

THE ORINDA NEWS

Gratis
Volume 25, Number 9

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

12 Issues Annually
September 2010

Sixth Annual Classic Car Show Takes Place September 25

By ELANA O'LOSKEY
Staff Writer

Orinda's annual Classic Car Show is unique among area car shows because there is no judging or prizes given out – it's about the people and their cars. Proceeds from the September 25 event benefit Seniors Around Town (SAT) and the Orinda Historical Society. The show runs 10 a.m. - 2 p.m. at Orinda Motors, 63 Orinda Way.

The Orinda Association's SAT program provides transportation for Orinda seniors to medical appointments and more.

For a \$10 tax-deductible contribution, you can ride in the classic car of your choice in the parade through town that begins at 2 p.m. The more than 135 cars on display range from a 1912 Hudson all the way to a 2009 Lamborghini and everything in between, and that doesn't count the vintage and custom motorcycles in the show.

Festivities begin Friday, September 24, at 7 p.m. at a fun dinner, auction and dance entitled "Dancing with the Cars." The event begins at 7 p.m. and takes place at Orinda Motors as well as Avenida de Orinda, which will be closed, tented and decorated for the special occasion. Participants will not only enjoy a fabulous dinner and live auction, they will also get a sneak peak at some of the cars that will be displayed the next day from 10 a.m. - 2 p.m. Mechanics Bank is the presenting sponsor of the dinner/dance with proceeds benefiting the Educational Foundation of Orinda with Orinda Motors the presenting sponsor (for the sixth year in a row!) of the Classic Car Show, which benefits Seniors Around Town and the Orinda Historical Society.

This is the first year the Classic Car Show and Dancing with the Cars will both be at Orinda Motors. Last year the dinner/dance took place at a hanger at Buchanan Field in Concord. According to John Vanek, "We

are proud and excited to host both events right here in downtown Orinda, including a display we've worked up with the Orinda Historical Society." Expanding on the Orinda Through the Years display seen last year, Orinda resident Whitney Haiste has designed a special exhibit showcasing vehicles from the turn-of-the-century (1900 that is) up to World War II. There are also some unusual artifacts provided by the Historical Society, whose members will be on hand to share their encyclopedic knowledge of Orinda's history.

Chip Herman, indefatigable Majordomo of the show, wants to be sure to thank the many volunteers and sponsors including the Boy Scouts, Seniors Around Town, Educational Foundation of Orinda, Orinda



SALLY HOGARTY

Peter Read's 1967 Ferrari 275 GTB was a big hit in last year's car show.

Historical Society and, of course, presenting sponsor Orinda Motors. Additional sponsors include Living Lean, Mechanics Bank, Clark Thompson-Village Associates, FedEx Office, Bay Cities Paving, Safeway, Saag's, Avoderm, Capture Technologies, Edgewood Partners Insurance Center, Romak Ironworks, and ContainerTrac.

If you'd like to enter your car in the show or need more information on the event, contact Herman at chipherman@earthlink.net. You can also reserve tickets for Dancing with the Cars by going to www.OrindaEFO.org.

See Restaurant Guide Page 15



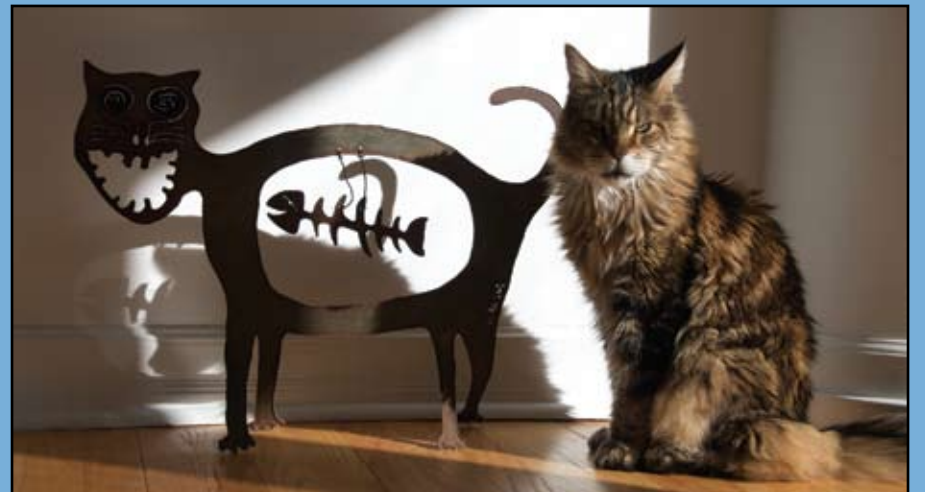
MAGGIE SHARPE

Mameaw Puttviul says the ginger salad at Siam Orchid is one of the restaurant's most popular dishes.

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Stately Maine Coon Is September's Tiger



CONTRIBUTED PHOTO

Mozart, a 17-year-old Maine Coon, is a "demandingly affectionate cat" according to his human companion Ted Klauber. "The wild animal in him is always just below the surface," Klauber adds. Mozart lives with his other cat, two dogs, and two humans in the Country Club area of Orinda.

Local Businesses Express Views on Proposed Downtown Changes

By BILL RAYNOLDS
Staff Writer

Local residents have been weighing in on the Planning Department's proposed changes to Orinda's downtown plan, especially as it relates to possible increases in building height and increased density. Now local merchants, who will be affected the most by the proposed changes, are expressing their views.

Allen Pennebaker, president of Orinda Motors, who lives in Alhambra Valley but grew up in Orinda attending Orinda Elementary and Pine Grove schools and graduating from Miramonte, recently shared his thoughts on the downtown plan. "In general, it's the right direction to go. The city needs something like this to increase the tax base in order to finance the city and, more specifically, to fix the roads. Without it, we just end up with empty buildings and a city that cannot serve the community...things nobody wants. Of course, without careful planning, a direction of this sort could mean that in the future we won't see auto repair businesses such as Orinda Motors, as the nature of downtown Orinda changes."

Harry Boukis, owner of Europa Deli, expressed concerns with the proposed plan.

"With the proposed changes, it would mean I would no longer be here. This community is based on schools and family, and it needs restaurants like ours, with a dedicated play area for kids, that cater to families with small children. The city is moving toward a downtown Walnut Creek environment and that goes against Orinda's basic nature. The mayor says we need redevelopment to create more tax revenue, but I think it's a paradox. In the process, we may be actually driving out businesses. We certainly can't ride out a year or longer shutdown due to construction. There are many popular businesses that won't survive if the city's plans are implemented."

Azmi Masarweh, who has owned the Petra Café next to the Orinda Theater for almost 10 years, thinks something needs to be done. "I support the plan's proposed changes, Theatre Square is like a ghost town. Redevelopment will bring more people to the area, which is good for local merchants as well as the city's tax base... everybody benefits. As far as the housing aspect of the proposal, I support the idea in general, but designating the residences as strictly for seniors does not seem like

[SEE MERCHANTS page 20]

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Harriet Ainsworth – Irreplaceable Local Columnist Dies at 95

By SALLY HOGARTY
Editor

Long-time Orinda resident and a local print journalism icon, Harriet Ainsworth, died on July 30 at the age of 95. For the past 17-plus years, she wrote about the comings and goings of local residents and various events in her “Sunbeams” column in the *Lamorinda Sun*.

I’ve known the intrepid reporter for almost 20 years but was still surprised to find out she was 95. Her energy and indomitable spirit made her seem decades younger. We would often be at the same events, and if I happen to have my camera with me, she’d make sure I sent her a selection of photos for her use as well as mine. We spent many a luncheon and dinner event commiserating over our mysterious chicken dishes.

While many in Contra Costa County know Harriet from her twice-monthly column in the *Lamorinda Sun*, her journalistic experience went way beyond our little corner of the world.

Born in Columbus, Ohio, Harriet graduated from high school at the tender age of 16 and went on to graduate from Ohio Wesleyan University. She also attended Columbia University’s Pulitzer School of Journalism before moving to the West Coast and becoming a reporter for the *Oregonian* in Portland. Not letting go of her Eastern roots, she was also a correspondent for the *New York Mirror* and authored several national magazine articles while still finding time to produce the network radio show “Northwest Neighbors.”

When World War II dawned, Harriet worked nights as a volunteer air raid clerk before joining the U.S. Naval Reserve. She reached the rank of lieutenant, serving as the public information officer for the Naval Air Transport Command. When the Navy discovered oil in Point Barrow, the most northern point in the western hemisphere, Harriet became one of the first women to visit the “Top of the World,” as Barrow was called.

It was during her naval service that she met her future husband, James Gordon Ainsworth. In 1950, the young couple moved to Orinda to raise their children, Jay and Adeline. Harriet confided to me that she really liked having “a milkman who delivered milk in glass bottles to your door and a vegetable man who came once a week with his horse and cart.”

Harriet’s tenacious personality allowed her to juggle motherhood along with a demanding job as public information di-

rector for the American Cancer Society. At the same time, she also managed to write for the *Oakland Tribune* and the *Indianapolis Times Star* as well as co-author the book *The Road Back*, which dealt with families trying to get off welfare. Some of her reporting assignments took her around the world; daughter Adeline Forrest said Harriet filed stories from Europe, Asia and South America during her newspaper career.

A tireless community volunteer, Harriet was one of the founding members of the Orinda Foundation, formed to build Orinda’s first city park. She was also involved with Orinda’s campaign to become a city in the early 1980s. Her numerous volunteer activities resulted in her being selected as the 1977 Orinda Citizen of the Year (along with Martin McNair), and in 2008, the Orinda Association named her the Grand Marshall of Orinda’s 4th of July parade.

Retirement wasn’t a word in Harriet’s vocabulary. When she left the American Cancer Society after 31 years, she began her “Sunbeams” column, referring to her latest writing assignment as her “retire-




SALLY HOGARTY
Harriet Ainsworth taking notes outside the Orinda Library.

ment job.”

Orinda City Councilmember Amy Worth remembers Harriet as someone who truly believed in the importance of what she covered, especially the various local charity efforts. “She understood the importance of the charitable work Lamorinda people were doing, and she was a really visible presence in the community,” said Worth.

“Harriet was welcomed at social events from one end of the county to the other – some very fancy and exclusive, some just folks – like her coverage of our first almost annual Mariposa Lane Ice Cream Party,” say Chuck McCloy. “She reported on our

[SEE AINSWORTH page 20]




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ORINDA ASSOCIATION

A Message From the OA President
They are all Our Children



Mark Roberts

It's September and that means Orinda students are back in school. It also means that they are back on Orinda roads – on foot, on bicycles or (more often than not) in their parents' vehicles. What that means for all of us is that we must be extra careful and attentive when we're driving so that all students reach their destination – school or home – safely.

I'm putting on my hat as a member of Orinda's Traffic Safety Advisory Committee because of my experience driving from my home on Muth Drive to Saint Mary's College for many years. Since I knew that traffic on Moraga Way in the morning is challenging, due to heavy traffic heading north to Highway 24 and equally heavy traffic heading south to OIS and Miramonte, I usually took Tara to Overhill to Glorietta to Rheem Blvd. to get to campus. That route took me past Glorietta School and on the same route as many kids and parents heading to that campus.

All too often, while I was on Overhill or Glorietta, I would be driving the speed limit – 25 mph or 15 in the immediate vicinity of the school – and would look in my rear view mirror and see a vehicle driven by a tense to angry-looking parent right on my bumper. That made me tense because I was intent on paying attention to the kids on foot or bicycle and other vehicles in front of me. On a few occasions, I didn't see the vehicle behind me before the driver used his or her horn to, shall we say, get my attention.

Gentle readers, my concern then and now is that these impatient drivers were focusing all their attention on their needs or those

of their children at the expense of all other parents and their children. Believe me, I don't like to be late, and I know the stress I feel when I am. But I also do my best to remember when I'm behind the wheel that I'm driving a 3,000-plus pound vehicle that has the mass and momentum to do a heck of a lot of damage to people and/or property if it is out of control. I didn't do well in physics but that fact has always remained vivid in my memory.

What I'm asking is that all of us, especially parents of students heading to or

from school, remember that all of Orinda's children are precious and that all deserve the ability to reach their destination safely whether they're on foot or bicycle or in vehicles. Even if you or your child is late, please extend the same concern, empathy and courtesy to other parents with children that you would hope they would extend to

you in a similar situation. Safety takes just a couple of minutes. Impatience and resulting tragedy can last forever.

We pride ourselves on the quality of Orinda's schools. Let's make sure that ALL our students get to (and from) them safely so that they can take full advantage of the great education they provide.



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Guest Editorial

Just What Does Define Orinda?

What is it that defines Orinda, making it a desirable place for residents, and attracting so many potential home buyers? Many would say it's the school system, or perhaps the community's semi-rural nature... beautiful settings within commuting distance to employment centers. Probably it isn't the quality and maintenance level of local roads, but who knows?

The question of what defines Orinda isn't merely an academic one anymore. Recently there has been a lot of attention focused on one aspect of this question, the "heart" of the city, its downtown area. The City Council, the Planning Department, and the Planning Commission are receiving unusually high public input on the question of what changes should be made to Orinda's plan for the downtown area.

Most residents neither know nor care what goes on at Planning Commission meetings unless they have an item on the agenda involving their property, or one in

their neighborhood. So it's not surprising that the initial public response to potential zoning changes was minimal.

There are many things that demand a resident's attention on a daily basis, especially given everyone's busy careers and family obligations. I doubt that paying attention to the agenda of Planning Commission meetings would rank very high on anyone's list. But does the fact that there was almost no initial public reaction to the proposed new downtown plan mean that people don't care about it?

Apparently not... a meeting room that may have once held a handful of concerned citizens now fills to overflowing when this issue is on the agenda. Clearly, this is a subject that has gone from "off the radar" to a level that may end up changing both the way the city decides to handle such issues, and, perhaps, ultimately the people who will be making those decisions.

— Bill Reynolds, Staff Writer

Letters to the Editor

Misinformation on Episcopal Church

Your reporting in the July edition on the formation of a new Anglican Church in North America congregation in Orinda surprised and disappointed me. I was surprised because you allowed the sponsoring priest of the new church to critique and mis-characterize the Episcopal Church in North America without inviting comment and a response from any of our local Episcopal priests. Among other things, Fr. Ed O'Neill asserted that the Episcopal Church is "without any Biblical basis" for blessing same-sex marriages and consecrating bishops in same-sex relationships. At the same time, Fr. O'Neill offered absolutely no Biblical basis for denying equality in marriage or declining to consecrate bishops who happen to be gay or lesbian. I was disappointed in your coverage because as pastor of an Open and Affirming congregation of the United Church I know that there are excellent foundations in scripture for the full inclusion and civil rights of every person, regardless of sexual orientation.

