

THE ORINDA NEWS

Gratis
Volume 23, Number 7

The Orinda Association, Publisher
Delivered to 9,000 Households and Businesses in Orinda

12 Issues Annually
July 2008

Orinda's 4th of July Parade Celebrates 25 Years

By ELANA O'LOSKEY
Contributing Writer

Orinda has pulled out all the stops for this year's 4th of July — before, during, and after the parade. The fun begins on July 2 with a fundraising gala at Theatre Square. Live music, a live and silent auction, a wine tasting, a mini classic car show by Orinda Motors, and much more await guests at this festive event. On July 4, begin the day early by attending the Roadrunners' annual pancake breakfast at the Orinda Community Center and work off those calories by participating in the Fun Run and Haley's Run for a Reason. The parade follows at 10 a.m. with the route beginning on the Crossroads side of Orinda, where Bill Cosden will announce groups, and marching under the freeway to the Village side. As usual, the judging stand, with Steve Harwood as announcer, will be in front of the Orinda Community Center. When the parade ends, the fun goes into high gear with lots of fun activities and eats available in the Community Center Park and the Library Plaza.

The 4th of July committee has arranged for lots of tunes to keep everyone in a festive mood. The **Grace Woods Trio** will provide plenty of welcome beats in the Library Plaza from 8:30 to 10 a.m. Described as a fierce blonde bombshell with a rich theatrical voice who writes lyric-driven, upbeat melodies, Woods is backed up by stylish drumming (Whitney Jacobsen) and cool bass (Joe Hickey). The trio also performs contemporary pop rock by request. Preview their offerings by checking out their podcasts at www.gracewoodstrio.com.

Playing in the parade itself, the **Orinda's All Volunteer Pick-Up Marching Band** is also celebrating its 25th year — the brainchild of former Mayor Bobbie Landers. The only band of its kind invites anyone who has an instrument that can be carried while marching to join. Music teachers and their students are especially welcome. Music is available in advance by calling 925-284-0961.

Two rehearsals are scheduled on the morning of the 4th — 8 a.m. for percussionists (who must register in advance with Mo Levich by calling 925-



The 25th Anniversary Celebration of the Orinda Parade includes lots of music. **Grace Woods** (L) and her trio will perform in the Library Plaza before the parade and the Wall of Blues (R) will perform in the Community Center Park immediately following the parade.

284-0961) and another rehearsal at 9 a.m. for all other musicians. If you decide to join, wear blue shorts or pants and a white top and decorate yourself with flags or anything red. Levich says it's a good idea to wear a hat and sunglasses to protect your identity! 2008 marks the first year the band will be conducted by Miramonte graduate Tom Carter, but Levich will be playing coronet with other Lamorindans inspired to grab their instruments and play.

Ted Shafer's Jelly Roll Jazz Band, second of five parade bands, is a nine-piece Watters/Oliver-style band with a full ensemble sound and a solid beat for dancing. They'll be riding high while delivering the flame of Dixieland jazz to your ears. Shafer plays banjo, joined by Pete Main and Roy Gioni on clarinet, Earl Scheelar on cornet, Bill Gardin on trombone, Jim Maihack, Tom Downs, Graham Rosenberg and Dick Bowman on tuba. Feel like some Dixieland jazz dancing? Every Thursday night from 7 to 10 p.m., the Ted Shafer Jelly Roll Jazz Band plays for those who trip the light fantastic at Champa [Thai] Restaurant, 3550 San Pablo Dam Rd, El Sobrante, 510-222-1819.

The third parade band, **The East Bay Banjo Club**, was founded in 1963 as a nonprofit organization dedicated to playing



CONTRIBUTED PHOTOS

"happy banjo music." You'll recognize them by their blue polo shirts and the way you'll want to tap your feet as they pass by — just what we need to celebrate this most special 4th. Bandleader Ed Blankenship promises 15 furiously strummin' banjoists to keep the festivities lively. They'll also be playing in the Library Plaza immediately following the parade. Currently, there are

Crosby on saxophone, and two youngsters on trombone and drums. Years ago, Mayer was inspired to create the band because of his love for barbershop quartet singing. Then he met the late Steve Carrick, an international barbershop quartet medalist. The band has evolved and now plays traditional two-beat jazz and dance tunes

[SEE CELEBRATION page 6]



CONTRIBUTED PHOTO

The Aahmes Shriners Mounted Patrol unit will be part of this year's parade. Riders include Orindans **Terry Hamre** and **Weylin Eng**. The mounted patrol has appeared in the Rose Bowl Parade, Grand Nationals Rodeo, and much more. Every year, they visit the Shriners' Hospital in Sacramento to entertain the children.

about 40 enthusiastic members in the club who meet every Tuesday night, 7:30 to 9:30 p.m. at Round Table Pizza, 1938 Oak Park Boulevard in Pleasant Hill, 925-930-9004; go to www.eastbaybanjo.org for more info.

Returning once again, **The Spirit of '29** brings its explosive old-time Dixieland jazz to the parade. Billed as the "hottest old time jazz around," the five-piece jazz group will perform on a vintage flatbed truck.

The last parade band, the **Diablo Dixie Devils**, will be riding high led by trumpet player Dick Mayer with Karl Topp on trombone, Jim Nelson on clarinet, Joe



SALLY HOGARTY

Art contest entrants (L-R) **Ian Cowles**, **Sophia Spitulnik**, and **Katherine McDonald** display their winning designs. Cowles and McDonald received honorable mention while Spitulnik's design will be seen on polo shirts and wide-brim straw hats. The shirts and hats can be purchased in advance at Coldwell Banker (across from the Orinda Theatre), Loard's Ice Cream, Orinda Books, and the Orinda Association office (lower level library). They can also be purchased on the 4th of July at the OA's booth in the Community Center Park.

IN THIS ISSUE

	Page
News	
Maintenance Facility	5
Orinda Night Out	9
Police Blotter	9
About Town	
Almeda Crain	7
Eagle Scouts	10
Performing/Visual Arts	21-22
Schools/Students	16-18
Backyard Getaways	7
Balanced Living	19
Business Buzz	24
Calendar	22
Classified	20
Editorial	4
Fourth of July	11-15
Home Sweet Home	8
Orinda Association	3
Seasoned Shopper	2

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Time for Corn and Blueberries



BARBARA KOBSAR

A slice of summer is being served at the Orinda Farmers' Market. From the last lingering handfuls of California cherries to tables laden with peaches and plums, it's time to celebrate the profusion of local produce arriving every Saturday on Orinda Way.

The summer months are peak season at the market – every whim is satisfied as I stroll between the stands filling my basket with heirloom tomatoes, crispy cucumbers, and just-picked blueberries. And nothing screams *summer* more than barbecued corn on the cob. I'm ready!

Camp (about six miles south of Stockton) and Vang Certified Produce out of Fresno to supply me with fresh cobs at the market – ones with moist stems, snug-fitting husks, and golden brown, dry silks or tassels.

It all comes down to personal preference when choosing color and maturity of the corn kernels. White corn varieties such as Silver Queen and Silverado were outselling yellow varieties by about two to one in recent years. I admit I was a fan for a while, biting along rows of small, sweet white kernels, but I eventually yearned for a more "corny" taste. Yellow corn is back in vogue!



BARBARA KOBSAR

Growers Nick and Barbie Ratto display their beautiful ears of fresh corn.

There are actually three types of corn – field, sweet, and supersweet. Field corn is dried on the cob and then sold as a grain to feed livestock or processed into flour, cornmeal, starch, and oil products, to name a few. Sweet corn is grown mainly for use as a fresh vegetable.

Depending on variety, kernels of corn may be yellow, white, orange, black, brown, red, blue, or purple – some inedible, like those of decorative corn. Popcorn is a small grain variety, and baby corn can be almost any variety harvested when immature, but particular varieties exist for use only as tiny ears of corn.

But it's the tender, juicy sweet corn on the cob that I'm craving, and the fresher the better. I rely on Ratto Farms in French

Some cobs you might find resting on ice, which means the sugar to starch conversion is working at a slower pace.

Supersweet varieties may be yellow, white, or bi-color and convert their sugar to starch more slowly than old-fashioned varieties. Be warned – they are deliciously sweet but lack a real corn flavor in my book. New yellow variety hybrids also remain sweeter for longer periods of time after harvest, but long storage eventually leads to tough, flavorless corn. The sooner I get the corn on the table the better! If necessary, wrap unhusked ears in damp paper towels or a damp kitchen towel and refrigerate in a plastic bag for a day or two.

I judge a cob of corn by look and feel: [SEE SHOPPERS page 20]

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THE ORINDA ASSOCIATION

Orinda Baseball Gear Helps Oakland Youth

By SALLY HOGARTY
Editor

Following the Orinda Association's successful Soccer 4 All program, Baseball for All now recycles baseball uniforms and equipment to disadvantaged youth.

Baseball for All organizer Dan Holmes recently took a full truckload of equipment over to the Boys and Girls Clubs of Oakland, which serves almost 2,000 needy kids. The gear was received with delight. It included 55 bats, 370 uniform shirts, 230 belts, 59 batting helmets, 102 pairs of new socks, and lots of other sports gear. "We deeply appreciate what you do for kids in general and for ours in particular," wrote Boys and Girls Clubs of Oakland president Calvester Stanley in a thank you letter to Holmes. "With your very generous assistance, we are filling our kids' needs for positive places to go and effective life-enhancing programs and activities."

Much of the equipment/uniforms came from Orinda Youth Association (OYA) past teams and from local families. Fortunately for the Oakland kids, Evan Epstein also asked guests at his Bar mitzvah to donate used and new sports equipment. Several boxes full of gear were thus contributed.

The donation of storage space by



Buddy is an ardent fan and mascot for the Orinda Baseball Association.

Lafayette's Central Self-Storage played a central part in allowing both the soccer and baseball programs to come to fruition.

Donations of sports gear of any sort can be dropped off at the Orinda Association Office, located in the lower level of the Orinda Library. For pickup, contact Dan Holmes at holmes@sierranevada.org.

Next OA Meeting
July 14, 2008
7:30 p.m.

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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And the Wheels Go Round and Round

When our student columnist, Andra Lim, submitted a column on bicyclists and cars, I had a feeling I'd get a letter or two. What I wasn't prepared for was a letter so full of hate and anger that I didn't feel I could print it on the editorial page.

I realize how heated the debate on both sides of this issue can be, but surely such letters/opinions just add fuel to the fire. As a former long-distance cyclist, I hope I am open to both points of view. I stopped cycling on the road when I moved to Canyon. It is just too dangerous on this narrow, winding road. I wish more cyclists who use Pinehurst Road realized the inherent danger. I've taken several to the hospital over the years and, recently, held another while he was in convulsions, and we waited for the ambulance. Cars were not involved in any of these encounters.

Because cycling next to cars is such a potentially dangerous thing, I'm very careful not to pass cyclists unless it is safe for all of us. I remind myself that an extra

few minutes driving slowly will hardly make that much difference in my day. Unfortunately, many cyclists I encounter on Pinehurst Road disagree. They wave me on, usually when there is no visibility, and when I don't pass, they usually give me the finger. I remember not wanting a car behind me when I was cycling. But, I drive a Prius, which is usually in electric mode at slower speeds, silently following the bicyclist without a whiff of carbon monoxide.

