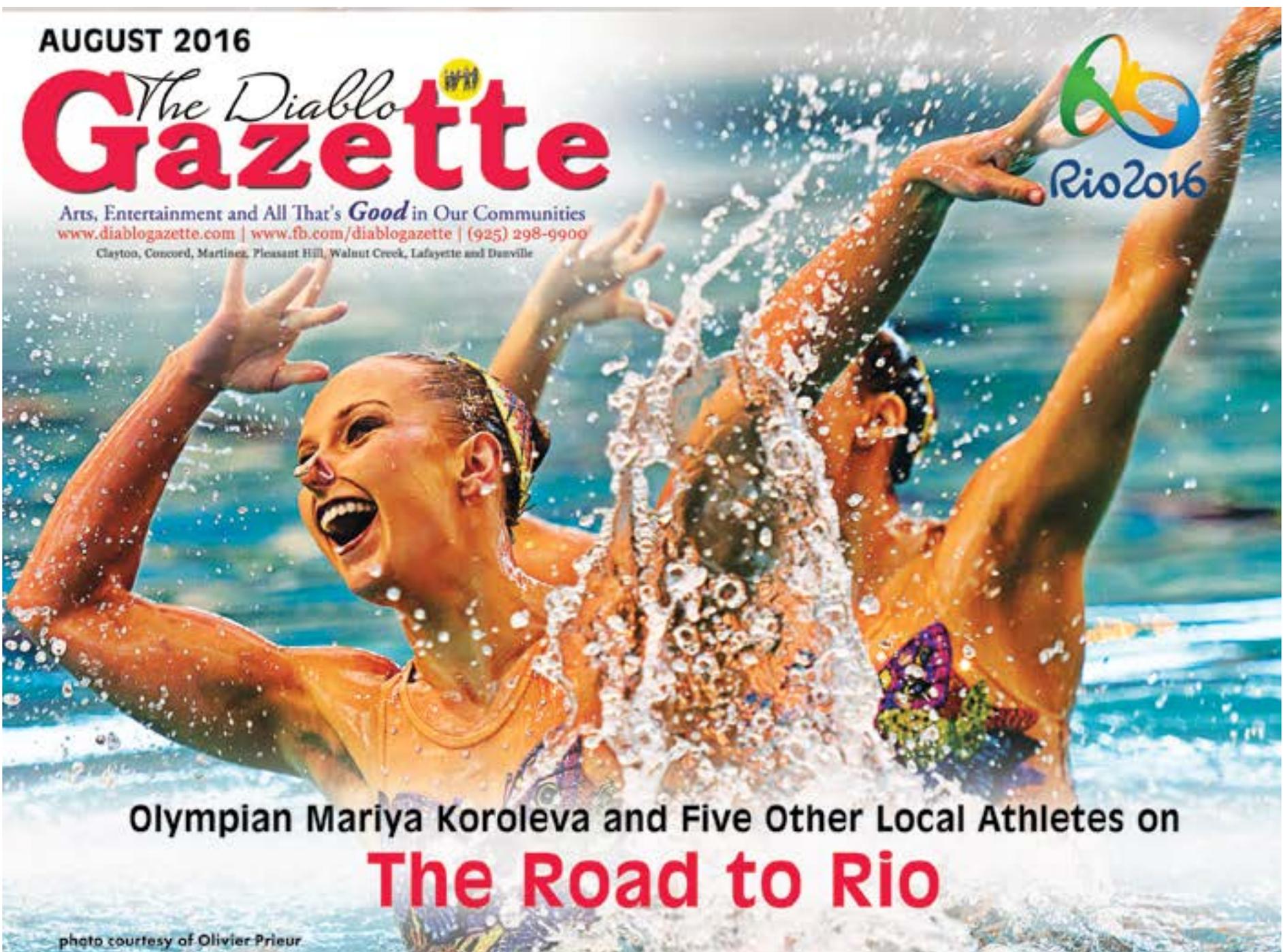


AUGUST 2016

The Diablo Gazette

Arts, Entertainment and All That's *Good* in Our Communities
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Olympian Mariya Koroleva and Five Other Local Athletes on **The Road to Rio**

photo courtesy of Olivier Prieur

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What's Inside:

- Pokemon Go Craze
- Hitchhiker: Clayton to Dartmouth
- The Chinese Student Delegation
- School Lunches
- The Road to Rio
- Book and Movie Reviews
- Calendar of Events and more....



Secret Service Insider....page 13



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from the publisher

by David King

“Is This the Real Life? Is This Just Fantasy?”

It's a popular lyric to Queen's infamous song, *Bohemian Rhapsody*. But I'm not sure anymore either. The “Pokemon Go” game has introduced me to the term *augmented reality*. It appears our Presidential candidates are *distorting reality*. And isn't it *surreal* that our humble area is sending six Olympians and a coach to Rio this month? Our story of a Clayton Valley student hitchhiking across America is *unreal*, but our Inside the Secret Service story is *real*. Maybe you can sort it out.

Our Mt. Diablo area is preparing for Back-to-School. Contributor Nik Wjocik

has a fabulous story on the improved school lunch programs. Meanwhile, a small delegation of Chinese basketball players is schooled in basketball in Walnut Creek but learns about Pickleball in Concord. *Really?*

You will enjoy our story selections this month. We couldn't fit everything in this edition, so visit www.diablogazette.com if you want more to read. Be sure to like our www.Facebook.com/diablogazette for more updates throughout the month. Please support our advertisers when you can.

Enjoy your reading.

It's All About Care

Free Service Helps Families Locate Residential Care Facilities

It happened. Lori Baca's grandmother had become ill and had to be placed in a Residential Care Facility. It was an emotional time for both of them and Baca found this task to be a very confusing. It took many days of searching and continuous researching before she found just the right place for her grandmother. After going through this, Baca truly understood what families go through during this difficult time. She decided to learn how to assist other families going through similar situations and founded All About Care Senior Services in 2001.

All About Care Senior Services is now one of the longest-operating senior living placement agencies in Northern California. “We've had lots of experience. We put that experience and insight to use every step of the way in finding the right assisted living solution—from the initial consultation and needs assessment to personalized tours, right through to weighing the options, reviewing the contract, and moving in.” says Baca. All About Care Senior Services is eager to share their knowledge and provide

expert guidance on what to look for and questions to ask while remaining sensitive to the deep emotional aspects involved in caring for a loved one as she or he ages.

To help better understand this process, Baca became a certified administrator with the State Of California, Department of Social Services Community Care Licensing. She is continuously receiving additional training and can provide clients with current “Title 22” regulations.

In addition to helping you find the right home for your loved one, Baca is familiar with options that can possibly help with the cost of the new home. This can include long term care insurances, veteran's benefits, etc.

If you or someone you know is struggling with the process of finding residential care services, All About Care is a free service and available seven days a week. Lori Baca can be reached at 925-698-1867.

SEE OUR AD ON PAGE 8

The “Silly Season” of Elections



by Edi Birsan,

Concord City Councilman

With the start of the new school year comes the start of the “Silly Season” of local politics in the shadow of the great insanity of this year's Presidential Election. Local politics has two classic themes that are played out again and again:

1. Crime/Police/Safety
2. Traffic

This is then followed, in varying order, by the traditional issues of School issues, Jobs, and Status Quo or change of some sort

Additional issues that can pop up to confound the populace are things like Housing (affordable/high density/low density) and Financial whatever

Lets ask some questions that may trigger discussions and maybe challenges towards those who are running:

Crime/Police/Safety

1. Do you support local police sub-

stations and if so where?

2. What about police in schools and who pays for it?
3. Body Cameras on police?
4. Police force size and costs, what would be the role of Community Service Officers?

It should be remembered that Police Unions are just that Unions and they are rightfully concerned with the pay, pensions, health, force size and conditions of the sworn (guns and badges) officers. Their political impact in endorsements is profound in the community as they present their candidates as anti-crime (there are no candidates that are for crime) but remember that their focus is on their members. It is also very rare to have an election year when suddenly there is all this focus on crime. Fear works.

Traffic/Roads

No city is without pot holes, or intersections that drive you nuts (or maybe prevent you from simply driving). A classic flash point is Oak Grove and Ygnacio Valley where there appears

What Makes Clayton a Great City In Which to Live?



clayton update

Howard Geller, Mayor of Clayton

I am often asked by other City Officials, out of town family and even people who live in Clayton, “What makes Clayton such a great City to live in?” Being a cheerleader, my answer can be lengthy. I cover known facts printed in publications and journals describing Clayton as one of the safest and most desirable towns in California in which to live. If allowed, the next half hour's conversation covers the vast list of “unsung heroes” who volunteer at the host of Clayton events each year.

I dedicate this column to our “unsung heroes, our volunteers.” I applaud Clayton's seemingly tireless and endless number of volunteers. I commend all the volunteers in our youth sports programs, parent faculty clubs, schools and other community groups.

Let me give you a peek at the depth of community volunteerism (over 800) during these past few months.

“Clayton Cleans Up” brought over 170 persons, parents and children volunteering to clean up our creek beds, trails, and public areas. The event is organized by the Clayton Pioneer and co-sponsored by Republic Services, the Clayton Business and Community Association (CBCA), and the City of Clayton. Many of these volunteers were families with young children being taught personal ownership and pride in one's community.

Clayton Historical Society – With over 550 members strong, the Clayton Historical Society held its annual Clayton Garden Tour featuring five homes. The tour required over 50 volunteers.

Clayton Valley Garden Club – With over 100 members, the Clayton Valley Garden Club held its annual plant sale. The members of this club grow all the plants they sell. They work with our local schools to help create raised garden beds and garden education programs, (54 volunteers).

Art and Wine Festival – Clayton hosted the 21st annual Art and Wine Festival organized by the CBCA. There were approximately 85 CBCA members, 75 adult community volunteers, 160 students and coaches from CVCHS and 20 Diablo Valley Ranch volunteers on hand throughout the two-day event.

Clayton Library Foundation – With 385 volunteers strong, the Clayton Library Foundation had 185 volunteers manning the recent Creekside Arts 2016 and their Used Book Sale.

Concerts in the Grove Park – Clayton's Saturday night “Concerts in The Grove Park” series, Wednesday Night Concert Series and Classic Car, (20 volunteers).

4th of July Parade - Our amazing 4th of July Parade brought out over a hundred entries, a 1,000 plus kids in their red white and blue walking down Main Street waving American flags, (30 volunteers).

Upcoming volunteer events to look forward to in coming months: CBCA's Rib Cook-off, Oktoberfest, Labor Day Derby Event, various Christmas festivities, and a multitude of others too numerous to list.

Net profits from each fundraising event funnels back into our community in the form of donations for various student scholarships, school sports programs and other local charitable needs.

So when asked what makes Clayton a great City to live in, my short answer is the people who give back and volunteer. It is our silent heroes who unselfishly give their time and expertise to make Clayton a City we are proud of. Clayton is a City where you can make a difference. My hat is off to each one of these volunteers... you do make the difference. You make our City great!

Mount Diablo: Living at the base of Mt. Diablo, especially after the late spring rains, makes me want to dust off my hiking boots and explore the wonders it has to offer. I have often walked on some of the better-known trails. But after visiting the “Save Mount Diablo” website www.savemountdiablo.org, I realized the opportunities I have missed. Perhaps you have too.

