

THE ORINDA NEWS

Gratis
Volume 25, Number 1

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

12 Issues Annually
January 2010



SALLY HOGARTY

Jenny Papka, shown here with a Eurasian Eagle Owl, won the William Penn Mott, Jr. Environmental Award.



SALLY HOGARTY

Terry Murphy (R), seen here at Peet's Coffee and Tea, is the Orinda Association's 2009 Volunteer of the Year.

Murphy and Papka Honored by Orinda Association

By SALLY HOGARTY
Editor

The Orinda Association (OA) proudly announces the selection of Terry Murphy as the Orinda Volunteer of the Year and Jenny Papka as the William Penn Mott, Jr. Environmental Award winner for 2009. Both have given countless hours of their time to make Orinda a better place in which to live.

Volunteer of the Year

Murphy and his wife Elle have lived in Orinda for over 29 years, where they raised twins Sean and Megan (now 24 years old). Murphy's initial volunteer work revolved around the schools that his children were attending. He co-chaired Del Rey Hot Dog Days for several years, coached baseball and basketball for OYA and CYO, served on the board of Orinda Park Pool, and was a member of the SITE council at Del Rey, OIS and Miramonte.

An eager volunteer, Murphy has always found ways to coordinate his busy work schedule to allow time for his many volunteer interests. Although his project management company had him traveling

across the country (often for the United States Postal Service for which he built 31 post offices), he still found time to get back to Orinda and coach a team or attend a city meeting. In the mid-90s, he dissolved his company and became a consultant and expert witness, allowing him more time to volunteer locally.

"Terry's more recent and particularly significant contributions to Orinda have been in the area of land use," says Orinda's former Mayor Bill Judge. "He first served on the Design Review Board [two years], and then spent an unprecedented three terms [eight years] on the Planning Commission. The City Council asked him to stay on for his final term because of a pressing need for his expertise, specifically in connection with the Wilder and Pulte/Pine Grove developments." Orinda resident Tom MacKinnon also applauds Murphy's work as a planning commissioner regarding Peet's Coffee and Tea. "The Planning Commission voted to deny Peet's business application to operate in Orinda," he says. "Terry took the time and effort to challenge this decision in front of the City Council. The council agreed unanimously with Terry, and Peet's is now one of the most

successful businesses in the city."

Murphy's fairness and ability to listen to all sides of an issue is a recurring theme in the many letters of nomination that the OA received. "Terry is a master at defusing emotionally charged situations with a combination of a firm hand on the gavel and smart, humorous dialogue," writes Rick Booth.

In addition to his work in the area of land use, Murphy has served on the Xenophon Therapeutic Riding Center board since 1994 and is a volunteer with the Friends of the Orinda Library. "Murphy possesses expertise in so many areas," says Xenophon executive director Judy Lazarus. "In the early years while we were building at our present location, he was the one who shored up the tilting barn and helped solve drainage problems with a pick and shovel."

A decorated Vietnam War Army veteran, Murphy served in the 1st Infantry Division during which time he received the Purple Heart and Bronze Star. He is a founding member and commander of Veterans of Foreign Wars Post 8063 and, along with Lafayette City manager Steve Falk, was a leading force in bringing the building of the Veterans Memorial building in Lafayette to

[SEE AWARDS page 6]

**Orinda Association
Awards Dinner
January 24 at 6 p.m.
Orinda Country Club
Call 254-0800
for reservations.**

IN THIS ISSUE	
	Page
News	
MOFD	7
New Business	10
Police Blotter	11
Around Town	
Financial Outlook	8
Speakers	5, 13
Students	9, 12, 13
Visual Arts	2
Business Buzz	16
Calendar	13
Car Time	5
Classified	14
Editorial	4
Orinda Association	3

Independent Film Festival Features "Cuckoo's Nest"

The California Independent Film Festival presents a special screening of the classic film *One Flew Over the Cuckoo's Nest* on January 16 at 6 p.m. Actress Louise Fletcher, who portrayed the infamous Nurse Ratchit in the film, will be on hand for a question and answer session. Tickets can be purchased online at www.caiff.org or at the box offices of the Orinda Theater and the Rheem Theater. For more information, email info@caiff.org or call 925-277-1355.



CONTRIBUTED PHOTO

Louise Fletcher as Nurse Ratchit.

Even more Beauty.

**FACIAL, WAXING,
AND BROW BAR!**


GINA KHAN SALON

925-287-8008
173 MAIDEN LANE, SAN FRANCISCO
1255 S. MAIN STREET, WALNUT CREEK
WWW.GINAKHAN.COM
(ABOVE ANN TAYLOR LOFT)

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

LIBRARY GALLERY



animal house
PET & HOME CARE

Ski trips or winter travel plans?

Let me 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

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



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




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



live better live lean

virtual reality spinning classes
by Living Lean

Get in fabulous shape while enjoying incredible scenery in our "Virtual Reality" spin studio on Third Generation Keiser M3 Spinners with scenery flowing across our 60 inch flat screen.

You will ride with our Awesome Living Lean Spin Instructors, David, Christina, Mariessa, Sheena, Peter and Bronkar on classically scenic rides, while burning 650 calories an hour.

Private Classes: Limited to 10 Students Per Class - AM and PM Classes Available

- Mini Ride: 30 minute, 15 mile ride Introductory Level for Beginners
- Superworkout Ride: 60 minute, 25 Mile Rides, Intermediate Level
- Hardcore Training Ride: 120 minutes, 50 Mile Training Rides, like the Madison Iron Distance Course



living lean.
by Sheena

Studios in Orinda, Montclair Village & **New Location in Moraga.**
Call Sheena at
(925) 360-7051

Fine Ceramics, Beaded Eggs, and More at Library Gallery

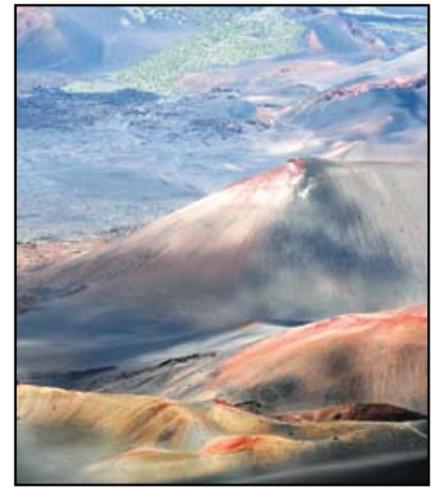
By ELANA O'LOSKEY
Staff Writer

Two photographers, a ceramicist, wood worker, jeweler and an expert egg beader will be exhibiting their work for the month of January at the Orinda Library Gallery beginning Monday January 4. The artists' reception is scheduled for Saturday, January 9 from 3 to 5 p.m.

Dan Cavalier of Walnut Creek has taken every photography course Diablo Valley College has offered over his 90 years and has 10,000 photographs to prove it. "I desire to create an image that portrays the subject in such a way that it stimulates imagination; the viewer should be able to see something more than just the image – a third dimension." He will have four vertical 16 x 24 images including photos from Costa Rica, Indonesia and Norway in the show.

Orinda's Lucia Bennhoff works with hard woods, preferring to retain their natural colors. She will have several jewelry boxes in the show illuminating her enjoyment of design and problem-solving. She has a shop in her basement where she has created furniture and other pieces; she took labs at Laney College but has mainly learned from "doing."

Terrie Chan of Orinda "... has amassed an impressive collection of beaded eggs ...," according to the DIY Network. Including ostrich, goose, quail and chicken eggs, her collection has grown to over 100 beaded eggs. This passionate crafter has been



ELANA O'LOSKEY
Dan Cavalier's photograph of Maui's dormant volcano, Haleakala, will be displayed at the Orinda Library in January.

featured on television in the Bay Area as well as the Home & Garden and DIY TV Networks.

Acclaimed jewelry designer Monica Bornstein of Danville hails from Brazil. Her love for exotic precious and semi-precious stones results in high-quality one-of-a-kind pieces. Bornstein's Elephant Pendant exemplifies her penchant for incorporating materials from Latin American and African countries in her creations.

Although Andrew Grupe of Orinda began taking photographs in boyhood, long before digital, he's digital now. He works with Lightroom in digital raw – a format with 12-14 bits of info to work with compared to 8 bits with .jpg -- and prints from an Epson 3880, up to 17 x 22. For figuring out where to take his moonset photos, he uses a freeware program, Stellarium, which allows him to enter geo coordinates. A man who will go to extraordinary lengths to be in the right place at the right moment, his favorite subjects are nature, events and iconic places.

Roger Yee, who teaches at Walnut Creek Civic Arts, has been a ceramic artist for over 25 years and has taught in the Bay Area for eight years. Most satisfying for Yee are creations people can live with and incorporate into their life, including his highly priced handmade tea pots.

Cavalier believes strongly that art is a significant part of the evolution of humanity and pushes for more involvement of young people in the arts, "I want to see more kids at the symphony – not just gray heads like mine!" For more information on the exhibit and gallery hours, call 254-2814.



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

60 Years Young!

Remember the OAC-sponsored annual 6th grade batik project at OIS?

Were you or someone you know a volunteer or a member of the Orinda Arts Council?

If so, we're looking for you to be a part of our 2010 celebration honoring our past 60 years!

Please contact us at www.orindaartscouncil.org /findmembers to inform us of your (or friend or family member's) whereabouts or call Lisa Johannessen at 925-254-6695.

Orinda Arts Council - promoting the arts in our community since 1950



2010 Orinda Arts Council 60th ANNIVERSARY

★ HIGHLIGHT #1

ORINDA ASSOCIATION

A Message From the OA President

New Year's Resolutions
(or at Least Best Intentions)

Mark Roberts



Happy New Year! Let me cut to the chase and state my first resolution: I will not refer to the new year as "oh-ten" as I've heard a few car dealers call it. Last year could be called "oh-nine," but this year is "two thousand ten" or "twenty ten." Agreed?

