

THE ORINDA NEWS

Gratis
Volume 23, Number 8

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

12 Issues Annually
August 2008



SALLY HOGARTY

Orinda Starlight Village Players, (L-R) Jill Gelster, Susan Chapple, and David Dierks, survey damage to the set for their upcoming production of *I Hate Hamlet*. The actors were in period dress for the 4th of July parade.

Vandals Can't Stop Fourth of July Spirit

By SALLY HOGARTY
Editor

A large number of volunteers worked tirelessly the evening of July 3 to set up booths and displays for the big 25th anniversary celebration of the 4th of July parade and park festivities. Unfortunately, a small group of vandals waited until the last volunteer left to undo some of their hard work.

When volunteers arrived early on July 4, they found a manhole cover taken off and a chair stuffed inside and a garbage can sitting in the library fountain. City custodians quickly fixed the manhole cover and fountain, but it took volunteers longer to remedy the mischief to their booths. The Miramonte High School football team's popular snow cone booth had the most vandalism. Bottles of syrup had been poured out on Baan Thai's neighboring booth, and the snow cone machine had been filled with soap. Luckily, Baan Thai cleaned up the syrup in time to sell their specialty Thai cuisine. It took parent Lehua Milliken a little longer to make the snow cone machine operable and to procure more syrup. "It's just sad that for this one night, these vandals

couldn't leave things alone," she said. Other booths also had holes and graffiti on signs but nothing that stopped them from offering the public a wide display of merchandise and services.

The most costly mischief involved the Orinda Starlight Village Players. The theater group performs in the park amphitheater and had been putting up a new set for its production of *I Hate Hamlet*. The vandals cut obscene words with a sharp implement into the set, destroying four "flats" that will have to be replaced. The group estimated that it would cost about \$80 in materials and 9 hours of volunteer time to rebuild the set pieces.

"It's really a shame this happened," says Police Chief Bill French. "We had extra officers out on July 3 checking the various platforms and booths set up for the 4th, but we never saw anyone suspicious."

Next year, the Orinda Association (OA), which puts on the parade is looking into asking a Boy Scout troop to sleep in the park. "They usually have an overnight camping trip required for one of their badges, and doing the overnight at the park would be close to home and a community service," says OA co-president Kate Wiley.

Schools Ready to Welcome Back Students

By PAT RUDEBUSCH
Assistant Editor

If you think schools close for the summer, think again. The summer months, when students and teachers are away, are peak season for school maintenance teams. Keeping up with the pitter-patter of up to 400 pairs of little feet skipping into classrooms, libraries, and gymnasiums is a full-time job. Working around the beehive of activity throughout the school year leaves little opportunity to address some of a school's major maintenance needs.

"Summer is a busy time of year for us, it's when we do all of our major projects at the school sites," says OUSD's maintenance and operations supervisor Bruce Leslie. "Of course, keeping the schools safe for students is critical, but we also use the summer months to work on projects that keep the schools looking good."

With the exception of Wagner Ranch School, which underwent major reconstruc-

tion before reopening 10 years ago, each of Orinda's school buildings is over 50 years old. Keeping these aging buildings functioning as safe learning environments is the responsibility of Leslie and his skilled maintenance team.

Major projects this summer included the installation of new portable classrooms at Sleepy Hollow and Glorietta Schools. The new portables, which were purchased by each school's parents club, are needed to house the schools' growing before and after-school care programs.

New traffic safety barriers and planters were installed at Del Rey School to improve student safety when children are dropped off and picked up at school. Leslie reports that his crew also worked to improve playground safety by installing Fybar, an engineered wood surfacing material at Sleepy Hollow, Wagner Ranch, and Del Rey Schools. The new material not only meets ADA requirements but it also is more

[SEE SCHOOLS page 4]

Former Orinda Olympians Share Excitement of Summer Games

■ Two Orindans, Heather Petri and Nicole Branagh, compete in Beijing

BY DOROTHY BOWEN
Staff Writer

Looking ahead to the 2008 Olympics in Beijing, and looking back as far as the 1952 Olympics in Helsinki, four former Olympic athletes from Orinda – Kirk Everist, Marcy Place Sheehan, Karen Moe, and Marjorie Larney – shared their memories with the Orinda Historical Society (OHS).

Diane Dwyer, NBC-TV anchor, moderated the program. She covered the 2004 and 2006 Olympics and is hoping against hope to go to Beijing in August. The athletes were introduced by Erik Andersen, OHS vice president, who researched the program. He had heard of 16 Orindans who had participated in various summer Olympics, but none in the winter games, a tribute to the swimming and water polo programs here. At the meeting, Andersen was reminded of three more, Lon Spurrier (track, Melbourne 1956), Mark Conover (marathon, Seoul 1988), and Marilyn Davis, track, who qualified for the Los Angeles Games in 1984, but could not compete because of injuries.



CONTRIBUTED PHOTO

Olympian Kirk Everist

Kirk Everist, water polo, 1992 and 1996

Now head water polo coach at UC Berkeley, Everist remembers the year his family moved to Orinda: "It was 1976 and the town held a tribute to its Olympic athletes. I was only 9, but it really left an impression."

The path to the Olympics was not all smooth swimming. Everist's mother forced him to start swimming when they joined the Orinda Country Club. He would rather have been playing basketball or baseball, and he refused to wear a Speedo.

Four years later, he was watching the Olympic hockey team on TV and thought, "That's something I want to do." In his freshman year at Miramonte, he played water polo because, "I wasn't going to play football, and there was nothing else to do in the fall." He played tennis and baseball

in the spring. Somewhere along the line, he realized it was possible to go to the Olympics in water polo. There was a tradition at Miramonte with athletes Jon Svendsen, Drew McDonald, and Peter Schnugg, all Olympians competing in the event. "They actually got in the water with us. It was part of our reality," recalled Everist.



CONTRIBUTED PHOTO

Olympian Marcy Place Sheehan

"Going to the Olympics really changes you – all that hard work, everybody on the same playing field. It was very precious to me," Everist said.

Marcy Place Sheehan, field hockey, 1984 and 1988

"There weren't a lot of choices in sports for women then," said Sheehan, who credits her career in real estate to a summer job arranged by the Olympic program. She grew up on the Peninsula and then in Davis where her mother, Peggy, was pursuing a Ph.D.

[SEE OLYMPICS page 6]

OA Members check page 3 for your August discounts!

IN THIS ISSUE

	Page
News	
Police Blotter	7
Ham Radio	7
About Town	
4th of July	2, 11, 22
Classic Car Show	5
Community Center Classes	9, 13
Health/Fitness	12, 17
Performing/Visual Arts	14, 21
Schools/Students	15-16
Backyard Getaways	10
Between the Lines	8
Business Buzz	24
Calendar	21
Classified	20
Editorial	4
Home Sweet Home	19
Orinda Association	3
Way to Grow	15

PRSRST STD
U.S. POSTAGE
PAID
Orinda, California
Permit No. 4

4TH OF JULY

SUSHI
Your best catch is Orinda's
NIWA RESTAURANT
 S.F. Chronicle 1/4/2002



NIWA RESTAURANT
 Sushi Bar
 Japanese Cuisine
 &
 Chinese Cuisine

Mon.-Thur.: 11:00 a.m. - 2:30 p.m.
 4:30 p.m. - 9:30 p.m.
 Fri.: 11:00 a.m. - 2:30 p.m.
 4:30 p.m. - 10:00 p.m.
 Sat: 11:45 a.m. - 10:00 p.m.
 Sun: Closed

(925) 254-1606
 1 Camino Sobrante #6
(across from Safeway)



SALLY HOGARTY

The Orinda Chamber of Commerce parade entry won **Most Inspirational**. Shown here is chamber member **Patti Camras** as the Statue of Liberty. More July 4th photos on page 11 with photos of businesses who showed their spirit on page 22.

4th of July Parade Winners

The 25th Annual Orinda Association July 4th Parade netted not one, not three, but more than 50 first-place entries in unique categories. Below is a list of the winners and their awards. If you are one of them, and have not yet picked up your big blue ribbon, please come by the Orinda Association office in the lower level of the library.

And the winners are:

- | | |
|--|------------------------------|
| AAHES Shrine Temple/Equestrians | Best Dancing Horse |
| All That Entertainment | Most Energetic |
| Blodgett Family | Best Commercial Service |
| Caldwell Clan & Cousins | Best Family Clan |
| Color Guard | Best Parade Pace |
| Contra Costa County Search & Rescue Canine Unit | Best Special Service |
| Diablo Dixie Devils on Orinda Towing Truck | Best Swinging |
| Diablo Valley Montessori School | Best Smiles |
| Dog Dynamics | Best Behaved |
| Double Bar S Ranch | Best Tractor & Pony |
| East Bay Banjo Band/Orinda Towing | Best "Pick" |
| Expert Tree Service/ETS Cycling | Most Unique |
| Fancy Ferriage w/ Orinda Starlight Village Players | Best Dressed |
| Four Horse Hitch | Best Team |
| Friends of Orinda Library | Best Read |
| Friends of Wagner Ranch Nature Area | Best Recycled Group |
| Grand Marshall Float/Harriet Ainsworth | Best Overall Float |
| Haley's Run for a Reason | Best Philanthropic Group |
| Hilton House Consignment & Design | Best No-Show |
| Jelly Roll Jazz Band | Best Jazz Band |
| Lafayette Orinda Presbyterian Church | Best Church Group |
| Lamorinda Cub Scouts & Boy Scouts | Best Future Patriots |
| Lamorinda Democratic Club | Best Choice for Some |
| Lamorinda Republican Women | Best Choice for Some |
| Lamorinda Weekly | Most Creative |
| Meadow Swim & Tennis Club | Most Synchronized |
| Miramonte High School Football Team | Greatest Football Team |
| Moraga/Orinda Fire Chief | Best Spark Arrester |
| Moraga/Orinda Hook & Ladder | Best Use of Water |
| Moraga Valley Pool | Most Outrageously Spirited |
| Mt. Diablo Peace & Justice Center | Best Message |
| Orinda Arts Council/Orinda Idol | Most Idolized |
| Town Hall Kids Theater | Best Theatrical Costumes |
| Orinda Association Banner | Best Position in Parade |
| Orinda Chamber of Commerce | Most Inspirational |
| Orinda City Council | Most Politically Correct |
| Orinda Country Club | Best Country Club |
| Orinda Historical Society | Best Traditional Group |
| Orinda Mandarin Chinese Program | Best Language Program |
| Orinda Motors | Best Classic Cars |
| Orinda Park Pool | Best in the "Heat" |
| Orinda Pick-Up Band | Best Marching Band in U.S. |
| Orinda Police Chief | Best Flashing Lights |
| Orinda Rotary | Best Community Service |
| Orinda Senior Village | Most Grey Hair |
| Pablo & His Nephews | Most Original Transportation |
| Return of the Yellow Bike (Chris Caldwell) | Best Balancing Act |
| Rich & Ellen Green | Best "T" |
| Robinson Family & Friends | Best Family Entry |
| Spirit of 29 | Most Spirited |
| Supervisor Gayle Uilkema | Best Supervisor |
| Terry Riggins Photography | Best Photo Op |
| The Tools | Best Classic Car |
| TOPS | Best Future Orindans |
| WWII Vets, Terry Murphy | Most Patriotic |
| Xenophon Therapeutic Riding Center | Best Mascot |



ANN SHARF

When you need:

- a strong negotiator
- proven results for both buyers & sellers
- professionalism & service
- a top producer

Call ANN at (925) 253-2525;
 she comes highly recommended...
 Website: www.annsharf.com
 Email: ann@annsharf.com
 93 Moraga Way, Orinda



Haddon
 HEATING & COOLING

"Your Comfort Is Our Number One Priority"



The Haddon Family, Orinda Residents, Owners / Operators

Do business with a neighbor. Haddon Heating and Cooling specializes in residential furnaces, heaters, air conditioners, ductwork, repairs, upgrades, maintenance and services.

(925) 521-1380 • www.haddonheatingcooling.com
 5702 Marsh Drive, Suite T, Pacheco, CA 94553
 Fax: 925-521-1381 • License # 855456
 Monday - Friday 7 am - 5 pm (closed for lunch)



FREE ESTIMATES • FAST SERVICE

COLDWELL BANKER

*In Patti's world,
 everyone's a winner!*




Patti Camras
 Real Estate Services
 5 Moraga Way
 Orinda, CA 94563
 (925) 253-4609
patti.camras@camoves.com
www.patticamras.com




ORINDA ASSOCIATION

A Message From the OA Presidents
Reach for the Stars



Kate Wiley and Jim Luini

The theme of this year's 25th Anniversary July 4th Parade was Reach for the Stars, and we couldn't have picked a more appropriate one! We had so many "stars" this year who worked tirelessly over 10 months to bring the four-day celebration to our town. Reflecting on the definition of a star, celestial that is "each star is an individual with its own personality...stars come in different colors, sizes, shapes and ages (sounds like the July 4th committee of volunteers!) One trait that makes a star unique is its brightness." And this year we had several supernovas in our galaxy, exploding with energy. The heavens even cooperated with wonderful, cool, breezy weather all week.

On behalf of the entire board of directors of the Orinda Association, we give our most heartfelt thanks and appreciation to our chairman as listed here, and the dozens of other volunteers who helped before and during each event. Everyone worked so hard to make this a most memorable 25th anniversary. In addition to our volunteers,

these events could not have taken place without the support of our sponsors. This year our supernovas were premier sponsors, **Orinda Motors** and **Wilder**, along with the **City of Orinda**, **Coldwell Banker**, **Village Associates Real Estate**, **Comcast**, **Orinda Theatre Square**, **Union Bank**, **McDonnell Nursery**, **Orinda Optometry**, **AT&T**, **Mary Chatton Brown**, **Patti Camras**, **Merrill Lynch Castro Valley Branch**, **Norcal Publishing**, **the Pease Family Foundation**, **EBMUD**, **Tradeline, Inc.** **Orinda Lions Club**, **Oakwood Athletic Club**, **Orinda Towing**, and **William Simpson Architect**.

Chairmen

Reach for the Stars July 2nd Chair **Susan Meyer**; Activities in the Plaza and Park, pre and post parade Chair **Suzanne Tom**; Arts, Crafts & Games Chair **Kim Wolfe**; Decorations chair **Susan Meyer**; Sponsors Chair **Sylvia Deaton**; Volunteer Chairs **JoAlice Canterbury**, **Valerie Hotz**; Food and Beverage Chair July 4th **Ina Pavey**;

July 2nd and July 4th Master of Ceremonies **Steve Harwood** and announcer, **Bill Cosden**; July 4th Design Contest through Orinda Arts Council, **Nancy Daniels** and **Petra Michel**; Fundraising Chairs **April** and **Steve Meagher**; Parade assembly chairs **Jim Luini** and **Tina Ross**; Premier Sponsor, and Classic Car Show Chair **Orinda Motors' John Vanek**; Music chair **Cindy Powell**; Publicity Chair **Barbara Bontemps**; Parade entries **Bobbie Landers**, **Merrily Taylor**.

Participating Groups:

Orinda Arts Council
Orinda Chamber of Commerce
Haley's Run for a Reason
Orinda Roadrunners
Orinda Rotary
Orinda Tabor Sister City
Friends of the Library
Parks and Rec., Public Works, OPD and

The City of Orinda
Ham Radio Operators, Gene Gottfried
Boy Scout Troop 237

No Orinda Association Meeting in August.

Martinez Recycling

10-30 Yard Bins
Dirt, Concrete, Green Waste, Demo.
Wholesale prices on:
Top Soil, Compost, & Mulch
Ryan's Backhoe & Bobcat Service
Expert landscape prep. and grading
925-370-1211

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.

P.O. Box 97
24 Orinda Way (Lower Level Library)
Orinda, California 94563
Phone: 254-0800 Fax: 254-8312
www.orindaassociation.org

OFFICERS

Co-Presidents	Jim Luini, Kate Wiley
Co-Vice-Presidents	Barnaby Beck, Steve Meagher
Treasurer	Barnaby Beck
Secretary	Tony Ratner
Membership	April Meagher
July 4th	Cindy Powell
OPSAC Liaison	Bill Waterman



presenting

- Regular & Chicago style pizza
- Fresh, high quality ingredients
- Gourmet specialities
- Pizza by the slice at lunch
- Salads
- Fast, free, on time delivery for lunch, dinner, parties and special events

1 Camino Sobrante, Suite 4
254-2800

Open 7 days 11-10 p.m. Monday - Saturday
11-9 p.m. Sunday



During the month of August, set up an appointment at:



and receive the following offer:
50 minute Swedish massage, shampoo & blow dry, pedicure, lunch and champagne (\$200.00 value) for only \$110.00

Theatre Square
(925) 254-39721
www.entouragespa.com

SuttaDunaway

Interior & Architectural Design



Interior Design

- Custom Furniture
- Decorative & Fine Art
- Lighting
- Color Consultation
- Window & Wall Treatments
- Upholstery & Slip Covers
- Flooring



Architectural Design

- Additions & Remodels
- New Construction
- Kitchen Specialists
- Exterior Hardscape

"From First Shovel in the Ground to Monogrammed Towels"

SuttaDunaway Inc.
1100 Moraga Way, Suite 206, Moraga, CA 94556
ph 925-376-7056 fax 925-376-7097
julasutta@earthlink.net

Want to save money?

Shop for unique treasures for your home at
Hilton House Design & Consign

New and Preowned Furniture & Accessories



Fine Jewelry at Wholesale Prices



New Wholesale Rugs Antiques And Much More!



