

THE ORINDA NEWS

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Orinda Idol Takes to the Orinda Theatre Stage September 11

By SALLY HOGARTY
Editor

Finalists for the much-anticipated Orinda Idol competition have been busy this summer honing their performance skills at such events as Orinda's Concerts-in-the-Park, the Saturday Farmers' Market, and Theatre Square's concert series. But the wait is almost over. Sponsored by the Orinda Arts Council (OAC), the day long competition takes place September 11 at the Orinda Theatre with the winners announced that evening.

The OAC began Orinda Idol six years ago as a way for young people to pursue their love of singing and to have fun. The [SEE IDOL page 20]



KURTIS GLADE

Ellie Glade, a 7th grader at Orinda Intermediate School, is a solo finalist in the Middle School division while Carter Soso (L) and Kevin Depolo are part of the high school group PACK, which also includes Amrita Newton and Paige Powell.



DAVID DIERKS

Eden's Senior Housing Project Moves Ahead

By SALLY HOGARTY
Editor

The Orinda Planning Commission voted at its July 26 meeting to approve the 67-unit affordable senior housing at 2 Irwin Way, the site of the old library. The approval comes after a series of public meetings and a redesign of the project to reduce the height and lessen the visual impact from the street. "We listened to people at the public meetings and the Planning Commission meetings," says Eden's project manager Woody Karp. "We tried to make the project more consistent with the Orinda Senior Village, and we made the roofs flat to reduce the overall mass. It is a nice contemporary design that is also warm and inviting."

Valerie Sloven of the Interfaith Council, which provides assistance to seniors and low-income residents, is pleased with the Planning Commission's approval. "There is a tremendous need for this type of housing. This decision sends a message that

Orinda is committed to making this project a reality." Orinda resident Richard Colman, however, feels that Orinda is not the best place to build the senior housing. "What impact will this have on police and fire services?" he asks. "Building this project in downtown Orinda will just increase traffic and make parking worse."

Planning Commissioner George Miers is also concerned with parking during the 16-month construction period: "Where will the construction workers park? Eden has to get a plan together, possibly an auxiliary parking lot that workers could use until the parking garage for the structure is available."

Karp says that he has been having extensive conversations with the police chief and fire marshal. "The fire marshal is very pleased with the new lower height of the building and other design changes that allow for easy access should a fire occur," Karp explains. He also noted that adding a handrail to the walking path, which some residents had requested for safety reasons, [SEE HOUSING page 4]



SALLY HOGARTY

Models from last year's Festival of Trees show Helen Lyall's lovely evening gowns

Festival of Trees on November 17 at Marriott Hotel

By SALLY HOGARTY
Editor

The Orinda Woman's Club once again gears up for its annual Festival of Trees. The popular fashion show and fundraising event takes place November 17 at the Marriott Hotel in San Ramon.

The beautiful mini trees and gift baskets will be available for viewing at 10:30 a.m. with the luncheon taking place around noon followed by the fashion show. Channel 7 news anchor Dan Ashley will be the master

of ceremonies. Fashion icon Helen Lyall will bring her lovely models and colorful creations to the red carpet, always a highlight of the event.

The funds raised this year will go to the Child Abuse Prevention Center, Independent Living Skills Program, and for individual education scholarships to improve the lives of women and children.

Tickets are priced at \$85. Participants are encouraged to secure tickets early as the event often sells out. Call 925-451-0559 or go to www.orindawomansclub.org.



WILLIAM SIMPSON

Local architect William Simpson recently restored the Frank Lloyd Wright house in Orinda. See story on Simpson, page 9.

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LIBRARY GALLERY

A Live Raptor Ambassador, Rainforest Photos, and Orinda Ceramicists at Library Gallery

By ELANA O'LOSKEY
Staff Writer

September ushers in the gallery's first Raptor Ambassador handled by Orinda Resident Jenny Papka of Native Bird Connections (NBC) in Martinez. Linda Darsow Sutton, a watercolor painter exhibiting in the show, invited Papka and her feathered ambassador to the artist reception (September 10 from 3:30 – 5 p.m.), as she is fond of painting raptors. NBC allows Sutton to paint the raptors they rescue from the wild (see www.nativebirds.org).

Sutton lives in Briones where there is lots of avian activity. She paints transparent watercolors and will be showing about 20 pieces, mostly wildlife, from two continents. One of her pieces, *Morning Mimosa*, 20" x 17", shows a giraffe munching on an acacia tree. *Moments of Mudness*, 22" x 24", watercolor on paper, shows African elephants in a mud wallow. Sutton learned that the color of an elephant is the color of the last place they wallowed in mud. The mud protects them from the elements. *Summer Hunting Skies* shows the unique hunting pattern of a kite. Other works include



CH' IEN LEE

Ch'ien Lee traveled to Borneo to study and photograph native plant species.

a female snowy owl from up north, two cheetah paintings, and *Lion in the Grass*.

"I don't paint what I haven't seen, so I had to go to Africa a couple of years ago to paint those fancy animals," Sutton explains. Sutton keeps her work fresh by working with colors and shapes as much as subject matter. "Any good work of art has a good abstract foundation underneath it, no matter how realistic it is or not," says Sutton. "Because watercolor and wildlife tend to have a certain look that everybody expects, and because I cross the two genres over, I create things people don't expect."

Sutton believes that art "keeps us in our right creative hemisphere, which encourages us to think a little bit beyond ourselves." Sutton hopes that people will walk away with a new respect for the planet and the animals we live with, and not to take them for granted. For more information, see www.ldsutton.com.

Ch'ien Lee worked as a naturalist and environmental educator in the East Bay Regional Parks of Northern California until 1996 when he fulfilled a lifelong desire to live in the tropics. He moved to the city of Kuching, state of Sarawak in East Malaysia on the island of Borneo, to work in a program for the propagation of native plant species. The photographs he is exhibiting of rare rainforest flora and fauna will delight and surprise viewers.

Lee, whose parents live in Orinda, has 17 photographs on the theme of "Deception and Camouflage in the Borneo Rainforest" and 10 others on rainforest subjects. There is one large panoramic view of the Borneo jungle, about 55" long. Another work, *Orchid Mantis (Hymenopus coronatus)*, shows a species which mimics an orchid flower in order to ambush insect prey. "Borneo is a fantastic place to live if you've got an insatiable interest in nature," says Lee. "It's easy to get spoiled by the overwhelming



LINDA DARSOW SUTTON

"Morning Mimosa" features Linda Darsow Sutton's watercolor on paper, inspired by her trip to Africa.

diversity of subjects every time you're out."

Lee holds a Bio/Ecology degree from the University of California, Santa Cruz and has had a keen interest in nature since childhood. For 14 years, he has focused his studies on pitcher plants (*Nepenthes*), and this has taken him to many really remote parts of Southeast Asia. His photographs have appeared in numerous articles and books and are featured in *Pitcher Plants of Sarawak*, *Pitcher Plants of Borneo*, and *The Fishes of Kuching Rivers*. He is currently

[SEE GALLERY page 4]

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ORINDA ASSOCIATION

A Message From the OA President
Bringing Business Home to Orinda



Mark Roberts

I'm writing this column seven days into a nine-day convention in Louisville, Kentucky. The last time I was here was in 1983. Believe me, Louisville has changed for the better since then, and I've enjoyed my visit far more than I expected. But I'm really looking forward to getting on a plane in two days and heading home – to Orinda.

That's what a lot of us do every weekday – head home to Orinda. Many Orindans work for, lead or own businesses in other communities. Their success and expertise comes home for the evening. I'd like to suggest that they think about ways that they can share that success and expertise with our community as well.

One opportunity for these folks to bring their business acumen home to Orinda would be to join the Orinda Chamber of Commerce. A lot of people probably think that your business must be based in Orinda and that your business must be for-profit. I know that a good number of Chamber members are businesses outside of Orinda and that the OA is a member – and we are decidedly a not-for-profit organization.

Please think about how your business can benefit by becoming a member of the Orinda Chamber of Commerce – and how you can benefit the Chamber, fellow members, and our community by sharing your professional know-how. Contact the Chamber's executive director, Candy Kattenburg, through their website, www.orindachamber.org.

Here's another thought – and it may sound strange coming less than two months after this year's Fourth of July celebration and 10 months before next year's parade and party in the park.

While the OA is most grateful to the City of Orinda and, especially, to the Orinda Community Foundation for their generous support and participation, we need to find new partners and sponsors to help us underwrite the costs of presenting the Fourth of July celebration next year and beyond. We need more local businesses to follow the generous example of Orinda Motors, which has been the event's lead sponsor for several years, and Mechanics Bank, a new major sponsor, and recognize the value to the community – and to themselves – of sponsoring the event.

I'd also invite Orindans who live here but work for, lead or own businesses else-

where to step up and support our hometown celebration as well. Let's face it – we are very mobile. While we try to do a lot of our shopping and other business here in Orinda (right?!), many of us head toward Walnut Creek or San Francisco or points beyond nearly every day. You don't have to DO business in Orinda to benefit from PROMOTING your business in Orinda. Becoming a sponsor of the annual event enjoyed by thousands of Orindans (and their friends from out of town) is a great way to gain exposure and recognition for your community involvement.

Since some businesses budget for advertising and promotional expenses well in advance, NOW is the time for you to think about this opportunity and contact Marie Waterman at the OA office ASAP. You can reach her at oa@orindaassociation.org or 254-0800.

Next year's Fourth of July will be here before you know it. The OA needs the help of new business sponsors from Orinda and beyond to ensure that the 2012 celebration will happen. Please make a sound business decision – and one that's good for your residential community as well – by committing to sponsor the event. Bringing your business home to Orinda makes good sense for you, your business and your hometown.



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- 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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Appreciating the Greatest Generation

Journalist Tom Brokaw coined the phrase in his 1998 book appropriately titled *The Greatest Generation*. He used it to describe those that grew up in the United States during the Great Depression and then went on to fight in World War II, as well as those who contributed to the war effort on the home front.

I have recently come to admire and respect this generation even more as both family matters and various writing assignments have put me in contact with many aging veterans and those who serve them.

My mother joined the Navy, serving in Washington D.C. during the war. Now that she is in the later stages of Alzheimer's, I am so grateful for the wonderful benefits she receives from the Veteran's Administration. An amazing team of geriatric specialists from the VA hospital watches over her and the progression of this horrible disease. My mom stopped recognizing me years ago but on some deeper level, she realizes that I'm someone she loves – at least, most of the time!

When I'm not working on *The Orinda News*, I write for a variety of other publications including the Kaiser Aluminum Retirees (KASRA) newsletter. The members of that organization send me little blurbs on what is happening in their lives for me to share with their former colleagues. Recently, I've been receiving items from veterans who have participated in the Honor Flight program, which flies World War II vets to their memorial in Washington, D.C.

as well as to Arlington National Cemetery, and other monuments of interest. The flight is in April and at no cost to the veteran.

Earl Morse, a physician assistant and retired Air Force Captain began the program when one of the veterans he had cared for told him how much he'd like to see the new memorial in D.C. but didn't think he'd ever be able to. Morse flew him himself in 2004, and by 2005, additional planes and pilots had joined the effort and Honor Flight was born. Now, the non-profit organization boasts Southwest Airlines as its official commercial carrier. Still, at no cost to the veterans.

The organization estimates that we lose veterans of that war at approximately 1,000 per day. They are trying to get the word out to veterans everywhere so that they can get as many as possible to their monument and to thank them for their service. One vet I spoke with said that when he disembarked in Baltimore, people lined both sides of the aisle cheering and saluting. It was an incredibly moving experience for him and one he will never forget.

If you know of a World War II veteran who would like to be a part of Honor Flight 2012, have them contact Honor Flight at www.honorflight.org or call 937-521-2400 or write to Honor Flight, 300 E. Auburn Ave., Springfield, OH 45505-4703. The organization plans to include veterans of other wars once it has accommodated all the World War II veterans.

– Sally Hogarty, Editor



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a committee member of the Malaysian Nature Society and the Kuching Bird Study Group. See www.wildborneo.com.

