



THE ORINDA NEWS

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City Council Supports Road Bond on June Ballot

By SALLY HOGARTY
Editor

The results of the City of Orinda's January survey are in, with 70 percent of the 400 Orinda voters polled saying they would support a \$20 million general obligation bond measure to improve the city's infrastructure. The bond measure requires a two-thirds majority to pass.

The public opinion firm of Fairbank, Maslin, Maullin, Metz and Associates presented the survey findings at the City Council's Feb. 4 meeting. Following the presentation and public comment, councilmembers unanimously voted to have city staffers formulate ballot language for the upcoming June election. The council then did a first reading and introduction of the ordinance calling for a \$20 million general obligation bond on Feb. 18, when city staff also updated the council on the city's

10-year roads and drainage repairs plan and how the bond measure would impact that plan. The City Council will adopt the ordinance at its March 4 meeting.

The January survey showed that 77 percent clearly saw the need to repair local streets and roads with a majority willing to pay between \$80-\$100 per year. They were, however, divided on how to raise the money. Of the three ballot measures tested – a half-cent sales tax, a \$10, \$20 or \$60 million bond, and a \$200 parcel tax – only the sales tax garnered support exceeding the vote threshold required for passage.

Opponents say that the City of Orinda should not approve any new tax or ballot measures at the present time and, instead, find money in its existing budget. Steve Cohn feels the city should look at a Real Estate transfer tax rather than a bond measure. "The idea of this tax was also tested on those who took the latest Orinda survey.

[SEE SURVEY page 16]

Orinda Association Presents Awards



CHARLIE JARRETT

Members of the City Council congratulate the **Orinda Action Day Team** for winning the William Penn Mott, Jr. Environmental Award. (L-R) Councilmembers **Victoria Smith** and **Dean Orr**, **Molly Wilson**, **Holly Henkel**, **Kate Rittmann**, **Charlie Vollmar**, **Mayor Sue Severson** and councilmember **Amy Worth**.

By CHARLIE JARRETT
Staff Writer

The Orinda Association (OA) held its 30th Annual Volunteer of the Year awards dinner last month at Orinda Com-

munity Center. The Orinda Junior Women's Club received the Volunteer of the Year 2013 Award and the William Penn Mott, Jr. Environmental Award went to the Orinda Action Day Team.

[SEE AWARDS page 4]

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Celebrating St. Patrick's Day



SALLY HOGARTY

Young Orinda residents studying Irish dancing celebrate Ireland and its various traditions every day of the year. (L-R) **Annie Hammond**, **Fiona Innis**, **Caroline Berg** and **Dania Innis**. See story on page 11.

Parking in Orinda Goes Downhill

By DAVID DIERKS
Assistant Editor

organized the Chamber Parking Committee
[SEE PARKING page 16]

Parking in Orinda is getting so bad that business owners are losing customers. "Surface and garage parking is currently inadequate to support the local business community," said local business owner Rick Kattenburg. "Businesses complain. Employees complain. Citizens complain. People miss their appointments or are late; many customers go elsewhere to shop." Carolyn Mueller, owner of CoreKinetics Pilates studio, agreed. "Many people who live in Orinda are not aware of this problem," said Mueller. "Very often there is no parking, even in Theatre Square. I have had prospective clients cancel when they find out the location of my studio."

Parking issues are not a new problem. In 2011, the Orinda Chamber of Commerce

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Manzanita Bridge Ribbon Cutting



DAVID DIERKS

Local residents and workers joined councilmembers **Victoria Smith, Mayor Sue Severson** and **Amy Worth** (center) at the ribbon cutting ceremony to commemorate the new Manzanita Bridge.

The new Manzanita Bridge was officially opened on February 10 and replaces the old structure built in 1937. The project took over a year to complete and cost \$2 million. The deck of the new bridge is six feet higher (to raise the bridge out of a flood zone) as well as 12 feet wider than the previous structure – it is now 34 feet wide and includes a pedestrian sidewalk. The replacement bridge also will alleviate hydraulic, structural and alignment deficiencies present in the previous structure.

11th Annual High School Visual Arts Competition

By ELANA O'LOSKEY
Staff Writer

The Orinda Arts Council (OAC) Visual Arts Competition (VAC) provides high school students residing in or attending schools in Lafayette, Moraga and Orinda the opportunity to display their art in a professional gallery and compete for cash prizes totaling \$2,750. Check out the exhibit from March 1 through 27 at the Orinda Library Gallery and see what young people in Lamorinda are creating.

The Artist Award Reception is on March 12, 4 to 6 pm, when light refreshments will be served, music will be provided and prizes awarded. Three categories of work are exhibited: 2D – paintings, drawings, printmaking, mixed media and collage; 3D – sculpture, ceramics, jewelry, construction and photography – black and white, color, film, digital and digital design.

For the first time, students are helping to organize the event in exchange for community service hours. The OAC is also soliciting VAC student artwork for display and/or sale at its summer *Arts in Bloom* fundraiser. The event coincides with Lamorinda Idol's performance for finalists and runners-up at the Orinda Community Center Park on July 15.

VAC judges will award cash prizes in the following categories: First Prize \$300, Second Prize \$200, Third Prize \$100, Honorable Mention \$25 and Best in Show (Voter's Choice Award) \$300. Judging is by professional artists whose criteria are creativity, originality, content and degree of expertise in the chosen medium. Between 175 and 200 entries are expected from high school students at Miramonte, Acalanes, Campolindo, Las Lomas, Athenian School,

Bentley School, College Prep High School, Head Royce, Holden High and Orinda Academy as well as homeschool students.

VAC thanks Lamorinda art teachers who assisted students in preparing their entries: Acalanes High School's Susan Lane, Robert Porter, Bear Begelman and Susan McCauley; Campolindo High School's Jill Langston and Collette Sweeney; Miramonte High School's Deborah Hovey-Lacour, Gavin Kermode, Justin Seligman and Stan Heard; Las Lomas High School's Erica Admunson, Jessica Jurgens, Anne Scallon, and Patrick Blank; Bentley Upper School's Aram Muksian, Sallie Bryan and Meredith Steele; Holden High School's Daniel Dickenson; and Orinda Academy's Noel Williams.

VAC's focus is on the creative teaching approach in high school art classrooms, and in highlighting the value of art programs in the schools. This is an event that necessitates many volunteer hours. Thanks to: Susan Garell, Co/Past-President; Lawrence Kohl, Co-President; Natalie Wheeler, VAC Chair; Kal Deutsch, VP Communications; and other OAC members; Michelle Lacy, Director of Orinda Parks and Recreation who coordinates gallery events with Myrna Witt and Maggie Boscoe, Gallery Co-Chairs. Community sponsors include the Lafayette Partners in Education (LPIE, <http://lpie.org>); Moraga Education Foundation (MEF, <http://moragaeducation.org>); and the Education Foundation of Orinda (EFO, <http://orindaefo.org>).

Visit the gallery during normal library hours: Monday through Thursday, 10 am to 8 pm; Friday and Saturday, 10 am to 6 pm; and Sunday, 1 to 5 pm. Call 925-254-2814 or see <http://orindaartscouncil.org> for more information.



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Volunteer of the Year



Founder of the Orinda Jrs. **Paula Arnold** (L) and current president **Tracy Cummings** (C) accept an award from **Jill Ray** (representing Supervisor Candace Andersen) congratulating the organization for being named the Orinda Association's Volunteer of the Year.

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.

P.O. Box 97
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A Message From the OA President
Your Orinda Association
Membership Matters!



Bill Waterman

The Orinda Association (OA) and its dedicated members have a long record of service in Orinda. From the OA's founding in 1945 by Bill Mott to our city's incorporation in 1985, the OA served as a quasi-governmental organization providing service to our residents in such diverse areas as planning, transportation and crime-prevention, to name a few. Since then, thanks in large part to our members' support, our programs and activities have continued to evolve and serve Orindans. Thus, for those of you who have not yet joined or renewed your membership, please consider some reasons why maintaining an OA membership really counts:

- The OA makes Orinda a better place to live: By organizing our city's Fourth of July parade and celebration over the past 31 years, the OA has continued a valued and fun-filled tradition, in which all Orindans can participate. By operating our Seniors Around Town (SAT) ride program, now in its ninth year, we help volunteer drivers provide much-needed rides to Orinda seniors – over 600 times this year! Our OA office staff also collects used youth soccer uniforms for donation to needy youth in foreign countries. Membership dues keep our OA office up and running to support these activities.
- The OA promotes awareness and discussion of important issues: By publishing *The Orinda News* (the number

one source of news and information for Orindans), this fine paper's staff and writers keep us informed about the key events going on in the community, as well as in-depth feature articles not available in other media. The OA also hosts non-partisan community forums at election time, for City Council and other important local elections, as needed.

- The OA focuses on and promotes volunteerism: By hosting the annual Volunteer of the Year and William Penn Mott, Jr. Environmental Award Dinner, we ensure that many community volunteers are recognized for their contributions. And the OA's office staff keeps track of volunteer opportunities through our volunteer center, and will soon create and maintain a complete listing of all volunteer and non-profit groups' activities on the OA website, for "one-stop shopping" for volunteer opportunities.

