklan.org/summer](http://saklan.org/summer)

SMC SAINT MARY'S COLLEGE OF CALIFORNIA

SAINT MARY'S COLLEGE

# CREATIVE CAMPS

JUNE 2023

AGES 5 TO 17 ARE WELCOME!

The Saklan School

think creatively

compassionately act

live courageously™

◆ **Not to be missed**

◆ **Not to be missed**

◆ **Not to be missed**

◆ **Not to be missed** ◆

**Art**

**The Lafayette Public Art Committee** announces the opening of “Every Day is Memorial Day,” a collection of photographs of the Lafayette Crosses by Jeff Heyman. The exhibition is on view through Aug. 30, in the Don Tatzin Community Hall at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd. There will be an opening reception and artist’s talk Monday, May 22, from 6-7 p.m., prior to the City Council Meeting. The event is free and opening to the public.

**Virtual Art Gallery at Wilder:** Paintings by Mary Claire Stotler through June 3. View her work in this virtual solo show online at <https://lamorindaarts.org/online-galleries/>. “For me abstract painting is a combination of memories, imagination, and a bit of my soul,” she wrote on her page on the Valley Art Gallery website (<https://valleyartgallery.org/artist/mary-claire-stotler/>), “I start with a design concept in mind, but it is just the beginning of this emotional journey that evolves on the canvas.”

**Music**

**Pacific Chamber Orchestra** announces its new 2023 season beginning with Refreshing program at 7:30 p.m. May 20 at St Stephens Episcopal Church in Orinda. Immerse yourself in refreshing English works such

as Franz Joseph Haydn’s “London” Symphony. Revitalize your soul with George Frideric Handel’s Water Music Suite, composed for King George I to celebrate the Thames River. Appreciate the bold, romantic power of Sir Edward Elgar’s May Song and Love’s Greeting, to appreciate a composer who helped spark a renaissance of English music. Delve into Gordon Jacob’s Little Symphony redolent with England’s own form of musical expression.

**Join us for an evening** of music and celebration at the Stanley Jazz Café at 6 p.m. Friday, May 12 at Stanley Middle School. Free to all. For more info, please contact dalianishimori@gmail.com. Among the musical highlights of this year’s Jazz Café are student ensemble performances of such classic songs as Frank Sinatra’s “Fly Me To The Moon,” Bill Withers’ “Lovely Day” and Art Blakey’s “Moanin.”

**On May 21, conductor** Geoffrey Gallegos and the Contra Costa Chamber Orchestra will reprise a rousing concert following a late-February postponement. The program, entitled “Discoveries and Revivals”, will be presented at St. Stephen’s Episcopal Church in Orinda at 4 p.m. The concert will close with Howard Hanson’s lyrical and uplifting Symphony No. 2. Since its premiere in 1930, this work has been rediscovered, revived, and reconfigured as part of the

soundtracks for the films Alien, E.T., and Boss Baby. Tickets: ContraCostaChamberOrchestra.org or at the door (Adults, \$20; Seniors, \$15; Students, \$7)

**Volti Vocal Ensemble Performs** at St. Paul’s Episcopal Church, Walnut Creek, Saturday, May 13, 7p.m. 1924 Trinity Avenue, Walnut Creek, or online broadcast: visit [stpaulswc.org/concert-series](http://stpaulswc.org/concert-series) to receive concert link. Donations graciously accepted at the door (avg. \$20/\$10 Students) and in our online registration. All are welcome regardless of donation! (925) 297-0134, ConcertSeries@stpaulswc.org, <https://stpaulswc.org/concert-series/>

**Diablo Ballet will present** “A Midsummer Night’s Dream,” May 26 – 27 at the Leshar Center for the Arts. This triple bill features a brand-new A Midsummer Night’s Dream by Julia Adam, an encore presentation of Stanton Welch’s Orange; and the premiere of Such Longing by Richard Alston set to the music of Chopin. For performance tickets, call (925) 943-SHOW (7469) or visit [www.lesherartscenter.org](http://www.lesherartscenter.org) or [www.diabloballet.org](http://www.diabloballet.org)

**Theatre**

**Special event at Town Hall Theatre, Lafayette.** Edith Piaf: Beyond Paris Skies performed by SonoMusette featuring Parisian singer Mimi Pirard. May 20 at 8 p.m. Doors: VIP

6:30 p.m., General 7:15 p.m. SonoMusette, featuring native Parisian singer Mimi Pirard, transports us back to mid-1900s Paris through the evocative songs of Edith Piaf. Town Hall Theatre, 3535 School St., Lafayette, [www.townhalltheatre.com/beyond-paris-skies](http://www.townhalltheatre.com/beyond-paris-skies)

**California Academy of Performing Arts (CAPA) – Annual June Showcase 2023** runs Monday, May 29 – Saturday, June 3. Showtimes: Monday-Friday at 7 p.m., Saturday at 2 p.m. Ticket sales <http://capashows.eventbrite.com>

**Literature**

**Join the Sweet Thursday Author Series** at 7 p.m. Thursday, May 11 in Don Tatzin Community Hall at the Lafayette Library to hear John McCormick discuss his book, “The Chinese in Napa Valley: The Forgotten Community that Built Wine Country.” This is a free event, but registration is required at [Tinyurl.com/sweet-May23](http://Tinyurl.com/sweet-May23). The doors will be open at 6:30 p.m. for coffee and treats. This program will be presented in-person or via Zoom livestream.

**Other**

**The Rotary Club of Lafayette** presents Concert at the Res! Saturday May 20, 11 a.m. - 3 p.m. Lafayette Reservoir on the Rotary Stage. Free live music with Big Band of Rossmoor, Acalanes High School, Stanley

Middle School, Edna Brewer Middle School -Oakland, Roosevelt Middle School - Oakland. Food & raffle tickets. Support Lafayette schools and Rotary projects!

**Please join us for a Memorial Day Vigil** on Monday, May 29, at 5:30 p.m. The vigil will take place at the Lafayette Hillside Memorial, across from BART in Lafayette. It will include short speeches, poetry, music and reflection. The land may be sold soon, so this may be our last vigil. Also, please join a community work party to tidy the site on Saturday, May 27 from 10 a.m.– noon. [www.lafayettehillside.memorial.org](http://www.lafayettehillside.memorial.org)

**Stamp Out Hunger Letter Carriers Food Drive** Saturday, May 13. 31st anniversary of one of America’s great days of giving - the National Association of Letter Carriers Stamp Out Hunger Food Drive. Participating in this year’s Stamp Out Hunger Food Drive is simple: Just leave nonperishable food donations in a bag by your mailbox on Saturday, May 13, and your letter carrier will pick it up.

**Fun for the whole family!**

Acalanes Senior Car Rally—come celebrate our graduating seniors! Friday, May 19, 5 p.m. Downtown Lafayette, along Mt. Diablo Boulevard. Starts at Oakwood and proceeds to McDonald’s (and back).

