

Local Authors Launch New Year with Variety of Exciting New Titles

By KATHRYN G. McCARTY
Staff Writer

Four local authors inaugurated the New Year with book releases: Jennifer Dodd's *Love According To Cosmo*; Bill O'Brian's *20th Zen Jury: Poems, Songs and Prayers*; Robert Murillo's *The Thirty-Third Floor*; and *Eat Real Food or Else* by Dr. Mike Nichols and Chef Charles Vollmar.

Besides a love of writing, the authors share a love of education. Dodd teaches first grade at Del Rey Elementary School, O'Brian retired after 26 years at Campolindo High School and Murillo spent 11 years at Kennedy High School in Richmond. Vollmar has taught at the French Culinary Institute and the California Culinary Academy.



CONTRIBUTED PHOTO
Orinda News writer **Bill O'Brian** recently published a book of poetry.

Dodd's *Love According To Cosmo* was inspired by her family's beloved yellow Lab. At a recent Orinda Books signing, a group of young children sat transfixed as Dodd read from the colorful pages, illustrated by Christina Olson. Dodd offered her own inspiration to the enthusiastic young writers telling them, "If you have a story in your brain, just write it. You can write a book too!"

O'Brian's *20th Zen Jury: Poems, Songs and Prayers* is a collection of 53 poems written over 45 years. The work reflects on all types of subject matter including teaching, holidays, human nature and life events. O'Brian's first book of poetry, *Stormy Gifts*, was published in 1980. Why the 35-year gap? "Teaching 5,000 high school students and 1,000 teachers – that's what took me so long," he quipped. O'Brian also writes commissioned poems for special events, people, family history and reunions. Information can be found at www.obcustomverse.com.

The *Thirty-Third Floor: Tales Your Stockbroker Never Told You* germinated from Murillo's 31 years as a Wells Fargo stock broker. The short stories included in the book, he said, "are a touch of fantasy, amusing in a humorous way. The setting, the jargon – is taken directly from the financial world. They do give you a sense of what

[SEE AUTHORS page 9]



RICHARD SCHWAB

Del Rey teacher **Jennifer Dodd** read from her latest work at Orinda Books in early January.

Orinda Association Honors Volunteerism, Stewards of Environment

By SALLY HOGARTY
Editor

The Orinda Association (OA) will honor Anna Tague as the 2015 Volunteer of the Year and the Orinda Community Foundation (OCF) as the 2015 William Penn Mott, Jr. Environmental Award winner at a festive dinner at the Orinda Country Club on Feb. 21.

With more than 19 years of volunteering



CINDY POWELL

Ted Urban and **Susan Garrell** shared time together at last year's awards dinner. As a board member of the Orinda Community Foundation, Urban and his fellow board members will receive the William Penn Mott, Jr. Environmental Award at this year's dinner. Garrell is a busy volunteer with the Lamorinda Arts Council, which won Volunteer of the Year honors in 2010.

in Orinda, Anna Tague joins a long list of local residents who have found time in their busy schedules to volunteer at the schools, neighborhood and national organizations, various civic groups and much, much more.

From working with the Orinda Juniors to the Community Center Auxiliary to driving for the OA's Seniors Around Town program, Tague has kept very busy while raising four children with her husband, Skip. She has also volunteered with the Girl

[SEE VOLUNTEERS page 6]

OUSD Board Bids Farewell to Superintendent Joe Jaconette

By BILL O'BRIAN, SALLY HOGARTY
Staff Writers

The Orinda School Board meeting on Jan. 11 included a short celebration for Superintendent Joe Jaconette, who retired at the end of January. Board members Matt Moran and Julie Rossiter spoke about Jaconette's contribution to the district and presented him with the traditional retirement school bell. Jaconette has been an educator for 34 years, including 18 years as a superintendent. He served for 10 years as superintendent of Pacific Grove and Carmel school districts and the last eight years at the helm of Orinda schools. Prior to that, he was a middle school teacher and principal.

"During difficult economic years, working with parent clubs and EFO, we have maintained balanced budgets without sacrificing academic excellence," said Jaconette in his retirement speech. "Our community has supported us with additional tax revenues to keep our class sizes low and to support teachers with classroom instruction." He said the district has a dedicated team in place, and he will continue to help during the transition to a new leader.

During the school board meeting that followed the reception, the board approved a 1.5 percent base salary increase for Jaconette, which could increase his pension. The board had previously increased his base salary in December 2015.



CONTRIBUTED PHOTO

Joe Jaconette, who has been the OUSD superintendent for the past eight years, announced his retirement in early October.

The board hired Hazard, Young, Attea & Associates to search for a new superintendent and received 35 applications, which the firm narrowed down to 11.

"The board hopes to introduce a new superintendent to the community on Feb. 8 at the next regularly scheduled board meeting," said board president Rossiter. "The board is grateful to the over 400 parents, teachers, administrators, staff, students and community members who contributed their ideas and opinions during the search process."

IN THIS ISSUE

News	
Briefs	4
Police Blotter	6
Around Town	
Local Events	3, 7, 9, 13
Local Residents	7, 14
Visual Arts	2
Between the Lines	8
Business Buzz	16
Calendar	13
Classified	12
Editorial	4
Everyday Changes	14
Orinda Association	3
Something to Howl About	10

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VISUAL ARTS

February Features Curios, Glass Art and Beauteous California

By ELANA O'LOSKEY
Staff Writer

The Lamorinda Arts Council invites you to view artwork at the Orinda Library Gallery featuring paintings by Judy Feins, photography by John S. Brown, glass art by the Fabulous Fusers of Walnut Creek Civic Arts and community curios collected by the Friends of the Orinda Library. The show runs through February with an artists' reception on Friday, Feb. 5 from 4 to 5:30 p.m. when light refreshments will be served and artists will be on hand to discuss their work.

Judy Feins of Orinda has a BFA from Boston University School of Fine Arts; was the principal illustrator for the *Coastal Access Guide* produced by the California Coastal Commission; and also created illustrations for UC Berkeley's Archeological Department. She is showing over 15 *plein air* and larger studio paintings. *Plein air* paintings are executed out of doors in direct response to the scene and weather. Subject matter includes landscapes and still lifes in a California impressionism style. Locations are in the Bay Area, the Sierras, Maine and France. "I get very inspired by glimpses of different weather or moments of unusual



CONTRIBUTED PHOTO

John S. Brown's Giclée print photograph *Bodie 8294* will be among the works displayed at the Orinda Library Gallery in February.

light," said Feins. "Lately I'm trying to capture that expanding flare of light just as the sun sets. I'm also excited about some backlit clouds I recently saw over a lake in the mountains after a rainstorm." Look for *Day's End Maine*, a 24" x 36" oil painting on canvas. See www.judithfeins.com for

more of her work.

John S. Brown of Orinda has been taking photographs since high school and has used a variety of cameras over the years including a Yashica matte, Hasselblad, Calypso (underwater) and digital cameras. His [SEE GALLERY page 12]



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ORINDA ASSOCIATION

A Message From the OA President
Highlighting Volunteers and Events



Cindy Powell

As the new OA president, I am looking forward to highlighting the work Orinda volunteers do to make our town wonderful. Here are some fun February facts and events. Enjoy!

February is here. What does that mean? My husband Jonathan says "Super Bowl Sunday!" I remind him that the first Saturday of February is always "Eat Ice Cream for Breakfast Day." So, the first weekend is full.

Feb. 8 is Boy Scout Day and the Boy Scout motto is "Do a good turn daily." I like that. Feb. 8 also begins Chinese New Year, the Year of the Monkey.

Feb. 12 is the Orinda Chamber of Commerce's Business Award and Recognition Luncheon. Look at the chamber's website and buy a ticket. Support Orinda businesses! Thank you to Patti Camras, Candy Kattenburg and Sylvia Jorgensen for many years of outstanding service to the chamber.

Feb. 14 (if this was not a newspaper, an emoji would be here) I LOVE our OA

members and volunteers!!

Feb. 17 is Random Acts of Kindness Day ... you know what to do! We urge you to perform kind acts for as many people as possible in a short 24-hour period.

Feb. 21 is a very important evening! Orinda Association's Volunteer of the Year and William Penn Mott, Jr. Awards Dinner. The OA promotes volunteerism in our community and honors their service with recognition. Thank you to Anna Tague and the Orinda Community Foundation. Tickets can be purchased at the OA's website: <http://orindaassociation.org/volunteer-of-the-year>.

Can't wait for Feb. 28 and The Oscars, for the very best movies over the past year.

Finally, Feb. 29, 2016 marks Leap Day. A Leap Year occurs every four years - almost. It's every four years except years ending with 00 that are not divisible by 400. Whew!

Let's make 2016 a remarkable year for Orinda!

Cindy Powell Takes Helm as OA President

By SALLY HOGARTY
Editor

A powerhouse of energy and enthusiasm, Cindy Powell will lead the Orinda Association (OA) through its 70th anniversary year. "I'm so excited to be part of the OA during such an important year," she says. "We have lots of great things scheduled for this year."

One of those events comes up quickly. The Volunteer of the Year and William Penn Mott, Jr. Environmental Award dinner takes place Feb. 21 at 6 p.m. at the Orinda Country Club.

An OA board member since 2004, Powell has served as secretary and, most recently, treasurer. She can also be found in the OA office several times a week scheduling drivers for the Seniors Around Town transportation program.

