

# THE ORINDA NEWS

Gratis  
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November 2011

## Lamorinda Preschool Directory for 2011-12 Inside



CONTRIBUTED PHOTOS

**Dellia Ricketts** from Tot Drop (L) and **Cooper Stern, Dominic Sorenson, Breyden Collins** and **Dillon Morrissey**, from St. Mark's Preschool enjoy playtime. For a complete listing of Lamorinda preschools, go to pages 9-10.

## Orinda Association Accepting Nominations for Volunteer of the Year

By SALLY HOGARTY  
Editor

Do you know someone who volunteers to make Orinda a better place or someone who helps the environment? If so, the Orinda Association would love to know about them. The organization is currently accepting nominations for the Volunteer of the Year and the William Penn Mott, Jr. Environmental awards.

Nominations are due by November 15. The winners will be feted at a gala awards dinner to be held on January 29 at the Orinda Country Club. Previous winners (volunteer of the year listed first) have included: The Orinda Arts Council and Orinda's garden clubs (2010); Terry Murphy and Jenny Papka (2009); and Lucy Hupp Williams and Steve Gentry (2008).

Forms for nominations can be downloaded at the OA website, [www.orindaassociation.org](http://www.orindaassociation.org). They can also be picked up at the OA office in the plaza level of the Orinda Library. For more information, call 254-0800.

## Roads Subcommittee Presented Public Workshop to Discuss Their Findings

By DAVID DIERKS  
Staff Writer

Chuck Swanso and Emily Hobdy of the Orinda city staff presented the Roads Subcommittee's findings and suggestions for funding the repair of Orinda roads in a public workshop before the City Council meeting on October 18. Of

the seven funding options offered, two were considered non-viable and not worth pursuing. The funding options that will be pursued include: the creation of Benefit Assessment Districts based on geographic areas; a Parcel Tax; a General Obligation Bond based on an Ad-Valorem tax; a Real Property transfer Tax; and a Utility Users' Tax. These funding options will be inves-

tigated further and brought before the City Council on November 15 for consideration.

There are 92.8 total miles of Orinda roads with an average Pavement Condition Index (PCI) of 49. As of 2010, these are rated as follows: 21 miles have a PCI less than 24 and are rated in very poor or failed condition; 33 miles have a PCI of between 25 and 49, which is a poor condition; 10 miles have a PCI of 50-69 and are rated fair; 15 miles of road have a PCI of 70-89 and are rated good. The remaining 13 miles of road have a greater than 90 PCI and are rated excellent. Bringing the average of all the roads up to a good standard (PCI of 85 or better) at once would run approximately \$54.6 million dollars.

Meanwhile, the 21 miles of drainage pipes under the roads are in a damaged state and also require repair. About half of the drainage is in a deteriorated condition with roughly 10 percent undersized, and the remaining 40 percent in poor condition. The cost of repairing all the drainage issues

[SEE ROADS page 4]

## New Station in Town is Flying High



CONTRIBUTED PHOTO

**Allen Pennebaker**, owner of the newly opened Flying A gas station in Orinda, pumps gas into **Gino Chiodo's** 1960 Triumph TR3.

By SALLY HOGARTY  
Editor

Sometimes life comes full circle and that is certainly the case for Allen Pennebaker. In 1972, the young man began his

career at Orinda Motors pumping gas at the Atlantic Richfield Station that is now home to Orinda Motor's Express Oil Change and Tire Center on the Village side of Orinda. The Orinda native and Miramonte

[SEE STATION page 8]

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# Creativity on Display at the Orinda Library Gallery



SALLY HOGARTY  
**Kim Wong** holds "Push Pull," one of his works that will be exhibited at the Orinda Library.

By ELANA O'LOSKEY  
 Staff Writer

If Scott Adams' quote is true that, "Creativity is allowing yourself to make mistakes; art is knowing which ones to keep," then the four artists exhibiting during the month of November have figured this out. Kim Wong's paintings, Terry Riggins' photographs, and the ceramic works of Bruno Kark and David VanderJagt are all "keepers." Join them at the artists' reception on Sunday, November 6 from 2 to 5 p.m.

Kim Wong is a teacher and artist with over 30 years experience. He taught art at Pinole Valley High, Diablo Valley College, and Chabot College until he retired. He continues teaching and giving workshops focusing on both figurative and non-objective painting and composition. A self-described "visual learner" his passion for art was triggered by a chance meeting with painter Wayne Thiebaud at Sacramento



CONTRIBUTED PHOTO

**David VanderJagt's** "Transformation" is a salt-fired clay piece inspired by the textures, patterns and colors of nature.

City College where Wong was majoring in engineering. After a few of Thiebaud's classes, he switched to art and completed

a BFA and MFA at California College of the Arts (CCA). He credits the diversity of [SEE GALLERY page 6]

# Stanley Truman Exhibit Curated by Local Photographer

By DAVID DIERKS  
 Staff Writer

Scott McCue of Scott McCue Photography in Orinda Village is the guest curator for "Reflections in Time: Photographs by Stanley Truman" at the Saint Mary's College Museum of Art in the new John and Julia Armistead Gallery. The exhibit showcases some of Truman's iconic black and white photographs from his career. Truman (1903-1993) was born in San Francisco, graduated from the University of California Medical School, and practiced medicine in Oakland for 43 years. In the 1920s, Truman started experimenting with photography to create illustrations for medical school articles.

McCue, as the guest curator on the Truman exhibit, selected the images that would be used for the exhibit. "What I looked at was 200-300 images spanning the whole range of his lifetime of work. I chose about 30 or 35 images that I felt showed lighting, texture and beauty – a lot of them going to times and places that don't exist anymore. One of the entry pictures is a beautiful soft atmospheric photograph of Lake Merritt,

[SEE TRUMAN page 6]



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ORINDA ASSOCIATION

**A Message From the OA President  
Getting Around Downtown and Elsewhere**



Mark Roberts

I focused on Orinda's business districts in my column last month, and I'll start with them this month – specifically, driving around and parking in them.

At a meeting I attended recently, Police Chief Jeff Jennings reminded me of a state law that I previously wasn't sure about but which relates to an activity I often see, especially on Moraga Way between Camino Pablo and Bryant Way. That's drivers heading in one direction turning and crossing the double yellow line to park in a diagonal space on the other side of the street.

As it turns out, that's illegal, as is any type of turn across a double yellow line in a business district. While I'm sure it's tempting to make that move when you see an open spot, you need to resist. If you're heading north on Moraga Way toward Highway 24, use the traffic circle at Bryant Way to reverse direction. If you're heading south – well, I know it's a long way around Camino Pablo and Brookwood Road but that's what you should do. Hanging what is essentially a U-turn puts you at risk as well as other motorists and pedestrians who may be crossing the street. If you need an additional incentive to do the right thing, Chief Jennings said that his officers have been citing violators – and that's a moving violation.

I have confirmed that it's also illegal to make a U-turn at an intersection in a business district, such as Moraga Way at Brookwood or Southwood Drive.

While hunting for a parking spot on the street, for example, along Moraga Way near the Orinda Theatre or along Orinda Way near the Community Center, can be frustrating at times, please be patient and remember: all street parking in Orinda is meter-free (you can't say that about Lafayette or Walnut Creek), and you might actually enjoy the short walk from the spot you find to your destination.

I'll let you in on my strategy when I'm looking for a space near the theater. If I don't find one on the first pass, I'll head down Bryant Way – past the Casa Orinda and the new Flying A station – turn right on Davis Road then make a quick left on Bates Blvd. I can nearly always find a space there on evenings and weekends although it can be tougher on weekdays when the medical offices are open. Then I just walk down Vashell Way – the alley behind the gas station and the Casa – to my destination. Since I pay attention to vehicles, I'll sometimes notice that I've arrived while other drivers I saw earlier are still hunting for a spot.

With wetter weather upon us, I want to remind you about another law aimed at

enhancing safety on the road. It's been on the books for several years now, but I've observed too many drivers who aren't aware of it or ignore it. Here it is: Whenever you turn on your windshield wipers, turn on your headlights.

It's that simple. Regardless of the time of day, if there's enough precipitation to cause you to turn on your wipers (even intermittently), you need to turn on your headlights, too. Doing so makes it easier for your vehicle to be seen by other drivers – and for you to see vehicles that don't have their lights on. It's all about visibility, especially at higher speeds in heavier rain. You know what I mean if you've ever come up on the tail of a vehicle with its lights off on Highway 24 in a downpour. It's scary because you can't see it until it's almost too late. So, please, play it safe: Wipers on? Headlights on!

There are two groups of people I want to thank – even if the connection to driving is a little tentative. First, thanks to the members of Orinda's four garden clubs who devote so much time to enhancing the beauty of our business districts by planting and maintaining the landscaped areas and planters along our streets. I truly appreciate their labor of love that makes our business districts more inviting year round.

For automotive beauty, you can't beat Orinda's Classic Car Show, and the seventh edition on September 24 was the best ever. With the display expanding onto the golf course of the Orinda County Club, the gorgeous backdrops enhanced the gleaming paint jobs. Special thanks go to organizers extraordinaire Chip and Carolyn Herman and to generous hosts Allen and Terry Pennebaker, John Vanek and everyone at Orinda Motors for producing another smashing success. The proceeds from the show benefited EFO, the Orinda Historical Society and Seniors Around Town.

Finally, I want to reiterate that one of the goals of the Orinda Association is to encourage residents to be informed and base their opinions and involvement on facts rather than rumor or innuendo. When I offered my opinion on the closing of the restaurant at 65 Moraga Way and the resulting vacancy in my column last month, it was just that – my opinion. I did not speak with the property owner or the former restaurant owner before writing that column. I based my opinion on my observations, interpretation of the situation, and history. The property owner contacted me to share her perspective and point of view. I'm still not sure if I have all the facts, but I regret any misinformation I may have shared.

The Orinda Association

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

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

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The Orinda Association  
Volunteer of the Year and  
William Penn Mott, Jr.  
Environmental Awards are Coming. Send in  
Your Nominations Today!

The Orinda Association is currently accepting nominations for the 2011 Volunteer of the Year and the 2011 William Penn Mott, Jr. Environmental Award winner. Please send your nominations to Orinda Association, P.O. Box 97, Orinda, CA 94563 or email to [oa@orindaassociation.org](mailto:oa@orindaassociation.org).



## So Much to Be Thankful For This Time of the Year

It's hard to believe but Thanksgiving is almost upon us. I feel I have so much to be thankful for, especially my wonderfully supportive Orinda Association Board of Directors and all the talented writers who give their time and expertise to the paper. I'm also blessed with a stream of young, enthusiastic interns eager to file ads, ar-

chive papers, and do the occasional story or photograph. Our three latest interns are profiled below. If you run into them around town, please say hi.

I would also like to thank our supportive advertisers and avid readers, without whom this paper would not be possible.

– Sally Hogarty, Editor

## Meet Our Newest Interns – Three Seventh Graders



SALLY HOGARTY

Nicole Gagliardi, Melissa Wilson, and Mikayla Llewellyn are the new interns at *The Orinda News*.

Each of our 12-year-old interns asked the others a series of questions: 1. What is your favorite color? 2. What is your favorite subject? 3. What is your hobby? 4. What do you want to be when you grow up? 5. What pets do you have? 6. Why are you doing an internship with *The Orinda News*? Here are their answers.

### Nicole Gagliardi

1. Pink
2. Science
3. I don't have a hobby.
4. Superstar
5. None but I want a porkie. It's mix between a poodle and a yorkie.
6. I like writing and want to learn about photography and I thought this would be fun.

–Melissa Wilson

### Melissa Wilson

1. Blue and purple
2. Math
3. Soccer
4. Astronomer
5. A dog, two guinea pigs, and a turtle
6. To learn more about writing and how to take notes.

– Mikayla Llewellyn

### Mikayla Llewellyn

1. Red
2. History
3. Horseback riding
4. Interior designer or veterinarian for horses
5. Dog, fish, two cats, about 20 chickens
6. I've always been interested in how newspapers work.