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**What will it take to protect Africa’s Wildlife?** Thursday, May 11, 6:30 p.m. at Don Tatzin Community Hall, Lafayette Library. The Wild Africa Fund builds support for conservation projects in Africa by changing public and political attitudes to poaching, illegal wildlife trade, habitat loss and human wildlife conflict. Families are welcome at this free event. Wine and light appetizers will be served. For more information and to register, please email [Corie@wildafricafund.org](mailto:Corie@wildafricafund.org)

**Garden**

**Lafayette Garden Club** monthly meeting begins on May 11 at 9:30 a.m. for social time and munchies before the short business meeting begins at 10 a.m. It is held at the Veteran’s Hall, 3780 Mt. Diablo Blvd., Lafayette and is free to attend. There will not be a speaker at this meeting. Instead, starting at about 10:15 a.m. the club will be holding a plant sale of a wide variety of plants propagated by club members. This is the club’s fundraiser for the year and the public is invited and encouraged to attend and buy some plants to add to your gardens. We hope to see you there.

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# LAMORINDA SPORTS

Submit sports stories and story ideas to sportsdesk@lamorindaweekly.com

## All six Lamorinda lacrosse teams make it to the NCS tournament *Dons boys defeat Cougars in DAL*



Photo Will Lovitt

Campo's #13 Griffin Tetz shoots to Acalanes goalie Blake Chehlaoul

By Jon Kingdon

After an early season rout by Acalanes (14-4), Campolindo boys' lacrosse head coach Colin Knightly had his team looking for revenge in the DAL championship game. "We wanted to go out there and play them as tough as possible. We made a number of adjustments this game to make their life difficult and to make sure we were competitive," Knightly said. "It was a tough loss but a game that we could be proud of and one that prepared us for the NCS tournament."

Acalanes head coach Lorne Smith had his team equally focused on the championship game. "It was our goal at the beginning of the year to win the DAL championship and then to compete for an NCS championship and I think we're moving in the right direction," Smith said. "We still have a lot that we can improve on and we're all looking forward to competing in the NCS."

Acalanes defeated Campolindo by a score of 12-10 in a game that was closer than the score indicated. Campolindo was ahead 6-4 at the half led by senior Harrison Leenhouts five goals. In the third quarter, goals from Owen Estee, Dylan and Cooper Olson, and Marshall Anderson put Acalanes ahead while two final goals by Simon Appel and one more by Estee closed out the scoring. Acalanes goalies Blake Chelaoui and Dante Avicolli stopped 32 shots insuring the victory.

With winning records by all the Lamorinda teams, each team got a seeding: Acalanes-14-2 with a 1 seed, Campolindo-11-4 with a 5 seed, and Miramonte-8-6 with a 6 seed that allowed each team to play at home in their first NCS game, which each team won, advancing to the second round.

### Acalanes

After finishing the 2022 season

with a 12-9 record, head coach Lorne Smith saw a "real upside" to the 2023 team and proved to be prescient with the Dons finishing the regular season with a 13-2 record.

"Our senior class have been great leaders that have really shaped the character of our team," Smith said.

Leading the offense are Owen Estee, Dave Depaepe, and Ben Foox. "Owen has been both an emotional and offensive leader," Smith said. "He just loves playing lacrosse and you can't keep him off the field of play. Dave has been an emotional, fiery player that has a real engine that gets the team going. Ben has been incredible winning faceoffs, making good things start to happen and has been the cause for a lot of our momentum."

Blake Chehlaoui has been the starting goalie. "Blake has been a real asset in the goal for sure," Smith said. "He's been making a lot of saves and clears the ball really well."

It's been a solid defense in front of Chehlaoui that has only allowed 6.8 goals per game and is led by George Churchill, John Cain, Connor Faust, Colin Mahlmquist and Evren Rose, all of whom Smith speaks highly of: "George has brought a level of experience, confidence, physicality and perspective to the game which really helps to lock things down. John, up top, really locks it down from the mid-field. He is in the best shape I've ever seen in a lacrosse player, sprinting all over the field, playing almost every run in the game and is having a great year. All of our close defensemen like Connor Faust and Colin Mahlmquist do a good job down low, supporting each other well. Evren at the midfield spot has really developed into a good defensive player and has been a real asset, taking almost every defensive midi run."

... continued on Page C3

## *Campo girls defeat Acalanes in DAL Championship*



Campolindo girls Lacrosse team

Photo Allison Curletto

By Jon Kingdon

Coming into the DAL championship game against Campolindo, Acalanes head coach Bill Frazier knew that the girls' lacrosse team had their hands full against the top seeded Cougars. "We've had a solid team all year, but we tend to make just enough mistakes that can make it challenging to beat a top team like Campolindo."

It was too much of a team effort by Campolindo for Acalanes to overcome with the Cougars coming out on top 16-8. "We were able to move the ball well in transition after winning off the draw," Campolindo head coach Devin Combe said. "We saw our players in the field and were able to finish it with our shots. Our defense played strong as a unit, communicating well. We were able to get all of our players into the game and everybody contributed, and it was good to get Molly Stephens back in full health after having suffered a concussion earlier in the season."

### Campolindo

After starting off the season losing two of their first three games, the Cougars quickly got back on track to win 11 of their next 12 games. For head coach Devin Combe, it was a matter of challenging the team to compete against top opponents: "Our two losses were against Tamalpais, the number one ranked team in Division II and Carondelet, a dominating team in Division I."

The team has been led by senior co-captains Catie McCauley and Paige Davis, both of whom will be playing for UC Davis next year, joining Annie Cimperman from last year's team.

McCauley has had 68 goals on 75% of her shots with 24 assists and Davis has 52 goals on 80% of her shots with 30 assists. "We've had very dominating performances from the two of them these past two years," Combe said. "They have both been very good at

seeing and involving their teammates. If the team is not scoring well, Catie will go to the cage if the team needs goals. Paige makes it a point to help her teammates and we will need to remind her that she can score as well."

Combe appreciates that the team could not be as successful as they have been if they had only two players to rely on. Senior Bridgette Lane (35 goals & 26 assists) and junior Molly Stephens (12 goals & 12 assists) have also had top seasons. "Bridgette and Molly among others have been key ingredients to the team's success because it's exhausting if you have to rely on only two players," Combe said.

The Cougars are averaging 15.4 goals per game, scoring on 72% of their shots and Combs attributes their high shooting percentage to the talents of their goalie, junior Haley Richards. "When you have a good goalie in the cage in practice, our players know they have to shoot better and as a rule, they have found most of their opposing goalies to be not as intimidating as shooting against Haley every day in practice," Combe said.