There are maps and descriptions of all the trails. There is a detailed calendar of guided tours and self-guided tours and information about the hidden treasures you will see. For those of you not able to visit due to time constraints or physical disability, “Save Mount Diablo” has created audible guides you can download to your I-pads, computers or smart phones.

Hot off the press is the newly published “Hiker's Guide to Mount Diablo State Park”. I just received my copy and I can truly say it has revealed the many “mysteries” of Mount Diablo. It is stocked full of maps and trailhead information. The book breaks the mountain down into north, south, east and west trails and lists the difficulty of each trail. It explains what you might expect to find during the different seasons of the year.

The American Heart Association encourages all to exercise. What better way to spend time with Mother nature in our own back yard!

Direct comments to Howard Geller, Clayton Mayor: Hgeller@ci.clayton.ca.us

to be a total failure to communicate between the Concord light system and the Walnut Creek light system. It has even been rumored that it was done on purpose! Those nasty little cyber-gremlins. Everyone hates traffic, but the incumbents have an advantage as there is always some place where the road has been fixed, bike lanes put in and what-not so here are some questions:

1. Where are you going to put in bike lanes that aren't there now?
2. What are you going to do about parking (if you are in Walnut Creek forget this one as they have genetically engineered a “Don't ask, don't tell” reflex, probably from something put in the water supply from the ‘Creek’.)
3. Parking meters- are you going to put them in, take them out, increase

or change them? (Note in Concord this could easily morph into a safety issue... safety that is for those in favor))

4. What about Uber and the taxi holocaust that is about to happen?
5. Does anyone want a covered bus stop and who is going to pay for it?

Status Quo/Political Reform issues:

There has been a rash of ‘non-rotation’ appointments to Mayor in the last three years looking at Concord, Walnut Creek and Pleasant Hill (Where is that hill anyway?) all of which can be attributed to simple politics, the most blatant being in Concord where a Councilmember actually

Continues on page 15

Local Artist Finds Sense of Freedom After Devastating Fire

by Fran Cain

Everything is gone. Go to reach for something, a ruler, a screwdriver. It's not there. Oh, that's right. It burned up. Life after losing a home to fire is a constant shock.

Suzy lost her father at age 10, so she understands loss. But it was weeks before it struck her that all of her artwork was gone. She had been so busy combing through rubble, finding a place to live, being hounded by the insurance people to recount what was lost. All she wanted was to look forward. When she fully realized that her life's work had disappeared, she doubled over in pain.

She felt sorry for herself even after the insurance agent told her "you have it good" —so many clients have suffered far worse losses. Even though Suzy's mom, Sharlee who also lived there, had a heart attack, and four of the family's five cats died, Sharlee recovered and Suzy's husband, J.G., and daughter, Morgan, were safe. That's when Suzy realized home is where the family is. "We'll be okay no matter where we are," she thought. You learn from experience.

The fire was an accident. A stupid mistake. Placing blame would do no good. Rags left under the deck by the house painters ignited. The fire traveled up the interior walls. By the time it was discovered, the house was too far gone. When Suzy's mother, who had been entertaining friends at the time, realized what was happening, she suffered a heart attack. Suzy, J.G. and Morgan had been away on vacation. The next day, the only possessions left were a week's worth of clothes and toiletries they had packed for the trip. Everything else? Gone.

The family was determined to rebuild. Suzy planned and designed the new house. But during the process, she was dealt another blow. She became very sick from the stress, and has still not fully recovered. But for a year while the house was being rebuilt, the illness prevented her from leaving the temporary



home they rented. So not only had fire destroyed her home, but worse, it destroyed her health. And rebuilding her health was even harder and took far longer.

But now, seven years later, Suzy looks healthy. She is physically very active. She hikes, kayaks, and does Pilates. And she totes her new artworks, large format oil paintings on heavy wood-backed Masonite made by J.G., back and forth to the studio four days per week. That artwork has changed quite dramatically since the fire.

Before the fire, Suzy's work was small format, rigidly correct, and almost photo-realistic or architectural, rendered in pen and ink or oil. "Losing it all set me free," she says, and she calls her new work reflective of how she now sees the world — perhaps less detailed but looser and more abstract with organic, linear movement as seen in the curvy shapes of nature, or in the portrayal of trees with branches emerging from each other like fractals. In her redesign of the house, curved walls, a curved staircase with an intricate curved iron handrail, and arches are in every room, to the chagrin of the builders, and lighting fixtures follow the curve of the kitchen bar.

Two years after the fire, the family moved back into the rebuilt house. But it seemed more like an unfamiliar hotel

than a home. It took yet another year before it became a home. Every item was a sterile, history-less replacement for something lost. Years later, they are still working to rebuild the beloved collection of 10,000 books that went up in smoke.

In J.G.'s office, above the custom crafted bar made from wood retrieved from the rubble, is a sign Suzy painted of a Phoenix with dragons rising from the ashes. It is a fitting metaphor for the family that had the ground under their feet vanish in one night

of fire. Yet, J.G. views life as better all around. He sees much more variety in Suzy's art and believes she has found her comfort zone. Reminders of her prior work hang along the upstairs hallway. They are giclee copies of those that were lost. Directly across the open foyer are some of her new paintings, in distinct contrast, proving that Suzy has not only survived, but she and her work have risen to new heights.

Local Credit Union Recognized for Charitable Works in Annual Top 80 Corporate Philanthropist List

Congratulations to Concord's Pacific Service Credit Union (Pacific Service CU), who has been selected as the 78th ranked corporate philanthropist for 2016 according to the annual Top 80 Bay Area Corporate Philanthropist list released by the San Francisco Business Times. The list showcases Bay Area companies that the publication feels demonstrate exemplary charitable work in their respective communities.

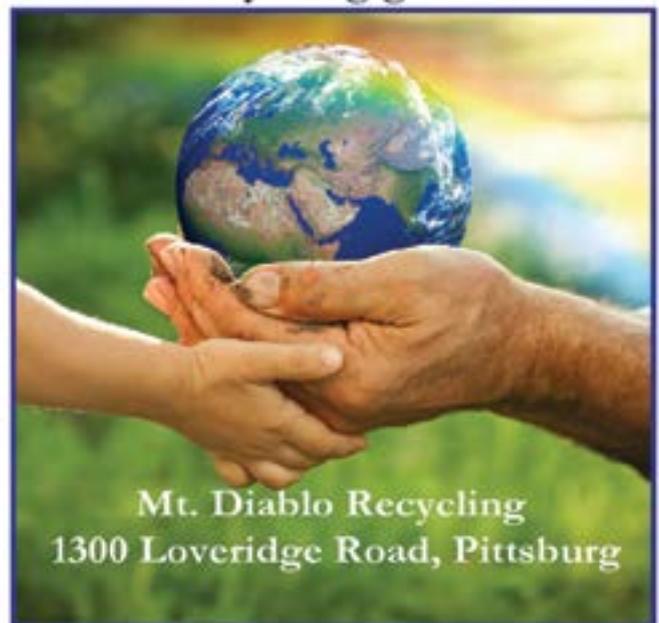
Pacific Service Credit Union donates approximately \$125,000 annually to various 501(c)(3) organizations concentrating on services for children, education, health and human services, and disaster relief.

Pacific Service Credit Union is a full-service financial institution serving anyone who lives, works, worships or attends school in Alameda, Contra Costa, Fresno, Marin, Napa, Placer, Sacramento, San Francisco, San Mateo, Santa Clara, Solano and Sonoma counties. Learn more at www.pacificservice.org.



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Photo by Edi Birsan

Players meet at Toda Santos Plaza and go for a walking tour for a few blocks. Event was started on Facebook by a concord couple with 800 possibles and 400 who confirmed to attend.

Local Businesses Jump into "Augmented Reality" to Attract Customers

Launched in mid-July, the new mobile game called "Pokemon Go" has brought crowds of teens and young adults playing almost everywhere. Who hasn't seen people of all ages, walking around like modern day zombies with their phones?

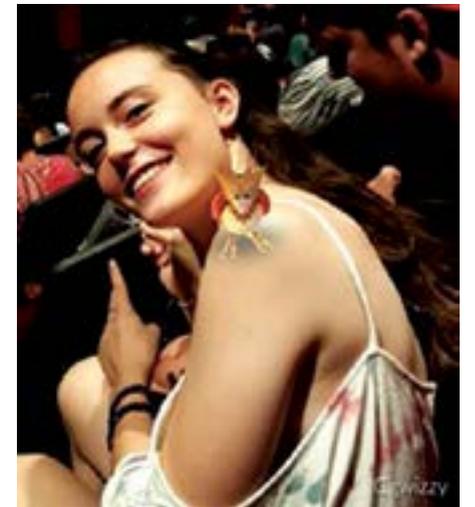
Pokemon Go, created by Niantic Labs, is an outdoor geo-location based scavenger hunt game where you use your phone to find and capture monsters spread throughout the city using augmented reality and your phone camera.

Already surpassing twitter in daily users, parks, and other venues are active with players searching for Pikachu and Pokestops. They're pursuing animated images of the cartoon creatures that appear on their phones as if they are popping out from the real-life landmarks where the phone camera is aimed.

Pokestops are marked locations where

players can interact with the marker to collect items within the game. This entices players to actively move around densely populated city areas where Pokestops are more abundant. According to local "Pokemon Go" players, Martinez is a "hot spot" for these

Pokestops, driving players to group together and walk through the city. Concord's Todos Santos Plaza is another. Sun Valley Mall has seen high numbers of people playing the game as it's common to find the creatures at its various retail stores. Local businesses and merchant associations are discovering ways to work their way into this augmented reality by buying Lures. Lures can be placed at a business location to make a business a Pokemon Go "hotspot" and attract monsters. Players are soon alerted where Pokemon reside and come to capture



Spearow was seen perched on Rachel King while attending the play "High School Musical" at Diablo Valley College.

it. It's a pretty low cost way to promote traffic at only \$1.19 per hour to throw out virtual Lures. There are other pricing

Continues on page 15

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Concord Wows Chinese Basketball Exchange Students

by Richard Eber

At 10:05 A.M. on a Tuesday morning, Concord Mayor Laura Hoffmeister is advised by the receptionist at City Hall that the group of young basketball players from China have arrived. Having performed similar functions in her nearly 20 years in office, Hoffmeister confidently approaches the visitors. After making a speech, posing for photographs, exchanging small gifts, and conducting a tour of the City Council Chambers, the Mayor resumes her busy day of taking care of the people's business.

Dealing with delegations such as this is an important part of elected representative's jobs. They hope by making a positive impression on visitors, these individuals will return one day to invest, spend money and increase the prosperity of the City.

This group sponsored by the Shanghai Xiawaibao Educational Technology Corporation and the non-profit Next Generation Foundation intends to conduct cultural exchanges between students of both countries. Hopefully, a large part of the intended investment they plan will find its way to Concord and the surrounding area.

Following a demonstration of Pickle Ball conducted by Kathie Leavitt of the Concord Recreation Department, the group journeyed to the Ultimate Sports

Association (USA) in nearby Walnut Creek where the non-profit organization put on a two day basketball training session on basketball techniques to take back to China.

