

Life in LAMORINDA

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EBMUD Declares Water Shortage

The long term challenge

Water supply and usage is a long term question. In ways of water rights, the more ancient user has priority; local residents around the Mokelumne River have seniority and might reclaim more of their water some day. Recent climate change studies have shown that an elevation in the average temperature in California will raise the demand for water, increase the evaporation and reduce the water supply from the snow pack. EBMUD is aware of these challenges and has been engaged in studies and planning for years. The conclusion is that our water supply needs to improve in two areas: the amount of surface water that is channeled here and the quantity of water stored.

EBMUD's long term plan

We, as tax payers, have been financially contributing to the Sacramento water system since the 1970's. Only recently, after years of legal battles, has EBMUD finally won the right to use that water in times of drought. The plan is called the Freeport Regional Water Project and by 2009 we will be able to use the Folsom South Canal to get water from the Sacramento River. As far as storage is concerned, our capacity is still too limited; we do not have the means to store during wet years. Several projects have been studied, including an underground aquifer under southwest San Leandro and San Lorenzo, but residents don't want to see water collection under their homes. Dams are very controversial and it is quite unlikely that any will be built in our area. That leaves us with desalin-



ization and recycled water. The North Marin Water District is relying on recycled water to offset potable water demand. It is scheduled to deliver irrigation water from its recycling facility by this summer. It will service a golf course and the Novato Fire Department District and reduce the demand on the fresh water from the Russian river. EBMUD wants to use all possible venues to secure our water supply: conservation, ground water storage, surface storage, recycled water and collaborative projects with other water districts. EBMUD's Charles Hardy from EBMUD explains: "We will never have enough water, we will never have enough storage. EBMUD has to use many different tactics and techniques to secure the future. Collaboration between water districts is the only way. Right now, we are

partnering with 3 other water districts on a desalinization project and after 5 years of study, we are very close to mapping it out."

Conservation is the only instrument in our own individual hand. EBMUD has been advocating it for years, providing rebates for water saving hardware, granting seed money for schools that include conservation in their projects, publishing books on drought resistant landscaping. Some home and business owners have started to collect rain water in tanks - take the "Barn Tour" in Moraga on May 5th to see an example of this technique. For now, if we watch our usage and 2007/2008 winter isn't too dry, our Utility agency expects it will prevent us from reaching the 450 TFA level at which it can decide to implement mandatory rationing and raise the rates.

- Tips to save water:**
- water your garden 3 times a week
 - water after sunset
 - find and fix all leaks
 - install a high efficiency washing machine (and get a rebate)
 - install a high efficiency toilet (and get a rebate)
 - install a WaterSmart Irrigation Controller (and get a rebate)
 - plant a drought-resistant garden (and get a water-smart landscape rebate)
 - dry wash your car or have it washed in a place that recycles water
 - get free conservation devices from EBMUD such as low-flow showerheads or faucet aerators

What Price, Beauty?

By Cathy Tyson

With a median family income of \$134,700 in 2005 dollars for Lafayette, Moraga and Orinda, there appears to be more than a few disposable dollars available for self-improvement in the neighborhood. Getting a haircut is required maintenance, but for most people a caviar facial, or leg waxing could be considered more of an optional treatment. Although, to be fair, what woman really wants a mustache? Upper lip waxing surely falls into the category of required maintenance. For many area residents treating themselves to these non-essential services becomes part maintenance, part anti-aging and part pampering. One thing's for sure, natural beauty doesn't come cheap.

Best foot forward

There are thirty-nine nail salons in Lamorinda, reflecting the number of regular customers, among them men, women and college students. With prices starting at \$12 for a manicure at an inexpensive shop to \$29 at a more upscale salon, having your nails done has gone from a treat to regular maintenance. Pedicures are a bit more expensive, but most salons offer a discount on clients getting both done. "My husband likes me to have my nails done," reports one patron recently at Anna's Nails in Moraga. Her friend in the next chair comments, "Summer is coming and my nails just needed it."

Why stop there?

Kimberly Nelson, an esthetician at Shelby Sexton salon, gives usually 4 facials a day. The 80-minute Caviar Collagen Facial at \$150 is one of her most popular and most expensive treatments. She reports her clients feel like they've had a massage, and that they can escape at the salon and pamper themselves.

Shirley Takeuchi, owner and esthetician of Reflexion in the Rheem Shopping center has quite a few clients in for regular waxing, but her Repechage Four-layer facial at \$100 is her most popular treatment. This is especially done before parties, because of its plumping, line diminishing properties. She also does hand and face microdermabrasion.

Lasers, injectables and peels

For those willing to kick it up a notch, Dr. Kristin Walker in Orinda was voted best Dermatologist, by the Lamorinda Moms Club this year. Dr. Walker estimates that overall approximately half of her patients are men, but with regard to anti-aging procedures roughly 75% of clients are women between 35 and 45. Botox for forehead lines and Restylane for nasolabial folds are her most requested treatment.

"IPL - Intense Pulse Light via their state of the art Cutera machine is another very popular treatment, because it gives such good results," says Physician's Assistant Nikki Satovsky. She has between 15 and 30 clients a week for this procedure. Laser hair removal is also done in their office, as is spider vein treatment. Satovsky continues, for clients willing to go all the way, she recommends IPL for brown spots, then Botox and Restylane for fine lines and filling, then a chemical peel to polish the whole face. Prices for all treatments vary from client to client, depending on the amount filler, sunspots, etc. and are determined at consultation.

Whether its California sun damage, acne scars, or just vanity; getting a little professional help is more acceptable now than ever. Is it maintenance, or because I'm worth it? Does it really matter?



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