An exhibit by the Orinda Ceramicists completes the September exhibit at the Library Gallery. All ceramicists are members of the Clay Arts Guild in Walnut Creek and live in Orinda. Pam Bivins, Thalia Chan, Susie Dubnoff, Karen Horn, Clarice Judah, Susan Sohrakoff, and Maggie Boscoe each have their own style. They will be exhibiting a variety of bowls, high-fire plates, lidded boxes, vases and some large pieces of different styles and glazes including salt firing and raku, Boscoe's favorite technique at the moment. "I like to throw and am trying to master the technique. But I also like doing hand-built pieces; it's quicker," Maggie says. Karen Horn does all hand-built ceramics and works in a series, recently large salad bowls, blue on the inside and brown outside. Horn made a Statute of Liberty for her backyard 5' tall and is known for her interesting large pieces.

Maggie Boscoe and Myrna Witt arrange

the exhibits at the Orinda Library Gallery for the Orinda Arts Council and proudly announce that surveillance cameras were installed in the gallery in August thanks to a variety of local groups who contributed.

Visit the gallery during normal library hours – Monday through Thursday, 10 a.m. to 8 p.m.; Friday and Saturday, 10 a.m. to 6 p.m.; and Sunday, 1 p.m. to 5 p.m. Call 254-2814 for more information.

◆ HOUSING from page 1

would hinder the fire department's access to the building. "As for additional parking, we've been talking with the Orinda Community Church to obtain 10 additional spaces in their lower lot, and we will ask them about using their upper overflow lot for our construction workers."

The Orinda City Council selected the old library site at 2 Irwin Way for this project due to its proximity to Orinda Senior Village, which provides 150 units of low-income senior housing, and its proximity to shopping, the Community Center and

library, and public transit.

The addition of the senior housing will also allow the City of Orinda to meet the State of California's mandate for supplying

affordable housing. Meeting the mandate is one of the prerequisites for Orinda to receive over \$300,000 in annual road maintenance funds.

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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 October issue are due September 5, 2011.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the November issue is September 20, 2011.

POLICE BLOTTER / PARKS & REC



POLICE BLOTTER

July 2011

False Residential Alarms: Officers responded to 116 false alarm calls throughout the city.

Burglary – Auto: 1 incident was reported on El Nido Ranch Rd. at St. Stephens Dr.

Burglary – Commercial: 4 incidents were reported on Camino Sobrante (3) and Moraga Way (1).

Burglary – Residential: 6 incidents were reported on Wovenwood, Lost Valley Dr., La Fond Ln., Rio Vista, Charles Hill Rd. and North Ln.

Grand Theft – From Vehicle: 1 incident was reported Orchard Rd.

Petty Theft – From Vehicle: 3 incidents were reported on Overhill Rd., Ramona Dr. and Fallen Leaf Terrace.

Vandalism – Felony: 1 incident was reported on Dos Posos.

Arrests

Burglary - Commercial: 3 arrests were made on Camino Sobrante.

Driving Under the Influence – MISD.: 1 arrest was made on Moraga Way.

Driving Under the Influence – MISD. < .08: 1 arrest was made on Van Tassel.

Driving Under the Influence – MISD. > .08: 1 arrest was made on Hillcrest Rd.

Drunk in Public: 3 arrests were made on Moraga Way (2) and Bryant Way/Moraga Way.

Grand Theft – From Building: 1 arrest was made on La Fond Ln.

Hit & Run - Misdemeanor: 1 arrest was made on Camino Sobrante.

Petty Theft – From Building: 1 arrest was made on Camino Sobrante.

Possession of Dangerous Drugs: 1 arrest was made on Brookwood Rd. at Camino Pablo.

Recovered Stolen Vehicle: 2 vehicles were recovered on Moraga Way and Hwy. 24 at Wilder Rd.

Warrant Arrest: 4 arrests were made on Loma Vista Dr./Marisposa Ln., Oak Arbor Rd., Oak Dr., and Camino Sobrante.

Orinda BART Station

Grand Theft: 1 incident was reported.

Petty Theft: 1 incident was reported.

Stolen Vehicle: 1 incident was reported.

– Compiled by Jeanette Irving, Orinda Police Department

Parks and Rec Director Retires



SALLY HOGARTY

Todd Skinner and his wife Wendy hold gifts presented to them at Todd's retirement reception on July 21.

By SALLY HOGARTY
Editor

Good food, good friends, and a beautiful sunny day greeted attendees at Todd Skinner's retirement reception on July 21. The Library Garden Room was filled to capacity as city employees, friends and business associates turned out to wish the long-time Parks and Recreation Director a fond farewell.

With over 30 years in the position, Skinner's tenure predates the City of Orinda's incorporation. "When I first started, I worked for R-6, the county's designation for Orinda's Parks and Rec District," says Skinner.

Numerous current and past politicians, as well as a host of local citizens, praised Skinner's job during his long career. "Todd's long arms have reached out and touched thousands of lives in Orinda and the surrounding area by serving hundreds of thousands of participants in classes and leagues," said City Manager Janet Keeter. During Skinner's 30 years on the job, he oversaw the opening and renovation of Orinda Oaks Park, the Orinda Sports Fields,

the Pine Grove Fields, Wagner Ranch Gym, the remodeling of the Community Center, and the building of the new library. "He has also helped to shape and influence the future Wilder ball fields, the Art and Garden Center, and the Pulte/Orinda Grove ball fields and tot lot," Keeter adds.

Assistant to the City Manager Monica Pacheco put together a slide show from the archives showing Skinner at numerous activities and meetings.

Skinner said that as much as he loved his job, he was looking forward to spending more time with his wife of 34 years Wendy, his son Chris, and daughter Sarah.

Mike Stallings Appointed Interim Parks and Recreation Director

By SALLY HOGARTY
Editor

Experienced parks and recreation director Mike Stallings has been selected to keep things running smoothly at the Orinda Community Center until a new director is hired.



SALLY HOGARTY

Mike Stallings is the interim Parks and Rec. Director.

Stallings has a wealth of experience to draw upon. He has worked in parks and recreation for the cities of Reedly, Grover Beach, West Covina and, most recently, Daly City. He has also held numerous offices with the California Parks and Recreation Society including president, district director, and treasurer.

"I was really attracted by the position in Orinda," says Stallings, who commutes from his home in Burlingame. "My first two weeks here were full of sunshine – something that never happened in Daly City." Stallings says the small town atmosphere and the position's emphasis on creating programs and responsible maintenance were also big draws.

Stallings will have a challenging work schedule as he tries to upgrade sports fields

[SEE STALLINGS page 20]

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LOCAL RESIDENTS

Fundraiser to Fight Prostate Cancer



CONTRIBUTED PHOTOS

Orinda residents **Tiffany Svahn, MD** and **Robert Robles, MD** are among the physicians treating prostate cancer. A fundraiser entitled "Pints for Prostates" takes place at Pyramid Brewery, 1410 Locust Street in Walnut Creek on September 7 from 6 - 8 p.m. Pyramid Brewery in association with Pacific Urology and Diablo Valley Oncology hopes to reach men with important information on early diagnosis and treatment. For more information, call 925-677-5041 ext. 260.

Orinda Resident Jill Ellis Featured At Ted Talks

By JENNIFER CONROY
Contributing Writer

Orinda resident, Jill Ellis, M.Ed., the Executive Director and Co-Founder of the Center for Early Intervention on Deafness (CEID) headquartered in Berkeley, was among an elite list of distinguished speakers at the "TED Talks" Conference on June 11 at Richmond's Craneway Pavilion.

The TED Talks began in 1984 as a conference bringing together people from three worlds: technology, entertainment and design. Since then, its scope has become ever broader and includes conferences in the U.S. and Europe. Previous conference presenters have included President Bill Clinton, author Amy Tan, Microsoft's Bill Gates, movie director James Cameron, to name a few.

The theme of the June 11 conference was "Teaching Compassion," and presenters included research scientist Dr. Marc Brackett of Yale University's Department of Psychology, Buddhist nun and educator Choying Drolma of Nepal, Ethiopian-born recording artist Meklit Hadera, animation artist Pete Docter of Pixar, and Prospect Sierra School fifth-grade student Elle McDougald, among others.

Ellis spoke to an audience of 750 about hearing loss in young children and the services and programs offered at the Center for Early Intervention on Deafness that help them develop communication, social, and academic skills. The CEID organization is the only program of its type offering a full array of both home and center based services to children from birth to age five who are deaf or hard-of-hearing or have significant language or speech delays. All



CONTRIBUTED PHOTO

Orinda's **Jill Ellis**, co-founder of the Center for Early Intervention on Deafness (CEID), was among a group of distinguished speakers at the "TED Talks."

day inclusive childcare and pediatric audiology are all on one site.

Ellis referred to infant hearing loss as the "invisible handicap" sharing that "the diagnosis of deafness for the family of a newborn can be devastating, but with advances in technology and quality early intervention, the possibilities for our children are endless."

CEID was founded over 30 years ago in response to the needs of children who are deaf and hard of hearing. Today, with a waiting list for service, CEID is located at 1035 Grayson Street in Berkeley in a specially-designed center. It is supported through contributions.

For information about the Center for Early Intervention on Deafness, visit www.ceid.org or call 510-848-4800.



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ORINDA COMMUNITY FOUNDATION

Orinda Community Foundation Helps Support Community Events

By FRAN MILLER
Staff Writer

When Orinda Community Foundation (OCF) board members handed out more than \$23,000 in grant money last fall, any doubts about the foundation's potential success were laid to rest. Having been founded during one of the worst economic downturns in recent history, skeptics abounded. But OCF's founding trustees were undaunted, and their perseverance was rewarded with overwhelming community support. In just one year, OCF has become part of the fabric of Orinda.

"The Orinda Community Foundation, in quick fashion, became a force for enhancing the community through events, donations, and fundraisers," says Janet Keeter, Orinda City Manager. "OCF is a home-grown organization created by Orinda residents during a time when the city was no longer able to help financially with community promotions. The OCF is doing a great job by supplementing services that are needed and enjoyed in the community. What other community can pull in hundreds of residents on one day to pick

events and programs such as the 4th of July Celebration, Lamorinda Spirit Van senior rides, Orinda Idol youth program, public art, etc.

"The council strongly agreed that these long held community traditions should be supported by private dollars to replace the city dollars no longer available," says former mayor and OCF founding trustee Sue Severson. "As mayor, I was asked to have an open meeting to brainstorm ideas to raise private dollars. It was determined that creation of a private nonprofit 501c3 public benefit foundation was the best format to accomplish the goal, and so, Orinda Community Foundation was formed."

OCF founding trustees included Dick Burkhalter, Paula Goodwin, Carol Penskar, Severson and Richard Westin. All except Goodwin are still on the board. Susan Vandegrift was recently appointed as secretary.

"We feel that we have, and are continuing, to make a difference in the lives of every citizen by helping to provide all residents with a better quality of life," says OCF president Richard Westin. "Sometimes it is the small things that we miss the most, and so we are here, with the greatly appreciated financial assistance of Orinda residents, to provide that little bit extra that makes so many of us proud to call Orinda 'home' in every sense of the word."

Severson adds, "It was a wonderful feeling this past fall 2010 to distribute grants to many needy community events and programs that were facing significant financial challenges. Without the support of the community, we were in jeopardy of losing many of these long cherished traditions. OCF has been very successful in meeting its mission, which is to enhance the quality of life in Orinda by encouraging philanthropy, building partnerships, and providing financial assistance to support community activities, beautification and the arts."

Recipients of OCF's first grants included City of Orinda Art in Public Places for the purchase of two sculptures; Orinda Association and City of Orinda for the 4th of July Parade; Food Bank of Contra Costa and Solano Counties; City of Orinda for the purchase of *Life in Orinda* by Alison McCrady commemorating Orinda's 25th anniversary; Orinda Arts Council for the Orinda Idol youth singing competition; Lamorinda Spirit Van; Orinda Chamber of Commerce for local business promo-



SALLY HOGARTY

Teen volunteers clean up and plant the triangle by the Orinda off-ramp as part of this year's Orinda in Action.

tion and downtown improvements; Contra Costa Chamber Orchestra; California Shakespeare Theatre; Orinda Starlight Village Players; Big Brothers Big Sisters of the East Bay and the Orinda Junior Women's Club.