This was not any easy job for USA CEO Mike Samuels as the eleven Chinese kids ages 13-16 also needed an interpreter. In addition to this, it was difficult to scrimmage with American kids. The first day was lopsided. The players mostly from Northgate High School were too advanced to make the game competitive. Samuels brought in Middle School kids to meet the competition level of the visitors the next day.

USA put their best foot forward. Basketball tutorial sessions were held by Celebrated coach Frank Allocco who led Northgate and De la Salle High School's

to state basketball titles.

The Chinese Group was also impressed with the facilities of the Ultimate Field House, a building that former Contra Costa Times owner Dean Leshner built as a printing plant in the 1990s. Equipped with

basketball shooting machines, a weight lifting area, and other training gear -- they are eager to import a similar facility to China. More importantly, they hope to return next year with a larger group of more than 200 students and coaches for a five day camp.

This fits into the USA's set of objectives

according to Mike Samuels, "Our organization wants to teach life lessons



through basketball to make lives of those kids better when they grow up." In their only six months of operations USA has done exactly that.

They have been involved with ASA Basketball, Excel Basketball Camp, Flight Elite Basketball, Warriors Basketball Camp, CYO Basketball, and Special Olympics to name a few. Warrior MVP Stephen Curry has also visited the Ultimate Field House when his team was conducting a summer camp there.

Following a dinner attended by Concord City Councilman Edi Birsan and Planning Commission Chair Carlyn Obringer, the group was able to visit the Golden State Warriors training facility in Oakland. Public Relations Director Raymond Ridder and Community Relations Director Abuseri Ohwofasa were willing to host the visitors as a

gesture of good will from the Warriors.

The NBA is becoming very prominent in the world's largest country, where Yao Ming made a huge impression when he played for the Houston Rockets several years ago.

Assembly Member Susan Bonilla (D-Concord) sponsored a tour of the State Capital for them. The entire group was very impressed by the kindness of those in government and the private sector. According to Yong

Chen, leader of the Chinese delegation "We were very impressed with all of the wonderful people we met during our stay in the United States. It is hoped this will lead to more cultural exchanges in the near future."

In October, the Shanghai Xiaowaibao Education Technology Corporation intends to send representatives from China to the Science Technology Engineering Mathematics (STEM) conference to be held in Sacramento. According to Chen "We have big plans for the future and appreciate all of kind hospitality given us in Concord and other places during our stay."

For the City of Concord who hosted the delegation from China, what they did was merely live up to the standard of their community "where families come first."

The Ultimate Guide To Summer Tree Care

Summer is here and with the mercury rising and drought still persisting in California, tree care should be a top priority for anyone who wants to see their trees survive and flourish. By arranging expert tree inspection and giving special attention to tree care and yard management, you can provide your trees the best chance of being ready for the hottest days of summer. With the help of a professional arborist, you can keep your trees and your property safe this summer with necessary tree cutting, professional tree specialist care and expert garden advice, all from your local tree pruning company.

Have Trees Checked for Pests

While spring is a much more common time for pests to appear on your trees and plants, some pests such as bagworms and Japanese beetles are more likely to appear in summer, and any unresolved pest situation that may have arisen in the spring months could continue into summer too.

If you notice increased insect activity on your trees or shrubs, or you're concerned about pest infestation, the best option is to contact a certified arborist to inspect your trees and provide the necessary treatment and care to resolve the pest problem and protect your trees.

Droughts Need Water

While trees may not need to be watered in cooler or damp climates, when drought conditions occur many trees and shrubs need extra water to survive. It's important to water trees and shrubs correctly to avoid wasting water, or inadvertently under- or over-watering the plants.

Check the weather forecast as water may not be needed if rain is due to arrive. Water your gardens deeply and soak the soil with about 1 inch of water, doing this less often such as a few times

a week, rather than small amounts more frequently, such as every day. Choose to water at times of the day when water is less likely to be lost to evaporation, such as early in the morning or late afternoon.

Just Add Mulch

Mulching is a great way to keep trees and shrubs protected in summer, and also helps to preserve water and maintain soil health and nutrition. Your local tree company can provide mulch delivered directly to your garden, that provides huge returns for the health of your trees and the quality of your soil.

You can apply a mulch ring around your trees that provides protection and nourishment to the roots while preserving water and keeping your trees hydrated. Ensure your mulch rings are at least 2 inches thick, and add more mulch if necessary.

Professional Care

Is your tree dead, dying, diseased or does it have weak branches? For trees that are already frail surviving a hot, dry summer can be just too much, and they often die or drop branches, destroying nearby property and ruining the look of your yard.

Have a professional tree surgeon or qualified arborist make a visit to your yard to inspect your trees, provide expert advice and apply cabling and bracing to weak tree branches if necessary. A tree specialist can also identify dead or dying trees and provide safe and efficient removal in order to protect your property and your garden.

With these tips for top tree care this summer, you can enjoy a flourishing garden, even during the hottest days of the year.



Make Your New House Feel Like Home



Jennifer Stojanovich
Realtor

Your house isn't just a financial investment or the place where you keep your stuff – it's where you live your life. And moving into a new house can feel a little disorienting at first. It takes awhile to get settled in – there are all sorts of new sounds and smells and sights that can feel foreign for the first few weeks or months. If you're feeling a little out of sorts in your new place, there are things you can do to get it feeling like home in no time. Here are some of our favorite suggestions.

Give yourself a cozy place to sleep. Moving is exhausting – packing and unpacking and a million little details to remember, like when the cable is being set up and making sure you get the mail forwarded. Do yourself a favor and get your beds set up first thing. Even if it means simply having a mattress on the floor – put on your nice sheets, have plenty of pillows and set up a light next to it so you can read a little before drifting off to dreamland. There's nothing more revitalizing than a good night's sleep.

Set up the bathroom. Another top priority is getting the bathroom set up. This is the room where you begin and end your day, so it'll set the tone for your mornings and nights. Give it a good scrub, hang up a shower curtain, put out your fluffiest towels and stock plenty of toilet paper and toiletries. Pamper yourself a little with an aromatic candle and bust out the good soaps – you know, the ones you got on your vacation three

years ago that you've been saving for a special occasion. This is that occasion.

Get the pets settled. Moves can be stressful on your pets, so help them get settled in. Choose a place for their beds and litter boxes and get them on a regular feeding schedule as soon as possible. If you have a dog, take him on a walk and introduce him to the neighborhood. Setting up a morning and evening walking routine will help you both get settled in more quickly.

Stock the kitchen. While there is a certain charm to eating pizza off of paper plates for a few nights in a row, your house will feel more like a home when you can prepare a meal there. Go to the market and stock up on fresh foods. Get the coffee maker set up and brew your morning cup at home. If you don't have your table set up, designate a spot where you eat your meals – like a stack of boxes – and dress it up a little with a pretty cloth and a candle.

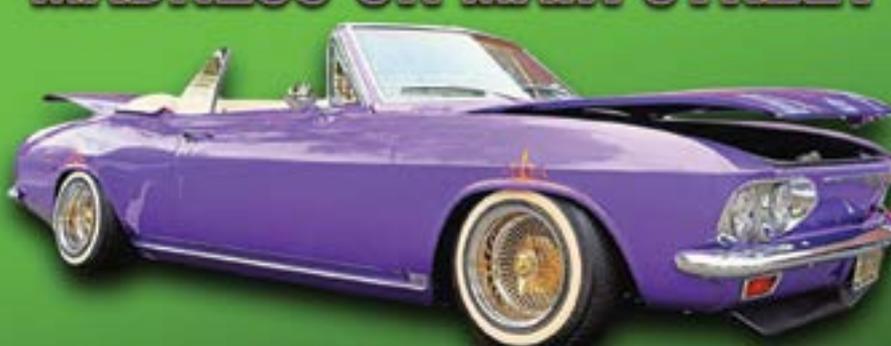
Plan a party. Unpacking everything can drag on and on, so give yourself a deadline by scheduling a housewarming party. This will motivate you to get settled and get you over that uncomfortable hump more quickly.

Spend time there. There's a reason why people often say "time heals everything" – it really does. That's doubly true for making your new house feel like a home. Make it a priority to spend time in your new place reading, cooking and hanging out. Pretty soon, it'll start to feel like yours.

Jennifer Stojanovich is a broker associate at Better Homes Realty in Clayton. Compliments of Virtual Results. Visit my blog for more home tips at www.jenniferstojanovich.com.




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Spectacular "Serenade model" in Falcon Ridge at Oakhurst Country Club. Three bedrooms, 3 baths, plus den and bonus room approx. 2843sf with attached 3-car garage. Gourmet kitchen opens to family room with upgraded river rock faced fireplace. Huge lot offers trellis covered patio and built in BBQ.

Condominiums

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Something Refreshing for your Summer Delight Watermelon Mango Salsa



FrugElegance
by Carol and Randi
The Frugirls www.fruelegance.com



Watermelon Mango Salsa is a Summertime Favorite! It's hard to think that school is starting soon and that summer will be winding down. But with the weather being so warm and wonderful, we are still enjoying our summer with lots of frugelegant entertaining. Here's a favorite we would like to share with you.



Do you use the jarred salsa in the stores? So do we most of the time. But when we came across this recipe, we fell in love! It's so easy and super flexible (ingredients can be adjusted per your own preferences). This recipe is fresh, fabulous and full of flavor! These are the ingredients needed:

- 1 1/2 teaspoons lime zest (from approx 1 lime)
- 1/4 cup fresh lime juice (from approx 3

- limes)
- 1 tablespoon sugar
- Freshly ground pepper
- 3 cups seeded & finely chopped watermelon (red or yellow)
- 1 cucumber, peeled, seeded & diced
- 1 mango, peeled & diced
- 1 jalapeño pepper, seeded & minced
- 1 small red onion, finely chopped
- 8 fresh basil leaves, finely chopped
- 1/2 teaspoon garlic salt

Directions:
Stir together the lime zest, lime juice, sugar and 3/4 teaspoon pepper in a bowl. Add the watermelon, cucumber, mango, jalapeño, onion & basil and toss gently.

Chill the salsa until ready to serve and add the garlic salt just before serving. Serve on grilled Salmon, Turkey Burgers and more, it's fabulous! Or Serve with your favorite tortilla chips and refreshing beverages. Let's hold on to Summer a little more!

Come on over to www.fruelegance.com for many more fabulous easy to make summer recipes.



Gardening with Kids: Get Down to New Possibilities

Gardenwise

By The Gardens at Heather Farms

Kids and dirt, trust us, it's a good thing. Add a little sunshine, fresh air, and water and you've got gold. Gardening with your kids provides endless

kitchen, pick a recipe, and cook it up together as a family. Kids have been proven to eat more vegetables when they have a hand in growing, picking



and cooking them.

Encourage them to "eat a rainbow," or make a goal to eat the alphabet as inspired by Lois Ehlert's Eating the Alphabet: Fruits & Vegetables from A to Z.

How do you engage your kids if the world of

opportunities for learning, bonding, exercise, and even homegrown food.