Moving on, I resolve to be better informed about what's going on or is under consideration in my city. I signed up to receive meeting agendas and other notifications by email by visiting the city's website at www.cityoforinda.org, scrolling down the home page and clicking on the "Subscribe to email notifications" link. Now, I know when meetings will occur and what topics are on the agenda.

Next, I resolve to attend more of those meetings. As a member of the city's Traffic Safety Advisory Committee, I attend

all (or just about all) of those meetings. My attendance record at City Council and other commission and committee meetings, however, has been spotty, at best. If I want to know what's really happening or learn about actions or changes being considered, I need to learn from the sources and not rely on second-hand information or interpretations.

With that thought in mind, I will not complain about decisions made or actions taken if I have not expressed my concerns in an appropriate forum. I will also not criticize a plan or action if I have not suggested what, in my opinion, is a better plan or action. For example, I will not write a letter to the editor of a publication complaining about a situation or decision I don't like if I don't have a better option to offer.

I will continue to support businesses and

the sales tax base in Orinda by shopping at local merchants as much as possible in 2010. I'll save time, gas and my sanity by not driving to other communities for things I can get right here in Orinda from business owners who are, in many cases, my friends and neighbors.

I will continue to look for ways that I can volunteer my time, talent and treasure to make Orinda an even better place to live, work, learn and play. Since we're celebrating our 25th anniversary as a city this year, there are several new reasons and opportunities to get involved and give back to our community. Read future issues of *The Orinda News*, visit the OA's website at www.orindaassociation.org, or stop by the Volunteer Center on the plaza level of

the library to learn more about what you can do.

Speaking of volunteers, one of the first things I'll be doing this year is attending the OA's Volunteer of the Year Award dinner at the Orinda Country Club on Sunday, January 24th. I hope you'll join me in thanking and honoring Terry Murphy (Volunteer of the Year) and Jenny Papka (William Penn Mott). You can learn more about these two dedicated individuals on page 1. What are your resolutions for 2010? Let me know by email to the OA or letter to the editor. A change for the better is always more meaningful and enjoyable when we do it together – especially if it's for our home town.

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
26 Orinda Way (Lower Level Library)
Orinda, California 94563
Phone: 254-0800 Fax: 254-8312
www.orindaassociation.org

OFFICERS

President	Mark Roberts
Vice President	Steve Meagher
Treasurer	Jim Luini
Secretary	Tony Ratner
Membership	April Meagher
OPSAC Liaison	Bill Waterman



PIZZA CO.

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

When You Need a Real Estate Professional ...

PATRICIA MENASCO
(AICALE)

Happy New Year!

For all your real estate needs

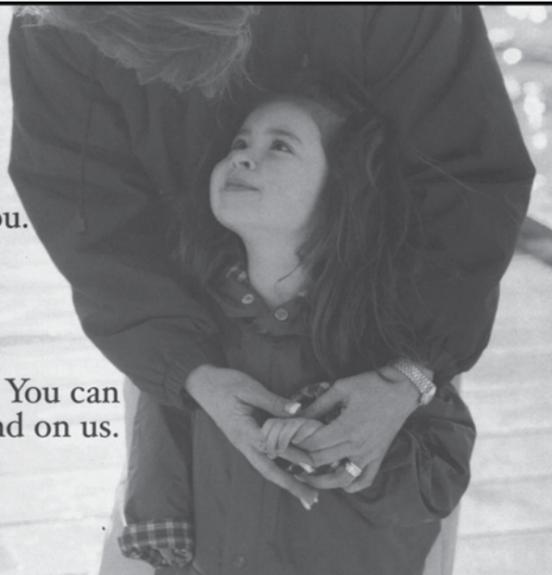
Call (925) 254-7929

pmenasco@pacbell.net
DRE Lic.# 00988717



She depends on you.

You can depend on us.



Thank-you for 25 years of clean.

www.totalclean.biz



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.

The Medicine Shoppe®

100% Pure PharmacySM

www.medicineshoppe.com

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



Let our team put your team in a new home.

We focus on achieving your goals!

Your LaMorinda Home Team

Virginia Varni-Ratto

(925) 253-6215

vvarni@pacunion.com

www.varni-ratto.com

Paul Ratto

(925) 253-6227

pratto@pacunion.com

www.fixup2sell.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

MOFD Board Member Withdraws Resignation

It was much ado about nothing at the Moraga Orinda Fire District (MOFD) board meeting on Dec. 2. Or, as MOFD board president Pete Wilson put it, “a moot point.”

The “moot point” was that, after listening to an hour of passionate public comment on whether to hold a special election to replace Wilson – who had announced his retirement for health reasons – Wilson read aloud from a prepared statement, saying he wasn’t resigning after all.

Coming on the heels of the heated public discussion, Wilson’s unexpected reversal took the wind out of everyone’s sails. It also begged the question, “could this announcement have been made before some two dozen people spoke on whether the board should appoint Wilson’s replacement or hold a special election?” Could the agenda format have been tweaked, so that people would not waste their time on a “moot point?”

Wilson explained that he decided to stay on the board after learning that the son of fellow board member Frank Sperling was ill. Wilson said he was concerned that Sperling might miss board meetings due to his son’s illness, and he didn’t want to leave the board with just three members.

Jonathan Goodwin, a resident of Canyon, thanked Wilson for “extending himself.”

However, he said that even if there is no longer a need for an election, “it is incumbent upon the district to let the sun shine in. The community needs a release valve for all the aggression that has built up,” said Goodwin. “I hope you will put your collective heads together and come up with a solution.”

Much of that aggression was sparked by the board’s approval last year of a retirement package for outgoing MOFD Chief Pete Nowicki. The 51-year-old retiree received a pay raise shortly before his retirement and also included unused vacation and sick time to “spike” his retirement by more than \$50,000 per year. The well-publicized package elicited outrage and fueled the public’s demand to elect Wilson’s replacement, rather than leave the appointment in the hands of the board.

Orinda resident Betty Murphy urged the board to clarify what has become a “muddy” issue. She says people are uninformed and unclear about the board’s decisions and need to hear directly from the district.

“The whole thing is wound up in a ball,” said Murphy. “I want the ball to be unwound.” Jim Conran of Orinda voiced a similar opinion. “The best disinfectant is sunshine,” said Conran.

Let’s hope that the MOFD board decides to let the sun shine in.

– Maggie Sharpe, Staff Writer

Mary Ellen Weer Hicks

June 29, 1913 –
November 10, 2009



CONTRIBUTED PHOTO

Mary Ellen Weer Hicks

Long time Orinda resident and teacher, Mary Ellen Hicks, passed away in November at Westland House in Monterey. Mary Ellen and her family lived in Orinda from 1947 through 1972. She spent 24 of those years teaching second, third and fourth grades at Orinda School.

Thanks to spending part of her childhood in Penang, Malaysia, Mary Ellen developed a life-long love of Oriental art. She attended Wellesley College and the Chicago Art Institute before receiving her Bachelors Degree from Stanford.

A gifted poet and artist, Mary Ellen studied jewelry making with Bob Winston in Berkeley and Chinese brush painting with Allison Stillwell. Her art was exhibited throughout the Monterey Bay Area and her skills helped generate funds in support of the Hospice of San Luis Obispo Co. Mary Ellen was often seen around Carmel wearing a snazzy outfit and a fancy hat.

She is survived by her son, Philip E. (Ruth) Hicks of San Anselmo; her

brother-in-law, John Hicks of Carmel; her daughter-in-law, Jayma Newland of San Luis Obispo; her granddaughters, Anastasia (Ben Tucker) Hicks of Brunswick, ME and Vera Hicks of Petaluma and her great-granddaughter, Ilsa Tucker. She was preceded in death by her husband, Edward, in 1994, her son, Stephen, in 2000 and her infant son, Peter.

A celebration of Mary Ellen’s life is pending. Memorial contributions are suggested to the Hospice of San Luis Obispo Co., 1304 Pacific St., San Luis Obispo, 93401 or the Monterey Co. SPCA, PO Box 3058, Monterey, 93942. Please visit www.thepaulmortuary.com to sign Mary Ellen’s guest book and leave messages for her family.

Letters to the Editor

Best Use of City Funds?

I recently received the Fall 2009 edition of “The Orinda Way” and was immediately dismayed by two related articles:

1. The front page discussion of the “very lean” budget which includes “several cost saving measures” is belied by:

a. the appearance and implicit cost of this publication itself with its color photos and glossy pages. While I agree there is a need to communicate with residents, this could be done in a much more cost efficient manner by one-color printing on plain paper. Secondly, those people who wish to opt out of a mailed copy could do so in favor of getting this info online, thereby reducing postage costs. No such opt-out provision is offered.

b. a discussion on p. 4 of various works of public art which the Art in Public Places Committee (APPC) “hopes to purchase... for permanent display.”

2. As a nearly 35 year resident of Overhill Road, I have become increasingly concerned over the condition of this and many other thoroughfares in our community. Our roads, as I recall, have been ranked among the worst in our county. Like many adults and children in our area, my husband is an avid bike rider. Each time he leaves our home on his bike, however, I feel a sense

of dread because I am aware of the many potholes and uneven pavements that line his route. Although he sometimes goes from home to a bike path, he finds the city streets a better cardio workout as they are hillier.

I would heartily suggest that the City of Orinda rethink its priorities. Do we have to wait for someone to suffer the loss of a loved one due to the poor condition of our streets? That certainly would entail even greater expense if Orinda is faced with a negligence suit.

Public art has its place and glossy colored fliers are attractive to look at, but together they create in my mind an impression of insouciance as to the fundamental needs of this community.

