

THE ARK



inside
FIRE OFFICIALS SAY SUMMER TO BRING ABOVE-NORMAL RISK

Page 5

LITTLE LEAGUE ALL-STARS OFF TO A HOT START IN DISTRICT PLAY

Page 7

ARK HONORED WITH NATIONAL AWARD FOR EXCELLENCE

Page 9

WEDNESDAY, JULY 6, 2022 | Weekend Weather: ☀ Friday 66° 54° ☀ Saturday 68° 54° ☁ Sunday 64° 53° | thearknewspaper.com

One killed after boats collide off Angel Island

By **KATHERINE MARTINE**
kmartine@thearknewspaper.com

A Contra Costa man died last week after a boating collision off Angel Island threw him into the water and left his boat spinning out of control.

The San Francisco Medical Examiner's Office identified the man as 65-year-old Michael Wells. The S.F. Police Department and the Marin County Sheriff's Office were investigating the June 30 incident.

The collision between Wells' 25-foot center-console motorboat and a sailboat was reported to the U.S. Coast Guard shortly after 2 p.m. Coast Guard Petty Officer Taylor Bacon said Wells was ejected, leaving the boat unmanned and spinning in the water about halfway between Angel Island and Sausalito.

According to Bacon, the four people in the sailboat were able to pull Wells from the bay, but he was unresponsive. The Coast Guard then transferred Wells to authorities in Tiburon, where police spokeswoman Laurie Nilsen said

See **ACCIDENT, PAGE 14**

holiday edition

EDITOR'S NOTE — *The Ark went into early production Friday, July 1, rather than on Monday due to the Independence Day weekend holiday. News from the weekend will appear in the July 13 edition.*

City balking at key requests in Mallard Pointe proposal

In accepting application, officials say project doesn't qualify for apartment, height, parking waivers without more affordable units

By **KATHERINE MARTINE**
kmartine@thearknewspaper.com

While Belvedere has now deemed the revised application for the 12-unit Mallard Pointe redevelopment project complete, the city has delivered an early roadmap of obstacles for the proposal, setting up a potential battle over key waivers on which the plans ultimately rely.

Filed at the city's June 23 deadline, Director of Planning and Building Irene Borba's letter of completeness — an otherwise routine document that acknowledges the city's received all the required application forms — said the project as submitted isn't

See **PLANNING, PAGE 11**

Months after initial infection, Belvedere woman continues to suffer effects of long COVID, with collapsed lung that may never recover

'A silent partner inside your body'



ELLIOT KARLAN / FOR THE ARK

Savannah Murphy of Belvedere sits in reflection at her office last month. A breast-cancer survivor, she's now fighting ongoing symptoms of long COVID after being infected around Christmas.

By **DEIRDRE McCROHAN**
dmccrohan@thearknewspaper.com

Belvedere resident Savannah Murphy's personal ordeal with COVID-19 began Dec. 23, more than 20 months after the start of the pandemic shutdown, at a time when most people started returning to normal life with air travel and in-person gatherings.

Her ordeal hasn't ended yet. Murphy, 61, had already received the vaccine and a booster shot when she developed a worsening cough and fever — enough that she went to her hospital's emergency room for a PCR test on Christmas Day. The test was positive, so she went home, planning to hunker down in insolation for a week to ride it out.

Instead, she was back in the hospital within two days, felled by severe back-to-back waves, the first of which attacked her respiratory system and collapsed her left lung. The second attacked her alimentary canal — esophagus, stomach, intestines — and caused excruciating abdominal pains.

Murphy remained in the hospital until the end of January, discharged with oxygen and sent home with a nurse visiting her

See **COVID, PAGE 16**

Cinelounge kicks off ticket sales, memberships ahead of theater's debut

By **DEIRDRE McCROHAN**
dmccrohan@thearknewspaper.com

Hollywood veteran Christian Meoli says his new Cinelounge Tiburon movie theater at the former Tiburon Playhouse location

will open online sales to tickets and memberships today, July 6, ahead of a July 15 soft opening to feature the highly anticipated "Where the Crawdads Sing," based on the best-selling 2018 novel of the same name.