Learning opportunities found in the garden are almost limitless. Practice math skills by counting seeds, leaves, flowers or ladybugs, or multiply garden rows to find the area of a raised bed. Dig into science by investigating plant parts, photosynthesis and nutrition. Try making ties to literature with favorite garden-themed books like *The Secret Garden* or *The Curious Garden*.

Of course, the joys of getting into the garden with your kids go even further. The taste of sweet strawberries or a salad of freshly-picked lettuce and cherry tomatoes right from your own garden is delightful. Bring a squash into the

garden? Here's a three-part exercise to start the ball rolling: First, be okay with getting dirty. Get some soil under your fingernails and maybe even between your toes. After all, studies have shown that the microbes in soil are actually good for our physical and mental health. Second, get down low. Your child may be knee-high to a grasshopper, so get down and see things from their level and let them see you eye-to-eye. There's a whole new world down there you may have been missing. Lastly, make it a routine. If you need to schedule garden time to be part of your day, do it. Remember that fifteen or thirty minutes, or even an hour a day if you can fit it in, can be action-packed with exploring, laughing and de-stressing.

Every day is a new possibility in the garden. Just like your child, the garden is constantly growing and changing. As summer comes to an end and the kids prepare to go back to school, let the garden be a break from the structure of the classroom and the office. Step outside with your kids to connect with nature and your family.





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Officials tour one of Largest Development Projects in Northern California

Concord Vice Mayor Ron Leone hosted a tour of the former Concord Naval Weapons station for almost three dozen elected officials from cities in the East Bay on July 27. Leone is president of the League of California Cities East Bay Division, which was holding a meeting in Concord to discuss issues of shared importance to municipalities.

The redevelopment of the 5,000-plus acre site represents one of the largest mixed-use, transit-oriented community development opportunities in Northern California. With build-out over the next 30 years, development of the site will include over 12,000 housing units, 6 million square feet of commercial space, a site for an educational institution, a major sports tournament complex, and a regional park.

"I wanted to share our vision for the future of the base with my League of California Cities partners," said Leone. "The size and scope of this project will have positive impacts beyond Concord. This tour gives our regional neighbors and partners a preview of what to expect as we develop the site over the next few decades."

The City started planning for the reuse of the site with the community in 2006. In 2012, the City Council officially

adopted the Concord Reuse Project Area Plan and recently selected Lennar Concord as the developer for the first phase of the project. The property is still owned by the Navy with the first parcels of land expected to transfer in 2017.

The Area Plan calls for approximately 65 percent of the property to be trails, parks and open space. The East Bay Regional Park District is planning for the 2,700-acre Concord Hills Regional Park on the property that will provide open space, hiking trails, picnic areas, a visitors' center and other passive-use amenities.

At the same time, the City is partnering with the Contra Costa Transportation Authority to use the vacant property temporarily as the connected vehicle (CV) and autonomous vehicle (AV) GoMentum Station test site -- the largest in the world. The defunct base has over 20 miles of paved roadways, including a seven-mile straightaway for high speed testing. Honda is testing its new technology on the site; this summer, driverless shuttles that will ferry passengers around Bishop Ranch in San Ramon will be tested.

For more information about the base Reuse Project, visit www.concordreuseproject.org.

Book Review: The Dog Master: A Novel of the First Dog

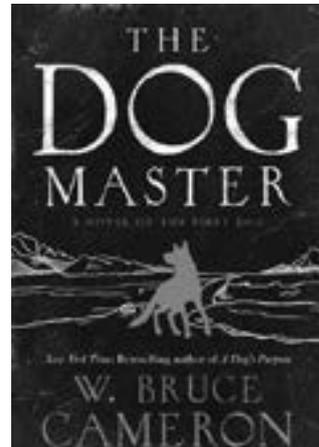


bookends

by Jill Hedgecock,

Program Coordinator Mount Diablo California Writer's Club
jillhedgecock.com

The Dog Master: A Novel of the First Dog (2016, Forge Books, paperback, 416 pages, \$12.20) by Bruce W. Cameron is as much about early human survival as it is the evolution of the dog species. Cameron summarizes his book as follows: "At the dawn of the last Ice Age, our species was in danger of extinction, threatened by starvation, by vicious predators, and competing for scarce resources with another humanoid—the Neanderthal, who were stronger and faster and had bigger brains. Yet it is mankind that prevailed—and I believe it was all because we made partners of our former mortal enemies, the wolves."



The focus of the novel is on the Kindred and Wolfen clans, but the fierce Cohorts who paint their faces black, the timid Frightened loners, and the placid Blanc people contribute to the storyline. Within the Kindred tribe, Mal, a young man with a malformed leg, and his brother, Dog, the inspiration for the tamed wolf's name, and their mother, Calli, are key to the story. The tapestry of supporting Kindred characters include the beautiful Bellu, Urs, the Kindred Hunt Master, Grat, a young bully, Albi, the power-hungry and punitive council mother, and her hap-

less son, Palloc. Within the Wolfen, the romance between the clan leader, Silex, and Fia sizzles. But after unfortunate events, Silex is forced to marry his lackluster sister, Ovi.

Cameron creates a world where the quest for food forms the basis for social structure. As might be expected, men are meat hunters, while women and children tend the fire and gather nuts and berries. The Kindred tribes survival strategy is to establish a summer and winter base camp, while the Wolfen are nomadic but settle into gathering sites, following game and modeling their behavior after wolves.

Fans of Jean M. Auel's Clan of the Cave Bear series will enjoy this book. From a tense lion-hunting scene and violent encounters with the Cohort, to the myriad of romantic relationships, to the mystery as to how a man ends up living in a cave with an injured wolf and her pups, this novel is a page-turner. It is bound to resonate with readers beyond the typical lover of dog books.

Bruce W. Cameron's most well-known dog-related book is the New York Times and USA Today bestseller: A Dog's Purpose. His NYT bestseller, 8 Simple Rules for Dating My Teenage Daughter, was turned into an ABC series in 2002.

Film Review: Ghostbusters



moviemavericks

by Jason Rugaard www.moviemavericks.com

Stars ☆☆☆½

The rebooted Ghostbusters film has arrived in theaters riding a wave of negativity. The internet has been ablaze for months over the casting, the poorly received first trailer, and the idea that the 1984 original is a masterpiece. So, let me state that the 2016 movie is better than I expected and is an improvement to the cynical cash-grab sequel from 1989. This is a faithful homage/re-imagining that manages to blend its special effects with laughs for a spirited and entertaining movie-going experience.

Of the four comedians that make up the ghost fighting squad only Kate McKinnon and Leslie Jones are stand-outs. Melissa McCarthy is only allowed to let loose on a few occasions, including a very funny sequence in which her character tests out the newly developed proton packs. That leaves the unfortunate job of straightman (or lady) to Kristen Wiig. Murray made that role an everyman, a non-believer who was essentially standing in for the audience, Wiig is so subdued that she becomes lost in the loud theatrics of her co-stars.

Apparently, I didn't realize the cultural impact that Ghostbusters still holds. Whenever a former member of the squad appeared in a cameo, the audience



erupted in cheers and applause. Nevermind that those star-studded drop-ins are throwaways that do nothing for the film, or that it invites comparisons to the original crew. The nearly slavish devotion to the 1984 film is both the strength and weakness of this 2016 version.

Director: Paul Fieg
Stars: Melissa McCarthy, Kristen Wiig, Kate McKinnon

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The Diablo Gazette's

August 2016

CALENDAR OF EVENTS

August is **National Black Business Month** -- Support a black-owned business in your area. Consider patronizing of these businesses giving them and our economy a boost. Here are a few to get you started.

- Ron Jones – Real Estate Agent – Sterling Realty, Pleasant Hill Sterlingrealtyca.com 925.674.9500
- The Home of Chicken N Waffles – Founder Derreck B. Johnson, General Manager
- Michelle Young 1653 Mt. Diablo Blvd. Walnut Creek 94596 925.280.1653
- Elizabeth Brannon – Mary Kay Beauty Consultant – Concord Elizabethstar45@Gmail.com 925.726.1510
- Daryl Prater – Insurance Specialist: HealthCare, Obama Care, Final Arrangements etc. & Professional Singer/Entertainer – Motown Review dprater.g2@gmail.com – Pittsburg
- Nola's Po'Boy & Gumbo Kitchen – Owner Darrel Roberts – 3606 Willow Pass Rd. Concord, Ca 925.849.5682
- Dickey's Barbeque Pit, - Owners: Shantel and Greg Owens; 5434 Ygnacio Valley Rd. #220 Concord 925.689.5525

FUNDRAISERS

- Pancake Breakfast - Supporting Veterans of foreign Wars – 2nd and 4th Sundays includes eggs, pancakes, sausage, beverage. 8 – 11 a.m. Willow Pass Road, Concord \$5, \$3 Children under 12. <http://www.vfwpost1525.org>
- Grocery Outlet Clayton Shopping Center. – Independence From Hunger, \$1 and \$5 Donations at checkout. Support the Monument Crisis Center. 5410 Ygnacio Valley Rd. Concord

OUTDOORS:

- **Danville:** First Sunday of every Month: Cars 'n Coffee -- On the First Sunday of every month, automotive enthusiasts gather in the parking lots of the Blackhawk Automotive Museum to share their vehicles and admire the other fabulous classics, exotics, rods and anything else with wheels and a motor. There is no fee for Cars & Coffee. Museum opens at 9am on Cars & Coffee Sundays. 8am - 10am, Blackhawk Museum, 3700 Blackhawk Plaza Circle, Danville p:925.736.2280, museum@blackhawkmuseum.org, <http://www.blackhawkmuseum.org/carsncoffee.html>
- **Concord:** Todos Santos Park OFF the Grid Mondays. Find the full lineup available at <http://offthegridsf.com>.
- **Walnut Creek:** Off the Grid Every Tuesday; 1380 N. California Blvd. from 5-9pm; Live music from 6-8 pm featuring, Quinn Deveuax, Food truck lovers rejoice! The community of Walnut Creek can come together to enjoy a variety of Off the Grid food trucks, live entertainment, wine and beer garden, and lots of tasty reasons to come back every Tuesday with family and friends for this ongoing weekly event. Find the full lineup available at <http://offthegridsf.com>.

Club/Support Group Events

August 4- Mt Diablo Amateur Radio Club - Ham Radio "EXTRA License" Training class starts. Thursday 08/04 at 06:30 pm (The EXTRA license is the 3rd and highest level Ham license) Morse Code is no longer required. Registration required so we can electronically send you class links and notices - Email: mailto:HamRadioClass@gmail.com and you will receive a registration form. Classes are held at The Salvation Army Corps, 3950 Clayton Rd., Concord CA 94521, Fireside Room Registration required.

August 5 & 19 - Merry Mixers of Contra Costa hosts dances on the 1st & 3rd Fridays at the Walnut Creek Elks Lodge at 1475 Creekside Drive in Walnut Creek. On the first Friday, Bill Blankenship will give a complimentary dance lesson at 7:00 p.m. followed by live music

Your Farmers' Markets
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CONCORD
Tuesdays 10am - 2pm | AT TODOS SANTOS PLAZA | Thursdays 4pm - 8pm

WINTERS FRUIT TREE: Features wonderful nuts such as Non Periel and Mission almonds, Chandler walnuts, and Kerman pistachios. Nut brittle and dried fruit too.