"The OA does such wonderful things for the community, and I hope to make people more aware of that," says the new president, who would also like to work more closely with other nonprofits in Orinda. "We're so



SALLY HOGARTY

Cindy Powell (L), the OA's new president, congratulates Mayor Victoria Smith on her recent election as mayor.

fortunate to have this lovely office in the library plaza, and I would like to use it to help promote other groups in town as well."

Powell and her husband Jonathan have lived in Orinda since 1983. Their three children, Dean, Greg and Paige, all graduated from Miramonte High School. Paige is currently enrolled at USC while her older brothers pursue careers in the South Bay and Vail, Colorado.

[SEE POWELL page 4]

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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www.orindaassociation.org

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Anna Tague

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News Briefs

EBMUD Construction

EBMUD will begin construction at the Orinda plant in March. The 1930's era plant serves approximately 1 million customers. The two-year project isn't expected to impact traffic or noise in the neighborhood. Go to www.ebmud.com and click on Construction in my Neighborhood for more info. More in the March issue of *The Orinda News*.

Parking Study

The Orinda City Council voted to commission TJKM to do a parking study of Orinda's downtown area. Go to www.cityoforinda.org for more information.

Public Opinion Poll

At its Jan. 12 meeting, the Orinda City

Council tweaked the poll questions put together by outside firm FM3. The company started calling Orinda residents in mid-January to get their opinions on the revised survey questions. The council is hoping to ascertain the public's appetite for a possible parcel tax or other funding source to complete upgrading of Orinda's infrastructure. For a look at the survey, go to www.cityoforinda.org. Poll results will be presented at the Feb. 2 City Council meeting.

– Sally Hogarty, Editor

Correction . . .

In the January issue's page one photo of the Orinda Community Foundation, Sean Sabarese should have been included in the list of board members not in the photo.

Letters to the Editor

Orinda Theatre, Shame on You

For many years, my wife and I would give local business gift certificates to our children for "stocking stuffers." A couple years ago one of my kids said the gift certificate she tried to use at the Orinda Theatre would not be accepted. There is no expiration date on them so I waited until I had a chance to personally go there to see if an adult would get a different answer. When I tried to use the gift certificate, I was told that they were from a previous owner and did not carry through to the new owner. While the ownership change may be true, I think it is poor business policy to not honor the gift certificates. After all, how would one know their gift certificates would become useless when a business ownership occurs – is there a public notice requirement? At a minimum, they could let them be used for popcorn/etc. when a regular ticket is purchased. While I enjoy the Orinda Theatre venue and would like to support the local business, this policy is unfortunate.

– David Friese

Monteverde Has Settled In

Monteverde, the senior housing development by Eden Housing on Orinda Way at Irwin Way, has been completed and occupied for some time. To most of us who live in Orinda and frequent Orinda Village, the structure has settled in rather nicely. The critical comments offered by some during its construction are heard much less often. Now that we have had the opportunity to live with the building we can better appreciate the nuances of the design in the context of the Orinda streetscape.

Monteverde serves an important segment of our population: generally older, female, lower income and desirous of active communal and independent living rather than remote separation. For this group, Mon-

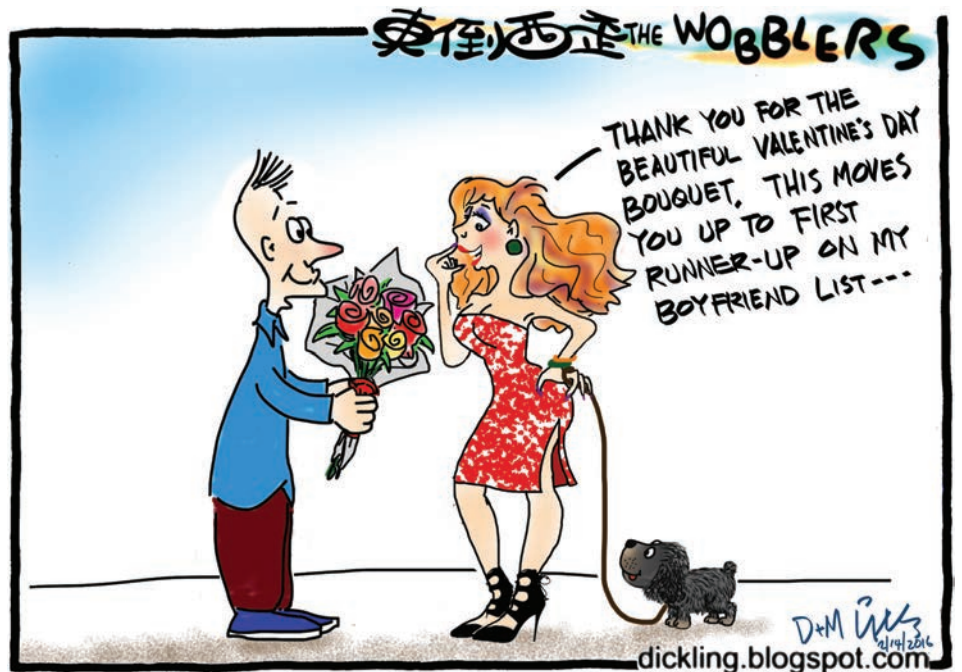
teverde's location is ideal with pedestrian access to nearby park, retail, community center, library and public transportation. Since the automotive needs of this group are greatly reduced, there is no impact on traffic or other parking as evidenced by the absence of cars parking on the supplemental parking lot across Irwin Way. Monteverde is the only building, except the library, with parking underneath the building and out of public view. As a result, Monteverde residents can enter the building by means of elegant landscaped steps from Orinda Way or by an entrance courtyard on Irwin Way, more inviting than the vast parking lots across the streets.

The building steps up the hill and, while the Orinda Way frontage which faces the Safeway parking lot is three and four stories, the uphill façade, which faces the existing housing project, is a scant story and a half in height. The mass of the building is further reduced in scale by subdivision into 25 smaller masses or projecting blocks – a subtlety that reveals itself as we see the building more often.

The building is further softened by the surrounding trees: on the park side are already very large and of moderate height along the street frontages that will grow to half the building's height. The building's scale is minimized by many enriching details such as sun screens, brackets, terraces, planters, colors, different textures of materials and signage. In recognition, Monteverde has been awarded a prestigious design award by the Pacific Coast Building Conference. The city hall is the only other Orinda building to have had a similar distinction.

Sometimes only the passage of time is needed to become comfortable with new buildings.

– Peter M. Hasselman



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	Page		Page
Automotive		Professional Services	
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Dr. Kristi L. Doberenz DDS	2	Maureen Wilbur	9
Dr. Mary Smith DDS	7	Pacific Union	
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Medical		home / made kitchen	13
Advanced Therapy Center	13	La Mediterranee	14
Dr. Brian Clark	7	Lava Pit	12
Dr. Nicolle Ionascu	11	Siam Orchid	3
Medicine Shoppe	16	Village Inn Cafe	9
Dr. Kristin Walker	7	Zamboni's Pizza	3
Non-Profits		Retail Stores	
Orinda Association	3	Green Buddha	11
Orinda Chamber of Commerce	3	Robert Murillo - Author	8
Pet Service		Echo Grove	9
Animal House Pet Sitting	10	Morrison's Jewelers	2
Theatre View Veterinary Clinic	10	Theatre Square	16

◆ POWELL from page 3

The energizer bunny has nothing on Powell, who has volunteered at all of her children's schools and coached baseball and soccer. Currently, in addition to her OA activities, she volunteers as a "dresser" at the Orinda Woman's Club's annual Festival of Trees fundraiser, participates in the Lamorinda Arts Council's Mixology fundraiser, plays tennis for the Orinda Country Club and is a very active member of the Orinda Junior Women's Club. In fact, the Orinda

Juniors will honor her on Feb. 2 with her 25-year pin.

"There is so much going on in Orinda, and I hope to let as many people know about activities and events as possible," she says. "I really feel it's important for the OA board to work closely with the other organizations in town. To that end, we will be adding liaison members to the board for Lamorinda Presents, the Orinda Chamber, Orinda Rotary, City of Orinda, and CERT – hopefully, we'll be adding more in the future."

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

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, or email to news@orindaassociation.org. Letters to Editor for the March issue are due **February 8, 2016**.

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CAR TIME

Car Insurance, Knowing Your Rights



By JOHN VANEK

Every day we drive our cars, trucks and SUVs knowing that we have an insurance policy to cover any mishaps that may occur. How well are we really covered?

Lately, it seems that the goal of the insurance company is to actually cover as little as possible. It makes sense that they want to spend the least amount fixing your vehicle; after all, they are in the business of making money. However, there is a fine line when it becomes unfair for the consumer and difficult for the repair shop while the insurance companies make major profits.

Insurance companies dictate who will work on your car after it is damaged. It may be mechanical damage, body damage or a combination of both. Regardless, you get to choose who works on your car. Simple as that, right? It depends on your insurance company. Most providers want you to take it to their "approved shop" for various reasons. Approved shop means that the business is willing to give the insurance company a discount on repairs.

There are laws about this. It is called "steering" and it is illegal. Remember this when your insurance company wants to pull your vehicle out of your favorite shop. Do you want your regular shop to perform the repairs or the shop you don't know and is doing it for a discount price for the insurance company?

