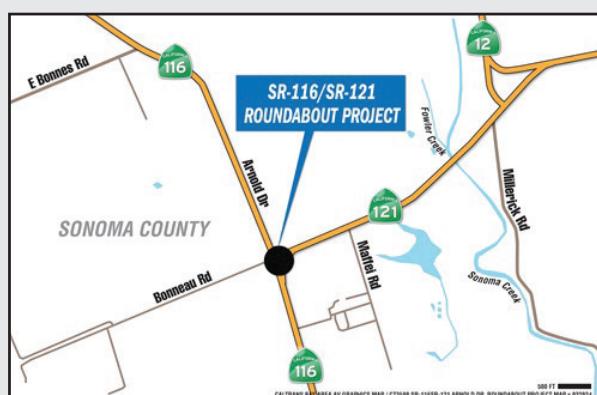


How to Use a Roundabout: (California DMV Guidelines)

- Slow down as you approach the roundabout and be prepared to yield.
- Yield to traffic already circulating in the roundabout. Vehicles inside the circle have the right of way.
- Look to your left for approaching traffic before entering.
- Enter the roundabout when there is a safe gap. Do not stop once you have entered.
- Travel in a counterclockwise direction at all times. Never drive the wrong way.
- Choose your lane before entering, based on your intended exit. Follow pavement markings and posted signs.
- Do not change lanes while inside the roundabout unless markings indicate it is permitted.
- Use your turn signal as you prepare to exit. Signal right just after passing the exit before the one you intend to use.
- Watch for pedestrians in crosswalks at roundabout entrances and exits, and yield as required by law.
- Be alert for bicyclists. Bicyclists may ride through the roundabout like other



Source: CalTrans

The location of the new roundabout in the Sonoma Valley at highways 116 and 121.

vehicles or walk their bikes in crosswalks.

- Large vehicles may need extra room. Avoid driving next to trucks or buses inside the roundabout.

- If you miss your exit, continue around the circle and exit the next time. Do not stop or back up.

Roundabouts are designed to improve traffic flow and reduce serious collisions by slowing speeds and eliminating head-on and left-turn crashes. When used correctly, they are safe, efficient, and easier to navigate than they may appear at first glance.

Why safety becomes part of brain health as we age

By Dr. Raj Kalra

When we think about brain health, memory is often the first thing that comes to mind. We worry about forgetting names, misplacing items, or losing our train of thought. Yet changes in the brain often appear in quieter, less obvious ways. One of the most common - and most overlooked - places they show up is in everyday safety.

As we age, tasks that once felt automatic can require more attention. Balance, reaction time, judgment, and awareness of surroundings all depend on the brain working smoothly behind the scenes. When these systems begin to slow, even subtly, the signs are not always dra-

matic. They may appear as a stumble, a near fall, a moment of confusion, or a decision that feels slightly out of character.

Falls are a good example. While they are often viewed as purely physical events, staying upright is just as much a cognitive process. The brain must rapidly process visual input, anticipate movement, and respond to changes in the environment. When the brain is working harder to keep up, the risk of falling naturally increases. A fall can affect confidence and independence, which in turn influences overall well-being and engagement.

Disorientation or wandering can be equally difficult for families to understand. These moments are rarely intentional. More often, they reflect changes in how the brain processes direction, familiarity, or time. With thoughtful support and the right environment, many of these situations can be managed gently, reducing stress

Continued on page 14

Fire Victims – from page 1

ule for which has been set by the San Francisco Superior Court presiding over this case, are required to finalize that process. Once the necessary steps have been completed, the Trust will be able to disclose the final terms of the settlement in a filing with the Bankruptcy Court that will also be posted on this website. We anticipate receiving the settlement funds in spring or summer 2026, which will allow the Trust to make the final pro rata distribution to eligible Fire Victim Claimants."

The trust was established in 2020, three years after the wildfires, in order to oversee the distribution

of funds secured in a lawsuit against PG&E. The trust has generated scrutiny and drawn concerns based on its administrative expenses, and a costly lobbyist who was dismissed amid charges of inappropriate sexual behavior.

