

◆ Not to be missed ◆ Not to be missed ◆ Not to be missed ◆

◆ New Owners
◆ New Attitude
◆ 30 Years in the Industry!

3344 Mt Diablo Blvd in Lafayette
925-284-4440
lamorindafloors.com

LAMORINDA FLOORS
Kamstan GALLERY

practical needs and concerns of the bereaving widowed persons. The sessions can be very beneficial and helpful, even if a period of years have passed. Meetings are held in the Oak Room at St. Stephens Church from 10 a.m. to noon each Saturday through July 27. Free. The meetings are facilitated by Gretchen Dabel and members of the WPS Board. For info, call Ruth Harrington at (925) 376-0321.

Relay For Life of Lamorinda begins at 9 a.m. on Aug. 3 and continues through the night, ending at 9 a.m. Aug. 4 at Burton Valley Elementary School, 561 Merriewood Dr., Lafayette. For info, visit relay.acevents.org or contact Kelli Nahas at kelli.nahas@cancer.org.

POLITICAL GATHERINGS

Members of the **Lamorinda Democratic Club** invite local Democrats to join them and walk in the annual Fourth of July Parade in Orinda on Thursday, July 4 to display their patriotism. Each parade participant is asked to wear a "Democratic" T-shirt and bring a "Democratic" banner. Games, musical entertainment and booths displaying community information, including that of the Lamorinda Democratic Club, will be available in the Orinda Community Center Park following the parade. Assemble at the staging area at 9 a.m. Thursday, July 4 in the Orinda BART parking lot on the east side of Camino Pablo, 11 Camino Pablo, Orinda (parade starts at 10 a.m.). For more info, visit www.ldclub.org or contact Kathy Klein at (925) 284-9073 or kathyklein@hotmail.com.

SENIORS

Words of Wisdom...From the Philosophical to the Light-hearted. Take part in this free-wheeling exchange of inspiration, information, and humor. Topics – from soup to nuts - will be explored, examined, and discussed by participants from 10:30 a.m. to noon, the third Tuesday monthly in the Lafayette Community Center Sequoia Room. Stories and photographs will stimulate humorous discoveries regarding the benefits of becoming the 'elders of our tribe.' For info, call (925) 284-5050 or email seniors@love-lafayette.org to reserve a spot.

OTHER ... continued

The **PSR West Coast Builder's Second Annual Golf Tournament and Ride** is all geared to honor fallen Oakland Police Officer John Hege while raising funds for OPEN (Oakland Police Emergency Net) and the California Transplant Center. Tournament begins at 10 a.m. Friday, July 26 at the Diablo Creek Golf Course, 4050 Port Chicago Hwy, Concord. If you are interested in becoming a sponsor, make donations or play golf, contact Dawn Schadek at (925) 381-5873 or email dawn.schadek@gmail.com.

"Shred Fest" Supports Moraga Lion's Club. Destroy unwanted documents securely during Shred Fest from 9 a.m. to 1 p.m. July 27 at 485 Moraga Road (adjacent 5-A). A \$5 fee for banker-sized boxes supports the Moraga Lion's club local educational and service projects. Shred Fest is supported by 5-A Rent-a-Space, Moraga Motors, Coldwell Banker, Neighborhood Computers and Hall of Taxes. Security shredding is courtesy Shred Defense, Moraga.

Widowed Persons Support Group (WPS) meetings. The WPS support sessions are informal discussions of emotional and

Please submit:

- Events:** calendar@lamorindaweekly.com
- Stories:** storydesk@lamorindaweekly.com
- Letters:** letters@lamorindaweekly.com
- Opinion:** letters@lamorindaweekly.com



Reach 60,000+ in Lamorinda
Advertise in Lamorinda Weekly
Call 925-377-0977 today



www.lamorindaweekly.com

PLAN FOR FUN ON THE 4TH OF JULY

Schedule of Events:

