

THE ORINDA NEWS

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Alcohol Coalition Forum Reveals Consequences of Underage Drinking

By DAVID DIERKS
Assistant Editor

On January 15, Miramonte High School held a community forum on underage drinking at the Miramonte High School theater. The panel included Miramonte Principal Adam Clark, Orinda Intermediate School (OIS) Principal Michael Randall, Orinda Police Chief Jeffery Jennings, Judge Steve Austin, marriage and family therapist Rachel Moran and Miramonte Associate Principal Michael McAlister. Panel members offered their views on the community issue of underage drinking. Jaime Rich, Environmental Prevention Program Director of the Center for Human Development, helped to organize the event.

Clark and Randall talked about student surveys that asked about alcohol use. Clark introduced the statistics from last year's Healthy Kids' survey of Miramonte's freshmen and juniors (this year's sophomores and seniors). One of the questions on the survey was how many times a student had one full drink of alcohol. Clark said, "When we look at 9th grade, 73 percent had zero times. That's great, a wonderful number. As we go forward, we have some one-time experimenters, and then we have about 17 percent that have tried two or more times. That's a concern in our 9th grade population. When you look at 11th graders, it gets a little bit larger. We definitely want to celebrate that 47 percent who have not tried alcohol. Then, we have approximately 49 percent of our juniors last year who have used alcohol two or more times." Randall added, "The rate of alcohol use in middle school is extremely low. Of the kids surveyed, those who have never tried alcohol were 90 percent. Maybe one to two percent, at the far extreme, have tried alcohol four or more times."

Chief Jennings and Judge Austin explained the legal ramifications of underage drinking. Jennings said, "I'm the guy you see when things don't go the way you'd like them to go. We know that no matter



The "Every 15 Minutes" dramatization at Miramonte High School in 2005 highlighted the effects of drinking and driving. A group of students was chosen to be the "casualties," complete with blood and, in the case of the students who "died," a funeral and headstone. The program produced very emotional results.

how wonderful, bright and smart these kids are, these scholars are still children and their brains are not completely developed. They're going to make poor choices, and we get involved when they make those poor choices. Our job in law enforcement is consequences for what they did." Austin added, "Even good kids do dumb things. We see them in the courts when they start doing the dumb things. In 90-95 percent of juvenile cases, drugs or alcohol are involved. Drugs and alcohol are a big deal and pervasive in

the community."

In 2012, there were six citations of juveniles in Orinda. "We have a zero tolerance when we get a call to your home, and there are children drinking. There have been certain parties where juveniles have been transported to the hospital. We've had two near deaths. We don't want your children to be hurt. I don't want anyone to get sick or die on my watch while I'm Chief of Police." said Jennings.

When a minor is caught Driving Under

the Influence (DUI), the juvenile court system gets involved. Austin said, "Any alcohol in your blood is considered a DUI for a minor." Any minor suspected of DUI will be pulled out of the vehicle and tested for alcohol. "The officer is going to get you out of the car. By the time you're back in the car, one of your parent's friends is going to have driven by and seen you out there, so it's an embarrassing situation," added Austin. If the test is positive for alcohol, the automobile gets confiscated

[SEE ALCOHOL page 6]

Forbes Names Orinda America's Second Friendliest Town

By ELANA O'LOSKEY
Staff Writer

Forbes Magazine's recent article, "America's Friendliest Towns," by

staff writer Morgan Brennan, reports that the top five friendliest towns in America are Sammamish, Washington (pop. 46,700); Orinda, California (pop. 17,932); Fishers, Indiana (pop. 79,127); Seal Beach, California (pop. 24,536); and Westerville, Ohio (pop. 36,665).

Forbes engaged Nextdoor.com, a San Francisco social network company, to survey metropolitan areas using data from the census, F.B.I., *Chronicle of Philanthropy* and *www.City-Data.com*. The four points used to rank data are: 1. Percent of owner-occupied homes; 2. Crime rate; 3. Charitable giving; and 4. Percent of college graduates. Surveys were then conducted by Nextdoor.com among its membership in the towns with the highest ranking to finalize the list of the top 15 towns.

[SEE ORINDA page 15]

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Holden High Art Show



Student and alum art and performances. February 8 from 7 - 9 p.m. See Calendar page 17 for details.

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LIBRARY GALLERY

Tribute to Teacher/Painter Jade Fon Highlights Library Gallery Show

By ELANA O'LOSKEY
Staff Writer

Jade Fon was the type of art instructor and mentor who put a fire in his students' bellies; so much so that upon his passing in 1983, the *plein air* painting class he had established, which met on Saturdays, has continued unabated to date. This is the first time all members of the group are exhibiting together, as well as displaying Fon's

original watercolors, sketch books and memorabilia. The Orinda Library Gallery is honored to present their work beginning February 2.

Join them for an artist reception on February 10 from 2:30 to 4:30 p.m. where light refreshments will be served.

Pam Della and Frank Bird knew Fon well and were instrumental in keeping the classes going. Della says, "I feel honored to be chosen to take care of Jade Fon's artwork



CONTRIBUTED PHOTO

Pam Della's *Spring Blossoms*, a 16" x 20" oil painting, will be displayed at the Orinda Library Gallery during February.

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and am delighted to have the opportunity to show his paintings: the full-sheet watercolor 22" x 29," *Sunday on the Bay*, and two half-sheet 14" x 21" watercolors, *Sunny Morning at the Golden Gate* and *Mission Trumpet Blossoms*. The small glass cabinet is devoted entirely to his work including watercolor sketches, bird studies, sketch books, art materials, mementos, small decorative pieces, and two of his gold medals."

Born in San Jose, Jade Fon Woo was raised in Winslow, Arizona and New Mexico and attended the Northern Arizona University in Flagstaff and the University of New Mexico. He also studied at the Otis Art Institute in Los Angeles and attended the Art Students League. From the mid-1940s, Fon lived in San Francisco and taught at Diablo Valley College. His work combined Oriental influences and regionalism, called "California Style." In 1962, he founded the

annual Jade Fon AWS Asilomar Watercolor Workshops with Harold Gretzner. The first of their kind in the West, these workshops allowed students to study on location with the finest watercolorists in the nation, including Milford Zornes, Cheng-Khee-Chee, and Zoltan Szabo. In the 1970s, he helped form a group of painters known as the "Oakland Group" with Maurice Logan, Harold Gretzner, Horace Smith Page, Henry Doane, and many others. They continued the tradition of painting regionalist watercolors outdoors, on location, and exhibited in many East Bay galleries. Jade Fon taught at Diablo Valley College until his death in Bakersfield, California on November 14, 1983. He won more than 100 national awards; in 1983 he was proposed for Associate National Academician; and he was a member of many art groups including

[SEE GALLERY page 12]

Saint Mary's College Museum of Art

February 2 - April 14, 2013

Hearst Gallery
iCARNAVAL!

Be prepared to dance your way through the displays of costumes, headdresses, masks, musical instruments (some you can even play!), and videos. Join the expedition from the Old World to the New: Italy, Spain, Switzerland, Trinidad and Tobago, Brazil, Bolivia, Mexico, and, of course, New Orleans!

MASQUERADERS IN FANTASY COSTUMES, VENICE, ITALY; COURTESY OF MUSEUM OF INTERNATIONAL FOLK ART PHOTO: SHIRLEY AND DAVID ROWAN

Studio Gallery
Ryan Reynolds: *Landscape Assembled*
One of the Bay Area's most interesting young artists, Reynolds (b. 1974), a professor of art at Santa Clara University, holds a BFA from UC Santa Cruz and an MFA from UC Berkeley, where he was awarded the Eisner Award for the highest achievement in the Creative Arts. A participant in this year's Art Basel and Art Miami, his paintings are also in numerous private and public collections.

LOCKWOOD DE FOREST, LONE FELLUCCA AT DUSK NEAR RODA ALONG THE NILE, 1876, OIL ON CANVAS. COURTESY OF SULLIVAN GOSS-AN AMERICAN GALLERY.

Armistead Gallery
In Search of the Source: Paintings of the Nile and Beyond by Lockwood de Forest
Atmospheric painter Lockwood de Forest (b. New York 1850 - d. Santa Barbara 1932) painted with the many of the Hudson River school artists early in his career. A member of the American Aesthetic movement, de Forest was also an accomplished designer who worked with Louis Comfort Tiffany.

BIKE RIDER BY RYAN REYNOLDS

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OA Looking for a Few Good People



SALLY HOGARTY

A young parade participant decked out in red, white and blue.

The Orinda Association is gearing up for this year's 4th of July celebration as well as the Classic Car show in September. Volunteers are needed for a wide variety of fun activities including advance planning and helping with parade management and park activities on July 4th. The Classic Car Show on September 21 benefits the OA's Seniors Around Town ride program as well as the Orinda Historical Society. Volunteers will be needed to help for that event as well. Plus, the OA is expanding its Board of Directors.

If you would like to be involved, call the OA at 254-0800 or email oa@orindaassociation.org.

– Sally Hogarty, Editor



DAVID DIERKS

1929 Chrysler Model 75 from last year's Orinda Classic Car Show

A Message From the OA President

Orinda Is A Friendly Place

Bill Waterman



According to a survey published on Forbes.com (January 10), Orinda was ranked the second friendliest city in the U.S. *Forbes* and website Nextdoor.com used surveys and various metrics to come up with the rankings, including percentages of home ownership, numbers of college graduates, levels of charitable giving, and crime statistics. But a major factor in the survey was the level of volunteerism, as evidenced in Orinda by our volunteer-supported community events such as the annual Fourth of July parade and celebration, Cal Shakes Theater and Orinda International Film Showcase, to name just a few. I would add to this list of volunteer-driven events the neighborhood preparedness group meetings, and the Orinda Classic Car Show (now in its 9th year), which raises funds to benefit local nonprofits, including the Orinda Association and our Seniors Around Town ride program. These events are organized by fellow Orindans who volunteer their time, whether from the Orinda Association (OA), Orinda Rotary Club, Educational Fund of Orinda (EFO), or many other Orinda non-

profit groups. And much-needed financial support for some of these events comes from the Orinda Community Foundation (OCF).

