



# THE ORINDA NEWS

Gratis  
Volume 36, Number 8

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Delivered to 9,000 Households and Businesses in Orinda

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August 2021

## 4th of July Smaller Than Year's Past, Large on Celebration

By CHARIS WOO  
Contributing Writer

Fresh out of 16 months of COVID precautions, Orinda residents were not sure what the 4th of July would look like this year, but the celebration did not disappoint. By 11 a.m., a large crowd gathered at both the Orinda Theatre District and near the Community Center to watch the parade as it began its march from one side of Orinda to the other. A group of teenagers expressed they were "so excited" to see what the parade had in store.

While this year's parade was a little smaller than normal, it included many local organizations such as the Peter Pan Foundation, Orinda Rotary Club, Wagner Ranch Nature Preserve, Lamorinda 4-H Club, Miramonte's cheer and football teams and more.

Two of Orinda's swim clubs – Orinda Country Club and Sleepy Hollow – also

made an appearance, complete with water guns and bubbles. The parade finished with the Orinda All-Volunteer Marching Band, which included participants of all ages who met for one rehearsal the day of the parade. They concluded their mini-concert with a tribute to the U.S. armed forces.

Many parade-watchers stayed an extra hour to watch the band, "Three Day Weekend," perform in the park. Circles ("family bubbles") had been painted on the grass ahead of time so that audience members could enjoy the music safely distanced from one another. As the band performed, children played in the park and people danced and chatted. While it might not have looked the same as previous years, Orinda volunteers worked together to create a truly wonderful 4th of July celebration for the community.

Charis Woo can be reached at [editor@theorindanews.com](mailto:editor@theorindanews.com).



CINDY POWELL

Thanks to the Hansen family and Van Laars for helping select this year's parade award recipients.

## OUSD Announces Aida Glimme as New Superintendent of Schools

By TRISTAN SHAUGHNESSY  
Staff Writer



COURTESY OF OUSD

Aida Glimme was selected as the new OUSD superintendent. She is excited to continue serving Orinda's students and begins working for the district Aug. 9.

After conducting multiple community listening sessions via Zoom and candidate interviews throughout the summer, the Orinda Union School District's (OUSD) board of trustees found its new superintendent: Aida Glimme.

Glimme, who has worked as an associate superintendent at the Acalanes Union High School District since 2014, was approved as the latest OUSD superintendent at a July 19 board meeting and starts working for the district this month.

As superintendent, Glimme will oversee almost every aspect of the district, according to Board President Liz Daoust, coordinating and communicating OUSD activities with parents, teachers and the community at large.

"It's a very big job, and it is all year long," said former Superintendent Dr. Carolyn Seaton about the position. "We spend a great deal of time not just wrapping up and reflecting on the school year, but looking forward and getting everything prepared for the school year that is coming."

Selected by the Board in 2016, Seaton announced her plans to retire in May.

Upon reflection, Seaton said she is most proud of the progress she made with respect to equity and streamlining donations in the district – with the latter being especially important for OUSD funding.

Compared to other districts, schools in Orinda do not receive a lot of money from the state, which makes donations an important part of their budget, Seaton noted. Because of her efforts, along with others, the Orinda Network for Education was created in 2020 to centralize donations across OUSD schools.

In the budget approved for the 2021-2022 [SEE OUSD page 13]

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### Nominations Now Open For The Orinda Citizen Of The Year 2020

Do you have a person in mind to nominate for outstanding community service in 2020 in Orinda and/or over many years of lifetime service?

- Must be a current Orinda resident;
- Must be someone who has given time, talent and energy as a community volunteer helping make Orinda better;
- Must be someone who models excellence and good citizenship;
- Must be someone who brings the Orinda community together, promoting community spirit.

A celebratory dinner will be held Sunday evening, Oct. 24, at the Orinda Wilder Art and Garden Center to honor the award recipient. Deadline for submitting nominations is Friday, Sept. 3.

Nominations can be sent to [orindafoundation@gmail.com](mailto:orindafoundation@gmail.com) or mailed to Orinda Community Foundation, P.O. Box 21, Orinda CA, 94563. Include your name and contact information, along with the name and contact of the nominee.

For more information, email [orindafoundation@gmail.com](mailto:orindafoundation@gmail.com).

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4TH OF JULY / PERFORMING ARTS

4th of July Parade Winners! ★

- |                                |  |
|--------------------------------|--|
| Most Patriotic Spirit          | Mickey Ganitch (Pearl Harbor Survivor) |
| Best Military                  | Color Guard                            |
| Best Youth Musical Group       | Lamorinda Idol                         |
| Best Musical Group             | (tie) Peter Pan Foundation and ALMA    |
| Best Senior Group              | East Bay Banjo Group                   |
| Best Non-Musical Performance   | Polly Stilt Walkers                    |
| Best "Orinda" group            | Orinda Library                         |
| Largest Float group            | Orinda Country Club Swim Team          |
| Most Entertaining              | St Gabriel's Band                      |
| Best Dance                     | Miramonte Cheer                        |
| Most Energetic                 | Orinda All-Volunteer Marching Band     |
| Most Original                  | Expert Tree Service                    |
| Most Creative                  | Uncle Sam Go Cart                      |
| Best Animal                    | (tie) 4H and Friends of Moraga Adobe   |
| Best Auto                      | Orinda Classic Cars                    |
| Best Group for a Cause         | Moms Demand Action                     |
| Best Use of Parade             | Silicon Valley Pipe Band               |
| <b>Best Decorated Business</b> | <b>Orinda Historical Society</b>       |

Special Mention - Urban Bloom Gifts and More for the patriotic bouquets given to volunteers and seniors watching the parade.



CINDY POWELL

(L-R) Miramonte freshman **Leila Bickerstaff**, **Kyra Gheyara** and **Mia Kimball** and 8th-grader **Sienna Gheyara** were among the judges of this year's 4th of July parade.

Lamorinda Idol Singers Go Live with In-Person Performances



DAN KLEIN

(L-R) **Miranda Klein**, **Curtis Resnik**, **Isabelle Porcella** and **Cara Impallomeni** braved the heat to open the Orinda Fourth of July parade by singing our National Anthem. They are all winners of Lamorinda Idol Winter Edition which took place during the 2020 - 2021 academic year.

By ELANA O'LOSKEY  
Staff Writer

to wear masks and sanitize microphones between uses."

Many young singers are excited as they will appear live as Lamorinda Idol finalists Aug. 15 at the main Orinda Theatre, 2 Theatre Square. Steve Harwood, overall organizer as Chair of Lamorinda Idol, said, "I am delighted we are returning to in-person performances. At the same time, we are being very COVID careful, strongly recommending anyone not vaccinated

This is year 16 for the competition. In 2020, the competition went virtual and in March, 2021, Lamorinda Idol - Winter Virtual Edition was held.

Prizes ranging from \$200 to \$500 will be awarded to winners in different categories. There are 49 acts, 36 soloists and 13 groups, who will perform. The 35 participants, some of whom are entered [SEE IDOL page 15]

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THE ORINDA ASSOCIATION

A Message From the OA Board  
Thank you, Orinda, and On to  
The Next Event!

Sally Hogarty



Thank you to the many wonderful volunteers who made this year's 4th of July festivities one of the Best Hometown Parades ever! While The Orinda Association (OA) puts on the parade and park concert in partnership with the City of Orinda, the floats, music, decorations and so much more couldn't happen without the tireless efforts of many community volunteers.

Not only did individuals sign up to help, so did several groups including the Acalanes and Lamorinda branches of the National Charity League and Orinda Boys Team Charity.

"Our delineator crew, composed of Miramonte students, worked with our Parade Coordinator Andy Radlow from 7 a.m. until 2 p.m. They were incredible," said Volun-

teer Co-Captain Latika Malkani.

Everyone attending the parade, which included many youngsters wearing the patriotic masks given out by the OA, seemed so joyous – so happy to be out and enjoying a wonderful afternoon with friends.

A special thank you to 4th of July co-chairs Bill Waterman and Diane Lautz, who, along with the intrepid Jill Gelster, kept everyone on track and made sure nothing and no one was forgotten! Other heroes of the day included Jackie Buettner and Cindy Powell, who made sure we had lots of music both in the parade and the park; and Buettner, Andy Radlow, April and Bridgette Meagher, who wrangled the people and floats in the BART parking lot

[SEE OA page 4]



LATIKA MALKANI

The "Delineator Crew," composed of Miramonte students, worked from 7 a.m. until 2 p.m. to keep everyone safe as the parade weaved through downtown Orinda.

Seniors Around Town Recognizes and Appreciates Volunteer Drivers

By KATHY BOHANAN ENZERINK  
Assistant Editor

Now in its 16th year, Seniors Around Town (SAT), a free transportation/ride program of The Orinda Association (OA),

recognized and celebrated volunteer drivers at an appreciation event June 25. More than 1400 rides have been provided through this program since March, 2020, 111 of which were this past June.

[SEE SAT page 4]



KATHY ENZERINK

The Orinda Association Board Member **Cindy Powell**, third from the left, joins volunteer Seniors Around Town drivers **Greta Westeson**, **Joel Jackson** and **Dan Slaven** at the SAT Appreciation event June 25.

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

Visit our office at 26 Orinda Way  
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www.OrindaAssociation.org

The Orinda Association  
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EDITORIAL

# Letters to the Editor

## Baitx Should Recuse Himself

I, like most residents of Orinda and Moraga, want our firefighters to be fairly recompensed for their dedication and expertise. We all know how important our firefighters are, particularly in the midst of climate change and drought.

I have concerns, however, regarding the directors of our Moraga-Orinda Fire Department (MOFD) board, three of which are in conflict when it comes to labor negotiations, because they are union members or former union members – or in the case of Director Danziger – was an administrator in the Oakland Fire Department.