The City of Orinda

- 7:30 to 10 a.m. Orinda Community Center Plaza – Pancake Breakfast
- 7:55 a.m. Flag-raising Ceremony
- 9:30 a.m. Community Booths and Kids Activities in Orinda Park
- 10 a.m. Parade - Orinda Theatre to Orinda Community Center
- 11:30 a.m. to 1 p.m. Community Center Park Activities



The Town of Moraga

(Events at Moraga Commons Park, corner of Moraga Road and St. Mary's Road)

- 8 a.m. MYIC Pancake Breakfast
- 9 a.m. Dog Parade
- 9 a.m. to 1 p.m. Community Booths
- 10:30 a.m. Bike Parade
- 9:30 a.m. to 4:30 p.m. Jumpies
- 11 a.m. to 8 p.m. Food booths
- 11 a.m. Old Fashioned Kids Games
- 12:30 p.m. Family Magic Show
- 7 p.m. Larry Lynch & the Mob (concert)
- 9:30 p.m. View Fireworks (launched from Moraga Country Club)



July 4th Running Races

Moraga

Annual 4th of July Fun Runs: 2-mile, 5-mile, or the exciting Kiddie Race. These races are sponsored by the Campolindo Cross Country and Track Teams. For race information/registration, visit www.campotrack.com or contact race director Tricia Peterson at (702) 245-0429 or triciajpeterson@gmail.com.

Orinda

Meet at 8 a.m. in front of the Community Center, 26 Orinda Way, in Orinda for Haley's Run for a Reason (register at www.angelhaley.org) and "Boston Strong" Orinda Roadrunners 30th Annual Fun Run.

MOVIE REVIEW

"The Heat"

By Derek Zemrak



FBI Special Agent Sarah Ashburn (Sandra Bullock, left) and Boston Detective Shannon Mullins (Melissa McCarthy) sit in shock after an unexpected setback. Photo Gemma La Mana

Let's get straight to the point. "The Heat" is the funniest movie I have seen in a long long long time. I previously made the statement that "This Is The End" was the funniest since the original "Hangover" but neither one trumps "The Heat" starring Oscar winner, Sandra Bullock ("The Blind Side") and Emmy winner and Oscar nominee Melissa McCarthy ("Mike & Molly," "Bridesmaids"). Bullock plays squeaky clean, by-the-book FBI agent Ashburn who is assigned to take down a drug ring in Boston. Ashburn has more than she can handle when a local Boston cop with a mouth like a drunken sailor, Mullins (McCarthy) demands to be assigned to the case because this is her 'hood. It was great to see Thomas T. Wilson, best known for playing Biff in the "Back to the Future" trilogy, return to the big screen as Mullins' boss, Captain Woods. He has amazing comedic timing, and the scene in his office with Ashburn and Mullins will have you laughing till your side hurts. The story is nothing new as the two polar opposites, Ashburn and Mullins, must work together to crack the ring and arrest the king pin. It is the creative dialogue that screenwriter Katie Dippold, writer of the creative "Parks and Recreation" television series,

penned on paper that makes this work with non-stop laughs. Bullock and McCarthy as a comedic team is solid gold and they deliver to the level of Lucy and Ethel. Kudos to director Paul Feig ("Bridesmaids") for making it all come together on the big screen. Feig may just be the comedy director of modern time. "The Heat" was filmed on location in Boston on a very short shooting schedule of 45 days which is unheard of for a Hollywood studio movie. The average shooting time for a studio film is three to four months. The hard work and dedication for the entire cast and crew truly shines on the screen. "The Heat" is rated R for adult content, language, drug issues and sexual situations, so the youngest need to stay home. "The Heat" makes a perfect date night with a total running time of 125 minutes. You will be laughing so often you won't realize two hours has gone by. Trust me on this one! Some will need oxygen!

Derek Zemrak is a Film Critic, Film Producer and Founder of the California Independent Film Festival. You can follow Derek on Twitter @zemrak for the latest Hollywood news. Derek is the host of Real to Reel on TRadioV.com live at 6 p.m. every Tuesday.