Another issue is about what is covered in your policy. Insurance companies will sneak some things into that policy that you may not know. For instance, they can identify the parts to be used as "like" parts. This means the needed parts can be used,

aftermarket, made in China or whatever is "like" the original part. If you expect that they will be using original new parts, then you should check your policy to see for yourself.

We are automotive service professionals and don't care to argue with an insurance appraiser about the proper way to fix a car. We have had cases where they refused to replace a part that was recommended by us only to end up having to replace it in the long run after submitting an additional supplemental claim.

The main point here is to be a good consumer of automotive insurance. Read your policy and understand what would happen if you have an unfortunate meeting with the Miner Road Bridge. If you don't like what you see in your policy, then have a conversation with your agent. Ask them tough questions about "steering" and the kind of parts they will cover.

Nominations for Orinda Citizen of the Year

The Orinda Rotary Club and the *Lamorinda Sun* are now accepting nominations, which must include how the Orinda resident has contributed to Orinda or the larger community. Nominees cannot be a sitting politician. Send nominations by Feb. 19 to *Lamorinda Sun*, 175 Lennon Lane, #100, Walnut Creek, CA 94598, Attn: Orinda Citizen of the Year or email cjacobson@bayareanewsgroup.com.

Five Steps To Prepare for El Niño

By JIM BROVELLI
Contributing Writer

After several years of disappointing rainfall, a year of El Niño storms could be the answer to our drought-relief prayers. However, be careful what you wish for! Heavy rainstorms can cause significant damage to your home. Prevention is the key to keeping your home safe and sound. Here are five typical problem areas to check:



CONTRIBUTED PHOTO

Drains and culverts can quickly become clogged during heavy rains.

1. Site Drainage: One of the biggest problems is water pooling around your home. Water can seep under your foundation causing rot, mold and potential warping.

Make sure the ground slopes away from your home, especially six feet around the perimeter.

Clean the catch basins on your property and on the street.

Confirm your downspouts are directed away from your home. A splash block or

flexible pipe extension can be used to divert the water.

Confirm any underground drain system is clear of debris and roots. Test by sticking a hose in your drain. Verify that water flows freely from the drain outlet.

2. Roofs and Gutters: If you do nothing else, clean out your gutters completely and confirm your downspouts are cleared of all leaves and debris.

Clean your gutters frequently.

[SEE EL NIÑO page 12]

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POLICE BLOTTER

November 29, 2015 to January 2, 2016

Calls for Service

Accident – Property Damage: 1 incident: Moraga Way/Estabueno Dr.

Armed Robbery: 1 incident: El Castillo.

Burglary, Auto: 6 incidents: Moraga Way, Beverages and More, Camino Pablo, St. Johns Church and Wilder Sports Field (2).

Burglary, Commercial: 1 incident: Don Gabriel Way.

Burglary, Residential: 4 incidents: Don Miguel, Monte Vista Ridge, Oak Rd. and Monte Vista Rd.

Counterfeit: 1 incident: Bryant Way.

Embezzlement: 1 incident: Orinda Way.

Hit and Run Misdemeanor: 3 incidents: St. Stephens Dr., Monte Vista Rd./Monte Vista and Nations.

Identity Theft: 2 incidents: OPD desk report (2).

Petty Theft: 4 incidents: Tahos Rd., Moraga Way, Orinda Community Center and Orinda Theatre.

Shoplift: 1 incident: Safeway.

Stolen Vehicle Recovered: 1 incident: Wild Rye Way/Rabble Rd.

Traffic Collision: 3 incidents: Mor-

aga Way (2) and Moraga Way/Sanborn Rd.

Vandalism: 4 incidents: Knickerbocker Dr., Ivy Dr., Monte Vista Rd. and Wilder Sports Field.

Vehicle Theft: Ardor Dr.

Arrests

Drunk in Public: 1 arrest: Camino Pablo/Miner Rd.

DUI: 4 arrests: Camino Pablo/Monte Verde, Camino Pablo/Camino Sobrante, Moraga Way/Orchard Rd. and Via Floreado.

Evading/Warrant Arrest: 1 arrest: EB 24/Acalanes.

Reckless Driving: 1 arrest: Safeway.

Stolen Vehicle Arrest: 1 arrest: El Nido Ranch Rd.

Warrant Arrest: 1 arrest: Camino Pablo/Monte Vista.

Orinda BART Station

Burglary, Auto: 4 reports; Suspects punched the door locks to access the vehicles.

– Compiled by David Dierks
Assistant Editor



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◆ **VOLUNTEERS** from page 1

Scouts and her children's schools.

Tague's biggest contribution, however, is the establishment of POISE (Parents of Orinda Individuals in Special Education) in 2009. The organization provides support, information and mentorship for families with special needs children. The impetus for POISE was the diagnosis of the Tague's youngest daughter Nicole with Phelan McDermid Syndrome, a rare genetic/chromosome deletion syndrome affecting approximately 1,300 people worldwide.

Additionally, Tague organizes the open house for Orinda Intermediate School's Diverse Abilities Awareness Week and works with special needs children as a trained parent mentor for families of newly diagnosed special needs children through CARE parent network.

"I believe it's all about making connections and supporting the community," said the OA's 2015 Volunteer of the Year.

Committed to enhancing the quality of life in Orinda by encouraging philan-

thropy, building partnerships and providing financial assistance to support not only community activities but also the arts and beautification of the city, the Orinda Community Foundation has contributed more than \$150,000 in its five-plus years and has created a reserve for the renovation of the entrance to Orinda, one of its long-term projects.

OCF has given grants to such groups as the Joaquin Moraga Adobe, Fourth of July Parade, Orinda Idol and Concerts in the Park; however, it's the organization's commitment to local garden clubs and the establishment of Orinda Action Day, where hundreds of volunteers pick up trash, weed flower beds, clean up the creek and more that earned it the OA's 2015 William Penn Mott, Jr. Environmental Award.

The Feb. 21 awards ceremony begins at 6 p.m. For more information and reservations, call the OA office at 925-254-0800 or email oa@orindaassociation.org. For more information, visit the OA's website at www.orindaassociation.org or on Facebook at Orinda Association.



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CHARITY

Mardi Gras Gala Funds Crohn's Disease Vaccine

By Maggie Sharpe
Staff Writer

Three Orinda moms are hosting a festive Mardi Gras Gala on Saturday, Feb. 6, to raise money for a vaccine for Crohn's disease, a chronic inflammatory bowel disorder that affects the entire digestive tract. It commonly starts in young adulthood, though young children can get it too. The moms – Annabelle Hall, Christine Pitt and Dina Fiatarone – all have an adult child with Crohn's.



CONTRIBUTED PHOTO

Christine Pitt (L), Annabelle Hall and Dina Fiatarone, who all have children with Crohn's disease, are hosting a Mardi Gras Gala on Saturday, Feb. 6 at the Lafayette Community Center to raise money for a vaccine currently under development.

Hall said there are two good reasons to enjoy the gala. "The first is to support this amazing and noble cause; the second is that it's going to be a lot of fun!"

The gala will raise money for the MAP vaccine, which is currently under development at Kings College in London.

"We hope that the MAP vaccine will change the landscape for sufferers of this terrible and painful disease," said Hall, whose 23-year-old son Anthony was diagnosed with Crohn's when he was 22. "One hundred percent of the proceeds from the event will go to fund the vaccine and the clinical trials that are set to start in July. The gala organizers are all volunteers, so there is absolutely no overhead." Hall said the vaccine has been successfully tested on cattle and mice. "The research is absolutely compelling," she said.

MAP ("mycobacterium avium subspecies paratuberculosis") is a type of bacteria that Kings College professor John Hermon-Taylor and many other researchers believe to be the cause of Crohn's disease. Unlike ulcerative colitis (UC), which affects only the intestines, Crohn's affects the whole digestive tract, including the mouth.

"A patient's digestive tract from their mouth to the colon can be riddled with painful ulcers. There is also the risk of secondary infection to the skin and eyes," said Hall, adding that MAP can be found throughout the environment, including riv-

[SEE MAP page 14]

A Gathering of Giving for Children



ALICIA CERVENKA PHOTOGRAPHY

(L-R) Children's Health Guild president April Bowers and Holiday Boutique and Luncheon Co-Chairs Laura Pavlovich and Anne Woolway at their December 11 Ritz Carlton San Francisco event. Proceeds from the event (\$150K) benefit UCSF Benioff Children's Hospital Oakland's Fund-A-Need program which supports their Child Life Services and also respite care at George Mark Children's House.

More than 400 members of the Children's Health Guild (CHG) gathered at the Ritz Carlton in San Francisco on Dec. 11 for the Annual Holiday Shopping Boutique and Luncheon fundraiser. The theme was a "Gathering of Giving." Emcee and TV personality Diane Dwyer introduced two families whose stories illustrate how CHG has helped them.

April Bowers of Orinda, CHG president, worked with event co-chairs Laura Pavlovich and Anne Woolway and many volunteers, to create a diverse program including the raffle of a 4.5 carat aquamarine pendant donated by Morrison's Jewelers of Orinda.

For more information, visit www.childrenshealthguild.org.

– Elana O'Loskey, Staff Writer



Brian Clark, Psy.D.
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Laura Abrams

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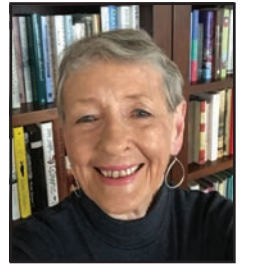


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Between the Lines
 Do You Read for Character or Plot?