The firefighters union financed the three directors, Danziger, Donner and Baitx campaigns enabling them to greatly outspend their competition.

Recently, Director Baitx, at the suggestion of his union president, attempted to have the MOFD board discuss the possibility of merging with ConFire, which would have ended our local control of the MOFD. His action was shocking enough to garner over 1,000 signatures on a petition asking him to recuse himself from the imminent contract negotiations. Signers recognize the appearance of his conflict of interest.

The MOFD board consists of five directors; the three union directors are in the majority. Fair contract negotiations require an unbiased perspective, and a union director clearly stands to benefit from favorable negotiations, which appears to be a conflict of interest.

Residents of Orinda and Moraga expect the Board to act in the best interests of both cities, which was certainly not the case when the desperately needed MOFD chipper program was discontinued last summer.

Director Baitx must recuse himself, and directors Danziger and Donner should do the same.

– Kathleen Finch

## CORRECTION

In the July issue, article titled *Orinda and Moraga Residents Sign Petition for Baitx' Recusal from MOFD*, it was mistakenly written that a memo would be written and submitted to the California Fair Political Practices Commission by Director John Jex. The person who will write and submit that memo is Jon Holtzman from MOFD's outside council, according to MOFD Board President Craig Jorgens.

### ◆ SAT from page 3

"Today, we're celebrating you, our selfless, dedicated volunteers," said Kate Wiley, SAT co-founder. "None of this works without you."

In addition to providing rides to Orinda seniors, SAT started the Volunteer Emergency Support Program (VESP) in 2020 to assist with grocery shopping/home deliveries and reassurance calls. It formed a partnership with the Orinda Library to

deliver books to seniors and is now fulfilling full-service ride requests.

To the volunteers, Wiley said, "Whether you're paying it forward or paying it back, your service is appreciated beyond words."

To volunteer, request a ride or make a financial donation, contact Seniors Around Town at 925.402.9506 or visit [www.orindaassociation.org](http://www.orindaassociation.org).

*Kathy Enzerink can be reached at [kathy@theorindanews.com](mailto:kathy@theorindanews.com).*

### ◆ OA from page 3

getting them to the parade route on time.

"April, her daughter Bridgette and I organized the flow of the parade with Andy riding around everywhere on his bicycle helping to keep it all together," said Buettner.

This hard-working quartet and their crew certainly did a great job. I've watched this feat in past years, and it really should be an Olympic sport!

Thanks goes to Decorations Captain Marianne Moser for arranging the balloons and festive decorations. She also paired with Malkani to coordinate the myriad of volunteers ensuring the parade and park concert happened without a hitch. Although there was a hitch, a two-horse one that pulled the Friends of the Joaquin Moraga Adobe entry in the parade!

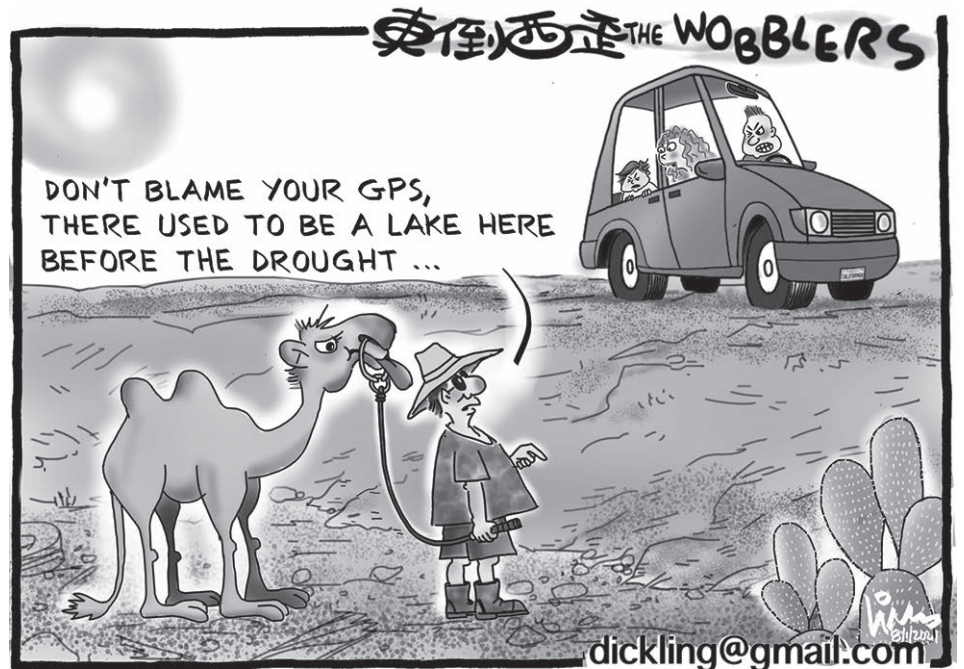
Of course, a thank you must go to our wonderful announcers Scott Butler, Bill

Cosden and Steve Harwood, who kept us entertained before and during the parade, and to our social media guru Roxanne Christophe.

Also, a huge thanks to Lyle Barrere and his crew from Desired Effect, who put together a fun livestream for those who couldn't attend in person. If you missed the parade, or would like to relive all the fun, the livestream, including a drone video taken by Lisa Tashkevych, is available at [www.orindaassociation.org](http://www.orindaassociation.org).

And, of course, this event wouldn't be possible without the help of Police Chief Cook and the Orinda Police Department along with the Contra Costa Sheriff's Department, who kept everyone safe and the tireless work of the City of Orinda's Public Works and Community Center staff. You're the best!

Given the magnitude of details to put on such a successful parade, you would think



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OA members and their supporters would take a well-deserved rest, but, oh no; it's on to the next event!

The incredibly hardworking duo of Waterman and Lautz is at it again. This time, they are working out the details of the Orinda Classic Car Show. With the support of the experienced and well-trained car show committee, the duo is checking items off their to-do list as the countdown continues to the show Sept. 11. Given the iconic date of 9/11, the 17th Orinda Classic Car Show will be honoring emergency first responders. Lautz hopes to have eight to 10 vintage emergency vehicles on display. Approximately 200 American and Eu-

ropean cars ranging from the 1920s to the classics of the '50s and '60s, as well as modern exotics, will be displayed. There will be live music with food available via the Fourth Bore's classic firetruck. A clever re-design has turned that former emergency response vehicle into a pizza oven! If you would like to register your classic car or motorcycle, go to [www.orindacarshow.com](http://www.orindacarshow.com).

This popular event benefits the OA's Seniors Around Town program, which provides rides free of charge to Orinda seniors, and other local nonprofits.

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For display advertising rates, call Jill Gelster at 925.528.9225 ([jill@aspenconsult.net](mailto:jill@aspenconsult.net)), Elana O'Loskey at 925.984.1751 ([elanao@mac.com](mailto:elanao@mac.com)) or Kathy Enzerink at 252.626.2109 ([kathy@theorindanews.com](mailto:kathy@theorindanews.com)). The deadline for the September issue is Aug. 8.

EMERGENCY PREPAREDNESS

# MOFD Helps Homeowners Create Defensible Space for Themselves

By MELANIE LIGHT  
Staff Writer

Despite all the information popping up everywhere about how to make your home and property safe from a wildfire, it can be hard to know where to begin.

The Moraga Orinda Fire District (MOFD) asked the Orinda Firewise Council to help form a pilot program of volunteers who will come to your home to advise ways to make your home safer – for free!

The Fire Adapted Community Ambassador (FACA) program recently started

with volunteers drawn from the Firewise communities. About 22 people trained to understand both fire code and fire behavior. Volunteer Marc Evans, of the Monte Vista Firewise group, thought the training was great and has made visits to roughly 14 homes.

After a Zoom session, trainees met a couple of times in both Orinda and Moraga.

Fire Marshall Jeff Isaacs believes one of the most important experiences was the opportunity for trainees to observe a prescribed burn. “It was like scales fell

from their eyes. They could experience how flame length, speed and intensity would behave under different conditions. Volunteers stood across the street from the burn and they could feel the radiant heat from across the road.”

Isaacs said the program is not designed for citizen volunteers to perform actual inspections or to write citations. “They are ambassadors and educators, not enforcers,” he said. The job of enforcement belongs to MOFD.

Still a pilot program not yet fully up and running, it is not advertised and people cannot make requests through MOFD. Ambassadors are on their own to reach out to their neighbors. One ambassador from Sanders Ranch has done over 70 assessments. MOFD will assess the program at the end of the summer, with plans to expand it with new trainings and a request page on the district website. In the meantime, the Orinda Firewise Council can also help match a homeowner with an ambassador if people inquire through its website: [www.orindafirewisecouncil.org/contact-us](http://www.orindafirewisecouncil.org/contact-us).

A home with a defensible space, “hardened” against fire, has a better chance of surviving a wildfire. While the home visit program is just a beginning, taking that first step will go a long way to making homes safer. Downloadable brochures are available at [www.orindafirewisecouncil.org](http://www.orindafirewisecouncil.org), or on the MOFD website at [www.mofd.org](http://www.mofd.org).

Melanie Light can be reached at [melanie@melanielight.com](mailto:melanie@melanielight.com).

# Off the Grid Food Responders Program Comes to Contra Costa

By KRYS SHAHIN  
Staff Writer

Often known as the “food truck guys,” San Francisco’s Off the Grid is branching out of its home to come to Contra Costa County and all over the state to help those in need.

The group’s new Food Responder program intends to provide local support in Contra Costa, not only for the fire season but also for other natural disasters or unknown situations in the future. The program aims to be efficient and flexible to adapt to the ever-changing need of disaster relief.