This year the OA is not only organizing the Fourth of July events, but also helping with the Orinda Classic Car Show in September. **THE OA NEEDS MORE FOLKS TO HELP US**, and this could be as simple as making some phone calls or helping out on the days before the event. So, if you want to "pitch in" and do your part to contribute to Orinda's community fabric, the OA wants you! And if you want to be part of a wonderful group of people that work hard to make Orinda even "friendlier," come and join the OA's Board – we still need to fill several positions on our expanding board. If you are interested, please call our office at 254-0800 and leave a message, or email us at oa@orindaassociation.org. I promise that you will enjoy volunteering and contributing to Orinda.

So enjoy all that Orinda has to offer, and let's appreciate our good fortune in being able to be a part of such a wonderful community.

The Orinda Association

The Orinda Association is a not-for-profit corporation dedicated to:

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

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Orinda: A Volunteer Friendly Town

According to *Forbes Magazine*, Orinda ranked second as the friendliest city in the U.S. Despite a flurry of not-so-friendly comments on this topic in various online publications and social media, the fact remains that Orinda won fair and square according to the criteria, which included charitable giving.

The City of Orinda currently has an opportunity for local residents to maintain the spirit of giving by volunteering for one of several commissions and committees. Those interested need to complete a statement of interest form and submit it to the City Clerk's office by February 8 at 5 p.m. For more information, call 253-4221 or go to www.cityoforinda.org.

Whether you agree that Orinda deserves its newly confirmed friendly ranking or not, it's hard not to agree that busy local residents always seem to find time to volunteer for a variety of nonprofit organizations. In fact, the Orinda Junior Women's Club is celebrating 30 years of volunteer service with a reunion of past and current members on February 5 (see page 10 for more information).

The Orinda Association (OA) just recognized Kay Aaker as Volunteer of the Year

and Elizabeth O'Shea as the William Penn Mott, Jr. Environmental award winner at a dinner at the Orinda Country Club on January 27. The organization is also looking for volunteers to be a part of its annual 4th of July celebration.

If you're looking for volunteer opportunities, check out the Nonprofit Guide printed in last month's issue or peruse the supplemental Nonprofit Guide on page 9 of this issue.

Regardless of titles and rankings, giving of your time and money to nonprofits makes Orinda a better place to live and work. And, remember, to maintain your home as a great place to live, don't forget Valentine's Day. Orinda boasts a plethora of fine restaurants for a delicious celebration!

— Sally Hogarty, Editor

Correction

In the January 2013 issue of *The Orinda News*, we erroneously said that Rita Sobolev had graduated from Syracuse University's College of Forestry. Mrs. Sobolev graduated from Syracuse University but not from the College of Forestry.

Remembering Elizabeth Finnerty Gould

By LIBBY BAILEY and BARBARA KLEIN
Contributing Writers

Elizabeth Finnerty Gould died on December 17, 2012 at Community Hospital of Monterey Peninsula. She was 90 years old and lived in Orinda from 1953 to 1979. Elizabeth was the mother of eight children, six of whom survive her: Tom, John, Chris, Bob, Tim, and Cathy. She was preceded in death by her husband, Richard,

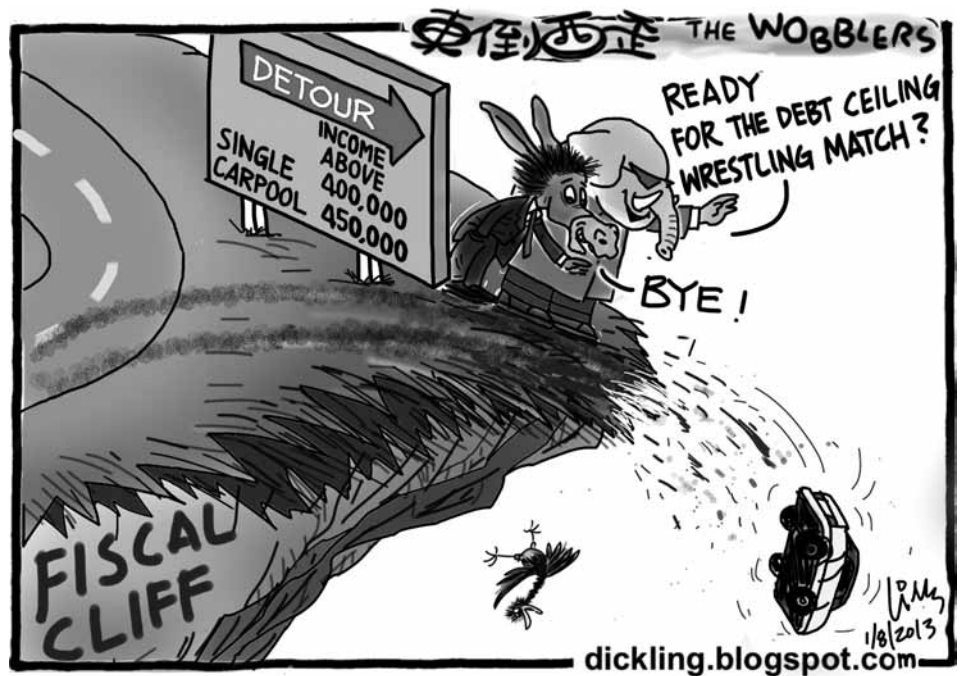


Elizabeth Finnerty Gould.

and beloved daughters, Barbara and Mary. Elizabeth was a wonderful person with an easygoing, loving, and accepting nature. She had been a pillar of Orinda's Santa Maria Catholic Church, giving freely of her time, resources and energy.

However, in 1976, she found her true calling: Orinda Books. Initiated by Libby Raftery, four other women were offered shares in the bookstore—Elizabeth, Barbara Klein, Janet Boreta, and Ginny Bacon. Elizabeth later acquired additional shares when they became available after Ginny's resignation.

The bookstore profited immensely from



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Elizabeth's enthusiasm, energy, hard work, and great ideas. A typical example of her unflappable zeal occurred one evening at closing, when the staff realized that the day's receipts had disappeared. After a final determination that the only place the money could be was in the dumpster behind the shopping center, Elizabeth climbed a ladder in the dark and cold and dug through the debris, including the local Mexican restaurant refuse, until she found the deposit envelope containing the day's cash, checks and credit card receipts. Always beautifully

and dressed, she cared nothing about her clothing that evening; all she knew was that the store needed the day's profits.

Orinda Books was very successful. A lot of the success can be attributed to the two women the partners hired to work with them: Caroline Hayes and Margaret Van Sieclen. They were charming and helped to make the bookstore fun. In 1979, Elizabeth moved to Carmel, and in 1982, Janet Boreta became the sole owner of Orinda Books.

For all of those who knew and loved Elizabeth, she will be sorely missed.



(L-R) Janet Boreta, Elizabeth Gould, Barbara Klein and Libby Raftery.

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For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the April issue is March 1, 2012.

ROTARY CLUB / POLICE

Rotary Symposium Honors Dick Heggie and Features Talk on Putin

By MAGGIE SHARPE
Staff Writer

Orinda Rotary's festive luncheon at the Orinda Country Club on January 16 paid tribute to long-time Rotarian and Orinda's first Mayor Dick Heggie, who died last May at the age of 88. Guest speaker, UC Berkeley Provost and Vice Chancellor George Breslauer, an authority on USSR and Russia, spoke on "Is Putin's Authoritarian Regime Sustainable?"

"This is Dick's day," said Orinda Rotary President Jack Bontemps in his welcome to about 130 Rotarians who attended the lunch - including Heggie's wife Bea and two of their daughters. "Today is a tribute to Dick who was truly an international statesman."

Heggie had a long career in international relations, including 19 years with the Asia Foundation and later as executive director of the World Affairs Council. He also co-founded the Orinda-Tabor Sister City Foundation.

Former Orinda Mayor and Rotarian Joyce Hawkins delivered a tribute to Heggie whom she described as "a much-loved individual." Hawkins recounted how Heggie worked towards incorporating the City of Orinda, then outran 18 other candidates for City Council to become the city's first mayor in 1985.

"Dick was a leader among leaders," said Hawkins. "He was strong, ethical, fair, respectful and very much respected." Hawkins said Heggie was very proud of his Scottish heritage and that city events would



MAGGIE SHARPE
Jack Bontemps (R) President the Rotary Club of Orinda and guest speaker **George Breslauer** (L), Provost and Vice Chancellor at UC Berkeley.

often feature a bagpiper. "We would sometimes refer to him as Lord Mayor," joked Hawkins. "He was loved and respected by all who crossed his path."

Susan Wait then introduced Breslauer to talk about the regime of Russian President Vladimir Putin. Breslauer is a professor of political science at UC Berkeley where he has taught since 1971. He is the author or editor of 12 books about the USSR and Russia. Breslauer was also a good friend of Heggie. "What a wonderful man Dick was," said Breslauer. "When you not only admire and respect someone, but also feel a genuine fondness for them, that's an exceptional friendship."

Putin served as president of Russia from 2000 to 2008, was prime minister from 1999 to 2000 and 2008 to 2012 and was re-elected to the presidency in 2012. Breslauer said that the "democratization and marketization" that occurred in the '80s and '90s under presidents Mikhail Gorbachev and



POLICE BLOTTER

December 2013

False Residential Alarms: Officers responded to 136 false alarm calls throughout the city.

Burglary - Auto: 1 incident reported on Brookwood Rd.

Burglary - Commercial: 3 incidents reported on Bryant Way, Orinda Way, and Camino Sobrante.

Burglary - Residential: 6 incidents were reported on Berkeley Ave., Dolores Way, Muth Dr., Donald Dr., La Espiral, and Oak Flat Dr.

Domestic Violence - Injury of Spouse: 1 incident on Las Palomas.

Petty Theft - From Vehicle: 3 incidents were reported on Orinda Way, Orchard Rd., and Charles Hill Rd.

Stolen Vehicle: 2 vehicles were stolen from Bryant Way and Daphne Court.

Vandalism - Felony: 1 incident was reported on Dalewood Dr.

Arrests

Adult - Elder Abuse: 1 arrest was

made at Las Vegas Ct.

Burglary - Commercial: 2 arrests were made at Orinda Way and Camino Sobrante.

Domestic Violence - Injury of Spouse: 1 arrest was made at Las Palomas.

Driving Under the Influence - MISD < .08: 2 arrests were made at Charles Hill Rd./Oak Flat Rd. and Camino Pablo.

Drunk in Public: 1 arrest was made at Brookwood Rd.

Recovered Stolen Vehicle: 2 vehicles were recovered on Bryant Way and Orinda Way.

