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Local Reservist to Command U.S. Base in Africa

Submitted by Robin Bertelsen



Captain Kevin Bertelsen

Photo provided

A Navy Reservist from Orinda will soon take command of the United States' only military base in Africa. Captain Kevin Bertelsen, will take command of the Navy Expeditionary Base Camp Lemonnier in the small East African country of Djibouti in mid-May.

Camp Lemonnier is the only U.S. military base located in Africa supporting operations geared toward building security, sovereignty, and stability in the region. It supports various counterterrorism and regional capacity building activities. The base gained notoriety recently when it was at the center of the commando raid on January 25 by a Navy Seal team to free an American and a Danish aid worker taken hostage by Somali pirates.

Captain Bertelsen is a Naval Aviator, commissioned in 1987, flying the P-3 Orion Submarine Hunter while on active duty. He has previously commanded two Navy Reserve units, at Naval Station Newport, R.I., and at Naval Air Station, Whidbey Island, Wash. He recently returned in September 2011 from a two-year recall to active duty with the US Combined Joint Task Force – Horn of Africa, serving in both Djibouti and Kenya. This recall to active duty came as a surprise: No Navy reservist has ever been selected to command an active U.S. Navy base. Captain Bertelsen will serve as the Base commander until May 2013.

Captain Bertelsen has lived in Orinda since 2003. He has two sons. His oldest, Spencer, is a junior at Southern Oregon University, and his youngest, Carter, is a junior at Miramonte, where he plays varsity lacrosse. Captain Bertelsen's wife, Robin, is a social media marketing consultant as well as an active member of the EFO Board.

Moraga Chess Champ Wins Again



Joshua Cao smiles with his trophy at recent CalChess Championship. Photo Linhai Cao

Joaquin Moraga Intermediate eighth-grader Joshua Cao took another win at the 37th Annual CalChess Super State Scholastic Championship April 20, but for Cao it was just another trophy. The 14-year-old has been playing chess for

the past five years and has amassed a room full of trophies. With a chess rating of over 2,000, Cao has the title of "expert" and has spent the past three years winning thousands of dollars at chess tournaments across the country.

Cao began playing chess at age nine as part of the Berkeley Chess School and began to compete at age 10. "He has won a lot of prizes and a lot of money," said Cao's mother Linhai. "Every week he has a one-hour chess session online with a grand master from Serbia and he goes to monthly tournaments."

In January, Cao won more than \$700 at the Golden State Open at the Concord Hilton, and he won more than \$3,000 when he took second place at a 2010 tournament in Las Vegas. During his spring break, Cao traveled to Philadelphia to compete.

"Normally, he doesn't go to kids' tournaments because they don't give him money," his mother said, laughing. "He's always played against adults at national competitions."

Cao won first place at the CalChess Championship, playing in the highest graded section normally reserved for high school age players. *J. Wake*

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Questions to Ask Your Vet

By Mona Miller, DVM

I believe that one key to a successful treatment plan for medical/surgical illness is communication between veterinarian and owner regarding value of diagnostic tests, treatment options, financial expenditure, time commitment and emotional energy involvement. Each situation is unique with its own set of limitations that affect success. In some cases, it is clear-cut – for example, it might not be in the budget to consider extensive treatment. In other cases, it might be the pet who limits treatment by not taking medication well. I would like to address some questions that I think vets and clients can ask each other in order to help with the decision-making process.

Questions to ask your vet:

"What are the costs involved?"

What is affordable to one person may not be in the budget for another, and it is helpful for your vet to know if you have financial limitations. Not all diagnostic tests are expensive, nor are all treatment options. When I was training as a (younger) vet, I worked with a gentleman who had the \$50 plan and the \$500 plan to offer his clients; nowadays, those numbers might need to be adjusted for the 21st century, but the idea is the same.

"Is this easy to diagnose?" Some tests are fairly comprehensive and you will get a lot of information about what is normal or not in a short time frame. If all is normal, this might be a problem that is not easy to diagnose, but you will have discovered this in the initial blood/urine test results.

"Is this possibly easy to treat?" and "What will follow-up care entail?" These questions sometimes cannot be answered without at least starting the diagnostic process, so be patient with the process. Some diseases require treatment and a recheck and success is a cure. Others might require long-term medication, with regular rechecks and success is management.

"Is there another way to get medication into my pet?" Not all dogs and cats take pills easily and it can be frustrating to struggle with this at home. Often there are different forms that can be provided – injections, chewy flavored pill pockets to hide a pill in, flavored liquids or a skin ointment that allows absorption of the medication into the bloodstream.

Questions your vet might ask you:

"If there is something reasonable to do for your pet, would you want to do it?" What is reasonable for one person might not be for another, so the details that emerge when answering this question might help your veterinarian understand what limitations you face, and what your overall philosophy is.

"Do you want to know what is going on?" This question can stand by itself, not necessarily paired with "what's the treatment?" question. Sometimes, the value of knowledge for its sake alone is important, and can provide an idea of what to expect as the disease progresses. My best example is with cancer. Diagnosing cancer doesn't necessarily mean you will choose to treat it, but you might want to know what to expect as the cancer progresses and to have an idea what timeframe of good quality lies ahead.



Dr. Mona Miller lives in Lafayette with her young son, two cats and Luka a new puppy. She has worked at Four Seasons Animal Hospital in Lafayette since moving here in 2001. She attended Cal as an undergrad, and received her DVM from U.C. Davis. She can be reached at Four Seasons, 938-7700, or by email to MonaSDVM@aol.com.

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