

# Zumba with Desi

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Desi's Zumba style combines her love for teaching and her passion for dancing. Dynamic and inspirational, Desi motivates for the achievement of self-confidence in the fitness room and brings fun and variety to cardio workout. Desi has been an enthusiastic Zumba follower since 2006 and an instructor since 2008.



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# California Indie Fest—a Feast

By Andrea A. Firth



Opening night movie *Monsieur Lazhar*

Photo provided

The upcoming California Independent Film Festival will give filmgoers a smorgasbord of movie options (a veritable feast) including foreign language films, features, documentaries, and shorts, along with a chance to eat, drink, and party. The festival will be screening movies at both the New Rheem Theatre in Moraga and the Orinda Theatre from February 10th through the 16th. Here's a taste of what attendees can see.

**And the winner is...**

**Monsieur Lazhar**, an Oscar nominee for Best Foreign Language Film, will open the Festival on Friday, February 10 at 7:00 p.m. at the Rheem Theatre. The sensitive and humorous Canadian film tells the story of an Algerian immigrant who is hired to replace a well-liked teacher who died tragically. While the students in the Montreal middle school heal under the new teacher's tutelage, he deals with the pain of his former life.

**Keeping it Real—CAIFF's Documentaries**

Screening throughout the six-day festival, the seven documentary films tackle a range of subjects, both weighty and lighter fare, and tell the stories of the last living burlesque comic, twin's triumphing over a genetic disease, a ninety year-old triathlete and her octogenarian high

jumping pal, an all-women's tribe in Kenya, California's single-speed cyclists, and the tragic tale of young woman's battle with an eating disorder.

A little more local is the documentary film entitled *Century of Light*. Filmmaker Chris Leps tells the story of the longest burning light bulb. Housed in a fire station in Livermore the bulb has been lit (with a few minor interruptions) since it was first installed in 1901, that's 111 years and counting. "Things were built to last back then," says Leps who wrote, produced, and directed the 42-minute film. A stuntman by day and filmmaker whenever he can make it happen, Leps explores the innovation, technology and local people behind this remarkable bulb.

**Bite-Sized Portions—CAIFF's Shorts**

Done well it does not take long to tell a good story. The short film selections in the 14th annual California Film Festival are between four and thirty minutes long, with most about a ten-minute watch. The quick pics are animated, funny and dramatic, with subject matter that ranges from the excitement of spring to loss and renewal and what can happen when you borrow a cup of sugar (see the short called *Sugar* to find out).

The Festival often showcases up-and-coming filmmakers. The short selection *Bandito* was written, directed and filmed by San Jose-based film student Ryan Wood who is currently studying at the Art Institute of California in Sunnyvale. Like any good western, the short has hairy-faced bad guys, a gravely-voiced sheriff, a beautiful cowgirl, and of course, a gun fight. Produced on a shoestring budget, Wood's cinematography is remarkable and covers a lot of land in Hollister where the seven-minute movie was shot. Light on dialogue and heavy on mood and scene, it's a surprising tale. Don't miss it.

The opening weekend of the Festival (February 10th and 11th) is the time to eat, drink, and play at the Rheem in Moraga. The Festival kicks off with a reception on Friday night starting at 5:30 p.m. with host Dianne Dwyer, the weekend anchor of NBC Bay Area news. The Saturday night social starts around 10:30 p.m. after the screening of *Rocky* and continues til...

For all you need to know about the California Independent Film Festival, including the full schedule and ticket information, go online to [caiff.org](http://caiff.org).

# Special Girls Night Out at the Library

By Cathy Tyson



Jamie G. Dougherty comes to the LLLC on February 7.  
Photo provided

is focused on eating well, self-care and getting in touch with what you want to accomplish in the New Year via nutrition and lifestyle advice.

Dougherty is a certified Holistic Health Coach and is accredited by the American Association of Drugless Practitioners. Her journey started with a diagnosis of ulcerative colitis – a chronic inflammation of the large intestine – at age 20. After trying a number of prescriptions, she found altering her diet made all the difference.

She started Jamie Living five years ago working with career women who were successful in business – but always managed to put themselves last. The self-described small girl with big hair, big feet and a big mouth has a knack for telling it like it is. Her business has evolved to include personal consultations, the "Fantastic Food Fix" – a day-long healthy food shopping and cooking extravaganza, cookbooks, a blog, and a snappy website - [Jamieliving.com](http://Jamieliving.com).

Look for a cooking demonstration featuring smoothies and snacks, along with advice about getting rid of emotional toxins and more at this first of its kind event. For those of us whose pants are a little tight post-holiday feasting and feeling less than stellar, this could be time very well spent.

Get inspired, Tuesday February 7, 2012 from 7:00 p.m. – 8:00 p.m. at the Community Hall of the Lafayette Library and Learning Center, \$5 per person, payable at the door. The first twenty women to RSVP on the Whole Foods Facebook page will get a Detox goodie bag and everyone who registers will be entered to win a Detox gift basket.

Forget the chardonnay and uncomfortable shoes. "It's all about delicious ways to detox your mind and body – this will be a night of food, fun and digging deep," said Jamie Dougherty, Certified Health and Lifestyle Coach talking about her upcoming event, "Girls Night Delicious Detox" at the Lafayette Library and Learning Center. She explains that the hour-long program, co-sponsored by Whole Foods,

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**Lafayette Open Houses**  
January 23<sup>rd</sup>  
February 13<sup>th</sup>  
at 6:30 p.m.

**Walnut Creek Open Houses**  
January 19<sup>th</sup>  
February 23<sup>rd</sup>  
at 6:30 p.m.

**ADULTS ONLY, PLEASE!**

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