I would like to thank the cyclists who sent thoughtful letters (see below). It is important to keep this topic before us so that we can find a peaceful and safe way to co-exist. Several cyclists, and one of my writers, also pointed out that one reason bicyclists are often in the road on Moraga Way is because the bike lane has so many potholes. For vegetation encroaching into the bike lanes, call the Public Works Department at 253-4231. Hopefully, the new paving project will make for a smoother ride for all concerned.

— Sally Hogarty, Editor



of the safety risk that these 50 mph drivers are placing on the bicyclist? Are they not there to enforce the recommended speed limit?

I agree that there are a small number of bicyclists that ignore the rules of the road, but, there are many more that obey the rules. To categorize the bad apples or to place all of us in a category of neon spandex-wearing Tour de France wannabes is very insulting. According to the California DMV, bicyclists on public streets have the same rights and responsibilities as an automobile. Bicyclists should be viewed as vehicles being driven at 25 mph or less. The driver of the car following a bicyclist should not attempt to race by or maneuver around the bicyclist until the bicyclist pulls over and gives notice to pass. This is no different than any other slow moving vehicle under the California code.

Finally, Orinda bicyclists ride for the enjoyment of the area we live in and contribute to many causes, including property taxes for maintenance of Moraga Road, protecting the parks, riding for cancer, AIDS, and MS cures, and reducing carbon waste, all of which provide a positive impact on the world we live in.

— Derek Ching

Bike Lanes A Mess

I am writing to note that it is apparent from Andra Lim's article, "Bicycle, Bicycle," that Ms. Lim has never ridden in the "bike lane" on Moraga Way. The side of the road designated as a "bike lane" is broken pavement with frequent random potholes, large cracks, and road detritus (such as rocks, pieces of metal and glass). As an avid cyclist, I am often on Moraga Way and try to ride on the side of the road where possible. However, it is often at risk to life and limb due to the aforementioned obstacles and, therefore, not always possible.

Regardless of whether bicyclists are riding to a destination or not, bicyclists are protected by law and allowed to share the road with cars. Furthermore, I can think of no better way to explore Lamorinda and its wonderful roads and neighborhoods than by bicycle. Furthermore, it is apparent from

the number of cyclists in our area that I am not alone in this opinion. Maybe Ms. Lim should consider trying cycling, the increased blood flow to her brain may allow her to think more clearly. Either that, or slow down and don't be in such a hurry that a couple of cyclists in the road cause such distress.

— Howard Warner

Potholes, Uneven Pavement a Challenge for Cyclists

I've just read Andra Lim's opinion piece on conflicts between cyclists and motorists, particularly on Moraga Way. Andra does not state whether she is a cyclist or has ever ridden a bike on Moraga Way, but I would hazard a guess that the answer is no.

Regarding her comment on the inability of cyclists on Moraga Way to stay in the bike lane, cyclists on this road are faced with numerous potholes, uneven pavement, debris, and overgrown brush that forces them to be ever alert and needing to move around the bike lane in order to avoid these hazards that could cause them to fall or get a flat tire.

I happen to live near Moraga Way and Glorietta and to reach the Lafayette-Moraga Regional Trail, which she suggests as an option to ride as opposed to Moraga Way, requires that I ride my bike on Moraga Way to reach her suggested starting point of Moraga Commons. I suppose Andra thinks that I should waste fossil fuels driving my car loaded with my bike to Moraga Commons as opposed to riding from my house?

Additionally, her critique of cyclists in which she opines are "merely getting exercise as opposed to cycling somewhere" is ill-founded. I walk to BART along Moraga Way and see many cyclists riding to BART and back every morning and evening. And certainly she isn't suggesting that we should all be driving to the gym to get our exercise when we have one of the greatest loop trails right out our front doors.

As a pedestrian on Moraga Way, I'm faced with the same issues as a cyclist – bad pavement, debris, and inattentive motorists. Even motorists realize that this

[SEE LETTERS page 6]

Correction: On pg. 14 of the June issue, Marjorie Musante's teaching career was listed as 29 years. It should have read 39 years.

Letters to the Editor

Motorists and Bicyclists Must Adjust Behavior

As a motorist, I might be tempted to agree with Ms. Lim's article about bicycling behavior on public roads. This would be especially true if, for example, I had just been blockaded by a crowd of abusive cyclists during a "critical mass" event.

However, I'm also a cyclist, and I've observed many more instances of abusive behavior by car and truck drivers than by bicyclists. And these occasions carried vastly greater danger for the cyclists than for the oblivious drivers.

For example, while on a bike ride in Appalachia last week, I was almost clipped by a large truck who saw me on my bike, wanted to pass me, and then "ran out of room" because of oncoming traffic. His instinct as a driver, as I found out from talking to him after this event, was to go ahead and pass, assuming I would find the room I needed somehow, because bikes don't take up much room. Fortunately, I didn't get hurt – that time.

Motorists often assume, as your article suggests, that bike lanes are everywhere, and that bicycles should stay in them. This is, however, doubly untrue. First of all, what a motorist may assume is a "bike lane" may only be a striped shoulder marking, and may not afford either the necessary width or continuity for cyclists. Designated "bike lanes" are, in fact, only on a small minority of roadways.

Secondly, any debris, broken glass, storm

drain grates, potholes, or other obstacles which often punctuate designated bike lanes will require a cyclist to swerve onto the roadway for safety reasons. This is, in fact, the law as expressed in the Motor Vehicle Code: www.dmv.ca.gov/pubs/vctop/d11/vc21208.htm.

Bicycling seems to be on the increase for a number of reasons, and this would be a good time for everyone – motorists and cyclists alike – to reflect on how we might adjust our behavior and understanding in order to safely share the roads.

— Allen Hardy

Orinda Bicyclists Have Rights, Too!

As an avid bicyclist, I am amazed at how narrow-minded Andra Lim is regarding the bicyclists on Moraga Road. As one who has ridden on this road, I feel that her comments are unfounded and insulting to those of us who enjoy bicycling for exercise, commuting, and sport.

Bicyclists typically ride near the edge of the bike lane or sometimes in the road when the bike lane is in poor condition, which is the case with Moraga Road. The Moraga Road bike lanes are riddled with potholes, cracks, loose gravel, glass, garbage, rocks, and fallen tree branches. In addition, the bike lane suffers from tree branch encroachments in many locations due to inadequate tree maintenance by property owners and enforcement by the City of Orinda. The solution to this problem is not to blame the bicyclist but to ask why the City of Orinda does not maintain the bike lanes and enforce the encroachments.

Moraga Road is a two-lane residential road. Instead of complaining about the risk that the bicyclist endures from the recklessness of a 50 mph driver, why is Ms. Lim not complaining to the Orinda Police

The Orinda News prints 9,000 copies and is published 12 times a year by The Orinda Association. The office is located at 24 Orinda Way (lower level of the Library). All rights reserved. The publication is sent out by direct mail (Permit #4, Orinda Post Office) and distributed to key locations throughout the city.

Editor Sally Hogarty
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 Printing Folger Graphics

THE ORINDA NEWS

A Publication of
 The Orinda Association
 Mailing Address
 P.O. Box 97
 Orinda, California 94563
 Telephone: 925 254-0800
 Fax: 925 254-8312
www.orindaassociation.org



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Letters to the Editor are printed on a space-available basis and should be no longer than 400 words. They must include the writer's first and last name, signature and telephone number.

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, fax them to 254-8312, or email to news@orindaassociation.org. Letters to the Editor for the August issue are due July 5, 2008.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the September issue is July 16, 2008.

MAINTENANCE

Where to Put the Trucks – Maintenance Facility Finally Takes Shape

By CHRIS LAVIN
Assistant Editor

After years of wrangling about where to house Orinda's maintenance vehicles, a plan is gradually taking shape that will finally slide the trucks, the chipper, and the other heavy-duty trucks into "park." The latest, and likely final, site for the facility will be at the Wilder development off of Highway 24.

"We're moving forward as if this is the site," said Planning Director Emmanuel Ursu of the City of Orinda.

The Wilder site is the latest of many



CONTRIBUTED GRAPHIC

A preliminary drawing shows the proposed maintenance facility next to the ball fields in the Wilder development off Gateway Boulevard.

proposed landing pads. Planning documents and a conceptual map show a new, level, and open-air parking facility for all the city's vehicles – there are about 20 – surrounded by landscaping on a grade that would also incorporate a large family picnicking spot adjacent to wilderness trails and paths to sporting fields.

Right now the corporation yard, as it is known, is housed at the Pine Grove School development site, but once Pulte Homes begins constructing its housing project there, city maintenance vehicles will get the boot. Talks have been under way for months with the Orinda Union School District, which also needs to find a place to park its vehicles, but because the schools have only a handful of trucks, and the city has more, a place to put the city trucks in a collective

spot where workers can arrive for their daily shifts and assignments took precedence over a mutual yard with the school, Ursu said.

"We have a symbiotic relationship with the schools," Ursu said. "We could borrow from each other, and we're still open to the idea." But the city needed to move forward, he said. "It's not an impossibility that we won't work with the schools, but at this point it looks like we'll go it alone."

For several years, city officials have looked at various places to house the maintenance facility, including the Sobrante substation of Pacific Gas and Electric off Bear Creek Road, a site near the Wagner Ranch Nature Area, then a site at Wagner Ranch near the gymnasium between the fence and the parking area, and then a parcel owned by East Bay Municipal Utilities District at the DeLaveaga trailhead. That site looked good to city planners, who went ahead with design review and environmental impact reports, only to have geologists walk around and declare it a dangerous slide zone unfit for development.

The new site will be next to a restored creek, with the picnic areas to the east.

"We're still in discussions with the development team about how it's going to look, exactly," Ursu said.

What is known is that at least 15 parking spots will be required for city vehicles such as the "chipper, the water truck, and the Bobcat," said Mark Lowery, director of public works. Then there is the dump truck, the street sweeper, the flatbed trailer, and room for personal vehicles. Even though Orinda will be expanding its population and numbers of roads with the Wilder and Pulte Homes developments, there is no plan to increase the size of the maintenance facility, Ursu said.

The conceptual draft shows retaining walls encircling three picnic areas, including one on a bluff accessed by descending stairs. Vegetation and trees surround all the areas, which all have views of hills and valleys and have been designed for approximately 12 picnic tables.

Amateur Radio Station Installed in Orinda's City Hall

Gene Gottfried (R) on behalf of the Orinda Rotary Club, presented City Councilmembers (L-R) Sue Severson, Mayor Victoria Smith, Steve Glazer, and Thomas McCormick a plaque commemorating the amateur radio station installed in the Sarge Littlehale Community Room. Gottfried noted that the installation was made possible through the combined efforts of the City of Orinda, amateur radio operators of the Orinda Rotary Club, and the Moraga-Orinda Fire District. The community room is designated as the emergency operations center for the city, and the reliable two-way radio communications recently installed will allow the city to communicate in the event of an emergency when normal channels are overloaded or inoperable.



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FREE ESTIMATES

◆ **CELEBRATION** from page 1

as well as such Louis Armstrong songs as "Big Butter and Eggs Man." Want to hear more of the Diablo Dixie Devils? Their next gig will be at the book launch of *Vintage Danville – 150 Years of Memories* by Beverly Lane and Laura Grinstead on Saturday, June 28, at the Danville Library, 400 Front Street from 7 to 9 p.m. For more information visit www.ci.danville.ca.us and click on "Vintage Danville" or send an email to vintagedanville@pacbell.net.

