## Karate Olympic hopeful ... super karate girl

**Submitted by Thomas Westernoff** 

Karate & Fitness USA Team Member Amaliya Nalitkina, age 13, of Lafayette and soon to be a freshman at Campolindo High School returns home with the Bronze Medal in Kumite (sparring) at the AAU (Amatuer Athletic Union) National Karate Championships which was held in Greenville, South Carolina June 29 - July 3. Amaliya, only a Brown Belt in Karate entered the Black Belt Division with no national level competition experience and no advanced competition experience, fought hard and represented well to earn her a spot in the top three kumite karate competitors in the country. She has also qualified to represent the AAU / USA Karate Team which will go to the 9th WUKF (World Union Karate-Do Federation) World Karate Championships to be held in CLUJ-NAPOCA, Romania this coming September.

This is even more exciting with the Summer Olympics coming to Japan and the Sport of Karate will be featured in this year's Summer Olympics.

Photos provided





## SHOP ORINDA



MARK BELLINGHAM

**PAINTING** 

HIRE A LOCAL NAME YOU

**CAN TRUST** 

925-247-0092

MarkBellinghamPainting.com

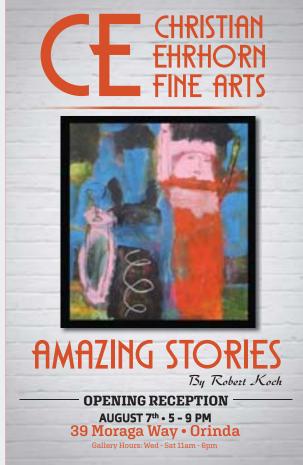
Interior & Exterior Painting Deck & Fence Restoration

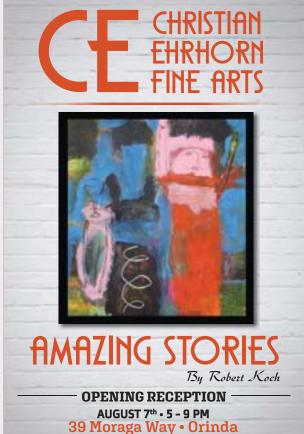
Kitchen & Bathroom Cabinet Painting Dry Rot Repair

Light Carpentry Drywall Repair

For a Quick Preliminary Estimate **Email Photos of Project to:** Office@MarkBellinghamPainting.com

See our Reviews on NextDoor, Houzz & YELP













To advertise on **Shop Orinda** call 925.377.0977



**Zamboni's** 

PIZZA COMPANY 1 Camino Sobrante (925) 254-2800 We're right across the street from Orinda Safeway!

Thin Crust & Deep Dish Pizza

Delicious pizza, calzones and salads! Slices at Lunch (11a - 4p) Call for takeout or delivery!

11a - 9:00p

11a - 9:30p

M-Th

Fri -Sat

We're open

everyday!



Hours: Mon-Fri 8:00-6:00 Sat 9-5, Sun closed

**Our location:** 21 Orinda Way Ste C Orinda, CA 94563

√ Shipping

✓ Notary Services

√ Copying, Finishing ✓ Postal Services ✓ Printing Services ✓ Business Services store2643@theupsstore.com

www.theUpsStoreLocal.com/2643



Serving Lamorinda since 1976



Books, Gifts & Music

276 Village Square, Orinda

925 - 254 - 7606 Open Mon. - Sat., 10:00 - 5:00