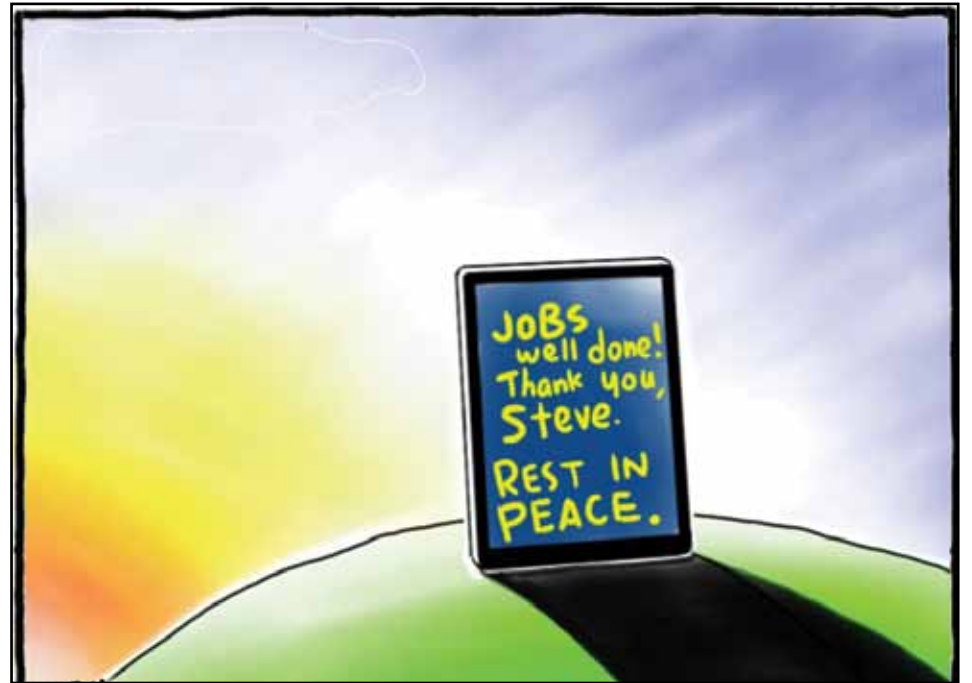
–Nicole Gagliardi

## ◆ ROADS from page 1

would be roughly \$12.5 million dollars.

Taken together, repairing all the drainage and bringing the average of all the roads up to a good standard (PCI of 85 or better) would cost the City of Orinda in the neighborhood of \$67 million dollars. Sixty-nine percent of Orinda's roads are residential. Bringing only these roads up to a good standard would run \$43 million dollars, again with the drainage costing \$12.5 million dollars, totaling out at \$55.5 million dollars.

The Roads Subcommittee came up with the following recommended approaches to funding options: Propose two to three ballot measures over a 4-8 year period to restore all roads to good condition and repair the storm drains (a percentage of the monies raised will be allocated to each specified condition to ensure that residential, arterials and collectors will eventually be addressed); and propose two to three ballot measures over a 4-8 year period to restore all roads to good condition and repair the storm drains, utilizing the "worst first" ap-



## Letter to the Editor

### Owners Owed an Apology

The Message from the OA President in the October issue of *The Orinda News* made a number of false statements about the demise of Trattoria Lupetti and the role of the building's owners in that demise.

Before correcting the story, I want to disclose that I represented the building owners as an attorney in their business dealings with Trattoria Lupetti. Over the course of those dealings, I also became friends and supporters of Michele and Mariam Lavecchia, the owners of Trattoria Lupetti. I also have worked with Mark Roberts over the last three years helping to organize food vendors for the OA Fourth of July celebration, and I have great respect for his commitment to this community.

Knowing Mark and his commitment to Orinda as I do, it is both disturbing and surprising to me that he did not find out the real facts before writing his October Message blaming the owners of 65 Moraga Way for the downfall of Trattoria Lupetti. That characterization could not be farther from the truth.

The truth is that the building where Trattoria Lupetti was located is owned by a local family who have lived and operated businesses in Orinda for decades. They supported Trattoria Lupetti from the beginning – facilitating the transaction that

brought the Lavecchias in as its owners, working with Trattoria Lupetti to find a rent that would allow the restaurant to succeed, investing their own money into the operations, and spending many hours promoting the restaurant to their friends and neighbors in Orinda.

In short, instead of squeezing Trattoria Lupetti out as Mark alleged, the owners did everything they could to try to help the restaurant succeed. They recognize, as Mark wrote that all Orinda landlords should, that their success is tied to the success of their tenants.

As in any situation where a business fails, there were a variety of factors that led to the closing of Trattoria Lupetti. Having lived through it, from beginning to end, I cannot put my finger on any single reason why the restaurant did not succeed. It truly was a confluence of unfortunate circumstances. But one thing is abundantly clear – there was no "lack of flexibility" on the part of the building's landlords to accommodate the restaurant, and no one other than the Lavecchias themselves were more emotionally, personally and financially invested in the success of Trattoria Lupetti than the building's owners.

Mark Roberts owes those owners a public and personal apology for the attack in his Message.

– Clay Deanhardt

proach to prioritize road and drain project selection.

The City Council asked questions and called for more facts in order to narrow the choices and placed the topic on the agenda of the November 15 City Council meeting. Councilmember Steve Glazer said that he hopes "a decision will then be made whether to do a public opinion poll. If they want to do a public opinion poll, then staff will administer that in conjunc-

tion with a council subcommittee or some other faction, to prepare that poll and have it completed sometime in early January. The results and final decision points will be returned to the City Council and the community in a later January meeting as to whether a measure will appear on the June 2012 ballot."

For more information, visit [www.ci.orinda.ca.us](http://www.ci.orinda.ca.us) and click on Roads and Infrastructure.

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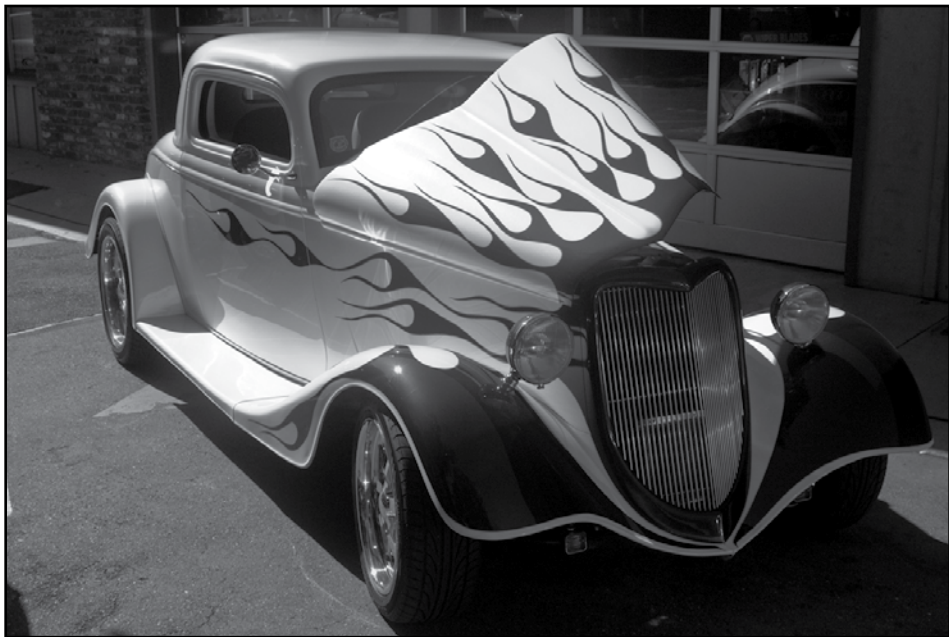
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For display advertising rates, call Jill Gelster at 925-528-9225 or email to [jill@aspenconsult.net](mailto:jill@aspenconsult.net). The deadline for the January issue is November 20, 2011.

CARS

# Orinda Classic Car Show Fuels Local Charities



DAVID DIERKS

Bill Spiller's 1934 Ford Coupe.

By DAVID DIERKS  
Staff Writer

The massively successful 7th annual Orinda Classic Car Show, hosted by Orinda Motors and Chip Herman, netted over \$45,000 for local charities. The event spanned two days, September 23 and 24, and showcased 175 vehicles along Avenida de Orinda, Orinda Way and the 16th fairway of the Orinda Country Club.

"Dancing with the Cars," the Friday night ticketed party, gave attendees a sneak peek at some of the classic cars. The party was presented by Mechanics Bank and sponsored by AON Corporation, Living Lean, Merrill Lynch Wealth Management, and Professional Automotive. On display were

historical memorabilia and vintage cars, a joint exhibit coordinated by Orinda Motors and the Orinda Historical Society. Two vehicles were auctioned off during the party: a Saab convertible, won by Lee Marona; and a Ford Explorer, won by Tom McCormick. The event raised \$25,500 for the Educational Foundation of Orinda (EFO).

Saturday was the main event with all the vehicles on display. The show ran from 10 a.m. until 2 p.m., culminating in a parade where some lucky attendees were able to ride in the vehicles on display. The presenting sponsor for the entire weekend event was Orinda Motors, with generous support from the Orinda Country Club in opening their 16th fairway for displaying some of the cars. Seniors Around Town, an Orinda

## CAR TIME COMMUNITY INVOLVEMENT

By JEFF JOYCE



With the economy in its current distressed condition, many residents are making sacrifices and changes in their day-to-day activities while entire communities watch as various nonprofit and educational programs face more and more cutbacks.

We see funding cuts for transportation costs affecting our seniors. We see schools struggling to outfit their sports teams. There are school districts that have eliminated school bus transportation for their students. Times are tougher than ever.

Fortunately, there are local businesses that have chosen to invest in many different programs by sponsoring local events, hosting sporting venues, and donating space and water for charity car washes. Orinda Motors (OM) continues to focus on ways to help and it shows! Just recently, our car show raised \$45,000 for the Orinda Historical Society, the Seniors Around Town Transportation Fund, and the Educational Foundation of Orinda. OM is a primary

sponsor of the annual 4th of July parade and Orinda Baseball Association's opening day as well as The Nor-Cal Kids Triathlon.

Local businesses are struggling to make ends meet and Orinda Motors is no exception. The company, however, realizes the importance of supporting its local community. Rather than spending large sums of money on advertising, OM prefers to spend these dollars helping local organizations survive. It's a great way to say thank you to our loyal customers and, perhaps, introduce new customers to the great car care OM is known for. Orinda Motors hopes to be here for many more years to come keeping your cars running at their best and allowing our local nonprofits to continue their many services to the community.

Customer loyalty is very hard to earn with so many companies fighting for their slice of the pie. We encourage you to patronize the local businesses that give their time and money to community events.

Association program that provides transportation for seniors who no longer drive, received \$10,000 from the event.

The Orinda Historical Society, Campolindo High School's auto shop class, the Orinda Chamber of Commerce, and the Orinda Rotary also benefited from the show.

For more information about the Orinda Classic Car Show and to see a photo gallery of some vehicles in the show, visit [www.orindacarshow.com](http://www.orindacarshow.com).



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## CONTINUATIONS

## ◆ GALLERY from page 2

instructions and professors at CCA with opening and expanding his creativity and attitudes about the arts. His paintings are often an abstraction of his inner thoughts and feelings with colors, space, movements and depth essential elements of his expressions.

At the end of her 15-year career at Kodak, Terry Riggins of Moraga was given the opportunity to re-train in a new career. With two young boys at home, re-entering the corporate world was not on the agenda; Riggins opted to learn how to take better pictures of her family.

For six months, she and her instructor met at Glorietta School while she learned stop-action and other techniques, always giving the prints to the teachers and kids. One of the teachers pursued Riggins to take photos of her family at Lafayette Reservoir. "I loved it! I didn't even know I had a creative side until then," says Riggins. Her home-based career blossomed from this experience. Her husband, Wes, and two boys (Ryan and Matt) have participated in the business from the beginning.

"Operating [the business] out of our home created an incubator for teaching them polite manners and skills like striking up a conversation." For the last three years, local student Olivia Moore has been an intern, and Riggins is grateful for her talent and can-do attitude.

