Art deco Orinda theatre featured in award-winning short

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By Diane Claytor 1 Shot Doce UNICEAR de

Award-winning "Lets Go to the Movies" producer Julia Anderson (right) and her assistant producer, Ksenia Firsova. Photo provided

filmmakers who agreed to help her,

the recent San Francisco State Fic-

tion Filmmaking graduate began

creating her documentary, which,

according to the Lamorinda Arts

jectionist at the theatre.

She interviewed Derek Zem-

The original concept for her

Go To The Movies," was focus-

ing on the history of this beautiful

Orinda treasure, built by movie fa-

"As I reviewed the footage,"

how significant the theatre is to

the community. That totally stood

Register of Historic Places).

ot every person who's passionate about movies longs to walk the red carpet or find themselves in the pages of People magazine. Many, like Moraga resident and movie lover Julia Anderson, want Council rules, could not exceed six to work behind the scenes. In fact, minutes in length. Anderson describes herself as "definitely a behind-the-camera type of rak, co-owner of the theatre, as well ing as a production assistant on a person" who "loves the process" of as theatregoers and a longtime prodeveloping and producing a video.

So, last year, when she spotted a poster promoting the Lamorinda award-winning documentary, "Let's Arts Council's ShortDocs competition, Anderson figured it was a natural project for her to take on. At the time, she was working part- natic Donald Rheem between 1937time at the Orinda Theatre, a movie 1941. (In 1982, the Orinda Theatre house she loved and believed to be was designated one of the National an important part of the community. It made sense to her to showcase this art-deco style theatre in her Anderson explained, "I realized ShortDocs entry.

"I love that experience of going to the movies," Anderson noted, "experiencing something in a room full of people sharing the very same emotions."

Anderson remembered a class field trip when she was a student at Campolindo: a film festival at the Castro Theatre in San Francisco. "The Castro was one of those old gorgeous movie theater palaces, and the Orinda Theatre is in that same category," she said.

Reaching out to some fellow

facts. So the focal point changed from what the theatre once was to what it is today — and at the same time reminding viewers that independent movie theaters are struggling ... and this is a serious problem, especially in smaller communities."

"Let's Go To The Movies" received a 2018 Lamorinda Arts Council Best Short Documentary Film by an Adult award, a prize that means a lot to the young budding filmmaker.

Anderson has always loved going to the movies. As a child, she'd go with her family and fondly remembers summers when her grandfather would take her. "I've always liked writing and telling stories, as well as all the visual arts," she said. "I also love to draw and make costumes." She soon realized that film production was a culmination of all those skills and hobbies, "everything I loved the most."

Currently, Anderson is workpilot for a potential TV show; it's a two-month job and has her living in Santa Cruz. Before she left, she met with the Moraga Community Foundation to discuss producing a video promoting the newly reopened Rheem Theatre. As Anderson sees it, it would be more of a public service announcement, she said, with the purpose of encouraging the community to support this historic and beautiful movie house.

To see Anderson's winning documentary, "Let's Go To The Movies," go to https://vimeo. out for me more than the historical com/251086048.

2018 Lamorinda Arts Council's ShortDocs winners

Best Short Documentary Film by an Elementary School Student: "Search & Rescue Dogs," by Brooke Parker

Best Short Documentary Film by a Middle School Student: "The Homeless Project," by Neve Abcari

Best Short Documentary Film by a High School Student: "No Limits Collaborative," by Caroline Rupert & Julia Hatfield Best Short Documentary Film by an Adult – two winners: "Let's Go to

the Movies," by Julia Anderson; and "Notes," by Tina Elliot Audience Award for Best Short Documentary Film by a Student: "Search & Rescue Dogs," by Brooke Parker

Grain-free doesn't mean problem-free

By Mona Miller, DVM he Food and Drug Administra-Cardiomyopathy. This is a new investigation, with cases reported by specialty veterinary hospitals across the nation in the past year. It appears to have involved a small percentage of the many dogs that eat diets with alternatives to grain. It is unclear what the exact cause-andeffect mechanism is, but may likely involve grain-free diets, decreased blood levels of taurine (a particular amino acid), and certain breeds or individuals within certain breeds.

Dilated Cardiomyopathy is a certain purebred dogs. It usually affects large breeds such as Dobermans, Great Danes and Boxers, as well as American Cocker Spaniels. It affects the heart muscle, causing decreased function and "sloppy" contractions, resulting in an enlarged poorly-functioning heart. There is most likely a genetic component in some breeds.



Dr. Mona Miller lives in Lafayette with her son, two cats and yellow Labrador. She attended UC Berkeley as an undergraduate, and received her DVM from UC Davis. She has been happy to call Lafayette home since 2001. She can be reached via email at MonaSDVM@aol.com. She welcomes questions from readers that may get incorporated into a column.

deficiency in cat food caused DCM. The petfood industry as a whole stepped up and started to include taurine as an ingredient in cat food; thus, it is a very rare condition nowadays. Most likely, a veterinarian who graduated from vet school after the late 1990s has probably not seen this type of heart failure in cats fed commercially balanced diets. The good news is that DCM caused by taurine deficiency can be a reversible condition in some individuals.

It is unclear what the significommon heart failure problem in cance is regarding the grain-free diet link to taurine deficiency. It's possible that it involves the absence of grains, or conversely the presence of legumes. Or it's possible that legumes may interfere with an individual's ability to absorb taurine. Not all dogs that eat grainfree diets are negatively affected.

Grain-free diets became popular about 11 years ago, after a recall of pet foods contaminated with melamine from China. At that time, "boutique" diets became more available and popular. These diets included a variety of carbohydrates that substituted for grains potatoes, peas, lentils, chickpeas, just to name a few.

This investigation allows the opportunity to discuss whether dogs in general need or benefit from grain-free diets.

According to a recent New York Times article, one veterinary nutritionist at Tufts Veterinary Medicine School, Dr. Lisa Freeman, says, "Contrary to advertising and popular belief, there is no research to demonstrate that grainfree diets offer any health benefits over diets that contain grains." For the record, I agree completely. I

Taurine deficiency as a non- advise my clients that dogs are not tion announced recently that genetic cause of heart disease is not inherently gluten or grain-intolerit is investigating a link between a new finding. In 1987, UC Davis ant, just as humans as a species are grain-free dog diets and a certain School of Veterinary Medicine re- not. There are definitely individutype of heart disease called Dilated ported that this particular amino acid als who have gluten-intolerance, both humans and canines. These individuals will have problems with digestion and sometimes with skin allergies, and they should definitely avoid grains and glutencontaining foods. But for the rest of us, until or unless we develop a problem, it's perfectly fine to eat "mainstream" foods.

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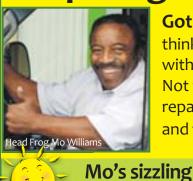


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