“We’re working with local businesses in Contra Costa County now because we want to help each local community prepare for the worst,” said Off The Grid Founder and CEO Matt Cohen in a press release. “When you’re in the midst of a crisis, you’re in panic mode. We want to help support local businesses, connecting as emergency resources well in advance of a developing crisis, so that they can deploy quickly to meet any need. Moreover, we’re working with these businesses to offer quality, delicious meals that can make someone affected by a natural disaster feel better – both physically and mentally.”

Because this past winter was very dry, many portions of the state are in extreme droughts meaning vegetation is abnormally dry and capable of carrying high intensity fires, according to Moraga-Orinda Fire District Fire Chief David Winnacker.

“While wildfire loss is dependent on many factors, the conditions are right for this to be a particularly bad year,” said Winnacker. “MOFD continues to participate in regional training and response plans and began our pre-season training early this

year due to the early start of wildfires. We have also increased our fire code inspection efforts to ensure residents have done their part to create defensible space around their homes and property lines.”

He explained a few ways Moraga and Orinda residents can protect their homes this fire season by keeping grass shorter than three inches, trimming decorative plantings, cleaning out gutters and removing dead or dying trees.

Off The Grid, created in 2010, aims to bring street food creators together to allow “people to connect over a shared love of food and community,” according to its mission statement.

The business serves as an event organizer for food trucks and small catering businesses to come together at regular food markets to share the passion for food within the San Francisco Bay Area. It operates in 20 Bay Area locations and holds routine events that serve more than 100,000 people weekly.

With COVID-19 shutting the state down, including the group’s mobile markets, Off The Grid started focusing on other business models and giving new opportunities to their 300 diverse food creators.

After the devastating fire season in 2017, where more than 1.5 million acres of land burned, the company decided to change things up to help the community.

“We wanted to find a way that we could help small business owners and our fleet of food truck owners basically survive [during COVID-19],” said Ashleigh Bilodeaux, director of sales and marketing. “We found there was a huge need for people to get food, especially during COVID-19 and during last year’s terrible, terrible fire season.”

During the pandemic, Off The Grid raised money through GoFundMe accounts

[SEE GRID page 8]

## Rescue 1 Foundation Board Vacancy

This non-profit has supported the MOFD paramedic services for 43 years. Must be a resident within Moraga/Orinda Fire District’s service area. Mail applications by Aug. 23:

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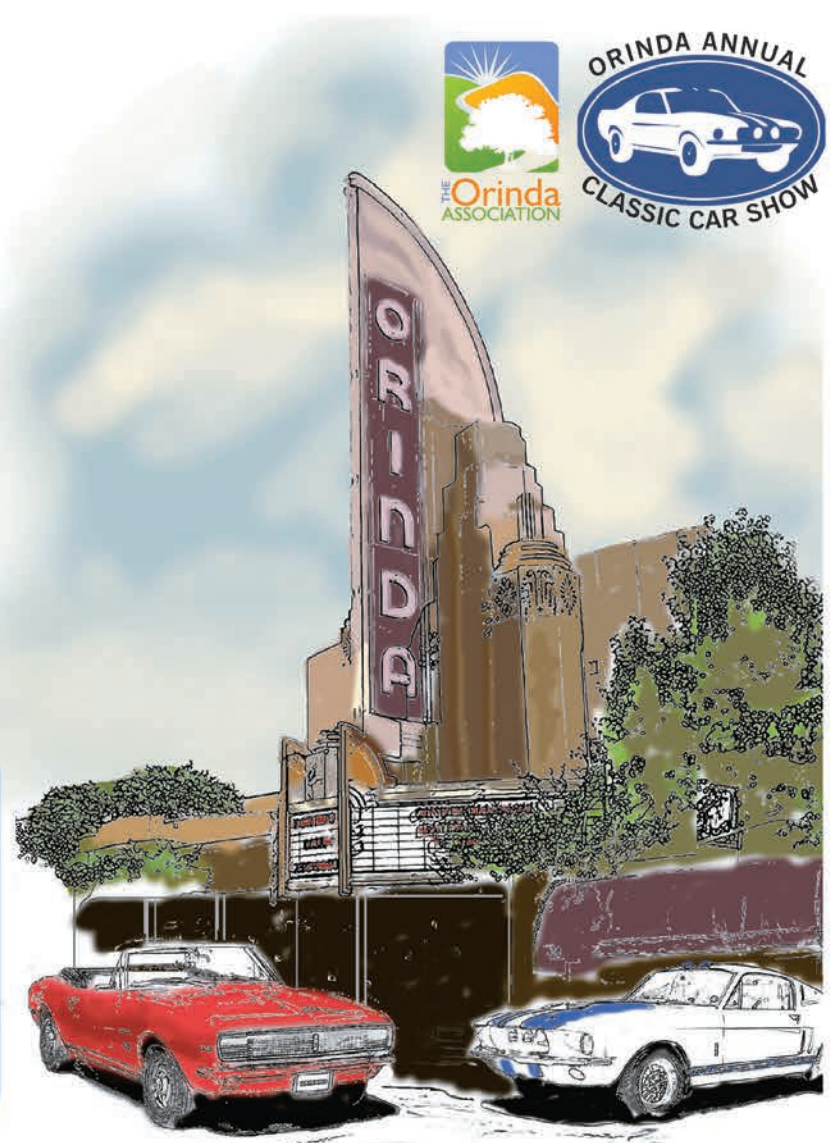
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STUDENTS / CAR TIME

# Matt Simmons Navigates Through Life with Man's Best Friend

By CHARLEEN EARLEY  
Editor-in-Chief

Those who are blind often have different stories about how they lost their vision – some are blind from birth; some lose their vision over time and some lose their vision all at once.

Matthew Simmons said he's a mix of all three.

Born in Connecticut, he moved to a small town near Philadelphia when he was three and then to Orinda at age 10. Simmons, now 19, said he was born blind in his left eye, diagnosed with Retinopathy of Prematurity.

"I'm not even sure what that is today," he said. "My right eye had perfect vision with glasses, and I functioned like every other kid. I was even going to be able to drive with one eye, though I couldn't catch a ball to save my life."

Soon after moving to California, Simmons experienced other vision issues.

"I was taking a spelling test when my vision randomly clouded over," he said.

While he doesn't remember being scared, he ended up at the doctor's office diagnosed with a different eye condition called familial exudative vitreoretinopathy (FEVR).

"From that point on, I had low vision,

which just meant I had to have bigger fonts for school assignments," he said.

Simmons had that degree of vision between the ages of 10-15. Halfway through his freshman year of high school, however, his vision deteriorated significantly.

"The scary thing was that it all pretty much happened in one day," he said.

He added, "I would sometimes have to get shots in my eye to maintain my level of vision, but something else went wrong with my eye. I had a major eye surgery after that, and I was left being able to see only shapes and light."

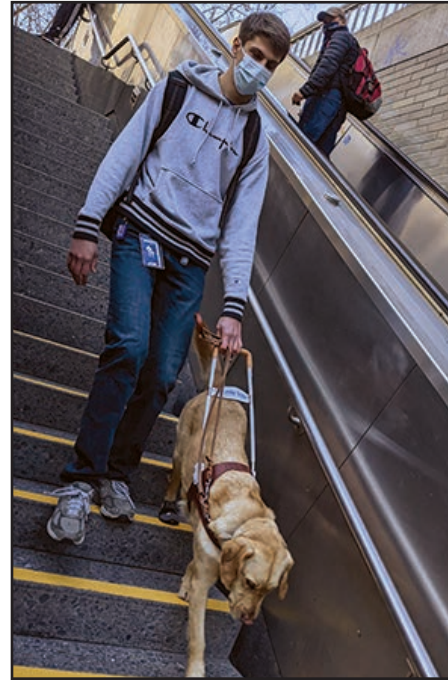
His junior year he lost the rest of his vision.

"I went to have major surgery to fix my eye, but once I came out of surgery, I couldn't see anything," he said.

The two most common questions Simmons gets are, "what do you see" and "is it all black?"

"Some totally blind people see all black, but the best way I can describe what I see is a bunch of different grays that are constantly moving," said Simmons, who in his spare time enjoys lifting weights at the gym, playing the guitar and following the stock market.

[SEE SIMMONS page 10]



COURTESY OF GUIDE DOGS FOR THE BLIND  
Granby, Matt Simmons' first guide dog, guides Simmons upon entering a BART station in San Francisco.



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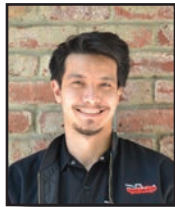
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## CAR TIME

ELECTRIC VEHICLE RESTO-MODDING?



XAVIER ESTRADA

EV-oriented vehicle marketing has birthed a new version of classic car-modding, the term for modifying a car. It's taking a classic vehicle and converting it into an electric one.

Who would do this and why? A few years ago, this was done on a 1978 Ferrari 308 that was totaled due to a fire. The vehicle was purchased for about \$10,000. If that Ferrari had undergone a complete top-down restoration, it would not have been cheap, especially because its condition would have imposed limitations with traditional methods.

But, what about an EV restoration that retained a manual transmission? That is exactly what happened. The 308 was stripped of its totaled V8 and replaced with an EV motor and batteries. A lot of time was spent creating custom modifications to make it work, despite the fact the endeavor was far from the norm.

The electric motor paired in the Ferrari 308 makes 330 horsepower, more than the 220 horsepower in the 2.9-litre V8 when it was new.

You may wonder, "What about the wonderful V8 noise?" Well, noise aside, consid-

ering it was an old Ferrari, the motor would certainly not have been anywhere near as reliable as the new electric motor. The new motor turned the classic Ferrari 308 into one that can be driven reliably everyday. It still retains a manual transmission with a clutch pedal. Although odd and unnecessary in an EV, it adds to the experience since each gear has a different ratio.

