

THE ORINDA NEWS

Gratis
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Delivered to 9,000 Households and Businesses in Orinda

10 Issues Annually
September 2006

City Places Roads Measure on November Ballot

■ \$59.1 million bond to address city's aging infrastructure

By PAT RUDEBUSCH
Assistant Editor

Orinda voters will be asked this November to approve a \$59.1 million bond measure to fund repairs to the city's roads, drains, and water pipes. The city council unanimously agreed to move forward with a bond measure after hearing the recommendations of its infrastructure committee – an appointed committee of residents, many of whom have particular expertise in transportation, engineering, and/or finance.

For the past two years, the infrastructure committee has engaged in an exhaustive inventory of the city's infrastructure needs, sought resident input through public forums and an independent research poll, and studied various finance options. The committee's recommendations include placing a \$59.1 million general obligation bond on the November ballot; increasing the current level of city spending on roads by \$500,000 for the next five years; incorporating contributions from the East Bay Municipal Utility District (EBMUD) and the Moraga-Orinda Fire District (MOFD); applying for state and federal grants to improve pedestrian access, especially near schools; and, appointing a citizen's oversight committee to monitor spending of bond funds.

According to committee chair Art Haigh, this is the first time since the city incorporated that a complete infrastructure inventory has been done. Other than the obvious potholes, Haigh says that the city now has a complete picture of the problem. "When the city incorporated in 1985, it inherited from the county 92 miles of public roads and 20 miles of storm drains which were built between 1930 and 1960. Over 60 percent of our roads are in poor or very poor condition. We also found that half of Orinda's storm drains are made of corrugated metal with a life span of 20 to

Public Forum October 5

Orinda Library Auditorium

7 p.m. - Presentation of bond issue by Infrastructure Committee followed by question and answer session.

8 p.m. - Candidates for City Council will present their views and goals, moderated by League of Women Voters.

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30 years, yet, they were installed 40 to 60 years ago." Additionally, according to Haigh, there are 10.8 miles of water lines under city streets that do not meet current standards for fire flow (i.e., the rate at which water is delivered through pipes supplying water to fire hydrants).

Haigh acknowledges that passage of this infrastructure bond will be challenging, given the two-thirds super-majority needed to pass most tax measures in California. A 2002 ballot measure to raise \$14 million for fire-flow improvements was narrowly defeated with a 63 percent voter approval. Nevertheless, Haigh believes that his committee has identified the city's most pressing infrastructure needs and a remedy to fix them that will make sense to voters. While acknowledging that \$59.1 million is not sufficient to make all of the necessary infrastructure repairs – that figure is closer to \$143 million – Haigh says that the committee did not believe a higher bond amount could pass. Even at \$59.1 million, polling shows that gaining a two-thirds majority is doable but will be a challenge.

Coffee Wars

By CHRIS PUMMER
Contributing Writer

Annie Janes fulfilled a longstanding wish in buying the Royal Grounds coffee shop in Orinda two years ago, after urging its owners for years to give her first dibs when their time came to sell. The City Council dropped a hot cup in Janes' lap recently in granting a Peet's Coffee and Tea request to occupy the former Brooks Breads store – 100 feet from her front door.

The council's decision remedied an embarrassing eyesore for one of the Bay Area's most affluent towns by filling a prominent storefront vacant for six months.

Yet the council's action – following a rare procedural move to win approval – gives the town a greater concentration of java-huts than the nation's coffee-drinking capitals – three times that of San Francisco alone.

It also emblazons downtown with another chain retailer, heightening some residents' fear that Orinda is headed toward the plasticine facade that Walnut Creek can only hope will weather nicely with age.

"How many coffee shops does one town need?" asked Janes, a 16-year Orinda resident who also operates a café in Point Richmond. "What are they going to bring

[SEE COFFEE page 8]

Official Groundbreaking Ceremony



SALLY HOGARTY

By SALLY HOGARTY
Editor

After almost 20 years of discussions, law suits, various development plans, and several owners, the shovels finally hit the dirt in Gateway Valley on July 11, 2006.

The original proposal, which included 271 houses and 18-hole golf course has been replaced by 245 homes, community

ball fields, a swim club, and a public garden and art center. Approximately 1,400 acres will be open space. The landscape master plan has been submitted to the planning commission. Housing designs are currently being developed. Project manager Michael Olson says the first homes should be completed by the fall of 2008. The average 4,000 square-foot home will sell for a minimum of \$2.5 million.

Pine Grove Project Almost Derails

■ Negotiations put housing development back on track

By SALLY HOGARTY
Editor

The July 10 due date for developer Pulte Homes' monthly payment to the Orinda Union School District (OUSD) came and went as Pulte reassessed the financial viability of building a housing development on the site of the former Pine Grove School.

Months of meetings with a city council subcommittee and, subsequent, meetings with the Orinda City Council had reduced gross square footage of housing allowed to 131,000. Pulte's Kim Diamond says that would make 59 percent of the 80 proposed units at 1,500 square feet or less with 12 units less than 1,100 square feet. According to Diamond, it would be very difficult to sell units that small. The company requested a sale price reduction of \$3.5 million from the original \$26.5 million for the 11-acre surplus school district property. OUSD board president Riki Sorenson said the reduction was something the district couldn't afford. "We requested that the City of Orinda meet with Pulte and be more flexible in its position on height restrictions and density." The city appointed a subcommittee consisting of Mayor Bill Judge and councilmember Steve Glazer to meet with Pulte representatives. "We certainly want to come up with a solution that's a win/win for everyone," said City Manager Janet Keeter.

A revised proposal from the developer increases the saleable square footage to

152,000 square feet with an average unit size of 1,900 square feet. Pulte considers this proposal to be more in line with the type of housing expected in today's market. "It is our recollection that 150,000 square feet is consistent with the anticipated density proposed by some of the original subcommittee members," says Sorenson. The new subcommittee began meeting with Pulte in mid-August.

The OUSD board also restructured its contract with Pulte, tying payments to project approvals. Structured at six-month intervals, the next payment will be due on December 31 or when the Environmental Impact Report is approved, followed by a June 1 payment or approval of the tentative map.

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The September Orinda Dog



DAVID DIERKS

Praline, is the Orinda Starlight Village Players (OSVP) mascot. Owned by Geotty and Susan Chapple, Praline keeps actors in line during rehearsals at the Community Center Amphitheater. She has her work cut out for her this month as the OSVP presents *Comedy of Errors* September 8 - 30.

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YEAR OF THE ORINDA DOG



CONTRIBUTED PHOTO
Scout, Bob and Karen Burt's Welsh terrier, is ready to start school with his new glasses.



CONTRIBUTED PHOTO
Fourteen-year-old Elyssa has lived in Orinda her entire life. The young-at-heart golden retriever belongs to the **Caras** family.



CONTRIBUTED PHOTO
 Pals for life, **Finnegan (L) and Gemma** have both earned AKC Canine Good Citizen certificates. They live with **Suzanne Bria and Ted Temple**.



CONTRIBUTED PHOTO
Griffin, a Portuguese water dog owned by the **Farr** family, enjoys hiding in the bushes to surprise the Farr's other dog, **Kalli**.



CONTRIBUTED PHOTO
Kimo, a nine-month-old German shepherd helps his owners **Kristine Eng and Michael Smith** with the driving.



CONTRIBUTED PHOTO
Thor, a Swiss mountain dog, may not yodel, but he finds lots of ways to entertain his owners **Kris and Pauline Holst**.



CONTRIBUTED PHOTO
Mango (L) and Nacho belong to **Juan Carreno**, owner of the popular Maya Mexican restaurant on Moraga Way.



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THE ORINDA ASSOCIATION

A Message From the OA President
 Lazy Days of Summer



Kate Wiley

What ever happened to the lazy days of summer? They're certainly not here at the Orinda Association's busy office. We've been working on several projects over the summer, which are now going into full swing.

• **Disaster Preparedness:** Four OA board members have now completed the CERT (Citizen Emergency Response Training) six-week course. Continuing with our commitment to public safety, the OA will be selling disaster preparedness kits for your home and car. Call 254-0800 for more information.

• **An Updated Look and Better Communication:** We have a new look – see our logo and new website, which offers you more updated information and easier navigation. Check it out at www.orindaassociation.org.

• **Seniors Around Town:** Although our original grant money for the Seniors Around Town (SAT) transportation program has now expired, we are still committed to keeping this invaluable program going for our senior residents. We are seeking other grants and fundraising opportunities. The "Endless Summer

Classic Car Show" on September 9, from 11 a.m. to 1 p.m., is donating the proceeds from their event to the SAT program. We welcome all ideas for grants and fundraising, and of course we are always looking for new volunteer drivers. Please call our office at 254-0800 or e-mail us at oa@orindaassociation.org for more information.

• **Save the Date:** We are hosting a public forum on October 5 when the Infrastructure Committee will present the findings from their study and their recommendations for repairing Orinda's roads, drains, and water pipes. A Q&A session will follow. The second half of the forum will consist of candidates presenting their views and goals for Orinda's future as they seek a position on Orinda's City Council. The League of Women Voters will moderate the second portion of the evening.

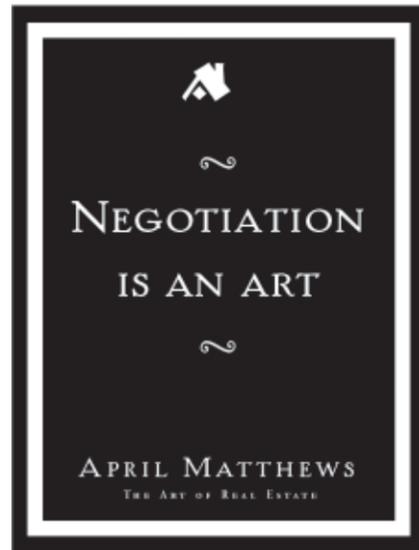
• **Seeking Individuals:** We are seeking individuals interested in serving on the OA board. As you can see from above, we have a varied and active list of activities and events, and that list doesn't even include our regular on-going programs. We welcome those Orindans who are interested in participating in any of our programs. Call 254-0800 for more information. It's a great way to get involved!

Raffle Winner



SALLY HOGARTY

Dyanna Sweeny won the Business Decorating Contest raffle. The lucky winner received a free oil change at Orinda Motors. To see the businesses that placed first, second, and third in the contest, see page 11.



The Orinda Association

The Orinda Association is a nonprofit corporation dedicated to:

- Maintaining and improving the quality of life in Orinda;
- Promoting awareness and discussion of issues that are important to the community;
- Encouraging and recognizing volunteer efforts to enhance the beauty, character, and security of Orinda.

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Letters to the Editor

Great Job on 4th of July

I would like to congratulate Kate Wiley and the Orinda Association (OA) for putting on such a successful 4th of July parade and celebration in the park. Many people commented to me about how nice every thing was organized and run. I know it is a huge undertaking for the dozens of OA volunteers, city staff, and public safety personnel. These events are what make Orinda a special place. Many, many thanks for doing it all so well.

— Steve Glazer

Illegal Immigration & Immigration Reform

Illegal immigration and the reform of the immigration system are fueling a national conversation. Economic, demographic, and cultural arguments receive prominent exposition. There is, however, another point of reference that requires inclusion. It is our national bias "that all men are created equal, that they are endowed by their Creator with certain unalienable rights that among these are life, liberty and the pursuit of happiness." A truth held "to be self evident."

In times of terror and war, of global insecurity and economic uncertainty, of disrespect for human life and human dignity, we need to recommit ourselves to these foundational principles, which protect human life and dignity, that define the kind of nation we want to be, the kind of world we want to shape.

In the Catholic tradition, responsible citizenship is a virtue; participation in the political process is a moral obligation. For these reasons, Catholics and their Church participate in the political process. To be clear in this conversation, the Church does not support illegal immigration. It recognizes, however, that people are compelled to leave their homes out of desperation and lack of opportunities to provide for themselves and their families. Therefore, the Church maintains that, for an effective and comprehensive response to migration, this national conversation must address both immigration reform and global poverty that are integrally related. This consideration is neither incompatible with nor outside of our national identity and interest.

In their statement, *Faithful Citizenship: A Catholic Call to Political Responsibility*, the bishops write: "Catholic teaching offers consistent moral principles to assess issues, political platforms, and campaigns for their impact on human life and dignity. As Catholics, we are not free to abandon unborn children because they are seen as unwanted or inconvenient; to turn our backs on immigrants because they lack the proper documents; to create and then destroy human lives in a quest for medical advances or profit; to turn away from poor women and children because they lack economic or political power; or to ignore sick people because they have no insurance. Nor can

we neglect international responsibilities in the aftermath of war because resources are scarce. Catholic teaching requires us to speak up for the voiceless and to act in accord with universal moral values."

This and all political conversations need to begin from within the comprehensive moral context of human dignity and justice.

— Rev. Msgr. Theodore W. Kraus, Pastor
Santa Maria Catholic Church, Orinda

Defeat Orinda Infrastructure Bond Measure

The Infrastructure Bond Measure includes \$19,000,000 (principle and interest) to upgrade water capacity for some Orinda pipes. These pipes belong to EBMD. The total bond cost is approximately \$121,000,000 (principle and interest).