Put on your sunglasses and your dancing shoes for **Wall of Blues** at the **Community Center Park** after the parade beginning at 11:30 a.m. The group brings together a powerful six-piece mix of veteran musicians (Joe Mojo Flambo on bass/vocals, Mike Winder on drums, Jeff Miles on guitar/vocals, and Peter Loeb on



CONTRIBUTED PHOTO

The **Diablo Dixie Devils** will be among the bands performing in the parade.

saxophone and keyboards) dedicated to hard-hitting blues, classic soul, and R&B aimed to get the crowd movin' and the dancers groovin'. For video and audio

previews, check out their website at www.wallofblues.com/index.html.

Look for more 4th of July information beginning on page 11.

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All Volunteer Pick-Up Marching Band Schedule

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8 a.m. – Friday, July 4th Percussionist Rehearsal

9 a.m. – Friday, July 4th Rehearsal - All Other Musicians

July 4th Rehearsal Location: Orinda Towers Parking Lot, 89 Davis Rd,

Orinda.

From the Orinda Theatre, go towards the circle garden, turn right onto Bryan Way, go past Casa Orinda, turn right at Valero Station onto Davis Rd. (unmarked); go about 100' to just before the stop sign at Davis Road, look for big sign "Orinda Towers, 89 Davis Rd" - turn right and go up the steep driveway into the parking lot.

◆ **LETTERS** from page 4

roadway has been in very serious need of the current resurfacing work that is underway.

I'm seriously disappointed that a young person would have such a grim view of cycling, which given the cost (monetary and environmental) to us all of continued reliance on autos, may well be the mode of transportation to many in the not too distant future. I'm additionally disappointed to think that a young person doesn't understand any of the health benefits of cycling either. As H.G. Wells once said, "When I see an adult on a bicycle, I do not despair for the future of the human race."

– Katrina Hardt-Holoch

What Happened to the Swinging Bridge?

Yesterday when I went to the park with my children, I was shocked to find that the wooden swinging bridge and accompanying tree house had disappeared. I called the Orinda Parks and Recreation Center and was told by a sympathetic employee that this play structure "had to be removed due to safety concerns."

This action is just another in a continuous stream of public policies that have been created to ward off risk and sanitize the play of our children. Even at school – there are lots of rules. Running games are not allowed. "Knock Out" and "Tug of War" are now off-limits — too dangerous.

Removal of the swinging bridge to protect children from the risk of relatively minor injury is indicative of an over-emphasis on safety that is now rampant in our society. Whether these administrative decisions are responsive to the real or imagined fear of litigation – I cannot say. I know I am not alone in my sentiment that our children are missing out on something vital, cloaked in the cocoon of overly protective administrative policies. This is not to suggest that we throw caution to the wind. But, the types of dangers now targeted are the kind that have kept the Band-Aid company in business since 1921. Well-intended "safety" rules designed to ensure protection from harm can indeed shield children from the dangers of tug-of-war and splinters. But is this really how we want to circumscribe the experience of childhood? I am not advocating a "Lord of the Flies" anarchy – but running around,

[SEE LETTERS 2 page 20]



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Bobbie Dodson



Have you tried an all-inclusive resort? They are becoming increasingly popular, and we can see why. When staying at the Wyndam Resort and Spa in Cozumel for seven days, we paid for our room and then only \$350 for the all-inclusive package, which, most notably, includes all the food and drinks from early morning through midnight and beyond.

At the Wyndam, along with the large, open-air buffet restaurant, La Isla, there were three upscale places to eat where reservations were required. Our favorite was Mosaique, which served Asian fusion cuisine. However, for lunch the homemade chips and guacamole at the El Marinere drew us each day. Then, we could go on to whatever we wanted at La Isla. Their selections of fresh fruits and veggies were especially appealing.

But there's more to do than eat. Cozumel

Barrier, offers a unique kind of diving, though the strong current which creates the drifting also means you work quite hard while under water. We saw dozens of kinds of fish, but the most fun was swimming with the turtles. The most beautiful fish was the Queen Angelfish, while the Toad Fish is found nowhere else in the world."

In 1961, the French explorer, Jacques Cousteau, proclaimed the areas' waters one of the most spectacular scuba diving sites in the world, which led to Cozumel becoming a diver's haven and a cruise ship port-of-call. Located off Mexico's Yucatan Peninsula — from which you can catch a ferry to Cancun — the island measures just 10 by 30 miles and has an average temperature of 80 degrees, with the water warmth varying from 77 to 82 degrees. Visibility is good to 250 feet.

Swimming with the dolphins rates high



CONTRIBUTED PHOTO

Water sports and kid-friendly activities abound in the all-inclusive resorts in Cozumel. Here a young girl receives a kiss from a friendly dophin.

is rated among the top five scuba diving spots in the world. My daughter, Kathy, and her friend, Karen, dove six of the seven days. They paid \$60 for two dives each morning, convenient because they could walk to the dive shop in two minutes.

Cozumel is perfect for drift diving. Kathy, an avid diver who has gone into the deep at many places in the world, said of this experience, "I felt like an astronaut, floating in outer space as the clear water seemed almost as amorphous as air. The drifting sand resembled snow covering peaks of coral. This reef, which is the second largest in the world, after the Great

as an activity off the Wyndam property.

Rent a car or hop into a cab for the short ride to Chankanaab Marine National Park, which advertises itself as having the world largest "Dolphinarium." You can get a kiss or a handshake from a dolphin, for a price of \$78 for adults and \$65 for children, as well as snorkel, scuba, and a walking trail through Mexican history. Try the handmade tortillas in the replica village.

We rented a car to drive there, and also went to the other side of this small island. There, white sand beaches made it much easier to enter the water than at our beach

[SEE BACKYARD page 8]

**Long-Time Orinda Resident
Known for Her Indomitable Spirit**

By PAT RUDEBUSCH
Assistant Editor



CONTRIBUTED PHOTO

Almeda Crain

Almeda Crain, known to friends and family as Al, passed away on May 13 after battling cancer. She was 91. The 34-year Orinda resident was known for her warmth, vivaciousness, and indomitable spirit.

Born in an unincorporated area of West Virginia, Al was the daughter of Charles and Mary Sayre and one of six daughters. "Al's father was a backwoods preacher," remembers her husband, Ken Crain. "And Al was the stereotypical preacher's daughter — always having fun." Her family eventually moved to a farm in Circleville, Ohio where Al spent most of her childhood and early adulthood.

"When Al graduated from high school, she was greeted by the Great Depression," Ken says. "She never had the opportunity to go to college. Instead, she had to find a job." One of her earliest jobs was working as an usherette at the local theater in Circleville. There, she would meet many celebrities as their vaudeville acts came to town. A photo taken at the theater of Al with Mae West — both of them with star-studded smiles — is but one reminder of a life lived to its fullest.

Al and her younger sister eventually made their way to California. Working at high-end fashion and department stores, Al counted Hollywood stars such as Clark Gable and Humphrey Bogart among her clientele. California is also where Al met the leading man in her life, husband Ken Crain. The two married in 1944, just before Ken was drafted to serve in World War II. "She married me so I would have someone to come home for," Ken says. "Al wrote to me faithfully every week for two years."

When Ken returned from the war, the

couple moved to Oregon before settling in Orinda. They raised two children, Rodney who now lives in Richmond, and Jennifer who lives in Oregon with her husband Richard Johnson.

Al's out-going nature and loyalty ensured that the family found friends wherever they lived. "If Al was your friend, you had a friend for life," says Orinda resident Bobbie Landers.

Throughout her life, Al put her vivacious personality and strong fashion sense to good use, whether working in retail, managing a sales team, or running a modeling school and sponsoring local beauty pageants in the Bay Area. Young women who were coached by Al went on to compete in the Miss California and Miss Universe Pageants, as well as beauty pageants in Thailand. She also taught etiquette to high school home economics students.

Her spirit of adventure knew no bounds as she and Ken traveled throughout the world. An avid art collector, Al was also a

[SEE CRAIN page 20]

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HOME SWEET HOME

Paint is More Than Skin Deep



Janice Gatlin

With summer here, thoughts turn to sprucing up the outside of our homes. If you're considering painting the exterior of your home, this article will help with the process.

Believe it or not, paint isn't only skin deep. Its value extends far beyond enhancing the appearance of your home. Homes need protection from water to prevent dry-rot and insect damage. Your roof, rain gutters, and downspouts are the first defenses for keeping water from penetrating your home. The second is your siding, and it needs to be kept in good shape. In this article, we'll deal with

painting wood siding. Wood is porous and needs to be sealed by a clear or pigmented stain or sealer, or else painted, in order to prevent water penetration.

When is it time to re-paint? If you're seeing peeling, "checking" (cracking) or areas worn through, it's time. You may also see that sort of wear on only those sections of your house most exposed to sun, wind, or rain. If the paint is in good condition on the rest of your house, you may need to paint only the worn areas. Depending on the quality of your last paint or stain job and how much exposure to weather your house receives, paint or stain can last 15 years. However, it may also need to be redone in as little as two to five years.

What's important in a good paint job? Preparation of the paint surface is the most critical step. Peeling and flaking paint must be sanded off, filler used where necessary, caulking replaced around windows if needed, any broken or rotted boards or trim replaced, and the entire surface should be cleaned by water blasting and allowed to dry before applying paint.

Techniques vary, but paint needs to be

applied when the weather is dry and warmer; 50 degrees and higher is desirable. If it's rainy or cold, the paint will not cure well and may even run. Many painters use elastomeric compounds to help seal the wood. Some spray-paint homes, others spray and "back roll" for a more thorough coverage, others roll and hand paint only.

When looking for a painting contractor, make sure he or she is licensed and has worker's compensation insurance for any employees, both of which you can check by calling 800-321-2752. Then, when you meet with him or her, ask these questions: How will the surfaces be prepared before painting? How many different colors are included in the price? Painters usually charge more when more than one body paint color is used and sometimes if you're doing trim in a different color. Does the price include the trim paint and or caulking around the windows? Is he or she going to use filler and or elastomeric compounds? How many coats of paint will be used? Does he or she provide a warranty, if so, for how long and against what? (This needs to be in writing.) Who will be doing the work — the contractor or crew — and how much supervision will there be if a crew is used?

Last, be sure to plan ahead for your paint work because most painting is done from spring through fall and most painters book up fairly quickly during that period.

Janice Gatlin is a local contractor and owner of Always the Best Home Repairs. She can be reached at 925-254-9545.

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◆ BACKYARD from page 7

where coral made it a bit more difficult. Large waves offered body or boogie board surfing on the more tranquil, less crowded east side.

While on our car tour we also stopped in the island's main town, San Miguel. Shops range from the elegant in art and clothing, to those sporting T-shirts, six for \$20. A good gift to purchase is Mexican vanilla, now in soft plastic bottles.

However, one need not leave the Wyndam compound to keep busy all the time. The fitness gym and spa offered exercise and relaxation. I joined in the water aerobics class, and there was nearly always a water or sand volleyball game.

Snorkeling off our beach, we spotted various kinds of fish, but not in abundance. Snorkeling gear cost nothing to use, nor do the kayaks or sailboats. One day, we took the two-and-a-half-hour snorkel cruise and saw many kinds of fish. It cost \$25.

On this week-long vacation we reveled in the fact that nothing was required of us except deciding how we wanted to spend the day. We could choose to participate in the many scheduled activities the resort planned — besides the water exercise classes, I took a dance lesson — or we could read a book, work out in the exercise room, relax at the spa, take a nap, snorkel or swim

in the ocean or pool, or laze in the warm sun.