21 Orinda Way
Orinda, CA 94563
925-254-1113

Map & Directions:

www.hiltonhousedesigns.com

Hours: Monday - Saturday 10:00 to 5:30ish



Consign and Design

Smooth Driving on Moraga Way

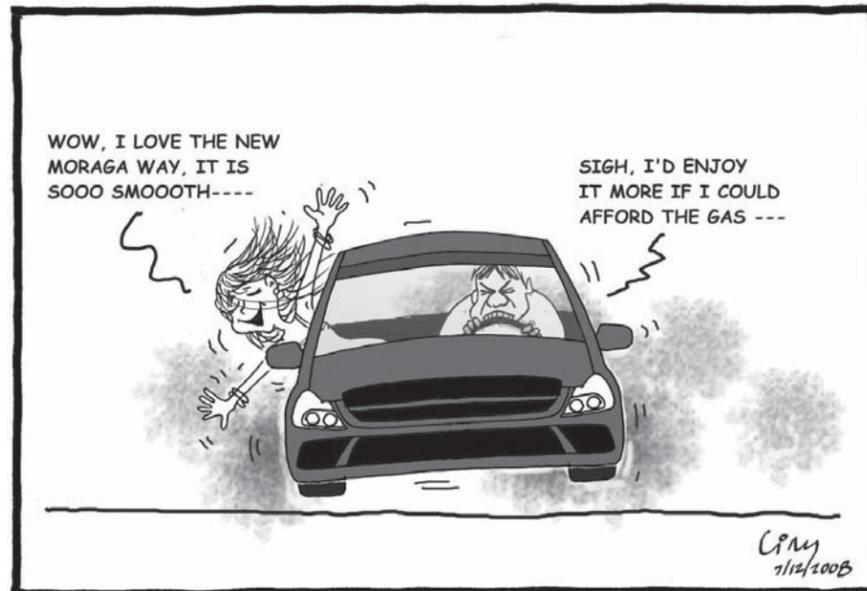
When the City of Orinda and East Bay MUD announced their plans for construction along Moraga Way and Moraga Road respectively, I prepared for a grueling summer commute. Notions of going to Orinda via Skyline Boulevard and Grizzly Peak in Oakland or working more from home filled my head.

To my great surprise, the delays, especially with Orchard Road as a scenic alternative, were not that bad. Certainly, there were inconveniences, but with the cities of Orinda and Lafayette working together, residents managed to make it to their destinations eventually. I'm grateful to the City of Orinda for doing the majority of its road repair work at night and keeping Moraga Way open during the day when Moraga Road was closed. I don't know if East Bay MUD or the City of Lafayette came up with

the idea of flag persons directing traffic through the stop-sign laden Saint Mary's Road, but it definitely helped the vehicle flow during the day.

The newly paved Moraga Way has quite a different feel from the old pot-holed street. I almost miss the challenge of swerving to avoid one hole after another – it certainly kept one alert.

As to the rest of Orinda's damaged streets, the Citizen Infrastructure Oversight Commission recently submitted to the Orinda City Council a policy statement for road repair prioritization. The policy, which was adopted by the council, can be viewed at www.cityoforinda.org. While lack of funds will leave many roads in a deteriorating state, more frequently used roads should see some improvement. Roads scheduled for repair are listed on the website.



Letters to the Editor Can't We All Get Along?

This past weekend in Orinda on Moraga Way in front of the theater, I saw a bicyclist perilously weave through several cars. He caught up to a black SUV, grabbed the door, and started yelling at the occupants in the car. I didn't see what prompted these actions – maybe there was a near collision (which is obviously not good) or maybe the bicyclist was perturbed that the SUV only gets six miles per gallon and with the price of gas these days.... at any rate, it's all speculation. What it did bring to mind was that famous modern times saying, "can we all just get along?" Or as Mary J. Blige would sing, "don't need no hateration, holleratin'."

The Student Perspective column touched on the hot-button topic of bicycles and vehicles sharing the road - a brave move for a student columnist. It should be noted, as the title of the column denotes, these were the perspective, commentary, and musings of a student, a young journalist. The student journalist made some valid, interesting, and

perhaps humorous points while referencing current events and allegorical songs (hence my reference to MJ Blige above). With any hot-button topic, we may agree on some points and disagree on others.

As adults, do we react by diminishing and criticizing the perspectives of our teens, especially if we disagree with their viewpoints? Or should we lead by example by demonstrating that we can have meaningful and composed discussions about different viewpoints? It's easier said than done, but when we can head in that direction, whether travelling by bike or by car, we will then truly be "going somewhere." Or as Mary J. Blige would sing, "we don't need, don't need, no haters, just try to love one another..."

— Robert Chang

Finishing Moraga Way

Is there anyone else that is taken aback that after the disruption we have suffered, there is no plan to complete the last portion of Moraga Way from just past Orchard Road north to Camino Pablo? I was. After contacting the construction manager repre-

sentative and the city engineer, I discovered that there was no plan to repave/resurface the last half mile into Orinda center.

You may remember that the Camino Pablo median has been rebuilt twice over the last decade, the atrocious state of access and egress to and from businesses along the west side of Orinda, and the uncompleted paving along Moraga Way through the "crossroads."

It's one thing to have nothing but loose gravel when backing out of my driveway, but to not adequately design, scope, and fund these projects is unconscionable.

Isn't it time that our city officials be held accountable for such shortcomings?

— C. Burke Gordon

Fixing Potholes

I have been told by the Orinda city manager that all potholes in Orinda streets will be repaired if these potholes are called to their attention. If you have potholes in your street, you should e-mail the Orinda city manager Janet Keeter at: jkeeter@ci.orinda.ca.us informing her that pothole(s) exist on your street and specifying the name

of your street and the house address in front of which the pothole occurs. If the pothole has not been filled within two weeks, you should e-mail Keeter asking when it will be fixed. If you get no action after that, let me know at clydevau@aol.com and I will add my push to the project.

In the latest City of Orinda quarterly, The Orinda Way, it stated that only severe safety hazards in residential streets would be repaired. If your neighborhood has an appreciable safety hazard in its streets, you can get this fixed by 20 or more – preferably more – residents showing up at an Orinda City Council meeting (the 1st and 3rd Tuesdays each month at 7 p.m. in the library auditorium) and all speaking in the public forum at the beginning of the meeting. Don't mind yelling at the council; it gets their attention. Show that you are "mad as hell and aren't going to take it any more." Over the years, I have repeatedly seen how highly effective this approach is. If you want action, this is the way you get it. Someone else is not going to do it for you.

— Clyde Vaughn

◆ SCHOOLS from page 1

sanitary than the sand that had been used at some school sites.

Deferred roof maintenance was completed at Orinda Intermediate School this past summer, after last year's emergency installation of a new underground electrical line and new main gas line.

Maintenances crews also were busy at each of the schools polishing floors, deep-cleaning carpets and classrooms, painting, and repairing or replacing worn equipment. "Our schools may be old, but we still want them to look good," says Leslie. "After all, the schools are a point of pride here in Orinda."

Miramonte High School, which in recent years received several facilities upgrades thanks to the Measure B facilities bond, saw the completion of work on the new fire alarm system and heating, ventilation, and air-conditioning systems.

Learning doesn't take a hiatus in the summer for teachers, either. Thirty-six Orinda elementary and middle school teachers took part in the Columbia University Teachers College programs to learn more effective ways to teach both reading and writing. Both areas have been a major focus of OUSD the past several years. The Columbia University programs offer effective, research-based approaches to teaching writing and improving reading fluency and comprehension.

The directors of business services for both the Orinda Union School District (OUSD) and Acalanes High School District, which includes Miramonte, have been keeping their pencils sharpened as state legislatures continue to grapple with the state's critical fiscal situation. At press time, the legislatures still had not agreed on how to address the state's \$16 billion budget deficit; yet, schools were required to submit their budgets for approval by June

30 before knowing exactly what the coming fiscal year would bring.

Both districts prepared for the worst as they looked to find further cost-savings and increased support from parents clubs and foundations. According to OUSD superintendent Dr. Joe Jaconette, the Orinda district anticipates a loss of \$700,000- \$800,000 in state funding this current school year. As Jaconette and his leadership team prepared the budget for this year, their primary goal was to preserve educational programs, and thereby protect students from the impact of the state's budget deficit. A short-term financial plan does just that.

The district was able to reduce expenses by \$489,000 through a number of cost-savings measures. These include personnel reductions through attrition, instituting further energy savings measures, deferring some maintenance projects, and utilizing one-time sources, rather than ongoing revenue, for teacher training and professional

development. The remaining funding gap was made up by parents clubs and the Educational Foundation of Orinda, who committed to raising an additional \$446,000 on top of the \$3 million already contributed by these groups. "We are in an incredibly fortunate situation in Orinda where, through budget reductions and increased community support, we're able to protect the quality of education for our students," Jaconette says.

Jaconette is quick to point out that these are short-term solutions and that he has a committee studying the feasibility of increasing the schools parcel tax in the not-too-distant future. "Education continues to vie for limited state dollars alongside other publicly funded services. Fortunately, Orinda residents have proven time and again through their support of EFO, parents clubs, and the school parcel tax that education is a primary concern and a worthy investment."

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
Assistant EditorsChris Lavin, Pat Rudebusch
Advertising Representatives..... Jill Gelster, Candy Kattenberg
Editorial Committee. Sally Hogarty, Chris Lavin, Jim Luini, Cindy Powell, Pat Rudebusch, Kate Wiley
Staff Writers..... Dorothy Bowen, Janice Gatlin, Ian Heetderks, Valerie Hotz, Steve and Cathy Lambert, Andra Lim, Marian Nielsen, Moya Stone
Contributing Writers Linda Foley, Jeanette Irving, Susan List, Julie McCormack
GraphicsAspen Consulting: Jill Gelster & David Dierks
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.orindanews.org



Opinions of *The Orinda News* are expressed on the editorial page. Views of writers and letters to the editor are their own and do not necessarily reflect the views of The Orinda Association or of *The Orinda News*. Advertisements appearing in *The Orinda News* are not to be construed as endorsements by The Orinda Association or *The Orinda News*.

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 September issue are due August 5, 2008.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the October issue is August 13, 2008.

CAR SHOW / AWARDS

4th Annual Orinda Classic Car Show

By IAN HEETDERKS
Staff Writer

Everyone who enjoyed the modest car show at the Community Center parking lot on July 4 has an exciting weekend to look forward to in September, when the fourth annual Classic Car Show expands to a two-day event.

The festivities begin on Friday, September 5, with "Dancing with the Cars." The



SALLY HOGARTY
This 1934 Ford Coupe is part of the annual car show.

event will be held at an empty airplane hangar called "The Boy's Club" at Buchanan Field in Concord, owned by an Orinda resident who has filled it with his private collection of classic cars. The event will feature dinner and dancing to the music of a live band, as well as a raffle. Tickets are \$100 per person. Invitations have been mailed out, but anyone else interested in attending can call Chip Herman at 510-918-7686.

The entertainment continues on Saturday with the 4th annual Classic Car Show sponsored by Orinda Motors. This fun-filled event has grown rapidly over the past few years. It started as a simple showcase for a few customer-owned cars, with about 25 on display. This year, more than 100 entries are expected, and Avenida de Orinda and

part of Orinda Way will be closed to accommodate the cars and their admirers.

All manner of automobiles will be on hand, from muscle cars and classics to newer exotics and imported models. "It's a way for people with really great cars to show them off," said John Vanek, Orinda Motors' service manager and one of the main coordinators behind the event. Music, as well as food provided by a local Orinda Boy Scout troop, will ensure that the car show is a lively, fun event.

Besides bringing the community together, Orinda Motors also ensures that the car show gives something back. "At first this was just a way to see some nice cars," said Vanek. "But today, it's turned into a community event." Although admission to the event is free, there is a \$50 fee to enter a car. For \$25, people may ride in one of the cars during the parade after the car show. All proceeds from the show, as well as from "Dancing with the Cars," will be donated directly to the Orinda Association's Seniors Around Town program, which helps arrange transportation for seniors so they can continue to lead an independent lifestyle. Last year, the car show raised more than \$7,000. Registration forms and information about the car show can be found on the Orinda Motors website, www.orindamotors.com.

City Council Election November 4

There will be a general election to fill two positions on the Orinda City Council on November 4, 2008. Nomination petitions can be obtained from the City Clerk at 22 Orinda Way. Completed petitions are due by 5 p.m. August 8.

Odyssey of the Mind Team Acknowledged by City Council



SALLY HOGARTY

Sleepy Hollow's Odyssey of the Mind team received awards for its achievements in the annual problem-solving competition. The team won second place in the state finals and went on to represent California in the world tournament. (bottom row L-R) Lucas Waldschmidt, Daniel Ginsburg, Jack Lehman, Andrew Tobin, and Harrison Drake. Not pictured: Joe Yuke and Arden Rasmussen. (top row L-R) City councilmembers Sue Severson, Steve Glazer, Mayor Victoria Smith, Tom McCormick, and Amy Worth.

Architecture Award Deadline Approaches

Architects, landscapers or designers who have completed projects in Orinda since Jan. 1, 2005 are eligible to enter the annual contest for the Mayor's Award for Excellence – but applications must be received by August 15.

"This went well last year and we wanted to do it again," said Mayor Victoria Smith.

The award recognizes excellence in local architecture, landscape, and environmental sustainability which, according to the entry form, "make an extraordinary contribution to the character and livability of Orinda neighborhoods."

Four categories are awarded, including major architecture, minor architecture, landscaping, and environmental sustainability. Major projects include any project 1,500 feet or larger that received planning commission or city council approval, and will be judged on the relationship of the

building to its site and context. Minor projects include any project that received zoning administrator approval for an interior or exterior renovation.

Landscaping encompasses any landscape project. The Excellence in Environmental Sustainability award is given to any development project that employs environmental factors such as the use of recycled products, environmental restoration of property, energy efficiency, pollution prevention, water conservation, or innovation.

The jury will consist of a panel of residents with experience in architecture and landscaping. Entries will be weighted individually, and not in competition with the others.

Entry forms can be found on the city's website at www.cityoforinda.org, or call the planning department at 253-4210.

— Chris Lavin, Assistant Editor

Come to Orinda's 4th Annual Classic Car Show! - Saturday September 6th

Orinda Motors

Quality Repairs & Maintenance From Orinda's Original Garage!



Experienced with cars of then and now!

Modern technology & expertise including HYBRIDS!



- ✓ ASE Certified Master Technicians
- ✓ AAA Approved
- ✓ Diamond Certified
- ✓ Value Star Rated
- ✓ Computerized Electronic Diagnostics
- ✓ Factory Training
- ✓ Smog Tests & Repairs

Orinda Motors Inc., 63 Orinda Way, (925) 254-2012 www.orindamotors.com

OLYMPICS

Mary Chatton Brown & Associates



Proven Personal and Professional Service
for All Your Real Estate Investment Decisions
Experienced Local REALTOR since 1968
12A Orinda Way, Orinda California 94563

marychattonbrown.com

925•254•4994

Orinda Olympians

Warren Blanchard	Melbourne	1956	Water Polo
Mark Conover	Seoul	1988	Marathon
Marilyn Davis*	Los Angeles	1984	Track
Kirk Everist	Barcelona	1992	Water Polo (4th)
	Atlanta	1996	Water Polo (7th)
Jane Frederick	Munich	1972	Pentathlon
	Montreal	1976	Pentathlon
George Harrison	Melbourne	1956	Swimming
	Rome	1960	4x200 Free Relay (Gold)
Hartwell Jordan**	Sydney	2000	Sailing
Barbara Stark Jordan	Helsinki	1952	Swimming
Marjorie Larney	Helsinki	1952	Javelin
	Melbourne	1956	Javelin
Drew McDonald	Moscow	1980	Water Polo (Boycott)
	Los Angeles	1984	Water Polo (Silver)
Rick McNair	Atlanta	1996	Water Polo (7th)
Karen Moe Humphreys	Munich	1972	200-meter Butterfly (Gold)
			100-meter Backstroke (4th)
			200-meter Butterfly (4th)
Nicole Branagh	Beijing	2008	Beach Volleyball
Heather Petri	Sydney	2000	Water Polo (Silver)
	Athens	2004	Water Polo (Bronze)
	Beijing	2008	Water Polo
Peter Rocca	Montreal	1976	100m & 200m Back (both Silver)
Carolyn Schuler	Rome	1960	100-meter Butterfly (Gold)
			400-meter Medley Relay (Gold)
Peter Schnugg	Moscow	1980	Water Polo (Boycott)
Marcy Place Sheehan	Los Angeles	1984	Field Hockey (Bronze)
	Seoul	1988	Field Hockey (7th)
Lon Spurrier	Melbourne	1956	Track (1600m Relay and 800m)
Jon Svendsen	Moscow	1980	Water Polo (Boycott)
	Los Angeles	1984	Water Polo (Silver)

* Didn't compete due to injuries

** Son of Olympian Barbara Stark Jordan



Denise Collins
TRAINING COACH

925-285-9194
denise@italkdog.com
www.italkdog.com

ONE-ON-ONE COACHING
FOR THE ULTIMATE RELATIONSHIP WITH YOUR DOG

GOING ON VACATION, BUSINESS TRIP,
OR JUST WANT A TRAINED DOG YOU
CAN BE PROUD OF
IN 2 WEEKS, WE WILL RETURN A DOG
THAT:

- comes when called on or off leash
- walks politely when on leash
- sits and downs when asked
- is housebroken
- doesn't jump on people
- or anything else you would like from your dog to make a happy home
- We will customize a program just for you and your dog

We also offer in-home training for dogs of any age and puppy training.

Please visit www.italkdog.com for more information.