In short, as Angel 2nd Class Clarence Odbody reminded Jimmy Stewart in that classic movie, we really do have a "wonderful life" here in our community. Along with other financial support (including from the Orinda Community Foundation and other community groups and sponsors), your OA membership helps contribute to this effort. Thus, on behalf of the OA board and office staff, and the many other fantastic people who support our activities, we all thank you again for your generous support.

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Become a member today! Use the enclosed membership envelope and mail your check today or go to our website at www.orindaassociation.org and join online with a credit card.

The OA is a 501(c)(3) tax-exempt organization and your membership donation is tax deductible to the extent of the law.

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Editorial...

Thank You Orinda Residents!

The City of Orinda recently had the polling company of Fairbank, Maslin, Maullin, Metz and Associates conduct a survey of local residents to ascertain whether a sales tax, parcel tax or bond measure would be feasible on the June ballot. The tax/bond would raise funds to help repair Orinda's worsening infrastructure.

The survey also asked residents to comment on how they received their information, and 85 percent of those responding listed *The Orinda News* as their most frequently used news source. We gratefully thank the community for its support.

Produced by the Orinda Association, *The Orinda News* is one of the only nonprofit newspapers in the area. While, we often

hear that newspapers are dying out and will soon only be a fond memory, I beg to differ. It seems to me that community newspapers fulfill a different need within a community. Readers can easily access the Internet for national and international news, but when your child wins a local poetry contest or walks in Orinda's 4th of July parade, you'll find that photo in *The Orinda News*. It's not unusual for residents to stop by and get several extra copies of a recent issue to send to grandparents in another state. And, we are more than happy to oblige.

So, once again, thank you for your support. And, be sure and let us know of an event or accomplishment that you would like to see in your local newspaper.

— SALLY HOGARTY, Editor



Letter to the Editor

Why is there no progress in downtown Orinda?

Orinda's downtown is in serious decline. It is past time the community did something about it. Despite Orinda's favorable demographics, a number of the area's better merchants and restaurants have moved elsewhere. The trend of sales of the remaining merchants, with few exceptions, is flat or declining. Many of the city's commercial buildings are nearing the end of their useful lives. There has been no new development in the commercial districts in 25 years.

The owners of Orinda's commercial properties have generally owned their real estate quite a long time. Their pre-Proposition 13 tax burdens are very low. The prevailing leasing strategy apparently is to offer below market rent for "as is" space in need of upgrading.

Potential buyers of these properties appreciate the strength of Orinda's demographics but are dissuaded by Orinda's reputation for discouraging development. The result is the continuing stagnation of its commercial real estate market.

Surprisingly, Orinda has no downtown plan. Without a plan, Orinda will very likely experience the haphazard, piecemeal development that typically occurs when ownerships of small commercial properties randomly turn over. The Phairs' block, which includes the Phairs' property, Country Club Plaza, the Village Court and

the long vacant former Orinda firehouse site, is an unfortunate example. The buildings on these properties are tired and out of date. Whatever happens to this block in the future is likely to be uncoordinated among its owners and with the rest of downtown and not necessarily reflective of expressed community priorities.

Alternatively, a Downtown Plan would encourage the renewal and improvement the community needs. It would address the larger traffic, parking and aesthetic concerns that individual small property owners cannot be expected to do. Such a plan could encourage the owners of the Phairs' block, for example, to upgrade their buildings in a coordinated manner, properly managing parking and using superior architecture to achieve a higher standard of development that enhances the city's village character. Merchants would have up-to-date spaces. Owners would improve the performance of their properties. The city would receive vastly improved real estate tax revenue. And, most importantly, the Orinda community would enjoy a more attractive downtown environment that works better for everyone.

Other Bay Area cities are doing what it takes to renew their downtowns. Without a plan for the future, Orinda's decline will most likely continue. If Orindans don't know where we are going, any road will take us there!

— Tom Trowbridge

AWARDS from page 1

OA President Bill Waterman welcomed the 60-plus dinner guests, including family and friends of the award recipients. Mark Roberts, OA Past President, spoke about

William Penn Mott, Jr., who served as National Park Director, General Manager of the East Bay Regional Park District, Director of the California Department of Parks and Recreation and General Manager of the East Bay Zoological Society.

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Roberts presented the Environmental Award to Charlie Vollmar, Action Day Team co-chair in 2012 and also acknowledged former chairs, Molly Wilson (co-chair 2011), Kate Rittmann (2009 chair) and Holly Henkel (co-chair 2013). The group received proclamations in appreciation of their work from Orinda City Council and the offices of Assemblymember Joan Buchanan and Supervisor Candace

Andersen. The original founding member of the Orinda Juniors Women's Club, Paula Arnold, and the 2014 president of the club, Tracy Cummings, accepted the Volunteer of the Year award. The group also received proclamations from Orinda City Council and the offices of Assemblymember Joan Buchanan and Supervisor Candace Andersen.

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THE Orinda ASSOCIATION

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

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, fax them to 254-8312, or email to news@orindaassociation.org. Letters to the Editor for the April issue are due March 5, 2014.

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 5, 2014.

ORINDA ASSOCIATION MEMBERS

Orinda Association Membership

Membership support of the Orinda Association helps provide programs and events for all family members.

How does your family benefit from those programs?

There's no official record to date, but we're pretty certain we've had, over the years, hundreds of July Fourth parade entrants in tiny, red white and blue outfits, in decorated strollers and carriers, proudly displaying their patriotism.

Perhaps school-age children have used our volunteer center to complete a school, scout or other volunteer opportunity. Your whole family may have participated in a volunteer project together such as decorating for the Fourth of July, helping clean Orinda creeks or parks, or contributing to a local food bank or shelter.

How many times have residents learned what's really happening in Orinda by reading the monthly *Orinda News*, or learned more about a local politician's views and goals by attending public forums?

Many residents stop by our office or call us to find out where to go for just about anything. Many Orinda families who are living with or close by their own parents rely on our free transportation services for seniors called *Seniors Around Town*. The Orinda Association's programs and events cover the interests and needs of all generations.

Consider renewing your membership today or, if you're not a member yet, join us. Go online to www.orindaassociation.org or use the enclosed envelope in this paper and return your check. Your support has never been more important.

Stop by the Orinda Volunteer Center at 26 Orinda Way, Monday through Friday, 9 am to noon or 1 to 4 pm to learn about programs.

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[SEE MEMBERS page 6]



SALLY HOGARTY

One of the many public services provided by the **Orinda Association** are forums to discuss a variety of issues or get to know candidates such as the one above for county supervisor of District 2.

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[SEE MEMBERS page 7]

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Jen Villafane of the Orinda Association's Seniors Around Town program talks with a rider and a driver in the volunteer ride program for seniors.

◆ MEMBERS from page 6

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Orinda Police Department Picks Officers of the Year



CONTRIBUTED PHOTO

Front Row: **Maurice Lewis, Zach Williams, Sergeant M. Djajakusuma**, former Chief **Scott Haggard**, **Travis Dennison, Sergeant N. Rafanan, Jay Melen**; Back Row: **Maynard Patacsil, Dean Orr, Victoria Smith, Mayor Sue Severson, Steve Glazer, Amy Worth** and **Bryan Walley**.

The Orinda Police Department (OPD) selected Detective Travis Dennison as Officer of the Year and Reserve Officer Bryan Walley as the Reserve Officer of the Year at the January 21 City Council meeting.

Detective Dennison has been with the OPD for the last two years and became a detective last year. Officer Walley works on Thursdays with the OPD as well as volunteering with the Contra Costa County Sheriff's Office and is part of the Search and Rescue Team.

MOFD Declares Impasse in Labor Negotiations with Local 1230

By DAVID DIERKS
Assistant Editor

On January 28, the Moraga Orinda Fire District (MOFD) announced that it had reached an impasse in its negotiations with the United Professional Firefighters of Contra Costa County IAFF Local 1230 for a new Memorandum of Understanding (MOU). The MOU is a binding contract between the district and firefighters' union. The previous MOU expired in January, 2010. Since then, MOFD and IAFF Local 1230 have been in negotiations.

A "last, best and final offer" was provided to Local 1230 by MOFD. "The district is awaiting a response from Local 1230 regarding the district's offer," said John Wyro, president of the MOFD board. "While the district hoped the parties would be able to reach agreement and avoid impasse, the district's financial challenges necessitated this action." During the negotiations, MOFD tried to maintain the same level of services to district citizens, as well as address unfunded liabilities caused by the spiraling costs of health and retiree health benefits.

"The district appreciates the good work of its firefighters and continues to try to partner with Local 1230 on ways to im-

prove the district and its service to citizens," said Wyro. "The district remains committed to providing high-quality service to the community, financial sustainability and transparency, and maintaining a quality workforce that is treated well and compensated appropriately."