This was my third all-inclusive resort, along with vacationing at several Club Meds, which operate with the same concept. Expedia offers good package deals for the Wyndam, with varied prices depending on the season.

An all-inclusive resort is great for families. With almost everything paid for, the children can eat, drink, and play, with no begging for money. Also, it's a safe place for them to explore on their own.

In Cozumel, we enjoyed watching youngsters join in the various scheduled activities such as ping pong, pottery painting, a paper airplane contest, and races. However, the most popular place was a child-friendly swim-up bar in the family pool which offered exotic layered drinks with names such as Chunky Monkey, Shrek, and Barbie, similar to those at the adult bar sans alcohol.

There's also an adults-only section at the Wyndam, called Sabor. You pay a little more, but it has its own pool, restaurant and bar, and water slides from the second story verandahs into the swimming pool.

Our group enjoyed every minute of our stay at this all-inclusive resort in the Caribbean. Wherever you go on your next trip, perhaps you'd like to experience this relaxing way of vacationing.

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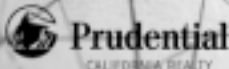
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NATIONAL NIGHT OUT / EFO / POLICE BLOTTER

First Ever Orinda Night Out

Since 1981, The National Association of Town Watch (NATW) has been working with thousands of crime watch groups and law enforcement agencies throughout the country to help prevent crime. In 1984, the group introduced "National Night Out, America's Night Out Against Crime" in order to heighten awareness and strengthen participation in local anti-crime efforts.

This year, Orinda will join with over 10,500 communities across the nation to raise awareness and promote police-community partnerships. The neighborhood celebration takes place on Tuesday, August 5, from 7 to 9 p.m. The event will

help neighbors throughout Orinda get to know each other better, renew old acquaintances, and make individual neighborhoods safer.

Coordinated by the Orinda Public Safety Advisory Commission, the event features potlucks, ice cream socials, block parties, and barbecues. The committee encourages local residents to talk with neighbors and plan an event for your neighborhood. If you would like to have a police, fire, or safety commission representative stop by your event, contact Rebecca Kunzman at 254-1849 or email: rkunzman@comcast.net.

– Sally Hogarty, Editor

Water Polo for Beginners Through OYA

The Orinda Youth Association will again offer its fall water polo program for boys and girls from 3rd to 8th grades. Noel Murphy will return as coach for a third season, and will be joined by returning coaches from Miramonte High Varsity Water Polo, Kenzie Zimmerman and Tommy Briskey.

The program will be held on Sundays only, from September 7 to October 19 at

the Sleepy Hollow Swim Club.

Registrations will be accepted starting August 11 and will be open to September 7 or until the classes are full. Register at the Orinda Community Center. For further information, please call Jerry Johnston at 253-4204 or email him at jjohnston@cityoforinda.org.


– Chris Lavin, Assistant Editor

EFO Says "Thanks" to Community



CONTRIBUTED PHOTO

A very proud Educational Foundation of Orinda board announces that it has reached its fundraising goal of \$1.4 million for 2007-08. According to the board, parental participation at Orinda schools reached a record 70 percent, showing a deep commitment to preserving the high quality of education in the community. The board (shown above) extends a heartfelt thank you!



POLICE BLOTTER

May 2008

<p>False Residential Alarms: Officers responded to 124 false alarm calls throughout the city.</p> <p>Auto Burglary (theft from a locked vehicle): 4 incidents.</p> <p>Domestic Violence: 1 incident.</p> <p>Petty Theft From Vehicle (theft of less than \$400 value from an unlocked vehicle): 5 incidents.</p> <p>All Other Petty Thefts: 2 incidents.</p> <p>Grand Theft From Vehicle (theft of more than \$400 value from an unlocked vehicle): 2 incidents.</p> <p>All Other Grand Thefts: 4 incidents.</p> <p>Vehicle Theft: 3 incidents.</p> <p>Vehicles Recovered: 3</p> <p>Residential Burglary: 6 incidents.</p> <p>Commercial Burglary: 3 incidents.</p> <p>Vandalism: 8 incidents.</p> <p>Identity Theft: No reported incidents.</p>	<p>Credit Card Fraud/Forgery: No reported incidents.</p> <p>Seat Belt Violations: 119 (majority in 26-35 and 46-55 age groups).</p> <p>Speeding Citations: 48 (13 Orinda residents, 6 Lamorinda, and 29 from other cities).</p> <p>Speeding Locations: primarily Camino Pablo followed by Glorietta, Moraga Way, Lombardy, and Miner Rd.</p> <p>Arrests</p> <p>Possession of Narcotics: 1</p> <p>Possession of Dangerous Drugs: 2</p> <p>Warrant Arrest: 7</p> <p>Recovery Stolen Property: 4</p> <p>Driving Under the Influence: 4</p> <p>Burglary - Residential: 1</p> <p>Public Drunkenness: 4</p> <p>Receiving Stolen Property: 4</p> <p style="text-align: right;">– Compiled by Jeanette Irving, Orinda Police Department</p>
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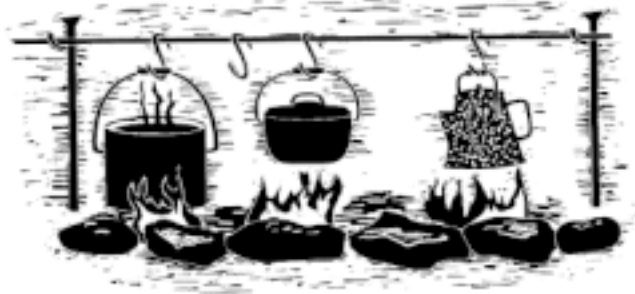
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Four Miramonte Seniors Become Eagle Scouts

By AILEEN SCHIER
Contributing Writer

Four Miramonte High School seniors garnered Eagle Scout honors at a ceremony held Sunday, April 27, at St. Stephens Episcopal Church. The new Eagle Scouts are Jarred Burrows, Nicholas Hooks, David Kawasaki, and Michael Schier, all members of Orinda Boy Scout Troop 303. About 150 community members and guests watched as the young men received this highest rank in scouting and then in turn spoke about their experiences as Boy Scouts.

Each boy achieved Eagle rank by completing a rigorous community service project of his own design, the capper on years of skill building, hiking, camping, and service as Boy Scouts. In all, the four projects involved over 740 hours of labor, contributed by the boys and by fellow troop members and other volunteers they supervised. In addition, each scout was required to fund his project entirely through contributions by local organizations and



Nick Hooks

CONTRIBUTED PHOTO

for classrooms to store toys for the children in the church's youth programs. For his supplies and financial support, Burrows thanked community member John Bacon and his company, Economy Lumber, as well as St. Stephen's Episcopal Church and staff members Brenda Free and Roxanne Rhoades.

Nick Hooks built several owl nesting boxes for Lake Temescal and the Tilden Park Botanical Gardens. The owl nests combat rodent problems in the parks by encouraging a natural balance of predators. Hooks credited both Moraga Hardware and True Value Hardware of Orinda for their generosity in providing supplies.

David Kawasaki constructed a permanent fence surrounding the extensive teaching garden at the Wagner Ranch Nature Area, which is used by all the elementary students of Orinda. The fence protects the garden from deer and other animals. Kawasaki thanked Toris Jaeger, OUSD Naturalist, and the Friends of the Wagner Ranch Nature Area for supporting and funding his project.

Michael Schier constructed a large redwood bell tower to house an antique (1886) bell which had been donated to the Wagner Ranch Nature Area. The bell will be used as part of the Nature Area's historical immersion and nature programs for Orinda elementary school children. Again, Toris Jaeger and the Friends of the Wagner Ranch Nature Area contributed to his project, along with the OUSD, and again John Bacon of Economy Lumber supplied

[SEE SCOUTS page 18]



Jarred Burrows

CONTRIBUTED PHOTO

businesses. The boys all reported that the generosity of their donors and supporters was among the most deeply affecting aspects of their Eagle experience.

For his project, Burrows wanted to "give back" to St. Stephens Episcopal Church in appreciation for the church's provision of Troop 303's meeting space. He built two benches to replace some which had been vandalized, and also built two bookshelves



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Orinda's Starry Night Shines Bright on July 2

By IAN HEETDERKS and SALLY HOGARTY
Staff Writers

In celebration of Orinda's 25th 4th of July parade, 25 artists have been commissioned to each decorate a star. The festive stars will adorn Theatre Square on July 2, which kicks off the anniversary celebration with live and silent auctions, music under the stars, and more. The celebration will include food, live music by the Bob Claire Orchestra, a wine tasting, and a classic car show. The 25 stars will be auctioned at the end of the event, with all proceeds going to the Orinda Association to help defray costs of the 4th of July celebration.

Many of the stars are now on display in Theatre Square next to Allison McCrady's gallery. McCrady designed a star, herself, titled "Flowers of Orinda," inspired by the arrival of summer and her love of the natural world. It is decorated with forget-me-nots,



SALLY HOGARTY
Allison McCrady (L) and Susan Meyer display some of the stars that will be auctioned at the July 2 gala. (L-R) Cecile Chaconas' pounded copper star, Lorraine Lawson's "The Sun, the Moon and the Stars and My Garden," and Aubyn Severson and Petra Michel's "Red, White, and Blue."

sunflowers, and California poppies. Many of the participating artists are local residents: Petra Michel, Carmel Blore, Grace Kaplan, Vee Hoff, Karen Watson, Aubyn Severson, Christina Pinkerd, Cecile Chaconas, Suzanne McCrady, Jennifer Coon, Hilary Lambert, Sandy Taylor-Furst, and Alecia Larson. Four Miramonte student artists designed stars as well: Kendra Nyberg, Emily Krakoff, Naveed Kermainejad, and Andrie Kharazia. Accomplished artists Debbie Arambula, Lorraine Lawson, Mary Medrano, Janice Lowe, and Sonia Paz also lent their artistic talents to the project.

Participants won't have to travel to the Napa/Sonoma Valleys or the Livermore area to enjoy delicious wines. For \$25, wine lovers will be given a souvenir wine glass and the opportunity to sample the efforts of several local wineries including Lamborn Family Vineyards, Dave Parker and Shari Simon of Parkmon Vineyards, and several Moraga vinters. "We specialize in the production of small lots of single-vineyard designated wines and employ minimal intervention to capture the finest expression of character that the grapes have to offer," says Parker. Parkmon Vineyards is one of several members of the Lamorinda Wine Growers' Association that will be pouring wine during the tasting. Founded in 2005, the association has grown from 15 to 65 members. According to the association, the gentle climate, unique soils, and sloping valleys of Lamorinda provide the ideal environment for grape growing. Also providing delicious tastings will be

[SEE JULY 2 page 20]

Reach for the Stars

The Orinda Association's 25th Anniversary July 4th Celebration

Schedule of Events

July 1	Concert In the Park	6:30 to 8:30 p.m.	Community Center Park
July 2	Music, Food, Art, Wine Festival and Orinda Motors Mini Car Show	6 to 10 p.m.	Orinda Theater Square
July 3	Volunteers' Decorations Party	4 to 6 p.m.	Community Center Park
July 4	Pre Parade Celebration:		Community Center Park and Library Plaza
	Pancake Breakfast	7:30 to 10 a.m.	
	Flag-Raising Ceremony	7:55 a.m.	
	Roadrunner's Fun Run	8 a.m.	
	Haley's Run for a Reason	8 a.m.	
	Music, Food & Booths in Plaza	8 a.m. to 3 p.m.	
	Grace Woods Music	8:30 to 10:30 a.m.	
	Friends of Library Book Sale	9:30 a.m. to 1 p.m.	
	PARADE	10 to 11:30 a.m.	
	Post Parade Festivities:		
	Live Music	11:30 a.m. to 3 p.m.	Library Plaza & Park
	Arts & Crafts Booths	11:30 a.m. to 3 p.m.	
	Game Booths, Kid's Fun Area, Petting Zoo		
	Orinda Motors' Car Show		
	Food and Beverage Booths		
	Exotic Bird Show	12:30 p.m.	



