

THE ORINDA NEWS

Gratis
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It's Peak Season at Orinda's Farmers' Market

By BARBARA KOBSAR
Contributing Writer

Fresh energy is blossoming at the Orinda Farmers' Market. "Moving the market to Orinda Way in front of Rite Aid and the Community Park is giving us a whole new look," says on-site manager Janice Faust. The tree-lined street provides the ambiance, and tables laden with fresh in-season produce are waiting to fill up any market basket.

July is prime time and peak season for the Farmer's Market. Buyers can count on the largest selection of produce and different varieties coming in weekly. Just-picked sweet corn is ready for summer barbecues, heirloom tomatoes are luscious and stone fruits just can't be beat.

July means anything red, white, and blue and stone fruits offer it all – color, flavor, and dozens of choices. The stone fruit family includes cherries, apricots, nectarines, peaches, and plums. California cherry and apricot season is virtually over but nectarines, peaches, and plums will be around for a few months longer.

Although related, peaches and nectarines are two distinct types of stone fruit with similarities in color, size, and shape. They may be used alternatively in cobblers, pies, and crisps with no complaints from the dinner table.

There are many varieties of peaches but only two basic types – freestone and clingstone. Freestones (the flesh separates easily from the pit) are easy to come by, but cling peaches (the flesh "clings" to the pit) usually travel a different road for use in commercial canning. If one puts in a special request, a cook can sometimes find a farmer willing to pack up a few lugs of clings for canning when the mood strikes.

Summer Lady, Champagne, Babcock, Flavorcrest, and Red Tops are only a few



CONTRIBUTED PHOTO

Blueberries are high on the list for shoppers at Orinda's Farmers' Market now located in front of the community center.

of the peaches one may enjoy before the ever-popular O'Henry makes its appearance. The choice between yellow flesh or white flesh peaches is a personal preference – white-fleshed peaches such as Babcock and Champagne are naturally sweeter and contain a little less acid than

[SEE MARKET page 4]

4th of July Festivities and Parade



SALLY HOGARTY

Supervisor Gayle Uilkema is the Grand Marshall for the Orinda Association and the City of Orinda's 4th of July celebration. For complete information on the day's events, see pages 11-14.



SALLY HOGARTY

The Citizens' Infrastructure Oversight Commission began meeting in late May. Although Measure E was defeated, the commission will still make recommendations on infrastructure projects and evaluate how monies were spent. (clockwise) Sandy Roadcap, Robert McCleary, Dennis Fay, Mayor Steve Glazer, Richard Nelson, Kevin Coleman, and Art Haigh. Not pictured: Alex Evans.

Now that the Dust Has Settled: What Next?

■ New Citizens' Oversight Commission Begins Work

By SALLY HOGARTY
and CHRIS LAVIN
Staff Writers

Those who were against it have already exchanged their high fives, and those who were for it have already shaken their heads wondering how it could fail. But it

did fail and supporters must deal with the results.

The second bond measure to pay for fixing Orinda's seriously declining roads, drains, and water pipes did not get the two-thirds vote it needed to pass in June, suffering the same fate as a similar measure on the ballot last November. "The voters sent a clear message to the city council. Measure E lost by a greater margin than Measure Q," said Clyde Vaughn. "If they try again, they will waste the taxpayers money and accomplish nothing." Valerie Sloven, however, disagrees: "Eventually, we have to get the roads done. It's just ridiculous that you need a super majority."

So the main question on everyone's mind is: What next?

"We can use our limited resources wisely," said Mayor Steve Glazer, who supported the measure. But that won't be much. The measure would have funded \$59 million in bonds – the city has estimated all needed repairs would be much higher than that – and the city has less than \$1 million in its annual budget to address roads.

[SEE BOND page 4]

FedEx Kinko's Opens Orinda Store

By PAT RUDEBUSCH
Assistant Editor

FedEx Kinko's opened its doors last month, bringing document printing, copying, and binding, as well as FedEx shipping services to Orinda customers. The international chain, which primarily services small businesses, students, and households, also has stores in Lafayette and Walnut Creek. Store manager Boom



SALLY HOGARTY

FedEx Kinko's opened in Orinda Village in June.

Anderson says that the Orinda location will offer the full complement of services that customers can find at the other locations.

Perhaps best known for quick, self-service and full-service photocopying, the stores are able to provide a range of printing services that include producing bound documents, vinyl banners, and labels. The array of photocopying equipment allows customers to photocopy large documents such as blueprints, as well as standard-sized pages.

Kinko's was purchased by FedEx in 2004, thus the name change to FedEx Kinko's. The purchase brought together two common business needs: printing and shipping. Now, with just one stop, customers can get copies and send packages around the world with FedEx's guaranteed next day delivery.

The FedEx Kinko's store is located at 1 Camino Sobrante, across from Safeway. Store hours are Monday – Friday 7:30 a.m. to 9 p.m., Saturday 10 a.m. to 6 p.m., and Sunday noon to 6 p.m.

Starlight Village Players

Bring a dinner receipt from a restaurant that advertises in *The Orinda News* to the Orinda Starlight Village Players' box office at the Community Center Park Amphitheater and receive two regularly priced tickets for the price of one. For information on the current production, see page 19.

IN THIS ISSUE

| | Page |
|---------------------------|---------|
| News | |
| BART | 5 |
| New Asst. to City Manager | 5 |
| Police Blotter | 5 |
| About Town | |
| Orinda Residents | 6, 7, 9 |
| Performing Arts | 19, 21 |
| Schools/Students | 15 - 18 |
| Backyard Getaways | 2 |
| Balanced Living/Health | 8 |
| Business Buzz | 24 |
| Calendar | 21 |
| Classified | 22 |
| Editorial | 4 |
| Fourth of July | 11-14 |
| Orinda Association | 3 |
| Out and About | 20 |

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Bobbie Dodson

Put on your walking shoes and set out to see Chicago. It's definitely a walking town, and that means you'll have ample opportunity to view up close the sights of the city by Lake Michigan.

In a recent stay with fellow Orindan, Judy Corliss, we found we could get to almost every major attraction via the sidewalks from our centrally located hotel. We chose the Hampton Inn, but any of the many hotels near the Michigan Ave., a.k.a., the Magnificent Mile, would do as a starting point.

The tour most recommended involved walking, but we also boarded the *First Lady* for the Chicago Architecture Foundation's Architecture River Cruise. Traveling along the Chicago River, the docent pointed out memorable buildings in such rapid succession it was difficult to keep track. We noted the silvery Trump International Hotel Tower, now under construction, but slated to reach 96 stories by the projected 2008 completion date.

Then there's the Sears Tower, one of the world's tallest buildings, boasting 110 stories. More than 1.3 million people visit its skydeck each year in elevators that move as fast as 1,600 feet per second. It was completed in 1973.

But the venerable older buildings, such as the Tribune Tower, are beautiful to behold. Completed in 1923, it continues to

be one of the most recognizable buildings in Chicago, a soaring Gothic skyscraper. The stylized buttresses of the neighboring NBC building, completed in 1989, mimic those of the Tower.

There was building after building to admire; 77 were listed in the tour map. We saw some of them again when we took the Architecture Foundation's two-hour walking tour. Standouts were the Carson Pirie Scott & Co. department store; Marshall Field's, (now Macy's) on State Street, with its magnificent Tiffany ceiling; the palatial Palmer House Hilton; and the mosaic-embellished Chicago Cultural Center.

It was there we happened upon the free noon-hour concert. We purchased lunch at a nearby counter. What a treat to relax and eat, listening to that day's featured performer, Billy Branch. He sang and played the harmonica and guitar with the Sons of the Blues. He's been a well-respected performer for 30 years in Chicago, which is known for its distinctive form of blues.

Probably the second most recommended place to visit was the Art Institute of Chicago. With renowned works of art spanning 5,000 years, it's best known as having one of the world's most admired collections of French Impressionism. We were also able to view the special exhibit



Chicago is reflected in the Cloud Gate in Millennium Park.

BOBBIE DODSON

of *Cezanne to Picasso*.

The city abounds in museums. Other favorites were the Field Museum of Natural History, home to Sue, the world's largest

and most famous T. rex; the John G. Shedd Aquarium, whose oceanarium puts only five inches of glass between you and more [SEE BACKYARD page 10]



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Fourth of July Committee Hard at Work



SALLY HOGARTY

The Orinda Association's 4th of July committee is busy planning another wonderful Independence Day celebration. (L-R) Bobbie Landers, Cindy Powell, Suzanne Tom, Kate Wiley, Jim Luini, Linda Dezzani, and Julie Whitsett. For all the details, see pages 11-14.

The Orinda Association

The Orinda Association is a nonprofit corporation dedicated to:

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

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Classic Car Show Benefits OA's Senior Ride Program

By SALLY HOGARTY
Editor

If you happen to be one of the lucky owners of a vintage or classic car, Orinda Motors invites you to participate in their third annual Endless Summer Classic Car Show. Hosted by Orinda Motors, MV Transportation, and Capture Technologies, the event takes place on September 8 at Orinda Motors. Fittingly, the \$50 tax-deductible entry fee will benefit the Orinda Association's Seniors Around Town transportation program. Even if you don't have one of these great cars, for a \$25 donation to the senior transportation program, you could find yourself riding in the car of your choice during the parade of



SALLY HOGARTY

cars scheduled for 2 p.m.

The show begins at 10 a.m. with live music and plenty of food followed by the parade of cars at 2 p.m. Those interested in entering a car in the event should email Chip Herman at chipherman@hotmail.com.



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Letters to the Editor

Ugly City Hall

I just read the June issue of *The Orinda News* showing the new city hall. It has to be the ugliest design of any building I have seen in years. I don't know who approved the design of the building, but evidently they did not consult our lustreous "Design Review Board." That board would have made quite a few changes in design. Check their past reputation.

With all those steps in front, it certainly does not look "handicap friendly." Such a waste of money, and the city government wants us to approve a road improvement bond. Someone down there had better wake up and smell the roses. They will not get my vote.

-- Bill DeMaestre

Saddled With Monstrosity

If you think the new Orinda library is an ugly structure, just take a look at the new city hall building! Ugh! Thanks to a city council, which saddled the taxpayers with a \$10 million plus (before interest charges) obligation without voter approval, we will all be paying for this monstrosity for the next 30 years. Disgusting!

--Syd Anderson

Thanks to Volunteers

We want to thank the dedicated group of helpers without whose aid it would have been impossible to defeat Measure E on the June 5 Orinda ballot. We also want to thank all those who voted no.

At long last, the Orinda City Council should get the message that everyone in Orinda is not rich, and our top priorities are not expensive image projects such as the new city offices. If we are to upgrade Orinda roads, the city council must make

truly major contributions. So far they have contributed nothing.

Not only has the city made little or no contributions to the upgrade of Orinda streets, but it has been incompetent in the maintenance of the streets. If you compare Moraga Way in Orinda with Moraga Way in Moraga, you will note that Moraga Way in Moraga has road cracks filled and sealed with hot tar, whereas Moraga Way in Orinda did not have such treatment. The result is that Moraga Way in Moraga is in good condition, whereas Moraga Way in Orinda is a wreck.

It will be interesting to see the response of the city council to the defeat of Measure E.

Some of the contributions the city council can make to fund an infrastructure upgrade are: (1) dedicate the \$600,000 in new annual property taxes from the Gateway and Pine Grove developments to Orinda road upgrades; (2) require that all potholes be kept in repair before any repavement is done; (3) either get wealthy Orindans to fund the total cost of the new city offices or lease the new offices and put the offices in the old library as we were promised; (4) and have our own police force (rather than using the County Sheriff personnel) for a saving of \$900,000 per year, which would double our road budget.

The funding of the upgrades of Orinda water pipes should be paid for by the Moraga-Orinda Fire District. The MOFD has collected a fire flow tax for 10 years and never spent a dime on our water pipes. Instead, they squander our money on excessive salaries, overtime, and benefits.

If the Orinda School District feels that school paths are important, they should fund it from the \$23 million they will be paid by Pulte Homes for the Pine Grove property.

-- Clyde Vaughn, Vince Maiorana,
Janet Maiorana



◆ MARKET from page 1

yellow types.

For nectarines, the smooth skin can be a plus. Artic Rose and Artic Snow are hits with white fruit fans and July Reds are showing off their best in color and flavor.

To buy well, smell: A ripe peach or nectarine must give off a sweet fragrance. Background color ranges from creamy to yellow, with a red or pinkish blush – no signs of green. Check around the stem area in particular, where a nice golden yellow color is most often a guarantee of a juicy fruit.

Most peaches and nectarines come to market needing a few days to completely ripen (or they would arrive bruised). Leave at room temperature until fruit yields to gentle palm pressure. Ripe peaches give to gentle pressure at the "shoulders" and ripe nectarines give to gentle pressure at the suture (lengthwise seam). To speed up the ripening process place the fruit in a brown bag and loosely close the top of the bag. Check fruit daily – once it's ripe the fruit may be stored in the refrigerator in a plastic bag for two to three days.

July is also an excellent month to delve into the plum world. Japanese plums such as Satsuma, Kelsey, Elephant Heart, and Santa Rosa are delectable eaten out-of-hand. Skin colors include green, purple, red,

improving or adding items to the paving schedule and suggesting possible funding sources, including matching grants. Commission member Dennis Fay noted that if Measure E had passed, the city could have applied for matching funds from the state. Voters approved the matching funds program last November.