If Local 1230 does not accept MOFD's final offer, MOFD may request a fact-finding process under California Assembly Bill 646. In this process, a mediator works with both sides. According to Local 1230 president Vince Wells, "The mediator tries to work with both sides to come to an agreement and see if we can find common ground." MOFD board member Fred Weil said, "At all times during the process, the parties are free to restart negotiations, if they wish. We have been advised that upon completion of the process, if the parties have not reached an agreement, the district governing board may hold a public hearing for the purpose of imposing terms and conditions of employment for one year in accordance with the terms of its last, best and final one year offer, and may do so after that hearing."

Local 1230 presented MOFD's final offer to its members in February. The result was not available at press time.

For more information, visit www.mofd.org and www.contracostafirefighters.org.



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Our Creeks, Our Environment, and Sewage Treatment – How Does It All Work?

Michael Scahill, from the Central Contra Costa Sanitary District (CCCSD), will speak at another free public lecture sponsored by Friends of Orinda Creeks on Wednesday, March 26, 2014, 7 pm, in the Garden Room at the Orinda Library.

His talk includes: how Central Contra Costa Sanitary District works, from collection through treatment; the challenges faced by the sanitary district in its role as a steward to the environment; and what every citizen can do to prevent sewer overflows that inevitably flow into the nearest creek.

Michael Scahill has been the Communication Services Manager for the CCCSD since 2007. Prior to coming to CCCSD he worked as Public Information Supervisor for the City of San Diego's Metro Wastewater Department for seven years.

For further information on the lecture, contact Jim Luini at 925-254-6208.



CONTRIBUTED PHOTO

Michael Scahill will speak at the Friends of Orinda Creeks meeting on March 26.

– ADRIANE BOSWORTH,
Contributing Writer

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COMEDY / FUNDRAISER

Orinda Chamber Brings Popular Live Comedy Back to Orinda Theatre

By CHARLIE JARRETT
Staff Writer

Orinda Chamber of Commerce has announced that *2014 Live at the Orinda – A Night of Comedy* will be held in the Orinda Theater on Friday, March 7. The fun-filled show, now in its fifth year, begins at 8 pm in the beautiful art deco theater in Theatre Square.

“Come join in the fun and laugh until your sides hurt,” said Orinda Chamber President Sylvia Jorgensen.

Wayne Coy, local standup comedian and KKDV radio talk show host, will emcee the event. Coy will introduce five of the Bay Area’s well-known comedians, including Shea Sugae, Kirk McHenry, Ellis Rodriquez, Cody Williams and Kabir Singh (known as Kabeezy in local venues).

Coy was the first comedian to play Tommy T’s in the 1980s, when the venue was a music club in San Leandro. Coy would come on stage when bands took their breaks and do celebrity impressions.

After a month of doing his impressions, Coy says Tommy T’s made changes, getting rid of the bands and converting the venue to a comedy club. Following the success of the San Leandro club’s format, Tommy T’s began opening clubs in other communities, including San Francisco, San Ramon, Concord, Sacramento and his flagship operation



CONTRIBUTED PHOTO

Orinda Chamber of Commerce members get into the spirit as *A Night of Comedy* approaches. (L-R) Standing: **Candy Kattenburg, David Cronin, Chris Flum, Carlos Rangel, Dina Zapanta, Roy Hodgkinson, Nora Harlow, Richard Westin** Seated: **Patti Camras, Paul Koenig, Sylvia Jorgensen and Jim Breedlove.**

in Pleasanton.

Discussing the comedic styles on comedy circuits today - and the preponderance of foul-mouthed vernacular - Coy lamented the negative changes he has seen in recent years.

He remembered seeing the great Red Skelton perform and hearing him say at the end of his routine, “Well folks, we spent an hour and a half together, nobody got hurt, we used language that we could use in anybody’s home, and, at the same time,

we were able to laugh and have a good time, and I really thoroughly enjoyed every minute of it, and I hope you did too.”

Jorgensen said the Chamber does its best to present a top-notch show but the process of finding the right comedians has been long.

“We are trying to find individuals who

are appropriate for our community,” said Jorgensen. “We want people who are clever and smart and funny, and we just can’t have the kind who use “F” bomb expletive verbiage throughout their routines.”

Proceeds from the evening benefit local businesses and community development.

[SEE COMEDY page 16]

5K Walk/Run Raises Funds for Rare Brain Disorder

■ Popular Local Stylist Recently Diagnosed With Disease

By MAGGIE SHARPE
Contributing Writer

A 5K Walk/Run will be held on Sunday, March 9, to raise money and awareness about Anti-NMDA Receptor Encephalitis, a rare autoimmune disorder.

Lauren Davis, a popular stylist and educator at Changes Salon and Day Spa in Walnut Creek for the past 10 years, was recently diagnosed with the disease, in which the body attacks the brain. Orinda’s Bonnie Waters owns the salon.

New York-based journalist Susanna Cahalan raised awareness of the disease in her book, *Brain on Fire*, in which she

[SEE 5K page 14]



CONTRIBUTED PHOTO

Lauren Davis, a popular local hairstylist, was recently diagnosed with a rare autoimmune disorder.

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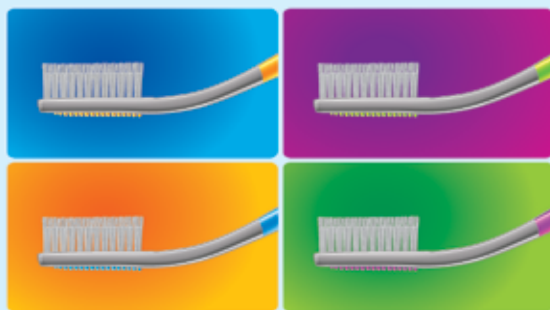
Miramonte Students (L-R) **Jake Frady, Caroline Lake, Lauren Bond, Chiara Marley, Kyle McKeen** and **Christian Santiago** (on ground) rehearse a scene from *Shrek the Musical*.

School Calendar

- 2 **Miramonte Parents Club** presents Ladies Night at the Oscars, a benefit for the school at J. Colleen Boutique, 261 Lafayette Circle, Lafayette, 5 to 8:30 pm.
- 5 **Choral Artists Dessert Cabaret**, Miramonte High School Cafeteria, 750 Moraga Way, 7 pm. www.acalanes.k12.ca.us/miramonte.
- 8 **Spring Auction**, Wagner Ranch Elementary School, 350 Camino Pablo. www.wagnerranch.orindaschools.org.
- 11 **Parent Education College Night**, Miramonte High School Cafeteria, 750 Moraga Way, 7 pm.
- 12 **International Fair**, Orinda Intermediate School, 80 Ivy Drive, 6 to 8 pm. www.ois.orindaschools.org.
- 13 **Shrek the Musical**, Miramonte High School Theatre, 750 Moraga Way, 7 pm. Also March 14 and 15, 7 pm and March 16, 2 pm.
- 14 **Grandparents Day**, Wagner Ranch Elementary School, 350 Camino Pablo. www.wagnerranch.orindaschools.org
Grandparents Day, Sleepy Hollow Elementary School, 20 Washington Lane. www.sleepyhollow.orindaschools.org.
- 17 **Rotary Career Night**, Miramonte High School Cafeteria, 750 Moraga Way, 6:30 pm.
- 26 **All Orinda Band Festival**, Miramonte High School Gym, 750 Moraga Way, 7 pm.

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High School Presents Family Favorite: *Shrek the Musical*

By **MAGGIE SHARPE**
Contributing Writer

Get ready for a lively musical romp at Miramonte High School (MHS) this spring, when students present *Shrek the Musical*, starring everyone's favorite green ogre, the Princess Fiona, the evil Lord Farquaad and, of course, the loquacious Donkey. "*Shrek* is a very new Broadway musical and Miramonte is the first school in the area to perform it," said MHS drama teacher Heather Cousins. "When it first appeared on Broadway, I was skeptical; however, as soon as I heard the music, I was fully on board."

Cousins said it's the perfect choice for this generation of students who grew up on the *Shrek* movies, which are based on William Steig's book, published in 1990. "Both the movie and the musical appeal to the entire family with clever jokes that fly right over small kids' heads," said Cousins. "Combine that with tap dancing mice, singing, disgruntled storybook characters, a full student orchestra, elaborate sets and costumes – all through collaboration with Miramonte's performing arts teachers, students and parents."

Cousins says that what the musical of-

fers, that the movie lacks, is the original Broadway score, with music by Jeanine Tesori and lyrics by Pulitzer Prize-winning playwright David Lindsey-Abaire. "It truly showcases the musical abilities of this incredibly talented cast," said Cousins.

The cast consists of 30 actors, the orchestra showcases the talents of 30 young musicians, and there's a big production crew also numbering around 30 people. "The title role is played by Daniel Cook, his sidekick Donkey friend is played by Tosca Maltzman, Maritza Grillo takes on the role of Princess Fiona and the very evil, yet very short, Lord Farquaad is played by Andy Tobin," said Cousins.

The cast began rehearsing for the spring production back in December with rehearsals taking place during the school week, as well as on weekends. "We are thrilled to offer the entire community a high school production at the professional level," said Cousins.