Marian Nielsen, Orinda Books

Sometimes books can give us both. Here are just a few of the fine new titles that we have been looking forward to.

Elizabeth Strout's highly acclaimed new novel, *My Name is Lucy Barton* (Random House \$26), is a quiet book though we sense the narrator's painful intensity on almost every page. Lucy, herself a writer, wife, and mother of two little girls, is hospitalized for a nine-week period during which time her mother, whom she has not seen in years, comes to be with her at her bedside. This turns out to be a comforting time for both women as Lucy revisits her hardscrabble childhood and gains new insights into her mother's life. As she did in *Olive Kitteridge*, Strout creates memorable characters in minimalist language and introduces many subtle sub-plots. *Lucy B.* will be a superb discussion book for reading groups this year ... a novel in which character is king.

The Guest Room by Chris Bohjalian (Doubleday \$25.95) has a ripped-from-the-headlines plot (sex-trafficking). However, Bohjalian is able to flesh out the characters in his page-turners so they become far more than plot propellants – something he did so well in his earlier bestsellers (*Midwives* and *Before You Know Kindness*). Richard, a Manhattan stockbroker, hosts a bachelor party for his younger brother in his handsome suburban home. When one of the women hired as the evening's entertainment murders her thuggish Russian bodyguard, Richard's house becomes a crime scene and his orderly family life becomes a nightmare. The tragedy of poor young European girls tricked and trapped into lives as sex workers is a compelling second storyline in this literate thriller.

In the years since Helen Simonson's *Major Pettigrew's Last Stand* was published, readers have been asking for more. This spring, we welcome *The Summer Before the War* (Random House \$28), which will be on the front table at Orinda Books on March 22. Simonson's writerly skills qualify it as a novel that is both plot- and character-driven (World War I is hard to fault as a plot device). But, as with *Major Pettigrew*, it is primarily the inhabitants of one small Sussex village, as they respond to world-shattering events, that make this


a story to warm your heart.

Tracy Chevalier, who has so skillfully blended history and character in novels such as *The Girl With the Pearl Earring* (the Dutch Republic) or *Beautiful Creatures* (England's south coast) has turned to 19th c. America in *At the Edge of the Orchard* (Viking \$27-March 15). She introduces her readers to the Goodenough family, struggling to build a farm in the swampy black earth of Ohio and to plant the apple trees that are required to validate their claim on the property. Naturalists will find much to intrigue them in this sometimes violent story of the westward expansion that extends from apple orchards in frontier Ohio to the discovery of giant Sequoias in California. Again, character (sometimes dubious) and plot work in tandem to provide a tantalizing tale.

Good detective novels offer some of the best examples of a happy character/plot marriage. The *whodunit* drives the story line, but we readers are generally captured by the flawed (think Harry Hole, Lisbeth Salander, Kurt Wallander) or unflappable (Louise Penny's Inspector Gamache, P.D. James' Adam Dalgliesh) personae of the sleuths. Donna Leon's charming Venetian detective, Guido Brunetti, will star again in *The Waters of Eternal Youth* (Grove Atlantic \$26-March 8). In Leon's mysteries, character, plot and venue – it's difficult for the reader not to be seduced by the piazzas (or the pastas) of Venice – combine for a rich and often mouth-watering read!

In non-fiction, particularly in biography, character is generally the focus of an author's study. However, the diligent scholarship of some of our best biographers can often uncover flaws or hidden treasures in their subjects' lives. In *George Washington's Journey: The President Forges a New Nation* (Simon & Schuster \$28), T.H. Breen, a Revolutionary War scholar, has brought to the fore a seldom discussed aspect of our first president's inaugural term. In 1788, Washington organized a journey that took him to each of the 13 states and enabled him to communicate directly to the people that they were now part of a new nation, not the loose collection of states that had gained freedom from King George.

[SEE BOOKS page 12]



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CHARITY

Valentine's Day Concert Raises Money for Music Education

By KATHRYN G. MCCARTY
Staff Writer

Love and music will fill the air this Valentine's Day when internationally known musicians gather for *A Benefit for Terry's Kids*.

Terry's Kids is the brainchild of musician and producer Terry Miller, an internationally acclaimed bass player who has toured with some of the country's top bands. "I have access to some incredible musicians, and I want kids to hear from them," said Miller.

Merry Christmas from Terry's Kids featuring local artists as well as Grammy Award-winning musicians was released last December. Sales of the CD benefit the Terry's Kids Foundation, a non-profit that provides music education and performance opportunities to kids everywhere. Local beneficiaries include Holden High School in Orinda and elementary schools in Benicia.

"Over the last generation, so many arts education programs have been all but

eliminated in the schools," said Miller, who started the group in 2010 with the goal of "keeping the door open and accessible to all the arts." The group has raised approximately \$2,000 for school programs.

Miller's resume as a bass guitarist includes working with Bob Weir of The Grateful Dead, Brenda Lee, Amy Grant and the Doobie Brothers. The idea behind Terry's Kids is "combining the energy and talents of professional musicians and young student performers."

As a musician, Miller said he gains much by teaching young people about music, including how to connect without a spoken language.

"The great thing about Terry is that his enthusiasm is contagious," said Leslie Darwin O'Brien, a staff member for Terry's Kids. "He knows some of the best musicians in the world and he connects them to kids."

To receive an invitation to this very special evening, call 415-254-1876 or email e.huntington@comcast.net.

◆ AUTHORS from page 1

it's like in the financial world – up on the 33rd floor." Murillo released his first novel *The Vanity* in 2014 and is currently working on the sequel, *The Makeup Room*. Visit www.robertsmurillo.com for more details.



CONTRIBUTED PHOTO

Robert Murillo's book gives a sense of the financial world at the highest levels.

"This is my first book," said Chef Vollmar. "After 18 years cooking, teaching and working as a professional chef I have considerable repertoire to share." Vollmar, who collaborated with Dr. Mike Nichols on *Eat Real Food or Else*, said he was inspired to write to help others cook more and cook better. "The book teaches people that cooking can be an enjoyable, fulfilling activity if

you apply skills to make the process more efficient and fun," he said.

According to Vollmar, the book is a comprehensive system that promotes lifelong health, with nutritional advice based on the broad view of the entire body. Information about *Eat Real Food or Else* and Vollmar's current cooking classes can be found at www.epicureanexchange.com.

The four books are available at Orinda Books, 276 Village Square, which is celebrating its 40th anniversary. Call 925-254-7606 or visit www.orindabooks.com.



CONTRIBUTED PHOTO

Chef Charles Vollmar's first book is a collaboration with Dr. Mike Nichols that promotes lifelong health and good tasting food.



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February is a month known for a lot of things ... presidents' birthdays, Valentine's Day, Chinese New Year. I recently learned it is also Great American Pie Month! Okay, I'll bite. What else is our second month of the year noted for? How about Animal Dental Care Month? Yep. Get those toothbrushes ready!

What? Your companion animal doesn't have a toothbrush? Uh-oh! Be aware that cats and dogs can and do get cavities. They are rare, especially in cats, but both species are susceptible and both can suffer from gum disease.

Cats may not make the easiest subjects for teeth brushing but you can support gum health by taking a gauze pad and rubbing it over your cat's teeth and gums. Granted your cat may need to be unconscious for you to do that, however, if you begin the practice while the cat is young, it may allow you to continue cleaning its teeth as part of an overall grooming regime. For those of you either laughing out loud or shaking your head, the next best recommendation is to take your cat to your veterinarian for a good teeth cleaning a couple of times each year.

Dogs are another matter. Many dogs will not only take to having their teeth brushed but will actually enjoy it. Again, starting when the animal is young gives you and your dog the best chance to make this a happy activity. Do not use human toothpaste! You can purchase canine dental paste at pet supply stores or through your veterinarian. Canine toothbrushes are also

available although I confess that I use the free toothbrushes my dentist gives me after each visit.

You can introduce your dog to having her teeth brushed as part of daily grooming, ideally weaving it into the middle part of the grooming process so it does not come as an abrupt action. A favorite position for teeth cleaning is having your dog on her back nestled between your legs with her head on your tummy. You can gently roll back your dog's lips and cheeks and have access to the teeth and gums. Using a sparing amount of the canine paste on the brush, gently clean the teeth and massage the gums. Since the paste is flavored there's no need to worry about rinsing.

None of this replaces the deep cleaning that your veterinarian will do during regular checkups but this is a way to give your dog the best chance to avoid painful and sometimes life-threatening gum disorders. Dental chews can be helpful in this regard as well but do not replace the hands-on care of teeth cleaning and gum massaging. Bones, hooves, dried pig ears and similar items should be avoided altogether as they can lead to cracked teeth.

As for other critters, such as rats, mice and rabbits, their teeth grow continuously. These animals require special chew items that can be obtained at pet supply stores. Rats in particular may enjoy chewing on hard dog biscuits.

Good dental and gum health will make a difference in your animal's quality of life and will keep you smiling as well.



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Registration for Kindergarten

Registration for children entering Orinda public schools as Kindergartners or Transitional Kindergartners in August 2016 will be held 9 a.m.-1 p.m. at each of the elementary schools on the following dates: Mon., Feb. 1, 2016, Tue., Feb. 2, 2016, Wed., Feb. 3, 2016, Thu., Feb. 4, 2016.