When Orinda incorporated in 1985, it inherited already crumbling roads from the county, and a major rehabilitation effort has never been undertaken. With the failure of Measure E, the city must find a way to address this critical problem. Hopefully, the Citizens' Oversight Commission can bring new energy and expertise to the table.

and near-black with red, orange or yellow flesh. European-type plums can bring back childhood memories. Summer lunch boxes weren't complete without a few of these bite-size Italian plums. It's this extra degree of natural sugar in Italian plums that allows them to dry before fermentation sets in around the pit – voila the prune.

Pluots are almost mainstream after joining the stone fruit family several years back. These apricot-plum hybrids add a whole new dimension to the market. Pluots are 75 per cent plum and 25 percent apricot, apriums are 75 percent apricots and 25 percent plums and plumcots are a 50/50 cross. Varieties include intriguing names like Dapple Dandy and Flavor Gator and all are worth a try in fruit salads or salsas.

The Orinda farmer's market is open every Saturday from 9 a.m. to 1 p.m. on Orinda Way in front of the Community Park and Rite Aid.

For more information, visit the website at www.cccfm.org or call the market hotline at (925) 431-8361. Barbara Kobsar can be reached at cotkitchen@aol.com

Nectarine-Blueberry Salsa

Fourth of July special! Use a red variety nectarine, fresh blueberries, and white corn. Delicious served with grilled halibut or pork tenderloin.

2 large nectarines, pitted and diced
1 cup fresh blueberries
1 cup (about 2 ears) fresh white corn
1 small red onion, diced fine
1 handful basil leaves, chopped (Thai or cinnamon basil if available)
Juice of 1 medium orange (1/3 to 1/2 cup)
2 jalapeno peppers, seeded and diced
3 cloves garlic, minced fine
2 tablespoons rice wine vinegar
1 tablespoon olive oil
Freshly ground black pepper
Salt

Mix all the ingredients in a serving bowl and allow the flavors to mingle for 1 hour. Season with salt and pepper to taste. Refrigerate for up to 1 week.

Recipe from Peaches and Other Juicy Fruits by Olwen Woodier.

◆ BOND from page 1

During the campaign supporters pointed out that both EBMUD and the fire district would be contributing funds for repairs – "but that's only for pipes," Glazer said. The theory had been that if you're going to fix the roads, you should fix the pipes that run beneath them, but without money for roads, "well, we're not going to fix the pipes," he said.

While yes votes outnumbered the no votes 4,031 to 2,323, the majority still received only 63 percent of the vote, less than the super-majority of 66 percent that it needed. Political consultants involved in the campaign said super-majorities are always difficult to obtain.

Shortly before the election, the city established a Citizens' Oversight Commission with the intention of listening to the commission's recommendations on where repairs should be made. That commission, while it won't have as much money to recommend spending, isn't going

away.

The commission had its first meeting on May 30, before the special election. At that time, six members (Kevin Coleman, Dennis Fay, Art Haigh, Robert McCleary, Richard Nelson, and Sandy Roadcap) were appointed. The seventh (Alex Evans) was appointed at the June 6 city council meeting. "A key part of the commission's function is to help us," says Mayor Glazer. "We have a very lean staff, and we rely on residents who volunteer their time."

At its May meeting, the commission was brought up-to-speed on the city's street saver program, a computer model used for selecting roads to be repaired. The commission also received the city's proposed 2008-9 budget to review. "You're getting into this towards the end of the project so there won't be as much input this year on the budget, but you will have much more next year," explained Glazer.

The commission, which includes transportation and financial experts, eagerly asked questions of city staff regarding

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

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, fax them to 254-8312, or email to news@orindaassociation.org. Letters to the Editor for the August issue are due July 5, 2007.

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

POLICE BLOTTER / CITY / BART



POLICE BLOTTER

Compiled by Haleh Allen,
Orinda Police Department
May 2007

False Residential Alarms: Officers responded to 75 false alarm calls throughout the city.

Auto Burglary (theft from a locked vehicle): No reported incidents.

Petty Theft From Vehicle (theft of less than \$400 value from an unlocked vehicle): 3 incidents in the areas of Irwin Way, Bates Blvd., and Valley Dr.

All Other Petty Thefts: 2 incidents in the areas of Tarry Ln. and El Toyonal.

Grand Theft From Vehicle (theft of more than \$400 value from an unlocked vehicle): No reported incidents.

All Other Grand Thefts: 1 incident in the area of La Espiral.

Vehicle Theft: No reported incidents.

Residential Burglary: 7 incidents in the areas of Charles Hill Rd., La Espiral, Oak Rd., Lost Valley Dr., and Monte Vista Rd.

Commercial Burglary: 1 incident in the area of Camino Sobrante.

Vandalism: 9 incidents in the areas of La Campana, Estates Dr., Miner Rd., Overhill Rd., Oak Rd., Calvin Ct., El Gavilan, and Crestview Dr.

Identity Theft: 2 incidents in the areas of Scenic Dr., Crescent Dr.

Credit Card Fraud/Forgery: No reported incidents.

BART Installs Lighting on Pedestrian Bridge



CONTRIBUTED PHOTO

The pedestrian bridge that connects the Orinda BART station to its parking lot was originally lit by the streetlights under the bridge. When these lights would go out, however, the bridge became unsafe. "It had the potential to be dangerous so we decided to install our own lighting," says BART board vice president Gail Murray. BART had planned on installing overhead lights on the bridge, but the architect thought it might throw a glare on the cars below. Low-energy, low-maintenance lights were installed in a special handrail. "It looks very elegant, very upscale, and doesn't glare on the cars below," adds Murray.

— Sally Hogarty, Editor

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New Assistant to Orinda City Manager

Monica Pacheco exudes enthusiasm and energy as she eagerly learns the ropes as the City of Orinda's new assistant to city manager Janet Keeter. "I've always wanted to get involved in city government and look forward to helping Janet in whatever she needs," comments Pacheco.

Pacheco was most recently the executive director of the California State University of the East Bay's Student Union. She also attended the university earning a BA in philosophy and political science and an MA in public administration.

Her previous experience includes being a California Senate Fellow. Only 18 fellowships are awarded annually following a nation-wide search. Pacheco helped Senate Bill #911, which put a check-off donation slot on residents' tax bills, become law. "It's amazing how difficult it is to get a bill into law," recalls Pacheco. She looks forward to building community relations in Orinda and working on downtown revitalization.

— Sally Hogarty, Editor



SALLY HOGARTY
Monica Pacheco is Orinda's new assistant to the city manager.



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Friends of Orinda Creeks Thrives

By MAYA RAPPAPORT
Contributing Writer

Friends of Orinda Creeks (FOC) had a huge turnout for Earth Day 2007, with more than 50 volunteers helping to plant natives, weed, and clean up the downtown portion of San Pablo Creek.

Interest in creek projects seems to be growing. Several Miramonte students recently expressed interest in working on creek restoration throughout the city. An Eagle Scout is planning his project around creek-friendly and fire-safe habitats in town.

In another celebration of creeks, FOC organized a Riparian Nature Art exhibit at the Orinda Library last month, featuring

creek-related artwork contributed by Orinda artists. Featured artists included Linda Sutton, Bill Hinshaw, Judith Feins, Jennifer Cole, Lee McCaffree, and Marshall Hasbrouck.

Most of Orinda's creeks drain directly into EBMUD water supply reservoirs — San Leandro to the south and San Pablo to the north. In addition to the beauty and habitat value of local creeks, taking care of them also benefits drinking water supplies. FOC is working to establish stations along several creeks in order to monitor creek health, with the hope that one day rainbow trout can be re-introduced into San Pablo Creek.

For more information, contact Maya Rappaport at trout@orindacreeks.org.

Orinda Resident Has All the Right Strokes

By LINDA U. FOLEY
Contributing Writer

In 2003, the stars aligned for golf pro Eric Jones of Orinda to make one of the loftiest moves of his career. Searching for the perfect driver, he purchased an Alpha driver club from custom builder Jerry Trask. The titanium club allegedly perfects the elements of velocity, launch angle, and spin conditions for maximum distance.

Later that year, Jones' stellar purchase allowed him to win the REMAX World Long Drive Championships in Mesquite, Nevada, with a momentous drive of 381 yards. In 2004, Eric was the LDA Tour Senior Rookie of the Year and the winner of the 2006 Players Tour Championship Senior & Open Division.

Since that time, Jones has earned an MA in applied sports psychology, founded the Seaver Golf Academy — named to honor his grandfather Charlie Seaver, a top golfer and father to Tom Seaver — and serves as the director of instruction at Poppy Ridge Golf Course in Livermore.

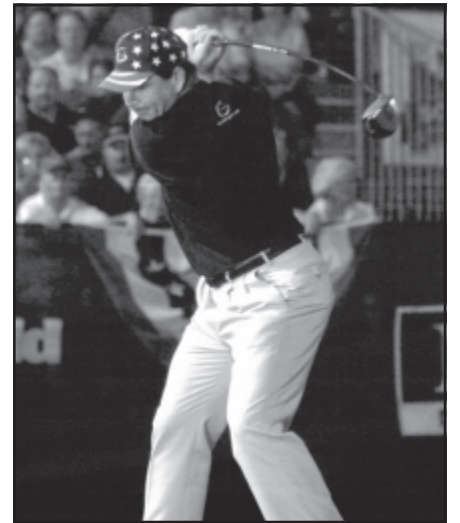
A one-time college golfer and JV/assistant coach at Stanford, Jones has developed a unique approach to the golf instruction model. His experience with pros and amateurs alike, in conjunction with his research for his master's thesis, seem to corroborate his belief in teaching lessons to last a lifetime.

The traditional model of instruction is for students to take a 30- to 60-minute lesson and then to practice on their own. Students who don't see their instructor often enough tend to fall back into old habits, some coaches say.

Jones' model, called the Coach Program, is designed to encourage players to spend as much concentrated practice time as possible with the coach, learning new skills and addressing game improvement areas. "This is something amateur adult players have not had access to in the past," says Jones.

This three-month program includes pre-scheduled playing lessons each month, a personalized 30-day improvement plan, and targeted skill development drills. Also, there are 50 hours each month of practice sessions. Players are finding that their practices are much more effective under the eye and tutelage of the coach, and the variety of practice times makes it convenient to fit into busy schedules.

For the foursomes, Jones focuses on pairing friends, as they usually tend to partner in their regular games, and players of similar handicaps. Playing with a consistent foursome affords the inherent opportunity to coach each other in tandem with the instructor. According to Jones,



CONTRIBUTED PHOTO

Orinda resident and pro golfer Eric Jones.

who just completed the pilot program, "the results are that students learn more, have more fun, and develop a learning community."

Another unique program is the parent/junior weekend camp program, which is infused with the same principles. Newly launched this spring, this program provides personalized instruction for both parents and junior golfers including driving, pitching, putting, bunker play, course management, and game management.

Jones' excitement about his novel programs is infectious. In this particular program, parents learn to relate better to their kids through play, and develop their interpersonal communication skills. "Fun" is the first thing kids say when they talk about a chosen sport such as golf.

Organizers say that it's not about being first, or winning a trophy: It's about fun, and the rest follows. "I think one of the key benefits is the opportunity for parents and juniors to share the learning experience together," says Jones. "It creates a unique and lasting bond."

The third program being offered is the junior summer camps for 12- to 17-year-olds, a five-day commuter program, held June through August. The program involves daily range and classroom instruction as well as daily on-course play. For advanced juniors, the focus is on tournament preparation and play, game management, self-management, and playing in college and beyond. The juniors will learn mental skills and life skills and, like the parent/junior weekend camps, Jones has opened up the last day of camp for parents to play 9 holes with their juniors so that they can share some of the experience together.

For more information about the adult or coach program, the parent/junior weekend program, or the junior summer camp, contact www.seavergolf.com.




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AAUW / LOCAL MUSICIAN

Cayo Marschner Receives Distinguished Woman Award From AAUW Chapter

By BOBBIE DODSON
Contributing Writer

One of Orinda's most influential women, Cayo Marschner, drew a packed house in May when the American Association of University Women awarded her their highest honor – partly for her groundbreaking work on behalf of women's rights.

The Orinda Country Club provided the setting for the Orinda-Moraga-Lafayette (OML) chapter's May luncheon, where well-wishers watched as Marschner received the highest honor the branch can bestow, that of Distinguished Woman. Perhaps the following anecdote illustrates best why she deserved the award, for she was instrumental in gaining equity for women — a priority for AAUW.

Marschner was one of 12 women who, in 1975, filed a class action law suit against the Bank of America. Marschner says, "We were the first outside hires by the bank as potential bank officers and a requirement

was that we have a master's degree and a second language. We soon discovered that we were not being paid the same as our male counterparts. We were also required to cover for our male counterparts whenever they were sent on other assignments, yet we were not eligible for overseas assignments or promotion to assistant vice president," Marschner explains.

"That changed when we won the lawsuit - 600 women across the nation in the Bank of America system were finally given the opportunity to join the management training program," she continues. "We were paid some back wages, a token and trifling sum, but the door of opportunity was finally wide open for women."

