#### Paul Caccamo's Last Postcard By Lee Borrowman

n August 20, the "Hiker Guy," as he has been known around the offices of your friendly neighborhood newspaper all summer, sent his final postcard. After three months and 1600 miles of walking, local music teacher Paul Caccamo decided to leave the Pacific Crest Trail and bring his worn and weary feet home.

"The journey," he wrote, "even though unfinished, was an incredible experience. Leaving my house in April with only a backpack and the clothes I wore to get me through the next five months was a daunting moment. It makes one realize how little we actually need to survive. Sleeping under the stars every night; in 177 days I only pitched my tarp 5 times -- that's very nice. Getting into my warm bag on a cold night after walking 23 miles; pure heaven. The amazing generosity of complete strangers. Town stops and total gluttony; it's just good clean fun. Best of all, the people; the 'thru-hiking community' so to speak. They are the most colorful group of characters I have ever met. I don't mind not finishing this year so much, but I miss my friends like crazy, especially Filthy Figaro, with whom I walked over 1300 miles.

Things I will not miss, because I must be 'fair and balanced:' Yellow jackets after my sandwich at lunchtime. Mosquitoes. Messed-up feet. The scorching San Felipe Hills, 110 degrees at 11:00a.m. Teddy Bear Cholla cactus; I kicked a piece of one and it felt like a sword had been thrust through my foot. At a pace of 25 miles a day one doesn't get to stop much and enjoy a particular place, there is always that clock ticking that says 'Canada isn't getting any closer while you're hanging out by this lake all afternoon.'

I have a long list of places along the PCT that are ripe for a more relaxed stay. This was not a relaxing journey, but it was some of the most fun I have ever had."

Caccamo plans to walk the Oregon and Washington miles of the trail next June and July, on fresh feet. Feeling somewhat like we've just finished a great summer read,



"The Germinator" (Zack Mermel) and Paul Caccamo atop Forester Pass, the highest point on the Pacific Crest Trail Photo provided

with all the ambivalence of having enjoyed the story but wondering what's next, we here at the Lamorinda Weekly hope he will keep us on his mailing list.

## Make This Your Child's Best School Year Ever!!

Since 1977, Huntington has helped students, **grades K-12,** in the following areas:

- Reading
- Study Skills
- Math
- Writing
- Phonics
- SAT/ACT PREP



LAMORINDA • 490 Moraga Road • Moraga • (925) 377-0737 (Rheem Valley Shopping Center)

# Sewnow! fashion studio

- design it
- make it
- wear it

#### Register now! - classes begin this week

#### Fashion Design & Sewing Classes for Kids, Teens and Adults

Create your own unique clothes or home decor. Daytime, afterschool, evening or Saturdays.

Don't worry if you miss the first class - we can catch you up!

**New**: Mother/Daughter class for Kindergarteners, Boys sewing classes.

For more information drop-in, call, or visit: www.sewnow.com

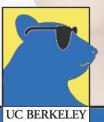
+ Open Studio Time + Brother sewing machines + Custom embroidered gifts + Girl Scout meetings + Birthday parties sewnow! 960 Moraga Rd., Lafayette [1 block S of Mt. Diablo] (925) 283-7396 info@sewnow.com

## Your child's probably ready to go to UC Berkeley.

Your children are precious, aren't they? And one of their most precious gifts is their eyes. That's why we encourage you to have your children's eyes examined first at nine months of age, again at three years, and regularly after that.

Who are we? We're the University of California Eye Center in Berkeley, a key part of UC's top-rated School of Optometry. And we can offer you a great deal of expertise with youngsters' eyes.

In fact, here at UC we've developed ways to test kids' eyes while they play, and to diagnose and treat any vision problems even before they can read an eye chart.



We take most vision insurance plans, and accept all major credit cards. So bring in the whole family for their eye exams. (You'll absolutely love our Eye Wear Center, with its incredible selection of designer frames!) We'll look for you!

**OPTOMETRY** Open to the Public 7 Days a week www.caleyecare.com Free parking next to Cal Memorial Stadium with appointments. 510.642.2020

### Are you sure you are getting the education you are seeking for your child? It is not too late...

to choose a Superior Education for your Child this Fall!

#### Saklan Valley School

can provide your child:

· Smaller Classes ·

• Higher Expectations and Higher Accountability •

- · A Safer and More Caring Community ·
- More Science and Technology Learning

- Greater Critical Thinking Instruction •
- · Greater Foreign Language and Global Studies Education ·
  - · Better Character and Leadership Education ·
  - More Field Trips, Travel, and Experiential Education •

Call or Visit our Website Today; Spaces Still Available!

Small Classes Make a Big Difference

Preschool through 8th Grade • Van Transportation and Extended Care Available • Independent • Accredited by WASC & CAIS • Not-for-Profit



Call Now to Schedule a Tour 925-376-7900 www.saklan.org