— Frank Baldwin, Pastor
Orinda Community Church

Proposed Downtown Redevelopment

As has been expressed recently by Mayor Tom McCormick, there is a plan to address the feasibility of rebuilding our downtown on both sides of the freeway. The primary reason and/or justification that we're hearing is that it will increase our sales tax revenue. The Orinda Planning Commission has created the Planning Process Review

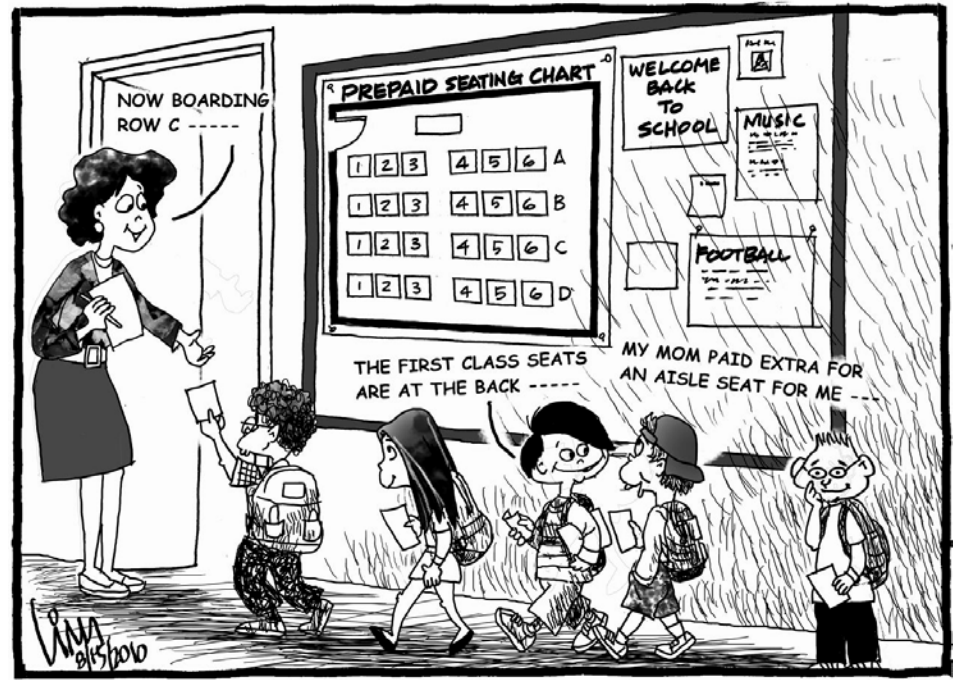
Task Force (PPRTF), which in turn created a Downtown Subcommittee to address this. That committee, consisting of two developers, has generated proposed amendments to our general plan.

Part of the proposed plan calls for demolishing and rebuilding a block of our downtown south of the freeway and raising our building height limit. This would provide residential housing for seniors and new retail stores. There is a very important point to be made about a plan creating new future retail outlets in new commercial buildings in Orinda, as is being proposed. Most commercial tenants have a triple net lease [NNN lease]. The tenants pay Common Area Maintenance, or CAM, which includes all maintenance, taxes and insurance in addition to the tenant's rent. If a new structure is built downtown, the CAM will rise strikingly. Taxes, a major part of CAM, will rise markedly. The cost of doing business will rise. People wonder why new buildings with retail spaces below occupied living units tend to remain empty, as in one new Walnut Creek location. There is an accounting term called "the cost of goods sold," which includes wholesale price, NNN rent, and the expense of selling. Above that is the hoped for profit.

In addition to the expense of sales, there is not an adequate population base that will buy goods in Orinda. Unlike Lafayette, we don't have a population east and west of downtown that will buy goods, especially not goods that are more expensive because of greater merchant expense.

I believe the proposed changes to the general plan will decrease rather than increase sales tax revenue.

— Kent Hagen



SIGH, THE EDUCATION BUDGET HAS BEEN CUT AGAIN ---

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Need a Town Hall Meeting

The British dictator Oliver Cromwell told the Rump Parliament of England in

1653: "You have been sat here for too long for any good you have been doing."

[SEE LETTERS page 18]

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Editor..... Sally Hogarty
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 Contributing Writer..... Susan Domingos, Rebecca Kunzma
 Graphics..... Aspen Consulting: Jill Gelster & David Dierks
 Printing..... Folger Graphics

The Orinda News

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



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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 Sept issue are due August 5, 2009.

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CAR TIME

CAR TIME

Preserve your investment (and everyone's safety).

By ALLEN PENNEBAKER



Something has been bothering me more and more recently. It is some Orindans proclivity for ignoring one of the most important things in their lives, their vehicles. We paint our homes, pay for a gardener to keep our yards alive, hire a pool service to clean, take the family on vacation, send the kids to camp, and buy a car for our high school student. Nothing wrong with these if we can afford it.

Why then do so many of us ignore the maintenance of our vehicles? I guess it may be the old "out of sight, out of mind" scenario. We certainly cannot "see" most of the things that can and do go wrong with a car. A car, one of the larger investments, is certainly the most important thing we own from the aspect of safety for our family, our community and ourselves. And then when the vehicle breaks down or some safety component deteriorates, we cannot find the time to fix it properly.

Once again, car care is not a priority anymore, but it should be. Nobody is in the mood to buy a new car or spend money that they don't need to. But we often see neglected maintenance causing additional cost in the long run. There is more to proper car care than 15-minute oil changes. Proper inspections need to be performed by qualified and experienced personal to identify potential failures. Lube techs are trained and equipped to change oil and inspect a finite list of fluids etc. Maintenance such as spark plug replacements, computer management updates, and fuel injection servicing contribute to fuel savings. Wear and tear components such as struts, shocks and tie

rod ends lead to premature tire wear, which will cost you more money in the long run. They also affect ride control, steering and ride quality, which compromises safety.

These maintenance and repair items are much less money than replacing a perfectly good vehicle.

We often hear that this car is "only the babysitter's car" or the BART car. But that car still needs to start and perform efficiently to provide value and reliability. And, more importantly, that car needs to stop and steer correctly, especially if the teenager drives it to school everyday or the babysitter drives the small children in it. Where are our priorities in life? The pool, garden, trip to the mountains? These priorities should be on maintaining the integrity and safety of one of life's larger (both monetary and emotional) investments.

Every vehicle has manufacturer recommended service intervals. These are the "minimum" that needs to be done to keep a vehicle in adequate operating condition. These are not self-serving items designed by dealers to make more money. The people that built the vehicle designed them to keep it safe and operating for a long time.

And no, taking your vehicle to an oil change business does not fulfill all the things required to keep it in good condition. The mere fact that "someone" looked at it does not mean it is properly serviced. We encourage local motorists to be part of the solution, most importantly, by taking the necessary time to care for their cars. Let's make our cars the priority that they should be.

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Have You Seen This Flag?

For many years, the large American flag heralded the approach of the Orinda All-Volunteer Pick-Up Marching Band. But, this past year, the person carrying the flag disappeared – along with the flag!

If anyone has any information about this flag, Moe Levich would certainly appreciate its return. Send any information to news@orindaassociation.org.

(The person carrying the flag in this photo is from a previous year).



SALLY HOGARTY

--- Advertisement ---

Do it Yourself

By EVAN CORSTORPHINE
Portable CIO

You might think it's crazy for a guy who runs a service company to be writing a column about helping yourself. After all, I run a business that specializes in all aspects of servicing computers: choosing, configuring, repairing. Why would I want to tell you to fix it yourself? The reason is I choose to believe in abundance rather than scarcity. I choose to believe that by empowering you to help yourselves, when you really need assistance, you'll know who to come to because I honestly steered you correctly in the past. If you believe in "abundance theory," you believe there is always enough business to go around.

A couple weeks ago the furnace/air conditioner at my home went on the blink. The fan motor stopped working so there was zero air circulation during the last heat wave. I've never been familiar with the inner workings of a furnace and didn't feel comfortable diving into a high voltage environment without a clue. I needed a helping hand to get started.

I called our friends at an HVAC company and asked for a diagnostic. A service tech showed up, and within 10 minutes, he had isolated the bad part and the diagnostic was complete. He showed me the part and said he'd have their office check on the cost of replacement. He warned me, the part was likely to be quite expensive. I paid for his time and armed with the new knowledge looked into replacing the part myself as well.

Their quote for the part and re-installation was \$670. I went into the attic and inspected the pieces, ensuring I thoroughly

understood how everything fit back together and where the broken component had plugged in.

Next, I researched obtaining the part. As it turns out, it's a specialized part that is held in constraint and severely marked up when it's distributed to furnace repair companies. I never would have been able to find it if it hadn't been for Google Images. By typing in some of the part codes into the search engine, it brought back a picture of a piece available on eBay. I dug into the listing and did a thorough comparison. It matched. I bought the part for \$96 including shipping. I installed the part and was rewarded with a working furnace. It was a great feeling to have taken the initiative, solved the problem, and to have saved over \$550.

The lesson here is that there are probably things in your world that break that you can fix. Our society as a whole has become a little bit lazy when it comes to rolling up our shirtsleeves and figuring out problems for ourselves. It's been convenient to call someone and just pay them to make a problem go away. With the economy tied up in knots and many people out of work, it's a good time to reevaluate what we can do for ourselves.

It's unlikely that you're going to be able to fix everything, including your computers. But the knowledge you gain along the way is priceless, because it may help you cut down the cost of a repair, or prevent the problem from happening next time. And, it feels great to fix something all by yourself!

When you are stumped and need a helping hand, give the friendly staff at Portable CIO a call at 925-552-7953, or email info@theportablecio.com.



POLICE BLOTTER

July 2010

False Residential Alarms: Officers responded to 115 false alarm calls throughout the city.

Armed Robbery: 1 incident was reported on Orinda Way.

Auto Burglary: 3 incidents were reported on Ivy Dr. and Moraga Way, Risa Ct. and Irving Ln.

Commercial Burglary: 1 incident was reported on Moraga Way.

Petty Theft – All Other: 1 incident was reported on Zander Dr.

Rape: 1 incident was reported.

Residential Burglary: 1 incident was reported on La Espiral.

Stolen Vehicle: 1 incident was reported on Ardilla Rd.

Vandalism: 1 incident was reported on Village Square.

Vandalism - Felony: 1 incident was reported on Tahos Rd.

Arrests

Battery – Domestic: 1 arrest was made on La Espiral.

Driving Under the Influence – Misdemeanor: 1 arrest was made on

Estates Dr.

Driving Under the Influence – Misdemeanor < .08: 5 arrests were made on Oak Dr., 2 on Glorietta Blvd/Moraga Way, Hwy. 24 W. B. at St. Stephens Dr., Hwy. 24 E. B. at St. Stephens Dr.

Driving w/suspended/revoked license: 1 arrest was made on Camino Pablo and Miner Rd.

Drugs – Possession: 1 arrest was made on Crest View Dr. and Hilldale Ct.

Drugs – Possession (< 1 oz. Marijuana): 1 arrest was made on Oak Rd. and Stein Way.

Drunk in Public: 1 arrest was made on Martha Rd.

Open Container in Motor Vehicle: 1 arrest was made on Camino Pablo/Orinda Way.

Warrant Arrest: 1 arrest was made at Hwy 24 off ramp WB at St Stephens Dr.

– Compiled by Jeanette Irving,
Orinda Police Department



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ORINDA COMMUNITY FOUNDATION

Golf Tournament a Success; Now Community Foundation Plans Kids Triathlon



CONTRIBUTED PHOTO
The recent golf tournament and dinner entitled "Celebrate Everyday Heroes" featured Captain Chesley "Sully" Sullenberger as the honorary chairman. Local everyday heroes in attendance included: (L to R) Moraga Orinda Fire District's **Dan Dick**, Orinda Police Officer **Kevin Mooney**, Boy Scout **David Fuhrman**, City Councilmember **Sue Severson**, MOFD's **Mike Rattary** and **Layne Cooley**, and **Larry Sly**, director, Food Bank Contra Costa and Solano.

By SALLY HOGARTY
Editor

"The golf tournament exceeded our expectations," says City Councilmember Sue Severson. "Since this was the first year, we had no idea what to expect, but the golfers were wildly enthusiastic, and we raised over \$10,000. Proceeds from the July 25 and 26 tournament will go to help the foundation fund various community needs as well as to the Contra Costa Food Bank and Big Brothers, Big Sisters.

Foundation committee members are now gearing up for the second annual NorCal Kids Triathlon, which takes place September 25 beginning at 2 p.m. at Miramonte

High School. Students in grades K-12 can compete individually or on relay teams.

"The event is a fun way for young people to get moving and remain healthy," explains Severson. "Last year, we couldn't accommodate all the kids who wanted to participate so we've raised our capacity to 500 this year." Severson says the goal is to make staying active and healthy fun and not intimidating. "We try to make the kids comfortable in all the events they want to participate in," she adds.

Volunteers are also needed to help prior to and during the triathlon. To volunteer or register to participate, go online to www.norcalkidstri.org.

Eighty-Year-Old Local Hero & Dynamo Mother-Daughter Team on YouTube

David Dowell of Oomph! TV set out to let everyone know what his 80 year old mother is up to. Once you view The Green Buddha video on YouTube, you'll understand why. Just Google "YouTube The Green Buddha" or enter this address into your browser: www.youtube.com/watch?v=dB30JXzjbYM.

Orinda resident Jeanne Dowell and her daughter Dana Dowell started their company about a year ago featuring eco-friendly clothing and accessories. In March, Calypso Twist in downtown Walnut Creek (www.calypsotwist.com) featured Green Buddha's entire line at an all day Attitude of Gratitude event

which included speakers about gratitude, drawings for prizes, and a champagne reception. Much of the video is from this event – you'll recognize locals in the video including Kris Carlson, author of *One Hour to Love*, *One Hour to Live* and Joni Sare, known as the Raw Foods Chef. After viewing the video, you might think, 'Quick, how can I make sure I look like this at 80?' No worries, start with an "Attitude of Gratitude,"

maybe take a yoga class or two from Jeanne, and you're on your way! Contact Jeanne or Dana at 925-858-6069 or via their website at www.greenbuddha.net.