OCF sponsored events now include the Everyday Heroes Golf Tournament, Orinda in Action Community Service Day, the Classic Car Show, Dancing with the Cars, partnering with the Orinda Association for the July 4th parade and celebration, and the NorCal Kids Triathlon.

The community, in particular, has enthusiastically embraced the Triathlon. "Seeing the absolute joy in the eyes of the K-5 triathlon contestants as they successfully finished their very first triathlon is, for me, truly an enduring memory," says Westin. "There was an unbridled sense of true accomplishment and triumph. Now, in its third year, we are hoping for some 500 kids to participate this year. The event is specifically geared for kids 5-18 and is simply memorable from the get-go, for us and the kids."

OCF board meetings are held once per month and are open to the public; public participation is welcomed. To be placed on a meeting email distribution list, or to volunteer for OCF events and activities, send

an email to orindafoundation@gmail.com. For further OCF information, visit www.orindafoundation.org, where you can also find an on-line community events calendar with listings of civic-group meetings and events.



CONTRIBUTED PHOTO

A young girl participates in the NorCalKids Triathlon sponsored by the Orinda Community Foundation.

up litter, trim back foliage, and help with landscape plantings at schools, churches, and in public spaces, such as during Orinda in Action?"

OCF was founded in February 2010 in response to the City Council's need to cut the budget in order to address decreased revenues and a down economy. More than \$500,000 needed to be trimmed, and reluctantly, the council was forced to eliminate all city funding in support of community

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BETWEEN THE LINES

Between the Lines
The Blessings of Book Groups

Marian Nielsen, Orinda Books



The number of book groups that meet in the Lamorinda area continues to amaze and delight staff at Orinda Books. Local inventiveness has created some superb book group names — sometimes so clever that the members can't remember them. This was after Orinda Books had to call a moratorium on "Bookies," a first choice name until we had them in multiple roman numerals. Now we have "Wine After Books," not to be confused with "Whine Before Books." There are also "The Broad Squad," "Chick-Lits," "Belles Lettres," "Elegant Gathering," "Read Hot Mamas," "Blue Stockings," "Lady Chatterers," "Rogue Readers," "Reel Readers,"

"Roxie's Readers," "Ravishing Ravenous Readers," and even "The Literary Lady's Gourmet and Touring Society!"

For all of these book groups, trade paperbacks continue to be favorites, but we also know that there are e-readers out there as well. A cautionary note to those who have gone electronic, there is a chapter in Jennifer Egan's highly inventive and popular *A Visit from the Goon Squad* that is presented as a power point presentation. My informants tell me that Amazon's Kindle does not take kindly to that chapter.

But, we are happy that reading, whatever the format, is not going out of style and are excited about the much anticipated paperback editions of hardcover best-sellers that are coming out this fall, just in time for book groups who have taken a summer hiatus.

Among these new-in-paperback titles are *Freedom*, Jonathan Franzen's much acclaimed, and controversial, story of life in America today, due out on September 27. Bo Caldwell's *City of Tranquil Light* will make its paperback debut on October 25. Her previous book, *The Distant Land of My Father*, was a popular and very discussable choice for book groups. Her new title, based on the life of her grandparents — missionaries in northern China from 1906-1931 — is movingly evocative of another time and place. *The Cookbook Collector* by Allegra Goodman (out in paperback in July) has everything a local book group will enjoy: sisterly relation-

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Celebrate Orinda Night Out on September 15

By REBECCA KUNZMAN
Orinda Citizen Corps Council

On Thursday, September 15th, from 5 - 8 p.m., Orinda is celebrating our 4th Orinda Night Out. It is time to plan a potluck, an ice cream social, a happy hour, a block party, or a bar-be-que. Last year 34 neighborhoods sponsored 15 events. Don't miss this opportunity to get together with your neighborhood group and have fun building your community.

September is National Emergency Preparedness Month and a good time to get together and get to know your neighbors. This annual event will help you prevent crime and make your neighborhood safer in an emergency.

Orindans are encouraged to collectively support each other, neighbor to neighbor,

in planning and preparing for a disaster; get an emergency supply kit, make a family emergency plan, and become informed about emergencies and their appropriate response. Concrete, simple steps do make a difference. By getting involved with local community efforts, anyone can ensure that everyone becomes better prepared.

Contact your neighbors — plan an event for your neighborhood. Keep it simple and fun; whatever works for you. Need help? Don't have a Neighborhood Watch/Emergency Preparedness group? Want to have a representative from the Orinda Police Department, Orinda City Council, Moraga Orinda Fire District or the Orinda Citizen Corps Council attend your neighborhood event? Please call or email Rebecca Kunzman: 254-1849 or rkunzman@comcast.net.

ships; UC Berkeley; a Silicon Valley IPO launch; and a charming used bookstore on Telegraph Avenue.

More paperback debuts this fall include *A Secret Kept* from Tatiana de Rosnay (September 13). Her previous novel, *Sarah's Key*, continues to attract readers, sparked by the August release of the film version. *A Secret Kept* takes us to Paris again and a past that haunts a family in the present day. Alice Hoffman's *The Red Garden* also revisits the past, a 200-year time span in a small New England village. From the colonial period to the present day, Hoffman's sparkle of magic realism touches the lives of her characters and creates an intriguing journey through time for the reader.

The non-fiction favorite for book groups who shop at Orinda Books continues to be *The Immortal Life of Henrietta Lacks* by Rebecca Skloot, but there have been surprise hits that have popped up on our book group tables as well. *The Monuments Men: Allied Heroes, Nazi Thieves*, and the *Greatest Treasure Hunt in History* by Robert Edsel was selected by one group, and then another. It has had a strong afterlife in sales as readers have so enjoyed the inspiring story of American and British museum directors, curators, and art historians, who risked their lives scouring Europe to prevent the destruction of thousands of years of culture in the months between D-Day and V-E Day.

Some of the most provocative non-fiction titles have been selected by the World Affairs Book Group, under the direction of Daisy Daymond. They have been meeting for nine years at Orinda Books — third

Tuesday of every other month — and have literally covered the globe with their wide-ranging reading. This September their chosen book is *After the Ice: Life, Death, and Geopolitics in the New Arctic* by Alun Anderson. Each year they have voted their WABG Best Book of the Year award, which in 2010 created a tie between *In the Graveyard of Empires: America's War in Afghanistan* and *Half the Sky: Turning Oppression Into Opportunity for Women Worldwide* by Nicholas Kristof and Sheryl WuDunn. If your interest is piqued by these titles, the WABG welcomes new members.

One of the year's most highly praised works of non-fiction and a potential book group selection, due in paperback in October, is Isabel Wilkerson's *The Warmth of Other Suns: The Epic Story of America's Great Migration*. Readers who have been gripped by Kathryn Stockett's *The Help* or Hilary Swallow's *Mudbound* will be drawn to this important book as it chronicles the stories of some of the six million black men and women who fled the south for the cities of the north and west from 1915 to 1970. These are the real life counterparts to Stockett's Aibileen and Minny.

On a much lighter note — we know that there are readers of all ages out there — it's Back-to-School time. The very youngest readers, or the read-to-me set, will be happy to know that Skippyjon Jones also wants to go to school, even though he's told it's just for dogs. *Skippyjon Jones: Class Action* by Judy Schachner is a delight!

Books for all ages—books for all stages! Read and enjoy.



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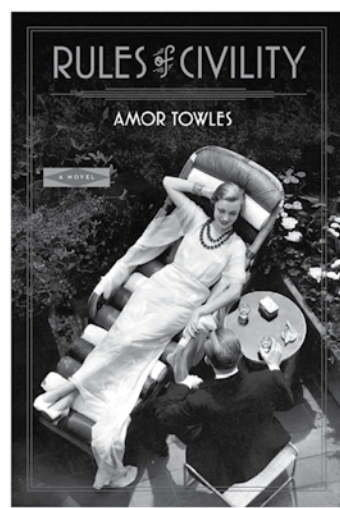
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ARCHITECT / CAR TIME

Architect William Simpson Retires

By VALERIE HOTZ
Staff Writer

After a 49 year career as an architect - with 34 of those years headquartered in Orinda and highly involved in public service and local design issues - William Simpson retired this summer. Simpson and his wife, Genia moved to Orinda in 1961 and reared their children, Lisa and Lorin, here. Seeking a bit more sunshine, the couple moved to Lafayette five years ago.

Over the years, there have been a few additions to the local landscape, most notably the BART station, Orindawoods, renovation of the Orinda Theatre with development of Theatre Square, the Orinda Senior Village and, most recently, the development of



VALERIE HOTZ

Award-winning architect **William Simpson** helped restore the Frank Lloyd Wright home in Orinda.

Wilder off Highway 24, otherwise not much else has changed. "The only thing of import to come about over the past 50 years was becoming a city," remarks Simpson, who has devoted much of his time to public service. Simpson served on the board of directors of the Orinda Association from 1968 to 1971, was an active member of the BART Design Committee from 1968 to 1970, and plunged into serving on the Orinda General Plan Committee from 1971

to 1972. After serving three years on the Contra Costa County Orinda Area Planning Commission, Simpson was selected in 1985 to chair the new city's first Planning Commission and to guide the hearings on the new General Plan and the proposed Theatre Square.

Initially, Simpson's practice included large commercial projects such as hospitals and universities. Over the years his practice focused on residential design of new homes as well as remodeling of existing homes. He was retained to carry out the renovation of the six acre Read Estate. The original three story residence of Muir Sorrick (author of *Orinda*) was enlarged, maintaining the original Monterey Colonial architectural style. Most recently, Simpson completed restoration of the historic Frank Lloyd Wright designed Orinda residence, located at 6 Great Oak Circle. Walter Olds, the original apprentice architect who oversaw the original construction in 1949, was available to oversee the work, while Simpson undertook the technical aspects. The beautiful gardens were designed by Henry Matsutani, designer for the Japanese Gardens in Golden Gate Park, and feature bridges over the streams. The home is owned by the Frank Lloyd Wright Building Conservancy and is currently for sale. Although Simpson is officially retired, he continues to work on small remodeling projects for clients.

Holding a very strong view that commercial planning has not been adequately addressed in Orinda, Simpson evaluated the downtown and various concepts that could work. "When I served as chairman of Orinda's first Planning Commission, I took the members of the City Council and Planning Commission over to Mill Valley to show them what Orinda could look like,

[SEE SIMPSON page 20]

CAR TIME

The Importance of Exterior Car Maintenance
by Joseph Torbati



When it comes to car care, we tend to think more about regular car maintenance such as oil changes and factory required maintenance. What we forget about is the exterior paint on our vehicles. This is something that has come to my attention while doing research for our new detailing department.

It makes sense that your engine will last longer if you change the oil regularly. Same applies to regular waxing of your paint. Everyone at some point or another washes their car. Did you know that every time you do this a little bit of the oil in your clear coat dries up? The oil is what keeps your car's paint looking shiny and wet. So to avoid oxidation or just having an ugly car, you should wax it as regularly as you get an oil change. Most motorists don't know this or don't take it seriously until its too late and the paint is flaking and falling off the car leading to very expensive repainting to get your vehicle looking new again.

Waxing is something you can do yourself on a Sunday afternoon or let the professionals at Orinda Auto Detail do it for you. If you choose to do these things on your own, be sure you understand the do's and don'ts.

Pesky bird dropping and tree sap when left on the car for too long can leave shadowing and etching in the clear coat leaving a "weak link" so to speak. This is one of the most common mistakes that can lead to premature paint failure. One third of "do it yourselfers" when surveyed said it was ok to wash your vehicle with any soap or detergent around the house. Most household soaps contain heavy degreasers, detergents, abrasives and additives. All these things lead to early clear coat failure or chalky dry looking paint. So make sure you use only proper vehicle related soaps, and waxes. This way your car will stay looking like it did when it rolled off the show room floor.

For complimentary advice or questions, feel free to call me at 254-2015.

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WAY TO GROW

Way to Grow

Paving Your Way to a Better Hardscape

by Steve & Cathy Lambert



Since the times of ancient Romans, Incans and Mongols, man has looked for ways to make roads and outdoor spaces last for centuries. The oldest paved road was discovered in 1994 in Giza, Egypt. Experts agree that this road is at least 4,600 years old. It was built with thousands of slabs of sandstone and limestone. The road was used to carry massive stones on sleds from a quarry in Lake Moeris to the temples in Giza.