– Susan Aglietti

Don’t Add More Ordinances

We can all agree that the sound of a leaf blower is pretty annoying. However as Hank Lindemann wrote in a previous letter, I would “urge the city council to think and consider long and hard before creating new ordinances.”

Hank brings up some valid points. First, while leaf blowers are frustratingly loud, so are other things such as airplanes, trucks, construction equipment, your neighbor learning an instrument. Second, efficiency is very important today.

Efficiency includes the amount of money you pay your “gardener” or the amount of time it takes the homeowner to do the work himself. It also includes the tax dollars that have to be spent to enforce the new law. I say hold the tax dollars for keeping the city clean and for repairing our roads, which can’t get enough maintenance anyway.

I would also like to address a couple of points that Hank did not. First, on a personal level, I know a few people who were slightly offended by some of the words in previous letters. The words were not intended to offend anyone, however, they are a bit inconsiderate. The fact is most people cannot afford gardeners, and it is presumptuous to think they can. For those of us who work on the weekdays and live under oak trees with large yards and steep hazardous driveways, a leaf blower is plum necessary. We cannot afford to let our other weekend projects fall apart, because we had to spend an extra two hours raking the leaves. Leaves that stick to wet pavement mind you, making them impossible to rake.

The last point I would like to address pertains to the creation of any new ordinance. New laws set precedents for future laws. As mentioned in the second paragraph, there are many other things which make disturbingly loud noises which are also necessary for the improvement of our society, not just for the leisure of a few. We will always have disagreements with our neighbors; but I would never call my neighbor’s music

noise pollution. It is certainly better to consult your neighbors if you are upset over loud noises coming from their yard than to contact the city council or police; especially when there already is an ordinance which prohibits the use of leaf blowers before 10 a.m. and after 5 p.m. on Saturdays and the use of blowers altogether on Sundays and holidays.

– Austin Zimmerman

Foot Path on Miner Rd. Important

The Orinda government has been reviewing plans for a foot and bike path along Miner road. They should continue to work hard to make this a reality. This path would be a great boon to all people living on tributaries off of Miner road. This path would not only be a nice footpath, but it would allow those under 16, and a few over 16, who can’t drive, to ride their bikes downtown as well as hook up to the other bike paths in Orinda. It would also bring valuable business to the Orinda Village and to the Orinda downtown, making Orinda a much more vibrant place and contribute much needed sales tax revenues. This path would allow people to leave their cars at home and walk, bike or roller blade to their destinations, greatly decreasing the carbon output of Orinda. I encourage the Orinda City Council to quickly move ahead and start the construction of this long awaited path.

– Conor Whatley

The Orinda News prints 9,000 copies and is published 12 times a year by The Orinda Association. The office is located at 26 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
Advertising Representatives..... Jill Gelster, Elana O’Loskey, Marie Waterman
Editorial Committee..... Mark Roberts, Sally Hogarty, Jim Luini, Bill Reynolds, Kate Wiley
Staff Writers..... Bobbie Dodson, Valerie Hotz, Jeanette Irving, Fran Miller, Elana O’Loskey, Mark Roberts, Maggie Sharpe, Contributing Writer..... Karl Mills
Graphics..... Aspen 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 January issue are due December 5, 2009.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the March issue is January 18, 2010.

CAR TIME / ROY BOURGEOIS

CAR TIME

Beware of Rodents

by JOHN VANEK



The advantage of living in Orinda is the beautiful scenery and woody environment. The disadvantage is the invasion of rodents and critters that cause damage to your vehicles. We see several cases every year here at Orinda Motors that involve rodent damage to vehicles. Some cases include vehicles that get towed in because they won't start, others involve those with noises or odors coming from the heater area.

These little rodents like small warm areas for shelter. They like to take chunks of insulation and other materials from your vehicle to make their nests. Sometimes, they even take natural nesting materials from your yard or other unnatural materials from your carport. They also like to feed on wiring insulation and other rubberized components in the engine compartment. When they eat through the wiring, it often causes a short circuit in whatever engine part those wires control. This could also cause damage to the very expensive on-board computer modules that are the heart of car electronics these days. This simple act of rodent vandalism causes thousands of dollars in damage every year.

When your car has issues due to rodent damage, it can be inconvenient and expensive. When critters invade your heater system, it brings up a whole new batch of issues including health concerns. These little buggers like to make their nests in your heater ducts or heater blower area. When you turn on the heater, it will often cause

fatal damage leaving rodent blood and guts throughout your heater. The problem for you is the blower will push air through the heater ducts that are coated with rat guts, feces and urine, which can cause a variety of illness in humans.

Rodents are known to be able to carry over 200 disease organisms, many of which can be transmitted to humans. Native rats and mice can carry plague, tularemia, leptospirosis and endemic relapsing fever to name a few.

When performing repairs to the heater system after rodent infestation, we often find the heater core and heater casing polluted with rodent debris. We must replace all contaminated parts as well as completely clean and sanitize the whole system. Due to the labor involved, this kind of repair can be costly. In most cases, your car's comprehensive insurance policy will cover this kind of work. It is a good idea to check with your insurance agent to find out if you are covered, especially since some companies may drop this type of coverage.

I also recommend doing research on how to keep these critters away. There are many products out there designed to help control rodent infestation. There are also pest control companies that specialize in rodent control. I suggest taking a good look around your property and inspect for signs of rodent activity. It is best to solve this problem before it turns into a problem with your vehicle – something that nobody wants to have.

Maryknoll Priest to Speak in Favor of Women Being Ordained

By SALLY HOGARTY
Editor

Father Roy Bourgeois has always stood up for what he believes in. He received a Purple Heart fighting for his country in Vietnam and then entered the priesthood upon his return. Years of working with the poor in Bolivia made him an outspoken critic of U.S. foreign policy in Latin America resulting in four years in prison for his nonviolent protests against the School of the Americas at Ft. Benning, Georgia. His continued work with the nonprofit School of the America's Watch has led to his nomination for the 2010 Nobel Peace Prize.

Now, this passionate priest takes on his own church with his belief that women should be ordained. "Our Church leaders at the Vatican tell us that women cannot be ordained," says Bourgeois. "With all due respect, I believe our Catholic Church's teaching on this issue is wrong and does not stand up to scrutiny." Orinda will be part of his Northern California speaking tour on the roots of sexism in the Church. His talk, "Shattering the Stained Glass Ceiling," takes place January 24 from 3 – 5 p.m. at the Orinda Community Church.

The event is sponsored by the Women of Magdala, a group of Catholic women and men who promote an equal role for women in the Catholic Church. "With the current shortage of priests, we believe the Church should return to its origins, including women and married men in ordained ministry," says Magdala member Eartha Newsong. "Father Bourgeois won't just be speaking, he really wants a dialogue with local women, to hear our ideas and insights."

For more information on the event, email Newsong at enewsong@gmail.com.



Father Roy Bourgeois

CONTRIBUTED PHOTO



IYENGAR-ANUSARA METHOD

• Strength • Stamina • Stress Reduction

JEANNE DOWELL

Former instructor under U.S. Olympic Committee Group classes Orinda, Moraga, and Mills College.

Private instruction available.

Ask about unique spa days!

925.254.0193

www.yogawithjeanne.com

FIRST CLASS FREE

Motorists Duped into Dumping Dough at Dealerships

Federal Law states that a manufacturer cannot deny any warranty claim due to maintenance being performed by an independent

repair shop and in fact is illegal for any dealership to state or imply that your vehicle must be serviced by them to keep its warranty valid.

Recent repair shop comparison performed:

	Orinda Motors	Dealerships
Our Service Keeps Your Warranty Valid	Yes ✓	Yes ✓
Factory Trained Technicians	Yes ✓	Yes ✓
State of the Art Diagnostic Equipment	Yes ✓	Yes ✓
Access to Factory Repair and Service Info.	Yes ✓	Yes ✓
Tires and Alignment	Yes ✓	Some
Emissions Testing	Yes ✓	Some
On-Site Rental Service	Yes ✓	Some
Complimentary Vehicle Pickup & Delivery	Yes ✓	Some
Trust – Always Get What You Pay For	Yes ✓	Some
Excellent Customer Service	Yes ✓	Some
Green Business	Yes ✓	1 (in CCC)
Open Door Shop Policy	Yes ✓	No
Locally Owned/Family Business	Yes ✓	No
While You Wait/Drive Through Oil & Lube Svc.	Yes ✓	No
Access to Your Vehicle's Technician	Yes ✓	No
Conveniently in Your Hometown	Yes ✓	No
Local Community Support and Involvement	Yes ✓	No



Orinda Motors service keeps your warranty valid just like the dealer!



Express Oil Change & Tire Center

You can now make an appointment on-line!

www.orindamotors.com

ORINDA AUTO RENTAL

Orinda Motors Inc., 63 Orinda Way, Orinda, CA., 94563 (925) 254-2012

CONTINUATIONS



Green Buddha
Attitude of Gratitude
A unique line of apparel and accessories. Earth conscious materials and designs - new product line!



www.thegreenbuddha.net
925-254-0193
info@thegreenbuddha.net

◆ AWARDS from page 1

fruition. Fellow veteran William Lew adds "When I see Terry passionately working in the building serving meals to our World War II and Korean War veterans, I am proud to say that he is my colleague."

Local resident Wayne Canterbury sums up Murphy's qualifications as follows: "Perhaps his greatest attribute is an irrepressible cheerfulness that makes volunteer work look like fun. I have no doubt that his positive attitude has resulted in the recruitment of many other volunteers, multiplying the positive impact he has had on the community."

William Penn Mott, Jr. Award

Visiting Jenny Papka's hillside retreat is an escape to another world. Large enclosures dot the landscape of the Orinda home where she was raised - enclosures that are currently home to a variety of animals including a bald eagle, a barn owl, and a Eurasian eagle owl.