Students must have their fifth birthday by Sept. 1, 2016. Students whose fifth birthday falls between Sept. 2 and Dec. 2, 2016 will be eligible for Transitional Kindergarten.



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The test is a product of Kaplan TEST PREP and is designed to highlight the test-taker's strengths and weaknesses. The American Association of University Women (AAUW) Scholarship Committee has scheduled two tests: one at Miramonte High School and the other at Campolindo High School.

What makes this test so valuable is a week or so later, parents and students return to receive their scores and participate in an interpretive discussion.

Miramonte High School, 750 Moraga

Way, Orinda – January 30 test; February 10 follow up. Student check-in is 8:30 a.m. at Miramonte High School library. Space is limited; register asap. Cost is \$35.

Campolindo High School, 300 Moraga Road, Moraga – February 20, test; March 3, follow up. Student check-in is 8:30 a.m. at the Campolindo High School library. Space is limited; register asap. Cost is \$35.

Bring #2 pencils, a calculator, a snack and water. Be prompt, doors close at 8:45 a.m.

For more information and to register for the test, visit the website at Miramonte: oml-ca.aauw.net/mhs or at Campolindo: oml-ca.aauw.net/chs.

– Lynda Leonard,
Contributing Writer

AAUW-OML Scholarship Applications Are Online

By Mary Ann McLeod
Contributing Writer

The Orinda-Moraga-Lafayette (OML) Branch of the American Association of University Women (AAUW) is offering merit-based scholarships to graduating senior women at Acalanes, Campolindo and Miramonte High Schools. One \$5,000 and two \$1,000 scholarships are available to seniors who maintain at least a 3.0 GPA and are committed to community service.

Two steps are required to complete the application. First, fill out the online applica-

tion form at oml-ca.aauw.net/scholarships/highschool-application/. Submit it online.

Second, mail in a packet – including two letters of recommendation and official transcript from the school – and the essay. Both the online application and mail-in packet must be received by March 2, 2016.

The American Association of University Women has been empowering women as individuals and as a community since 1881. For 134 years, it has worked as a national grassroots organization to improve the lives of millions of women and their families.

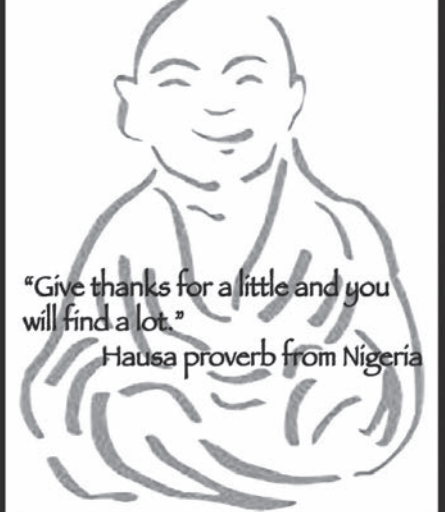
Call for Major Beneficiaries

The Orinda Woman's Club (OWC) is currently accepting applicants for its major beneficiaries for 2016. The OWC's primary mission is to support organizations/programs as follows:

1. Assist women, youth and/or families;
2. The population served must be from Contra Costa or Alameda Counties;
3. Total revenue of the applying organization may not exceed \$2,000,000.00;
4. The grant money must directly serve the applying organization's constituents;
5. Agency must have a 501(c)3 documented status.

For guidelines and application forms, contact Adeline McClatchie – OWC Beneficiary Liaison/Chair at adeline@mcclatchie.com. Completed application forms must be received by Feb. 29 to be considered for 2016 major beneficiary.

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FEBRUARY SCHOOL CALENDAR

Please note that schools will be closed Feb. 12 and 15 for Presidents Day. Please forward school calendar listings to m.sharpe66@gmail.com.

- 3 **Acalanes Union High School District** board meeting, 1212 Pleasant Hill Road, Lafayette, 7:30 p.m. Also Feb. 17. Visit www.acalanes.k12.ca.us.
- 4 **Miramonte High School** Open House, 750 Moraga Way, 5:45 p.m. Call 925-280-3930 or visit <http://www.acalanes.k12.ca.us/miramonte>.
- 8 **Orinda Union School District** board meeting, 8 Altarinda Road, 6 p.m. Visit www.orindaschools.org.
- 9 **Miramonte High School**, NCAA athletic presentation, Theatre, 750 Moraga Way, 7 to 9 p.m. Call 925-280-3930 or visit <http://www.acalanes.k12.ca.us/miramonte>.
- 20 **Glorietta Elementary** 34th Annual School Auction, "Live From Glorietta It's Saturday Night," Round Hill Country Club, 169 Round Hill Road, Alamo, 5 p.m. Visit <http://gl-orinda-ca.schoolloop.com> or call 925-254-8770.
- 25 **Miramonte High School**, "College Options for Students Who Learn Differently," 750 Moraga Way, Theatre, 7 p.m. Call 925-280-3930 or visit <http://www.acalanes.k12.ca.us/miramonte>.



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Lafayette Open House

Jan.25th, Feb.22nd

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984 Moraga Road

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Walnut Creek Open House

Jan.11th, Feb.8th

6:30 p.m.

55 Eckley Lane

(925) 934-1507



Open Houses are for
adults only

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◆ **GALLERY** from page 2

choices are eclectic – film, digital, black and white, darkroom developing, Giclée prints. He is showing 30+ photos with the theme “California Parks,” including photos from Yosemite, Death Valley, Joshua Tree, Bodie and Mono Lake. At the artist reception, he will display his 4 x 5 view camera, which some consider unsurpassed for landscape photography. Brown reminds folks that old film negatives and slides can be scanned into digital format and saved on flash drives or other media. “Edit your film before scanning,” he cautions, “so you only keep what’s worth saving.” He hopes that when people view his work they are moved to visit the location where the photo was taken to experience California’s natural beauty. See Brown’s *Bodie #8264*, an 18” x 24” black-and-white Giclée print photograph. For more of his work, see www.johnsbrown.com.

Sandee Coyle of Fabulous Fusers of Walnut Creek Civic Arts says students and instructors formed the group in 2012. Their mission is to encourage glass artists of all levels to continue to study fused glass, practice new work and share ideas and experiences. Of the 29 members, 13 are showing work. Levels of experience run from one to 25 years. Diversity rules in the group so look forward to viewing jewelry, bowls, plates, platters and all manner of fused art glass. Sharing both successes and failures stimulates members to try new works and ideas. Look for Coyle’s 10” *Yellow Star* fused glass art bowl and Sels’ *Swimming Turtles*, a 5” x 5” fused glass art dish. Members showing work include: Diane Alsbaugh of Walnut Creek, Sandee Coyle of Orinda; Jackie Curtis of Walnut Creek; Yolanda Dias of Walnut Creek; Brian Giorgi, Cheryl Hines and Virginia Lane of Walnut Creek; Linda Louie of Danville; Melissa McCumiskey and Penny Ruhter of Concord; Will Schweller and Bobbie Van Loben Sels of Walnut Creek and Diane Williams of Hercules. They meet monthly at the Shadelands Art Center; see www.arts-Ed.org “CAE Glass Fusers Group” for more information.

Friends of the Orinda Library volunteer Carol Brown is displaying a glass cabinet full of “Community Curios” collected over the past 20 years. These items were donated along with books. Lest you think handling book donations a boring task, take a look at a 200-300 year old Syrian teapot made of brass and copper; an impressive pale blue agate geode; Handel’s Oratorio Songs IV published in 1757; a hand-tooled writing folder (probably from Florence); and many more unique Community Curios. Brown enjoys searching out the provenance and value of these items. Funds received for

these items go towards buying new materials for the library. Stop by the glass case inside the library to place Silent Auction bids on community-donated books Jane Zuercher has gathered until Thurs., Feb. 18, at 8 p.m. Items in the three-tiered glass cabinet in the Orinda Library Gallery will be on view the entire month. See www.friendsoftheorindalibrary.org for more information or call 925-254-1358. Bookshop hours are Mon. – Wed. 1 – 4 p.m.; Th. 1-6 p.m.; Fri. – Sat. 1 – 4 p.m.

“Viewing artwork that speaks to you can provide many things – comfort, pleasure, inspiration, peace,” said Feins. “Art helps broaden horizons and brings beauty into the world,” said J. Brown. “Art connects us to each other and creates a community within a community,” said Coyle. “People come together to meet others and be creative making art.”

Visit the gallery at 26 Orinda Way 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 to 5 p.m. The library is closed on Feb. 12 and 15. Call 925-254-2184 for more information or visit http://ccclib.org.

◆ **EL NIÑO** from page 5

Check under your gutter screens if you have them. Leaves can get trapped under the screens, causing the exact problem the screens are supposed to prevent.

Inspect your roof for any wear and tear, especially around vents and chimneys. Pay close attention to where the metal flashings connect with your roof.

3. Exterior: The dry hot weather we experienced during the drought can open up joints in the exterior of your home, especially the trim around the doors and windows.

Check for wear and tear on your exterior siding and/or stucco.

Look for signs of dry rot (soft wood that allows a screwdriver to easily push into).

Check for loose paint and cracks in need of caulking.

Examine the metal flashing at the top of exterior doors and windows. It should look neat and fit snug to the trim.