Over 1900 years ago, the Roman Republic began using segmental pavers in their massive road systems of over 51,000 miles. Paved roads alleviated many of the past problems they faced such as mud, uneven terrain, and even dust, which made it difficult to navigate through heavily traveled areas. To solve these problems, the Roman built roads using deep gravel beds topped with six sided capping stones. Many miles of these roads still exist today proving their reliability and durability.

Over time, many other cultures copied the Roman's road design using gravel topped with stone. Cobble stones were very popular in most of Europe, while the British Isle preferred fired clay bricks. In Holland, which is below sea level, the ground constantly shifts, moves and sinks. Poured concrete and asphalt didn't hold up to all this movement so the Dutch turned to



STEVE LAMBERT

Pavers make an attractive hardscape around this backyard pool.

the use of individual stones placed in sand and gravel which provided a flexible, yet durable road.

After World War II, most of Europe was in need of reconstruction. Natural stone had become expensive and less available. Europeans weren't willing to give up on the charm and elegance that stone paving provided so they invented a new type of paving stone in an attempted to duplicate the beauty and strength of natural stone at a fraction of the cost. Interlocking pavers were born. They became available in the United States in the late 70's and early 80's. Since then, concrete pavers have become increasingly popular as the hardscape material of choice for driveways, pool decks, walkways and patios.

Although it's best to examine all paving options when designing your landscape, pavers are an excellent choice for their affordability, durability and diversity of color, texture and pattern. In the long-term, pavers are more cost effective because of their durability. When properly installed, paver projects won't crack, settle, shift or creep like concrete and asphalt can. If pavers ever become stained, chipped, scratched or marred, they can be easily and seamlessly replaced. This is very difficult with most other types of pavement including stamped, stained or plain concrete. Paving stones are also very earthquake resistant.

Today's interlocking pavers come in a huge range of shapes, colors and finishes. Our favorite brand for just about any look is Belgard pavers.

If you're leaning toward a modern, streamline look, un-tumbled pavers with simple shapes laid in geometric patterns work nicely. Most styles of tumbled pavers will help achieve an "old-world" look. There are even several pavers that are manufactured to resemble cobblestones.

For homes with lots of brick work, choose pavers larger than the bricks to avoid an overly busy appearance. One of our favorite new pavers mimics an Ashler pattern (random rectangle) with very large stones creating a nice streamline yet classic look.

If you love the look of flagstone, but not

the cost, there are now less expensive flagstone styled pavers available in a random stone option.

Choosing the right color combinations for your pavers need not be a daunting task. The best advice when choosing paver colors is to select tones that work in harmony with your homes paint and trim colors. Pavers a few shades lighter or darker than the body of your house won't compete for attention. Gray and tan blend pavers work best in combination with brick on your house or in existing landscape. You can avoid monotony by combining two different colors or using pavers with blended colors. Color blends can consist of up to four colors that harmonize well together and give the surface an interesting and dynamic appearance. Avoid blends with drastic color contrasts as they tend to look busy and distracting. Choosing a subtle blend of colors also allows you (or a future owner) the flexibility to change house colors without being pigeon holed into a narrow color range.

The final decision is texture. Modern pavers vary from richly dimpled to smoother surfaces with edges that are gently distressed to rough hewn natural stone cuts. Using multiple textures can add even more interest and help to visually separate hard surface areas such as a patio from a walkway. Textures are also important for practical reasons. Rough textured surfaces are perfect for more relaxed areas like patios and porches. Smoother, more rounded pavers are ideal in high traffic areas and for bare feet on swimming pool decks.

One space we do not recommend using smooth pavers for is on a steep driveway. We've seen this error made before, and it can be a very costly mistake. It's extremely important to use rough pavers with the right lay out to achieve proper traction on sloped driveways.

Another reason to choose pavers over concrete is their permeability. Pavers are a much more permeable hard surface allowing water to drain through therefore requiring fewer unsightly drains to be installed.

Feel free to email us with any questions at Office@GardenLightsLandscape.com.

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Formerly known as Wellness Community, the annual fundraiser benefits cancer patients and their families in the East Bay. Orindan Bonnie Waters is on the board of directors. Call 925-933-0107 or go to www.cancersupportcommunity.net.

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CLASSIC CAR SHOW / CHARITY LEAGUE

Orinda Classic Car Show Gears Up

By DAVID DIERKS
Staff Writer

September 24 marks the Orinda Classic Car Show's 7th anniversary of bringing classic and historical vehicles to Orinda's streets. There will be over 170 American and European vehicles displayed, as well as a collection of military vehicles, fire trucks, and race cars by Whitney Haist, an antique and classic vehicle expert. Vehicles will range from the 1920s through the classics of the '50s and '60s and will also include modern exotic vehicles. This free event is presented by Orinda Motors.

Event founder Chip Herman says, "This year, the Saturday car show is part of the Orinda Chamber of Commerce 'Discover Orinda's Longest Weekend' event, which includes The Orinda Restaurant Tour on Tuesday, September 27 and our pre-show party, 'Dancing With The Cars' on Friday, September 23."

Avenida de Orinda will be tented for the ticketed event "Dancing with the Cars." Attendees will also get a sneak peek of the next day's car show as well as a preview of the new "Orinda Through the Years" display of historical memorabilia and vintage cars, jointly coordinated by Orinda Motors and the Orinda Historical Society. There will be a hosted bar, dinner, music and a live auction, including two pre-owned cars. These vehicles have been certified by Orinda Motors and detailed by Professional Automotive Collision and Detail. Proceeds of "Dancing with the Cars" will benefit the Educational Foundation of Orinda (EFO).

The next day, the Classic Car Show will be free to view from 10 a.m. to 2 p.m.

at Orinda Motors at Avenida de Orinda and Orinda Way. This year the car show increases its display area onto the Orinda Country Club's 16th fairway as well. "This year's car show is special because it will expand to display classics 'on the green' of the Orinda Country Club's beautiful 16th golf fairway for displays," said Herman. "Thanks to the generosity and community involvement of Orinda Country Club, there will be the flavor of Pebble Beach in Orinda with something for everyone, from classic cars in mint condition, daily drivers, hot rods, custom cars, race cars and motorcycles." Owners will be on hand to answer questions about their vehicles and to explain what it takes to keep a classic in tip-top shape.

Those who make a donation of \$10 will be able to ride in one of the cars during the parade at the close of the show. Proceeds benefit the Seniors Around Town service, a program sponsored by the Orinda Association. Last year's event raised \$32,000 for the EFO, Seniors Around Town, and other local charities.

For more information, visit www.orindacarshow.com. Those interested in displaying a vehicle can register online. Cars are \$60 and motorcycles are \$35. Proceeds from vehicle registration benefit the Seniors Around Town program.



A Shelby Cobra from last year's Classic Car Show.

DAVID DIERKS

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Piedmont East Bay Children's Choir

Local Teen Appointed to National Youth Council



CONTRIBUTED PHOTO

Miramonte senior **Alicia Macler**.

The California-based National Charity League, Inc. recently appointed Alicia Macler to its Ticktocker Advisory Council. Macler is a member of the group's Acalanes Area Chapter. Established in 1925, the National Charity League provides philanthropic, leadership and cultural experiences to the mothers and daughters involved. An important part of the group's mission is to meet the critical needs of local communities through hands-on volunteer support.

Macler joins 14 other young women on the advisory council selected from across the nation to help the organization communicate more effectively with its younger members. For more information, go to www.nationalcharityleague.org.

Water wisdom

“No element captivates the soul more than water and its ways. In the West where we live, water is precious—we respect it and cherish it. Water can spurt through the cracks of courtyard sculpture display, drip down a private bedroom patio screen wall or mirror the sky, horizon and people in an 'infinity' swimming pool. Water environments are magical.”

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WATER COMPETITIONS

An Endless Summer of Swim Practices and Meets Comes to a Close

By SALLY HOGARTY
Editor

A long, busy and very wet summer season draws to a close for the hundreds of swimmers and parents for whom swim team takes over a good deal of their waking hours.

Meets take place weekly throughout the summer culminating with the Meadow Mini meet, the Orinda Moraga Pools Association (OMPA) meet, and the Contra Costa County meet.

Meadow Swim and Tennis Club hosted the 41st annual Mini-Meet on July 17. This competition features Lamorinda swimmers ages 8 and under who compete in 25-yard freestyle, backstroke, breaststroke and butterfly events. Approximately 700 swimmers participated this year with the following team results:

1st Place – Sleepy Hollow Swim and Tennis Club

- 2nd Place – Meadow Swim and Tennis Club
- 3rd Place – Orinda Country Club
- 4th Place – Moraga Ranch Swim Club
- 5th Place – Moraga Country Club
- 6th Place – Orinda Park Pool
- 7th Place – Moraga Valley Pool Swim and Tennis
- 8th Place – Campolindo Cabana Club
- 9th Place – Miramonte Swim Club

The 56th annual OMPA swim meet took place August 5 – 7 at the Soda Aquatic Center in Moraga. The meet is one of the largest recreational swim meets in the country with over 5,000 entries and over 1,800 swimmers from nine member teams competing in the 2011 event entitled “Endless Summer.” When the last event finished and all the scores counted, the teams ranked as follows:

- 1st Place – Orinda Country Club
- 2nd Place – Meadow Swim and Tennis Club
- 3rd Place – Sleepy Hollow Swim and Tennis
- 4th Place – Moraga Country Club
- 5th Place – Moraga Ranch Swim Club
- 6th Place – Moraga Valley Swim and Tennis
- 7th Place – Orinda Park Pool
- 8th Place – Campolindo Cabana Club
- 9th Place – Miramonte Swim Club

For a complete listing of individual and relay results, go to www.ompaswim.com. Results for the County Championship Meet (August 13-14) were not available by press time.



LESLIE HATA
Jarrett Tom of Moraga Ranch Swim Team wins the Silver in the Boys 15-18 age group, 100-yard freestyle race at the OMPA meet.



CONTRIBUTED PHOTO
Six-year-old Benjamin Boccabella competed at the Mini Meet held at Meadow Swim and Tennis Club.



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Lamorinda Water Polo Team Wins Gold at Junior Olympics



CONTRIBUTED PHOTO

The Lamorinda Water Polo Boys 16U A team just finished an undefeated season with the winning of the gold medal in the championship game at the Junior Olympics held at the Woollett Aquatics Center in Irvine, California. The team beat Stanford to advance to the big game, battling back from a first half deficit to win 12-10. Shown above before the Junior Olympic competition are: L-R (top row) Collin Chiapello, Tyler Kirchberg, Tucker Stone, Jack Fellner, Drew Holland, Jack O'Malley, Vassillis Tzavaras, Nick Solit, Tommy Bush, and Charlie Wiser. L-R (bottom row) Thomas Carroll, JD Ratchford, Conner Reid, and Grant Sivesind. The boys are holding the 1st place trophy they received when coming in first at the United States Water Polo Club Championships in July.

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INTERNATIONAL FILM SHOWCASE

International Film Showcase Celebrates Life With Offering from Czech Republic

By TOM WESTLAKE
Staff Writer

It would be a grave disservice to the intrepid team of JoAlice Canterbury and Efi Lubliner to just think of them as programmers for the Lamorinda International Film Showcase. The amount of time and effort involved to find and secure films would try the patience of anyone. Luckily, Canterbury and Lubliner love what they do and, fortunately for local residents, are more than willing to share the fruits of their labors with others.

The next offering of the showcase brings another gem, *Autumn Spring*, which premieres the week of September 16 at the Orinda Theatre. As with such previous showings as last month's *Loose Cannons*, the duo continues to increase their already sterling reputation of bringing unknown yet worthwhile films to the Bay Area – films that might, otherwise, fade into obscurity.

The September film also has an Orinda

connection. It originates in the Czech Republic, the country in which Orinda's sister city Tabor is located. Orinda's exchange student from Tabor, Stepanka Jandova, should feel right at home attending the premiere. The 16-year-old arrived in Orinda this summer and will attend Miramonte High School this year.