Performances are March 13 at 4 pm, March 14 and 15 at 7 pm and March 16 at 2 pm. Tickets are \$12 general; \$20 reserved; \$7 student special on March 13 only. Tickets can be purchased at www.showtix4u.com. The school is located at 750 Moraga Way, Orinda.

Ladies Night at the Oscars Plugs Hole in Miramonte Parents' Club Budget

By **ELANA O'LOSKEY**
Staff Writer

On Sunday, March 2 from 5 to 8:30 pm, the Miramonte Parents' Club (MPC) hosts *Ladies Night at the Oscars* at J. Colleen Boutique, 261 Lafayette Circle, Lafayette.

Owner Julie Rubio offered the venue as her son, Elijah Stavena, is a student at Miramonte High School. "It's so great to give back to the school," said Rubio.

Event co-chair Sharon Hillstrom said, "We're literally rolling out the red carpet for this champagne reception and have a photographer poised to snap pictures of guests lounging in front of a limo," said Hillstrom. "The area behind the boutique will be tented and heated, and we'll be live streaming the Oscars on a big screen."

Among the many contributors to the gala will be Postino and Charlie Vollmar (owner of Epicurian Exchange), who will provide appetizers, and SusieCakes Bakery is providing gold-dusted cupcakes. Guests can pick up raffle tickets at the will-call table. There will be a silent auction with gifts from fine wine to spa treatments to college prep counseling. The four raffle prizes

of Swag Bags worth more than \$150 each contain yoga classes, dinners, manicures and more. More surprises are in store for those who attend.

Last November, Safeway stopped honoring e-Scrip purchases using credit cards because they did not want to pay the credit card processing fees. As a result, there was a 50-percent reduction in eScrip funds credited to MPC. The *Ladies Night at the Oscars* benefit was created to address this deficit.

Jackie Moreau, MPC vice president of fundraising, found a solution for those who wish to continue using a credit card to support MPC eScrip at Safeway. She says that once you have registered a Safeway Club Card you can use any credit card to buy a Safeway Gift Card in the exact amount of your grocery purchase at checkout. Moreau thanks Safeway for its decision to remove the \$25K cap on eScrip contributions to demonstrate its continued support of MPC.

A big round of applause for all who have contributed to the evening: Sharon Hillstrom, Liza Scaff, Barb Boster, Lisa Halahan, Susan Lundstrom, Sheila Eversole, Liz Peterson and Sandra Holland.

[SEE OSCARS page 15]



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SCHOOLS / STUDENTS

Local Sports Teams



CONTRIBUTED PHOTO

Santa Maria's 4th grade boys basketball team used ankle loom bands to help coach **John Barnes** call plays in the MVP Holiday Classic tournament. Each player had his own color and play so the coach just had to yell out a color. (L-R) front: **Keoni Wong, Joe Gonzales, Owen Younger, Wyatt Barnes** middle: **Henry Killbourn, Andreas Cornett, Ryan Brewster, Liam Sullivan** back: **Coaches Barnes and Paul Cornett.**



CONTRIBUTED PHOTO

Recently, five local players represented California in the Olympic Development Program Championships in Phoenix, Arizona. (L-R) **Molly Davis** (Acalanes), **Samantha DeVecchi** (Miramonte), **Kierra Krawec** (Stanley), **Mia Grillo** (Miramonte), and **Katherine Larson** (Acalanes) all played for the California North Team. They were able to compete against the best players in their age group from Alaska, Utah, Washington, and Nevada. The team reached the consolation round in the 11 team bracket. Cal North went 1-2-1 in the three day tournament.



CONTRIBUTED PHOTO

The **Lamorinda Rugby Football** program's All Club Day on Jan. 5 was a great success with over 200 players turning out. It was an afternoon of fun and light training before the regular season began later in January. Check www.lamorugby.com or go to Facebook under Lamorinda Rugby Club to follow the teams.

It's Time to Get Your Irish On

By SALLY HOGARTY
Editor

The wearing of the green will soon be upon us as everyone suddenly becomes Irish with the advent of St. Patrick's Day on March 17. Saint Patrick's Day or the Feast of Saint Patrick (*Lá Fhéile Pádraig* for those who read Gaelic) celebrates Ireland's best-known patron saint. According to Irish folklore, St. Patrick used the three-leaf shamrock to explain the Christian concept of the Trinity to the Irish.

While traditionally, St. Patrick's Day was more a religious holiday in Ireland, the Old Sod has taken to more ribald celebrations similar to those held in the United States. From shamrocks to shenanigans, the day features lots of green clothing, Irish music and, of course, Irish dancing.

Orinda has its own bevy of Irish dancing devotees including the Akazawa sisters featured in the January 2014 issue of *The Orinda News* and the Berg sisters, Dania Innis and Annie Hammond featured here. Attending a recital at the Dillon Magh Adhair (DMA) School of Irish dance in Walnut Creek sparked Caroline Berg's interest.

"I thought it was really cool and couldn't wait to start lessons," says the 12-year-old



SALLY HOGARTY

(L-R) bottom: **Caroline Berg, Dania Innis**; top: **Fiona Innis, Annie Hammond** show off their colorful Irish dance costumes.

Orinda Intermediate School student. Now in her sixth year of Irish dancing, Caroline recently began dancing on her toes in competition. "The hardest part for me is keeping my balance, but the shoes have flat edges

[SEE DANCE page 16]

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Something to Howl About... Animal Tales The Ides of March

Jennifer Conroy



“Beware the Ides of March” the soothsayer warned Julius Caesar and, sure enough, that day proved to be a bad one for Caesar. But what of the animals who lived during those times, post 100 B.C.? We know that Caesar favored a breed of polydactyl horses with cleft hooves and his favorite horse was named “Toes.” He also liked mastiff dogs and kept a monkey and giraffe as “pets.”

Exotic animals were common in Rome back in Caesar’s day. They were often given as gifts by visiting dignitaries and, unfortunately, frequently captured for the arena where they were used both as executioners of prisoners and as gladiatorial opponents.

Animals we regard today as companion animals were also an important part of Roman life. Dogs and cats were maintained as pets, guard animals, vermin control, hunters, herders and warriors. The same Shakespeare play that tells of the fall of Caesar references “the dogs of war,” most likely the forerunners of the modern mastiff, an ancient breed that is today known to be easygoing and gentle natured.

The connections between the ancient and modern worlds of animals are never more poignant than those that appear in

Pompeii. In one restored home, tiles at the entryway depict a large black dog with the words “Cave Canem” – beware of the dog. Among the preserved remains of life in Pompeii, there is a dog with a loaf of bread in its mouth, frozen forever as it attempted to run from the maelstrom of volcanic ash. In another area, the remains of a boy with his dog covering him were discovered.

While cats in ancient Rome were favored largely for their ability to keep down the rodent population, they never reached the level of homage that they enjoyed in Egypt during the same time period. Cats were deified in Egypt and cat mummies were found among treasure troves in Egyptian tombs. The Field Museum in Chicago houses a large mummy collection including some cats.

In Rome, dogs were favored over cats as companions and wealthy Roman women especially liked small breeds as “accessories.” Dogs were also used to warm the beds of their human companions, proving again that the comfort provided by a dog spans the centuries.

The mythological significance of canines in ancient Rome cannot be underestimated.

[SEE HOWL page 14]

Village Concept Offers New Approach to Aging

By BOBBIE DODSON
Staff Writer

“The Village Concept – A New Way of Aging” is the topic of the March 7 First Friday Forum with presenters Ruth McCahan and Andy Amstutz at Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Refreshments will be served at 1 pm in the Fellowship Hall followed by the lecture at 1:30 pm in the Sanctuary.

The Village concept began in 2001 with the founding of Beacon Hill Village in Boston by a group of seniors who were looking for a way to help one another stay in their homes as long as possible. The movement spread over the next decade, with close to 100 Villages now operating across the country and abroad and 125 Villages in development.

“I’ve been interested in serving the needs of seniors in our community for some time,” said McCahan, who has served on the Lafayette Senior Services Commission since 2005 and was chair in 2009 and 2010. “I became aware that our cities, with their very limited financial resources, were unable to provide the support which our elder residents needed. Most of them wanted to remain in their own homes but the support systems just weren’t there. After investigating Beacon Hill Village, I thought it was just what Lamorinda needed.”

In 2012 McCahan gathered a small task force of eight, which quickly grew. Today, there are more than 30 volunteers working on developing Lamorinda Village.

“We are targeting October 15, 2014 to launch our operations,” said McCahan.

The Village concept combines the efforts of members and volunteers with the services of local vendors and community organizations to offer services that are free or offered at a discount. Each Village develops its own fee structure and array of programs and services, which typically include: transportation, home maintenance,



CONTRIBUTED PHOTO
Andy Amstutz and Ruth McCahan will speak on the village concept at the next First Friday Forum on March 7.

technical support for home equipment, social support, household support, referral to vetted professional services, educational activities and social events and excursions.