Trim overgrown landscaping next to your home. Trees and shrubs that rub against your home can wear your roofing and siding.

Verify that any sump pumps in your home are operational.

4. Foundations/basement: Your basement or crawl space should be dry and well ventilated. Wood expands in a moist environment and this can lead to warped hardwood floors, windows and doors that don’t close properly, unpleasant odors and even movement in your foundation.

Make sure that your crawl space does not have any standing water.

Confirm all solid surfaces (roofs, driveways and patios) don’t direct water toward your house. Mine does so I have a strip drain in front of the garage to collect water.

5: General items: Preventing water damage is not the only storm preparation you should consider.

Change your furnace filter annually.

Inspect exterior doors and windows for air leaks. If you sense a leak, install or replace the weather-stripping.

Clean your fireplace and inspect the chimney flue. While you’re at it, make sure that each chimney has a spark arrestor.

With a little preparation you can welcome the much-needed rain and sleep well when storms arrive.

Czech Opera and Cuisine

The Orinda/Tabor Sister City Foundation offers a unique event in March – the opera *The Bartered Bride*, a comic opera by Czech composer Bedrich Smetana and a Czech dinner catered by DJ Bistro of Concord.

Performed in the Czech language with English subtitles, the opera includes traditional Bohemian dance forms such as the polka and furiant, a rapid and fiery dance.

“This opera is known for its fun and happy music and should be a rare treat for the Bay Area,” says Bobbie Landers. The opera will be shown on the big screen while participants enjoy dessert.

The fundraiser takes place on Mar. 13 at 6 pm at the Orinda Community Center. Tickets are \$50. Checks should be made out to the Orinda/Tabor Sister City Foundation and mailed to: P.O. Box 265, Orinda, CA 94563 by Mar. 7. For more information, call Landers at 925-254-8260.

◆ **BOOKS** from page 8

Can we call this the birth of political spin?

Other notable coming attractions include *End of Watch*, as Stephen King concludes his trilogy that began with *Mr. Mercedes*; Richard Russo returns to Northern Maine in *Everybody’s Fool*, picking up where *No-*

body’s Fool left off; and Louise Erdrich will take us back to North Dakota in *LaRose* which concludes her trilogy that began with *Plague of Doves* and continued with *The Round House*. And this is only a sample of what we look forward to – each book guaranteed to feature memorable characters and strong plot lines. Happy Reading!

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I believe I lost a diamond pendant/necklace between Orinda Chiropractic and Starbucks on Moraga Way on December 23rd, 2015. I have a photo and am offering a reward. Vbammal@gmail.com.

Services

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Rain gutter Cleaning. Roof cleaning, overhanging branches trimmed. Charles (h) 925-254-5533 or (c) 925-528-9385.

Wanted

I buy 1950’s Furniture. Danish modern, Herman Miller, Knoll wanted. 1 item or entire estate! Call Rick at 510-219-9644. Courteous house calls.

2016 Publication Schedule

Issue	Deadline
March 2016	February 5, 2016
April 2016	March 5, 2016

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There are 32 spaces per line. Count each letter, punctuation mark, and space between words.

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- For Sale
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- Sports Equipment
- Miscellaneous
- Help Wanted
- Household Services
- Caregivers
- Domestic
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- Music Lessons
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- Pets
- Pet Care
- Rentals
- Services
- Vacation Rentals/ Home Exchanges
- Wanted

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Write your ad in the boxes below with one letter, space or punctuation mark in each box. Cost is \$5 per line: \$10 minimum.

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

CALENDAR

ON THE CALENDAR

FEBRUARY

- 1 **Orinda Library Gallery** presents *Community Curios, Glass Art and Beauteous California* through February with an artists' reception and light refreshments on Friday, Feb. 5 from 4 to 5:30 p.m.
- 2 **Boy Scout Troop 57** invites boys ages 10 to 17 to learn more about Scouting at meetings on Feb. 2 and Feb. 9, Orinda Intermediate School multi-purpose room, 7:10 p.m. No Scouting experience required. For information, contact Gary Peterson at gary.peterson@aecom.com or 925-253-1373 or visit <http://orinda57.mytroop.us/aboutus>
- 3 **Story Hour with Cathy Goshorn** for children aged 2 to 4, every Thursday, Orinda Books, 276 Village Square, 10 to 11 a.m. Call 925-254-7606.
- 5 **Seniors' Trip** to the Museum of Vintage Fashion in Walnut Creek, hosted by Orinda Recreation Department, 1 to 4:30 p.m., \$25 (residents), \$29 (non-residents.) Visit www.cityoforinda.org or call 925-254-2445.
First Friday Forum features Dr. Bertram Lubin, president and CEO of UCSF Benioff Children's Hospital Oakland, talking on "Social Determinants of Illness in Children: The New Way to Approach Health Care for Children," Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette, 1:30 p.m. Refreshments served at 1 p.m. in Fellowship Hall.
Reception for the Artists, Orinda Library Gallery, 4 to 5:30 p.m., with light refreshments. February's exhibit includes paintings by Judy Feins, photography by John S. Brown, glass art by the Fabulous Fusers of Walnut Creek Civic Arts and community curios collected by the Friends of the Library. Call 925-254-2184 or visit <http://ccclib.org>. See story, page 2.
- 9 **Orinda Books** hosts Terry Shames discussing her new book, *The Necessary Murder of Nonie Blake: A Samuel Craddock Mystery*, and author Susan Shea discussing *Mixed Up With Murder: A Dani O'Rourke* mystery, 276 Village Square, 3 p.m. Call 925-254-7606.
- 10 **The Second Wednesday Book Group**, Orinda Books, 276 Village Square, 3 p.m. The group meets monthly and welcomes new members.
- 11 **California Independent Film Festival** presents *Breakfast at Tiffany's*, starring Audrey Hepburn, Orinda Theater, 7 p.m. Free. Visit <http://www.caiff.org/#!events/c17as>.
- 12 **Orinda Chamber of Commerce** Annual Business Awards and Recognition Lunch honors Patti Camras, Candy Kattenburg and Sylvia Jorgensen for outstanding service to the chamber and five local businesses, Orinda Country Club, noon. Tickets \$30. Visit www.orindachamber.org.
- 13 **Opera at the Rheem** features Litz Plummer, the Opera Lady from Maiden Lane in San Francisco who was featured on "America's Got Talent," 350 Park St., 7 p.m. Tickets \$20 available at www.lamorindatheatres.com.
- 21 **St. Marks United Methodist Church** hosts "Love Your Muslim Neighbors," 451 Moraga Way, Orinda, 1 p.m. Sponsored by the Interfaith Council of Contra Costa County, the event features a panel discussion and audience Q & A. Send questions in advance to stmarksumcorinda.org or call 925-254-5965.
- 27 **Summer Camp Fair**, hosted by Orinda Parks & Recreation Department, Orinda Community Center, 28 Orinda Way, 10 a.m. to 1 p.m. For information visit www.cityoforinda.org or call 925-254-2445.

AT THE LIBRARY

- All events are free unless otherwise specified. The library will be closed Feb. 15 for Presidents Day. For more information, call 925-254-2184 or visit www.ccclib.org/locations/Orinda.html.
- 2 **Toddler Lapsit**. Stories and songs for children aged 1 to 3 and their caregivers, Gallery Room, 10 and 10:30 a.m. No registration required, but attendance limited to once per week. Also Feb. 3, 9, 10, 16 and 17.
 - Peek-A-Boo Time**. Story time for children ages 0 to 5, 11:30 to 11:55 a.m. Also Feb. 9 and 16.
 - Math Lounge**. Free math tutoring for students K-12, 3:30 to 5:30 p.m. Students under 13 need parent signature. Also Feb. 9, 16 and 23.
 - 4 **Special Book Sale**, hosted by Friends of Orinda Library, 10 a.m. to 1 p.m.
 - 6 **Saturday Morning Live!** Story time for children aged 3 to 5, Picture Book area, 11 a.m. Also Feb. 13 and 20.
 - Lion Dance for New Year**. Celebrate the arrival of the Year of the Monkey and chase away the bad spirits with the Concord Kung Fu Academy, 2:30 to 3:30 p.m.
 - 13 **ACT Practice Test**. A full-length mock test for teens ages 12-17, from 10:30 a.m. to 2:30 p.m. Bring a pencil and calculator. Registration required by Feb. 12.
 - 19 **Mystery Book Club**. Members discuss the latest mystery, 3 to 4:30 p.m. Adult event.
 - 25 **Contra Costa Tale Spinners**. A monthly story swap keeping the oral tradition alive, Gallery Room, 7 to 9 p.m. Adult and teen event.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m. Orinda Masonic Center, Karen Seaborn, 925-689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Gallery Room, Orinda Library, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 925-253-1997.
- Guided Meditation**. Wednesdays, 9 a.m., St. Mark's United Methodist Church, 451 Moraga Way, Orinda, focuses on health, harmony and wholeness, 925-254-5965
- Lamorinda Alcohol Policy Coalition**. Third Wednesday, 10 to 11:30 a.m., Orinda City Hall Sarge Littlehale Room, 925-687-8844, ext. 227.
- Lamorinda Meditation**. Every Monday and Thursday, 10:30 a.m., Career Wisdom Institute, 1036 Country Club Drive, Moraga, Suite 100. Meditate in silence for 30 minutes, \$5 donation. Contact Gaby Mozee at gcmoozee@gmail.com.
- Lamorinda Nature Walk and Bird watching** for seniors. Wednesdays, 9 to 11 a.m., free. Call 925-254-2445 for weekly meeting place.
- Lamorinda Sirs** for retired men. Second Wednesday, 11 a.m. to 1:30 p.m., Holy Trinity Cultural Center, 1700 School St., Moraga, Pete Giers, 925-254-4667.
- Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Lafayette Park Hotel, 3287 Mt. Diablo Blvd., Lafayette, <http://www.lamorindasunrise.com/> or 925-283-8288.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 p.m., Temple Isaiah, 945 Risa Road, Lafayette, <http://lamorinda.toastmastersclubs.org/>