Riggins niche is photographing children and families, and she has always worked closely with local schools and nonprofits doing sittings, which turn into dollars at school auctions. Over the past eight years,



TERRY RIGGINS  
Terry Riggins photo Just another Day at the Beach.

her company has donated over \$175,000 in photography services to schools and nonprofits in the local community. "Photography teaches the kids to be so much in the moment; if you want authenticity, you have to be there with them and step into their beauty and joy – a very intimate experience." She hopes people will walk away from the exhibit reflecting on their own family and that they will pick up a camera and start taking pictures. Go to [www.terryrigginsphotography.com](http://www.terryrigginsphotography.com) for more information.

Bruno Kark spent his early childhood

in San Francisco, Holland and London. Kark enjoyed a kid's pottery class at the Museum of Modern Art in San Francisco and was taken with the idea of turning mud into something and baking it into a finished usable object. Learning the pottery wheel, drew him into the enjoyment of clay even more; he wanted to make voluminous jar-type containers he saw in history books. This love for clay set the path for the rest of his life, including an apprenticeship in Japan. Kark has weathered the journey of turning his love of clay into a business, as well as teaching and giving back to "a community that taught me."

He has exhibited extensively including at the de Young Museum and Asian Art Museum in San Francisco; he has won awards including first place in Fine Arts and Crafts and the Jack Hael Award at the Marin County Fair. A member of Clay Art Guild in Walnut Creek, his work is on display at Living Green (behind the Galleria at the San Francisco Design Center). His many works in the show include pieces done with unique Japanese techniques. Learn more about Kark at [www.brunokark.com](http://www.brunokark.com).

David VanderJagt of Walnut Creek has been working with clay for 15 years; originally he was an art teacher then switched to science (7th grade). Both science and art have always been strong interests for him because both require a lot of creativity. Teaching the scientific method in school, he realized that it's the same thing artists have been doing – create a hypothesis, experiment, and draw conclusions as to whether or not you are successful. He taught his students that, "You can't just approach sci-

ence with analytics and math – you need vision, wonder and imagination." Teaching future inventors, doctors and lawyers, he wanted them to learn how to be problem-solvers, creative solution makers. At Clay Art Studio in Walnut Creek, where he is currently president, VanderJagt says, "We all take the same 25 lb. bag of clay and each of us comes up with different results. It's mind boggling!"

Collaboration is another important aspect of VanderJagt's creative life. He's always enjoyed "percolating ideas about art with other artists" and likes to be involved in organizations. The two areas he is interested in at the moment are salt firing and raku – both are totally affected by the chemicals applied in the firing process. He often starts with a sketch but relies more on taking the clay, rolling it out, finding the textures that seem to fit, and going from there; sometimes the shape "wants to be" a vessel but ends up being a large wall piece. Most of the glazes and firing processes he chooses result in colors observed in the natural world. Lettuce restaurant in Walnut Creek is displaying 14 of his pieces; he calls it "fresh local produce and fresh local art." He believes that art is essential to our community and that our ability to express ourselves separates us from any other creature.

Visit the Orinda Library 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.

## ◆ TRUMAN from page 2

looking through the trees in downtown Oakland, and you can just barely make out the buildings. People will say 'I've been there, but I haven't seen it that way,' which is the magic of photography," said McCue.

Using photographs, Truman catalogued the history, landscape and flora of California. "Truman gave St. Mary's all of his negatives, along with a representative group of all of his pictures. There are probably other images that St. Mary's doesn't have examples of and, at some point, it would be interesting to go through and scan the negatives and create some prints to bring back the images that are not there," said McCue.

During his lifetime, Truman had many shows at local museums including the California Historical Society, the Hearst Art Gallery, the Oakland Museum, the San Francisco Museum of Modern Art, and the San Jose Museum of Modern Art. "He had a very high standard for the images

he produced, but he tended not to produce them in great quantities. So of the pictures he produced, there may be a maximum of three or four copies. This was his side passion, because he was a medical doctor. It was what he loved to do in his off hours," said McCue.

McCue has been a professional photographer in Orinda for about 18 years. McCue said, "I originally met Stan when I was a teenager and was interested in photography. He introduced me into doing work in the



CONTRIBUTED PHOTO  
Truman's photo "Horseshoes, Mountain Ranch."

dark room. He had a full dark room and taught me how to use it. We went out and did a few photography expeditions together, photographing in the Gold Country and Sacramento Valley. He was the first person that showed me there was another level to what you can do with a photograph."

McCue has worked with the Hearst Art Gallery doing documentation photography for various publications in shows for a number of years. "I did all the photography for the catalog on William Keith among other things," said McCue. "It's not just an art gallery. It's one of the nicest small venues putting on really high quality shows. The exhibition staff displays things really well. It's definitely far and above many of the other museums around if you want to get an intimate look at some of the artwork they are presenting. They do a first class job on their shows," added McCue.

Saint Mary's College has recently expanded their museum by adding more galleries. Other exhibits currently running



CONTRIBUTED PHOTO  
Truman's photo "Agave, San Luis Obispo Mission."

include: The Comprehensive Keith: A Centennial Tribute at the Hearst Art Gallery; and Masks, Costumes and Jewelry from the Ethnographic Collection at the Studio Gallery. The exhibits run through December 18, 2011. The Truman and Mask exhibits will reopen February 5 and run until March 25, 2012. For more information, visit [www.stmarys-ca.edu/arts/hearst-art-gallery/current-exhibits](http://www.stmarys-ca.edu/arts/hearst-art-gallery/current-exhibits).

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BUCHANAN FAMILY / POLICE

# Family Struggles to Bring Critically Injured Teen Home to Orinda

By KATHRYN G. MCCARTY  
Staff Writer

Images on Ryan Buchanan's Facebook pages show a handsome young man with a mischievous grin. Approaching his senior year at Miramonte High School, Ryan, according to his dad Bret, has "more best friends than any single person I know."

The Facebook images are telling: a young man perched atop a skateboard on a stair railing; catching air on a snowboard jump against a background of crisp white snow; smiling in a tuxedo at a party before a school dance; bouncing on a trampoline with friends; wearing sunglasses, which reflect a pretty young woman at the beach; playing guitar; and leading worship at his church.

College was on his horizon, and Ryan had a passion for civil engineering. This past summer, Ryan and his brother Jacob (a freshman at Campolindo High School) had been helping their Dad with "minor construction activities" while preparing for the opening of the family restaurant (the Black Bear Diner on Admiral Callaghan Lane in Vallejo) when tragedy struck.

While visiting Sunset State Beach near Watsonville, Ryan and a friend from his youth group at Creekside Community Church in Alamo dug two deep holes in the sand and a tunnel to connect them. The outing with friends to the Santa Cruz County beach went horribly wrong when the tunnel collapsed and buried Ryan and his friend alive. The other boy was rescued from the sand within about five minutes, but Ryan was deeper, and it took rescuers 15 minutes to pull him out. Five minutes later, paramedics were finally able to resuscitate him. Ryan was rushed by helicopter to Santa Clara Valley Medical Center.

"Ryan is a fighter," Bret writes on the daily blog he and his wife Janine have kept since Ryan's accident. The blog is an account of the slow and arduous path in Ryan's recovery and a testament to the family's bond and a father's hope. "I miss his sense of humor. His one-liners are hilarious. I can't wait to hear his voice," the elder Buchanan writes.

After five days in the hospital, Ryan was weaned off sedatives. Within a week, he was stable enough to be transferred to Kaiser Hospital Oakland. The family played the "waiting game" learning that, while all his organs were working, an MRI showed brain cell damage caused by lack of oxygen. After two months in Kaiser



CONTRIBUTED PHOTO  
Ryan Buchanan's photo last year before a school dance.

Hospital, Ryan was moved to George Mark Children's House in San Leandro.

Indeed, the family's indelible faith is evident in each and every journal entry. After a July meeting in which doctors told the family Ryan is in a "perpetual vegetative state which for all intents and purposes means he will not regain any voluntary motion," Bret wrote an incredibly moving prayer on the website.

The next step for the Buchanans includes meeting with architects in order to renovate their house so that they can bring Ryan home. But the cost is staggering. Family and friends have raised around \$30,000 of the estimated \$500-600,000 needed. In addition, the family needs help raising funds for Ryan's on-going medical expenses. "He requires a lot of nursing care and once he is home, we'll need to hire a nurse, along with all medical supplies," Bret explains. "Health insurance covers some of it, but an extra \$100K per year will be needed to support his needs."

Ryan's fellow students at Miramonte have also been trying to help financially. They held a carwash fundraiser at Orinda Motors on October 22 with all proceeds going to help Ryan and his family. Besides financial donations, the Buchanans need construction materials like lumber, drywall, roofing material, glass, wiring, and conduit.

For now, the family is taking it one step at a time. "How do I balance life?" Bret asks. "Life is what it is. I just go with the flow."

Bret says that the accident has taught him a lesson: "To trust in God's divine plan, be grateful for what you have, live and love moment by moment."

To donate towards Ryan's medical expenses, or to follow the family's journal, visit [www.ryanbuchanan.org](http://www.ryanbuchanan.org).



## POLICE BLOTTER

September 2011

**False Residential Alarms:** Officers responded to 128 false alarm calls throughout the city.

**Burglary - Auto:** 2 incidents were reported on Martha Rd. and La Bolsita.

**Burglary - Commercial:** 1 incident was reported on Camino Sobrante.

**Burglary - Residential:** 2 incidents were reported on Miner Rd. and Southwood Dr.

**Grand Theft - From Vehicle:** 2 incidents were reported on Moraga Wy. and Tara Rd.

**Petty Theft - From Vehicle:** 5 incidents were reported on Dover Ct. (2),

Camino Pablo (2) and Loma Vista Dr. **Arrests**

**Battery - Domestic:** 1 arrest was made on Orchard Rd.

**Recovered Stolen Vehicle:** 1 vehicle was stolen on Arbolado Ct. @ Muth Dr.

**Warrant Arrest:** 2 arrests were made on Lost Valley Dr., Brookwood Rd. @ Camino Pablo.

**Orinda BART Station**  
**0 incidents were reported.**

- Compiled by Jeanette Irving,  
Orinda Police Department

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## ANIMAL TALES / SENIORS

## Something to Howl About... Animal Tales

Give Thanks for the Animals in our Lives

Jennifer Conroy



Whether we are pet owners or not, every day every one of us encounters an animal – be it a squirrel making a fast break across the street or a neighbor's dog or the cat that decides our yard is the perfect spot for sunbathing. As Thanksgiving approaches, it feels right to be thankful for the animals in our lives and all they bring to enhance it.

Yes, some of them may qualify as "pests" – that little mole that creates dirt piles in the garden or the deer that eats the roses – but each animal, domestic or wild, brings a purpose to our world worthy of at least some appreciation. That mole, for example, churns the earth, helping bring nutrients to the top soil, even as it disturbs a plant or two. Think of the rose-eating deer as nature's personal pruner!

Truthfully, though, it is the animal who shares our home and hearth that bears the most intense meaning for us. The dog who knows, even before they show up, that the kids are due home from school. The cat who senses just the right time to rub against our leg.

With the holidays approaching, there may be a tendency to overindulge pets to show them how much we love them or to make up for past disregard. Treats from the holiday table, expensive toys, or, goodness gracious, dressing them in costumes, do not really constitute what is best for our pets.

Watch out for holiday food treats. If your pet is accustomed to a specific diet, don't rock the boat by loading the pet dish up with leftover Thanksgiving turkey and stuffing. Foods too rich or too different from the usual diet can quickly make a pet ill.

As for expensive toys, for a dog, try instead to put a dog biscuit inside the cardboard remainder of a toilet paper roll, fold in the edges, and toss that to your dog. Your pooch will love being able to "find" the cookie and the destruction of the cardboard roll will be small enough to make for easy clean up. Your cat will be entertained by a paper shopping sack that you've opened up and made a hole at the bottom so you can "finger wrestle" with kitty.