Education is another priority for AAUW and Marschner has many accomplishments in this field. Beginning as a teacher of first grade at the Ateneo de Manila Jesuit University, she went on to teach at the Saint Thomas Home in Great Falls, Montana, tutor the children of the Consul General of Egypt; serve as an assistant in Spanish and



BOBBIE DODSON

Cayo Marschner (center) with daughter, Kim (L) and daughter-in-law Mindy.

the yearbook at Joaquin Moraga Intermediate School, and become a student teacher advisor at St. Mary's College for 12 years.

Marschner says, "Of all my work, I loved

teaching best. What a joy to see children progress and become proud of their achievements." She cites as her best professional accomplishment in the field of

[SEE MARSCHNER page 10]

Local Musician Wowing New York Critics

By EMILY WITT
Contributing Writer

Have you ever sat in an audience at a live performance, exhilarated by a musician's performance within the larger ensemble? You might even experience a spine-chilling moment when you are moved from the ordinary to the extraordinary, possibly experiencing a soul connection with the music. Still enlivened by the music when it ends, you clap until your hands hurt.

Orinda's own, Doug Yates, is one of those rare musicians who does ensemble playing and creates such experiences for audiences throughout the United States and abroad. Playing with the Charles Mingus Orchestra (twice nominated for a Grammy), Yates most recently participated in the birthday anniversary performance of Mingus' *Epitaph*.

This groundbreaking composition, unearthed by his widow Sue after Mingus' death, is a fusion of all musical elements, including jazz, blues, classical, and gospel. *The New York Times* called this recent performance, "the jazz event of the decade," while John Soeder, a Cleveland music reviewer, wrote of its second performance, "*Epitaph* is not for the faint at heart." The newly discovered composition has received accolades at the Rose Hall of Jazz at New York's Lincoln Center, the Tri Jazz Festival in Cleveland, the Walt Disney Concert Hall



CONTRIBUTED PHOTO

Doug Yates (R) now plays with the renowned Charles Mingus orchestra. Also pictured Howard Johnson (L) and Mingus' widow Sue.

in Los Angeles (sold out in advance), and at the Chicago Symphony Center. NPR also taped the recordings and will be broadcasting them nationally this fall.

As part of the 32-member *Epitaph* ensemble, led by legendary composer and jazz historian Gunther Schuller, Yates was singled out by Soeder for his extraordinary performance in the "wildly ambitious magnum opus of 19 movements." Yates

[SEE YATES page 23]

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BALANCED LIVING

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Andrea Colombu



Starting an exercise program is challenging for many but it does not have to be so. Intimidation and procrastination seem to be the two main culprits. Subconsciously, they help feed and install defeating thoughts and ideas in our minds. The result is that they stop us in our tracks and prevent us from taking action and proceeding toward the balancing of a healthy existence.

After 18 years in the health and fitness field, I'm still a little surprised by the fact that it is often thought that there has to be a "right time" to start exercising. Some even go to the extent of thinking that one needs to be in the "right shape" before even starting. The right time or the right shape will never arrive because starting is not a question of time or shape – it's rather a question of clarity of mind. The right time is now. The right shape is the one you have.

The problem of the starting point arises from hindering thoughts of intimidation and procrastination. Both find their roots in the

misconception over what it is that we are trying to do or start. Being clear is key. In regards to exercise, I think that it's best to keep things very simple. What is the purpose of exercise? Simply put, in our stress-permeated, poorly compensated, and sedentary lifestyles, exercising serves primarily as a balancing act. We tend to over-work and under-rest, over-eat, and under-move, the list could go on. To be clear, it is important to understand that to offset imbalances of our modern lives, balanced physical activity is at the root of our healthy existence. Exercise provides the balance. By keeping the meaning of exercising simple and clear, without complicating things too much or expecting the unreasonable, we rid ourselves of unnecessary pressures such as intimidations of the gym or the trainer or the other "fit bodies." By simplifying our ideas and expectations, procrastination can fade away because the unwanted uncomfortable

[SEE BALANCE page 10]

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I am a 52 year old guy that came to Sheena weighing 208 lbs, which is too much for my 5 ft 10 in. height. I had a big gut with a 37 inch waist. I had recently been to the doctor and had been diagnosed with type 2 diabetes based on a triglyceride level of 379 mg/dl and a glucose level of 115 mg/dl. Given this information my wife and I decided to try the Living Lean program.

We began spinning classes two to three times a week, personal training twice a week and riding our road bikes or skiing on the weekends. We changed our entire eating habits in accordance with Sheena's guidance.

Within an 8 week period, I lost 22 lbs and reduced my waist size to 33 inches. My recent blood tests indicate that I have eliminated the type 2 diabetes issues with a triglyceride level of 150 mg/dl and a glucose level of less than 100 mg/dl. I feel better than I can ever remember. I feel strong, energized, and have an overall positive attitude. My wife has had similar positive results, and it has been very reinforcing to do the program together.
Thank you Sheena!

Exercise Move of the Month



Lateral Raise Torso Turn

Strengthen your arm and stomach muscles. Hold cans as weights by your side and raise up so that your wrist lines up with your shoulder.



Holding the weights there, turn your torso to the right. Return to center and lower the cans. Raise the weights again and turn your torso to the left. Repeat 12 times on each side for a total of 24 reps.

Retreating for Summer Pleasure

By JEANNE DOWELL
Contributing Writer

When we think of retreats, we think of going away some place to "get away from it all." Away from what? Ourselves? Our family? Our children? Our daily routines? Pick out any one of the above, and we can always find something that causes us stress.

I had some free time the other day, and I decided to do something entirely different. I took a new exercise class, had my eye makeup done at Nordstrom, and got a big delicious ice cream cone. While I was eating the cone, I realized what a happy day I was having, totally relaxed. In that moment, I let go of any worries, concerns,

places to go, things to do, and I didn't have to go far to do it. It was an "ah-ha" moment, and I realized the trap of getting caught in thoughts of fabulous trips away, hearing about exciting things our friends are doing, and I found myself thinking that each moment can be a "retreat" if we make it one. Doing something completely out of the ordinary as I did, and experiencing that present moment, made me realize how simple finding a retreat can be.

We wait all year for summer to come, kids to be out of school, and time to slow down and relax, and then it becomes more stressful than ever. How did this happen? The tail is wagging the dog, and the dog can't stop the tail. Where is my retreat? Where is my quiet time? Where is my big trip? Where's the fun I was going to have staying home with the kids? Then, it's time to go back to school, and it starts all over again. Whew!

What do we really want for our summer? I found my retreat in the simple things that I did with self-care and indulgence and from that, I realized how necessary it is to take time out and enjoy the simple pleasures. What lifestyle choices do we really need to make to be able to have an "ah-ha" summer?

You are the only person who can help this come about – to make a lifestyle change, call a halt, take a slower path, to make this detour. And, by the way, you may want yoga to become a part of your summer retreat.

Jeanne Dowell is a long-time Orinda resident and local yoga instructor. You can reach her at 254-0193.



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SEAN WHITE / KAT BRENTANO

Popular Orinda Chiropractor Sean White Expanding Services

By CHRIS LAVIN
Staff Writer

A popular Orinda chiropractor has returned to town after spending some years touring the country and living in Alaska. Sean White, who has enjoyed a broad-based local clientele for several years, has returned to join Health Medicine Center.

The center, located in Lafayette on Mount Diablo Boulevard, was started by his mother and step-father, Vicki and Len Saputo, after traditional medical techniques did nothing for her serious condition, primary anaphylaxis. Len had been a doctor on staff of John Muir Medical Center, and Vicki a registered nurse, and they turned to holistic methods of healing. Vicki got better, and the Saputos changed their traditional medical practices to include a more integrated approach. They opened the center in 2001.

Now White is also on staff. On a tour of their clean, warm offices, he enthusiastically pointed out how the center is expanding – a thermography room that provides early detection of breast cancer using infrared light, nutritional consulting, a Gyrokinesis clinic that restores bodily health through movement, and a photo stimulation machine that helps eliminate chronic pain.

“We’re really expanding,” White said, looking clearly happy to be back from his travels. He spent time in Florida, and also spent two years in Haynes, Alaska, running

kayak tours. When he bought a motorcycle – Haynes is largely locked in by water bodies and mountains and doesn’t exactly boast touring country – White began to have a hankering to get back to Orinda, where he lives.

At the heart of the center’s treatments is the marriage of new technologies and the “wisdom of ancient healthcare practices,” according to the center’s brochure. A glimpse into the bountiful storage area shows shelf over shelf of supplements – a far cry from the looks of pharmacy shelves. And while the center acts as a prevention and treatment facility, offshoots include the Health Medicine Institute, which monitors research developments, and the Health Medicine Forum, which provides educational seminars.

One of the most exciting corners of the office for White houses the metabolic testing unit, which tests a client on a stationary bicycle while he or she breathes into a machine that feeds through a computer that measures oxygen consumption and the output of carbon dioxide. Measuring these levels can reveal how a patient metabolizes fat and his overall strength. The result: A metabolic age, rather than a person’s actual age.

“I’m 30,” White said, although his driver’s license would show him having recently turned 40. “I feel great – I worked out for one month, and I was measured about 15 days through the process.”

Algorithms calculate the precise levels

of a person’s health, and then professionals at the center meet with the patient to develop clinical services that will provide a person with the resources to make decisions based on their health and what will keep them well. The analysis and consultations cost \$250.

While White will be expanding his services to include metabolic testing, he mainly uses his hands in his healing process to treat chronic pain, back and neck injuries, muscle spasms – the list goes on. In short, he gets the bones moving so that the skeletal system doesn’t interfere with other bodily systems needed for prime health. White believes that metabolic testing can be an important tool in anti-aging therapies to help patients avoid common pitfalls as they grow older.

“It’s good to be back,” he said, and looked as if he truly meant it.



CHRIS LAVIN
Orinda chiropractor Sean White is now with the Health Medicine Center in Lafayette.

Girl Scout Gold Award Project Explores Consequences of Poor Decisions

By PAT RUDEBUSCH
Assistant Editor

Kat Brentano has been a Girl Scout since kindergarten. When other girls began leaving scouting in middle school, Brentano stayed with it. By the time she reached seventh grade, not only had her original troop disbanded, but the second troop she joined also folded. Still, she wanted to be involved with the organization and pursue Girl Scouting’s silver and gold awards. “I really didn’t want to join yet another troop. Then I learned that I could

[SEE GIRL SCOUT page 10]



PAT RUDEBUSCH
Miramonte student Kat Brentano produced and directed a play about youth in juvenile detention for her Girl Scout Gold Award project.

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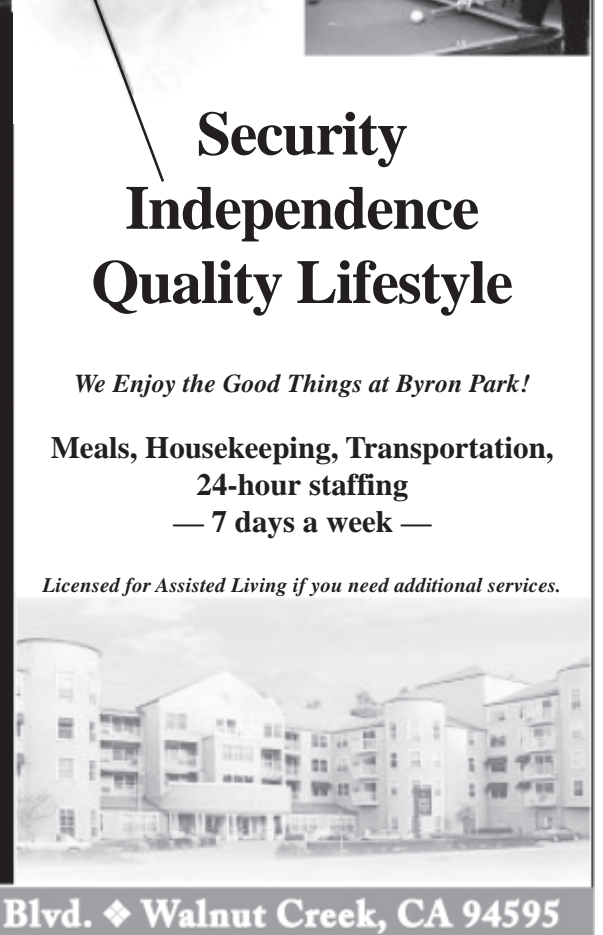
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CONTINUATIONS

◆ **MARSCHNER** from page 7

education her work in Francisco Middle School. "It was a tremendous challenge on all fronts, including some physical risk during my visits to the Tenderloin. In the end, we were able to make significant changes in the school to better the learning situation for the children."

As for community service, Marschner branched out in many directions. With the Creative Initiative Foundation, she gave presentations to parents and teachers about the dangers of children watching too much television. She helped obtain books for Books for Barrios and continues her work in funding a memorial library. When the Pinatubo School in the Philippines was demolished in a 1991 earthquake eruption, she spearheaded the Pinatubo Project in the OML branch of AAUW. Moneys were raised to help rebuild the school and supplies continue to be sent.

Marschner also served with the Junior Achievement program in San Francisco, helping high schoolers set up a company. She was on the Orinda Tot Lot Committee, the Oakland Chinese Community Council, and participated in a medical mission to Nicaragua through Rotavision.