This is not the first nor will it be the last time something like this gets done. Another Ferrari 308 was converted to an EV, but with a 500 horsepower electric motor. And a 1967 Porsche 912 also underwent an EV-conversion.

Over the years, it has become more popular, with certain shops specializing in just doing EV-conversions on certain make and model vehicles. In some cases, there are kits that can be purchased to convert specific types of vehicles.

Traditional resto-modding will not die out, but a new kind has been born. The great thing is they both exist for all enthusiasts to enjoy!

Xavier Estrada can be reached at [service@orindaclassiccarcenter.com](mailto:service@orindaclassiccarcenter.com).

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SEASONED SHOPPER / FITNESS TIP

# Seasoned Shopper

## Cool as a Cucumber!

BARBARA KOBSAR



Cucumbers are more than 90% water with the inside temperature capable of being up to 20 degrees cooler than the outside temperature. They are extremely hydrating! No surprise, this succulent fruit is associated with adding a cool crispness to summer salads, salsas and sandwiches.

Finding piles of sliced (field or garden) cucumbers at the market is the first taste of what is to arrive this month. These are generally 5 to 8 inches long with small white spines on a fairly tough, smooth, green skin. Many people are unsure about eating the skin of a cucumber. It actually is one of the healthiest parts of this vegetable. Most of its vitamins and minerals are stored in the skin. If the skin of the sliced cucumber seems too tough, just cut off some of it in long lengthwise strips to compensate.


Pickling cucumbers, like gherkins and dill, are field grown, but their small size and thin skin make them ideal for pickling. To eat fresh, just slice and enjoy their mild flavor highlighted by very soft seeds and thin skin. A quick pickle is made by adding several splashes of white vinegar over sliced cucumber and seasoning with salt and pepper.

Novelty cucumbers offer diversity in color, shape and flavor. The slender, mild and virtually seedless English cucumbers are grown in green houses to avoid pollen from other types of cucumbers. Round shaped lemon cucumbers, named for their color and not their flavor, are mild and turn pale yellow when ripe. Armenian cucumbers, slender like the English variety, are much paler in color and, are actually a

## Fitness Tip of the Month

### Increase Your Metabolism to Be In Great Shape

*Why is it so hard to lose weight?  
When we reduce calories we lose some fat and some muscle.  
When we lose muscle our metabolism drops.  
When our metabolism drops we store calories as fat instead of burning them.*

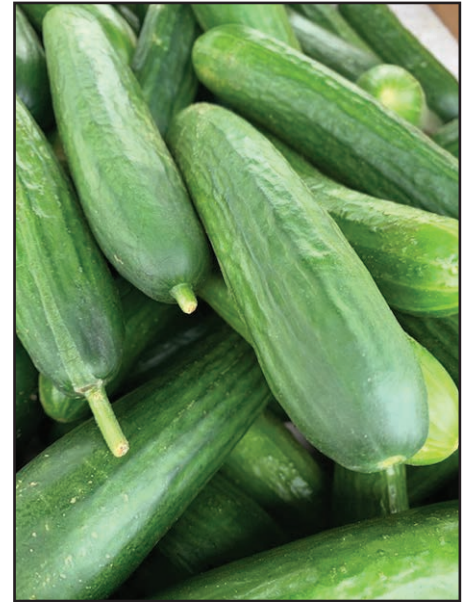


For more information, contact Sheena with Living Lean personal training and eating for elite fitness at 925.360.7051 or www.thelivingleanprogram.com.

ribbed melon with a mild cucumber flavor. Other unique varieties include the slim Japanese cucumbers and bush varieties that grow on short plants.

#### Cool Cucumber Tomato Salsa

- 1 or 2 cucumbers diced (small, less seedy varieties are best, or peel and scoop out the seeds of larger cucs)
- 2 Roma tomatoes, seeded and diced (or choose your favorite variety)
- ¼ cup minced red onion
- 1 jalapeno, seeded and diced
- 1 to 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice (or lemon juice)
- Salt and pepper to taste
- ¼ teaspoon ground cumin (optional)



BARBARA KOBSAR

Mix all ingredients gently in a medium size bowl. Serve with tortilla chips or grilled fish.

The Orinda market is open on Orinda Way in Orinda Village every Saturday from 9 a.m. to 1 p.m. More information is available at www.cccfm.org, facebook.com/OrindaFarmersMarket and Instagram at OrindaFarmersMarket or call the market hotline 925.431.8361.

Barbara Kobsar sells her Cottage Kitchen jams and jellies at the JAM STAND at the

Add a little "cool" to summer salads, salsas and sandwiches with fresh harvest lemon and field cucumbers arriving every Saturday at the Orinda farmers' market.

Saturday Orinda market and Sunday Walnut Creek market. She is also president of the CCCFM (Contra Costa Certified Farmers Market) Association Board of Directors.

Barbara Kobsar can be reached at [Barbara@cotkitchen.com](mailto:Barbara@cotkitchen.com).

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## Wilder congratulates Orinda's students and teachers

#### ◆ GRID from page 5

and donations from community members to serve those in need. Now, funding comes through the group's efforts creating partnerships with counties and the state.

The company fed over a million individuals and drove more than \$10 million back into local businesses during the pandemic, according to Bilodeaux.

It's looking to expand across the state and be the bridge between local, small businesses and their communities when they are in need.

As fire season begins, Off The Grid is preparing for the worst while hoping for the best, according to Bilodeaux.

"We have been speaking to the state of California and American Red Cross and

identified some really high-risk counties that are unfortunately likely to have a fire during this fire season," said Bilodeaux. "We pray that this is not the case, but one of the best things you can do to prepare for fire season is to do just that, to get ahead of it."

Plans include recruiting more than 200 food responders in more than 40 counties identified as likely to be hit the hardest during the fire season. Food Responders include restaurants, food truck operators, catering businesses and other food purveyors.

For more information, visit [www.offthegrid.com](http://www.offthegrid.com).

Krys Shahin can be reached at [krysshahin@gmail.com](mailto:krysshahin@gmail.com).

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VISUAL ARTS

# Library Gallery Features Lino Prints and Landscapes

By ELANA O'LOSKEY  
Staff Writer

The Lamorinda Arts Council presents artwork from Marie Cotter, Hallie Strock, Carol Tarzier and Mike Yashar at the in-person and virtual Art Gallery at the Orinda Library during the month of August. Meet the artists at a reception in their honor on Saturday, Aug. 7, from 3 p.m. to 5 p.m., where light refreshments will be served.

Cotter enjoys plein air painting and said the California hills any time of year offer different light, making everything very interesting. "The light and the sky here are always different and that is exciting," said Cotter.

She paints once or twice a week with a group of fellow plein air artists. She paints in various mediums such as mixed media (watercolor, inks and pastel). She likes to work in a series exploring different ways to tell a story, "Pastels enable artists to be freer than most mediums. The vibrant colors attract me."

For Cotter, the most important thing about painting is showing that beauty is all around us. When seeing her *Twilight* No. 4, a 26" x 21" pastel, you can almost hear the clouds whispering over the water in this ocean scene. View her work in the gallery or online at [www.lamorindaarts.org](http://www.lamorindaarts.org).

Strock, who lives and works in Berkeley, is showing her collection of 25 linoleum block prints colored with watercolor that she created over the last six years or so. The collection contains mainly landscapes with Strock focusing on composition and color.

Working with linoleum block prints requires planning a design with a balance between the block printed areas against

the color areas. "It's almost like solving a puzzle," said Strock, continuing, "I seem always to want to return to trees." She strives to create something is complex, yet pleasing to the viewer.

She takes classes and participates in study groups to learn new techniques and to have dialogues with other artists. She is thankful for Zoom, which has allowed her to take lessons from an abstract painter who lives in Yorkshire, England. *Magical Forest* is an 18" x 18" linoleum block print with watercolor. Learn more about her work at [www.halliestrock.com/home](http://www.halliestrock.com/home).

Tarzier lives in the Oakland hills. "I was able to move there in 2017 and love being close to trees and wildlife. I have replaced the eucalyptus on my property with redwoods, and host multiple beehives on the property. I nurture the native oaks, build water features and plant pollinators."

This exhibit features figurative work, still life and landscape. Currently, she teaches for the Rossmoor Art Association because she enjoys the friendly environment. One look at *Fog at Morro Rock* and you will hover beneath a cloud-filled sky over a wind-swept beach.

Tarzier sees painting as endlessly challenging so a receding goal-line of success and satisfaction with her own work has kept her going. She now feels reasonably at peace with her painting as communicating "something of what I perceive." She added, "And that's almost enough."

Yashar, who lives in Clayton, said that although oil is the medium of most of his work, there is a freshness and brightness that can only be achieved with pastel. He said it is a very convenient medium since it can easily be carried around on locations.

There are 10 paintings within the theme

of "Landscapes in Pastel." Yashar wants people to know "it is the color and light that, like a musical score, when placed and assembled together with an artistic vision produces an enchanting visual symphony."

Yashar's 18" x 24" pastel on paper entitled *The Britain's Lime* portrays a lively tree, twisting and turning its fruits and leaves, perhaps to jealously guard them.

This exhibit runs Aug. 1 through 31 at the Orinda Library at 26 Orinda Way. Hours are Mon. – Thur., 10 a.m. to 8 p.m., Fri. – Sat., 10 a.m. to 6 p.m., closed Sun. Call 925.254.2184 for more information about the Library or visit [www.ccclib.org](http://www.ccclib.org).



COURTESY OF MIKE YASHAR  
*Wild Horses* by Mike Yashar is an 18" x 24" pastel on paper on view at the gallery through Aug. 31.

