

SMC Gaels junior forward Jaylen Crim, center, takes a shot.

Photo Tod Fierner

Saint Mary's soccer starts season strong **By Jon Kingdon**

he Saint Mary's Gaels women's soccer team con- coach Travis Clarke came on board in 2015, so the Gaels curgames. The team lost last season's leading scorer, Hannah Diaz, who graduated last year to play professional soccer, and it was late in the recruitment season when head sophomore goalie Maleah Milner, who won the starting posi-

tinued its strong start, winning four of their last five rently have a lot of freshmen and sophomores on the roster, but Clarke is optimistic about the strength of the players and how that strength is starting to show. One player to watch is

tion late last season and who Clarke calls very athletic and cerebral, saying he thinks she will develop into an elite college goalie. Other standouts include junior forwards Jaylen Crim and Jordyn Cunningham, who both are on pace for a great season. (See the full story on Page C1.)

Advertising



Lamorinda EBMUD directors project continued water rate increases

By Nick Marnell





John Coleman Photos provided

Marguerite Young

nicipal Utility District ran un- a period in which they foresee opposed in the 2018 general water rates continuing to rise for election, so John Coleman and their customers.

he Lamorinda board mem- Marguerite Young will retain bers for the East Bay Mu- their seats for the next four years,

accelerate the replacement of our distribution infrastructure, 4,200 miles of pipeline with an average age of 70 years," said Young, Ward 3 director. She pointed out Moraga and the major upgrade to the Orinda Water Treatment Plant as other major accomplishments during her tenure.

Young, whose ward includes Moraga and Orinda, said she will remain focused on the distribution pipeline, accelerating the pace of replacement to ensure reliable service and minimize main breaks. She expects to see pipeline and reservoirs being replaced throughout Moraga and

"I am proudest of my efforts to of failure, changing water demand and other benefits such as improving pressure for firefighting and coordinating with public that I've supported. I do expect road repair and repaying.

She acknowledged customthe acquisition of Carr Ranch in ers' frustration with disruptive EBMUD activities over the last two years. "We have stepped up our coordination with local jurisdictions including Moraga and Orinda, which I hope will lead to smoother operations and less community disruption during projects that of necessity tear up streets or disrupt traffic patterns. This is especially challenging in Orinda and Moraga with their narrow streets and limited detour options."

Young does not back down Orinda prioritized based on risk from the need to raise water rates,

citing that pipeline replacement "is very costly and is the major driver behind the rate increases our rates to continue to increase even while water use declines, as we come to grips with the need to address periods of water scarcity due to our changing climate and to upgrade our infrastructure to ensure that we can continue to deliver clean safe reliable water to our taps 24/7/365."

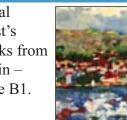
... continued on Page A16

Lamorinda 2018 Elections

Lafayette City Council - pg. A10 Moraga Town Council - pg. A12 Orinda City Council - pg. A13

Our Homes D1-D16 Civic News A1-A16 Life in Lamorinda B1-B8 Health **B4-B6** Sports **C1-C4** Local Special Cozy home Lamorinda Lafayette trees and artist's design ideas Healthy girls water pipeline safety discussed works from polo just in time – Page A2. Lifestyle Spain for autumn-Section preview -**Fire Districts A8** Page B1. Page C2. Page D1 page B4.

MOFD adds Truck 44 to fleet – Page A8.









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LAMORINDA WEEKLY

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Wednesday, Sept. 19, 2018



Lafayette

Public Meetings

City Council

Monday, Sept. 24, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Wednesday, Sept. 26, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Sept. 24, 7 p.m. Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

School Board Meetings Acalanes Union High School District Wednesday, Oct. 3, 7 p.m. AUHSD Board Room 1212 Pleasant Hill Road, Lafayette www.acalanes.k12.ca.us

Lafayette School District Wednesday, Oct. 10, 7 p.m. Regular Board Meeting District Office Board Room 3477 School St., Lafayette www.lafsd.k12.ca.us

Check online for agendas, meeting notes and announcements **City of Lafayette:** www.ci.lafayette.ca.us Phone: (925) 284-1968 **Chamber of Commerce:** www.lafayettechamber.org



3344 Mt Diablo Blvd in Lafayette 925-284-4440



Residents make their case for saving trees and pipeline safety at special meeting





Photo Pippa Fisher

to work with the city and the utility. Having heard public comments Anderson suggested the first step would be for PG&E to release the city from any deadline. He said he was happy for the city to return the money and wanted the issue placed on a future agenda. Since Mayor Don Tatzin and Council Member Ivor Samson both recuse themselves from meetings with PG&E, such a future meeting will have to be when all three remaining members of council can attend.

have lost trust in the utility. "This

half-billion dollar Community

Pipeline Safety Initiative is an

unregulated and unnecessary

program, not required by law.

Six years after its rollout, PG&E

has not improved their pipeline

to release the city from the 2017

agreement and for the formation

Michael Dawson and many

safety record," he said.

It did seem that PG&E was listening and is open to continued dialogue.

PG&E Marketing and Communications Manager Jeff Smith commented after the meeting that they would be open to continuing a dialogue with those parties provided it includes the city and the cil can act in the best interests of CPUC. "We are in the process of deciding on next steps," he said.

ing to facilitate a path forward and PG&E have clarity on what to address this important public the community thinks necessary shut-off valves, exposed pipe- Dawson accused PG&E of scare safety issue and pointed to the to restore credibility."

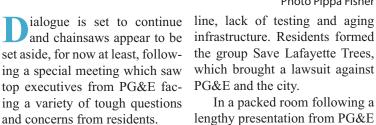
tactics and said that residents utility's previous participation in "multiple good-faith discussions with well-intentioned members of the community looking for more information on how to make their city as safe as possible."

SLT co-founder Gina Dawson was a little more positive after the meeting. "It was aweof the speakers asked for PG&E inspiring to me. From the Campolindo Environmental Club students to the octogenarian, what of a citizens advisory committee a range of people passionately united on a community-wide issue," she said.

Gina Dawson credits Burks for getting PG&E and CPUC in the same room. "Kudos to Mark Mitchell and Mike Anderson for ensuring residents adequate time to comment. Hearing everyone's voices was critical. Mike's offer of return of CPSI money and question of tree cutting deadline was incredible and certainly the right thing to do, in my opinion. The public witnessed a genuine, unfettered response to their concerns," she said.

Burks too was optimistic. "It was a very constructive meeting. My hope is that PG&E and Save Lafayette Trees will keep the dialogue going and will bring back to the council a solution - one that balances both safety and citizens' concerns - so that the counall Lafayette residents."

Gina Dawson acknowledges Smith said that PG&E appre- there's still a lot of work to be ted the city's interest in look- done, but says "I think the city



The special meeting, called for by Vice Mayor Cam Burks, brought together the utility, the California Public Utilities Commission and residents for a meeting with city council leaders Sept. 10.

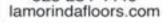
The conversation in front of the regulatory body CPUC is a result of over a year's frustration by residents who want answers to over 150 safety-related issues.

spring 2017 decision made by the council, allowing the removal of hundreds of trees on both privately and city-owned land which PG&E claims is needed for pipeline safety as part of the tiative, residents' concerns grew Lafayette's pipelines safer. to address the lack of automatic SLT co-founder Michael

infrastructure. Residents formed the group Save Lafayette Trees, which brought a lawsuit against PG&E and the city.

In a packed room following a lengthy presentation from PG&E during which time Council Member Mike Anderson intervened to keep the meeting on track to save enough time for all residents to speak, close to 30 of those residents argued their points articulately and wanted their voices heard.

Speakers included high school students, engineers, biologists and first responders who took issue with many of PG&E's Initially concerned by the claims that tree roots potentially damage pipeline and that trees should be removed to allow emergency response access. Several speakers demanded the \$500,000 paid to the city by the utility as part of the agreement should be Community Pipeline Safety Ini- returned and put toward making





Perfect weather for Lafayette's 23rd annual Art and Wine Festival



By lunchtime on Saturday the Tsatsaa Campi. festival was already bustling Under clou ing company started by Cole and ine local art. - P. Fisher

Under cloudless skies and a with crowds browsing the booths temperature hovering around 70 such as the one shown here - Tsalt, degrees, it was a picture-perfect an Oakland-based gourmet season- day to stroll, enjoy wine and exam-



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Annual Meeting - www.LafayetteHomeownersCouncil.org

Restricted access on reservoir trail while **EBMUD** repaves

By Pippa Fisher



The repaying of the trail around the reservoir is needed for the more than one million people who use the facility each year. Photo Pippa Fisher

the loop around the Lafayette reser- repaying the eastern side. Connectvoir will have to adjust their plans ing trails to the closed portion will as the East Bay Municipal Utility also be closed. District will be closing first one side and then the other to allow for of general maintenance and upkeep repaving of the trail known as the on the pathway, explains EBMUD Lakeside Nature Trail.

17 and is estimated to last through last time the trail was repaved was Oct. 5. EBMUD will be paving one 12 years ago. The reservoir has and a half miles on the western side in excess of 1 million visitors per first, leaving the other side open to year.

) unners and walkers who rely the public. Once that work is com-Kon pounding the pavement on pleted the utility company will be

The work is necessary as part Community Affairs Spokesperson The work is set to start Sept. Kathryn Horn, who notes that the



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Mayor proclaims Gold Star Mothers' Day in Lafayette **By Pippa Fisher**



From left: Jonathan Vega Yelner with his mother, Yolanda "Jolie" Vega, grandmother Santia Vega Montalvo, aunt Synthia Vega Montalvo, and Photo provided brother Mathew Vega Yelner.

he Lafayette City Council Mothers' Day – a day for residents funds for veterans, active-duty sersacrifice of gold star mothers and well as other gold star families. families.

whose son or daughter died during active-duty service in the United war or hostilities in which the U.S. Armed Forces were engaged.

These young men and women include those who died not only in combat but also in the hospital, on training, by suicide and at home while on leave from service.

As Lafayette resident Yolanda Vega, president of the Golden Gate Chapter and herself a gold star mom says, "It's a distinction none of the mothers/families want," but says they accept the recognition served in the U.S. on the last Sunsince they are proud of their chil- day of September each year. dren.

The tradition of the gold star issued a proclamation to began during World War I. Gold declare Sept. 30 Gold Star star mothers and families raise to acknowledge and honor the vice members and their families as

Locally the group visits veter-Gold star moms include moth- ans at the Martinez VA hospital, ers, stepmothers, grandmothers, letting them know they are honored mother-in-laws and guardians and not forgotten. Gold star mothers and families support Veteran's Court, sit on boards, which pro-States military during a period of vide healing, training, coaching, recognition, counseling and career placement. They march at parades, speak at public events and meet with civic leaders to raise the visibility of military men and women. They have formed foundations to identify and assist veterans who need a helping hand and they lay wreaths at the cemeteries and military monuments during Wreaths Across America.

Gold Star Mothers' Day is ob-





//// —

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LAMORINDA WEEKLY

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Moraga **Public Meetings**

City Council

Wednesday, Sept. 26, 7 p.m. Special Council Meeting: Tuesday, Sept. 25, 6 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission

Monday, Sept. 17, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd. **Design Review**

Monday, Sept. 24, 7 p.m. Council Chambers and Community Meeting Room, 335 Rheem Blvd. **School Board Meetings Moraga School District** Wednesday, Oct. 9, 7 p.m. Joaquin Moraga Intermediate School Auditorium 1010 Camino Pablo, Moraga www.moraga.k12.ca.us See also AUHSD meeting page A2 Check online for agendas, meeting

notes and announcements **Town of Moraga:** www.moraga.ca.us Phone: (925) 888-7022 **Chamber of Commerce:** www.moragachamber.org Moraga Citizens' Network: www.moragacitizensnetwork.org



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Candidates to fill Fritzky's council seat to be interviewed last week of September

By Nick Marnell

whom filed on the last possible day, applied to fill the Moraga August resignation of Jeanette Fritzky. The position will be filled immediately upon the appointment of lawyer to a financial advisor to an an applicant, and the term of office education consultant to a Moraga will expire in December 2020.

The council opted to use an application-interview-appointment District. Candidate interviews, the process to fill the vacancy, similar to the procedure used by Lafayette in 2016 to select Ivor Samson to fill a vacant seat on its governing board. The applications, due on Sept. 12, included questions on the candidate's background and a state- each of them," suggested Council ment of qualifications. The candi- Member Kymberleigh Korpus, and

I leven candidates, nine of date also had to describe a vision for Moraga and key issues facing the community. The town expects Town Council seat vacated by the to make the applications public by Sept. 25.

> next step in the process, will take place on Sept. 25 and 26 at the Moraga town chambers. The interviews will be conducted by the four town council members.

"We need a half hour with

the council agreed on an interview format of a five minute candidate statement followed by 25 minutes of questions and answers. The Sept. 25 meeting will begin at 6 p.m. and through all the prior interviews in The 11 applicants range from a the meeting the following evening an attempt to improve their perforwill start one hour later.

As an edge might be gained for planning commissioner to a former a candidate who listens to preceddirector of the Moraga-Orinda Fire ing interviews, the council agreed could be made at the end of the that the order of the interviews would be selected at random by the town clerk and published ahead of the meeting. The fact that some candidates would attempt to grab that edge did not faze at least two council members. "It would not would be required to hold a special affect my opinion one way or the other as these are open and pub-

lic meetings," Roger Wykle said, and Korpus agreed. "It would not negatively affect my opinion of a candidate at all if that candidate sat mance during their own interview," she said.

A decision on the candidate Sept. 26 session, or the council could push back the decision to a succeeding council meeting, as long as the council names Fritzky's successor by Oct. 21. Should the council fail to do so, the town election at cost that could exceed \$100,000.

Plan for fun at annual Pear and Wine Fest

By John T. Miller



Last year's pear pie-eating contest.

Kids activities will include chalk art, face painting, a petting zoo, inflatable jumpies, and other games and prizes. Local DJ RyanO will Cabernet Sauvignon, Chardonnay, provide entertainment.

Three Lamorinda wine growers will be offering tasting at the event, including wines from Captain Vineyards, run by Sal and Susan Captain of Moraga, Meadow View Winery run by Bill English, and Vincenza Ranch Vineyards, owned by Tony Inzerillo.

Captain Vineyards, which has been certified Green since 2009 and uses only dry-farmed organic grapes from the Lamorinda region, will be pouring three varietals from their wines, which may include

Syrah. All grapes except the pinot Supervisor Breyana Brandt, "is noir are grown in Lamorinda.

Meritage, Petite Syrah, Sangiovese, Super Tuscan Blend and Zinfandel. They are also known in the are now, more than 200 years later, Lamorinda area for their exclusive Pear Wine made annually for the Moraga festival.

Beer will also be offered along with pear cider.

Over 30 community groups will have booths at the festival. Food and drink will be available, along with ice cream, and pear pies by the slice or whole. Families can also bring picnics if they prefer.

Scheduled events include an-Cabernet Sauvignon, Cabernet nouncing the winners of the pear

to celebrate the pear history here. Vincenza varietals include In 1913, this was the largest pear growing community in the nation."

> Seedlings of pear trees planted by the padres at San Juan Bautista the oldest fruit trees in California. According to the Moraga Historical Society, they remain in a fair state of vigor in spite of long neglect, producing large amounts of fruit yearly. Most of the pears in the Moraga Valley are Bartlett pears, planted around 1913 by James Irwin of the Moraga Company.

Brandt reports that the Moraga Park Foundation coordinates an annual pear harvest, gleaning the fruit from the town's many trees Franc, Petite Verdot, Petit Syrah recipe contest at 1 p.m. and a pear and donating them to the Contra Costa and Solano County Food Moraga Commons Park is lo-

ebrate its 20th Annual Pear lic. and Wine Festival this weekend on Saturday, Sept. 22, from 11 a.m. include activities for all ages while to 3 p.m. at the Moraga Commons celebrating Moraga's pear history.

he Town of Moraga will cel- Park. Admission is free to the pub-

The family-friendly event will

and Granache.

Meadow View Winery will of-

pie-eating contest at 1:30 p.m.

While there are no longer any Bank. fer Chardonnay, Rosè, Pinot Noir, commercial pear orchards remaina Tuscan style blend, Cabernet ing in the Moraga region, the cated at the corner of St. Mary's Franc, Cabernet Sauvignon and a event, says Parks and Recreation Road and Moraga Road.

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Edy Schwartz leaves deep mark on the town of Moraga

By Sophie Braccini



Edy Schwartz

hen Edy Schwartz passed away on Sept. 8 after a year struggling with brain cancer, the town of Moraga lost not only a former Citizen of the Year, activist, and visionary, but also a woman of rare quality, a seeker of wisdom. During the Sept. 12 town council meeting where she was honored,

with her described her as a force that had changed many lives and influenced the town.

given to her children and grandchildren talked about Schwartz's many achievements. She was the one everyone called simply Edy, who never sought any official posi- council meeting, telling their stotion, personal benefit or egotistical gratification, and tirelessly worked for over 10 years for the public good in Moraga.

Mayor Dave Trotter talked about her civic involvement, including her work during the 1974 campaign to incorporate Moraga and the creation of the Moraga Citizens Network in 2005, her volunteerism as president of the Chamber of Commerce and her tireless efforts to save the Rheem The-

her friends and people who worked atre. He also noted that Schwartz founded both the Moraga Community Foundation and Lamorinda Presents, and recognized the com-The proclamation that was munity conversations Schwartz initiated with her friend Maura Wolf after the 2016 presidential election.

> Several people talked at the ries and how Schwartz had impacted them. Derek Zemrak, co-owner of the Rheem and Orinda theatres and founder of the California Independent Film Festival, unveiled a plaque engraved in Schwartz's name to be added to the theatres' Hall of fame.

Schwartz, who referred to herself as an introvert, was described by her very longtime friend Ellen Beans as a bridge builder, a visionary who saw possibilities because

she had no bias, and could reach eryday actions. out to all because she was nonjudgmental.

A teacher and a psychologist she was a peace activist who believed in democracy. Her life was spent seeking people and convincing them of what could be. Beans confirmed privately that Schwartz's ultimate quest was spiritual. She was a humanist who believed in the power of being present. Schwartz was lead by the same principles she was living. She sought wisdom in her personal life to be able to lead from the wide lens of compassion. She thought that the key to affecting social change and being a leader was to take full responsibility for her life and align her values of humility, generosity, compassion, courage, equanimity, and joy with her ev-

All these years, she also worked with groups of friends on her spiritual quest: reading, studying and always seeking to better herself and live her life by the values that were most important to her.

Schwartz was loved because she loved people, and inspired them to be their best. Her life was a process of bettering herself in order to better serve her country, her community and her family.

Schwartz is survived by her husband, Jeff, with whom she had been married for 55 years, her son and daughter, both living with their spouses in Moraga, and four grandsons. The family has invited her friends to a celebration of her life at 3 p.m. Oct. 6 in the Redwood Circle at Rancho Laguna Park. (See Remembrance, on Page A15.)

Moraga Auto Row may be on its way out of town **By Nick Marnell**



Everything must go!

to purchase a used car can wade through social media postings, click on automobile websites like AutoTrader or stop along the west side of Moraga Way between School Street and Viader Way and literally kick the tires of a handful of cars for sale.

Photo Nick Marnell

oraga residents who want cars are parked along the artery, many featuring window signage that includes sales data like year, mileage and asking price. The practice has been going on for as long town officials can remember.

Things may be about to change. Town officials took a drive

along Moraga Way in early Sep-At any given time, three to five tember and determined that the auto row clearly violated the town's municipal code, which states that "no operator of a vehicle may park the vehicle upon a street for the principal purpose of advertising or displaying it for sale unless authorized by resolution of the town council." ... continued on Page A16



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LAMORINDA WEEKLY

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Wednesday, Sept. 19, 2018



Public Meetings

City Council Monday, Oct. 2, 7 p.m. Library Auditorium, Orinda Library 26 Orinda Way, Orinda, CA 94563

Planning Commission Tuesday, Sept. 25, 7 p.m. Library Auditorium, Orinda Library 26 Orinda Way, Orinda, CA 94563

Citizens' Infrastructure Oversight Commission Wednesday, Oct. 10, 7 p.m. Sarge Littlehale Community Room, 22 Orinda Way, Orinda, CA 94563

School Board Meetings Orinda Union School District Monday, Oct. 8, 6 p.m. Regular Board Meeting 8 Altarinda Rd., Orinda www.orindaschools.org See also AUHSD meeting page A2

Check online for agendas, meeting notes and announcements **City of Orinda:** www.cityoforinda.org Phone (925) 253-4200 **Chamber of Commerce:** www.orindachamber.org The Orinda Association: www.orindaassociation.org

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- Mary Jane Koller

Orinda amends private street policy – residents unhappy; Gee votes no

By Sora O'Doherty

The city council adopted a revised policy on accepting private streets on Sept. 4, with Council Member Darlene Gee casting the only negative vote and Council Member Eve Phillips recusing herself as a new homeowner on a private street. Many private street residents spoke at the meeting in opposition to the revised policy and of 34 written submissions, only two supported the revised policy.

> installation* er service, exp.

Director of Public Works Larry Theis and City Manager Steve Salomon recommended the revised policy, which requires, among other things, that the street "be required for traffic circulation which provides benefit to the general public." This would appear to rule out culde-sacs, and public speakers questioned how the city could justify its existing 82 public cul-de-sacs but refuse to consider adding any private ones. The policy also requires streets to be brought up to current standards, which in some cases may be impossible and in other cases might be prohibitively expensive.

Vice Mayor Inga Miller returned repeatedly to the concept of "public benefit," suggesting that without it, adopting any private streets would constitute a gift of public funds, but did not address the apparent contradiction in treatment of existing public and private cul-de-sacs. City council members pointed out that private street residents benefitted from the maintenance of public streets, but did not address the fact that while private street residents pay taxes equal to public street residents, including new fees that cover damage garbage trucks do to public roads, residents of public streets enjoy maintenance of their streets and do not bear any liability for events such as sinkholes, while private street residents enjoy no such maintenance and bear full liability.