Warrant Arrest: 2 arrests were made on Coral Drive/Ivy Drive and Rheem Blvd.

Orinda BART Station

Petty Theft: 6 incidents were reported.

- Compiled by Jeanette Irving, Orinda Police Department

Boris Yeltsin created problems that Putin promised to address. "Putin promised to reverse the bad side effects of democratization," said Breslauer.

Those side effects included the emergence of an elite class of billionaires, widespread unemployment, and rampant corruption and cronyism. Putin proceeded to break the billionaires, centralize the lucrative oil and gas industry, and put many functions - including television - under government control. "He slowly smothered and reversed the democratization of the '80s and '90s," said Breslauer.

Breslauer says it's important to remember that Putin's "authoritarian regime" is not as it was under Leonid Breshnev and communism. "There is wide freedom of thought and travel," said Breslauer. "The internet and social media are also wide open

[SEE HEGGIE page 15]

Lost and Found

The charm bracelet in the photo to the right with a broken clasp was found in late November on the street in front of #22 Las Palomas, Orinda. It appears to be made of stainless steel, and it also appears to have significant sentimental value. The owner may claim the bracelet by sending an e-mail to: jnavarro18@comcast.net. The text of the e-mail MUST contain accurate information regarding the specific engraving on the reverse side of both the small and large charms at each end of the bracelet.



CONTRIBUTED PHOTO

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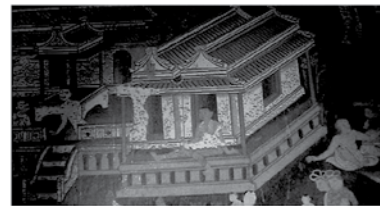
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ALCOHOL FORUM

◆ ALCOHOL from page 1

and towed away. It doesn't matter if there is somebody else there that can drive the car. It gets towed away. The suspect is then taken to either juvenile hall or the local police department. In Orinda, police take the suspect to the police department to wait for release to a parent. "It's no fun sitting at the police department waiting for your parents to come in," added Austin. On a second offense, the suspect is taken to juvenile hall.

Next, many court appearances take place, which the parents must attend. Austin said, "By the time the case is resolved, you have an attorney. The resolution of the case always involves a period of probation, anywhere from two to four years." Any minor convicted of a moving violation under the influence does at least two days in juvenile hall. "They get an idea of what it's like in places not in Orinda and what the consequences are for being under the influence," added Austin. Those convicted of DUI can serve up to 50 hours of community service. They are required to take

DUI classes, which can last up to nine months. While under probation, no drinking is allowed and they have to report to a probation officer who can perform random drug tests. "There's a curfew, 6 p.m. to 6 a.m. during probation, often lifted after a period of time. The student has to attend school regularly and on time. The probation officer will check with the school to make sure there are no tardies or cutting or anything like that, because it would be a violation of probation, which will send you back to juvenile hall to face the consequences," added Austin.

While on probation, the minor is subject to search and seizure. Austin said, "The kid can be stopped and searched at any time – including automobile search and house search. That means where they're living (your house) is subject to search and seizure during the probation." In addition, the minor's license is suspended for one year. Austin said, "No driving, no car, one year. That's a big deal with kids. They don't really want to think about it. The one year suspension applies to any drug or alcohol

related offense for a minor. So minor possession, minor under the influence, any of those, you end up with a one-year license suspension. If it happens before the minor gets the license, when they get the license, the first year is suspended."

After all is said and done, the cost for a minor getting a DUI is high. "You get to the end of all this, the costs end up being about \$500 in fines, the tow is \$500, and a couple thousand for the attorney. Depending on which DUI class, it can cost up to \$1,000. Insurance rates go through the roof. You're looking at \$7,000-\$8,000 before you blink an eye for that DUI. So it's a big deal," said Austin.

Things get worse if the child gets a DUI after graduation when he/she is starting college. Austin said, "Many aren't able to go. They have to stay here and deal with the criminal consequences." Once in college, beware of kids coming home and getting a DUI. "We've had kids that got into college and been caught when they come home for Thanksgiving and Christmas. Studies have shown that the highest drinking level of many of those kids is not when they're at college, it's when they come home for Thanksgiving and Christmas. There's a big spike. So they end up with a period of probation. When you get picked up in Orinda, you don't get sight release [to parents] when you're over 18. You go down to the big house and make lots of new friends in Martinez at the jail. So it's a real eye-opener. The sentences are higher. Two to three thousand in fines. Same type of classes," said Austin. In addition, there is the chance of mandatory time with the Sheriff's Work Alternative Programs. Austin added, "Depending on whether there's an accident or something else, maybe 20 days on the Sheriff's Work Alternative Program. That's the guys wearing the orange suits with the little white bags and the orange port-a-potty along the side of the freeway that look like Cal Trans. They're out there picking up garbage, working all day. We don't make any allowances for school. So when that happens they drop out."

A major issue in Lamorinda is house parties. Jennings said, "They don't just have parties, they have structured parties. They park a mile away from the party house and will commute in to the party, so there is not a bunch of cars in front of the house. We've had parties where kids have broken into a home and used that house as a party house for a week while the parents were in Europe. They have a CPR person at the parties, so if someone gets sick, someone is trained in CPR to make sure they can take care of them. These are very intelligent, well organized parties. They're well educated – smarter than me. The fact is they're

going to be smarter than you."

Jennings urges everyone to communicate regularly with neighbors. Let people know when you are going out of town so that they can watch your property. "Lack of communication with your next door neighbor is a significant factor in us catching the parties and catching burglars and people that aren't supposed to be in your house. It all interconnects. To keep your community safe, you need to keep in communication with your neighbors. I want the parents to know that the police are your friends."

In cases where adults are at the house parties, "parents get charged and end up in court," said Austin. Adults can get charged with Furnishing Alcohol to a Minor or Contributing to the Delinquency of a Minor. Austin added, "Both are misdemeanors but are treated very seriously by our District Attorney. I've had cases where parents have had parties in the house. I've had cases where other adults who were in charge of the kid, an uncle or an aunt. They end up being the ones that are furnishing the alcohol to the minor when the parents aren't around."

The panel stressed the importance of educating children on the physical effects of alcohol. "Kids these days are super-vain, and they want to look good for themselves," said Randall. "They want to appear good to others and, quite frankly, the effects of alcohol are ugly. The effects of alcohol on a young person, physiologically, mentally, and emotionally are not positive at all. We try to share that information with the students because we want them to make informed decisions." Substance abuse with children is more physically destructive than with adults. Moran said, "Every study shows that the earlier a kid starts drinking, the more likely it's going to be a problem for them to grow and develop. One problem is a kid's brain is not fully developed. So a kid doesn't have any way to ensure damage control when doing substances like this. Many times a kid will get into trouble with it. When you drink a little, what's the first thing that goes? Your judgment." Jennings added, "We have children that if we don't catch them early enough, they're going to have problems for the rest of their lives. No matter how much money you have or how much therapy you might put them into, it ruins their lives if you're not deeply involved in what their doing. This is a wonderful community. There are 50 to 60 parents here tonight – that shows that you do care."

The most important thing to do is talk with children about alcohol and other drugs. Moran said, "The consequences we are mostly focused on are legal, academic,

[SEE DRINKING page 19]



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An Ounce of Prevention is Worth a Pound of Cure
by John Vanek



This expression means that it is better to try to avoid problems in the first place, rather than trying to fix them once they arise. Our goal is to stay out of the repair shop, right? Sometimes the best way to do that is to actually visit the shop but do it on your terms and your schedule.

If you recognize a weak battery during a routine maintenance service, you have the ability to replace it at your convenience, not when you are least expecting it – like when you are ready to take the kids to school. The bottom line is that it is absolutely necessary to pay attention to your car, whether you are a do-it-yourselfer or use a trustworthy repair facility.

As I say repeatedly, paying attention to the needs of your car is the responsibility of the owner/operator. We expect to go to the doctor once a year for a physical, well your car, truck or SUV needs a physical too.

As a matter of fact, I personally was able to avoid an increase in health insurance costs by having a physical done and completing a health questionnaire. If you are proactive with your personal health and fitness, obviously you can recognize issues before they become serious and save the whole system money.

The same holds true with your vehicle. Annual inspections can identify issues such as marginal batteries, coolant leaks (while they are still minor), and the demise of your brake linings (before they damage other components or cause brake failure). Just about every day we have a motorist come in the shop with an “emergency” of some kind

that would have been a non-emergency if recognized during a full inspection. We are not just talking about a “quicky oil change.” I mean a thorough inspection including checking the cooling system, checking for fluid leaks, steering, suspension, brake linings, battery integrity, and the air in the spare tire. Who even thinks of the air in the spare? You don’t want to find out when you have a flat. If you take a vehicle, such as the 2005 Chevy Suburban, and check the maintenance intervals spelled out in the owner’s manual, you will find that such an inspection is recommended every 15,000 miles.

It is not about the frequency of the service only but the kind of service that is performed.

The truth of the matter is the personnel at a quick oil change are usually trained to change oil and check your fluid levels only. They do not always perform a battery load test (or know how to interpret the results) or analyze tire wear. So, it is not about the frequency of the service only but the kind of service that is performed. As usual, the pertinent information that will help you with the “what and when” of servicing is in your owners manual. I want you to become a consumer of proper auto maintenance. Avoid emergencies and the chaos that comes with them. Be a part of the solution, not a part of the problem. Happy motoring!

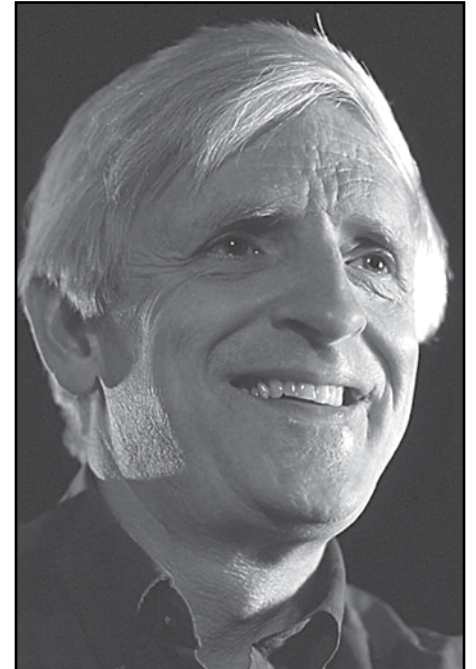
Renowned Theologian and Author to Speak at Orinda Community Church

By SALLY HOGARTY
Editor

Matthew Fox, author of over 30 books including *The Pope’s War*, will speak at Orinda Community Church on February 10. His topic “In What Language Will Our Children and Grandchildren Pray?” will focus on the next generation’s use of iPhones, the Internet, and social media to communicate and the implications.