As co-founder of Native Bird Connections, Papka receives birds from all over



SALLY HOGARTY
This 7-month-old barn owl, known for its monkey-like face, was raised in Papka's house.

the country that have been injured and cannot survive in the wild. "We give these animals a second chance at life, and they help us educate others about the importance of being good stewards to the wildlife we share our world with," says Papka.

Toris Jaeger applauds Papka's work with animals noting, "Jenny has incredible knowledge and passion for California native wildlife, especially birds of prey. She has spent most of her life in the rescue and rehabilitation of these animals." While birds are certainly her passion, Papka has also rescued much larger animals including a mountain lion that she nurtured for 10 years. "Wild animals are like independent adults. You have to develop a relationship built on mutual trust," she says.

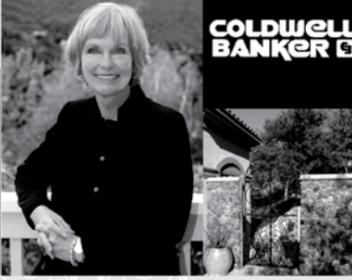
Papka, who received her degree in environmental planning and management from UC Davis, started volunteering at the Lindsey Museum in 1988. She soon became a valued staff member before leaving in 2001 to begin Native Bird Connections with a fellow Lindsey staffer. "I learned so much at Lindsey," says Papka. "It was like a small family where everyone did a little bit of everything."

The environmental services professional has shared her knowledge with thousands of young people and adults through the 400 plus educational programs that Native Bird Connections presents annually. "We have 18 non-releasable birds, many of whom we take to senior centers, scout meetings, and schools," Papka explains. Native Bird Connections strives to offer experiences that go beyond the ordinary - experiences that help participants connect with the wildlife as they learn of their behavior, life choices, and needs.

The former Pine Grove student feels it's important to learn more about the animals that surround us and to learn how to better manage our shared space. "These wonderful animals teach me so much," says Papka. "Relationships with them don't have room for ego. They are built on trust and respect."

Murphy and Papka will be honored at an awards banquet on January 24 at 6 p.m. at the Orinda Country Club. For reservations, call 254-0400.

A Hands-On Realtor Who Gets Her Homework Done



COLDWELL BANKER

For the 3R's of Real Estate

- Relationships
- Resources, and
- Research

MAUREEN WILBUR
Realtor

Coldwell Banker
Orinda, CA 94563
925-253-6311 VM
www.MaureenWilbur.com
DRE #01268536

An Upbeat and Rewarding Experience for Buyers and Sellers...
...Maureen was able to represent both buyers and sellers without compromising either side. She showed us that the many ways of advertising could make a big difference. The size and market penetration of Coldwell Banker was also a significant factor. Maureen served our needs admirably.
- Fred and Judy Beermick, Sellers

Coupon Clippers - Shop Locally and Save!

Get 10% Off Initial Clean.

Total Clean 376-1004
For your home.

Bring in this Coupon
One Time Purchase - Storewide

20% OFF

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. 1-20-10

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!

Hollyhack

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

Save Gas
Save Time
Save Money
Shop Your Local Orinda McCaulou's

Bring in this Coupon
One Time Purchase - Storewide

20% OFF

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. 1-20-10

McCaulou's

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

MOFD

MOFD Chief Brings Wealth of Experience

By Maggie Sharpe
Staff Writer

Randy Bradley took the oath of office as chief of the Moraga Orinda Fire District (MOFD) in November, replacing retiring Chief Pete Nowicki.

Bradley, who was chosen from a pool of 57 applicants, has been a firefighter for 28 years, beginning his career at age 19. For the last six years, he served as deputy chief of the Alameda County Fire Department and previously headed the Lawrence Livermore Fire Department.

"We were blessed with a pool of very good candidates, so it was not an easy decision," said John Wyro, who sits on the MOFD Board of Directors. "However, there were several things that impressed me about Chief Bradley – his commanding presence, his prior experience as a fire chief, and his negotiating and budgeting skills. While he is outgoing and friendly, he can also step up and make decisions when he needs to."

Wyro added that Chief Bradley's training and experience as a paramedic was also important in the board's decision, since two-thirds of the fire department's responses involve emergency medical care.

"He knows and understands the work of a paramedic," says Wyro. "I sometimes joke that we're an emergency medical service that puts out the occasional fire."

Bradley, 47, was born and raised in French Camp, a small town in the Central Valley. His father was the assistant fire chief.

"He was my role model who got me into it," says Bradley, whose 25-year-old son Todd is also a paramedic.

After high school, Bradley enrolled in the fire technician program at Columbia College in Sonoma, where he landed his first fire-fighting job with the campus fire department. After graduating from the fire tech program, he worked with the Tracy Fire Department and the Manteca/Lathrop Fire Department before joining the force at

Moraga-Orinda Fire District Donates AED to Bruns Hospice in Memory of Capt. David J. Stochl

By ELANA O'LOSKEY
Staff Writer

A 24-year veteran of the MOFD, Fire Captain David J. Stochl lost his battle against a brain tumor on September 1. He was 51. It was a 22-month struggle with the Bruns Hospice Home Program in Alamo serving Stochl and his family for the last six months.

Stochl's colleagues from MOFD showed their appreciation for the compassion, care and professionalism that Dave and his family received at Bruns by donating a AED (Automated External Defibrillator) to the facility. The unit was made possible by donations from the fire district and Infineon (formerly Sears Point) Raceway in Sonoma where Capt. Stochl was on the crash/rescue team. "Dave was a NASCAR lover, owned four old cars he was restoring, and raced one at Sears Point.," said Capt. Consiglio. An EMT, Stochl was famous for joking that he was "almost" a paramedic and could always be counted on to lighten the mood in tense situations.

"That would explain why his memorial service was so unique," said Jo Fong, Bruns Hospice In-Patient Coordinator. "A glistening fire engine stood outside the church, flanked by two rows of fire fighters in



ELANA O'LOSKEY
MOFD Capt. Ken Consiglio (C) presented a plaque honoring Capt. Stochl to Jo Fong (L) and an AED to Jennifer Railsback, both of the Bruns Hospice in Alamo.

dress blues, while over 200 people waited inside." Dave's brother, Bill Stochl and his wife's cousin, were the presiding ministers at the service. "They were pretty surprised by the amount of laughter the stories about Dave generated," said Consiglio, "but his wife, Karen and daughters Chrissy, Andrea, Renee, and Lauren knew that Dave would have wanted it that way. It was truly a celebration of the life of this courageous man, loved by so many," added Consiglio. Donations in Capt. Stochl's name can be made to The Wellness Community and The National Brain Tumor Society.



SALLY HOGARTY
Lucas Lambert (C) and Chris Mathews (R) are sworn in as the MOFD's newest fire fighters.

Lawrence Livermore in 1986.

As if working as a full-time firefighter was not enough to keep him busy, Bradley decided to go back to school. He earned bachelor degrees in public administration and organizational behavior at the University of San Francisco. He subsequently received his master's degree in public administration from the University of Southern California.

"My wife Dana and I also had two small children at the time," says Bradley. "Dana still remembers those days."

The couple's daughter Kati is now 20



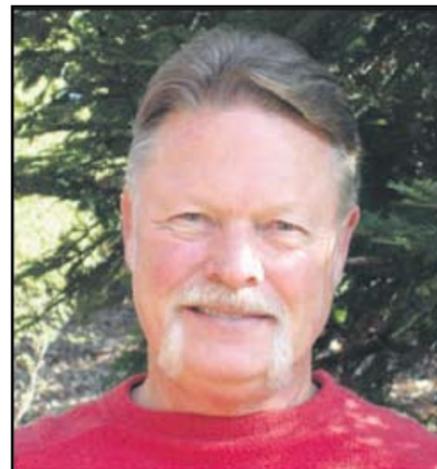
COURTESY OF MOFD
Fire Chief Randy Bradley (L) is sworn into office by the Honorable Judge John Kennedy, Superior Court of California, Contra Costa County.

and a political science major at Cal State Fresno.

One of Bradley's key areas of expertise is wildfire protection – an important factor in Orinda and Moraga, where some neighborhoods are at "very high risk" for wildfires. Bradley chairs the National Fire Protection Association's Technical Committee, which develops codes and standards for construction and vegetation management.

"Last month we visited a community in North Myrtle Beach in South Carolina, where a wildfire claimed 72 homes last

[SEE CHIEF page 14]



Residential and Restoration Painting Services

David Collins, Orinda

925-254-6882



Want to know the price of your home before you call anyone?
Log on to:
WWW.ORINDAHOUSEPRICES.COM
Real-time Market Snapshot for market conditions affecting your property.

Alexander Gailas
Real Estate Broker/Owner
Certified Residential Specialist
Graduate of Realtor Institute
Notary Public

Happy New Year



Office (925) 254-7600
Cell (925) 788-0229
AG@AGrealty1.com

live better
live lean

Living Lean Yoga Power Pilates

Yoga

Arlene Law
and Marie Hart



Power Pilates

Karen Baker

Strength • Flexibility
Inner Peace

AM and PM Classes for all levels.



Studios in Orinda, Montclair Village & **New Location in Moraga.**
Contact Sheena at Living Lean to Sign Up:
(925) 360-7051

FINANCIAL OUTLOOK

ANGLICAN CHURCH



Meeting in Orinda
Learn more at:
www.theacna.org or
www.newanglicanchurch.com/ebam

For more information or questions,
contact us at: 925-386-0522 or
ebanglicans@gmail.com

Breedlove

Health, Life, Longterm Care
Business, Families, Individuals
925-254-6262
www.breedloveinsurance.com

Insurance Services

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



458 Tahos Rd. • Orinda License #075600243

(925) 254-4535

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



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 10 Years in Business
Thank You Orinda!



John and Kathy

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



Financial Outlook 2010: Are We There Yet?



