

LAMORINDA WEEKLY

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The Orinda Chamber of Commerce Presents

A Night of Comedy!

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from TV's "Good Times"

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Live at the Orinda 2015

Friday, March 6th

Comedy, Champagne, Wine & Beer!

Advance tickets available @ www.orindachamber.org



From left: Vicki Breton, Valerie Briscoe, Maynard Clark, Dudley Braun, Alise Gillman, Toni Lewis, Giulia Massari and Jim Scala

Photo Andy Scheck

Lafayette Reservoir Walking Group's Focus on Fitness

By A.K. Carroll

Life can be stressful. That's no secret. But the solution can be as simple as getting up, getting out and taking a stroll. Author, biochemist and nutritional expert Jim Scala understands this. He recently started a walking group at Lafayette Reservoir through Lafayette Senior Services designed to build cardio vascular health and camaraderie.

Scala has been walking the reservoir for decades. "[My wife and I] have lived in Lafayette for 37 years now," he said. Scala used to regularly jog the 5.5 miles from his house around the reservoir and back, but "as you get older, you sort of slow down," Scala laughed. "Slowly but surely I started

walking the reservoir and have been doing it ever since."

Walking is one of the Mayo Clinic's recommended forms of exercise. It can help you to meditate, boost your endorphins, increase your energy and reduce your level of stress.

The idea for the walking group came from Lafayette resident Don Jenkins. After reading an article about Scala in a local newspaper, Jenkins asked if Scala would join him for a stroll around the reservoir. Following the walk, Jenkins talked to Lafayette Senior Services about his experience. They asked Scala if he would lead a group of reservoir walkers. ... continued on page A12

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Combined City Councils Ponder Public Safety in Lamorinda

By Laurie Snyder



An officer uses a license plate recognition system (ALPR) inside his patrol car. Photo public domain

Lafayette, Moraga and Orinda united for another Tri-Cities meeting Feb. 19. Focused on public safety, the combined council membership heard an update on emergency preparedness from Dennis Rein of the Moraga-Orinda Fire District and a lengthy presentation from Lafayette Police

Chief Eric Christensen regarding Lafayette's use of Automated License Plate Readers (ALPRs) and other security cameras.

Christensen spent most of his time on positives, reporting that violent and property crimes in Lafayette are down 19 percent and that residential burglaries dropped 21 percent while the "solve rate" increased by 33 percent. Although armed robberies rose, he said 100 percent of those have been solved – a rate he attributed to the city's increased use of technology. He also recalled several crime solving successes, and outlined how his department developed its system, saying Lafayette's council had, several years ago, challenged its seven-member Crime Prevention Commission (CPC) to look at implementing "surveillance of on ramps and off ramps and the entrances to the city of Lafayette."

ALPR testing began in July 2013, followed by a January 2014 community survey to assess the positives and negatives. Charged with providing six-month updates to the Lafayette council, the CPC reported on site visits with the Antioch, Pittsburg and San Pablo police to learn about their

closed circuit television (CCTV) systems, which monitor specific intersections or other key community areas. CPC members also learned about Piedmont's ALPR system. With costs for those running about \$600,000, they then studied how cameras might be sparingly placed in Lafayette to help solve residential burglaries, and decided three layers of security should be created.

"The first layer starts with the resident's house," said Christensen, who strongly advised all Lamorindans to install both alarms and cameras. The second layer includes "community camera systems – taking neighborhoods that want to have camera systems, getting the neighbors together themselves to pool their resources to install a camera system within their community itself." Both high quality and very affordable, each camera typically photographs a single block.

"We also began a process with our businesses in the community to have them install camera systems that not only surveil their business, but also surveil the roadways out in front of their business," he said. ... continued on page A9

please...

...thanks

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