Theis and Salomon have been

fit assessment areas, and provisions into different categories. Some, as for them have been included in the revised policy. This would require 60 percent of property owners on a private street to put up \$1,000 each to have a vote on a special benefit assessment area. If approved by over 50 percent of residents, they would pay additional taxes over a period of from 10 to 30 years to cover the cost of bringing the street up to current standards, and in return the city would accept the street, maintain it and assume the liability for it, if it met all the other criteria in the policy. If the special benefit assessment area is approved, the \$1,000 deposits would be returned to the property owners, but if the special benefit area were not approved, the city would retain the deposits to cover its costs for the public hearings and election on the issue. If adopted, the costs would include an initial engineering study to determine the condition of a road, including any underlying structures such as drains or culverts, and what would be required to bring it up to current standards. Residents objected that the costs of both the study and the actual work have been overestimated by the city.

City staff argue that most cities have both public and private streets, and that residents who live on private streets knowingly accepted all the consequences of that designation when they purchased their

promoting the idea of special bene- homes. Private streets in Orinda fall in more recent developments, were designed to be private and were not offered to the city. Others, mostly in older developments, were offered to the city when the development was completed, but, for whatever reason, the city declined to accept the street. Some of these developments were completed long ago, before the incorporation of the city in 1985. At that time, standards for roads might have been much less stringent, according to Orinda Senior Civil Engineer Jason Chen. However, Valerie Colber, an Orinda resident and property owner for more than 60 years, said that deeds do not state that the street is private. "Most taxpayers never requested that their streets be private," she claimed.

Gee said that while she appreciated staff coming back to the council with the revised policy, it was not what she had expected and she disagreed with the resolution proposed by staff and did not support it. She pointed out that city maintenance and drainage plans for the public streets are not complete. "The community has pulled together," she said, "and the avenues of raising funds are limited while there are no viable resources." Thus the council will probably have to ask the voters to approve additional funds to complete the work on the public roads.

... continued on Page A11

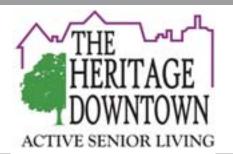




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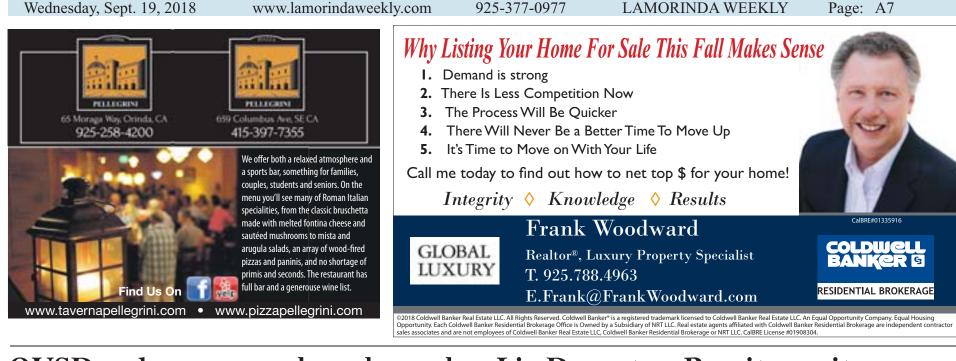


FIRE DISTRICT



stevedanzigerforMOFD.com stevedformofd@gmail.com FaceBook: Steven Michael Danziger for MOFD District 3





OUSD welcomes new board member Liz Daoust as Rossiter exits

By Sora O'Doherty



Liz Daoust Photos Sora O'Doherty

s Liz Daoust was the only Aperson nominated to run for the open seat on the Orinda Union brary, Daoust is devoted to volun-School District board; no election teerism, and is very excited to take was necessary and the district was on the challenge of the OUSD. spared the expense. She will take her seat in December for a fouryear term, along with returning adding, "I really care about kids, members Carol Brown and Jason teachers, and community. Teach-Kaune, who supported her by run- ers are my favorite people," she ning with her as a slate.

girls, ages 8, 7 and 5, all attending Glorietta this year, and Daoust is thrilled to have them all in one Harvard in educational policy



school. Already a board member of the Friends of the Orinda Li-"I really love serving this town," she said during a recent interview, mused, "I am so impressed by the Daoust is the mother of three amount of energy and patience

Daoust earned a master's from

they devote to their students."

ate school, she tutored and started teaching middle school as soon as she completed her degree. She has also been dean of students both in New Hampshire and Palo Alto. Thus she has a combination of both teaching and administrative skills that is, she says, somewhat rare among school administrators. Daoust says that she respects all the members of the school board and is excited to work with them and with Superintendent Carolyn Seaton, whom Daoust praises as being a wonderful communicator who has assembled a great team.

The two school bonds on the November ballot have been taking up some of Daoust's time, as she campaigns for their passage. She anticipates that her term on the board will be busy with facility upgrades. Although the position on the school board is voluntary, Daoust takes a professional approach to it. "I see this as my next job," she says.

Outgoing OUSD Board Member Julie Rossiter feels she is leaving the district in a good place.

and management. During gradu- to the OUSD board in 2010, it was professional development for in the middle of a budget crisis that teachers and an ongoing commitbrought deep cuts to the school ment to hiring and retaining the budget. But in the intervening best teachers. Each of the schools eight years she believes that the in the district is developing "makdistrict has made great progress, er spaces" where kids can come developing a new strategic plan, and experiment with the process adopting a facilities master plan, and hiring Seaton as the new superintendent. "These are all positive changes," Rossiter believes, and represent a ton of accomplishments. As she finishes her second and final term on the board, Rossiter is hard at work promoting the two school bond issues that will be walls. One of the developments on the ballot in November.

> So what does Rossiter anticipate new board member Liz Daoust will be facing when she joins the board? If the school bond passes, Rossiter anticipates lots of positive developments on the facilities side. She hopes that work will continue to try to centralize fundraising efforts, similar to what Lafayette and Moraga have done, to shift the effort from the individual school level to the district level.

Other continuing and upcom-When Rossiter was first elected ing projects for the board include

of making things. Orinda Intermediate School offers this as an elective, Rossiter says, while at the elementary schools students may have access to the maker space during recess, at lunch, or after school. In the maker space kids might find robotics, or LEGO to look out for if the bonds pass is the future development of the Wagner Ranch Nature Area. One of the bonds specifically provides for broadening community access to the nature area. Rossiter would like to see a classroom space added to area, and ultimately thinks the district will be able to provide a much more robust facility and programing.

Although she'll be off the board, Rossiter intends to remain actively engaged in education, be it fundraising or policy advocacy.





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Fire Districts

Public Meetings

Moraga-Orinda Fire **District** Board of Directors Wednesday, Sept. 19, 7 p.m. Go to the website for meeting location, times and agendas. Visit www.mofd.org

ConFire Board of Directors Tuesday, Oct. 9, 1:30 p.m. Board Chamber room 107, Administration Building, 651 Pine St., Martinez For meeting times and agendas visit http://alturl.com/5p9pu.

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MOFD welcomes Truck 44 into its apparatus fleet

By Nick Marnell



From left, firefighter-paramedic Jeremy Kshevatzky, Capt. Brad Nygard and engineer Clayton Hoover.

articulated fire truck that has been on training runs in Moraga and Orinda streets for the past few weeks was put into service Sept. 10 at Moraga-Orinda Fire District Station 44. The \$1.2 million truck is part of a major apparatus purchase approved by the district board in 2017.

showstopper. "We've been getting a lot of comments from the public and from other agencies about how beautiful this truck is," Capt. Brad

hat head-turning, bright red, Nygard said.

But the truck has not arrived without controversy. Two district board members voted against its purchase, with director John Jex wary that the district was not in a solid enough financial position to spend nearly \$3 million on new apparatus. Others argued that a quint - a vehicle that carries an aerial lad-The new vehicle is indeed a der, a ground ladder, a pump, water and a hose – would have been a more prudent purchase.

> A quint operates both as a fire truck and a fire engine but accord-

Photo Nick Marnell ing to many firefighters, does neither operation well. "I know what an engine can do and I know what a truck can do," Capt. Daryle Balao, one of the original MOFD firefighters, said at the time. "My responsibility as a truck captain is to open holes and break things so that the engine company can put the fire out." A ladder truck carries extrication equipment and specialized rescue supplies. It carries more tools than an engine but no water. Its 100-foot aerial ladder is bigger. Its features are more in line with current firefighting needs, said Balao.

The Spirit of Saint Mary's, the truck donated to MOFD by the college in 2001, became a reserve vehicle at Station 41 once the new truck was put into front line service at Fire Station 44. That change also caused controversy, with Moraga residents complaining about the district moving the truck to Orinda.

"I make no decisions based on politics of the district," said Fire Chief Dave Winacker. The chief stressed the central location of Station 44, noting that the travel time from the station is almost identical to both Orinda Village and Saint Mary's College.

As for accessibility, Winnacker said that Truck 41 was unable to access 170 streets and courts and an additional 21 portions of various streets and courts in the district. Because of the increased mobility of its articulating chasis, Truck 44 will be able to access all but six streets and courts. That list excludes areas that MOFD does not respond with a truck, such as Canyon, Bollinger, and other outlying areas. In those areas, road access is not the issue, but the rural nature of the community with the associated vegetation and property setbacks makes a truck ineffective, and Winnacker said the district responds with an engine instead.

| Managa Dalias Dopartmont | Battery Sexual | Campolindo High School | Found Property | Moraga Commons | Missing Juvenile | Campolindo High School |
|--|----------------------|--------------------------------|--------------------|----------------------------|---------------------|-------------------------------|
| Moraga Police Department | G: 11 | 1500 Block Canyon Rd. | Grand Theft | 200 Block Draeger Dr. | Motorist Assist | Bank Of America |
| Incident Summary Report | eivii | 2 | | e | Ordinance Violation | |
| Aug. 28 - Sept. 9 | | Homegoods | Hit And Run Misden | | | |
| Alarms 27 | | Starbucks | * 1 | Marys College A | Petty Theft | Campolindo High School |
| 911 Calls (includes hang-ups) 8 | Civil Standby | 10 Block Magee Ct. | Identity Theft | Police Department | Public Assembly Ch | eck Rheem Valley Shopping |
| Traffic 99 | Disturbing the Peace | 2000 Block Ascot Dr. (2) | | 20 Block Carr Dr. | | Center (5) |
| Suspicious Circumstances 9 | Drunk in Public | 1400 Block Moraga Way | | 100 Block Quintas Ln. | Reckless Driving | 10 Block Roberts Ct. |
| Suspicious Subject 4 | | Safeway | Loitering | 1700 Block Donald Dr. | | Seven Eleven |
| Suspicious Subject 4 Suspicious Vehicle 9 | Excessive Speed | Moraga Way/Moraga Rd. | Lost Property | Police Department | | Moraga Rd./Campolindo Dr. (3) |
| 1 | | Canyon/Cam Pablo | | Ascot Dr./Moraga Rd. | | Safeway |
| Service to Citizen 38 | | Moraga Rd./Corliss Dr. | Loud Music | Hacienda | | Moraga Way |
| Patrol Request/ Security Check 32 | | Canyon Rd./Country Club Dr. | Loud Party | 10 Block Miramonte Dr. | Shoplift | Safeway (3) |
| Vacation House Check 13 | | Walking Trail X From St. Marys | Loud Fully | 2000 Block Ascot Dr. | Traffic Control | Canyon Rd./Camino Pablo |
| Supplemental Report 11 | | Canyon/Camino | | 70 Block Miramonte Dr. | Traffic Stop | Camino Pablo/Rimer Dr. |
| Welfare Check 1 | | 2 | | | 1 | |
| Abandoned Vehicle St. Marys Rd./Mor | raga Rd. | Camino Ricardo/Corliss Dr. | | Draeger Dr./Moraga Rd. | Verbal Dispute | 10 Block El Camino Flores |
| Accident Property Moraga Rd./Lucas | s Dr. | Lucas Dr./Moraga Rd. (3) | N 11 1 1 1 1 1 1 | 1000 Block Sanders Dr. | Warrant Arrest | 10 Block Laird Dr. |
| Auto Burglary 20 Block 24 Hour | | Home Goods | Medical Hospital | 900 Block Country Club Dr. | | 300 Block Blk Rheem Blvd. |

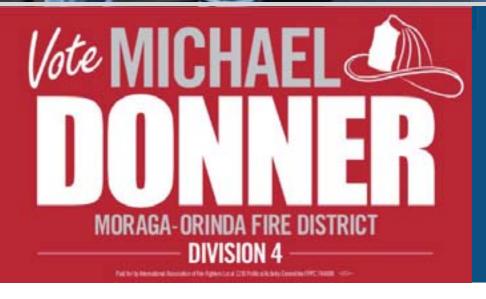
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LAMORINDA WEEKLY

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Moraga Police Department investigates death of child stranded in vehicle

Bv Nick Marnell

19-month old toddler died several hours by a family member.

Moraga police and Moraga-Orinda Fire District emergency or a pet, or even valuables like a personnel responded to a medical laptop or a briefcase, are in plain call around 4 in the afternoon and view in the back seat of the car. discovered a child who was not He suggested purposely leaving breathing. Paramedics performed life saving measures and transported the child, Lily Aracic, to John Muir Medical Center in Walnut get, and no way would forget. Creek, where she was later pronounced dead.

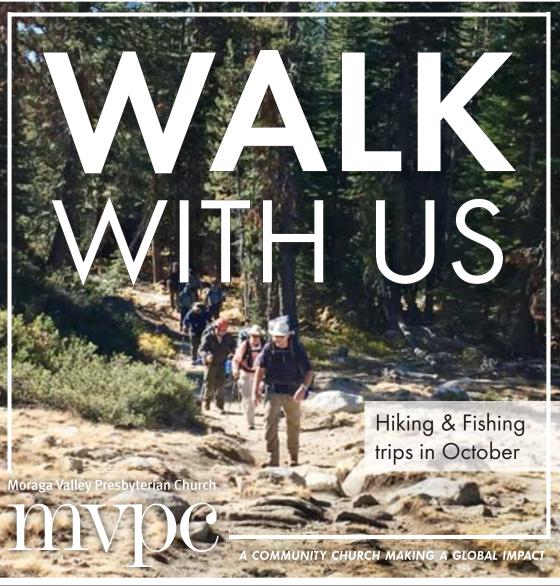
time first responders arrived at the scene was approximately 80 degrees.

"It is an absolute tragedy," Moraga Police Chief Jon King said. "It has impacted everyone, including my officers, firefighters, the dispatchers, the people in the emergency room." It was the first incident of its kind he can rememthird this year in California.

The chief outlined preventive ASept. 11 after being left unat- measures for drivers who bring a tended in a car on Hardie Drive for child along for the ride. "Look before you walk," he said, advising drivers to make sure that a child, something in the back seat near the passenger, like a phone, or a purse, something you absolutely have to

King also recommended setting up checks and balances between The outside temperature at the the driver and the destination. "If a child should be dropped off somewhere at 9:00, and the child has not arrived by 9:15 or so, have the receiving party call just to check on the delay," he said.

The incident is under investigation by the Moraga Police Department. The determination of the exact cause of Aracic's death ber in Moraga, King said, and the is pending a report by the Contra Costa County Coroner's office.



| Orinda Police | e Department | Civil Problem | Wagner Ranch Elementary | | 10 Block La Campana Rd. | | Moraga Way/Oak Dr. |
|----------------------|----------------------------------|-----------------------|---------------------------------------|----------------------|---------------------------------|---------------------------------------|------------------------------|
| Incident Sum | | County Solicitor Perm | it 10 Block Eastwood Dr. | Loud Party | Orinda Country Club | | Ivy Dr./Descanso Dr. |
| Aug. 26-Sept. | | Dependent Child | Moraga Way/Valley View Dr. | | 500 Block Miner Rd. (2) | | Camino Pablo/Los Amigos |
| Alarms | 54 | Disturbance-Domestic | Camino Pablo/Eb Sr 24 | | 10 Block Great Oak Cr. | Residential Burglary | 10 Block E Altarinda Dr. |
| 911 Calls (includ | | Drunk In Public | 500 Block Moraga Way | Medical Hospital | 10 Block Lost Valley Dr. | Robbery Strongarm | Hidden Valley Rd./Tahos Rd. |
| Traffic | 107 | Dui Misd | San Pablo Dam Rd./Camino Pablo | | 100 Block Overhill Rd. | School Assembly Che | ck Mhs (7) |
| | | | Rheem Blvd./Glorietta Blvd. | | Miner Rd./Camino Pablo | | 300 Block Camino Pablo |
| Suspicious Circu | | | Orinda Intermediate School | | McDonnell Nursery | | Del Rey School |
| Suspicious Subj | | Fireworks | Los Arboles/Camino Don Miguel | | 30 Block Charles Hill Ln. | Traffic Hazard | Rheem Blvd./Glorietta Blvd. |
| Suspicious Vehic | | | 20 Block Marston Rd. | Ordinance Violation | 10 Block Great Oak Cr. | | 10 Block Charles Hill Rd. |
| Patrol Request/ Se | - | Found Adult | 10 Block Altarinda Cr. | | 10 Block Cielo Ct. | | Orchard Rd./Glorietta Blvd. |
| Service to Citize | | Found Property | Orinda Senior Village | | 10 Block Valley Dr. | | 500 Block Miner Rd. |
| Supplemental R | <u>^</u> | Grand Theft From Bui | lding 50 Block La Espiral | Other Misdemeanor | 10 Block Camino Sobrante | | 100 Block Orchard Rd. |
| Vacation House | Check 26 | Hit And Run Misdeme | anor Pine Grove Business | Petty Theft | 30 Block Charles Hill Cr. | | Canon Dr./El Toyonal |
| Welfare Check | 4 | Complex | | , | Safeway | Trespass | 300 Block Camino Sobrante |
| Abandoned Vehicle | 40 Block Brookwood Rd. | 1 | Police Department | Petty Theft From Veh | 20 Block Austin Ct. | Vandalism | 20 Block La Cuesta Rd. |
| Accident Injury | Mcdonnell Nursery | | Ardilla Rd./Camino Pablo | Public Assembly Chec | | Verbal Dispute | 100 Block Crest View Dr. |
| Accident Property | Bear Creek Rd./Camino Pablo | | 10 Block Orinda Way | | Orinda Way/Camino Sobrante | · · · · · · · · · · · · · · · · · · · | 10 Block Mira Loma |
| | Village Gate Rd./Orindawoods Dr. | Identity Theft | 20 Block Lavina Ct. | Public Nuisance | Avenida De Orinda/Orinda Way | Walk Through | Cvs |
| | Wells Fargo | Juvenile Disturbance | 500 Block Miner Rd. | | Orinda Way/Avenida De Orinda | | 10 Block Camino Sobrante (2) |
| Annoying A Child | 100 Block Crest View Dr. | | Glorietta Elementary School | | E Altarinda Dr./Orindawoods Dr. | | Theater Square |
| Auto Burglary | Wilder Sports Fields | Loitering | Sycamore Rd./Miner Rd. | | 800 Block Ironbark Pl. | | Miramonte High School |
| Battery | 10 Block Patricia Rd. | Loud Music | 70 Block Hillcrest Dr. (2) | Reckless Driving | Hall Dr./Moraga Way | Warrant Arrest | Camino Pablo/Brookwood Rd. |
| Burglary | McCaulous | Loud Noise | 10 Block Lloyd Ln. | B | Moraga Way/Ivy Dr. (2) | | 10 Block Theatre Sq 106 |
| | | | · · · · · · · · · · · · · · · · · · · | | | | |
| | | | | | | | |

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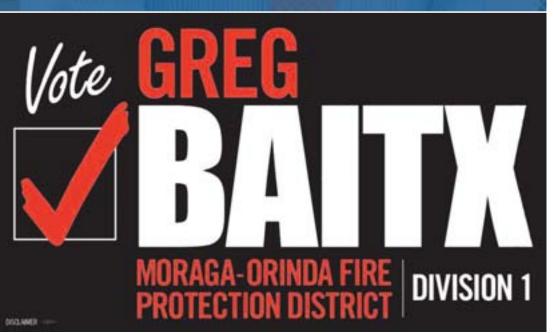


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Lafayette City Council candidates answer questions ahead of the November election

By Pippa Fisher



Susan Candell Photo provided

amorinda Weekly reached out to the Lafayette City Council candidates and posed four questions on key topics pertaining to Lafayette. Responses were limited to 50 words due to space constraints. The issues are complex, however, and to learn more, residents can attend the Lafayette Homeowners housing and commercial space on among Lafayette residents. What Council Candidates Night, to hear its property; I worked hard against what all city council candidates and school board members have to say at 7 p.m. Sept. 20 at the Lafayette Veterans Memorial Hall.

year are Susan Candell, Teresa Gerand Dave Smith.

Responses are listed below in alphabetical order of the candidates' last name.

1. How should city government handle downtown development and what is your opinion about the recent Deer Hill Road development proposal or the passage of Assembly Bill 2923?

Candell: Lafayette can and should act now to enforce balance between growth, parking, traffic and infrastructure. AB2923 is flawed and sets minimum zoning standards that our infrastructure land use expertise. cannot manage. The 315 Apartments at Deer Hill will cause irreparable harm to the environment and



Teresa Gerringer

gridlock. Lafayette urgently needs to be proactive.

Gerringer: Development needs to adhere to the General and Downtown Specific plans, to safeguard school, traffic and safety impacts. AB2923 is new law that allows BART to step in to build this measure because it bypasses local planning.

Maggio: Lafayette's General Plan, the Downtown Specific Plan, Running for city council this and the Hillside Ordinances guide our city's progress. The plans and ringer, Karen Maggio, Ivor Samson rules were developed after vears of community input. AB 2923 would undermine these and our commueach question and are presented nity's authority to control planning decisions near BART stations. Cities should band together to vigorously oppose AB2923.