Baan Thai RESTAURANT
Eat Healthy, Live Healthy



ORGANIC SALADS MADE FRESH DAILY.

MANY VEGETARIAN OPTIONS.

WE COOK FROM FAMILY RECIPES.

FOOD TO GO, CATERING & GIFT CERTIFICATES ARE AVAILABLE

Open for Lunch:
Mon. - Sun. 11:30 a.m. to 3:00 p.m.
Dinner: Sun. - Thurs. 4:30 - 9:30 p.m.
Fri. - Sat.: 4:30 - 10:00 p.m.
99 Orinda Way, Orinda
(925) 253-0989



◆ OLYMPICS from page 1

At Cal, she played field hockey and got really good coaching, she said, plus a jump-start by training with men, mostly from India and Pakistan, where field hockey is a big sport. "Field hockey is the second biggest sport in the world," she said.

In her senior year, after the U.S. boycott of the Olympics in '80, she replaced one of the two Californians, Nancy White, on the team that went to Los Angeles in 1984, winning a Bronze medal, and then to Seoul in 1988.

Sheehan's parents didn't push her, but were very supportive. "It was academics where they cracked the whip," she said. "I

a record for 200-meter butterfly and began thinking seriously about the Olympics. She had to train in Santa Clara because the beautiful Soda Center pool hadn't been built yet. She won a Gold and a 4th place in Munich in 1972 and another 4th in Montreal.

"What a thrill it was to walk into the stadium and hear the roar of the crowd," she said. "Even today, when I hear applause, I have a flashback to that moment and feel goose bumps all over again."

She was part of the American sweep of swimming events that will never happen again because the rules changed to allow only two entrants from any country into each event.

She lived through history: The passage of Title 9 opened up sports to women while she was at UCLA. She went on a State Department tour of China. She won her 4th in Montreal, coming in after the three East German women on steroids. That was on the last night of that Olympics when, in the morning, the Israelis were taken hostage. "That taught me that sports were important, but other things happen to bring you back to reality."

Looking back, Moe said the Olympics "gave me the opportunity to travel around the world. I remember walking into the cafeteria and seeing athletes of every skin color, every size and shape - every aspect of humanity. Participating was confidence building and gave me life skills. As I watch



Olympian Karen Moe

just loved being out there, day in, day out, training." The former Olympian continues to work in real estate in addition to coaching lacrosse at Miramonte.

Karen Moe, Breaststroke, 1972 and 1976

Karen Moe won a Gold in the 200-meter breaststroke in 1972 in Munich and swam again in 1976 in Montreal. She showed a film at the OHS meeting taken at those events that was as thrilling as the day it was made.

Moe moved to Orinda when she was 4 and swam for Orinda Country Club and Aqua Bears, an AAU team. She must have had her eye on her goal early because she wrote a poem about the Olympics when she was 9. In the summer of 1970, she broke



Olympian Marjorie Larney

this summer, I will see the wonder of humanity testing themselves and celebrating [SEE LARNEY page 20]

Bring in this
Coupon

20%
OFF

One Time Purchase - Storewide

Good in Orinda Only. Present Coupon at point of purchase for 20% Off one time purchase. 1 coupon per family. Not valid on previous purchases or other coupons. No cash substitutes. Exp 8-31-08

- | | | | |
|----------------|------------------|-----------------------|----------------|
| Greeting Cards | Travel Ledgers | Unique Gifts | Books |
| Stationery | Puzzles | Aromatherapy | Paper Plates |
| Gift Wrap | Seasonal Cards | Journals | Napkins |
| Ribbon | Boxed Note Cards | Address Books | Candles |
| Calendars | Thank You Notes | Photo Albums | Picture Frames |
| Guest Books | Gift Bags | Conversation Starters | Bridge Items |

And much more!

Hollyhock

220 Village Square Orinda (925) 253-9950
Monday - Saturday 10:00 - 6:00

HAM RADIO / POLICE

Ham Radio Thriving in Orinda

By IAN HEETDERKS
Staff Writer

An amateur radio station funded by a grant from the Orinda Rotary Club Endowment Fund has been installed at Orinda City Hall and officially presented to the city – residing in a room next to the Littlehale Community Room, the designated Emergency Operations Center.

Gene Gottfried, the emergency coordinator for Orinda and past president of the Rotary Club, was instrumental in facilitating the installation of the new radio system in May and June and helped coordinate efforts between the city, the Moraga-Orinda Fire District, and local amateur radio operators. His involvement with ham radio extended from his membership in his neighborhood watch group. In 1999, he got his radio license to ensure that his isolated neighborhood would be able to communicate in the event of an emergency, making his neighborhood watch group the first in the area to be prepared for a disaster.

Although the prevailing stereotype of ham radio operators portrays them as grizzled World War II veterans clinging

to outdated technology, Gottfried is quick to jump to ham radio's defense. "Ham radio could actually be considered at the forefront of electronic trends," Gottfried explained. "Voice transmission over the Internet, text messaging, even television, have all been transmitted over radio waves." Gottfried, however, uses ham radio for decidedly less ambitious ends. Whenever his signal strength is strong enough, he checks in with other ham users around the world. And because English has replaced Morse code as the official language of ham radio, Gottfried has been able to communicate with people as far away as Japan and Uzbekistan.

Orinda's system is important because in the event of an emergency, when standard channels of communication are out of commission, it can provide reliable two-way radio connectivity between neighborhoods and help coordinate rescue efforts with police, fire, and sheriff departments. Of course, it's also useful in non-emergency situations: Ham operators helped out during the 4th of July parade, relaying information to event organizers to ensure everything ran smoothly.

New Police Officer



SALLY HOGARTY

Police Chief Bill French (R) introduces new **Orinda Police Officer Arnold Lirio** at a recent City Council meeting. Officer Lirio has been with the Contra Costa Sheriff's office for the past three years. Prior to that, he served with the South San Francisco Police Department.



EFO - Educational Foundation of Orinda - wishes to thank its Business Partner

Moran Supply
www.moransupply.com
(510) 652-7437
for generously supporting the Orinda schools.

Return the favor. Do business with a partner!

For more information, please visit www.orindaefo.org/businesspartners/Business-PartnerList.html



POLICE BLOTTER

June 2008

<p>False Residential Alarms: Officers responded to 148 false alarm calls throughout the city.</p> <p>Auto Burglary (theft from a locked vehicle): 1 incident.</p> <p>Domestic Violence: 1 incident.</p> <p>Petty Theft From Vehicle (theft of less than \$400 value from an unlocked vehicle): 2 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): 1 incident.</p> <p>All Other Grand Thefts: 2 incidents.</p> <p>Vehicle Theft: 6 incidents.</p> <p>Residential Burglary: 6 incidents.</p> <p>Commercial Burglary: 6 incidents.</p> <p>Vandalism: 2 incidents.</p>	<p>Identity Theft: No reported incidents.</p> <p>Credit Card Fraud/Forgery: No reported incidents.</p> <p>Arrests</p> <p>Recovered Stolen Vehicles: 2</p> <p>Stolen Vehicle: 1</p> <p>Possession of Narcotics: 1</p> <p>Possession of Drug Paraphernalia: 1</p> <p>Warrant Arrest: 7</p> <p>Hit and Run - Misdemeanor: 1</p> <p>Driving Under the Influence: 7</p> <p>Burglary - Commercial: 1</p> <p>Public Drunkenness: 2</p> <p>Domestic Battery: 2</p> <p>Fraud: 1</p>
--	--

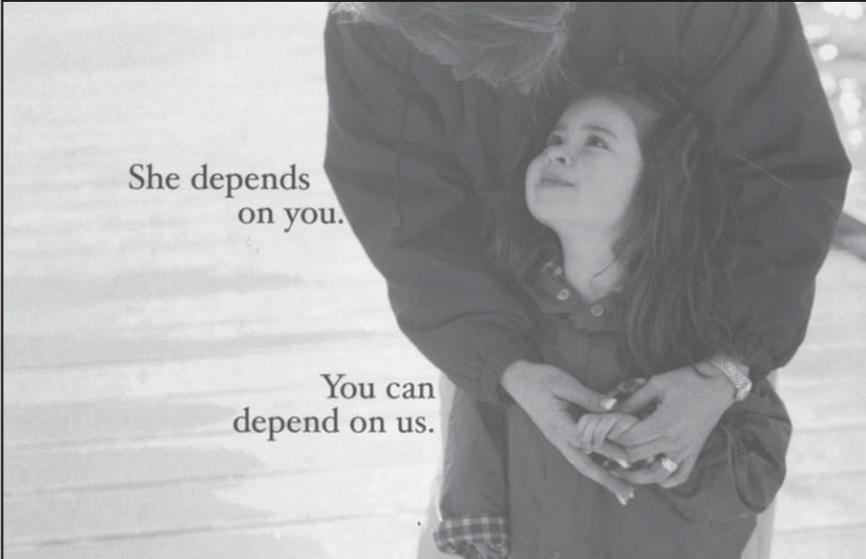
– Compiled by Jeanette Irving, Orinda Police Department

Shellie Abbes Kirby

A Realtor for Lamorinda Second Generation Orindan Specializing in Orinda Real Estate

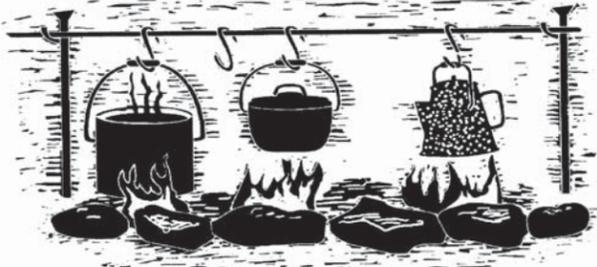
**She knows the community.
She knows the market.**

Office: 925-253-6321
Cell: 925-872-4257
email: shellie @shelliekirby.com

She depends on you.

You can depend on us.



CASA ORINDA

RESTAURANT

Dinner served nightly from 4 pm

Bryant Way ■ Orinda, CA 94563 20 ■ 925.254.2981



Alan Wong, R.Ph.

The Medicine Shoppe® Pharmacy is 100% Pure PharmacySM – which means our pharmacists are dedicated to your family's health. After all, life is full of boo-boos, sore throats and ear infections. Rest assured, there's a specialist nearby

Medicine Shoppe
Next to Hollyhock and McCaulou's
Orinda Village Sq. • 254-1211 282
Medicine Shoppe International, Inc 2002©
A Cardinal Health Company



Pure PharmacySM 100%
www.medicineshoppe.com

BETWEEN THE LINES

IT'S TIME



TO CALL
ALPINE
ROOF AND
GUTTER
CLEANING
CO.
254-5060
DIV. OF BLUE PINES
TREE SERV.
ORINDA, CALIF.

FREE ESTIMATES

Between the Lines

Roll Out Those Lazy Hazy Crazy Days of Summer

Marian Nielsen, Orinda Books



At King Cole sang about them – and we all treasure our golden Lamorinda summer days. If we are fortunate, they come filled not just with soda, a pretzel, and beer but with new adventures, trips to new places, new friends, and a new collection of memories to file away under “2008.”

My summer began with a trip to Ireland, England and Scotland. Echoes of so many

books I've read gave added dimension to almost every place we visited from Edinburgh – I was just there with detective Jackson Brodie in Kate Atkinson's wonderful *One Good Turn* – to our very first bed and breakfast stop in Ireland. The woodland right outside the window looked just like the E.H. Shepard drawings for Winnie-the-Pooh's Hundred Acre Wood where Owl, Piglet and Tigger danced through my childhood.

The Long Room at the Trinity College Library in Dublin was enough to make anyone with bookish inclinations swoon with delight. In that beautiful 18th century room, the shelves are lined with more than 200,000 of the library's oldest volumes. In fact, it is a room so beautiful that it is suspected that George Lucas borrowed it when his image-makers created the Jedi Library in the 2002 Star Wars episode, *The Attack of the Clones*. One of the busts along the side aisles is of Thomas Lefroy, Jane Austen's model for Fitzwilliam Darcy, not looking a bit like either Colin Firth or James McEvoy. Leaving Dublin, with its echoes of William Butler Yeats and James Joyce behind, further lit-bits were provided in Cornwall, in Fowey, where Daphne Du Maurier wrote *Rebecca* and where the an-

cient parish church holds old bones of the Rashleigh family whom she wrote about in *The King's General* and where the coastline held promise for the smugglers of *Jamaica Inn* and the pirates of *Frenchman's Creek*.

I'm in danger of sounding like one of those “How I Spent My Summer Vacation” stories so I'll turn from travel to other delights of summer, the lazy days, when there's time to toss good books in a beach bag or backpack, relax and enjoy!

Those lazy days sometimes cry out for a fat book and one of the most talked about hefty new novels (wildly praised: seldom have *The New York Times*, *The Washington Post*, and the *Chicago Tribune* agreed so excitedly) is by a first-time author, David Wroblewski. A former software developer has drawn on his Wisconsin childhood, with parents who raised dogs, to create a most unusual “big read,” *The Story of Edgar Sawtelle*. Edgar is born mute but early learns to sign and is understood by all of those around him, his loving parents, and the dogs that they breed and train. The appearance of Claude, his father's estranged brother, and then his father's sudden death, trigger Edgar's coming-of-age. Wroblewski's story of Edgar's struggle to survive in the Wisconsin woods with three of his young dogs is riveting. This is a novel to fall into and be reluctantly dragged out of – you don't want it to end.

But if something smaller fits more happily into your vacation carryall, there are some fine new titles just out in trade paperback editions. *The Last Summer of the World* by Emily Mitchell re-imagines WWI through the lens and loves of famed photographer Edward Steichen, who served as an aerial reconnaissance photographer. In Penelope Lively's new novel, *Consequences*, war again intrudes on love, this time with WWII bringing an end to the happy marriage of a young print-maker and his wife in the Somerset countryside. Lively introduces us to three generations of strong women in this totally satisfying novel.

Black comedy rules in *Q and A* by Vikas Swarup. This is an entertainingly original story about Ram, an 18-year-old waiter in Mumbai, in prison because he has successfully answered 12 questions on a television program, *Who Will Win a Billion?* The program producers and almost everyone else are sure that, as an almost illiterate orphan, he could not have successfully answered the questions without cheating. His explanations of how he came to know the answers to each of the questions hops and skips us through the brutal and crime-ridden backstreets of Mumbai as we follow with delight Ram's unlikely story.

With such good reading material at hand, you'll wish, like Nat Cole, that “summer could always be here!” I do.

Orinda Real Estate Specialists

We maximize your **real estate profits** using our professional qualifications, 20+ years local realty experience, and a commitment to excellent service.

Nobody does it better



Dick Holt
(925) 253-6332

Frank Woodward
(925) 253-4603

Please visit us at www.Holt-Woodward.com

Previews International



Fall 2008 TRUNK SHOW

presented by

SUZY TABOR

510-604-9727 &
SUSAN SAPPINGTON
707-644-0423 &
CONNIE BARNARD
376-6861

August 6th -20th

9:30 a.m.-6:00 p.m.

at

NEW LOCATION

CALL TO BOOK
AN APPOINTMENT



AS SEEN IN DIABLO MAGAZINE

CARLISLE

DESIGNER FASHIONS FOR WOMEN

SIZES 0-18 § VISA/MC

A SPONSOR OF THE SUSAN G. KOMEN BREAST
CANCER FOUNDATION

To Become a Carlisle Associate, please call Suzy Tabor

Yoga with Manuela



New Workshops Starting in September

- *Yoga for Women*
- *Yoga for level 2*
- *“Discover your inner wisdom” gentle yoga - meditation*
- *private lessons at my home studio*

Call for more information.

Manuela Robr
Certified Yoga Instructor &
Yoga Therapist
925-253-9373
manuelarobr@comcast.net

Christian Science Reading Room
A place for solutions through prayer.

Stop in.
Read.
Discuss.
Think.
Pray.
No pressure.
Just spiritual support.

31 Moraga Way, Orinda
Across from the Orinda Theater
254-5757
Mon – Fri 11-5, Sat 11-2

COMMUNITY CENTER CLASSES



CONTRIBUTED PHOTO

Youngsters learn to overcome shyness and develop creativity in the new kids on camera class.

Lights, Camera, Action, and Fun at New Community Center Camp

By SALLY HOGARTY
Editor

Professional actress and credentialed teacher Judy Berlin, whose vast experience includes doing voices for the popular television program "Sesame Street," will teach her award-winning "Kids on Camera TV/Film Acting" program in Orinda from August 11-15.

Celebrating 27 years in the business, Berlin and her staff will focus on fun as students learn acting on-camera, comedy, scenes, audition skills, and improvisation. Designed by experienced educators, the fun exercises improve communication, social and leadership skills while expanding creativity.

According to Berlin, video feedback will help youngsters discover and learn more about themselves. "Shy youngsters learn to trust their imagination and take risks, and gifted children find an outlet for their creativity," says Berlin.

Former students of Berlin's have gone on to become class presidents, spelling bee and speech tournament winners, actors on Nickelodeon, and for one lucky actor, the voice of Andy in *Toy Story*.

The August camp is divided into a morning session for ages 4-7 and an afternoon session for ages 7-12. Enrollment is limited to allow for individual attention.

A fall weekend series in Orinda and

San Francisco is also planned. For more information on the August or fall camps, contact Orinda Parks & Recreation at www.ci.orinda.ca.us or call 925-254-2445. To learn more about Berlin's programs go to www.kids-on-camera.com or call 415-440-4400.