GARCIA FARMS: Located near Hollister offering organic lettuce, chard, kale, beets, broccoli, luscious heirloom tomatoes, cilantro, and green onions - just in time for summer outdoor dining.

NEW LOCATION
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What's UP? in downtown Martinez

Aug. 6 Vintage Market
Sept. 10 Madness on Main Car Show
Sept. 24 & 25 Bay Area Blues Festival
Oct. 15 Zombie Brew Crawl
Oct. 29 Dia de los Muertos
Oct. 30 Halloween Trunk or Treat
Nov 26 Small Business Saturday

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at 7:30-10:30. Singles and couples are welcome at \$12 per person, free snacks, water, and coffee; no-host bar. Optional dinner at 6:30 for an additional \$15. Scheduled: August 5 - "100pruf" & dinner of Hawaiian Summer Grilled Chicken & Fresh Fruit Salad with Toasted Sesame Dressing, OR Apricot Glazed Pork Loin, OR Vegetarian; August 19 - "Boogie Aces" & dinner of Roasted Rosemary Chicken, OR Korean Beef over Buttered Noodles, OR Vegetarian. Please call Ernie or Peggie Pazzi (925)837-2282 with any questions.

<http://www.meetup.com/bay-area-dancing-for-singles-and-couples>

FAMILY EVENTS

- **Galindo Home and Gardens** - 1721 Amador Avenue, Concord Visit the fully-restored 1856 Victorian home of Francisco Galindo, one of Concord's founding fathers, and his wife, Maria Dolores Manuela (Pacheco) Galindo. This includes the 1875 addition by Francisco Galindo's son, Juan "John" Galindo. Tours are Sundays 1pm – 4pm and by appointment. For further information, contact the Concord Historical Society www.concordhistorical.org
- **THE SUMMER CONTRA COSTA CRYSTAL FAIR - August 6-7:** The Pacific Crystal Guild has been presenting the Annual Summer Contra Costa Crystal Fair in Walnut Creek for the last 24 years. You will find a magical mix of crystals, minerals, beads, gems, jewelry and metaphysical healing tools. Thousands of items will be available at excellent prices, plus you can get a massage, have your aura read, and have a great psychic reading. Civic Park Community Center, 1375 Civic Drive at Broadway, Walnut Creek. Saturday, August 6, 10am - 6pm; Sunday, August 7, 10am - 4pm. Admission: \$10 for the weekend (12 and under free) Email: jerry@crystalfair.com or visit our website at www.crystalfair.com
- **August 27- Book Signing and Wine Tasting** - Clayton Resident, Chloe Laube invites you to a book signing, complementary wine tasting, nibbles and a sneak peek at her just released Novella "Dream On, Dancing Queen" for the general public at La Veranda Cafe in Clayton Saturday August 27 from 1 to 4 PM. For additional information please call 415-847-3414. 6201 Center St. Clayton.

Home & Garden/Farmers' Markets

- **Clayton** Saturdays 8am to 2 pm
- **Concord** Tuesdays, 10am to 2pm, year-round, rain or shine, Todos Santos Plaza.
- **Concord** Thursdays, 4pm to 8pm, Todos Santos Plaza.
- **Martinez** Sundays, 10am to 2pm, year-round, Main St. and Estudillo.
- **Walnut Creek** Diablo Valley Farmers Market Saturday 9a.m. - 1 p.m. Shadelands Business Park, N. Wiggett Lane and Mitchell Dr.
- **Contra Costa Certified Farmers Market** Sundays 9 am - 1 pm, Year Round, North Locust St between Giamona and Lacassie St. (925) 431-8361 <http://www.cccfm.org>

VISUAL ARTS/THEATRE/MUSIC

- **August 11- Diablo Ballet 6th Annual Gourmet Gallop** -- Sip, Sample, and Stroll your way through Walnut Creek's Gourmet Restaurants. 6 p.m. – 9 p.m. Check in at Massimo and make your way to thirteen downtown locations, including wine tasting from Jacuzzi Family Vineyards. All proceeds benefit Diablo Ballet and its PEEK Outreach and PEEK Extension programs. Visit our website at www.diabloballet.org or call (925) 943-1175 to purchase tickets.
- **August 6 - Annual CBCA Rib Cook-Off** – Main St. Downtown Clayton. Saturday 10a.m. – 6 p.m. Pitmasters and backyard Chefs compete. Nationally Sanctioned Kansas City BBQ Society Competitor Series. More information go to www.claytoncba.org

Continues on page 15



aRt Cottage

by Frogard Butler

Pat Viera, is a hairdresser and artist in Concord. You can see some of her art on her beauty salon walls, Wild Hair, located at 3427 Chestnut Ave in Concord. Viera was also a part of the mixed media exhibit at the aRt Cottage during the month of July. Her pieces feature different types of hair styles all made out of glue gun material. "She is so over the top," Fro says. Frogard Butler is the aRt Cottage owner.

Viera's watercolors and more will



Pat Viera at the aRt Cottage

be the featured in August for her solo show, Women Face to Face, at the aRt Cottage. The exhibit will showcase her work of women of different cultures. The public is invited to the free artist reception with refreshments served

on August 4th from 7pm to 9pm.

Call us (925) 956-3342 or drop in at 2238 Mt. Diablo Street. Learn more on our website <http://www.artcottage.info/>

Hitchhiking to College from Clayton to Dartmouth? Are You Crazy?

Having your children move out to college is a nerve-wracking. As they begin their life's journey, you just hope and pray for the best. Fortunately, few will start that journey the way Sam Albertson of Clayton did. His journey/adventure began when he decided to hitchhike 3,400 miles across America, from Clayton to Dartmouth College, New Hampshire.

Inspired by a YouTube video called "Hitchhiking across America", Albertson had no plans for the remainder of summer, so he thought this was his opportunity to explore the country.

"I planned on a maximum of 30 days to make it without missing any days of school. I had enough money on a debit card to get a bus ticket if I got in a bind," he said. In preparation, Albertson announced his plans on a Dartmouth Facebook page for new students, and was able to find fellow students who would agree to host or meet up along the route. He planned not to sleep in a hotel or motel; only on sidewalks, parks, alleys and bushes.

Albertson was no stranger to hardship. He grew up with his mother in a 300 sq. feet, 1950's antiquated RV trailer on Morgan Territory Rd. Their water came from a well, but it often ran dry. Their landlord would truck water up to them, tapped from a fire hydrant along Marsh Creek Rd. Because he had no transportation, he would have to stay at school each day until 6:30 pm, until his mother could pick him up. He would use the time to do his homework in the school library at Clayton Valley. Sam graduated with a 4.25 weighted GPA. He scored a 34 on his ACT and was rewarded with a scholarship to Dartmouth. With no car, his Mom had assumed he would just fly. She did not know about his new plans.

Albertson packed his backpack, a sleeping bag, sleeping mat, tarp, cooking supplies and a pair of clothes, and was on his way. He packed typical backpacking food such as quinoa, pasta, peanut butter, and pita bread. His plan would be to shop once a week to restock his backpack. He was leaving the state of California for the first time in his life.

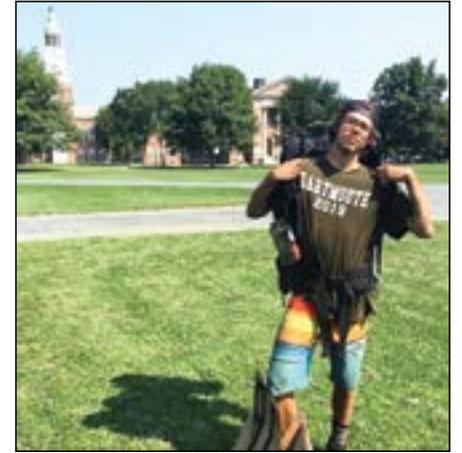
The journey started slowly, very slowly. The first day he made it all the way to Vacaville. "I walked a lot that day, mostly just getting through Concord. However, I spent the night with the person that gave me the ride to Vacaville which was a nice end to the first day."

Day 2, he made it to Lake Tahoe where he found a campsite that he was able to negotiate to \$5 with the campsite operator. This gave him a fire pit and access to a shower.

Day 3, He met up with one of the Dartmouth Facebook students at an In-N-Out Burger in Reno. Later that evening, Albertson was picked up by a truck driver outside of Reno, and was able to travel all the way to Iowa over 2 1/2 days. He slept in the back cabin of the truck on a bunk bed.

In Iowa, he met up with another Dartmouth Facebook friend and stayed with him on his farm. He worked on their farm for a week and experienced a bit of the Midwest life. He was paid \$120 for his work, which he spent going to the Iowa State Fair.

Chicago. "I made it to Chicago, where I was pretty frightened. I had to walk through Southside Chicago at night. Southside is like the murder capital of the world," he warned. It was



a sketchy neighborhood. Fortunately, he was seen by a police officer but scolded, "What are you doing? You can't be in this place; you're going to get shot."

"He took me to his station where I spent that night camped on the sidewalk in front," Albertson said. Chicago proved to be a low point of the trip. "The homeless scene in Chicago is bad. It's a big issue. Chicago is tough on the homeless population. They do a good job making sure there are not people sleeping on the streets. One of the things I did for safety was pretend to be kind of crazy among the homeless. I was dirty, with unwashed clothes, no shower, unshaven and messy hair... people tend to leave you alone."

The next day's forecast warned of flash flooding. He was looking to go underground for cover. "I was chatting with a homeless woman, and she advised that unless I was comfortable doing drugs and having all my stuff stolen, not to go underground." So instead he found an old storage shed in a back alley and climbed in there and slept through the storm.

Albertson's next ride was with a tough hunting and fishing gruff guy. They made it into Ohio, but "About 100 miles into the ride, the driver made a (sexual pass) at me. So I got out right after that." He was in Sandusky, Ohio. "I spent the next day at Cedar Point, the roller coaster capital of the world."

From Ohio to New York was pretty smooth. No incidents. In New York, I met up with another Dartmouth Facebook friend in Brooklyn and stayed for a few days. He had a place to stay, went out to nightclubs and had food other than peanut butter to eat.

"I really enjoyed my time there. I played chess with homeless people in Central Park who play for a living. It was fun to meet them," he said. "I found the homeless people to be like other people except that life circumstances just didn't work out for them. Most are good, sane normal people."

His rides through Connecticut, Massachusetts, Vermont, and into New Hampshire were also uneventful. Albertson said the best point of the journey was getting into New England. "Seeing the water of the East Coast for the first time was amazing. I then realized that I'd actually done it." He made it to Dartmouth in 29 Days... with one whole day to spare.

Sam had taken precautions along the way. Albertson definitely learned a few lessons and experience along the way. "If I saw a river or lake, I would bathe with biodegradable soap," he said. He bathed in both Lake Michigan and Lake Erie. He would ask truckers to swipe their shower card to let him in the showers at truck stops, a tip he learned from the first trucker who picked him up.

Continued on page 15

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Email robertwaldmandds@gmail.com • "Swish, floss, brush and swish again!" --Dr. Rob

Like Fish in a Barrel



computercorner
by William Claney, Computers USA

If I were to write a spy novel I couldn't think of a more sinister plot than to take over the world by hacking into the biggest computer networks and hold all the data as ransom and require you to pay to get it back. Of course I would start with the weakest targets, you.