"In this environment, it's been a

scramble to get things delivered on time and to arrange everything," Meoli said in a telephone interview, still unsure whether he'll get the blessing of the county health

See **CINELOUNGE, PAGE 20**

Belvedere 6 | Sports 7 | Education 8 | Police Logs 12 | ArkBeat 23 | Classifieds 25

Volume 50, Issue 27, 28 pages • \$2



Digital replica: arkn.ws/DigitalEdition Follow us online: facebook.com/thearknewspaper twitter.com/thearknewspaper instagram.com/thearknewspaper



Cannell Insurance Group

"Stephanie is really fantastic, and I don't use that word lightly. In addition to be incredibly responsive, she is very strategic and clear in her advice. She shepherded us through what was (at least for me), a fairly complicated set of issues. Would strongly recommend working with her." - C.W. Mill Valley

Home • Auto • Umbrella • Life • Business • Earthquake • Flood

232 E Blithedale Ave, Suite 206 • Mill Valley, CA
415.388.7979 • 415.302.2989 cell • 415.388.7980 fax

COVID, *continued from page 1*

daily to take her temperature and check her oxygen levels. She was in and out of the hospital through mid-February, when she moved from Cupertino to Belvedere, which has the moister air her pulmonologist deemed healthier for recovery.

She took frequent COVID-19 tests, each one coming back positive for another month, through the end of March. Since then, her respiratory symptoms have persisted, and she and her pulmonologist don't know when, if ever, her left lung will function again.

About 1 in 5 suffer enduring symptoms

Murphy is one of the millions of coronavirus victims who contracted it and survived, but she's also among the roughly

one in five to suffer from long COVID, or post-COVID syndrome, which can emerge a month or more after the end of the original infection. Sometimes it can appear even in those who tested positive but didn't have symptoms.

Victims find that they have developed one or more medical conditions including muscle and joint pain and weakness, profound fatigue, shortness of breath, cough, headache, loss of taste or smell, hearing loss, cognitive and mood disorders and other debilitating symptoms that don't seem to be going away and have made it difficult if not impossible to return to normal life. Research shows impaired memory and loss of concentration lasting six months or longer.

Dr. Kristin Englund, an infectious-disease specialist who founded and directs the Cleveland Clinic's Post-COVID Cardiovascular Recovery Center, has called it the "pandemic after the pandemic."

Even before COVID, Murphy had experienced her share of health challenges. In 2018, she was diagnosed with breast cancer, which runs in her family, and had a double mastectomy.

It was after she moved to her little 1950s hillside house on Belvedere Island on Feb. 10 that she contracted pneumonia, which she says has been worse than COVID itself. It

continued through March and April and racked her with pain and fatigue.

"For the majority of the day, I slept about 19 hours a day," she says. "I tried to keep a log of my sleeping for the first two months. It was almost a comatose thing. I would get up and take my temperature and then go back to sleep. At the best, it was 101; at the worst, 105. If I stayed awake an hour and a half a day, that was lucky."

"I got through COVID with a fair amount of confidence I would live, but when I got the pneumonia, I thought I was going to die," she says. "The intense pain and anxiety and sweats that I got from the pneumonia was horrific. I knew this was it. That's the only time when my friends were asking if they should come out. That was the worst."

Even with the pneumonia behind her, the symptoms of long COVID persist. Her left lung has not recovered, and her sense of smell has not returned.

"This is a whole different ball game," Murphy says. "My stomach trouble is gone, but my breathing and my respiratory system are affected. In the middle of the night, I will awaken short of breath. My lungs are so compromised. Today is an example. I worked this morning, and this afternoon I just fell asleep and woke up at 5:17 p.m. Long COVID is like a silent partner inside your body."

She says people have been wonderful.

Because she didn't know anyone locally, she put a post on

See **COVID, PAGE 19**

PC HELP!
Win and Mac for Tiburon & Belvedere

- All Software, Hardware & Internet (Mac & Win)
- Troubleshooting, Advice, Installation & Training
- Office Productivity & Networking Specialists
- 24/7 Security for Internet, LAN & Remote Access
- Wireless & Mobile Technologies
- On-site or Telephone, Home or Business
- Satisfaction Guaranteed!