SZECHWAN RESTAURANT
CHINESE CUISINE

SZECHWAN - MANDARIN
LUNCH / DINNER / ORDERS TO GO

10% DISCOUNT ON
TAKE-OUT ORDERS
(Lunch Special Excluded)

Quality Food and Service
Serving Orinda Since 1980

Tues.-Thurs. 11:30 a.m. - 9:30 p.m.
Fri.-Sat. 11:30 a.m. - 10:00 p.m.
Sun. 4:00 - 9:30 p.m.
Closed Mondays

Tel 925 254-2020 • Fax 925 254-4098
79 Orinda Way • Orinda

New OCC Classes to Start in September

By MOYA STONE
Staff Writer

Just as Orinda Recreational Manager Linda Dezzani closes out summer classes and camps at the Orinda Community Center, she's gearing up for the fall. Dezzani says the fall schedule promises to be a hit for all Orinda residents with classes from art to yoga, Japanese flower arranging (ikebana) to self-defense.

Interest in community classes has grown in recent years and so has the list of offerings. Class topics now include niche topics such as ukulele, exotic cooking, belly dancing, and karate. Even dog training classes include not only basic obedience, but advanced classes like Trick and Treat, in which a dog and his master learn the principles of tricks using clicker training.

Most classes are held at the Orinda Community Center, a charming Art Deco building that once was the Orinda School House. Located between the park and the Orinda Library, it couldn't be more convenient. Classes are offered throughout the day, evening and weekends. Moms can fit in Hatha Yoga in the morning while the kids are in school. Retirees can study French, Italian, or Arabic in the early afternoon. Working professionals can relax in the evening with T'ai Chi.

Dezzani is particularly proud of the theater and dance classes for children ages 4 to 10. "The kids learn to dance and sing and work on a mini-production," says Dezzani. Working with professionals from Kids 'n Dance, children of all abilities are cast in roles for musicals like *The Lion King*,



SALLY HOGARTY

The ukulele class for adults is always a popular choice at the community center.

Grease, and *High School Musical*. Parents support the productions as well, donating time to help with sets, costumes, and other backstage tasks.

All classes are taught by local professionals such as artist Dorothy Davis, who teaches the portrait classes, and master dog-trainer Bonnie Brown-Cali, who teaches the dog obedient classes. "We try to bring quality programs to the community," says Dezzani, "to enhance the quality of life here in Orinda."

The class schedules are sent to all Orinda residents and are also available at the Orinda Library, the Orinda Community Center, and online. Signing up has just been made easier with online registration. Fall classes start in September. For more information, call 254-2445, or go to www.ci.orinda.ca.us/parksandrec/3Classes.html.

Casa de Gracia - A Beautiful Home for the Elderly

- Intimate, quiet home with beautiful views
- 24 hour personalized care
- Enhanced social activities programs
- Dementia, Non-Ambulatory and Hospice services available
- Family Owned and Operated since 1998
- M.D. /R.N. Supervised



(925) 254-4535 Tahos Rd. • Orinda 458 License #075600243

IT'S APRIL IN ORINDA

In Lafayette and Moraga too!
Homes People Together

dreamhomelamorinda.com or www.villageassociates.com



APRIL MATTHEWS

925.253.2147
aprilmat@comcast.net



Save Gas
Save Time
Save Money

Shop your local Orinda McCaulou's

Bring in this Coupon

20% OFF

One Time Purchase - Storewide

Good in Orinda Only. Present Coupon at point of purchase for 20% Off one time purchase. 1 coupon per family. Not valid on previous purchases or other coupons. No cash substitutes. Exp 8-31-08

McCaulou's

250 Village Square Orinda (925) 254-3448
Monday - Saturday 10:00 - 6:00

BACKYARD GETAWAYS

**Backyard Getaways and Beyond
China with Kids in Tow**

Julie McCormack



“Mom, I like the toilets in Orinda better than the toilets in China!” I was holding my 4-year-old-daughter, Erin, over a Chinese squat toilet for what seemed like the umpteenth time in only three days. Erin hadn’t yet perfected the squat, so my husband or I had to assist her each time she went to the bathroom.

We were three days into a two-week trip to China which would take us to Beijing, Shanghai, Chengdu and Jiuzhaigou, with our 4- and 6-year-old children in tow. My

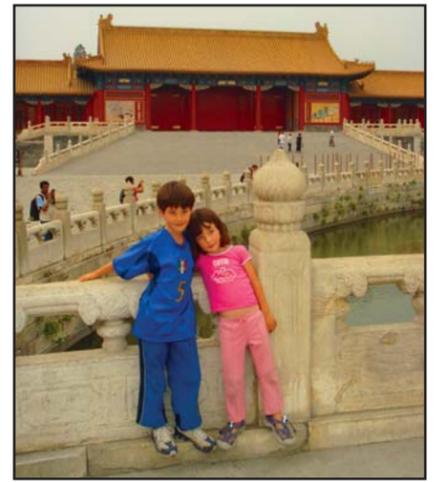
husband and I knew we were taking a gamble when we decided to take our young kids to China. It didn’t make it easier that few others seemed to share our enthusiasm. When I mentioned our trip to friends, their eyes would glaze over. But our expectations had always been high for our kids and travel, starting with taking our then 6-week-old son, Conor, to Mexico for Christmas in 2000. We had a wonderful trip. Conor began sleeping five hours at a stretch, and we never looked back. We followed that

trip with a trip to Costa Rica when Conor was 3 and Erin was 15 months, as well as trips to Alaska, Canada and Hawaii.

I love travel because I live in the moment, take chances, and am more open to new experiences. While not an overly protective mother, I welcomed the relaxing of bedtimes, eating habits, and other restrictions on my kids. I also hoped that the trip would change their perspectives making them realize that things are different in different countries (even toilets are different) and open their minds.

We chose China as I had studied Chinese in college, lived in Asia for a few years, and had worked in Asia-related fields. More recently both our kids had begun taking Mandarin at the Orinda Mandarin Program, a twice-weekly, after-school language program, and we wanted them to see a country where Mandarin is spoken by everyone.

Because of our kids and where we were traveling, I had never planned a trip as carefully as I planned this one. First of all, there was the long plane flight to deal with. I wanted a nonstop flight, yet we didn’t want to spend an arm and a leg just paying for the ticket. Secondly, I needed to combine my husband’s and my interest in cultural relics and mountains with the kids’ need to burn off steam. We knew we had to combine the Forbidden City with the Great Wall; shopping with a trip to the Beijing Aquarium; and the occasional trip to Starbucks, Baskin-Robbins or the dining room of a Western chain hotel.



JULIE MCCORMACK
Conor and Erin McCormack posing in front of the entrance to the Forbidden City at Tiananmen Square in Beijing.

I was not worried about the food. As a longtime Sinophile and Bay Area resident, Chinese food is almost a staple in our family. Also, we were starting out in Beijing, home of our favorite Chinese dishes: noodles and dumplings. We lived on those for the first four days of our trip, including breakfast!

We had taken the precautions of getting all the necessary shots for our trip, but even that wasn’t difficult. Our kids already had received Hepatitis A and B, standard vaccinations for kids these days. We boarded the plane armed with snacks galore, children’s Benadryl, cards, chess, other games and activities as well as three small gifts they could do on the plane like a number game and word searches. The kids were so enamored of the large 747 jet that they never even opened gifts two and three until after we had disembarked.

Traveling with kids in China opened up doors everywhere — from people starting conversations, to offers of adoption, to wanting to take pictures with us (mostly our kids). We were not prepared for the attention that was bestowed on our children. Locals could not pass our daughter without saying, “Hao piaoliang!” (very beautiful). They loved that our kids were siblings. After 30 years of the one-child policy in China, siblings are a rarity. In fact, one

[SEE CHINA page 18]



JULIE MCCORMACK
Giant panda at Chengdu’s Giant Panda Breeding Research Base.

Celebrating our One Year Anniversary June 2008!

*Rest assured with us...
let us care for your loved one.*

THE STRATFORD
At Countrywood Senior Living

While you vacation this summer, give your Mom (or Dad) a vacation at...

4 Days FREE Respite (Short-Term) Stay

With minimum 14-day stay, Fully-Furnished Apartments Available
CALL 925-932-9910 OR STOP BY
FOR A TOUR AND MORE INFORMATION
1545 Pleasant Hill Road • Lafayette, CA 94549
Lic. # 075601323

*Independent Living
Assisted Living
Memory Care*

real experiences

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.

- Post-hospital acute care
- Rehabilitation therapies
- Skilled nursing

ManorCare Health Services

ManorCare Health Services - Tice Valley
1975 Tice Valley Blvd., Walnut Creek, CA 94595
925-906-0200

ManorCare Health Services - Walnut Creek
1226 Rossmoor Parkway, Walnut Creek, CA 94595
925-975-5000

Sugarman
SUGARMAN-FRANTZ
CONNECT-THE-DOT COLLECTION

Available at . . .

Morrison's
JEWELERS

MORRISON'S JEWELERS SINCE 1923
35 MORAGA WAY, ORINDA • ACROSS FROM THEATRE SQUARE • (925) 253-9227

4TH OF JULY



Grand marshal Harriet Ainsworth (R) and Dick Heggie ride in a special float designed and constructed by Travis Wiley. Orinda Idol singers serenaded the crowd.



Supporters of Haley's Run for a Reason found an extra spurt of energy following the morning run/walk to also march in the parade.



This parade-goer certainly found an appropriate place to sit while listening to the Grace Woods Trio.



A young participant helps the Exotic Bird show by volunteering a strong arm.



Members of the Orinda Starlight Village Players enjoyed the parade from the original station wagon (which went from the train station to the hotel) courtesy of Fancy Ferriage of Martinez.

ALL PHOTOS BY SALLY HOGARTY

Integrity Expertise



35 year Orinda Resident
(925) 253-4611

Laura Abrams, M.B.A.
Residential Sales Associate

Orinda Office, Coldwell Banker Real Estate
www.lauraabrams.com laura@lauraabrams.com



Now's the Time to Make the Decision:

Byron Park is Offering a Move-in Special!

Byron Park has several one-bedroom and studio apartments currently available, and we're offering

ONE MONTH'S FREE RENT*

on a select group of apartments. Here are some descriptions of what's available:

- Shady, quiet, 1 bedroom, tree-filled view with large balcony, 614 square feet.
- First floor, 614 square feet, 1 bedroom, close to activities and classes.
- Fourth floor studio, 431 sq ft, light and bright, great price!
- Unique turreted floor plan, 639 square feet, sunny vista.
- 1 bedroom with den, 816 square feet, private balcony, tree view.

*Third month's rent free for pre-qualified residents.

Month-to-month rentals. Fine dining, transportation, weekly housekeeping, linen service included. Assisted Living Program available.



Retirement Residence
Please call for information, brochure, or tour.

925.937.1700
800.937.7974

www.byronpark.com

"An AF Evans Senior Community"
Lic. #071440784




1700 Tice Valley Blvd. • Walnut Creek, CA 94595

SERVING LAMORINDA SINCE 1979



Specializing In:

- Spot and Stain Removal
- Oriental and Handmade Rugs
- Upholstery cleaning
- Water damage
- Odor removal

We Clean for Health as well as Appearance

We Clean with Green T.L.C.

254-2866

John Kirby
Owner






Move of the Month

Plank with Twist



SALLY HOGARTY

Get into push-up position but bend your elbows 90 degrees so your forearms are flat on the floor. Your legs should be extended behind you, toes on the floor. Slowly count to five while holding this position, then twist up to the left, raising your left arm off the floor and reaching for the ceiling. Rotate your head and look at your hand. Hold for another count of five. Repeat, alternating sides.

Courtesy of Living Lean, 925-360-7051

Goody Two-Shoes in Orinda

By LINDA FOLEY
Contributing Writer

Orindan Melissa Aycock might wear Brooks shoes on her feet, but she is now officially a Goody two-shoes. The lifelong athlete has been chosen by the hair-accessory manufacturer to represent the company in six runs or triathlons of her choosing in the United States and Canada within a year. Aycock almost always wears running shoes, unless of course she has exchanged them for cleats or a wetsuit -- depending on the competition.

Aycock is one of 225 female athletes who qualified for and was selected from 2,700 athletes to represent Goody, who for the uninitiated, is a longtime manufacturer of a variety of hair accessories, such as Goody StayPut, for the female athlete, including metallic headbands, claw clips, and comfort gel barrettes. Aycock has been involved in soccer, gymnastics, cheerleading, yoga and running. She was drawn to this sponsor for its civic mindedness. She shares the company's credo that healthy bodies — attained through athletics — nurture healthy habits and minds beginning with the young girl, ages 8 to 13. While Goody's products have long appealed to the cosmetic needs for the active female, their civic commitment goes beyond that. Goody supports the entire persona of the young female athlete — a healthy mind and body image — through sponsoring an after-school program called GOTR, or Girls on the Run, which the company established in 2002.

During the 10-week program offered in fall and spring, female coaches address typical teen issues of peer pressure, media messages, community involvement, body image, and health decisions. An international organization, GOTR focuses on building physical and emotional stability through the power of running. In addition to sponsoring the GOTR 5K Race Series, Goody is the national sponsor of Team



LINDA FOLEY

Melissa Aycock has been chosen to represent Goody in national races.

Tiara. GOTR International is a parent organization of more than 130 councils across North America, 10 of which are in California, including San Francisco, Napa, Sacramento, and the South Bay chapters. The most recent run was held in San Francisco, called Lollipop Family Fun Run.

Pert, perky and plucky, Aycock — who is also a personal trainer — inspires with her commitment to athleticism. Says Aycock, "I'd be happy to talk at any local school about this program." And, there you have it, another healthy and civic-minded athlete who can make a difference, a Goody two-shoes.

For more information see www.girlsontherun.org/theprogram.html. LINDA.



CoreKinetics

PILATES

EXERCISE AND REHAB WITH
COREKINETICS
IN ORINDA

- PRIVATE AND SEMI PRIVATE SESSIONS
- EQUIPMENT AND MAT WORK
- RESISTANCE, NON-WEIGHT BEARING
- PROMOTES WELL-BALANCED, EFFICIENT MOVEMENT IN YOUR DAILY LIFE!

925-708-3279
50 Vashell Way #120

PLEASE CALL FOR AN APPOINTMENT



Orinda Sports and Family Chiropractic



Chiropractic Care and Massage Therapy Supports Swimmer's Shoulders

Swimmer's shoulder is the term used to describe the problem of shoulder pain in the competitive swimmer. Over the past several years, the terms "impingement" and "swimmer's shoulder" have become popular buzz words in sports medicine. All of these terms describe essentially the same phenomena: overuse and irritation of the rotator cuff. Today, it is estimated that nearly 80% of the swimmers on any given swim team will experience anterior shoulder pain, or "swimmer's shoulder".

To treat swimmer's shoulder, you should call our office to schedule an appointment. Repetitive cortisone injection should be avoided as it has been well documented to cause tendon disruption, and places you at risk of further injury for 2 to 6 weeks following injections.

Got Shoulder Pain from Swimming? Massage Therapy Can Help.

Athletes of all ages can benefit from massage therapy and improve your game!
We Accept Most Insurances and Some Insurances Cover Massage, Cash Patients Welcome.
(United Healthcare, Aetna, Blue Cross, Blue Shield, ACN, Kaiser, Great West, CBA and more)

Summer Special \$50 for a 1-hour Massage Session

Dr. Jason Wong

96 Davis Road, Suite 3, Orinda, CA 94563 • (925) 258-0850
<http://orindafamilychiropractic.chiroweb.com/>



Lisa Siemsen went from 28% body fat to 15% body fat in 6 months and from a size 10 to a size 6.



Living Lean Team

Body Makeovers By Living Lean

"These pants are too tight." "That shirt doesn't fit anymore." "I may have to buy all new clothes." These comments from my wife, Lisa, led me to seek out Sheena at Living Lean. A mutual friend had gone on the Living Lean program, and the results were great. Lisa was a bit reticent at first about her ability to succeed in the program. In turn, we all knew that we would have to support her 100% as a family. Since joining the program, the entire family now eats brown rice (not easy, since Lisa is Chinese), Living Lean Bread, and we've virtually eliminated red meat and high fat foods. At meals, our kids often ask if we're "eating on plan." Lisa has made working out a way of life. Lisa went from 28% body fat to 15% body fat in 6 months and from a size 10 to a size 6. Lisa is discovering "new" clothes every day in her own closet. At our recent school auction, she was able to wear the same little sexy black dress she wore at our wedding rehearsal dinner 10 years ago, and it fits perfectly.

For More Information Call Sheena at

(925) 360-7051

Space is limited so call today!



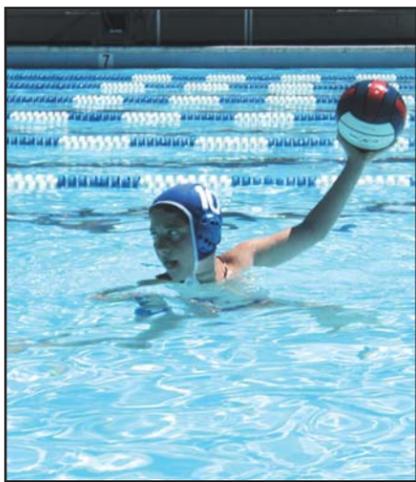
OYA / COMMUNITY CENTER

Water Polo for Kids Teaches Basic Skills

By CHRIS LAVIN
Assistant Editor

The whistle blows, and six children wearing swim caps with protective ear cups jump into the water. Churning their best “egg-beater” stroke to stay afloat – also known as treading water – they begin to toss the ball back and forth, laughing the entire time.

“These kids are just having fun,” said April Murphy, who helps out with the Orinda Youth Association’s (OYA) water polo program, which this year will be held at Sleepy Hollow Swim and Tennis



CHRIS LAVIN

Holt Goodwin prepares to make a pass to a teammate during water polo practice.