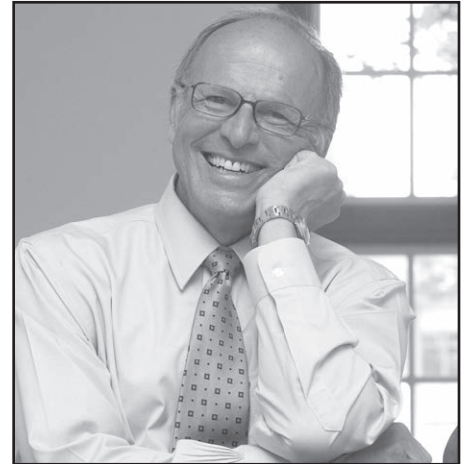
Hospital Chief Talks on New Approach to Kids' Health

By BOBBIE DODSON
Staff Writer

Dr. Bertram Lubin, president and CEO of UCSF Benioff Children's Hospital Oakland, will be the speaker at First Friday Forum (FFF) on Feb. 5 at 1:30 p.m. at Lafayette-Orinda Presbyterian Church, 49 Knox Drive. Dr. Lubin's talk is entitled "Social Determinants of Illness in Children: The New Way to Approach Health Care for Children." Refreshments will be served prior to his talk in Fellowship Hall at 1 p.m.

Dr. Lubin's research career in pediatrics has spanned 50 years. His work has led to clinical and social advancements that have improved the lives of countless children and adults locally and globally, with a particular focus on underserved populations.

"I want to give the community an overview of the affiliation Children's Hospital of Oakland has with the University of California, San Francisco, as well as the future



CONTRIBUTED PHOTO

Dr. Bertram Lubin will speak on a new approach to children's health care at the Feb. 5 First Friday Forum.

challenges related to children's health," said Dr. Lubin, who founded the Center for Community Health and Engagement in 2015. The center provides leadership [SEE FORUM page 15]

Montelindo Garden Club. Third Friday, 9 a.m., September through May, St. Stephen's Episcopal Church, 66 St. Stephen's Drive, www.montelindogarden.com. Rebecca Sweet, owner of the garden design company Harmony in the Garden will talk on "Incorporating Succulents Into Everyday Garden."

Orinda Garden Club. Fourth Thursday, 10 a.m. to noon, September through May, Orinda Country Club, 315 Camino Sobrante.

Orinda Junior Women's Club community service group. First Tuesday, September through June, 7 p.m., www.orindajuniors.org.

Orinda Rotary. Every Wednesday, noon, Orinda Country Club, 315 Camino Sobrante, 925-254-2222.

Orinda Association. Second Monday, 7:15 p.m., Orinda Library, May Room, 925-254-0800.

Orinda Hiking Club. Every weekend and first Wednesday, www.orindahiking.org or Ian at 925-254-1465.

Orinda Historical Society. Call 925-254-1353 for times and location of meetings. 925-254-1353.

Orinda Job's Daughters. First and third Monday, 7 p.m., 9 Altarinda Road, 925-283-7176.

Orinda/Tábor (Czech Republic) Sister City Foundation. Fourth Thursday, 7 p.m., social, 7:30 p.m., meeting, call 925-254-8260 for location.

Orinda Teen Advisory Council. Second Wednesday, 4 p.m., Community Center, 28 Orinda Way, email orindateenadvisorycouncil@gmail.com.

Orinda Woman's Club. Second Tuesday, 9:30 a.m. to noon, call Jean Barnhart, 925-254-3881, or <https://sites.google.com/site/orindawomansclub>.

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. First and third Wednesday of the month, 7 p.m.. Visit www.mofd.org/board/meetings meeting location will be posted on the agenda.

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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Local Tennis Club Partners With Living Lean For Million-Dollar Remodel

By DAVID DIERKS
Assistant Editor

Living Lean and Lafayette Tennis Club (LTC) have joined forces for a multi-million dollar remodel that will expand LTC and include “new cushioned, hard wood flooring, new paint, new dance club quality stereo, larger glass windows and larger glass doors to bring the beauty of the outside in,” said Living Lean owner Sheena Lakhota, who currently operates a studio in Theatre Square. “We will redo the fireplace so we can have it on during our evening yoga sessions and add a TRX studio, boxing ring and private offices for mental skills training and body fat measurements.”

The new studio at the tennis club is currently up and running. “I have been training clients there for the last six months,” said Lakhota. “The remodel will begin in a few weeks and take three to four months.” The new studio has an extensive exercise schedule available at www.livingleanprogram.com/calendar.html.

Lakhota will keep her current Orinda studio at Theatre Square open, mostly



DAVID DIERKS
Lafayette Tennis Club Owner **Hunter Gallaway** (L) and Living Lean's **Sheena Lakhota**.

for personal training, nutrition and body fat measurements. “I wanted to add more classes so my clients could get into better shape and have more fun doing it. People who just want to take classes in a beautiful setting, taught by personal trainers, can join for a special introductory offer for the next few months,” said Lakhota. “My personal training clients in Lafayette and Orinda will not have to pay to take the classes.”

Lakhota started working with LTC [SEE TENNIS page 15]

Everyday Changes

I Love You Because ...

Bonnie Waters



With Valentine's Day just around the corner, here is a little Valentine's Day trivia:

While most of us think of it as an American tradition, I recently found out that Valentine's Day is celebrated in Japan in a slightly unique way. Japanese women are the ones who traditionally give the men chocolates. Interestingly, women often give their male friends, colleagues and bosses chocolates. These are known as Giri-choco (Obligation Chocolate) and there is no romance involved. On the other hand they give their boyfriend, lover or husband Honmei-choco (True Love Chocolate) that they prepare themselves by hand. Many Japanese women think that it is not true love if they just buy ready-made chocolates.

As special as hand-made chocolates are, let me hazard a guess ... like myself, you are not up to becoming a novice chocolatier. So here we are faced with the daunting task, once again, to come up with creative ideas for Valentine's Day. Here are some ideas he or she will love to receive:

I Love You Because ...

Purchase or make a Valentine's Day card and hand write a list of all the reasons you

love him or her!

The Gift of Renewal

Give the gift of relaxation and renewal with a spa gift card. If you or your beloved made a New Year's resolution to exercise more, schedule the “inner athlete” a massage with hot stones...the perfect antidote for sore, tense, tired muscles.

A Walk in the Park

Get out in nature for a brisk walk. With the hills so green from the recent rain, our regional parks and Mt. Diablo are breathtaking. Take a light lunch for a stop mid-way and exchange Valentines. Read them to each other and make it extra special.

Share the Love

Join your special someone for a spa day and enjoy duo massages, tandem facials and couples mani-pedis. To make the day extra special, some spas include a meal to tide you over until that wonderful candlelight dinner at your favorite restaurant.

These ideas have hopefully stoked your creative fires. Have fun putting that special gift together. Whatever you do, plan ahead because you can do better than the old heart-shaped box of chocolates!

◆ MAP from page 7

ers, soil – even milk. Its incidence is on the rise with 4 million known cases worldwide.

Hall said it took six months, as well as a colonoscopy and an endoscopy, before doctors were able to diagnose what she terms this “stealth disease” in her son. Symptoms include severe diarrhea, chronic fatigue, mouth ulcers and abdominal pain. In another new and game-changing development, the Kings College researchers are in the trial stage of a diagnostic blood test that will make Crohn's much easier to identify.

Hall said that Antony was prescribed Humira, which is effective in some but not all patients – and can also lose its effectiveness over time.

“Antony is doing much better since taking Humira,” said Hall. “It been a godsend and has allowed him to get his life back. But it's not the answer. He can't be on it for the rest of his life. In one-third of people it

becomes ineffective, and it also has dangerous and scary side effects.”

The Mardi Gras Gala kicks off on Saturday, Feb. 6, at 5 p.m. at Lafayette Community Center, 500 St. Mary's Road, with wine tasting, followed by a New Orleans-style dinner prepared by a French chef, then music, dancing and both live and silent auctions.

“Our auction items include a stay in a Spanish apartment overlooking the Mediterranean, a golf foursome at the Blackhawk Country Club and a gift from Attune winery which is serving its wines at the gala,” said Hall. Tickets are \$85 and can be purchased at <http://ahallgout.wix.com/mardigrasgala> or call Annabelle Hall at 415-254-1876.

Hall said fundraising is quite out of character for her.

“I was always more of a wall flower, but when your kid gets sick you do whatever you can.”