Call the Professionals 24/7:
415-435-8510 | 415-577-9494

PCMarin.com




Family and Cosmetic Dentistry
Dental Implants
Invisalign

Bob Nadjibi, D.D.S.

Offices in Tiburon and Corte Madera
Tiburon: 435-3050
Corte Madera: 924-4760
www.tiburondental.com

*New patients and emergencies welcome

TIBURON DENTAL



The Largest Marin-Based Alarm Company

Same ownership for 27 years.

Mill Valley 388-5355
San Rafael 459-1122



REDWOOD SECURITY SYSTEMS, INC.

State Contractor's License #426887
Alarm Operator's License #AC0219

SEWER PROBLEMS?
MARIN ROTO-ROOTER CAN HELP

WE OFFER

- ◆ SEWER LINE VIDEO & LOCATING
- ◆ SEWER LINE REPAIR & MAINTENANCE

PLUS

- ◆ TRENCHLESS SEWER LINE REPLACEMENT
- ◆ SEWER LINE INSTALLATION



ROTO-ROOTER PLUMBERS

65 YEARS
FAMILY OWNED & OPERATED 1957-2022
License #288461

NOVATO
CHAMBER OF COMMERCE
Small Business of the Year 2013

SCHEDULE SERVICE TODAY AT 415-878-7686 (415-878-ROTO) OR VISIT MARIN-ROTOROOTER.COM

COVID, *continued from page 16*

community website Nextdoor.com asking if anyone could walk her labradoodle puppy, Atticus, because she didn't have the energy.

A local couple who recently lost their labradoodle to old age — former Belvedere-Tiburon Library Director Debbie Mazzolini and Eric Schoenberg, owner of Schoenberg Guitars on Ark Row — responded and volunteered to foster him.

They fell in love with the puppy, and Murphy fell in love with their kindness. She decided to let them keep him.

"I don't have the strength," Murphy says, but it's led to a new friendship.

"We now have Atticus, but (Murphy) visits every day, and we're like family. ... We love them both," Mazzolini says.

"We're like a four-member dog pack," Schoenberg adds.

Marin rolls out long COVID survey amid 'favorable risk profile'

In a study released May 27 of post-COVID conditions in more than 350,000 survivors ages 18-64 between March 2020 and November 2021, the U.S. Centers for Disease Control and Prevention found that reports of patients who experience persistent symptoms or organ dysfunction after infection and develop long COVID conditions had increased, and that survivors had twice the risk for developing pulmonary embolism or respiratory conditions.

One in five aged 18-64 years and one in four 65 or over experienced at least one condition attributable to the previous infection, including kidney failure, blood clots, vascular issues and neurological, mental health, musculoskeletal, cardiovascular and respiratory conditions, the study found.

Health-care professionals were urged in the report to make routine assessments as part of care for patients, which the study said was "crucial to reducing the incidence and impact" of such conditions, especially in persons 65 and older.

Because authorities haven't yet agreed on a precise definition of what constitutes long COVID, doctors for now must rely on patients' descriptions of symptoms and rule

out other causes, and some medical facilities have assembled teams of multidisciplinary specialists to figure out treatment options.

In Marin, Public Health Officer Dr. Matt Willis says that "as a community, we may have a relatively favorable risk profile for long COVID," pointing to three recent U.K. studies as part of his June 28 video status update on the pandemic.

Those studies tied more-severe long COVID, or post-COVID syndrome, symptoms to those with more-severe initial infections, including hospitalization; that vaccination was tied to the likelihood of developing less-severe long-term symptoms; and that those infected with the omicron strain were 20-50-percent less likely to develop enduring symptoms compared to those with delta, the previous most-common strain.

Willis, who did not respond to requests for interview, noted Marin has been able to limit hospitalizations, has among the highest vaccination rates in the nation and that most of the 37,000 confirmed local infections have been with the omicron strains. Even more omicron cases are likely, as officials believe infection data is being underreported with the prevalence of at-home rapid self-tests, which also became widely available only since omicron emerged.

"The reality is most of us have been or will be infected, and understanding the potential impact of long COVID is critical for understanding the future impacts of the pandemic in Marin and for our health-care system," Willis said. "There's a lot we don't know yet."