The event begins with the Sunday Service at 10 a.m., where Fox will deliver the homily. Lunch will be served at 11:30 a.m. with a two-hour workshop from noon to 2 p.m. with Fox. The workshop will explore some of the implications for renewing religious practice, whether of worship, eco-justice, and contemplation versus action, or others. According to fellow author Thomas Berry, “Matthew Fox might well be the most creative, the most comprehensive, surely the most challenging religious-spiritual teacher in America.”

A former Dominican priest, Fox left the Roman Catholic Church and became a member of the Episcopal church. He was an early proponent of the Creation



CONTRIBUTED PHOTO

Author and theologian **Matthew Fox**.

Spirituality movement, which draws from the mystical philosophies of such medieval Catholic visionaries as Hildegard of [SEE FOX page 16]

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BOOKS

Between the Lines
 “I Cannot Live Without Books,”
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Marian Nielsen, Orinda Books



During President’s Month, it is interesting to reflect on these words of Thomas Jefferson written to John Adams in 1815. This is a sentiment that those who spend time in the world of books today can wholly endorse. One wonders, however, what either Adams or Jefferson would have to say about the spineless rooms of many of today’s booklovers where there is nary a book in sight but instead iPhones, Kindles and iPads bulging with literary content. Perhaps the inventor in Jefferson would have delighted in the technology that enables readers to store 3,500 books on a tablet, but as a lover of libraries — the two versions of Monticello that Jefferson built

were both notable for their book collections — he would miss the beautiful gold-stamped leather spines in his library with that indefinable wonderfully musty smell old volumes emit that causes bibliophiles to gasp with pleasure.

Both Jefferson and Adams, when they retired from public life, must have taken great pleasure and comfort in their extensive libraries, running their hands across these leathery volumes, regretting those they had not read but delighting in ownership of the contents of each. Both men had their own organizational plans for their libraries and Jefferson’s correspondence indicates he

[SEE BOOKS page 14]

Author Gives Personal Account of Changes in China

By BOBBIE DODSON
 Staff Writer

The Year China Changed is Tom Scovel’s personal account of that nation’s emergence from an impoverished, war-torn country into the modern economic giant of today. It also documents how many of the country’s long-standing traditional beliefs and values have remained unaltered by modernization.

Orinda Books, 276 Village Square, Orinda, will hold a book signing for Scovel’s book on Wednesday, February 13, from 2 to 5 p.m. with refreshments served. During this time, he will present a short talk about the book and include a question and answer period.

Born and raised in China, Scovel is uniquely qualified to write about these events. As the son of missionary parents, his first memories are of an internment camp where the Japanese Imperial Army incarcerated his family during World War II. He experienced the civil war between the Communists and their Nationalist rivals



CONTRIBUTED PHOTO

Author **Tom Scovel** will be at Orinda Books on February 13.

and, in 1949, was present at the birth of the Peoples Republic of China (PRC). Deemed enemies of the people by the Communist Party because they were Americans, Scovel

[SEE CHINA page 16]

Europe Provides Meaning for American in Local Author’s Latest Work

By KATHRYN G. MCCARTY
 Staff Writer

“Writing for me is a biological need,” said author and professor Inez Hollander, who has recently released a new novella, *Euro Trippy*.

Hollander, who has lived in Orinda for almost 13 years, teaches Dutch language and literature in the Dutch Studies program


at University of California, Berkeley. Her publications include *The Road from Pompey’s Head: The Life and Work of Hamilton Basso*, and two memoirs *Ontwaken uit de Amerikaanse droom* and *Silenced Voices*.

[SEE EUROPE page 14]



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Author **Inez Hollander**.



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NONPROFIT GUIDE

Orinda Nonprofit Volunteer Guide

By ELANA O'LOSKEY
Staff Writer

The following organizations were inadvertently left out of the guide published in the January 2013 issue of The Orinda News. If other Orinda organizations were also not represented in the guide, please contact us at news@orindaassociation.org.

Friends of the Joaquin Moraga Adobe (FJMA)

Contacts: President, Kent Long 330-6726; Bobbie Landers 254-8260, bobielanders@yahoo.com; or comments@moragaadobe.org
www.moragaadobe.org

Built in 1841, the Adobe is the oldest surviving building in Contra Costa County and a national historic landmark. The preservation of this Orinda treasure for the public is FJMA's goal. They welcome all volunteers interested in Lamorinda Valley history, planning and fundraising to achieve their goal. Monthly meetings are held on the 3rd Monday at 7:30 p.m. in the upstairs Better Homes/Mason McDuffie real estate office meeting room, 51 Moraga Way, Orinda. Phone ahead, or email to be put on their mailing list to be sure meeting venue has not changed.

Friends of Wagner Ranch Nature Area P.O. Box 821

Contact: Kathy Barrett at kdbarrett08@gmail.com, www.fwrna.org

The Wagner Ranch Nature Area is an 18-acre nature preserve and historic site located adjacent to Wagner Ranch Elementary School. Volunteers needed to assist with biodiversity garden and trail maintenance and to join volunteers from the OIS Others First Club on the afternoon of the third Sunday of every month. Volunteers also needed to assist with educational activities for three dynamic community events each year: the Wildlife/Earth Day Festival, Sunday afternoon, April 21; the Fourth of July activities in the Park; and the Olive Festival, Sunday, October 6, an annual fundraiser celebrating the 130-year-old historic olive grove in the Nature Area. Over 400 visitors are expected to attend the Third Annual Olive Festival in 2013; help is needed setting up, staffing and breaking down craft areas, activities and food booths.

Miramonte High School Parents Club (MHSPC)

750 Moraga Way
P.O. Box 171
Orinda 94563
280-3930
Contact: Ginny Ross, Volunteer Coordinator@mhspc.org

www.miramonteparents.com

The MHSPC fosters academic excellence by raising funds and working collaboratively with school administrators, teachers and students. They provide educational support/volunteers for student programs and activities and communication within the Miramonte community. In 2011-12 they raised just over \$380,000. There are many volunteer opportunities to improve students' experiences and development. Help is needed to support the Healthy Choices program, assist in community service activities, help families in times of need, celebrate students and staff, raise funds, and much more.

Native Bird Connections

925-963-9753
buteo@nativebirds.org
www.nativebirds.org

An outreach-only wildlife education organization providing educational programs with live birds of prey. Volunteers needed in marketing, fundraising and IT support.

Orinda Parks & Recreation Foundation (OPRF)

28 Orinda Way
963-0442
Contact: Bill Wadsworth at wadsy1@aol.com

The OPRF was founded in the 1970s to purchase the current community center building and since then has contributed in a variety of ways to many community activities and facilities including \$600,000 for the 100+ acre Orinda Oaks Open Space Preserve. The current aim of the organization is to aid and contribute to the City of Orinda's recreational and community



CONTRIBUTED PHOTO
This beautifully colored Barn Owl is one of the birds of prey the **Native Bird Connections** educates the public about.

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CONTRIBUTED PHOTO
Three enterprising youngsters sold olive trees at last year's **Olive Festival**.

service activities related to parks, open space, beautification efforts and community recreational improvements. Volunteer opportunities for board members and others to assist in accomplishing these goals.

Visual Arts Competition Accepting Artists Now

The Orinda Arts Council is pleased to announce its 10th Annual Visual Arts Competition, Exhibit & Reception! Open to all high school students residing in or attending schools in Orinda, Lafayette or Moraga. Cash awards and "Best in Show" viewers choice award. Online Registration opens February 1 and closes February 19 at midnight. Artists and awards reception is on March 6, 4-6 p.m. and the exhibit runs March 1-28 at the Orinda Library Art Gallery. For more information and registration, visit: www.OrindaArtsCouncil.org.

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TWO CHEESE QUESADILLAS - add chicken or beef	\$2.00
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ENCHILADAS - choice of cheese, chicken or beef	

(These meals are all served with rice, choice of beans or fruit)

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Orinda Junior Women's Club 30th Anniversary

The Orinda Juniors celebrate 30 years of making Orinda a better place with a February 5 mug exchange.

The organization, which sponsors Youth Ink and a variety of community service projects at Orinda Senior Village, the Orinda Convalescent Home, and many more, invites all past and current Juniors to attend.

For more information, go to www.orindajuniors.org.



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Orinda Juniors Announce Middle School Writing Contest



(L-R) **Hannah Fishlow, Kate Dunn and Olivia Fishlow** were top winners of last year's Youth Ink contest. The three are currently 8th graders at Orinda Intermediate School.

■ Cash prizes of \$250, \$125 and \$75 will be awarded to top three winners

By SALLY HOGARTY
Editor

The annual Youth Ink creative writing contest features "Future" as the theme for this year's enterprising young authors. Sponsored by the Orinda Junior Women's Club (Orinda Juniors), the contest is open to all sixth-, seventh- and eighth-grade students who live or attend school in Orinda.

According to Orinda Junior Molly Wilson, the theme or prompt was chosen "because it encourages young writers to personalize their piece and lends well to an open style choice. The first rule is to write about anything you like: real or imaginary. There is no limit to the imagination. Whatever you write about, just remember to have fun." Orinda Juniors president Kathy Opdycke adds, "We can't wait to see how Orinda's talented youth writers will approach this year's thought provoking theme."

A panel of several local professional [SEE YOUTH INK page 16]

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Morrison's Jewelers Says Thank You

Christmas came early to customers of Morrison's Jewelers in Orinda. In honor of the company's 90th year in business, David Berryhill had a holiday party with delicious refreshments and a very special raffle. "We wanted to say thank you to our customers for their loyalty and to begin our 90th anniversary celebration," says Berryhill.

First prize was a white gold and Tahitian pearl necklace valued at \$3,500. A stylish 18k gold and sterling amethyst ring by Zina of Beverley Hills went to the second place winner while a silver and multi-stone bracelet from New York designer Echo of the Dreamer was the third place prize. Leslie Edwards, whose father Darrin owns Advanced Tree Service in Moraga, won the fourth place prize of a silver bracelet by Karen Mitchell of Italy.