Putting costumes on your pet is a topic I won't touch but will only say that, amazingly, some dogs don't seem to mind, whereas I've never seen a happy cat in a costume!

The best way to show your gratitude to the companion animals in your life is by making your veterinarian your pets' second best friend (second to you!) with regular checkups, teeth cleaning, and vaccinations. If you haven't scheduled an annual checkup for your pet, think about doing it now. With a clean bill of health, all your animal needs after that is consistent positive attention from you that includes a good diet, plenty of fresh water, a safe place to relieve, and a comfy place to rest.

## Dancers, Music Lovers are Invited to Lamorinda Seniors Event

By DIANE BIERWAGEN  
Contributing Writer

Couples and singles, experienced dancers and beginners, social fans, and music lovers all are invited to join the fun at the only afternoon dance social in the Lamorinda area. The longtime seniors event is held Wednesday's 12:30 to 2:50 p.m., at Lafayette Community Center, 500 St. Mary's Road.

It all takes place in the large, Live Oak Room with plenty of space for everyone. You might see dancers doing their favorite styles and steps, those who like to watch and clap for the dancers, others who enjoy the music and table chat, and still others who take advantage of free corners to practice steps, or just enjoy moving to the music.

The dance social specializes in ballroom, including swing, fox trot, waltz, tango, but other styles and choices also succeed, the board emphasizes. "One dancer does solo ballet-jazz, another practices ballroom by herself. We encourage solo dancing as an enjoyable way to get out on the dance floor anytime you want," says president of the dance social group Elroy Holtmann.

A popular feature is ballroom lessons and DJ services by a professional couple, Karen and Michael, who come the first Wednesday of each month. Other weeks, Holtmann, a long-time Lafayette resident, presents selected, recorded ballroom music,



CONTRIBUTED PHOTO  
Estelle and Cliff Web of Orinda enjoy attending the dance socials where Cliff is vice president of the organization.

compiled by DJ Dan Foley.

The dance social is \$2 for members of the Lafayette Senior Center, and \$4 for non-members. It's just \$10 yearly to join the center.

See the website for a map, additional details, and any upcoming skip dates: [sites.google.com/site/lafayetteteadance](http://sites.google.com/site/lafayetteteadance). Periodically, the dance group has to skip a scheduled social depending upon the needs of the Community Center.

### ◆ STATION from page 1

graduate went on to work his way through the ranks, and in 1996, he and his wife Terry took over ownership of Orinda Motors. The local repair facility has gone through many changes since then and has established itself as a community leader, contributing substantially to local nonprofits.

But now Pennebaker is back where he started – pumping gas. He recently purchased the vacant Valero gas station close to the Orinda Theatre, completely renovated the site, and changed the name to the Flying A. "I chose the Flying A brand because of the quality of gas and value it represents as well as the nostalgic connection to the original Flying A gas station in Orinda many years ago," Pennebaker explains.

The new station offers competitive gas prices combined with the type of service and cleanliness Orinda Motors is known for. Pennebaker also saw an opportunity to expand the services offered with the addition of a full service automotive detail shop. "I think it's a good fit for the Lamorinda area," he adds. Pennebaker searched Contra Costa County for the best detailer to manage the new service and found him in Joe Torbati. After years of experience

detailing all types of vehicles, Torbati still enjoys seeing his customers' amazement when a dull paint finish turns into a mirror like reflection.

Orinda Auto Detail offers everything from a simple hand car wash to a complete detail, paint restoration, carpet and seat shampoo, minor dent and paint repair, and windshield repair. "I like the idea that we can detail a car, fill the tank with gas, and deliver it to a customer's home or business," Pennebaker says. "Many professionals in Orinda like the idea of having their vehicle cleaned while they are at work. Getting their car back with a full tank of gas is just a bonus."

Another local resident that has come full circle is Gino Chiodo, owner of Entourage Spa in Theatre Square. A long-time Orinda Motors customer, Chiodo recently purchased his favorite car from his past -- a 1960 Triumph TR3. Restored by Orinda Motors, Chiodo's car received the first fill up at the Flying A with Pennebaker holding the pump. "I told myself that if I was given the chance I would once again get behind the wheel of a black Triumph," says Chiodo. Of course, Chiodo's classic car also received the complete polishing treatment by Torbati.



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PRE SCHOOLS

# Lamorinda Preschools Create Wonderful Environments for Children

By ELANA O'LOSKEY  
Staff Writer

Preschool is an important part of forming a child's personal, social and emotional development, as well as helping parents with their busy schedules. Below is *The Orinda News'* list of Lamorinda preschool and after-school programs.

Contact the schools for further information on enrollment and cost. Also, visit [www.eastbaypreschools.com](http://www.eastbaypreschools.com), a handy resource for families researching programs for their children.

**Orinda**

**Fountainhead Montessori School**  
30 Santa Maria Way, Orinda, CA 94563  
925-820-1343  
7 a.m. to 6 p.m.

Children ages 2 to Kindergarten, Summer School  
[www.fms.org](http://www.fms.org)

**Holy Shepherd Christian Preschool**  
433 Moraga Way, Orinda, CA 94563  
925-254-3429

9 a.m. to Noon, extended day until 2 p.m.  
Toddler (2-3), Pre-kindergarten (ages 4-5),  
Extended care (monthly or hourly)  
[www.holyshepherd.org](http://www.holyshepherd.org)

**St. John Preschool**  
501 Moraga Way, Orinda, CA 94563  
925-254-4470  
7 a.m. to 5:30 p.m.

Preschool (2-3 or 4-5), Jr. Kindergarten (4+)  
[www.preschool@stjohnorinda.org](http://www.preschool@stjohnorinda.org)

**St. Mark's Nursery School**  
451 Moraga Way, Orinda, CA 94563  
925-254-1364

Age 3 (Tu/Th) 9 a.m. to noon, age 4 (Mon/Wed/Fri) 9 a.m. to noon, Lunch Bunch (daily, Noon to 2 p.m., all ages)  
[stmarksnurseryschoolorinda@gmail.com](mailto:stmarksnurseryschoolorinda@gmail.com)  
[www.stmarksnurseryschool.org](http://www.stmarksnurseryschool.org)

**St. Stephen's Preschool**  
66 St. Stephen's Dr., Orinda, CA 94563  
925-254-3770, ext. 19

2 year program 9 a.m. to 11:30, Tu/Th, age 3 to Pre-K 9 a.m. to noon, MWF, with optional lunch bunch on MW until 2 p.m.  
[www.ststephensorinda.org/preschool.htm](http://www.ststephensorinda.org/preschool.htm)

**The Orinda Preschool – TOPS**  
10 Irwin Way, Orinda, CA 94563  
925-254-2551

8:45 a.m. to 12:00 p.m.  
Preschool (ages 2-4), optional afternoon Lunch Bunch Playgroup (ages 3-5), Transitional Kindergarten (age 5)  
[www.topsonline.org](http://www.topsonline.org)  
[topsonline@sbcglobal.net](mailto:topsonline@sbcglobal.net)

**Lafayette**

**Apple Seed Little School**  
Lafayette, CA  
925-979-9089

8 a.m. to 5:30 p.m.  
2 to 5 years old, Preschool Program with extended child care  
[www.appleseedlittleschool.com](http://www.appleseedlittleschool.com)

**Building Bridges Preschool**  
1035 Carol Lane, Lafayette, CA 94549  
925-283-6792

8 a.m. to 5 p.m.  
Preschool Program with extended care to 5 p.m., ages 2 to 6.  
[www.buildingbridgespreschool.com](http://www.buildingbridgespreschool.com)

**Center of Arts, Technology & Science**  
961 1st Street, Lafayette, CA 94549  
925-283-4500

7 a.m. to 6 p.m.  
4 yrs 9 mos and up, Pre-K, before/after school care year round, summer camp

**The Child Day Schools**  
1049 Stuart Street, Lafayette, CA 94549  
925-284-7092

6:45 a.m. to 6:15 p.m.  
Ages 2-6, minimum 3-5 days per week, Twos, Threes, Pre-K, summer care, developmental Kindergarten  
[www.tcdschools.com](http://www.tcdschools.com)

**Diablo Valley Montessori School**  
3390 Deerhill Road, Lafayette, CA 94549  
925-283-6036

7:30 a.m. to 6 p.m.  
Infant/toddler (3 months to 2 yrs.), 8 a.m. to 5 p.m.; Two's/Transition (2-3 yrs.), Preschool/Kindergarten (3-6 yrs.) with times available 7:30 a.m. to 6 p.m., half-day morning program (2-6 yrs.), extended care (7:30 a.m. to 6 p.m. for enrolled students), summer program (3-6 yrs.)  
[www.dvms.org](http://www.dvms.org)

**First Steps Learning Center**  
3201 Stanley Blvd., Lafayette, CA 94549  
925-933-6283

7 a.m. to 6 p.m.  
Ages 0-2; infant care, full time only, year-round.

**French for Fun**  
3468 Mt. Diablo Blvd., Suite B100, Lafayette, CA 94549  
925-283-9822

Tots at Play, 15 mos. to 3 yrs., M&W, 11:15 a.m. to noon. French Immersion, 2.5 to 3.5 yrs., (3 or 5 days) 9 to 11:00 a.m. French a la Carte, Pre-K, M-F, noon to 2 p.m. Moms n Tots; Baby Circle – babies up to 24 months.  
[Madame@frenchforfun.com](mailto:Madame@frenchforfun.com)  
[www.frenchforfun.com](http://www.frenchforfun.com)

[SEE PRESCHOOLS page 10]



**Benoit Pelchat, Madison Silveira, Brooke Layman and Sophia Knight.** They are all in the 4's class of Mrs. Patricia Mahoney at St. Mark's Nursery School.



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**St. Stephen's Preschool**

Ages 2-5  
Monday - Friday, 9 a.m. - noon

66 St. Stephen's Dr., Orinda CA 94563  
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[www.ststephensorinda.org](http://www.ststephensorinda.org)



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PRE SCHOOLS

◆ PRESCHOOLS from page 9

Gan Ilan Preschool, Temple Isaiah  
3800 Mt. Diablo Blvd., Lafayette, CA 94549  
925-284-8453  
9 a.m. to 1 p.m.: ages 2-4  
8 to 9 a.m. and 1 to 3 p.m.: Extended Care  
www.Temple-Isaiah.org

Happy Days Learning Center  
3205 Stanley Blvd., Lafayette, CA 94549  
925-932-8088  
7 a.m. to 6 p.m.

Age 2-5+, Preschool, Kindergarten up to 5th grade. Before and after school care ages 5-12

Joyful Beginnings Preschool  
955 Moraga Road, Lafayette, CA 94549  
925-284-1143

3 year program Tu/Th 8:45 a.m. to 11:45 a.m. 4 year program MWF 8:45 a.m. to 11:45 a.m. Pre-K M-F 8:45 a.m. to 11:45 a.m. Lunch Bunch 11:45 a.m. to 2:45 p.m.  
www.joyfulbeginnings@sbcglobal.net  
www.jbpreschool.org

Lafayette Kid's Cottage  
Downtown Lafayette, CA 94549  
925-283-6423

Preschool Program 2.9 yrs. to 5 yrs. 9:30 a.m. to 2:30 p.m. After School Program 5 yrs. to 10 yrs. 2:30 p.m. to 6 p.m.  
www.lafayettekids.com

Lafayette Nursery School  
979 First Street, Lafayette, CA 94549  
925-284-2448

Preschool Program 2 yrs. 9 mo. to 5 yrs. 2.9-4 Yr. Old Morning Program: MWF 9 a.m. to 11:30 a.m.

4-Pre-K Afternoon Program: M-Th 12:30 p.m. to 3 p.m.  
lafayettenurseryschool@mail.org  
www.lafayettenurseryschool.org

Merriewood Children's Center  
561 Merriewood Drive, Lafayette, CA 94549  
925-284-2121

Toddler-parent class, Monday only 9 to 11:30 a.m. Preschool: Age 2.5-3 (2 day), age 3-4 (3 day); Age 4-5 (4 or 5 days) 8:30 to 11:30 a.m. Extended Care available until 2:15 p.m. www.Merriewood.org



Gabrielle Thomas and Sarah Wahl from Tot Drop.