– Elana O'Loskey, Staff Writer



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BETWEEN THE LINES

Orinda Night Out Takes Place September 30

Rebecca Kunzman
Contributing Writer

On Thursday, September 30, from 5 - 8 p.m., groups of neighbors in Orinda will be getting to know their neighbors and enjoying a gathering of new and old friends as Orinda celebrates its third annual Orinda Night Out, a neighborhood and community-building event.

Orindans are encouraged to plan a potluck, an ice cream social, a happy hour, a block party or a barbeque – any

event that brings out the neighborhood. September is National Emergency Preparedness Month and a good time to get together and have fun.

Keep it simple and fun. If you need help or want to have a representative from the Orinda PD, Orinda City Council, Moraga Orinda Fire Department or the Orinda Citizen Corps Council visit your neighborhood event, contact the Orinda Citizen Corps Council by calling 254-1849 or email rkunzman@comcast.net.

Between the Lines End of Summer Reading and Coming Attractions

Marian Nielsen, Orinda Books



As those lazy summer days wind down, we at the bookstore continue to admire the skillful scheduling of our customers as they coordinate family visits, sports spectaculars, and trips near and far, often stopping by Orinda Books to select provisions for the road. For the Lamorinda traveler, reading material is almost as essential as a picture ID. In addition, one of our favorite summer sights has been the leisurely Saturdays and Sundays at Orinda Books when families are able to take time to enjoy the treasures that a well-stocked bookstore has to offer — a book that leaps into one's hand and says "Read me — I've been waiting just for you!"

This past summer also saw several mother-daughter book groups making wonderful reading choices. Teens were reading and discussing Wendy Mass's *A Mango Shaped Space* (2005). The heroine, Mia, has synesthesia — sounds, numbers and letters are represented by specific colors for her. Younger girls and their mothers read *Black Beauty*, some of them finding that this 19th century novel, written to alert adults to so many instances of animal cruelty, was an interesting change from the contemporary or futuristic setting of many of their book group selections. The 2010 Newbery Award-winning *When You Reach Me*, by Rebecca Stead, was another summer reading choice for young book groups. This juvenile page-turner is a hybrid — both mystery and historical fiction — a book that has kept young readers guessing to the last page.

There was much excitement for these same young readers at the end of August when *Mockingjay*, the conclusion to Suzanne Collins's *Hunger Games* trilogy, arrived in bookstores. This very well-reviewed series has had fans coming in and checking the publication date throughout the summer. The *39 Clues* series, which has been cleverly designed to showcase many popular authors of juvenile fiction, also concluded in August with Margaret Peterson Haddix's *Into the Gauntlet*. And Eoin Colfer fans all know that *Artemis Fowl: The Atlantis Complex*, which came out in August, is not the last of that incredibly resourceful teen-ager's adventures.

Juvenile readers are not alone in loving series fiction. It's been around for a long time. One hundred and fifty years before readers waited to hear whether Lisbeth Salander survived her gunshot wounds in Stieg Larsson's *The Girl Who Kicked the Hornet's Nest*, crowds in New York City, awaiting the arrival of a ship from London

were calling out "Is Little Nell dead?" as the ship was carrying a new installment of Charles Dickens's *The Old Curiosity Shop*.

After he wrote *Pillars of the Earth*, a 12th century epic, British writer Ken Follett learned that his readers wanted more and obliged with *World Without End*, taking his readers again to Kingsbridge, this time in the 14th century. Now, Follett fans can ready themselves for his big September blockbuster, *Fall of Giants* (September 28). In the first volume of a trilogy, Follett dramatizes many of the major events of the 20th century, from the Welsh coal mines and the stately homes of England to the seeds of revolution in Russia and the horrors of the WWI trenches. His characters intrigue and inform us as they engage with major players on the world stage as well as fascinate us with their backstairs dalliances that enliven the stately and ominous tread of global events.

But, if you're not ready for 1,008 pages and the entire 20th century, another September title offers a skilled authorial view of some very contemporary issues that are with us now. Carol Casella is one of those amazing MDs who also write novels. *Oxygen*, her first, was an *Indie Best* pick in July, 2008. Her new title, *Healer*, combines the lively narrative of a talented young couple's struggle to survive a painful and public financial debacle with the story of medical ethics gone astray. It is compelling reading.

And looming large on the "Coming Attractions" literary horizon is Jonathan Franzen's (*The Corrections*) new novel, *Freedom*. Through the lives of Patty and Walter Berglund in St. Paul, Minnesota, Franzen has crafted a satirical and passionate story that highlights what one reviewer called "the toxic ironies of middle-class life." This one is not to be missed.

As we've highlighted some of the fictional treats to come, it's interesting to note that books can have an afterlife beyond the bookshelf. There is still time left in September to enjoy the delightful exhibition at the Bedford Gallery in Walnut Creek, "Unbound: A National Exhibition of Book Art." Curator Carrie Lederer has assembled a wild and whimsical collection that stretches the eye and the imagination. Featured are artists who restructure discarded books into miniature trains and turn aged book boards into wall pieces, as well as artists who create books from clay or wood. The exhibition runs through September 19. Book lovers — check this out!

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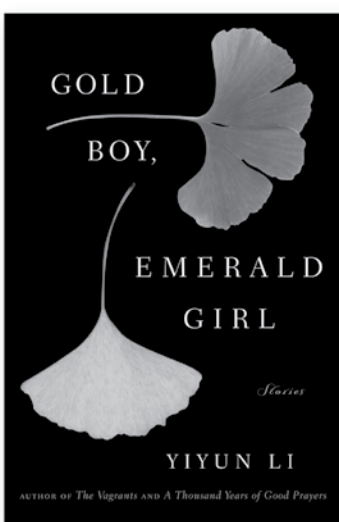
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ST. STEPHEN'S CHURCH

St. Stephen's – The Church of the Middle Way

By SALLY HOGARTY
Editor

Father Larry Hunter's enthusiasm is palpable as he talks about his congregation at St. Stephen's Episcopal Church in Orinda. "We have such great people here – both in the congregation and on staff. They are so committed to helping others and to being inclusive." The church, located on St. Stephen's Drive, has approximately 1200 members.

Known as the "church of the middle way," the Episcopal Church is a member of the worldwide Anglican Communion, with 70 million members in 163 countries. The first Archbishop of Canterbury, Thomas Cranmer, originally compiled the *Book of Common Prayer*, used for worship, in 1549. "We're also known as the 'bridge' church, between Roman Catholicism and the more reformed churches that emerged from the Protestant Reformation," Hunter explains.

Hunter and his wife, Jan Holland, have been at St. Stephen's for six years now. "We just love it here," he adds. "My wife, who is also an Episcopal priest, retired when we first moved here from Southern California, but two years ago, we were able to lure her back to working part-time for St. Stephen's."

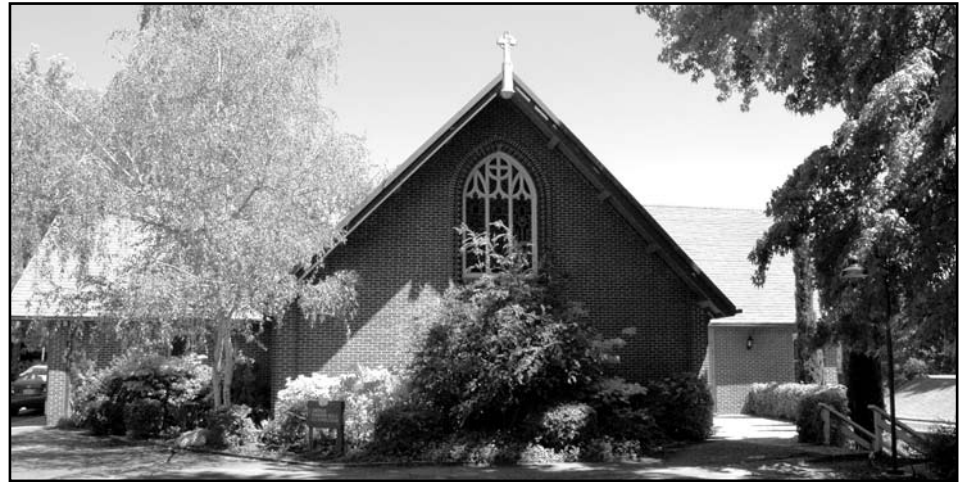
The Episcopal Church's inclusive theology has always been a big attraction for Hunter. "There is a real 'live and let live' attitude," he explains. Being the church of the middle way is seen "not as a compromise for the sake of peace, but as a comprehension for the sake of truth" in the words of one of the prayers of the church. "I believe you have to be careful of being self-righteous, and you must hold truth lightly. After all, God is the source of truth. People can be mistaken."

St. Stephen's has three clergy beside

Hunter: the Rev. Janet Holland, the Rev. Mary Hudak, and the Rev. Thomas Trutner, who has been with the church for over 20 years. "We also have an incredible music minister, children's minister, parish administrator, and youth minister," explains Hunter.

The dedicated pastor is especially proud of the church's outreach programs. "Our congregation doesn't just contribute money, they are very hands on contributing their time to help others less fortunate," Hunter adds. A recent outreach program involved parishioners putting together 100 backpacks filled with school supplies for students at St. Cornelius Roman Catholic School in Richmond.

"Our young people are also very involved in outreach," Hudson says. "Our high school students have done mission trips to Navajo Land, where they worked on a fellowship hall, to Mississippi, where they helped rebuild houses following the devastation from Hurricane Katrina, and this year, they went to Alaska and built a



SALLY HOGARTY

St. Stephen's Church sits on a spacious lot that includes a rectory and preschool.

storage shed for an Episcopal Church that doesn't have many youth among its members. They raised all the money for the trip and donated cots for the church to become a destination for other youth groups."

Hunter feels the church's children and youth ministries are one reason it continues to attract young families. "We have a Milestone program that focuses on a special issue for each grade, and each grade

[SEE CHURCH page 19]

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FESTIVAL OF TREES / FARMERS' MARKET

Festival of Trees Tickets Now on Sale

By SUSAN DOMINGOS
Contributing Writer

The Orinda Woman's Club cordially invites you to celebrate the holidays at the Festival of Trees on November 18 at 10:30 am. Come enjoy a delicious luncheon and a dazzling fashion show featuring Helen Lyall's collections. The fashion show will take place at the San Ramon Marriott Hotel.

Raffle tickets will be sold for three separate trips: One week at a two bedroom condominium in Kauai plus dinner for 4 at Roy's (airfare not included); or pick two nights at the romantic Foxes Inn of Sutter Creek and dinner for two at The Twisted Fork and Susan's Place in Sutter Creek; or a two night midweek stay at renowned Carneros Inn in the Napa Valley and \$125 gift certificate for dinner for two at the Farm at the Inn and a \$50 gift certificate to Plump Jack Sport.

The Orinda Woman's Club is a non-profit organization providing help to youth and women in need and scholarships for women



SALLY HOGARTY
One of the table top trees available at the Festival of Trees.

who need help improving their lives. The Monument Crisis Center and Court Appointed Special Advocates (CASA) of Contra Costa County will be this year's 2010 Festival of Trees beneficiaries. Tickets are \$85 and are tax-deductible. For information, call 925-963-6356.

Seasoned Shopper

Tomatoes, Tomatoes, and More Tomatoes!

BARBARA KOB SAR

The Orinda Farmers' Market has its own unique flavor, with views of rolling hills, a tree lined street filled with market enthusiasts, a neighboring park and close at hand shops. Local shoppers and visitors from all over the Bay Area stop by every Saturday morning to find just-picked produce and specialty foods to fill their fridges and pantries.

September starts a slow change from summer to fall with the arrival of apples, peppers, pears and grapes, but tables laden with luscious tomatoes still draw me in. One can never know enough about tomatoes with new varieties coming on board each season. My best advice is to talk with the growers who bring boxes full of tomatoes direct from farm to the Farmers' Market.

Tomato growers like Hamada, Smith, Rose Lane, Ledesma and J & M Ibarra all bring several tomato varieties to sell at the market. Originally the tomato was a small round fruit resembling today's cherry tomato, but now more than 1,000 varieties grow world wide in every size, shape and color imaginable. And tomatoes remain the fruit of choice for 85 to 90 percent of the 30 million or so home gardeners out there.

Any tomato left on the vine to ripen is a guarantee of optimum flavor. Other factors affecting flavor include degree of acidity, sugar and water content, and the texture of the tomato skin and flesh. It takes a little closer look at each type to really get to know tomatoes.

Tomatoes known as "slicers" are usually nice and round or a somewhat flattened

shape, but I consider any tomato a slicing tomato. Beefsteak is one of the favorites. When I find myself with a few over-ripes, cutting the tomato lengthwise helps to keep in the juices.

Sauce or paste tomatoes are just that – grown for the sturdy, meaty texture necessary for making sauces. Red or yellow plum tomatoes or pear-shaped Roma tomatoes



BARBARA KOB SAR
A wide variety of colorful tomatoes are currently available at the Saturday market.

do nicely with their tell-tale lower water content.

Grape tomatoes are a favorite among growers and shoppers. Growers like the hearty skin and high yield per plant and customers love the extra sweetness and convenient size. Red Currant tomatoes are very small and intensely flavored – they grow in tight clusters making them a bit of a chal-

[SEE MARKET page 19]

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Dick Heggie, Orinda's First Mayor

"I can think of no individual who has done more for Orinda's children and families than Sue Severson. Her nine years of service on the OUSD Board were of substantial and lasting benefit to a whole generation of our children. Her work on the City Council over the past four years, and as Mayor in 2009, has been exemplary. She has addressed city issues and challenges with respect for all constituents, an overriding sense of fairness, and a collaborative approach, which has resulted in significant progress for the City. I enthusiastically endorse Sue's candidacy for a second term on the Orinda City Council."

Pam West, President, Orinda Union School District Board

"Sue Severson has done an excellent job on our city council. She has no special-interest agenda, just a focus on doing what is best for Orinda's citizens. Sue is detail-oriented and also sees the big picture. I encourage you to vote for Sue and keep her knowledge and experience working for us."

Linda Landau, Orinda Citizen of the Year 2010

Join the over 500 Orinda leaders and endorsers who are voting Sue Severson for City Council.

SUE SEVERSON

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Sue Severson
Orinda City Council, 2006-present
Mayor, City of Orinda, 2009
Miramonte Parents' Club President, 2006-2007
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Partial list of endorsers.