> Samson: Downtown development must be consistent with the General and Downtown Specific plans and must be scrutinized for impacts, especially on traffic. Proposed development on Deer Hill should be carefully reviewed for impacts, especially on schools, traffic and public health. I fought for retention of legal counsel with

Smith: As I've knocked on also required. doors, I've heard concern about development negatively impact- as Streetlight Insight access data



Karen Maggio

ing our quality of life and frustration that resident voices are often ignored. Deer Hill exposed divides and AB2923 will further test us. It's been 16 years since we last updated Lafayette's General Plan. Let's unite around a collective vision.

2. Traffic is a growing concern do you think is the best strategy for tackling traffic, especially in the Pleasant Hill Road corridor?

Candell: As a Circulation Commissioner, I'm helping roll out the Downtown Congestion improvements. I advocated for residents on Reliez Valley Road to increase safety and reduce delays for their bus routes, and will continue this new regional cooperation and find real traffic solutions for Pleasant Hill Road without an enormous price tag.

Gerringer: Pleasant Hill Corridor traffic is a regional issue requiring collaboration with other jurisdictions to implement solutions, like efforts to reduce Reliez Valley Road traffic. Continued collaboration with schools to implement recommendations of the Downtown Congestion Reduction Study, particularly pedestrian/bike pathways to schools, downtown and BART is

Maggio: Planning tools such



Ivor Samson

from smart devices, determine root causes of congestion, and forecast future conditions. Unlike surveys and traffic counts, the tools determine trip origins (residents vs. non residents) and best ways to mitigate traffic at its source. I would deploy such tools to inform strategies.

Samson: Traffic congestion is a reality which, given geography and infrastructure, can only be tweaked. I advocated for traffic calming along Reliez Valley Road, which has helped somewhat. Because the ability to control traffic stops at the city limits, meaningful change along the Pleasant Hill Road corridor requires regional solutions.

Smith: With kids at Springhill and Diablo Valley Middle School, I've experienced painful commutes and difficulty of BART parking. We must rethink our traffic patterns, public transportation, and parking options. I propose a Lamorinda Jitney (regional transit option) that leverages technology, takes cars off our roads, and meets the needs of and fully covers the matters disour working families.

3. Do you think transparency issue? If so, how would you suggest improving it? If not, please feel free to take a moment to explain your position.

Candell: City council should



Dave Smith

not approve significant deals with utilities, developers or others without public communication and discussion. Conflicts of interest have been addressed for commissioners, which I supported. Lafayette residents are knowledgeable, involved, and well-informed, and I will advocate for more resident input and transparency, not less.

Gerringer: As a 19-year member of the Lafayette School Board, I believe in engaging the community in transparent, open and meaningful ways, and complying with open meeting laws that define what business is conducted in open or closed session. Given these rules the current council operates in a transparent manner.

Maggio: The Brown Act requires full disclosure in documentation of city matters and council activities. While the city may comply with Brown, the issue is in a lack of detail and content in its documents. I would ensure that all documentation is complete, clear, closed.

Samson: Yes. I fought for a in the current city council is an stringent conflict of interest ordinance over strenuous opposition and have advocated other measures to improve accountability and transparency.

... continued on next page





A Lamorinda resident for 40+ years, Nuclear Engineer, MIT and Cal graduate, married with two children

"....Susan has been an active community volunteer in many municipal areas, including traffic, safe school routes, planning and development. She's respectfully encouraged our current City Council members to push their thinking beyond the status quo. Susan's decision making process is always well-informed, independent and objective. Lafayette needs Susan's fresh approach."

> -- Jean Follmer, Former Lafayette School Board Member

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Susan Candell is the Most Qualified Candidate to Deliver Smart Solutions! "I am not supporting Susan because

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- Advocate for our residents and our semi-rural quality of life
- Will protect our City and voter rights when faced with excessive growth
- Supported new Conflict of Interest Ordinance (commissioner code of ethics)

Results-driven Professional Engineer

- Will bring much-needed Tech and Engineering expertise to City Council
- Will provide technical evaluations of our programs for health and safety
- Submitted 20+ technical letters to the City regarding negative impacts of proposed projects ۲

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I know I will agree with her on every decision. I am supporting her because I know she will truly listen, that she has the technical background to understand complex issues, and because she has the courage and determination to do what she thinks is right for the community."

-- Traci Reilly Former Lafayette City Council Member

The Lafayette Homeowners Council sponsors **Candidates Forum, Sept. 20**

The Lafayette Homeowners Council (LHC) is sponsoring its yearly Candidates Night at 7 p.m. Sept. 20 at the Lafayette Veterans Memorial Hall, 3780 Mt. Diablo Blvd. All residents are welcome. This year five candidates will be on the November ballot for just two City Council positions. Each candidate will have five minutes to introduce themselves and speak regarding their individual positions on various Lafayette issues. After each of the candidates have spoken, members of the audience will be able to ask questions of any candidate.

Also, the LHC has invited the four School Board "candidates" to its Candidates Night and each has been asked to introduce themselves and speak for 2-3 minutes regarding their views on schools and education in Lafayette.

The meeting will also include a brief "Annual Meeting" agenda by the LHC and we also hope to hear from our mayor.

Moraga Citizens Network hosts Candidates Night, Oct. 3

Moraga's Candidates Night will feature the three Moraga Town Council candidates - Mike McCluer, Dave Trotter and Steve Woehleke – who will speak on important issues from 7 to 8:30 p.m. on Wednesday, Oct. 3 at the Holy Trinity Serbian Church, 1700 School Street in Moraga. Bring questions or submit your questions via email to MCN94556@gmail.com. This free event is sponsored by the Moraga Citizens Network.

Orinda City Council Candidate Forum, Oct. 3

The Orinda Association will host the City Council Candidate Forum, featuring candidates Dennis Fay, Eve Phillips, Kathleen Jenkins, Amy Worth and Nick Kosla, from 7 to 9 p.m. Wednesday, Oct. 3 at the Orinda Library Auditorium.

Orinda amends private street policy

... continued from Page A6

Gee pointed out that some 1,500 households of voters in Orinda live on private roads, implying that this ine potential solutions to the private on any public liability. streets issue, which has been refound it beneficial," she concluded, council. In the end, they added lan-"to not listen to people."

Bobbie Landers, who was mayor of private roads subject to homeown-Orinda at the time it was incorpo- ers' associations or similar entities rated. Most cities have public and from acceptance as public streets. private roads, she said, and most

cities do not have a policy on accepting private roads. "We would love to be able to accept all of the could affect the passage of future private streets," she said, but conroad measures. Gee supports the cluded that the city's very small formation of a task force to exam- budget made her mindful of taking

Several revisions to the revised jected by the council. "I have never policy were considered by the guage that allows the city council Mayor Amy Worth said that to approve exceptions, on a case by she had discussed the matter with case basis, to the rule that excluded

experience

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Lafayette City council candidates

... continued from Page A10

I have a different, legal-based perspective, but more needs to be done to ensure that we have responsive municipal government that listens to its citizens.

Smith: The seminal issue is a lack of trust with many residents feeling outside and unheard. We must reimagine our community engagement strategies to better listen to residents. I have 15 years of a forum with residents, PG&E, experience putting the public back in public engagement and providing venues for dialogue that build empathy and trust.

4. Many residents have expressed anger about plans by PG&E to cut down hundreds of trees in Lafavette and have many safety concerns they want the safe. utility company to address. How do you believe the city should proceed with PG&E regarding these issues?

Candell: As an engineer, I know gas pipeline integrity proj-

Featured Listing

ects should include pipeline inspections, remote shut-off valve installation, old pipeline replacements, but not necessarily tree removal. The city should help residents proregarding PG&E actions, and compensation spent on replacing trees in place.

Gerringer: The city (hosted) and the California Public Utilities Commission to address resident concerns and find common ground. Facilitating an open dialogue will result in better outcomes. Letting PG&E know our concerns and working with them is necessary to keeping Lafayette beautiful and

Maggio: Our community cares about trees. The Tree Protection Ordinance protects them. Utilities should be required to follow the same ordinances that our citizens are required to follow. At the

Special City Council Meeting on September 10th the city and PG&E (explained) how they are complying with the ordinance.

Samson: I represent clients in tect their trees, listen to the CPUC litigation against PG&E and receive benefits from PG&E due to past employment. Accordingly, I am recused from all matters related to PG&E and cannot comment. I do, however, encourage everyone to actively join in the on-going city/ PG&E debate.

> Smith: Our city needs to set the table for community conversations where PG&E, California Public Utilities Commission, East Bay Regional Parks, and our concerned residents can work together on jointly owned solutions that prioritize safety, our natural environment, and builds trust. I specialize in structuring cross-sector partnerships to find collaborative solutions.

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IVOR SAMSON

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When I was appointed to fill the last two years of a vacant City Council seat in December 2016, I thought that this was a real opportunity to contribute a meaningful public service for a limited period of time.

After being sworn in, it quickly became apparent that I was the odd man out or at least in the minority - on a number of issues that reflected a different approach to my view of how local government should work. I have pushed back on that approach, sometimes successfully; sometimes not, and feel that it is important to have an elected Council member who consistently advocates the following principles:

Lafayette City Council

TRANSPARENCY

I pushed through a stringent Conflict of Interest Ordinance over significant opposition to help restore confidence in the integrity of the land use and permitting processes.

I believe that all meetings should be open to the public to the extent allowed by law. Closed sessions should be limited to narrowly defined circumstances.

DEPENDENT THINKING - NOT A RUBBER

I was the only City Council Member who refused to approve the City Manager's contract because it contained terms which I thought were manifestly unfair to the City.

I was the only City Council Member to advocate putting Measure L on the November 2018 ballot to allow for more reasoned evaluation and discussion instead of rushing it to the June ballot.

I was the only City Council Member to oppose Measure L. I did not rush to judgement; I spent over a month trying to understand the various legal and factual issues before I came to my decision.

I don't vote for "feel good" resolutions just for the sake of political correctness. I listen and stand up for my community. I try to carefully consider the merits of all matters brought before the Council and vote accordingly, regardless of peer or political pressure.

COLLABORATION, FISCAL DISCIPLINE, AND ACCOUNTABILITY

As custodians of your tax dollars, we must spend the public's money sparingly and wisely.

We need to look for areas where we can create better partnerships and share resources such as strengthening the collaboration between the City and our schools.

We must consider how future housing development impacts our schools and traffic.

We must listen well in order to lead and we must ensure accountability to the citizens of Lafayette at every step of our actions.

The proverbial buck stops with the Council!

A DIFFERENT PERSPECTIVE

My professional career has been spent as a commercial litigator trying complex cases. I place great value on due process, fairness and openness while maintaining a position of strength.

I will proactively protect the City's legal interests.

I am not afraid to be in the minority if I believe it is in the City's best interest.

⁶⁶ Ivor and I have sometimes been on the opposite side of things, but that's OK because he fights for what he believes in and I want him elected to the City Council to continue fighting for Lafayette." - Vice-Mayor Cam Burks

I have been very fortunate to have lived a full life as part of this community. I started out as one of the founding members of the LAFAYETTE HOMEOWNERS COUNCIL in the early 1980's, then served on the PLANNING COMMISSION, and was elected to THREE TERMS ON THE CITY COUNCIL, stepping down in 2006. Along the way, I was honored to be selected as a LAFAYETTE CITIZEN OF THE YEAR and a CALIFORNIA LAWYER OF THE YEAR. I have brought a different - more independent and citizen focused - perspective to the Council.

HELP ME CONTINUE TO STAND UP FOR YOU!

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Moraga Town Council candidates square off on complex local issues

Curated by Nick Marnell



Mike McCluer



Photo provided Dave Trotter



Steve Woehleke

ncumbent Dave Trotter and challengers Mike McCluer and Steve Woehleke, all vying for two open seats on the Moraga Town Council, discussed various local topics with the Lamorinda Weekly.

Lamorinda Weekly: The 2018-19 budget does not include funding to address needed repairs or to replace assets such as major equipment or facilities. In addition, Moraga does not have enough revenue to address infrastructure needs. According to the town's budget document, "Due to the town's small budget and ongoing lack of sufficient investment in its infrastructure, the town could be one emergency away from another cash flow problem." Yet residents expect the infrastructure to be re-

you propose to accomplish that, without enough money available to do it?

Candidates: Using overbudget Measure K funds is the method McCluer favors to repair infrastructure. He will also aim to fill empty storefronts and investigate cost savings of reorganizing town departments, including outsourcing and pursuing shared service agreements.

Trotter said that the town will strive to obtain public grants and reimbursements to help cover infrastructure projects. He said that the storm drain project, crucial to the town's infrastructure, is not going away. "I have proposed at council meetings that the town track property tax receipts during the course of the year, and at the midyear budget (revision) apply 50 percent of the anticipated overage to storm drain repairs and maintenance," Trotter said.

Woehleke will minimize infrastructure maintenance and renewal costs through use of sound business practices. He would also fine-tune the town finances and sell nonessential, nonperforming assets to raise funds. Only as a last resort would

he seek approval of additional

funding from Moraga citizens. Lamorinda Weekly: Even with property tax revenue forecast to increase 5 percent a year, the town's five-year financial plan projects that the town will not have hit its council goal of a 50 percent general fund reserve by 2023. As such, together with the problem outlined in the previous question, would you say that Moraga has a revenue problem or a spending problem? Can you give examples of what you would propose to achieve a healthier town bottom line?

Candidates: Trotter insists that the town has a revenue problem, not a spending problem, largely due to its low share of property tax receipts. He does, however, advocate for less spending, noting that he voted against the community meeting room and the studies on proposed St. Mary's Road roundabouts. And he said that obtaining grants and reimbursements "Moraga may have both rev- the public interest," he said. enue and spending problems,"

paired and maintained. How do Woehleke said. To improve fis- aga retail will suffer a major Trotter said. He explained that cal health via the spending side, he will "strive to ensure that major expenditures are optimized including through use of proven business practices." On the revenue side, he advocates continuing to work in partnership with the Chamber of Commerce to encourage new businesses.

"In my opinion we do have tor? opportunities to cut expenses," McCluer said. He would build revenue through an aggressive support of new retail in Moraga by expediting the permitting process and creating a welcoming climate for new businesses.

Lamorinda Weekly: What is your stance on the recent hillside development and ridgeline protection policy? How is it fair to property owners, environmentalists and the no-growth faction alike? And, considering the financial challenges presented in earlier questions, why is the policy worth a quarter of a million dollars in legal costs to defend?

Candidates: "I choose not to judge fairness, as the new regulations are being litigated," Woehleke said. He does not believe that the Moraga community seeks litigation except as a last resort and he is concerned that for a fiscally challenged small town like Moraga, the litigation costs will be a burden.

McCluer said there is a very strong consensus from Moraga residents that these guidelines are appropriate and necessary to better protect ridgelines, scenic views and hillsides. Regarding litigation, he said the town's duty is to serve the interests of its residents and when necessary use funds to defend what the residents have clearly indicated they want.

"I strongly support the recent adoption of the new hillside, ridgeline and open space protections policies that are now embodied in amendments to the town's General Plan, zoning ordinances and design guidelines," Trotter said. He calls the regulations balanced, and says they fairly accommodate competing interests and do not preclude all development. "Defending the town's land use and zoning council transparency and to im- plan - even using autonomous regulations against unjustified will help the town's bottom line. attacks is both essential and in

of Orchard Supply Hardware. It sometimes seems as if, in retail, for every two steps the town moves ahead, it slips back one and a half, and storefronts continue to sit vacant. How do you propose to help Moraga attract - and retain - a vibrant retail sec-

Candidates: According to McCluer, one underlying problem in attracting new retail is that Moraga has one of the most difficult approval processes in the East Bay. "The town has made good progress to date in trying to change that, but we need more and this is a central goal of mine," he said.

Trotter said he has worked to develop a new zoning ordinance which promises to streamline the ongoing efforts to enhance the retail opportunities and refurbish the Rheem Center, and he said that zoning designation is available to all shopping center owners. Implementation of the Moraga Center Specific Plan remains his high priority, and Trotter said that the preserved Rheem Theatre will act as a magnet, drawing patrons to nearby restaurants and businesses.

To enhance the commercial districts, Woehleke looks to assign each new potential business a council member advocate, revise Moraga's planning process to better match current conditions and become a council liaison to the Chamber. "We cannot succeed without cooperation of the major property and business owners, and acrimonious relationships need to be resolved," he said.

Lamorinda Weekly: the May 23 council meeting, a

speaker commented that a large part of the No vote against the proposed Moraga storm drain fee had "nothing to do with stormwater" but with "people's vitriol against (the town) council, and what is happening and what has happened in the past." The speaker called for the council to "improve on transparency and decision making." What steps would you take to increase Lamorinda traffic management prove its decision making?

blow in 2019 with the departure the town has taken many steps to better communicate with Moraga residents about what is going on, including the About Town e-newsletter and live streaming of all council meetings. "The unsuccessful storm drain measure shows we must do a better job engaging in very transparent outreach to the community before moving forward with any new funding proposal," Trotter said.

> Woehleke believes that transparency is a key factor in quality decision making. "The town council is your team. Every successful team has a mix of individuals who bring unique strengths to maximize the positive outcomes. I can and will make a significant positive difference on the functioning of the council by building this critical competency," he said.

"I share the speaker's concerns, and addressing the storm drain infrastructure problem and improving transparency are among my highest priorities," McCluer said. "Full, complete, and easily accessible information should be available to the public regarding all major decisions and expenditures. I feel that the recent declaration of a financial emergency and drafting of the storm drain fee measure should have included more effective and open communication with the public."

Summary

At

The three candidates shared many similar elements of their vision of Moraga four years from now, such as an improved financial position, dedicated infrastructure funding, open space preservation and a stronger retail market. But each candidate also presented one unique suggestion in his long-range outlook.

McCluer was the only candidate who promised to address the town's unfunded pension liability, Trotter envisions completion and active use of a new public trail network on Palos Colorados, Bellavista, and Painted Rock properties and Woehleke foresees a long-range buses – to account for the grow-

Candidates: "The council ing population of all three commeets and makes its decisions munities. Lamorinda Weekly: Mor- in public with cameras rolling,"

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Dennis Fay

he Lamorinda Weekly posed questions about issues that are likely to come before the Orinda City Council during its upcoming term to the five candidates running to fill the three positions that are on the ballot in November: Amy Worth, Eve Phillips, Nick Kosla, Kathleen Jenkins, and Dennis Fay. Owing to space limitations, candidates were limited to only 50 words per answer. Their responses to each question are below, in reverse alphabetical order.

What are your thoughts about lary and separate discretionary prothe future of downtown Orinda?

Worth: There are many possibilities for Orinda's "living room." With robust community engagement, we can make a local-serving, in community discussion about the Crossroads and the Village. Many things are possible, including housing, enhanced retail and restaurants. Now is the time to make downtown sis before forming a firm position serve Orinda's future needs.

Phillips: I'd like to see the downtown better meet the needs of our Orinda community. Common requests I hear (and want to facilitate) include: fill the empty lots and buildings; improve (or at least retain) parking; attract restaurant and grocery options; and maintain the family-friendly appeal.

Kosla: There is widespread support for a more vibrant, convenient and revitalized downtown; with more retail options, community-gathering spots and a restored creek. These goals are consistent lic input. Possible ordinances will with our "village character." If Orinda does not address the deteriorating state of downtown soon, the state will do it for us in a onesize-fits-all solution.

Jenkins: Any downtown proj-



Kathleen Jenkins

cessory structures. Orinda has to comply but also ensure that they do not unduly interfere with neighbors' enjoyment of their own property. We should ensure that wellplanned and designed accessory structures run smoothly through the permitting process, while minimizing the impact to neighbors.

Jenkins: California Laws AB 2299, SB1069/SB2406 effective Jan. 1, 2017 mandate local jurisdictions adopt state standards on ADUs. As ADUs can be allowed 1) Downtown Development: or even avoided through an ancilcess in areas with health and safety risks, I agree with extending Emergency Ordinance 18-10 to resolve such issues.

Fay: This issue seems to be the unique downtown. We are engaged result of a particular situation. The Orinda City Council has placed a moratorium on accessory structures while the matter is being studied by staff. I would await the staff analyon the matter.

> 3) Gun Safety: Many Orindans have expressed a desire for the city to enact some form of gun control legislation, in particular two proposed ordinances dealing with safe gun storage and gun dealers. What is your position?

> Worth: Public safety is a high priority for me. We must ensure that Orinda is a safe place. The Council is exploring options for increased gun safety. At a recent meeting, there was significant pubreturn to the Council at a publicly noticed meeting in October for an open, thorough discussion before any ordinance or city policies are adopted.

Phillips: While we all want to ect should be collaborative, rig- keep our community safe from gun orous, and community-driven to violence, we need to ensure any determine future direction and be ordinance we enact will actually reflective of the entire commu- solve the problem and in a Constinity's desired changes. There is an tutional manner. I look forward to expressed desire for more vibrant future discussion on this topic to do the right thing for Orinda. Kosla: Gun safety is critical; family recreational amenities, all of weapons should be stored safely and Orinda should have a say over what products are sold here. In assessing proposed ordinances, we need to ensure that any they do not open the city to undue litigation risk. We also must ensure that local police are able to enforce the ordi-



Nick Kosla

to be considered for public adoption, a street must be brought up to standard. There is a process to assist private road owners with long term self-funded maintenance via establishment of benefit assessment districts. I support this process which provides maintenance options, while limiting Orinda's financial and liability exposure.

Phillips: Being a private road resident (and thus recused currently from this topic), I am sympathetic to their frustrations. But the city is not in a financial position to take on private roads; we do not yet even have enough funding to maintain the public roads we have today.

Kosla: Adopting private roads into the public domain would require careful legal and financial analysis, as the city would assume the costs of maintenance and potential liability. We should explore



Eve Phillips

what options we have to continue to study this issue; including harnessing the professional expertise within our community to assist us.

Jenkins: The city council voted to rescind/supersede Resolution 56-90 with Resolution 59-18 with the caveat that those with private road may file for inclusion into the public maintenance road program if roads meet the General Plan 2.3.2, paragraph g., "voluntary dedication

Page: A13

Amy Worth

of private streets will be considered on a case-by-case basis."