Autumn Spring tells with a gentle sense of whimsy the story of a man who refuses to surrender to his advancing age. The old saying "Youth is wasted on the young" was never so true as in this lovely film that shows those who have few years under their belt truly know how to enjoy life – an important thing to be reminded of in our often youth-obsessed culture.

The film also stands as a fitting memorial to Vlastimil Brodský, the famed and respected lead of *Autumn Spring* who died shortly after its completion. One would be hard pressed to find a more fitting tribute to this seasoned actor's career than this beautiful film.



CONTRIBUTED PHOTO

Vlastimil Brodsky stars in *Autumn Spring*, the International Film Showcase's next selection.

Autumn Spring plays Friday and Saturday, September 16 and 17, at 1 p.m., 3 p.m., 5 p.m., 7 p.m. and 9 p.m. and on Sunday,

September 18, at 1 p.m., 3 p.m., 5 p.m., and 7 p.m. For more information on *Autumn Spring*, go to www.lfef.org.

United Nations Association Screens Powerful Film

By TOM WESTLAKE
Staff Writer

To talk with Herbert Beherstock, president of the East Bay chapter of the United Nations Association, is to be instantly caught up in his enthusiasm for the organization and the good works they constantly undertake. It is a source of no small pride to him that his chapter ranks as the fifth largest in the United States. The members and interns present at the Orinda Theatre on August 13 for the screening of the award-winning HBO documentary *Sergio* were of the same mind.

Dedicated to supporting the United Nations philosophy of promoting peace and security throughout the world, members of the East Bay chapter felt *Sergio* a perfect vehicle to encourage their message.

To the uninitiated, *Sergio* details the life and tragic death of Sergio Viera de Mello, a man who, between 1971 and 2003 was, to name just a few, a Project Officer for the UNHCR in Pakistan, a Director of External Affairs in Geneva, and a Special Representative of the UN Secretary-General to Iraq. He was also a man for whom the term "charismatic" seemed to be invented. On more than one occasion, he was compared

to James Bond and considered matinee-idol handsome.

The film deals, in equal parts, with his life and that fateful day in 2003 when a suicide terrorist set off a bomb at the Canal Hotel in Iraq that took his life. Told through a series of interviews with those that knew him best (including the brave men who did everything possible to extract him from the rubble) along with reenactments of the events of August 19, one cannot help but admire the man and be enraged at a life cut short. The blast also killed 20 members of his staff and wounded at least 100 others.

It is a fitting tribute that Beherstock, who had the opportunity to meet Sergio and is still deeply affected at his passing, continues on in his stead and maintains his passion for all that the UN represents. Spearheading such events such as the Peace Run-Walk on September 24 and the International Day of Peace on September 17 insure that Sergio's works will not be forgotten.

And for those that might have missed the screening at the Orinda Theatre, there will be another opportunity to see this moving documentary at the Albany Twin, 1115 Solano Ave on Saturday, August 27 at 9:30 am.

For more information on the organization, go to www.UNAUSAeastbay.org.



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- 11:00 am Elementary K-2 and 3-5
- 1:00 pm Groups K-5 and 6-12
- 3:15 pm Middle School
- 5:00 pm High School
- 7:00 pm Announcement of Winners

For a list of finalists visit www.OrindaArtsCouncil.org

See More of the 2011 Winners & Finalists This Fall!

- 9/24 Orinda Classic Car Show
- 9/27 EFO Dine About Town

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LIVING LEAN

Getting in Tune With You and Your Goals

By PATTI HOFHERR
Contributing Writer

Sometimes when we are out of balance, our bodies get out of shape. We spend little time on ourselves, and it shows. In the corporate world, many businesses realize that spending a small amount of money on helping their employees stay healthy represents a much smaller investment than the escalating insurance/medical costs for non-healthy employees.

Orinda resident Sheena Lakhotia's Living Lean program addresses the need for balance in life, which results in healthier and happier individuals. The energetic fitness expert is currently collaborating with Kaiser Permanente's Physician Wellness Division, a preventative, educational health program to keep health care costs down and healthy living up.

Lakhotia's program uses a lifestyle approach that focuses on fitness as a vehicle for self-awareness. By helping participants identify life goals, the program helps them



Sheena Lakhotia in her kitchen.

reshape their lives (and bodies) into something more balanced. Her Living Lean program teaches how to live lean for life. The benefits of changing from within can have a wonderful effect on the outside as well.

Living Lean's formula for success teaches that when eating for fitness, one needs to understand how many calories are being burned vs. calorie intake. The solu-

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Bend down and with shoulders over hands explosively kick legs out and apart, landing in pushup position.



Tuck one leg in at a time, quickly alternating, climbing (4 climbs). After 4 back and forth climbs stand up (that's one rep). Try for 5 then 10 then 20.

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

tion has less to do with calories than it does with the nature, quality and content of the food, eating frequency, and consistency. By regulating blood sugar throughout the day, people have more control over what to eat. Participants receive a customized eating and exercise plan, have a personal trainer, conduct weekly body fat measurements, and set goals on how the upcoming week can be successful.

"We have worked with people of all ages from 11 to 80. If you're a busy professional, stay at home parent, a kid who wants to be more fit, or even an athlete who has reached a plateau in performance, Living Lean can help you," says Lakhotia. "The key to our program is that we teach life-long fitness through healthy eating habits and an effective exercise routine. We really help people integrate this program into their lives," says Lakhotia.

Lakhotia says that the program is not a quick fix or fad diet, but rather a life-long program to optimize the body's performance through good, nutritious food and

exercise. "Eating is something we have to do for life. So once we learn the correct way of eating, we can be in good shape," Lakhotia adds.

Local restaurants have partnered with Living Lean by adding items to their menus to help those who dine out stay on plan including Baan Thai and Bonfire Pizza in Orinda and Yankee Pier in Lafayette. Table 24 in Orinda will soon be offering menu items that will be designated Living Lean, such as their fresh fish grilled over delicately seasoned organic vegetable medley.

For those who prefer preparing meals at home, there is the *Living Lean Cookbook* full of recipes by Chef Ken Kurtz as well as Living Lean clients. The book is available at Orinda Books, Hollyhock and McCaulou's in Orinda. For a specially prepared meal-to-go, try Orinda caterer Dianna Condon's creations available at the Living Lean facility at 2 Theatre Square.

For more information on Living Lean, visit www.thelivingleanprogram.com or call 925-360-7051.

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– Laney Deatsch,
Living Lean Trainer
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RESTAURANTS

The 2011 Guide to Orinda Restaurants – Bon Appétit!

By ELANA O'LOSKEY
Staff Writer

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

AMERICAN/CALIFORNIA CUISINE

Casa Orinda
20 Bryant Way
254-2981

www.casaorinda.net (check for online specials)

Hours: 4 p.m. – 10 p.m. daily; bar open until 11 p.m.; Sunday open until 9 p.m.

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

Nation's Giant Hamburgers
76 Moraga Way
254-8888

www.nationsrestaurants.com

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

Late at night and starving? Fast-food joints have nothing on these big, juicy burgers cooked just how you like 'em – for me, medium-rare with melted cheese, fresh tomatoes, onions and lettuce. I call them drippingly delicious! They'll do it just as fast and for takeout too. Try a java shake. Don't forget their pies, either by the slice or whole. Kids love this place and you won't break the bank, either.

Shelby's
2 Theatre Square
254-9687

www.shelbyseatbetter.com

Hours: Mon. 10 a.m. – 3 p.m.; Tues. –



DAVID DIERKS

A customer selects from the many fine meats and other favorites at Europa Hof Brau on Moraga Way.

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

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

Table 24
2 Theatre Square, Suite 153
254-0124

www.table24orinda.com

Hours: Mon. – Thurs. 11 a.m. – 10 p.m.; Fri. – Sat. 9 a.m. – 10 p.m.; Brunch Sat. – Sun. 9 a.m. – 3 p.m.

For some neighborhood comfort food, this is the place. Family friendly, outdoor seating, a fire-pit and benches to enjoy dinner or drinks from their full bar. The food – clam chowder and French onion soups, mac and cheese, jalapeno corn bread, Ni-man ranch burgers, sweet potato fries, fried chicken sliders, just a few choices from their wood burning oven. Kids menu a local fave as is the chocolate ganache cupcake and generous portions. Validated parking, wheelchair accessible, dog friendly too!

CAFES

Caffe Teatro
26 Orinda Way (under the library)

254-5871

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

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

Geppetto's Caffe
87 Orinda Way
253-9894

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

Speedy drink service in the morning along with fresh pastries/bagels daily. This place is often crowded at lunch for a reason. The umbrellas outside offer a respite

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

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

www.peets.com

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

Peet's not only offers a dizzying array of coffee choices and expert baristas, but also an amazing variety of teas and good pastries as well. My faves of 30 teas are the ethereal jasmine downy pearl and golden dragon oolong. Iced lattes a local fave. Free Wi Fi with each purchase; extra roomy seating inside with benches and tables outside.

Starbucks
2 Theatre Square
258-0476

www.starbucks.com

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

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

Starbucks
One Camino Sobrante, #9
253-0447

www.starbucks.com

[SEE RESTAURANTS page 16]

RESTAURANTS

◆ RESTAURANTS from page 15

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

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

Village Inn Cafe
204 Village Square
254-6080

www.orindacoffeeshop.com

Hours: Mon. - Fri. 5:30 a.m. - 3 p.m.; Sat. 6:30 a.m. - 3 p.m.; Sun. Breakfast Menu Only 7:30 a.m. - 2 p.m.

This family friendly, no frills diner-style spot is just right for sitting down with friends over fresh hot coffee, a country breakfast with freshly squeezed orange juice, or Belgian waffles. People come from miles around for their corned beef hash, always made from scratch. For lunch, sit at the counter and enjoy tortilla chicken soup, a veggie burger, BLT or grilled cheese sandwich. Generous portions. Breakfast served until 11:25 am Mon. - Sat. Local since 1986.

CHINESE

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

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

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

Szechwan Chinese Restaurant
79 Orinda Way
254-2020

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

Bright décor with a view of the golf course across the street. Recommended - hot and sour soup, egg drop soup, tea smoked duck, sweet and sour chicken, in fact all their sweet and sour dishes - brown rice available. Eat in or order in advance for takeout (10 percent discount); return visits for lunch specials. Orders customized on request; if you want it spicy, tell them! Beer and wine.

DESSERTS

Loard's Ice Cream and Candy
230 Brookwood Road



CONTRIBUTED PHOTO

Diners at the **Village Inn Cafe** have a view of Village Square while enjoying a meal.

254-3434
www.loards.com

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

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

Chillers

21 Orinda Way, Suite G
254-3233

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

Power up with a tasty, healthy smoothie (15 choices) - or maybe it's time for some ice cream, a milkshake (generous amount of ice cream) or frozen yogurt (FroYo). Order to go or have a seat in a sunny spot, either way, your smoothie is made to order. Kids love the quick service and table and chairs sized just for them. Ample parking.

Republic of Cake
2 Theatre Square, #151
Orinda, CA 94563

254-3900
877-435-CAKE
<http://republicofcake.com>

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

* Or until the display case is empty. Simply delicious! Using the best local ingredients for down home goodness. Featuring a mouth-watering selection of basic and not-so-basic cupcakes including such specialties as Marzipan Chocolate, Blueberry Lemon, Very Cherry Pistachio, Smores, Banana Cream, Sam's Messy

Chocolate. Frequent buyer card.

DELICATESSENS

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

www.europahofbrau.com

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

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

Kasper's Hot Dogs

2 Theatre Square, #103
253-0766

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

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

Orinda Deli

19 F Orinda Way
254-1990

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

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

Subway

2 Theatre Square, #108
258-0470

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

This well-known chain is always good for a sandwich on the run. They carry soup as well. Sandwiches can be ordered in sizes - they come by the inch; and you pick the bread. It's all made on the spot.

HAWAIIAN

Lava Pit Hawaiian Grill
2 Theatre Square, #142
253-1338

www.lavapit.com

[SEE RESTAURANTS 1 page 17]

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Orinda
254-3434

1480 H Moraga Road
Moraga
(925) 388-0695

RESTAURANTS

◆ RESTAURANTS 1 from page 16

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

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

ITALIAN

Bonfire Pizzeria

2 Theatre Square, #144
253-1225

www.bonfirepizzeria.com

Hours: Mon. – Thurs, Sun. 11 a.m. – 9 p.m.; Fri. – Sat. 11 a.m. – 10 p.m.