JILL GELSTER
Leslie Edwards (L) was the raffle winner at Morrison's Jewelers holiday party. **David Berryhill** (R) congratulated her on her fourth-place win.

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SCOUTS/STUDENTS

Five New Eagle Scouts in Orinda



CONTRIBUTED PHOTO

Top Row (L-R) Colin Friese, Cameron Hoyh, Trevor Wallace. Bottom Row (L-R) Daniel Buettner-Fourie, Brent Glowatch.

By MARTA WALLACE
Contributing Writer

Troop 57, chartered by St. Marks United Methodist Church in Orinda, celebrated five new Eagle Scouts on January 13. This year's scouts, all of whom are current or former Miramonte High School students, include Daniel J. Buettner-Fourie, Colin Anthony Friese, Brent James Glowatch, Cameron A. Hoyh, and Trevor R. Wallace. Each Eagle Scout must earn a minimum of 21 merit badges, including 12 Eagle-required badges, demonstrate leadership and scout spirit, and perform a service project for the community.

For his Eagle Scout project, Daniel Buettner-Fourie landscaped four plots behind Holy Shepherd Lutheran Church. This included clearing out debris, replacing the old soil, planting 23 new plants, installing a timed drip system, and laying down ground covering. A challenging and rewarding process, the project took a month to complete and consisted of about 108 hours.

Colin Friese built a sandbox for Del Rey School's after school program, Dolphin Club. Friese supervised a team as they cleared an overgrown area, anchored and built the sandbox, and hauled and sifted 81 cubic yards of sand. By reclaiming the old sand, he saved the school district over \$1,200. The popular sandbox draws many children, allowing easy supervision by the staff. Friese now works at Dolphin Club himself and has the satisfaction of seeing the sandbox he and his team built being used almost every day. Friese's project took 128 service hours to complete.

Brent Glowatch solved a persistent drain-

age problem at Holy Shepherd Church. Water was collecting on the east side of the property due to drainage from a retaining wall, a large hillside, and the roof. By installing a drainage system with underground piping, surface drains and a catch basin, he was able to collect and route the water to existing underground storm drains. This project eliminated very wet conditions and enabled church members to expand the church with a new extension currently under construction. Glowatch and his team contributed 105 service hours to complete this project.

At Miramonte High School, Cameron Hoyh cultivated an organic garden of herbs and vegetables and protected the planter boxes with PVC and chicken wire from pests, such as deer and raccoons. He also created a grapevine structure since there was no place for the existing grapevines to grow. This part of the project required relocating the grape plants to avoid running water lines, manhole covers and electrical lines, laying new irrigation lines for watering and marking the electrical lines. Hoyh's project took 126 hours to complete.

Trevor Wallace recorded himself, his brother and his friends reading children's books aloud. For most of the stories, each participant read the voice of a particular character while Wallace took the part of narrator. Pat Sokalski, former librarian at Del Rey and Orinda Intermediate School, donated three hours of her time to read a chapter. Trevor donated the recordings to Children's Hospital Oakland so that sick children could hear stories on the hospital's iPads. Wallace and his friends worked 105 hours to complete this project.

Registration for Kindergarten Takes Place in February

Registration for children entering kindergarten or transitional kindergarten in Orinda public schools for fall 2013 takes place in early February.

Registration takes place on February 4, 5, 6 and 7 from 9 a.m. – 1 p.m. at each of the elementary schools: Del Rey, 25 El Camino Moraga, 258-3099; Glorietta, 15 Martha Rd., 254-8770; Sleepy Hollow, 20 Washington Lane, 254-8711; and Wagner Ranch, 350 Camino Pablo, 258-0016.

Kindergarten students must have their fifth birthday by October 1, 2013 and students whose fifth birthday falls between October 2 and December 2 will be eligible for Transitional Kindergarten.


To register prospective transitional kindergarteners and kindergarteners, documents will be needed to verify age eligibility, residency and required immunizations. For more information, contact the specific school.

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St. Mary's College Art Exhibits: Family Fun with Multi-Media Exhibit

By ELANA O'LOSKEY
Staff Writer

From February 2 to April 14, St. Mary's College Museum of Art in Moraga will host four exhibits sure to entertain, delight and educate viewers. It includes the NEH (National Endowment for the Humanities) Carnival Multi-Media Exhibit, Lockwood de Forest's *Paintings of the Nile*, William Keith's *The California Alps*, and Ryan Reynolds' *Landscape Assembled*.

Opening day is Saturday, February 2, from 11 a.m. to 4:30 p.m., with a *Carnaval!* reception and documentary video from 2 to 4 p.m. in Art Studio 105. Participants are invited to join in the tradition by dusting off Mardi Gras/Carnaval costumes, beads, masks and headdresses, and wearing them on opening day.

While *Carnaval!* gives people the op-
[SEE CARNAVAL page 16]



ROBERT JEROME
New Orleans is one of the pieces in the colorful exhibit at St. Mary's College Museum of Art.

◆ GALLERY from page 2

the American Watercolor Society.

The Jade Fon *Plein Air Painters* (JFPP) paint in Northern California, usually in or near the San Francisco Bay Area. The group was formed in memory of Fon because his masterful award-winning paintings still inspire them, as do the stories of his teachings and sayings retold by those in the group who were privileged to be his students. The only thing that's changed in the past 30 years is that locations are added or subtracted from Fon's original choices due to development; some locations are eclipsed, so they find new ones. Otherwise, they continually return to the spots Fon introduced them to. About half of the 30 member group shows up on any given Saturday.

Frank Bird, who knew Fon as far back as the 1960s, recalls a remark Fon made to him upon finding out Bird only painted at the Saturday classes: "Frank, did you ever see a major sports figure only practice one day a week?" Bird says Fon had a sense of humor and shared a lot of information about painting. "It was exciting to see him paint his award-winning pictures. He put washes on paper using transparent watercolors. You have to know your pigments to do this, what is transparent and what is not. A whole new world opened up for me when I saw Fon doing his washes, which go on first. If you use the right pigments, they just kind of glow. Fon was a good part of my life. When he passed, Pam Della and I started the Saturday watercolor class right away, because we had to keep going with our painting! There are eight or 10 of us - I'm 90 years old - who started with Fon." Bird lives with his wife, Esther, at the Veteran's Home in Yountville now and is still in contact with the group.

Catherine McCargar has been with the group since 2004 while Dori Sassin has been with the group four years. "Dori's the one who said, 'Do you ever want to show?' and many of us said, 'yes,' and she opened up all these doors for us," says McCargar. She also credits Frank Bird as being "a strong piece of glue who kept us unified; Frank, we miss you!" McCargar says that, "Displays of art can lift the spirit of viewers and help people to see the world through someone else's eyes, which can in turn open their own eyes. *Plein air* painting encourages the community to look again at the beauty of nature surrounding them. I've been commissioned to paint Mt. Diablo; I've lived here many years, but didn't really look at it until I started to paint it."

Twelve of the 30-member group are showing over 60 works: Becky Davies of San Ramon, watercolors/pastels; Pam



CONTRIBUTED PHOTO

Artist **Nancy Partovi** works on a watercolor in the field.

Della of Martinez, oils/oil pastels and watercolor paintings; Carol Jurasin of Concord, watercolor and oil paintings; Jeanne Kapp of Lafayette, oil paintings and sculpture; Geri Keary of Martinez, oil, acrylic, and casein paintings (see gerikeary.blogspot.com); Julie Limberg of Concord, watercolors; Paul Majka of San Francisco, watercolors; Catherine McCargar of Walnut Creek, watercolors (cmccargarwatercolor.blogspot.com); Nancy Partovi of Walnut Creek, watercolors (nancypartovi.blogspot.com); Dori Sassin of San Ramon, oil paintings (dori-sassin.landscapeartist.blogspot.com); Charlotte Severin of Pleasanton, watercolors; and Larry Wilson of Alameda, watercolors (www.larrywinsonswa.com).

The JFPP hope that people see how much work goes into creating a *plein air* painting; that it's a record of art and the enjoyment of it, to be shared. They feel the exhibit also shows that a good teacher and mentor can inspire life-long enthusiasm for painting. The original group stuck with him because of how good it felt to be out there painting with him and they have passed on their enthusiasm and knowledge to newer members. They all accept that the development of skills takes practice, and believe that being part of an art group can be very beneficial. Pam Della relates several quotes from Fon's teachings: "Do not be overwhelmed by the scene - make a number of preliminary studies, organizing the material with form and value patterns." "Don't copy the subject literally; use what you want of it and feel free to make changes for the better." "Learn to paint with values for in the end it is all just values," said Fon, referring to the dark and light patterns in a painting. He added, "Be a storyteller with your paintings." See <http://jadefonpainters.blogspot.com> for more information about these artists and their work.

Visit the gallery during normal library hours - Monday through 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 p.m. Call 254-2814 for more information.

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CONTINUATIONS

◆ BOOKS from page 8

often knew exactly where a book was located. In a letter to Thomas Randolph, he indicates a [book] "is lying I believe either on the table in my book room, or under the window by the red couch in the Cabinet." How nice that he wasn't sure *exactly* which of these two places it was. I like to think he fell asleep reading, and the book slipped off the red couch.

The portion of Jefferson's library which he sold to the Library of Congress after the British burned Washington in 1812

contained over 6,000 volumes, while John Adams also had one of the largest personal libraries in North America — 2,700 volumes — many enriched by his own hand-written marginal notes. In the future, we may not only have spineless rooms, but we will miss the hand-written marginalia, which makes older books such a pleasure. Like Jefferson's library, Adams' was wide-ranging. His famous words in 1780, "I must study Politicks and War that my sons may have liberty to study Mathematicks and Philosophy. My sons ought to study Mathematicks and Philosophy, Geogra-

phy, natural History, Naval Architecture, Navigation, Commerce and Agriculture, in order to give their Children a right to study Painting, Poetry, Musick, Architecture, Statuary, Tapestry and Porcelaine," indicated the range of his interests and his library spoke to them all.

Doubtless both of these founding fathers had a few occasional lapses in organization familiar to those who work in bookstores where a book can mysteriously move in the middle of the night from a neat spot on the fiction shelf to the cookbook department to nestle up against Ina Garten — perhaps a hunger pang at midnight. One of the research librarians at Monticello allows that Jefferson's library at its peak very likely spread throughout the house — a comfort to those of us who have bookcases in hallways, over stairwells, and in untidy baskets beside the fireplace.