Richards, who has been dominant since her freshman year, has stopped 57.4% of the shots on goal and Combe still sees room for improvement in her play: "Haley's feet have gotten faster, and she has been working a lot on her range. The biggest overall factor has been her mental preparation for games, getting to a place where she can take ownership but not feel the entire weight of a win or loss solely on her back, which will be huge."

Contributing to the success of Richards has been the play of the defense in front of her, led by seniors Ava Martinez, Katie Duff, and junior Sadie Geenty. "Our defense has shown the biggest growth for us," Combe said. "Ava, Katie, and Sadie Geenty have been the anchors on the defense."

... continued on Page C3

Fall Registration Open!

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## Campo wins DAL golf followed closely by Acalanes and Miramonte; NCS Tourney to come



Photo courtesy Gary O'Neill

Campolindo golf team, from left, top row: Cooper Chang, Ben Marston, Dylan Breznikar, Justin Rodriguez, Barrett Dellamar, James Giordani, Charlie Lopez, Tavish Wells, Chris Blair, John Banister; bottom row: Gary O'Neill, Leo McDonough, Brody Reed, Jacob Chun, Tim Daugherty, Peter Appleton, Luke Martinez, Tyler Schmidt

### By Jon Kingdon

It's been another successful season for Lamorinda golf. By winning the Diablo Athletic League Tournament at the Rancho Solano Golf Course, Campolindo (381) earned the automatic bid to the North Coast Sectional Tournament; Acalanes finished in second (395) and Miramonte (398) in third. Acalanes and Miramonte have applied and anticipate playing in the NCS at Rohnert Park. The NorCal tournament will be held at the Berkeley

Country Club and the state tournament in Southern California.

As with all the sports, the weather was more than a little distraction for the golf teams. Even on a day when it was not raining, Campolindo and Acalanes had their favorite tournament of the year, the Wildcat Invitational at the Meadow Club in Fairfield, canceled because the course was simply too wet to play on. It was a different story for Miramonte that day. "We played Aiello Tournament Discovery

Bay, and it was a gorgeous day with blue skies," head coach Jack Schram said. "When we got out there, we heard that they had canceled the Wildcat tournament. It's been one wet and cold season all the way up to May. You wouldn't think that everybody would be bundled up at the DAL tournament at Rancho Solano as it was fairly cold up there."

### Campolindo

In describing this year's team, head coach Gary O'Neill had to look to the past. "This team is up there with the top

teams at Campolindo in recent memory," O'Neill said. "We'll see if they can match the 2016 and 2018 teams that went to the NorCal Tournament that were led by Ryan Burnett (an All-American at the University of North Carolina, now in his fifth year)."

Justin Rodriguez had the low score in the DAL with a one under par 71 followed by Tim Daugherty-75, freshman Leo McDonough-77, Dylan Breznikar-79, and Barrett Dellamar-79. The sixth player for Campolindo was Luke Martinez who shot an 83. James Giordani, also a football player for Campolindo was injured and Martinez played in his place.

Campolindo will be losing five players to graduation, Rodriguez, Breznikar, Barrett Dellamar, Ben Marsten and Charlie Lopez. "I'm looking forward to the number of underclassmen we have returning," O'Neill said. "We've had a very congenial group that loved to play and trade quips on the range. In fact, Lamorinda golf is comprised of a lot of very nice young men and women. I'm very impressed with the players that I get to meet and watch in action."

### Acalanes

For co-head coaches Cass Mulholland and Ken Lorge, it was a solid year from the start. "We have a stellar squad this year and we were able to run a consistent seven players for the six spots in each match and they all came through," Mulholland said.

At the DAL tournament,

the Dons were led by three juniors. "Jackson Jones shot a career best 73, finished in second and we really needed him," Mulholland said. "Chase Regan and Nate Lyons both shot 79s and seniors Spencer and Jackson Voogt also played well. Junior Gus McKinney also had a great year."

The players brought great attitudes to the team. "The kids completely dedicated themselves to the game and worked hard in honing their craft and a number of them will be playing after high school," Mulholland said. "They all got along and enjoyed playing well together."

### Miramonte

Miramonte had a larger than normal size roster. "Even with 17 players, they all got to play in various matches and tournaments," head coach Jack Schram said. "It was a good year and a lot of fun. I believe we're a lock to get into the NCS. Last year we finished in second and hopefully this year we can do a little better."

The Matadors were led by senior Marcus Erickson, a four-year player who shot a 76, finishing fourth at the DAL tournament. Juniors Dylan Tung shot a 78, Bowen Sande-80, Grant Barmmer-82, John Dunne-82, and sophomore Archer Eames-76. The team was shorthanded having lost Andrew Harrick to a wrist injury after spring break.

Even as the NCS tournament is coming up, Schram is optimistic about next season's team with eight of his nine top golfers returning next year.

## Orindan Patty Hung, 77, completes record-setting 37th straight Boston Marathon



Photo provided

Cousin Hannah, Grandson Gavin, Partner Don, Co-worker Daphne Barnett (back), Patty Hung, Son David and Cousin Jackie

### By Jon Kingdon

"A journey of a thousand miles begins with a single step" is a Chinese proverb that was written around 400 BC. For Orinda resident Patty Hung, her longest journey began in 1987 and concluded April 17, when she finished her 37th consecutive Boston Marathon, a streak that established a new record for women.

Having grown up in Boston, for Hung the Boston Marathon was more than just a race, it was an opportunity to reconnect with her family each year. Which was Hung's favorite Boston Marathon? "The most memorable one would be the first one I ran because I did so well (3 hours, 21 minutes) and all my aunts were there at the 13-mile mark and then met me at the top of Heartbreak Hill, which was really excit-

ing," Hung said. "I was able to stay with the Donnellys who would watch my kids when they were small and later brought them to the races. They were my spiritual leaders."

Even with a top time in that first race, for Hung, it was a long run, but a memorable ending. "It was intimidating, but at the end of the race there was free beer from one of the race's sponsors, so I decided to take a sip of the beer to get myself together and that was the first and last sip of beer I ever had."

The 30th marathon comes a close second for Hung, again with a nod to the importance of family. "In that race, my sons Eric and David ran the race as well," Hung said. "Eric qualified and David got special permission to run, and I had someone run with me for

every mile. Hannah Donnelly, the granddaughter of my uncle, who had run five previous marathons with me, ran the first 13 miles with me. When we all finished, my other son Kevin, who did not run because there was a restriction due to the bombing the prior year, joined all of us and we had a wonderful celebration."

It all began when Hung was a single mother with three kids. "I was living in Oakland, near Lake Merritt and I saw people walking and running and I thought I can do this and that's where it started with a three-mile run around the lake," Hung said. "I was looking for a release and wanted to make a mark in going back to Boston and run the marathon. I had the time to focus and relieve stress and it gave me a purpose."

