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From Front Page

Lamorindans Share 'One Word' for the **New Year**

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For Mauldin, "evolve" is the one word that summarizes all of her hopes for 2014. "I feel that what I am going through now is preparing me for what I am up against in the new year, which is a new beginning. With the knowledge and experience I am getting here at SMC I hope to be ready for what is ahead of me."

Lynn Appleton, chef proprietor of Lafayette's The French Bakery Café and Tea House stated, "My word is 'renewal."

Mary Kay Moskal, professor and reading program director of Saint Mary's Kalmanovitz School of Education selected the word "family."

"This word is a reminder that I need to balance my time," she said. "I enough time with my family."

For Rev. John Morris, a faculty member in the SMC theology and religious studies department, the answer was simple. "My word is an easy one; I did not need to think about it very long. It is what is often missing from my New Year's resolution. Discipline."

Aida Glimme, principal of Acalanes High School in Lafayette, took a little more time in developing her word. "I've thought a lot about different words," said Glimme. "And many stressors that continue to throw off our balance. I have to continu-

spend too much time working and not ously look at ways to balance my personal and family life with my job."

> Though Glimme loves working in education, she sometimes finds it a struggle to also dedicate time to her family and to stay healthy. "I also feel that the concept of balance applies in how I view things on a much larger [scale]," she said.

Perhaps you'll take one of these words and fill it with personal meaning, or come up with one word that is all your own. Whichever word you choose – health, hope, life, simplicity, joy, or energy – may it be one that is the word 'balance' keeps coming to filled with significance and that brings my mind. In today's world, we have you the encouragement and assurance of a happy new year.

Increase in Residential Burglaries

... continued from page A1

Police are out in force, but vehicles, residential windows and now, peering into the yard next they need help. Asked what citidoors, and set their home alarms door isn't being nosey, it's neighzens can do, Haggard continued - even if just stepping out for a borly. So, keep your eyes open to prod residents to be proactive. few minutes. And he hopes every- and call police right away if you He's urging everyone to lock their one will band together. Right do see something fishy.

Tips from Chief Haggard for Preventing Residential Burglaries

- Get to know your neighbors. Join your neighborhood watch group. If there isn't one, start one.
- If you live in Orinda, schedule a home audit with the Orinda Police Department. Store heirloom jewelry and important financial paperwork off site – in your safe deposit
- Lock and alarm your car whenever you leave it wherever it's parked.
- Lock and alarm the doors and windows of your home even if only leaving for a short trip to the store. Invest in strong locks and kick-proof doors. Lock side and back gates to prevent easy access to the back of your home.
- Create an appearance of occupancy. Leave a radio on loud enough to be heard from the front door. Keep driveways clear of advertising and newspapers. Ask a neighbor to bring in your trash containers and check for UPS deliveries while you're away at work. For longer trips, have someone pick up mail daily, or ask those who deliver to hold items until you return.
- Use motion sensor-activated lighting dusk to dawn, and be sensible with porch lights. Leaving them on during the daytime may signal that you're away.
- Install front-of-house signage to let would-be burglars know they're on camera and are visiting a well-alarmed home.
- Get a dog.
- Call police if you see something "not quite right" at your home or a neighbor's a delivery person without appropriate identification, a member of the cleaning staff arriving with another person when the employer is out of town, someone "mistakenly" ringing your doorbell, a van parked in an unusual spot or backed into a driveway while a family is away.

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