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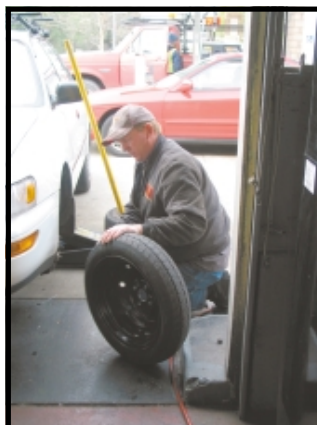
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Fourth Annual Haley's Run for a Reason

By IAN HEETDERKS
Staff Writer

Eight years ago, the Tom family lost their 21-month-old daughter Haley when she passed away in her sleep. Haley's death was categorized as Sudden Unexplained Death in Childhood (SUDC) rather than Sudden Infant Death Syndrome (SIDS) because she was older than one year. SUDC is very rare in the United States, with 200 cases reported annually compared to 2,000 annual cases of SIDS.

The Tom family started Haley's Run for a Reason, now in its fourth year, to celebrate Haley's life and raise money for research into SUDC. Check-in and late registration begin at 7 a.m. on July 4, and the 5-mile run/2-mile walk begins at 8 a.m. A silent auction will also be held. Over \$60,000 has been raised thus far, and all proceeds from the event go directly to SUDC



Haley Chonsa Tom.

CONTRIBUTED PHOTO

research and education.

Information on SUDC and Haley's Run can be found at www.angelhaley.org, or by e-mailing Suzanne Tom at haleysrun@aol.com. Registration forms can be picked up at local Safeway and Diablo Foods locations, and the Orinda Association office.

Orinda Roadrunners Running Strong

By IAN HEETDERKS
Staff Writer

The Orinda Roadrunners was started in 1974 by Jerry Wendt and his friend Bob Campbell, two Orinda residents who wanted a club devoted to running that

would combine athletics with camaraderie. John Fazel, another Orindan, joined a couple years after the organization started, and today Fazel and Wendt run it together.

Now, after more than three decades, the Roadrunners' membership has grown to about 80 people, with countless races and marathons between them. They meet six days a week for runs, traveling throughout Lamorinda as well as the East Bay. Although their schedule and considerable running experience may seem daunting to the uninitiated, Wendt is quick to clarify that the Roadrunners are as focused on the social aspects of the group as much as the

[SEE ROADRUNNERS page 20]

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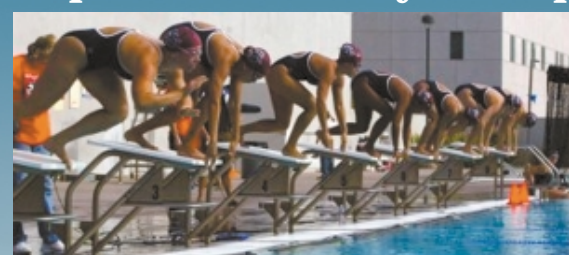
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The Orinda Roadrunners' pancake breakfast is always a popular event. This year's event will also include music by The Grace Woods Trio.

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Harriet Ainsworth Selected as Parade Grand Marshall

By SALLY HOGARTY
Editor

Who better to herald in the 25th anniversary of Orinda's 4th of July parade than long-time resident and media icon Harriet Ainsworth? Even if you don't know Ainsworth personally, you have probably seen her photo next to her weekly column in the *Lamorinda Sun*, a column she has been writing for the past 15 years.

Ainsworth moved to Orinda with her husband, James, in 1950. "We moved here following the war with our 3-year-old daughter Adeline and our 1-year-old son Jay," she recalls. "We had a milkman who delivered milk in glass bottles to your door and a vegetable man who came once a week with his horse and cart." Ainsworth also remembers her first New Year's Eve in Orinda where children happily banged pans at midnight and fathers shot off their hunting guns. "I remember driving home after a party and seeing 17 horses circling Safeway," Ainsworth says. "We had four markets then for a lot less people than our one market serves today."

Ainsworth and her husband met while both served in the military during World War II, with Harriet serving as public information officer for the Naval Air Transport Command. "After the war, all the young couples moved to outlying areas to begin their families. We chose Orinda and our kids went to Orinda School, which today is the Community Center," says Ainsworth. She recalls the Orinda Association (OA) being the major group in town that looked out for Orinda's interests with the county and other government entities. "With the OA's help, a group of us under the leadership of Ann Kristofferson formed Recreation District Six and raised enough money to save the Orinda School



SALLY HOGARTY
Harriet Ainsworth, long-time Orinda resident and journalist, is this year's grand marshal.

from development, turn it into a community center, and then we raised enough to develop the park." For their efforts, Ainsworth and Martin McNair were named Citizens of the Year.

Ainsworth went on to form her own public relations company and served as the American Cancer Society's public information director for 31 years. She was also a published author (*The Road Back*), a reporter for the *Portland Oregonian*, a correspondent for the *New York Mirror*, foreign correspondent for the *Oakland Tribune* and *Indianapolis Times Star*, and currently writes her widely read weekly column for the *Lamorinda Sun*. In the column, she recounts the comings and goings of residents of Lamorinda and the many events and newsworthy items in the area.

Ainsworth, with her long history in Orinda, her service during WWII, and her media savvy, makes a perfect grand marshal to celebrate Orinda's 25th 4th of July parade.

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MAGGIE

Margaret, an avid cyclist, suffered extensive injuries when hit by a car. After several surgeries, she transferred to our care and received intensive medical and rehabilitation services to help regain her ability to care for herself. Margaret is now back home.

ROGER

Roger had a double knee replacement. After the surgery, he needed physical rehabilitation before returning home. We helped him regain strength and endurance. Roger is home and golfing with his friends and family.



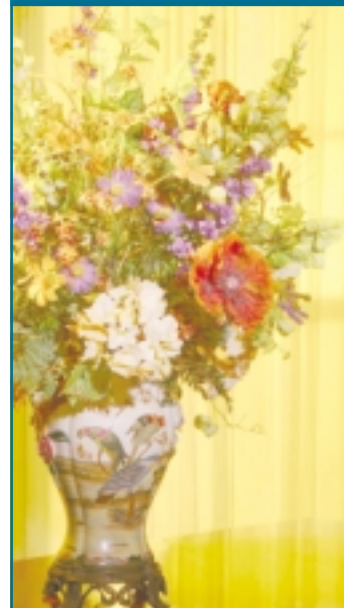
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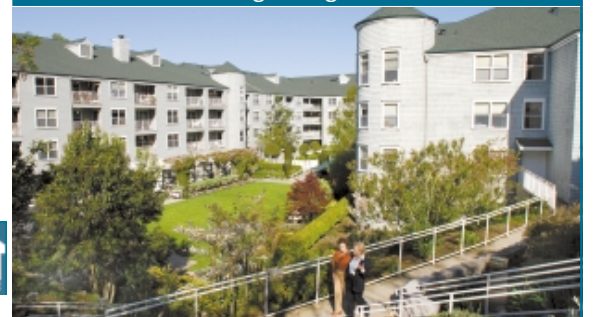
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Arts, Crafts, and Food A-Plenty Following the Parade

By SALLY HOGARTY
 Editor

The 4th of July committee has outdone itself this year with a plethora of booths offering a variety of goods throughout the Library Plaza and Community Center Park. Approximately 40 booths will offer arts and crafts, information on local non-profit organizations, and food immediately following the parade. Car enthusiasts can



CONTRIBUTED PHOTO

Moraga's Barbara Davis loves color and melting and blending various pieces of glass. Her booth will include fused glass panels and colorful jewelry art (shown above).

enjoy Orinda Motors' mini-classic car show in the Community Center parking lot. This is a small preview of the company's exciting 4th Annual Classic Car show to be held in September.

For those who built up an appetite watching the colorful parade entries, wander over to the park for a taste of Greek specialties courtesy of Petra's Café, Thai delicacies by Baan Thai, or a good old-fashioned American hot dog at the Orinda Chamber of Commerce booth. To quench that thirst, the Orinda/Tabor Sister City Foundation and the Orinda Rotary will both host beer booths with Loard's Ice Cream

and Quenchers' smoothies providing sweet treats and the Miramonte High School football team serving up snow cones. In addition, Café Teatro will have sandwiches and salads available in the Library Plaza.

Arts and Crafts booths include a large variety of artists offering jewelry, hats, photography, ceramics, and much more. Informational booths include the Moraga Orinda Fire District, EBMUD, California Shakespeare Theater, Friends of Orinda Creeks, and many more. The Art in Public Places Committee will be distributing a free "Walking Tour" brochure from its booth, which includes information on the 14 sculptures in and around the Community Center and Library Plaza. It also includes a tear-off ballot to vote for your favorite public sculpture.

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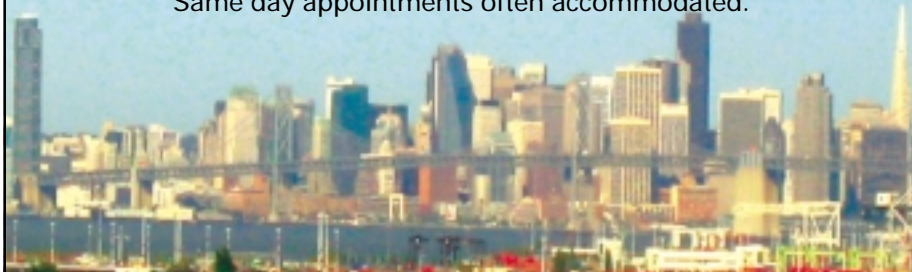
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4TH OF JULY

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SALLY HOGARTY

Twistyman was a big hit at last year's celebration.

The younger set will have plenty to do following the parade at the Orinda Association's 4th of July celebration. The young builder can try his or her skills at the Home Depot booth, where tools, paints, and more await. For those who dream of racing someday, they can practice their driving acumen at Orinda Motor's Hot Wheels racing track. The event features two four-lane Hot Wheels Race Tracks where winners of the qualifying heats will race in a "main event" race every hour. Main event winners receive a commemorative award ribbon and will keep the cars they race.

If balloons make your youngster giggle, don't miss Twistyman. His fun creations, not to mention entertaining personality, had children of all ages enthralled at last year's celebration.

New this year is the Fun Factory's petting zoo and exotic bird show. The petting zoo features chickens, rabbits, ducks, goats, and piglets while the bird show will amaze the audience with over 25 tricks. From riding a bike to raising the flag, these high-flying wonders can talk, sing opera, and much more. The petting zoo will be on-going throughout the day with the bird show slated for 12:30 p.m.

- Sally Hogarty, Editor



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Forrest shows off his skating skills.