For Hung, the Boston Marathon was a dichotomy from her initial marathons, by figuratively carrying her family with her throughout the race: "It started when I was with my family the day before the race and I went around the room and asked everybody to pick one of the 26 miles and I wrote their name on my wrist band so it was a way to have everyone with me, at least figuratively, making the run more purposeful and it was a tradition I carried on for years."

In preparing for the later marathons, it was the support of her children, Eric, David and Mailee, along with her boyfriend Don Mixon that kept Hung focused. "David and Eric really combed up my training," Hung said. "They were runners themselves and very knowledgeable in marathon

training, and were acute in looking at my schedules, making some changes and helping me put it all together. Don did all my workouts with me and the ones that he could not do, he was always there encouraging me and making sure that I would finish well. For this last marathon, I made a schedule again with the help of my children and to make it official, Don helped me to copyright it and I plan to give it away to people who would like to know how I trained."

What should come as no surprise is that the 77-year-old Hung is in peak health. "My doctor can't believe I'm this old and told me that I was breaking all the records for being healthy," Hung said. "She is wonderful and has been very involved, giving me a lot of courage. It's wonderful that I can keep going and show there is always hope for everyone else. I know that there are ailments and diseases that come unexpectedly but if you take care of your health by exercising and eating right, it can help to prevent some of those things from occurring."

Hung's advice to people who want to begin running marathons? "Just enjoy the experience of running a marathon. Joan Benoit, the first women's Olympic champion said, 'How you train is how you race' and I took that to heart. People that don't know what training is about won't train properly which increases the possibility of their getting injured. You can suffer a number of small injuries and aches and pains that

can make for a long recuperation which can be easily avoided. You just have to train right to enjoy it."

In simple numbers, Hung's 37 marathons (26.2 miles) totaled 969.4 miles, 1,693,824 yards, 5,801,469 feet and 2,328,262 total steps and upon hearing these numbers Hung was matter of fact about it: "It really was never about breaking the record. It was about continuing the tradition. At the end, I was a little disappointed in my final race because I wanted to finish the race with a time of 5:30 but I missed it by 10 minutes, but that was okay. I finished healthy and strong, and I did not have to crawl home and crawl up the stairs. I felt good and still do. As I do normally, I will take a month off from running and will do some hiking. I do not have any prescribed plans after that but I will still do casual running." To complete the circle, it may just be around Lake Merritt.

### 11 other Lamorinda runners who finished the Boston Marathon

1. Nathaniel Beach - Lafayette
2. Todd Ebe - Lafayette
3. John Damen - Moraga
4. Xiaohua Gong - Moraga
5. Andrew Jensen - Moraga
6. Brendan Washburn - Moraga
7. Samuel Cho - Orinda
8. Rebekah Evans - Orinda
9. Sunduk Kim - Orinda
10. Drew Mickel - Orinda
11. Garva SooHoo - Orinda

Nathaniel Beach was by far the fastest marathoner from Lamorinda finishing 375th out of 28,604 runners with a time of 2:35.5.



Photo provided

## Local Karate athletes compete in Las Vegas

Submitted by Thomas Westernoff

Karate & Fitness USA of Lafayette competed in Las Vegas at the USA Open Karate championships, an international karate competition event with over 48 countries participating with some amazing competition from all around the world. Eleven athletes re-

turned home with 17 medals (5 Gold, 2 Silver and 10 Bronze). The competition in Kata (forms) and Kumite (sparring) was fun and exciting for boys and girls.

All Athletes are from the Lamorinda area: Andrew Cai, Miles Paras, Chloe Paras, Paroma Khan, Ammar Khan, Adeb Khan, Yana Zalivko, Wayne Dong, Sophia Hong, Ethan Luo and Ace-K Ochai

# Dons boys defeat Cougars in DAL



Photo Will Lovitt

#8 Acalanes Marshall Anderson, #17 Jack Alcalay, Goalie Dante Avicolli

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Acalanes won their first two games in the NCS defeating Terra Linda 17-2 and Northgate 14-8.

## Miramonte

Replacing longtime head coach Byron McGovern, Joe Azevedo has been close with the team over the years, so his philosophy was to carry on with what has made the team successful.

"It's about these guys coming out and playing Miramonte lacrosse and identifying what that was and sticking to our game plan," Azevedo said. "The plan is based on fundamentals with the players moving the ball and their feet, working together and communicating, doing the things that are standard in most sports and when we've done that, we've played well, and we've been able to match up with anyone and qualifying for the NCS tournament."

Azevedo knew he was getting into, playing in such a competitive league. "Absolutely. We've been playing competitive games against our crosstown rivals in Campolindo and Acalanes," Azevedo said "We've played a lot of solid games and I think that says a lot for the lacrosse in this area and a nod to the local club teams that feed the high schools."

Miramonte lost a number of players to graduations and a whole new group of players took things over. "We were pleasantly surprised this year when we had a new crop of players come out," Azevedo said. "The team has been hardworking and focused. Our challenge was to figure out our identity. They've come to realize that wins don't just happen and it's nice to be in this position."

There has been a strong core of leadership with five senior captains, Jack Spencer, Chase Bliss, Matthew Hawkins, Jake Disston and Jonah Azevedo. The offense, defense and midfield are all represented within this group. "They cover both ends of the field," Azevedo said. "They're all strong guys of character, good role models and they've managed to get the team on the same page that's been our goal from the start."

Azevedo analogizes his offense to basketball: "There's a role for everyone to play," Azevedo said. "It comes down to possessions, with every player picking up a ground ball and getting us that possession which gives us another chance on offense."

Azevedo likes to use his defense to get the offense started: "We try and keep things pretty simple on defense - we make the stop and then push and transition to offense because we've got the athletic guys to fast break and get the ball on the offensive side to give our attackers the opportunity to score."

The defense is led by Spencer, Hayden Westover, Nick Blair, and Grant Saanlon. "Jack locks us down there, and they've all contributed, and we've been

able to take advantage of their athleticism," Azevedo said. Junior Rhys Hire brought a soccer background and athleticism into the goal. "I'll take an athletic goalie anytime and he helps us get the ball up field," Azevedo said. Approaching the NCS, Azevedo, returns to basics: "We have to bring it all together. There are no magic bullets here. It's a matter of playing hard and together for four quarters."

Miramonte defeated St. Mary's (Stockton) 20-7 and lost in the quarterfinal game to Piedmont 12-6.

## Campolindo

After starting off the season with a 2-3 record, Campolindo hit their stride winning nine of their last 11 games. "We didn't play well in a couple of early games, but we got better every week," Coach Knightly said. "The start of the lacrosse season is so early and can be chaotic because a number of times we don't know what field we will be on, sharing the field with the soccer team whose season carried over with their playoffs and with all of the rain, we missed out on a lot of practices."