“I got involved with Lamorinda Village because I know that Carole and I, and most of our friends, want to live out our lives in our current homes,” said Amstutz. “We worried that this might not be possible considering we might not be driving; we could need in-home care; and there would be maintenance problems. Also there is a need to keep our social connections, which actually improve our health and longevity. These are the kinds of things the Village concept provides.”

The Lamorinda Village task force is in Phase II of the development process.

“Those attending the First Friday Forum meeting will learn more about what we’ve completed and what more needs to be accomplished to put the Village concept into action this year,” said McCahan. “We hope we will attract more volunteers for the development committee or new committees being formed to plan and develop programs which might be educational, social, fitness or trips/outings to be offered to members. If you are not a Lamorinda resident, what you learn might motivate you to start a Village in your community.”

For more information, call the church at 925-283-8722.



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Daughters of the Nile



CHARLIE JARRETT

The Daughters of the Nile, an international fraternal organization that has prospered as a social and charitable organization since 1913, came to Orinda on Feb. 12 as part of fundraising efforts benefiting Shriners Hospital for Children. (L-R) **Jean Gannett**, **Margaret Ann Risk** - Supreme Queen and CEO of Daughters of the Nile, **Mayor Sue Severson** and **Myrtle Pruden**.

One Leader's Experience With Sister-to-Sister

During my three years of participating with Sister-to-Sister (S2S), I have learned a great deal. From facilitation skills to fundraising skills to general life skills, each and every meeting is an enriching experience.

One of the most rewarding parts of S2S, however, is the summit day. It is unbelievably rewarding to be with a group of middle school girls tying blankets for Afghan refugees while discussing the harmful influence the media has on girls' self-perception. Or, watching as each middle and high school girl throws a balloon into the air, takes hold of a different one, pops it, picks up the message that falls out of it, reads the message and smiles. Or, to hand your little sister a rose and exchange hugs and phone numbers before she departs.

Over the course of the summit day, there is an irreplaceable bond that is created between the middle and high school girls. When the middle-school girls know they are in a safe environment where they can share anything, they truly do begin to open up and, furthermore, listen to our feedback with eager ears. Having these girls look up to us is both humbling and inspiring. Every single year, I am astounded by the profuse amount of growth the middle and high school girls undergo.

Being able to impact these girls' ability to deal with the challenges of adolescence has been extremely meaningful to me. I will



LYNDA LEONARD

Miramonte senior **Ariel McLean** leads a discussion with the student leadership group of Sister-to-Sister.

forever treasure my experience with S2S and the friendships I have formed within it.
— Ariel McLean, Student Leader

Ariel is a senior at Miramonte. This article is adapted from the essay that she wrote for her college applications.

After submitting an application to Sister-to-Sister and undergoing interviews, the selected high school girls in S2S make a significant commitment to the program that includes a monthly three-hour session beginning in September. Juniors and seniors like Ariel arrive an hour earlier for a workshop on leadership.

This year's Summit will be held on March 22, 9 am to 3:30 pm at Bentley School, 1000 Upper Happy Valley Road, Lafayette. Applications must be received by March 17. The cost is \$45. For further information and to register, go to www.aauwoml.org/s2s.

Trina Turk Fashion Show Raises Dollars for Children's Hospital

By CHARLIE JARRETT
Staff Writer

The Fourth Annual Trina Turk Fashion Show, sponsored by the Lombardy Branch of Children's Hospital of Oakland, will be held on March 20 at the Orinda Country Club.

The show is always a much-anticipated event according to Orinda resident and event co-chair Tili Tasker. Last year's show drew more than 300 guests and raised \$50,000 for Children's Hospital's life-saving equipment and research. This year's clothing retailer, Burlingame-based Trina Turk, will also contribute about 20 percent of its sales to the fundraiser.

"Trina Turk, a high-end boutique fashion designer, design partner and clothier originally based in Alhambra, California, is again teaming up with Children's Hospital Lombardy Branch to present the fashion show," according to Tasker. Members of the Lombardy Branch fund-raising group will model the vibrant and colorful fashions. A fashion show sales boutique will be open before and after the show, so that women can purchase garments and accessories they see on the runway.

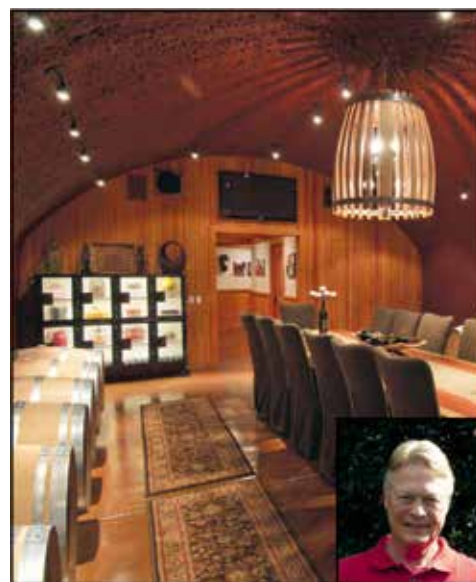
"We have 35 women in our Children's Hospital Lombardy Branch, and we all work together to put on the event, with different women in charge of different

aspects of the show," said Tasker, who has worked with Hartmann Studio Productions Company (which provides lighting, staging, linens and accessories) for the past four years in design and implementation.

The mission of the Lombardy Branch of the Children's Hospital is to create community awareness and to raise funds for the hospital's operations and pediatric research center. The hospital provides treatment for children with debilitating blood diseases and cancer, regardless of ability to pay. It has developed new vaccines for infectious diseases and discovered new treatment protocols for previously fatal or debilitating conditions. In addition, the hospital established the Children's Global Health Initiative, bringing together the world's leading medical and scientific minds to collaborate in alleviating the suffering of the world's children.

The evening begins on March 20 at 6 pm with shopping, cocktails and appetizers; the fashion show starts at 7:30 pm. Tickets range from \$100 to \$225 for VIP seating. Tickets can be purchased at www.lombardycho.org or by mailing a check to Tili Tasker (her contact information is on the website).

For more information on Trina Turk fashions, visit www.trinaturk.com. The Orinda Country Club is located at 315 Camino Sobrante.



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◆ **HOWL** from page 12

After all, Rome was founded by Romulus, who, along with his brother Remus, was whelped by a wolf. The Roman goddess Diana is frequently depicted in sculpture with a dog at her side.


A common name for Roman dogs was "Fido" which translates as faithful. The poet Ovid came up with an entire list of names for dogs based on canine attributes.

The relationships struck between humans and animals permeate history, chronicling the versatility and adaptability of the animals that share our past. Their imprint remains in art and literature – and in the remains of that dog covering the body of the young boy in Pompeii – a final act of loyalty that tells us more than any words can say.

THE REEL LESS TRAVELED

HOT PICKS FOR LAMORINDA MOVIE BUFFS

Tom Westlake



Spring is right around the corner and with it, three hot films, not to be missed.

Starting out, we have *The Sting*. *Sting* takes place in 1930's Chicago. It's a fairly complex but light-hearted buddy movie that stars two actors who, though they made only two movies together (*Butch Cassidy and the Sundance Kid* being the other) defined camaraderie as well as Laurel and Hardy or Martin and Lewis. This Oscar-winning film should not be missed, especially on the big screen. It will be showing at the Orinda Theatre on March 13 at 7 pm.

Another beloved, but lesser known movie, *I Remember Mama* is one of the earlier films detailing the American experience through the eyes of a Norwegian-American family. There is no real narrative. It is more a slice-of-life film – a genre that has never really taken root. The film serves as a gentle reminder that the value of life is not painted in grand bold strokes but is more intimate and precious because of it.

Likewise, the cast is made up of actors (Irene Dunne, Barbara Bel Geddes and Rudy Vallee) who seem content portraying just plain folk. The Moraga Movers specialize in this kind of movie and you could do far worse than to spend time with Mama and her extended family. The movie is showing at the Rheem Theatre on March

19 at 1 pm.

Speaking of families, JoAlice Canterbury and Efi Lubliner would like to introduce you to the Fiil family. Unlike Mama's, they are not a work of fiction but a real family of innkeepers in Denmark during the early 1940s and the rise of the Nazi party.

This Life deals with the struggles and sacrifices that came with resistance at the beginning of "The Five Cursed Years" that held Denmark in a stranglehold. Noted for its documentary style, the viewer is brought easily in the Fiil family's lives, making for what comes later in the film all the more wrenching.

For those that study that time period – or survived it – a common theme is summed up in two words: "never again." Films such as *This Life* ensure that we never forget and continue to guard against such calamities. *This Life* will have a one-week run at the Orinda Theatre starting on March 21 at 7 pm. More details can be found at <http://internationalshowcase.org/>.

There may also be some surprises for serious cinemaphiles. No details are available yet, but there are rumors that the *Green Rheem Film Festival* is returning. Stay posted by visiting www.CAIFF.org or www.lamorindatheatres.com.

Until next time, remember to stay in the dark for that's where the reel magic lies.