MOVE OF THE MONTH

Fifth Annual Orinda Idol Competition on September 12

By KATHRYN G. MCCARTY
Staff Writer

Young performers will grace the stage of the historic Orinda Theater on September 12 for the fifth Annual Orinda Idol competition. Besides being an opportunity for these local kids to share their talents, the contest raises money for and promotes the Orinda Arts Council's mission to "stimulate, support and advocate for the visual and performing arts in the schools and the community."

Orinda Idol contestants Tosca Maltzman and Isabelle Johannessen are both excited about this year's show. The two are among 23 solo performers selected from 190 students from 23 different schools.

Although the show is a competition, Maltzman is happy to be performing with "lots of great singers," and adds "You can't

set out to win. My goal has always been to give a great performance."

Both girls are participating for the third time and agree that it has some advantages. "What's different for me is that I know what to expect so I am more excited and less nervous," said Maltzman, quickly adding "But I'm still nervous. Once I start singing, it's not scary, it's just fun! There's always a big turnout, and it's exciting to be able to perform for the community!"

Johannessen, who is 13, attends The Oakland School for the Arts where she is a vocal music major. She says her mother tells her she has been singing "since I was a baby. She says when I heard any type of music, I would open my mouth and sing. I did this before I could talk. I really became interested in music at Glorietta School," says Johannessen, who credits her interest to popular teacher Ron Pickett.

Maltzman, who along with other contestants is also a student of Pickett's, and Johannessen both enjoy performing. Johannessen adds that her mother encourages her to sing because it's "a great way to contribute to our community. Music makes people happy." Maltzman chose a song that would "show my vocal strengths and would be fun for me to perform," but most of all she hopes "the audience will enjoy it."

The all-day event schedule includes: 11 a.m. Kindergarten through Grade 5 soloists; 1 p.m. Middle School Soloists; 3:15 p.m. High School Soloists; and 5 p.m. Group Performances.

Celebrity judges will provide feedback to each contestant. The panel includes César Cancino (former musical director for Teatro Zinzanni and musical director and pianist for Joan Baez), Broadway musical theater veteran Tracy McDowell (a Mira-

[SEE IDOL page 13]



CONTRIBUTED PHOTO

Tosca Maltzman is a finalist in this year's Orinda Idol. She is also appearing in her first production with Diablo Theatre Company at the Leshar Arts Center in Walnut Creek. She'll play the orphan Maggie in the musical *Annie*, which runs September 10 - October 2. Call 925-943-SHOW.


Move of the Month

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Begin in boxing stance, feet apart, knees bent. Holding light weights, raise your arms, so your fists protect your face. Throw a right punch by extending your right arm straight out, keeping your shoulder lined up with your wrist and your fist facing down. Return to start. Keeping your core tight, alternate arms for 1 minute then follow with an overhead shoulder press for 1 minute. Perform this 3 times. Roll your shoulders between sets.

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The Orinda Arts Council presents

Orinda Idol 2010

Orinda Theatre
Sunday,
September 12th
11:00 am - 7:15 pm

from Orinda Idol 2009 Finals:



Schedule By Category:

- 11:00 am Elementary K-2 and 3-5
- 1:00 pm Middle School
- 3:15 pm High School
- 5:00 pm Groups K-5 and 6-12
- 6:45 pm Announcement of Winners

For a list of finalists visit www.OrindaArtsCouncil.org

See More of the 2010 Winners & Finalists This Fall!

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Lynn Hogan (r) with trainer Dan Mejia

No more counting points or eating boxed food for me. A 47-year-old mom with 4 kids always on the go, I have little time to think about fitness or nutrition. I am also a gym rat, I love classes – spinning, weights, step, etc. After the birth of my fourth, I just did not have the same body I once had. My clothes were not fitting, and I could not seem to drop any weight. I was exercising 6 days a week and thought I was a healthy eater. After meeting with Sheena, I really tried to stick to the plan. I tried the recipes and my family really liked them. I really haven't changed my lifestyle too much, just added a couple workouts which are really fun and challenging. The bottom line is; it really works! I am rarely hungry and if I am, I eat a snack, I am feeling much more energized, healthy and stronger. My clothes fit better and I feel great! – Lynn Hogan



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ORINDA INTERMEDIATE SCHOOL

OIS Hires New Administrators for School Year

By BILL O'BRIAN
Staff Writer

Orinda Intermediate School is starting the new school year with two brand new administrators, dean of students Josh DeFeo, and counselor Jay Stevens. Both are not only new to these positions, but both are beginning their administrative careers with OIS.

DeFeo has been teaching for 10 years starting at the high school in Hughson, California. He began as a social studies teacher, and then went back to school to get his resource credential when a teaching position became available in that subject. Hughson is an agricultural area that has a high school with 700 students. He also coached freshman and junior varsity football at the school. He next spent two years at a high school in Redondo Beach, California as a resource specialist while serving as the head freshman football coach. He next moved to Orinda three years ago to become the resource specialist for eighth graders at OIS.

When asked what particular contributions he can make to OIS, he says that from growing up in nearby Piedmont, he is "familiar with the types of students at OIS as well as the difficulties students go through." He adds, "I also understand how to work with parents for student success."

DeFeo completed his Master of Science and Administrative credential at Cal State East Bay during the last two years. His philosophy for the students is "to get kids to think for themselves, to give them confidence in their abilities on the road to adulthood." He sums up his ideas for students with this statement: "If you do your best here, it will equate as a life lesson. Always do your best; that's all any one



BILL O'BRIAN

Dean of Students Josh DeFeo.

can ask of you."

Jay Stevens started working several years ago at the San Francisco Unified School District. He started as a teacher's aide, then moved to substitute teaching where he filled both short and long-term substitute positions and taught summer school for two summers. He recently graduated from St. Mary's College with a Master of Arts degree and the Pupil Personnel Services credential. Stevens completed 600 hours of intern training in the last year in San Francisco at a middle school and a high school. Since his major at the University of California at Santa Cruz was psychology, his current path is a fruition of his earlier interests and studies.

Asked what are his strengths, Stevens says, "I would say I bring enthusiasm, a willingness to work with all different types of students, and I am looking forward to developing relationships with students, parents, teachers and administrators."

Stevens has done a variety of jobs since leaving college including working in the food services industry and working as a

ranch hand on a dude ranch near Bend, Oregon. He gained his experiences with horses from his college prep boarding high school in Colorado where the school had stables and a horseback riding program as one of many electives. His current hobbies are riding the many roads of the east bay on his road bike and his 10-year hobby of playing acoustic and electric guitar.

The two positions generated 140 applicants. The screening process involved many people including parents, clerical staff, administrators and the superintendent. Two different groups did the interviewing, one for the counselor and the other for the dean. Principal Michael Randall says a great deal of time, energy and thought went into the process of the new hires.

"I am very excited to have them as part of our team," says Randall. "We went through a rigorous screening process, and they rose to the top. They have made a difference just in the first few days they have been here. He concludes, "I am looking forward to their future contributions."



BILL O'BRIAN

OIS Counselor Jay Stevens.

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ORINDA COMMUNITY FOUNDATION

Local Artists Salute Orinda's Silver Anniversary on Canvas

By ELANA O'LOSKEY
Staff Writer

The month of September holds several events celebrating Orinda's 25th year as a city and the Orinda Library Gallery is no exception. The walls are filled with various works from over 20 local artists, but the theme tying them all together is Orinda and environs, interpreted through each artist's unique medium. There will be oils, acrylics, watercolors and photographs. Jackie Smith's finely wrought jewelry and beadwork is featured in the glass cabinets.

The final Silver Celebration event commemorating this historic occasion occurs on Saturday, October 2, at a special reception sponsored by the Orinda Community Foundation at the Orinda Library Gallery from 4 p.m. to 7 p.m. The public is invited to attend the reception and to meet and greet the exhibiting artists. Appetizers will be prepared by local caterer Diana Davis-Condon of Savory Affairs and wines will be donated by local merchants with music provided by the Contra Costa Chamber Orchestra. All artworks are offered for sale, with a percentage of the proceeds benefiting the Orinda Community Foundation and the arts.

While this is a group show, of particular interest is the little watercolor gem by Robert Becker titled "Coach Steve, OCC." Becker loves to paint *plein air* watercolors of local youth sports events and landscapes. Rounding out the roster of local artists are Jackie Smith, Mary Spain, Carmel Dewies, Susan Kendall, Taki Tu, Adrienne Rogers, Pat Dahlberg, Robert Dunn, George Ehrenhaft, Maria Santo-Stefano, Lisa Steele, William Stout, Andrew Grupe, Zarmine Agahzarian, Shanon Essex, Susan Barnes, Maggie Hill, Rob Foss, Allison McCrady,

Linda Donahue, and Murietta Ignacio. Many people have been working hard to make this event possible including Stephanie Aldrete, Allison McCrady, Carlos and Josie Baltodano, Carmel Dewies, Mark Roberts, David Pierce, Jenifer Kolkhorst, Jill Gelster, Maria Santo-Stefano, Nancy Loomba, Sue Severson, Susan Kendall and Susan Meyer.

Visit the gallery during normal library hours – Monday - Thursday, 10 a.m. to 8 p.m.; Friday and Saturday, 10 a.m. to 6 p.m.; and Sunday, 1 p.m. to 5 pm.. at 23 Orinda Way. Call 254-2814 for more information on the library and contact Stephanie Aldrete at stephaniealdrete@comcast.net for information regarding the Silver Anniversary reception/exhibit.

◆ IDOL from page 11

monte High School graduate), Sheryl Lynn Thomas (marketing director for the Jazz-school and a specialist in music business management), and Joe Goldberg (artist manager at Zeitgeist Artist Management in San Francisco where he works with musical groups, Death Cab for Cutie, The Postal Service, Bob Mould, She & Him, Dntel, Say Anything and French Kicks).

TV reporters Anna Werner and Laura Anthony will serve as Masters of Ceremonies for the event, and the winners will be chosen based on both judges voting and the audience. Awards will be made starting at 6:45 p.m.

Tickets can be obtained just prior to the seating for each session and are free, however, a donation is appreciated.

For more information on the Orinda Arts Council, visit their web page at www.orindaartscouncil.org.



CONTRIBUTED PHOTO

Robert Becker's watercolor "Coach Steve, OCC" will be displayed in the September exhibit at the Orinda Library Gallery.

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STUDENTS

Miramonte Student Attends Prestigious Summer Program

By SALLY HOGARTY
Editor

Bobby Veres, a 14-year-old student who attends Miramonte High School, spent two weeks in July attending the seventh annual THINK Summer Institute, a national summer program for profoundly gifted students in Reno, Nevada.

Located on the University of Nevada, Reno campus, the THINK Summer is or-



CONTRIBUTED PHOTO
Bobby Veres attended the THINK Summer Institute in Reno, Nevada this summer.

ganized by the Davidson Institute for Talent Development and provides 60 gifted and talented students from across the country a full-immersion college experience as well as an opportunity to earn transferable college credits. Students select two of the following courses taught by university faculty members: Human Development - Mind, Brain, and Learning; Public Health Biology; Computer Science; Statistics; Philosophy; and Nano and Micro Technology.

"I was excited to make friends with the others in the program," says Veres. "Everyone is so academically competitive. I am very impressed by the level, scope and depth of the THINK program, which will greatly widen my understanding about different aspects of the human world."

Bob and Jan Davidson, former educational software entrepreneurs turned philanthropists, founded the Davidson Institute for Talent Development in 1999 to support profoundly gifted students under the age of 18. In 2006, the Davidsons established The Davidson Academy of Nevada on the University campus as the first public school of its kind for profoundly gifted students. For more information about the program, go to www.DavidsonGifted.org.



MAGGIE SHARPE
John Handel, Karen Jimenez, 3, Isabella Handel, 3, Gloria Handel and Margarita Placido enjoy time together at the 10th anniversary of Kids into Speaking Spanish.

Kids Learn Love of Spanish Language

by MAGGIE SHARPE
Staff Writer

Gloria Handel says she feels "blessed" that her 3-year-old daughter Isabella has the opportunity to go to Kids into Speaking Spanish (KISS), a Spanish immersion preschool and kindergarten in Walnut Creek.

"It feels like you're going from your house to another home," says Handel, who lives in Walnut Creek. "It's nurturing, loving and supportive. Isabella thrives on going here."

KISS celebrated its 10th anniversary with a gala bash on August 15 at the school, with barbecue, face painting, bouncy houses, games and lots of community spirit. Throngs of excited children and parents packed the festivities.

KISS was launched in 2000 by Miramonte High School graduate and Orinda resident Chris Clark. He has since opened another school in Montclair in Oakland, with plans for a third site in Castro Valley soon. KISS started as an after-school

program, but "morphed" into preschool, says Clark.

"When I started 10 years ago, no one really knew about immersion language programs," says Clark, who wanted his own three kids to learn a second language. "It was a gamble. But people seemed to love the idea."

He says nearly all the learning is done in Spanish. "All our teachers are from Central or South America," says Clark. "We have teachers from Peru, Argentina, Guatemala and Columbia."

The teachers use not only Spanish language, but song, dance, and arts and crafts to teach the children.

Gloria Handel says the cultural aspect of the program is incredible. "Isabella brought home a CD of songs that they made at school, and she knows all the words," says Handel. "My whole kitchen is covered with incredible crafts that Isabella has made at school."

For more information about KISS, contact director Maribel Guerra at 925-952-9903 or visit www.kissprogram.com.



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RESTAURANTS

The 2010 Guide to Orinda Restaurants – Bon Appétit!

By ELANA O'LOSKEY
Staff Writer

Wondering where to eat in Orinda? Here's our annual list of hometown restaurants. Keep this section within reach or access it online (www.orindanews.org). We've got you covered whether you're up for coffee/tea, healthy smoothies, breakfast, brunch, lunch, dinner, a little nosh, a glass of wine or beer, or just takeout. Skip the mess, treat the kids, and if time is limited, call ahead; most places can have your order waiting, some will deliver. Your hometown choice encourages local restaurants to keep the great food coming!

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Casa Orinda
20 Bryant Way
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www.casaorinda.net

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The Casa is Contra Costa County's oldest continuously operating restaurant, 78 years old and counting. That's because of their prime rib, luscious fried chicken, mashed potatoes, and fresh fish—classic home cooking. Longtime Orindans will recall the giant neon cowboy who once spun his lasso on the rooftop; inside are historical photos of rodeo dudes and cowgirls plus an antique gun collection. If you've never been, stop by to sample the menu or the full bar at this local fave – a place out of time.