Club. “There is absolutely no emphasis on competition. They are just here to learn basic skills – and it makes them better swimmers.”

This is the third year that the OYA has offered basic skill building in water polo for children, and it has become a successful program. “It’s a low-key program to expose

the kids to water polo to see if it’s something they want to do,” said Jerry Johnston, the coordinator of OYA programs. “They’re just learning the fundamentals.”

The program begins this fall for boys and girls from 3rd to 8th grades. It will be held on Sundays only from September 7 to October 19.

April’s husband Noah Murphy will be one of the instructors, along with Miramonte High School varsity coaches Kenzie Zimmerman and Tommy Briskey.

While some think that water polo is a demanding sport reserved for strong swimmers, Murphy said that’s anything but the case. “Some kids are afraid of it, but they don’t need to be,” Murphy said. “This is not hard-core. You give a kid a ball, and they have a blast.”

Murphy believes that water polo can be a strong skill builder for a lifetime of the sport of swimming. “For ages 7 and 8, it’s just fun and a good start, not the discipline of lap after lap after lap,” she said. “If you mix it up, you’re more likely to have a kid continue to swim.”

Participating in any OYA program is a way for parents to allow their children to test out different sports at an early age, before they begin to specialize in one sport.

“OYA is a springboard,” said Bridget Goodwin, whose son Holt has participated in a variety of OYA programs. First her son loved baseball, and now he loves tennis and swimming. “You can dabble in all these different sports without a huge time commitment.”

“This is just a program that let’s kids put a toe in the water and get a feel for it,” Murphy said.

Registrations for the fall water polo classes begin August 11 and close September 7, unless classes fill up before that. For more information, call Johnston at 253-4204 or email him at jjohnston@cityoforinda.org.

Princesses and Fairies Spotted Throughout the Community Center



SALLY HOGARTY

These young lovelies were part of the Orinda Community Center’s “Princesses and Fairies” camp for 3- to 5-year-olds. Each day, the youngsters could choose a different fairy or princess to become. The Community Center offers a variety of camps throughout the summer and during various school vacations for all age groups. Camp Orinda features games, hiking, adventures, trips, and scientific experiments while Art Camp helps students learn new techniques as they create masks, clay figures, and much more. For more information on Community Center classes and camps, call 254-2445.

Bottomley Farm

Lessons and Training for Children and Adults.

Sign Up for Fall Semester Classes Now
Well-Trained, Well-Cared-for School Horses

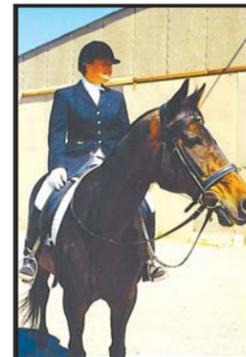
dressage 🐾 horsemanship
lessons 🐾 training 🐾 boarding

10 minutes from Lamorinda

bottomleyfarm.com

1131 Bear Creek Road

925.228.3766



It's who you know.

Now more than ever, you want to be confident that people of extraordinary caliber and experience are heading up the team that handles your banking needs. That’s why we’re pleased to announce that Gail Woznak — with more than 20 years of banking experience in Orinda — is joining our Orinda office. So along with an independent bank with a 103-year history of serving businesses, families and individuals as a trusted financial partner, you’ll now find a familiar smile.

So stop by and say hello. Gail looks forward to meeting you. Or, in some cases, seeing you again.

GAIL WOZNAK
VICE PRESIDENT
OFFICE MANAGER

77 Moraga Way, Orinda
925.253.2800
www.mechanicsbank.com

MEMBER FDIC



Personal Banking

Business Banking

Corporate Banking

Wealth Management

 **Mechanics Bank**
Commitment That Lasts Generations

Gallery Exhibition Features Students of Renowned Landscape Artist

By SUSAN LIST
Contributing Writer

Don't miss the current Orinda Library Gallery exhibition that continues through August 12. Work from painters studying with landscape artist Pam Glover are showing their recent creations along with students of Pam's daughter Anne Marie Glover. Both classes are offered through the Orinda Community Center, where Pam Glover's class is possibly one of the longest running classes offered. For the past 25 years, Glover has led her class of 25 intermediate to advanced level oil painters to Bay Area vineyards, ranches and waterways to capture the scenes on the spot. Her daughter Anne Marie followed suit about five years ago and developed a studio class for beginning to intermediate painters. Some students are members of both classes and find they enjoy beginning a painting in one class and finishing it in the other.

Pam Glover's colorful painting style and encouraging teaching methods have attracted students from all around the Bay Area. In fact, it seems that there is hardly a Northern California plein air painter who has not studied with Glover at one time or another. Many of her students have progressed to a professional level with representation by galleries across the country, invitations to prestigious plein air paintouts, and awards won in national competitions. Following their mentor's example, they have founded local galleries, donated work to charities, and painted in support of environmental causes.

For more information on the painting classes, phone the Orinda Community Center at 254-2445.

Moraga Library Art Exhibit
August 2 - 30
featuring the work of Orindan
Beryl Glen-Reiland



CONTRIBUTED PHOTO

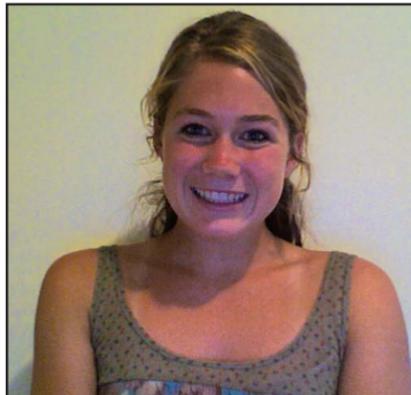
Students of landscape artist Pam Glover (above) and her daughter, Anne Marie, will exhibit their works at the Orinda Library Gallery through August 12.

Winners of Poul Anderson Writing Contest Live More Lives Than One in Submissions

By DOROTHY BOWEN
and CHRIS LAVIN
Staff Writers

Writers put themselves in someone else's shoes and tell their readers what it would be like to live another life. Robert Louis Stevenson became Mr. Hyde as well as Dr. Jekyll. J.K. Rowling became an English schoolboy, Harry Potter. Recent local winners of the Poul Anderson Creative Writing Contest showed this skill, as well.

Meredith White won for the best short



CONTRIBUTED PHOTO

Meredith White won for best short story.

story by becoming an 84-year-old woman dying in a hospital. Katharine Yu, the science fiction winner, became the survivor of a worldwide catastrophe. An honorable mention went to Bryan Oczkus for a science fiction story about an alien from outer space. All three are students at Miramonte High School.

Matt Loudon, a student at Orinda Academy, won in the essay category, by becoming incognito. Miramonte's Joseph Scalise, the poetry winner, became the victim of a harmless, or so he thought, spider. And Elisabeth Berger, also of Miramonte, received a poetry honorable mention, personified an emotion, "Fear."

The Poul Anderson Awards have been handed out for creative writing for more than 20 years. Sponsored by the Friends

of the Orinda Library, any student in an Orinda school – or any student who lives in Orinda but attends school elsewhere – is invited to participate. Judges included Ginger Wadsworth, Sally Small, Dorothy Bowen, and Janet Boretta.

The judges of the contest are always pleased to find strong entries in the science fiction category because the contest is named after one of the longtime judges, the late science fiction writer Poul Anderson. Yu won that category with her story, called "Weeds and Roses," in which she wrote: "After the bombs went off and the white flashes killed nearly everyone and the whole entire world went to hell, there were some people who survived. And that, really, is the whole damn problem." Yu also was a contest winner last year.

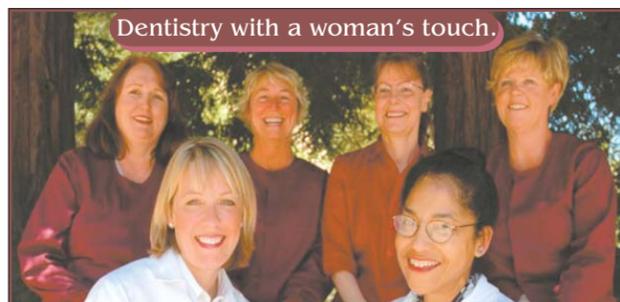
At first, White was afraid her choice of writing about recycling might be too commonplace. Yet she chose to write about an elderly woman using her memories of childhood in flashbacks. Her story begins: "The sun has little to offer as its meek

[SEE WRITERS page 18]



CONTRIBUTED PHOTO

Katharine Yu was the science fiction winner.



Dentistry with a woman's touch.

Mary H. Smith,
D.D.S.
•
Cecelia Thomas,
D.D.S.
925.254.0824

General dentistry done with a cosmetic emphasis to improve and enhance natural looking smiles. Our staff has many years of experience and training to take care of all of your dental needs. • Adults, Children, Nitrous Oxide, Implant Dentistry, Cosmetic Dentistry, Invisalign Certified • Complimentary Consultations



Here's looking at you, kid.

Your children are precious, aren't they! And one of their most precious gifts are their eyes. That's why we encourage you to have your children's eyes examined first at nine months of age, again at three years, and regularly after that.

Who are we? We're the University of California Eye Center in Berkeley, a key part of UC's top-rated School of Optometry. And we can offer you a great deal of expertise with youngsters' eyes.

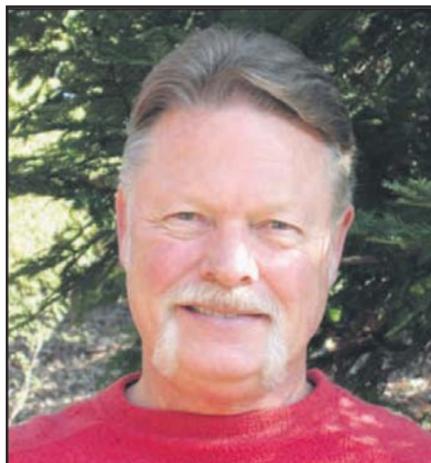
In fact, here at UC we've developed ways to test kids' eyes while they play, to diagnose and treat any vision problems even before they can read an eye chart.

We take most vision insurance plans, and accept all major credit cards. So bring in the whole family for their eye exams. (You'll absolutely love our Eye Wear Center, with its incredible selection of designer frames!) We'll look for you!



Free parking with your appointment next to Cal Memorial Stadium - walk over or use our free shuttle!

(510) 642-2020 - Open to the public 7 days a week
www.caleyecare.org



Residential and Restoration Painting Services

Meticulous attention to detail
37 years of satisfied customers

David Collins, Orinda

925-254-6882

WAY TO GROW / ORINDA ACADEMY

Way to Grow in Orinda

Save the Garden – and Water!

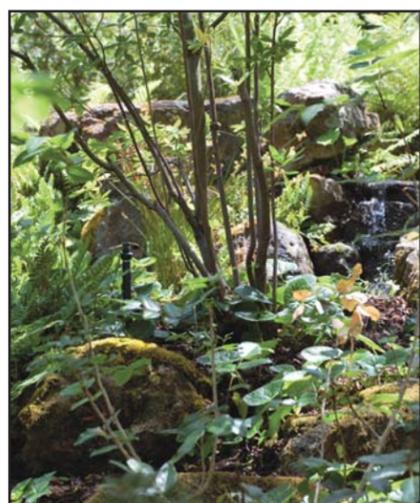
Steve & Cathy Lambert



It seems ironic that five years of record-breaking rain followed by two years of less than 100 percent of normal rainfall could result in mandatory water rationing, but here we are again, using the “D” word, drought. As the urban sprawl of the Bay Area grows, so does the demand on our water resources. Hopefully, this drought will not last beyond this dry season, and the powers that be will start increasing our water capacity. But for now East Bay MUD is asking every homeowner to cut water use by 19 percent.

What can you do to achieve this reduction without losing the investment you’ve made in your garden? Here are 10 simple water-saving steps:

1) Stop watering every day. This saves water and makes good horticultural sense.



CONTRIBUTED PHOTO

A sustainable garden in Lafayette that receives water only once every two weeks.

Watering every day causes plant roots to remain shallow. By watering more deeply and less frequently, your plant’s roots will extend deeper into the soil where the water is stored longer.

2) Evaluate, maintain and update your irrigation system. Like most things in life, irrigation systems need routine maintenance. Sprinkler heads can get clogged or broken. Occasionally, heads need to be moved or even capped off when plants grow or die. Checking your system to make sure the water is getting to where it is needed, might save you up to 20 percent of your water use. New drip heads can match the precipitation of spray heads, and may be added into an existing spray system for

areas with fewer plants.

3) Zone your irrigation. Zoning is a xeriscape principle (landscaping that doesn’t require supplemental irrigation) that can be implemented in most yards to meet the varied water requirements of a large array of plants. Most “zoning-type” controllers, manufactured in the past 10 years, will allow you to adjust both the watering time in each zone as well as the number of days per week each zone receives water.

To further explain the principle of zoning, we’ll use our own yard as an example. Our front terraced bank consists of plants that require watering only once a week or less. For that reason, this area is not on our automatic irrigation system. Instead it gets watered by hooking a hose up to a drip system which we can do once a week or less depending on weather demands. The rest of the front yard, including the lawn, is on our irrigation controller and gets watered every three days. The shaded planting beds closest to our house (where our thirstiest plants thrive) are set for the minimum amount of water needed on our irrigation system. These may require some additional hand-watering when temperatures rise but this arrangement allows us to avoid overwatering them most days while keeping these heavy drinkers happy with some extra hose-watering during a heat wave. Our back bank is planted with varieties that do just fine getting watered every four days while the back lawn and flower borders are on a more frequent watering schedule. Lastly, the vegetable garden starts out in the spring being watered every other day while the plants are getting established, then we reduce the days to every three days and when we start to harvest tomatoes we will reduce the watering further to every four days. To fully utilize water-efficient zoning systems it helps if your garden was planned and planted with that system in mind.

4) Improve, break up, and aerate your soil. Getting the water to where it’s needed the most (the roots of your plants) is a big part of the water efficiency battle. Because our hard Orinda clay soils compact, water can easily run off rather than be absorbed. Breaking up your soil with a tiller, aerator or even a pick greatly enhances its ability to soak up water. You can also work some water-holding amendments into your soil to help it retain moisture. Proper lawn aeration helps immensely but be sure the plugs

[SEE GROW page 20]

Orinda Academy Class of 2008



CONTRIBUTED PHOTO

The Orinda Academy celebrated its 26th commencement exercise this past June with 28 seniors walking the stage before a crowd of proud parents, family, and friends. Leading the class of 2008 was valedictorian, **Eden Castro**, who will attend Brown University in the fall. Orinda Academy serves students in grades 7-12, providing a college preparatory curriculum in a nurturing and structured environment. For more information on the school, call 254-7553.

BLUE RIDGE

LANDSCAPE Co.
Lic# 818633

Blue Jay Feldman
OWNER/OPERATOR
WWW.BLUERIDGELC.COM

ORINDA RESIDENT 925-258-9233

DESIGN
INSTALLATION
IRRIGATION
DRAINAGE
STONEWORK
CONCRETE WORK
DECKS
FENCES
PATIOS
LAWNS
PONDS
& CLEANUP
HAULING
COMMERCIAL
MAINTENANCE

LICENSED
INSURED

The Heritage Pointe

Luxury Living for Active Seniors

Call For Move-In Specials

Walnut Creek's Premier Resort Rental Community for Independent Seniors

Features:

- ◆ Luxury 1, 2 and 3 Bedroom Apartment Homes
- ◆ Each home includes Dining, Housekeeping and an In-Home Washer/Dryer
- ◆ Newton's 5-star Dining Fresh Farm to Table Menus
- ◆ Dining Options, 4 and 7 days a week
- ◆ 24-Hour Concierge Service
- ◆ Fitness Center
- ◆ Refreshing Pool and Spa
- ◆ Social and Educational Activities
- ◆ Bus and Van Service
- ◆ Special Excursions
- ◆ Beauty and Barber Salon
- ◆ In-Home Care Available

Luxury Freedom

Security Community

Service

925-943-7427
1785 Shuey Avenue
Walnut Creek, CA 94596
www.senioroutlook.com/heritagepointeapartmenthomes
www.theheritagepointe.com

Off Bonanza Street between California and Mt. Diablo Blvds.

Garden Lights Award winning landscape & pool development inc.

Garden Lights is an Award Winning Landscape Design-Build Firm Offering Services in . . .

- Landscape Design & Installation
- Planting - Masonry - Concrete - Carpentry
- Low-voltage Landscape Lighting
- Pool / Spa Design & Installation
- Water Gardens, Ponds & Waterfalls

We design & install with just one call.
925-254-4797
Free Consultations

Serving the Lamorinda Area for 17 years. Bonded - Licensed & Insured

Stop Me If You Think You've Heard This One Before Defining the Orinda Bubble



Andra Lim

"I have spent lots of time with grown-ups. I have seen them at close range... which hasn't much improved my opinion of them." – Antoine de Saint-Exupery

Miramonte High School students arrived at school one February morning and found the spray-painted handiwork of two students covering multiple buildings. The graffiti included short messages such as "Love yourself" and "You have a choice!", but the most meaningful image of all was a thumbtack several inches away from a circle with "Orinda" stenciled inside.

It was the so-called "Orinda Bubble" being popped.

To my knowledge, no one has ever sat down and clearly defined the Orinda Bubble. Instead, it has remained an ambiguous ephemeral sphere, lingering in the air, awaiting its inevitable destruction.