By Karl Mills
Contributing Writer

After another difficult year, the U.S. economy continues along the long and winding road to recovery. What is an investor to do? Massive government stimulus has helped to backstop the financial system and facilitate a revival of economic activity. But what can we expect in the New Year?

Major forces of change are shifting the landscape of the U.S. economy. Global de-leveraging, the economic ascendance of China and other developing nations, and a powerful wave of technological innovation will have large implications for investors.

Although the economy and financial markets are rebounding, it is important that your portfolios transition toward more defensive positions, as well as emphasize investments that are well positioned to ride out, if not thrive, along the road ahead.

After decades of over-borrowing, over-consuming, under-saving and under-investing, the American consumer needs to repair his balance sheet and save for retirement. Until we find a way to create an export-driven new industrial economy based on innovation, overall economic growth will likely be slow.

China, India and other emerging economies will drive the majority of global economic growth in the coming decade.

Major technological innovation is occurring in the area of wireless mobility. There is a powerful global phenomenon allowing wireless connection of knowledge and people anywhere, anytime.

As we search for alternatives to fossil fuels, and treat our aging and overweight

society, energy and healthcare become important areas of growth and innovation.

How these trends play out in 2010 depends on many factors including demographics, interest and inflation rates, the dollar, government regulation and politics, and the availability of scarce resources, to name a few. Based on all of this, there are eight guiding ideas for your own investments:

- Focus on high quality companies with global exposure such as Cisco, McDonalds, or Johnson & Johnson.

- Pay attention to companies that can benefit from deleveraging. As businesses try to restructure and realign, companies like Berkshire Hathaway, The Blackstone Group, and Goldman Sachs are well positioned to benefit from mergers and acquisitions and buy good assets at bargain prices.

- Remember that well-managed, well-capitalized companies are likely to out-perform weaker competitors. Companies like Google, Goldman Sachs, Apple and Amazon should continue to flourish.

- Include resource-rich companies and countries such as Canada and Australia. They are major exporters to Asia and provide a natural hedge against the deteriorating dollar.

- Invest in the wireless datawave. Technology leaders like Cisco, Qualcomm, Apple, Google and EMC are at the heart of the wireless datawave and are well positioned for future growth.

- Prioritize stocks with attractive dividends. Companies like Verizon and Vodafone rival the yield on corporate bonds yet offer equity-market participation and provide more favorable tax treatment over time.

- Get in the path of government stimulus and out of the way of regulation. Focus on companies that benefit from global spending on infrastructure, energy, and healthcare such as General Electric and ABB.

- Hedge for inflation, rising interest rates, and a declining value of the dollar by investing in gold and securities.

- Most importantly, keep your seatbelts fastened and keep your eyes open for opportunities as they present themselves. This is not a time to invest on cruise control.

Karl Mills is president of Jurika, Mills & Keifer, an investment advisory firm. He can be reached at 510-625-0199.

Novak
Woodworks
Tile & Stone

Custom Woodwork
Cabinets ~ Built-ins
Vanities ~ Mantels ~ Doors
Exterior Entries
Gates ~ Arbors ~ Trellises
Tile & Stone
925 330-8035
johnovak@comcast.net

Mark Roberts

ROBERTS INSURANCE SERVICES
Orinda resident & volunteer since 1993
Protection and Peace of Mind for You,
Your Family, Autos, Home & Business

Call me FOR A FREE FARMERS FRIENDLY REVIEW
OF YOUR NEEDS AND CURRENT COVERAGE!

(925) 788-5239
Email: mroberts6@farmersagent.com
LICENSE # 0G60576



FARMERS

REPUBLIC OF CAKE

Republic of Cake Opens in Theatre Square

By VALERIE HOTZ
Staff Writer

After finding himself in endless conference calls, one after another, Peter McNiff realized he could be selling cupcakes instead. Last month, McNiff and his partner, Chih-Chung Fang launched their family owned business to an enthusiastic Orinda crowd. Located in Theatre Square, across from Shelby's, Entourage Spa and Lava Pit Hawaiian Grill, Republic of Cake focuses on very simple and really good cupcakes baked from scratch with quality ingredients mostly obtained from local providers.

The corner location features floor to ceiling windows allowing an abundance of light. In keeping with the trend of minimizing one's carbon footprint, Republic of Cake's countertops are manufactured from chocolate bamboo and sorghum reed. The classic slate floor blends well with the soft buttercup walls, cranberry red trim and

modern pendant light fixtures. McNiff and Fang purchased brand new sparkling kitchen appliances for their cupcake kitchen.

"We have always been big fans of *Sex in the City*, which featured a cupcake resurgence fueled by Magnolia Bakery. The big driving factor for us is affordable price. There is a selection of four basic cupcakes priced at \$1.75. The Slightly Sophisticated is \$2.25 and the Sweet 'N' Salty costs \$2.25. Throw in a bottle of milk and our customers enjoy a delicious treat for \$3.50," says McNiff. Sam's Very Messy Chocolate Cupcake, has a special place in Peter McNiff's heart because it is named for one of his very special children and is priced at \$2.75.

McNiff is the general manager of the operation, while Fang is the cupcake chef who has been known to wake up in the middle of the night with a cupcake inspiration. He dreams of cupcakes. For the past four years, Fang has been with Arizmendi Bakery, a



VALERIE HOTZ

Peter McNiff (L) and Chih-Chung Fang display just a few of their cupcakes.

co-operative located near the Cheese Board in North Berkeley, where he baked breads, scones, muffins and pizzas. "In order to take advantage of fresh seasonal ingredients and also because I enjoy trying a lot of different things, our cupcake menu changes monthly. On Fridays, we offer the cocktail cupcake. A good example of this is the pina colada cupcake which is a pineapple, rum and coconut concoction," explains Fang. This past holiday season featured Pumpkin Nut Cupcakes and Eggnog Cupcakes.

This business is built on the principle of buying locally and supporting local concerns in general. "We use Guittard Chocolate from Burlingame and coffee from Equator Estate in San Rafael. Our flour is California-grown and milled Snowflake by Giusto's in South San Francisco, and we stock Numi iced teas brewed in Oakland, as well as Clover Stornetta dairy products from the North Coast," adds McNiff. In keeping with the spirit of looking out for

your neighbor, Republic of Cake employs two Miramonte High School students who have a passion for baking. Working in the kitchen producing cupcakes and also handling sales at the front of the shop, provides students with a sound education in what it is like to run a small business.

"I always enjoy coming in here and visiting. The cupcakes are delicious and these guys are great," says local architect Rick Kattenburg who serves as vice president on the Board of Directors of the Orinda Chamber of Commerce. Several middle school students clamored inside the shop to select their afternoon pick-me-up, along with new mothers who marveled at the mouth watering offerings. Republic of Cake provides cupcakes for weddings, birthday parties, family gatherings, Super Bowl Sunday – you name it and they can produce for any event. There is a convenient order form available on their website at www.republicofcake.com. The shop is open Monday 10 a.m. to 7 p.m., Tuesday through Thursday 10 a.m. to 8 p.m., Friday and Saturday 10 a.m. to 9 p.m. and Sunday 11 a.m. to 5 p.m. For more information about the Republic of Cake, call at 254-3900 or send an email to cupcake@republicofcake.com.

Living Lean Move of the Month

Tis the Season to Get Ripped

V-Up



Lie on the floor with your legs slightly bent and hold a medicine ball at arms length overhead. Contract your abs and raise your legs and torso into the air, pulling the ball in front of your body, until your body forms a v shape.

Lower your arms and legs back to the floor. That's one rep. Repeat 12 times.

Living Lean Personal Training and Eating Program for Optimal Fitness

live better
live lean

body makeovers by Living Lean

"In 11 weeks, I've lost 15 lbs of fat, dropped my % of body fat from 25.4% to 14.9% and gained 5 lbs of muscle."



Lynn Simon

The Living Lean program is just what I needed to get back in shape. I knew what I needed to do (exercise more and eat right), but I just couldn't stay with a healthy routine on my own. Sheena's Living Lean program has provided me with a great team of highly motivational trainers and nutritional coaching, including a sensible eating plan customized for my goals, and fun spinning and weight-training classes. But it's more than diet and exercise. Sheena's daily tips and motivational emails keep me mindful of how I need to be thinking about my health and fitness and the impact our state of mind has on our approach to eating and exercise. In 11 weeks, I've lost 15 lbs of fat, dropped my percentage of body fat from 25.4% to 14.9% and gained 5 lbs of muscle. And as I've become more fit, my trainers have challenged me to increase the intensity of my workouts and not become complacent. I feel terrific, have a lot more energy, and am stronger than I've been in a long time. Thank you, Sheena, Bronkar, Julie, and Saki for everything! I really could not have done this without you.

—Lynn Simon

living lean.
by Sheena

Studios in Orinda, Montclair Village &
New Location in Moraga.
Call Sheena at
(925) 360-7051



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

World Harmony Chorus

Sing a cappella songs from
around the world in luscious
harmonies. Adults and youth.
All levels welcome. Perform!
No auditions or music reading needed.

Thurs. eves 6:30 – 8:30
Feb. 11 – June 2010
955 Moraga Way, Laf.
www.eastbaysings.com
510.387.4462





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



POLICE BLOTTER/COMPUTERS



POLICE BLOTTER

November 2009

False Residential Alarms: Officers responded to 97 false alarm calls throughout the city.

Auto Burglary (theft from a locked vehicle): 8 incidents reported on Camino Sobrante, Tahos Rd. and Underhill Rd.

Commercial Burglary: 2 incidents reported on Orinda Way and Moraga Way.

Grand Theft (theft of more than \$400 value): 1 incident reported on Moraga Way.

Petty Theft From Vehicle (theft of less than \$400 value from an unlocked vehicle): 2 incidents reported on Spring Rd. and Bear Creek Rd.