Fav: As a member of the Citizens Infrastructure Oversight Commission, I made the motion recommending a task force to review the private roads matter. I stand by this recommendation; it is the best way for all parties to understand the facts. The recently adopted city policy is unlikely to satisfy the private roads interests.



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social settings, such as upscale restaurants, outdoor seating, and which is compliant with our General Plan.

Fay: First, local control of land use is paramount – no state control. I hear all the time that Orindans wish they had more in-town shopping, dining and entertainment. I'd work to promote businesses nances. that attract activity, like the Orinda Orinda's small town character.

any, should be enacted?

Worth: Options might include to required side and rear yard setbacks in underlying zones, lowering the maximum height, and/or requiring design review (or neighbor sign-off as a precondition of avoiding design review). Planning staff will bring the options to the Planning Commission, then to the City Council for action, at noticed public meetings.

Phillips: Our City statutes should reflect the will and expectations of our residents. In this case, neighbors felt that accessory structures were allowed in such a way that our laws in fact meet the community's expectations.

Kosla: State law increasingly is limiting local regulation of ac-

Jenkins: State of California Theatre and seek uses for vacant Law succinctly defines Criminal buildings – all without sacrificing Storage of handguns as set forth in Penal Code 25100; 25105. Con-2) Accessory Structures: A sideration of additional restrictive law that allowed accessory struc- language put forth by any local tures to be built within 5 feet of ordinance should be compared to the property line is currently State law for possible liability isstayed. What adjustments, if sues before being contemplated for Orinda.

Fay: I support sensible gun restricting accessory structures safety legislation. Gun locks are an effective way of preventing someone from causing injury, on purpose or accidentally. The Orinda Police Department offers free gun locks/cables. Regarding the two ordinances being considered by the city, they may not be perfect but you must start somewhere.

4) Private Roads: Orinda appears to have a somewhat unusual situation with the proportion of private roads in the city. Residents are concerned that they are not receiving equal treatment for their taxes, and are also afraid that was inconsistent with what what might happen in a disaster, was anticipated. We need to ensure similar to the Miner Road sinkhole. Do you have any suggestions how the city could handle this issue?

Worth: Under current policy,





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Letters to the Editor

Note from the Editor:

Due to an incredibly large volume of candidate letters, for and against, we were only able include one letter per candidate, but have noted if multiple letters were received.

Dennis Fay gets our vote

Dennis Fay was our neighbor for several years and was always a friendly "hello" over the back fence. His friendliness and interest in participating in neighborhood events showed a concern for what was happening on our street and in our town.

Dennis was an excellent appointment to the Roads Committee. With his background as the executive director of the Alameda County Transportation Committee, he was a perfect member for our Infrastructure Oversight Commission. Further, the fact that he was made chairman of the committee, suggests his fellow committee members recognized his leadership abilities and willingness to get involved. The committee should be proud of the major decisions they made for our city and its infrastructure... with Dennis at the helm.

We believe Dennis understands the issues facing us now and the budget constraints to carry them out. He has our city's interests at heart, now and for the future. We will be voting for him. Join us. Gayl and Harlan Hirschfeld Orinda

(Other endorsements received by Orinda residents Richard Nelson, Elisabeth Jewel, Marcia Fick, Bill Judge, Jill Fernald and Charles Levine)

Amy Worth for Council

My husband and I enthusiastically endorse Amy Worth for the Orinda City Council. We have attended city council meetings and have been able to watch her as a representative of our city.

Amy listens to people, acts unselfishly in her decisions, and has a vision for the city. She responds quickly to concerns from citizens and is able to deal fairly with a variety of personalities. She works on solutions that will benefit the entire city as a whole.

Amy has integrity and is committed to public service. Please vote for Amy Worth for Orinda City Council. Doreen and Bill Wagner Orinda

(Other endorsements received from Orinda residents Ellen Dale and Bill Judge)

Stanley student raises concerns

I'm a student going to Stanley Middle School and I'm concerned about the route that me and many others bike riders take to school each day.. Going down Pleasant Hill Road is very dangerous and risk-taking for bike riders. I feel as if the cars coming from the freeway can lead to potential injury. I feel this way because there is vegetation blocking the visibility of the cars coming off the freeway. To solve this problem, I deem it necessary to cut some of the plants and bushes clearing it and making it easier to see cars is coming down. Chase Caicedo

challenges in the past.

It's time for a change; we need a director who doesn't have a one-track mind, instead, knows the intricacies of what is required to make the Moraga-Orinda Fire District a great organization that provides the best service levels possible to its citizens. Please vote for Greg Baitx for MOFD Division 1. Chris Davies

Moraga

(Other endorsement received from Jackie Hoover of Moraga)

Michael Donner, MOFD Division 4

We are writing in support of Michael Donner who is running for the Moraga-Orinda Fire Department Board of Directors in District 4. We can say without reservation that Michael will be a tireless director who is committed to planning for and insuring public fire safety. In these times of severe fire events Michael brings his 30 years of experience to protect our community.

We have known Michael for over 10 vears and have seen him work in numerous volunteer capacities. When we first met him, he was making sure our family had a plan for fire evacuation in our home and what we should do when we traveled. Some examples of his community involvement are: visiting kids classes and educating our youth on fire safety, managing Glorietta Elementary's Emergency Response shelter and the Great ShakeOut earthquake drills. He has also worked as a coach, and a board member of the non-profit, Random Acts, for over 14 years.

He is a committed community member, an amazing parent and a steadfast volunteer. Our community should be so lucky to have him on the Board.

Julianne & Chris Viadro

(Other endorsement received from Scott Mollahan, and Brian and Laura Millham of Orinda)

Nathan Bell for MOFD Division 1 for **Fiscal Responsibility**

As one who served as a CFO for a large public financial institution, I know the financial management of large organizations can be complex. While tempting to leave the "details" to middle management, ultimately, the senior officers and board of directors are responsible. I write today to encourage my fellow Moragans to vote for Nathan Bell for the office of Director of the Moraga-Orinda Fire District, Division 1. I have known Mr. Bell for more than 25 years as a neighbor, friend and a member of my church. I know him to be a person of good will, well-educated and with significant financial acumen.

response times because he has faced those of our downtown has become...more tired. sleepy. I support a City Council candidate this November who supports a thriving downtown.

> Nick Kosla grew up in Orinda. He and his wife Larissa, also an Orinda native, are raising their daughters here. Nick served as Chair of the Orinda Planning Commission and knows from experience what works and what won't in a small downtown. Nick focuses on listening to all.

> Nick Kosla: Thoughtful, balanced, experienced, collaborative, committed. David W. Anderson Orinda

(Other endorsement received from Janet

McCluer for Moraga

Pease of Orinda)

Please support Mike McCluer for Moraga Town Council to protect Moraga's hills, ridges, and open spaces.

Mike McCluer has an impressive record of service to Moraga, helping to realize the brand new All-Access Playground at the Commons with Moraga Rotary, and currently serving as a Moraga Planning Commissioner. With a successful career as a CFO under his belt, he can also offer valuable financial expertise to the Town.

In addition, McCluer has made open space preservation a priority, actively supporting stronger regulations protecting Moraga's undeveloped hills and ridges. The Town Council recently adopted such changes, making revisions to the General Plan and other codes, and McCluer was an active member of the community during that multi-year process, attending workshops and submitting comments in favor of greater protection for open space.

Now, the Bollinger Valley proposal for 85 new houses will come before the Council very soon. Moraga needs McCluer, with his long-standing commitment on this issue, to help ensure that Bollinger's prominent ridgeline, landslides, and steep hills are spared from the kind of excessive grading that just occurred at the Bellavista development on Rheem Blvd.

Moraga's candidates usually say they'll adhere to the General Plan's vision of preserving Moraga's ridges, hills, and scenery, but when the pressure is on that's easier said than done. Please vote for McCluer, who took the initiative to work for open space protection even before he became a candidate.

Jan Blumer

Moraga

Steven Michael Danziger for the MOFD **Division 3**

and Canyon a safer place to live, he knows about governmental budgets and loves living in this community. Steven will bring a unique perspective to the Board-someone who has experience in the Fire Service.

and government. Please consider voting STEVEN MICHAEL DANZIGER for MOFD District 3 Director.

Mark Dulberg and Marlene Ehlers-Dulberg Orinda

Support for Gerringer

Teresa Gerringer is the best candidate for Lafayette City Council. I say this as a past Mayor and member of the City Council. Teresa has been a 19-year member of the Lafayette School board, active in her church, a 17-year member of the Lafayette Community Foundation, and on the committee to raise funds to build the Lafayette Library and Learning Center, as well as a past member of that board.

Teresa is an experienced, proven leader who knows every neighborhood and the many issues facing our city. She will further her work strengthening the city-schools partnership. Teresa will work to manage growth in Lafayette by adhering to the General Plan, to safeguard schools, traffic and safety impacts, while ensuring that we balance economic vitality and our community's special character. She will engage the community and listen to concerns and work collaboratively to find solutions, as she has in the past. And, Teresa will keep our city's government and finances transparent and accountable.

Teresa has already proven that she can roll up her sleeves and do the work to make our city the best it can be.

Anne Grodin Former Mayor Lafayette

Support Dave Trotter for re-election

I encourage Moraga voters to support Dave Trotter for re-election to the Town Council. He has worked tirelessly for Moraga and his accomplishments bear that out.

As Mayor five years ago, Trotter proposed a process to update Moraga's rules regarding open space development to better reflect the values and priorities of Moraga residents. His efforts were effective and, after extensive public hearings, the Town drafted and successfully adopted last spring new rules that offer much more robust limits on ridgeline and hillside development.

Our town was recently hit with two major calamities in the space of one year-the Rheem sinkhole and failure of the Canyon Bridge-and yet, under Trotter's and other Councilmembers' leadership, the Rheem sinkhole has been fixed and the bridge was promptly reopened. Thanks to careful fi-As previously reported, past MOFD For the first time in 8 years voters will nancial management over his past decade of service, Moraga had sufficient funds to ed projects, and now approximately 90% of those costs are being paid back to the Town from state and federal funds.

Stanley Middle School student

Greg Baitx, MOFD Board Division 1

I am writing to endorse Greg Baitx for the Moraga-Orinda Fire District Board of Directors Division 1. In recent years, MOFD has been governed by directors that do not put public safety as their top priority. After attending dozens of board meetings, it is very clear to me that a majority of the current directors have little to no understanding of how a fire department operates, other than the financial aspect. And based on Fire Station 43 being \$1.6 over budget and 18 months behind schedule, I question if that's considered a strength.

Greg's opposing candidate for Division 1 claims his top priorities are "high service levels, including greater emphasis on prevention through community education" and "fast emergency response times". I'm curious as to how someone with zero background in "prevention" or the fire service in general, plans to accomplish these goals. This is where Greg Baitx's professional experience and expertise come into play. Greg knows the ups and downs of fire prevention, the history, why it exists, and most importantly, how to effectively implement and improve prevention in MOFD. With respect to response times, Greg has walked the walk, having worked in the fire service from coast to coast. From FDNY, to multiple fire agencies on the west coast,

boards of directors have allowed the MOFD deficit to exceed \$50 million on a net present value basis (assuming a 7% discount rate). If earnings on the funds set aside to provide for this liability fall short of 7% per year, which is very possible, if not likely, the deficit will balloon. For example, if a 6% discount rate is assumed, the deficit would be about \$75 million. For the sake of our children and future Moragans, we need to elect financially savvy individuals to the MOFD Board. Nathan Bell is such a person and I encourage your vote being cast in his favor.

Lou Helvey

Moraga

No for Baker

I thought dirty tricks went out with Tricky Dick Nixon! I was stunned yesterday to open my mailbox and see a mailer from Catharine Baker's Assembly campaign that tried to trick me into believing Governor Brown has endorsed her. The mailer contains a large picture of Governor Brown and a quotation about Catharine Baker, with a giant headline, "What does Democratic Governor Jerry Brown say about Assemblywoman Catharine Baker?" Anyone looking at this mailer would think Brown has endorsed Republican Baker. I couldn't believe my eyes, so I called Governor Brown's office and was told that no, Governor Brown has not endorsed her. So, what gives? In these tricky times, I need a candidate I can trust who has integrity and I will not settle for anything less. Catharine Baker just lost my vote. I am now supporting Democrat Rebecca Bauer-Kahan. John T. Johnston

Orinda

Candidate Nick Kosla Supports Revitalizing Orinda's Downtown

Greg knows what goes into making faster For years, Orindans have looked on while

have a choice of candidates in the Moraga Orinda Fire Division 3 election. The choice draw from to pay for these major unbudgetshould be a "no brainer" as only Steven Michael Danziger has any Fire Service or governmental experience. We emphatically endorse Steven Michael Danziger for the MOFD Board and urge others in the District to do the same.

We met Steven over 35 years ago when he was serving as a Commissioner in Hayward. Since then he has retired after an outstanding career with the City of Oakland, with his wife Leesa raised two sons here, and is known for his long history of volunteering with youth and community organizations. For his entire working life he was in the public sector. He worked 20 years as a civilian Administrative Manager with the Oakland Fire Department responsible for HR for approximately 700 employees. He speaks proudly of his work managing the care of firefighters on Workers' Comp and disability, and in the Oakland Fiance and City Managers Office under legendary City Manager Henry Gardner.

Steven's volunteering in the community goes back over 20 years. He was an OBA & OYA sports coach, Scoutmaster of Troop 57, and VP of a swim club. Steven is presently an Orinda Parks & Rec Commissioner, member of the Art in Public Places Committee and a UC Master Gardener. As an avid gardener he can be found monthly at the Moraga Farmer's Market speaking about UC based research and pesticide free gardening. He recently made his 69th Red Cross blood donation. He cares about others and is dedicated to public service

Steven understands how the fire service operates, he wants to make Moraga, Orinda

Trotter has consistently demonstrated a strategic approach to issues, seeking the right solution with the interests of multiple parties in mind.

In 2007, he helped negotiate \$17 million dollars in developer payments to Moraga to compensate for the elimination of the golf course from the Palos Colorados development; in 2012 he campaigned hard to gain community support for Moraga's voterapproved 1-cent sales tax to fund street repairs; and in 2016 he helped find a practical solution to the Livable Moraga Road project which allowed for the creation of bike lanes, without sacrificing any vehicle lanes, as commuters insisted upon. These are just a few of his long list of accomplishments for the Town

I haven't agreed with Trotter on every issue, nor would I expect that in every case. But what matters in the end is the magnitude of his commitment and dedication to this Town, the untold hours he has given without compensation, and the consistent benefits he has produced for all of us.

Dave Trotter has been good for this Town, and we would do well to keep him on the Council. Timothy Meltzer

Moraga

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 should be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. Visit www.lamorindaweekly.com for submission guidelines. Email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

925-377-0977

Edy Schwartz 1943-2018



Edith (Edy) Schwartz, passed away, surrounded by family in her hometown of Moraga, on Sept. 8, 2018 at the age of 75.

Edy was born in Reno, Nevada, to Fred and Gerda Rau. The family moved to Piedmont, California in 1948, where Edy attended Wildwood Elementary School and was a 1960 graduate of Piedmont High School. Edy attended San Francisco State University where she received her BA in elementary education and teaching in 1964.

Edy met Jeff Schwartz when they were early teens. They started dating and married in 1963. Together they would spend 55 years, raising their family, traveling the world, and educating on the critical issues of the time.

Moving to Moraga in 1967, Edy taught in the Moraga School District until the birth of her son John. Following the birth of her daughter Cathy, Edy began what would become a life-long career of raising public awareness on issues ranging from nuclear non-proliferation to the importance of grass-roots activism in our national and local political systems.

In 1998, Edy received her master's degree in psychology and counseling from John F Kennedy University. Turning her efforts to local topics, Edy spent two decades focused on issues critical to the Town of Moraga. Her work in Moraga included: being a founding member of the Moraga Citizens Network, president of the Moraga Chamber of Commerce, and a Community Liaison to Saint Mary's College of Moraga. Edy was Director of Community Marketing for the California Independent Film Festival, where she raised awareness on the importance of the Rheem Theatre to the Town of Moraga. In 2010, Edy was recognized as the Moraga Citizen of the Year, and in 2014 the Contra Costa Commission for Women inducted Edy into the Women's Hall of Fame.

Edy is survived by her beloved husband Jeff, her son and daughter-in-law John and Julianne Schwartz, her daughter and son-in-law Cathy and Richard Harris, her four grandchildren Trent and Ethan Schwartz, and Riley and Bodhi Harris, her brother and sister-in-law Ron and Susan Rau, and her sister, Judy Puckett.

A celebration of Edy's life will be held at 3 p.m. Oct. 6 in the Redwood Circle at Rancho Laguna Park in Moraga.

The family requests that in lieu of flowers, please consider a donation to the Moraga Community Foundation: https://moragacommunityfoundation.org.



Norman Schlansky

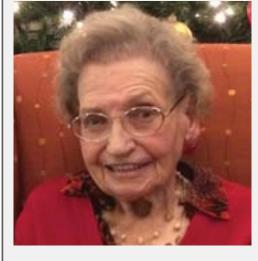


It is with great sadness that we must announce the passing of a cherished member of the community, Mr. Norman Schlansky. The passionate Brooklyn Dodgers fan passed on August 30, 2018. He and his late identical twin brother, Arthur, were born in Brooklyn, N.Y. on June 13, 1942 to their loving parents, Henrietta and Morris. The couple, and their young daughter Marilyn, were pleasantly surprised.

Norm graduated from Brooklyn College with a BA in Political Science. While working for Empire Trust in N.Y., he met the love of his life, Loretta, whom he married in 1971. When Mr. and Mrs. Schlansky moved to California in 1974, they only planned to stay for two years. However, they quickly grew attached to the area and decided to stay. In 1984, Norm began working for Sungard, where he continued until his retirement in 2001. Norm was a proud parent to his two daughters, Melissa Fritts and Joanna Schlansky, and greatly enjoyed being an important part of their lives. He was also honored to be loving grandfather to Melissa's two children, Kileigh and Ryan Fritts. Many remember Norm from the Moraga Ranch Swim Club. He also enjoyed golfing at Moraga Country Club, or having two desserts with his many friends. A proud member of the Senior Men's golf group, Norman always had a smile on his face. The laughter he shared was contagious to anyone he met. His sense of humor was incomparable, and the patience and kindness he showed to everyone was legendary. Norman Schlansky is survived by his wife of 47 years, Loretta Schlansky, his sister Marilyn Sokolow, his daughters Melissa and Joanna, and his grandchildren Kileigh and Ryan.

Charlotte E. Colhoun

Sept. 6, 1923—Sept. 1, 2018



Charlotte E. Colhoun of Moraga, Calif., passed away on Saturday, Sept. 1, 2018 at the age of 94, five days short of her 95th birthday.

Charlotte was born outside of Omagh, County Tyrone, Northern Ireland to Orr and Phoebe Kyle on Sept. 6, 1923, one of five children. In 1944 she married William J. (Jim) Colhoun and immigrated to California three years later with dreams in their hearts and one small child. Two more boys followed. They raised their family in Oakland, Calif., until moving to Orinda in

1964 and operated their sales business, which Charlotte continued to run following her husband's passing in 1979.

Charlotte was a member of the Lafayette-Orinda Presbyterian Church and several community organizations helping people and families in need. She was awarded Volunteer of the Year for her volunteer work at the Frank Robinson Center by the Oakland Rotary Club in 1998.

Charlotte is survived by three sons, Albert (Nancy), James (Lisa) and Norman (Janice), her grandchildren, Heather, Shannon, Jeff, Julie, Kevin, and Katie, and her brother, Orr Kyle.

A gracious and loving woman, she will be missed by all especially the wonderful staff at Aegis Assisted Living in Moraga, where she resided the last six years. The family invites all to attend a memorial to Charlotte on Oct. 3, 2018, 11:30 am, at the Lafayette-Orinda Presbyterian Church, 49 Knox Drive in Lafayette, CA. A reception will be held following the Celebration of Life. Please RSVP to Jim Colhoun by Sept. 28 if you can attend at (925)200-2795 or by email at Jim@APR.com.

Mildred ("Millie") Wright-Brown (March 15, 1927—Aug. 28, 2018)



Millie") Therese Wright-Brown, 91, passed away peacefully at home in Angels Camp, Calif., on Aug. 28 with two of her sons, Kelly and Darrell at her side. She was born on March 15, 1927 in Flint, Mich., to Dennis and Agnes Murphy, and was the sixth of 10 children.

Millie received her B.S. from Michigan State, and her M.S. from USC in Physical Therapy. She married Henry Wright in 1952 and had four children, Kelly, Palmer, Darrell, and Shauna. As a widow

Millie married William Brown (1926-2006) in 1996. Millie raised her children in Orinda, worked as a physical therapist for seven years in Berkeley and 19 years in Angels Camp. She was a Third Order Carmelite, member of the Italian Catholic Federation, and choir member at St Patrick's Catholic Church in Angels Camp, as was her late husband Bill. Millie also had a tender devotion to the Sacred Heart of Jesus, the Infant Jesus of Prague and to the Blessed Virgin Mary, especially as the Immaculate Heart of Mary of Our Lady of Fatima. She was also devoted to the Holy Rosary, which she prayed every day, preferably along with her children when they were with her. She strongly believed that "the family that prays together, stays together." Millie is survived by her brother Dennis J. Murphy, her four children, Kelly Wright, Dr. Palmer Wright, Darrell Wright, and Dr. Shauna Wright-Chase; four grandchildren: Kelly Wright, Jr., Marshall Wright, Kendall Chase, and Owen Chase; three step-children: Patricia Brown-Johnston, Nancy Brown, and Robert Brown; and 23 nieces and nephews.

A Celebration of Life luncheon will be held in his memory at Moraga Country Club, from noon to 3 p.m. Sept. 29.