I am sure most teenagers know what the Orinda Bubble is, or at the very least, how it feels to live in it, but I have never heard any Orindian adult mention it. In the 1960s, the counterculture produced a huge genera-

tion gap between the Baby Boomers and their parents. In present-day Orinda, part of the generation gap is directly related to the Orinda Bubble – most teenagers know it exists; most adults are oblivious.

Like many of my classmates, I have a love/hate relationship with Orinda. It will always be the place where I grew up, the place that looked so beautiful on a lazy summer day. On the other hand, there is an urge to bust out of the bubble, to leave this place far, far behind.

Although Orinda is commonly criticized for its obvious lack of racial diversity, homogeneity is not what comprises the bubble that protects Orinda from the rest of the world (or protects the rest of the world from Orinda). Widespread narrow mindedness essentially defines the Orinda Bubble.

The Orinda Bubble defines success in terms of material satisfaction. This single, flawed meaning of success has created a vicious mechanism. In order to meet the standards of this definition, one must get good grades to get into a good college to get a well-paying job to be materially suc-

cessful. And, as many wrongly assume, to be materially successful is to be happy.

This recipe for a perfect life is nothing short of a recipe for disaster. The pressures of walking the pathway to perfection have caused an incredible amount of suffering, especially at Miramonte. I have seen three people crying in one day because they were overwhelmed by everything they had to do. I spent my junior year stressed out to the point where I was on the verge of a mental breakdown.

That definition of success has been repeated over and over in countless variations to many Orinda kids caught in the Orinda Bubble. After hearing something so frequently since childhood, it becomes absolutely indisputable. As Lewis Carroll wrote, "I have said it thrice: What I tell you three times is true."

The harmful consequences of the supposed meaning of success rub off even on children in elementary school. Parents asking coaches how they can make their 4-year-old, who has been swimming for a

total of three weeks, go faster. Seven-year-olds participating in more extracurricular activities than Miramonte's greatest over-achiever, 5-year-olds with every second of their day scheduled out. Parents trapped within the confines of the bubble believe that their children must "succeed" or else they will have failed to properly rear them. They believe that there is only one way to correctly live one's life.

This philosophy separates Orinda from the rest of the world by an unshakeable faith in a set of distorted ideals. In the end, it is this conviction that composes the shimmering, soapy, sensitive Orinda Bubble.

There are those who understand that happiness is more than wealth, that childhood is a valuable thing, and that success has more to do with pursuing one's passions than anything else. These people are our catchers in the rye. So catch your kids before they fall into an abyss of frustration and resentment. Bubbles always pop eventually. How long will it take before this one does?

Holden High School Offers "Parenting Teenagers" Education Series

Parenting teenagers is both challenging and rewarding. Parents often feel confused, misunderstood, and intensely emotional. In other words, similar feelings that teenagers are having.

Holden High School in Orinda has been working with and learning from teenagers and their families since 1969. They would

like to share some of the important lessons they have learned with the local community. Holden will offer a series of informational workshops that will also provide practical skills to help parents increase their understanding, improve communication with their teens, expand self-awareness, and create more choices for everyone.

Workshops include: Teen Development & Realistic Expectations (September 3); Talking with Your Teen (October 1); Power, Independence and Identity (November 5); and Parental Self-Care and Personal Growth (December 3). Presenting the workshops is licensed marriage and family therapist Renee Beck. Beck has been the clinical director at Holden since 1981.

All workshops take place from 6 to 7:30 p.m. at Holden High School, 10 Irwin Way in Orinda. They are free to parents of enrolled Holden High students. A \$20 tax-deductible donation is suggested for non-student parents. Pre-registration is required. Call 254-0199 or email to office@holdenhigh.org. You can also learn more by going on the school's website at holdenhigh.org.

– Sally Hogarty, Editor

Learn, Grow, Create HOLDEN HIGH SCHOOL

10 Irwin Way, Orinda (near BART) • 254-0199

Next information night
is Wednesday, August
13th beginning at 6
p.m.



- Grades 9-12, tiny classes
- Personal & social growth
- Creative arts
- Sliding scale tuition
- Year 'round enrollment
- Strong counseling program



PRESCHOOL ON DEMAND! TOT DROP

*"Only Come When You Want.
Only Pay When You Come."*

YOU make your own schedule. WEEKDAYS 9am - 1pm

As little as 1 hour or up to 12 hrs/wk. **\$8/hr..**

YOU set your days and arrival & **YOUR** pick up times.

Come occasionally or weekly spots are available.

FREE cancellation when your plans change.

**DIAPER WEARERS WELCOME!
NEW STUDENTS MAY ENROLL AT ANYTIME.**

Call to get started **COUPON**
925-284-3999 1 **FREE** hr.
Open **YEAR ROUND !** \$8 value
New families only

Lafayette, Walnut Creek, Pleasant Hill
Benicia, Hercules, Pleasanton, Livermore
www.totdrop.com

HIRING:

kind, fun, gentle, easy going, high energy adults
who love kids, noisy play, & messy projects.

Work 2-5 mornings/wk. No ECE REQ'D.

WORK WITH YOUR TODDLER AT YOUR SIDE.



**EFO -
Educational
Foundation
of Orinda -**

wishes to thank its
Business Partner

Mechanics Bank

for generously supporting
the Orinda schools.

**Return the favor.
Do business with a partner!**

For more information, please visit
www.orindaefo.org/businesspartners/Business-PartnerList.html

The Sleepy Hollow Odyssey of the Mind team wishes to thank our generous sponsors for their support:

Sleepy Hollow Parents Club, Inc.
FedEx Kinkos
Altie Schmidt, Coldwell Banker
Prudential Realty
Medicine Shoppe
Julie Lehman, Prudential Realty
Shelby's
Europa
Jamie Westdal Photography
Village Cleaners
The UPS Store, Orinda
Particia Kellman
Clark Thompson,
Village Associates

Orinda RiteAid
Wampler-Katsura, DDS, Inc.
Village Barber
Bank of the West
Village Pizza
John Orgo, DDS
La Cocina
The Orinda Frame Shop
Lava Pit
Mark Cameron
Zamboni's Pizza
Canetti's Bookshop
Dr. Jeffrey Lewis,
Orinda Optometric

Odyssey of the Mind is an international education program that provides creative problem solving and competition opportunities. Our team of seven Sleepy Hollow Elementary School Fourth Graders recently competed in the "World Finals" in College Park, Maryland, representing Orinda and California.

We thank you for your generous contributions!

FITNESS/SENIORS

Back to Fitness for this School Year



SALLY HOGARTY

Katherine Ullman (L) and Coralyn Paulos (C) receive instruction on equipment from Orinda Curves owner Pati MacDonald.

Promoting women's health and fitness, Orinda Curves has joined with Curves' facilities in Moraga and Lafayette to help women begin the school year by beginning or re-igniting their own fitness routine. "It only takes 30 minutes for women to get a total body workout that utilizes every major muscle group," explains Pati MacDonald of Orinda Curves. "It's actually a lot of fun," she adds, noting that energetic music and a recorded voice help women go from the various equipment to the low impact recovery stations and back. "You never get

bored and it keeps your heart at a sustained rate," says MacDonald.

To encourage women to take care of their health, the Lamorinda Curves studios will offer a discounted sign-up fee to teachers in Orinda or residents who teach elsewhere as well as any employee of the local school districts. The \$149 rate will be reduced to \$39 for those who sign up by Labor Day. For more information, call 254-4199 (Orinda), 376-0110 (Moraga), or 962-0206 (Lafayette).

— Sally Hogarty, Editor

Seniors Celebrate Longevity at Annual Luncheon

An animated group of seniors enjoyed a festive luncheon at the Orinda Community Church thanks to Peet's Coffee and Tea, Europa Deli, Lamorinda Sunrise Rotary, and Prudential Realty. Brainchild of Rotarian John Fazel, the Three-Quarter Century Club celebrated in style with Marilyn Sherwood crowned "Baby of the Year" and Thomas and Aileen Deahl crowned "Longest Married Couple" for their 67 years of wedded bliss. Thomas Deahl was also crowned king for being the eldest member of the club at 93-years-young with Helen Vereck crowned queen at the age of 98.

Following the awards ceremony, former mayors Joyce Hawkins and Dick Heggie spoke about the process of incorporating Orinda into a city. If you or someone you



SALLY HOGARTY

John Fazel presents Marilyn Sherwood with the youngest 75-year-old award, known as the "baby."

know is turning 75 this year, contact Fazel at 925-324-2017.

— Sally Hogarty, Editor

All Fur Love Pet Care
Loving your pets when you can't!
(925) 212-7422
 • Dogs, Cats, Birds and More..
 • Pet Visits
 • Mid-Day Dog Walks
 • Owner Operated/Orinda Resident
 • Bonded & Insured
www.AllFurLovePetCare.com
 Vet Recommended

ORINDA CLEANERS
First Class Quality Cleaning
with Fair Prices
EXPERT ALTERATIONS
37 Moraga Way • Orinda, CA 94563
 7-6 Phone: 8:30-4
 MON-FRI **254-5155** SAT

SIAM ORCHID
Esquisite Thai Cuisine
Authentic Cuisine of Thailand
 • Family Owned
 • 3 Generations of Thai cooking experience
 • All sauces made fresh
 • Full Bar
 Lunch: Mon.-Fri. 11-2
 Dinner: Mon.-Sun. 4:30-9:00
 23 F Orinda Way, Orinda
 (925) 253-1975

Are you considering buying or selling your home? Do you want to know what your home is worth in the current market? Are you wondering what is happening to home prices in the area? Give me a call about your real estate needs.
Leila Schlein
925-899-7927
 51 Moraga Way, Orinda
 Leila.Schlein@PruRealty.com
 www.LeilaSchlein.com

Delicious Fresh Local Goodness
 Contra Costa Certified
Orinda Farmers' Market!
What's In Season
 Artichokes Carrots Eggplant Peaches
 Blackberries Celery Figs Squash
 Broccoli Corn Grapes Strawberries
 Cabbage Cucumber Nectarines And More!
 4 hours of goodness. Every Sat. 9a-1p
 Orinda Way by the Community Park
 925-431-8361 • www.cccfm.org

For Outstanding Real Estate Results
 Residences
 Investment Properties
 Retirement Retreats
 Industry Advice
 Since 1987
David Pierce
 BROKER-REALTOR
 has been helping clients realize their goals and achieve their objectives.
 For your complimentary consultation, call David today.

925-254-5984
510-325-7653
 david.pierce@prurealty.com
 www.davidpierce.net
 Top 1% Nationwide

LAMORINDA CONTRACTOR
 • Kitchen & Bathroom Remodeling
 • Decks
 • Room Additions
 • Hardwood Floors
 • Door & Window Replacement
 • And More

JAD Construction is a Lamorinda based company.
Family owned & operated with over 20 years experience.
Home office: (925) 254-4080 • Mobile: (925) 286-8685
Email: Lamorindacontractor @ gmail.com
Licence #598907

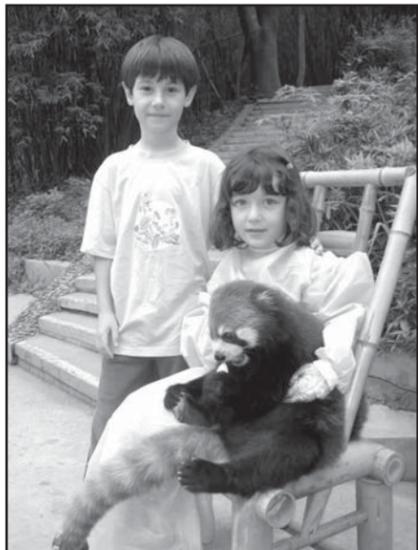
CONTINUATIONS

◆ CHINA from page 10

woman from the countryside asked us how we could have two children because of China's one-child policy. I delicately pointed out that our country did not have such a policy, and she looked at me with wonder. Although China has changed dramatically since I first visited the country 20 years ago, we still felt extremely safe with our kids there.

After four days in Beijing, it was time to head to Shanghai. When planning the trip, I'd guessed that our kids would love an overnight train ride, so had booked the 12-hour overnight train from Beijing to Shanghai. We took a taxi to the train station in Beijing on a hot summer night – my husband and I each hauling about four bags. I'd forgotten how tough shoestring travel in China could be as we struggled up stairs, through hordes of people and tried to find our train. I was soaked through with sweat when we parked all our bags in front of the boarding area. Soon we had a crowd of rural folks cozying up to us, offering our kids drinks and food, offering them luggage to sit on and pelting us with questions. I loved this experience as it was an opportunity to travel in the way most ordinary people in China traveled, so my family was able to see a very different version of the country.

I was surprised that our kids did not blurt



JULIE MCCORMACK
Conor and Erin McCormack holding a red panda at Chengdu's Giant Panda Breeding Research Base.

out anything embarrassing, like, "Why is it so dirty here?" "Why are they eating that stinky stuff?" "Can we go home now?" In fact, they seemed to embrace our whole trip with a spirit of adventure equal to my husband's and mine. We learned that kids will rise to our expectations, and that many people choose not to set them high enough when traveling. While in Shanghai, we were treated to dinner by some busi-

ness colleagues. All three of them were Chinese, and they all wanted to order the most exotic items on the menu. When they suggested donkey tongue, my husband whole-heartedly supported them. When the dish arrived, much to our surprise, our moderately picky-eating son, Conor, grabbed the first bite! After that the rest of the family couldn't refuse to try it.

On the train, we had our own compartment with two bunks, four different-colored disposable slippers and the de rigeur (even in 21st century China) thermos of hot water for travelers to make tea. The kids thought this train ride was the highlight of their trip – so much for wanting to expose them to a different culture. They got into their pajamas and proceeded to swing between the two bunks, cruise the halls and check out our neighbors until it was time to go to bed. We woke up, and we were in Shanghai.

We spent a few days in Shanghai, then moved on to Chengdu and Jiuzhaigou in Sichuan province. Food became a bit more challenging in Sichuan because of the fact that everything we ordered came swimming in a pool of red chili sauce. My husband and I dug right in, but our kids were eating less and less. Luckily, there

was always rice.

During our trip, we took almost every mode of transportation, from the metro to taxis to airplanes to public buses to walking. It was a nice antidote to driving everywhere at home. In Chengdu, we spent a relaxing afternoon at People's Park. My husband and I drank green tea, people watched, and we got a traditional ear-cleaning for \$4 each. The kids wandered off, and we felt fine with it.

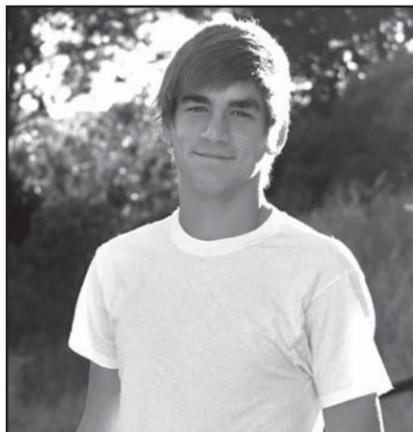
By the time we arrived in Jiuzhaigou, our kids were like old hands. They knew not to drink the water, Erin was beginning to manage the toilets and Conor was starting to practice his Mandarin. We hiked all over Jiuzhaigou, a national park in a Tibetan area in the far north of Sichuan province. The scenery was pristine; the only downside being that it was packed with local tourists, and there was little solitude.

All of us loved the trip. Recently, over six months after our return from China I was mentioning to Conor (now 7) about some friends who will be traveling to India, Egypt, Turkey, Greece and Italy with their 5-year old son. My son exclaimed, "Lucky!" I smiled to myself and started to dream about our next trip.

◆ WRITERS from page 14

rays just barely shine through the window before collapsing in an exhausted heap on the center of the tiled floor."

Loudon has been keeping a journal since his freshman year and is most interested in first-person subjective journalism. In his essay, he shows how deep thoughts are disguised by common courtesy. He writes: "Society cloaks this individuality with common courtesy, bus station small talk and



CONTRIBUTED PHOTO
Matt Loudon won for his essay on how common courtesy often masks deeper meanings.

hallmark holiday snapshots hung on the refrigerator. But this only makes the thick impenetrable bars caging the wild animal inside of you even stronger."

Scalise's poem, "The Spider on the Wall," starts out like a nursery rhyme, but gathers suspense, and ends in disaster. He

writes, "'It moved!' I cry in a voice full of hate/ 'This bloodthirsty beast cannot wait!/ It has waited for me to become unaware/ So that it might eat me without a care!'"

Berger personified fear as a really scary woman. "Fear's the strongest emotion people my age feel. I can picture fear," she said. She wrote: "Fear's fingernails, long and dirty, scratch at your window at night, pretending to be a branch. Her breath, soft in its rasp, is the great awakener."

Ockzus' science fiction honorable mention winner, "A True Account of the Visitors," says "Aliens are always seen as a menace. This was more like an accident than an invasion," he said. "Science fiction is really violent. I didn't want the violence."

Winning entries may be seen at the Reference Desk at the Orinda Library along with winning entries of past contests.



CONTRIBUTED PHOTO
Joseph Scalise won for his poem "The Spider on the Wall."

Orinda Shoes and Service

Specializing in Orthopedic Corrections
Elegant Footwear
Since 1952



19 Avenida De Orinda Tel (925) 254-5088
Orinda, CA 94563 Fax (925) 254-4011



View All Area Listings Online...

CLARK THOMPSON
REAL ESTATE BROKER

www.clarkthompson.com

GET THE SERVICE YOU DESERVE...



Directors Kim Winter and Janet McGill

TOTAL CLEAN HOUSE CLEANING SERVICE

Our Money Back Guarantee
If for any reason you are not happy with our work, we will reclean the area for free.
And if you are still not pleased, you pay nothing.