Oh wait. I don't have to write about fiction when the facts show this attack is already underway. I don't want to alarm you, but the cyber criminals are already attempting such world domination take-over events, and you are there targets. Why?

You are the target of cyber criminals because you are easy to hack, lightly protected from crime and, well, just easy to pick off. Cyber criminals will attack only lightly defended corporations and large computer farms, but mainly because their IT personal did their job poorly or use less effective tools to defend themselves. You, on the other hand are like shooting fish in a barrel. Can't miss.

So, how does one so exposed to threats defend themselves? Typically Internet defenses are mounted with retail or Internet versions of anti-virus and anti-malware. Well, in the "good-ol-days" (last week, that is) retail versions of cyber security worked quite nicely. Most did the job of keeping "known" virus, Trojans, and malware out of your computer. Today, however, crime has evolved.

Typical retail versions of anti-virus, anti-malware, ransomware called Crypto Locker (AV-AM-Crypto) etc. are outmatched by specialized threats created by these hucksters and they are no longer a safe or viable solution against such crime. To ward off the spirits of crime it now takes Enterprise versions of AV-AM-Crypto software. The characteristics of Enterprise versions of protection outweigh the hacking abilities of some of the most savvy hackers, it's the reason large corporations use these systems, heretofore not available to the home and small business users.

ComputersUSA, with its partner SolarWinds, are bringing military grade, bullet proof, Enterprise versions of anti-virus, anti-malware and Crypto blocking software to you. It is now available on a managed service basis that monitors your computer for threats, updates daily, and protects against cyber threats. The cost of such an actively managed service is about the same, or less, than annual subscriptions to McAfee, Kaspersky, AVG and Malwarebytes. The big differences are it is managed for you, meaning we install, maintain, update and renew it for you, so you get the military grade Enterprise version of protection you normally can't obtain on your own.

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Raising Money-Smart Kids: Teaching Children to Save Share and Spend Responsibly

by Colleen Geraghty

Kids are fascinated by how many pennies are in a dollar, or how much candy they can really buy for 75 cents. But teaching them the value of money and the importance of saving – now that's another story. Setting the right example and instilling good money management habits while kids are still young is the first step towards raising financially literate adults.

Allowance Basics: The 10-10-80 Rule

As soon as children are old enough to handle small amounts of money they should be allowed some of their own cash to manage. Once you've established the amount, frequency and guidelines of allowances in your home, sit with your children to discuss a plan for saving, sharing and spending. A good rule of thumb is the 10-10-80 allocation: 10% to savings; 10% to charity/church; and 80% to keep and/or spend.

Like many of us, most children will not be initially thrilled at the idea of saving 10% of their money. But teaching them that saving isn't what we do with money that's leftover, rather, it's what we set aside right off the top, can establish a positive money management pattern that will carry them into adulthood. If you believe in paying your child for odd jobs and chores, help him come up with income producing ideas to accomplish his goal. Not only will this help instill a lesson on the value of money, it will also make the purchased item more meaningful once it is finally obtained.

You can also teach your children about the magic of compound interest by offering to add interest to their savings for each week or month they leave it untouched. Watching their money grow will do more to motivate them than any number of lectures on the subject (saving \$5 a week at 6 percent interest compounded quarterly will total about

\$266 after a year!).

Encourage your children to set aside 10% of their allowance for charity. Allow them to contribute to organizations that help families and children within your community, and also allow them to participate in food, clothing and toy drives. Be sure to track their contributions in a notebook you review at the end of the year so they can see the many ways their generosity impacted others. Pint-size philanthropy pays off in later years by establishing a healthy attitude towards money and the many good things it can accomplish – not just purchase.

Lead by Example.

At the end of the day, children are going to learn more from what we do than what we say. Walk the talk by sticking to an established savings plan and budget; pay off debts in a timely manner; live within your budget and resist impulse shopping; give to charitable causes that are meaningful to you; help protect your family's future with adequate insurance coverage; and finally, maintain a teachable attitude yourself. Make wise money management choices that you can pass on for generations to come.

0218083-00003-00, Ed 03/09/2016, Exp 09/09/2017

For more information, contact Colleen Geraghty, CA insurance license 0189925 is a Financial Professional Associate with The Prudential Insurance Company of America's located in San Ramon, CA. Colleen Geraghty can be reached at (925) 305-0321 and (925)302-4033. Offering investment advisory services through Pruco Securities, LLC (Pruco), doing business as Prudential Financial Planning Services (PFPS), pursuant to separate client agreement. Offering insurance and securities products and services as a registered representative of Pruco, and an agent of issuing insurance companies. 1-800-201-6690.

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Call of the Wild (West Saloon) – Genoa, Nevada



journey-man's journal

by John Cooper

I heard the calling one early Sunday morning recently; the call for adventure. I phoned my good mate (that's Australian for "friend") who gladly accepted the road trip challenge, as long as he could bring his mate (that's American for girlfriend), for a day of motorcycle riding and fun. Following a cup of coffee and a few rounds of "Where to?" negotiations, we set our sights on the Genoa Bar, "Nevada's Oldest Thirst Parlor" in Genoa, Nevada. As some readers know, I have a certain bent for visiting old saloons and taverns throughout the West (see The Diablo Gazette March 2016 Issue – Bolinas, CA and Smiley's Saloon).

Located just short of 200 miles from Concord, we sauntered through the small foothill towns of Kyburz, Strawberry and Myers on Highway 50. The stresses of work and responsibility began to slowly subside the further we rode. We continued on through South Lake Tahoe, up and over Kingsbury Grade, before crossing the state line into Nevada.

The Genoa Bar dates back to its opening in 1853. The look and feel of the establishment took me back 163 years with many original ornaments and decorations still hanging on the walls and ceiling including the old woodstove sitting in the corner, the only source of heat in the cold winters. The one red oil lamp that has remained operable since the beginning, hung from the ceiling as a testament to time. As a show of gratitude, it is lit each New

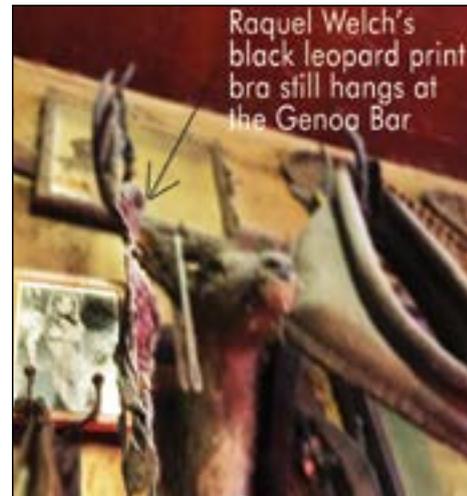
Year's Eve. The floor was made of wood plank, beaten and weathered, which no historic saloon is complete without.

We approached the bartender and asked what special drink they're known for. "The Bloody Mary", the bartender was quick to answer. It was designed, tested and later perfected by a former bartender of 25 years, she explained. We ordered three with the understanding that inasmuch as the former bartender had spent 25 years perfecting his side of the bar, we too have spent a similar amount of time perfecting our side of the bar. It sounded like the perfect fit, and it was, and so was the second.

We wandered outside to the patio and enjoyed the day watching the cast of characters who entered the only watering hole within miles. We couldn't help but notice the diversity of visitors. There was a small group of older ladies dressed in their Sunday best, a group of local townspeople

who appeared to be a little too familiar with the saloon, as well as two bikers who sat in the corner and negotiated a tattoo contract for their motorcycle club.

Former patrons of the Genoa Bar have ranged from Ulysses Grant to Teddy Roosevelt and Mark Twain, but my favorite is the famously seductive Raquel Welch who (after a

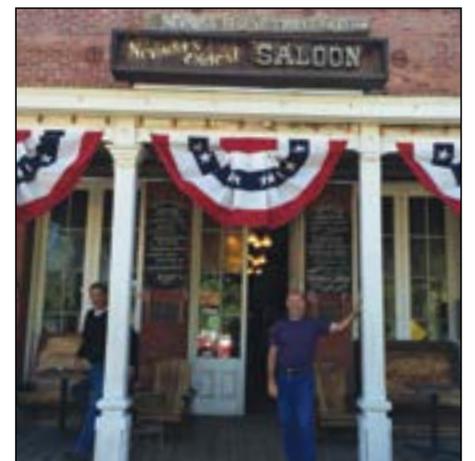


Raquel Welch's black leopard print bra still hangs at the Genoa Bar

few drinks I imagine), agreed to leave her black leopard print bra behind, where it has since remained hanging from a pair of antlers.

No doubt, the Genoa Bar has seen a lot of activity over the years, and it's just that history that drove me to visit. Where else could you belly up to a bar and wonder if you were standing in the very spot that Johnny Cash once drank a beer, or ponder what Ulysses Grant was talking about, and with whom, when he was at the Genoa so many years ago?

We stayed too long, laughed too much, and eventually rode home late into the evening. The trip home was cold and dark and uncomfortable, however as each mile took us closer to home, the smile on my face grew larger. You see, there were many ways we could have spent our Sunday, but spending the day with good friends and having fun in a place with such great history was hard to beat.



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Take both hands and dig into a big slice of juicy watermelon. Or cooking thick wedges of cantaloupe on the grill! Or cube several varieties of melon, add to a big bowl and toss with goat cheese and herbs for a real taste of summer. Yes, melons are here - and we love 'em!

California is the number-one melon supplier. There are many new varieties of specialty melons at your farmers' market now, not just cantaloupe, honeydew, and watermelon. Melon varieties are endless! Cantaloupe, honeydew, casaba, canary, Crenshaw, and watermelon are the most well-known varieties. From Casaba and Crenshaw, to Persian and Canary melons, they're all tasty, sweet, and packed with lots of vitamins. Look for more specialty varieties at your farmers' market from

Bautista Ranch, Cipponeri Farms, or Guzman Ranch. Remember the following two attributes of a ripe melon. Rely on your nose, and look for a melon with the strongest fragrance, for this will most likely be the best tasting. Next, look for a melon that is heavy for its size, because if you have two melons of equal size, the heavier one is almost assuredly the riper and better tasting melon.

As with most fruit, avoid melons that show cracks, shriveling, or other obvious signs of poor quality. Another good test is to shake the melon. If you hear liquid sloshing inside, the melon is most likely overripe. Most melons will ripen after they are picked, but their sugar content won't increase, so try to select only ripe melons at your market. Keep uncut melons at room temperature for two to four days or until fully ripe, then refrigerate for up to 5 days. Refrigerate cut melon in a covered container for up to 3 days. It is suggested that you wash melons thoroughly before slicing to remove any potential bacteria.

Easy Cantaloupe Recipes

(Other melons can be substituted for cantaloupe: Crenshaw, honeydew, watermelon, etc.)