Michael Lane Preschool  
682 Michael Lane, Lafayette, CA 94549  
925-284-7244

9 a.m. to noon with a lunch option from noon to 1 p.m.

2 yrs. 9 mo. to Pre-K  
http://myclassroomconnection.com/Preschools/michaelanepreschool/default.aspx

Old Firehouse School  
984 Moraga Road, Lafayette, CA 94549  
925-284-4321

8 a.m. to 5:30 p.m.  
Infants to Prekindergarten (12 months to age 5)  
www.oldfirehouseschool.com

Seedlings Preschool  
Lafayette-Orinda Presbyterian Church  
49 Knox Drive, Lafayette, CA 94549  
925-284-3870

9:15 a.m. to 2:15 p.m.  
Infant/toddler, Preschool, Pre-K, Developmental Kindergarten, Extended care, ages 2-4 to 3:15 p.m.  
seedlings@lopc.org  
www.lopc.org/seedlings.asp

Tot Drop - Preschool by Appointment  
500 St. Mary's Road, Lafayette, CA 94549  
925-284-3999

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www.totdrop.com

White Pony  
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925-938-9958  
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grades 1-5)  
www.meherschools.org

Moraga  
The Child Day Schools  
372 Park Street, Moraga, CA 94556  
925-376-5110  
6:45 a.m. to 6:15 p.m.

Infant/Toddler (age 1+), Ages 2-3, Pre-K, Summer care, Junior-kindergarten  
www.tcdschools.com

Creative Playhouse Preschool  
1350 Moraga Way, Moraga, CA 94556  
925-377-8314  
7 a.m. to 6 p.m.

Young Preschool (2-3), Preschool (3-4), Pre-K (4-5), Minimum 2 days per week  
www.eastbaypreschools.com/creativeplayhouse

Growing Tree Preschool  
1695 Canyon Road, Moraga, CA 94556  
925-376-8280  
8 a.m. to 4:30 p.m.

Two's, Three's, Pre-K (4-5), Transitional kindergarten (4.11-6)  
www.growingtreepreschool.net



DAVID DIERKS  
Keeley Sugrue (L) and Mallory Yates play in the pumpkin patch made by the students at The Child Day School in Moraga.

Moraga Valley Presbyterian Nursery Preschool  
10 Moraga Valley Lane, Moraga, CA 94556  
925-376-4800 x248 Connie  
9 a.m. to 3 p.m.

2-5 yrs., 9 a.m. to Noon; Preschool to Pre-K, Noon to 3 p.m. Extended care  
www.mvpctoday.org/nurture


Mulberry Tree Preschool  
1455 St. Mary's Road, Moraga, CA 94556  
925-376-1751  
8:45 a.m. to 4 p.m.

Variable schedule, ages 2-5, Extended care available (hourly), 5 days/week  
www.mulberrytreepreschool.com


The Saklan School  
1678 School Street, Moraga, CA 94556  
925-376-7900

Pre-K (ages 3-5), Extended Day 7 a.m. to 6 p.m.  
www.saklan.org

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SEASONED SHOPPER



# Seasoned Shopper

## Final Fall Feasting



BARBARA KOBSAR

Thank you, Orinda. Another successful farmers' market season comes to a close on November 26 (the Saturday following Thanksgiving). From the first stalks of asparagus in April to the last bunch of beets in November, the market continues to be an integral part of the community.

Holiday fare is top of the list when shopping at the market this month. There's everything you need (almost) for the



BARBARA KOBSAR

Persimmons made great decorations as well as a tasty ingredient in holiday foods.

Thanksgiving table and lots of ideas to help with the gift giving list.

Persimmons do double duty at my house. They make great decorations – line them up along the center of the table with pomegranates and colorful fall leaves from the yard. And persimmon pudding and cookies are traditional favorites.

Both types of persimmons can be used for decoration but each one has its own specific purpose. Hachiya and fuyu persimmons show off a lustrous deep orange sheen when wiped lightly with a cloth and each is topped with a calyx or cap after being clipped by hand from the tree – but that's where the similarities end. Acorn shaped hachiya persimmons generally come to market at the firm stage and need five to

seven days to completely ripen. A slightly unripe hachiya contains enough tannin to make your mouth pucker. When ripe, scoop the pulp directly from the skin with a spoon or use the pulp in puddings, cakes, cookies and candies.

Tomato shaped fuyus are ready-to-go at any stage. The flesh stays fairly firm and is sweet-tart to eat like an apple or to slice crosswise to reveal a star shaped pattern – impressive in a salad or as a garnish.

Stalks of brussel sprouts are great conversation pieces and handy to have around when it's time to cook up some healthy vegetables. Brussel sprouts tend to get the cold shoulder from many, but when eaten fresh from the farm these "little cabbages" are tasty and nutritious. They're an excellent source of Vitamin C, a very good source of folic acid and a noteworthy contributor of Vitamin A, B vitamins and minerals.

Sweet potatoes are another must-have November necessity. Only one crop of sweet potatoes is produced and harvested in California each year.

Sweet potatoes are divided into two distinct categories – moist fleshed and dry fleshed. Moist fleshed varieties are commonly referred to as yams, but despite their similarities to sweet potatoes, "true" yams are from a different plant species and indigenous to Asia. Jewel, Garnet and Beauregard (moist sweet potatoes) boast vivid orange, moist flesh and dark orange to red-purple skin. Dry flesh sweet potatoes, like Jersey, make excellent hash browns and are a good substitute for standard potatoes.

Look for "soaper" Mark Fleischman at the Orinda market to help you with some gift-giving ideas. Fleischman's handmade soaps, lotions and scrubs are available in

several scented varieties as well as unscented. Lotions contain up to three times more plant oils than most other soapers use, but the most important ingredient is beeswax. Used sparingly, these lotions last through three hand washings!

Fleischman's soaps are ideal for face, body and hair, and come attractively wrapped in handmade paper. The soaps are aged three weeks, and "like cheese" they get better and better with time. Orange blossom is one of the favorite scents but rosemary, lavender and morning glory have their fans as well.

One of the newest members to our market is Farid Bagheroghi from Let's Get Pickled. Their line of over 25 pickled products is impressive, but the buzz around the market tells me the Pickled Garlic and Spicy Dill Pickles are well worth a try. Check out their website at [www.letsgetpickledonline.com](http://www.letsgetpickledonline.com)


The Orinda market closes **one week later** than usual this season – on Saturday, November 26, the Saturday following Thanksgiving. Look for the market to open early spring next year!

The Orinda market is a member of [SEE SHOPPER page 18]



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### Hospice Fundraiser Honors Orinda Group

The Heart of Hospice Gala takes place at the Blackhawk Country Club, 599 Blackhawk Club Dr., in Danville beginning at 6 p.m. on November 6. The Orinda Friends of Hospice, will receive the first annual Sue Bruns Award for Philanthropy at the event. The group has committed itself, through gifts of time and financial support for over 20 years.

The nonprofit agency helps people cope with end of life by providing medical, emotional, spiritual and practical support for patients and families, regardless of their ability to pay.

The Orinda Friends of Hospice sponsors an annual Tree Lighting Ceremony as its major fundraiser for the organization. Co-sponsored by the Orinda Chamber of Commerce, the Tree Lighting takes place Saturday, December 3, at 4:30 p.m. in front of the Bank of America building in Village Square. The evening includes performances by Orinda's elementary schools as well as a visit from Santa Claus and, of course, the tree lighting. People are encouraged to sponsor a light on the tree (recommended donation is \$25) to remember or honor someone in their lives. To sponsor a light or to find out more about the Heart of Hospice Gala, go to [www.hospiceeastbay.org](http://www.hospiceeastbay.org) or call 925-887-5678.

## Thanksgiving Day Service

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MOVE OF THE MONTH / WAY TO GROW

## Move of the Month

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## Way to Grow

Plant Bulbs Now - A Bright Idea for a Burst of Brilliant Color Come Spring

by Steve & Cathy Lambert



Nothing wakes up a garden, after the cold winter months, like the vibrant colors of flowering bulbs. Orinda has the perfect climate for a variety of spring bulbs including: tulips, daffodils, hyacinths, anemones, iris and ranunculus offering something for every garden style. To follow are some tips and tricks to help you get the most bang from your bulbs.

**Planting time.** Even though you see many bulbs available for purchase as early as August, it's not too late to buy your bulbs in November. To the contrary, the best planting time in our micro climate is early-late November to early December, when soil temperatures have reached 55 degrees during the day and nighttime temperatures are dropping into the 40s. Most bulbs perform best after receiving a winter chill period. If you've already purchased some bulbs, simply place them in your refrigerator (not freezer) for about six weeks. We order our bulbs to be delivered the first week of December and have the suppliers chill them for us. Still, large nurseries and garden centers continue to push the display and sales of bulbs earlier and earlier. This has resulted in a rushed, early harvest of bulbs in the Netherlands, often leaving them under developed and immature. Also, if you plant your bulbs too early, and we have a late fall heat wave, the bulbs will sprout early causing stunted or poor growth.

**Choosing colors.** With bulbs, the palate of color possibilities is practically endless.



CHRISTOPHER HARLEY

**Aladdins Carpet bulbs** produce a lovely color pallet.

To avoid a carnival look, however, proper blending of colors, varieties and mixes is the key. It can be very distracting if too many colors are planted together in a single area. The worst thing to do is browse the isles of the local garden center and choose a few bulbs of many different colors because "they look good." Our preference is to use large bold grouping of single colors or well balanced blends of colors. The bulb industry has coined the term "randomnaity." This refers to a mix of pre-chosen bulb colors which flower simultaneously in a random yet predetermined pattern. These blends are delightfully predictable yet appear spontaneously planted when in bloom.

One company that specializes in beautiful bulb blends is "Colorblends." They do a skillful job of putting both single and multiple variety bulb blends together for an eye-popping result. A few of our favorite "Colorblend" mixes for tulips include: "Stop the Car," a striking combination of apricot orange and plum purple; "Pink Margarita," a delicious pink and sweet golden yellow combo; and "Strike Me Pink," a velvety maroon and lavender pink blend. If you're looking for a Daffodil blend, try "The Gold Shoulder," a mixture of yellow and white blooms or "Pink and Lemon," pure white with apricot cups and a soft green/yellow bloom. For the best of both tulips and daffodils, we love "Aladdin's Carpet," a blend of multi colored wild tulips and dwarf daffodils, which will provide a long running magic carpet ride.

[SEE GROW page 18]



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- Emily Gorin

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LOCAL AUTHOR / FILM

Author Describes His Experiment on Performance Enhancing Drugs in His New Book

By ELANA O'LOSKEY  
Staff Writer

Did you know that the drug testosterone is reportedly a \$1 billion a year industry? If not, just read Andrew Tilin's book *The Doper Next Door: My Strange and Scandalous Year on Performance Enhancing Drugs*.

When he was a SF Bay Area journalist and amateur cyclist, Tilin searched for a long time to find one or more amateur cyclists who were "doing the T" and willing to tell him about it. He found lots of cyclists who would tell him about their experiences, but were unwilling to go public. In the amateur cycling world, it is viewed as cheating and illegal to boost one's performance with testosterone. And, of course, it is but someone is buying the 1.5 million prescriptions sold annually of "the T."

So, Tilin took the plunge and tried the drug himself. He did copious research on every level: how it could affect his wife and two children; what pluses and minuses he could anticipate; supervision with a medical doctor to monitor his body; and so forth.

Most middle-aged men in America aren't known for talking about their emotional life and especially not what passing through "youth" and into middle-age is like for them. But Tilin has no problem doing just that. Men of all ages who read the book will appreciate this window into one man's journey through a life passage they all face.