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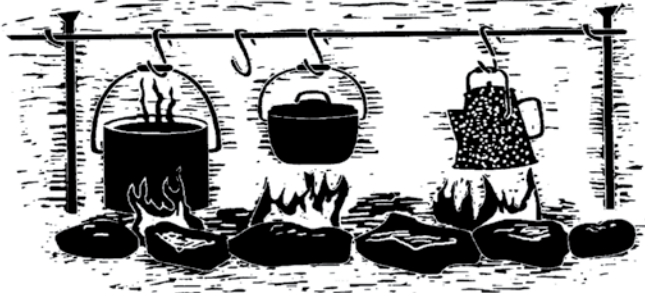
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◆ **5K** from page 9

chronicles her descent into madness after being suddenly gripped by an intense and inexplicable array of symptoms including hallucinations and seizures.

In December, 2012, Davis experienced severe anxiety and went to see her doctor, who prescribed anti-anxiety medication. However, on Jan. 1, 2013, Davis had a seizure and was admitted to Kaiser Hospital in Walnut Creek. Within days, she was unable to speak, experienced severe anxiety, hallucinations and paranoia, and couldn't eat or sleep.

After numerous scans and tests, Davis was diagnosed with Anti-NMDA Receptor Encephalitis. She receives medical treatments, as well as occupational and speech therapy and is slowly making progress.

According to her support group's website, Davis is one of the lucky ones, since

she was diagnosed early and received proper treatment. "Only a few thousand people have been diagnosed with Anti-NMDA Receptor Encephalitis," according to the website. "These receptors control emotions, behavior, memory and cognition ... that's why so many people are misdiagnosed, put on anti-psychotic drugs and often put into mental institutions."

Bonnie Waters encourages other Orindans to participate in the 5K Walk/Run. Proceeds from the event will be matched up to \$25,000 by an anonymous donor and fund The Autoimmune Encephalitis Alliance.

The run is Sunday, March 9 with registration at 7 am and the 5K at 8 am, starting at the Walnut Creek Library, 1644 North Broadway. Registration is \$30 for adults, \$20 for children under 13 and \$10 for dogs. Register for the event or make a donation at www.changessalon.com.

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CAR TIME

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What Does It Really Cost To Fix A Car?



by JOHN VANEK

Just about everything costs more these days and automobile repair is no exception. The modern automobile has become very complex, using cutting-edge technology. It has been that way since cars were invented.

How does this affect the cost of repairs?

Modern vehicles utilize multiple computers to operate high-tech systems. There are different types of computer scan tools and many are specialized for different car makes. The software must be updated regularly to keep up with the newer cars.

These scan tools cost between \$5,000 and \$50,000. The updates run from \$500 to \$2,500 per year. A technician working on foreign and domestic brands could have as many as five or six different scan tools on hand. When the latest thing comes up, new purchases are required to stay on top of technology.

Who is qualified to use this equipment?

There is a shortage of qualified technicians today. Modern technicians spend hundreds of hours training yearly and thousands on tools. A master technician with a full set of tools will earn an average of \$30 to \$40 per hour, plus benefits. There are also benefits such as health insurance and workman's comprehensive insurance.

Resources must be purchased to gain information on the modern machines. A technician must have all the information such as technical schematics and factory service bulletins to properly perform di-

agnostics or repairs. These resources are crucial and come with a price.

Quality shops usually belong to associations that help bring current information on our industry. Shop owners spend many hours attending meetings and contribute funds to such associations as AAA, ASCCA and ASE.

All repair shops have normal overhead that includes space, non-technical personnel and equipment. Some shops have nice facilities and modern equipment. Others do not. Some shops have qualified and trained technicians. Some do not. Some shops have multiple pieces of equipment to service as well as diagnose and repair vehicles. Some do not. Some shops have personnel on hand for shuttles rides and car washes. Others do not. Go figure: sometimes you get what you pay for.

Shop customer service, not price. Find out if the shop is qualified first before worrying about price. The best facility has invested in the proper equipment, personnel and resources. There are many pieces to the puzzle for a repair facility that offers a good value, good service and good results.

◆ OSCARS from page 10

To purchase tickets or make a contribution, visit www.miramonteparents.com. Tickets are \$75 online or at the door. Contact Sharon Hillstrom for information at 925-788-0494 or sharonhillstrom@comcast.net.

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ON THE CALENDAR

March

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- Orinda Books** hosts Robert S. Murillo discussing his time-travel mystery, *The Vanity*, featuring silent film star Louise Brooks, 276 Village Square, 1 pm. Murillo will be joined by journalist Thomas Gladysz, founder of the Louise Brooks Society. Call 925-254-7606.
- California Shakespeare Theater** presents *Twelfth Night*, a co-production with Intersection for the Arts, through March 2 at 925 Mission Street, San Francisco. Performances are Thursdays through Saturdays at 8 pm and Sunday matinee March 2 at 2 pm. Tickets are \$20. Visit www.calshakes.org or call 510-548-9666.
- 2 **Lafayette-Orinda Presbyterian Church** Congo Team hosts a panel discussion entitled *Historic Shifts and Hope in Congo*, Fellowship Hall, 49 Knox Drive, Lafayette, 10:15 am. RSVP not required but appreciated. Childcare available by reservation: childcare@LOPC.org by Feb. 28. Contact creaseymelissa@sbcglobal.net.
- 6 **Story Hour with Cathy Goshorn** for toddlers and caregivers, Thursdays, Orinda Books, 276 Village Square, 10 to 11 am. Call 925-254-7606.
- 7 **Orinda Chamber of Commerce**, *Live at the Orinda – A Night of Comedy*, 8pm, Orinda Theatre, call 925-254-3909.
- 9 **St. Mary's College Guild**, St. Patrick's evening dinner, silent auction and musical revue. Call 925-254-3645.
- 12 **Second Wednesday Book Group** will read and discuss *Dear Life* by Alice Munro, Orinda Books, 276 Village Square, 3 pm. The group meets monthly and welcomes new members. Call 925-254-7606.
- 18 **World Affairs Book Group** will discuss *Latino-Americans: The 50-year Legacy That Shaped a Nation*, Orinda Books, 276 Village Square, 3 pm. The group meets bi-monthly. Call 925-254-7606.
- 20 **Orinda Parks and Recreation** hosts a trip for seniors to the San Francisco Flower and Garden Show, 10 am to 4 pm. Cost is \$33 for residents, \$38 for non-residents (lunch not provided). For reservations, visit www.cityoforinda.org or call 925-254-2445.
- 22 **Free Pancake Breakfast**, hosted by Assemblymember Joan Buchanan, Orinda Community Center, 9:30 to 11:30 am. She will provide updates on the state budget and water conservation. RSVP at rsvp@www.asmdc.org/member/116.
- 26 **Orinda Rotary and Orinda Chamber of Commerce** Mayor's State of the City Address, Orinda Country Club, 315 Camino Sobrante, noon to 2 pm. Mayor Sue Severson will update on what lies ahead for Orinda. Visit <http://orindarotary.org>.
- Lunch n' Learn for seniors**, featuring Digital Photography 102: Archiving Your Photos, Lafayette Community Center, 10:30 am to 1 pm. Cost is \$10 for residents, \$11 for non-residents. Lunch provided. www.cityoforinda.org or call 925-254-2445.
- 27 **Orinda Books** hosts Sisters-in-Crime Rhys Bowen and Cara Black who will discuss their new mysteries, *City of Darkness and Light: A Molly Murphy Mystery* (Bowen) and *Murder in Pigalle: An Aimee Leduc Investigation* (Black), 276 Village Square, 1 pm. Call 925-254-7606.
- 28 **Orinda Garden Club** Flower Show, Orinda Country Club, 315 Camino Sobrante, 1 to 3 pm. The event is free and open to the public and will feature floral arrangements, horticulture, photography and educational exhibits.

AT THE LIBRARY

All events are free unless otherwise specified. For more information, call 925-254-2184 or visit www.ccclib.org/locations/Orinda.html.