Petty Theft – All Other: 3 incidents were reported on Camino Encinas and 2 on La Espiral.

Stolen Vehicle 1 stolen vehicle discovered on La Encina.

Strongarm Robbery: 2 robberies were reported on Orinda Way.

Vandalism: 4 incidents reported on Lombardy Ln., Bates Blvd., Ivy Dr. and Meadow View Rd.

Arrests

Alcohol – Drunk in public: 5 arrests were made on Brookwood Rd./Camino Pablo and Camino Pablo/Monte Vista

Rd. and 3 on Moraga Way.

Commercial Burglary: 1 arrest was made on Moraga Way.

Driving Under the Influence: 2 arrests were made on Moraga Via and Hwy 24 WB at St Stephens Dr.

Drugs – Possession of Hypodermic Needle/Syringe: 1 arrest was made on Glorietta Blvd. and Moraga Way.

Petty Theft: 1 arrest was made at Theatre Square.

Possession of Dangerous Drugs: 1 arrest was made on St Stephens Dr.

Probation Violation: 1 arrest was made on La Cresta Rd. at Woodland Rd.

Recovered Stolen Vehicle: 1 vehicle was recovered on Gateway Blvd. at Upton Rd.

Strongarm Robbery: 2 arrests were made on Orinda Way.

Vandalism – Felony: 1 arrest was made on Meadow View Rd.

Warrant Arrests: 3 warrant arrests were made on Moraga Way and 2 on Orinda Way.

– Compiled by Jeanette Irving, Orinda Police Department

---- Advertisement----

An Ounce of Prevention

By Evan Corstorphine
Portable CIO

We're living in some tough economic times. While the average life expectancy of a computer is three to four years, there are things you can do to extend the life of your computer systems.

1. Heat causes components to fail, so keep your computer and network equipment cool. Every few months clean the inside of your desktop computer by removing the side panel and vacuuming out the dust. For laptops, get some canned air and blow at the fans and vents. Make sure your computer is off and unplugged before you do this!

2. Have a current, usable backup of your data. Recovering data is expensive. We recommend online backups using Mozy (www.mozy.com). If you have an external hardisk backup, check to make sure it's actually backing up as scheduled. Wouldn't you be surprised if you needed your backup, only to find the backup drive was empty?

3. Make sure your system isn't running out of RAM. The bare minimum of memory required for current PC systems is 2gb. More is better. When systems run out of RAM, they run slowly as they repeatedly access the hardisk in a process called "swapping." It beats up the hardisk, shortening its life, and performance really suffers.

4. One of the most common things we do is correct problems caused by viruses and spyware. The most apparent effect of viruses and spyware is to slow down your computer, making it frustrating to use. Ironically, many of the modern antivirus and antispysware tools available slow down your computer as well. Keep the antivirus software on your computer current. Use a commercial "paid" antivirus. Though "free" is a very good price, for antivirus we see better results with a purchased product with regular updates. We recommend AVG Antivirus because it doesn't tend to slow

down the computer as much as the other brands. We do not recommend any "Internet Security" software bundles.

5. Most virus and spyware infections are inadvertently self-inflicted. Changing the way your computer is used may help your situation. Here are the basics:

a. No antivirus software is perfect or covers every known virus. Try layering products. We like AVG with Spybot and Malwarebytes.

b. Don't use peer-to-peer (P2P) music downloading software (Limewire, Kazaa, etc.). Instead, use vendors such as iTunes or Amazon for your music downloading.

c. Do not click on any pop-ups, on your computer. Ever. Ever.

d. Do not open unsolicited emails or files.

e. Avoid these websites: Free Lyrics, Free Games, Free Porn, etc. The common theme is "free." Anything that looks too good to be true, usually is.

f. Strongly consider setting up a private email domain and using Hosted Exchange for your email. The benefits are too numerous to list in this article. Please contact us if you'd like to learn more, as we feel this is the best method available for handling email today.

6. Have your computer and important devices plugged into a battery backup device to even out power spikes and drops which can cause wear and tear on your equipment. The other day a local power outage fried my battery backup, but my computer was safe, and that was infinitely more important. Surge strips and power strips are false comfort and a waste of money, except for providing you extra outlets.

There are always things that can go wrong. But if you follow this advice, you'll dramatically reduce the probability of suffering an avoidable failure, and prolong the life of your system.

If you have a technical question or a problem to solve, give us a call us at Portable CIO at 925-552-7953, or email info@theportablecio.com.

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

REAL PEOPLE • REAL SERVICE

925.552.7953

www.ThePortableCIO.com

mention this ad for \$10 off your next service



got muscle?

Maybe it's time to treat your body to some special attention.



Call Carol at Full Life Fitness to discuss your fitness goals. Private studio

253-7753

Personal Fitness Trainer

Certified by the American Council on Exercise and the National Academy of Sports Medicine



CELEBRATING

15 Years of Health and Fitness in Orinda

OFFERING

FITNESS YOGA PILATES PERSONAL TRAINING WORKSHOPS



New Years Special

3 Months \$190 Adults; \$110 Students; \$250 Couples

FREE First Two Yoga and Pilates Classes

informaorinda.com • 254-6877

23 Orinda Way, Orinda CA 94563



**鹿其
鹿麟
飯店**

**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



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

Submissions for Youth Ink Now Taking Place

By SALLY HOGARTY
Editor

It's time for middle-school students to put on their thinking caps and tune up their imaginations in preparation for the annual Youth Ink contest. Sponsored by the Orinda Junior Women's Club, the creative writing contest is open to all sixth, seventh, and eighth-grade students who live or attend school in Orinda.

The theme for this year's contest is "free." Organizers say contestants can write about anything whether real or imaginary. "Ask yourself what free means to you," says Orinda Juniors' Lisa Rodriguez. "Does it represent physical freedom, political freedom, or does it mean having your own time and space to do whatever you like best? What are my favorite free or no-cost things to do? What make you feel free? There is no limit to your imagination, just remember to have fun, whatever you write about."

Submissions to Youth Ink will be accepted through February 15. Students can hand deliver their work to a designated school representative or mail to Orinda Junior Women's Club, P.O. Box 40, Orinda, CA 94563. Submission forms are available through the administrative offices and English departments at Orinda Intermediate School, the Orinda Public

Library, St. Perpetua School, Orinda Academy, Bentley School, Saklan Valley School, Athenian School, and Julia Morgan School for Girls.

Thanks to the generosity of co-sponsors, including the Orinda Association, the winners receive cash prizes as follows: \$250 for first place, \$125 for second place, and \$75 for third place. Ten students will also receive honorable mention and \$25 gift certificates at Orinda Books. A panel of four professional writers will evaluate submissions and choose winners, which will be announced at an awards ceremony on April 29 at the Orinda Library.

"Our community's students are a talented and creative group, and we are optimistic Youth Ink 2010 will once again inspire the remarkable writing we have seen in past contests," said Molly Griffin-Wilson, president of Orinda Juniors.

Orinda Juniors supports a variety of organizations in the greater East Bay. Every year, its community service projects help STAND! Against Domestic Violence, the Orinda Convalescent Home, the Oakland Children's Hospital Family House, Shelter Inc. and others.

If you are interested in becoming an Orinda Juniors member, email orindajuniors@yahoo.com.

COLDWELL BANKER



*Shopping for
a new home?*

Call Patti Camras Today!

925.899.9282
5 Moraga Way
Orinda, CA 94563

**COLDWELL
BANKER**
RESIDENTIAL BROKERAGE

WWW.PATTICAMRAS.COM



The Law Office of Clay Deanhardt
Experienced Service at Reasonable Rates
www.deanhardtllaw.com
clay@deanhardtllaw.com
925-258-9079

- Business / Commercial Law
- Contracts
- Employment Counseling
- Business Buy / Sell Agreements
- Trademark and Copyright
- Business Litigation
- Alternative Dispute Resolution
- Technology Licensing
- Internet Law & Agreements
- Business Formation & Financing

17 Years Legal and Business Experience

Nurture your garden at
McDonnell Nursery

American Rose Society Rose Care Seminar
Saturday, January 30, 10:00 a.m.
RSVP 254-3713 or email info@mcdonnellnursery.com

All Christmas decor
1/2 off in January

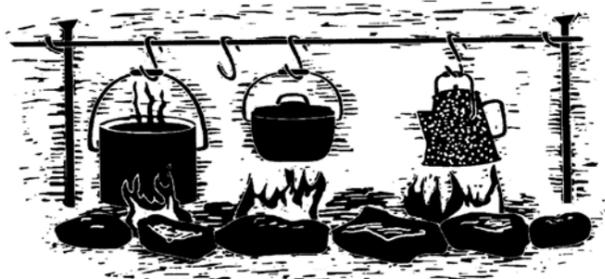
196 Moraga Way
Orinda
254-3713
- Open Daily -
www.mcdonnellnursery.com




Offering Low Prices
On a Full Line of Pet Supplies.
Special Orders Welcome.
Free Deliveries Available on Weekends upon Request.
We have over 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."