Protecting You and Your Home Since 1985

Our employees are insured and bonded. Social Security and Workers' Compensation is paid and we assume absolutely all liability for our employees.

Top Quality Customer Service

We meet with each of our new clients, and we take the time to review each home and each customer's needs. **Total Clean** was recently rated "Top Quality" by a Bay Area Consumer Group, and we are dedicated to providing the highest quality of service possible.

A clean house is just a phone call away. 376-1004



IRONWOOD
ENGINEERING COMPANY

Civil & Structural Engineering
Earthquake Strengthening
Foundation Repairs
Retaining Walls
Drainage
Remodels
Additions
New Construction
Licensed Engineers
Leak Investigations
Expert Witness
Property Purchase Inspections

510 / 524-8058



**Chinese Fine Dining
and Take Out**

voted
Best Chinese Restaurant in
Contra Costa County
by S.F. Chronicle

1 Orinda Way - 253-9852

M-Th 11:30 a.m. - 9:30 p.m.
Fri. - Sat. 11:30 a.m. - 10 p.m.
Sun. 12 p.m. - 9:30 p.m.
Closed Tuesday

HOME SWEET HOME

HOME SWEET HOME
Summertime Maintenance –
The Exterior



Janice Gatlin

Here are some money saving secrets. They're secrets because if you do these things, you'll cut down on hiring contractors to do repairs!

Summer is the best time to do exterior maintenance items. You can do the following inspections and many of the repairs yourself, if you're a little handy. It looks like a long list, but it takes only a short while to complete.

Here's what to look at and for:

1. Exterior caulking around doors, windows and trim should not be dried out, cracked or pulling away.
2. The trim around doors and windows should cover the frame and not be badly cracked or dried out. Replace boards if severely cracked (hairline, or surface cracks are not a problem) and repaint, re-stain or reseal if badly dried out.
3. Stucco, brick or other siding material should not have holes in it or be flaking or chipping.
4. Turn on the sprinklers and watch where they spray. Be sure they aren't hitting the house or deck; that can cause dry-rot fairly quickly.
5. Check under the house. Is the soil and wood foundation material dry? It should be. If it's not, see if your sprinkler runoff is causing water to go under your house. If that's not the source, other sources may be drainage from other properties, rain and high water tables. There may also be a plumbing leak under the house. It's important to locate the source because water under your home can cause dry-rot, foundation problems, promote pest infestation, and cause mold and mildew.
6. While you're under there, check the insulation around pipes, duct work, and between studs and joists. It should be in

good shape, not lying on the ground or torn. Also look at the foundation: Are there any major cracks? Are there problems with footings or wood supports?

7. The vent screens around the foundation should not be broken, pulled back, or torn. This is one of the main ways animals get under houses. If there are vent closures, open them now for the season.

9. Re-screen or replace any torn or damaged window screens.

10. Gutters and downspouts should be continuous, not cracked, leaking, rusted out, or have holes or gaps, and they should be clear of leaves and debris. Check for leaks by running water from a hose through them. Downspouts should end as far away from the house as possible, not dump water right at the foot of the foundation.

11. If you're comfortable and safe going up on your roof, look for cracked, torn or missing roofing materials. Curling composition shingles are an indication that the composition roof may be aging and should be watched. If it's a tar roof, consider having it recoated every one to two years.

12. Wood decks need to be maintained either with cleaning and sealing, re-staining or repainting. Also be sure that none of the deck or wood supports under the deck are in contact with soil.

You may also consider hiring someone to do a professional home inspection. We also suggest periodic pest inspections, a minimum of every 10 years.

Next month, we'll provide an interior maintenance inspection check list.

Janice Gatlin is the local owner of Always the Best Home Repairs and a partner in a real estate firm that specializes in selling bank-foreclosed properties in the Tahoe-Truckee and Greater Reno areas.

Computer Trouble?
Since 2001, Portable CIO has been quickly solving PC and Mac computer problems for small business and individuals.
How can we help you?

Repairs • Upgrades • Networking
Virus/ Spyware/ Adware Removal
Office Moves • Internet
Back-up Solutions
Data Recovery Solutions
Maintenance • Email Solutions
Remote Phone Support
Free Recycling

925.552.7953
www.ThePortableCIO.com
mention this ad for \$10 off your next service

diablo BEST EAST BAY 2007

Nurture your garden at
McDonnell Nursery

August is time to come in and shop with your McDonnell Bucks

This month only. Certain restrictions apply.

196 Moraga Way
Orinda
254-3713
– Open Daily –
www.mcdonnellnursery.com

"Always...The Best"
Home Repairs & Remodeling

Serving Orinda for 28 Years
References Proudly Given • Competitive Rates
Complete Handyman Services!

925-254-9545
Lic#760085 Bonded & Insured

- Electrical
- Plumbing
- Carpentry
- Siding
- Tile
- Floors
- Dry Wall
- Kitchen and Bath Remodeling
- Windows
- Doors
- Decks

Orinda PET Food & Supply

Offering Low Prices
On a Full Line of Pet Supplies.
Special Orders Welcome.

Free Deliveries Available on Weekends upon Request.
We have 30 years of experience in the pet industry,
and are here to help with all your pets' needs.
We are located at 152 Village Square
(Behind Safeway)
(925) 254-8282
10 a.m. - 6 p.m. Monday - Friday
10 a.m. - 5 p.m. Saturday
11 a.m. - 3 p.m. Sunday

"we have warm hearts for cold noses"

A Beautiful Smile Begins Here

Exceptional Dentistry
And Service Unlike Anything
You Have Experienced Before

At La Beaute, we provide outstanding personal service and the highest level of general and cosmetic dentistry. Let us show you the difference attention to detail can make.

- ~No waiting. We accommodate your schedule
- ~Door-to-door concierge service
- ~Private, tranquil environment
- ~24 hour emergency care
- ~State-of-the-art facilities
- ~The finest materials used for all procedures
- ~Comprehensive dentistry including dentures and implants

LA BEAUTE
Cosmetic Dentistry / Aesthetics

To schedule a visit, 925.254.0084
3 Altarinda Rd. Suite 305. Orinda. CA 94563
www.labeautesf.com

Dr. Angela Bayat

CALENDAR

ON THE CALENDAR

AUGUST

- 1 **Orinda Library Gallery** Art Exhibit, during library hours. Works by students of landscape painter Pam Glover. Through August 12. Call 254-2184 for more information.
- Orinda Village Starlight Players** *I Hate Hamlet*, 8:30 p.m., Orinda Park. Continues through August 16. Email jill@aspenconsult.net for more information.
- 2 **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. 925-431-4361.
- 6 **California Shakespeare Theater** presents *Uncle Vanya*, 8 p.m., Bruns Amphitheatre. Through September 10. Call 510-548-9666.
- Orinda Rotary Club**, story by Mi Rancho Tortilla Factory, a talk by Manuel Berber, noon, at Community Center. Call 254-2222.
- 11 **Orinda Youth Association**, Youth Water Polo Registration, for beginners in 3rd to 5th grades, through September 7 or until classes are full. See Page 13 for more details, or call 253-4204.
- 13 **Orinda Rotary Club**, lecture by Joel Bashevkin from the Tap Root Foundation, noon, at Community Center, discussing "Do It Pro Bono." Call 254-2222.
- 19 **Orinda Book Clubs**, 7 p.m., Orinda Books. Orinda Owls will read from and discuss *Fieldwork* by Mischa Berlinski, while Page by Page Book Group will read and discuss *Beneath a Marble Sky* by John Shors. Both groups meet welcome new members.
- 20 **Orinda Rotary Club**, Rotary Exchange Student, Kelsey Schmidt, noon, at Community Center. Schmidt spent the last school year in Germany. Call 254-2222.
- 21 **Orinda Chamber of Commerce** mixer, 5:30 - 6:30 p.m., hosted by California Shakespeare Theater at the Bruns Memorial Amphitheater, 254-3909.
- 27 **Orinda Rotary Club**, lecture by Charlie Mead, executive director of Court Appointed Special Advocates, noon, at Community Center. Mead will discuss the mentoring of foster kids. Call 254-2222.
- 28 **Orinda Chamber of Commerce**, breakfast meeting, 8 a.m., Shelby's Restaurant in Theatre Square. Cost \$10. Call 254-3909 for reservations.

AT THE LIBRARY

- All events at the Orinda Library are free unless otherwise noted.
- 2 **Saturday Morning Live!** Family story time for ages 3 and up, 11 a.m. in Picturebook Alcove. Also August 9 and 16.
- 5 **Toddler Lapsit**, stories, songs and bounces for 1- to 3-year-olds and their caregivers. Attend one of four lapsits a week. 10 a.m., repeats at 10:30 a.m. Also August 6, 12, 13.
- 13 **Puppet Show**, 4 p.m., with the classic tale of "The Grasshopper and the Ant." For all ages. being presented by P&T Puppets. 4 p.m. in the library. For all ages.
- 26 **Fireside Chat**, 7 p.m., with Dr. John R. Sordean discussing "Natural Solutions to Sleep Disorders."
- 29 **Teen Movie Madness**, 4 p.m. monster movie (rated PG-13) will be shown.

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

MEETINGS

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.
- Friends of the Orinda Creeks**, Orinda Library, May Room, fourth Wednesday, 8 a.m., 253-1997.
- 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, call 925-788-7323.
- Friends of the Orinda Creeks**, fourth Wednesday, 8 a.m., May Room, Orinda Library. Call 253-1997.
- Moraga-Orinda Fire District**, third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.
- Orinda Union School District Board of Trustees**, first Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road.
- 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.
- Lamorinda Sunrise Rotary**, Postino's in Lafayette, 7 a.m. every Friday, 254-0440, ext.463.
- 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 Job's Daughters**, first and third Monday, 7 p.m., 9 Altarinda Road, 925-283-7176.

CALENDAR BY CHRIS LAVIN

Send calendar items to chrislavin@earthlink.net

Change Is In the Air on Stage and in Real Life

■ *Uncle Vanya* Opens at Cal Shakes Theater

By DOROTHY BOWEN
Staff Writer



CONTRIBUTED PHOTO

Director Timothy Near

Change is a buzzword in this election year. Barack Obama says it's possible, and change, too, is an issue in Anton Chekhov's *Uncle Vanya*, the third play in the Cal Shakes season, opening August 6 at the Bruns Amphitheater in Orinda.

Chekhov says that change is incredibly difficult. His tragicomedy has been described as a relentless romance of hopelessness. The characters tell each other and tell us of their despair. It's all about regrets for roads not taken.

Director Timothy Near, in her Cal Shakes debut after 21 seasons as artistic director of San Jose Repertory Theater, admits that *Uncle Vanya* is a heavy choice, but she also plans to emphasize the comic elements of the play. "I've always loved Chekhov," she says, "starting in college as an actor in *Three Sisters* and as an actor and director in *The Seagull* at San Jose Rep in the early '90s.

She hasn't done *Vanya* before as an actor or director. "It's a more difficult play. Chekhov called it a farce. It's subtitled, 'Scenes from Country Life.' It's about regrets and failure, not at all sentimental. But there's comedy from his great compassion for humanity, trying to make sense of the world," says Near.

When asked why people would want to see such a play Near responds: "It has enormous compassion for people who suffer. Of course, their suffering pales in comparison to the war-torn or sick, but everybody suffers for some reason or another - it seems big to each of us."

The comedy comes when incompatibles collide, Near says. Her cast features some of the preeminent comic actors in the Bay Area. Andy Murray will play Astrov, the doctor. Dan Hiatt will be Uncle Vanya. "I've seen his wonderful ability for comedy with a lot of depth," says Near. Howard Swain will be Waffles and James Carpenter, the professor. Joan Mankin will play Vanya's old mother, and Barbara Oliver, Marina, the old nanny. The younger women, Sonya and Yelena, will be played by actors in their early 20s, Aniliese Lorig and Annie Purcell, newcomers to Cal Shakes.

Near grew up on a ranch near a tiny town in Northern California. "I really understand the deadening effect of provincial life. Plus, the environment is near and dear to me," she said. "The characters are suffocated by a mediocre world without glamour. There are chores to be done, animals to be fed,

and the hay is ready to be cut. Then their lives are turned upside down by the arrival of the professor and his young wife. The stage sets will mirror that with platforms at odd angles."

Near intends to incorporate local sensibilities into *Vanya*. "I've seen *Uncle Vanya* done cool and elegant. This won't be like that," Near says. "Orinda's burnt hills will be the perfect setting. The play takes place in the August of the characters' lives, seeing the winter ahead. It's a middle-aged play about middle-aged people suffering from thwarted ambitions. They're like the Baby Boomers, I'm one of them, clinging to middle age. Astrov, the doctor, wants to be Al Gore. The professor has lost his status and is facing old age and illness. Waffles has lost his land and his wife, but clings to his value system."

According to Near, Chekhov doesn't answer questions or solve problems. Instead he shows how hard it is to turn a corner and reinvent lives. He says it's important to keep trying.

Near is using a translation by playwright Emily Mann. "I love her work," adds Near who previously used Mann's translation of *Miss Julie*. Near and Jonathan Moscone read 15 other adaptations, but Near kept coming back to Mann's. "In my heart, I think it is close to Chekhov in a simple way."

She also is reading Tolstoy's *War and Peace* as part of her preparation for *Uncle Vanya*.

Uncle Vanya was written for the naturalistic theater with one outdoor scene and three interiors. "The question is how to do that on a thrust stage," says Near, who plans to pare away the furniture and gain a sense of the environment surrounding the theater.

Retiring from San Jose Rep, Near plans to do *Doubt* at Center Rep where her husband, Michael Butler is artistic director and *Enchanted April* with the Arizona Theater Company. *Uncle Vanya* runs from August 6 to 31. Call 510-548-9666 for tickets, or visit www.calshakes.org for the full schedule.

I Hate Hamlet Continues Through August 16



DAVID DIERKS

A television actor (**Ken Solazzo**), who takes on the role of Hamlet, finds himself in a sword fight with the ghost of John Barrymore (**Geotly Chappel**) in Orinda Starlight Village Players' production of *I Hate Hamlet*. The crazy comedy plays Fridays and Saturdays at 8:30 p.m., Sunday, August 10, at 4 p.m., and Thursday, August 14, at 8 p.m. in the Orinda Community Park Amphitheatre. Tickets are available at the door or email jill@aspenconsult.net.



Work with the Lamorinda Real Estate Home Team!

Knowledgeable,
honest, and professional
realtors with 22 years of
experience making a
winning combination.

Virginia Varni-Ratto
(925) 253-6215

Paul Ratto
(925) 253-6227

vvarni@pacunion.com

pratto@pacunion.com

www.varni-ratto.com

**PACIFIC
UNION**

8 CAMINO ENCINAS #100

ORINDA, CA 94563

925-258-0090

GMAC Real Estate

see our open homes and many more listings with virtual & multi-media tours on pacunion.com

just ask our clients

BUSINESS DECORATING CONTEST

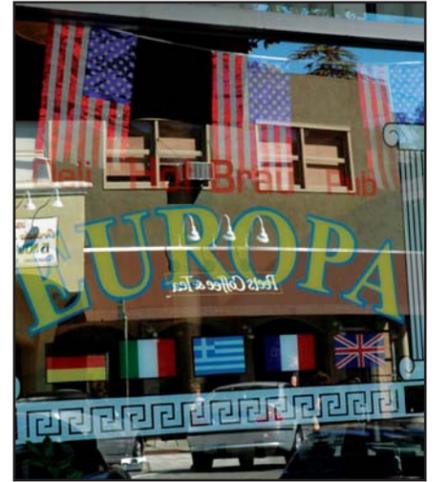
First Place Winner



Orinda Optometry won first place in the annual business decorating contest sponsored by the Orinda Chamber of Commerce. They took the 4th of July theme of "Reach for the Stars" to new heights with their space-age decorations.

Orinda's local businesses get into the spirit of Independence Day early by decorating their windows and store fronts with patriotic themes. This year marked the 25th anniversary of the Orinda parade, and the theme chosen was Reach for the Stars. Sponsored by the Orinda Chamber of Commerce, the contest asked businesses to incorporate this theme in their designs. Orinda Optometry was the big winner. The family-owned business decorated four large windows with stars, astronauts and more.

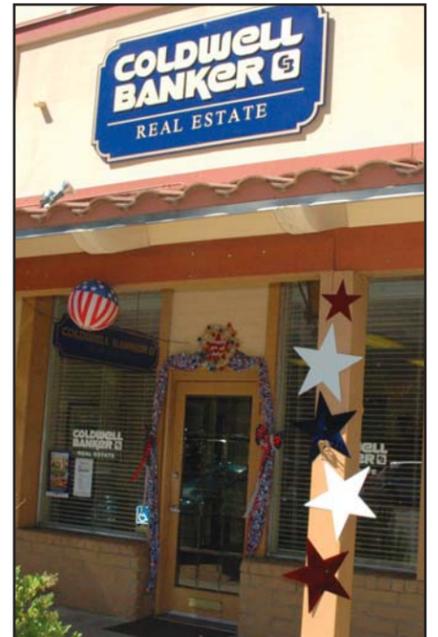
Congratulations to all the businesses who put in that extra effort to show their community pride and spirit.



Europa festooned its windows with flags.