Another book lover with an extensive library, Anne Fadiman, in her delightful collection of essays *Ex Libris: The Confessions of a Common Reader*, discussed the difficulties of organizing or re-organizing a personal library when she and her husband, author George Colt, determined (after they had lived together for six years) that it was time to marry their libraries, although their shelving schemes were antithetical to each

other. Fadiman was apt to sort by country of authorship and by year of publication, while Colt was a lumper with books democratically mingled, some even behind each other. Now, her *Moby Dick* and his *Billy Budd* found themselves side by side — together at last — but she laments that over subsequent months George's untidy format acquired the upper-hand.

The Fadiman-Colt ménage, as well as both Thomas Jefferson and John Adams, all must at times have echoed the familiar plaint "so many books, so little time." In fact, Jefferson declined to subscribe to the publication of a new atlas by saying that in his library there were 1,000 volumes he would rather read than the proposed atlas, and of that 1,000, there might be 50 he would actually get to before leaving this world. I adhere to Nick Hornby's philosophy in *The Polysyllabic Spree* (2004). This collection of monthly essays from "The Believer" began each month by enumerating "Books Bought" and "Books Read" with often very little congruence between the two lists. But Hornby concludes that "with each passing year and with each whimsical purchase, our libraries become more able to articulate who we are, whether we read the books or not!" And, I think, perhaps Jefferson and Adams would have agreed.

◆ EUROPE from page 8

While she has written mainly non-fiction, Hollander wanted "to try my hand at fiction. It was tremendously liberating: no footnotes, and the chance to 'make things up' as I went along was exciting and fun."

"The plot of *Euro Trippy*," said Hollander, careful not to spoil the story's surprises, "deals with a quest for meaning and identity which the American characters try to find and restore in Europe. Through a twist of fate, they fall victim to the War on Terror which, for one of the main characters, ends up being a catharsis."

Hollander stressed she wanted to incorporate famed author Henry Miller into the story. "He's like the Greek chorus in this book." Or as one of the reviewers on Amazon said, "he is like a fifth character in the book."

"The mantra of every creative writing class is write what you know, so this piece of fiction is partly autobiographical, but pure fiction on other levels," said Hollander.

Hollander explained that the Netherlands and Turkey, as well as the San Francisco

Bay Area and its culture "play a part" in the novella. "We are truly blessed to live in this beautiful part of the country/world, and the book's subtext has a piece of advice: make it a habit to pause, even if it is for a minute a day and have a little personal wow-moment."

Hollander's sense of humor is evidenced when she explains writing *Euro Trippy* "was therapeutic and a lot cheaper than conventional therapy or a membership to the local gym." Readers will hopefully "find solace in the story when they are dealing with midlife crisis feelings," which she says is "an important theme in the book."

"I want people who read this book to have a good laugh, but I also want people to recognize that Henry Miller had something important to say, a message that never truly registered with us uptight Americans," Hollander adds. "We need to live large in the sense of treasuring what is really important to us, and, too often, we go through our lives not noticing, not caring, and not enjoying what is right in front of us."

To purchase Hollander's novella for a Kindle, visit Amazon.com.



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THE REEL LESS TRAVELED



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ON THE SHORTEST MONTH

Tom Westlake



February has a bad rep. I won't go into particulars, but statistically speaking, if there was a movement to outlaw any one month of the year, it would be this one. The holiday season is officially over. "Normal" life has resumed and even the afterglow is naught but a rapidly fading memory.

With that in mind though, February is not all doom and gloom. There are still distractions and, as this is a cinema column, I am glad to be a projection lamp in the darkness and point them out.

As with December's showing of *The Bishops Wife*, we start out with *Love in the Afternoon*. Like the aforementioned, *Love* features two matinee idols – Gary Cooper and Audrey Hepburn – in a film that can only be called "high concept," mainly due to the ornateness of its plot. Suffice it to say, this light hearted comedy has one of the most romantic endings ever and, with the additional help of Maurice Chevalier, this is probably the strongest opening volley against the February doldrums that one could ask for. It will show at the Orinda on February 14 at 7 p.m.

Next on the agenda, we have the 1940 version of *Pride and Prejudice* featuring Greer Garson and Laurence Olivier. Though considerable liberties have been taken (transferring the time period from the Regency to the Victorian being the most glaring) as well as the constraint placed upon it by the morals present at the time of its making, it still showcases fine performances from its lead as well as noteworthy turns from Edna May Oliver

and Edmund Gwenn. Check the Lamorinda website (www.lamorineatre.com) for exact times.

Of course, no month no matter how short would be complete without that gallivanting duo Efi and JoAlice and their International Showcase. This month, they offer a tender, poignant film about aging and loss called *Chronicle of My Mother*. Based on the autobiographical book by Yasushi Inoue, it deals with an all too familiar problem that, this year, is also being covered by the Academy Award Nominated film *Amour*. It will open on February 22 at the Orinda and play all that week.

And lastly, we have Vanessa, Queen of the Rheem. This month, she screens *The Jerk* starring Steve Martin and Bernadette Peters. Unlike many of Vanessa's previous features, this one can hardly be called mindless. Indeed, in many ways, it's a pointed commentary on modern society, not to mention a showcasing of Martin's comedic talents. Special note should also be paid to Bernadette Peters' performance during the bedroom scene (and no, it's not *that* kind of scene), but you'll understand when you see it. It will be showing at the Queen's behest at the Rheem, February 22 at 9 p.m.

And with that last bit of enticement, I leave you until next month, which will mark the beginning of warmer climes and longer days...but it's not really the days we're talking about. We're primarily concerned, as always, with the darkness, for that's where the magic lies.

◆ HEGGIE from page 5

for personal and professional use."

While Putin's approval rating has dropped from a high of 88 percent to the low 60 percentile, Breslauer points out that is still a strong number. "What U.S. president wouldn't like that?" he joked.

However, Breslauer says, Putin's popularity is waning; the slowdown in the economy, deteriorating infrastructure, "crony capitalism," and the perceived rigging of elections have hurt Putin's image. "In addition, people see him as flaunting his sense of impunity," says Breslauer. "Many people, old and young, are raging over Putin's power grab in the 2012 election."

Despite the outward appearance of transparency in the election, many observers thought it was rigged. The election was followed by hundreds of protests and demonstrations, facilitated by social media. "They've been called the Facebook protesters," says Breslauer.

Putin used a "carrot and stick" approach to defuse the protests, offering some concessions such as the restoration of local elections, and also cracking down by arresting protest leaders. "In the spring we'll learn how much the protests have died down. We'll see how things unfold in the next few years," said Breslauer. "It's a fascinating drama."

◆ ORINDA from page 1

Candis Kattenburg, executive director of the Orinda Chamber of Commerce says, "I wasn't surprised ... I think Orinda is filled with well-educated families who have much to share with their neighbors, far and near. Orinda, like other towns in Lamorinda, forges their community around their children and the excellent local schools they attend."

The article mentioned California Shakespeare Theater – "Cal Shakes" to locals – which offers many ways for kids interested in drama to become involved. Programs include: Summer Shakespeare Conservatory; on-campus classes for kids aged

"There are a lot of incredible people [in Orinda] with good stories to tell," says O'Meara.

K-5; Student Discovery Matinee Series; and more. See www.calshakes.org. As for adults, recent Yelper Daphne said, "How have I not been to this place before and when can I go back?" after her first visit to Cal Shakes' Bruns Amphitheater in the Sesta Valley area of Orinda. Cal Shakes is an award-winning, nationally-recognized theater under the leadership of artistic director Jonathan Moscone and managing director

Susie Falk. Main Stage productions at the Bruns Amphitheater — called by *The Wall Street Journal*, "One of the most beautiful outdoor performance spaces in America" — are a mix of new works and fresh responses to Shakespeare and the classics, earning a national reputation for exhilarating artistry and boldness of imagination.

Kiley O'Meara, known as author Addison Westlake for her hit chick-lit e-book, *Christmas in Wine Country*, moved to Orinda three years ago with her husband Jack and their three small children, Madeline, Katie and William. "There are a lot of incredible people [in Orinda] with good stories to tell. In the last three years, I've fallen in love with Orinda and the whole area." O'Meara, who recently returned from a visit to Connecticut, decided to donate all proceeds from 2012 sales of her e-book to nonprofits assisting those affected by the shootings in Newtown.

Commonalities among the 15 towns listed include tracts of public open spaces and a central hub lending itself to events, parades, lots of street markets, festivals, and concert series. Neighborhood watch groups are common. Is there a down-side to towns rich in community-building and neighborliness? Some might say the relatively high home prices. See www.forbes.com/sites/morganbrennan/2012/12/19/americas-friendliest-towns/ for the full article and for comments both pro and con.



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ON THE CALENDAR

FEBRUARY

- 1 **First Friday Forum** featuring Dr. Ahmad Ghoreishi on U.S./Iran Relations, Lafayette-Orinda Presbyterian Church, 49 Knox Dr., Lafayette, 1:30 p.m. Call 925-283-8722 or go to www.LOPC.org.
- 5 **Orinda Rotary and Chamber of Commerce** Orinda In-Home Business Owners Reception with complimentary cheese, wine and dessert, Citibank, 37 Orinda Way, 5:30 to 7 p.m. RSVP info@OrindaChamber.org or call 254-3909.
Orinda Junior Women's Club 30th Anniversary, Orinda Community Center, 6 p.m. Go to www.orindajuniors.org/reunion for information.
- 8 **Holden High School** Annual Art Show hosted by Remedy Salon features art and performances by students, staff and alumni, crafts, silent auction and raffle, 195-65th St., Emeryville, 7 to 9 p.m. Contact office@holdenhigh.org, Kate Knox at katek@holdenhigh.org or visit www.holdenhigh.org.
- 10 **Orinda Community Church**, New Reformation Day with Matthew Fox, theologian and author of *The Pope's War*, 10 Irwin Way. Worship at 10 a.m., lunch at 11:30 a.m., workshop noon to 2 p.m. Call 254-4906.
The Second Wednesday Book Group will read and discuss *The Paris Wife* by Paula McLain, Orinda Books, 276 Village Square, 3 p.m. Group meets bi-monthly; new members welcome. Call 254-7606.
- 13 **Orinda Books**, Tom Scovel's *The Year China Changed* book signing and reading, 2 – 5 p.m., Orinda Books, 276 Village Square. Call 254-7606.
Friends of Orinda Creeks presents ecologist Rebecca Verity speaking on climate change, Orinda Library Auditorium, 7 p.m. Call 254-2184.
- 22 **International Film Showcase** presents *Chronicle of My Mother* at the Orinda Theatre through Feb. 28, with daily shows at 1:30, 4 and 6:30 p.m., additional shows Friday and Saturday at 8:45 p.m. The Japanese film based on the autobiography by Yasushi Inoue chronicles his mother's descent into Alzheimer's. Visit www.lfef.org.