The Moraga-Orinda Fire Protection District (MOFPD) claims fire hydrant flow of 1,000 gallons per minute (gpm) is necessary to fight house fires. Yet, the retired Fire Chief admitted that 90 percent of house fires can be extinguished by fire truck water without using a hydrant. The MOFPD 1999 Risk Assessment Report shows raising hydrant flow to 1,000 gpm made only a two percent difference in fire safety. This report shows seven of Orinda's eight fire zones are moderate, the eighth zone is barely high, and roads are more important than hydrant flow in fire safety.

When Orinda joined with Moraga to form MOFPD, Orinda taxpayers passed an extra Fire Flow Tax (FFT) to be spent solely in Orinda. The FFT generates approximately \$400,000 annually and increases each year. This tax is in addition to our property taxes for MOFPD.

MOFPD has not used any of our FFT to upgrade water pipes. Using money from our water bills, EBMD spent close to 1 million dollars annually from 1996 to 2002 on their pipes in Orinda. Orinda taxpayers are paying enough on water pipes.

MOFPD will raise the FFT on Orinda by 20 percent if the bond passes. They have pledged this increase for water pipes for one year. MOFPD actions are egregious considering Orinda property taxes contribute 63 percent of the Fire District's budget compared with Moraga paying 37 percent. Moraga has a dedicated ambulance and Orinda does not.

MOFPD can upgrade Orinda water pipes with our taxes: According to ex-city manager, memo dated 7/20/04, MOFPD will receive from Montanera and Pine Grove new annual taxes up to \$1,700,000; Orinda Fire Flow Tax, excluding the 20 percent, raise \$425,000 — annual money available for water pipes — \$2,125,000.

The 2002-2003 Contra Costa Grand Jury Report No.0310 found 23 percent of MOFPD employees earned over \$120,000 per year with 54 percent earning over \$100,000. Since 2003, we have seen their salaries escalate. The new fire chief makes \$173,000 per year, a little less than the Contra Costa County Consolidated Fire District chief who has six times as many

BirdHaus Project Makes Great Public Art



Editor's Note: *The Orinda Art Council's (OAC) project BirdHaus has beautified the Orinda community with creative works of public art. While it might be confusing to the "real" birds, it has brought hours of pleasure to human residents and visitors to the community. For more information on BirdHaus and related events during September, see pages 13-14.*

fire stations and serves 24 times as many people. Even with massive salaries, MOFPD voted exorbitant taxpayer funded pensions at 90 percent of firefighters highest salary at age 50 with 30 years service. Their pensions increase equal to inflation.

MOFPD tried to float a tax bond in 2002, which was defeated in 14 of the 19 Orinda voting precincts. In November, I will vote NO on double taxation and send a message to provide services our tax dollars are supposed to fund.

— Janet Maiorana

Support Infrastructure Bond

As a 20-year resident of Orinda, I would like to commend the members of the community who have tackled the difficult task of improving our roads and protecting our homes from fire destruction by bringing our infrastructure up to standards. I am talking about the Orinda infrastructure committee.

They have spent hundreds of hours of their time over the past two years, assessing the needs, evaluating the costs, and trying to determine how much people are willing to spend so that a bond measure, requiring a two-thirds majority, will pass. This November the bond they have recommended will be coming up for a vote.

Even though they determined that it would take \$150 million dollars to bring our community up to reasonable standards after years of neglect exacerbated by Proposition 13, they are asking Orinda citizens to commit to only \$60 million to complete 40 percent of the required tasks. This will cost the average current home owner \$260 per year for the next 33 years, \$175 when adjusted for inflation. In addition, these property tax payments are deductible against both federal and state income taxes so, assuming you are paying 30 percent of your income in taxes, your after-tax payment is only \$125 per year, or

35 cents per day.

If you are trying to figure out how 7,000 families are going to pay off a \$60,000,000 loan by paying \$260 each for 33 years (this seems to allow for no interest), the last bit of good news is someone else will pay your interest. This is due to Proposition 13. As your property assessment goes up two percent per year, in accordance with Proposition 13, the average assessed value of Orinda real estate is going up at least six percent per year. As old homes with low assessed values get sold and reassessed, the average assessment goes up much faster than the legislated increase charged to you. Even if the housing price bubble pops, this phenomenon will persist. Each year your assessment, relative to the average, goes down four percent. Over the 33 years the infrastructure bonds get paid back, you will pay one half of what you would pay if your home kept up with the average.

The current voters who are going to have to pay back only 50 cents on the dollar should support the work of the infrastructure committee and the bond measure they propose.

— Steve Cohn

Don't Squander Tax Money

The City Council of Orinda has placed a big new infrastructure tax on the November ballot. The major item of the tax is road repair. It is interesting to note that although Orinda roads were in poor shape when Orinda was incorporated and have steadily got worse, no attention whatsoever was paid to this when it was decided to build a new library and fancy new city offices which will cost \$17 million. Now suddenly the roads become a problem.

When the new library was built, we were promised that the city offices would be located in the old library at a cost of \$500,000. Instead the council decided to build new city offices which will cost us

[SEE LETTERS page 22]

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POLICE BLOTTER / PG&E



POLICE BLOTTER

Compiled by Haleh Williams-Cain,
Orinda Police Department
June/July 2006

False Residential Alarms: Officers responded to 119 false alarm calls throughout the city.

Auto Burglary (theft from a locked vehicle): 8 incidents in the areas of Van Tassel Ln., Muth Dr., St. Hill Rd., Camino Sobrante, El Toyonal, La Encinal, Camino Pablo, and Miner Rd.

Petty Theft From Vehicle (theft of less than \$400 value from an unlocked vehicle): 4 incidents in the areas of St. Hill Rd., Ardilla Rd., Orinda View Rd., and Charles Hill Circle

All Other Petty Thefts: 9 incidents in the areas of Camino Sobrante, Orinda Way, Moraga Way, Berrybrook Hollow, El Toyonal, Zander Dr. and Muth Dr.

Grand Theft From Vehicle (theft of more than \$400 value from an unlocked vehicle): 4 incidents in the areas of La Campana, Patricia Rd., Via Farallon, and Tahos Rd.

All Other Grand Thefts: 5 incidents in the areas of La Plaza, Camino Pablo, Van Ripper Ln., and Orchard Rd.

Vehicle Theft: 2 incidents in the areas of Easton Ct. and Ichabod Ln.

Residential Burglary: 9 incidents in the areas of Moraga Way, Village View Ct., Westwood Ct., Canon Dr., El Toyonal, Dolores Way, Orinda View Rd., Kittiwake Rd., and Hacienda Circle

Commercial Burglary: 2 incidents in the areas of Davis Rd. and Avenida De Orinda

Vandalism: 20 incidents in the areas of La Espiral, Alta Vista, El Toyonal, Loma Vista Dr., Owl Hill Rd., Country Club Plaza, Sundown Terrace, La Vuelta, Dias Dorados, Camino Sobrante, Zander Dr., Miner Rd., Lavenida, and Alice Ln.

Identity Theft: 12 incidents in the areas of La Noria, Camino Don Miguel, Charles Hill Rd., Moraga Ct., Loma Vista Dr., Theatre Sq., Brookwood Rd., North Ln., The Knoll, Singingwood Ln., Ivy Dr., and Van Ripper Ln.

Credit Card Fraud/Forgery: 2 incidents in the areas of Moraga Way and Orinda Way

Special Notes – After a five-month investigation, the Orinda Police Department arrested two Orinda residents they believe are responsible for at least 17 vandalisms that occurred in February 2006. The crimes happened during the late-night hours throughout the City of Orinda. The residential vandalisms included a string of smashed car windows and damage to homes, fences, mailboxes and landscaping that totaled over \$20,000 in damages.

While this particular spree included more than mailboxes, here is information on mailbox vandalism courtesy of the United States Postal Inspection Service: Rural area mailboxes are vulnerable to vandalism because they are usually isolated, located on public thoroughfares, and frequently not visible to the box owners from their homes. City residential mailboxes are vandalized to a lesser degree. Mailboxes are considered federal property, and federal law (Title 18, United States Code, Section 1705), makes it a crime to vandalize them. Violators can be fined up to \$250,000 or imprisoned for up to three years for each act of vandalism.

If you have information on mailbox vandalism, contact the Postal Inspection Service at (415) 778-5800.

Orinda Residents Look to PG&E for Compensation

By TANYA SUSOEV
Contributing Writer

With the heightened use and cost of energy in California, residents have become more adapted to dealing with the rise in electrical problems such as rolling blackouts and higher energy bills. On one April morning, however, Orinda residents experienced an energy crisis that left them unprepared for the results.

On the morning of April 12, 2006, Orinda residents not only lost their power but also thousands of dollars worth of electronic equipment and appliances. The power surge was so high that even appliances with surge protectors were not safe from the blowouts that occurred. In the business sector, the power surge started a fire beneath the fish tank at Niwa, the Japanese restaurant on Camino Sobrante. In addition to killing the fish, there was extensive damage, including

smoke, that put the restaurant out of business for three months, says owner Frank Shen. He notes that his insurance company has paid only two-thirds of his claim, which ran over \$100,000.

Orinda resident, Julie Whitsitt, compiled a list of all of her losses and expenses: "We lost almost every item that was plugged into our home. That includes the range, all TVs, DVD players, telephone, microwave, stereo, and on and on." Another Orinda resident, Yolanda Rowe, estimated that the expenses for her household losses reached as much as \$2500.

With an estimated 3,500 homes affected, the amount of money lost in the community

[SEE PG&E page 8]



SZECHWAN RESTAURANT

CHINESE CUISINE

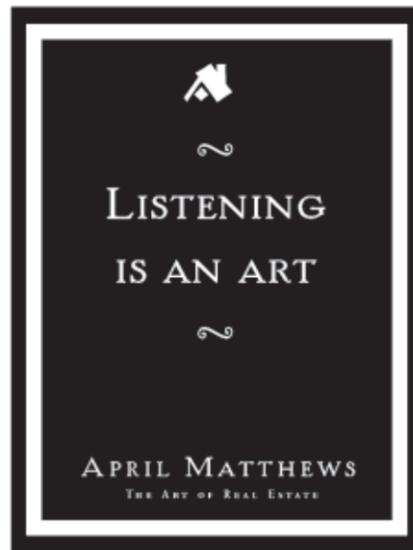
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New Fire Chief Brings Years of Experience to Job

By SALLY HOGARTY
Editor

The Moraga-Orinda Fire Protection District's (MOFPD) new chief, Pete Nowicki, brings years of experience and an enthusiastic attitude to his new post in Orinda. He has been with the MOFPD for over 23 years. Prior to his appointment as fire chief, Nowicki was a battalion chief and personnel officer. He is also an instructor for technical rescues and sits on the board of directors for the fire service workers' compensation system.

"I have always wanted to be a fireman," says the new chief, who lives in San Francisco with his wife, Angela. "I took some medical classes while a student at Lincoln High in San Francisco and just liked the idea of being helpful." Following high school, Nowicki studied both fire science and criminology at City College in San Francisco before enlisting in the United States Navy for a tour on active duty. Upon his transfer to the Navy Reserve, Nowicki enrolled in paramedic school before completing a baccalaureate degree in physical education and a master's degree in exercise physiology at San Francisco State University.

"I'm very happy to be here in Orinda and work with this wonderful department," Nowicki comments. "It is a pleasure to work in an educated, caring community where people are willing to assist you. This department was one of the first to have



SALLY HOGARTY
Pete Nowicki is the Moraga-Orinda Fire Protection District's new chief.

paramedics and trench rescue capabilities. Its programs are recognized throughout the area," he adds.

Nowicki plans to continue many of the programs begun by retiring chief Jim Johnston. "Jim already had some wonderful programs in place such as weed abatement with fire marshal Tanya Hoover doing flyovers to check on progress and the department's emphasis on wellness and safety. We're heads and tails above so many other agencies," he explains. Nowicki also says that the MOFPD has received funding from a grant for increased staffing for a second ambulance crew. In addition, six new firefighters have been hired to replace the eight who retired in March.



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Annual Fundraiser at Adult Respite Center



The Lamorinda Adult Respite Center (formerly known as Valley Adult Day Care) at Holy Shepherd Lutheran Church, 433 Moraga Way, will hold its annual fundraiser on Saturday, September 23 from 5- 9:30 p.m. This family-oriented event that will include pony cart rides and face painting for children, a barbecue dinner, entertainment by the Judy Brown Band, and raffle. The respite center provides activities and care for adults suffering from memory loss conditions such as Alzheimer's and other forms of dementia. The group also co-sponsors a caregiver support group that meets at the church. For more information call 254-3422 or go on-line to www.holyshepherd.org.

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SAFeway EXPANSION / ORINDA HISTORICAL SOCIETY

Orinda Safeway to Get a Facelift

By PAT RUDEBUSCH
Assistant Editor

The Orinda Safeway may have been the store people love to hate, but that will soon change as the city's only grocery store undergoes a major interior redesign. Confined to a footprint that would be deemed too small by today's standards, Safeway's Orinda store has struggled to find the space to bring an ever-increasing range of products to its customers while providing aisles wide enough for the customers to navigate.