- Cantaloupe kabobs** – Make balls with a melon baller. Skewer alternating small mozzarella balls, cantaloupe balls and chunked avocado.
- Cantaloupe wraps** - Wrap slices of cantaloupe with good quality prosciutto.
- Grilled cantaloupe** - Place big slices of cantaloupe on the grill or in the broiler for salads or side dishes. Grilling caramelizes the fruit.
- Cantaloupe salsa** – Chop cantaloupe, cilantro, jalapeno, red onion, avocado, and red bell pepper in a bowl. Add squeeze of lime juice, salt and pepper. Serve over fish or shrimp – or get out the tortilla chips!
- Shaved melon salad** - Slice melon with a mandolin into thin strips. In a bowl, toss melon with small chunks of feta cheese and sliced red onion. Add a bit of cracked black pepper, if desired. Serve chilled.

Recipes: PCFMA Staff

One Tray at a Time: District Schools Push Toward Health and, Well...Taste with Unique Lunch Programs

by Nik Wojcik

What would you feed a child lunch if you only had three dollars and some change? Would that meal meet nutrition standards, including fresh fruits and/or vegetables? Could you prepare it from scratch and use local and organic products?

Imagine doing that for nearly two thousand kids, quickly, efficiently and with scarce help. That's the challenge that each of our high schools are tasked with every single school day...feeding students at five high schools, nine middle schools, 30 elementary schools and a variety of adult and alternative education programs.

But wait. Throw in breakfast, supper and after school care snacks too. Would you want that job or would you run screaming for the hills, tossing Hot Pockets and pizza bites in your wake hoping that the hungry masses of kids and frustrated parents don't catch up to you?

That's just another day in the trenches for Anna Fisher, the director of Food and Nutrition Services for Mount Diablo Unified School District.

She and her team at the district and throughout school sites are doing their best to take on the challenge of meeting students' needs, required regulations and the expectations of parents.

Her \$12 million annual budget seems impressive until you calculate what it really costs to serve 12,550 lunches, 5,318 breakfasts and 1,600 suppers per day. That money has to stretch for the food itself, staff salaries and benefits, equipment, application processing and computers.

"I don't know of another restaurant that provides whole grains, fresh fruits and vegetables, low sodium, low saturated fat, etc. for that price," said Fisher.

The general public doesn't necessarily recognize the difficulties our schools face in trying to feed and educate the 32,000 students in our district.

One local man, Wayne Wells, understands the issue on a much smaller scale. As the executive chef that overhauled the Clayton Valley Charter High School food services, he has a unique perspective on what is possible in our cafeterias.

Wells "wanted to take cooking from scratch and bring it into food services instead of opening up a burrito that was packaged, throwing it in the oven and saying 'Hey, here's your lunch.'"

In the two years since he's been at CVCHS, he's generated an excitement around lunch with things like a school-operated food truck (serving fusion tacos) and meals that are not only healthy, but actually look and taste good.

It seems impossible to wrap your mind around the fact nearly 70 percent of the produce he serves is sourced from within California, a priority that makes him a self-described "pain in the butt."

"If I've got to pay an extra dollar for a flat of strawberries that come from Salinas versus the ones coming out of Mexico, I'm going to buy the ones from Salinas." Wells reports his cost per meal \$1.44.

"That \$1.44 has to include the entrée, the required fruit and vegetable, the milk part, and it has to include the

cost of plate, the fork, the spoon, the condiments," said Wells. "That is one of the hardest things in my career I've ever had to try to hit, is that cost per plate cost."

On many levels, Concord High School and Clayton Valley Charter High School appear to be worlds apart. The menus alone provide a startling contrast between two schools that sit only 3.7 miles away from each other. In one steel-clad high school kitchen hangs a sign that reads: Pizza – Burritos-Cheeseburgers-Spicy Chicken Sandwiches-Large Salads.

In the other cafeteria down the road, choices include items like jambalaya and roasted portabella mushrooms.

I'm sure you can guess which is which.

But hold the condemnation and judgement. Fisher takes pride in the fact that MDUSD began implementing the Healthy Hunger Free Kid's Act of 2010 before it actually became law, which eliminated things like sugar-sweetened flavored milks and focused on fresh foods. "We have salad bars with fresh produce at the majority of our elementary schools and five of our middle schools," said Fisher.

Beyond the cafeteria lineup, the school district has been proactively looking for innovative ways to change the status quo. They have been awarded the Farm to School Grant by the USDA and have implemented school gardens and recipe competitions at most elementary sites. She has found that changing the eating habits of our youngest children is having a lasting impact as they age into secondary schools, with more middle school kids now opting for salads and fresh produce off the line. As a dietician, those results are music to Fisher's ears.

These are just a few of the initiatives MDUSD has embarked on in an effort to provide a better food and nutrition services to the many students. She would be thrilled if she could duplicate Mount Diablo High School's Serendipity success in each of our schools, but logistics and budgetary constraints make that impossible at the moment.

As Wells acknowledged, the schools in our district would be more than happy to follow the path he was able to forge. The district intends to get there, and their wide variety of health-oriented programs shows a commitment to those changes.

When asked what barriers Fisher and her staff face in achieving their improvement goals, she optimistically replied that it's "just time."

Fisher and Wells both have something in common: devotion to the students.

Fisher is determined to expand programs for gardens, education and parent-assisted taste testing to help develop better menus – knowing that "the more hands-on the experiences for the students, the more they are engaged and the more likely they will personalize the information."

Wells is continually reminded that "you don't know what some of these kids wake up to...or what they go home to."

Especially for kids on the free and reduced lunch program, he wants to make sure they get a good, wholesome meal every day.

"That's where my heart is," said Wells. School lunch service may not be perfect, but with efforts like these, it just may be getting a whole lot better, one tray at a time.



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Secret Service Insider Stories from a Former Agent

Former First Lady Barbara Bush A First Class Lady

[Editors Note: Most of our understanding of Secret Service work comes from Hollywood. Few of us have ever met a Secret Service Agent, or maybe you have and don't know it. "Inside the Secret Service-A Former Agent's Stories" is about life as a Secret Service agent. Our contributor is still a Federal Agent but with a different agency, therefore we have chosen not to reveal his name. These are stories of real life experiences from a Concord resident who spent several years as a Secret Service agent. This is his story....]

Secret Service Agents are constantly asked about the personal lives of protectees (a protectee is anybody protected by the Secret Service). I am happy to share "inside" stories, especially when they reflect protectees' kindness and compassion. No ulterior motives, no press coverage, no political undertones. Their human side, if you will.

All politics aside, one protectee who was, and is admired by all agents, is former First Lady Barbara Bush. Her kindness is legendary within the agency. Stories of her baking cakes or cookies for agents on their birthdays are well known. Agents often describe her as grandmotherly. I have never met nor heard of an agent who ever had anything negative to say regarding Mrs. Bush (nor her husband for that matter).

But, I remember several years ago working with an agent on the road somewhere (you traveled so much in the Service that you would often lose track of where certain things occurred. They just happened "on the road somewhere") who told me of the time he was "reprimanded" by Mrs. Bush when the Bush's were in the White House. Agent John was standing post at a door

just outside the south lawn side of the White House. It was the middle of the night and snowing when the call came over the radio that Mrs. Bush was moving down from the 2nd floor residence to the south lawn with the First Dog, Millie, the Bush's beloved Springer Spaniel.

Evidently, Millie had to answer the call of nature. Agent John was wearing a suit, but no coat in the bitter cold air when Mrs. Bush who was in her robe and slippers and Millie stepped outside to John's post. Mrs. Bush looked at him and in a stern voice and said, "John, where's your coat?!" John told her he was fine and only had 10 minutes remaining on his shift. Mrs. Bush curtly replied, "You get a coat on right now!" She proceeded to the lawn with Millie. When they returned, she gave John a glaring frown and proceeded into the White House.

Seconds later, out stepped Mrs. Bush with a coat. She handed the coat to John and ordered, "Now you put this on and



Photo by Visions of America, LLC
Former President George H.W. Bush and Barbara Bush posing for camera in front of National World War II Memorial, Washington, DC, May 8, 2007

I don't want any arguing!" Mrs. Bush meant business and who was John to argue with the First Lady? He thanked her and she told him good night as she headed into the White House and up to bed. John reluctantly slipped the coat on as ordered. He was stunned when he noticed embroidered over the left breast, the official presidential seal. On the right was embroidered, "President George H. W. Bush." So, for the remaining minutes of his shift, John stood, in the snow, wearing the jacket of the nation's 41st President.

My first encounter with Former First Lady Bush was in San Francisco. I was a new agent and she was one of my first protectees assignments. I had always been a fan of hers (well, at least the warm persona that came across on the T.V. screen) and I was looking forward to working her detail. I had hoped she would be as warm and kind as I had heard. Not that it would have any bearing whatsoever on the way in which I performed my duties, but it was always

nice to work a protectee who at least seemed to appreciate our presence.

Mrs. Bush was coming to San Francisco to be the surprise keynote speaker at a large corporation's annual awards banquet which was being held at the Parc 55 Hotel. She would also be staying overnight at the hotel. My assignment for the visit was as a Post Stander both in front of her hotel suite door and at her event site - a boring assignment for veteran agents, but pretty cool when you're the new guy. We owned the wing of the floor where Mrs. Bush's suite was located.

In addition to the suite, her traveling assistant's room was on this wing, as well as our Secret Service Command Post (operation center). All remaining rooms were assigned to agents. Other Secret Service rooms were strategically located on other floors of the hotel. Upon arrival at the hotel, Mrs. Bush was scheduled to spend some down time in her suite to rest and freshen up before speaking at the banquet that evening.

The Command Post made the notification over the radio to all agents that Mrs. Bush's motorcade had arrived at the hotel. Our wing/floor was secure, bomb sweeps completed, and agents posted. I was at the end of the hall, posted at her suite door. A few minutes later, down the opposite end of the hall and around the corner, the "ding" of the elevator bell broke the silence. Then from around the corner came an agent,

Continues on page 15

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Resident Tales



by Margie Day

They say I'm a part of the Silent Generation. I don't know why it's called that, maybe because we didn't talk much growing up, we were too busy working. I was born and raised in Oklahoma, and like most people born in Oklahoma in the 1920s, I grew up on a farm.

My mother passed away when I was little. My father had to stick us kids in an orphanage, until he could make enough money, and until we were a little bit older, to be able to care of us. Pretty soon we had a large family, with ten siblings altogether, some being step-brothers and sisters from my father's second marriage. They didn't really feel like step-siblings because we worked so closely together. We had many animals, including pigs, goats, cows and horses. Chores on the farm consisted of feeding all the animals and milking the cows. The cow milk was poured into a separator that needed to be spun, long and hard, in order to separate the cow milk into milk and cream. These were some of the chores that me and my sibling's hated to do, just as any child would, I imagine. For fun, we would get to play hopscotch, roll down a hill on the farm in one of the old tractor tires and then we'd tie that tire to a tree and swing just about as high as we could.

In my neighborhood, everyone knew each other, mainly because there were so few people in the area. We didn't have the kind of neighborhood that people think of today; everyone lived about five or ten miles apart from each other.