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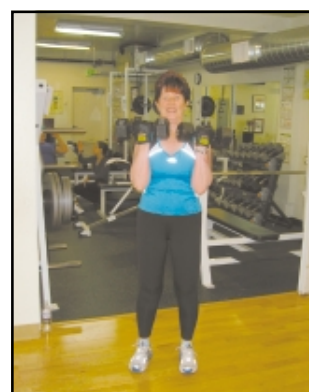
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Academic Endeavors of the Etnomarim

Andra Lim



Ever since Horace Miner so succinctly described the Nacirema people in his paper "Body Ritual Among the Nacirema" back in the 1950s, anthropologists have been intrigued by the culture of the Etnomarim, a highly selective group of intelligent Nacirema youth. Most Etnomarim spend four years studying with one another, then move onto the "Other Place." The Etnomarim live in a hilly region in the western portion of the Nacirema's vast territory, between the Canadian Squamish and the Paipai of Mexico. Having lived among the Etnomarim for more than two years now, I feel qualified

to provide the most basic of information on their distinct lifestyle.

The fundamental belief of the Etnomarim is that they are destined not to receive acceptance into what I will refer to as the "Other Place." The only way they can change their destiny is by faithfully studying traditional Etnomarim teachings.

The "Other Place" is where the Etnomarim go to further their already impressive knowledge, attain enlightenment, and, ultimately, get away from their parents. As I understand it, all of one's earthly sorrows disappear and inner harmony is achieved upon acceptance to the "Other Place." According to ancient Etnomarim writings, those who are not accepted into the "Other Place" will be shunned, mocked, and die miserable and alone.

After establishing relationships with several Etnomarim, I was allowed to observe the learning rituals in which the Etnomarim participate. Because I attend one of the best high schools in the country, I was appalled by the absurdity of the knowledge the Etnomarim were required to retain.

Every four moons, the Etnomarim are required to participate in a particularly sadistic ritual involving a series of tests. Throughout the week preceding this ritual (traditionally called "Week of the Dead"), a foreboding feeling hangs in the air, a harbinger of the torture that is to come. The results of these tests, according to the Etnomarim, can be the difference between acceptance into the "Other Place" and dying miserable and alone.

The Etnomarim obsess over this important ritual not unlike the ways in which the Aztecs obsessed over their god Huitzilopochtli. No Etnomarim has been

sacrificed thus far, but my fellow anthropologists tell me that the enormous amounts of pressure felt by many Etnomarim during this particular moon cycle makes it impossible to entirely rule out this possibility.

At the beginning of each test, the Etnomarim receive sacred paper that they must inscribe with lines about a centimeter long. There is a certain pattern that these lines must fall into that can only be ascertained through the solving of various riddles, logarithms, and permutations.

After the Etnomarim inscribe the lines, the papers are brought before a vessel that emits strange noises as it deciphers them. The vessel also imprints red marks on the sacred papers. Etnomarim want to see few red marks on their sacred paper, as many red marks are a prophecy that the Etnomarim will never get into the "Other Place," and that the Etnomarim is a waste of a human being and will never amount to anything.

In addition to academic achievements, the Etnomarim also compete over popularity, appearance, physique, athletic capabilities, method of transportation into the sacred learning ground, appearance of domestic dwelling, and, strikingly, a nocturnal ritual.

During my observations, it came to my attention that the Etnomarim judge one another based on the number of hours they spend completing the nocturnal ritual. It is a testament to one's character and popularity to sleep for no more than six hours a night.

As one's social status is elevated as the number of sleeping hours one gets is depressed, the Etnomarim frequently discuss how tired or "stressed-out" they are, each believing that they are more so than their fellow Etnomarim. In fact, the Etnomarim can sometimes be heard competing and arguing over whose nocturnal ritual was the shortest.

In order to relieve their weariness and stress, some Etnomarim worship the Fish-Goddess, who provides them with a brown potion in a white cup inscribed with mystical symbols that will magically make them feel refreshed. Other Etnomarim worship the Bull-God, who provides them with a potion that has the same effects, though the potion is yellow and contained in a metallic, cylindrical vessel.

As a student at an advanced institution of education, I am quite astonished that the Etnomarim have survived for so long, considering the pressure they create for themselves and the ridiculousness of the knowledge that is crammed down their throats. However, upon closer inspection, one may be able to see the many similarities between oneself and the Etnomarim.

(Confused? Google "Nacirema" and/or try spelling "Etnomarim" backward.)

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SCHOOLS / STUDENTS

Orinda Student Elected to Top Post in Junior State of America

■ Rebecca Sachs serves as governor

By JESSICA WALKERS
Contributing Writer



CONTRIBUTED PHOTO
Rebecca Sachs is now governor for Junior State of America.

The Northern California Junior State of America (JSA) recently announced the election of Rebecca Sachs from Orinda as the new 2008-2009 governor. Sachs, a junior at College Preparatory School in Oakland, is one of nine outstanding high school students from across the nation who will comprise the 2008-2009 JSA Council of Governors. Through her election, Sachs joins a prestigious group of individuals who have served as JSA leaders in the past, including former U.S. Attorney General Ed Meese and former White House Press Secretary Mike McCurry.

As governor, Sachs will hold the highest elected position in the Northern California Junior State of America, which includes all of California north of Santa Barbara, Northern Nevada, and Utah. JSA is a nationwide student-run program that encourages political involvement and civic leadership among high school students. "I'm so excited to be the new Northern California governor," Sachs commented after being sworn into office. "With the 2008 presidential elections and the Junior State's 75th anniversary, this is bound to be a year full of improvements and expansion for the program, and I can't wait to start working with the rest of the student

leaders to accomplish our goals."

Sachs will oversee all JSA activities in the state, including three major weekend-long conventions, management of the program budget, support for high school JSA chapters, and the expansion of the program to new schools. In late summer, she will select a cabinet of young leaders to work with her during her year in office. As part of the national JSA Council of Governors, Sachs will participate in executive decisions regarding the non-partisan Junior State of America during the 2008-2009 school year.

The Junior State of America is a 74-year-old nonpartisan civic education and political awareness organization. JSA prepares young adults to be the active citizens and effective, principled political leaders of tomorrow. Although JSA is run by students, a teacher at each chapter's high school serves as an advisor. More information about The Junior State of America and The Junior Statesmen Foundation is available on www.jsa.org or by contacting Carter McCoy at 800-334-5353.

YES on Measure E Passes

Thank you, Orinda voters, for overwhelmingly supporting Orinda's library! Thanks to you this community jewel will be able to maintain its hours, keep the collection up to date, and continue to provide valuable programs well into the future.

Thank you also to Friends of the Library volunteers for not only helping with this campaign, but for volunteering many hours on behalf of the library. Thanks to the Orinda City Council for working with the Friends of the Library in placing this much-needed tax renewal on the ballot. More thanks to the many supporters who wrote letters, donated money, and put out lawn signs in support of the measure.

The campaign still has a loan to pay off, and anyone who would like to contribute can send their donation to Support Orinda's Library: Yes on Measure E at P. O. Box 278, Orinda 94563.

Thank you again!

— Susie Epstein
Chair - Support Orinda's Library
Yes on Measure E

Combined Ensemble Choir Performs at Disneyland



CONTRIBUTED PHOTO
Wagner Ranch and Glorietta elementary schools combined their ensemble choirs and entered a contest to perform in Disneyland at the California Distinguished School Awards. The ensemble was selected from 74 schools that auditioned to be one of the three lucky groups that performed. Congratulations to music director Ron Pickett and to all the talented and dedicated students.

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Sleepy Hollow Team at the World Tournament

By BARBARA BOSTER
Contributing Writer

Sleepy Hollow's Odyssey of the Mind Team earned second place out of 19 teams in the state competition on April 5 and represented California in the World Tournament held at the University of Maryland College Park campus in early June. Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students from kindergarten through college.

Making up the Sleepy Hollow team were 4th graders Harrison Drake, Daniel Ginsburg, Jack Lehman, Arden Rasmussen, Andrew Tobin, Lucas Waldschmidt, and

Joe Yuke. Ginsburg's mother, Janet Franklin, was the coach.

The Sleepy Hollow team is the only one out of the 12 Orinda teams to make it to the World Finals this year, a rare feat for a first-year team. The group worked hard and spent many hours developing an original solution to a long-term problem using creativity, resourcefulness and teamwork. The team solved the performance problem called "The Eccentrics," which was sponsored by NASA. Three eccentric characters had to solve either a fictional or real problem with an earth system. The Sleepy Hollow group chose the hydro-sphere, the earth's oceans which had become multi-colored. Eccentric characters included dirt and germ-obsessed



BARBARA BOSTER

Sleepy Hollow Odyssey of the Mind team included (front row L-R) **Joe Yuke** and **Lucas Waldschmidt** (back row L-R) **Arden Rasmussen, Andrew Tobin, Daniel Ginsburg, Jack Lehman, and Harrison Drake.**

scientist (Harrison Drake), a flamboyant mayor who confers with a finger puppet (Luke Waldschmidt), and a simple-minded lab assistant who wears a giant hat in which

he holds everything, even his food (Andrew Tobin).

For more information on the competition, go to www.odysseyofthemind.com.



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◆ SCOUTS from page 10

most of the materials. The project was also championed by the Orinda Garden Club and its president, Virginia Field. Cynthia Crespi of the Garden Club originally donated the bell.

The new Eagles had plenty of thanks to spare for the aid of Troop 303 adult leaders, including Eagle advisor John Mills, scoutmaster Rob Snook, assistant

scoutmasters Bart Burrows, Mark Whatley, and Steve Chan, and longtime Troop 303 adviser Larry Abers. Orinda Mayor Victoria Smith delighted the new Eagle Scouts by letting them know that the Orinda City Council had proclaimed a special day for each of them. April 28, 2008 was Jarred Burrows Day in Orinda, Nick Hooks Day was April 29, David Kawasaki Day was April 30, and May 1 became Michael Schier Day.



David Kawasaki

CONTRIBUTED PHOTO



Michael Schier

CONTRIBUTED PHOTO



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Integrate Your Fitness

Andrea Colomбу



When it comes to exercising, give serious consideration to the idea of integration. As you may already know, a well-balanced exercise program must include strength training, cardiovascular training, and flexibility training. With the addition of a good nutritional plan, consistency, and incremental progress, this exercise protocol is just about the perfect recipe for delivering great health and fitness results.

This exercise model, developed over time, originated in the '50s when the military did extensive research into fitness to improve the condition of its soldiers. Today, it has reached highly sophisticated and scientific levels. Fitness equipment, for both cardio and strength training, keeps getting more complex and diverse, offering a series of exercises never thought possible. Thanks to the creative minds of clever personal trainers and instructors, there are endless new ways of exercising and keeping in shape. More and more, we see the merging of traditional systems of training, such as weight training and a good old-fashioned run, with functional training and sport specific training to provide a training edge and more comprehensive fitness results.

Thanks to these new ways of exercising, we are witnessing a fitness integration revolution. However, this modernization and integration of fitness training as practiced for the most part here in the Western hemisphere, while undoubtedly efficient and beneficial, still seems incomplete and may need further integration. Perhaps too much emphasis may be put into developing fitness programs that emphasize a more outward expression of our multidimensionality. If the training emphasis is primarily placed on the external expression of who we are, the body and its looks, we may not be doing a great service to what it means to be a whole human being. In favoring external expression, we limit ourselves and minimize the immensity and

multidimensionality of human life.