Safeway officials acknowledge that a redesign of the Orinda store has been in the planning stages for several years with the first design application submitted to the city four years ago. The redesign effort didn't pick up traction until this past spring, however, when city councilmember Steve Glazer set up a series of community forums with residents and Safeway representatives. A revised design application has since been submitted and renovation work was begun last month.

Safeway hopes to keep remodel-related inconveniences to a minimum by scheduling most of the work during the night. The footprint of the store will remain the same at 32,000 sq. ft., but the redesign will provide approximately 2000 sq. ft. of additional sales floor space by moving the locations of some departments and incorporating modern refrigeration units that take up less space. The exterior is not expected to change much as the company strives to maintain the existing village character.

Safeway spokesperson Jennifer Webber says that the redesign will keep with the company's new "Lifestyle" format for its stores. Similar to the newly redesigned Moraga Safeway, Orinda's store will have a warmer interior as reflected in the color choices for the walls and floors, and

lighting that will better highlight the quality of the food. The goal, she says, is to make a more pleasant shopping experience.

Other substantial changes include an expanded deli, moved to the front of the store, with more pre-cooked, take-out options as well as a sushi bar and carving station with freshly roasted poultry and/or meat. The deli area also will feature a gourmet cheese table, olive bar, and soup cart. Expanded, full-service meat and seafood sections and more organic produce are planned, as well.

The proposed changes were welcomed by residents attending last spring's community forums. Orinda resident David Mayeri notes, "The Orinda Safeway has been disappointing, but Steve got people together and it was great to see that they [Safeway representatives] were responsive to our suggestions. What a lot of people are looking for is an alternative to having to drive to Whole Foods or Berkeley Bowl or Andronico's to get the selection of quality fruits and vegetables – both organic and regular – as well as gourmet deli-prepared meals. We're looking forward to seeing what the remodel will bring."

One new element to be introduced is a Starbucks kiosk, which has prompted some to question whether Orinda needs another Starbucks, especially given the fact that one exists across the street from Safeway. Webber explains, "We always work with Starbucks on our remodels to determine whether it's a good idea for both of us. Having a Starbucks in the store is a convenience for our shoppers who like to sip their coffee while shopping. It's part of our "Lifestyle" format to provide a pleasant shopping experience." The inclusion of the Starbucks kiosk should not diminish the efficiency of checkout lanes, she says. "A redesign like this allows us to look at better ways to structure the check-out lanes. For

[SEE SAFEWAY page 10]

Saving Orinda's History Despite Deconstruction, Damp and the Dark of Night

■ Susan Ross given Award of Merit from Historical Societies

By DOROTHY BOWEN
Staff Writer

She lives in the house her parents built on Vallecito Lane before she was born. She learned to swim at Park Pool before she could walk, and she rode the school bus to Acalanes High School, the last of Orinda teenagers to go there.

It was not for her deep Orinda roots, however, that Susan Ross was given an Award of Merit by the California Conference of Historical Societies at a meeting in San Mateo on June 24, 2006, which was followed by an Award of Recognition by the Orinda City Council on July 18. It was for her volunteer work organizing the materials of the Orinda Historical Society when it moved to its home on the ground floor of the new Orinda Library.

Before the new library was built, the Orinda Historical Society (OHS) archives were kept next to the kindergarten rooms at the old Orinda Union School that became the community center. "It was a total dump," she says.

To prepare for the library construction, the archives had to be inventoried and packed for storage until being moved into its new home in 2001. But that wasn't the end. The new space flooded twice in the torrential rains of 2003. Ross kept track of the volunteers who salvaged the materials that would otherwise have been lost.

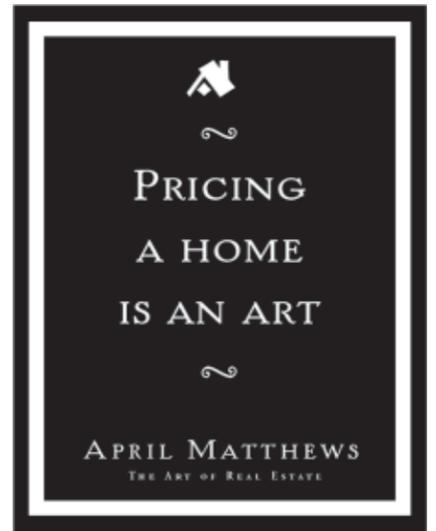
"Few people know or care and fewer still have a clue about how archivists function,"

[SEE ROSS page 10]



CONTRIBUTED PHOTO

Susan Ross of the Orinda Historical Society.



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PG&E / COFFEE WARS

◆ PG&E from page 5

reaches the millions. Although a significant amount of money is involved, PG&E has been slow to respond in a positive manner to the community. Orinda residents have sent a number of letters and filed claim forms, requesting compensation for their losses, and attended a town meeting to discuss the problem with a PG&E representative.

When Whitsitt issued her claim form, a PG&E claims investigator, Mary Hons,

responded denying any compensation. Hons argued, "On April 12, 2006, a duck flew into a high voltage distribution 12kV line in the vicinity of the San Pablo reservoir. The duck's impact caused two of the high voltage conductors to come together and burn apart... A bird flying into the middle of a span of power lines is a very unusual occurrence and falls into the category of an act of nature. There was no unreasonable act of omission by PG&E that caused the surge and outage." She suggested that Whitsitt discuss her losses with her insurance company.

Michele Houston, another affected resident, spoke to her TV repair center, about her losses and was informed that a similar power surge happened in Antioch where residents engaged PG&E in a very long court battle. In the end, PG&E paid the claims, although they initially blamed the incident on a drunk driver, who hit a light pole, which they said caused the extreme power surge.

According to Whitsitt, however, affected Orinda residents are not looking for a long court battle. Instead, they want PG&E to make a more compassionate response to the customers that rely on their company for service. Residents want to know the exact number of homes affected and the estimated dollars lost. Concerned residents may get their answers at a community meeting with PG&E. According to City Manager Janet Keeter, who interceded with PG&E on behalf of local residents, the utility has agreed to a public meeting in mid-September in the Orinda Library Auditorium. The exact meeting date will be posted on the City of Orinda website, www.ci.orinda.ca.us.

◆ COFFEE from page 1

in next, a Victoria's Secret?"

An Intense Brew

Consider the significance of the Peet's approval in light of various changes and pressures underway in the commercial district:

- Once Peet's opens, Orinda will be home to six coffee shops, or 3.4 per 10,000 residents. Seattle, which spawned the U.S. coffee craze in the 1990s, hosts 2.5 shops per 10,000, according to a market-research study by NPD Group. And Anchorage, Alaska, the most coffee-infused city in the U.S., where months of bitter cold and darkness spark unbridled consumption, has but 2.8 shops per 10,000.

- While \$3-plus coffee drinks are within most Orindans' budgets, the town is almost devoid of the core 18-to-35 demographic that is the lifeblood of most takeout shops. The fact that Orinda lacks the pedestrian traffic that normally fuels downtown coffeeshop openings makes the council's decision doubly curious.

- City officials just recently discovered that Starbucks will be opening a coffee stand inside the Orinda Safeway – directly across from its Orinda Village shop and its third local outlet. Some city officials are still incensed that Theatre Square's owner used a zoning loophole to bring in Starbucks No. 2 without their knowledge or approval.

- Orinda residents arguably are forcing the council to bring in more chain stores like Peet's to boost the city's meager sales-tax revenue. While many don't want "outsiders" patronizing their main street stores, they also don't widely patronize their local retailers.

It's possible a community comprised largely of children and 35-and-over adults can support this many outlets, but only if they vastly differentiate their product offerings and ambience, say business consultants who advise independent coffee-store owners.

Matt Milletto, consulting director for Bellissimo Coffee Infogroup in Portland, knows of one Oregon town of 2,500 on I-5 that boasts eight drive-throughs, but they cater almost entirely to traveling motorists.

"A lot of shops can operate selling 300 cups a day and be successful because of the higher profit margins in this business," said Milletto, who is also training director for the American Barista and Coffee School.

An Inconvenient Law

Mayor Bill Judge supported Peet's, believing it will be a good draw as a destination spot. Peet's encourages time-whilers and business people alike to convene indefinitely around its tables.

Added pluses as Judge sees it: Peet's will be open until 9 p.m., unlike Royal Grounds and Geppetto's Café in Orinda Village, which both close after lunchtime. And more than half its sales come from non-takeout drinks – coffee beans, tea, brewing equipment, and "noshables" – giving it a broader mix than just cups of Joe-to-go.

"I'm of the view the local coffee shops will all keep their loyal customers," Judge said.

The council voted for Peet's only after a rare move in which the planning director took no position on the application, the planning commission voted it down due to a local law barring "similar uses" within 300 feet, and the commission chairman himself appealed for a city council vote – rather than Peet's filing an appeal.

Planning Director Emmanuel Ursu recalls the commission appealing on an applicant's behalf only twice in the last five years. Still, he supports the outcome – and the council's ensuing decision to drop the 300-foot rule to allow it wider discretion in redeveloping downtown.

"We don't want to have our hands tied with a specific quantitative measure of how far apart uses need to be," Ursu said.

Opening Day

Peet's Coffee and Tea expects to open by year-end with seating for at least 25 in a vastly larger customer space than Brooks Breads, which closed after 19 years in business.

Bruce Schroder, vice president of retail stores, says the new location can succeed with Orinda's older demographic and will take pressure off surrounding stores such as Pete's in Lafayette, which operates at or beyond capacity.

For now, Geppetto's Café owner Susan Fitzsimmons is left wondering what impact the new Starbucks Safeway location will have on her business and fellow independent Café Teatro in the Orinda Library building.

After opening in 1994, Geppetto's maintained a product mix of 50 percent takeout coffee and 50 percent food – even following the Starbucks' opening in Orinda Village. It was only after the Theatre Square Starbucks opened that Fitzsimmons' coffee sales fell to 30 percent of the total.

"I like Peet's and I like the way they do business; I was more angered when the second Starbucks went in," Fitzsimmons said. "There just aren't enough people in this town to support all these coffee shops. I'll just have to keep working on our lunch business to keep us going."

Said Planning Commission Chairman Terry Murphy: "The question may be not at what point do you have too many coffee shops, but at what point do you have too many Starbucks?"



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THE ORINDA HOUSE

A New House in Orinda Combines Video Art, Blues and Jazz, and Food

By BUDDY AKACICH
Contributing Writer

Within the bucolic community of downtown Orinda, a relatively new addition to the town's eateries combines a love of art, food, and good jazz. Your first vision upon entering The Orinda House, located on the Crossroads side, is of three plasma digital video screens on the back wall. This is an innovation initiated by owner Ron Bonner intended to titillate and maybe sate the appetite for visual art. It's a system provided by galleryplayer.com, which originated in Seattle. What's on display? Classic works of art from Renoir to Monet, Picasso, Van Gogh, Chagal, and Dali. Additional eye candy comes in the form of *National Geographic* sand and seascapes, vineyards, and waterfalls. To Bonner, this is an attempt to provide a unique way of utilizing technology to share fine art and visual features with his customers.

All age groups are welcome at The Orinda House and as Bonner puts it, "What I've done here is to bring together under one roof a comprehensive collection of all my previous lives that embrace the visual arts." Bonner says proudly that he has witnessed young persons in his club discussing classic art seemingly as a function of his video screens. He hastily points out that the ears are similarly served with live jazz on Thursday through Saturday evenings. The next impressive innovation of note is what's thought to be the only waterfall bar back setting in Contra Costa County. You're able to sit there in style while contemplating an aqua cascade as you sip your martini.

Bonner, whose resume includes a stint as a professional musician and a number of years in the information technology landscape, has a passion for the arts and cooking along with an overriding pleasure to see people have fun. He opened The Orinda House on Friday, January 13, 2006, - possibly not an auspicious day for many but one that Bonner hopes will be lucky as

he struggles through his first year in operation. "I retired some two years ago from my career in information technology and settled into a home in Brentwood with my wife. The 'honey do' list and the remote got old, and I just had an itch to immerse myself in a food services venture. I researched my options then attempted to hedge my bet with something unique and different that would call on the five senses."

One of his dreams is for The Orinda House to become a Yoshi's East - big shoes



SALLY HOGARTY
Singer Janice Saunders performs a blues number during a crowded Saturday night at The Orinda House.

to try to fill considering that Yoshi's is the premier jazz room in the East Bay with an elegant setting and epic Japanese cuisine. Still, it seems like an eminently noble goal.