AT THE LIBRARY

All events are free unless otherwise specified. Note: library is closed Feb. 18 for Presidents Day. For more information, call 254-2184 or visit www.ccclib.org/locations/Orinda.html.

- 2 **Book Sale** sponsored by Friends of the Orinda Library, Book Shop and Sorting Area, 10 a.m. to 1 p.m.
Saturday Morning Live, family story time for 3- to 5-year-olds, Picture Book area, 11 to 11:30 a.m. Also Feb. 9, 16 and 23.
- 4 **Lunar New Year Crafts**, make a lion puppet and create a dance to celebrate Chinese New Year. Through Feb. 9.
- 5 **Toddler Lapsit**, stories, songs and fingerplays for infants to 3-year-olds and their caregivers, Gallery Room, 10 to 10:30 a.m. and 10:30 to 10:55 a.m. Drop-ins welcome, but attendance limited to once per week. Also Feb. 6, 12, 13, 19 and 20.
Peek-A-Boo Time features songs, stories, rhymes and rhythms for newborns through 1-year-olds and their caregivers, Gallery Room, 11:30 to 11:55 a.m. Also Feb. 12 and 19.
- 6 **Paws to Read**, children in grades 1-5 can practice their reading with a friendly dog listener, 3:30 to 4:30 p.m. Registration required. Also Feb. 13.
- 7 **Tamara Ireland Stone**, author of *Time Between Us*, talks about her debut novel for teens, 7 p.m.
Books Discussion of *A Hologram for the King* by Dave Eggers, the Lamorinda Reads! current book selection, 10 a.m. Also Feb. 21 at 7 p.m.
- 9 **Chinese Lion Dance**, Leung's White Crane Association chases away bad spirits and welcomes the Year of the Snake, Garden Room, 2:30 p.m.
- 11 **Blind Date with a Book**, find a new passion for reading in celebration of Valentine's Day, with special displays for adults, teens and children. Through February 16.
- 13 **Winter Music Series** concludes with a performance by violinist Elizabeth Chirgwin, playing the romantic melodies of Kreisler, Paganini, Elgar and Bach, 6:30 to 7:30 p.m., adult program.
Friends of Orinda Creeks hosts local resident Rebecca Verity, an expert on ecology and climate, speaking on Climate Change: It's not just our future, anymore, Auditorium, 7 to 9 p.m.
- 15 **Mystery Book Club** members discuss *The Best Man to Die* by Ruth Rendell, Tutoring Room, 3 to 4:30 p.m. Adult/teen program, drop-ins welcome.
- 19 **Restoration London** presented by Humanities West's George Hammond, a preview of a seminar about London after the restoration of the Stuart monarchy, Fireside Room, 6:30 p.m. Adult program.
Telling the Story of Your Life: Memoir Writing Workshop, author and writing instructor Margaret Lucke leads the free, 3-hour workshop, 1 to 4 p.m. Preregistration required.
- 23 **Weekend Paws to Read**, same as weekday Paws to Read, but with shorter sessions, 2:30 to 3:30 p.m.
- 28 **Talespinners of Contra Costa**, tell a story or just come to listen, featuring a special storyteller, 7 to 9 p.m. Adult program.
An Evening with the Author, Lamorinda Reads! current book selection author Dave Eggers will discuss and sign copies of *A Hologram for the King*, Veterans Memorial Building, 3780 Mt. Diablo Blvd., Lafayette, 7 p.m. Free. Open to the public on a first-come basis.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Upstairs Better Home/Mason McDuffie real estate office meeting room, 51 Moraga Way, Orinda, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 253-1997.
- Lamorinda Alcohol Policy Coalition**, every third Wednesday, 10 to 11:30 a.m. at Orinda City Hall Sarge Littlehale Room. Call 687-8844, ext. 227.
- Lamorinda Sirs** for retired men. Second Wednesday, 11 a.m. to 1:30 p.m., Holy Trinity Cultural Center, 1700 School St., Moraga. Luncheon speakers plus golf, tennis, bocce, bridge and astronomy. Call Pete Giers, 254-4667.

Middle East Politics and History
Topic of First Friday Forum

By BOBBIE DODSON
Staff Writer

The topic for the February 1 First Friday Forum (FFF) is "U.S./Iran Relations – Past, Present and Future." Dr. Ahmad Ghoreishi, professor emeritus of the Naval Postgraduate School (NPS) in Monterey will be the speaker. His presentation will begin at 1:30 p.m. in the Sanctuary of Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette.

Ghoreishi taught at the National University of Iran and became its chancellor. He served on the boards of directors of several Iranian companies, was an advisor to the Iranian Foreign Minister, and a delegate to the United Nations. He received the Taj Medal for outstanding service to Iran and the Homayoun Medal for outstanding services to education in Tehran. Following the 1979 revolution, he moved to the Bay Area and continued his career at the University of San Francisco and St. Mary's College. In 1984, he began teaching National Security Affairs at the NPS as an adjunct professor. After his retirement from that post, he continues to educate naval officers in Middle East politics and history.

Dr. Ghoreishi says, "I chose my topic because every president since Jimmy Carter has maintained that Iran is the biggest challenge to U.S. foreign policy. Just recently, Secretary Hilary Clinton states that Iran would be the biggest challenge for her successor. Because of its geographical location, size and population, Iran poses special threats to U.S. national security interests in the Middle East as a whole, and the Persian Gulf in particular. There cannot be any stability in Afghanistan, Iraq and Syria without some understanding with Iran."

Judy Nielsen, chair of the FFF committee, sees this topic of vital interest to all who are interested in U.S. foreign affairs, and concerned about relations with Iran. "With his knowledge, Dr. Ghoreishi can give us new understanding of these topics. We invite all members of the community to attend this free lecture, and also to come to Fellowship Hall at 1 p.m. for refreshments."

For further information, call 925-283-8722 or click on www.LOPC.org.

First Friday Forum

February 1 at 1:30 p.m.
Dr. Ahmad Ghoreishi
Call 925-283-8722

- Lamorinda Sunrise Rotary**. Fridays, 7 a.m., Postino Restaurant, Lafayette, 254-0440, ext. 463.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 p.m., Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette, www.lamorinda.freetoasthost.net.
- Montelindo Garden Club**. Third Friday, September through May, Orinda Community Church, 10 Irwin Way, 9 a.m., www.montelindogarden.com. This month's speaker is Sylvia Rose McDougall who will give a presentation on Gardens of Israel.
- Orinda Junior Women's Club** community service group. First Tuesday, September to June, 7 p.m. Contact Julie Mercer or Charlene Robinson at info@orindajuniors.org or www.orindajuniors.org.
- Orinda Rotary**. Every Wednesday, noon, Community Center, 28 Orinda Way, 254-2222.
- Orinda Association**. Second Monday, 7:15 p.m., Orinda Library, May Room, 254-0800.
- Orinda Hiking Club**. Hikes every weekend and the first Wednesday of the month. Visit www.orindahiking.org for weekly schedule or call Ian at 254-1465.
- Orinda Historical Society**. Third Wednesday, 5 p.m., Historical Society Museum, 26 Orinda Way, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 283-7176.
- Orinda/Tábor** (Czech Republic) Sister City Foundation. Fourth Thursday, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday, 4 p.m., 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, 6 p.m., OUSD Conference Room, 25 Orinda Way—Suite 200, Orinda, CA 94563. 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

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Climate Change: It's Not Just Our Future, Anymore

By SALLY HOGARTY
Editor

For decades, scientists have debated the merits of climate science with politicians and the media. The questions asked include: Is our world changing or not? Is it predictable? What do we believe?

In 2012, the conversation shifted as Americans realized that the climate had already changed. Thanks to Superstorm Sandy, a far-reaching drought, the arctic melt, and more, the questions became: How fast is weather changing? What happens next? Can we adapt in time?

To help answer these pertinent questions, the Friends of Orinda Creeks have asked ecologist Rebecca Verity to speak on February 13 at 7 p.m. in the Library Auditorium. Her lecture will look at the eye opening, sometimes shocking, weather of the past few years, and touch on what to expect for our communities, businesses, environment and children. For more information, contact Jim and Linda Luini at 254-6208.

An Orinda resident, Verity is a senior ecologist and project manager for URS, an international engineering and design firm. She is also a Climate Leader at the Climate Reality Project (where she was trained by former Vice President Al Gore), and a lecturer on oceanography at UC Berkeley. Her busy days are spent at the intersection of business, the environment, and the water/



CONTRIBUTED PHOTO
Ecologist **Rebecca Verity** speaks at Friends of Orinda Creeks event.

power/transportation infrastructure.

Former experience includes senior program manager at the University of California, wildlife laboratory manager at UCLA, and fisheries technician at Thomas R. Payne and Associates.

Verity, the mother of two sons, enjoys building furniture by hand in her spare time.

Climate Change

Rebecca Verity
February 13 at 7 p.m.
Library Auditorium
254-6208



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**Something to Howl About...
Animal Tales**
The Greatest Act of Love



Jennifer Conroy

Last month, this column shared ways to prepare for your pets' needs should a disaster strike. This month, the time of Valentines and love, I want to focus on the greatest act of love you will ever have to provide your pets. It is the act of letting go, of knowing when it is time to release the animal you love from the sufferings caused by age, disease or trauma.

This is the hardest, most painful, most difficult time you will ever face with your animals. It will not be easy and the pain of such a loss will be with you forever. But this act, the decision to euthanize, is not about you; it is about the animal who is part of your family and who has taken residence in a huge piece of your heart.

Your guides in this must be your own heart and the medical advice of your veterinarian, ideally the veterinarian who has been your pet's vet over the years. For many formerly debilitating diseases, there are now treatments that can maintain your pet in comfort. Animals with diabetes can be treated and lead long happy lives. Loss of vision or hearing is not life threatening and domestic animals typically adapt. Animals even compensate for the loss of a limb.