To learn more about the Lamorinda Arts Council go to [www.lamorindaarts.org](http://www.lamorindaarts.org) or email curators Maggie Boscoe and Bill Carmel at [gallery@lamorindaarts.org](mailto:gallery@lamorindaarts.org).

Elana O'Loskey can be reached at [business.orinda@gmail.com](mailto:business.orinda@gmail.com).

## First Saturday For Art Series

By ELANA O'LOSKEY  
Staff Writer



ELANA O'LOSKEY  
Christian Ehrhorn, pictured with his mixed media work, *Peace And its Agents*.

Christian Ehrhorn announces "First Saturday for Art," an in-person reception for two artists featured in his Orinda gallery Aug. 7 from 5 to 9 p.m. Take a virtual tour of the artwork of Ehrhorn, Petaluma painter Aaron Webb and Orinda basketry artist Peeta Tinay at [www.ChristianEhrhornFineArt.com](http://www.ChristianEhrhornFineArt.com).

Tinay was born into a family of creatives: her father, a chemist by day and a jeweler by night, her mother a dietitian and watercolor painter. Her grandfather, an inventor, kept

[SEE EHRHORN page 10]

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VISUAL ARTS

◆ SIMMONS from page 7

What Simmons lost in vision, he gained in other ways, by way of a guide dog named Granby in Dec. 2020. He was supposed to get a guide dog during his senior year, but the pandemic put a halt to that.

Granby lives with him 24/7, and his name has a unique origin.

“Guide Dogs for the Blind, the guide dog school Granby came from, names all their dogs. The naming system is interesting because for each litter, one letter is picked for all the puppies’ names, so Granby’s were named Glacier, Granit, etc.” Simmons said.

Prior to Granby’s arrival, Simmons used a cane, which he still does at times. “A guide dog and cane are completely different tools for mobility. A cane gives tactile feedback for the surrounding environment, and you rely on tactile landmarks to know where you’re going,” Simmons said. “You lose out on all of that when using a guide dog.”

He further explained that a dog gets trained to stop and find specific landmarks like curbs, stairs, doors, escalators and whatever else the guide dog user (also called handler) trains the dog to find.

“The optimal way to use a guide dog is when the user knows the route,” Simmons added. “That way, there are clear directions for the dog and the dog doesn’t get confused.”

Simmons said he hates using a cane when traveling and guide dogs are a better option.

“The cane is meant to hit things to tell you information. It’s loud, clunky, inefficient and makes me feel dumb if I can’t find something,” he said. “The guide dog avoids all the obstacles, and if the dog is familiar with the route, then traveling is much quicker. Guide dogs also act as a social bridge. People aren’t scared of a dog walking down the sidewalk, but they fear a long white cane, and I think Granby’s going to be helpful at college.”

Majoring in finance this fall at Gonzaga University in Spokane, WA, Simmons hasn’t decided what direction he wants to go.

“I don’t have any real specific goals because I’m still trying to figure out exactly what I want to do,” he said. “I do eventually want to start my own business in whatever field I am in though.”

With a positive outlook on life, Simmons said, “I just feel like in the end, everything will work out.”

Granby by his side, Simmons chuckles at how much they are two peas in a pod by adding, “People always say Granby is the dog-version of me. They say he is mellow and quiet most of the time.”

Charleen Earley can be reached at [editor@theorindanews.com](mailto:editor@theorindanews.com).

# Artist Grant Rusk’s Photography Draws Inspiration from Social Issues

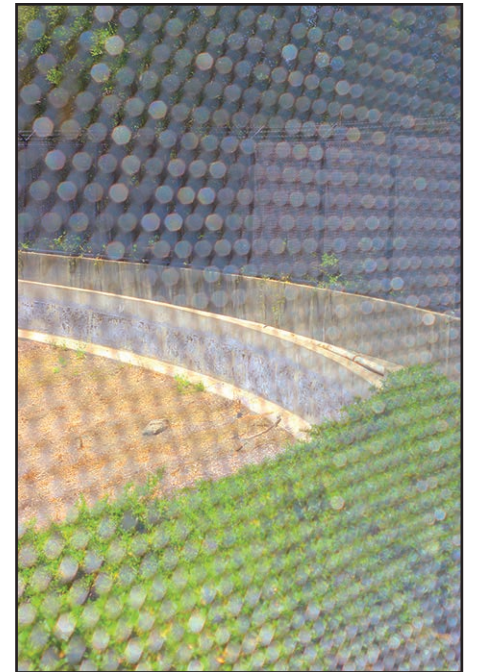
By ELANA O’LOSKEY  
Staff Writer

The Lamorinda Arts Council invites art lovers to view a virtual exhibit of the photography of Grant Rusk from Aug. 1- 31 in the virtual Art Gallery at Wilder by visiting [www.lamorindaarts.org/online-galleries](http://www.lamorindaarts.org/online-galleries). His work is included in collections of San Francisco Museum of Modern Art and the Bancroft Library at UC Berkeley, among many others. He also serves as a member of the Moraga Art in Public Spaces Committee.

Rusk, of Moraga, has never worked as a photojournalist or in advertising. “I came in the era when photography was incorporated within the curriculum of university and college art departments. I have always made photography as an artist,” he said.

His interest in photography came from his father, who was a dedicated photographer. Rusk said, “Things rub off. I progressed from the subject of his photographs to authoring my own. I have always believed photography has the capacity to control, to change and to surprise.”

Never at a loss for new ideas for photographs, Rusk said social, natural and environmental issues arise on a regular basis. He feels these issues need his attention as a photographer. For 10 years he has been teaching at the Harvey Milk Photography Center in San Francisco. The interaction of students to the promotion of personal vision gratifies him. Previously, he worked as a program specialist in the Art Research Library at the Los Angeles County Museum



COURTESY OF GRANT L. RUSK  
Grant Rusk’s *Ambient Fence II* reflects his locale as he investigates familiar places and surroundings.

of Art. The photographs he presents are from a series entitled *The Ambient Fence*. They are chromogenic prints.

The Art Gallery at Wilder is virtual because the Gallery is closed due to COVID-19 restrictions. Contact Curators Denise Nomura and Aniston Breslin with any questions or comments at [wildergallery@lamorindaarts.org](mailto:wildergallery@lamorindaarts.org).

Elana O’Loskey can be reached at [business.orinda@gmail.com](mailto:business.orinda@gmail.com).

◆ EHRHORN from page 9

a fully functional foundry and pattern shop behind the family home. From this fertile creative ground, she came of age and discovered her life’s work. From 1990- 2000 at The Caning Shop in Berkeley, she became proficient with the techniques involved in the restoration of wicker furniture. Today, while continuing to restore both antique and contemporary wicker, she sidestepped into weaving large-scale intricate baskets.

Webb’s paintings explore how materials interact as a reflection of his method of processing personal experience, emotional response and surviving trauma. He uses dyes, paint, cold wax, and texturing agents such as salt to react with the surface of his paintings. After enlisting in the U.S. Navy in 2004, he served seven years on active duty and transitioned to a reserve force,

where he still serves today as a Senior Chief Petty Officer. An internship with abstract artist Ty Nathan Clark brought about his new series of works exploring the dissonance between experience and memory.

Christian Ehrhorn Fine Art (CEFA), located in the Theatre District of downtown Orinda at 39 Moraga Way, is open Wed. through Sat. from 12 p.m. to 4 p.m. Local COVID-19 protocols are followed. CEFA has plans in motion to bring new and exciting exhibitions to Orinda “We also want to offer our calm, restful gallery as the perfect spot for businesses, clubs, organizations and entrepreneurs to hold meetings and workshops,” Ehrhorn said. Private tours of the gallery are available by calling 510.703.7020.

Elana O’Loskey can be reached at [business.orinda@gmail.com](mailto:business.orinda@gmail.com).

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## PERFORMING ARTS / CALENDAR

## Spend Hot August Weekends with Starlight Players

By DAVID DIERKS  
Assistant Editor

August marks the return of the Orinda Starlight Village Players (OrSVP) to their home at the Orinda Community Center Park Amphitheater and the end of their 14-month pandemic-caused hiatus. OrSVP brings four shows to the stage this month, with a different production every weekend in August, each performing as reader's theater.

A minimalist style of performance where no sets are used, reader's theater has actors openly using scripts. This means minimized rehearsals can be performed with Zoom or with social distancing and reduced social contact. "The plays are cast with actors for all the parts, directed by our wonderful directors and performed accordingly," said Administrative Director Jill Gelster. "However, they are holding a script."

The month of entertainment starts Aug. 6 with Moliere's *Tartuffe*, directed by Amy

Cook. This is a new adaptation by Patrick Cleary which poses the question, "What if Moliere's play had been written during this past year of the pandemic?" Join OrSVP for pop culture references and Dr. Seuss inspired rhymes in this updated take on a classic play. Performances run Aug. 6 and 7 at 8:30 p.m. and Aug. 8 at 4 p.m.

Next up is a double bill featuring P.G. Wodehouse's *Two Left Feet* and Edith Nesbit's *The Town in the Library, the Library in the Town* directed by Eddie Peabody.

The first show highlights Henry Wallace Mills and his wife Millie, an avid dancer. Henry doesn't dance and spends his free time reading the *Encyclopedia Britannica* aloud. For a year, their life is perfect, but Henry starts to feel something is missing and takes dance lessons to impress his wife, with catastrophic results.

In the second play, Rosamund and Fabian play in the library in their home and build a huge town out of the books, only to find themselves trapped within the town when

they go inside. Performances for the twin-bill start Aug. 13 and 14 at 8:30 p.m. and Aug. 15 at 4 p.m.