Diminutive, with sparkling brown eyes, Cayo Marschner was born in Manila, and received her education there at Maryknoll High School and College. She holds a bachelor's degree in journalism and English literature, a bachelor's in education and a master's degree in education from Fordham University, New York.

She met her husband, Fred, when his ship

moored in Subic Bay for 4th of July celebrations. Because her uncle was a member of the Philippine cabinet, he was invited to give a speech on the USS Ranger. Cayo attended with her cousin. Fred was chosen to lead the party on a tour. The couple has been married 42 years. Their daughter, Kim, and daughter-in-law Mindy, both spoke at the meeting emphasizing Cayo's great positive influence on their lives.

◆ **BALANCE** from page 8

feelings of the unknown and difficult – those things that keep us from taking action – dissolve in the simplicity and clarity about the objective at hand.

When one waits for an ideal time or shape to start exercising, he or she fails to recognize the fact that we are living in the present and not in the future, in our present form and no other. The ideal time never arrives because the present slips by unrecognized. And expectations about the right shape to be in in order to start are simply misconceptions about the amazing ability of the body to induce growth, health, and balance with just a little help from the mind.

You can improve your general health and fitness level by starting at anytime, at any age, under any physical condition. The principles applied to exercise can also be applied to anything else to which you may want to dedicate your precious time and energy. Start where you are without worrying about where you are starting from. Trust your inner potential for health

and well being. Don't wait until the doctor tells you to do so as this will most likely add unnecessary pressure and anxiety. Don't wait for an imaginary ideal starting point that may never arrive. Be proactive, start where you are, because that is the only place and time you're living in. You are where you are, start there, and don't fear! Until next time, be well and many blessings.

◆ **BACKYARD** from page 2

than two dozen sharks; and the Adler Planetarium and Astronomy Museum, with a 360 degree dome screen that is 55 feet wide and three stories tall.

We rode to these three venues on bikes rented from McDonald's Cycle Center in Millennium Park. Recently voted North America's number one city for bicycling, Chicago has a great path along Lake Shore Drive right next to Lake Michigan. After circling the museum complex, we rode back to Navy Pier, regarded as a premier family entertainment center. The 15-story-high Ferris wheel and musical carousel are among the rides and attractions. There's also a Children's Museum, Shakespeare Theater, and Imax Theater.

Leaving our bikes, we walked through Millennium Park. Considered Chicago's newest civic gem, it is a 24.5 acre oasis in the heart of downtown. Architect Frank Gehry's bold outdoor band shell with its

soaring steel ribbons and the Cloud Gate, with its brilliant stainless steel curves, which mirror both the skyline above and the curious onlookers below, are standouts in this park.

Chicago also boasts a fine theater district. We walked to two theaters to purchase tickets, then walked there and back in the evenings, feeling very safe on the city streets.

Smaller museums we enjoyed, were the Chicago History Museum (located at the end of Lincoln Park) the McCormick Freedom Museum in the Tribune Tower building, and Harold Washington Archives and Collections in the main public library.

Also, the 100-story John Hancock Building, accessible by bus (Chicago has an excellent bus and elevated train system) is a favorite of tourists. From 1,000 feet up on a clear day, you can see four states. Tickets to the Observatory may be purchased online. Another option is to ride up to the 95th floor for free to dine at the Signature Room, and see the same panorama.

No article about Chicago is complete without mention of its Magnificent Mile. It has been chosen as one of the 10 best avenues in the world. Stores and restaurants of every description dot each side of Michigan Avenue.

So, pack comfortable walking shoes and head out for Chicago – one of the most beautiful cities in the United States.

◆ **GIRL SCOUT** from page 9

still be in scouting as a Juliette," she says. Juliettes, named for the founder of Girl Scouts of America Juliette Gordon Low, are girls who are registered with Girl Scouts of America as individuals, without a troop affiliation.

"I really appreciate what Girl Scouts has to offer," Brentano says. "It's not just about selling cookies. For older girls, especially, Girl Scouts provides opportunities both locally and nationally.

Still, for her gold award project, Brentano chose to stay close to home by producing and directing *Juvie* by playwright Jerome McDonough, which tells the stories of eight youths who find their way to juvenile detention for the mistakes and crimes they've committed. Each of the actors in the production was a local high school student and the play was performed at Miramonte, as well as Campolindo, Acalanes, and Los Lomas.

Juvie is powerful because the characters come from all walks of life," Brentano says. "The play just gives the audience a little glimpse of where the characters come from." In fact, each of the characters has a different story to tell. From Ann, who comes from a well-to-do family yet still

feels compelled to shoplift to Pinky, who's homeless. The one element that binds the characters together is fear.

"The play is not just about drugs," Brentano explains. "We're always told 'don't drink, don't do drugs, look both ways before you cross the street,' but not told not to slash people's tires and not to run away. This play presents a wider range of issues for the audience to relate to."

Brentano's first exposure to the play was as an actor in Walnut Creek's California Theater Arts production last year. "After the performance, the cast went out into the audience. There were teenage boys in the theater who were crying. I realized then what an impact the story had on the audience. Teenagers could relate to actors their own age. When adults address teens on these subjects, they come across as condescending; the peer level is more personal."

Mounting the production at four schools was no easy task. "It has been very hard at times but the cast came together in a wonderful way and that has been very rewarding," she says.

As for next steps, Brentano is considering taking on the role of Girl Scout leader for a troop at a local elementary school. "I want to give something to others who may want to become Girl Scouts.

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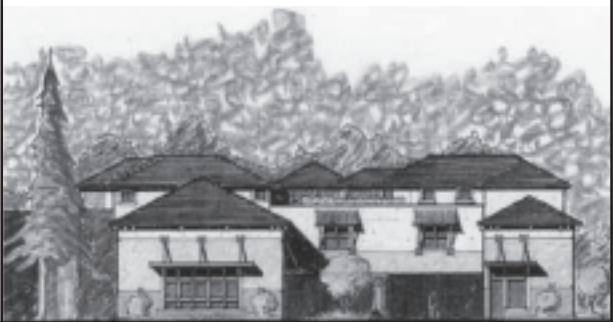
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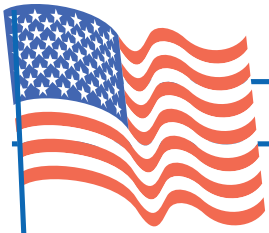
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Celebrate an Old-Fashioned 4th of July This Independence Day

By SALLY HOGARTY
Editor

The Orinda Association's (OA) theme for this year's Independence Day celebration is "an old-fashioned 4th." In keeping with this premise, the OA has partnered with several other local groups to engage in some "old-fashioned" cooperation to make this 4th of July one of the best ever.

The City of Orinda will co-sponsor the event this year, helping out with funds to insure that any accidents are covered and by providing maintenance staff and police officers to keep things running smoothly. The Orinda Community Center Auxiliary has gotten into the act as coordinator for the all-important food booths, as well as producing the Concert-in-the-Park immediately following the parade. In past years, the OA has produced the afternoon concert with the auxiliary in charge of the evening concert. This year there will not be an evening concert, making it possible for families to enjoy the fireworks displays of neighboring cities. And, finally, Suzanne Tom of Haley's Run

for a Reason has taken on the mammoth task of coordinating the nonprofit booths in the park, as well as finding fun entertainment for the younger crowd.

Everything gets underway at 7 a.m. with registration for Haley's Run for a Reason (see page 14 for more information on this event). The ever-popular pancake breakfast sponsored by the Orinda Roadrunners begins at 7:30 a.m. at the Community Center and continues until 10 a.m. Boy Scout Troop 237 will once again raise the American flag at 7:50 a.m. followed by the Roadrunners 24th annual Fun Run and the third annual Haley's Run for a Reason. Then it's time for the parade at 10 a.m. Of course, you can't start a parade on Independence Day without a rousing rendition of the "National Anthem." And, this year, the patriotic theme will be sung by last year's Orinda Idol winners and this year's finalists for the sought-after title. Sponsored by the Orinda Arts Council, the Orinda Idol participants will sing at both the Crossroads and the Village sides of town.

The very old-fashioned parade, with masters-of-ceremonies Steve Harwood

and Bill Cosden, includes local residents from toddlers to senior citizens, the popular Canine Good Citizens, and the Search and Rescue dogs, as well as a nostalgic trip back in time as the classic cars roll by. This year's Grand Marshall will be none other than Supervisor Gayle Uilkema. With over 10 years on the Board of Supervisors, Uilkema has long been a friend to Orinda working hard to ensure our city's needs are met. This will be Uilkema's 12th year in the Orinda parade, where she can always be seen wearing her trademark red hat. "I've actually had to replace my original hat because the sun just fades it out terribly," laughs Uilkema, who notes that some July 4ths have been pretty hot. An advocate for transportation issues (particularly if they involve seniors), Uilkema represents District 2, which consists of 18 very diverse communities.

Following the parade, it's time for fun in the Community Center Park. The popular Silver Spurs band will begin playing at 11:30 a.m. For those looking for a good deal on a great book, visit the Friends of the Orinda Library Book Sale taking place from 10 a.m. - 1 p.m. in the Library Plaza. While the band entertains everyone with their country western tunes, why not have your caricature done by one of the two



SALLY HOGARTY

Each year parade enthusiasts hunt for the best spot to watch the festivities.

artists in the park? Tucky and Bernard will be available throughout the day to put your likeness on paper while Twistyman creates balloon surprises for the younger set.

All and all a great way to celebrate an old-fashioned American holiday!



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Businesses Show Their Spirit



SALLY HOGARTY

Cheryl Buscaglia of Cheryl's Closet showed off her colorful window for last year's 4th of July. Each year, the Chamber of Commerce encourages all Orinda businesses to get into the spirit with plenty of red, white, and blue. We encourage you to patronize these patriotic enterprises.

Musical Entertainment on the 4th of July

By SALLY HOGARTY
Editor

Parade watchers won't have far to go to hear music at the Orinda Association's 4th of July celebration. Mo Levitch's renowned **All Volunteer Pick-up Marching Band** will once again perform in the parade. Those with a musical instrument that can be carried while marching can do more than listen. They can become a part of the band! A short rehearsal the day of the parade is all that is required. Percussionists rehearse at 8 a.m. at the Valero gas station next to Casa Orinda with other musicians showing up at 9 a.m. for a practice session. For more information, contact Levitch at 283-0361.

Also providing musical entertainment during the parade are the **East Bay Banjo Club** and the **Spirit of '29**. Founded in 1963, the enthusiastic members of the East Bay Banjo Club are dedicated to playing "happy" banjo music. The money the group earns from playing is donated to various charities - mainly those involved with

handicapped children as well as senior citizen organizations. Presenting old time Dixieland jazz, the Spirit of '29 performs everywhere from wine auctions to yacht clubs to baseball games.

Following the parade, it's time for the Country Western stylings of the Silver Spur Band. Playing from 11:30 a.m. to 1:30 p.m. in the Community Center Park, these dedicated musicians play mostly new country hits with some classic country and rock thrown in for variety. They pride themselves on staying as close as possible to the original recordings/arrangements while still exercising their special brand of creativity.



SALLY HOGARTY

Members of the All Volunteer Pick-up Marching Band.



SALLY HOGARTY

East Bay Banjo Club will perform during the parade.



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4TH OF JULY

Schedule of Events

- 7 a.m.
Registration for Haley's Run for a Reason
- 7:30 - 10 a.m.
Pancake Breakfast
Community Center
Sponsored by the Orinda Roadrunners
- 7:50 a.m.
Flag Raising
Community Center
Boy Scout Troop 237
- 8 a.m.
24th Annual Fun Run and 3rd Annual Haley's Run for a Reason
Community Center
Orinda Roadrunners
- 8 - 9 a.m.
Booth Set-up
Community Center Park
- 8 a.m.
All Volunteer Pick-up Marching Band Percussion Practice
Valero Gas Station next to Casa Orinda
- 8:45 - 9:30 a.m.
Parade Assembly
BART's east parking lot
- 9 a.m.
All Volunteer Pick-up Marching Band (all other instruments)
Valero Gas Station next to Casa Orinda
- 10 a.m.
Parade Begins
Starts at Crossroads and continues under freeway to the Community Center
- 10 a.m. - 1 p.m.
Friends of Library Book Sale
Library Plaza
- 11:30 a.m. - 1:30 p.m.
Booths, Activities, Food, Games, Entertainment by the Silver Spurs Band
Community Center Park

Lots of Fun for the Younger Celebrants

By SALLY HOGARTY
Editor

Children and adults will enjoy the variety of activities available in the Community Center Park immediately following the parade. Suzanne Tom of Haley's Run for a Reason has organized several fun events starting with Home Depot's popular **Kids Workshop**, where young people can create their own wood projects.

Twistyman will be on hand providing



Home Depot's Kids Workshop.

fabulous balloon art while telling a myriad of stories. The energetic entertainer has been bringing loads of smiles to young faces for over eight years. "I am a balloon entertainer," says Twistyman, "because I engage your children with props, balloon storytelling, tricks, and fun." Twistyman's "fun" includes such things as pocket magic, silly tattoos, or a musical flute. "I come equipped with my boom box friend,



Tucky will immortalize your image in a fun caricature.

Eggbert, who will play fabulous tunes while I entertain," he adds.