CASA ORINDA
RESTAURANT

Dinner served nightly from 4 p.m.
925.254.2981 ■ 20 Bryant Way ■ Orinda, CA 94563

CALENDAR

ON THE CALENDAR

JANUARY

- 8 **First Friday Forum**, Matthew Heberger on California's water crisis, 1:30 p.m., Lafayette-Orinda Presbyterian Church, 283-8722.
- 13 **Second Wednesday Book Group** will discuss *The White Tiger* by Aravind Adiga, 3 p.m., Orinda Books, 276 Village Square, 254-7606.
Orinda Parks and Recreation Department presents, Paris in the Movies, 10 a.m. to noon, library auditorium. Through March 17, www.cityoforinda.org or call 925-254-2445.
- 14 **A Race to Nowhere**, a documentary film that examines our educational system. Sponsored by OUSD elementary school Parents' Clubs and UC Berkeley's Center for Children and Youth Policy, 7 p.m., Rheem Theatre, free. Go to www.racetonowhere.com/trailer.
- 15 **Orinda Parks and Recreation Department** presents "Movies about Music," 10 a.m. to noon, library auditorium. Through March 19, www.cityoforinda.org or call 925-254-2445.
Montelindo Garden Club hosts Neal Richmond, former president of the NorCal Daylily Group, who will talk about daylilies, Orinda Community Church, 10 Irwin Way. 9 a.m. Visit www.montelindogarden.com or email montelindogarden@aol.com.
- 16 **California Independent Film Festival's** screening of *One Flew Over the Cuckoo's Nest*, 6 p.m., Orinda Theatre. Actress Louise Fletcher special guest, www.caiff.org.
- 19 **The World Affairs Book Group** will discuss *The Heartless Stone: A Journey Through the World of Diamonds* by Tom Zoellner, 3 p.m., Orinda Books, 276 Village Square, 254-7606.
- 23 **California Shakespeare Theater's** Summer Conservatory begins registration, open to students ages 8 to 18. Programs run from June 21 to Aug. 6 in Lafayette, Oakland and San Francisco. Call 510-809-3293 or visit www.calshakes.org/camps.
- 24 **Orinda Association's** Volunteer of the Year and William Penn Mott, Jr. Environmental Awards dinner, 6 p.m. Orinda Country Club. Call 254-0800.
Father Roy Bourgeois speaks on "Shattering the Stained Glass Ceiling" and allowing women to the priesthood, 3 p.m., Orinda Community church, 10 Irwin Way. For information, email enewsong@gmail.com.
- 27 **St. Mary's College** presents the story of *Rip Van Winkle*, written by Washington Irving and adapted for this one-hour presentation by St. Mary's professor Michael Cook, 7 p.m., also Jan. 28 at 4 p.m., in LeFevre Theatre, Call 925-631-4670 or schill@stmmarys-ca.edu.

AT THE LIBRARY

All events are free unless otherwise specified.

- 5 **Toddler Lapsit**, stories, songs and fingerplays for 1- to 3-year-olds and their caregivers, Gallery Room, 10 to 10:30 a.m. No registration required but attendance limited to once per week. Also Jan. 6, 12, 13, 19, 20, 26 and 27.
Peek-A-Boo Time, stories, songs, rhymes and rhythms for newborns to 1-year-old (pre-walkers) and their caregivers, Gallery Room, 11:30 a.m. Also Jan. 12, 19 and 26.
- 9 **Saturday Morning Live!** Family storytime for preschoolers, Picture Book Area, 11 a.m. Also Jan. 16, 23 and 30.
- 12 **Enchanted Kingdom Playroom**, a show with music, song, movement and magic, for 3- to 5-year-olds, 3 p.m. Space is limited, register at the library or online at www.ccclib.org.
- 13 **Creative Drawing Class** for children in K-2 led by Geanie Choy, 4 p.m. Space is limited, sign up one hour before the class.
- 19 **Tell It: Storytelling for Preschoolers**, a guest storyteller brings age-old tales to life with adapted myths and folktales for 3- to 5-year-olds, 1 to 1:30 p.m.
- 20 **Berkeley Repertory Theatre** trained docent will talk on the theatre's current production, *Coming Home*, Gallery Room, 7 to 8 p.m., teens and adults.

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.
- 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, 8:30 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**, second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road.
- Planning Commission**, second and fourth Tuesdays, 7 p.m., Library Auditorium, 253-4210.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 925-689-0995.
- Friends of the Joaquin Moraga Adobe**, third Thursday, 7:30 p.m., Orinda Community Church, 10 Irwin Way, Orinda www.moragaadobe.org
- Friends of the Orinda Creeks**, fourth Wednesday, 8:30 a.m., May Room, Orinda Library. Call 253-1997.
- Lamorinda Sunrise Rotary**, Postino 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, 7:15 p.m., 254-0800.
- Orinda Hiking Club** meets at 9 a.m. at the old library parking lot on Irwin Way for its weekly Wednesday Hike. Call Steve at 253-0131 or visit www.orindahiking.org.
- Orinda Historical Society**, third Wednesday, 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.
- Orinda Juniors** community service group meets first Tuesday of the month, September to June, 7 p.m. Contact Diane Petek and Ann Sullivan at orinda.juniors@yahoo.com for location.
- Orinda/Tábor** (Czech Republic) Sister City Foundation, Fourth Thursday of the month, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council** meets first Monday, 4 p.m., Orinda Community Center, 28 Orinda Way. For information, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**, Second Tuesday, 9:30 a.m. to noon; call Jean Barnhart, 254-3881.
- POISE** (Parents of Orinda Individuals in Special Education) meets at 9:30 a.m. For details contact Anna Tague, 254-5084, tague6@comcast.net.

Send calendar items to Maggie Sharpe at m.sharpe66@gmail.com

Water the Topic for First Friday Forum

By BOBBIE DODSON
Staff Writer

California Water: Crisis or Crossroads is the subject of Matthew Heberger's talk at the First Friday Forum on January 8 at 1:30 p.m. in the sanctuary at the Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette.

Heberger says, "Water has become one of California's most polarizing issues. Recent news highlights stories of drought, shortages and pollution, and questions are asked such as 'Should the state spend billions on new dams and a Peripheral Canal' and 'What can be done to reverse the collapse of the once-vibrant salmon fisheries?'"

Heberger comes well equipped to address these concerns. As a researcher, he has spent the last 14 years working on water issues as a consulting engineer on water policy in Washington, DC, as a hygiene and sanitation educator in West Africa and, currently, he is associated with the non-profit Pacific Institute in Oakland. At the institute, he works on such issues as water supply and water quality, the links between water and energy, and impacts of climate change on water resources.

A graduate of Cornell and Tufts Universities in engineering and hydrology, Heberger is a licensed professional engineer. Come



CONTRIBUTED PHOTO

Matthew G. Heberger

to hear him discuss subjects such as how insecurity over our most vital resource, water, poses threats to our health, environment and economy - and how we need to change the way we think about its use and the way in which it is managed in the 21st century.

Refreshments will be served in Fellowship Hall at 1 p.m. For further information, call 925-283-8722.

Holden High School Celebrating 40 Years

Holden High School, previously know as Contra Costa Alternative School, sits inconspicuously in the lower level of Orinda Community Church. For the past 40 years, the school has offered year-round enrollment for grades 9-12 in very small classes. The school prides itself on developing personal and social growth for its students and providing a receptive atmosphere for the creative arts. The student visual arts exhibit (right) held at alum Dani Juni's Remedy Salon in Emeryville is just one of many anniversary celebrations planned.

- Sally Hogarty, Editor

Learn, Grow, Create
HOLDEN HIGH SCHOOL

10 Irwin Way, Orinda (near BART) • 254-0199 • www.holdenhigh.org
Limited spaces available for the 2009-2010 school year.

Celebrating
40 years of
Innovative Education!



Custom Sewing
for all your needs ...

- Pillows
- Cushions
- Window Coverings
- Valances
- Tablecloths
- Bed Spreads/Dust Ruffles
- Slipcovers



The Fabric Workshop • 254-9096

BUSINESS BUZZ

◆ BUZZ from page 16

to find music that the student loves. One of my students likes Queen's "Bohemian Rhapsody," which is very chromatic and is really great music. The priority in my accepting a student is that they love the music," explains Pang.

A clear policy that Elena Pang put in place very early in her teaching career was to bar parents from their child's lesson. "I believe the music is an emotional and artistic outlet for each child. I tap into the child's other interests and integrate those interests into the music. For example, there are many parallels with sports and music. My students are as young as six years of age up to adult. I have a group I call MOMS (Mothers of Music) who are coming back to music once again," says Pang.

Every student attends a monthly workshop at Pang's home. It is a parent free zone, patterned after Dorothy DeLay. "She would have each student play and the next student would critique afterward. We follow this model and the feedback is extremely helpful. The children love it," says Pang.

A native of Los Angeles, Pang attended Crossroads for the Arts and Sciences in Santa Monica. Musical masters such as Andrew Watts and Yo Yo Ma visited the campus and gave classes. "It was an amazing experience. I tried to learn as much as I could from them." After earning her M.A. at Julliard, Pang made a decision to bypass a career as a concert performer in favor of teaching. "I always wanted a family, and I was able to combine teaching with family responsibilities. I love teaching. I learn so much from my students. They have incredibly great insight."

Pang and her husband, Marcus, moved to Orinda in 1995. The couple's daughter Chloe is a first year piano student at Julliard studying with Robert McDonald. She made her Carnegie Hall debut at age 15, and last October won First Prize at the Ukrainers Individual International Competition. Their son Clark is a cellist and is currently a freshman at Miramonte High School.

Elena Pang's mother, Young Sun Bai, is a famous abstract artist who has exhibited throughout the world. Her work can be seen at the Museum of Modern Art in San Francisco.

For more information, call 925-212-2035 or email Elena at ebpwoman@comcast.net.

In Forma Integral Fitness Celebrates 15th Anniversary in Orinda

Andrea Colombu is launching his 15th year in business at 23 Orinda Way, just across the street from the Orinda Library and Café Teatro. In addition to his excellent personal training services, he has expanded to incorporate a holistic and integral view of health and fitness that involves both western and eastern perspectives.

"I am particularly pleased with the fact that in this challenging economic time, we

continue to expand our services. I have adopted the integral fitness approach with an intention to integrate as many practices as possible into the health and fitness regime of our clients. This method represents an integration of mind, body and spirit," explains Colombu.

All of the practices offered at In Forma will be expanded including yoga, Pilates, Qi Gong and Tai Chi, personal training, weight training and cardio equipment. Workshops on health and fitness topics are additional offerings. Exercise physiologist



Andrea Colombu has expanded the offerings at In Forma.