An integral fitness program should not be limited to building a great six-pack and getting as lean and buffed as possible. An integral view of fitness takes into consideration inner aspects of our beingness. In order to do so it may be wise, if not necessary, to integrate more "primitive" and yet extremely wise, beneficial, and profoundly impactful practices like yoga, Tai Chi, Qi Gong, meditation, and other ancient practices that emphasize inner exploration and expansion.

Yoga today finally enjoys recognition here in the West. Its popularity is reaching all-time highs and more and more people are discovering its many benefits. The ancient practice of yoga offers health and fitness benefits that extend far beyond the more restricted view generally held among the majority of Western practitioners. Yoga is not just about increasing flexibility, for example. There is a wide array of health and spiritual benefits that yoga provides, but you have to try it for yourself. Integrating practices like yoga into a fitness program can expand one's experience beyond imagination. The same is valid for the ancient Chinese practices of Tai Chi and Qi Gong which, like yoga in India, have provided these two civilizations centuries of health support and life-enhancing experiences.

So the suggestion is to integrate: to integrate contemporary Western models of fitness training with ancient Eastern approaches to health, and to use modern high-tech equipment and other innovative training specialties with the wisdom of ancient health practices. By integrating these two seemingly polar opposite approaches to health and fitness, you will have a much better chance of creating a balanced and effective exercise program, and promoting vitality, harmony, and health. Integrate your fitness, expand your life and your view of what it is to be a multidimensional being. Until next time, be well and many blessings.

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Move of the Month

Firecracker Lunge



Lunge forward with left leg until knee is bent 90 degrees, directly over ankle, right knee pointing toward the floor.

Jump up, pushing off the floor with both



feet. Switch legs, midair, landing with right foot forward in a lunge, continue alternating sides. Perform for 10 seconds, rest and repeat. Later, try for 20 seconds and then 30 seconds.

— Courtesy of Living Lean, 925-360-7051

EFO Salutes Toris Jaeger on 30 Years of Service in Orinda Schools

By JANE WISER
Contributing Writer

This year marks the 30th anniversary of service of one of Orinda's greatest "natural" assets, **Toris Jaeger**. Jaeger is the district naturalist for the Orinda Union School District (OUSD) and has worked at her beloved Wagner Ranch Nature Area (WRNA) since being hired by Warren and Maile Arnold in 1978. Before coming to Wagner Ranch, Jaeger was a teacher who



CONTRIBUTED PHOTO

Toris Jaeger, seen here at this year's First Thanksgiving at Wagner Ranch Nature Area, celebrates 30 years teaching in Orinda schools.

spent "more time looking out of the windows than the students." She has since developed a full curriculum of natural science and living history in an outdoor classroom that makes Orinda Education truly unique.

Jaeger says that one of her great joys is being here long enough to teach the children of the children she has taught. "Being a part of Wagner Ranch Nature Area for 30 years has been a journey, a gift, and a trial of fire and ice! The nature area offers and holds a history of the natural world for all to learn from and enjoy," Jaeger says.

It is her vision and that of the Friends of the WRNA that "The WRNA will continue to provide a place for each child, parent, teacher, and the community to experience nature at its finest!" The Educational Foundation of Orinda (EFO) echoes this vision and has committed over \$66,000 for environmental education to OUSD for 2008-09. EFO congratulates Jaeger for reaching this milestone and for her devotion to Orinda students and community.

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Starlight Players Perform *I Hate Hamlet* For Second Play of Summer Season

By DOROTHY BOWEN
Staff Writer

Starlight Players might ask themselves, "Will history repeat itself?" when they perform *I Hate Hamlet* by Paul Rudnick at Orinda Community Center Park this month. The plot of the comedy is intriguing enough, but the story behind the story is what must give the players pause. The play opens July 18 and continues through August 16.

First, the plot: A successful TV actor, Andrew Rally, star of the soap, *L.A. Medical*, moves into a brownstone apartment in New York City, where John Barrymore lived in 1917 when he was playing Hamlet on Broadway. Rally seems to have everything, but the TV series is cancelled and his girlfriend won't sleep with him. He has a chance to play Hamlet in Central Park, but he's less than a smashing success.

Fortunately, John Barrymore's ghost steps in and coaches him on his performance and his love life. A highlight is a sword fight with the ghost in the loft apartment. His life looks up, but then he is offered another soap worth millions, but now his girlfriend prefers him as Hamlet.

Second, here is the story behind the story: playwright Paul Rudnick actually lived in John Barrymore's apartment while writing the play. And when the play opened, actor Nicol Williamson, who played Barrymore's ghost, fell apart, just as Barrymore often did, under the influence. In the sword fight scene, he wounded the star, who quit the cast soon after. So audiences, and more especially, Starlight Players, must ask themselves, "What will happen this time?"

Suzan Lorraine will direct the comedy. Performances in the outdoor theater at 28 Orinda Way will be Fridays and Saturdays at 8:30 p.m. beginning July 18 and run through August 16; There will also be a matinee on Sunday, August 10 at 4 p.m. and a performance on Thursday, August 14 at 8 p.m. Regular admission is \$15 and



STEVE CARLTON

Ben Ortega (L), **Geotty Chapple**, and **Robin ShROUT** rehearse for Orinda Starlight's production of *I Hate Hamlet* which opens July 18.

\$7.50 for seniors and students. Tickets will be available at the box office or for reservations or information call 253-1191 or email jill@aspenconsult.net.

The final play of the season will be *A Bedfull of Foreigners*, by David Freeman, directed by Geotty Chapple, September 5 through 27.

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ON THE CALENDAR

JULY

- 1 **Concert-in-the-Park**, 6:30 to 8:30 p.m., Community Park. Kick off Orinda's July 4 celebration with this concert, 254-0800.
- 2 **Music, Food, Art, & Wine Festival**, 6 to 10 p.m., Theatre Square. Part of Orinda 4th of July celebration. Also Orinda Motors Mini Car Show, 254-0800.
CalShakes Summer Season, with Oscar Wilde's *An Ideal Husband*, through July 27. For tickets, 510-548-9666 or visit www.calshakes.org.
- 3 **Volunteers' Decorations Party**, 4 to 6 p.m., Community Center Park and Library Plaza. Come help decorate for the Fourth, 254-0800.
- 4 **Orinda Association's Independence Day celebration**, see p. 11 for complete schedule, 254-0800.
- 6 **Orinda Farmers' Market**, 9 a.m. to 1 p.m. on Orinda Way in front of the community park and Rite Aid. Continues each Saturday, 925-431-8361 or visit www.cccfm.org.
Orinda Books, 3 p.m., Second Wednesday Book Group will read and discuss *The Complete Persepolis*, by Marjane Satrapi, 254-7606.
- 8 **Concert-in-the-Park**, 6:30 p.m., Pladdohg Celtic Rock, Community Center Park.
- 9 **100 Years of Rotary**, noon, Orinda Community Center. Roberto Giannicola will discuss a century of Rotary in the West and corresponding activities in the San Francisco Bay Area, 254-2222.
- 15 **Orinda Books Author Discussion**, 4 p.m. Two crime fiction writers, Claire Johnson and Simon Wood, will discuss and sign copies of their new mysteries, *Roux Morgue: A Mary Ryan Pastry Chef Mystery* and *We All Fall Down*.
Orinda Books Orinda Owls, 7 p.m. Reading and discussion of *Infidel* by Ali Hirsi Ayaan, 254-7606.
Concert-in-the-Park, 6:30 p.m., The Crisis Rock Band, Community Center Park.
- 18 **Orinda Starlight Village Players**, *I Hate Hamlet*, 8:30 p.m., Community Center Amphitheater, 26 Orinda Way, through 8/16 on Fridays and Saturdays. \$15 regular, \$7.50 for seniors/students. Tickets available at box office, 253-1191.
- 22 **Concert-in-the-Park**, 6:30 p.m., Stone Soup Oldies, Community Center Park.
- 29 **Concert-in-the-Park**, 6:30 p.m., Juke Joint R&B, Community Center Park.

AT THE LIBRARY

The library has launched its 2008 reading program, "Catch the Reading Bug." Prizes will be awarded in August. Come in to the library or download entry forms at www.ccclib.org.

- 5 **Saturday Morning Live!** 11 a.m., Toddler Alcove. Family story time for 3- to 5-year-olds. Repeats July 12, 19 and 26.
- 8 **Peek-a-Boo Time**, 10 a.m., Library Tutoring Room. Stories, songs, rhymes, and rhythms for babies (0-12 months) and their caregivers only. Those with older siblings may attend Toddler Lapsit. Repeats Tuesdays throughout July.
Toddler Lapsit, 10 a.m., Gallery Room. Bounces, stories, songs for children up to 3 years old and their caregivers. Repeats at 10:30 a.m. on Tuesdays throughout July. Please attend only one story time per week.
- 16 **An Evening with the East Bay Regional Park District**, 7 p.m., John Sutter from the East Bay Regional Parks District will discuss hiking and attractions at local area parks.
- 18 **Orinda Children's Ovation Theater**, 6 p.m., Kids 'N Dance, Lafayette, presenting *Peter Pan*, 510-531-4400.
- 22 **Fireside Performance**, 7 p.m., with "Actors Reading Writers." Actors will perform W. Somerset Maugham's short story, "The Three Fat Women of Antibes."
- 30 **Getting into College: SAT Practice Test**, 6:30 p.m. Administered by Kaplan, this workshop is designed to give students the experience of writing a 25-minute essay under timed conditions.

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

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.

City Council

First and third Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.

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.

Friends of the Orinda Creeks

Orinda Library, May Room, fourth Wednesday, 8 a.m., 253-1997.

Lamorinda Sunrise Rotary

Postino's in Lafayette, 7 a.m. every Friday, 254-0440, ext.463.

Orinda Job's Daughters

Orinda Masonic Center, 9 Altarinda Road, first and third Mondays at 7 p.m. Call Nicki Wandersforde 925-283-7176, or email nickichef@comcast.net.

Orinda Rotary

Community Center, every Wednesday at noon, 254-2222.

Orinda Association

Orinda Library, May Room, second Monday, 7:30 p.m., 254-0800.

Orinda Historical Society

Third Wednesday of the month, OHS Museum, 3 to 5 p.m., 254-1353.

Orinda/Tabor (Czech Republic) Sister City Foundation

Fourth Thursday of the month, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.

Orinda Woman's Club

Second Tuesdays, 9:30 a.m. to noon; call Jean Barnhart, 254-3881.

CALENDAR BY CHRIS LAVIN

Send calendar items to chrislavin@earthlink.net

Orinda Community Church Gallery Features "Generations" Show



"Generations," reflecting the history and diversity of members of Orinda Community Church, is now on exhibit in the church sanctuary through August 30. (L) **Dorothy Cutright Davis** created this drawing-mixed media art in 1993, which reflects her parents, Edna and Frank, on the occasion of their 60th wedding anniversary in 1988. (R) An oil painting of **Johanna Berta Hertrich**, who was born in 1900 in Germany. The gallery is dedicated to Doug Adams, a professor at the Pacific School of Religion and the Graduate Theological Union in Berkeley. He was known for his ability to bring together religion and art.

Wilde's *An Ideal Husband* Next at Cal Shakespeare Theater

DOROTHY BOWEN

Staff Writer

For the second show of Cal Shakes' summer season, the scene jumps the centuries from Shakespeare's time to Oscar Wilde's, at the turn of the last century, when the comedy opened in London in 1895.