New to the park this year will be two caricaturists: **Tucky** and **Bernard**. With degrees in illustration and animation, Tucky has been wooing young and old alike at festivals, theme parks, and ballgames. From the boardwalks of New Jersey to San Francisco's Fisherman's Wharf, Bernard has been plying his artistic skills with great success. Here's your chance to take home a fun reminder of your day celebrating the independence of our country.

Community Center staff and the Orinda Community Center Auxiliary have organized the food booths this year, which include hot dogs from the Chamber of Commerce, refreshing beer from the Tabor Sister City Foundation and the Lions Club, and smoothies from Quenchers. Additional food servers were still being determined at press time.



Enjoy the balloons and stories of Twistyman.

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Orinda Idol Contestants Sing National Anthem Before Parade

By SALLY HOGARTY
Editor

A special treat this 4th of July will be the National Anthem sung by contestants from the Orinda Arts Council's popular Orinda Idol event.

Parade-goers can get a sneak peak of these talented young performers as the winners from last year and the finalists from this year sing the National Anthem to start off the parade. The singers will be divided between the Crossroads and the Village so that people watching the parade on both sides of Orinda can enjoy their rendition of our country's patriotic song. Orinda Idol winners from 2006 will sing the National Anthem in front of Morrison's Jewelers while the middle school and high school finalists for the 2007 competition will sing in front of the Community Center.

The competition, which began last year, includes students in grades K-12 who sing



SALLY HOGARTY

Orinda Idol contestants waited to audition this past May.

before a panel of judges. Over 120 Orinda students auditioned this year on May 11 and 12 at the Orinda Library Auditorium. Thirty-six finalists were chosen among four grade groups. These talented youngsters will compete on September 9 at the Orinda Theater.

Finalists who will be competing in September include: Grades K-2: Lauren

Bond, Amanda Bovoso, Aisling Holton, Sophia Li, Makenna Millham, Jackie Patton, Jocelyn Purcell, Tessa Viola, and Zoe Warch. Grades 3-5: Nolan Englund, Maritza Grillo, Sean McFeely, Amrita Newton, Emma Patton, Claire Restrepo, Erin Schoenfeld, Cole Skeffington, Stephanie Sloves, Alina Whatley. Middle School: Matthew Barber, TJ Barber, Ryan Buchanan, Faith Engstrom, Grace Hilty, Katie Marino, Neris Newton, Steven Patton, Hannah Tennant, and Sophie Wegener. High School: Sarah Ames, Max Coleman, Alexis Daniels, Ben Freeman, Suvi Gluskin, Erika Goeriz, and Nicola Vann.

Judges named runner-ups* in two grade groups: Grades 3-5: first runner-up, Julie Meckes, second runner-up Anna Finnell; Middle School: first runner-up, Sarah Brovelli and second runner up, Sophie Woodlee.

*Runner-Ups serve as alternates in their grade group for finalists who choose not to compete September 9.

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Third Annual Haley's Run for a Reason

By SALLY HOGARTY
Editor

Orinda resident Haley Chonsa Tom was only 21 months old when she died in her sleep seven years ago. Since she was over one year, her death could not be considered SIDS. Instead, she is part of a lesser known category – Sudden Unexplained Death in Children (SUDC). SUDC is rare with a reported incidence in the United States of 1.3 deaths per 100,000



CONTRIBUTED PHOTO

Haley Chonsa Tom.

children. Since SUDC is just recently being recognized, few resources exist to explore possible causes and steps for its prevention.

Haley's Run for a Reason was organized to help support the efforts of SUDC, which provides a centralized resource of information, research, support, and advocacy.

You can help support the organization by taking part in the five-mile run or two-mile family walk on July 4 at 8 a.m. Registration begins at 7 a.m. For the past two years, Haley's Run for a Reason has raised more than \$40,000. This year there will also be a Memory Board for others to place photos or other memorabilia of a lost child, and a silent auction.

For more information, contact Suzanne Tom at haleysrun@aol.com.

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MIRAMONTE HIGH SCHOOL

Students Discuss Life After Miramonte

By SALLY HOGARTY

Editor

Recent Miramonte graduates took time out of their busy schedules to give their younger counterparts an idea of life after Miramonte High School. The second annual *Post Senior! Day* took place May 22 at the Oakland Interstake Center.

"It's a great way for seniors to talk with former graduates and find out what they can really expect after graduation, from roommate dilemmas to living on your own without mom and dad," explains Robin Fahr Friedman, whose daughter Chelsea, now at UC Davis, has returned the past two years to share her experiences. "I so enjoyed being part of the college panel this year," says Chelsea. "It's a blast seeing so many familiar faces again, and the students really asked some very good questions."

The mandatory day for Miramonte seniors included: keynote speaker Harlan Cohen, a syndicated advice columnist and author of *The Naked Roommate and 107 Other Issues You Might Run Into in College*; an interactive panel discussion facilitated by Cohen and comprised of former Miramonte students; and two workshops.

Seniors chose workshops from such topics as legal rights and responsibilities, time management, drugs and alcohol addiction, internships, and keeping mentally fit in college.

Post Senior! Day is designed to help senior students adjust to life after Miramonte in a more productive, fun, and less stressful way. "This is the second year that we've held the event," says planning committee co-chair Chris Laszcz-Davis, whose daughter Lauren, a junior at UC Berkeley, was also a panelist. "We've had approximately 350 students each time, and the overall evaluations have been terrific." Laszcz-Davis notes that the event was the result of senior class leadership, Principal Zamora, Miramonte staff, the Parents Club, Acalanes District personnel, and the parents' planning committee. "The senior class leadership really stepped up to the table to help plan the program and emcee the day's event," she added. Although parents were not allowed to attend the day's activities, they did have a special encore presentation of Harlan Cohen's keynote address that evening.

"I'm really glad I participated in the



JORDAN FONG

Miramonte seniors Scott DeMunk, Ali Gabrielli and Kristina Crocker helped organize the *Post Senior! Day*.

panel," says Grace Ho, a 2006 Miramonte graduate currently attending UC Berkeley. "There were lots of questions about drugs and alcohol, and I don't drink at all, which surprised some of the kids. Not everyone drinks and parties in college. There are more fun things to do, and I think it's good for the kids to hear that."

Senior Kristina Crocker felt the day gave

[SEE POST SENIOR page 22]

Student Perspectives

The Other Side

Grace Ho



Miramonte alumna that I am, I remain quite fond of the school and the people there... so when I was called up and invited to be one of the five panelists for Miramonte's second annual *Post Senior! Day*, I accepted immediately with delight.

I didn't know exactly what to expect. The first half would be questions asked by guest speaker and panel moderator Harlan Cohen, but for the second half Harlan would open up the floor to questions. The students could ask anything they wanted.

The panelists entered the auditorium and took their seats on the stage one by one, announced by dramatic music and Harlan's brief introduction.

Harlan's questions were standard enough, and yet, in answering them honestly, I became aware that I was sounding more and more like a goody-two-shoes without even meaning to.

It probably began with my answer to the question "Who are your best friends in college, and how did you meet them?" which was "Well, one of them is my roommate, who was one of my closest friends from Miramonte. I'm also with my Christian fellowship a lot now."

The one that really prompted the confirmation to my goody-two-shoes status though was "How important is drinking to college life? Can one stay sober?"

Everyone else had something to share, be it advice for how to stay smart about drinking, descriptions of BUI (biking under the influence), or an incident regarding a drunk roommate peeing on his bed but not remembering it the next day. *What am I going to say?* I thought. *I have absolutely no experience with this, not even something like taking care of someone drunk because none of my friends do this stuff either!*

At last, when it was my turn, I shrugged my shoulders and grinned into the mike, "I... didn't drink at all this year." I paused, not knowing what else to say. To my surprise, people in the audience started cheering. My grin widened: "And... frankly, I feel no desire to!" More cheering, plus the beginnings of applause. I continued in a cheery tone, "Actually, I find it odd that people *would* want to drink. I just don't want to at all, so I wonder why people like it." Full-fledged applause.

When it was the audience's turn to ask questions, the very first one was, "This is for Grace. You said that you didn't drink this year and feel no desire to. Is this because you drank sometime before in your life and got drunk?"

I really had to hand it to this kid. I never thought of that. His suspicion that my present abstinence from alcohol was due

[SEE STUDENTS page 22]



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Miramonte Class of 2007 Sets Off to Conquer New Goals

By PAT RUDEBUSCH
Assistant Editor

Miramonte High School's Class of 2007 has moved from student status to alumni, and with this momentous step, a world of opportunities opens. The vast majority of the 346 members of the Class of 2007 will pursue those opportunities by continuing their studies. According to Miramonte's college and career advisor Barbara Aronson, 99 percent will enroll in college, attending schools across the globe, from the University of Hawaii to the American University in Paris, and nearly everywhere in between.

Eighty-six graduates will attend one of the 10 University of California campuses and 62 are enrolled in California State Universities. Just over 100 will pursue their higher education out-of-state and/or at private schools, 49 will attend community or technical colleges, and a few have opted to take a gap year to travel or work before

going on to college.

Regardless of where they travel next, Miramonte's graduates have benefited from a rigorous and diverse academic program. "Our parents and community have provided tremendous resources to our schools and our students are the beneficiaries of this investment. We can all share in the pride of watching this class go on to accomplish their goals, knowing that they will be well-prepared to be successful in a rapidly changing, global society," said school board member Vanessa Crews.

Kaitlin Davis had a taste of college life when she was the only high school student taking part in the iGEM (international Genetically Engineered Machine) competition, which poses the question: *Can simple biological systems be built from standard, interchangeable parts and operated in living cells?* Davis was a member of a UC Berkeley team – one of over 60 college teams worldwide – that spent three months last summer making the genetic material of E. coli act like a lock and key. The effect, she explains, was "the biological component of a transistor where

a network of E. coli can interact with each other."

"In November, all of the teams flew to MIT where each gave a lecture on their project to a panel of judges. Our team won 'best part' for the second year in a row, and we won third place for 'best part measurement' and 'best part characterization,'" she says. This fall, Davis will be heading to UCLA where she plans to major in molecular, cell, and developmental biology.

"I've had some great role models in science," she continues. Mr. Yriberri, Ms. Moore, and Mr. Gadde were absolutely amazing teachers. They have been incredibly supportive and they each pushed me to find my love for science. Mr. Gadde was my mentor for my WISE project where I worked at UC Berkeley in the synthetic lab of Dr. Jay Keasling, who won Scientist of the Year in 2006 from Discover Magazine." She also credits OIS science teacher Adam Miller for his earlier inspiration and Dr. Susan Marquese of UC Berkeley for arranging her participation in the iGEM competition.

Davis will also row on the UCLA crew team next year. Having rowed with Oakland Strokes for the past four years, she had a number of successes, including rowing in the boat that eventually went on to win the nationals and compete in the Henley Regatta in England. Unfortunately, a knee injury kept her from racing in England.

Some would say that Davis is an over-achiever for her age. Between studying, crew practice, and cello practice, there is little time to for anything else. "Yes, it can be stressful at times," she says of her filled-to-the-brim schedule. "The knee injury helped me learn to set limits. I've since chosen to center myself more. I've always been driven, but it's something that I had to find in myself. My parents have always been encouraging and supportive, but other people's encouragement won't get you to go the distance."

Aki Shibuya will remember her time at Miramonte as one of personal, as well as academic, growth. "Looking back to my freshman year and then where I am today, I have learned to become more active in issues that concern me. If I see a problem, I want to take action to fix it," she says. "Each of my teachers over the past four years has challenged me to find my strengths and helped me when I needed it. I will miss my teachers most of all."

Shibuya recently was awarded the Princeton Prize for Peace Relations for her work in launching Miramonte's Diversity Club. The award, which is sponsored by Princeton University, honors high school students who have worked to improve race relations at their schools. She notes that, while Miramonte is not known for its racial diversity, students everywhere need to show respect for others. This need was brought to light last year after an unfortunate incident at a high school basketball game



CONTRIBUTED PHOTO
Aki Shibuya was awarded the Princeton Prize for Peace Relations for her work in launching Miramonte's Diversity Club.

that involved a handful of students spewing racial slurs at members of the opposing team. "I can't take full credit for starting the Diversity Club," Shibuya says. "One of my teachers, Mrs. Everist, brought up the idea of doing something to heighten awareness and respect for our differences after the basketball game incident."

Since then, she has worked to help her fellow students embrace the notion that diversity is not just about race; rather, it encompasses differences ranging from personality and beliefs to cultural and social issues. "We need to highlight differences and learn to respect others for those differences. It's more than tolerance, it's about celebrating what makes us unique," she explains. Shibuya also helped promote a greater understanding of the conflicts in Uganda by arranging for a showing of the documentary *Invisible Children*, which exposes the horror of Ugandan children abducted from their homes and forced to fight in that country's insurgency. As part of the *Invisible Children* project, Miramonte students contributed over \$4,000 to help rebuild secondary schools in war-torn Uganda.

This fall, Shibuya will be heading to Iowa to study history and political science at Grinnell College. "When I started high school, I had no interest in history," she recalls. "But, I had two wonderful teachers – Mr. Fitzgerald and Mr. Fernandez – who inspired me to embrace history and politics. I hope to someday become a history teacher because of them." Shibuya says that she was attracted to Grinnell not only because of its academic reputation but also for its liberal student body. "It's almost a mini version of Berkeley," she says. "I hope to continue my efforts at promoting understanding and respect while studying there."