Shelby's
2 Theatre Square
254-9687

www.shelbyseatbetter.com

Hours: Mon. 10 a.m. – 3 p.m.; Tues. – Sun. 10 a.m. – 3 p.m.; dinner 5 – 8:30 p.m. brunch Sat-Sun. 10 a.m. – 2 p.m.

Named after the original owner's daughter, you'll always find something to tempt you on the menu or daily special list. Everyone loves their warm, flaky, cheese bread twists. Feel like people watching? Try their outdoor seating in good weather; also dog-friendly. California cuisine using the freshest ingredients with a European flair – vegetarian omelet, spicy huevos oaxaqueños, crab salad sandwich, panini and wraps, croque monsieur, garlic fries with fresh garlic, bistro salmon, NY steaks and a host of pastas and salads. Desserts include bread pudding, crème brûlée and a root beer float. Wine and beer.

Nation's Giant Hamburgers
76 Moraga Way
254-8888

www.nationsrestaurants.com

Hours: Sun. – Thurs. 6 a.m. – midnight; Fri. and Sat. 6 a.m. – 1 a.m.

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CAFES

Caffe Teatro
24 Orinda Way (under the library)
253-5871

Hours: Mon. – Thurs. 6:30 a.m. – 7 p.m.; Fri. 6:30 a.m. – 6 p.m.; Sat. 8 a.m. – 6 p.m.; Sun. 8 a.m. – 5 p.m.

This inviting cafe features public art sculpture just outside the door, so sipping that Illy coffee is even easier. It is just below the Orinda Library and offers free Wi Fi. Fresh pastries from Artisan Bakers in Sonoma, as well as breakfast and lunch sandwiches, salads, snacks and gelato.

Geppetto's Cafe
87 Orinda Way
253-9894

Hours: Mon. – Fri. 6 a.m. – 5 p.m.; Sat. 6 a.m. – 3:00 p.m. Closed Sunday

This place is often crowded at lunch for a reason. The traditional umbrellas outside offer a respite while enjoying delicious salads with your espresso. It's a nice place to eat alone or with a friend. Great soups (mushroom, Italian vegetable); sandwich favorites include chicken curry on sunflower wheat, chicken pesto and brie, veggie; salads like Chinese chicken, spinach and taco keep people coming back. Order by phone at lunch for quick service. Good bread selection for sandwiches.

Peet's Coffee and Tea
63 Moraga Way
258-9328

www.peets.com

Hours: Mon. – Fri. 5:30 a.m. – 8 p.m.; Sat. and Sun. 6 a.m. – 8 p.m.

Peet's not only offers a dizzying array of coffee choices, but also an amazing variety of teas and good pastries as well. My faves of the 30 tea varieties are the

ethereal jasmine downy pearl and golden dragon oolong. Professional staff at your service; free Wi Fi with each purchase; extra roomy seating inside with benches and tables outside.

Starbucks
2 Theatre Square
258-0476

www.starbucks.com

Hours: Mon. – Sat. 5:30 a.m. – 8 p.m.; Sun. 6 a.m. – 6:30 p.m.

What could be more convenient than this location – you know what's there. Coffee in every shape and form, fine teas, seasonal specials and tempting pastries. Free Wi Fi, no purchase necessary.

Starbucks
One Camino Sobrante, #9
253-0447

www.starbucks.com

Hours: Mon. – Thurs. 4:30 a.m. – 7:30 p.m.; Fri. 4:30 a.m. – 8 p.m.; Sat 5:30 a.m. – 8 p.m., Sun. 5:30 a.m. – 7:30 p.m.

Friendly baristas who remember your name and order; outdoor seating. Free Wi Fi, no purchase necessary.

Village Inn Cafe
204 Village Square
254-6080

Hours: Mon. – Fri. 5:30 a.m. – 3 p.m.; Sat. 6:30 a.m. – 3 p.m.; Sun. Breakfast Menu Only 8 a.m. – 2 p.m.

This family friendly, no frills diner-style spot is just right for sitting down with friends over fresh hot coffee, a country breakfast with freshly squeezed orange juice, or Belgian waffles. People come from miles around for their corned beef hash,

[SEE CAFES page 16]



MAGGIE SHARPE

Chava Espinoza, a Village Pizza manager, demonstrates his dough-throwing skills.

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RESTAURANTS

◆ CAFES from page 15

always made from scratch. For lunch, sit at the counter and enjoy tortilla chicken soup, a veggie burger, BLT or grilled cheese sandwich. Breakfast served until 11:25 am Mon. - Sat. Local since 1986.

CHINESE

Hsiang's Mandarin Cuisine
1 Orinda Way No. 1
253-9852

Hours: Mon. - Thurs. 11:30 a.m. - 9:30 p.m.; Fri. - Sat. 11:30 a.m. - 10 p.m.; Sun. Noon - 9:30 p.m. Closed Tuesday

Directly across from Pine Grove Business Park with plenty of parking, and the food doesn't disappoint. The chef is known for his sauces and fresh ingredients. Locals like the dry-sautéed green beans, walnut prawns, sizzling beef or Mu Shu Pork; no MSG of course. Great for takeout or enjoy the restaurant's quiet, relaxing atmosphere, immaculately clean. Good prices for the lunch menu. Beer and wine.

Szechwan Chinese Restaurant
79 Orinda Way
254-2020

Hours: Tues. - Thurs. 11:30 a.m. - 9:30 p.m.; Fri. - Sat. 11:30 a.m. - 10 p.m.; Sun. 4 p.m. - 9:30 p.m.; Closed Monday

Bright décor with a view of the golf course across the street. Recommended - hot and sour soup, egg drop soup, sweet and sour chicken, in fact all their sweet and sour dishes - brown rice available. Eat in or order in advance for takeout (10 percent discount); large lunch menu. If you like

your Szechwan food spicy, tell them and they will up the heat; orders customized on request. Beer and wine.

DESSERTS

Loard's Ice Cream and Candy
230 Brookwood Road
254-3434
www.loards.com

Hours: Sun. - Thurs. 11 a.m. - 9 p.m. Fri. - Sat. 11 a.m. - 10 p.m.

This all-time Orinda favorite is the perfect place to stop after a movie or after dinner stroll. Great candy assortment, as well as many varieties of ice cream in waffle and sugar cones; ice cream cakes too. Catering also available.

Chillers
21 Orinda Way, Suite G
258-9354

Hours: Mon. - Sat. 11 a.m. - 5:30 p.m. Closed Sunday

Power up with a tasty, healthy smoothie - or maybe it's time for some ice cream, a milkshake or frozen yogurt (FroYo). Order to go or have a seat in a sunny spot, either way, your smoothie is made to order. Add in a little something you haven't tried before or get your favorite combo. Drop on by to the newly remodeled Chillers, now under new management.

Republic of Cake
2 Theatre Square, Suite 151
Orinda, CA 94563
925.254.3900
877-435-CAKE
http://republicofcake.com

Hours: Mon. - Thur. 10 a.m. - 6 p.m.*; Fri. and Sat. 10 a.m. - 7 p.m.*; Sun. 11 a.m. - 5 p.m.*

* Or until the display case is empty.

Simply delicious! Using the best local ingredients for down home goodness. Featuring a mouth-watering selection of basic and not-so-basic cupcakes including such specialties as S'Mores and Costa Rica Mocha and such popular sweet 'n' salty alternatives as Pizza Marguerita.

DELICATESSENS
Europa Hof Brau Deli & Pub
64 Moraga Way
254-7202

www.europahofbrau.com

Hours: Mon. - Sat. 10 a.m. - 9 p.m., Sun 10 a.m. - 8 p.m.

A spacious cafeteria style family restaurant with a play area, slide and video games for the kids, flat screens for adults. This popular spot is known for delicious corned beef and cabbage, oven roasted turkey, and burgers. You can also grab a stool or your favorite table to catch a game and have a beer on tap.

Kasper's Hot Dogs
2 Theatre Square, #103
253-0766

Hours: Mon. - Sat. 11 a.m. - 8 p.m.; Sun. 11 a.m. - 7 p.m.

If you or your kids want a hot dog, this is the place. Try their extra spicy hot link or maybe a polish dog. Wash it down with thirst quenching crushed ice lemonade. Kids usually like them simple and plain, but you can contemplate the nacho dog, the chili cheese dog or even the double dog.

Orinda Deli
19 F Orinda Way
254-1990

Hours: Mon. - Sat. 9 a.m. - 4 p.m. Closed Sunday

For a quick sandwich on the go, this is the place (delivery and catering available). They cut the turkey, ham or beef right in front of you in generous portions. Or maybe you'd like a BLT, egg salad, or veggie sandwich. Try the chef's salad, or a veggie salad with sprouts and avocado. Indoor and outdoor seating, or have a picnic in the park across the street during their busy lunch hours. Self-service coffee bar.

Subway
2 Theatre Square
258-0470

Hours: Mon. - Fri. 9 a.m. - 8 p.m.; Sat. and Sun. 10 a.m. - 8 p.m.

This well-known chain is always good for a sandwich on the run. They carry soup as well. Sandwiches can be ordered in sizes



MAGGIE SHARPE
Chillers owner **Mark Callahan** whips up a Tropical Twist smoothie.

- they come by the inch; and you pick the bread. It's all made on the spot.

HAWAIIAN
Lava Pit Hawaiian Grill
2 Theatre Square, #142
253-1338
www.lavapit.com

Hours: Mon. - Sat. 11 a.m. - 8:30 p.m. Closed Sunday

Lots of Aloha, especially in the aroma of BBQ which floats out to meet you. Many votes for Katsu Moco but also fresh salads, pineapple slaw, and BBQ combo plates; expect leaner cuts of beef than usual and generous saucing. Both brown and white rice offered. They also deliver and cater.

ITALIAN
La Piazza
15 Moraga Way
253-9191

Hours: Fri. - Sat. 5 p.m. - 10 p.m.; Sun. - Thurs. 5 p.m. - 9:30 p.m.

Good food combines with a friendly staff and a cozy atmosphere, often busy during dinner hours as it is across from the theater. Try their brick-oven pizzas, freshly made salads, pastas and the basket of fresh bread at your table. Sit at the bar and watch them make your carpaccio, veal piccata, linguini a la vongole or petrale sole. Chocolate ganache for dessert, a must try; kids love the pizza. Beer and wine.

Trattoria Lupetti
65 Moraga Way
253-7662

Hours: 11 a.m. - 10 p.m. daily; brunch served Sat. and Sun.

This airy, high-ceilinged spot boasts a [SEE ITALIAN page 17]




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19 Orinda Way, Orinda - 925. 254-1200 . villagepizzaorinda.com
Village Pizza Restaurant is a Landmark and continues
to be a Lamorinda Favorite as it has been for the past 26 years.

RESTAURANTS

◆ ITALIAN from page 16

wood-fired pizza oven – try the mushroom/black truffle and guanciale pizza with a smattering of arugula. Small plates and



MAGGIE SHARPE

Husband and wife team **Michele and Mariam Laveechia** are the owners at Trattoria Lupetti.

Panini. Authentic seasonal menu offering regional Roman dishes. Extensive wine list or by the glass, full bar with beer on tap, and dining al fresco. *Mangia!*

Village Pizza
19 Orinda Way
254-1200

<http://villagepizzaorinda.com>

Hours: Mon. – Fri. Lunch 11 a.m. – 2:30 p.m. Dinner 5 p.m. – 9 p.m., Fri. to 10 p.m.; Sat. 11 a.m. to 10 p.m.; Sun. 5 p.m. – 9 p.m.

Family atmosphere in this casual spot, comfortable for everyone. Garlic chicken pizza, vegetarian pizza, plain cheese pizza. Menu includes steak sandwiches and burgers (cooked on a grill), white bean soup and more. Beer and wine; best news yet – they deliver.

Zamboni's Pizza
1 Camino Sobrante, # 4
254-2800

Hours: Open daily 11 a.m. – 9:30 p.m.; Fri. – Sat. till 10:00 p.m.

If you're on a budget, this is a great place for lunch or dinner. The only place in town that offers fast (and large!) pizza by the slice. You can eat in, take out, or they deliver. Try the cheese and garlic pizza (no tomato sauce). Beer and wine.

JAPANESE
Hanazen Japanese Sushi
87 Orinda Way
254-3611

Hours: Mon. – Sat. 5:30 p.m. – 10 p.m. Closed Sunday.

A wonderfully intimate restaurant with

traditional dishes and a great sushi bar, 4.5 out of 5 stars on Yelp. Chef Kenji Horikawa prepares every dish while his wife Coco (who holds a sake sommelier license) serves the guests. What makes people rave? Super fresh, unusual fish such as: ocean trout, toki sake, buri, kelp mackerel; also sake steamed clams, miso marinated cod, Japanese fried eggplant and salmon asparagus roll. Takeout available. Only 18 seats in the restaurant so reservations are a must. Sake, beer and small wine selection.

Niwa Restaurant
1 Camino Sobrante
254-1606

Hours: Lunch Mon. – Fri. 11 a.m. – 2:30 p.m.; Dinner Mon. – Thurs. 4:30 p.m. – 9:30 p.m.; Fri. until 10 p.m.; Sat. open 11:45 a.m. – 10 p.m. Closed Sunday.

Nothing fancy, just some outstanding sushi – here's what to order: spicy tuna roll, cucumber salad, spider roll/flower roll (shrimp tempura), country roll/sunset roll for eel lovers. They usually have fresh toro, yellowtail or salmon belly at reasonable prices. Next to Starbucks; takeout available. Beer and wine.

Serika Restaurant
2 Theatre Square, #118
254-7088

Hours: Lunch Mon. – Fri. 11:30 a.m. – 2 p.m.; Dinner Mon. – Sat. 5-9 p.m. Closed Sunday.

If you want a romantic atmosphere with subdued lighting and Japanese instrumentals, this is your place. At the sushi station in the center of the room, you can get unusual sushi not available in most places plus sashimi (hamachi) rolls, spider and soft shell crab rolls. The chef provides information about the freshest fish, and the relaxing atmosphere will melt away the day's stress. Children are always welcome and you will find plenty of kid-friendly food. Beer and wine.