Campolindo averaged 12.8 goals on offense that had a number of scorers led by Harrison Leenhouts who will be playing for Colby next year, Patrick Sebree, Evan Louis, DecHenn Anderson, and Holden Coakley all contributing to the team's success.

"We're really going to miss Harrison. He has over 70 goals this season and may be one of the best players to have come out of Campolindo and certainly the best player I've coached over the last 15 years," Knightly explained. "Patrick is a textbook lacrosse player that is a leader on the field and by example. He does everything right which increases his scoring, his ground balls, and his passing percentages. Evan, a senior captain, only began playing as a freshman and has been a glue guy that can play both offense and defense."

"Declan, a midfielder, may be our most improved player only starting to play lacrosse last year," Knightly added. "He's made a major transformation from being a new player to someone that we came to depend on to do well. Holden is an attacker that always seems to come up with the key goals that are so meaningful."

The defense is led by two sophomores, Griffin Tetz and Boden Rasmussen. "Griffin does a lot for us," Knightly said. "He is a great dual sport athlete. Boden has started every game the past two years. He gets a lot of hard matchups and dodges really well and is hard to guard."

Dante Avicolli is a junior that really settled down as the year progressed having given up 66 goals in the first five games and only 83 goals in the next 11 games. "Dante helps me sleep at night knowing that I have a keeper who can really save the ball," Knightly said. "He should be able to play at the next level. He improved his poise in the clear game with his outlet passes and his communication skills makes him a rock-solid foundation of the defensive unit."

Knightly did not get down after the loss in the DAL championship. "It was a great atmosphere playing against Acalanes," Knightly said. "Every year we want to compete for the NCS championship."

Campolindo won their opening game in the NCS against Livermore 10-5 and lost in the next round to Justin-Siena 9-6.

# Campo girls defeat Acalanes in DAL Championship



Photo Allison Curletto

#30 Catie McCauley. #24 Grace Imrie

... continued from Page C1

They've provided a calming stability as well as consistency with controlling the ball."

Combe's respect for the players in Lamorinda are only matched by her respect for her fellow coaches: "Because our programs know that the Campolindo, Acalanes and Miramonte schools are all so close, I appreciate the level of respect and friendship that the Lamorinda coaches have for each other. We're all competitive yet we want each other to succeed and there's just a mutual respect for each other."

The No. 3 seeded Cougars defeated Napa (16-8) and Justin-Siena (17-6) in the first two rounds of the NCS and were scheduled to play at Marin Academy in the semifinals on May 9, after press time.

## Acalanes

After a 7-11 season last year, head coach Bill Frazier's team showed a major improvement, finishing the season with a 13-6 record which Frazier credits to the maturity of the team: "Our returning seniors were very important to the team's success, in particular, our three midfielders, co-captains seniors Haley Rurka, Maya Wang and junior Grace Imrie."

"The leadership really flows from Haley who's been playing since the second grade. Her teammates have a great respect and love for her as they do for Maya, who really blossomed in her second year on the varsity and will be playing at Smith College next year. Grace has been a real rock for the team, leading by example and you can see that she puts in the time and should be a great leader next year as a senior."

There is only one sophomore on the team, Megan Churchill, who was the only freshman on the team last year. "Megan is a great kid who plays attack," Frazier said. "She has good size and strength and is a very skilled scorer who played a lot these past two years."

Junior goalie Addie Martin has been a force in goal. "Addie is very steady and consistent and should make the all-league team this year," Frazier said. "She has worked relentlessly since the eighth grade when (JV coach) Steve Siler and I asked her if she would be interested in trying to play goalie. She's completely unafraid and works very hard and understands of the position, the angles, and the kinds of shots she's going to get."

Leading the defense are two juniors, Avery Ives and Kelly Todhunter. "Avery is not that tall but is a bulldog with a lot of confidence and is very fast," Frazier said. "Kelly, who is also fast, was a two-sport athlete. As a former basketball player, she is extremely skilled with her footwork and knows how to position herself and is getting more and more confident."

The Dons won their opening game in the NCS over Head Royce 9-8 with

Grace Imrie scoring the winning goal in overtime off a penalty shot and lost to the second seeded Marin Academy 13-3 in the quarterfinals. Frazier is already looking forward to next year with 10 juniors returning. "There's really good leadership and chemistry on this team," Frazier said. "We have 70 girls in our program so it's going to be a really competitive situation next year."

## Miramonte

Miramonte also had a big turnaround this year. After going 7-12 in 2022, the Matadors finished the season with a 10-7 record, going 7-1 in league play after opening the season with a 2-4 record. "We started our season with only five players that had more than one year's experience which was hard at the start," head coach Jackie Pelletier said. "This was the smallest return in a two-year term ever in my time. It was a matter of getting everyone to work together."

Pelletier did that with the team's early season schedule. "We scheduled a lot of tough opponents to make us better, so even though we didn't win many of the games at the start, it made us a better team," Pelletier said.

It's been a senior, co-captain Kate Difranc, and a freshman, Sawyer Bohlig, who have been leading the offense. "Kate's been an amazing player all these years and is the leading goal scorer in the DAL, even though she is a selfless player, putting the team before herself," Pelletier said. "She plays with a big heart and had to take on a large responsibility for the offense, executing it wonderfully. Her ability to catch passes inside the eight just makes her unstoppable."

Bohlig is the younger sister of Emerson Bohlig who is now playing at Northwestern University. "Sawyer has been among the leaders in the league in goals and assists," Pelletier said. "She has a 60/40 split on goals to assists which is a testament to what a true team player she is. She is lighting fast and has beautiful stickwork and I expect her to continue to do great things. Our other captains, Lindsey French and Taryn Pearce, have been a part of our success, playing with the team since their freshman year. Taryn's sister, McKenzie, a freshman, has also stepped up for us this year as a starter."

Sophomore Isabelle Starkey, in only her second year playing goalie, has shown great improvement. "Izzy is committed to the position and puts in the work and has been improving every day," Pelletier said. "She is fearless and a real competitor, always asking for teammates to shoot at her after practice. She has become a vocal leader, loudly quarterbacking the defense. Freshman Elsa Schroeder has also seen time in the goal and shows the same passion as Izzy."

Sophomores Grace Wood and Ashlyn Browning and senior Sienna Esopa have been the anchor on the team's defense. "All three play really well and it's good to have Grace and Ashlyn returning, paving the way for our newer players," Pelletier said.

Miramonte won their opening NCS game, avenging an early season loss to Bishop O'Dowd 16-14 and lost to the top seeded team Tamalpais 18-7.

With every Lamorinda lacrosse team making the NCS tournament, Pelletier gives much of the credit to Dave Defranco, Kate's father: "Dave ran the Lamorinda Youth Program for years, when most of the current players were young, starting the program and bolstering the lacrosse community. Without Dave, I don't think that the Lamorinda senior and junior classes would be as strong as they are now for the boys and girls. He is well known and loved by all of the top players."