Fay Huie Lee



Fay Huie Lee was born in Brooklyn, NY on Aug. 25, 1935 and died in Walnut Creek, Calif., on Sept. 11, 2018. Born to Chinese immigrant parents, Fay remained a proud New Yorker – with the Brooklyn accent to match – all of her life. She graduated from James Madison High School in 1953 and received a Bachelors of Fine Arts from Pratt Institute in 1956 and a Master of Arts in 1959 from New York University.

She worked as a designer for Andrew Geller Shoes in New York City and then as a home economics teacher in Buffalo, New York. In her later years, she was an office manager, interior designer, real estate agent, and travel agent.

Fay had three daughters (Laurel Lee-Alexander of Monterey, Kristen Lee of Mountain View, and Erika Lee of Minneapolis) with her former husband Dr. Howard Lee and moved to Orinda in 1971. Fay was a creative and multi-talented artist who was active in the Calligraphy Guild and the Orinda Arts Council. She moved to Rossmoor in 2000. Fay is survived by her older sisters, brother-in-law, three daughters, her sons-in-law and five grandchildren. She was loved, cherished, and admired by her family and will be greatly missed.

Funeral Mass was held Saturday, Sept. 8 at St. Patrick's in Angels Camp.

Memorial contributions can be made to St Patrick's Catholic Church or to Angels Memorial Chapel either directly or through the family.

Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to storydesk@lamorindaweekly.com, and include "Celebrations and Remembrances" in the subject line.

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Lamorinda EBMUD directors ... continued from Page A1

sees his job as a customer advocate. "I try to protect the ratepayers. I opposed the last two budbased on need and usage, such as are very old." on lot size, weather conditions and where customers live.

"People have done an excellent job of conserving water.

Ward 2 Director John Cole- We're selling less than we did in unless it will cost millions of dolman represents Lafayette. He 2013. Our job is to sell water, but lars. Then we will be hard pressed there is a fine line between sell- to do it." The tower project is slating and conserving," the director said. He delivered the same gets because the rates were too warning as Young. "Rates are not ahead include repaving the trail high," he said. Coleman would going to be reduced. We have around the Reservoir, which like to see a debate to have rates capital needs, and the pipelines Coleman said will be completed

> looking at testing models for the putting in two smaller reservoirs, new Lafayette Reservoir tower. to improve water quality issues," "We want to preserve the tower, Coleman said.

ed for completion in 2020.

Other Lafayette projects in 2019. "And we will be tearing Coleman said the district is down the Leland Reservoir and





Moraga Auto Row may be on its way out of town ... continued from Page A5

According to Town Manager Cynthia Battenberg, the town is in the process of issuing warning notices and having them placed on the vehicle windshields in an effort to educate the owners prior to citing them for a violation.

"We're not looking to gener-

have a legitimate need for the enough as to exact locations. parking spots from using them, auto theft. The auto row is across the street from the Moraga Safeway, where an armed robbery occurred in January.

"You don't want your streets ate revenue through this," said looking like a used car lot," add-Police Chief Jon King. Rather, ed King, who said that the town in the newspaper," Yu said. the chief pointed out the prob- is working with legal counsel on lems the auto row may cause, the exact wording of the ordisuch as preventing those who nance to make sure it is specific overdue.

Larry Yu of Moraga parked or crimes such as break-ins and his 2003 Mercedes Benz on the lot for five days and said he had about three responses. He said he would not be particularly upset if the town halts the unofficial auto sales program. "I'll just take the car home. Maybe I'll buy an ad

> Now there's an advertising strategy whose comeback is long

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LAFAYETTE - Just Sold Great Happy Valley home, beautifully updated, located on an expansive .78 acre, walk to Happy Valley Elementary school. Represented the Buyer. Sold for \$2,150,000 Nancy Stryker



LAFAYETTE - Sold in 8 days with 8 offers Sensational single story contemporary estate showcases a renovated and sophisticated interior with an amazing resort-style backyard complete with spectacular California room, detached guest/pool house. Listed at \$2,395,000 Finola Fellner



ORINDA - Pending Orinda Country Club location, gorgeous sunset views, classic vaulted beamed ceiling, single level floorplan, hardwood floors, French doors. 5bd/2.5ba, with separate Ibd/Iba au-pair/guest setup. Listed at \$2,375,000 Lynn Molloy



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L-r: Lynn Molloy Finola Fellner Kellie Beaubelle Glenn Beaubelle Nancy Stryker DRE 01910108 | 01428834 | 01165322 | 00678426 | 01290021

COMPASS

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ife in

Paintings from Spain

By Sophie Braccini



Painting by Allison McCrady

A a fixture of the Lamorinda the art gallery. She said there was art scene for many years, creating plein-air and abstract paintings and owning the AMFA Art ers, but it is now the time for her Crady style, colorful abstract Gallery that offered interesting art to take a new turn. art in the Theatre Square gallery for many years. Then she hung ranean region she tackled large up the keys, packed her bags and flew to Spain where she let the took a turn creating a mix of brilliant Mediterranean sun flood more figurative art as well as abher canvas. Now it is at her friend Jennifer Perlmutter's Lafayette out there on the art scene, disgallery that she is showing some playing and selling her art, someof her new creations.

McCrady dropped her suitcases in the port of Valencia, on her painting the local ambiance. the southeastern coast of Spain.

llison McCrady has been She had no regrets about leaving and flowers, paintings of charma time for managing a business and promoting the work of oth-

In the very touristic Mediter-6 foot by 10 foot canvasses and straction. She was immediately what driven by the desire of the locals and the tourists to find in There were paintings of fruits

ing ports reflecting in the blue waters of the Mediterranean sea, and still in the bold, familiar Mcpainting, this time on huge canvases, where an intense luminos-

Photos provided

ity takes the center stage. McCrady returned from Spain and now lives in the Bay Area – but not for long. She says that she wants to explore more of the world, testing her creativity against new places and new people. Next year may be another McCrady exhibition in Lafayette presenting a new facet of her work from another locale.

McCrady's paintings can be viewed by appointment through September at Jennifer Perlmutter Gallery, located at 3620 Mt Diablo Blvd. in Lafayette. The gallery and is open Wednesday to Saturday from noon to 6 p.m.



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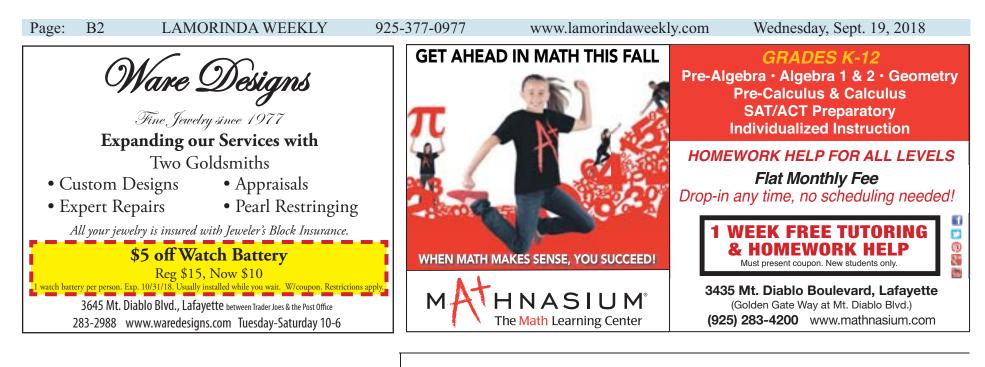
Is this too young to go to Cal?



Actually, it's just the right age to get an eye exam at the University of California Eye Center. And again at three years. And regularly after that. (We developed ways to test kids' eyes while they play!) We're part of the UC School of Optometry, and offer you LASIK surgery, contact lenses, and an Eyewear Center with a vast collection of designer frames, too. We take most insurance plans, and major credit cards. It's time for your whole family to go Cal!



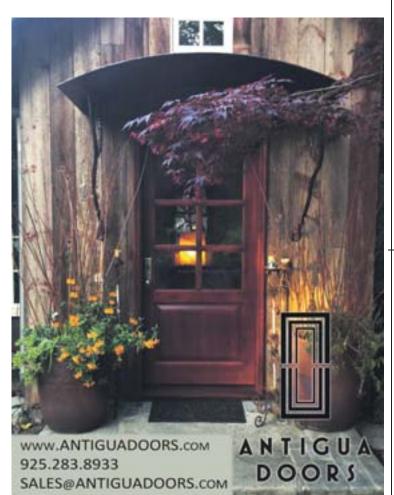
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Tradition lives on for longtime Moraga family **By Diane Claytor**



Three generations of St. Mark's Nursery School students: Susan Grafft (right), her daughter Kingsley Frazier (middle) and Frazier's children, Clark and Marley. Photo provided

wo-and-a-half-year-old Clark Frazier loves playing with the wheelbarrow at St. Mark's Nursery School in Orinda; his sister, Marley, 4 and a half and a recent St. Mark's graduate, loved playing in the nursery school's lofted doll house. She came by that naturally --- the doll house was a favorite of her mom, Kingsley Frazier of Moraga, when she attended St. Mark's Nursery School 25 years ago. It was also fondly remembered by her grandmother, Susan Grafft, when she and her older sister went to the very same nursery school in the mid-1960s.

erations they've had in the 56 years since the school was established as a wholly owned subsidiary of St. Mark's United Methodist Church.

St. Mark's Nursery School is, in many ways, very much the same today as it was back when Grafft attended in the mid-1960s or when Frazier attended in the early '90s; yet, in other ways, it's quite different.

For many years, the nursery school only offered part-time programs for 3- and 4-year-olds; 3-year-olds attended two days a week while 4-year-olds could come three days a week. And the hours were short: only 9 a.m. to noon. Then the community began asking for full-time care and St. Mark's obliged. The school is now open from 8 a.m. to 5:30 p.m. and accommodates part-time and full-time 2-, 3- and 4-year-olds.

Peterson noted that the school's basic philosophy - a child-driven, play-based curriculum in a nurturing environment designed to inspire learning, creativity and fun — is very similar to what it was when Grafft and Frazier were preschoolers. "When I look at pictures of what the kids were doing 30 or 40 years ago at the school and what we're doing today, they're very much the same," Peterson said. "Children are still building things, doing a lot of outside play, getting dirty, having fun — the same things they were doing in the beginning.

"We have also always done a lot of community building," Peterson continued. "We support the larger community as well as our parent community, providing numerous opportunities to connect with one another."

Grafft's parents moved to Moraga before she was born and, in fact, her mother lives across the street from Frazier (her granddaughter). Graftt, who has spent most of her life in Moraga, had such wonderful memories of St. Mark's Nursery School that there was no question in her mind that's where she would send her three children. Frazier, who also fondly remembered her time there, did look into various options when it was time to enroll her children in preschool but still came back to St. Mark's, finding it to be the perfect fit. "Now that Marley is in TK, I can really see what an excellent job St. Mark's did in preparing her for school. Just seeing how happy she is and how much she's grown in these first few weeks of elementary school tells me that she was really ready and much of that is thanks to St. Mark's," Frazier declared.

Yes, that's right. Three generations of Grafft family members have loved their time at the Orinda nursery school. That's very unusual, noted the school's current director, Claire Peterson. She said last year there were three second generation families but as far as she knows, the Grafft family are the only three gen-

With Marley Frazier now enrolled at Moraga's Camino Pablo Elementary School, it appears that history will continue to repeat itself; both Grafft and Frazier also attended CP — and both went on to Joaquin Moraga and Campolindo. The tradition lives on.

Outdoor jazz concert in Lafayette

Submitted by Marie Williams

here's something simply sublime about soft jazz in an outdoor setting and Lamorinda residents will have an opportunity to experience just that at the annual Big Band Concert from 4 to 6 p.m. Sunday, Sept. 23 at the Lafayette Christian Church Courtyard Patio in the Grove, featuring The Lafay-



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ette Studio Big Band - a 17-person Chicago, Ray Charles, Joe Wil-Count Basie, Frank Sinatra-style liams, Lou Rawls, Nancy Wilson, jazz orchestra.

Having played weddings, festivals, corporate events, and even backyard parties, The Lafayette Studio Big Band boasts performers who have worked with The Temptations, The Fifth Dimension, Frank Sinatra Jr., Bob Hope, The Harry James Orchestra, Judy Collins, Joe Henderson, Joel Dorham's Afro Latin Octet, Pete and Sheila Escovedo, Richard Bean, Rawl Rekow, Wayne Wallace, Michael Wolfe, Tom Politzer, Wayne Bergeron, The Coasters, The Drifters, and more. Its musicians have been in opening acts for musical greats like Earth Wind and Fire,

Photo provided

Earl Kluh, Diane Shur, David Bowie, The Stray Cats, Van Halen, Stevie Nicks, Men at Work, Confunkshun, and The Spinners, Carmen McRae, Dave Brubeck, Dick Dale and The Del Tones, Ike and Tina Turner, The Beach Boys, Righteous Brothers, Kenny Rogers and The First Edition.

Don't miss this fun afternoon in this beautiful oak grove. No reservations required. There is a suggested donation of \$20 for adults, and \$5 for a refillable glass for craft beer or wine and snacks. To listen to a sample of music, visit www. lafayettebigband.com. For more information, call (925) 283-8304.

925-377-0977

Gold Coast Chamber 19th's season: a story of collaboration

By Sophie Braccini



posers known for creating unique

piece Freund-Striplen describes as

very romantic, adding that it was

the starting point for Fleming and

Chausson was a promoter of French

The concert will include Ernest

Last year's concert at the Lafayette Library Community Hall.

he Gold Coast Chamber en- lowing day. semble and its artistic director Pamela Freund-Striplen are an integral part of the new wave of chamber music companies that present powerful public programs the groups reached out and Freundincorporating different sets of musicians coming from a larger pool Luke Fleming, the group's artistic of professionals. Freund-Striplen director and fellow viola player. has created the 2018-19 season in Freund-Striplen said that their vicollaboration with several different sion was very similar and together groups, curating the programs with they decided on a program that juxthem and bringing to Lafayette tapositions three European comworld-class performances.

The first of the seven season nationalistic music. recitals is called "Chamber Players Coast to Coast," featuring the Chausson's "Concerto for Vio-Manhattan Chamber Players for a lin, Piano and String Quartet" - a mostly 19th century European classic music program, with the addition of a commissioned creation by a local composer. It will take place her as they structured that concert. at 7:30 p.m. on Sept. 29 at the Lafayette Community Hall. Another music and his style evolved to more performance will be offered in dramatic tones, while maintaining Piedmont in the afternoon the fol- the reserve that was the mark of the

The relationship between Gold

Photo Alicia Gholami

French music of that century.

The opening piece will be by Coast and the Manhattan Chamber Spanish composer Joaquin Torina. Players started one and a half years Freund-Striplen said that people ago. Having heard of each other, are going to be transported by the warm, rich and evocative "Scene Striplen began a discussion with Andalouse for Piano Sextet, Op. 7" that will be played that night. Torina, who studied in France, was a great admirer of Spanish composer Isaac Albenitz, who drew his inspiration from folk Andalusian music.

The third nationalistic composer is British; Vaughan Williams' "Phantasy Quintet" will contrast with the other two composers as he is known for his wide range of moods, but also for his inspiration drawn from ancient English music, such as English madrigals. Freund-Striplen also noted that she loved the meditative quality of the work and the beautiful use of the viola.

ized by their featuring of soloists, piano, violin or viola. Freund-Striplen explains that the concert will will also feature partnerships with be a hybrid between soloistic and chamber music.

The fourth element of the concert is the creation of a piece commissioned to local composer Mary Bianco for this evening. Freund-Striplen explains that Bianco is a patron of the Manhattan Chamber cember. Players and she created a short trio just for that night. Freund-Striplen out, so it is recommended to get was excited to announce that Bianco would be present at the concert mation, visit www.gcplayers.org.

The three pieces are also character- and would answer a few questions about her light, uplifting piece.

> The season's other concerts diverse groups and musicians, sometimes the new generation of chamber musicians that Freund-Striplen is proud to see come forth to carry the torch. The season will also include the now traditional free family holiday concert in De-

Last year, several concerts sold tickets in advance. For more infor-



Volunteer visits help seniors stay in their homes



Lafayette volunteer Leonara Holmes, left, enjoys time with Iris Timmerman. Photo provided

ris Timmerman, a former nurse, mail and letter-writing, but do not

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Lhas difficulty hearing, so so- provide cleaning, bill-paying ser cializing in groups is too difficult, vices, personal or medical care. but thanks to a program offered now.

Hands volunteer last October and says she gets as much out of the program than she puts into it – maybe more – noting how the 93-yearpainting and crafts.

"Iris taught me to paint today," Volunteer Coordinator Stacy Appel after one visit. "She had smocks, paint and canvas all ready to go."

The Caring Hands Volunteer to begin the training. Caregivers Program serves seniors in Central, East, and South Con-Lamorinda. The program is a collaborative community outreach neighbors, always free of charge, to own homes as long as safely possible.

Muir Health, social service agen- there." cies, faith communities and the helps break the cycle of isolation and despair that may make health problems worse.

Volunteers provide life-enhancing services such as friendly visits and companionship, social outings, transportation and escort to medical appointments, help with shopping and errands, respite care to give a break to a family caregiver, reading

Services are generally provided through John Muir Health, Lafay- once a week, for one to three hours ette volunteer Leonora Holmes, age to meet a senior's ongoing need, 63, has been making a difference in and are scheduled on the times and Timmerman's life for nearly a year days that work best for the volunteer. Matches are created between Holmes signed up as a Caring volunteers and people over 60 years old who may be frail, isolated, or disabled. By providing free non-medical assistance, Caring Hands help seniors stay in their old Timmerman was teaching her homes and remain independent as long as safely possible.

A former teacher, Holmes Holmes wrote to the Caring Hands heard about Caring Hands through her church, and while her previous experience had been with children, not seniors, Leonora couldn't wait

"An attentive friend like Leonora has been an ongoing delight tra Costa County, including all of for both volunteer and care receiver," said Appel.

"Thank you for making her my program which offers finely-tuned match," Holmes wrote to Appel one-on-one matches between after a recent visit. "It has been an immense blessing! Today we went help aging adults in Contra Costa to the Ruth Bancroft Garden, lunch, County remain independent in their and stopped at Ace Hardware to pick up a few art supplies for Iris. She is a lot of fun to be with and A collaboration between John very appreciative each time I am

More volunteers are needed community-at-large, the program and the next training will be held Sept. 28 at the John Muir Health Medical Center in Walnut Creek. To learn more, or to apply for the next training, contact Appel at Stacy.Appel@johnmuirhealth.com or (925) 952-2999, or visit the Caring Hands website at johnmuirhealth. com/caringhands.

- J. Wake

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Presented by Kathy Stewart, R.N., B.S.N.



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First 20 people to RSVP and attend will receive a copy of Kathy's book "Mom's Losing Her Memory; I'm Losing My Mind" at the event. Event is free to attend. Refreshments will be provided.

Please RSVP to 925-297-6760 or to Molly.Gleason-Kodama@aegisliving.com



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Are you 50 and up-to-date with your screenings?

Here are the screenings you should do after turning 50:

- Osteoporosis
 - Immunizations





Cancer survivor brings comfort to UCSF pediatric oncology patients

Submitted by Elizabeth Dietsch

Suppiger, a Life Scout and Oakland. rank in Troop 224, is a cancer survivor who chose to give was to make 100 blankets, July. "However the doctors, over \$1,000 he needed to back a "whole big bunch" but thanks to special addi- my family and my friends make his target of 100 blanand then some, working tire- tional contributors, that goal lessly on his Eagle Scout was far surpassed. project, which took over his

calanes senior Colby hospital in San Francisco worst six months of my weekend making the blan-

Suppiger's original goal

When he was in the seventire garage and house, and enth grade, Suppiger was thing that I will never forget Lafayette. Cary Schirmer is involved over 45 people and diagnosed with lymphoma, a is my orange blanket I al- the CEO of Walnut Creek-165 hours to make 250 blan- blood cancer that was located kets for children who will be in his bone marrow. "Those undergoing chemotherapy six months were probably at UCSF Benioff Children's and will probably be the



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Drive, Moraga (925)732-9114 nouncement to his Troop in piger successfully raised helped me get through the kets. Then, there was a very chemotherapy and I can't generous donation from thank them enough. Some- Cary and Stacy Schirmer of ways carried with me to the hospital. It sounds simple but my blanket gave me the feeling of safety and hope that I would be home and feel better soon."

blanket with him everywhere he went for the six months he was going through treatment – and he still has the blanket today. "I want every kid who has to go through what I went through to have their own blanket," he said. "That feeling of safety and security goes a long way."

Organized and supervised by Suppiger, Boy Scout Troop 224, Girl Scout Troops 33132 and 32913, and many parents worked closely together over one

life," Suppiger said in an an- kets. Over the past year Supbased HPG International, who felt the contribution to pediatric oncology was an invaluable cause to support. UCSF Hematology/On-

cology Department of Pedi-Suppiger said he took the atrics is "particularly known for work in childhood cancers such as leukemia, lymphoma, brain tumors, neuroblastoma, sarcomas and retinoblastoma."

One of Cary Schirmer's main suppliers of materials is Polartec. His supplier from Polartec had survived breast cancer and was also very sympathetic toward the cause.