Yu Sushi
19 Moraga Way
253-8399

Hours: Mon. – Thurs. 11 a.m. – 9:30 p.m., Fri. until 10 p.m.; Sat. noon-10 p.m. and Sun. noon – 9 p.m.

This small store-front operation has a great lunch deal: the Value Lunch Box with soup, salad and choice of entrees for \$6.95. The sushi is fresh, the staff is fast and accurate, making this a great place to eat for lunch or before a movie across the street. Takeout is ready in just 10 minutes. Other favorites include aegedashi tofu, miso, nigri, Orinda roll, butterfish (request the belly), chirashi bowl and great tempura.

Beer and wine.

MEDITERRANEAN
Petra Café
2 Theatre Square No. 105
254-5290
www.petracafe.net

Hours: Mon. – Thurs. 11 a.m. – 9 p.m.; Fri. and Sat. open until 9:30 p.m.; Sun. 11 a.m. – 8 p.m.

Petra gets top marks from its online fans and makes the most of its tiny interior and casual outside tables – a takeout favorite. Regulars swear by the lamb gyros (7" or 9") with tzatziki sauce and warm fluffy pita. Check out their Greek salad wrap, calamari salad or spanakopita. Also offers quite a few vegetarian options such as roasted vegetables, falafel and dolmas.

MEXICAN
La Cocina Mexicana
23 Orinda Way
258-9987

<http://lacocinaorinda.com>

Hours: Mon. – Sat. 11 a.m. – 8:30 p.m. Closed Sunday.

Bring on the chips! This family-friendly restaurant and friendly staff has a large menu with a special kids menu. Come try their chicken enchiladas verdes, vegetarian burrito, sinoa or mole sauce. Dine in or use their takeout menu. Margaritas on the rocks or blended, beer and wine.

Maya Mexican Grill
74 Moraga Way
258-9049

Hours: Mon. – Sat. 11 a.m. – 8 p.m. Closed Sunday.

Maya offers many traditional Mexican dishes based on family recipes – busy at lunchtime. People come back for: crispy tacos (shrimp, chicken), chicken soft tacos, fish tacos, tacos Maya (grilled steak). Smoking good hot sauce. Takeout available, as is beer and wine.

MIDDLE EASTERN
Turquoise Mediterranean Grill
70 Moraga Way
253-2004

www.turqgrill.com

Hours: Open daily 11 a.m. – 8 p.m.

This Middle Eastern restaurant specializes in homemade Turquoise burgers, falafels and baklava. Return visits for: grilled chicken sandwich with hummus, Greek salad, grilled kebob sandwich; many vegetarian items. Kids menu includes a cold glass of milk with order, \$4.99. Order by phone or online for delivery or takeout.

THAI

Baan Thai
99 Orinda Way
253-0989
www.baanthaiorinda.com

Hours: Open 7 days: Lunch – 11:30 a.m. – 3 p.m.; Dinner Sun. – Thurs. 4:30 – 9:30 p.m.; Fri. and Sat. open until 10 p.m.

Trip Advisor's #1 restaurant in Orinda, tucked away across from the Orinda golf course. Gracious surroundings and service, great for a date. Unique Thai brown rice – try it! Return visits for: papaya salad, Thai crunch salad, pumpkin and panang curry, chicken satay, and sea bass. Lunch specials like house soup with chicken over lemongrass rice. Extensive vegetarian menu. Tell your waitress the level of hotness you prefer for curries and soups. Love the Thai iced tea and hot ginger tea. For a group booking you can order ahead using their online menu. Takeout available, as is wine and beer.

Siam Orchid
23 Orinda Way No. F
253-1975

www.siamorchidorinda.com

Hours: Mon. – Fri. 11 a.m. – 2 p.m.; Mon. – Sun. 4:30 – 9 p.m.

A white tablecloth experience with a roomy full bar and good cocktails. Return visits for: shrimp spring rolls, Chiang Mai noodles, crispy calamari, curries and Thai iced tea. The ginger salad with fava beans remains a popular dish. Lunch specials Mon. – Fri., 11 a.m. – 2 p.m., \$12-\$15, other lunch dishes from \$10. Equally good if you take out.



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LETTER TO THE EDITOR

◆ LETTERS from page 4

Cromwell added: "Depart and let us have done with you."

Cromwell's words should be applied to those members of the Orinda City Council and Orinda Planning Commission who support the plan to construct high-rise buildings, high-priced apartments, and a hotel in downtown Orinda. These changes would ruin the semi-rural and village-like character of the town.

Orinda now plans to hold "... public workshops on the proposed downtown revitalization plan ..." (*The Orinda News*, August issue). What the city really needs is a town-hall meeting in which all Orindans can express their views. If the city wants to redevelop downtown, there must be a

citywide referendum in which voters can approve or reject the plan.

Over the last two years, the City Council has done virtually nothing to fix the roads. Moreover, the council has raised taxes and fees to outrageous levels.

It's time to elect new people to the City Council. Candidate Scott Zeller offers a refreshing change. Please vote for him.

— Richard S. Colman

Downtown Can Be Revitalized Incrementally

Announcements of public workshops regarding downtown Orinda have appeared in *The Orinda News* and other local media recently. City representatives have acknowledged that many residents have serious concerns about the process by which

the proposed plan for downtown has come about. There are also elements of the plan that portend to change the nature of our town if implemented.

The plan in part relies upon a survey of older residents that was completed in 2000. Plan proponents would have us believe there is pent up need for condos in downtown. These would allow seniors to sell their ranch style homes and move to a site above retail space. Sales tax revenue is projected to increase with this new "vision" for downtown. Meanwhile, existing downtown business will be evicted.

Orinda has a city plan. Amending it requires knowing what the needs and wants are of its residents for downtown. It should not be the product of a small group of real estate developers. Some will call the proposed plan "revitalization." Some will say "progress." Don't be fooled.

After a professional survey of residents is complete, an independent urban planner should be involved in the planning process. This has not been done. Lafayette has obtained such consultation. Orinda had input from U.C. Berkeley when developing its original plan. We are told there is no money for these reasonable measures. Architects are required to build a home. Engineers are required to construct a bridge. An urban planner with a track record of working with small cities is required to change Orinda's plan.

Proponents of the plan have labeled those critical of the plan as coming late to the party. Not so. The process has been flawed. We hope the upcoming workshops will be productive. Members of SaveOrinda.com and other residents will participate. My fellow residents have a vision for Orinda as well. It does not require bulldozing some of our best small businesses. Improving the downtown environment for merchants and their patrons can be done incrementally.

Please plan to attend the city workshops tentatively scheduled for September. Keep abreast of developments at www.SaveOrinda.com. Let's maintain our hillside views and keep Orinda semi-rural.

— Dr. Bob Larsen

Go Back to Existing General Plan

Residential. It's a seemingly innocuous word. But as soon as the word "residential" was pre-programmed into the mission statement for Orinda's Downtown Proposed Plan, that changed everything.

Shunted aside is the existing General Plan for the commercial district, which has served the citizens of Orinda so well. The existing General Plan states: "For consistency with the scale and semi-rural nature of Orinda, the retail and office districts should have characteristics that can be described as village character. This can be defined as a commercial area of relatively low density, with a predominance of small-scale, low-lying buildings of varying architectural styles, generally not exceeding two

stories, fronting on streets, or landscaped, plaza-like spaces."

Within the commercial district, "residential" translates to "mixed use" in developerese, which, in turn, opens the door to a whole raft of issues, including high-rise buildings, high-density living units, as well as unanswered questions regarding parking, traffic, policing and so on. Introducing residential units to the commercial district via high-rise, high-density, mixed use buildings, also displaces the family-owned small businesses that can no longer afford the rent on a deluxe first floor retail space.

So, why is the word "residential" part of the mission statement for the Downtown Proposed Plan? Two words: Developer-Friendly.

Let's go back to the existing General Plan, and tweak as appropriate, after a thorough survey of Orinda citizens. Inserting "residential" into the commercial district is not a tweak. That's a major change in scope, which should call for a vote of Orinda citizens, or simply be discarded outright.

— Owen Murphy

Vote for Sue

It is with firsthand knowledge and a good degree of certainty that I write to say that there is no one who works harder on behalf of our community than Sue Severson. I had the distinct privilege of serving with Sue on the Orinda School Board where I often marveled at her perseverance, sense of fairness, and unwavering commitment to Orinda's youth, families and seniors.

In a community that is fueled by hard-working volunteers and civic pride, Sue is an unparalleled leader. She's approached every position she's held with clear vision, fiscal prudence, and the highest ethical standards. The greater the challenge, the higher Sue rises to meet the needs of our community.

It is with great pride that I encourage others to join me in re-electing Sue Severson to the Orinda City Council.

— Pat Rudebusch

Woman with Foresight

I have had the privilege of working with Sue Severson on a regular basis often as co-chairs of philanthropic events. Sue Severson is a woman of uncommon foresight, fortitude, energy, and passion who always, always, puts the well-being of our community first. We are truly fortunate to have such a talented person willing to represent us as a member of the City Council for another term.

Sue deserves to be re-elected for all that she has done to benefit Orinda in her numerous positions of leadership: as our mayor, our school board rep, president of Miramonte Parent's Club, and her endless volunteering. Over the years, she has done so much for us, now, it is our turn to reward her by doing something for her. Please vote to re-elect Sue Severson to the Orinda City

[SEE LETTERS page 20]

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BALANCED LIVING

Orinda Taxi Opens New Offices



CONTRIBUTED PHOTO

Orinda Taxi is now at 15 Altarinda Road, #204, in Orinda. (L-R) Chamber members **Patti Camras**, **Candy Kattenburg**, Orinda Taxis' **Sandra, Julian**, and **Tanja Juricevic** and Chamber president **Sue Breedlove**.

◆ CHURCH from page 9

is acknowledged at the Sunday service," he explains. "For instance, third grade is bible study and students receive their own bible at a special ceremony; fourth and fifth grades have 'Club 45,' which is part social and part outreach service as well as acolytes training; and seventh graders are in 'Rite 13,' which helps them begin their journey to adulthood."

Currently Hunter, his staff and interested parish members are busy planning a labyrinth for the area just above the church. "The labyrinth will add to the spiritual life of our members and of others in our community, and fits in with our desire to grow in that direction. We hope to have it completed in time for Easter," he says.

For more information on St. Stephen's Church, go to www.ststephenorinda.org.

◆ MARKET from page 10

lence when picking. Yellow pear Cherry tomatoes add interest to a plate of tomatoes but really lack flavor – Sun Gold Cherries are a much better choice. My small tomato of choice is definitely the one-inch-round Black Cherry with over-the-top flavor.

Hybrid tomatoes combine two or more distinctly different types of tomatoes for the sole purpose of developing a tomato (the hybrid) that is resistant to common tomato diseases or tolerant of adverse growing conditions. Favorites in this category include Celebrity, Big Boy and Sun Gold cherry tomatoes. Any hybrid variety is maintained only by crossing the same parents each year.

I'm partial to the rich flavors and beautiful colors and shapes of heirloom tomatoes. Heirlooms are the old varieties handed down in a family for two or more generations and "breeds true" – meaning the offspring are the same as the parent and the seeds can be saved. I'm stuck on buying my favorites- Black Russian, Marvel Stripe, Brandywine and Cherokee Purple, but there are now dozens of other varieties to consider – Copia, Red Stripey, Hillbillies, Garden Peach, Mortgage Lifters and Black Krim to name a few.

Green tomatoes are any variety harvested

and sold before their color begins to change, with the exception of some heirloom varieties such as Green Zebra that remain green when ripe. These jewels are prized for frying and making into pickles and relishes.

It seems to come down to choices! Large meaty Cherokee Purple tomato slices with a hamburger, handfuls of cherry tomatoes on the hors d'oeuvres platter, thick circles of any heirloom tomato between fresh mozzarella along with a drizzle of olive oil, balsamic vinegar and slivers of fresh basil. Plum Lemon and Romas are perfect choices for the sauce pot. The choices are up to you but remember to never refrigerate tomatoes – they begin to break down very quickly and lose their flavor.

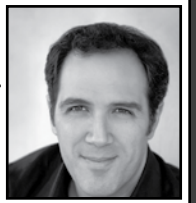
I tend to be over zealous when buying tomatoes so freezing is always a lifesaver. I give them a wash and pop them whole into freezer bags. When thawed, the skins slip off easily and the tomatoes are ready for soup or sauce making.

Enjoy and see you at the market!

Barbara Kobsar, the Seasoned Shopper, can be reached at cotkitchen@aol.com.

The Orinda Farmers' Market is open every Saturday from 9 am to 1 pm 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.

BALANCED LIVING



Be Quiet

Andrea Colombu

There seems to be only one sensible thing to do when life presents itself with chaotic franticness, pressuring schedules at a dizzyingly tempo akin to being in a washer's spin-cycle: sit down, take a few deep breaths, and be quiet!

This "being quiet" that I'm speaking of though, is not the mere absence of speaking or moving. In this case, "being quiet" means making time to reconnect with ourselves in the true sense of the word – being in calm and peaceful connection with our mind, heart and body. This is what I call "coming home," a coming back to our innate and essential nature, a nature of peaceful harmony, and joyous being.

The state of peacefulness, harmony and equanimity is indeed our natural state. I believe that we all know this at our core but, unfortunately, while in the throes of life, we tend to forget it. It is dangerously unsustainable to maintain the frenetic rhythms that most of us succumb to. Our physical health and mental sanity depend vitally on a process of regular release of tension and stress balanced by rejuvenating and relaxing periods of time. You may think that getting a good night of sleep will solve the problem, and in many ways it does, if you actually get to sleep well and long enough! In fact, as you may already know, when under a lot of stress, even your sleep is affected thus not providing the much needed deep relaxation.

Stress, chaos, tension and anxiety deteriorate our homeostatic flow - our inner ability to reestablish healthful balance. If chaos and stress where normal and healthy states for our wellbeing, we would thrive and live happily under these conditions. But, unfortunately, so many of us suffer greatly from stress disorders which at times can lead to death. Quietude and peacefulness on the other hand restore our inner harmony both physical and mental (not that the two are ever separate), as they are the thriving forces of health, happiness and life itself.

Hence, a regular practice of being quiet is the perfect antidote to the demands of our lifestyles. The practice itself is actually very easy and simple. In fact, once you try it a few times you'll notice that its ease and naturalness feel very familiar for at the core human beings, we have always known how

to do this and, lately, have just forgotten and fallen out of practice!