Try some Neapolitan style pizza – build your own from fresh ingredients only a foodie would appreciate. How about Yukon gold potatoes, caramelized onions, mozzarella and white truffle oil? Wash it down with a great selection of beer or wine. There's soda made from natural ingredients for the kids, including no-caffeine cola, a TV with their own channel and Etch A Sketches to keep them happy. Happy for you could be 50 percent off beer and wine from 3 – 6 p.m. every day, outdoor seating (dog friendly, too), validated parking or delivery in the Lamorinda area.

La Piazza

15 Moraga Way
253-9191

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

Good food combines with a friendly staff and a cozy atmosphere, often busy during dinner hours as it is across from the theater. Try their brick-oven pizzas, freshly made salads, pastas, soups (vegetable, artichoke, squash), and the basket of fresh bread at your table. Sit at the bar and watch them make your BBQ shrimp, spinach calzone, gnocchi, linguine a la vongole or calamari steak. Chocolate ganache for dessert, a must try; kids love the pizza. Beer and wine.

Village Pizza

19 Orinda Way
254-1200

www.villagepizzaorinda.com (check for online coupons)

Hours: Mon. – Fri. Lunch 11 a.m. – 2:30 p.m. Dinner 5 p.m. – 9 p.m., Fri. to 10 p.m.; Sat. 11 am to 10 p.m.; Sun. 5 p.m. – 9 p.m. (take out 3 p.m. – 9 p.m.)

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



DAVID DIERKS

Eric Tang is the proud owner of Hsiang's Chinese Restaurant on Orinda Way.

Zamboni's Pizza

1 Camino Sobrante, # 4
254-2800

Hours: Open Mon. - Sat. 11 a.m. – 9:30 p.m.; Sun. 11 a.m. – 9 p.m.

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

JAPANESE

Hanazen Japanese Sushi
87 Orinda Way
254-3611

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

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

Niwa Restaurant

1 Camino Sobrante
254-1606

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

Nothing fancy, just some outstanding sushi, more fish than rice. Here's why: tasty spicy tuna handroll with a great sauce, complimentary crab and cucumber salad with sesame sauce at the bar, spider roll/flower roll (shrimp tempura with avocado, lots of crab, moist), scallop special, spicy.

They usually have fresh toro, yellowtail or salmon belly at reasonable prices. Next to Starbucks; takeout available. Beer and wine.

Serika Restaurant

2 Theatre Square, #118
254-7088

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

If you want really fresh sushi in a charming, relaxing spot tucked away from the street, this is your place. At the sushi station in the center of the room, you can get unusual sushi not available in most places plus sashimi (hamachi) rolls, sake nigiri, ebi nigiri. Veggie shrimp tempura, yum. The chef provides information about the freshest fish, and the subdued atmosphere will melt away the day's stress. Children are always welcome and you will find plenty of kid-friendly food. Beer and wine, with Kirin on tap.

Yu Sushi

19 Moraga Way
253-8399

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

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

MEDITERRANEAN

Petra Café

2 Theatre Square, #105
254-5290

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

Petra gets top marks from its online fans and makes the most of its tiny interior and

casual outside tables – a takeout favorite. Regulars swear by the lamb gyro with tzatziki sauce and warm fluffy pita. Check out their Greek salad wrap, calamari salad or spanakopita. Try the vegetarian options such as roasted vegetables, falafel, dolmas and baklava with ground pistachios on top. Greek beer and wine – try some retsina.

MEXICAN

La Cocina Mexicana

23 Orinda Way
258-9987

www.lacocinaorinda.com

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

Bring on the chips! This family-friendly restaurant has a large menu and a special kids menu. Try their chicken enchiladas verdes, vegetarian burrito, sinaoa (burrito or bowl) or mole sauce. Dine in or use their takeout menu. Margaritas on the rocks or blended, beer and wine. E-club online specials.

[SEE RESTAURANTS 2 page 18]



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EVERYDAY CHANGES

Everyday Changes

Looking Younger...the Facts about Anti-aging And Healthy, Radiant Skin



Bonnie Waters

Do you sometimes feel like Dorothy in the Land of OZ, lost and confused on your journey to attain radiant, healthy, ageless skin? Do you wonder what really works and what is simply hype being sold by the “man behind the curtain” i.e. glamour and entertainment magazines that continually pitch new “secrets” to attaining that level of beauty we all crave? Stars and commoner alike will attest that the real secret is a combination of regular professional skincare, a healthy diet, and a daily homecare regimen. For radiant, youthful skin include the following for an all-encompassing daily skin care regimen.

Stay Out of the Sun and Use Sunscreen: Ninety percent of skin damage is caused by the sun. Use a sunscreen with a minimum SPF of 30.

Hydrate: Drink at a minimum of 64 ounces of water every day. The more the better for plump, hydrated cells.

Don't Smoke: This is a no brainer for many reasons, however, as if we needed more proof, a 2007 dermatological study showed that smoking activates a gene that controls an enzyme that destroys collagen.

Eat to Encourage Collagen Production: Collagen is a protein and the connective tissue that provides support to the skin. Reducing collagen breakdown and increasing its supply is the key for wrinkle reduction. Soy products, dark green vegetables, beans, red fruits and vegetables, vitamin C, prunes, omega acids, flaxseed, turkey, dark chocolate, rose hips and avocado oil can all help promote collagen production.

Eat an ACE Diet: Foods high in Vitamins A, C and E have antioxidant properties. Antioxidants protect the skin from free radicals. Free radicals cause cell destruction and could accelerate the aging process -- as well as cause cancer.

Eat a Diet Rich in EFAs: Not getting

enough essential fatty acids results in unstable membranes which in turn leads to saggy, aged skin. “Essential” designates fatty acids that are not made by the human body and must be replenished through food. Some of the best are flaxseed oil/seeds, hempseed oil/seeds, pumpkin seeds, pine nuts, sunflower seeds, and olive oil.

Cleanse Frequently: Twice a day, morning and evening is preferable. Ask your skincare professional for noncomedogenic products.

Exfoliate: Exfoliate your skin once a week (more when wearing lots of makeup or sweating) to deep clean your skin.

Use a Moisturizing Eye Cream: Pat lightly around the eye area morning and night. Your skin rejuvenates itself while you sleep and you need to protect it throughout the day

Use a Moisturizer: Generally speaking you will want a lighter moisturizer in the summer and heavier in the winter. Again checking with a skincare professional can help you select the best products for your seasonal homecare regime.

Don't take skincare advice from “the man behind the curtain!” A knowledgeable skincare professional will educate you about your unique skincare needs.

◆ RESTAURANTS 2 from page 17

Maya Mexican Grill
74 Moraga Way
258-9049

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

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

MIDDLE EASTERN

Turquoise Mediterranean Grill
70 Moraga Way
253-2004

www.turqgrill.com (check online for coupons)

Hours: Open daily 11 a.m. – 8 p.m.
This Middle Eastern restaurant specializes in homemade Turquoise burgers, falafels and baklava. Return visits for: grilled chicken sandwich with hummus, Greek salad, grilled kebob sandwich; many vegetarian items. Kids menu for \$4.99. Popular for takeout, order by phone. Voted one of 101 Best Bites in *Diablo Magazine*.

THAI

Baan Thai
99 Orinda Way
253-0989

www.baanthaiorinda.com

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

Trip Advisor's #1 restaurant in Orinda Village, tucked away across from the Orinda golf course. Gracious surroundings and service, great for a date. Unique Thai brown rice – try it! Return visits for: papaya salad, avocado prawns, Thai crunch salad, pumpkin and panang curry, Meang Kum, and basil calamari. Lunch specials like

chicken with vegetables over lemongrass rice. Extensive vegetarian menu; generous portions. Tell your waitress the level of hotness you prefer. Love the Thai iced tea and hot ginger tea. Coconut ice cream or sticky brown rice with coconut cream and fresh mango for dessert. For a group booking, you can order ahead using their online menu. Takeout popular and available, as is wine and beer.



SALLY HOGARTY
The tranquil atmosphere of Baan Thai makes dining even more pleasurable.

Siam Orchid
23 Orinda Way No. F
253-1975
www.siamorchidorinda.com

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

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

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SENIOR TRANSPORTATION

Lamorinda Senior Transportation Allows Local Seniors to Age at Home

By MARY BRUNS
Lamorinda Senior Transportation
Coordinator

The driving force and joy behind Lamorinda Senior Transportation, an alliance of transportation providers, is to help seniors improve the quality of life and maintain their independence and freedom by making transportation available for the essential activities of daily living: social outings, grocery shopping, errands, and medical appointments.

When the Lafayette Senior Needs Assessment was conducted, it was clear that it was important to seniors to continue to live in their own home as they aged and that transportation is a key element to meeting that goal.

The Lamorinda Spirit Van is here to help meet those goals, and potential clients and their friends, family members, helpers, or care-givers are invited to try the van for themselves. Those who have gotten in the habit of using the van are delighted with the friendly drivers and really enjoy the other passengers they go to lunch or shop with, and they appreciate the economy of using the van to get to medical, dental and physical therapy appointments.

The following are answers to frequently asked questions:

Who can use the van? Any Lafayette, Orinda, or Moraga person who is age 60 or older. There are no other requirements.

Where does the van go? To the C.C. Café at the Walnut Creek Senior Center for lunch Monday through Friday.

Grocery and sundry shopping on Tuesday afternoons (for Orinda seniors), Wednesday afternoons (for Lafayette seniors), and Thursday afternoons (for Moraga seniors).

To Monday and Friday afternoon medical appointments beginning at 2:30 p.m. or later in Walnut Creek, Concord, Martinez, Pleasant Hill, Lafayette, Orinda, and Moraga.

* **NEW:** To Monday morning appointments (medical or otherwise) between 8 a.m. and 10 a.m. – pick-ups can begin at 7:30 a.m. at your home.

* **NEW:** To Tuesday morning appointments between 8 a.m. and 10 a.m. – pick-ups can begin at 7:30 a.m. at your home.

Why should I use the van (or why should my elderly parent/neighbor use the van)?

Because it allows you to be independent and self sufficient.

You gain strength, courage and confidence in getting out and about.

You can save those personal requests for



SALLY HOGARTY

Lamorinda Senior Van takes seniors to appointments and to fun lunch outings.

help from family, friends and neighbors for those important occasions when you really need their support.

You will create a larger network of new friends and support.

You will get out of the house, enlarging your world.

It is cost-effective - \$10 round-trip. Rides to lunch are free.

You can bring a friend.

You provide our drivers with an opportunity to give to their community – which is what they all want to do.

Where will the van pick me up? What is the route? Our driver picks you up at your door and takes you where you need to go. The route is individualized, and the driver will also take you back home.

Why do we have the Lamorinda Spirit Van when we have Orinda Seniors Around Town? The need for senior transportation for people who no longer drive is larger than any one program can fulfill. Orinda Seniors Around Town is more ideal for individual trips to the doctor, and the Lamorinda Spirit Van is more ideal for group outings for shopping, lunch, local concerts and special events.

How many vans do you have?

We have been operating with one van for the past five years, slowly expanding our service as we gained more drivers. Later this fall, we will receive a new van that will allow us to expand our service to meet more needs.

The program has grown from 1892 rides delivered in 2006-2007 to 3104 rides delivered in 2010-2011.

What do your passengers say about you?

“The drivers are wonderful. They carry my groceries.”

“He (the driver) is so caring. He reminds

me to lock the door and pick up my keys.”

“I notice how you are always trying to expand your service. I really appreciate it.”

“I really depend on the van and enjoy riding it; I don’t know what I would do without this service.”

“I was house bound before the van.”

“The drivers are wonderful. We get so much done and have fun at the same time.”

“I hope you will let your drivers know

how much we appreciate their kindness, humor and genuine concern for us.”

“I appreciate that you followed up when my sister didn’t answer the door. Her arm was broken in four places, and she needed surgery.”

For more information about the Lamorinda Spirit Van, call 925-283-3534.