Together, HPG and Polartec donated approximately 350 liner yards – which is over 400 pounds of very



Colby Suppiger during chemotherapy treatment in the sev-Photo provided enth grade with his orange blanket.

high quality fleece. This cancer. At the large tables was in addition to the 200 throughout the house and yards of material Suppiger garage, one could hear sumpurchased.

in full force both Saturday and Sunday, Aug. 25-26, cut ing of gratitude by Suppiger, the material and wove the blankets.

kets, people quietly gathered ahead of time and said Matthew Raffel, Troop 224, a quiet prayer for someone Girl Scout Troops 33132 and they knew who had sur- 32913 and Ms. June Jung, vived or had not survived his Eagle Scout mentor.

mer stories and fall plans. The Troop came together There was laughter and joy and most of all a great feelwho extend special gratitude for the incredible support he While making the blan- received from his family, Mikaela Truong, Justin Lee,

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B5

The health hazards of early specialization in sports

By Kevin M. Roth, M.D.



fall I played MOL flag foot- and muscle memory necesball; every winter I played sary for their chosen activ-LMYA basketball; spring ity. With this dedication, was dedicated to MBA focus and training, it would baseball; and in the sum- seem to follow that athletic mers, I swam and played excellence is almost a guartennis at the Moraga Coun- antee. try Club. Playing three physical activities.

s a child growing focus on a single sport are and other muscles, equally up in Moraga in able to hone a specific skill the 1980s, every set and develop the muscles

However, while yearor four sports used to be round baseball, soccer or such as the American Or- athletic advantage, whereas oping child. Additionally, the norm for kids. Today, gymnastics may result in however, young athletes some improvements in increasingly are focused on certain skills, early speyear-round participation in cialization often does not a single sport, a trend called produce the desired result. "early specialization." Ear- Instead, numerous studies ly specialization is defined have shown that early speas intense, year-round par- cialization can lead, among ticipation in a single sport other issues, to overuse to the exclusion of other injuries, burnout, and decreased enjoyment. When Tiger Woods may be a child plays a sport yearthe poster child for ear- round, that child's young, ly specialization (it is developing body does not well-known that he began have an adequate opporswinging a golf club before tunity to recover from rethe age of 2). Many parents petitive physical demands. and coaches, following the When the body is in a success of the Tiger Woods weakened state, injuries model, have encouraged such as sprains and mustheir young athletes to ded- cle strains are much more icate themselves to a single likely. Further, overused sport. And, intuitively, this muscles have a tendency makes sense - athletes who to become overdeveloped, adolescence. Further, when quite like seeing your child or who participate in more

important to a developing body, are ignored. It also cannot be overlooked that competitive athletics are mentally and emotionally demanding on children and, without an offseason, those stresses.

ican Academy of Pediatrics have warned against al careers. While many people believe that Tiger Woods' story is true for all professional athletes, a rethat fewer than half spe- Buster Posey is our neigh-

child to specialize and play one sport.

is appreciated. Parents asin their children's sports participation. from carpooling to and from practices and competitions, arranging outside personal training and instruction, purchasing equipment, and providing encouragement and support. In a recent study, parents of highly specialized youth athletes were more likely to expect play that sport in college or the non-specialized group of children said that they musculoskeletal skills, it there may not be relief from would be willing to hold also allows for creativity their child back a grade in and imagination, both im-Physician organizations order to gain a competitive portant skills in a develthopedic Society for Sports 7 percent of the parents of I recommend that young Medicine, of which I am specialized children said athletes participate in a a member, and the Amer- that they would be willing variety of sports during to do so.

> munity where Matt Biondi started his swimming ca-

asked, only 22.3 percent of excel in something that he sport per week than their professional athletes said or she is passionate about. age, should be monitored they would want their own I can understand why Earl closely for signs of fatigue, Woods, Tiger's father, be- overuse injuries, burnout, gan teaching Tiger to grip a or decreased performance. Parents often have more golf club at 10 months old These children also should influence in their child's and then continued with be given adequate opporearly specialization than intensive training when tunities for rest, recovery, his son showed interest and non-sport specific sume very important roles and promise in the sport. But I also know through my practice as a sports medicine physician that pediatric overuse injuries tantly, encourage your are steadily increasing and traditionally "adult" inju- and play for that reason. ries, such as ACL tears, are We may or may not be parshowing up with greater ents to the next Tiger, but frequency in younger ath- we can at least make sure letes. As parents, what are that we're not being tiger we to do?

that their child aspired to children be given plenty of at the next soccer game, opportunities for free, un- baseball field, Luna class, professionally. In this same structured play. Free play swim meet, or CAPA perstudy, no parents from not only allows children formance! to develop a diverse set of developmental years. This As a parent now of is how we played sports the dangers of early spe- two children entering the when we were young - one cialization and uniformly Lamorinda sports world, sport per season. Playing advocate against it. Inter- I see firsthand the pres- multiple different sports estingly, it has been shown sure placed on the kids in allows the development that professional baseball our community, even at of a wide range of motor players who specialized a young age, for athletic skills and gives the child and played only baseball accomplishment. And it's an opportunity to identify prior to high school have a hard not to get swept up in the sports that he or she enhigher rate of serious inju- our early specialization cul- joys. A good rule of thumb ry during their profession- ture. We're a part of a com- is that children should not participate in more hours per week of structured athreer, where seven local ath- letics than their age - so a letes competed in the Bei- 10-year-old should not be cent study of professional jing Olympics, and where playing organized sports baseball players showed a hometown hero such as for more than 10 hours per week. Children who do specialized during childhood/ bor. Further, there's nothing cialize at a young age and/

conditioning in order to develop other muscles and well-rounded motor skills.

Perhaps most imporchildren to love the game parents along the way. I First, I recommend that look forward to seeing you



Dr. Kevin Roth is a Board Certified and fellowship trained orthopedic surgeon specializing in Sports Medicine who practices in Oakland and Dublin, and lives in Orinda with his wife and two children. More information about Dr. Roth's practice can be found at www. KevinRothMD.com.

Type 2 or Pre-Diabetes?

Almost 50% Of The US Population Is Living With Either Type 2, or Pre-Diabetes... And Most Don't Even Know It. If You Think You're Safe, Think Again! – THIS MAY BE

THE MOST IMPORTANT INFORMATION YOU HAVE EVER READ IN YOUR LIFE!

Your doctor orders a lab test blood for you everv 6 months, and other than talking to you about your high cholesterol, says nothing to you about your slightly elevated fasting blood glucose number. Does that sound familiar? You should be safe, right? Well depending on the lab, your insurance company, and your doctor, you may not even be told that your glucose levels are abnormally high until it is time for your doctor to recommend medication. And remember, we are talking about a reversable condition

Abnormally high glucose numbers (fasting) begin at 100 mg/dl., but testing only 2 times a year results in a huge number of people being left in the dark, and keeping them in a pre-diabetic state commonly for decades. The easiest time to turn Type 2 Diabetes around is before diagnosis and prescription medication.

"On Average, Type 2 Diabetes Takes Decades To Develop, And The Complications Of **Elevated Glucose Levels Have Been Shown To Begin With Pre-Diabetes**"

Do you remember what your doctor said to you when he/she gave you the news that you had type 2 diabetes? "You are going to have to make changes in the area of ____and _____." (You fill in the blanks)

You most likely filled in the blanks with diet and exercise. Right? Why do doctors tell their patients this phrase, even to the extent that we know it by memory? Because it's true! But what is commonly the action of the doctor immediately after suggesting this lifestyle change? Typically, something like this, "I am going to prescribe you 500 mg. of Metformin which should help lower your glucose numbers."

This is what is clear to almost everyone I talk to who has type 2 diabetes or Pre-Diabetes...Even though there is acknowledgement that type 2 diabetes can be reversed through very specific changes in the way a person eats and exercises, that is clearly not the focus within the insurance environment of today's healthcare.

The focus seems to be on managing the symptoms (high glucose levels) through medication, instead of addressing the cause of this chronic and inflammatory condition, allowing it to progress, which results in devastating complications like kidney failure, heart disease, loss of balance, amputation, blindness...etc.

ENVIRONMENT MAKES THE DIFFERENCE!

Everyone has heard a story of someone within their circle of friends or colleagues reversing Type 2 Diabetes. Scientific literature clearly states that Type 2 Diabetes is reversible. Intuitively most people with Type 2 Diabetes know there is a way to lower high glucose numbers, and sustain them. So, where and how is this taking place?

I am glad vou asked. For the last decade, I have had a laser-like focus within my clinical practice of helping people with Pre and Type 2 Diabetes learn to understand how the human body responds to different food. Macronutrients specifically (Proteins, fats, and carbohydrates). Successfully, this focus returns glucose levels to a normal and healthy range. When normal fasting glucose levels are attained, prescribing doctors typically reduce and/or eliminate medications.

Let me say this...I am not saying that everyone is ready to make the changes required to exit a Type 2 diabetic state. I don't even know if you qualify for my Balancing Blood Sugar Program. That is yet to be determined, and requires a proper history and examination. And I know that you've been overwhelmed with information which seems to contradict what you read the day before about reversing T2D

That is why I'm offering you a seat at my next live presentation, this coming Saturday Here's you'll get:

- A CLEAR and SIMPLE description of the fundamental causes Type 2 Diabetes.
- · Exactly what is takes to lower glucose levels (Naturally), and keep them there.
- How and Why Type 2 diabetes creates Kidney Failure, Peripheral Neuropathy, Heart Disease and Loss of Balance.
- · Personal examples of several of my patients who have completely turned Type 2 Diabetes around, NATURALLY!

The information that you will receive during this presentation has been described as, "...unlike any conversation taking place during your typical HMO/PPO doctors office visit." These principles of exiting the state of Type 2 Diabetes are simply not what insurance-based healthcare is focused on.

I don't have the space to go into more details here, which is why I am inviting you to a 60 minute, live presentation. The old-fashioned kind where a you can relax, sit and listen to a knowledgeable, practicing doctor, feeling comfortable enough to ask any question you like.

The word Doctor literally means Teacher (in Latin).

Why hasn't your doctor told you about this approach? Because it doesn't fit into the model of "Let me give you a medication to cover up the problem". This is a functional approach to correct the problem, not unnaturally lower sugar numbers.

Here's What To Do Now This Saturday morning, September 29th, at 11am, Harvest House Natural Foods in Concord, is Dr. Thomason's only scheduled talk on "How To Exit The State Of Type 2 Diabetes" on calendar for this year. There is no cost to attend. Call 925-407-0888 today and we can reserve a seat for you and a loved one.



Our office is located on Olympic Boulevard in Walnut Creek; just a few minutes from you.

When you call tell the receptionist you'd like to attend the Type 2 Diabetes Presentation so she can reserve your seat. You will also be provided a delicious and healthy lunch following the presentation at no charge.

Sincerely,

Dr. Brian E. Thomason, D.NMSc, BCIM, D.C.



PRESENTING DOCTOR: Brian E. Thomason, D.NMSc, BCIM, DC, CAFNI. Dr. Thomason has post-graduate training in functional neurology, blood chemistry analysis, neurotransmitters, and functional endocrinology. He has been helping people both locally and internationally return glucose numbers to normal for the past 23 years. If you have been diagnosed Type 2 Diabetes or Pre-Diabetes and medications are not working for you, there is hope, there are answers.

To Reserve a seat at this Saturday, September 29th, 2018's informative and entertaining presentation...

Call (925)-407-0888 (Attendance is Free, but seating is limited to the first 26 who register)

Page: B6

925-377-0977

www.lamorindaweekly.com

Wednesday, Sept. 19, 2018



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ipe contest and pear pie eating contest. Community groups, artisans, and local businesses are encouraged to apply with the Parks and Recreation Department for a booth at the festival.

MUSIC

Cantare Con Vivo kicks off their 32nd season in early October with

7:30 p.m. on Wednesday, Sept. 19 at Hagerty Lounge, SMC Campus. Kevin Young is the director for the Schomburg Center for Research in Black Culture, newly named a National Historic Landmark, and Poetry Editor of the New Yorker. He is the author of 13 books of poetry and prose. Free.

"Hughie" by Eugene O'Neill, directed by Eric Fraisher Hayes at 8 p.m. Sept. 21 - 22 and 27 - 29, and at

tact Michele Robbins for more information at shalompastor3@gmail. com.

Please submit events: calendar@lamorinda weekly.com

na, finds it.

all ages!

"The House with a Clock in Its Walls" starts

this week at the Rheem Theatre with a preview screening at 7 p.m. Thursday, Sept. 20. The movie is based on a Gothic horror children's

novel first published in 1978. Lewis Barnavelt, after losing his parents, is sent to Michigan to

live with his Uncle Jonathan. He discovers his

uncle is a warlock and Lewis enters a world

of magic and sorcery. But this power is not

limited to good people: Lewis learns of Isaac

Izard, an evil wizard who wanted to cause the

Apocalypse so that he could see what happened afterward. To do this, he constructed a magical clock using black magic that will keep ticking until it reaches Doomsday. The wizard died be-

fore he could finish the clock, but he hid it in his house, which is where Uncle Jonathan and

Magic returns to the Rheem Theatre for two shows on Sept. 22

By Derek Zemrak



Timothy James

Time flies when magic is involved. It has been over a year since illusionist Timothy James has performed at the Rheem Theatre in Moraga. James' shows in 2017 amazed Lamorinda residents with six sell-out performances. His sleight-of-hand artistry, knack for reading thoughts, predicting futures, and uncovering strange coincidences that defy explanation, will astonish all in attendance.

James has performed for Fortune 500 companies, cruise ships, comedy clubs and performing art centers across the country. He's also entertained celebrities such as Oscarwinning actress Geena Davis, movie star Shia LaBeouf, Journey bass guitarist Ross Valory, and the Oakland A's.

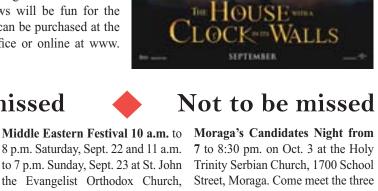
He is the winner of numerous awards for sleight of hand and variety entertainment including the Lance Burton Award of Excellence from the World Magic Seminar in Las Vegas.

Get ready for an unbelievable, hilarious evening with James. The 6 p.m. show is for the younger kids and the youngest at heart, while the 8 p.m. show will be geared toward teens and above. Both shows will be fun for the whole family. Tickets can be purchased at the Rheem Theatre box-office or online at www. lamorindatheatres.com.

Not to be missed

OTHER... continued

The Many Faces of Prostate Can**cer** from 6:30 to 8:30 p.m. on Sept. 27 in the Lafayette Library and Learning Center Community Room. Come and experience an event focusing on the unique issues of prostate cancer patients. Join an engaging information, visit www.stjohnorinpanel of medical experts who will discuss the latest information regarding ongoing screening, risk factors, Serbian Food Festival from noon and advances in treatment. O & A to 10 p.m. Saturday, Oct. 6 at Holy is limited, advanced registration is required. RSVP to Shayna at (925) 677-5041 x272 or sjung@dvohmg. com.



Street, Moraga. Come meet the three Moraga Town Council Candidates - Mike McCluer, Dave Trotter and Steve Woehleke - and hear them speak on important issues. Bring your questions or submit your questions to MCN94556@gmail.com. This free event is sponsored by the Moraga Citizens Network.

thoughts so that your well-informed vote can be cast on Nov. 6, the Orinda Moraga Lafayette (OML) branch of the American Association of University Women (AAUW) will host an impartial, informational presentation moderated by the Diablo Valley League of Women Voters (LWV) at 10 a.m. on Tuesday, Oct. 16 at the Orinda Community Church, 10 Irwin Way, Orinda.



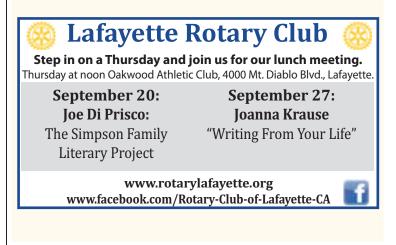
Saturday, Sept. 22, 10-8 • Sunday, Sept. 23., 11-7

Sponsored by St. John the Evangelist Orthodox Church On the Church Grounds at 501 Moraga Way, Orinda

Fabulous Foods • Live Entertainment • Folk Dancing • Bazaar Crafts • Book Store · Middle Eastern Heritage Exhibits & Talks Fun & Games for Children of All Ages For information: www.stjohnorinda.org - or call 925-258-4255

Service Clubs Announcements





Not to be missed

org or (925) 284-5050. \$10 credit "Designing with Palms," released in card deposit required to hold your 2018. He is the horticulturalist and spot. Members: Free; Non-members: \$10.

GARDEN

The Moraga Garden Club will Lafayette Community Garden hold its next meeting at 9:30 a.m. and Outdoor Learning Center 7th Thursday, Sept. 20 at the Holy Trin- Annual Harvest Fest from 11 a.m. to ity Church, 1700 School Street, 3 p.m. on Sept. 23 at the Lafayette Moraga. The guest speaker will be Community Garden. There will be Steve Lambert of Garden Lights garden tours, talks, music, scarecrow In an effort to bring clarity to your Landscape. Interested parties are building, art card decoration, food welcome to attend the 9:30 a.m. so- and drink and other activities to welcial hour, the 10 a.m. meeting and come the fall season. Free. the presentation by Steve Lambert, immediately following the meeting.

palm expert at Flora Grubb Gardens in San Francisco. His book will be available for purchase. www.montelindogarden.com





8 p.m. Saturday, Sept. 22 and 11 a.m. to 7 p.m. Sunday, Sept. 23 at St. John the Evangelist Orthodox Church, 501 Moraga Way, Orinda. Food, games, live entertainment, folk dancing, crafts, Middle Eastern heritage exhibits and more. Entrance fee:

Lafayette Juniors 25th Annual Rummage Sale from 8 a.m. to 2 p.m. Saturday, Oct. 6 at Lafayette-Orinda Catharine Baker, the 16th Assem-Presbyterian Church, 49 Knox Dr., bly District Representative, will be Lafayette. Special Early Bird Entrance fee of \$5 per adult from 7 to 8 a.m. Pre-loved designer clothes, baby and kid clothes, toys, children's gear, furniture, household goods, and much more. Cash and credit cards accepted. All sale proceeds benefit local non-profits that serve children, families, and communities in need. Visit www.lafayettejuniors.org for more information.

The UC Theatre Taube Family Music Hall presents "Teton Gravity Research: Far Out" at 6:45 and 9:15 p.m. on Oct. 12 at The UC Theatre Taube Family Music Hall, 2036 University Avenue, Berkeley. Join Teton Gravity Research for the winter kickoff party of the year, a one-night only premiere of TGR's new ski and snowboard film, "Far Out," presented by REI. Cost: \$18 - 20. For more info see https://www.theuctheatre. org/event/1759412-teton-gravityresearch-far-berkeley/ or call (510) 356-4000 or email information@ theuctheatre.org.

The Lamorinda branch of AAUW will hold its 5th Annual Tech Trek Shred Fest, a secure pulverized paper shredding event. Shred papers on site from 9 a.m. to noon on Oct. 13 at 5A Rent-a-Space, 455 Moraga Road, Moraga. \$9 per file box; Keep your boxes.

session to follow presentation. Space Trinity Serbian Orthodox Church 1700 School Street, Moraga. Live Serbian Music, delicious homemade pastries and a bounce house for the kids.

da.org or call (925) 258-4255.

POLITICAL GATHERINGS

the LRWF Monthly Speaker at 11:30 a.m. Thursday, Sept. 20 at the Orinda Country Club. Baker is a Republican Assembly person serving since 2014 for the Lamorinda and Tri-Vallev areas. This talk will be highly informative and offers a chance to hear about the changing dynamics of the Golden State's politics firsthand. Luncheon and program: \$31 For more information regarding this event ww.lamorindarepublicanwomen. org/ or https://www.facebook.com/ Lamorinda-Republican-Women-Federated-136134033113066/

The Lafayette Homeowners Council (LHC) is sponsoring its yearly Candidates Night at 7 p.m. on Sept. 20 at the Lafayette Veterans Memorial Hall at 3780 Mt. Diablo Blvd. All residents are welcome! This year five candidates will be on the November ballot for just two City Council positions. Each candidate will have five minutes to introduce themselves and speak regarding their individual positions on various issues regarding our City. After each of the candidates have spoken, members of the audience will be able to ask questions of any candidate. The meeting will also include a brief "Annual Meeting" agenda by the LHC and the group also hopes to hear from the Lafayette mayor. www.LafayetteHomeownes-Council.org

SENIORS

"Free Digital Materials and Services Through the Library - What They Are and How to Access Them," presented at the Lafayette Community Center from 10:30 a.m. to noon on Sept. 27 in the Elderberry Room. E-books, digital magazines, language learning, museum passes, streaming movies (including classics and documentaries). The library has so much to offer! Learn how to access the multitude of free materials and services - all from the comfort of your own home. Free. To reserve your spot, contact Lafayette Senior Services: Seniors@LoveLafayette. org or (925) 284-5050.

Cooking: Farmers' Market to Harvest Meal - Byron Park Dining Services Team from 2 to 4 p.m. on Oct. 11 at Byron Park, 1700 Tice Valley Blvd., Walnut Creek. There is nothing quite like a meal created from farm-fresh, in-season ingredients. In this demonstration-style class, learn how easy and enjoyable it is to visit your local farmers' market or produce stand in the morning and create a delicious and healthful menu for that night's meal using all those fresh ingredients. RSVP to Lafayette Senior Services by Friday, October 5: Seniors@LoveLafayette.

The Montelindo Garden club's September meeting will be at 9 a.m. on Sept. 21 at the Lafayette Library and Learning Center Community Hall. Presentation: "Designing with Palms," with speaker Jason Dawees. Dawees is the author of the book

Please submit events: calendar@lamorinda weekly.com

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Apples add to these cookies' fall harvest feel **Apple Oatmeal Harvest Cookies** (Makes about 3 dozen)

By Susie Iventosch



Apple Oatmeal Harvest Cookies

adorn the trees from yellow to trees in our yard, and I must say,

On several of my bike rides way. Alas, these were not my trees, lately, I've been tempted by so I refrained. Still, it got my fall apples ... orchards loaded with cooking brain going and made me apples. Ripe apples of every color think of how tasty it would be to add some chopped apples to oatred to green. We don't have apple meal cookies. Once this plan was set in motion, I could hardly wait it was really difficult not to reach to get back to the kitchen to start out and grab a few to eat along the baking. This oatmeal cookie recipe

Photo Susie Iventosch

is one I've used for years, but have never added apples to it before. The cookies are soft and delicious with the warm flavors of cardamom and cinnamon spice, and the apple chunks only add to that fall harvest feeling.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: 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.