There is really one major question you must confront. What is my pet's quality of life? If the answer is "good," even including issues you are treating, then pat yourself and your pet and go on to enjoy more of life. If the answer is "no," then you must begin the process of determining what can be done to improve the quality of life. Medication, surgery, acupuncture, physical therapy are just a few options.

There is a point, however, when all options have been explored. This is when

you need your greatest strength and your pet needs your greatest love. Ask your veterinarian to come to your home. Have your family and friends with you and your pet. Your veterinarian can tell you best how to prepare and typically the preparation includes simply continuing to treat your pet in the same loving manner as always. I know of those who believe in providing sumptuous feasts and engage in other misadventures but, truthfully, animals appreciate consistency more than anything else and, so, try not to vary the routine prior to the vet's home visit.

There are pet cemeteries throughout the Bay Area and virtually every veterinarian will offer a cremation service. Allow yourself and others in your family to mourn. Never, ever feel embarrassed to grieve over the loss of a beloved animal companion. Connect with a Pet Loss program through local animal shelters as it may be helpful to lean on the shoulders of others. Give yourself plenty of time to separate the grief from joyful memories. And don't fall victim to a rebound pet by quickly adopting another animal to "replace" the one you have lost.

Each animal in your life will always have a unique place that can never be usurped by another. You will never love two animals in the same way, so, be patient. Those incredible memories of days at the beach, walks on the trails, chasing sunbeams in the kitchen, and all the wonderful moments you shared with your dog, your cat, your bird, your pocket pet, will fill you and cushion the pain of loss so that one day another special animal will rest its head on your heart.

The gift of animals is the joy they bring to our lives; the price we pay is that their lives are always much too short.




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BUSINESS BUZZ

◆ BUZZ from page 20

neck and shoulder injuries. It is critical to work with an instructor in order that a one-on-one workout regimen is tailored to each individual client's needs," she adds. Clients benefit from her expertise as a fitness trainer.

Van Tuyl finds it thoroughly rewarding getting people to enjoy movement. "It is important to assist clients in their workout and help them understand that movement is life. I am really grateful for the opportunity to meet Carolyn Mueller and join Corekinetics as an instructor. Carolyn is a great teacher and mentor," she says.

An East Bay resident, Van Tuyl is married to Thomas Van Tuyl, an HVAC journeyman. In his free time, Thomas is a chef and his creation - Horny Toad's Toad Sauce - is carried by Whole Foods Market. Karen and Thomas have a teenage daughter, Katelynn, who plays water polo at Clayton Valley Charter High School. They enjoy spending time in the great outdoors and especially enjoy trying new restaurants together.

Corekinetics will host an Open House in the coming months to welcome the community to the newly remodeled studio and introduce TRX, a workout regimen known as suspension training designed by a U.S. Navy Seal.

To schedule a Pilates session with Karen Van Tuyl, visit the Corekinetics website at www.corekinetics.com or call 925-708-3279. Corekinetics is a member of the Orinda Chamber of Commerce.



Steve Thaw of T & T Painting.

VALERIE HOTZ

T & T Painting Your - Local Residential Restoration and Painting Service

Steven Thaw has been painting since 1971, becoming a licensed painting contractor in 1980. His father, Wallace Thaw, originally established the business. Steven's specialty focuses on residential restoration of both the interior and exterior.

"The oldest place I restored was a home in East Oakland that was built in 1870. In 1880, a second story was added to the home, and I did the restoration work on the entire dwelling," says Thaw, who works throughout the Lamorinda, Walnut Creek and Danville area. "There are some older homes in the East Bay that require restoration, some of which have not been painted in many, many years. For instance, I restored a 1920s Albany home that had

not been painted in 20 years," says Thaw, who shares a generous 25 percent discount at Kelly Moore Paints with every client.

You might say Thaw is an Orinda native, since his parents moved to the area when he was just a few months old. However, Moraga has been his home for decades now, and he happily points out he was a member of the first graduating class of Campolindo High School. Thaw likes to credit his mother, June, as a major positive influence in his life, as well as his father, Wallace Thaw. Steve spent 16 years living in South Lake Tahoe and is an avid mountaineer, climbing rocks all over the Western

United States, including the Sierra Nevada, Grand Tetons, and Colorado Plateau in Utah, Alaska, Chili and Argentina.

Thaw enjoys working at the Moraga Garden Farm, a local organic farm managed by volunteers. "Everything we grow is 100 percent organic, and we sell to local fancy restaurants in Lamorinda. Last season, we harvested 16,000 tomatoes from 800 plants," he says. Thaw encourages people to visit the Moraga Garden Farm plant sale, which takes place every March and April.

For more information and to get a quote on your painting job, call 925-376-3380 or email Steven_Thaw@yahoo.com.

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◆ DRINKING from page 6

and athletic. We're not so concerned with the emotional consequences unless we see there's a problem. When someone starts missing practice because they're drinking or smoking pot, then we know there's a problem. The reality is there's a problem long before that happens." McAlister said, "We need to have conversations, especially difficult conversations, that aren't necessarily punitive but are designed to open up communication so communication can become more complete." Moran added, "Let's start talking about this before there are consequences. My goal is to bring more awareness around the subtle changes that we see in our kids, the subtle things we see them doing or not doing. Pay attention to that, because those are all subtle clues that something is going on in that kid's life. It doesn't necessarily have to be negative, but just paying attention is really important."

One of the many ways teens can get

access to alcohol in Lamorinda is through grocery stores. "It proves to be way too easy for young people to walk out of Safeway with alcohol in their backpacks, pockets, or bags," Rich said. "Teens know that Safeway has a 'no chase policy' for the safety of its employees. What this translates to is that Safeway employees can walk out the door after a person who they believe has stolen something, but they can't run or chase them." Before significant party triggers (holidays, homecoming, etc.), the Lamorinda Alcohol Policy Coalition contacts Safeway representatives to request the stores increase security during these times. Every time it has been requested, Safeway has complied. "The coalition has requested signage stating the laws that exist in the three towns governing adults providing alcohol to minors in their homes. We are still waiting for word on these requests," added Rich.

For more information, visit www.chd-prevention.org.

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Salon Elegante Offers Full Service in Convenient Location

Nina Kalani enters her second year as sole proprietor of this appealing full service hair salon located in the Crossroads at 43 Moraga Way and welcomes Mishawna Romero, licensed hair stylist, make-up artist and personal trainer to the fold. The attractively decorated, well-lit boutique salon features hardwood flooring, antique furniture, and indoor plants with classical music playing softly in the background.

Kalani studied management at Amster-

dam Fry University and, subsequently, attended cosmetology school in the Netherlands after convincing her parents that it was her true calling. Kalani worked as a make-up artist for Dutch television. After marrying an airline pilot, she lived in several different countries – Turkey, Italy, Germany, Spain and the United Kingdom - where she took advantage of learning a variety of new hairstyles and make-up techniques. “I learned threading, which is a technique for removing unwanted facial hair, in Turkey. It is very popular among women in the Mediterranean region,” explains Kalani.

Also adept at hair extensions, Kalani

points out the Brazilian Blowout is the current hot style among Hollywood starlets. “It is an effective smoothing treatment that makes hair straight and smooth without using an electric iron.” For clients unable to travel to Salon Elegante, Kalani offers on-location services. A wide selection of sulfate free hair products is available here including Loma, Enjoy, Therma -fuse and Woody’s.



Owner **Nina Kalani** (L) and cosmetologist **Mishawna Romero** of Salon Elegante.

When not serving clients, Kalani enjoys time with her two children. “We especially enjoy taking walks together and going to the movies. Playing Wii and dancing together is great fun. One day every week I spend after school entirely with one child. My daughter and I have special time together on Mondays and for my son, it is every Tuesday. It makes them very happy,” she smiles.

Mishawna Romero recently relocated to the East Bay from San Diego and joins Salon Elegante. As a licensed cosmetologist, Romero offers hairstyling, highlight and color services for men as well as women, extensions and up-dos, Brazilian Blowout, facial waxing and make-up artist skills to clients at this convenient location.

After working 20 years as a personal trainer – she earned a bachelor’s degree in kinesiology and nutritional sciences from San Diego State University - Romero went to cosmetology school and transitioned into her second career. “I always had an interest in make-up and hairstyles, and I knew I would enjoy this career long term,” she points out. Her experience includes providing hair and make-up services for models involved in catalogue photo sessions, as well as television commercials.

Romero is available for special events, such as doing make-up for the bride and the bridal party for weddings and also offers on-location services for clients unable to travel. “I enjoy helping people look their best through the transforming power of hair and make-up,” says Romero.

Newly married to Ryan Romero, who is with the Coast Guard in Vallejo, Mishawna

is an avid reader and enjoys visiting the public library and lifting weights in her spare time. Giving back to the Orinda community is a high priority for both Romero and Kalani. Together they jointly host fundraising events and will donate 20 percent of every haircut to Orinda schools. Romero regularly volunteers for the Orinda Women’s Club and Oakland Children’s Hospital.

To schedule an appointment with Mishawna Romero, call 858-342-7988. For an appointment with Nina Kalani call 925-470-9191. More information is available at www.salonelegante.com. The salon will host a free educational seminar entitled “Healthy Tips for Healthy Hair” on February 1 at 6 p.m.

Karen Van Tuyl Joins Corekinetics

While Corekinetics was established in 2000 by Carolyn Mueller, East Bay resident Karen Van Tuyl recently came on board to offer Orindans Pilates instruction, as well as massage therapy and functional training coaching. Corekinetics is located at 50 Vashell Way, Suite 120 and receives an A+ rating from the Better Business Bureau.

Previously a competitive body builder and power lifter, Van Tuyl’s philosophy is that movement is life. She was involved in rock climbing when she sustained life-changing injuries to her feet and back that made movement extremely painful. “That is when I discovered Pilates. By correctly practicing Pilates, my body healed, and I was able to recover and maintain my balance,” explains Van Tuyl. She undertook Pilates training at Turning Point Studio in Walnut Creek and became an instructor in order to help other people integrate Pilates into their workout regimen.

“I advocate combining massage therapy with weekly Pilates practice, which involves a huge repertoire of exercises based on strengthening the core and lengthening the spine in conjunction with breathing exercises,” says Van Tuyl. “People with hip or knee replacement especially benefit from Pilates, as well as those coping with

[SEE BUZZ page 19]



Karen Van Tuyl is the new trainer and massage therapist at Corekinetics.



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