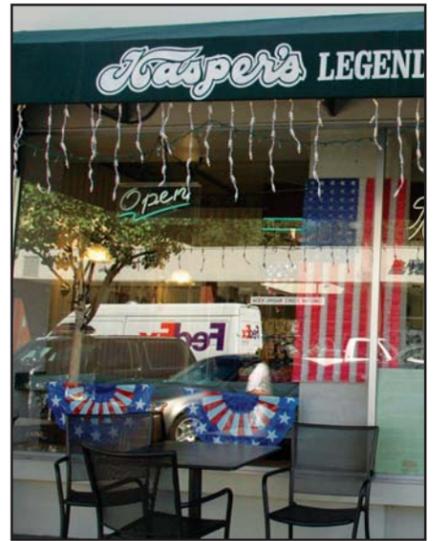
Prudential Realty proudly displayed American flags.



Coldwell Banker's display included lots of stars in keeping with the theme of the day.



Orinda Cleaners' red, white and blue hangings swirled in the wind.



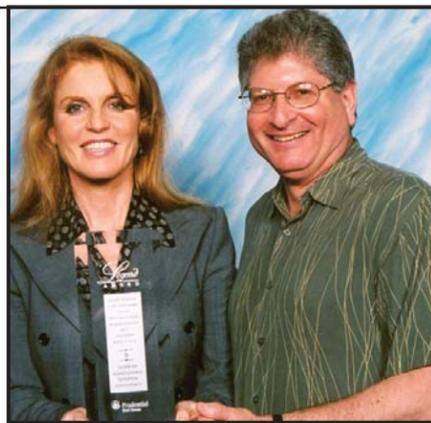
Kasper's Hot Dogs got into the spirit with lots of red, white and blue.



Curves added festive balloons to its display.

All Photos by SALLY HOGARTY

Don't you wish all Realtors treated their clients like Royalty?



Billy Perlstein
Realtor Associate
383-1477 (925)

Call for a FREE Market Analysis
billy.perlstein@prurealty.com
www.prurealty.com/theperlsteins

Prudential
California Realty
51 Moraga Way,
Orinda, Ca 94563

Kristin Walker M.D., Inc.
General & Cosmetic Dermatologist
89 Davis Road, Suite #180
Orinda
(925) 254-1080

Dr. Walker, board certified dermatologist, offers care in general adult and pediatric dermatology, laser surgery, skin cancer surgery, and cosmetic dermatology. Her friendly and supportive staff can assist you with diminishing the effects of nature to reveal the real you underneath. Dr Walker and her caring staff can help return the glow to your skin with the most advanced skin care lasers and technologies. Dr. Walker is proud to announce the addition of a Nutritionist and Aesthetician to her practice.

NEW ADDITIONS TO THE OFFICE:
IPL-Photo Genesis Rejuvenation Treatment for Rosacea, Sun Damage, Fine Lines
Laser Hair Removal
Microdermabrasion
Waxing

COSMETIC PROCEDURES AVAILABLE:
Botox Cosmetic Restylane Sclerotherapy
Collagen Peels

AVAILABLE SKIN RESTORATION SYSTEMS:
Procyte Jan Marini
MD Forte Glyquin

ALTON JAMES SCHMITT

REPRESENTING THE FINEST IN LAMORINDA

With 15 years of experience selling luxury homes
8 in NYC, 3 in SF and now 4 in Lamorinda



253.4623

a@altie.com



BUSINESS BUZZ

◆ BUZZ from page 24

idea to stop by in person to schedule an appointment.

Siam Orchid Offers Delicious Thai Fare and Expands at the Nut Tree

After enjoying a fabulous massage at Wonderful Spa Center, head downstairs to Siam Orchid for some of the best Thai food around these parts. Pepsi Phunmongkol opened this restaurant 17 years ago with his wife, Lek, and brother, Nick. Originally located next door in what is now La Cocina, the Phunmongkols consistently served excellent dishes and expanded in 2004 to seat 70 guests. One of only three restaurants in town that feature a full bar – The Orinda House and Casa Orinda are the other two – Siam Orchid is spacious and attractively furnished. Floor to ceiling windows allow a



VALERIE HOTZ

Pepsi Phunmongkol operates Siam Orchid in Orinda and recently opened a second restaurant at the old Nut Tree location by Davis.

lot of natural light for your business meeting over lunch or early dinner.

The family business tradition goes back to Thailand, where Pepsi's parents were in the restaurant business. Originally from Chaig Mai in the northern reaches of Thailand, Pepsi's older brother Tee owns and operates a restaurant there. "We serve several original Northern style dishes at Siam Orchid such as Chaig Mai noodle and ginger salad. Often our specials feature Northern cooking. Many of our customers really like ginger salad," smiles Pepsi. He points out that the north borders Burma, resulting in a Burmese influence in Northern dishes.

Other menu favorites include "fresh roll," a cold dish that is very popular during summer. It features shrimp with carrots, cucumbers, cilantro and lettuce wrapped with fresh rice, and served with peanut sauce. Siam Orchid's Pad Thai was voted Best of the East Bay by the *Contra Costa Times*. Brown rice is available as an alternative to white rice.

If you are on the road to Sacramento or Tahoe, you'll want to visit their new restaurant, which opens at the Nut Tree this fall, known simply as Spice. "We have been working on this new restaurant for

the past year and look forward to opening in late September or October. We feature a full bar, many of the same delicious dishes, and an outside patio for dining pleasure," says Pepsi. "The Nut Tree was demolished and has been rebuilt with attractions that include a children's playground, merry-go-round and Market Hall. Everything is brand new." Pepsi's niece, Tinnarat, currently works in the Chaig Mai restaurant and will be managing Spice at the Nut Tree.

Lek and Pepsi live in Orinda. Their son, Jeffrey, is a student at Orinda Intermediate School, and daughter Jennifer attends Wagner Ranch. They have been active volunteers in the community and feature a dining hour fundraiser that benefits local schools. "We moved to Orinda seven years ago, and we love this community," says Pepsi.

Located at 23 Orinda Way, Siam Orchid is a member of the Orinda Chamber of Commerce. For more information, call 253-1975. Siam Orchid is open seven days a week for lunch and dinner, 11 a.m. – 2 p.m. and 4:30 – 9 p.m.

Reza Koopah, D.D.S. and Amir Koopah, D.D.S. Join Arthur A. Amos, D.D.S.

Long time Orinda dentist Arthur A. Amos, D.D.S., recently sold his practice, located at 96 Davis Road, Suite 6, to two brothers, Reza and Amir Koopah, who practice dentistry in San Francisco's financial district. While Dr. Amos continues to see patients these days, he cut back his hours and is in the office a few days a week.

Upon entering the reception area, one is immediately put at ease. Elegant white orchids adorn the sunny, spacious waiting room. Every dental chair overlooks a classic oak grove immediately outside the building. Dr. Amir Koopah moved to Lafayette in 2002 with his family and is pleased to be able to serve his local community. "Many of our patients in San Francisco are from the East Bay. It has worked surprisingly well with our patients sending their families to our Orinda location," he says. His brother, Reza, continues to practice in San Francisco, where he lives with his wife, Bahar, and son, Kioumars.

"We were exposed to dentistry at an unusually early age. Our late father Javad was a dentist in Iran. After completing high school I came to California, where my brother Reza was studying dentistry at the University of Southern California. I earned my degree at the UCSF School of Dentistry. I know of only one other family where both brothers are dentists," smiles Amir, whose wife Samar is a dentist as well. She practices part-time and is full-time mother to the couple's two children, Bardia and Levand.

Drs. Amos, Koopah and Koopah practice general family as well as cosmetic dentistry. "Generally speaking great strides have been

made in non-invasive treatments and the choice of materials has improved significantly. For example, if you need a crown, we now have partial crowns. This means we remove whatever is necessary and are able to preserve as much of the healthy structure as possible so the patient gets the coverage and protection that is needed. This advancement has a preventative effect that leads to enhanced benefits, such as less gum recession down the road," points out Dr. Amir Koopah.

Proper brushing and flossing cannot be stressed enough. Quality of life is directly linked to healthy teeth. "Recent studies reveal a definite relationship between gum disease and heart disease because bacteria build up in pockets in the mouth. Individu-

Recent studies reveal a definite relationship between gum disease and heart disease because bacteria build up in pockets in the mouth," says Dr. Amir Koopah.

als with implants such as artificial valves and stents are at increased risk because these are places where bacteria grow as well," says Koopah.

Other current trends include implant-supported dentures, which allow a patient to eat crunchy foods (think vegetables), unlike traditional dentures that your



LEE DITLEFSEN

Drs. Amir Koopah, Art Amos, and Reza Koopah practice general family as well as cosmetic dentistry.

grandfather struggled with which severely limited chewing ability. "Implants involve two procedures – surgical placement and restoration. The cost ranges from \$4,000 to \$5,000 per implant. The failure rate is minimal, less than 1 percent, and it is not something that ever needs to be replaced. It is considered a long-term investment in your health," says Amir Koopah, who is in the Orinda office on Monday and Tuesday and in the San Francisco location, at 166 Geary Street, the rest of the week. Dr. Reza Koopah practices in the Orinda office on Wednesday and Thursday and is in San Francisco the rest of the week.

Dr. Amos was voted Best of the East Bay by *Diablo Magazine* in 2001 and is a longtime member of the Orinda Chamber of Commerce. For more information about Dr. Amos, Dr. Koopah and Dr. Koopah, call 254-4877 or visit the website at www.drkoopah.com.

OFFICE SUPPLIES		TREBLE STATIONERS	
FULL LINE OF OFFICE PRODUCTS PRINTING-BUSINESS CARDS & STATIONERY • COMPUTER SUPPLIES OFFICE FURNITURE • LAMINATING • FAX • COPIES • COLOR COPIES			
MONTHLY BILLING		254-3643 Fax # 254-9720	FREE DELIVERY
19 Orinda Way			

Orinda Shell Auto Care

- Complete Auto Care -
 Scheduled Maintenance - Air Conditioning - Brakes and Suspension
 - Electrical Repairs - Warranty Repair
 - Smog Inspection - Wheel Alignments - Senior Discount - Free shuttle service - Walking distance from BART

Celebrating Over 9 Years in Business
Thank You Orinda!

Kathy Mitchell Owners Joey O'Brien
 925 254-1486 • fax 925 254-8375
 9 Orinda Way
 e-mail orindashell@aol.com

<p>A Hands-On Realtor Who Gets Her Homework Done</p>	<p>For the 3R's of Real Estate</p> <ul style="list-style-type: none"> • Relationships • Resources, & • Research 	
<p>Earning High Marks For Client Satisfaction and Outstanding Performance</p>		
	<p>MAUREEN WILBUR <i>Realtor</i></p>	
<p>Coldwell Banker Orinda, CA 94563</p>	<p>925-253-6311 VM Maureen@4YouAHome.com www.MaureenWilbur.com</p>	

BUSINESS BUZZ

Business Buzz Putting a Personal Face on the Face of Business

Valerie Hotz



To send items for consideration, email Hotz at v.hotz@att.net.

Wonderful Spa Center

This refreshingly new business was established at 23 Orinda Way, Suite N, early this year, and clients rave about the experience. The owner, General Jiang, trained in foot reflexology and Chi Gong massage therapy for three years in China and six months in Los Angeles. His family has studied and practiced reflexology for generations, and Jiang's expertise is clearly evident in his thorough technique. Jiang is joined by Sherry Gu, with 25 years of experience in China, and Joyce Song.

And that is indeed what it is called—Wonderful Spa Center, which is at the back of



VALERIE HOTZ

Sherry Gu, General Jiang, and Joyce Song will soothe those tired muscles at Wonderful Spa Center.

the building, on the second floor. There is ample parking behind 23 Orinda Way, which is directly across from the Orinda Library. Entering the spa transports one to another place and time. Light, fragrant floral incense burns, and an indoor waterfall adds another soothing touch. Offerings of fresh bananas are set at the base of the Chinese Buddha. A video screen reveals natural landscapes that include flowing rivers, beautiful mountain scenes and remote pagodas and is accompanied by relaxing music.

The ancient Chinese healing arts of Chi Gong and foot reflexology have been practiced for more than 5,000 years for good reason. The technique of stimulating reflex areas of the feet that relax and rejuvenate each and every part of the body, including the organs and glands, effectively reduces stress and improves health for many people. This process induces heightened awareness of one's own body with attendant

benefits.

Chi Gong massage maintains and improves physical well-being by improving the harmonious flow of energy through the body. According to ancient wisdom, the greater the flow of Chi throughout your body, the better you will feel. At Wonderful Spa Center, Jiang, Gu and Song work with you to identify the particular energy blocks you are experiencing and then create a treatment program that addresses individual needs. One treatment option, magnetic cupping, is similar to acupuncture without needles. These treatments are included without additional charge. Benefits of massage include improving muscle flexibility and blood circulation, promoting sound sleep, aiding in reducing psychological stress and can shorten recovery time from physical injuries.

Jiang begins a one-hour session by offering a warm foot bath doused with flower oil. Aromatic and delicious herbal tea is presented. He then begins a facial massage, moving to the head, across the shoulders, then down the spine to the arms and hands. By relaxing the body, in this way, tension is relieved. Circulation is effectively restored to its natural flow and the body's processes function more efficiently. Jiang is incredibly effective and adept at foot massage. If you have never tried foot reflexology, then you owe yourself a visit to Wonderful Spa Center.

"I love the serene atmosphere, and the background music was wonderful. I had a massage from Joyce, and she is strong and completely proficient in deep-tissue massage. The fact they are open seven days a week, from 10 a.m. to 9:30 p.m., is terrific," says Kathy Weeks, who recently visited Wonderful Spa Center. "They have multiple chairs lined up in a row, which is great for groups of girlfriends who want to go together and have foot reflexology."

For more information about Wonderful Spa Center, visit the website at www.wonderfulspacenter.com or call 925-258-1888. The staff is not fluent in English, so patience is in order. It may be a good [SEE BUZZ page 23]



**Summer fun taking you away?
Need help with your pets while
you are away**

Let us take the worry out of what to do with your home and pets while you are away.

- Pet Sitting
- Dog Walking
- Pet Taxi
- Home Watch/Security,
- Collect Mail and Newspapers
- Water Plants
- Insured and Bonded

Office 925-254-3677
Cell 925-368-8978
animal-house@comcast.net

*Find your fabulousness
at the Gina Khan Salon*

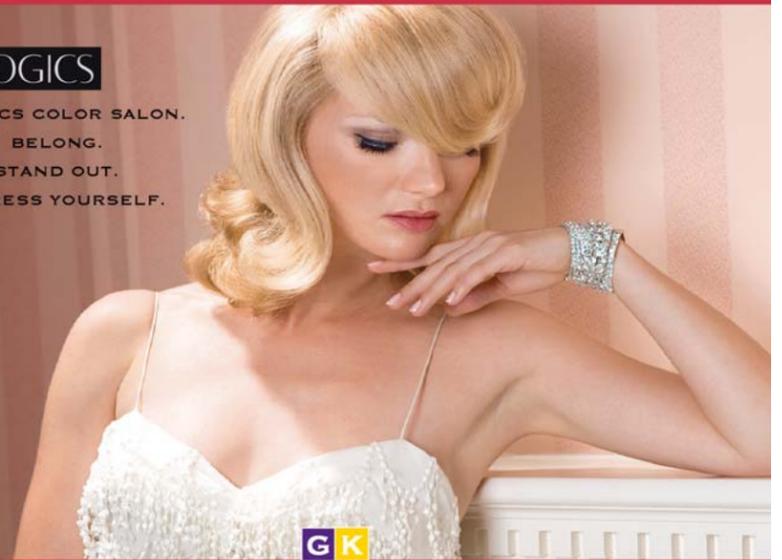
LOGICS

A LOGICS COLOR SALON.

BELONG.

STAND OUT.

EXPRESS YOURSELF.



GINA KHAN SALON

Come in for a complimentary blowdry and treatment.

LIMITED APPTS. - CALL SOON TO RESERVE YOUR SPACE!

925-287-8008

173 MAIDEN LANE, SAN FRANCISCO

1255 S. MAIN STREET, WALNUT CREEK

WWW.GINAKHAN.COM

(ABOVE ANN TAYLOR LOFT)

Fountainhead Montessori School
30 Santa Maria Way, Orinda

Other locations in Danville, Dublin, Livermore and Pleasant Hill

"Within the child lies the fate of the future."
— Maria Montessori

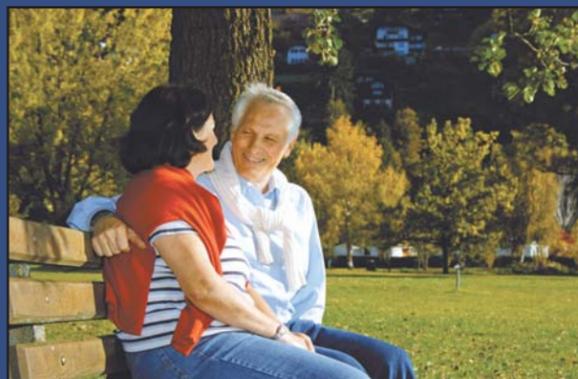
Prep • Preschool • Prekindergarten
Kindergarten • Childcare

Open 7am-6pm Year Round
Custom Schedule

925.820.1343

www.fountainheadmontessori.org
Lic# 013417785

Ready to make Retirement a Reality?



- Providing over 26 years of sound, trustworthy financial advice to over 300 happy clients.
- A 100% Fee Only, Independent Advisory Firm with over \$250 million under management.
- Experienced, dedicated, caring professionals - CFP, MBA, CMFC on staff.

Call now to schedule your **Free Initial Meeting!**
Phone: 925 - 299 - 1500 \$500,000 Portfolio Minimum



Capital Advantage, Inc.
RETIREMENT PLANNING & INVESTMENT MANAGEMENT



3708 Mt. Diablo Blvd, Suite 200 • Lafayette, California 94549 • www.CapitalAdvantage.com