The last payment will be meager. "The final pro rata distribution to Fire Victim Claimants is expected to be no more than one percent," Yanni posted.

In total, the trust will have paid out \$13.7 billion, buoyed in part because PG&E's stock value somewhat rebounded after it declared bankruptcy.

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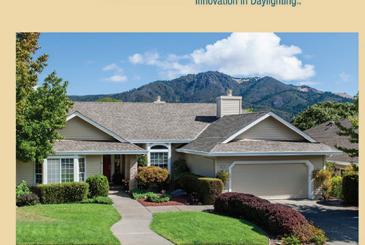
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and improving safety without compromising dignity.

Medication routines can also become more challenging over time. Remembering what to take and when requires attention and organization. Even individuals who have managed medications reliably for years may begin to struggle, particularly during periods of stress or illness. Simple supports can help prevent confusion and maintain health.

Driving is often the most emotionally charged safety topic. Changes in reaction time, attention, or judgment may not be obvious in conversation, yet they matter greatly behind the wheel. These conversations are never easy, but they are rooted in care and concern - not loss.

One of the greatest challenges families face is the belief that independence must be preserved at all costs. Independence is deeply important, but it does not mean doing everything alone. True independence is about living safely, staying engaged, and maintaining dignity. When safety concerns are ignored in the name of independence, small issues can sometimes grow into moments that disrupt confidence, health, and quality of life.

In 2026, our understanding of aging continues to evolve. We increasingly recognize that proactive safety measures are not signs of decline or failure, but thoughtful acts of care. Supportive environments, occasional supervision, and the mindful use of technology can reduce risk while allowing individuals to remain active, valued, and connected. Addressing safety early often helps preserve function, confidence, and peace of mind for both individuals and their families.

Safety is not separate from brain health; it is part of caring for the whole person. Paying attention to safety allows us to notice when the brain may need a little more support and gives us the opportunity to respond gently before challenges become overwhelming.

As we rethink what it means to age well, it helps to view safety not as something that takes away independence, but as something that protects it. When safety is in place, people are freer to focus on what truly matters - relationships, purpose, and moments of joy - while moving through each stage of aging with dignity and grace.

Dr. Raj Kalra is the founder of Aroha Memory Care, a lifestyle medicine and wellness-based memory care community dedicated to supporting older adults with dementia. Aroha Memory Care is now open and welcoming tours. For more information, visit www.arohamemorycare.com.

Puzzle Answers – from page 4



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Miller and Griggs tie the knot

Source: Mary K. Miller

Kenwood Press writer Mary K. Miller and her long-time partner Chuck Griggs of Glen Ellen married on December 29 in a civil ceremony at the Sonoma County Clerk's Office in Santa Rosa. They were joined by their three sons, Stony Hill Winemaker Reid Griggs, business executive Austin Griggs and SRJC student Christopher Miller. The couple met at a birthday party for the bride's brother, a friend and colleague of the groom. "After 18 years together and building a beautiful home in Glen Ellen, we decided it was time," the bride said.



Reader Photos

Hot competition on Dawn Hill Road (Below)

Source: Beth Tudor

The Dawn Hill neighborhood, off Warm Springs Road in Glen Ellen, held its first annual Chili Cook Off in 2025. There were about eight chili entries and the same number of cornbread contestants. Over two dozen neighbors showed up, and everyone voted for their favorites. The competition was fierce, but Beth Tudor won for the Best Cornbread Recipe and Julianne Roth won for the Best Chili. In the past year, the residents have hosted a rib cook off and progressive dinner parties moving from house to house. Roth says, "We like to think we live in the best darn neighborhood in Sonoma Valley!"



Source: Pam Kersch

Pam and Kit Kersch visited family in Rome over the holidays, and posed in front of the Pieta in St. Peter's Basilica in Rome. "We take the Kenwood Press with us wherever we go," Pam said.



Source: Stan Harvey

Stan Harvey and Chris Mullins of Oakmont with the Kenwood Press in Curaçao during a stop on their way to the Panama Canal.

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