Bonner proudly proclaims that his jazz roster is first rate with Eddie and Madeline Duran, Pete Yellen, Mike Greenfield, and Warren Gale, all of whom are major label recording artists. Then, there's pianist Marshall Otwell and drummer Bob Belanski, who also serve as music directors for The Orinda House. "This is the real stuff. These guys have played with Cal Tjader and Vince Guaraldi," explains Bonner. According to Bonner, historically Moraga Way was a place where

speakeasies, blues, jazz, and card clubs once abounded. "Why would you want to struggle with bumper conditions in the Caldecott Tunnel and pay the current cost per gallon, when you can have a fine night of food, art, and jazz music right here in Orinda?" he asks. Sounds like compelling rhetoric.

When asked about the quality of food, which received something less than a rave review in the *Contra Costa Times*, Bonner visually bristles. "The food is good here, case closed," he replies. "Look, it may not be Chez Panisse, but our prices are friendly. We serve an aged rib eye steak for \$23. Where else can you get that? Plus, we have a warm family centric setting with unique sensory entertainment." Bonner notes that his customers responded to the review with letters disputing what had been said. "I have a lead chef that does California cuisine. What that includes is scallops, prawns, eggplant parmesan, steaks, chicken, and seafood all served in full portions," he adds.

Unfortunately, Bonner says that business is "mediocre at best. It's maybe 50 percent

of what I would need to make it solvent. What you see here is my personal investment. I love it. It's my home away from home and all I seek is a return on my investment. Break even works for me. I'm not here to get rich."

Bonner has looked into various forms of advertising for his fledgling restaurant. "Orinda has a sign ordinance which puts limits on what I can do here," he explains. "Peet's Coffee is opening soon next door, and I think that will help."

Bonner, however, believes the Lamorinda community will embrace The Orinda House eventually. "Our strength is music and the digital arts. This is a strong community for jazz and art with a historical background of support for these mediums. My belief is that it's a reciprocal equation here," he says. "This community needs me, and I need them. I'm here to stay, and I'm committed to succeeding."

The Orinda House is open Tuesdays through Sundays with music Thursdays through Sundays. Call 258-4445 for reservations.



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BETWEEN THE LINES

Between the Lines

Goodbye Summer – Hello Fall!

Marian Nielsen, Orinda Books



As we slide somewhat regretfully into September — Henry James said the words “summer afternoon” were the two most beautiful words in the English

language — we can remember that one of the pleasures of the past summer was the delightful *The Devil Wears Prada* with Meryl Streep’s bravura performance giving the whole film a touch of magic each time she tossed her silver head. Lauren Weisenberg’s novel, a bestseller in 2005, provided just the right springboard for the visual fashion treats the movie provided. Serendipitously — for bookstores — the movie sent many of those who had missed the book when it came out two years ago into the store to pick up a copy.

In bookstores, there is always excitement when favorite books make their way to the big screen. Usually, the film version gives a book a new day in the sun. The novels slated for the screen in the near future promise a variety of cinematic adventures. One to be looked forward to is *Peace Like a River*, Leif Enger’s warm and wonderful story of a Minnesota farm family — an Orinda Books favorite three years ago. It will star Billy Bob Thornton as the Keilloresque father.

Another title that continues to be sought after and to resonate with young adult readers is finally scheduled to come to the screen. *Into the Wild* by Jon Krakauer is the tragic story of 24-year-old Chris

McCandless who, in 1992, left civilization behind and headed into the remote Alaskan wilderness. Four months later, a hunter found McCandless’s emaciated corpse at his campsite. Due out in 2007, the movie, directed by Sean Penn, will feature Emile Hirsch as Chris and William Hurt and Marsha Gaye Harden as his parents.

A film that will be eagerly anticipated by the hundreds of local readers who loved the book is *The Other Boleyn Girl*, based on Philippa Gregory’s engrossing novel. Natalie Portman plays Anne Boleyn and Eric Bana, last seen in *Munich*, will be Henry VIII.

Appearing at Orinda Books

Philippa Gregory herself is one of the stars in the fall lineup of author appearances scheduled at Orinda Books. She will be here to discuss and sign her books on Tuesday, October 10 at 2 p.m. Her Tudor series, *The Other Boleyn Girl*, *The Queen’s Fool*, and *The Constant Princess*, just out in paperback, is historical fiction that has proved immensely popular with local book groups.

Readers who were introduced to Gregory with this series also turned to her earlier novels, the *Wideacre* trilogy, set in the 1770s — the story of the Lacey family (*Wideacre*, *Favored Child*, and *Meridon*) —

as well as *Earthly Joys* and *Virgin Earth*, based on the lives of John Tradescant the Elder and the Younger, 17th century royal gardeners, whose collections were to become the foundation of the Ashmolean Museum at Oxford. Her novels have been highly praised; her attention to detail informs us at the same time her narrative skills engage and intrigue.

Another Englishwoman, who emigrated from the United Kingdom to the U.S. in the ‘90s, will visit Orinda Books in September. Jacqueline Winspear, whose excellent *Maisie Dobbs* series has garnered so many fans, will be at the bookstore on Thursday, September 7 at 4 p.m. to tell us something about the very newest *Maisie Dobbs* mystery, *Messenger of Truth*, just published on August 22.

Three years ago, Winspear introduced us to *Maisie Dobbs*, who began her life as a servant in a Belgravia mansion. At the onset of World War I, she enrolled as a nurse, found and lost love, and returned from the war to become a private investigator. The legacy of the Great War is part of each of the *Maisie* mysteries as is a world in the throes of social change. Come to Orinda Books on September 7 and find out how Jacqueline Winspear researches and creates each *Maisie* adventure. For a current listing of author events, visit orindabooks.com.

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We love our customers

◆ ROSS from page 7

wrote Mary Ellen Jones, regional vice president of the California Conference of Historical Societies in recommending Ross for the award. “She prepared collection inventories, vital to maintaining control materials while waiting in storage for a permanent home”

Road to Saving OHS Archives

Ross graduated from San Jose State with a teaching and school library credential. After 32 years working as school librarian in San Francisco, ending with 12 years at Galileo High School, she retired in June of 1998.

She joined OHS when it offered a tour of the Buehler’s Frank Lloyd Wright home. Her neighbor, Kathy Sylvester, was president. “She thought Lucy Hupp Williams and I would make good vice presidents.”

Since then, “Retirement is just a blur. I’m just now learning to say, ‘No.’”

She will, however, say “Yes” to other volunteers to staff the archives when the office is open on Monday, Wednesday, and Friday from 3 to 5 p.m.

Donations still needed for the archives include:

- Photographs or drawings of landscapes, structures, people, events, or artwork and blue prints,
- Items with a local business or

organization imprint, especially defunct ones, like Black’s Market, Ogden’s, Grizzly Stables, The Willows, and Orinda Bakery.

- Yearbooks, class photos, or any school items,
 - Videos, movies, or audio recordings of sports or other events,
 - Written or photographic records about special issues such as the theater, incorporation, railroads, and parades,
 - Publications by Orinda residents, past or present,
 - Maps, scrapbooks, phone books, old newspapers, letters or other documents,
 - Items about the past, including bottles, badges, sports equipment, scouting paraphernalia, toys, school reading materials, or ranch equipment, and
 - Characterizations of life in Orinda.
- For donations, call OHS at 254-1353 or Dan Holmes at 254-3360 or dholmes@sierranevada.org.

◆ SAFEWAY from page 7

instance, we may find that a store needs more lanes for 15 items or less.” The express lanes for smaller orders can be accommodated by two registers in one lane.

Warren says that Safeway expects to have work completed on the Orinda store by the end of this year. In the meantime, Safeway officials hope that customers will be forgiving as the store undergoes the most substantial remodel it has seen.

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4TH OF JULY

4th of July Business Decorating Contest Winners



SALLY HOGARTY

(L-R) Erica Volker, Dr. Weylen Eng, Dr. Kristine Eng, and Sheryl Guillory of Orinda Optometry Group created the colorful 4th of July windows that took first place.



SALLY HOGARTY

Cheryl Buscaglia of Cheryl's Closet shows off her window that won second place. The consignment store took first place in last year's contest.



SALLY HOGARTY

(L-R) Melissa Lathram, Gail Woznak, and Pam Cervantez pose in front of the Bank of Walnut Creek in Orinda. The bank's stars and stripes theme won third place.

★ Parade Winners 2006 ★

- Best Musical Group – Heavy Metal Brass Band
- Largest Group – Sleepy Hollow Swim and Tennis Club
- Best Antique Car – Steven Tool
- Most Original Mode of Transportation – Sharon Beckwith
- Best Costumes – Orinda Historical Society
- Best Animal Group – Loretta's Good Citizen Canines
- Best Family Group – Coupin Family
- Best Community Service Group – Orinda Rotary
- Best Old Fashioned Float – Friends of Wagner Ranch Nature Area
- Most Clever Theme Unit – Chamber of Commerce
- Best Flag Waving – The Orinda Preschool
- Best Mascot – Meadow Swim Club
- Best Decorated Group Vehicle – Bavarian Court Kids
- Best Preschool – Diablo Valley Montessori
- Best Spirit Group – Lamorinda Democratic
- Best Equestrian Unit – 4-Horse Hitch, Bank of America and Andersen Travel
- Best Dancers – Miramonte High School Cheerleaders
- Best Church Group – Lafayette Orinda Presbyterian Church
- Most All American – Blue Star Moms
- Best Quorum – Orinda City Council
- Most Gray Hair – Seniors Around Town
- Best Young Entry – Firehouse School
- Best Marching Group – Orinda Pick Up Band
- Best Cheer – Orinda Park Pool
- Most Enthusiastic Group – Orinda Country Club
- Best Commercial Entry – Intero Real Estate
- Loudest Group – Moraga Valley Pool
- Best Realty Group – Prudential Real Estate
- Most Informative – Orinda Moraga Fire Department
- Best Classy Cars – Orinda Motors
- Most Artistic – Orinda Arts Council
- Most Philanthropic – Order of the Eastern Star
- Best Choreography – Orinda Community Church
- BEST OVERALL (FIRST PLACE) – ORINDA CHAMBER OF COMMERCE**



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ORINDA IDOL

Songs of Summer... Orinda Idol Finalists Warm Up

By Susan Garell
Contributing Writer

“Excited, happy, and nervous.” These are the words the Orinda Idol finalists use to describe how they feel about being chosen to compete for a chance to be an Orinda Idol, sponsored by the Orinda Arts Council (OAC), on September 10 at the Orinda Theatre.

Word came to the 33 finalists on May 26 after springtime auditions that included over 200 aspiring Idols. Open to Orinda residents grades K-12, the finalists include six K-2 graders, ten 3-5 graders, 10 intermediate school students, and seven high school students.

One winner will be chosen from each grade group, with half the vote weighted to the judges and the other half by audience vote. Winners will be named Orinda Idols and awarded cash prizes ranging from \$200

for the youngest contestants up to \$750 for the high school students.

There wasn't much vocal rest for these kids over the summer. When asked in July how he was preparing, Max Coleman responded, “I am taking voice lessons and... singing in the shower.”

Contestants were also learning the ropes of show business. Some took headshot photos for the first time, while others compiled their biographies for the printed program. Many of the contestants have performed in local theater or singing groups but, for some, this is their first serious experience in the performing arts world.

Beyond the formalities and paperwork, the OAC also kept the finalists busy performing and promoting Orinda Idol throughout the summer thereby providing valuable experience.

Intermediate school finalists Neris Newton and Jacqueline Garell serenaded



Orinda Idol finalists (back row L-R) Jacqueline Garell, Neris Newton, teacher Ron Pickett, and Ben Freeman. (Front row L-R) Ryan Buchanan, Katie Marino, Suvi Gluskin, and Max Coleman.

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the crowd from the back seat of Orinda resident Bob Witt's classic '57 Chevy convertible at Orinda's 4th of July parade. The OAC used the 4th of July community event to kick-off Orinda Idol, as well as *BirdHaus*, the OAC's summer community art installation.

Aspiring Idols also had a chance to warm their vocal chords amidst the summer produce and the natural foods at the Orinda Farmers' Market in July.

Young contestants Sophia Li sweetly sang “Edelweiss” and Tessa Viola performed a swinging version of “Open Up Pandora.” Middle-schooler Connor Holton wore tie-dye and brought along a bullhorn to give his rendition of “Warm San Francisco Nights.” Ben Freeman, an Orinda resident who attends Bentley High School, took market-goers back even further as he sang a crooner's version of Bobby Troup's 1946 “Route 66” which was made a hit by Nat King Cole.

Whether singing or acting on the street or in a theater, Ben Freeman describes the value of these experiences for him. “Constant performance offers education that cannot be taught: the experiential education of making your craft consistent.”

Other singers included Maritza Grillo, Ryan Buchanan, Isabelle Johannessen, Kacey Sorenson, Amrita Newton, Neris Newton, and Jacqueline Garell. The July performance and another in August were made possible through OAC's partnership with the Contra Costa Certified Farmers'

Market, the organization that runs the Orinda Farmers' Market.

While the Orinda Farmer's Market provided solo opportunities, the middle and high-school finalists rehearsed group songs with Ron Pickett, the music teacher at Wagner Ranch and Glorietta schools. These groups will be singing at the OAC *BirdHaus* Gala and Auction on September 9, the night before the big competition. They will also perform at the Lafayette Food and Wine Festival the following week.