Speaking of practice, find a quiet space preferably outside in the open. Sit down with your feet flat on the ground, hands on your legs or lap and your spine erect. Close your eyes, take a few deep breaths to settle in and then begin to breathe naturally with your nose only. Feel your breath passing through your nose and your body. For the next 10 minutes, simply pay attention to your breath, its movement, and other sensations that may come up in your body in a very relaxed and non-judgmental way. Once you feel more settled and relaxed, open your eyes and thank yourself for having taken this important time and taken yourself back home.

Coming home most essentially means not forgetting who we are: we are human beings, not human doings. And returning to our inner home is the most kind and friendly gesture of loving-care we can provide ourselves. The practice of being quiet reclaims our true nature and our humanity. Welcome yourself back home, in quiet and peace, on a regular basis, especially when the winds of life try to take you away and sweep you far from where you belong. Until next time, be well and quiet!

For questions, comments or appointments contact Andrea at andracolombu.com or colombutherapy.com

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CLASSIFIED

◆ LETTERS from page 18

Council. Thanks, - Richard Westin

...classified ads

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Miramonte graduate providing computer support to Lamorinda area for 12 years is now TransBay Tech. Services include: Windows/MAC support, OS upgrades, software/hardware installations, networking, troubleshooting, consulting, data recovery, spyware/virus removal, iPod/iPhone setup, etc. Home visits and competitive rates. info@transbaytech.com or 925-648-5546.

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Support Scott Zeller

It would not be an exaggeration to say that the future of Orinda hangs in the balance in the November election. Scott Zeller has been one of the strongest voices against the current forces in play on the City Council, the Planning Commission, and the Planning Department that are pushing changes to the city's General Plan. The end goal of these changes is the destruction of most of the commercial areas as we now know them. The fact that some of the collateral damage will be the destruction of many small, local businesses is "just too bad for them."

The task force that came up with the new General Plan was appointed by the current sitting members of the City Council. Would it surprise you to know that the composition of the task force was slanted in favor of real estate developers, one of which was the developer of Theatre Square? Have you walked through Theatre Square lately to see what a commercial failure that is? But to the current members of the City Council, I guess Theatre Square "was close enough for government work."

Scott Zeller is the lone voice of those who have declared their candidacy for City Council who has called for the "reset button" to be hit on the changes to the City's General Plan. Scott Zeller is the only one who has insisted that if the city does not have the money to hire an outside consultant to properly advise the city, nothing should be done.

Maybe it is Scott Zeller's background as a physician that gives him the full understanding of the phrase, "First, do no harm." The current members of the City Council, the Planning Commission, and the Planning Director are more in the camp of "shoot first and ask questions later."

"You Can't Go Home Again," will be more than the title of a book. If there is not someone to stop this process, and Scott Zeller is the man to do it, you will not recognize Orinda in the near future. No less than the charm, ambiance and tranquility of life in Orinda are dependent upon Scott Zeller being elected to City Council.

Save Orinda and vote for Scott Zeller, and only for those candidates who vow to hit the "reset button" on the changes to the Orinda's General Plan.

- Herb Brown

Cherish Orinda

We are writing to give our strong endorsement for Scott Zeller who is running for City Council.

This is an extremely important election. All residents are encouraged to think about future development with groups like the Downtown Task Force, Orinda Vision and city officials wanting to severely amend our General Plan. This includes raising the height limit of structures from 35' to 55' (actually 65-70' if the design of the roof is steep). The City Manager is on record that this approach will be "broadly applied" in our downtown. Instead, we support SaveOrinda.com.

Most of us have chosen to live in a semi-rural village with human scale structures and our magnificent hills. The developer who co-chairs the Downtown Task Force is the same one who tried to tear down the Orinda Theater and to build a megastructure on that same city block.

Save for the precedent-setting California Supreme Court case, it would be there. His efforts also included trying to build offices and condos where our community center, park and library are. The battle went on for years in the 80s, and citizens voted for incorporation as a result. On our 25th anniversary as a city, that developer is back.

Scott's slogan, Cherish Orinda, says it all. Voting for him will turn around the juggernaut and control that the City Council has wielded for many years (including building a \$22 million city hall, with little public input, while our roads were crumbling). The same City Council has made it clear that their vote will decide Orinda's future. There are 17,000+ residents. We pay the property tax; we should decide.

Let's all vote for Scott Zeller. Please try to attend some of the "Meet and Greet" gatherings to talk with Scott. We think you'll agree wholeheartedly with his vision of Orinda.

- Ann & Gary Nye

◆ AINSWORTH from page 2

shirt-sleeve affair with the same enthusiasm she gave to the Debutante Ball."

Her last column, published on June 4, included an item on the O'Connell-Nye family of Orinda. "I'll always treasure that last conversation," says Ann O'Connell-Nye. "She was on deadline but kept double checking her facts to be sure she was accurate. We'll miss sitting next to her at the film festivals and working with her on Orinda's sister city program."

Due to a fall that resulted in a broken

◆ MERCHANT from page 1

a good idea. And since parking is such a problem, perhaps the most important aspect of any plan is how these needs will be addressed."

Talal Hayder, whose family operates Turquoise Mediterranean Grill (between Nations and Orinda Hardware), had several questions regarding this issue. "I'm concerned about the increased costs to local businesses due to the proposed changes. Who will pay for the additional city services, such as police and fire services? How will the city compensate businesses that have to shut down during the redevelopment process? Will the city relocate

hip, Harriet had taken a leave of absence following her June column - a leave she had planned on keeping as short as possible. Her editor at the paper, Sam Richards, spoke with her on July 5 and said that she was anxious to get back to work and vowed to be writing her column in early August. Unfortunately, fate had other plans.

The tireless community supporter is survived by her daughter Adeline Forrest, son Jay Ainsworth, and two grandsons. A celebration of Harriet's life takes place on August 25 from 3 to 7 p.m. at the Orinda Country Club.

existing businesses? How will the proposed housing units affect the nature of the environment? Orinda is a special place, and it's important that the proposed changes, such as increasing building height and putting housing on top of businesses don't have a negative impact on the community," he added.

Several business owners, who declined to be quoted, expressed a wide variety of opinions on this issue. The majority of the businesses that would be affected agreed that something needs to be done and expressed a common hope that the City Council and the Planning Commission would develop a plan that will serve both the business community and Orinda residents.

2010 Publication Schedule

Table with Issue (October 2010, November) and Deadline (September 5, October 5)

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Enclose your check payable to The Orinda Association and mail to Orinda News, P.O. Box 97, Orinda, CA 94563. We reserve the right to reject any ad. Classified ads must be prepaid. Your cancelled check is your receipt.

SENIORS AROUND TOWN

Classic Car Show Keeps Senior Ride Program Rolling



CONTRIBUTED PHOTO

Long-time driver **Dick Burkhalter** (R) escorts rider **Dollie Frase** to an appointment.

By **ELANA O'LOSKEY**
Staff Writer

Did you know that 98 percent of the funding for The Orinda Association's Seniors Around Town (SAT) program comes from the Annual Classic Car Show sponsored by Orinda Motors and attended by thousands? Maybe, but did you also know that SAT has provided 365 rides so far this year to Orinda seniors? If you attend

this year's Classic Car Show on September 25, look for the SAT booth. Kate Wiley, program director, Eartha Newsong and Marie Waterman, program coordinators, would like to shake your hand. With over 100 seniors on their list and 75 actively using the program, none of it would be possible without the kind of community support for which Orinda is famous.

While Wiley, Newsong and Waterman sing the praises of their volunteer drivers, the drivers are singing the praises of what they get out of volunteering. "I've been a driver for about a year," says Cheryl "Charlie" Wingo. "When my husband Jay saw how much I enjoyed it, he decided to join in too. All of our riders have been lovely people, always grateful for the service. I have a regular 'client' I see twice a month, and I am happy to say that I now consider her my friend. As happens so often with volunteering, the volunteer is the one who gets the most in return. I would recommend this program to anyone looking for a service opportunity. And to anyone who needs a ride: give SAT a call!"

Here's how the program works. Once you sign up to volunteer and give Newsong or Waterman your availability and preferences, they match you up with a senior needing

a ride. The matching process is successful because the staff gets to know both the riders and drivers. They value the time of the volunteer drivers, who have complete say over how often they drive, where they go, and who they'll take; drivers use their own vehicle to give rides.

Orinda seniors eagerly express their gratitude for the program. "Three cheers for SAT, where drivers get me to an appointment I would have had to miss. SAT provides a feel-good ambiance for all, riders and drivers. The ever-friendly and competent drivers are dishing out independence to those who cannot and should not be at the wheel. It's tough to give up driving! SAT drivers reap real community

service pleasure; the cost is free for riders. It's a win-win on a two way street," says one rider. "I greatly appreciate all the help I get from SAT drivers who do errands for me on a regular basis. I wouldn't be able to manage without them," comments a second rider.

With 39 active volunteer drivers on the list, it seems like a lot; but SAT needs 10 additional drivers to meet the rising needs of Orinda seniors. Interested? Call 925-402-4506, or sign up at the SAT booth at the 6th Annual Classic Car Show, 10 a.m. to 2 p.m. on Saturday, September 25, at Orinda Motors in downtown Orinda. You can also register online at www.orindaassociation.org.



CONTRIBUTED PHOTO

Driver **Dave Anderson** picks up rider **Sonya Cavazos** at Orinda Senior Village.

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At the Outdoor Amphitheater, Orinda Community Center Park, 26 Orinda Way (Across the street from Rite Aid and the Orinda Post Office). Two blocks from BART.

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Orinda Starlight Village Players, P.O. Box 204, Orinda, CA 94563
www.orsvp.org
Tickets at Box Office or call 925-528-9225 or email info@orsvp.org.

Starlight Dinner Theater Offer
Bring the receipt from an Orinda restaurant to the theater and get two regular theater tickets for the price of one. (Restaurant receipt must be from the same night as the performance. One discount per party.)

ON THE CALENDAR

SEPTEMBER

- 1 **California Shakespeare Theatre** presents *Macbeth* through Sept. 18 at Bruns Amphitheater, Tues. – Thurs. at 7:30 p.m., Fri. – Sat. at 8 p.m., Sun. at 4 p.m. and Sat., Sept. 11 at 2 p.m. Call 510-548-9666, or email boxoffice@calshakes.org.
- 2 **Friends of Orinda Library** Book Sale, Friends Sorting Room-off indoor parking at library, 10 a.m. – 1 p.m., 254-1358
- 3 **ORSVP** presents Charlotte Meyer's adaptation of *The Wind in the Willows* through Sept. 25. Fri. and Sat. at 8:30 p.m., Sun., Sept. 12 and 19 at 4 p.m., and Thurs., Sept. 23 at 8 p.m. Call 925-528-9225 or visit www.orsvp.org. No show Sept. 4.
- 11 **Orinda and Contra Costa Historical Societies** Potluck Lunch, features Tyche Hendricks discussing her book, *The Wind Doesn't Need a Passport: Stories from the U.S.-Mexico Borderland*, Orinda Community Church, 11 a.m. to 3 p.m. Call 254-2295.
- 12 **Orinda Idol 2010**, featuring finalists in grades K-12, Orinda Theatre. Visit www.orindaartsCouncil.org/orindaidol.html.
- 16 **Orinda Books** hosts Marianne Gage discussing her new novel, *The Wind Came Running*, 276 Village Square, 4 p.m. Call 254-7606.
- 20 **Parents of Orinda Individuals in Special Education (POISE)** holds its fall kick-off event from 7 to 9 p.m. Contact Anna Tague at tague6@comcast.net for details.
- 21 **World Affairs Book Group** will discuss *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* by Nicholas D. Kristof and Sheryl WuDunn, Orinda Books, 3 p.m. Call 254-7606.
- 22 **California Shakespeare Theater** presents Shakespeare's *Much Ado About Nothing* through Oct. 17 at Bruns Amphitheater. Tues. – Thurs. at 7:30 p.m., Fri. – Sat. at 8 p.m., Sun. at 4 p.m. Call 510-548-9666, email boxoffice@calshakes.org.
- 24 **Orinda Classic Car Show and Orinda Motors** Dancing with the Car's Party, 7 p.m., Avenida de Orinda. Tickets \$100. For information email dancingwithcars@yahoo.com.
- Orinda Books** hosts Yiyun Li who will discuss her new short story collection, *Gold Boy, Emerald Girl*. 6:30 p.m.
- 25 **Orinda Classic Car Show**, Orinda Motors, 10 a.m. – 2 p.m., proceeds benefit Orinda Association's Seniors Around Town, email chipherman@earthlink.net.
- NorCal Kids Triathlon**, Miramonte High School, 2 – 5 p.m., for kids Kindergarten – high school, individual and team events, www.norcalkidstri.org.
- 28 **Orinda Chamber of Commerce** 3rd Annual Restaurant Tour, 5:30 to 8:30 p.m., Theatre Square. Go to www.orindachamber.org to purchase tickets.
- 30 **Orinda Books** hosts local author Marie Krenz who will discuss her new mystery, *Fear at Phantom Ship Lake*. 4 p.m.

AT THE LIBRARY

All events are free unless otherwise specified. Please note that the library will be closed on Sunday and Monday, Sept. 5 and 6.

- 7 **Lamorinda Reads!** *Cutting for Stone* by Abraham Verghese, available for check out at Lamorinda libraries, related events to be held in October.
- 15 **A Really Inconvenient Truth**, a discussion on climate change by internationally-known speaker Dan Miller, Gallery Room, 7 p.m.
- 21 **Tell It! Tales for Young Children**, a storyteller weaves folktales and legends adapted for children, Tutoring Room, 1 to 1:30 p.m.
- Contra Costa Tale Spinners**, storytelling for adults. Tell your own story, or just come to listen, 7 to 9 p.m.
- 22 **Author Melania Gideon** discusses her book, *The Slippery Year: A Meditation on Happily Ever After*, Garden Room, 7 p.m.
- 23 **Contra Costa Tale Spinners**, storytelling for adults. Tell your own story, or just come to listen, Gallery Room, 7 to 9 p.m.
- 29 **Summer Music Series** presents *Portuguese World Music* by Ramana Viera & Ensemble, Fireside Room, 7 to 8 p.m.