Helping others is top-of-mind for **Zach Michelson**, as well. He will be attending UC Santa Cruz this fall where he expects to pursue a double major, with art being one of his majors. A talented artist, Michelson is drawn most to abstract and expressionistic styles. He recently completed his advanced placement art

[SEE MICHELSON page 20]



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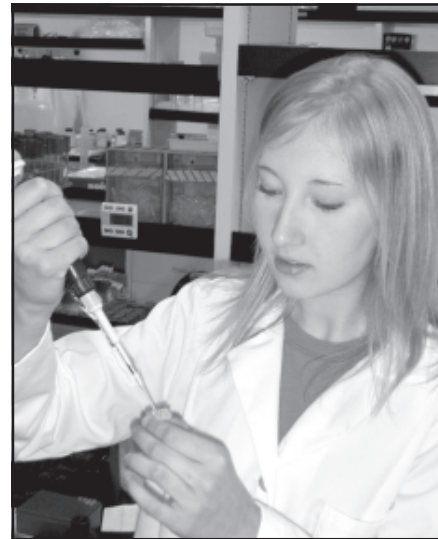
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CONTRIBUTED PHOTO
Miramonte student Kaitlin Davis was part of a UC Berkeley science team that flew to MIT for a genetically engineered machine competition.

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HOLDEN HIGH / ORINDA ACADEMY

Graduates Overcome Many Obstacles to Launch New Lives

By EMILY WITT
Contributing Writer

Graduation has passed for students at most of Orinda's schools. While many graduates received their "sheepskin" at public schools, students from private schools, such as Holden High School, also walked to the podium to receive their degrees. Some never assumed they would get there. One is **Kaitlin Morse**.

Morse was radiant recently as she talked of the sense of direction and meaning in her life that she had gained largely through the medium of theater at Holden. With the support and acceptance she felt from other students, faculty, and staff, she emerged from a disabling depression to move beyond feelings of self-judgment and rejection from others.

"When I came to Holden at the age of 14, I was pretty unhappy. At the public high school that I had attended, I was having a difficult time due to personal issues with my family. My grades reflected this challenge. Rather than getting support, one of my teachers pulled me aside and sternly said, 'You are fooling around too much. You need to work harder.'"

With the presumption of truancy by her

teacher and challenges at home, Morse's inability to focus was exacerbated. She fell behind academically, and finally dropped out of school. Determined to finish high school, however, she found Holden High School by using the Google search engine on the web and entering the keywords "alternative schools and Contra Costa County."

At Holden, Morse was allowed the time and space to "do the soul searching I needed to do," she said. "I let go of a lot of hang-ups about how I felt about myself and about how I thought other people saw me." Citing the respect the teachers gave her and acceptance by her peers, she expressed gratitude for the support. She felt the faculty and staff demonstrated that they really cared about her.

Morse has now finished high school a year early because she chose to take more units per semester, which is an option at Holden. She completed her senior project by joining a group of professional actors in San Francisco at the Dickens' Christmas Faire, performing in period costume with the troupe. An oral and written presentation about this experience to her classmates completed the final graduation requirement. She is now intent on enrolling



SALLY HOGARTY

Holden graduating seniors (back row L-R) Chelsea Rochon, Aly Akridge-Foy, (front row L-R) Kaitlyn Morse, Natalie Ferguson.

in a drama program to begin her professional studies.

Like Kaitin, **Chelsea Rochon** has graduated early from Holden High School. For her, middle school was an unfriendly place where she felt targeted. Her style of dress prejudiced other students and adults there. "They treated me like I was a bad kid," she said. She also had trouble focusing because of learning challenges. By the time

she began as a student at Holden High School, she was "depressed, confused about my identity, and behind my peers academically," she said.

Again, she cited "acceptance for who I was and am" as a major reason for her academic and spiritual rebirth at Holden High School. In order to graduate a year early, Chelsea chose to take more classes

[SEE HOLDEN page 18]

Orinda Academy Graduates Excel

By EMILY WITT
Contributing Writer

Over the last 25 years, Orinda Academy (OA) has evolved from its original role in the community as an alternative school for at-risk adolescents into a well-respected independent college preparatory school. According to recent and past graduates, OA's dedicated staff and faculty rigorously prepare OA students for success at world-class universities and colleges. Not only is Orinda Academy now University of California approved, it is accredited by the Western Association of Schools and Colleges (WASC). Below, current and past graduates illuminate their own pivotal experiences at OA.



SALLY HOGARTY

Orinda Academy graduating seniors Daniel Harmon and Sarah Jimisan.

gain certain mechanical skills, she already excelled in other important disciplines. She started performing at the age of seven, acing acting parts in local productions. As a result, she garnered leading roles in the OA drama department productions. These opportunities for growth also aided Sarah in her role with the Contra Costa Children's Choir, where she has been a member for nine years. "At OA, I gained more confidence, which led to my performing solos with the choir on tours throughout the world."

[SEE ACADEMY page 18]

Current Graduates

Sarah Jimisan, 2007 graduate, proudly shared her plans to attend UC Davis. She was the recipient of an award-based scholarship as well. "I came to OA (then called North Bay Orinda School) at age 13 from six years at Montessori schools," explains Jimisan. "When I arrived, teachers were very accommodating, helping me learn new skills for academic success. For instance, I had never taken an exam before, and I had to learn test-taking skills."

Though Jimisan had to apply herself to

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CONTINUATIONS

◆ **HOLDEN** from page 17

each semester. She attributed her drive and motivation to complete school early to the fact that at Holden, “teachers took the time to understand my learning style and my personality, teaching in a way that worked for me.” Though Chelsea is still exploring what she wants to do after graduating, she has regained her confidence and belief in herself. Her senior project is a handmade book of her photos, paintings, and drawings – the beginning of a professional portfolio. Her fellow classmates say it is remarkable.

Aly Akridge-Foy previously attended public middle school in Pleasant Hill. She fell behind because of personal challenges, arriving at Holden at the age of 13. She describes her fellow Holden High students as “brilliant – highly intelligent.” She said, “They, as well as the staff and faculty, always continued believing in me and pushed me to be my best.”

Encouraged by Holden’s teachers, Akridge-Foy developed an interest in language, especially its various origins throughout history. Not only does she want to study different languages now, she took the time to learn American sign language (ASL) while a Holden student, with the immersion approach taught by two deaf instructors at Diablo Valley College. There, her mother joined her for one of her two semesters to learn ASL. Now they both are able to more fully understand a family member who uses sign language to communicate.

In wondering how we came to use the phrase, “close but no cigar,” Akridge-Foy researched it and narrowed down the topic for her senior project: the History of Clichés. Derived from usage by slot machine players a long time ago, “close but no cigar” was the pronouncement when a player did not win. When they won a round at the “slots,” a cigar was the reward.

Natalie Ferguson, another graduate,

said, “Holden High School grounded me. I felt liked and accepted. Where I went to school previously, it felt like teachers did not believe in me because I did not get good grades.”

This sentiment echoes what Morse felt about her public school experience, as well. At Holden High, the instructors gave Ferguson the support she needed. She felt they knew her as an individual, “not as a name on a roster.” Previous to her experience at Holden High, she said, “none of my teachers liked me. The culture at Holden, in contrast, is a positive one where no one is stereotyped or rejected.”

For Ferguson, snowboarding has been a source of satisfaction and fun, as well as an opportunity to develop mastery since seventh grade. She has lived part of each year at Lake Tahoe, so developing a winter snow-based sport made sense. She decided to complete her senior project by teaching this sport and skill in the snow country over the period of two weekends. She asked two of her good friends and fellow Holden students (both raised in urban Oakland) to allow her to teach them how to snowboard. Neither had ever seen snow firsthand, nor been to the High Sierra mountains in the winter. Ferguson’s project not only demonstrated her ability to teach but provided the opportunity for two other students to grow, as well. By their second set of lessons after two weekends in the snow, both students were snowboarding and having fun learning together. Back at school, Ferguson did an oral presentation and written paper about teaching snowboarding. Now empassioned to learn how to teach, she is considering enrolling in a teaching credential program in college.

All four students showed a sense of pride in themselves and discovered areas of interest in their lives that may launch them into fulfilling professional careers. Each, like their fellow graduates, received their degrees with pride.

◆ **ACADEMY** from page 17

Since her sophomore year, Jimisan has also been a teaching assistant in French, helping other students gain the academically based skills she once sought. She joined the OA’s girl’s basketball team, relating that, in spite of the fact that none of the team members had never played basketball before joining, their diligence and hard work placed them first at the Small School Bridge League this year. Jimisan attributes this success to the overall positive school culture emphasizing mutual support, respect for one another, and hard work.

Daniel Harmon discovered his passion,

“I was wishy-washy and did not follow through. Dan Doyle, my advisor, knew what I could do and persevered, holding me to my word,” said Jessica Jarrett.

as well, through the medium of acting. He is the third member, of his family to attend OA. Harmon discovered the drama department under the direction of Leigh Lightfoot and performed in various productions. He also developed an interest in studying Western civilization and enjoyed American literature while improving his writing skills in advanced placement courses. For Harmon’s final project, he performed in an original theatrical piece written by a fellow classmate. He wants to pursue acting further but also may explore the possibility of becoming a psychologist.

Recent Graduates

Jessica Jarrett, a 2001 graduate, said that she “changed tremendously” at OA: “I developed better communication skills and more confidence. It was easier to form relationships, because we were such a small group.”

With easy access to adults at OA, Jarrett said her attitude towards authority changed. She cited her advisor Dan Doyle as having had a huge influence on her: “I was wishy-washy and did not follow through. Dan knew what I could do and persevered, holding me to my word.”

Following her graduation, Jarrett attended South Hampton College in the marine science program. She later received a Fullbright scholarship, which she used to study coral reef physiology and the effects of global warming in Australia. Soon, she begins work on her doctorate, studying with Michael Lesser, PhD, famous for his work regarding the physiological ecology of marine invertebrates. She hopes to become a physiological ecologist.

Ted Sindzinski, a 2000 graduate, has

nothing but praise for OA. His parents chose the school because they liked the faculty, the friendly staff, and the school’s diversity. Sindzinski excelled in science and math, but needed additional help with writing skills. He arrived at OA a self-described “geek,” and learned “to embrace that part of myself.” As a freshman, he entered the ThinkQuest competition by submitting original websites. Though he did not win, the experience sparked a driving interest in Internet marketing. He bought his first domain name in 1996 — at the age of 13.

He attributes his professional writing skills to OA’s teachers working in concert to provide positive reinforcement. “OA embraces the individual. I learned how life works and how to be responsible for myself,” Sindzinski adds. During his senior year, Sindzinski’s required community service project with Habitat for Humanity gave him a new perspective on his life. “I worked in East Oakland, meeting good people who were not as fortunate as I was. I gained respect for individuals born into different circumstances and let go of my prejudices formed in ignorance.”

Sindzinski credits OA with teaching him critical thinking skills which has served him well as the founder and head of Moderninsider.com, his company of six years. Recently, he chose to work for Jenny Craig in marketing before accepting a position as director of marketing for Ileads.com, a subsidiary of the First American Title Corporation.

Molly Lin, a 2003 graduate from OA,

“Orinda Academy embraces the individual. I learned how life works and how to be responsible for myself,” says Ted Sindzinski.

excelled in music at public high school, but transferred to OA at age 16 to improve her science and math skills. She feels that developing self-discipline at OA has been essential to her subsequent success. She was accepted to four different universities upon graduating. Now a third-year nursing student in the R.N./B.S. degree program through Saint Mary’s and Samuel Merritt Colleges, she feels she was far more prepared for the rigors of college than most of her college classmates. At OA, the daily drill of completing homework was part of the required classwork done at school, often immediately after formal class sessions ended. Students were able to return to instructors for further inquiry to complete their work correctly. Looking back, Lin says, “teachers at OA did not get enough credit for the success of students.”

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My Three Angeles Brings Christmas in July for Starlight Village Players

By DOROTHY BOWEN
Contributing Writer

It's Christmas Eve and 105 degrees in the shade. A family is in crisis. The scene is French Guiana in 1910. The family is in trouble because their business is failing. The owner is showing up soon. The daughter has just been jilted in favor of an heiress, and the roof needs repair. To solve the roofing problem, the family hires three convicts from nearby Devil's Island and the fun begins.

Orinda Starlight Village Players (ORSVP) opens *My Three Angels* on July 13 at the Orinda Community Center Park Amphitheatre. It continues through August 4, playing Friday and Saturday evenings at 8:30 p.m. with a Sunday, July 29, matinee and a Thursday, August 2 show at 8 p.m.

The friendly felons fix the roof, the finances, the fiancé, and more, even though doing so involves some dubious tactics.

Doing a good turn doesn't generally include stealing supplies, cheating customers, or killing off their worst enemy, but it does in this likable comedy. Murderers and a con man may seem like unlikely saviors, but as they explain, "We're just like you. It's just that we got caught."

Suzan Lorraine directs with Geotty Chapple, Sean Bonnington, and Mark Barry portraying the likable convicts. "These are parts made in heaven," says Lorraine. "These three guys are going to have so much fun."