Dean Dallam leads a twice-weekly Parkinson's training group.

Every January Colombu has offered a New Year's Special to his clients. In recognition of the 15th Anniversary, he is offering an "extra special" New Year's Special. "I encourage everyone to check out our advertisement in this issue of *The Orinda News* for the details of this celebratory special," says Colombu.

The entire focus of Andrea Colombu's life is on integral fitness and well being. "I earned a Master of Arts degree in psychotherapy from John F. Kennedy University in 2008 and enjoy applying my additional education to my work. The primary focus of the workshop program is stress reduction through mind and body awareness and practicing breathing techniques. It is truly a mindfulness practice," explains Colombu.

A native of Rome, Italy, Colombu came to the United States 23 years ago. He is especially happy to celebrate 15 years as sole proprietor of a small business. In Forma

Integral Fitness has a variety of membership options that include individual, couple, family and student rates, as well as a Fitness 10 Card or Daily Pass which is \$13 for adults and \$8 for students. Corporate memberships are available.

In Forma Integral Fitness is open seven days a week, Monday through Friday from 6 a.m. to 9 p.m. and Saturday and Sunday from 7 a.m. to 5 p.m. This business is a longtime member of the Orinda Chamber of Commerce. For more information, visit the website at www.informaorinda.com or give Andrea a call at 254-6877.

IT'S APRIL IN LAMORIDA
FOR REAL ESTATE



dreamhomelamorinda.com
www.villageassociates.com
925.253.2147
aprilmat@comcast.net



APRIL MATTHEWS

BLUE RIDGE



LANDSCAPE Co.
Lic# 818633

Blue Jay Feldman
OWNER/OPERATOR
WWW.BLUERIDGELC.COM

ORINDA RESIDENT **925-258-9233**

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



Mary Chatton Brown & Associates, Realtors

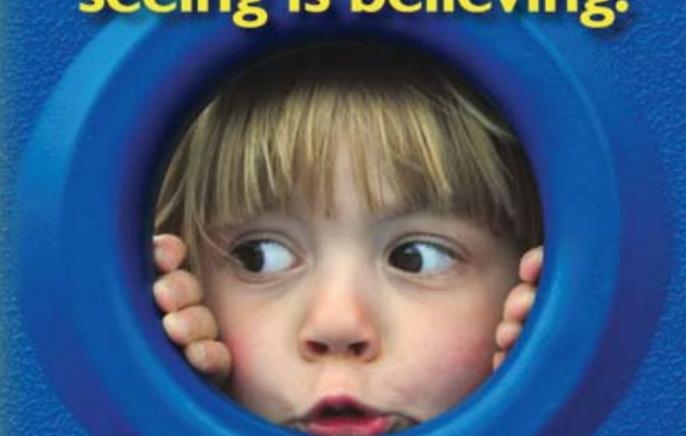
Simply the Most Dedicated and Experienced Realtor in Lamorinda.

Call Mary at 925•998•5461

marychattonbrown.com



At the UC Eye Center seeing is believing.



At the UC Eye Center in Berkeley, how you see is what you get. Because we're part of the top-rated UC School of Optometry, we're here for you and your family in a whole range of ways:

- Pediatric Vision Care • Eye Examinations
- Lasik Surgery • Geriatric Vision Care • Contact Lenses
- Eyewear Center • Specialized Vision Care

Make an appointment and go Blue!



Open to the Public 7 Days a week www.caleyecare.com 510.642.2020
Free parking with appointments. Walk over or use our free shuttle!



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



I can help you navigate through this ever changing real estate market. Be certain your largest asset is in the hands of a professional who represents both buyers and sellers daily.

BUSINESS BUZZ

Business Buzz

Putting a Personal Face on Local Business

Valerie Hotz



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

Cloud 9 Organic Hand & Foot Therapy

Enjoy luxurious spa therapy treatments for your hands and feet without the hassle of getting to a spa or paying exorbitant spa prices. Cloud 9 recently opened at 1 Orinda Way, Suite 3, which is just around the corner from Hsiang's Restaurant and adjacent to Bikram Yoga. The premises are peaceful and conducive to relaxation. Parking is easy and plentiful. Gleaming light wood flooring contrasts with a high ceiling and 1950's vintage chrome and porcelain hanging pendant light fixtures. Green plants, a vibrant purple orchid, and a crystal and silver chandelier

adorn the waiting area.

Orinda resident Cindy Nguyen offers delightful hand and foot massage, chiropractor-quality massage experience, and completely natural manicure and pedicure at Cloud 9. You will immediately notice the absence of chokingly toxic smells invading your nostrils and lungs. Instead, a fragrant aromatherapy candle burns discreetly in a corner. No acrylic nails available here. "I am constantly finding new products that are green and, in fact, all nail polishes here are vegan. There is no formaldehyde, toluene or paraben in these products. The polish remover is organic, and I use organic cotton," explains Nguyen. The organic lotions and soaps are locally produced by the Sonoma Soap Company.



VALERIE HOTZ

Cindy Nguyen is on Cloud 9 with her new business.

In addition to using organic products, she has ergonomic chairs in place for technicians and incorporated the same sterilization equipment used in dental offices to avoid using harmful chemical disinfectants. The main ingredients in the organic foot massage lotion are sugar and honey, which renders a luxurious massage experience while softening the skin. The sugar dissolves instantly once the foot returns to the footbath, leaving legs and feet sensuously smooth. Warm towels are applied delivering deeper relaxation. Three choices for the hand soak treatment include marjoram, lavender or sweet orange and the antiseptic nail cleanser is camphor oil, citric acid and water.

Margie Vignos of Orinda enjoyed a quiet Friday afternoon at the spa in preparation for a hectic weekend. "Cindy is very professional, and she has created a great atmosphere," she says. "I enjoy giving clients a respite from the busy, hectic world out there," says Nguyen, who became certified in 1984 when it became a priority to earn an income to pay for her college education. "In 1979, my mother packed all five of us children up, and we left Vietnam on a boat. My father had been in a concentra-

tion camp since 1975, and my mother was concerned that my elder brother would be sent to a camp as well. We landed on Kuku, a deserted island in Indonesia, and spent nine months there before arriving in San Francisco," she explains.

After earning a bachelor's degree in marketing and accounting at San Francisco State University, Nguyen worked with an interior design firm, Glenna Cook Interiors for several years. She is married to Eric Tubman who was a telecommunications engineer before becoming a general contractor. Tubman built many of the wood accessories at Cloud 9. The couple moved to Orinda in 2007 and their son Aidan is a kindergartner at Wagner Ranch School. Nguyen is an avid traveler and enjoys spending time in Paris. She has selectively chosen jewelry and lingerie items during her travels which are available for purchase at Cloud 9.

Cloud 9 is a member of the Orinda Chamber of Commerce. For more information, visit www.cloud9organictherapy.com. To book an appointment, call 258-9811 or email cindy@cloud9organictherapy.com



CONTRIBUTED PHOTO

Elena Pang with her husband Marcus.

Elena Pang Teaches Kids How to Make the Piano Sing

Elena Pang has a passion for chamber music and her many students benefit from her musical joy. Pang's home is reminiscent of an academy, with two pianos and a cello gracing her hunter green front room adorned with beautiful works of art. Her students take their lessons on an impressive nine foot 1878 ebony carved Steinway.

Pang earned both her bachelor's degree and Master of Arts degree at Juilliard, where she enjoyed classical training. "I founded two trios comprised of a piano, violin and cello while I was a student at Juilliard and began my teaching career there as well. My first students were investment bankers," she says. "I feel the key is

[SEE BUZZ page 15]

MARY H. SMITH, D.D.S. • CECELIA THOMAS, D.D.S.
 A Professional Corporation
 96 Davis Road, #5 - Orinda, CA 94563
 925.254.0824

Taking care of all your dental needs for you and your family. Emphasizing cosmetic dentistry with implants, and Invisalign. Nitrous oxide is available. Consultations are complimentary. Dentistry with Excellence.

DEXTER HONENS II
 REAL ESTATE BROKER
 Office: (925) 253-2148
 Cell: (510) 918-8911
 Email: honens@pacbell.net

"Serving clients, friends and family in your neighborhood since 1989."

Great Jumbo Rates to \$4,000,000

	Interest Rate	APR	Interest Rate	APR
JUMBO Fixed Period ARMS Up to \$900,000			INTEREST ONLY Up to \$4,000,000	
3 Yr Fixed	3.400%	4.160%	4.500%	4.210%
5 Yr Fixed	4.250%	4.160%	4.750%	4.210%
7 Yr Fixed	5.000%	4.160%	5.125%	4.210%
10 Yr Fixed	5.375%	4.160%	5.375%	4.210%
	Conforming to \$417,000		Conforming Jumbo to \$729,750	
30 Yr Fixed	4.750%	4.837%	4.875%	4.956%
15 Yr Fixed	4.250%	4.376%	4.625%	4.827%

Jumbo 15 Year Interest Only Fixed at 5.50% (5.625% ARP)

CALL NOW! RATES MAY NEVER BE THIS LOW AGAIN

Kyle Davis
 Mortgage Consultant/Partner
 DRE License #01111347
 Direct: 925-314-5299
Kyle@Stonecastle-LHF.com

This Loan Comparison above is presented as an estimate of possible mortgage scenarios. This is not a loan commitment, nor is it a guarantee of any kind. This comparison is based solely on estimated figures and information available at the time of production. Interest rate is subject to borrower and property qualifying. DRE License #01327738.

IT'S TIME

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

FREE ESTIMATES

KATTENBURG ARCHITECTS
 Fine Custom Homes and Additions

ORINDA
 925 253 7828

2009 Orinda Mayor's Award for Excellence in Architecture

KattenburgArchitects.com Orinda Residence