Some things stay the same. Both *Pericles*, the season opener this year at Bruns Amphitheater, and *An Ideal Husband* were crowd-pleasers, although *Ideal Husband's* run was cut short by the scandal of Wilde's trial and conviction on "gross indecency" charges relating to his personal life. Both plays are about the difference between appearance and reality. Wilde's character, Sir Robert Chiltern, played by Michael Butler, seems to be an ideal husband and a principled politician with an even more principled wife, Gertrude, played by Julie Eccles, Cal Shakes' associate artist. But he has a past that returns to haunt him in the person of Mrs. Chevely, played by Stacy Ross.

Lord Goring, who is described as a rake and called "heartless" by his own father, turns out to be Chiltern's one, true friend. He will be played by Elijah Alexander, last seen at Cal Shakes in *Man and Superman*.

Sarah Nealis, who was Marina, the lost daughter in *Pericles*, returns as Mabel Chiltern, who flirts with Lord Goring, and Danny Scheie is the evil Vicomte de Nanjac. Rounding out the social circle are Cal Shakes' regulars, Nancy Carlin, Delia MacDougall and Joan Mankin, who were all in *Man and Superman*.

"Wilde packs so much subversive thought into such delightful epigrams," says Jonathan Moscone, explaining why he chose the comedy to direct. "And it's a very relevant depiction of differences presented as an ideal version of a marriage and of a politician and the reality. It's a picture of a marriage caught up in a public setting. The Chilterns don't have a domestic life. There are only a few scenes between husband and wife. We can only imagine what happens at home, behind the scenes. It's a story fresh

off the tabloids," Moscone continues, "but it's not a tabloid play. Wilde does it all with such a delightful comic veneer, crackling wit, like cut diamonds, sharp and reflective."

The sets will contain four English upper-class interiors, shown on stage by three deep door frames and a backdrop of a room, decorated with flowers upon flowers upon flowers, patterns on patterns. "It will be elegant, rich, and brilliant," he says, "for a time when the top politicians were the upper class of society and wealth. They were the superstars of their day."

The plot seems somewhat clunky and Victorian, featuring incriminating lost letters, a stolen bracelet, and overheard conversations. The emphasis on society's opinion seems somewhat outdated – or does it? In an election year, the idea of a politician's past coming under scrutiny does seem like it could be in today's headlines. Still, the Wilde style with witty epigrams for every character moves the plot along briskly.

In the meetings of the Cal Shakes Literary Society in Orinda devoted to *Ideal Husband*, Robert Estes, one of the teachers, called Wilde, "the most alive dead playwright. The myth is so alive." The audiences of his plays may only speculate what might have been if Wilde had not died penniless in Paris in his 40s after serving two years at hard labor. How many more plays might he have written? He had already written *Lady Windemere's Fan*, *A Woman of No Importance*, and *The Importance of Being Earnest*.

Moscone will direct with Meg Neville, costume designer, Scott Zielinski, lighting designer, Jeff Mockus, sound designer, and Annie Smart, set designer. Her sets for *Man and Superman* won the 2007 Bay Area Critics Award.

An Ideal Husband runs July 2 to 27. Times vary. For a detailed schedule, visit www.calshakes.org. For tickets, call the box office at 510-548-9666. And remember there is a shuttle from the parking lot up to the Bruns Amphitheatre on top of the hill.

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BUSINESS BUZZ

◆ BUZZ from page 24

brain tumor, head injury, stroke, Parkinson's, ADHD/learning disabilities, alcohol and substance abuse, and psychiatric disorders," she elaborates.

Cahn-Weiner is married to Dan Weiner, a clinical psychologist in private practice in Rockridge. The couple moved to Orinda in 2004. She is available to see patients Monday, Wednesday, and Friday in her Orinda office. For more information, visit the website at www.norcalnpsych.com or call 925-588-8906.

Rogers, Wollin & Moody

The one thing Bob Moody swore he would never do is sell insurance, so there is some irony in the fact that his first job



VALERIE HOTZ
Robert Moody and Amy Lipke provide financial services and independent insurance quotes.

out of college was a coveted position with John Hancock as the West Coast representative for benefits and pensions. "It's like that Woody Allen line from *Sleeper*, capital punishment is defined as three days with a life insurance salesman."

Moody, originally from Chicago, came to the Bay Area by way of Saint Louis University where he played baseball on a scholarship. He went on to play semi-professional baseball pitching batting practice for the Giants and Chicago Cubs for six years. After earning an MBA at Northwestern, he served as a benefits consultant to companies for group benefits and joined Rogers and Wollin in 1971. The firm is located at 2 Bates Blvd. in Orinda.

After 25 years as a benefits consultant, he ultimately decided to specialize in life insurance and estate planning and sold the benefits business to Bob Sciutto of D/A Financial Group of California, located in Orinda. "I work with every insurance company in the country, and that is highly unusual. Most work with a limited number of carriers, but I have relationships with every single one. Working with all carriers is a huge benefit for my clients," explains Moody. He advises that term insurance rates have gone way down and suggest people should take advantage of it. "A lot

of people think if they have an older policy you can't beat it, but that is completely wrong. In most cases you can do better today," says Moody.

There are two sides to his business practice, life insurance policies and estate planning for individual client needs. After 38 years of insurance experience, Moody is an expert in all facets. He works with a diverse range of clients with a variety of needs. "The bulk of my clients are people I know and the remainder referred through Internet business," says Moody, who moved to Orinda in 1976. He and his wife, Nancy, have been active volunteers giving back to the Orinda community for decades. Twenty-five years ago Bob helped establish the Orinda Baseball Association and coached for many years thereafter. The couple's three daughters, Katie, Molly, and Colleen, are all graduates of Miramonte High School.

Having received a new lease on life last November, Moody is singing praises of orthopedic surgeon Dr. Salypongse with Webster Orthopedic in Pleasanton. "After years of basketball and baseball I needed a new hip, but was reluctant to undergo surgery. I did extensive research for five years and discovered Dr. Salypongse successfully performs a new, minimally invasive surgery. I was running again within a couple of months post surgery and I am overjoyed with the outcome," says Moody.

For more information about life insurance and estate planning, call Bob Moody at 254-4600 or email him at bob@rwm.to.

Going Away Travel Celebrates 30 Years in Orinda

The sophisticated traveler consults with Fimi Schulze at her travel agency located at 85 Orinda Way, nestled between Hanazen Restaurant and McCue Photography. Established in 1978, Schulze has a wealth of knowledge and personal contacts literally all over the world as a result of 36 years in the travel business. India, Easter Island, Patagonia, South America, Africa, Europe – you name it and Fimi Schulze provides white glove service.

"I help design customized itineraries for my clients. I have incredible contacts around the world. At this moment, I am working with clients who are traveling to Tunisia. I go directly to the source - in fact I go to the top people at the source," says Schulze. When Schulze was working to secure reservations for clients at the Four Seasons in Bali she got immediate results. "I called the marketing office of the Four Seasons, was immediately connected to their hotel in Bali and was able to secure the reservations," she adds.

Recently eight general managers from the finest, most premiere hotels from



VALERIE HOTZ
Fimi Schulze has helped generations of Orindans with travel plans at Going Away Travel.

around the world came to Going Away Travel to personally thank Schulze for her business. It is not often one sees that kind of attention being paid to a sole proprietor business in a small East Bay suburb.

It was in 1967 that Schulze and her husband, Dr. Russell Schulze, moved to Orinda. Having acquired numerous contacts through her own personal travel, Schulze yearned to share her love of travel with others through her own travel business.

In addition to Schulze's expertise and personal relationship with innkeepers across the globe, the traveler will find useful accessories including electrical adapters for various countries, money belts, and helpful maps of exotic destinations, among other things. If you need to get that passport photo in a hurry, you can even have your photo taken here.

Going Away Travel has been a longtime member of the Orinda Chamber of Commerce. For more information, please call Fimi Schulze at 254-0940.

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Orinda Therapy Offices

This loosely affiliated group of six

private-practice therapists provides an array of specializations and is conveniently located just off Orinda Way at 61 Avenida de Orinda, Suite 100. While everyone's needs differ, it is important to investigate

any professional in order to find the right fit.

Kimberly Wilson, Ph.D., focuses on cognitive behavioral therapy for anxiety disorders.

Dr. Susan Snyder specializes in cognitive-dynamic therapy for adults and LENS neurofeedback.

Lynn Martin, RN, MS, NP, PMH, is a certified cognitive therapist, specializing in cognitive behavioral treatment of anxiety and mood disorders. Kent Grelling, Ph.D., focuses on the diagnosis and treatment of children with ADHD, learning disabilities, autism spectrum disorders and other neurologically based conditions.

Barbara Grelling, Ph.D., is a therapist with 12 years experience in her field. In her general practice, Grelling works with adults ages 18 and over and, in addition, specializes in treating anxiety, depression,

the transition into parenthood.

"Grelling received training from Shoshana Bennett, Ph.D., former president of Post Partum Support International, an organization that assists women dealing with post partum depression. Bennett co-authored *Beyond the Blues* with Pec Indman, EDD, MFT.

"Getting treatment in a timely way, early on, has benefits for the mother, her partner, and the child's development. The child's cognitive and emotional well-being is impacted by a mother's anxiety and/or depression that is untreated. This applies during pregnancy as well because getting help at this stage effects the unborn child's development in the womb," says Grelling. "We have found there are biological changes that impact the unborn child stemming from the mother's emotional health."

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Orinda Therapy Group (front row L-R) Barbara Grelling, Lynn Martin, and Susan Snyder (back row L-R) Deborah Cahn-Weiner, Kent Grelling, and Kim Wilson.

fertility issues and eating disorders.

"I have a focus on women's issues in particular. Since graduate school, I have been actively interested in helping women cope with the many transitions they face in their lives such as the changes that occur with marriage, children, miscarriage, menopause, and children leaving home for example," she says. Grelling also works with women and couples helping to ease

Therapy has proven to be effective treatment for anxiety and depression. "Sometimes medication can be beneficial and that is to be determined by a medical doctor weighing the pros and cons," points out Grelling. Exercise, meditation, and social support are also important factors that can be very helpful.

Grelling earned her bachelor's degree in psychology from U.C. Berkeley and her doctorate in clinical psychology from the University of Maryland at College Park. She is married to Kent Grelling, Ph.D. and the couple relocated to Orinda in 2006 from south Florida. In addition to a private therapy practice, Dr. Grelling is a psychologist with Kaiser Permanente in Antioch. For more information or to schedule an appointment, call Dr. Grelling at 925-215-8694.

Deborah Cahn-Weiner, Ph.D., a licensed clinical psychologist, specializes in neuropsychological assessment of memory and cognitive problems associated with neurological and psychiatric disorders. Dr. Cahn-Weiner does not provide counseling services, but rather performs assessments and evaluations. Her doctorate in clinical psychology involved study of brain behavior relationships and evaluation of how damage to the brain causes change in behavior or thinking abilities.

Cahn-Weiner was an Assistant Professor of Psychiatry at Brown Medical School for six years prior to joining the faculty at UCSF in 2004. She is a neuropsychologist at the UCSF Epilepsy Center, in addition to her office in Orinda. "I evaluate people for dementia and Alzheimer's disease. Through testing we can determine if a person is experiencing normal age-related changes or has Alzheimer's. I also assess memory or cognitive disorders related to

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