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# Chamber welcomes new businesses to Lafayette

The Lafayette Chamber of Commerce and local dignitaries had a busy week April 20-23 at several ribbon cuttings for new businesses in the city, including Oasis Café (3594 Mt. Diablo Blvd.), LALA Dental (895 Moraga Rd., Ste 6) and Pedego Electric Bikes Lafayette (3539 Plaza Way). The ribbon cutting welcome wagon began the prior week on April 12 when the Lafayette Chamber and Lafayette Mayor Carl Anduri welcomed Kim Evans, founder of 2GORJIS Wellness to Lafayette. Evans helps confident and aspiring women entrepreneurs, coaches, experts and consultants to grow and scale their business online, and also offers clinical skincare facials, custom waxing services, professional bridal make-up, and relaxing therapeutic massage to both

men and women. 2GORJIS Wellness & KME Coaching is

located at 936 Dewing Ave, Suite E1, Lafayette

(www.2gorjis.com). A ribbon cutting for Traffic Bar & Grill

(3707 Mt. Diablo Blvd.) was held on April 27. - J. Wake



Ribbon cutting at 2GORJIS Wellness & KME Coaching in Lafayette.



Ribbon cutting at Oasis Café in Lafayette.

Photos courtesy Lafayette Chamber

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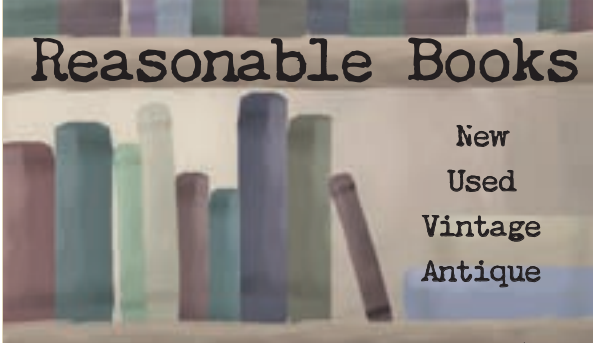
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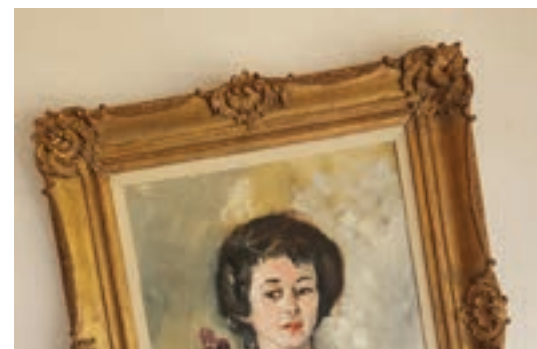
# Lamorinda

# OUR HOMES

Lamorinda Weekly

Volume 17

Issue 6 Wednesday, May 10, 2023



Tips on how to hang your artwork ... read on Page D4

*Digging Deep with Goddess Gardener, Cynthia Brian*

## Start small



Field of bearded iris, nasturtium, and euphorbia with a plethora of weeds. Red anemone with forget-me-nots and ferns. Photos Cynthia Brian

### By Cynthia Brian

*"Inch by inch, life is a cinch. By the yard, it's hard." ~ Popularized by Robert Schuller*

Do you ever go to a restaurant extremely hungry and when you peruse the menu, you order more than you could ever eat? I am guilty of this trait whenever I visit a nursery or garden center. Before I go, I usually create a list of the four or five plants that I want and am ready to plant. But once there, all the magnificent flora intoxicates me with their beauty, and I end up buying more than I have time to put in the ground.

Not this year. I am exerting self-control and keeping it small. One of the reasons for limiting my purchases is that my garden is not sufficiently prepared for adding extras. Before I left on my European expedition, I thought I had

everything under control. I had followed my own advice of pruning, weeding, feeding, seeding, and mulching the landscape. The few weeds that remained resembled short ground-cover. But because of the rain and fog providing extra moisture, and the warm, sunny days whilst I was away, ideal conditions for abundant growth of both weeds and flowers were created. Upon my return, I was greeted by a gorgeous green jungle, albeit totally out-of-control blooms and blossoms as well as weeds as tall as I am.

The tender tiny mustard greens that I had been collecting for salads and stir-fry now towered six or seven feet. Grasses blown in from the hills mingled with the purple and yellow bearded iris, euphorbia, and nasturtiums. For the next few months, I will labor weeding, weeding, and weeding. Inch by inch.

Despite the weeds, the garden has erupted into a colorful canvas of fragrant flowers. Lilac, wisteria, jasmine, mock orange, rose, and freesia compete for the title of most glorious blooms with the most intoxicating perfume.

It is time to plant my vegetables and herbs, and this is where I am starting small. In two containers outside the kitchen door, I bought and planted two tomato plants, a red bell pepper, shallots, scallions, basil, dill and thyme. In my vegetable garden, I started another artichoke, eggplant, squash and lettuce. By purchasing four-inch pots and six-packs instead of gallons, I had the time, and the space, to get these in the soil immediately. In a vintage wheelbarrow, potatoes and onions are growing. Companion planting is a strategy that I implement to increase the success of my crops.

... continued on Page D10



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## Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	11	\$2,030,000	\$5,375,000
MORAGA	4	\$1,260,000	\$2,725,000
ORINDA	14	\$572,500	\$2,800,000

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

- 3217 Acalanes Avenue, \$2,475,000, 4 Bdrms, 2848 SqFt, 1950 YrBlt, 03-31-23,  
Previous Sale: \$1,898,000, 11-24-20
- 37 Bacon Court, \$2,350,000, 4 Bdrms, 3100 SqFt, 1956 YrBlt, 03-23-23,  
Previous Sale: \$1,960,000, 07-16-20
- 3015 Bradbury Drive, \$1,720,000, 3 Bdrms, 2205 SqFt, 1974 YrBlt, 03-24-23,  
Previous Sale: \$757,500, 08-01-11
- 4174 Canyon Road, \$5,375,000, 5 Bdrms, 5364 SqFt, 1955 YrBlt, 03-24-23,  
Previous Sale: \$4,450,000, 09-21-20
- 3440 Hamlin Road, \$2,075,000, 6 Bdrms, 3163 SqFt, 1977 YrBlt, 03-31-23
- 210 Lafayette Circle, \$2,049,000, 2 Bdrms, 1706 SqFt, 2021 YrBlt, 03-21-23
- 3289 Lomas Verdes Place, \$2,120,000, 5 Bdrms, 3202 SqFt,  
1980 YrBlt, 03-31-23, Previous Sale: \$1,135,000, 07-24-08
- 1071 Orchard Road, \$1,300,000, 3 Bdrms, 1446 SqFt, 1947 YrBlt, 03-23-23,  
Previous Sale: \$800,000, 07-22-13
- 12 Park Gate, \$2,030,000, 5 Bdrms, 3258 SqFt, 1973 YrBlt, 03-28-23,  
Previous Sale: \$1,775,000, 09-17-21
- 1016 Willow Drive, \$1,842,000, 3 Bdrms, 1613 SqFt, 1947 YrBlt, 03-20-23,  
Previous Sale: \$1,540,000, 06-21-22
- 1004 Windsor Drive, \$1,508,000, 3 Bdrms, 1557 SqFt, 1957 YrBlt, 03-21-23,  
Previous Sale: \$415,000, 06-24-99