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

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 925-689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Moraga-Orinda Fire District Conference Room, 1280 Moraga Way, Moraga, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library. Call 253-1997.
- Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Postino's in Lafayette 254-0440, ext.463.
- Montelindo Garden Club**. Third Friday, Orinda Community Church, 10 Irwin Way, 9 a.m., www.montelindogarden.com.
- Orinda Rotary**. Every Wednesday at noon, Community Center, 254-2222.
- Orinda Association**. Second Monday, 7:15 p.m., Orinda Library, May Room, 254-0800.
- Orinda Hiking Club**. Please visit our website at www.orindahiking.org or call 253-1465 for schedule of upcoming hikes.
- Orinda Historical Society**. Third Wednesday of the month, 3 to 5 p.m., OHS Museum, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 925-283-7176.
- Orinda Juniors** community service group. First Tuesday of the month, September to June, 7 p.m. Contact Diane Petek and Ann Sullivan at orinda.juniors@yahoo.com for location.
- Orinda/Tábor (Czech Republic) Sister City Foundation**. Fourth Thursday of the month, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday of the month, 4 p.m., Orinda Community Center, 28 Orinda Way. For information, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 a.m. to noon; call Jean Barnhart, 254-3881.

CITY/FIRE/SCHOOL DISTRICT MEETING SCHEDULE

- Acalanes Union High School District**. First and third Wednesdays, 7:30 p.m., district office, 1212 Pleasant Hill Road, Lafayette.
- City Council**. First and third Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.
- Historic Landmarks Committee**. Fourth Tuesday, 3 to 5 p.m., Library Garden Room. Call 925-788-7323.
- 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. For the latest listing of dates, please check the website at www.orindaschools.org.
- Planning Commission**. Second and Fourth Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.

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

Cal Shakes Ends Season With Favorite Shakespearean Comedy



By KATHRYN G. MCCARTY
Staff Writer

"This has indeed been an extraordinary year," said California Shakespeare Theater's artistic director Jonathan Moscone, slated to direct Shakespeare's *Much Ado About Nothing*. The comedy concludes the company's successful 2010 season, and plays September 22 through October 17 at the Bruns Amphitheater.

"To mount four productions each summer is a feat unto itself," said Moscone "but this year we were able to do this while also opening the new building at the Bruns. It's an absolutely beautiful space that has significantly enhanced the experience of our audiences, and even more importantly, our artists. Now, they have a real home for their work, and I know they are all grateful for the super human efforts of our board and the generosity of our communities for making

Family Friendly Show Completes Starlight Season

By KATHRYN G. MCCARTY
Staff Writer

Director John Butterfield is a busy man, with little time between full days spent teaching, serving as artistic director for Butterfield 8 Theatre Company in Concord, and directing Orinda Starlight Village Players (ORSVP) final production of its 2010 season, *The Wind in the Willows*. The family classic was written by Kenneth Graham and adapted by Charlotte E. Meyer.

Meyer, an Orinda resident, founded ORSVP nearly three decades ago. Well into her 90s, she has long been the driving force behind this community theatre.

Like Meyer, Butterfield's energy and enthusiasm is contagious. "I am treating the work as a children's theater piece. The company remains on stage as they become the river and the snow packed woods," said Butterfield, who added that this adaptation is something for the entire family.

According to Butterfield, *The Wind In The Willows* is "simple, and we are working to tell it in a new way." Butterfield, who is also a choreographer, is known for the way he incorporates movement into his direction, and the production moves "quickly with a lot of physical theater work where the actors create the environment and are on stage for the entire story."

The Wind In The Willows is playing at the Orinda Community Park Outdoor Theater through September 25. Friday and Saturday evenings are at 8:30 p.m., Sundays, September 12 and 19 at 4 p.m. and Thursday, September 23 at 8 p.m. There will be no performance on Sat. Sept. 4 of Labor Day weekend.

Butterfield says that he enjoys working in the outdoor space but that it has some

Cal Shakes a real home for artists."

The play, which features the same design team and many of the same performers as *Macbeth*, revolves around soldiers who return home from war only to find new battles on the field of love in Italy's countryside. "We're ending our season with *Much Ado About Nothing*, which I adore and hope will enchant and move audiences as it does me."

The *Much Ado* cast features: Andy Murray and Domenique Lozano, Catherine Castellanos, Dan Hiatt, Danny Scheie, Nick Childress, Delia MacDougall, Nicholas Pelczar, Emily Kitchens, Andrew Hurteau, Xanadu Bruggers, Sarah Griner, John Lewis, and Justin Lisanckie.

The production team includes set designer Dan Ostling (an ensemble member with Chicago's Lookingglass Theatre), costume designer Christal Weatherly (who recently designed *Ruined* at Oregon Shakespeare Festival), and lighting designer Russell Champa (designer of the Broadway production of *In the Next Room* or the vibrator play). Sound designer Andre Pluess, choreographer Erika Chong Shuch, voice coach Nancy Carlin, dramaturg Philippa Kelly, stage manager Elizabeth Atkinson, and assistant stage manager Briana J. Fahey round out the production team.

Audience members have the ability to attend a variety of special events in concurrence with the show including a meet the directors, actors and designers on September 13 at 7 p.m. at the Orinda Library. Many other events are planned at the Bruns Amphitheater before or after performances. For a complete listing, go to www.calshakes.org. Tickets can also be purchased online or by calling 510-548-9666.



CONTRIBUTED PHOTO
Choreographer/director **John Butterfield**.

challenges. "It's an outdoor theater, and there has been some vandalism this summer, which can be discouraging."

Butterfield who heads Concord's Butterfield 8 Theatre Company says he decided to direct with the Orinda Company because "we have to support each other or there will be no small theaters left." *The Wind in the Willows* follows the adventures of Mole and his friend Ratty as the pair journey the riverbank, crossing paths with Badger of the Wild Wood, and Mr. Toad of Toad Hall.

Orinda Starlight Village Players is celebrating its 28th season in the Orinda Community Park. The theater is located at 26 Orinda Way. For tickets, call 925-528-9225 or email info@orsvp.org. For more info: www.orsvp.org.

BUSINESS BUZZ

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and balance, rather than simply treating symptoms of disease. We practice holistic medicine through Chinese herbs, acupuncture, chiropractic care, and bioresonance," explains Rettig, whose practice is located at 1042 Brown Avenue in Lafayette.

The holistic approach seeks to preserve the animal's life force by being proactive. "Preventative care is very important and in Chinese medicine, we diagnose by examining the tongue, its size in the mouth and its color, and checking the quality of the pulse. The intake sheet in my practice contains seven pages of questions and based on answers to these questions, we can predict potential problem areas down the road and pay attention to them now," says Rettig. "Owners understand the concept of holistic medicine for their pets."

Similar to its application for humans, no sedation is used for acupuncture in animals. "I just insert the needles, which are very relaxing and they release endorphins," explains Rettig, who works with two assistants in her practice. She encourages pet owners to have a traditional veterinarian, as she does not handle emergencies, broken bones or X-rays of animals. "We sell drugs for patients as necessary; say as in an acute infection. We are happy for people to have a regular vet and come to us for chronic disease such as cancer or bladder infections. We treat a lot of ligament injuries with acupuncture and herbal medicine," she adds.

The chiropractor on staff is Margaret Holiday. Beth Murray serves as homeopathist and Victoria Tugwell performs acupressure, cranial sacral massage and Reiki therapy for patients. Dr. Rettig conducts acupuncture therapy and bioresonance and advises on Chinese herbal treatments. She specifically points out that flower remedies are very powerful treatments for behavioral issues.

"Bioresonance is biofeedback and heals the body as a result of giving the body certain frequencies. Everything in the world has its own vibration. With bioresonance, we can pick up for example, lead in the body, then invert this frequency through a magnetic treatment. It is very peaceful and non-invasive and is used for allergies and cancer treatment. We are still in our early days with bioresonance," points out Rettig. A conservative vaccine protocol is implemented at Alternatives for Animals. "There is fallout from vaccines that people are not aware of that include allergic reactions and cancer, so we do a minimum of vaccines," adds Dr. Rettig.

Interestingly, there is an alternative, natural treatment for fleas that involves a

special concentrated garlic tablet for dogs and the use of a special parasite dust, Yar-row and Neem available by Buck Mountain. "The garlic tablets are specially concentrated and owners should know that garlic should not be given directly to their dog," says Rettig.

After graduating from veterinary school nine years ago, Karen Rettig moved to the Bay Area with her husband Scott, who is Vice President of Information Technology for Pacific Maritime Association. The couple has two children, Will age 2 and Jack age 5. "We are happy to be here. It is very gratifying to spend every day helping an animal," says Rettig.

Alternatives for Animals is open Monday, Tuesday, Wednesday and Friday, 9 a.m. to 5 p.m. and Thursday, 9 a.m. to 7 p.m. For more information, visit the website at www.alternatives4animals.com or call 925-283-6160.

Live Your Life, They Will Clean Your House: Total Clean Celebrates 25th Anniversary

Native Moragan Kimberley Winter was studying management at St. Mary's College when she developed the concept for Total Clean and launched the business in 1985. "It was a creative outlet for my business partner and me, and it literally took off immediately," says Winter, recently reminiscing about the inception of Total Clean at her current location at 329 Rheem Blvd., Suite B, in Moraga. The Total Clean offices are open and airy, reflecting an Eastern Indian influence with batik fabric wall hangings, and indoor plants.

Serving the entire Lamorinda area, Total Clean treats every home as unique as the people who live there, taking the time to personally meet each new client at the time of reviewing the home. Winters has a photographic memory, which comes in handy during the walk-through with a home owner. "I can literally recall where items are located in a home when a client calls me weeks later with a question," smiles Winters. Customer service is the highest priority and integral to this is regularly receiving customer feedback, which is done via a quarterly customer survey. If a client is not satisfied with the service, Total Clean will return to re-clean and if still not pleased, the client pays nothing. A team of two spends an average of two hours in the home.

A very appealing feature of this small business is the long-term, loyal and extremely dedicated employees. "Our employees average eight to nine years with us. They are terrific. For cleaning work, this longevity is unusual, but because we have great employees, our clients are loyal as well. Some clients have been with us



VALERIE HOTZ

Kimberley Winter launched Total Clean in 1985.

for over 20 years and the majority of our business is our repeat clients that we serve on a weekly, bi-weekly or monthly basis. We also handle construction clean-up, move-in or move-out clean ups as well," explains Winters.

Total Clean is safety conscious. Each employee is bonded and the company is fully insured. Prior to employment, applicants are carefully screened through background checks and references. "The biggest difference between Total Clean and other housekeeping services is that we

employ our staff. They are covered under Workers' Compensation Insurance, Social Security and state and federal payroll taxes are filed and paid for by Total Clean," adds Winters.

An avid vegetable gardener, Winters also enjoys hiking with her two dogs, a Chihuahua named Chi Chi and a yellow lab named Kolie, who often accompany her to work. "It helps the staff learn how to cope with dogs that live in our clients' homes. We are very pet friendly." Winters' husband Jonathan is an elementary school science teacher in Lafayette. The couple has two children, Julia age 12 and Noah, age 14. "My goal is to have the serenity and peace of mind that comes with developing effective relationships with clients and staff," points out Winters, who practices yoga in her spare time. She goes on to point out that good time management is an important part of her work. "So often life can be chaotic, but through our professionalism and effective relationships, we can achieve a peaceful life," says Winters.

For more information about Total Clean, please visit the web site at www.totalclean.biz or give them a call at 925-376-1004.

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BUSINESS BUZZ

Business Buzz

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Hollyhock Offers Current Trends and Old Favorites

This delightful establishment has something for everyone and is the ideal place to shop for a variety of needs, from Christmas surprises to hostess gifts. It is located at the rear of Village Square, between McCaulou's and the Medicine Shoppe and is owned by David McCaulou, a merchant with 40 years of experience and proprietor of the Bay Area department store that goes by his name.

For starters, Hollyhock has to be the best greeting card shop around, with the entire perimeter of the store ringed with their extensive card selections. The front windows very nearly stretch from the floor

to the ceiling, shedding abundant light on the offerings inside, which include fine soaps, lotions and spa supplies suitable for gift giving, interesting books, scented candles, picture frames, stationery sets, and writing instruments. Table and chairs are conveniently set up near the entrance for customers to peruse the custom stationery and invitations available by special order. "We offer a very quick turnaround time on stationery and invitations of 24 hours. We offer Crane as well with the usual wait time," points out David McCaulou, who enjoys offering the latest craze to Orindans.

"Our company is quick to spot trends. The current trend is called Silly Bands, a bracelet made of silicon and offered in a variety of bright colors and different shapes. They were discovered at the Toy Show in New York this spring and started moving

west," says McCaulou. If you are a parent of a certain age, you may recall the Beanie Baby craze in the early 1990's. "We were the leader of the Beanie Baby trend and were the largest seller in the world at that time. We had the ability to have that kind of buying power because of our affiliation with McCaulou's. That craze lasted for five

selection for any occasion, and there is a 75 percent off sale rack with an array of odds and ends.

Another hot item gaining in local popularity is Bananagrams. "When you see it and play it, it looks very similar to Scrabble, but instead of a player adding on to other words like in Scrabble, the player builds his own individual structure of words. It comes in a fabric bag shaped like a banana. The designer said he created it this way intentionally so that Bananagrams can be easily packed into a suitcase for travel. It received Game of the Year at the 2009 New York Toy Show," explains McCaulou.

For more information about Hollyhock, give them a call at 253-9950 or better yet, stop by and browse sometime soon.



VALERIE HOTZ

Hollyhock manager Valerie Mah.

years," he adds.

David McCaulou owns 16 stores located throughout the Bay Area. He lives in Orinda and in his spare time he likes to play store. "People ask me if I play golf and I say no, I play store instead," he says with a laugh. He is so responsive to his customers, that when one Orinda customer told him about Chuckle Buddies, McCaulou's began stocking it in his stores. "It is a stuffed dog that lies on the floor until you walk by, and then it rolls over and laughs at you when you pass by," he explains.

Valerie Mah is the manager of Hollyhock in Orinda. "Puzzles are very big now. We have always carried puzzles and people are rediscovering it is affordable family entertainment," says Mah. You will fill your wrapping paper needs with a colorful

Alternative for Animals Offers Holistic Approach

Soon after completing the requirements for her veterinary degree with honors at Melbourne University School of Veterinary Medicine, Karen Rettig, D.V.M., decided to be a holistic veterinarian. "I really enjoy holistic medicine because it is about healing the animal through food, acupuncture

[SEE BUZZ page 23]



VALERIE HOTZ

Dr. Karen Rettig, a holistic veterinarian.



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