Local cyclists will recognize many of the bike trails Tilin frequented in the Bay Area and the grit and grind of amateur cycling events he entered during his one-year ex-



Andrew Tilin

CONTRIBUTED PHOTO

periment. No easy answers here, but then the questions aren't easy either. Tilin, who was 42 when he began the book and is now 46, says, "It's a mixed bag, there are definitely days when I miss the T, but you do get some perspective in not being part of the 18-34 year old demographic that gets all the attention, and I think this is healthy. Aging is a part of the arc of life, so to try to dodge and elude that in some ways is missing out on one of life's experiences. There's a lot of value in aging to yourself, to others, your thinking, your work, your happiness and contentment."

You can meet Tilin at his book signing, Tuesday, November 1, 3 p.m., at Orinda Books, 276 Village Square in Orinda. Call 254-7606 or go to [www.orindabooks.com](http://www.orindabooks.com) for more information.

## THE REEL LESS TRAVELED

### MARQUEE MAGIC

Tom Westlake

With summer firmly behind us and fall a thing of the past, the waning year fills with holidays. Halloween is still fresh in our minds and Thanksgiving looms on the horizon and, as far as local cinema is concerned, there is quite a lot to be thankful for. Not only do the Orinda and the Rheem movie theaters offer the very best as far as new releases are concerned, but if you look a little harder, you'll find a plentitude of variety throughout the month of November to rival the banquet so many of us share near the end of the month.

The first offering is actually a returning guest that has yet to overstay its welcome. Based on the enthusiastic reception it received the first time, *Red Like the Sky* returns as part of the Orinda International Film Showcase. This film appeals to all age groups as well as telling a story of hardships overcome. To anyone who has seen it, one need hardly be reminded that it tells the true story of Mirco Mendacci, one of Italy's best known film sound engineers. In and of itself, that might not sound like it would be deserving of such praise, but when you add to it that he just happens to be blind due to

a gun accident, it makes this film all that much more inspiring.

These select movies are always a special treat, especially in light of the simple fact that most of them are all but unknown on American shores. *Red Like the Sky* will screen at the Orinda Theatre on November 4-10 at a variety of times. For more information, go to [www.lfef.org](http://www.lfef.org).

Also at the Orinda Theatre is a special treat *Hercules Saves Christmas*. Filmed in part in Orinda, the film shows on November 17 at 7 p.m.

The New Rheem, not wanting to be left out, continues its Classic Film Series with a special showing of *The Godfather* on November 19 at 7 p.m.. To wax too eloquently about this landmark film borders on the redundant but to say too little is an injustice that no true cinephile would forgive. Suffice it to say, the opportunity to see this on the big screen again is an offer not to be refused. For more information on the films showing at both theaters, as well as the Rheem's ongoing Friday Night of Fright, check out [www.lamorindatheatres.com](http://www.lamorindatheatres.com).

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## Bringing Comfort One Quilt at a Time



(L-R) **Peggy Moe, Rudi Thomas, and Beverley Finlayson** are among the members of the sewing circle that makes quilts for a variety of nonprofit organizations.

By JOYANNE ELKINTON-WALKER  
Contributing Writer

Early in October, 50 handmade quilts were displayed in the sanctuary of Orinda Community Church. Destined for at-risk babies in the Bay Area, the quilts represent the latest endeavors of the church's dedicated Sewing Circle. Members of the circle had previously created 5,500 quilts that have been sent to various groups caring for babies in crisis.

The Sewing Circle began in 1989 with the Children's Quilt Project (for crack ba-

bies and symptoms of AIDS) being the first recipient of quilts. Since then, the group has made quilts for Children's Hospital, Highland Hospital, and Alta Bates Neonatal unit. Placed over incubators, the quilts allowed the babies to see colors and shapes.

They have also provided quilts to Contra Costa Foster Parents, The Solid Foundation of Oakland, Foster Moms of Alameda County, and Project Open Hand. As hurricanes and flooding struck around the world, the group sent quilts to Haiti and New Orleans. Recently, the Interfaith Housing in Contra Costa, the Banana Respite Program, and the Center for Intervention in Deafness have received these beautiful and useful creations.

Current Sewing Circle members include Melody Ferreira, Beverley Finlayson, Peggy Moe, and Liz Thompson under the leadership of Rudi Thomas who has inspired the group from the beginning. Many other women have been part of the group over the years.

These ladies have also made banners, stuffed animals, and stoles for all of the pastors and associates at Orinda Community Church, as well as creating the gigantic quilt of Mt. Diablo hanging in the dining room of Orinda Senior Village.

If there are women in the community who would like to participate in this project and have basic knowledge in the use of a sewing machine, they are invited to join this friendly group, which meets on Monday mornings. Call the Orinda Community Church Office at 254-4906 to leave your name and contact information.

## Between the Lines

Young readers, old readers,  
never too many readers!

Marian Nielsen, Orinda Books



There will be no waiting for the holidays this year for some impatient young readers as they see eagerly anticipated new installments of their favorite series appearing in bookstores. In fact, at Orinda Books we hear more questions from young readers about the upcoming publishing dates of favorite authors than we do from our adult crowd.

One of the most eagerly awaited novels for young adults coming this fall is Christopher Paolini's *Inheritance* (Knopf \$27.99). What is it about dragons? In 2003, magic happened when 19-year-old Paolini, who had commenced writing his book as a 15-year-old high school graduate, published *Eragon*, first through his parents' publishing company and then very successfully with Random House. Readers around the world responded to the story of the young boy, Eragon, who found a mysterious stone that hatched into the beautiful blue-eyed, blue-scaled dragon, Saphira. Eragon rode Saphira onto the bestseller list and stayed there for several years. Two more novels followed, *Eldest*, and *Bringing*. The fourth in the series, which will conclude the *Inheritance* cycle, will be in our bookstore on November 8. We all need magic in our lives and Paolini's world has captured and enthralled us.

Rick Riordan, another of the authors who has won the hearts of juvenile readers everywhere, caught my attention when I looked at the first chapter of *Son of Neptune* and found Percy Jackson, Riordan's hero, fending off gorgons at a shopping mall in Napa, trying to run them down with a police car in Martinez, and beheading them in Tilden Park. Talk about local color! Riordan, in addition to introducing his readers to mythology, has a sense of humor that engages boys and girls alike. *Son of Neptune* (Hyperion \$19.99), the second in his Heroes of Olympus series, debuted at Orinda Books in October and is a fall reading favorite.

*Cabin Fever: The Diary of a Wimpy Kid #6* (Amulet \$13.95-November 15th) also has little boys checking the release date. They are anxious to see what Greg Heffley, the Wimpy Kid, is up to next. Jeff Kinney's appealing "tween" utilizes the author's cartooning skills in a pseudo-diary of a not always likeable but totally believable kid, this time stuck in a mountain cabin with his family during a surprise blizzard. Great winter reading!

And for the rest of us? The publication date of Walter Isaacson's *Steve Jobs: A Biography*, (Simon & Schuster \$32.50) was moved up a month on the news of Jobs'

death. Isaacson, well-regarded for his biographies of Albert Einstein, and Benjamin Franklin, had originally been contacted by Jobs in 2004 when his cancer had first been diagnosed. In Isaacson's last conversation with Jobs, he asked the one question that has puzzled him for so long – why did this very private man want to reveal so much in a book? "I wanted my kids to know me," Jobs told Isaacson. "I wasn't always there for them, and I wanted them to know why and to understand what I did." This promises to be a memorable story.

Tom Brokaw has captured the essence of time and place in America before in *The Greatest Generation* and *Boom! Voices of the Sixties*. Now he gives us more food for thought in *The Time of Our Lives: A Conversation about America; Who We Are, Where We've Been, and Where We Need to Go Now, to Recapture the American Dream* (Random House \$26). Brokaw's book may be in the running for the "longest title of the year" award, but he strikes a chord, as so many of us in these unsettled times, do try to define, or redefine why it isn't what we had expected, and how we can either make the country fit our own idea of the "American Dream," or re-adjust our own "dream" expectations to meld with the "dreams" of so many other Americans.

But lest we become too serious, there are entertainments awaiting as books for holiday reading or giving begin to appear on our shelves. Consider Michael Connelly's newest mystery, *The Drop*, in which detective Harry Bosch makes another welcome appearance (Little Brown \$27.99, November 28th). And, in Sue Grafton's new mystery, *V is for Vengeance* (Penguin, \$27.95, November 14th), Kinsey Millhone, another favorite sleuth, makes her 22nd appearance. Grafton keeps three or four plotlines spinning and the action is always lively.

John Grisham's *The Litigators* (Doubleday \$28.95) promises classic Grisham: a young, but burned-out lawyer leaves a prestigious law firm, goes on a bender, and ends up partnering with a pair of down-at-the-heels attorneys, ambulance chasers still looking for their big break. They may have found it in a class action suit against Big Pharma. Grisham offers a docket full of courtroom strategies, theatrics, and suspense. A winner!

And because we are celebrating Charles Dickens bicentennial next year – he was born in February, 1812 – it seems appropriate to wish that your holidays are as joyful as those of the Cratchits in Camden Town as they sat down to feast on the goose that was even bigger than Tiny Tim.



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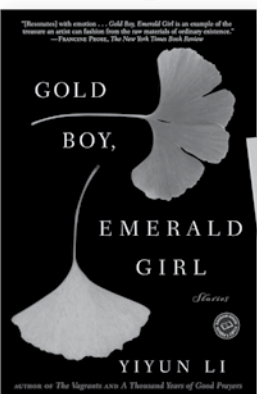
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SCHOOLS

# Southern California Transplant Grateful for Orinda Schools

By KASEY BYRNE  
Contributing Writer

Our family moved to Orinda just over a year ago from Pacific Palisades in Southern California. The Palisades and Orinda are very similar: a place where you know everyone on both teams at a soccer game, see your neighbors at the grocery store in town, and one zip code is enough.

We moved to Northern California for work, and, like many, chose Orinda for the schools, as we have four children. In many ways, Orinda schools are very similar to those in the Palisades. Parents are involved, teachers and school staff care very much about students, and test scores are impressive. There are even those same pesky parents who think the carpool rules don't apply to them!

Both school communities have many of the same activities – fundraising (annual campaigns, auctions and gift wrap sales), community builders (toy donations, October festivals, and teacher appreciation week), and classroom activities (parent-driven field trips, library volunteers, and playground supervision.) We felt comfortable from the very first day.

There are differences here – and so far, they are just wonderful. Orinda's school fundraising is simply magic, and we have been continually impressed and humbled by the generosity toward the school community. The Palisades has very similar demographics, and while our fundraising

was quite successful, the process was more protracted and painful. The general feeling in the Palisades is "Why should I have to pay anything to go to public school?" In fact, people frequently said this just when the volunteer parents organization asked for donations.

We attended the Glorietta Auction last year, and the enthusiastic bidding blew us away! In the Palisades, parents attend the auction to get a bargain: items sold for (at most) 60-70 percent of value, including big-ticket items. Our elementary school in the Palisades is nearly twice the size of Glorietta, but Glorietta raises about 10 percent more from the parent community. Plus, the Palisades doesn't have the equivalent of EFO – so really, Orinda raises a lot more money for its schools.

The school lunch programs in Orinda are also wonderfully different. Our Palisades school was part of the Los Angeles Unified School District (LAUSD), and as such, the lunch program is provided through the LAUSD Department of Food Services. It is just as awful as you can imagine. We spent many years attempting to provide edible choices at school, in addition to the LAUSD option but were thwarted each time by district policy and union rules. It is a blessing for our kids to have parent-run, healthy food choices at school.

Another great difference is the open campus feel of the schools here. All schools in the Palisades are completely closed – the school is entirely gated and locked up,



KASEY BYRNE

(L-R) Gabriel, Eavan, Leo and Hollis Byrne at Mt. Lassen National Park.

other than at drop-off and pick-up. Visitors to the school need to enter through the (locked) front office. If all that sounds terrifying – it's not. But, it is quite divisive. The gates project a clear message that

visitors and neighbors are suspect, rather than a welcomed part of the school community.

We're looking forward to many years in Orinda, and in the Orinda schools!

## OIS Students Re-imagine Shakespearean Comedy



DIANE SHARPE

Members of the OIS cast rehearse their re-imagining of one of Shakespeare's romantic comedies.