Among the selections will be the ABBA classic, “Thank You for the Music,” complete with harmony and choreography. Ron Pickett brings extensive experience as a musical theater performer and a director of elementary school choruses and musicals in Orinda. He says he chose the popular tune “because the words are great and it sounds really good with a big group.” Several of the finalists are members of the Piedmont Choir and the Miramonte Chorus.

Both celebrity judges and the audience will choose the Idols. Among the judges is Michael Davis of *Teatro Zinzanni* fame, most recently as Chef Tad Overdone. An Orinda resident with children at Wagner Ranch and OIS, Davis is a professional stage actor and comedian who has appeared on Broadway. When asked about the value of the process, he said he hopes the finalists will get beyond their stress and fear and “that the performers can learn to understand their love of performing and to learn to ‘feel

[SEE IDOL page 14]

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BIRDHAUS FESTIVITIES

OAC's *BirdHaus* Gala September 9

■ Community and schools arts enrichment programs, Habitat for Humanity benefit

By Darlene Davidge and Ann Mordine
Contributing Writers

If you stopped by the Orinda Library during the long hot days of July, strolled through Theatre Square, or drove past Woodhall Lake this summer, you're sure to have noticed a few new houses around Orinda. You can see a four-story villa, a copper-topped barn, a sprawling driftwood dwelling glittering with colored glass, a mini-Transamerica tower in tones of green — all for the birds!

On the 4th of July, the Orinda Arts Council unveiled *BirdHaus*, its summer 2006 art installation of original birdhouses created by artists, architects, and designers. On display throughout Orinda during July and August, the 65 upside down, single and multi-unit, floating, hanging, and free-standing homes for birds will be collected September 1 at the Orinda Community Center and Library for a final showing

before going on auction at the September 9 *BirdHaus* benefit gala. Proceeds from the silent and live benefit auction will support arts enrichment programs in local schools and the community, as well as Mt. Diablo Habitat for Humanity. The auction also includes oil paintings, sculpture, theater tickets, and more. Make sure to stop by the Orinda Library Gallery to view more artwork related to the benefit gala. And, if you would like to place advance or absentee bids on your favorite items, bid forms are available at the library.

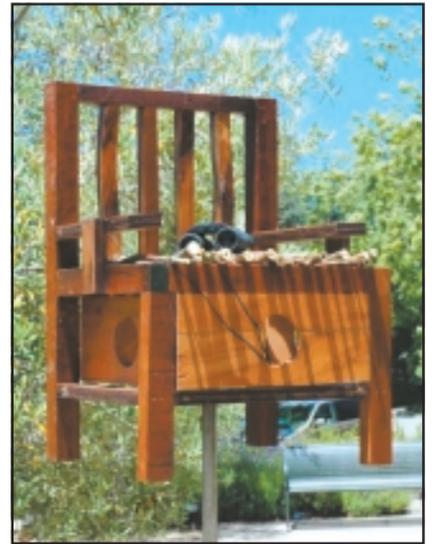
The *BirdHaus* benefit gala begins at 6:30 p.m. under the stars in the Sculpture Garden at the Orinda Community Center. The gala features cocktails and catering by Barbara Lewellyn, live jazz by Bob Kliger's Soft Jazz Trio and saxophonist Chase Michaels, as well as a special performance of finalists from the Orinda Arts Council's *Orinda Idol* youth performing arts showcase. Tickets are \$120 per person.

The Orinda Arts Council is a non-profit organization committed to enriching the education and lives of area youth and families by supporting local visual and performing arts initiatives, including school-based guest artist and docent visual arts programs. In celebration of the greater



SALLY HOGARTY

"Bird Shadow" created by Rami Geller.



SALLY HOGARTY

"Bird's Chair" created by Francis Tam.

Orinda community, a portion of the *BirdHaus* auction proceeds will benefit Mt. Diablo Habitat for Humanity in support of their work to bring affordable housing to Contra Costa families in need. For more information on the Orinda Arts Council's *BirdHaus* project and benefit gala, visit www.orindaartscouncil.org/birdhaus, email for an invitation to oac@bluestar.com, or call the Orinda Arts Council at 925-386-0440.

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Theatre Square Art Festivities Set for September 10

■ Orinda Arts Council's Orinda Idol competition finals, daylong family-friendly art activities beehives of creative activity

By Andrea Chowins
Contributing Writer

On Sunday, September 10, from 11 a.m. to 5:30 p.m., Theatre Square will be a beehive of creative and performing arts

activities in conjunction with the Orinda Idol Finals, which will be held at the historic Orinda Theatre.

"We hope that the festival will bring people together to participate in a variety of arts and music activities," said Petra Michel, who is coordinating the Orinda Idol effort on behalf of the Orinda Arts Council. "This event was created by the Orinda Arts Council to facilitate the experience of making art with your own community and, of course, to have fun!"

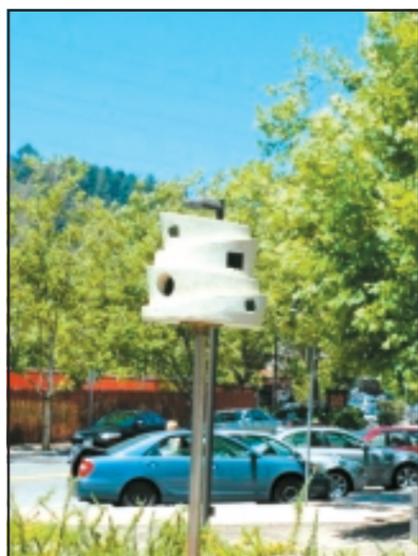
The family-friendly art activities will include a community mural, sidewalk chalk art, karaoke, a photography exhibit, and interactive crafts for children, including bird beak making, vegetable printmaking, and origami bird folding. The Orinda Farmers' Market is also sponsoring a tasting of organic vegetables and fruits.

"This free festival is a wonderful event for all families and Orinda residents to gather together to enjoy all that our community has to offer — live music, demonstrations, participatory activities," said Orinda Arts Council member Frances Smith. "It helps to highlight what a special community Orinda is and truly offers something for everyone. I'm delighted to see it happen on this scale."

The festivities are held in conjunction with the Orinda Idol student talent competition, which showcases the talents of 33 young finalists from Orinda. Emcees for the event include celebrity television journalists Diane Dwyer, Leslie Brinkley,

and Anna Werner. Middle and high school finalists and all winners of the Orinda Idol competition will also be performing at Lafayette's 2006 Art and Wine Festival September 16 and 17, where more than 50,000 people from Lamorinda and surrounding Bay Area communities can hear them perform.

For more information on how you can support your Orinda Idol finalists, contact Petra Michel at the Orinda Arts Council at 925-386-0440 or email orindaidol@bluestar.com. More information on all arts-related programs by the Orinda Arts Council can be found at www.orindaartscouncil.org.



SALLY HOGARTY

"El Nido" created by Alexis Moran.

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Endless Summer Classic Car Show Benefits Senior Ride Program



CONTRIBUTED PHOTO
Fifty classic cars will be on display at Orinda Motors on September 9 from 9 a.m. - 1 p.m. Coordinated by Chip Herman and sponsored by Orinda Motors, this year's show benefits the Orinda Association's Seniors Around Town program. Bo's BBQ of Lafayette will serve food from 11 a.m. - 1 p.m. while participants enjoy live musical entertainment. At 1 p.m., a parade of cars will tour downtown Orinda. A donation to the senior ride program guarantees a ride in one of these classics. Car owners who wish to participate should contact Sean Kimble at seankimble@hotmail.com.

◆ IDOL from page 12

the audience.”

Whether named an Idol or not, fellow Orinda resident and NBC11 weekend anchor Diane Dwyer believes the kids will win something very important. “When children perform (in front of a big audience or in front of family at home) it improves their self-esteem and gives them valuable experience. No matter what they end up doing in life, there will always be presentations to be made.” Diane will be joined in hosting the competition by two other Bay Area television news personalities, Leslie Brinkley (ABC7) and Anna Werner (CBS5).

After interviewing the finalists, it appears that Orinda Idol will be just one stop on a journey for kids who have already embraced singing and performing as an important part of their lives. For some, like high schooler Suvi Gluskin, it started very early. “When I was little I sang along with Disney songs and I haven’t stopped, yet.” Fellow Miramonte student Sarah Ames says, “Singing is a huge part of my life. I sing everyday, almost constantly.” And Jacqueline Garell says, “It is my life.”

Fourth grader Maritza Grillo, who sang “She’s in Love With the Boy” at the Orinda Farmers’ Market with Nashville flair, is also looking to the future: “I want to make my own CD.” As for her mother, Vicky, she sums up the sentiments of many of the parents, teachers, and volunteers involved in Orinda Idol competition. “My most important goal out of this for Maritza is for her to have fun and enjoy herself.”

The final competition will take place on September 10, between 11:30 a.m. and 5:15 p.m. at the Orinda Theatre. Admission is free. Doors open 15 minutes prior to each

competition.

**Schedule for the day:
 11:30-12 p.m. - Competition Group 1, Grades K-2**

Emcee: Diane Dwyer, NBC11
Contestants:
 Wylie Hughs Kaylie Parr
 Sophia Li Lauren Pejza
 Joe Metheny Tessa Viola

12:30-1:30 p.m. - Competition Group 2, Grades 3-5

Emcee: Anna Werner, CBS5
Contestants:
 Nicola Gonzales Gabriella Kreutzelman
 Maritza Grillo Julia Meckes
 Connor Holton Amrita Newton
 Isabelle Johannessen Hayley Reardon
 Grayson Judge Kacey Sorenson

2:00-3:15 p.m. - Competition Group 3, Grades 6-8

Emcee: Leslie Brinkley, ABC7
Contestants:
 Matthew Barber Grace Hilty
 Ryan Buchanan Kristin Hilty
 Max Coleman Katie Marino
 Faith Engstrom Zoe Michelson
 Jacqueline Garell Neris Newton

3:45-4:45 p.m. - Competition Group 4, Grades 9-12

Emcee: Leslie Brinkley, ABC7
Contestants:
 Sarah Ames Suvi Gluskin
 Justine Arvold Kellyn Severson
 Alexis Daniels Elliott Taylor
 Ben Freeman

5:15 p.m. - Announcement of Finalists for All Four Groups

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DEL REY LUNCH PROGRAM

Edamame and Positive Peer Pressure

By MEG CROSBY
Staff Writer

At the Variety Bar in the Del Rey Elementary School's Dolphin Deli, French fries have been replaced by edamame, a Japanese appetizer of green soybeans. "Blame it on positive peer pressure," suggests deli co-founder Beth Marks. "Kids love to try new food, especially when they see their friends eating it."

Oreos and chocolate milk have given way to soy-based fruit smoothies and 100 percent juice. Crunchy cucumbers replace grey canned string beans and low-fat mozzarella cheese sticks have upstaged processed cheese.

Hot dogs, the only memorable food for parent Alex Miller in the late '60s cafeteria line, are no longer served. His second grade daughter, Megan, loves freshly baked pizza on Tuesday and chooses cucumbers from the variety bar.

Scott Fleming, a Del Rey student in the late '70s remembers "Hot Dog Thursdays." He says, "For seventy-five cents all you got was a hot dog on a bun." When his first grader, Max, came home from school last year talking about his favorites – sushi cucumber rolls and fresh strawberries from the variety bar, Scott was thrilled.

Run entirely by the Del Rey Parents Club, the Dolphin Deli grew out of a vision linking healthy food and sound nutrition to academic performance. We want our kids to get the best out of their school experience," adds co-founder Robin Bradley.

Recent 2005 legislation signed into law in Sacramento supports their efforts. By 2009, sodas will be banned from all California school campuses. SB12 establishes nutrition standards to limit calories and sugar content consumed by children. Another bill, SB965, allows only milk, juice, and electrolyte drinks to be sold

in elementary schools.

Non-dairy and vegetarian entrees are available daily. The Dolphin Deli offers nut-free, whole, unprocessed foods. To stay in compliance with the law, the school has hired a nutritionist and uses sophisticated software to evaluate nutrition.

Since 2003, Del Rey's Dolphin Deli has served more daily lunches than any restaurant in Orinda and, by any business standard, is a case study in success and hard work. A small army of 125 volunteer parents are trained in food safety and restaurant techniques.

Each day a local restaurant or supplier provides an entrée. Fresh vegetable soup is delivered on Monday from the chef at **Shelby's** in Theatre Square, complimented by **Noah's Bagels** with cream cheese. **Round Table Pizza** in Rheem is working to develop a whole wheat crust pizza with less cheese for its Tuesday offering.

Each Wednesday, **La Cocina** at 23 Orinda Way, offers a wide variety of fresh, low calorie Mexican food.

The Dolphin Deli Thursday feature is fresh hand-made pasta with homemade sauce from the **Pasta Stop** in Moraga. Fridays are reserved for sushi or teriyaki chicken or baked potstickers. **Trader Joe's** in Lafayette supplies the whole chicken pieces for the other lunch offered on Thursdays.

Sumptuous fruit smoothies are delivered three days a week from **Quenchers**, 21 Orinda Way.