INGREDIENTS

- 2 cubes butter (1 cup), softened to room temperature
- 1 ½ cups light brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 cups instant oats
- 1 apple, peeled and finely chopped (I used Honeycrisp)
- ¹/₂ cup currants
- 1/2 cup coarsely chopped walnuts

DIRECTIONS

Preheat oven to 350 F. Generously spray or grease two baking sheets. In a large bowl, cream together butter and brown sugar. Add vanilla and eggs and beat until well integrated. In a separate bowl, mix together flour, baking soda, spices and salt. Stir into butter mixture until blended. Add oatmeal, apples, currants and nuts and stir well.

Drop by large spoonful onto very well-greased baking sheets. Bake for approximately 10 minutes, or until golden brown. Remove from oven and allow to cool just a few minutes. Before cookies are completely cool, carefully separate cookies from tray with a metal spatula. Allow to cool completely before removing from tray because these cookies are very soft and can easily fall apart if not completely cooled and set before moving.

Family Focus Five things to avoid saying to your child

By Margie Ryerson, MFT

sition in the eyes of our children. It is up to us to preserve this position. Even if it seems that your child doesn't care what you say, think or feel, he is paying attention and caring.

Parental words and actions can be really nice." hurt even many years later. Often, grown women and men become tearful in my office while remembering a parent's hurtful comment or seeming disregard. Sometimes a parent will think saying something hurtful isn't a big problem as long as there's an eventual apology. But the initial hurt a child experiences can linger for a long time.

Here are some comments to avoid saying to your child. Some are highly critical, while others can be a set-up for ongoing conflict.

1) "You're stupid/lazy/mean/ selfish/a brat/inconsiderate."

When you label your child, usually in anger and frustration, that term can resonate with him or her for years. Even if you have complimented your child 20 times more often than you have criticized her or him, your negative comment will carry much more weight.

There are more benign ways to get your message across, such as: "I know it's hard sometimes to share, cause I'm the parent/adult" but Cassie would like a turn on the scooter. Can you please give her a turn in a few minutes? That would

2) "Never" or "always"

Sweeping generalizations are usually not accurate and can be quite inflammatory. They are also not fair since most behavior isn't so extreme. Parental statements using "always" or "never" tend to alienate children and cause resistance and rebellion. Instead of saying, "You never put away your laundry," it would be better to say, "I wish you would put away your laundry without my having to remind you."

No one wants to drop everything immediately to do someone else's bidding. Instead of saying, "I want you to set the table/clean your room/empty the garbage/do the dishes right now," give your child some latitude. It's much better to give some notice, such as, "You have five minutes before it's time to put away your LEGOs." When you're angry, take a few Or, "Please do the dishes as soon as tion. Often they are made impul-

Darents start out in a vaulted po- usually takes some forethought. he or she promised and avoid being accused of nagging your child.

3) "Because I say so" or "Be-

This kind of power play doesn't go over well, and usually generates resentment if your child is over the age of 3. It's better to say that you have reasons for your decision and you'll share some of them with your child when he or she calms down or after they cooperate.

It's a delicate balance because you don't want to be in the position of having to explain yourself to your child before he or she acts upon your request. This would be placing yourself in a weak position with your child; he or she would then be the judge of whether or not your request is fair or appropriate.

If you wait until your child has complied, then you still maintain control but you show you are willing to share your reasoning so he or she can be more a part of the process.

4) "If you don't do what I've asked, you're grounded/you have no cell phone for a month/ you've lost all your privileges."

Parental threats tend to elicit anger and resistance, not cooperalate "I" messages and to describe an agreement it is much easier to follow through with them, you are pare us unfavorably. the behavior you don't like. This remind your child to do something exposed as a parent who doesn't

mean what you say and you risk losing your future credibility.

It's better to have an agreement about consequences ahead of time for misbehavior, disrespectful comments, or failure to perform chores.

Then you can say, "Unfortunately, I'll need to apply the consequence we discussed if you don't apologize/ clean up your room by the deadline."

If you don't already have an agreement, you can take time to think about what you want a consequence to be. You don't have to specify immediately what action you will take. You can say, "If you don't do what I ask, I'm going to have to think of a consequence for you."

Reluctant discipline is best, while threats are alienating.

5) Comparing him to his siblings or to anyone else

Whether or not your intentions are good, comparing your child to someone else, even favorably, places you in a position of being judgmental. Just about everyone dislikes feeling judged by others, and knowing we're being judged makes us self-conscious around those who are doing the judging. After all, the same person who complimented us breaths and think first what you possible after dinner." And be sure sively and contain unrealistic or at the expense of someone else can tendency. Consequently, it's even want to say. Remember to formu- to obtain an agreement. If you have extreme measures. If you don't turn around at any point and com- more important not to add external



Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. Contact her at (925) 376-9323 or margierye@yahoo.com. She is the author of "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."

harmonious sibling relationships, making comparisons sabotages this effort. If they are compared unfavorably, children grow to resent the person they're being compared to, while a favorable comparison can set up unhealthy rivalry among siblings.

As I've written before in this column, comparing ourselves to others too much can lead to discouragement and lowered selfesteem. You will probably need to help your child avoid doing this to him or herself as it's such a natural comparisons to those he or she may If parents want to promote already struggle with internally.

'black odyssey' back at Cal Shakes

By Sophie Braccini



"black odyssey" 2018 poster Photo provided

ast year Cal Shakes created a premier of Marcus Gardley's play, "black odyssey," reset in Oakland. The epic story of Ulysses Lincoln, on his long journey home from the war in Afghanistan, was an all-time success both with the public and critics, winning the company numerous awards. Cal Shakes opens the adventure again, with a limited edition this year, from Sept. 25 through Oct. 7 with several inno-

vative initiatives such as a "Pay What You Can" performance on performance is a deliberate effort Tuesday, Sept. 25.

Contemporary Gardley wrote "black odyssey," a tale seeking the roots of the black ethos in America, transcending the race issue, reaching all of us, independently of background, wondering about redemption, about our roots and about what it means to be human.

The public did not miss the significance of this story of wanderings and longing built on Homer's ancient Greek myth. The success of "black odyssey" was recordbreaking at the Bruns Theater and the production won a collective 16 Theatre Bay Area Award nominations, including nominations for Outstanding Ensemble, Production, and Direction.

Cal Shakes Artistic Director and "black odyssey" director Eric Ting said that he was thrilled to bring Gardley's enthralling journey back to the Bruns. "We're returning and new actors, such as celebrating this homecoming in a few special ways," added Ting. "Marcus was the recipient of our Derrick as Great Grand Daddy annual Guiding Star award earlier this year, and the city of Oakland emony with the proclamation of Marcus Gardley Day on the reopening of the production, Sept. 26, 2018."

The "Pay What You Can" to make theater performances playwright available to all, independent of economic situation. Tickets for the performance will be available starting at 10 a.m. on the day of the show through TodayTix and the Cal Shakes Box Office at (510) 548-9666.

> Then on Sunday, Sept. 30, Cal Shakes will host a Second Line lesson and parade with "black odyssey" co-choreographer Latanya D. Tigner for community partners and audience members in conjunction with the 4 p.m. performance (lesson starts at 3:15 p.m.). Second Line is one of the cornerstones of the New Orleans parade tradition, and is featured in "black odyssey." The afternoon will feature a live New Orleans-style band playing before and after the show. The event is included in that day's ticket price.

This year's cast incorporates JD Mollison as Ulysses Lincoln, and Tony Award winner Cleavant Deus.

Details and tickets are availsurprised him at the awards cer- able at calshakes.org. Performances are held at the Bruns Amphitheater, 100 California Shakespeare Theater Way, Orinda.

Cadets with a cause

Submitted by Charisse Stratford



Troop leader Charisse with Thea, Jordan, Natalie, Olivia, Maya, Sarah, Caroline (Cassie not present) at the May 10 Bronze Project award ceremony.

Photo Richard Lang

Ghir Scour 1117 their first year at Stanley Miding their Bronze Project and graduating to Cadets.

Troop 33134 showcased their yearlong Bronze Project, "Save the Oceans, Save the Earth," at the 2018 Lafayette Earth Day Fair. Their goal was to bring attention to one of the leading causes of damage to our earth – water pollution. Oxybenzone, a common ingredient in many sunscreens, was highlight-

irl Scout Troop 33134 began ed as one major pollutant causing deformity and death to coral reefs. dle School on the heals of complet- Scientists say it only takes one drop of oxybenzone in six-and-a-half Olympic-size swimming pools' worth of water to do serious harm, according to outdoorindustry.org. The recipe for DIY reef-friendly sunscreen and samples were handed out to over 100 attendees. Coincidentally, the state of Hawaii banned sunscreens containing Oxybenzone the same week this troop received their Bronze Award.

In the article, "Local author's debut novel 'A River of Stars" published in the Sept. 5 issue of Lamorinda Weekly, the information about Vanessa Hua's parents' move from China was incomplete. Her parents were born in China, but met in Chicago in the 1960s, and then moved to Orinda in 1975, the year Hua was born.

www.lamorindaweekly.com

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Saint Mary's soccer starts season strong

By Jon Kingdon



SMC sophomore goalie Maleah Milner

n beginning his fourth season won four of their last five games. as the head coach of the Saint Clarke has a special feeling for Mary's College women's soc- this team: "Our team is very hard cer team, Travis Clarke feels the working. We are more athletic Gaels are beginning to turn the than we have been in the past. We corner in becoming a successful team. Following a 7-11-1 season, the close games. We are 2-2 in Saint Mary's has begun the sea- overtime games and we could conson by winning four of their seven ceivably be 6-1. We are a young games.

went back to Vermont to compete ing as the season goes on." against the University of Vermont and the University of Maine, team this season was to replace coming away with two victories. Clarke saw many benefits for the team in making such a long trip: "It was a good opportunity for team bonding and allowed us to play teams with a different style of play. Back East, they play a more physical and direct game. Vermont had a left sided center kid that could hit to find a way to get the second goal the ball 50 yards beyond our back line. That is something we don't see out here. Not to mention that have had the scoring opportunities Vermont was very beautiful." 2015, it was late in the recruiting season and he lost out on a number of players. "At that point, there were a number of recruits that decommitted which left us with Crim and Jordyn Cunningham, are a small recruiting class which is one reason why we only have two seniors on our roster this season," says Clarke. "Each year we have one assist last season already has worked hard to get impactful players for our team and it is now starting to show."

just have to figure out how to win

team with lots of freshmen and Early in the season, the Gaels sophomores that are still develop-

One of the first aims for the

"She was named the most valuable player in TD Classic in Vermont early this season."

Crim attributes the improvement to the entire team: "Our team is better this year as a whole. A lot of our players have stepped up this year. We are doing a better job in finding the open man and connecting more passes this year. I did a lot of extra work on my own and worked on developing new shots and my overall game."

Cunningham, who was the sixth leading scorer last season with one goal and one assist already has three goals and one assist this season. Clarke appreciates Cunningham skills: "Jordyn has very good height and is very technical. We got her used to turning and facing the goal this year and she has been an effective scorer."

Cunningham has been more assertive on the field: "I am more confident this year. My coaches and teammates have been a great help for me. Since we are such a young team, all of the upper classmen have been leaders."

Defensively, Clarke's goal is to see his team only give up one goal a game. Last season, the team gave up an average of 1.79 goals per game. This year the number is down to 1.57 goals per game. Much of the credit goes to sophomore goalie Maleah Milner, who won the starting position late last season. According to Clarke, "Maleah only gave up two goals in the spring. We have made some mistakes all over the field that have led to some goals that were not her fault. We have only one bad game against Fullerton (losing 5-1) we have only given up six goals in the other six games. Mahleah has been very consistent. She is very athletic and cerebral. She thinks the game and has a high soccer IQ. Mahleah is quick and nimble and makes great reaction saves. She can develop into an elite college goalie." Milner who has not given up a goal in her last two games has been growing as a key player on the team: "As a freshman last year, I was more concerned with proving that I belonged. This year, I am working on taking on more of a leadership role. This year we have a new mindset. We learn from a game like the loss to Fullerton and we move forward. The team has bought into the vision Coach Clarke has for the team." ... continued on Page C3



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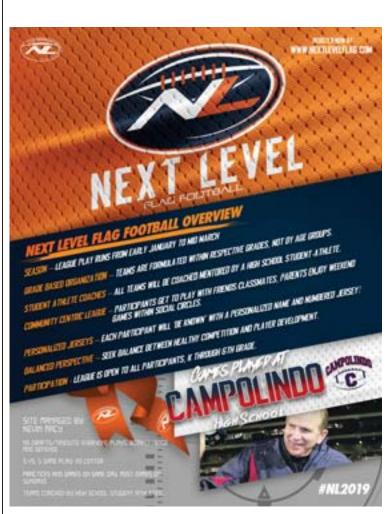


Photo Tod Fierner

with two losses, the Gaels have ing team's defenses," says Clarke.

Hannah Diaz who graduated last year to play professional soccer and was by far the team's leading scorer last season.

The Gaels only averaged 0.89 goals per game last season, while this season, the Gaels are averaging 1.29 goals per game. "We have in our games," Clarke says. "It just has to do with executing. We but we have to do better finishing When Clarke was first hired in off plays and continue to generate more chances to score. I'd like us to get up to at least 1.7 goals per game."

> Two junior forwards, Jaylen both on a pace to exceed the numbers Diaz put up last season.

Crim who had two goals and two goals and three assists after only seven games this season. "Jaylen is very athletic and has After beginning the season the ability to get behind the oppos-





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Wednesday, Sept. 19, 2018



Lamorinda Weekly Girls Water Polo preview

By Jon Kingdon



Acalanes goalie Ava Donleavy

monte had a combined 69-11 rehave gone on to play water polo for the top schools in the nation, both athletically and academically. As the 2018 season begins, opin Lamorinda.

Coming off a championship, undefeated season, Miramonte's girls water polo team only lost six seniors to graduation. However, when five of those seniors have gone on to play Division 1 water Photos Gint Federas

 \mathbf{D} y any and all standards, the polo in college, it can prove to be a D2017 girls water polo sea- shock to the system. As satisfying son would have to be declared a as winning a championship can success for the Lamorinda teams, be, Lance Morrison, in his second both singly and as a whole. year as the Matadors head coach, Acalanes, Campolindo and Mira- is not resting on his laurels: "Last year is over and we're not looking cord in the regular season and an back. We look at every year as a 11-2 record in the playoffs, which new set of cards. We want to be included a championship. Each in the conversation. Each year we of the schools also had girls that look at what we need to change and what we want to hold on to."

Despite losing so many key players to graduation, the cupboard is far from bare for Miratimism continues to reign supreme monte. Returning on offense is senior attacker Katie Lyons, who led the team last year with 99 goals, was third on the team with 50 assists and also led the team in steals, and is a key component for the Matadors. Says Morrison: "Katie has a strong competitive



with a unique ability to score and make plays."

Complementing Lyons will be junior center Sally Fellner and senior utility Abby Fleming. Morrison appreciates what each brings to the pool: "Sally is a top center and a very strong competitor who has been dedicated to working on her weakness and improving her strengths. I have coached Abby since her freshman year. She is very skilled and is always ready to attack when teams aren't looking. She has a big heart and cares a lot about this team."

Morrison is quick to point out that it's not individuals that make a team successful and that no one does anything by themselves but in fact everyone has to work together as a unit.

On defense, senior goalie Savannah Sherwood, who only gave up an average of 3.3 goals per game last season, which included five shutouts, leads the defense. Says Morrison: "Savannah is a top goalie in our area and beyond. She has good size, stature and athleticism. She is very long and athletic along with good instincts and intelligence and a real sense of where the ball will be which allows her to make big blocks. Savannah is a very good passer as well." In front of Sherwood is junior center defender Chloe Morrison who "is hard to set against."

With a 1-0 record so far this season, Miramonte will be competing in three tournaments - the Sierra Shutout, The Woodcreek Invitational and the Nor Cal Invitational.

of a team he has: "We need to play has also been a force as an at- Ava Donleavy for which Buchel all the top teams. One win against a tough team like Monte Vista is not enough to tell us where we stand. After we've played everyone at least once, we'll have a much better idea of where we are but, at this point, we need a few more games to know." Over the last five seasons, Miramonte has established themselves as a consistent powerhouse amassing a record of 112 and 26, demonstrating their ability to consistently play at a high level. Says Morrison: "We may have a bullseye on us as defending champions but I believe that it is because we are consistently a top program that

will compete at the highest level of play regardless of who we play. That's the culture we want. We want to look past what we can't control and find a way to compete."

Campolindo made it to the third round of last year's playoffs, losing to the ultimate winner of the tournament, Miramonte.

Head coach Kim Everist has approached this season with a to the college ranks. new attitude: "Our concept is aiming for more. We don't want to get too focused on the wins and losses. Our philosophy is to have a mindset on things that we can control. It's about striving for more and trusting each other."

Despite the graduation of three seniors that have gone on to play Division 1 college water polo, Everist speaks highly of her current roster: "We have a good senior group with a number that may go on to play at the next level as well. I'm really stoked. The girls are really determined to take care of the game. They are dialed in to the little details. They always show up and are ready to go."

This year's captains are seniors Christina Crum, a center defender and Zoe Crouch, a perimeter player who led off the season scoring six goals in the opening victory against Sacred Heart Prep. Everist appreciates the role and effort that they and the seniors are providing: "Our players are buying into accountability and the seniors are leading them and helping me keep the players in line."

are two juniors, attacker Nina right players." Morrison uses these tourna- Munson and perimeter Lola Cirtacker. Everist also singled out senior Jessica Henningsen who was a substitute last year but "this year she has been playing gangbusters." Senior Cam Sutter is returning as the team's goalie and is being backed up by another senior Katherine Hawkins. Everist has come to rely on assistant coach Joe Born to specialize on the defense. Born, who played at Miramonte and the University of California, has also coached for the Lamorinda Water Polo Club Team.

drive and is incredibly explosive teams want to beat every year. We but keeps her priorities straight: "I want them to have fun. I enjoy the kids and want them to enjoy the game."

> With a 21-5 record last season and a triple overtime loss in the third round of the playoffs to tournament runner up, Monte Vista, Acalanes head coach Mischa Buchel has approached this season with great optimism despite losing Bella Wentzel and Lauren Etnyre

> Beginning the season with six consecutive wins has done nothing to dampen Buchel's enthusiasm: "We have a number of players that played a lot last season and returned this year."

> In their six games, the Dons have only given up a little more than three goals per game which does not surprise Buchel: "Our defense is excellent. It is definitely going to be our strong suit this year and should only get better when junior Brooke Westphal, who does a little bit of everything for us, fully recovers from a concussion she suffered at the Junior Olympics this summer."

Junior Jewel Roemer, who played for the Women's Youth National Team in Serbia this summer and who is only in her second year playing for Acalanes, has proven to be a real force for the Dons, says Buchel. "Jewel has been incredible on both offense and defense. She has tons of steals and blow up plays. She has a great ability to read the play even before the offense players knows what they want to do. On offense she has Other key players on offense a real knack to get the ball to the

The goalie position is in the ments as indicators as to how good uli. Sophomore Tallulah Clancy very capable hands of sophomore finds great comfort: "As a freshman Ava was spectacular and has improved from there. She is a vocal presence back there and is a natural at directing traffic which is very helpful for the defense." Leading the offense is senior center Lexi Rowell, who is the key to the Dons' offense, says Buchel: "No one has been able to guard Lexi one-on-one. She gets a lot of space and is able to draw a lot of exclusions (when the opposing player is forced to leave the pool for 20 seconds). Our half court sets have been very good so far

Miramonte goalie Savannah Sherwood

Everist appreciates the early success of the Cougars who have this season." won four of their first five games

... continued on Page C3

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Moraga Baseball Pinto Champion Phillies

Submitted by Charles Murrin



Championship (7- and 8-year-olds) cap. The Championship capped a by sweeping a double header from terrific season by the Phillies who the Pirates on June 3 at the Saint went 14-3 on the year and placed The Phillies faced elimination in team. The Phillies were led by the first game, down 14-10 enter- Oliver Murrin, Jude Waide, Huding the bottom of the last inning son Ortland, Kian Malekafzali and but promptly rallied for five runs to Riley O'Toole and received strong claim the victory, 15-14. The Phil- contributions from Jake Pinedo,

The Phillies won the Moraga lies won the championship with a Brody Chapman, Henry Golin-

Photo provided

Baseball Association Pinto wire to wire 14-8 win in the night veaux, Cohen Pearse, Ethan Meyer and Baron Conrad in a great team performance. The Pirates also ended a fine season, having hand-Mary's College softball diamond. five players on the league All Star ed the Phillies two of their three losses. The Phillies were coached by Charley Murrin and Jon Waide. The Pirates were led by coaches Brian Shaffer, Brian Sullivan and Chad Hamilton.

Miramonte Gregory Austin selected for Goodwill Series

Submitted by Bob Williams

While attending a Stanford Baseball camp in July, Miramonte junior Greg Austin, Matador pitcher, was selected to play baseball for the American team are in the upcoming Goodwill Series, which will take place this coming players December in Australia and New and Olym-Zealand. Greg will play on a team pic team made up of high school players players. who were selected from across the ing with country.

This is the 25th year headed to host famithe land "down under." The jour- lies not only prepares players for The State Team Australian baseball munication as well.

players are the best in their country. Many professional Stay

Photo provided

ney helps prepare players for a their future host family endeavors future career as a baseball player, during collegiate summer leagues either at the collegiate or profes- and minor league baseball seasons, sional levels, as they need to be but it also allows them to appreciin top physical and mental condi- ate a new and exciting culture, diftion in order to compete every day. ferent customs, cuisine, and com-

A magical win for the 06 boys



Standing, from left: Ace Reeder, Kai Lucas, Andrew Lara Ramirez, Mack Fisher, Tiko Moodie, Kadin True, Faisal Shaghasi, John Tuggle, Aiden Rascher, Noah Rabinovitz, coach David Landeros; kneeling: Harlem Clemons, Paulo Trento, Pepukai Allard-Chigamba, Ryan Rho-Baity, Niko White, Khalil Rashad, Cyrus Rowley; not pictured: Drew DeFrancisci and James Jenkins. Photo provided

he U13 Magic Boys took first place in the San Francisco Golden Gate International Tournament Labor Day weekend. They won four out of four games and defeated Total Futbol Academy from Pasadena 2-1 in the Championship game. The boys came out strong and outscored their opponents 27 to 4 throughout the weekend. They displayed stellar offensive and defensive skills, which led them to their victory. They have had a very successful summer winning the last two tournaments.