### MORAGA

- 112 Donald Drive, \$1,260,000, 6 Bdrms, 1921 SqFt, 1958 YrBlt, 03-24-23,  
Previous Sale: \$830,000, 02-28-06
- 112 La Quinta Street, \$2,725,000, 3 Bdrms, 3416 SqFt, 1981 YrBlt, 03-22-23,  
Previous Sale: \$1,460,000, 07-21-14
- 83 Marie Place, \$2,250,000, 4 Bdrms, 2414 SqFt, 1966 YrBlt, 03-21-23,  
Previous Sale: \$1,050,000, 09-16-10
- 137 Tharp Drive, \$1,875,000, 4 Bdrms, 1857 SqFt, 1964 YrBlt, 03-31-23,  
Previous Sale: \$1,140,000, 08-25-16

### ORINDA

- 22 Bel Air Drive, \$2,250,000, 4 Bdrms, 2170 SqFt, 1959 YrBlt, 03-20-23,  
Previous Sale: \$1,115,000, 12-14-10
- 73 Brookwood Road #37, \$580,000, 2 Bdrms, 882 SqFt, 1962 YrBlt, 03-29-23,  
Previous Sale: \$289,000, 07-11-02
- 67 Brookwood Road #11, \$572,500, 2 Bdrms, 897 SqFt, 1963 YrBlt, 03-31-23,  
Previous Sale: \$520,000, 08-14-18
- 1 Ellen Court, \$1,889,000, 4 Bdrms, 2922 SqFt, 1959 YrBlt, 03-28-23,  
Previous Sale: \$770,000, 12-29-03
- 133 El Toyonal, \$2,800,000, 4 Bdrms, 2278 SqFt, 1948 YrBlt, 03-20-23,  
Previous Sale: \$1,225,000, 07-19-10
- 22 El Toyonal, \$1,657,500, 3 Bdrms, 1676 SqFt, 1964 YrBlt, 03-23-23
- 4 El Verano, \$2,000,000, 4 Bdrms, 2456 SqFt, 1939 YrBlt, 03-23-23
- 82 Hillcrest Drive, \$1,328,000, 4 Bdrms, 2724 SqFt, 1950 YrBlt, 03-23-23
- 23 Lavina Court, \$1,450,000, 3 Bdrms, 1522 SqFt, 1953 YrBlt, 03-28-23
- 530 Miner Road, \$1,800,000, 5 Bdrms, 2344 SqFt, 1950 YrBlt, 03-28-23
- 275 Orchard Road, \$1,385,000, 3 Bdrms, 1882 SqFt, 1956 YrBlt, 03-24-23
- 147 Overhill Road, \$2,000,000, 4 Bdrms, 2278 SqFt, 1966 YrBlt, 03-21-23
- 6 Overhill Court, \$1,150,000, 3 Bdrms, 2292 SqFt, 1947 YrBlt, 03-22-23
- 9 Southwood Drive, \$2,105,000, 3 Bdrms, 1960 SqFt, 1950 YrBlt, 03-27-23,  
Previous Sale: \$1,605,000, 05-18-19



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## How to almost effortlessly hang your artwork



By Jim Hurley

Congratulations! You're moving into your new residence and hanging your artwork on the walls. Unless you have an original René Magritte, you might want to do this yourself. Grab your tools: A hammer, a level, a power screwdriver, and a drill. Get a good tape measure. Your sewing tape or 12-inch ruler will not suffice. I prefer a 25-foot measuring tape that stays rigid for a good reach. Also, a helper is very useful, if your artwork is large.

And you'll need hooks. What kind of hooks? Hanging methods vary from piece to piece. Some frames come with eyelets and wire, some with loops on each side, and some have little clips like saw blades that grip on to matching clips on the wall. Of course, in California, we should not forget about earthquake protection and there are clips especially for that too.

Picture hangers are rated by capacity, that is, the limit of weight they can hold. Pick up the piece you want to hang. Does it weigh



Photos Jim Hurley

more than a five-pound sack of sugar? Maybe it feels more like a 10-pound bag of flour? If it is heavier than that, you should probably pick it up and step on the bathroom scale. Then set it down and weigh yourself. Subtract your weight (alone) from the first weight and you know exactly how much it weighs.

... continued on Page D8

## Turning Up the Rock Star Treatment

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BUYER SOLD: 112 La Quinta, Moraga



SOLD: 245 Orchard, Orinda - \$1,770,000



BUYER SOLD: 411 Tahos Rd, Orinda - \$2,125,000



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## How to almost effortlessly hang your artwork

... continued from Page D4

Be sure your hanging clips are rated at that weight capacity or greater.

Now, where will it hang? Think of the space on the wall as a frame. Your goal is to hang the picture frame in the wall frame (space) on the first try. Let's define that wall frame. Is it between two windows? Between the fireplace and the door? If the door opens, does the frame get smaller? How do you want the art in relation to the frame? Most people prefer symmetry and choose to hang it in the center of the imagined wall frame.

Are you hanging more than one piece in the wall frame? One technique for arranging multiple pieces is to place the art on the floor in a space the same size and move the items around to find the arrangement you prefer, then transfer that arrangement to the wall.

Your next decision is how high to hang it. If it is a big piece, you might think about placing the top so it is level with a nearby door frame or window frame. If it is smaller, then you might want to center the focus of the work with the average height of a person (5'9") so that it meets the eye. Weigh all of these considerations along with your individual taste and aesthetic and

you are ready to hang your art.

Measure your wall frame and find the center (if you are centering the piece). Mark the center with a pencil or some painter's tape. Then have a helper hold the piece up on center and have them lift or lower the art so you can determine what height works. Then mark that height at the top of the frame on the wall.

Now, determine the height of the hook relative to the top of the picture frame. If the frame has a wire, pull the wire with the tip of your tape and measure to the top edge of the frame. Measure down from the top mark on the wall and install the hooks as needed.

I have seen a plastic gadget advertised on TV that is intended to make this process easier. It holds up the picture and allows you to mark where the hook needs to go. Ask yourself: Do I hang art frequently enough to justify buying such a gadget? Probably not.