By DIANE SHARPE  
Contributing Writer

It's 1950 and Theseus and Hippolyta are soon to be crowned the king and queen of homecoming at Athens High in Orinda

Intermediate School's re-imagining of Shakespeare's *Midsummer Night's Dream*. Scheduled for November 2 – 6, the production takes place in OIS' multi purpose room.

Full of fun, this interpretation of Shakespeare's classic comedy has Hermia and Lysander unhappy with their blind dates so they run off into the suburban woods. Meanwhile, the Athens High misfit squad sets about to create its own dramatic production for the homecoming festivities. Of course, there is also the battle between Oberon and Titania supported by their respective entourage of greasers and pink lady fairies. But have no fears, eventually everything is settled and the "Enchantment Under the Stars" homecoming celebration goes off without a hitch.

The show runs November 2-3 (4:30 p.m.), November 4 (5 and 8 p.m.), and November 5 (3 and 7 p.m.). Call 925-258-3090 for more information. Tickets will be available online at [www.showtix4u.com](http://www.showtix4u.com) and at the door one hour before each show. Ticket prices are \$6 adults and \$1 for students. Premiere seating is \$10 with \$1 preview tickets available.



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EVERYDAY CHANGES / STUDENTS

**Everyday Changes**

**Holiday Fashion Trends 2011 – The Season of Embellishments**



Bonnie Waters

Holiday 2011 is the season of embellishments. Virtually all designer fashion pieces including shoes, clutch purses, jewelry, dresses and camisoles are bedazzled with sequins, rhinestones and metallic embellishments.

The key to wearing an embellished styled dress is to choose your fashion and style accessories carefully. For example, when wearing a sequined dress, pair the outfit with a neutral colored or matching colored clutch purse. Jewelry pieces should be gold, silver or transparent, and shoes should be of a beautiful yet simple design. The key to the perfect accessory pieces is to choose ones that will compliment the overall style. Let the sequins be the *piece de la resistance* of the entire outfit.

The holidays are also the time to try out a new hairdo. Lengthen your locks with hair extensions to add a “star worthy” glamour to shorter tresses. Your hair designer can “tape in” hair wefts avoiding the damage that is inherent in the sewed-in or glued-in versions. You can match your hair color, contrast for a high or lowlights or mix it up with fun colors to reveal your inner artist! With proper care, your extended locks can last you through out the winter months.

Tired of fighting the elements during damp and rainy days? You can now ban-

ish the frizz, reduce drying time, and add a healthy shine to your hair even in dampest of weather. Recent technological developments from Bumble and Bumble can provide just such a professional service (a home version will be available in December). Bumble Straight Smoothing Treatment is free of formaldehyde and lye ingredients often in similar products. Now, you can have smooth, shiny, healthy hair for as many as 30 shampoos.

What do holiday nail trends have to do with the Muppets? Thanks to the nail company OPI, everything! Just released OPI colors such as Fresh Frog of Bel Air (a textured metallic green), Divine Swine (a sequined magenta glitter) and Getting Miss Piggy with It (a scarlet and silver chunky glitter) can make your digits the talk of any dinner party!

When putting together your next outfit or heading out to celebrate the holiday festivities, why not try one of the embellished fashion pieces and hair fashion tips to amp up your look. Short on time? What would Miss Piggy do? Add a little “Muppet Magic” to your divine digits and dash out the door. Have a fun and flashy holiday season!

Bonnie Waters can be reached at *Changessalon* at 925-947-1814 or by email to *bwaters@changessalon.com*.

**Orinda Hardware Helps Miramonte Football Team With Welcome Donation**



LISA BURLINI

The Miramonte football captains watched a video of their rival, Las Lomas High, on a new plasma TV donated by Orinda Hardware. (L-R) Football captains **Jack Pietrykowski, Kevin Booze, Kelly McGonigle, Robert Smith** from Orinda Hardware, football captain **Ross Anderson**, and player **Jordan Boeder**.

Thanks to Robert Smith of Orinda Hardware, the Miramonte football team has a new television to watch game and scouting videos. Smith donated a new 50” plasma TV to the team, replacing a much older, smaller and burned out version. New head coach Jack Schram and the team are grateful to the people at Orinda Hardware for their generosity. Not only has the store donated the new TV to the team, they have

also supported the program through full page ads and a field banner.

As of October 18, the Miramonte Football team was undefeated and 7-0 for the season. They faced one of their toughest challengers, Walnut Creek’s Las Lomas High, on October 14, winning by a score of 33 to 28.

– Lisa Burlini

**Local Teen Part of Teen Wild Guides at Oakland Zoo**

By SALLY HOGARTY  
Editor

If you are a teenager and love wildlife, the Oakland Zoo has a program just for you. Teen Wild Guides (TWG), designed for ages 13-18, trains young people to be wildlife interpreters for visitors in the Children’s Zoo. TWG is a derivative of Jane Goodall’s Roots and Shoots program.

Carl Deaton, a sophomore at Miramonte High School, volunteers regularly at the zoo as a TWG. Along with fellow TWG members, Carl works in the contact yard monitoring the animals and teaching children about animal care. He has become knowledgeable about such animals as bats, lemurs and a wide variety of bugs.

An added benefit of being a member of TWG is the group’s affiliation with Goodall’s Roots and Shoots. The international organization promotes conservation leadership and action among young people. Each semester, teens have the opportunity to participate in three to four Roots & Shoots



CONTRIBUTED PHOTO

Carl Deaton had the opportunity to meet renowned British anthropologist **Jane Goodall** through his volunteer work at the Oakland Zoo.

activities. In the past, they have raised money for refugees in Tanzania, created pollinator habitats, participated in beach clean-ups, and assisted in sending thousands of pencils to students in Africa for environmental education.

For further information on participating in Teen Wild Guides, go to [www.oakland-zoo.org](http://www.oakland-zoo.org). Orientation takes place December 9 at 7 p.m. and December 11 at 5 p.m. Applications are due by January 13 with training beginning February 12.

**OIS Students Finish Well at Bridge to Bridge Run**

Congratulations to Jack Mader (R) and Peyton Dabasinskas. The Orinda Intermediate School students took first and third place, respectively, in their age group at the Bridge to Bridge 7k Race in San Francisco on October 2. Mader finished first with a time of 29.43 minutes, and Peyton Dabasinskas finished third with a time of 32.22 minutes. Referred to as America’s most beautiful run, the event benefits Special Olympics.



CONTRIBUTED PHOTO



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## CALENDAR

## ON THE CALENDAR

## NOVEMBER

- 1 **Orinda Books** hosts Andrew Tilin discussing his new book, *The Doper Next Door: My Strange and Scandalous Year on Performance Enhancing Drugs*, 276 Village Square, 3 p.m. Call 254-7606. (See article page 13.)
- 2 **Orinda Intermediate School** fall play, a reimagining of Shakespeare's *Midsummer Night's Dream*, OIS, 80 Ivy Dr., 4:30 p.m., also Nov. 3 at 4:30 p.m., Nov. 4 at 5 and 8 p.m., and Nov. 5 at 3 and 7 p.m. Call 258-3090 or go to [www.showtix4u.com](http://www.showtix4u.com).
- Amateur (Ham) Radio Class** taught by local Ham radio operators. Earn a technician class license (federal license exam will be given at completion of class). Class is free, but \$20 textbook must be purchased at the first meeting. Classes are every Wednesday through November, 7 to 9 p.m., in Sarge Littlehale Room, Orinda City Hall, 22 Orinda Way. Call Keith at 376-3269 or email [K6KWR@arrl.org](mailto:K6KWR@arrl.org).
- 3 **Orinda Books** hosts award-winning writer Yiyun Li discussing her book, *Gold Boy, Emerald Girl*, 276 Village Square, 3 p.m. Call 254-7606.
- Lamorinda Moms Annual Preschool Fair**, Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette, 6:30 to 8:30 p.m. Representatives from 35 preschools will discuss their programs and answer questions. Email Jennifer McCosker at [publicity@lamorindamoms.org](mailto:publicity@lamorindamoms.org).
- 4 **Orinda International Film Showcase** presents *Red Like the Sky*, Orinda Theatre, various times through Nov. 10. Go to [www.lfef.org](http://www.lfef.org).
- 5 **Orinda Community Center Auxiliary's** Holiday Bazaar, Orinda Community Center, 28 Orinda Way, 9:30 a.m. - 4:30 p.m. Call 254-2445.
- Heart of Hospice Gala**, a fundraiser for Hospice of the East Bay, Blackhawk Country Club, 599 Blackhawk Club Drive, Danville. 6 p.m. Enjoy cocktails, dinner, dancing and silent and live auctions with MC Wendy Tokuda. Friends of Hospice, Orinda will be presented with the Sue Bruns Award for Philanthropy. Tickets are \$175. Visit [www.hospiceeastbay.org](http://www.hospiceeastbay.org) or call 887-5678.
- 9 **Second Wednesday Book Group** will discuss *Jarrettsville* by Cornelia Nixon, Orinda Books, 276 Village Square, 3 p.m. Call 254-7606. The group meets monthly and welcomes new members.
- 15 **The World Affairs Book Club** will discuss *C Street, The Fundamentalist Threat to American Democracy* by Jeff Sharlet, Orinda Books, 276 Village Square, 3 p.m. The group meets bi-monthly and welcomes new members.
- 17 **Artisan and Wine Faire** featuring artwork from 25 artists and local wines, Orinda Country Club, 4 - 8 p.m., email [gailsolt@gmail.com](mailto:gailsolt@gmail.com).
- Orinda Books** hosts sportswriter Matt Cronin discussing his book, *Epic: John McEnroe, Bjorn Borg, and the Greatest Tennis Season Ever*.
- California Independent Film Festival's** showing of *Hercules Saves Christmas* with some parts of film shot in Orinda, Orinda Theatre, 7 p.m. Call 254-9060 or go to [www.lamorindatheatres.com](http://www.lamorindatheatres.com).
- 19 **Classic Film Series** showing of *The Godfather*, The New Rheem Theatre, 350 Park Blvd., Moraga, 7 p.m. Call 925-388-0751 or go to [www.lamorindatheatres.com](http://www.lamorindatheatres.com).

## AT THE LIBRARY

All events are free unless otherwise specified. The library will be closed Nov. 11 and 12 in honor of Veterans' Day and Nov. 24 for the Thanksgiving holiday.

- 1 **An Evening with the Author**, Glen David Gold will discuss and sign copies of his award-winning book *Carter Beats the Devil* at Lafayette Library and Learning Center's Community Hall, 3491 Mt. Diablo Blvd., 7 to 8:30 p.m.
- 3 **Friends of the Library Book Sale**, Book Shop and Sorting Room, 10 a.m. to 1 p.m.
- 6 **Computer Help**, free hour-long sessions with a volunteer on basic computer skills, Sundays, 1 to 3 p.m., by appointment. Visit the information desk or call 254-2184.
- 15 **Toddler Lapsit**, stories, songs and fingerplays for infants 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 Nov. 16, 22, 23, 29 and 30.
- 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 Nov. 22 and 29.
- 19 **Saturday Morning Live**, story time for 3- to 5-year-olds and their caregivers, Picture Book Area, 11 to 11:30 a.m. Also Nov. 26.
- 18 **Mystery Book Club** members discuss their favorite genre, Tutoring Room, 3 to 4:30 p.m. This month's book is *The Daughter of Time* by Josephine Tey.

## CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 684-2121.
- 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](http://www.moragaadobe.org).
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 253-1997.
- Lamorinda Alcohol Policy Coalition**, every third Wednesday, 10 to 11:30 a.m. at Orinda City Hall Sarge Littlehale Room. Call 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](http://www.lamorinda.freetoasthost.net).
- Montelindo Garden Club**. Third Friday, Orinda Community Church, 10 Irwin Way, 9 a.m., [www.montelindogarden.com](http://www.montelindogarden.com). November 18, 2011 Ria Sim, who is the founder of Twigs Studio and owner of Ria Sim Designs in Danville, will speak on planning events that coordinate floral decorations which are planned down to the last leaf giving focused attention to each project from food, table linens and to party favors. The lecture is at 10:30 a.m. A plant sale and refreshments are at 9 a.m. The event is free and the public is cordially invited to attend. The event is held at the Orinda Community Church, 10 Irwin Way, Orinda.
- 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**. Please visit our website at [www.orindahiking.org](http://www.orindahiking.org) or call 253-2465 for schedule of upcoming hikes.
- Orinda Historical Society**. Third Wednesday, 370 5 p.m., Historical Society Museum, 26 Orinda Way, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 283-7176.
- Orinda Juniors** community service group. First Tuesday, September to June, 7 p.m. Contact Diane Petek and Amy Campbell at [orinda.juniors@yahoo.com](mailto: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 Community Center Auxiliary's 35th Annual Holiday Bazaar

By SALLY HOGARTY  
Editor

Here's a wonderful opportunity to pick up those one-of-a-kind items for that special person on your gift list this year. The Orinda Community Center Auxiliary's (OCCA) annual Holiday Bazaar takes place on Saturday, November 5, from 9:30 a.m. - 4:30 p.m. at the Orinda Community Center.

This year's event will feature children's arts and crafts, live entertainment for the entire family, and raffle prizes as well as a wide variety of vendors displaying unique gift items.

Participants will have a difficult time deciding among such diverse booths as: children's clothing, home décor, beautiful hand-crafted jewelry, specialty foods, eco-friendly products, organic skin care, original art, holiday decorations, and even handmade cards.

All of the proceeds benefit the Orinda Parks & Recreation Department and have been used in the past to refurbish the kitchen in the Community Center, re-do the



SALLY HOGARTY

The Orinda Community Center Auxiliary's Holiday Bazaar offers a wide variety of arts and crafts items.

playground equipment in the Community Center Park, and much more.

Since 1986, the OCCA has been dedicated to supporting the Orinda Community Center. The nonprofit organization also sponsors the summer Concerts-in-the-Park series.

For more information on the bazaar, email [occabazaar@yahoo.com](mailto:occabazaar@yahoo.com) or call 254-2445.

## Artisan and Wine Faire on November 17

By GAIL SOLT  
Contributing Writer

A wide variety of artisans will again display their work at the 5th Annual Artisan and Wine Faire to be held at the Orinda Country Club, 315 Camino So-brante, Orinda, on Thursday, November 17 from 4 - 8 p.m. This festive event offers an array of unique creativity from local craftsmen who are happy to discuss their artwork with you. Several wineries will be offering samples, and you may purchase your favorite at discount prices.

Two artists, Linda and Ellis Sjoberg, have been Orinda residents for many years. Linda taught school in Orinda and at the same time was taking art courses. When Linda retired from teaching, she devoted her retirement time to her artwork. Her first love is painting botanicals using watercolors. Linda says painting has been a wonderful addition to her life and keeps her occupied while her husband Ellis is in his workshop.



CONTRIBUTED PHOTO

Linda Sjoberg displays one of her paintings that will be at the Artisan and Wine Faire.

Ellis has been a contractor for many years and was always curious about the finishing woodworkers he would hire to do the wonderful woodworkers he would hire to do the projects. He would watch them work and ask questions. He finally decided to try his own hand at woodworking. Ellis has

[SEE ARTISANS page 18]

**Orinda Teen Advisory Council**. Second Wednesday, 4 p.m., Community Center, 28 Orinda Way. For information, email [orindateenadvisorycouncil@gmail.com](mailto:orindateenadvisorycouncil@gmail.com).

**Orinda Women's Club**. Second Tuesday, 9:30 a.m. to noon, call Jean Barnhart, 254-3881.

## CITY/FIRE/SCHOOL DISTRICT MEETING SCHEDULE

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

**City Council**. First and third Tuesdays, 7 p.m., Library Auditorium, [www.cityoforinda.org](http://www.cityoforinda.org).

**Historic Landmarks Committee**. Fourth Tuesday, 3 to 5 p.m., Library Garden Room. Call 925-788-7323.

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

**Orinda Union School District Board of Trustees**. Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road. For the latest listing of dates, please check the website at [www.orindaschools.org](http://www.orindaschools.org).

**Planning Commission**. Second and Fourth Tuesdays, 7 p.m., Library Auditorium, [www.cityoforinda.org](http://www.cityoforinda.org).

Send calendar items to Maggie Sharpe at [m.sharpe66@gmail.com](mailto:m.sharpe66@gmail.com)

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BUSINESS BUZZ

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who want to restore their credit and need to get a blemish resolved, I work successfully with clients in all these types of difficult situations," she says. Often in today's mobile society, clients relocate out of the area and remain with Susan Hurrell, leaving their tax preparation and guidance in her hands. "I love it here and working with the people. Most of my clients are Lamorinda residents."

A 32-year resident of Orinda, Hurrell moved here with her husband of 38 years, Bill Hurrell. The couple has three adult children who all attended Orinda schools. David is studying at U.C. Davis, Jonna is at U.C. Santa Barbara, and Andrew is studying at Berkeley City College. In her spare time, Hurrell enjoys being outdoors and hiking with her husband. She appreciates landscape and nature photography, but her most unusual hobby is collecting Pez candy dispensers. Hurrell's sense of humor comes out when talking about her Pez collection. "I have over 2,000 Pez dispensers on display at home. It makes for a colorful and fun exhibit," says Hurrell. When pressed to name her favorite Pez dispenser out of the over 2,000 she has collected, she immediately describes a 1950's era Outer Space Guy. "This character is full size (on the Pez scale), complete with helmet and an outer space science fiction type of getup," she explains.

Susan F. Hurrell, C.P.A. is a longtime member of the Orinda Chamber of Commerce and does tax preparation for the Orinda Chamber. For more information, contact Hurrell at 254-7612.

**Paul D. Walton, D.C.**

Paul D. Walton, D.C., established his chiropractic practice in Orinda at 50 Vashel Way, Suite 300 in 1993, providing restorative care for Lamorinda patients of all ages and teaching people how not to



Paul Walton offers chiropractic care on the Orinda Theatre side of town.

injure themselves when exercising. Considering the different styles and methods of chiropractic treatment, Walton delivers what he describes as a harder manipulative force, while his colleague Tanya Mitchnick, D.C., provides a lower force or softer sub-specialty care.

"Chiropractic care is a unique skill set that is not duplicated by any other therapy. It is complimentary to physical therapy, acupuncture and surgery. I help patients recover function loss due to trauma or repetitive injury. My love is the physics of motion and how to recover efficiency of motion," explains Walton. "The human body is designed to distribute stress as evenly as possible away from joints and into soft tissues. The body's first response to trauma is survival, not to recover function," he adds.

Walton is a frequent lecturer at Life Chiropractic College West in Hayward and, last year, was a featured guest speaker at the Chiropractic College New Zealand. Next spring, he is slated to present at the California Chiropractic Association Convention in San Diego. He is passionate about his consulting work for the University of California, Berkeley sports medicine department. "Collegiate athletes train in-

tensely at such a high level of performance that they can injure themselves if they do not allow for recovery. I assist the athlete by working with the nutritionist, coach and trainer in delivering care. I like working in a team environment with athletes, physicians and physical therapists. I fill in gaps for the patient so the patient can improve," says Walton, who has served as a consultant to the U.C. Berkeley athletic program for the past 12 years.

"Performance is training, plus recovery. If you exercise without knowledge of recovery, you can get nagging injuries which are avoidable if proper recovery is integrated into the program," adds Walton. He attributes the overuse injuries he sees in Lamorinda high school athletes to the specialization in a single sport at an early age. "Previously, I saw overuse injuries in college athletes, and now I am seeing this type of injury more often in high school athletes." Following an evaluation, Walton tailors the therapy to the needs of each individual patient. As an example, he cites working with weights in a swimming pool as an avenue of recovery from a running injury. "We can often recover a higher level of

function. Chiropractic care is a necessary part of recovering function of the body after injury," says Walton.

Walton's wife Karen manages the office. The couple lives in Moraga. Their eldest child, Jaime, is a 2010 graduate of Campolindo High School and attends Diablo Valley College. Jennifer, their youngest daughter, is currently a sophomore at Campolindo.

Paul D. Walton, D.C. is a longtime member of the Orinda Chamber of Commerce. For more information or to schedule an appointment, call 253-9446.

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BUSINESS BUZZ

# Business Buzz Putting a Personal Face on Local Business

Valerie Hotz



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

### Pilates Instructor Barbara Hoffer Joins CoreKinetics

Lifelong educator and Pilates instructor for the past seven years, Barbara Hoffer is the newest edition to Carolyn Mueller's team at CoreKinetics Pilates, located in the Crossroads at 50 Vashell Way, Suite

120. Pilates is a fitness and rehabilitation program based on the method designed by Joseph Pilates and Eve Gentry early in the last century that focuses on core postural muscles that help keep the human body balanced and provide support for the spine.

"I begin work with a new client by evaluating the individual's needs and assess how to bring the body back into alignment after everyday activities have thrown it

out," points out Hoffer, who earned her Pilates certification at the Physical Mind Institute of New York. An educator first and foremost – her first career was in special education – Hoffer later took up yoga when she was working in the corporate world and soon discovered the benefits of Pilates. She developed an expertise in working with golfers in order to help them learn how to strike the ball using their core muscles, rather than using the shoulders.

"Repetitive movement often leads to stress fracture. For instance, golfers who do not play regularly are at higher risk for injury. With the right attention, they can keep themselves from getting injured.



Barbara Hoffer of CoreKinetics.

VALERIE HOTZ

Many injuries happen during the last 9 holes of play, when a player may be more fatigued. I help people have more ease in rotating their bodies so they can hit the ball straighter and farther," adds Hoffer. Pilates is a good regimen for a new golfer as well as for someone who has been playing for a while and wants to improve.

Another area of expertise for Hoffer is working with cancer patients. After successfully fighting the disease herself, Hoffer became certified to work on post cancer therapy patients. "It is phenomenal to see how beneficial and therapeutic the program is for these women. Pilates equipment is a very specific program to strengthen an area of the body affected by surgery. In some cases, if a woman has had breast reconstruction, different parts of the body, including abdominal muscles, are affected. It is very rewarding to guide women to increase their strength and see the resulting improved self-esteem," explains Hoffer.

"I help clients regain full range of motion that includes the shoulders, chest, back and all affected areas of the body. For example, many women will continue to experience tingling in fingers and restricted movement after surgery. Through specific directed exercises, I help restore their former range of motion. I enjoy guiding them through

this process and helping them to achieve results." Recently Hoffer hosted a free retreat focusing on rehabilitative exercises for women who are recovering from breast cancer treatment.

Hoffer has been married for 15 years to Matthew Goldberg, a mediator arbitrator in the field of employment law, and the couple lives in Montclair. "I am lucky to have found this work. Education is the foundation for everything I do, and I realize incorporating a mindful practice in my work is beneficial. The mind-body connection is important and I enjoy sharing this experience with others."

CoreKinetics Pilates is a longtime member of the Orinda Chamber of Commerce. For more information and to schedule a session, call 925-708-3279.

### Susan F. Hurrell, C.P.A.

With 25 years of accounting experience and a staff of four, Susan F. Hurrell, C.P.A., devotes a large portion of her practice to tax preparation and planning for individuals and small business owners, as well as advising individuals on Quickbook installation. The firm is located in the Crossroads at 51 Moraga Way, Suite 7 in Orinda.

Clients are attracted to Hurrell because she truly enjoys talking to people, and she takes the time to carefully explain issues and answer questions. "I work with clients on complex matters, for instance clients who have relocated to our community from other countries or states and have tax issues,



Susan Hurrell offers 25 years of accounting experience.

VALERIE HOTZ

or they have inherited out of state property, or own real estate and would like to complete a 1031 exchange. There are a myriad of potential tax consequences involved in these types of situations," explains Hurrell.

Sometimes Hurrell finds herself helping extricate her clients from perilous situations. "People who have a history of not paying their taxes, are unable to pay them, people who are getting married, and people

[SEE BUZZ page 19]

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