- 5 **Paws to Read**, children in grades 1-5 can sign up for a 25-minute session to read with a friendly dog. Sessions at 3:30 and 4 pm. Call the library to register.
- 6 **Book Sale hosted by Friends of the Orinda Library**, Book Shop and Sorting Room, 10 am to 1 pm.
- 7 **Health Matters for Boomers and Beyond**, includes free lectures on bone health, nutrition and healthy aging, mini fitness classes and yoga. Registration begins at 9 am in the library auditorium; event ends at noon. Tea and treats will be available.
- 8 **Weekend Paws to Read**, children in grades 1-5 can practice reading with a friendly dog. Stop by to visit or sign up for a 20-minute session, 2:30 to 3:30 pm.
- 18 **Toddler Lapsit**, stories, songs and finger play for infants to three-year-olds and their caregivers, Gallery Room, 10 to 10:30 a.m. and 10:30 to 10:55 am. Drop-ins welcome, attendance limited to once per week. Also March 19, 25 and 26.
- Peek-A-Book Time**, songs, stories, rhythms and rhymes for infants to 16 months and their caregivers, Gallery Room, 11:30 am. Families with older siblings are welcome at Toddler Lapsit. Also March 25.
- Berkeley Repertory Theatre** docent will talk about the theatre's upcoming production of *Accidental Death of an Anarchist* by Nobel Prize winner Dario Fo, Fireside Room, 7 pm. Adult program.
- 21 **Mystery Book Club**, Tutoring Room, 3 to 4 pm. For adults 18 and over.
- 22 **Saturday Morning Live** features family story time for three- to five-year-olds, Picture Book Area, 11 to 11:30 am. Also March 29.
- 27 **Lamorinda Reads**: An evening with author Mary Roach, dubbed "America's funniest science writer" by the Washington Post, Lafayette Veterans Memorial Building, 3780 Mount Diablo Boulevard, 7 to 9 pm.
- Talespinners of Contra Costa** features adult storytelling and a guest speaker, Gallery Room, 7 to 9 pm.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 pm. Orinda Masonic Center. Call Karen Seaborn, 925-689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 pm, Gallery Room, Orinda Library, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 am, May Room, Orinda Library, 925-253-1997.
- Lamorinda Alcohol Policy Coalition**. Third Wednesday, 10 to 11:30 am, Orinda City Hall Sarge Littlehale Room. Call 925-687-8844, ext. 227.
- Lamorinda Nature Walk and Birdwatching** for seniors. Wednesdays, 9 to 11 am, free. Call

Orinda Woman's Club Presentation



DAVID DIERKS

Orinda Woman's Club (OWC) presented a check for \$12,500 to Court Appointed Special Advocates Contra Costa County (CASA CCC) on Feb 11. From left, **Kathy Kerr-Schocet**, Deputy Beneficiary Chair OWC; **Gregg Chavarria**, Development Director CASA CCC; **Charles Mead**, Executive Director CASA CCC; **Adeline McClatchie**, Beneficiary Chair OWC and **Elene Lee**, President OWC. The Orinda Woman's Club is active all year round, raising and distributing funds to support charitable organizations in our immediate community, the region, and the world.

925-254-2445 for weekly meeting place.

- Lamorinda Sirs** for retired men. Second Wednesday, 11 am to 1:30 pm, Holy Trinity Cultural Center, 1700 School St., Moraga. Luncheon speakers plus golf, tennis, bocce, bridge and astronomy. Call Pete Giers, 925-254-4667.
- Lamorinda Sunrise Rotary**. Every Friday, 7 am, Celia's Mexican, 3666 Mt. Diablo Blvd., Lafayette, 925-254-0440, ext. 463.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 pm, Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette, www.lamorinda.freetoasthost.net.
- Montelindo Garden Club**. Third Friday, September through May, 9 am, St. Stephen's Episcopal Church, 66 St. Stephen's Drive. Patrick Lannen, Garden designer for Flora Grubb Gardens, will talk on Succulent Jewel Boxes. Visit www.montelindogarden.com.
- Orinda Garden Club**. Fourth Thursday, 10 am to noon, September through May, Orinda Country Club, 315 Camino Sobrante.
- Orinda Juniors Women's Club** community service group. First Tuesday, September through June, 7 pm. Contact Thama Brentano at thamascout@gmail.com or www.orindajuniors.org.
- Orinda Rotary**. Every Wednesday, noon, Orinda Country Club, 315 Camino Sobrante, 925-254-2222.
- Orinda Association**. Second Monday, 7:15 pm, Orinda Library, May Room, 925-254-0800.
- Orinda Hiking Club**. Every weekend and first Wednesday. Visit www.orindahiking.org or call Ian at 925-254-1465.
- Orinda Historical Society**. March 26, 7 pm, general meeting, Orinda Community Church, 10 Irwin Way, 925-254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 pm, 9 Altarinda Road, 925-283-7176.
- Orinda/Tabor (Czech Republic) Sister City Foundation**. Fourth Thursday, 7 pm, social, 7:30 pm, meeting, call 925-254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday, 4 pm, Community Center, 28 Orinda Way. Email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 am to noon, call Jean Barnhart, 925-254-3881. Visit <https://sites.google.com/site/orindawomansclub/>.
- Walnut Creek Garden Club**. Second Monday, 9:30 am, Camellia Room, Heather Farm, 1540 Marchbanks Road, Walnut Creek. Scott Kunst, heirloom bulb expert, will talk. Visit <http://californiagardenclubs.com/content/walnut-creek-garden-club>.

CITY/FIRE/SCHOOL DISTRICT MEETING SCHEDULE

- Acalanes Union High School District**. First and third Wednesdays, 7:30 pm, 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 pm, Library Garden Room. Call 925-788-7323.
- Moraga-Orinda Fire District**. First and third Wednesday of the month, 7 pm. Visit www.mofd.org/board/meetings meeting location will be posted on the agenda.
- Orinda Union School District Board of Trustees**. Second Monday, 6 pm, 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 pm, Library Auditorium, www.cityoforinda.org.

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

Kelly Hood, MD

General Dermatology
Cosmetic Enhancement
Skin Cancer Treatment
Acne Care And Education
Pediatric Dermatology
Dysport, Botox
Restylane, Perlane,
Juvederm And SCULPTRA



Kelly Hood, MD Dermatology
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Move of the Month

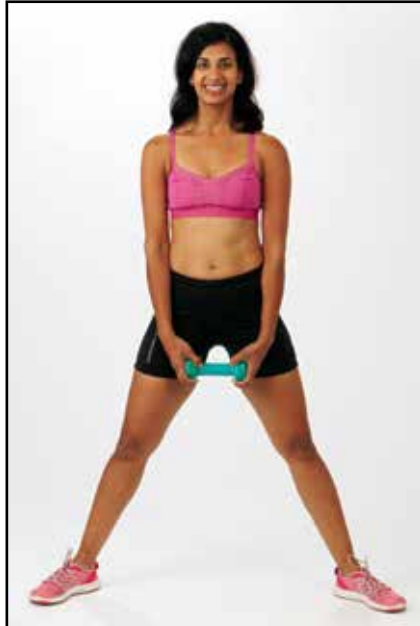
The Butt Buster – Basic Dumbbell Squat



Holding a dumbbell, brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees.

At the bottom of the movement, the tops of your thighs should be parallel to the floor or lower.

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



Pause, then slowly push yourself back to the starting position.

Keep your torso as upright as you can for the entire movement, with your lower back naturally arched.

Living Lean Partners with Whole Foods Market Lafayette

By DAVID DIERKS
Assistant Editor

Sheena Lakhotia, Living Lean Personal Training and Nutrition Program founder, is partnering with Whole Foods Market Lafayette to spread the healthy eating message. “I met Sheena within a year of our store opening,” said Jane Shafer, Whole Foods Market Lafayette Marketing Director. “Sheena’s enthusiasm and passion for fitness and healthy living was contagious as she explained to me the Living Lean principles that helped so many of her clients achieve their fitness goals.”

Lakhotia says that Whole Foods provides an opportunity for her clients to enjoy healthy, organic and interesting foods that will keep them motivated to reach their goals.

Whole Foods Market has four pillars of healthy eating: Focus on whole foods; eat Plant-strong™; choose healthy fats; and consider nutrient density. “These are very similar to the Living Lean guidelines and so we thought it would be great to collaborate and unite in spreading the healthy eating message to the community,” said Shafer.

Living Lean trainers are donating their time and services to the Whole Foods Whole Planet Foundation fundraiser. The foundation is a non-profit which provides grants to microfinance institutions in Asia, Africa, the Americas and the Middle East. These in turn, develop and offer microenterprise loan programs, training and other financial services to the self-employed poor.

“This will be a fantastic opportunity for anyone interested in experiencing the Living Lean program to do good while contributing to their well being,” said Shafer.



CONTRIBUTED PHOTO

Jane Shafer of Whole Foods and Sheena Lakhotia of Living Lean focus on healthy eating.

“People will be able to bid on Living Lean services during our silent auction from February 19 to March 30.”

Whole Foods will be contributing incentives to encourage Living Lean participants “to give it all they’ve got with monthly gift baskets and raffle prizes,” said Shafer. The Living Lean cookbook will also be available at Whole Foods Lafayette. “People will be invited to learn what is ‘living lean’ at Whole Foods,” said Lakhotia.

Shafer added that there will be a Living Lean store tour “designed to educate and inform Living Lean participants about an array of healthy choices they can make when meal planning and grocery shopping.”

For more information, visit www.livingleanprogram.com or www.facebook.com/wfmlafayette.

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In just 7 weeks I have lost 15 pounds of fat and numerous inches, found a more positive outlook for life, and have become the example I wanted to be for my family!
Now, my husband and two of my teenage children are on the Living Lean program and are quickly achieving results!
Glenda Cohn
Orinda

Personal Training and Nutrition Program

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www.livingleanprogram.com

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Health Matters for Boomers & Beyond

March 7 - 9 am
Orinda Library
Dr. Lani Simpson and nutritionist Saskia Kleinart speak on the health benefits of living a balanced lifestyle.
www.friendsoftheorindalibrary.org

Change in Safeway eScrip

Safeway now only accepts cash, debit cards, Safeway Gift Cards (which you can buy with a credit card), checks, smartchecks, WIC and CalFresh for eScrip credits. Visit www.miramonte-parents.com, click on “Support MHS” and “eScrip” for more info.