Mirrors are generally much heavier and should be hung with heavier duty hooks. I often use molly bolts or plastic wall anchors and screws for heavier pieces. These require a drill and power screwdriver to install, but they are much stronger than a hook and nail in the sheetrock when you have a heavy mirror or piece of art that you love. One thing I don't use

are the wall anchors that come for free with the piece you're hanging. They are typically very cheap and frequently don't hold or the screws strip out. I carry a variety of fasteners in my truck, but a special trip to the hardware store to buy good hangers is worth saving the frustration of trying to use the free hangers that don't work.

As one client asked me, "Why do I always have 10 holes in the wall behind all my pictures?" Hopefully these tips can help you avoid having to buy increasingly larger pieces of art to hide those holes.

Jim Hurley is an independent handyman with over 25 years of experience in residential repairs. Hopefully this free advice is helpful to someone attempting Do-It-Yourself home repairs. The information presented is intended for informational purposes and for use by persons having appropriate technical skill, at their own discretion and risk.



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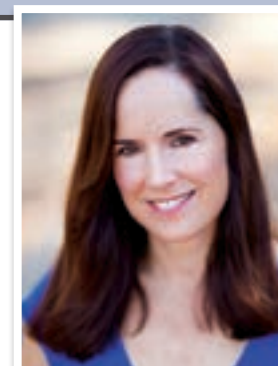


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## Digging Deep with Goddess Gardener, Cynthia Brian

### Start small



Spring is abloom under the redwoods with flowering cheery in the rear.

... continued from Page D1

To hungry insects and pests, the smell of onions is unpleasant, making them an excellent companion plant for many other vegetables including the members of the Solanaceae (nightshade) family of tomatoes, potatoes, eggplants, and peppers. Onions also act as a mild aphid repellent to roses. Here are other vegetables that will benefit from planting onions, garlic, or other alliums as companions:

- Beets
- Brassicas
- Carrots
- Chamomile
- Dill
- Lettuce
- Parsnips
- Parsley
- Spinach
- Strawberries

Don't plant onions with asparagus, peas, beans, or sage as the flavor will be negatively affected and the growth of the plants will be stunted.

Over the next few weekends, I'll be able to finish weeding areas where I want to plant more

tomatoes, zucchini, sweet corn, beans and cucumbers. Beans, corn and zucchini I'll plant by seed, and other vegetables I'll buy in small containers. I will continue the succession seeding of beets, carrots, and greens that my family enjoys eating. I'll add marigolds to repel other rodents and nematodes throughout the garden.

I am an advocate for growing my own groceries because I know that my soil is free of chemicals, insecticides, pesticides, and other harmful matter. You can also grow your own food even if you have a small space. Whether you buy a decorative container or repurpose a vessel, sanitize it with bleach and water. Rinse well. Add pebbles for drainage and rich potting soil. Plant what you like to eat. Keep your pot watered. Feed with organic fertilizers based on the requirements of what you plant. You will have produce that is delicious, nutritious, and healthy.

Most people don't know that many of the fruits and vegetables that we purchase in the supermarket or even at Farmers' Markets are filled with chemicals. Even if you are on a strict budget, the following Dirty Dozen of vegetables and fruits should only be purchased as organic produce or grown in your garden. Sadly, these are vegetables and fruits that most people enjoy and believe are good for us. Beware ... they are only good for you when they are grown without chemicals.

In order of the most chemicals used on each crop, The Dirty Dozen includes:

1. strawberries
2. spinach
3. collard greens, kale, mustard greens
4. peaches
5. pears
6. nectarines
7. apples
8. grapes
9. peppers and hot peppers
10. cherries
11. blueberries
12. green beans

A small amount of sweet corn, papaya, and squash is grown from genetically modified seeds. Always look to plant seeds that say "non-GMO".

The following fruits and vegetables are called The Clean Fifteen. You may purchase them anywhere, yet again, what you grow yourself will always be more beneficial.

1. avocado
2. sweet corn
3. pineapple
4. onions
5. papaya
6. frozen sweet peas



The weeds are as prolific as the yellow iris.

Photos Cynthia Brian

7. asparagus
8. honeydew melon
9. kiwi
10. cabbage
11. mushrooms
12. mangoes
13. sweet potatoes
14. watermelon
15. carrots

Finally, in May, plant annuals, perennials, and summer bulbs suited to your microclimate conditions as the weather warms. Cosmos, petunias, salvia, zinnias, yarrow, Agastache, penstemon, asters, marigolds, and echinacea are colorful choices that also attract pollinators. For bulbs, consider Lily of the Nile (*Agapanthus*), tuberous begonia, caladium, canna, dahlia, gladiolus, and lilies. Summer blooming plants need warm, well-draining soil. Always pay attention to the directions or plant tags. Keep everything watered sufficiently.

Start small and increase as you have the time and space. Don't buy too many plants at once if you won't be able to get them in their forever home within a few days. Make sure your area is weeded well before you sow any seeds. Cut high grasses and remove debris around the perimeter of your house as fire prevention. Inch by inch, it's a cinch!

Remember mom on Mother's Day with a plant or bouquet and enjoy mild May days.

Happy Gardening. Happy Growing! Happy Mom's Day!



PS: From May through June 30, DONATE your gently worn or new shoes to support women and families in poverty in developing countries as part of the Be the Star You Are!® charity Shoe Drive. Please tie shoes together or rubber band pairs to keep them together. Drop off at sponsor locations:

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### The mustard is taller than Cynthia Brian

Raised in the vineyards of Napa County, Cynthia Brian 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](http://www.StarStyleRadio.com). Her newest children's picture book, No Barnyard Bullies, from the series, Stella Bella's Barnyard Adventures is available now at <https://www.CynthiaBrian.com/online-store>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com)  
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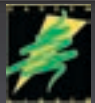
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## ORINDA



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## ORINDA



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### 710 Miner Road

Peaceful 1.15 acre knoll setting w/ sunset views! 5 bd/ 3 ba, 3088 sqft home w/ spacious open floor plan & exceptional separation of space!

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## LAFAYETTE



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### 3472 Silver Springs Road

Fabulous 4 bd/ 3 ba home w/ pool on stunning .5-acre lot in sought-after downtown Lafayette neighborhood. Must See!

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## LAFAYETTE



### 3243 Ameno Drive

Spacious 4 bd/ 3 ba home offers spectacular view of light & clouds, with panoramic views of Mt. Diablo!

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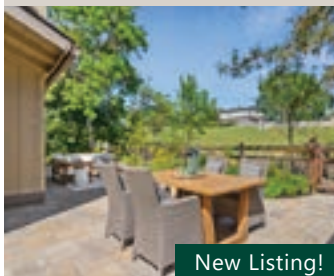
New Listing!

### 30 Ascot Place

This single level 3 bd/ 2 ba home features vaulted ceilings and top of the hill location allowing ample natural light & wonderful views!

\$1,095,000

## WALNUT CREEK



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### 3177 Hambletonian Lane

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