The third weekend features the *10-Minutes or Less Play Festival* by Bill Chessman (of local radio drama fame), directed by Suzan Lorraine. Stolen identification, tech support, island living, absurd legalese, a day at the zoo – all kinds of comedic and strange situations get presented for something a bit different at OrSVP. Performances take place Aug. 20 and 21 at 8:30 p.m., and Aug. 22 at 4 p.m.

The month ends with Malcolm Cowler's adaptations of three tales of the macabre: *A Triple Tryst of Terror*. The show starts with Edgar Allan Poe's *The Black Cat* as a man recounts his decline from sanity to madness, caused by his obsession with a black cat.

Next up is W.W. Jacobs' *The Monkey's Paw*, a talisman who grants its owner three wishes, albeit at an enormous price.

The presentation closes with Saki's *The Open Window*, wherein a man travels to the country to recover from a case of anxiety and bad nerves. The experience, however, turns out to have quite the opposite effect. Performances are Aug. 27 and 28 at 8:30 p.m. and Aug. 29 at 4 p.m.

In the past, OrSVP provided blankets and jackets to attendees who forgot to bring their own. Due to COVID-19 restrictions, OrSVP will not do so this year.

This all-volunteer group, which has been presenting live theater in Orinda for over 30 years, is always looking for new volunteers, both on and off stage. No one at OrSVP gets



BILL CHESSMAN

Suzan Lorraine directs the third production in August.

paid. Anyone interested in any aspect of theater is encouraged to contact the group at [www.orsvp.org](http://www.orsvp.org) or 925.528.9225. "This is a great place to get your feet wet in community theater. So do come play with us in the park," said Lorraine.

She set up a GoFundMe page to help generate donations for the theatre group at [www.gofundme.com/f/Orinda-Starlight-Village-Players](http://www.gofundme.com/f/Orinda-Starlight-Village-Players). "For 37 years, Orinda Starlight Village Players has delighted audiences of all ages in the outdoor Orinda Community Park Amphitheater," said Lorraine. "With no performance income last year to pay for storage of our props, furniture and costumes, we are dangerously close to losing this valuable community theater."

For more information, contact [info@orsvp.org](mailto:info@orsvp.org) or visit [www.orsvp.org](http://www.orsvp.org).

David Dierks can be reached at [david.dierks@theorindanews.com](mailto:david.dierks@theorindanews.com).

## On the Calendar in August

**Orinda Library** is open to the public. Masks are required by the County for anyone not vaccinated. All events are currently online only. They can be viewed at: <https://ccclib.bibliocommons.com/events>. Open hours are Mon. through Thu., 10 a.m. to 8 p.m.; Fri. and Sat., 10 a.m. to 6 p.m.; closed Sun. 26 Orinda Way, Call 925.254.2184 for more information or visit <http://ccclib.org>.

**Christian Science Church** Prayer Garden open to all for Quiet Meditation. Pray, read, meditate. All are welcome anytime during daylight hours. 24 Orinda Way.

1 **Art Gallery at the Orinda Library** features artists Marie Cotter, Hallie Strock, Carol Tarzier and Mike Yashar through Aug. 31. Meet the artists at their reception on Sat. Aug 7 from 3 to 5 p.m. see article p. 9.

**Art Gallery at Wilder** "The Ambient Fence" solo virtual photography exhibit featuring Grant Rusk's chromogenic prints through Aug. 31; see article p. 10.

**Orinda Parks and Recreation** accepting applications for summer camps Session V (Aug. 2-6). [www.OrindaParksandRec.org](http://www.OrindaParksandRec.org).

3 **Orinda Books Pat's Book Club** will meet via ZOOM to discuss *Rodham* by Curtis Sittenfeld. 4 p.m. All are welcome. The book is available at Orinda Books. To attend, phone 925.254.7606 or email [info@orindabooks.com](mailto:info@orindabooks.com) for link.

4 **Berkeley Symphony** Reopening Concert, with Director Joseph Young and the musicians of Berkeley Symphony. 7:30 p.m. Tickets \$50, Bruns Amphitheater, 100 California Shakespeare Theater Way,

Orinda. For tickets call 510.841.2800 or [www.berkeleysymphony.org](http://www.berkeleysymphony.org).

6 **Orinda Starlight Village Players** presents *Tartuffe* by Molière Adapted By Patrick Cleary, 8:30 p.m. Also Aug. 7 at 8:30 p.m. and Aug. 8 at 4 p.m. Orinda Community Center Park Amphitheater. For reservations call 925.528.9225 or email [info@orsvp.org](mailto:info@orsvp.org). See article this page.

7 **Orinda Farmers' Market**, 9 a.m. Orinda Way in front of Rite Aid and the Community Park. [www.cccfm.org](http://www.cccfm.org) or market hotline at 925.431.8361. Also Aug. 14, 21, and 28. See article p. 8.

**Orinda Theatre** presents Universal Monster and Costume Party, 11 a.m. to 9 p.m. Cine Cuvée. Tickets are \$25. See article p. 14.

9 **Orinda resident Ruth Kaiser reopens Tot Drop**, call 925.284.3999 to schedule your child.

10 **Miramonte High School** opening day.

11 **Orinda Union School District** opening day.

13 **Orinda Starlight Village Players** presents *Two Left Feet* by P.G. Wodehouse, and *The Town in the Library, the Library in the Town* by Edith Nesbit, 8:30 p.m. Also Aug. 14 at 8:30 p.m. and Aug. 15 at 4 p.m. Orinda Community Center Park Amphitheater. For reservations call 925.528.9225 or email [info@orsvp.org](mailto:info@orsvp.org). See article this page.

15 **Lamorinda Idol** Finals Goes Live at Orinda Theatre. Finalists compete from 11 a.m. to 6:15 p.m.; awards ceremony is 7 - 7:30 p.m. Soloists compete in four categories by grade

[SEE CALENDAR page 15]

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Orinda Community Center Remains Closed Due to Summer Camps and Shortage of Resources. Re-opening plans to be announced soon.

Please Continue to Stay Safe by Following Health Recommendations



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28 Orinda Way - Orinda Community Center  
Administrative Office Hours - Currently Closed

HOARDING / CLASSIFIEDS

# Hoarding Disorder: How to Help Loved Ones Let Go of Unneeded Items

By KATHY BOHANAN ENZERINK  
Assistant Editor

Hoarding is having a persistent difficulty discarding or parting with possessions, regardless of actual value. It can pose major health and safety issues for seniors and often becomes a serious concern for adult children of aging parents, according to Caitlin Sly, executive director at Meals on Wheels (MOW) Diablo Region.

Referencing the Mayo Clinic, Sly said, "A hoarder is different from a collector. People who collect stamps or coins, for example, study what distinguishes the collected items and often display them. People who hoard, on the other hand, have diffi-

culty discarding large numbers of random possessions because of a perceived need to save them."

In June, MOW Diablo Region hosted "Hoarding: How to Help Your Loved One." The hour-long, interactive virtual presentation featured Abraham Aviles-Scott, License Marriage and Family Therapist, Older Adult Mental Health Specialist with Contra Costa Health Services; Rachel Seavey, professional organizer, coach and host of the Hoardganize podcast; and Renee Williams, Code Enforcement Officer with the City of Concord.

Hoarding disorder can cause a variety of complications, including health risks. Williams said code enforcement comes



RACHEL SEAVEY

A hoarder saves used and leftover bathroom supplies, including bags of diapers, preventing access to the toilet. Considered a risk factor, a code enforcement officer could be contacted to intervene.



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into play when hoarding prevents safe ingress/egress or access to the bathroom and kitchen.

Aviles-Scott explained Cognitive Behavioral Therapy is one form of treatment for patients to gradually learn to discard items and improve organizational skills: "Hoarding is more common among individuals with a family member who also has a problem with hoarding."

MOW Diablo Region often receives calls from adult children who don't know what to do to help their parents who are hoarding.

Seavey offered a three-step plan.

1) Set all judgment aside. 2) Try to understand that person's world. What appears to be hoarding could, for instance, be ADHD – Attention Deficit Hyperactivity Disorder. 3) Establish a safety plan. Seavey emphasized safety versus esthetics: "Just because a person has cobwebs or a stack of clothing or a lot of books, doesn't mean they're hoarders."

"Meals on Wheels Diablo Region works to keep seniors safe," said Sly. "Our Fall Prevention Program identifies factors in the home which can result in a fall. Our Care Management Program helps deal with social issues seniors face, including hoarding."

For information regarding these programs, delivered meals, exercise classes and companionship programs, visit [www.mowdiableregion.org](http://www.mowdiableregion.org).

Kathy Bohanan Enzerink can be reached at [kathy@theorindasnews.com](mailto:kathy@theorindasnews.com).

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POLICE / SCHOOLS



# POLICE BLOTTER

June 1 through July 14

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Burglary, Auto: 3 incidents: Camino Pablo (2), Orinda Way  
 Burglary, Commercial: 3 incidents: Irwin Way, Moraga Way, Theatre Square  
 Burglary, Residential: 3 incidents: Martha Rd., The Glade, Ardith Rd.  
 Death Non-Criminal: 2 incidents  
 DUI Misdemeanor: 2 incidents: Orinda Way, Coral Way, El Camino Moraga  
 Fireworks: 2 incidents  
 Grand Theft: 1 incident: Camino Sobrante  
 Grand Theft Vehicle Parts: 3 incidents: Camino Pablo, Moraga Way, Estabueno Dr.  
 Hit & Run Misdemeanor: 4 incidents: St. Stephens Vista, Los Dedos Rd., Village Square  
 Outside Assist: 20 incidents  
 Patrol Request: 80 incidents  
 Petty Theft: 4 incidents  
 Petty Theft from Vehicle: 2 incidents:

Overhill Rd., Martha Rd.  
 Property, Receiving Stolen Goods: 1 incident  
 Public Assembly Check: 8 incidents  
 Public Nuisance: 8 incidents  
 Reckless Driving: 9 incidents: Moraga Way (4), Camino Pablo (3), Gloriotta Blvd., Rheem Blvd.  
 Security Check: 72 incidents  
 Shoplift: 5 incidents  
 Shots Heard: 1 incident  
 Vehicle Theft: 1 incident: Risa Ct.  
 Walk Through: 20 incidents  
 Welfare Check: 22 incidents

**Arrest**

Grand Theft: 2 arrests  
 Petty Theft: 1 arrest  
 Possession of Stolen Property: 1 arrest  
 Recovered Vehicle: 2 recoveries  
 Shoplifting: 1 arrest  
 Warrant Arrest: 3 arrests

– Compiled by David Dierks  
 Assistant Editor

◆ OUSD from page 1

school year, the network raised over \$2 million dollars, a figure that represents more than 30% of the district’s local revenue.