LOPC.org

Sunday Worship — 9:00 & 11:00 a.m.

Programs for Kids
3-mos. — 12th grade

Classes & Activities for Adults

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49 Knox Drive, Lafayette CA 94523 925-283-8722

EVERYDAY CHANGES / CHAMBER

Hilton House Named Small Business of the Year



CONTRIBUTED PHOTO

Cindi Girgis, owner of Hilton House, (2nd from left) was honored at the Feb. 11 City Council meeting by the Orinda Chamber. Others pictured include: (L-R) Michael Walker, Girgis, Chamber President Sylvia Jorgensen, Chamber Executive Director Candy Kattenburg and Roy Hodgkinson.

Grand Opening at Theater Square



DAVID DIERKS

Allison McCrady and Michael Friedes celebrate the gala opening of Friedes interior design showroom at Theatre Square on Feb. 7.

Attendees of the opening enjoyed appetizers and cocktails while learning about Friedes services. Friedes moved to the Bay Area 12 years ago from Manhattan, where he managed his own interior and product design studio.

Michael Friedes Design Associates is open Thursday, Friday and Saturdays, 11 am to 6 pm and by appointment. Visitors to the showroom will find custom-designed sofas, chairs and coffee tables by Friedes as well as accessories and furnishings by other California designers.

For more information, visit mf-da.com or email michael@mf-da.com

◆ BUZZ from page 20

space with energy.”

Her commercial client work is different from residential, said Duffy, who has been creating Feng Shui professionally since 1999 for private residential and commercial clients. Her work also includes space clearings and blessings, color, lighting and art.

“In Feng Shui, the term adjustment refers to the placement of mirrors, plants, crystals, lighting, art, wind chimes and water features within a defined area.”

She says she is committed to providing community access to Feng Shui.

“One is not required to retain a master and pay exorbitant prices in order to benefit,” said Duffy. “My services are priced by project or reasonable hourly rates. I enjoy designing one space at a time to create harmony and beauty within the home or office environment. Literally translated as wind and water, Feng Shui is an ancient Chinese art of placement to create and maintain positive energy.”

For more information about Mandala Feng Shui Consulting, visit www.mandafengshui.com or email Duffy at spaceharmony@gmail.com. You may call Michele Duffy directly at 520-647-4887.

Everyday Changes

Spring Has Sprung and Fashion Fun Is In The Air

Bonnie Waters



The blossoming trees suggest that spring has sprung (the Vernal Equinox is March 20). I hesitate to recommend that you put away your winter duds just yet, but you might want to follow nature’s lead and begin to incorporate some spring and summer selections into your winter wardrobe.

For starters, you can choose from an array of 1990s-inspired looks. Remember the metallic-embellished denims, flannels and overalls that we couldn’t get enough of a few decades back? If it’s too soon for you to bring back the ‘90s, check out the assorted color options ranging from eye-shocking primaries to floral pastels and sheers with metallic flourishes.

Shapes and lengths are definitely retro also. Jackets are boxy, oversized and cropped and have little in common with last season’s boyfriend jackets. With all this bulk, what do you pair to complete the ensemble? Wide-legged, baggy pants or tea-length skirts fit the bill. Pair these with button-ups or crop tops and finish the outfit with anything from heels to Oxfords.

While there are many global fashion

meccas, this season’s hair trends are a nod to the streets of New York. Hailed as the hub of fresh fashion trends, New York’s streets are where it often starts before rippling around the rest of the world.

While hair fashion might be inspired by New York, California is a fountain of individualism. Here at Changes Salon and Day Spa, we are building our own fun collection of modern street styles inspired by City Swept, the most recent trend release from The House of Bumble.

The interplay of hair trends and fashion can’t be denied. Like skirt lengths, hair lengths vary with cuts razored and snipped from long(ish) to cropped. Texture and sheen show up in both wardrobe and hair.

The most critical mandates for this season’s trends are to have fun and express yourself. To *not* personalize a trend is the only fashion faux pas. Guidance is golden so set up an appointment with your trusted salon professional for a fresh, personalized interpretation of this season’s crop of fashion fun.

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Orinda Chamber of Commerce

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For more information, contact Candy Kattenburg, Executive Director 925.254.3909 or info@orindachamber.org

BUSINESS BUZZ

Business Buzz
Putting a Personal Face
on Local Business

Valerie Hotz



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

Just Say Yes Therapeutic Massage at the Crossroads

With 17 years as a massage therapist and 15 of them practicing in Orinda, Kelly Greenwell has extensive expertise in this field and wants people to know about the importance of proper ergonomics in the work environment. Her Orinda studio, Just Say Yes, is located above Peet's Coffee, 61 Moraga Way.

"I have discovered a lot of people compromise their body to make adjustments in order to fit into an office environment that does not work for them," said Greenwell. "The eventual outcome of such an arrangement is an interference with productivity and fatigue. I help people to make sure their workstation is harmonious with them."

This means the desk is often too high, the chair does not have enough lumbar support, or the keyboard for the computer is not at the proper height, according to Greenwell.

"Often very simple adjustments can be made to correct the situation," she said. "Sometimes, the case may be that the lighting is inadequate or there is too much reflective light on the workspace area, contributing to an uncomfortable work environment and consequently diminishing productivity."

The number one favorite on her massage menu is the 90-minute massage that allows

time to address hips, back, shoulders and feet and is designed to melt tension, as well as support full mind-body relaxation.

"Thai massage provides more mobility, flexibility and, by relieving tightness in muscles, provides more mobility for joints. It is very relaxing," said Greenwell.

Just Say Yes Therapeutic Massage studio is a mix of Indonesian and Thai motifs. Soft music connects with the rhythm of the massage, contributing to deeper relaxation.

"I mix all the modalities together, utilizing a variety of different styles to address



VALERIE HOTZ
 Kelly Greenwell believes in the benefits of therapeutic massage and proper ergonomics.

the needs of individual clients," said Greenwell, who explained she has always been passionate about the human body. "I am continually amazed at the miracle of the human body and what it can do."

For the past eight years, Greenwell has been traveling in Indonesia and continues to spend about a month out of every year there. In her spare time, Greenwell plays Legos with her 8-year-old son Chaz and the two especially like pursuing outdoor activities together.

Just Say Yes Therapeutic Massage is open Monday through Friday, 9:30 am to 6 pm. For more information, visit the website at www.justsayyes.co (not .com). To schedule an appointment, call 925-705-3554.

Susan Warner Wellness

Susan Warner wants women to be educated and proactive about their health. Six years ago, Warner received the dreaded phone call from her physician informing her she had breast cancer.

"I immediately set out on a journey to reconnect with my body, mind and spirit as I battled the physical diagnosis and the resulting emotional turmoil," said Warner.

Prior to the diagnosis she was a self-employed caterer. The journey that led her back to health also helped her to discover the Institute for Integrative Nutrition, where she underwent training to become a certified health coach.

Cancer-free today, Warner chooses to work strictly with women.

"I work with women and mothers who share their lifestyle choices with their families," said Warner. "It is a pleasure to empower women and provide them with the tools they need to thrive."

Warner says she now listens to a client's individual circumstances, lifestyle habits, health conditions and other needs and develops a personalized nutrition program that centers on whole, natural foods.

One-on-one consulting and group programs that incorporate healthy lifestyle choices are among the options Warner offers clients.

"I offer four different seasonal cleanses, each lasting three days," said Warner. "Cleanses are not a diet, but actually are about eating really well. It is not about a state of deprivation. Rather, cleanses are about opening up a whole new world and realizing how much is out there."

Losing weight is not the objective according to Warner.

"When people feed their body what it needs, then losing weight and reducing inflammation are the natural consequences," she said.

A 15-year Orinda resident, Warner's husband Howard is in the telecommunica-



CONTRIBUTED PHOTO
 Susan Warner turned from caterer to certified health coach.

tions field. The couple has two daughters, Olivia and Audrey.

"I love cooking, spending time with friends and reading about health," said Warner.

The next Susan Warner Wellness cleanse programs begin in May. For details, go to susan@susanwarnerwellness.com or 925-683-1952.

Mandala Feng Shui Consulting for Your Home or Business

Michele Duffy exudes great enthusiasm about creating warm and comfortable spaces in which people can accomplish their goals. Her Orinda home-based business, Mandala Feng Shui Consulting, specializes in residential and commercial Feng Shui.

"I call the Feng Shui that I do, 'Space as Medicine' because of the all around therapeutic value," said Duffy. "The whole idea is to assist in allowing a healthy and nourishing flow of energy in the home or business. To accomplish this, I remove any



CONTRIBUTED PHOTO
 Michele Duffy specializes in residential and commercial Feng Shui.

blockages that may exist that have the negative effect of draining people and, instead, make specific adjustments that infuse the

[SEE BUZZ page 19]

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