To build that understanding, Willis says the county will begin contacting those with confirmed coronavirus infections to voluntarily and anonymously respond to a survey asking about any enduring symptoms they may have. Some will get a text message from the same number that informed them of their positive result. A link was also to be posted online, at coronavirus.marinhhs.org, but it was not yet available at The Ark's press time.

On a larger scale, the U.S. Department of Health and Human Services recently directed New York-based FAIR Health, an independent nonprofit, to study health-claim data for long COVID as part of a presidential directive to coordinate a government-wide response to long-term effects and develop

an action plan. FAIR Health has a repository of 36 billion health-claim records for use by researchers and others, and it culled 2 million claims of long COVID conditions to launch its study, further narrowing that to 78,252 patients diagnosed between Oct. 1, 2021, and Jan. 31, 2022.

In a report published in spring, key findings included that:

- Those ages 36-50 were the most likely to be diagnosed with post-COVID conditions, with 34.6 percent of patients in that age group.
- Women were more likely to develop long COVID symptoms, at 59.8 percent of the population of patients. By comparison, women had made up 53.8 percent of COVID-19 patients in the search parameters.
- 30.7 percent had no identified pre-existing simultaneous chronic medical conditions.
- Certain co-occurring diagnoses were more common in some age groups. For example, multisystem inflammatory syndrome was most common in children ages 12 and younger; abnormalities of heartbeat in those ages 13-22 and generalized anxiety disorder among those 23-35. In adults 65 and older, hypertensive diseases were co-occurring.
- Diseases that affect the muscles that control voluntary movement occurred in long COVID patients 11 times more often than in the same population prior to COVID-19.
- Pulmonary embolism occurred 2.6 times more often. Disorders of the brain, including post-viral fatigue syndrome and certain forms of encephalopathy, occurred in the long COVID population two times more often.

'I feel as lucky as I can be, because I'm alive'

Until now, Murphy had led an active life. Originally from Annapolis, Md., she and her first husband met on the East Coast and moved to Sunnyvale when the Naval Academy graduate was posted to Moffett Field.

They had three children, all grown now, before eventually divorcing.

Murphy has worked principally as a real-estate agent but has also worked in business development for a number of companies here and in England, where she earned an executive MBA from the University of Oxford in 2014.

In Silicon Valley, she worked for the real-estate firm Intero and launched its charitable foundation. At the time, Murphy and her then-fiancé, Stephen Keohane, lived in a cottage at the base of Corinthian Island and she commuted to Cupertino. After his sudden death from a ruptured aneurism in September 2010, she remained in the house for three years, but then moved to Los Altos to be near her father.

After he died, Murphy moved to London and was based there several years, going back and forth with different business interests. She said she created a few startup companies and also started a nonprofit organization that showed students how to make the transition from English university life to the work world.

Her breast cancer, surgery and recovery occurred in the 18 months leading up to her COVID infection.

In May, after her pneumonia was cleared, she joined the Coldwell Banker office in Tiburon and works from home much of the time.

Her cheerfulness in the face of her symptoms is notable.

"Some days I'm just fit as a fiddle," Murphy says. "Other days, I'm as tired as the day is long and I'll just stay in bed and read all day. I feel as lucky as I can be, because I'm alive."

"Here's what I want people to know," she says. "COVID is real. We need to understand that, if you get COVID, you may get long COVID. So wash your hands (and) wear a mask."

Reach Tiburon reporter Deirdre McCrohan at 415-944-4634.



360 Fitness Superstore
Everything You Need to Get Fit!

FITNESS EQUIPMENT
FOR
Home
Office
Crossfit
Sports Performance
Personal Training

360FitnessSuperstore.com
727 Francisco Blvd. East, San Rafael
415.460.9951



bbc burrous brothers COMPANY
Cleaning & Protection Specialists

"Simply The Best"
Serving Marin Since 1976

call today 435-1588

Stone, Tile and Grout Cleaning & Sealing

Carpet, Rug & Upholstery Services

www.bbc-cleaning.com

LOCAL TIBURON CATERER DELIVERS DINNER TO YOUR HOME MONDAYS, WEDNESDAYS & FRIDAYS

Contact
Robin Scott Catering at
415-297-6991