Seaton said she is looking forward to her retirement as a way to spend more time with family and pick up new hobbies. But she still wants to be involved with education, she added, possibly teaching university courses or coaching school administrators in her free time.

When explaining the board’s decision to choose Glimme as superintendent, Daoust highlighted, among other things, her outlook on student success.

“She is very student focused, both from an academic as well as a social and emotional perspective, and that is really important,” Daoust said. “Having that balance in our district was really impressive from a leadership standpoint.”

After immigrating to the United States from Bosnia in 1992, Glimme said her experience in high school as an English learner helped guide her work in education. As a former teacher and now administrator, she uses an equity lens to evaluate policies, with her most important goal being all students are supported and given the chance to succeed in the classroom.

At the Acalanes School District, she

oversaw curriculum and instruction. With her emphasis on inclusion, she helped update class reading materials to make them more accessible and relevant for students.

She noted data analysis informs many of her decisions as an educator. “I do a lot of data work. I get in and examine our own local data about who is not learning and how I can support them in every single classroom,” Glimme said. “I’m a very data and evidence-driven person.”

She explained her time at the high school level will help her guide K-8 students as they graduate from OUSD schools.

In addition, Glimme acknowledged the importance as a superintendent of listening to parents. She hopes to continue the work the district has done over the years to involve parents in their child’s education.

“I want to continue to serve this community, albeit in a different role,” Glimme said. “I’m really excited to be in Orinda, and I’m looking forward to many years of my partnership with the community.”

*Tristan Shaughnessy can be reached at [tristan.c.shaughnessy@gmail.com](mailto:tristan.c.shaughnessy@gmail.com).*

## New Educators Lead as Principals at Del Rey and Miramonte

By KATHY BOHANAN ENZERINK  
 Assistant Editor

New principals, Maple Lai and Ben Campopiano, will greet students on the first day of the 2021/22 school year at Del Rey Elementary and Miramonte High Schools respectively. Miramonte opens its doors to students Aug. 10 and Orinda Union School District campuses begin Aug. 11.

As a former fourth-grade teacher at Wagner Ranch Elementary and associate

principal at Orinda Intermediate School, Lai brings 15 years of experience in public education to the position. She earned a bachelor’s degree at UC Davis and a master’s degree at California State University East Bay. In 2016, she was selected as the District’s Teacher on Special Assignment in mathematics.

Most recently, Campopiano was a principal in the Mount Diablo Unified School District. He taught social studies, coached, served as an athletic director

and instructional coach and was a vice principal at Northgate High School in Walnut Creek. He earned a bachelor’s degree at Saint Mary’s College and a master’s degree at California State University East Bay.

Julie Parks, who served as Miramonte’s principal since 2014, is transitioning to the Moraga School District as superintendent.

*Kathy Bohanan Enzerink can be reached at [kathy@theorindanews.com](mailto:kathy@theorindanews.com).*

COMMUNITY / FILM

# Manager Retires after 20-Plus Years of Service at UPS Store in Orinda

By CHARLEEN EARLEY  
Editor-in-Chief

She gave more than 20 years of dedicated, cheerful service to The UPS Store in Orinda, and now Linda Heasell plans to retire. She said her last day is Friday, Aug. 20.

“I have thoroughly enjoyed my time working here and getting to know you,” she said in a letter to her customers. “You have enriched my life and made it a pleasure to come to work each day! You are not just store patrons to me, you are my friends and I can honestly say that I will miss you. It always made my day when you would say hello and share a smile, a story or a (Pre-COVID) hug!”

“Anna Kelly will be accepting the role of store manager,” Heasell added.

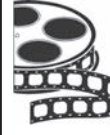
New faces are behind the counter, and The UPS Store team is working toward a smooth, seamless transition, with the continued goal:



**Linda Heasell** steps down from her office manager position at Orinda's UPS store after more than 20 years at the location.

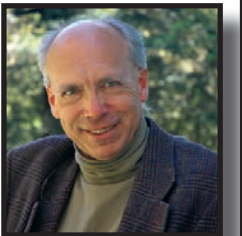
customers will be served in a professional, friendly manner.

Charleen Earley can be reached at [editor@theorindanews.com](mailto:editor@theorindanews.com).



## THE REEL LESS TRAVELED

### OF MONSTERS AND SOPHOCLES: OF MONSTERS PAST AND PRESENT



**TOM WESTLAKE**

As much as I try avoiding the conventional, I admit this “return to normal” does have advantages. Sociability is making a cautious re-entry into our lives. We are freer to wander beyond the confines of our own homes, and even the dread of going shopping is diminishing.

Personally speaking, writing this column has also suffered, not for want of anything to write about but because the original intent has always been to inform this community of the cinematic happenings that fall outside of the usual evening out at the movies.

It’s good to “return to normal.” The Rheem Theatre has reopened its doors.

Derek Zemrak has resumed his commitment to show movies at the Orinda Theatre that remind us of this particular art form’s history. Universal Studios has been scaring audiences for just under a century. The Orinda Theatre will highlight this tradition.

The Universal Monster Party hosted by Lord Blood-Rah, Aug. 7, from 11 a.m. to 9 p.m., will commemorate 90 years of blood curdling-fright! This event will be filled with celebrities, costumes and, of course, movies.

Classics will top the bill: *Frankenstein*, *Dracula* and *The Wolf Man*, well-known, important movies.

These three set the standard for just about every genre film that followed. I encourage everyone attending to go into these movies with a fresh perspective. Many have seen scenes without experiencing the films in their entirety. Now is the perfect opportunity to do just that.

In doing so, one may truly appreciate just how ground-breaking they were upon release. Pretend you’re seeing them for the very first time. Your enjoyment might be increased.

This is especially true of *Frankenstein* and *Dracula*. Directors Tod Browning, Karl Freund and James Whale were heavily influenced by German Expressionism, from the off-kilter sets and camera angles to the moody black and white cinematography. These techniques, designed to make you feel uneasy, make the fright more potent.

This unease won’t be solely relegated to the darkened movie theater. In the lobby, you will have the opportunity to encounter many of the horrors witnessed on the movie screen in person. This will come in the form of the “I’ve Created a Monster” costume contest, where contestants of all ages will be able to show their interpretations of the classic monsters seen on screen.

Judging will be by acclaimed author David J. Skal and television host John Stanley, both top of their field when it comes to all things monstrous and supernatural. There will even be an after party at Cine Cuvée. Tickets are \$25 and include entrance to the costume contest. Doubtless there will be last minute surprises. Keep checking [www.orindamovies.com](http://www.orindamovies.com) or [www.creaturescon.com](http://www.creaturescon.com) for additional information and show times.

The International Film Showcase is pleased to present *Antigone*, a 2020 Canadian film. It deals with an immigrant from Algeria and her life with her tight knit, loving, albeit flawed, family. These flaws bring about a tragedy which propels the central character on a course she feels duty-bound to see to the end. As the title suggests, there are strong Sophoclean themes, but of more import is a strong dose of political idealism. It is this last element that sees our central character suffer the most.

Duty to one’s heart is to many the strongest drive. That drive gives *Antigone* strength to endure, regardless of the sacrifices she has to make or the fear and dread her family has to go through.

Though some reviews have accused this film of being too heavy handed, there’s no denying its sincerity. *Antigone* will enjoy a three-day engagement at the Orinda Theatre, Aug. 20-22. For show times, previews and additional information, please visit [www.internationalshowcase.org](http://www.internationalshowcase.org).

As ever, I encourage all of you to keep veering towards those wonderful flickering images made of light and sound, for that is where the reel magic lies.

Tom Westlake can be reached at [poppinjay@earthlink.net](mailto:poppinjay@earthlink.net).

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CONTINUATIONS

◆ IDOL from page 2

in the solo category as well, make up the groups. The list of finalists can be found at <https://bit.ly/3rfgUNi>.

Lamorinda Idol finalists have been and will be busy leading to the Aug. 15 judging. Auditions began in May, followed by workshops interspersed with performances. Finalists performed at Lafayette Plaza Park June 27 and Orinda Community Park July 20. Those who are also Orinda Moraga Pools Association (OMPA) finalists will sing the National Anthem at OMPA Finals Aug. 7.

Performances will continue after the Orinda Theatre competition. On Sept. 11, winners will perform at the Orinda Classic Car Show, and Sept. 18 they will sing at the Lafayette Art and Wine Festival. In December, they will appear at the Lamorinda Arts Council Holiday Luncheon.

The finals begin at 11 a.m. Aug. 15 and continue to the awards ceremony at 7 p.m. Soloists compete in four categories by grade level; groups compete in three categories by grade level. Performers receive instant feedback from a panel of professional judges. Breaks in performance categories provide an opportunity for the audience to vote for its favorites.