An Alliance of Transportation Providers

Serving Lamorinda Seniors with transportation to medical appointments, special events, grocery shopping and lunch at the C.C. Café. \$10 round trip; rides to lunch are free. Reserve your seat two business days ahead of time by 1:00 p.m.

Contra Costa Yellow Cab and DeSoto Company – 284-1234

Twenty percent discount for Lamorinda seniors. A taxi is often an economical alternative to owning, insuring, and maintaining a car.

Volunteer Driver Program

Volunteers driving their own cars provide free rides for seniors.

*Orinda Seniors Around Town –

[SEE SENIORS page 20]

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CALENDAR

ON THE CALENDAR

SEPTEMBER

- 1 **Orinda Theatre Square** Summer Music Series features 747 Express with Ed McClary and Michael Hatfield. 5:30 p.m. to 8:30 p.m. Enjoy free music while shopping or dining.
- Orinda Starlight Village Players** presents Moliere's *The Imaginary Invalid* through Oct. 1, Orinda Community Center Park Amphitheater, 26 Orinda Way. Fridays and Saturdays at 8:30 p.m., Sundays, Sept. 11 and 18 at 4 p.m. and Thursday, Sept. 29 at 8 p.m. For tickets call 925-528-9225 or email info@orsvp.org. Visit www.orsvp.org.
- California Shakespeare Theater** presents George Bernard Shaw's *Candida* through Sept. 4 at the Bruns Amphitheater, 100 California Shakespeare Way. Call 510-548-9666 or visit www.calshakes.org.
- 8 **Orinda Books**, Hummingwords Writing Workshop, explore the fun of writing with the founder of Hummingwords, Cynthia Leslie-Bole, 276 Village Square, 1 to 3 p.m., limited to 8 participants. Workshops are free, but donations to defray costs are accepted. For reservations, email lesliebole@att.net.
- 10 **Orinda Arts Council** Orinda Library Art Gallery, Artists' Reception, 3:30 to 5 p.m., featuring watercolors, rainforest photographs and ceramics by members of the Clay Arts Guild. Free. Visit www.OrindaArtsCouncil.org.
- 11 **Orinda Arts Council** Orinda Idol Finals, Orinda Theater, 2 Orinda Theatre Square, 11 a.m. Free and open to the public. Visit www.OrindaArtsCouncil.org for detailed performance schedule by age group.
- 17 **Campolindo High School** Class of 1971 40th Anniversary Reunion, Era Art Bar, 19 Grand Ave. at Broadway, Oakland. RSVP to Ken Churchill at ken@churchill-cellar.com or 707-578-5393.
- 20 **World Affairs Book Group** will read and discuss *After the Ice: Life, Death and Geopolitics in the New Arctic* by Alun Anderson, Orinda Books, 276 Village Square, 3 p.m. Call 254-7606. New members welcome.
- 21 **California Shakespeare Theater** presents William Shakespeare's *Taming of the Shrew* through Oct. 16 at the Bruns Amphitheater, 100 California Shakespeare Way. Call 510-548-9666 or visit www.calshakes.org.
- 24 **American Association of University Women** fundraiser for the education fund A Taste of Education wine-tasting, Captain Vineyards, 1969 Joseph Drive, Moraga, 3 to 5 p.m. or 6 to 8 p.m. (attendee must specify time slot). Enjoy wine tasting, hors d'oeuvres and the Generations Jazz Quintet. Each time slot limited to 50 guests. \$60. Send your check (made out to AAUW OML) to: Jan Coe, 301 Overhill Road, Orinda 94563. Comfortable attire and shoes recommended. For more information, go to www.aauwoml.org.

AT THE LIBRARY

All events are free unless otherwise specified. Please note that the library will be closed Sept. 4 and 5 for the Labor Day holiday. For more information on library programs, 254-2184.

- 1 **Friends of Orinda Library**, Book Sale hosted by Book Shop and Sorting Room, 10 a.m. to 1 p.m. (shop open until 6 p.m.)
- 13 **Toddler Lapsit**, stories, songs and fingerplays for 1- to 3-year-olds and their caregivers, 10 to 10:30 a.m. and 10:30 to 10:55 a.m. Drop-ins welcome, but limit attendance to once per week. Also Sept. 14, 20, 21, 27 and 28.
- Peek-A-Boo Time** with songs, stories, rhymes and rhythm for newborns through 1-year-olds and their caregivers, 11:30 to 11:55 a.m. Also Sept. 20 and 27.
- Berkeley Repertory Theater Docent** will talk about the theatre's new show, *Rita Moreno: Life Without Makeup*, Fireside Room, 7 p.m.
- 16 **Mystery Book Club** members discuss their favorite genre, Tutoring Room, 3 to 4:30 p.m. This month's book is *The Escher Twist* by Jane Langton.
- 17 **Saturday Morning Live**, story time for 3- to 5-year-olds and their caregivers, Picture Book Area, 11 to 11:30 a.m. Also Sept. 24.
- 22 **Magic Show** with Ray Andrews, family fun for all ages, 4 to 4:40 p.m.
- Storytelling for Adults**, hosted by the Contra Costa Tale Spinners, share your own story or just come to listen, Gallery Room, 7 to 9 p.m.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Moraga-Orinda Fire District Conference Room, 1280 Moraga Way, Moraga. www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 253-1997.
- Lamorinda Alcohol Policy Coalition**, every third Wednesday, 10 a.m. to 1:30 p.m. at Orinda City Hall Sarge Littlehale Room, and 6:30 to 8 p.m. at Supervisor Uilkema's office, 3338 Mt. Diablo Blvd., Lafayette. Call 925-687-8844, ext. 227.
- Lamorinda Sirs** for retired men. Second Wednesday, 11 a.m. to 1:30 p.m., Holy Trinity Cultural Center, 1700 School St., Moraga. Luncheon speakers plus golf, tennis, bocce, bridge and astronomy. Call Pete Giers, 254-4667.
- Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Postino, Lafayette, 254-0440, ext. 463.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 p.m., Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette. www.lamorinda.freetoasthost.net.
- Montelindo Garden Club**. Third Friday, Orinda Community Church, 10 Irwin Way, 9 a.m. www.montelindogarden.com. September's speaker is Carole Austin, retired curator of the Museum of Craft and Folk Art of S.F. Her program is titled "In A Chinese Garden."
- Orinda Rotary**. Every Wednesday, noon, Community Center, 28 Orinda Way, 254-2222.
- Orinda Association**. Second Monday, 7:15 p.m., Orinda Library, May Room, 254-0800.
- Orinda Hiking Club**. Visit website at www.orindahiking.org or call 253-2465 for schedule of upcoming hikes.
- Orinda Historical Society**. Third Wednesday, 7 to 9 p.m., Orinda Community Church, 10 Irwin Way, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 283-7176.
- Orinda Juniors** community service group. First Tuesday, September to June, 7 p.m. Contact Diane Petek and Amy Campbell at orinda.juniors@yahoo.com for location.
- Orinda/Tabor (Czech Republic) Sister City Foundation**. Fourth Thursday, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday, 4 p.m., Community Center, 28 Orinda Way. For information, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 a.m. to noon, call Jean Barnhart, 254-3881.

CITY/FIRE/SCHOOL DISTRICT MEETING SCHEDULE

- Acalanes Union High School District**. First and third Wednesdays, 7:30 p.m., district office, 1212 Pleasant Hill Road, Lafayette, 925-942-9602.
- 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

Orinda Starlight Village Players Bring *The Imaginary Invalid* to Frenetic Life

DAVID DIERKS

Claire Stevenson and Mary Kidwell star in *The Imaginary Invalid*.

By DAVID DIERKS
Staff Writer

Orinda Starlight Village Players (OrSVP) bring Moliere's farce *The Imaginary Invalid* to the stage for September. The play follows the comic misadventures of stingy hypochondriac Argan (played by Geotly Chapple) who decides to marry his daughter Angelique (played by Chapple's daughter Claire Stevenson) off to a medical student and soon to be doctor Thomas Diafoirus (played by Mark Holobetz) so that Argan can have free medical consultations.

The Imaginary Invalid, first performed at the Théâtre du Palais-Royal in Paris on February 10, 1673, was the last play Moliere wrote. The play pokes fun at both the medical industry and their gullible patrons. Moliere wrote the farce for the amusement of King Louis XIV.

Moliere was chronically ill during the last decade of his life and was considered something of a hypochondriac himself. During this period, he came into contact with many doctors and druggists whom he came to regard as charlatans and frauds. In a twist of fate, Moliere, who played Argan in the premiere production, collapsed during

the final scene of his fourth performance (on February 17) and died later that evening at his home.

Orinda resident Mary Kidwell makes her return to OrSVP as Toinette, Argan's outspoken and manipulative maidservant. Kidwell was last seen at OrSVP in the 2009 production of *Cyranos*. Ken Sollazzo works double duty as the lawyer Mr. De Bonnefoi and as Dr. Purgon. This production marks Sollazzo's ninth consecutive show for OrSVP. Sollazzo was seen this season as Bert in *Send Me No Flowers*, and as Christopher Wren in *The Mousetrap*. Other cast members include OrSVP regulars Charlie Guitron, Kelly Hansen, Stephanie Stratman, David Weiner and Tom Westlake, along with newcomer Jo Lusk. The show is directed by Patricia Inabet with costumes by Susan Chapple.

The Imaginary Invalid runs August 26 through October 1 on Friday and Saturday evenings at 8:30 p.m. with matinees on Sunday September 11 and 18 at 4 p.m. and one Thursday performance on September 29. There will be no performances on Labor Day weekend (September 2 - 4).

For more information or tickets, visit the website at www.orsvp.org or call 925-528-9225.

925-788-7323.

Moraga-Orinda Fire District. Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.

Orinda Union School District Board of Trustees. Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road. For the latest listing of dates, please check the website at www.orindaschools.org. 925-254-4901.

Planning Commission. Second and Fourth Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org. 925-253-4210

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



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CAL SHAKES

The Ultimate Marriage Encounter Closes Cal Shakes' Season

By KATHRYN G. McCARTY
Staff Writer

California Shakespeare Theatre closes out its season with one of Shakespeare's most popular comedies *The Taming of the Shrew*, running September 21-October 16 at the Bruns Amphitheater. Former Cal Shakes Associate Artistic Director Shana Cooper, who, this past Spring, was praised by *The New York Times* for her "inventive, often inspired direction" of Yale Repertory Theatre's *Romeo and Juliet*, returns to Orinda to direct.

Earlier this summer, Cooper directed Shakespeare's *Love's Labours Lost* at the Oregon Shakespeare Festival. She won the Princess Grace Theater Fellowship in partnership with the Oregon theatre in 2010.

In *Taming of the Shrew*, a young Bianca cannot wed until her elder sister Katherine, is married off. When Petruchio, a handsome prospect is found, he finds it difficult to tame the "wild Kate." According to Cal



ERIK PEARSON

Shana Cooper directs *Taming of the Shrew*.

Shakes representatives, Cooper intends to bring a dynamically physical re-imagining of Shakespeare's most biting romance to the Bruns. "The final show of our 2011 season is sure to shed fresh light on courtship, gender roles, and, of course, the crackling, battling wits of Katherine and Petruchio."

Cooper says that Shakespeare "does challenge us to look at our assumptions in this society about roles of men and women,

and how complicated those relationships actually are.

"Sometimes we want to distance ourselves from *The Taming of the Shrew* because it has the reputation of being a misogynistic play," said Cooper. "But I think the play is more nuanced than that," adding the comedies main characters "are just trying to sort out the difficulties of joining these two lives together, and the sacrifices you have to make in order to do that. And I think that is incredibly relevant."

"Sometimes we want to distance ourselves from The Taming of the Shrew because it has the reputation of being a misogynistic play," said director Shana Cooper.

The Taming of the Shrew runs September 21-October 16; Tuesdays through Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 4 p.m. There will be a Saturday matinee on October 1 at 2 p.m. The Bruns Amphitheater is located at 100 California Shakespeare Theater Way, Orinda. The grounds open two hours before curtain and the theater offers free shuttle service from the Orinda BART station as well as free on-site parking. For more information or to charge tickets (which are \$35 to \$66) by phone, call the Cal Shakes Box Office at 510-548.9666. Additional information and online ticketing are available at www.calshakes.org.