With grant money from the Central Contra Costa Solid Waste Authority, the Del Rey food program and Orinda's other elementary schools have become part of a collaborative "green loop" with mixed use recycling receptacles placed in each classroom and common area. Waste from the kitchen also becomes compost for schoolyard gardens, which provide vegetables for special student treats.



CONTRIBUTED PHOTO

Students at Del Rey Elementary School enjoy a healthy lunch in the school cafeteria. Parent volunteers re-supply the popular variety bar in the background.

In addition to raising healthier kids, the Dolphin Deli also raised \$58,000, which supports the school library; math and literacy specialists; music, art, computer,

and physical education programs; classroom assistants; and other program enhancements.



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Backyard Getaways and Beyond

Trails of Indochina

Sheila Woods



This past spring my husband and I spent three weeks traveling in Hong Kong, Vietnam, Cambodia, and Thailand. We started our trip in Hong Kong at the new Four Seasons Hotel located on the water, near the Star Ferry, the Peak Tram, and the interesting Soho district.

After three nights in Hong Kong, we flew to Hanoi and started our trip in Vietnam, a land of stunning natural beauty and rich ancient heritage. Today the Vietnamese people – more than half of whom were born after the war – look to the future with relentless optimism. Modern Vietnam is a safe and accessible travel destination for just about anyone in search of adventure.

A short ride along coastal Highway 1 offers a glimpse of this bustling, burgeoning nation of more than 80 million. You'll pass motorbikes balancing a family of four, stacked 10 feet high with bamboo fish traps or carrying four pigs to market. The traffic can be chaotic, and it is advisable to hire a driver and guide. Vietnam has a colorful landscape, is rich in history and traditions, and with their indomitable spirit, the people, who have endured so much, look eagerly to the future.

Hanoi, the capital, is the gateway to the far north, and the area is populated by diverse groups of ethnic hill-tribe people from the south of China. Ha Long Bay, just a few hours east of the capital, is a stunning area of high karst peaks, now visited by luxurious overnight cruise boats and kayak



SHEILA WOODS
This young girl is carrying produce along the road from Hoi An to Danang. She uses an up and down motion while walking to relieve the weight from her shoulders.

excursions.

South of Hanoi is the city of Hue, the old royal capital. Farther south, near Danang, is Hoi An, a 15th century trading and cultural center, a great place to shop and to enjoy Cua Dai beach. Other cities on the way to Ho Chi Minh City (Saigon) are Nha Trang, Vietnam's ocean city, and Dalat, a former French colonial hill station and gateway to the highlands.

Ho Chi Minh City is a beautiful city offering inexpensive shopping and a large central market. Day trips include the Cu Chi Tunnels where the North Vietnamese guerrillas hid out and the Mekong Delta, a "must see," which includes large floating markets, mangrove swamps, and boat rides along rural canals to tiny fishing and craft villages.

Vietnam is a bargain destination with luxury hotels, fine dining, and exciting adventure tours at a fraction of the cost of similar services at home.

From Vietnam we journeyed to Cambodia. Highlights were the ancient ruins of Angkor Wat and Angkor Thom with five star hotels available. We stopped over in Thailand – Bangkok and Chiang Mai – on our way home. Highlights in Bangkok were the Grand Palace and Emerald Buddha, and in Chiang Mai a visit to the Chiang Dao Elephant Training Camp.

We found the countries safe and the people friendly. I recommend a tour by Trails of Indochina. For more information, contact Anderson Travel at 254-8433.



SHEILA WOODS
A young girl in Hoi An makes flowers out of rice paper which are then sold to the local restaurants and cooked as an appetizer.

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SCHOOLS / STUDENTS

Two Students Share Thoughts on Summer and Returning to School

By AMRITA NEWTON

Incoming fifth-grader at Wagner Ranch Elementary School

When I started working on this article, I thought I better decide first what I really prefer — vacation or school. And believe me it was not that easy to decide. For example, during vacation I have much more free time and can play more soccer; but I usually do not see my friends so often. In contrast, during school I can do arts and math, subjects I like a lot, and see my friends every day, but I do not have much time for myself or just to hang out.

This summer was somewhat different for me. For the first time, I was allowed to take a friend with me to Italy and to Aspen, Colorado. My friend Natalie and I did lots of fun stuff during the three weeks we traveled together. In Italy, we climbed the tower of Siena, went on a hot-air-balloon ride over Tuscany, looked for wild boar in the Italian village where we were staying, visited the Uffizi Gallery in Florence and copied one of the paintings there and, of course, ate lots of gelato! In Aspen, we went



CONTRIBUTED PHOTO

Amrita Newton (L) and her friend Natalie enjoyed Italy this summer.

horseback riding in the mountains and on a white-water-rafting trip. Natalie was also able to meet my German grandparents during our travels. So, that was a pretty good fun-filled summer!

But what do I look forward to for this school year? First of all, I will be a fifth-grader, meaning I will be one of the older kids in my school. In addition, I look forward to being in the next Wagner Ranch School musical with Mr. Pickett and participating in string orchestra with Mr. Uyeno for one more year. I also hope that we will have another Family Arts Night with Mrs. Kam at my school. And, of course, I am excited to find out who my fifth-grade teacher will be.

So, now that I am thinking about all these things for next year, I can hardly wait to get back to school!

By DANIEL HO

Incoming eighth-grader at Orinda Intermediate School

For many other students, the summer is a boring part of the year. The daily routine for them is to stay home and do nothing. However, every year my family travels to Singapore for about six weeks. There is much to do in Singapore, including eating delicious local food. My summer this year was especially interesting. We went to Hong Kong, and later China. In Hong Kong, we went to Ocean Park, which was really big. There was a show that featured dolphins and seals. Another thing I enjoyed about Ocean Park was watching the pandas in their habitat. It was the first time I had seen a panda. There were also numerous rides, including roller coasters, which I did not dare to go on. I did ride in Go-Karts. (I crashed twice, which means I won't be getting my driver's license anytime soon.) In China, I went to a few tourist sites, such as the Great Wall, the Forbidden City, and the Summer Palace. My favorite was the Great Wall.

I don't feel happy that school is beginning because that's when the work begins. The first word that comes to my mind when I hear "beginning of the school year" is a drawn out "Nooooo!!!" School days are very routine, unlike spontaneous summer days. At school, I work. At home, I also work. The only relief I get from this cycle

is during the weekends, when I'm allowed to use the computer.

Starting school has its excitement though. A good thing about school starting is that I can hang out with my friends everyday, a privilege I wouldn't have if it was vacation. Also, I'll be in eighth grade, and that makes me feel... big. I'm probably going to look at the sixth graders and think, "Was I really that small?" Overall, I think I'm ready for the new school year, even though teachers always say, "In eighth grade, the teachers will be tougher." They said the same thing about sixth grade in elementary school but OIS wasn't that bad at all.



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Sleepy Hollow's New Principal



SALLY HOGARTY

Sleepy Hollow Elementary School begins the school year with a new principal — Diane Kanegae. For the past four years, Kanegae has been an elementary principal in the Novato Unified School District. Prior to that she served as an elementary vice principal, Title I coordinator, resource specialist, and K-4 classroom teacher in Southern California.

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Writing Contest Winners Show Skill and Imagination

By DOROTHY BOWEN
Staff Writer

Readers like to visit the London of Charles Dickens' *Bleak House* or the later London of George Orwell's *1984*. But they probably wouldn't want to live there. Likewise, few would want to hang out with Big Brother or Mr. Tulkynghorn, but it's interesting to meet them and see what makes them tick.

Young winners of the Poul Anderson Creative Writing Contest, sponsored by the Friends of the Orinda Library for local high school students, take their readers to places and people like that, and displayed their imagination and skill in their entries. The Miramonte students wrote an essay about iPods; a poem about dreams; a short story about an obsessive orphan; and a science fiction story about a controlled society with a charismatic leader.

Copies of the winning entries are in the Orinda Library.

A Chronicler of iGeneration

Catherine Wong, a 10th grader at Miramonte, wrote the winning essay, *Invasion of the iGeneration*, describing the latest electronic have-to-have, iPods. "The

click wheel puts everything at your fingertips, so you can play god without any trouble," says Wong.

She delineates the effect of the invasion: "The coolest thing about iPods is that they create new cliques at school." Wong examines iProbes and iPrima Donnas:



CONTRIBUTED PHOTO

Catherine Wong wrote the winning essay.

"iProbes steal your iPods when you're not looking just to see every song and artist that you have downloaded. On the other side of the tracks, the iPrima Donnas stop you in the halls to show off what they have on their little electronic hunk of plastic, but they never let you get through an entire song.

"The iZombies are always around. That's right, the horrifying iZombies. They have staring eyes, dark hoods that they will never remove from their heads, and, other than subtle head bobbing, they don't move at all.

"iPods are slowly conquering and converting my generation into the iGeneration. Even the teachers have them," she says.

Dreams With Form and Feeling

Many teenagers write poetry full of feeling, but without much form. Poet Robert Frost described writing free verse as like playing tennis without a net.

Miramonte 9th grader, Matt Roe, took up his challenge and wrote a poem about dreams, *This Unreal Life*, with a rhyme scheme and compelling imagery. The poem begins: "Some have no beginning, Nor do they have an ending. Bizarre tales from deep within, Sandwiched between cozy linen."

And the poem continues with lines reminiscent of Sartre: "Strange rooms with no doorways, And long highways with no



CONTRIBUTED PHOTO

Matt Roe's poem about dreams was a winner.

exits."

Roe also wrote lines that he says were inspired by a Michael Crichton novel: "Erotic encounters of the wired kind, With no pushbuttons for rewind."

Roe has written a lot of poetry lately. He spent about two-weeks working on the winning entry. He reads political novels as well as others by Crichton and Kurt Vonnegut.

A Nightmare Vision of Obsession

Elias Stahl, a 9th grader at Miramonte, wrote a sinister short story, *Specter*, about an orphaned boy in a coal mining town, who, as the only employee of a security company, watches over the children. Or is that what he is doing? It's irony worthy of a mature writer. The story is also full of insights: "Delight and dread, after all, don't the two seem to go hand in hand," as well as "no one can outrun age."

He gives vivid descriptions of colorful characters and their grungy surroundings. The story might seem to be inspired by 9/11 concerns about safety, but Stahl says not. "I've written other stories that are much more political." He writes for himself and others, not in response to class assignments. "They are kind of boring. I do the bare minimum to get by. Next year, he will



CONTRIBUTED PHOTO

Elias Stahl's sinister short story won him accolades.

transfer to Berkeley High. "It's still possible to get a good education there. I want to go to a bigger school with a more diverse population instead of only rich, upper class, white kids." That means that he won't be entering next year's contest. "Hopefully, you'll be reading my stories in other places," he says.

Not So Brave New World

Aki Shibuya, an 11th grader at Miramonte, entered the contest last year without winning, but when she noticed the flyer at the Career Center, "I thought I'd give it another shot."

This time she hit the bull's eye. Her story of a controlled society was inspired by novels she's read such as *Brave New World*, *1984*, and *Lord of the Rings*. But it's also based on the history she has read, especially about Germany between the World Wars.

"I find war history fascinating because of the social aspect around it. I like to find out what caused war to break out, how the momentum for war built up, how other nations got involved, what tactics were used, what the home front was like, how it ended, and what was the result of the war. "History does repeat itself," she adds.

She is interested in books about war. "It shows the dark side of human nature. I don't want to sound morbid, but I am interested



CONTRIBUTED PHOTO

Aki Shibuya's winning story was inspired by *Lord of the Rings*.

in the cause and effects of wars."

The story will be part of a projected novel she is working on.

This summer she studied at Oxford in the ATA program on British media studies. "I'm a self-proclaimed Anglophile," she says. "I'm looking forward to soaking up the aura of C.S. Lewis."



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MIRAMONTE

Miramonte Welcomes New Choral Director

By SALLY HOGARTY
Editor

Musician and teacher Sarah Downs has been named the new choral music instructor at Miramonte High School. Downs earned her bachelor's degree in music education and single subject credential in music from the Conservatory of Music at the University of the Pacific in May of 2006 and has also served as a counselor and music director for the Pacific Coast Leadership program.

Former director, Chris Olin, left Miramonte to pursue an advanced degree at the University of Oregon. During his tenure, the choral program achieved many

invitations to participate in the International Choral Festival at Stanford University where they received a gold award for most outstanding choral ensemble. In April, the Concert Singers received the California Music Educators Association (CMEA) ranking of Unanimous Superior. Also at CMEA that weekend, the Choral Artists received a Unanimous Superior ranking and set a Miramonte record for highest overall score at CMEA. Chora, the intermediate women's ensemble, competed in May at the National Festival at Harper College in Illinois, receiving a Unanimous Superior (highest) ranking and the overall award for Most Professional.