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BUSINESS BUZZ

◆ BUZZ from page 16

Cine Cuvée

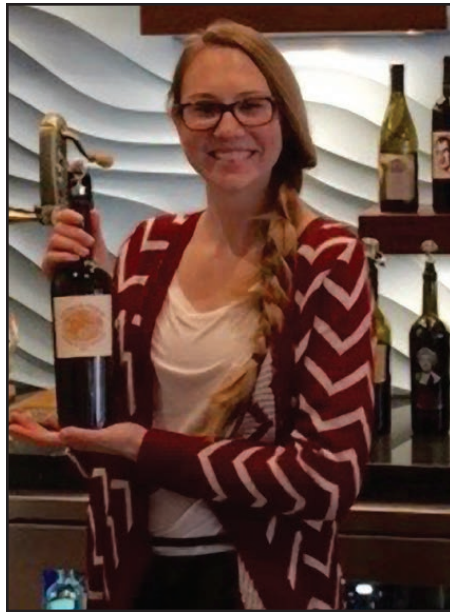
After noticing moviegoers lingering in the theatre and lobby discussing aspects of the film they had just viewed, Derek Zemrak and Leonard Pirkle – operators of the Orinda and Rheem theatres – envisioned a joint adjacent to Orinda Theatre for just that purpose. Voila, Cine Cuvée is now open for business. After 18 months of waiting, moviegoers can step inside before or after the feature to enjoy a drink and light snack.

The distinctive Hollywood art-deco theme interior is comfortable, featuring a black marble floor and black granite counter at the bar. Red velvet tufted upholstery bench seating invites one to linger and enjoy conversation over a selection that includes beer, wine, mixed drinks and non-alcoholic beverages.

It is quiet here, very conducive to good conversation. The Hollywood theme surrounds patrons, with coffee table books on the great directors and tables made from glass and film reels (yes, those are reels of actual films).

Even the wine offerings are from Hollywood legends turned vintners, such as Vincent Price, Fess Parker, Lasseter, Skywalker, Sylvestri and Tippi Hedrin. “Each of the wines has a story behind it. You will not find them at your local liquor store. Cine Cuvée menus are on a tablet and each vintner’s story is accessible on the tablet. The wines come from all over the world,” said Lindsay Pirkle, manager of Cine Cuvée. The range of vineyards includes those that are family owned, some dating back to the 18th century.

“Everyone has been very receptive and



CONTRIBUTED PHOTO

Lindsay Pirkle is the manager of Cine Cuvée, adjacent to the Orinda Theatre.

we already have regulars dropping in. People enjoy what we offer and that is what we want. Cine Cuvée is quite the local gathering spot,” said Pirkle.

A member of the Orinda Chamber of Commerce, Cine Cuvée is open Sunday through Thursday, 11 a.m. to 10 p.m., and Friday and Saturday, 11 a.m. to midnight. For more information, call 925-386-0125.

◆ FORUM from page 13

services and research to address the impact of social determinants, poverty and health equity on children.

Dr. Lubin’s primary research interest is in hematology, particularly sickle cell disease. He led a program to introduce newborn screening for hemoglobinopathies in California and started the first sibling cord blood-banking program in the world.

In 1980, Dr. Lubin became the first director of medical research at Children’s Hospital Oakland. Under his leadership, research activities expanded exponentially, transforming a small research program into a \$50 million-a-year enterprise.

“This is an opportunity to hear, firsthand, about cutting-edge research relating to children’s health, and also learn more about two leading medical institutions in our area,” said Nancy Holtzaple, chair of the FFF committee. “We are pleased to present our free lectures to the community.”

For more information, call 925-283-8722.

◆ TENNIS from page 14

when her kids attended a summer camp a few years ago. “I enrolled my kids in the summer tennis camp when they were 7 and 8 years old and they loved it so much that they continued on with tennis into intermediate clinics and then into advanced training with Hunter Gallaway, who owns LTC,” said Lakhotia. “His reputation in training competitive junior tennis players is amazing.” Gallaway has won more than 25 national championships in singles and doubles and represented the U.S. in four world cup ITF veteran teams.

For more information, visit www.livingleanprogram.com.

Move of the Month

Walking Lunges in the Sand!



Stand tall with your feet together. Take a large step forward with your right leg. Drop into a lunge bending both knees to 90-degrees. Keep your torso upright but keep your chest up and shoulders back. Keep your balance.

Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side. This completes two reps.

Try to do 20 reps.

For more information, contact Sheena with Living Lean personal training and eating for elite fitness, at 925-360-7051 or www.thelivingleanprogram.com.

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8:30	Boxing		Boxing		Gutts and Butts	Spin	Bootcamp
9:30		Yoga	Tennis Clinic	Yoga	Tennis Clinic		Yoga
6 PM		Spin/ abs	Cardio Tennis	Spin/ abs	Cardio Tennis		
7 PM		Circu 1	Yoga	Circuit	Yoga		

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Lemon Blossom Creations

Longtime friends Melissa Karakash and Dora Chacon recently launched their Orinda-based event planning business, Lemon Blossom Creations. They specialize in organizing and hosting children's parties offering 10 classic themes, including Pirates, Princess, Race Car Party, Under the

Sea, Picnic, Fairy, Train, Safari, Tea Party and Cowboys.

Hosted in the child's home or at a local park, Lemon Blossom Creations handles every detail, from table arrangements, centerpieces and linens, to party favors and planned activities. "We focus on the children and ensure they have a wonderful time, collaborating with parents all the while," said Karakash. "Pretty much the entire focus of the party is on the variety of games, so we keep the children very involved and interact with them throughout."

Chacon and Karakash create party decorations after visiting antique fairs and fabric shops for inspiration. "We like to repurpose and reuse items in new ways," said Chacon. "The games and activities are continually changing, depending on the age of the guests attending the party." Customizing decorations typically involves Karakash using her sewing and craft skills to create memorable motifs and designs.

"I have a background as a nanny and enjoy the creativity and energy of young children. We organize and host parties for children ages three and older that are two hours in length," said Chacon. If possible, it is preferred that clients book two weeks in advance.



VALERIE HOTZ

Lemon Blossom Creations owners **Melissa Karakash** and **Dora Chacon**.

Visit the website created by this dynamic duo at www.lemonblossomcreations.com and take a peek at the adorable decorations built around selected party themes. An array of activities may be incorporated into the event, such as a treasure hunt, dancing, sack races, and arts and crafts. In one instance, children built their own toy race car and raced them on a track built by Chacon and Karakash.

When not organizing parties, Chacon spends time learning salsa dancing and spending time with family. "I really enjoy being with my nine nieces and nephews, especially baking cookies and going to the movies," she said.

Karakash has a background in microbiology, having interned in water treatment. "I dreamed of starting this business while working on our house, redoing the kitchen, floors and fireplace. My favorite pastime is hiking, riding my road bike and salsa dancing," she adds.

For more information about Lemon Blossom Creations, call 925-255-5381 or visit www.lemonblossomcreations.com

Orinda Chamber of Commerce Announces New Leader

As we begin 2016, Sophie Braccini assumes the helm of the Orinda Chamber of Commerce from retiring executive director Candace Kattenburg. A civic reporter for the *Lamorinda Weekly* for the past 10 years, Braccini will continue in her news writing capacity while managing her chamber role.

"I wanted this job because the businesses here in Orinda are unique to this place," said Braccini. "Some towns have storefronts of chain businesses, but Orinda is very special in this regard. I love the energy and creativity of our business people and what they do for the community."

Braccini sees Orinda as a city that is transforming, while at the same time keeping its cozy character. "I know a lot of the business owners here, and I want to advocate and support these businesses," she said.

The annual awards luncheon takes place Feb. 12 at the Orinda Country Club, recognizing Best Small Business of the Year,



VALERIE HOTZ

Sophie Braccini is the new executive director of the Orinda Chamber of Commerce.

along with honoring Candace Kattenburg and longtime chamber directors Sylvia Jorgensen (former president) and Patti Camras. Incoming Chamber President Roy Hodgkinson will preside over the awards luncheon. "Roy brings a lot of expertise and is investing much of his time to improve the chamber," said Braccini. Mark your calendar for the March 4 Comedy Night.

Have an idea or inspiration? Braccini encourages Orindans to drop by the chamber office at 26 Orinda Way. "Come in and talk to us or connect by phone or email. We are here to serve our vibrant business community. Our focus on membership this year is to reach out to younger members and ask them to get involved on the board. It is an excellent opportunity for businesses to support each other and for members to give back."

The chamber is involved in the Urban Institute Study of developing downtown Orinda, and the parking study. "It is important that people can park at businesses and that there be parking for BART as well. Conflicting priorities exist and hopefully we can find a solution for everyone," said Braccini.

A native of France, Braccini earned a degree in economics at the University of Orleans and a political science degree at the Paris Institute for Political Science. She and her husband, Robert Lucacher, reared their three children in Moraga. Lucacher manages environmental health and safety for Cushman and Wakefield.

Braccini is an avid hiker and enjoys the abundant trails in the East Bay. You may spot her riding her electric bike on Moraga Way when the weather improves. "It does not pollute and does not take space," said Braccini. Whether on bike or on foot, she plans to meet all chamber members in the coming months and elicit their input on local matters.

To reserve your ticket for the Annual Awards luncheon on Feb. 12, email occecdir@gmail.com or call 925-254-3909. For more information about the Orinda Chamber of Commerce, visit www.orindachamber.org

[SEE BUZZ page 15]

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