SPECIAL EVENTS

All events are free with the purchase of a ticket to the show.

Grove Talks: Informal 20-minute talks held on site 45 minutes before every performance.

Tastings: Wine, beer, coffee, sweets, and savories served Tuesdays and Wednesday nights at 6 p.m.

Teen Night: The pre-show event begins at 6:30 p.m. on September 29 and includes Pizza and soda in the Upper Grove, an Interactive, fun, pre-show engagement with a Cal Shakes teaching artist and the performance.

Educator Night: Beginning at 5 p.m. on September 22, educators can attend an in-depth workshop, followed by a 7 p.m. reception in the Upper Grove. The workshop includes information on useful tools for arts-integration. (Online registration required.)

Meet the Artists: Engaging discussions with the production's cast members held Sunday, September 25 and October 9, following the 4 p.m. performance.

Ladies Night Shindig: This pre-show party, from 6:30 p.m. until curtain in the Upper Grove at the Bruns features cocktails, snacks, and music on Friday, September 30.

InSight, Informal dialogue with the production's dramaturg on Sundays, **September 25 and October 9** following the 4 p.m. matinee.

Complimentary Shuttle Service from Orinda BART beginning 90 minutes prior to curtain.



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Poor Players Remember the Ladies



CONTRIBUTED PHOTO

Popular Orinda Community Center teacher James Keller presents four short plays that he wrote for local actresses: *The Waitress Who Read Proust*, *That's My Chair*, *A Lifetime in Madrid*, and *All at Sea*. The shows feature Elinor Bell, Anne Hallinan, Kate Jopson, Janice Leone, and Martha Luehrmann and take place on September 16 at 8 p.m. and September 17 at 2 p.m. at the Unitarian Fellowship Hall, 1924 Cedar Street in Berkeley. Call 925-473-1363 or go to www.poorplayers.org.



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BUSINESS BUZZ

◆ BUZZ from page 24

amazing. He always encouraged me to go to veterinary school and that was during a time when not many women became veterinarians," says Cummings. "I am grateful for Mr. McCain's encouragement," smiles Cummings.

For more information about Four Seasons Animal Hospital, visit the website at www.fourseasonsah.com or give them a call at 925-938-7700. The general practice is open Monday through Friday, 8 a.m. to 6 p.m. and Saturday, 8 a.m. to 1 p.m. Emergency care is available 24 hours a day, seven days a week.

Changes Salon & Day Spa Celebrates 27th Anniversary

Orindan Bonnie Waters is the sole proprietor of this award winning day spa located at 1475 N. Broadway in Walnut Creek. A truly incredible array of services are offered including massage and body therapies, esthetics skin care, nail, hand and foot treatments, hair styling and scalp services, hair removal, and if that is not enough, the Changes Center for Well Being is an affiliate of The Chopra Center for Well Being. Well Being Massage Services offers Thai Yoga Massage, Ayurvedic Massage and Shirodhara. A myriad of skin and hair care retail products are available.

At 19 years of age, Waters began her career as a manicurist when she established her first business, *Jenuine Juliettes* in Walnut Creek. Eight years later she expanded to a 1,000 square foot full-service salon, growing the business over the years to its present 10,000 square foot capacity. The recent expansion includes a 13-foot high by 16-foot wide water wall that greets clients at the Spa entrance on Broadway. The women's locker is exquisitely appointed, and a beautifully landscaped patio is just the place to share a relaxing lunch with a friend. A visit to the steam therapy lounge is available with any massage or facial service and is helpful for rejuvenating body, mind and soul. "We start facials and massages with a soothing foot soak to help relaxation begin," points out Waters.

Over the years, Changes Salon & Day Spa has received 28 Best of the East Bay Awards from *Diablo Magazine* and been recognized by Women's Initiative as Best Woman Owned Business of the Year in 2009, among other awards. "We attract new talent which is very nice. We have been fortunate to win several business awards," says Waters, who employs a staff of 65. "I have a great leadership team - Michelle Robinow, Camala Casco, and Christina Andersson - who are really wonderful."

Waters is a member of the Board of Directors of the Walnut Creek Downtown Business Association and the Cancer Support Community, a nonprofit charitable organization providing free services to people with cancer and their loved ones.



Bonnie Waters is the owner of the award-winning Changes Salon & Day Spa.

"I am honored to serve as chair of this year's Wellness Gala, a formal dinner and auction fundraising event for the Cancer Support Community, which takes place on Saturday, September 24, at Diablo Country Club," says Waters.

A 19-year resident of Orinda, Waters is married to Dennis Winslow, owner of Frank Olsen Company, a distributor of valves for water and wastewater treatment. Her daughter Riley Glowatch is a junior at California State University, Long Beach, and her son Brent is a senior at Miramonte High School. She is stepmother to Nick Winslow and Alexander Winslow. Changes Salon & Day Spa is open 80 hours a week, not giving Waters much free time, but when she does get away she enjoys hiking and backpacking.

The hours for Changes Salon & Day Spa are Friday, Saturday, Sunday and Monday from 8 a.m. to 6:30 p.m. and Tuesday, Wednesday and Thursday from 8 a.m. to 9:30 p.m. For a complete list of services, visit the website at www.changessalon.com or give them a call at 925-947-1814.

Orinda Fitness Offers Small Classes and Custom Training

Tristan Tool established Orinda Fitness this year, located at 15 Altarinda Road. This spacious and bright facility is shared with Orinda Academy during off hours. Tool's approach focuses on strengthening core stability and balance training for individuals. This includes weight training, cardio work and core stability. Small group training - up to three in a group - is available if people want to train with friends.

A 2005 graduate of Miramonte High School, Tool played football at Boise State University and ran track at Santa Monica City College before he was sidelined from competition by a shattered vertebrae. "After my neck injury, it was very depressing that

I was unable to do much. I had to leave school and return home to recover. During that process, I was asked to coach track at Miramonte High School. It was a great opportunity, and it got me back into working and contributing. All my life I have been an athlete, training for competition. I realize coaching is much like personal training," explains Tool. He also serves as assistant football coach at Miramonte.

Four trainers and a spin instructor are on hand at Orinda Fitness, while Tool trains clients and manages the business.



Tristan Tool runs Orinda Fitness.

The hour-long spin classes are small, with no more than five individuals at a time, an ideal number that allows the trainer to monitor each individual's progress closely and provide feedback. Heart rate and watt output are recorded. The cardio weight training class is limited to six people and is offered at night. "I see the progress people make at Orinda Fitness and my clients appreciate their success," says Tool.

Orinda resident Julie Smith is an Orinda Fitness enthusiast. "I started working out with Tristan after ankle surgery. They do a great job customizing a training program to fit individual needs and are flexible with scheduling. I look forward to my workouts there. The spin classes are super fun," says Smith. In response to client requests, Tool is organizing a running group that will continue through the year.

In conjunction with Ben Auerbach, personal trainer and owner of One Fitness in Maui, a special Athletics Performance Training class for high school and college athletes was offered three times a week this past summer.

The drop in fee for an hour-long spin class is \$20, but if you plan ahead and pre-pay, clients can buy six spin classes for \$90. For more information about Orinda Fitness, call Tristan Tool at 925-528-9425 or email him at Tristan@OrindaFitness.com.

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Canetti's Bookshop

Probably one of the greatest gifts parents can give a young child is to practice a nightly ritual of reading aloud bedtime stories. You don't have to break the bank to make this part of your family's life, and one day you will have a wonderful reward when the adult child thanks you for reading aloud to him or her. Independent bookseller, Canetti's Bookshop, is located at the Crossroads at 39 Moraga Way, and if you have not been by already, it's worth your time to browse the stacks for a good read at a great price.

Proprietor Jeff Koren opened Canetti's Bookshop three and a half years ago, featuring used books and new titles as well. It is named for Elias Canetti, a favorite writer of Koren's, who had a deep respect for books and literature. "All of our books are sold at discounted prices. The used books tend to be 40-50 percent off the original price and new paperbacks are discounted 10 percent. New hardcover titles are discounted at least 20 percent," says Koren. If you don't find what you are looking for in stock, Koren will order new books at these same discounted prices.

Most of the inventory is used, and you will find a very broad range of books in stock. "Jeff does a great job selecting titles," says Orinda resident Maria Rowland. "I have discovered books here that I would never have considered or found in a larger

store but have found it here and ended up enjoying immensely. I love this bookstore." New title selections include the latest book group selections and some popular series for children. Favorite sections in the cozy bookstore include the classics, literary fiction, travel essay, quality mysteries, history, memoir, biography and children's.

Koren buys back gently used books, but naturally he is discerning about what titles he takes. He offers in-store credit (which can be used towards the purchase of any



Orinda resident Maria Rowland shops at Canetti's Bookshop.

used books in the store) for one third of what he expects to price the used book at.

The atmosphere at Canetti's Bookshop is conducive to browsing titles, and customers are left alone to do just that. A miniature jukebox features oldie but goodie tunes, and two cats named Casey and Gunter are usually hanging out on the top shelf near the front of the shop. Encircling the shop above the stacks are black and white photographs enlarged to poster size, depicting people reading books in all sorts of unusual places. Some of the photos feature unexpected scenes, such as a person filling the gas tank of an auto while reading a book or strolling a street while immersed in a title.

A favorite quote from *Wilhelm Meister's Apprenticeship* by Johann Wolfgang von Goethe is on display, typed on an index card – obviously accomplished with an old fashioned typewriter. "One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and if it were possible, to speak a few reasonable words." Excellent words to live by in 2011 and still as pertinent today as it was in 1796.

Canetti's Bookshop is open seven days a week, 10 a.m. to 6:30 p.m. You may reach Jeff Koren by email at canettisbookshop@gmail.com or give him a call at 925-258-9076.

Native Orindan Julie Cummings, DVM Expands Four Seasons Animal Hospital

Established in 1997 by Julie Cummings, DVM and her husband, Jan Kovacic, DVM, the Four Seasons Animal Hospital located at 3210 Old Tunnel Road in Lafayette, integrates general veterinary care with emergency, critical care, and surgery services in one location. The practice recently expanded and now occupies 9,000 square feet at a convenient location with easy access from Highway 24. Everything from dogs, cats, birds, rabbits, rodents, reptiles, pygmy goats – the most unusual pet has been the desert tortoise -- all have been cared for by Dr. Cummings, Dr. Kovacic, and their staff.

"We were a general practice for many years, and six years ago I became board certified in internal medicine. My husband Jan is certified in emergency and critical care. It was always our dream to integrate a general practice with a specialty practice so pets can receive integrated services. All our doctors are in the same office and interact in real time to serve our patients best," says Cummings.

The recent expansion means Four Seasons Animal Hospital occupies two stories. The first floor houses the staff, as well as two surgery rooms, a kennel, an Intensive Care Unit, ultrasound room, an MRI unit, a CT unit and digital radiology. Dental



Julie Cummings, DVM, works with animals 24/7.

cleaning for pets is also performed. The second floor features several treatment rooms with whimsical, colorful artwork of adorable dogs and cats. One large office houses all six of the veterinarians on staff. Just like in hospitals for people, the décor is muted and meant to soothe the patient. This husband and wife team created the floor plan and designed the interior of the hospital. "Jan has been designing hospitals for quite awhile and in addition, he manages specialty critical care veterinary hospitals across the country," says Cummings.

"We spend a lot of time educating owners so they know what to watch for. We believe owners are an integral part of their pet's health and want owners to be involved and informed," she adds. "Overnight and weekends we have two board certified emergency and critical care available. Our other four emergency doctors are training for board certification, we have really experienced emergency doctors and are always on call." While Four Seasons Animal Hospital offers lifetime continuing care and the emergency care is available 24/7, the hospital also works with local veterinarians. In addition to emergency critical care and surgery, East and West veterinary care merges here, as acupuncture and chiropractic care are available.

Dr. Cummings grew up in Orinda, attending Sleepy Hollow School, Pine Grove Intermediate and Miramonte High School. She went on to attend U.C. Davis as an undergraduate and earned her veterinary degree at U.C. Davis as well. "I believe Miramonte has great science teachers and a great science department. Otis McCain was my physiology teacher, and he was

[SEE BUZZ page 23]

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