Susan Chapple will play the mother with real-life daughter Claire Stevenson as the daughter. Malcolm Cowler will play the father, and the role of the owner will be played by Eric Carlson and his nefarious nephew will be played by Brian Edwards.

My Three Angels by Sam and Bella Spewak is based on the play, *La Cuisine Des Anges* by Albert Husson. It was made into a 1955 movie starring Humphrey



Sean Bonnington, Mark Barry, and Geotty Chapple play the three soft-hearted convicts in Orinda Starlight Village Players *My Three Angels*. SALLY HOGARTY

Turning a Talky, Talky, Talky Play Into a Romantic Screwball Comedy

By DOROTHY BOWEN
Contributing Writer

Man and Superman by George Bernard Shaw is a long play, but that shouldn't be a problem for director Jonathan Moscone. After all, he directed *Nicholas Nickleby* for Cal Shakes a few seasons ago. It was so long that it was shown on two separate evenings for those weaklings who couldn't sit still in the cold for four plus hours. It was a hit with the audiences.

The third act of *Man and Superman*, titled "Don Juan in Hell," is frequently left out and performed alone. I remember the famous concert reading in San Francisco with Charles Boyer as Don Juan, type casting, no doubt, Charles Laughton as the devil, Cedric Harkwicke as the commandante and Agnes Moorhead as Dona Ana.

But, Moscone is rejecting the shorter approach. "The third act is a kind of dream, an unconscious dream. The modernity of Don Juan in Hell affects how the fourth act works," he says. "After the dream sequence, it returns to being a brilliant, fabulous romantic screwball comedy about a man who is avoiding his feelings."

The playwright agrees. He writes in his preface to the play, "I have thrust into my perfectly modern three-act play, a totally extraneous act in which my hero, energized by the air of the Sierra, has a dream in which his Mozartian ancestor appears and philosophizes at great length in a Shavian-Socratic dialogue with the lady, the statue and the devil."

"It's a talky, talky, talky play," Moscone admits, "but that's the wonderful irony of

Shaw that is very romantic at the same time."

Playing the heroine and life force Ann Whitfield, and also Dona Ana, will be Susannah Livingston. Elijah Alexander will play Jack Tanner and Don Juan. He made his Cal Shakes debut last season in *Restoration Comedy*. L. Peter Calendar will play Roebuck Ramsden and the Statue. Andy Murray will play Mendoza and the devil.

"The pretense that women do not take the initiative is part of the farce," Moscone says. "Why the whole world is strewn with snares, traps, gins, and pitfalls for the capture of men. Give women the vote and in five years there will be a crushing tax on bachelors."

He seeks support from earlier dramatists noting, "In Shakespeare's plays, the woman always takes the initiative. In his problem plays and his popular plays alike, the love interest is the interest of seeing the woman hunt the man down. She may do it by charming him, like Rosalind, or by stratagem, like Mariana; but in every case, the relation between the woman and the man is the same: she is the pursuer and contriver, he, the pursued and disposed of. When she is baffled, like Ophelia, she goes mad and commits suicide, and the man goes straight from her funeral to a fencing match."

"There are ideas aplenty," says Moscone "but it's not a play of ideas. No great play is just that."

And audiences need not fear that all Shaw's opinions, however witty, will be repeated in the play. He reassures his friend Walkley, "Have I put all this tub-thumping

Bogart, Peter Ustinov, Basil Rathbone, Aldo Ray, and Joan Bennett. Another movie, readapted by David Mamet, was made in 1989 starring Robert De Niro and Sean Penn. The latter took a darker turn.

"We're going for the comedy," says Lorraine, "in the spirit of *Arsenic and Old Lace*."

into a Don Juan comedy? I only turn my Don Juan character into a political pamphleteer and have given you the pamphlet in full at the end of my work." The pamphlet, "A Revolutionist's Handbook," takes about 54 pages. The creative team for *Man and Superman* includes set designer Annie Smart, costume designer Anna Olivier, lighting designer Russell Champa, and sound designer Ted Crimby.

Season tickets are still available at \$60 - \$216 and single tickets run \$15 to \$60. *Man and Superman* will play July 4 through July 29 at Bruns Amphitheatre in Orinda. For tickets, call (510) 548-9666 or stop by the Cal Shakes ticket office at Theatre Square.



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Out and About

Pat Rudebusch



Last year at this time I was at the midpoint in my training to walk the Portland Marathon. I had a buddy in this adventure, **Beth Bilotti**. I had never done a maratahon – not walking or running. Seeing as I turned 50 last year, doing a marathon seemed like a fitting way to commemorate half a century: 50 K for 50 years.

If you ran into me or Beth at any point last summer, fall, or winter, chances are, we told you all about our marathon plans. We were pretty darn proud of ourselves. The marathon was our #1 topic of conversation. The marathon proved to be a great conversation “ice-breaker” that led to learning about all sorts of friends and acquaintances who had tackled similar physical challenges.

Ina Pavey and **Cathy Dolbec**, both veteran marathoners, had lots of advice on trails to train on and motivational strategies. **Jane Elizabeth Regan** ran the Paris Marathon, the highlight of which must be the messages that are offered along the route. And **Linda Bonomo** was training for the Philadelphia and New York Marathons. The most inspirational marathon story, however, came from **Sandy Albini** who was training to accompany her 73-year old mother on the Long Beach Marathon.

I haven’t decided on my next physical challenge/adventure, but my inspiration may come from **Andy Sorenson** who climbed Mt. Shasta with 40 young men and women from the Lamorinda area. Their climb is about more than reaching the summit; they also hope to raise \$14,162 for

Hospice of the East Bay. At 14,162 feet, Mt. Shasta is the tallest volcano in Northern California. The ambitious group of teens are members of The Church of Jesus Christ of Latter-day Saints and Boy Scout Troop 249.

Recent Miramonte graduate **Drew Larson**, who is heading up the summit climb, said, “Our youth group really wanted to do something other than climb just for ourselves. By raising money for Hospice, we hope to help others by raising awareness and funds for end-of-life care.” All funds raised will be donated to end-of-life-care provided by Hospice.

In addition to Larson, other Orinda teens participating in the Mt. Shasta Hospice Climb are **Roxanne and James Dawson; David, Jeannette, and Karen Fuhrman; Alex Laney; Mitchell Larson; Kurt and Alec Linderman; Kellyn Severson; Zachary Sorenson; Christian Thatcher; and Rossin West**. Severson, who climbed Yosemite’s Half Dome last year, says that the Mt. Shasta climb has been an every-other-year tradition for the Boy Scout troop but this year the event was expanded to include both male and female members of the church youth group. This is the first time the group has dedicated their climb to raising funds for Hospice. “We are doing this in the memory of a church member who received hospice care earlier this year,” Severson says. “We want to show our appreciation for all that Hospice does.”

Anyone interested in making a contribution in honor of their climb can send a check directly to Hospice of the East Bay, 3470 Buskirk Ave., Pleasant Hill, CA 94523 or online at www.hospicecc.org and include a note specifying that the gift is to be credited toward the Mt. Shasta Hospice Climb.

◆ MICHELSON from page 16

portfolio and has submitted work to a juried show at the Leshner Center’s Bedford Gallery. “I’ve always made art,” he says. “But this past year in my AP art class, I’ve been doing so much art that my skill level has really blossomed. Art has become an important form of expression.”

Michelson expects to continue studying art, but he’s also interested in philosophy and possibly journalism. “Mr. Litton, my AP English teacher, has been one of my most influential teachers. He taught me how to be a better critical thinker and a better writer. He’s absolutely professional, but I also consider him a friend.”

Like Shibuya, Michelson was profoundly influenced by the *Invisible Children* documentary. “I first saw it on UTube, before it came to Miramonte. The story of these children is so powerful. It really motivated me to do something. I hope someday to go to Uganda, whether it’s by joining the Peace Corp or reporting on the conditions as a journalist I want to do something to make a difference.”

He’s already had a taste of helping the less fortunate by volunteering for the Coalition of Concerned Medical Professionals (CCMP), a nonprofit organization that arranges for doctors to volunteer their time to provide health care to the poor. “I mostly provided office



Zach Michelson heads off for UC Santa Cruz this fall.

support, but one of the more fulfilling roles I had was taking notes for patients on what the doctors were telling them. Patients would then have something to refer to when they got home,” he says. “I learned a lot about the doctor – patient relationship.”

Adrienne Horn, on the other hand, grew up with medical professionals. Her mother is a nurse and her father is a doctor; so, it may come as little surprise that she would pursue a career in nursing, which she will do at the University of San Francisco. Aside from “being immersed in medicine my entire life,” Horn credits two Miramonte science teachers, Paul Yriberri and Sharat Gadde, with fueling her interest in science. “Mr. Gadde, is just amazing. I had him for biology sophomore year and knew that I wanted to take AP biology with him, as well,” she says. “He made science easy to

understand and exciting to learn. I loved physiology with Mr. Yriberri, too.”

Outside of the classroom, Horn has volunteered at Children’s Hospital of



Adrienne Horn

CONTRIBUTED PHOTO

Oakland assisting patients who come in for treatments such as physical therapy or IV treatments. Right now, her interests in nursing lean toward pediatrics or intensive care. But whichever direction she chooses, it’s certain that her career will merge love of science and helping others.

As a Girl Scout and member of the National Charity League, Horn has learned to value volunteering and helping people. Girl Scouting is also where she was introduced to another passion: Irish dancing. “Several girls in my Girl Scout troop at Del Rey performed an Irish dance routine in fourth grade. My mom encouraged me to try it, and it’s something I’ve done ever since.” She has competed in Irish dance regionally and internationally but says that the most memorable experience was competing at the World Champions – “the Olympics of Irish dancing” – in Ireland.

Violinist **Mariko Meyer** will pursue her interest in music at Oberlin College next year. While still undecided on her college major, Meyer says that she will continue to study violin. “I chose to go to Oberlin because of its strong music and academic programs. It offers a good balance between the two.”

Meyer has studied violin for ten years, but hadn’t played in an orchestra until coming to Miramonte. “Playing in the orchestra, I became much more interested in the violin,” she says. “It allows me to express myself and I’ve met a lot of interesting people.” In addition to Miramonte’s orchestra, Meyer has performed with the Young People’s Symphony Orchestra, the oldest youth orchestra in California and the second oldest in the nation.

“Music requires a lot of work before you can express yourself, but once you get to that level, it’s an amazing experience,”

[SEE MEYER page 22]

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CALENDAR

ON THE CALENDAR

JULY

- 3 **Orinda Books**, Thrity Umrigar, author of *The Space Between Us*, discussing her new novel, *If Today Be Sweet*, 2 p.m. at Orinda Books, 254-7606.
- 4 **California Shakespeare Theater**, *Man and Superman* by George Bernard Shaw, 8 p.m. at Bruns Amphitheatre. Continues through July 29. Starting times vary, with 4 p.m. Sunday matinees through the month and some evenings at 7:30. For tickets, call (510) 548-9666.
Orinda Association and City of Orinda sponsor the 4th of July parade and celebration, 7:30 a.m. breakfast at Community Center, 10 a.m. parade, 11:30 a.m. Concert-in-the-Park, 254-0800.
- 7 **Orinda Farmer's Market**, 9 a.m. to 1 p.m., on Orinda Way in front of Rite Aid. Fresh fruits, vegetables, pastries, and more. Continues each Saturday. Visit www.cccfm.org for vendors.
- 10 **Orinda Community Center Auxiliary** Concert-in-the-Park featuring 1980's rock with the Spazmatics, 6:30 p.m., Community Center Park, 254-2445.
WomenSing pre-tour concert, Valley Center for the Performing Arts, Holy Names College, Oakland, 7:30 p.m. (925) 974-9169.
- 13 **Orinda Starlight Village Players**, *My Three Angels*, 8:30 p.m. at Orinda Community Park Amphitheatre. Continues through August 4, with a 4 p.m. show July 29. Call 253-1191 or email jill@aspenconsult.net.
- 17 **World Affairs Book Group**, 3 p.m. at Orinda Books to discuss *Overthrow: America's Century of Regime Change from Hawaii to Iraq*, by Stephen Kinzer. For information contact Daisy Daymond at (925) 935-1565.
Orinda Community Center Auxiliary Concert-in-the-Park featuring the Celtic rock group Pladdohg, 6:30 p.m., Community Center Park, 254-2445.
- 24 **Orinda Community Center Auxiliary** Concert-in-the-Park featuring the swinging jazz of Lady Kaye and the Kings of Swing, 6:30 p.m., Community Center Park, 254-2445.
- 31 **Orinda Community Center Auxiliary** Concert-in-the-Park featuring the Cal Alumni Big Band, 6:30 p.m., Community Center Park, 254-2445.

AT THE LIBRARY

All events open to the public and are free unless otherwise marked.