CONTRIBUTED PHOTO

Chora performing at Harper College in Chicago.

successes including numerous awards. In March, Choral Artists served as the headline performers at the Educational Foundation of Orinda's Celebration of the Arts. They were also honored with an

Miramonte Graduate



CONTRIBUTED PHOTO

Congratulations to Noah Simons, Miramonte class of 1994, on the completion of his three-year residency at Kaiser Hospital in Oakland. Simons is now a fellow in infectious disease at Oakland's Children's Hospital.

Miramonte High School Celebrates 50 Years on Friday, September 15



CONTRIBUTED PHOTO

Miramonte cheerleaders from the high school's early days lead students at a pep rally.

By 50th ANNIVERSARY COMMITTEE

Whether you have attended every home football game for decades, haven't darkened your alma mater's doors since you graduated, or have yet to set foot on the Miramonte High School (MHS) campus, here is your opportunity to celebrate the past, present, and future of Orinda's cherished high school. Join fellow alumni, parents of graduates, and current Orinda residents from 3:30 to 6:30 p.m. on Friday, September 15, 2006. Enjoy self-guided campus tours, displays of memorabilia from 1955 through the present, videos and slide shows, as well as a chance to participate in a live Miramonte

trivia contest.

For more information, contact Alison Everett Burke (MHS '70) at (510) 452-4164 or visit the informative website at www.miramontealumni.com. If you have mementos of your years at MHS (uniforms, programs, photos, etc.) you would be willing to donate or loan to the committee for display, contact Sue Wecht at (925) 253-1020 or swecht@comcast.net. If you would like to volunteer a few hours of your time on September 15, contact Gail Wieber Cwalina (MHS '66) at gailcwalina@msn.com. To submit questions (and the answers!) for the trivia contest, contact Vanessa Crews at vcrews@mac.com.

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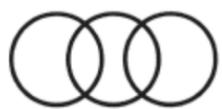
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Steve & Cathy Lambert



The long daylight hours of summer will soon be gone making this a great time to consider extending your outdoor hours by adding landscape lighting. Your home's appearance after dark is often one of the most overlooked landscape considerations. You've paid for your property and landscape, so why not ensure that you can use and enjoy it into the night by adding light?

Recently, on a late summer night, Steve was driving home through many dark neighborhoods after focusing lights in a new installation. He was struck by how few homes have landscape lighting and of those that do how few are really well planned.

We receive dozens of calls each year from homeowners complaining about their failing outdoor lighting system. Most often these are systems purchased in a pre-package kit and installed by the homeowner, their gardener, or the neighbor kid.

For a long-term investment, consider a professional quality, 12-volt lighting

system. These systems allow for a custom lighting design and should not be confused with pre-packaged kits, which typically provide strings of path-lights and low wattage up-lights.

The professional quality lighting fixtures are manufactured from premium materials such as brass, copper, and stainless steel. They also allow for a far greater variety of effects such as moonlighting (down lighting), dramatic shadowing, and accent lights. Most professional quality light fixtures and transformers also come with a 10-year to lifetime warranty.

When driving through a dark neighborhood, there are few things quite as pleasing to the eye as an artfully lit landscape. Lighting design is one of the most uniquely creative aspects of our work, however, it can be a challenge to make your landscape lighting look relatively natural.

Begin by thinking of your outdoor space as a canvas that you are "painting" with light. Your first consideration should be for your home's safety and security. Walkways

and stairs are critical areas to light for safety reasons.

Although you often see louver style lights on the face of steps, these fixtures are relatively useless because the light spread is limited, and they can be blinding, shining directly in your eyes as you approach the steps. Lighting steps from above is much more effective. This can be accomplished by using down lights placed in a tree or an eave or by using tall path lights. One of our favorite lights for stairs or pathways is a five-foot tall Tiki torch with a low voltage down light on the bottom. The down light on this fixture gives a soft lighting spread of about seven feet which is perfect for lighting stairs and, while entertaining, can add lots of drama when the top torch is lit.

One of the problems we often see on walkway lighting is the use of too many path lights, creating the "landing strip look." It is just as effective and much more aesthetically pleasing to light one side of the path or stagger the fixtures, alternating between sides. On curved paths, we prefer to light just the inside of the curve.

Recently, we were hired to install a lighting design by a landscape architect that included 135 path lights and 35 accent lights. After viewing the garden during the day and at night, we revised the design and the completed project had 165 lights total, 20 of which were path lights. We were able to accomplish this through the use of more unobtrusive down-lighting.

A good lighting plan will take into consideration the amount of ambient and bounce lighting that can be achieved through the use of up and down lights. It's important to note that you don't always need more lighting fixtures to gain more light. After all, lighting your landscape should be much more about dramatically highlighting the most beautiful features in your garden rather than just adding lots of light.

This leads us to the next design consideration, lighting your garden's focal points. Trees, larger plants, sculptures, large rocks or rock walls, water features, or architectural details such as an arbor, gazebo, or gate can all make a striking nighttime focal point. Careful consideration should then be given to the choice of fixture and position of the light. First determine from which angle the feature will most frequently be viewed from inside your home or from your outdoor entertainment space. Low voltage lighting brings out the shape and texture of an object. Remember to also consider the shadowy impressions that will be cast against your home's wall or fence. Up lighting a focal point from the base will give the subject majesty and draw the eye to your garden's best features.

Trees can look especially breathtaking with the proper illumination. For the grandest of entry statements on a driveway

or front walk, nothing looks more impressive and inviting than an avenue of trees bathed in a rich golden glow.

It's important when lighting trees to always connect the canopy to the ground by lighting the trunk. You don't want the appearance of floating trees at night. Also, resist the temptation to light every tree in your yard. Choose those that are truly dramatic such as sculptural trees that lend themselves well to lighting. Some of our favorite trees to light include Japanese maples, magnolias, oaks, birch, dogwoods, and anything you find that has a unique shape with striking parallel lines or lateral branches. By day, most of these trees simply blend in as part of a green canvas, but by night, with the right lighting they become a outstanding feature that springs to life taking on a whole new personality. For a real wow factor, one of the most outstanding trees we've enjoyed lighting is a mid-winter fire dogwood, which has brilliant chartreuse leaves and a deep salmon-colored branch structure. This tree is almost more beautiful lit up at night than in broad daylight. As for choosing feature plants to light, anything from strong and simple like a New Zealand phormium or calla lily to something large and feathery like a date palm or red leafed banana all look fantastic when lit correctly.

Finally, use low-level lighting to connect focal point areas. Large expanses of black are not inviting or safe. Wash a wall or even a hedge with cross lighting as a bridge between areas with more light. The lighting in your landscape should direct the eye through your garden from one pleasing element to another rather than causing the eye to bounce around from one bright spot to another.

Choose fixtures that will do the job the particular location calls for. You can purchase well lights that bury in the ground for a nice up-lighting effect on bushes, ornamental grasses, and trees. Spot lights can be used to highlight a focal point. Down lights mimic moonlight when placed in eaves or trees to light the area beneath them. Wall washers, which softly light walls or hedges, can be used as mentioned previously to connect other more dramatically lit features.

If you have spent time and money improving your yard but have not yet invested in landscape lighting, consider choosing a professional design and quality products. This is one investment you will not regret. Landscape lighting will enhance your garden at night, enlarge your living space, and extend your outdoor entertaining hours while increasing security and improving the safety of your home.

For more information on low-voltage landscape lighting or for suggestions on future "Way to Grow" articles, please feel free to email us at gardenlights@comcast.net.

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CALENDAR

ON THE CALENDAR

SEPTEMBER

- 2 **Orinda Hiking Club**, Hawk Hill/Marin Headlands, sturdy hiking boots required, meet at Community Center 8:15 a.m., 254-1465, repeats September 9, 253-0131.
Farmers' Market, Saturdays, Avenida de Orinda and Orinda Way, 9 a.m. to 1 p.m., www.cocofarmer.org or (925) 431-8361, repeats September 9, 16, 23, and 30.
- 6 **Orinda Hiking Club**, Berkeley Pathways & Steps, sturdy hiking boots required, meet at the intersection of El Nido Ranch Road and Charles Hill Road, 8:45 a.m., 376-5649.
- 7 **Orinda Books**, Jacqueline Winspear discusses her new Maisie Dobbs mystery, *Messenger of Truth*, 4 p.m., 254-7606.
- 8 **Orinda Starlight Village Players**, Shakespeare's *Comedy of Errors* through September 30, Fridays and Saturdays, 8:30 p.m.; Sunday Sept. 10, 17, and 24, 4 p.m.; Thursday, Sept. 28, 8 p.m., Community Center Park Amphitheater, 253-1191 or aspen@hobbitsforhire.com.
- 9 **Orinda Motors**, Endless Summer Classic Car Show and open house, 63 Orinda Way, 9 a.m. to 1p.m., 254-2012.
Orinda Arts Council, BirdHaus benefit gala, Community Center Sculpture Garden, 6:30 p.m., (925) 386-0440.
- 10 **Orinda Arts Council**, Orinda Idol Competition, Orinda Theatre, 11:30 a.m. to 5:15 p.m., admission free, also a day-long arts festival with activities, live music, multimedia and photography exhibits and refreshments throughout the Theatre Square plaza.
- 16 **California Shakespeare Theater**, *As You Like It*, Bruns Amphitheater, ends October 15, tickets (510) 548-9666.
Orinda Hiking Club, Huddart County Park/Peninsula, sturdy hiking boots required, meet at Community Center, 8:15 a.m., 376-9366, repeats September 24, (925) 735-9240.
- 17 **Central Contra Costa Solid Waste Authority**, Home Composting for Busy People, workshop, 9 a.m. to 10:30 a.m., McDonnell Nursery, 254-3713.
- 19 **World Affairs Book Group** discusses *Inside Putin's Russia: Can There Be Reform Without Democracy* by Andrew Jack, 3 p.m., led by Daisy Daymond, 935-1565.
The Orinda Owls discuss *The Highest Tide* by Jim Lynch, 7 p.m. at Orinda Books, 254-7606.
The Page-by-Page Book Group discusses *Any Bitter Thing* by Monica Wood, 7 p.m., at Orinda Books, 254-7606.
- 21 **Orinda Books**, Freddy Moran discusses *Collaborative Quilting*, which she wrote with Gwen Marston, 4 p.m., 254-7606.
Orinda Hiking Club, Evening Stroll, Jack London Square/Oakland, call for meet time and location, (510) 658-1327.
- 23 **Orinda Hiking Club**, short hike, Berkeley to Albany Bulb, meet at Community Center, 8:15 a.m., 376-5649.
- 24 **Orinda Hiking Club**, extremely difficult hike, Dipsea Trail Loop/Marin County, sturdy hiking boots required, meet at Community Center, 7:45 a.m., (925) 284-7898.
- 28 **Orinda Books**, Lolly Winston discusses *Happiness Sold Separately*, 4 p.m., 254-7606.

AT THE LIBRARY

ADULTS

- 6 **Orinda Library Book Group**, Yann Martel's *Life of Pi*, 7 p.m.
27 **Library Database Training Program for Adults**, familiarity with Web browsers required, registration begins August 30 and is required.

CHILDREN

- 12 **Toddler Lapsit**, infants to age 3 and their caregiver, songs, bounces, and stories, 10 a.m., repeats at 10:30 a.m. Please choose one time a week. Repeats on September 13, 19, 20, 26, and 27.
16 **Saturday Morning Live!** Family storytime for ages 3 to 5, 10:30 a.m. in Picturebook Alcove, also on September 23 and 30.

For more information on library programs, call 254-2184.

CLUB MEETINGS

- 2 **Orinda Crossroads Rotary**, Community Center, every Monday, 258-0758.
Miramonte Parents' Club, 7:30 p.m., MHS library.
- 3 **Orinda Lions Club**, Europa Restaurant, 64 Moraga Way, every Tuesday at 12:15 p.m., 254-0482.
Orinda Sunrise Rotary, Postino's in Lafayette, 7 a.m. every Friday, 254-0440, ext.463.
- 3 **Orinda Junior Women's Club**, General meeting, call for information and location, at 7 p.m., also Sept. 20 at 9:30 a.m. 253-8896.
- 4 **Orinda Rotary**, Community Center, every Wednesday at noon, 254-5537.
- 13 **Orinda Association**, Orinda Library, May Room, second Monday, 7:30 p.m., 254-0800.
- 15 **Orinda Historical Society**, OHS Museum, 3 to 5 p.m., 254-1353.
Orinda/Tabor Sister City Foundation, 7 p.m. social, 7:30 p.m. Friends of the Orinda Library.

CITY/FIRE/SCHOOL DISTRICT MEETING SCHEDULE

Acalanes Union High School District

First and third Wednesdays, district office, 1212 Pleasant Hill Road, Lafayette, 7:30 p.m., www.acalanes.k12.ca.us

City Council

First and third Tuesdays, 7 p.m., Library Auditorium, www.ci.Orinda.ca.us.

Historic Landmarks Committee

Fourth Tuesday, 3 to 5 p.m., Library Garden Room, public is welcome, for information, please call 788-7323.

Moraga-Orinda Fire District

Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.

Orinda Union School District Board of Trustees

Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road, www.orinda.k12.ca.us.

Planning Commission

Second and fourth Tuesdays, 7 p.m., Library Auditorium, 253-4210.