Campolindo senior Teddy Buckley takes Ed Sias Invitational title

Submitted by Eric Yabu



ampolindo senior cross-country runner Teddy Buckley won the Varsity Small Schools race Sept. 8 at the Ed Sias Invitational at Hidden Valley Park in Martinez. He covered the hilly twomile course in 10:18, the second fastest in school history. His 11-second victory led his team to a second-place finish in a field of 18 teams and 130 runners.

Photo Jim Woidat

Submit stories to sportsdesk@lamorindaweekly.com

(we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)

Girls Water Polo preview

... continued from Page C2

job being the leaders on the team. will spend more time on." They are very encouraging to their teammates."

is how close the referees are call- we're not senior heavy, a lot of last ing fouls this year. The powers year's sophomores have stepped teams, says Buchel. "Instead of be successful, this is our year." 5-10 power plays, we may see 12-

This year's captains are Row- 15 power plays in some games. In ell, Alex Fellner and Kylie Walker that we were only 1-9 in power and have proven very helpful to plays against Carondolet earlier Buchel. "They are all doing a good this season, this is an area that we

With so many returning players this year, it has facilitated What is new for all of the teams the process for Buchel: "Though that be feel that the game has got- up. We've been able to jump into ten too physical so the officials things sooner. We have a clear will be calling more kickout fouls sense of each other and where we which is going to provide more wanted our players to line up. We power play opportunities for the feel that if we are going to do it and

Saint Mary's soccer

... continued from Page C1

Clarke has a leadership group of five players: Crim, Kelsey Clarke. "Kelsey is so competitive that she handles the on-the-

seen significant playing time defender Haley Prentice, forward learn, grow and develop as the Hill, Annyssa Dominguez, Anna Kaytlin Brinkman, midfielder season progresses," concludes Parker and Jasmine Edwards. Cady Hittenmiller and defender/ Clarke. "At this point, win, lose Each of the players has an area midfielder Amaya Tomlinson. or tie, our goal is to get 2 to 5 of responsibility, according to It is not an easy adjustment for percent better each game in every freshmen to step onto a college area of the game. The coaches varsity, Clarke says. "There is a use their video editing equipment field issues, seniors Dominguez big adjustment for the players to to break down every play and the and Edwards deal with the day- compete on this level. They are players wear heart rate monitors to-day stuff and all captain-re- competing against players that at in both practice and in games.

"This team will continue to lated issues, Parker is in charge this point have more size, power The bottom line is that we want

with individual players and Crim tinue to mature and put in the and as our players get more exhandles off the field community work in the weight room, they perience, we expect that to hapservice projects."

will certainly be able to compete pen." Four of the 10 freshmen have on a far more level plane.

of the locker room and meeting and speed. As our freshmen con- to compete for championships



Page: C4 Wednesday, Sept. 19, 2018

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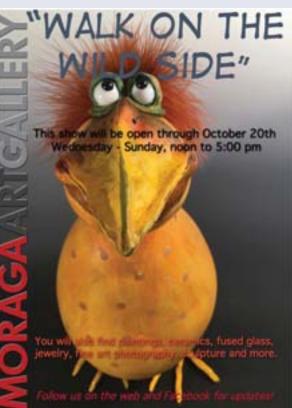


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Lamorinda Weekly Volume 12 Issue 15 Wednesday, September 19, 2018



Make your home an autumn oasis

By Amanda Eck



I love when the sun starts to set a little earlier and my thoughts turn to warm blankets, comfort food, and lazy rainy Sundays (hoping to see some much needed rain this fall). Even though our family schedule seems to pick up during the autumn months – basketball practice, after school activities, etc. – we try to take time in the evenings to slow down. We even have an 8 p.m. no electronics rule when school starts (that includes Mom and Dad). This helps us as a family focus on spending time reading, playing board games, or sneaking in a cup of hot cocoa before bed. I truly enjoy making our home cozy and inviting so we can be reminded to take time and enjoy one another during the autumn season and rest up before the crazies of the holidays hit.

Here are five of my favorite ways to summon autumn's splendor:

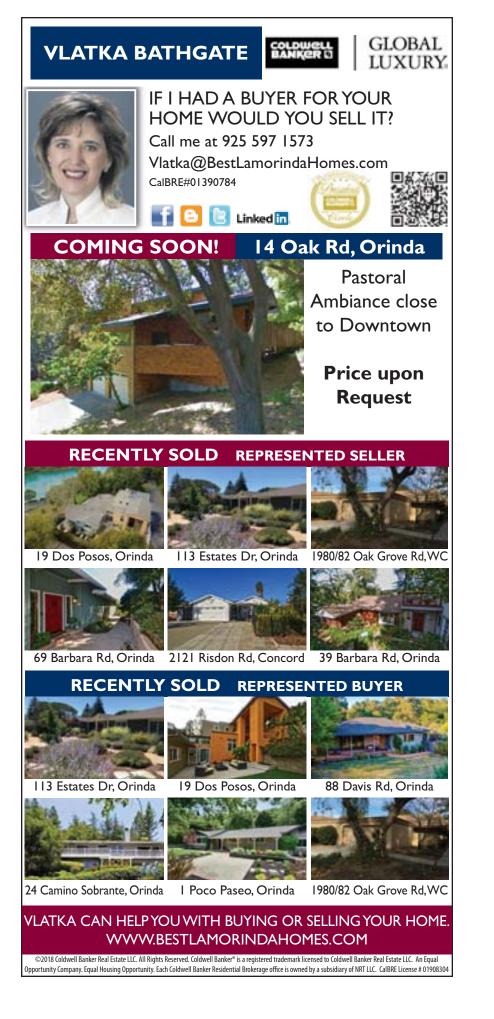
1) Fall Foliage: Once the trees start to turn to shades of orange and red I love to trim a few branches and bring them in. Now here in the Bay Area that might not happen until November, so I do have a few faux branches on hand I use in September and October. Local craft stores like Hobby Lobby or Michael's are great places to shop for faux branches. Try to look for stems that are realistic and avoid fake flowers. Instead, look for branches with leaves, seed pods, or small acorns on them. And of course once the leaves start to change grab your clippers and head outside.

2) Candles: If you asked my husband he would tell you I am a candle hoarder. I love candles. I especially love yummy fall scented candles. Pumpkin spice, cinnamon, and anything that smells like coffee! I also keep a stash of unscented candles. They make great accents for dinner parties or scattered through out the house to bring in a warm glow as the sun starts to set. If I had my way, our home would only be lit by candles when the sun sets – no lamps for me!

3) Fresh gourds and mini pumpkins: I was at Safeway last week and they already had their mini pumpkins out, so grab them while you can. Place mini gourds and pumpkins on the entry table or on your coffee table gathered in a bowl. If orange is not your color, try using the white mini-boo pumpkins; they coordinate with any décor from contemporary to farmhouse. And don't forget your front porch; large pumpkins are not just for Halloween anymore.

4) Fuzzy throws: I love to bring out the blankets when the temps begin to dip in the evenings. Pottery Barn has some beautiful cashmere blankets in warm autumn colors. ... continued on Page D4

Photo provided



Lamorinda Home Sales recorded

| City | Last reported: | LOWEST AMOUNT: | HIGHEST AMOUNT: |
|-----------|----------------|----------------|-----------------|
| LAFAYETTE | 9 | \$795,000 | \$2,900,000 |
| MORAGA | 3 | \$730,000 | \$1,328,000 |
| ORINDA | 13 | \$520,000 | \$3,456,500 |

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

- 8 Foothill Park Terrace, \$1,325,000, 4 Bdrms, 2902 SqFt, 1959 YrBlt, 8-22-18; Previous Sale: \$765,000, 07-23-10
- 105 James Place, \$1,950,000, 3 Bdrms, 1981 SqFt, 1965 YrBlt, 8-15-18; Previous Sale: \$1,365,000, 05-22-12
- 797 Moraga Road, \$1,845,000, 3 Bdrms, 2748 SqFt, 1950 YrBlt, 8-15-18; Previous Sale: \$170,000, 12-20-01
- 3279 Mt. Diablo Court #10, \$795,000, 3 Bdrms, 1731 SqFt, 1987 YrBlt, 8-16-18; Previous Sale: \$400,000, 10-20-00
- 1009 Pine Lane, \$2,900,000, 5 Bdrms, 4829 SqFt, 2003 YrBlt, 8-22-18; Previous Sale: \$2,100,000, 08-18-11
- 4033 Tilden Lane, \$1,740,000, 4 Bdrms, 3012 SqFt, 1986 YrBlt, 8-20-18; Previous Sale: \$1,700,000, 12-15-16
- 3275 Vals Lane, \$1,795,000, 3 Bdrms, 2656 SqFt, 1949 YrBlt, 8-22-18; Previous Sale: \$1,176,000, 07-14-11
- 1013 Windsor Drive, \$1,000,000, 3 Bdrms, 1756 SqFt, 1960 YrBlt, 8-16-18
- 1003 Woodbury Road #103, \$1,200,000, 2 Bdrms, 1638 SqFt, 2015 YrBlt, 8-17-18; Previous Sale: \$1,220,000, 08-04-16

MORAGA

- 1913 Ascot Drive, \$821,000, 2 Bdrms, 1379 SqFt, 1973 YrBlt, 8-22-18; Previous Sale: \$810,000, 03-20-18
- 2028 Ascot Drive, \$730,000, 3 Bdrms, 1660 SqFt, 1972 YrBlt, 8-17-18; Previous Sale: \$500,000, 08-27-04
- 33 Thorndale Place, \$1,328,000, 4 Bdrms, 2171 SqFt, 1968 YrBlt, 8-14-18 **ORINDA**
- 67 Brookwood Road #11, \$520,000, 2 Bdrms, 897 SqFt, 1963 YrBlt, 8-17-18; Previous Sale: \$38,000, 02-09-76
- 1 Daisy Lane, \$1,365,000, 4 Bdrms, 1988 SqFt, 1973 YrBlt, 8-21-18; Previous Sale: \$561,000, 08-13-99
- 11 Daisy Lane, \$1,400,000, 3 Bdrms, 3354 SqFt, 1973 YrBlt, 8-15-18; Previous Sale: \$1,150,100, 11-19-14
- 88 Davis Road, \$1,400,000, 3 Bdrms, 2489 SqFt, 1941 YrBlt, 8-23-18; Previous Sale: \$760,000, 04-16-04
- 33 Don Gabriel Way, \$1,250,000, 3 Bdrms, 1845 SqFt, 1949 YrBlt, 8-16-18; Previous Sale: \$950,000, 12-06-05
- 188 Ivy Drive, \$1,820,000, 5 Bdrms, 2649 SqFt, 1953 YrBlt, 8-22-18; Previous Sale: \$900,000, 08-23-04
- 53 La Espiral, \$1,250,000, 3 Bdrms, 1688 SqFt, 1954 YrBlt, 8-22-18; Previous Sale: \$785,000, 07-27-09
- 86 Meadow View Road, \$2,050,000, 5 Bdrms, 3248 SqFt, 1951 YrBlt, 8-16-18; Previous Sale: \$675,000, 11-15-96
- 491 Moraga Way, \$760,000, 3 Bdrms, 1832 SqFt, 1950 YrBlt, 8-23-18
- 9 Rich Acres Road, \$1,630,000, 4 Bdrms, 2642 SqFt, 1987 YrBlt, 8-22-18; Previous Sale: \$100,000, 04-28-86
- 204 The Knoll, \$965,000, 2 Bdrms, 2116 SqFt, 1974 YrBlt, 8-17-18
- 19 Valley View Road, \$3,456,500, 5 Bdrms, 4375 SqFt, 1966 YrBlt, 8-16-18; Previous Sale: \$3,220,000, 04-01-13
- 28 Via Callados, \$1,665,000, 4 Bdrms, 3288 SqFt, 1976 YrBlt, 8-14-18; Previous Sale: \$1,425,000, 07-31-15



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Make your home an autumn oasis

... continued from Page D1





Photos provided

For a less expensive option HomeGoods carries an array of blankets this time of year. Throw one over the sofa, on your favorite chair, or at the foot of your bed. There is nothing more comforting than a fuzzy throw on a chilly afternoon.

5) Bake something: And last but not least – bake something yummy! Even if baking is not your thing, head to Trader Joe's and pick up a box of pumpkin bread. No one will ever know. Those who know me, know I don't enjoy cooking or baking, but for some reason when fall arrives I make an exception. All things pumpkin for this girl. I even add some organic canned pumpkin to my morning smoothie. If you're not into sweets, then pull out the Crockpot and try some new fall soup recipes. Pinterest is a great resource for Crockpot ideas.

I hope you enjoy my easy autumn tips and I wish you a wonderful, cozy week!

As the Owner and Principal Designer of Lamorinda-based Amanda Carol Interiors, Amanda Eck believes your home's interior should be both approachable and well- appointed. She often asserts, "Beauty is a necessity."

With a distinct sense of style that mixes contemporary and classic design she fashions spaces that are both elegant and inviting. Her design aesthetic is inspired by anything visual but especially fashion, architecture and art.

Visit http://amandacarolinteriors.com for more design ideas.



Amanda's Comfort Soup

(this can be made in the Crockpot or on the stove)

INGREDIENTS

2 cups of chopped celery
2-3 cups of chopped carrots
3-4 cloves of garlic (I use Trader Joe's frozen garlic)
4 cups of chicken or vegetable broth
2 cans of diced tomatoes
1 can of white beans
Chopped spinach or kale (optional)
Seasonings: sea salt, garlic powder, onion powder, Italian or any herb seasoning
1 package of cheese tortellini (in the refrigerated or frozen section)

DIRECTIONS

Sautee celery, carrots and garlic in olive oil until soft. Add all the other ingredients except tortellini (this will be added 5-10 minutes before serving). Bring to a boil then reduce heat to medium low for 30 minutes to 1 hour or set Crockpot for 4-5 hours on high.

Enjoy!



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SHIFT IN THE MARKET

Starting in late Spring and continuing through the Summer we have seen signs of the market beginning to soften for certain properties in Lamorinda. We thought it would be useful to share our observations on this new trend and what buyers are prioritizing in today's market. This is particularly useful information if you are considering selling your home in the near future.

The predominate trend is that buyers are willing to pay a premium for homes that were just completely remodeled or new construction. Most buyers moving into Lamorinda are two income earners or work tons to be able to afford to buy. The idea of remodeling seems time consuming and daunting and buyers today value time more than ever.

Along the same lines buyers are picking convenience and are increasingly less concerned about picking the "right" neighborhood. They want easy access to transportation, shopping and restaurants and are extremely commute conscience.

Flat yard space remains consistently important. For many buyers the yard does not have to be huge, but it must feel usable. Despite how environmentally unfriendly grass can be, especially in drought years, buyers still want grass and an area that they can see their kids, dog or friends recreating outdoors.

Location is impossible to alter and yard space is hard to change (although often there are creative ways to make your yard more user friendly). Also, remodeling may not be an option or something that sellers want to take on given the expense and inconvenience of a large remodel project. As the market changes it is important to understand that after eight years of market growth we are possibly shifting towards a buyer's market unless a property checks every box in terms of location, yard space



and updates. See the Market Update section of our website for further details and market insights.

For a more comprehensive discussion see the Market Update section of our website at MartinHomesTeam.com.

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COMPASS

Digging Deep with Cynthia Brian **Splish splash** By Cynthia Brian

"Happiness is a day by the pool."



The gazebo anchors the pool in this pretty backyard.

Photos Cynthia Brian

can't remember if I first learned to swim in the creek behind our house or in the big round cattle troughs in the hills. Growing up on the ranch both locations offered a cool respite from the heat of the day, however it was the makeshift pool at the end of the September grape harvest when my dad would wash out the gigantic tanks used to haul the grapes to the winery that gave us the most joy. We'd fill the bins with well water and we'd have an instant deep swimming pool, albeit with the strong scent of fermentation. Splashing around in pink water was grand amusement!

By the time I was a freshman in high school, our parents decided it was time for a real pool. Since we lived in the boondocks, 12 miles from the nearest town, they knew that if we had a pool, all of our friends would hang out at our house and my parents could keep a watchful eye on their five children. My dad got on the Caterpillar tractor, dug a big hole, and built us a pool. True to our parents' expectations, the pool was an instant hit, complete with a plethora of screaming teens playing Marco Polo.

My Mom went to work landscaping around the pool, creating lounging areas, installing umbrellas, adding two brick circles with wrought iron patio tables and chairs, and of course, plenty of containers of flowers. Today that original pool is still the focal point of our ranch entertainment where we gather for swimming, barbecues, bonfires and family fun.

... continued on Page D12



Whether helping first-time home buyers & move-up buyers or downsizing empty nesters & seniors, I want my clients to live well at every stage of their lives. I'll

do whatever it takes to help them enjoy a seamless transition from one of life's passages to the next. This is my promise.





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Digging Deep with Cynthia Brian **Splish splash** ... continued from Page D10



A long, shallow pool perfect for floating.

The next best thing to an ocean, lake or river view is a pool in the backyard offering a bucolic vista with the sensibility of nature. A swimming pool has the ability to anchor a landscape. Learning to swim is a necessary life skill and the exercise of swimming is one of the best full body workouts. Much research has been done on the calming effects that being around water has on humans. Stress levels are lowered by designs with both green and blue spaces: the green being plants and trees and the blue are water features.

I am a water baby and a nature girl with an urgent need to be surrounded by both. Whether you want to incorporate a pool that resembles a natural lake or a lap pool for strenuous swimming, having a private pool will offer you, your family, and friends years of enjoyment while enhancing the beauty of your garden. Children and teens not only get playful exercise but the pool will become a hub of activity with birthday parties and other celebrations. And, you'll know where they are and with whom!

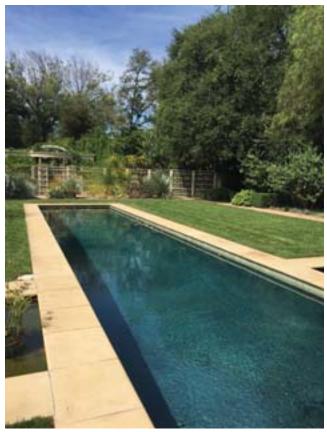
In the recent article "Poolside Living" by Cathy Dausman (https://www.lamorindaweekly.com/archive/issue1214/Poolside-living.html) suggestions for installation were chronicled. Make sure to add solar to your budget for both the economic and environmental benefits. If you've been pondering the idea of adding a big splash of water to your landscape, this is the month to take the plunge in order to be ready for the next summer season.

Although I savor the memories, I doubt I'll ever swim in a cattle trough or grape tank again, but I will always be ready to dip into a cool pool.



Splish, splash we are taking a bath! Even these geese love private pools!

Wed., Sept. 19, 2018 OUR HOMES PageD13



Lap pool, flanked by lawn, with an ethereal arbor at one end.



Trees cast striking shadows on this tranquil pool and spa.

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Wednesday, Sept. 19, 2018

Cynthia Brian's Mid-Month Gardening Guide

WATER lawns and perennials deeply and thoroughly. September is notoriously hot and it's essential to keep an eye on your plants. If they are drooping, they are thirsty.

IRRIGATE succulents, cactus, and native specimens sparingly as their water requirements are minimal.

HYDRATE yourself constantly. Don't garden in the heat of the day as you could get dangerously dehydrated. Toil in the morning and the evening.

CUT back hollyhocks to the ground once they have finished flowering. Save the seedpods to share with friends. Within a few weeks, you'll see new green growth as the hollyhocks will continue to thrive.

PRUNE fruit trees after harvesting.

STAKE any smaller trees that may break in winter winds.

CONTINUE deadheading roses and flowering perennials to prolong the blooms until winter.

DONATE to Operation Fire Disaster Relief to help in California's recovery. www.BetheStarYouAre.org

RAKE leaves as they fall and put them in the compost bin. If you can shred the leaves, they will compost quicker.

KEEP mulch away from trunks of trees and around shrubbery. **BEGIN** preparations to renew lawns. October is the month to reseed or install a new lawn. Research what type of grass you want to install. I'm a fan of Pearl's Premium. Check it out online at www. PearlsPremium.com.

GRAB some freebies while visiting me and other contributors to my eighth book, "Be the Star You Are! Millennials to Boomers Celebrating the Gifts of Positive Voices in a Changing Digital World" at the Pear and Wine Festival from 11 a.m. to 3 p.m. Saturday, Sept. 22. Get your books autographed with sales benefitting literacy outreach projects. Visit http://www.CynthiaBrian.com/books. Thank you to Lamorinda Weekly for sponsoring.

COLLECT seedpods from marigold, bachelor button, amaranth, calendula, Four O'clock, hollyhock, zinnia and forget-me-not. Spread on a cookie sheet to dry or place in brown paper bags. Next month they will be ready to scatter for a reward of flowers in spring and summer.

PLACE hay under growing pumpkins to keep them from rotting. **PLANT** asters, the colorful workhorse of the fall garden that create habitats for pollinators and grow in poor soil.

SWIM and enjoy the final days of summer. If you are considering installing a pool, start the design process now. Find inspiration in the photos in this issue.

Happy Gardening. Happy Growing.

Cynthia Brian



Lights in and around a tropical pool add elegance to the night landscape.



An elegant cabana offers pristine poolside dining.



Lush landscaping plus swimming, volleyball, and a waterfall.

A serenity pool mimics a natural lake.



Cynthia Brian lecturing at Writer's World with her eight published books.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are1* 501 c3. Tune into Cynthia's Radio show and order her books at www. StarStyleRadio.com.

Buy a copy of her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www. cynthiabrian.com/online-store. Available for hire for projects and lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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