- 1 **Get A Clue**, summer reading program, throughout the summer. For all ages. Check www.ccclib.org or visit the library for details.
- 2 **Paws to Read**, come and read to a friendly dog, 6:30-7:30 p.m. For grades 1-5. Sign up at the library. Also July 9, 16.
- 3 **Toddler Lapsit**, 10 a.m., stories, songs, and bounces for infants to 3-year-olds and their caregivers. Repeats at 10:30 a.m. Also July 20, 17, 24, and 31.
Paws to Read, 4-5 p.m., come and read to a friendly dog. For grades 1-5. Sign up at the library. Also July 10, 17.
- 7 **Saturday Morning Live!** 11 a.m., family storytime for 3- to 5-year olds. Also 14, 21, 28.
- 28 **Bubble Fun!** 11:30 a.m. Come for stories, stay for bubbles. An extra to the Saturday storytime, there will be bubbles out on the adjoining patio.
- 30 **California Wild!** 3 p.m. Wildlife Associates will bring live animals and discuss how they are suited to live in California. Meet a live bobcat and great horned owl. Suitable for ages 7 and up.

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

CLUB MEETINGS

- Lamorinda Sunrise Rotary**, Postino's in Lafayette, 7 a.m. every Friday, 254-0440, ext.463.
- Orinda Lions Club**, Europa Restaurant, 64 Moraga Way, every Tuesday at 12:15 p.m., 254-0482.
- Orinda Rotary**, Community Center, every Wednesday at noon, 254-5537.
- 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/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.
- Friends of Orinda Creeks**, Orinda Library, May Room, fourth Wednesday, 8 a.m., 253-1997.

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.ci.Orinda.ca.us.
- Historic Landmarks Committee**
Fourth Tuesday, 3 to 5 p.m., Library Garden Room, public is welcome, for information, please call 788-7323.
- Moraga-Orinda Fire District**
Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.
- Orinda Union School District Board of Trustees**
Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road, www.orinda.k12.ca.us.
- Planning Commission**
Second and fourth Tuesdays, 7 p.m., Library Auditorium, 253-4210.
- Parks and Recreation Commission**
Second Wednesday, 7 p.m., Community Center, Room 7, 254-2445.

CALENDAR BY CHRIS LAVIN

Send calendar items to chrislavin@earthlink.net

Art Happenings Around Orinda in July

■ Glover Group at Library



CONTRIBUTED PHOTO
Pam Glover instructs one of her students during an outdoor painting session.

Students of renowned Plein Air painter and Orinda Community Center instructor Pam Glover are currently exhibiting their works at the Orinda Library. Glover's popular classes attract intermediate and advanced painters who are primarily interested in outdoor painting. The exhibit also includes students of Glover's daughter, artist Ann-Marie Glover, a well-known artist and teacher who has been painting for over 15 years.

Over 30 painters from both instructors will exhibit their work through July 12.

■ Concerts at Café Teatro



CONTRIBUTED PHOTO
Guitarist Chris Estes plays at Café Teatro.

Café Teatro continues its Sunday afternoon music through July and August. Guitar player and singer Chris Estes (above) is among the performers gracing Café Teatro during July. Estes plays from 1 – 3 p.m. on July 1. Other performers include fingerstyle guitarist David Moore (July 8), American roots music by The Real Placebos (July 15), Hawaiian slack key guitarist Fran Guidry (July 22), and fingerstyle guitarist Ace Batacan (July 29). What a great way to spend a Sunday afternoon – great music, and a nice latte.

■ Concerts at The Orinda House and Community Park



RICK KONLON
Holly Penfield, jazz singer.

Renowned jazz singer and former Orinda resident Holly Penfield brought her high-energy performance style to The Orinda

House in June. Other jazz greats playing recently included saxophonist Pete Yellin and Pink Floyd saxophonist Ian Richie. Concerts take place Thursdays, Fridays, and Saturdays. Stop by the restaurant, located next to Peet's Coffee on Moraga Way or call 258-4445.

Concerts-in-the-Park, sponsored by the Community Center Auxiliary, take place every Tuesday in July from 6:30 - 8:30 p.m. The one exception is July 4, when the Silver Spurs will play immediately following the parade at 11:30 a.m. All concerts take place in the park. Bring a picnic dinner and enjoy the following bands: Spazmatics - 80s rock on July 10; Pladdohg - Celtic rock on July 17; Lady Kaye and the Kings of Swing - swing and jazz on July 24; and the Cal Alumni Big Band on July 31.

— Sally Hogarty, Editor

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BUSINESS BUZZ

◆ BUZZ from page 24

features five pages on your website and maintenance of the site costing just \$595. E-Commerce is \$995 and up, depending on the features you wish to include on your site. "We are a small design and hosting firm with large expertise and extensive experience developing websites. The web is an important form of media, and we value our clients that we serve," adds Galassi.

Galassi is married to David Galassi, who is in the real estate appraisal business. The couple has two children, Rachel and Jonathan. Jonathan is a student at Miramonte High School and Rachel graduated last month. The family has lived in Orinda for 15 years. Carole is a member of the Mt. Diablo Businesswomen Group, a member of the board of directors of the Marin Association of Female Executives and an active member of the Orinda Chamber of Commerce. For more information about Creative Media Web, please call Carole Galassi at (925) 323-6036 or better yet, visit her website at www.creativemediaweb.com.

◆ Cory Reid Earns Certified Mortgage Consultant Designation

Founder of Fountainhead Mortgage, Cory Reid has earned the exclusive Certified Mortgage Consultant (CMC) designation, which is the highest level of certification available from the National Association of Mortgage Brokers. Fountainhead Mortgage recently relocated offices from Emeryville to Suite 310 in Theatre Square.

"Our belief, perspective, and approach sets us apart from competitors," explains Reid. "For most people, their home is their largest asset and the monthly mortgage is also their largest single debt, with the outgoing mortgage check being the largest monthly payment. We spend a lot of time with our clients understanding their financial goals, investment objectives, and risk tolerances, as well as the length of time



SALLY HOGARTY

Cory Reid, founder of Fountainhead Mortgage.

they anticipate being in their home and what their career will be doing at this time," Reid adds.

By helping to educate clients about the factors going into their home mortgage

◆ YATES from page 7

played four instruments during *Epitaph*, including two he had never played before — the contra bass clarinet ("nearly six feet tall") and the alto flute. Yates described learning two new instruments for the piece as a "doubler's" nightmare. "Usually a musician who is a doubler plays two instruments in a performance," Yates explains. "I was going back and forth playing four (bass clarinet, contra bass clarinet, flute and alto flute), sometimes with only a six-second switch from one to the other."

◆ Early Musical Influences in Orinda Made the Difference

At home in Brooklyn, Yates credited those who guided him musically throughout his formative years as a music student. It was in Orinda that he began learning the clarinet, saxophone, bass clarinet, and flute. "First, I give credit to my mother and father, Madelyn and Lyle Yates, who always encouraged me. They never forced another agenda on me, allowing me to focus on my musical development. Mom also took the time to find the best teachers and exceptional learning opportunities, including music camps. I had outstanding teachers and

investment, Reid is able to create a mortgage that coincides with the client's overall investment plan. Reid enjoys working with the client's financial planners and CPA's when possible. Eight mortgage brokers are on staff at Fountainhead, three of whom have earned the CMC distinction. "There are only 30 CMC's in California and three are at Fountainhead," points out Reid.

Residents of Moraga, Reid and his wife Amy have four children. In addition to being a mother and homemaker, Amy is a community service volunteer. She especially enjoys her involvement in The Brightest Little Star program at Alta Bates Hospital. She creates blankets for the newborn intensive care unit at Alta Bates. The family enjoys golf, camping, and skiing in Tahoe and Utah.

Reid is a licensed mortgage broker in six states, including California, Oregon, Washington, Utah, Idaho, and Colorado. "More and more, clients today are basing their mortgage selection on our approach. We secure the mortgage for our client and focus on the longer-term goal. We help them manage the debt and equity for their home. Here in the Bay Area, we have a dramatically different housing market from the rest of the country. We are continuing to see homes that are located in the right area and are priced appropriately continuing to sell quickly," says Reid. For more information about Fountainhead Mortgage, please call Reid at (925) 317-7601 or visit the website at www.fountainheadmortgage.com.

mentors to whom I wish to express my gratitude. They are a major reason why I am where I am today." Madelyn Yates says, "Darlene Boomgarden, a teacher at Orinda Intermediate School, saw the fire in Doug for music at a young age and encouraged it."

Yates cites Rudy Tapiro, a gifted woodwinds teacher, as well as an Oakland Symphony clarinetist, as a pivotal influence in his musical development. "Now, I use all the basic skills and classical background I learned from Rudy. What helped qualify me to be a part of the Mingus Orchestra, especially the smaller *Epitaph* ensemble was my combined proficiency in both classical music and jazz."

In sixth grade, Yates says he started taking saxophone from Ben Meltzer, now deceased: "His style of teaching had a profound impact on me." Doug spent months convincing Meltzer to teach him about improvisation. "At first, he thought I was too young to learn this. I was only 12-years-old, but he finally relented."

Meltzer's unique teaching style was to have Yates take old jazz standards and write solos for them. Then, Yates would play the solos along with the recorded pieces (recorded sans the solo part). "It allowed me to understand the connection between what I was hearing in my head (the improvisation) and what worked when I played my solos with the original composition."

At Miramonte High School, then music director Rick Meyer played a key role in Yates' growth as a musician. Through the school's jazz program, Doug and fellow Miramonte students qualified to be a part of the All State Honor Band. Yates' mother,

Madelyn, recently shared that, "Rick lost his star performer upon recommending Doug for the Gifted Student Program at Miramonte." With Meyer's letter of recommendation, her son qualified to spend time away from Miramonte, in music courses at the UC Berkeley's department of jazz and playing in the UC jazz band. Later, Yates attended USC, but was recruited by the prestigious Berklee College of Music with a full scholarship to study under several jazz greats.

Yates also credits another mentor and music teacher, Mel Martin, with whom he studied saxophone after attending the famous, Jamie Aebersold Jazz Camp, while still at Miramonte High School. "What really set Mel apart as a teacher was his willingness to be honest," Yates explains. "He always told me about my weaknesses, pushing me to play better, having me learn difficult improvisations. This was important because at that time, I was winning awards and praise from many. I needed to be challenged and kept humble in my learning process in spite of my success."

Stanley Middle School's famed music director Bob Athayde also played a major part in Yates' development as a musician. "I consider Bob to be one of the best jazz educators in the nation," Yates states. "He asked me to teach at the Lafayette Summer Jazz Workshop years ago, it has been an honor for me to be a part of the workshop and to give back to the community who gave me so much."

This year, however, jazz festival performances with the Mingus Orchestra have made it impossible for Yates to be at Athayde's Lafayette workshop. Instead, he will be teaching at the Stanford Jazz Workshop later in the summer.

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BUSINESS BUZZ

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The UPS Store Celebrates 10th Anniversary

With a background in the corporate management world and 30 years of sales and marketing management experience, Orinda's UPS Store owner Tom Mortimer places a heavy emphasis on his customers and employees. "The two most important resources to any enterprise are the customers and the employees. This is the overriding philosophy that I try to implement at the store on a daily basis," says Mortimer.

Located at 21 Orinda Way, Suite C and adjacent to Hilton House Home Consignments, the UPS Store is a one-stop service center with a staff of seven that has 40-plus years combined shipping experience. Newly promoted store manager Linda Heasell leads the staff. "We know packing and shipping," says Mortimer. In addition to this expertise there is a notary on the premises at all times. The following services are featured:

- UPS shipping
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CONTRIBUTED PHOTO

UPS employees are ready to serve you. (L-R) Linda Heasell, Patty Rivera, Cindy Saba, Michele Leong, Barb Cosby, and Ryan Horton.

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Mortimer and his wife Leslie have lived in Moraga for seven years. Now that she is retired from her 28-year career in the computer industry, Leslie is able to spend more time at the store. Both Leslie and Tom like to travel and play golf, but Tom can be found in the store almost every day.

"We are very busy now, and we have managed to grow the business by a factor of four over the past 10 years. I attribute this success to the store's staff and a singular focus on customer service," says Mortimer. "We work very hard to have every customer leave the store feeling like they got some very real value for their visit. All the advertising and promotion and discounts in the world will not grow a business without excellent customer service," he adds.

The UPS Store in Orinda Village is open Monday through Friday 8:30 a.m. to 5:30 p.m., Saturday 10 a.m. to 4 p.m. and is closed on Sunday. Please call 254-4490 for more information.

Creative Media Web Is Full-Service Graphic Design Studio

Creative Media Web, a small web design and hosting firm, was established last year by Carole Galassi. Having 12 years of experience creating websites, Galassi has seen the incredible rapid growth in the field of Internet technology within a very short period of time. "I worked in the corporate

environment as a systems analyst. I started my own company because of my passion for visual design. Creative Media Web allows me to blend my creativity and technical skills together for the benefit of my client," explains Galassi.

As a full-service graphic design studio,



SALLY HOGARTY

Carole Galassi of Creative Media Web.

Creative Media Web handles website designs, website maintenance, and site updates on a monthly basis. They also custom design logos and handle anything to do with print collateral, such as photo enhancement and restoration.

"We bring stores into the Internet for online purchasing, and we offer full-service web hosting (web hosting refers to the actual physical space where a website is located) which includes domain registration. We also provide search engine optimization for clients. With the expansion of the Internet, it can take a long time for pages to get priority on search engines such as Google, MSN, and Yahoo, and this is something we can manage for our clients," says Galassi.

Creative Media Web offers several packages including Quick Start Up, which

[SEE BUZZ page 23]

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