Parks and Recreation Commission

Second Wednesday, 7 p.m., Community Center, room 7, 254-2445.

CALENDAR BY LYNDA LEONARD

Send calendar items to momcat1@earthlink.net

Comedy of Errors Completes Starlight Players Season with Shakespeare

By DOROTHY BOWEN

Staff Writer

Shakespeare's *The Comedy of Errors* features two sets of identical twins, unknown to each other. That's easy enough to do with a large cast, elaborate costumes, and a stage a certain distance from the audience. But what will Tom Flynn do directing the Odyssey Players in the last play of the Orinda Starlight Village Players' season with a small cast and the Community Center Park Amphitheater seats hardly more than an arm's length from the stage?

He plans to make a virtue of necessity, casting two actors to play the four parts of the twins. The twins will not only look alike, they will be the same actor. And to make up for the small cast, only eight actors in all, he will place life-sized cutouts throughout the stage and even in the audience. "By the end of the play, the actors will talk to and work around these unusual cast mates. If all goes well, the audience will look on them as true characters," he says.

Timing is critical and Flynn promises he



JILL GELSTER

Geotty Chapple and Ray Christensen in last year's production of *The Tempest*. Both will be appearing in this year's production of *Comedy of Errors*.

has some secrets up his sleeve to make the missing found – but not too soon. The comedy takes place mainly in Ephesus, a magical and dangerous place. The father of the twins has arrived in Syracuse to find his missing boy and is imprisoned and under death sentence, as a kind of illegal alien. "Ephesus is not magical in the way of *A Midsummer Night's Dream* or *The*

[SEE COMEDY page 22]

What's Not to Like About *As You Like It*?

By DOROTHY BOWEN

Staff Writer

Almost everyone likes *As You Like It* and, indeed, what's not to like about the final comedy of the Cal Shakes' season? Director Jonathan Moscone says the play appealed to him because it was similar to *Twelfth Night*, which he also directed. "The central character is a woman faced with a life and death situation. She deals with it by becoming a man and discovers her true self through a wild adventure. It's about love," says Moscone. "Once in the forest, the prime and sole concern of the characters is the achievement of love. It's the highest goal – the most difficult and the most painful. As a man who lives his life through his work, it's meaningful to me," he adds.

Susannah Schulman will play Rosalind and Stephen Barker Turner portrays Orlando. The critic Harold Bloom writes, "Great roles like Rosalind are a kind of miracle. Rosalind is the ancestor of Elizabeth Bennett in *Pride and Prejudice*." He also believes that Rosalind is as close to Shakespeare's own voice as anything in his plays. Shakespeare himself played the role of old Adam in *As You Like It*.

As You Like It is also perfect for Cal

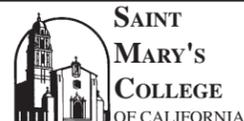
Shakes because it takes place mainly in the forest of Arden, not unlike Siesta Valley with its deer and coyotes. The set will move from the decadent court to the romantic forest, even bringing trees on stage.

The forest also works to level hierarchies. As the daughter of the Duke, Rosalind would be too far above Orlando to marry, but in the forest, she can court him disguised as the boy, Ganymede.

Harvard professor, Marjorie Garber, writes that the pastoral tradition in *As You Like It* belongs to a modern analogue in the American West: "The cowboy, like the shepherd, is a readily understood metaphor."

As You Like It has more songs than any of Shakespeare's plays. But that's not the reason Moscone has asked Gina Leishman to set the verse to music. No one knows what the original music was like; although, we know what instruments might have been played. The director imagined that gypsies might have made music in the forest so three musicians costumed as gypsies will play music for some scenes.

As You Like It begins with previews September 13, opens September 16, and ends October 15. For reservations, call (510) 548-9666.



The Committee for Lectures, Art and Music presents



Hits and Homeruns

Saturday, September 16 at 8 p.m.

LeFevre Theatre

Actor/singer Byron Motley highlights five decades of music and baseball from America's segregated past. Beginning with vaudevillian Bert Williams, moving through the historic signing of Jackie Robinson and ending with the artistry of Nat King Cole,



Motley interweaves stories of Negro League players with those of great musicians. These athletes and performers traveled the same roads, made use of the same "colored only" hotels and restaurants, inspired one another, and, ultimately, re-shaped American history.

Call (925) 631-4670 for tickets or go on-line to www.stmarys-ca.edu and click on "arts."

BUSINESS BUZZ

◆ BUZZ from page 24

is always open to suggestions," she adds.

Many of Singer's clients at Unlimited Possibilities are trying to work through negative emotions. By utilizing timeline therapy, she is able to assist clients in releasing negative emotions. This type of therapy enables one to let go of events in the past that made one feel angry, sad, anxious, or guilt ridden. Singer guarantees that these negative emotions will be released in one session.

Each session is two hours in length. A detailed history is taken and issues are identified. "It is very important to visit my website before the first session, in order for a client to be as prepared as possible," says Singer.

Her clients range in age from teenagers to senior citizens, with the eldest being 81 years of age. The most common issues clients seek help with include weight loss and smoking cessation, although Singer will work on any specific issue a client requests. Every session is tailored specifically to the individual client's needs. "I enjoy working with teenagers. They are open, giving, and want to change. They are often highly motivated," says Singer, who claims a client will absolutely stop smoking after just two sessions.

For more information about Unlimited Possibilities and Life Coach sessions, please call Dr. Singer at 253-3521 or visit the website at www.unlimitedposs.com.

Wireless Depot Excels at Customer Service

This spring Mousa Helo opened his first-rate, personal service wireless store in Theatre Square, near Serika. If you have been in the unfortunate position of having to visit your cell phone store and had to spend an hour or two just to get a seemingly simple errand accomplished, it is time you visited the Wireless Depot.

"This is the first business of its kind to carry all six wireless carriers. I offer all six companies, with their specific plans, to choose from. Each company offers something different from the other and, depending on a customer's specific needs, I can advise which one is the best plan for that customer," explains Helo. The six companies include Sprint, Verizon, Nextel, T Mobile, Cingular Wireless, and Metro PCS.

Originally from Jordan, Helo immigrated to the United States ten years ago and has worked in information technology. He studied computer science at the University of Jordan, now known as Applied Science University. After owning an Internet business selling and servicing computers, he successfully played tournament poker, although he does not advise the latter.



VALERIE HOTZ

Mousa Helo from the Wireless Depot.

When asked to comment on his winning strategy Helo suggests, "Set aside a specific amount for poker, and then if that evaporates, you should wait until the same time next year.

Wireless Depot has a wide selection of cell phones and accessories, including Blackberries and computer phones. Cell phones are considered hazardous waste and must be disposed of accordingly. Customers who recycle their old cell phone with him will receive store credit that is good towards the purchase of a new phone. Please contact the Wireless Depot directly for details. For more information, call Helo at 253-1343. His email address is wireless-depot@sbcglobal.net.

Curves Has Grand Re-Opening

Pati MacDonald of Curves announces a grand re-opening special with the \$149 sign-up fee waived for new members. Conveniently located in Theatre Square, Curves offers an after-summer shape-up program. "There are no fancy dance steps to master or complicated machines to wrestle with – just a simple, effective circuit that increases metabolism, protects muscle, and burns fat," says MacDonald.

MacDonald counts herself as among one of the first Curves' members in California. "After years of spending up to two hours at a time in a gym, I knew that this 30-minute circuit training program would fit in perfectly with my busy schedule," MacDonald explains. According to MacDonald, she lost over 30 pounds in the first eight months. She went on to become co-owner of one of the first Curves' franchises in San Diego County. Now a certified personal trainer, MacDonald believes that the staff at Curves makes a big difference. "They are so well-trained and really know how to motivate women with their workouts," adds MacDonald. "This is a great workout for busy mom's and working women. It really does take just 30 minutes to feel and look fabulous.

Free validated parking is available at Theatre Square. For an appointment and facility hours, call 254-4199.

Chamber Corner

Become a Member!

Maybe you're aware of us, or maybe not... but the Orinda Chamber of Commerce is actively working behind the scenes to promote a healthy business community here in Orinda. But, we can't do it alone. Today, our chamber consists of approximately 275 members but there's room for more growth.

The Orinda Chamber of Commerce is actively looking for new members in an effort to better promote and unite our local business community. There is power in numbers, as they say, and our chamber will be a stronger force with greater membership.

Some of the benefits of membership include networking opportunities, educational speakers at luncheons, community service events, greater exposure for your business, after-hours social mixers, a voice in Orinda's downtown revitalization, direct contact with city leaders, and the list goes on. If

you are a local business owner (not necessarily just here in Orinda), or if you know someone who might benefit from becoming a member, please contact Candy Kattenburg, executive director, at (925) 254-3909.

Next Luncheon - September 21

The next Chamber of Commerce luncheon will be on September 21 at the Orinda Country Club at 12 noon. Our featured guest speaker will be the dynamic Jeffrey Kasper, president and chief innovation officer of ServiceQuality.US. Kasper co-founded his company in 1990 to assist small and medium-sized organizations to improve the level of service they provide to their customers. Kasper authors a syndicated newspaper column, "Speaking of Service" and averages over 100 paid speaking engagements annually. Tickets for this event are \$30. Reservations can be made by calling 254-3909.



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The Art of Fine Photography

Scott McCue Photography has been a local Orinda business for the past 15 years and this past spring McCue relocated his studio to 83 Orinda Way, next door to Going Away Travel. "It is fun to be in a visible space where people can easily find me," says McCue, who has 25 years experience as a photographer.

"I enjoy photographing people, but I also take pleasure in photographing artwork such as sculpture. There are many challenges in photographing artwork and adjusting lighting techniques for a specific piece. I do commercial building interiors

and advertising as well," says McCue, who now does virtually all his work in a digital format.

Starting with his first Kodak Instamatic in the fourth grade (remember loading cartridges?), McCue went on to build his own darkroom in high school and managed a camera shop in Berkeley for ten years before devoting himself fulltime to photography. Like many excellent photographers, he is self-taught.

Born and raised in Berkeley, he earned a bachelor of arts degree in anthropology and soon after graduation decided he wanted to be a photographer instead of an anthropologist. An 18-year resident of Orinda, McCue has three children. Sean and Melissa graduated from Miramonte



CONTRIBUTED PHOTO

Scott McCue of Scott McCue Photography.

High School and Reed will be a sophomore there this fall.

"In photographing weddings, I work with families over a period of time and it is great. The whole family comes together for this very special event. Capturing the sparks that happen between people is very fun. Helping them to recreate what happened is essentially what I do. It is a challenge because, unlike in the studio, the photographer cannot control everything. This is especially the case with how the event is structured and the crowd control. Conditions can change very rapidly around the events," he says with a smile.

The advantages of digital photography are many, including the ability to post wedding photos on his website for friends and families of the bride and groom to view before selecting individual portraits to purchase. "Images recall memories. A great photograph keeps you engaged with that memory or special moment in your life. Sometimes it is an abstract memory that is not even the subject of a specific photo, yet that photo can trigger that certain memory. I like the story that a wedding photo tells much better than watching a video of a wedding. The photo is more subjective," observes McCue.

In addition to photographing people, McCue photographs artwork for the Hearst Gallery at Saint Mary's College and his photos were included in a recent art publication.

The new location of Scott McCue Photography at 83 Orinda Way includes an art gallery featuring local contemporary artists as well as his portrait studio. For more information, please visit the website at www.scottmccue.com or give McCue a call at 253-1719. He is usually in the studio Monday through Friday, 10 a.m. to 5 p.m., unless he is on an assignment.

Achieve Balance and Harmony With Unlimited Possibilities, LLC

There are many misconceptions about hypnosis and the biggest misconception causes people to ask, "Will I quack like a duck?" Linda-Marie Singer, doctor of clinical hypnotherapy, answers this question by saying, "Only if you want to."

Motivation is the key element. "I enjoy helping people, and I want to help people realize their full potential. Hypnosis is a behavioral change. You go from stuck to unstuck. It is a relaxation of the mind and body, a gateway to resolving personal problems, breaking habits and addictions. Through hypnosis you can unlock your personal potential safely and easily. It works!" says Singer, who is also a life coach.

"Hypnosis enables us to be in control of ourselves and our habits," continues Singer, who notes that hypnotherapy has been used by human beings for the past 3,000 years. "The ancient Greeks and Romans had sleep temples and relaxation techniques were employed there," she says. "The formula for success has two parts, namely focusing on what you want (not what someone else wants for you) and then taking action. When you focus on what you want and act on it, then step by step you will meet with success," says Singer.

Hypnotherapy differs significantly from meditation, she says. With meditation one focuses on the void, essentially meditates on the void. With hypnosis you have guided imagery, often through a tape recording accompanied by soft music, and positive messages are repeatedly provided, whereas with meditation there are no messages. "Hypnosis is a superior stress reliever and



VALERIE HOTZ

Linda-Marie Singer brings life into balance.

helps recycle stress into positive energy. The stress is recycled as positive energy by working through the unconscious mind that

[SEE BUZZ page 23]

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