A combined score, decided 50% by judges and 50% by audience vote, determines the winners. Additionally, an Audience Award cash prize is presented to a soloist who is not also a category winner. Overall judging is based on vocal capability first,

and on overall performance second.

At press time, the judges set for the event include Melissa O’Keefe, David Pinkham, Marilyn Levinson, Daren Carollo, Chadwick Somers, Lois Grandi and Linda DiVito. Sally Hogarty, Executive Editor of *The Orinda News*, who was a Winter Idol judge, is back as an emcee for the third time; Diane Dwyer is also an emcee.

Hogarty said, “I always feel so humble watching these talented young people who are part of Lamorinda Idol. Whether I’m one of the emcees or judges of this very special event, I’ve been so impressed with the amount of talent and poise, even in the youngest competitors.”

Lamorinda Idol Committee members, whose dedication and passion enabled this return to a live competition, include: Steve Harwood, June Lim, Allie Van De Poel, Carol Van De Poel, Lleyton Allen, Shelly Rose, Rena Wilson, Jacqueline Welch, Sonya Schroeder, Sean O’Conner, Doug Home, Rebecca Young, John Poole, Catherine Chen and Erin Ackdoe.

While entrance to each of the performances in the main Orinda Theatre is free, donations are accepted. Lamorinda Idol is sponsored by the nonprofit Lamorinda Arts Council. Go to [www.lamorindaarts.org](http://www.lamorindaarts.org) to learn more.

*Parent volunteer Joanne Home, proud mom of participant Alec Home, provided information about this event.*

*Elana O’Loskey can be reached at [business.orinda@gmail.com](mailto:business.orinda@gmail.com).*

◆ CALENDAR from page 11

- level; groups compete in three categories by grade level. See article p. 2.
- 20 **Orinda Starlight Village Players** presents *Mini 10 Minute Play Festival* by Bill Chessman. 8:30 p.m. Also Aug. 21 at 8:30 p.m. and Aug. 22 at 4 p.m. Orinda Community Center Park Amphitheater. For reservations, call 925.528.9225 or email [info@orsvp.org](mailto:info@orsvp.org). See article p. 11.
- 22 **The International Film Showcase** screens *Antigone*, a 2020 Canadian film, at the Orinda Theatre through Aug. 22. Check the theatre website: [www.orindatheatre.com](http://www.orindatheatre.com) for ticket and screen time information. See article p. 14.
- 27 **Orinda Starlight Village Players** presents *A Triple Tryst of Terror* 8:30 p.m. Also Aug. 28 at 8:30 p.m. and Aug. 29 at 4 p.m. Orinda

Community Center Park Amphitheater. For reservations call 925.528.9225 or email [info@orsvp.org](mailto:info@orsvp.org). See article p. 11.

CITY/FIRE MEETING SCHEDULE

- City Council.** First and third Tuesdays, 7 p.m., Library Auditorium, 26 Orinda Way. [www.cityoforinda.org](http://www.cityoforinda.org).
- Historic Landmarks Committee.** Fourth Tuesday, 3-5 p.m. Call 925.788.7323, [www.cityoforinda.org](http://www.cityoforinda.org)
- Moraga-Orinda Fire District.** Third Wednesday, 7 p.m. For agenda, go to [www.mofd.org/transparency/resources/board-agendas-minutes](http://www.mofd.org/transparency/resources/board-agendas-minutes).
- Planning Commission.** Second and fourth Tuesdays, 7 p.m., [www.cityoforinda.org](http://www.cityoforinda.org)

*Send calendar items to Jill Gelster at [calendar@aspenconsult.net](mailto:calendar@aspenconsult.net).*

◆ FINANCIAL from page 16

missing out on much. While stocks don’t advertise their maximum return, the fixed rates on most bonds might as well be a billboard.

Traditional high-quality bonds are often used to lower portfolio risk by acting as a ballast for an investor’s portfolio and providing a more predictable source of cash than stocks.

Alternatively, investors buy junk bonds in hopes of earning returns closer to stocks. Like stocks they have considerably more risk than high quality bonds. For example, junk bonds plunged as much as stocks in the global financial crisis.

Another measure of risk in junk bonds is defaults or missed payments. BB bonds, the best rated junk bonds, historically average over 10% cumulative defaults within the first five years of issuance according to a 2006 study by Moody’s, a credit rating agency.

If investors were to sell junk bonds now,

they would avoid the risks noted previously while in some cases also converting future ordinary income into long-term capital gains for preferential tax treatment.

Avoiding an assets risk means also avoiding the return.

Junk bonds are sometimes called “high yield bonds,” but today that reads like the greatest case of false advertising since the Orinda Theatre featured *The Never Ending Story*. Junk bonds are at their lowest-ever yield. For BB-rated bonds that yield is about 3.13% (ICE BofA BB US High Yield Index Effective Yield) as of press time.

That means if you boot these out of your portfolio for something sturdier, the most you can miss out on is 3.13% per year in a hypothetical world where junk bonds never lose value or default – an unlikely scenario that simply doesn’t seem to merit the risk.

*David Born can be reached at [dborn@pfmpartner.com](mailto:dborn@pfmpartner.com).*

BUSINESS

# Local Notary Public Karen Erny is Busier than a Bee

By TRISTAN SHAUGHNESSY  
Staff Writer

In the trunk of Karen Erny’s car, there is a table. Underneath is a boxy printer, a battery and reams upon reams of paper. “Welcome to Karen’s office,” reads a sign hanging from the middle seat’s headrest.

Erny is a notary public and founder of Busy Bee Notary. Because it’s her job to authenticate signatures in person and explain hundreds of pages of loan documents to all sorts of clients, mobile printing is a must.

“You’re trying to accommodate the signer. You should always be making their schedule your priority,” she said. “I fill up at the gas pump every other day.”

By December, 2020, Erny received both her notary and loan signing credentials, and since January, according to her, she has participated in more than 300 document signings.

As a notary public, Erny helps authorize home sales, loan modifications and reverse mortgages, among other things. But one of the highlights of her job has been helping new homeowners finally buy their houses.

“I’ve had people cry at their signings because it’s the last step before they get their keys,” she said. “They’ve gone through every hoop. This is their last step, to sit down with me and put ink to paper.”

However, Erny’s path to becoming a notary was anything but straightforward.

After studying childhood education in college, she started working at a preschool. But as a teacher, Erny felt she needed more freedom in how she taught her students. So, she started a daycare in Pleasant Hill called the Rug Rat Ranch, directing the facility for more than 20 years.

“It was like the career I really wanted,” she said. “It was the dream that I wanted to fulfill, taking care of small children – helping them form their characters.”

But after 24 years, Erny started feeling burned out. Leaving daycare, she began working for an adoption attorney, a job she said helped acquaint her with the “office atmosphere” after many years of “wiping noses” and “changing diapers.” During the pandemic, she made the switch to notary work, creating Busy Bee Notary.

When deciding what to call her company, Erny chose “Busy Bee” because while getting certified, her instructor would always say a good notary is one who’s always busy.

Preparing goody bags for clients in one room and arranging signing sessions in another, she said people are sometimes, understandably, not the most excited to have their papers notarized. So, she tries to keep things “light” and “fun” – while also professional – when at a signing.

“I’m someone who shows up to an office with bagels and cream cheese and a big ‘Thank You’ sticker on the box.”

As a notary, she noted that home buyers, sellers and realtors can directly request her service when looking for someone to authenticate their documents.

Erny, reflecting on how she became a notary said, “I didn’t know a year ago that I would be able to even have this conversation.” But now, “I like it – not only like it, I love it.”



TRISTAN SHAUGHNESSY  
Since receiving her notary commission, **Karen Erny**, founder of Busy Bee Notary, has made a name for herself as a professional, yet personable notary public.

Tristan Shaughnessy can be reached at [tristan.c.shaughnessy@gmail.com](mailto:tristan.c.shaughnessy@gmail.com).

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**FINANCIAL NEWS**

READING TEA LEAVES AND BILLBOARDS



DAVID BORN, CFA, CFP

There is abundant evidence that investors should approach market timing with restraint.

Rather than nodding off through a recounting of historical studies, we can just think about the basics of market movements: the more people want to buy, the higher the market goes and vice versa. Sometimes for very good reason, sometimes not.

February of 2000 was not characterized by most people wanting to sell. It was characterized by people seeing their neighbors get rich off stupid ideas and wanting to get a piece of the action.

Anyone up for a game of crypto kitties? The excess of yesteryear sounds silly and easy to avoid, but the dot com burst came over three years after Alan Greenspan described the stock market as “irrationally exuberant” and likely to provide lower long-term returns. And over the long-term,

Greenspan was right - both the Nasdaq and S&P 500 provided meager returns through the early 2010 decade.

But the three years following his comment saw the Nasdaq triple and the S&P 500 double before falling back to earth. Greenspan’s experience lines up with the data – the shorter the timeframe, the more unpredictable the stock market’s returns.

Similar to the time of Greenspan’s 1996 speech, many valuation metrics today suggest lower than average long-term returns. These metrics include credit spreads and ratios of broad stock prices to long-term earnings, revenues and economic output. Some market strategists point out more anecdotal evidence, such as the prevalence of meme stocks, “back-door” IPOs and cryptocurrencies.

Like Greenspan, most of us would do better to try our hand at reading tea leaves than guessing whether our life’s savings will double before some irrational madness comes to an unsightly end. There is better evidence suggesting investors stick to a disciplined diversified strategy that will protect them from the full brunt of an inevitable stock market downturn while also participating in an environment of wealth creation (and avoiding the pain of completely missing out).

That said, there are other risks that diversified investors can shed completely in the current environment without fear of

[SEE FINANCIAL page 15]

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