I only spent one year in high school. Fifteen miles was just too far from home to walk to get to school, and we couldn't afford to pay for the bus to get there every day. I didn't have a bicycle like the other kids, who rode them to get to school. It was just a small country school, consisting of only one teacher and twenty students. Thus, only the privileged few could attend. I would usually wear overalls or made my own

dresses with a sewing machine to wear to school and church. I grew up attending a small Pentecostal church, which was held outdoors underneath an arbor, with my family every week. My first 'real' job was working in a café. Other

jobs, outside of my regular farm chores, included chopping cotton on other farms and then canning food to be sent to the soldiers overseas during World War II.

Once I hit my twenties, I got married and started a family of

my own.

It was all such a long time ago, it hardly seems real. But it sure feels good to talk about. It helps me remember. I try not to be so silent anymore.

Growing Up Silent

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• **August 7 Suga Daddy** A cover dance band.

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August 14- Concord Museum and Event Center.

Ice Cream social and Walkthrough of ongoing restoration of Concord's classic 1928 meeting hall and cultural center. Tours start at 1:00, 2:00 and 3:00 PM next to the Galindo House 1721 Amador Ave, Concord. Free, but donations appreciated.

• **August 26-Beermakers Dinner** – at Plate and Vine Restaurant at Concord Hilton. 6pm -9pm. Benefiting the Food Bank of Contra Costa and Solano County. Featuring Black Diamond and Eight Bridges Breweries. 5-course Dinner. For tickets and more information, <http://plateandvinerestaurant.com/beermakers-dinner>

Through Summer

• **The San Francisco Dungeon** -- Live actors in full Barbary Coast period costume and make-up engage make this a one-of-a-kind attraction on Fisherman's Wharf. (No, it's not a sex club.) The San Francisco Dungeon is a 60-minute walkthrough experience that explores San Francisco's dark and sinful past from the pre-Gold Rush era to Alcatraz (1849-1907). Full of laughs and screams. The stories are based on real San Francisco history and legends. Shows run continuously from Sunday - Thursday, 10 a.m. to 9 p.m.; Friday and Saturday, 10 a.m. to 10 p.m. Fisherman's Wharf at 145 Jefferson Street, San Francisco. Admission starts at \$22 for adults, with lower rates for SF Bay Area residents, youth, seniors, students, teachers and the disabled. For more information, visit: www.thedungeons.com/sanfrancisco.

• **September 22-24**-Synergy Theater presents The Improvised Adventures of Sherlock Holmes, a completely improvised comic homage to the master sleuth and his dear friend Watson. Thursday, September 22 – Saturday, September 24, 2016 at 8:15 pm. The Leshar Center for the Arts, George and Sonja Vukasin Theatre, 1601 Civic Drive, Walnut Creek. Tickets \$20 at www.lesherartscenter.org or (925) 943-7469

For a complete list of Government, Clubs and Support Groups, please visit our website at www.DiabloGazette.com

All Calendar listings MUST be received by the 20th of the month preceding publication. Please send to info@DiabloGazette.com

Secret Service continued from page 13

followed by Mrs. Bush, her assistant, and several other agents.

At this point, Mrs. Bush was out of the public eye. This is often when a protectee will lose the smile and you notice the exhaustion in their eyes; but not Mrs. Bush. She had a big, warm, smile on her face and her eyes sparkled. She was wearing a conservative yet classy sky blue dress, her white hair was neatly done exactly like I had seen a hundred times before in pictures and on T.V. and around her neck she wore her famous fake pearls.

As she came down the hall she said hello to each agent. Then she came to me at her suite door and said, "Hello, how are you?" I replied, "Hello ma'am." She looked and acted exactly how I'd hoped she would. She and her assistant entered the suite. I closed the door behind them and continued to stand post at the door. She had about an hour-and-a-half of downtime in the suite before she was to speak at the awards banquet.

Approximately 20 minutes before Mrs. Bush was to depart her suite in route to the banquet room, I was reassigned to "push" (relieve) the agent who was posted at the Hold Room, located directly

behind the banquet room. It was actually a wide hallway

where Mrs. Bush would wait before being introduced and taking the stage to deliver her speech. The area was secured, meaning it had been closed off to the public, swept for explosives, and the agent I was to push (relieve) was posted there to maintain the integrity. I pushed the agent and held the area.

Shortly thereafter, an agent came in, followed by Mrs. Bush, her assistant and several other detail agents. Mrs. Bush entered the area with the same sparkle in her eyes and beaming smile she had when she arrived at her suite earlier.

However, unbeknownst to her, the CEO of the corporation that she was about to speak to had a surprise for her. Knowing Mrs. Bush was a dog lover, he had prearranged with Mrs. Bush's assistant and the Secret Service to bring into the hold area his own Springer Spaniel, which looked much like the Bush's dog, Millie. So, as Mrs. Bush stood talking with her assistant and her Secret Service Detail Leader, the CEO entered the hold area from a doorway about 50 feet away with his spaniel on a leash. When a surprised Mrs. Bush saw the dog, she did a double take, her eyes

widened, and she immediately shouted, "Oh, aren't you cute?!" She then dropped to one knee, clapped her hands together twice and shouted "Come here! Come here!" The CEO let go of the leash and the spaniel shot over to Mrs. Bush and jumped with her front paws onto Mrs. Bush's knee. The dog wiggled frantically with excitement as Mrs. Bush cradled the dogs head with a hand on each side of its cheeks and kissed it on the top of the head. She remained on one knee at eye level with the dog and said, "I have one at home just like you!" She then hugged the dog as the dog excitedly got a few licks in on Mrs. Bush's face. I don't know who was happier, Mrs. Bush or the Springer Spaniel.

Here, the Former First Lady of the United States was about to give a presentation to 500 people. Yet without giving it a second thought, and with total disregard to the possibility of dog hair and/or slightly smudged makeup, she was on one knee sharing a heartfelt moment with man's best friend. I was amazed and totally impressed at this sight. For my first protectee assignment, I couldn't have been more delighted.

Next month - "The Last Time I Was Here, They Shot at Me."

Birsan Continued from page 2

came out from the dias and said it was retaliation for not supporting the incumbents.

1. How about a directly elected mayor?
2. What about district elections for the city?
3. Should the mayor's term be 2 years or 4 years?
4. Should the PRIMARY residence of the candidates be in the city?
5. Should we have some sort of instant run off to deal

with the large number of candidates in some cities and the subsequent much less than majority vote for the winners in the current method of the most votes?

Other questions:

1. Do you support more density downtown (or elsewhere)?
2. What is the city going to do to help schools if anything?
3. What about affordable

housing and section 8? Yes, they are two different things.

4. What about a minimum wage of \$15 for City seasonal workers? (Note if you cannot get them to agree to this then it is useless to ask about it for the city at large.)

5. What is the unfunded liability areas of the city finance and what are you going to do about it?

6. What is the financial structure of the city, is

there a structurally deficit-plague. (do you know what a structural deficit is as opposed to a deficit?)

And finally,

Where can you get a good knish on a Sunday morning in the valley?

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from the principal's desk

By Jeff Eben, CVCHS

For many students, summer vacation means a break from school enjoying free time with friends and relatives.

However at Clayton Valley Charter High School, new and returning students are given the opportunity to participate in numerous academic programs. Each is designed to build a connection among the students and to the charter school's vision that every child lives in a world where they feel safe, loved and celebrated in a positive learning environment.

As a result of our commitment to serving the CVCHS student population during this summer, over 700 students have taken the opportunity for remediation, support or enrichment.

College Preparedness and Summer Bridge to Success programs are designed to prepare all incoming freshmen with an opportunity to get ahead in Writing, Reading and Pre-Algebra or learn valuable time management and organization-



al skills. The programs address remedial and accelerated work in order to serve both high and low performing students.

Summer Geometry Acceleration is focused on students entering the 10th grade. Students were selected based on their high performance in Algebra 1. Our goal is to provide fast-paced learners with the ability to complete the required

course and potentially move on to either Algebra 2 or Trigonometry for the next school year. Summer Credit Recovery allows students to take classes online that they have failed or want to make-up due to an earned "D". Once completed, students take final exams on campus. Approximately 250 students attempted one or two courses during the summer.

We're fortunate here at CVCHS – no other East Bay public school offers the support and encouragement for new and returning

students eager to advance their academics during the summer. CVCHS owes a special thanks to our professional teaching staff and the leadership of Jennifer Buschmann, Sarah Lovick and Nikki Ryan who administer these remediation, support and enrichment programs.

Pokemon Continued from page 4

traffic at only \$1.19 per hour to throw out virtual lures. There are other pricing packages as well.

A few local players have even started online communities, scheduling meet-ups and group events to organize players in these locations. Isa Leri, a Martinez resident and founder of www.teamgo.org, has started a directory for local groups as well as information on how to play. "I believe these organized

groups have a positive impact on the community. Having online resources will keep players safer and can make sure players respect the areas of the gatherings such as by handing out trash bags and assisting with the cleanup."

While Concord Councilman Edi Birsan asked a couple that organized an event on Facebook that drew up to 800 players to Todos Santos Plaza to come talk about it at City Council Public Comment.

Hitchhiking: Continued from page 9

"I would call my mother a couple of times each week, and I had a group chat with friends to update them on my progress." He would take a picture of the license plates with his phone before accepting any ride. If the drivers refused, then he would pass on the ride. "That happened a couple of times," he said. He also enjoyed meeting people and experiencing

the different cultures. "Each part of the country was incredibly different. The trip made me open to meeting new people and trying new things."

You have to admire Albertson's sense of adventure. Was he brave or foolish, perhaps a little bit of both? At least he arrived safely. The Dartmouth College paper has already written of his adventure and some NYC students are making a movie about his whole ordeal. Godspeed Sam Albertson.

SPORTSTARS

POWERED BY *The Diablo* Gazette

Northgate's Steve Chappell Is New Executive Director at Walnut Creek Soccer Club: Prepares 2nd Annual Invitational Challenge Event

by Chace Bryson, SportStars

After serving as the Northgate High athletic director for the past six years, Chappell left his administrative role at the Walnut Creek school to take on a new job that focuses on a long time passion as executive director for the Walnut Creek Soccer Club.

"It's the opportunity to give back to the club where I started as a 9-year old," said Chappell, who will continue his role as the Northgate High boys soccer coach, a position he's held for 11 seasons. "This is a club where my children had played or are currently playing."

WCSC, which features competitive programs for both boys and girls U8-U18, will have a club-best 10 teams playing in the National Premier League for the upcoming season.

"What I hope to help improve on is the overall organization and structure of the house and competitive programs," Chappell said. "The same can be said for our professional training staff and our partnerships. I hope to bridge those gaps and improve and enhance them to best serve our coaches and players."

One of Chappell's first big tasks with the club is to help organize and execute its second annual Invitational Challenge event.

The free event, which takes place at Northgate High on Aug. 6, serves as somewhat of the club's opening ceremonies for the 2016-17 season. It will feature a pair of exhibition games between WCSC competitive programs and a visiting club.

The WCSC Boys '01 team will play Bay Oaks at 1:30 p.m., followed by the WCSC Girls '98 team taking on CenCal Cosmos of Clovis.

Several of Walnut Creek's other teams will be in attendance and in uniform to be recognized. Former Brazilian Women's National Team star and a current WCSC trainer, Sissi, will be on hand signing autographs for fans. Food trucks will be on hand as well as vendors and live music, in the hope of creating what Chappell described as a "festival atmosphere."

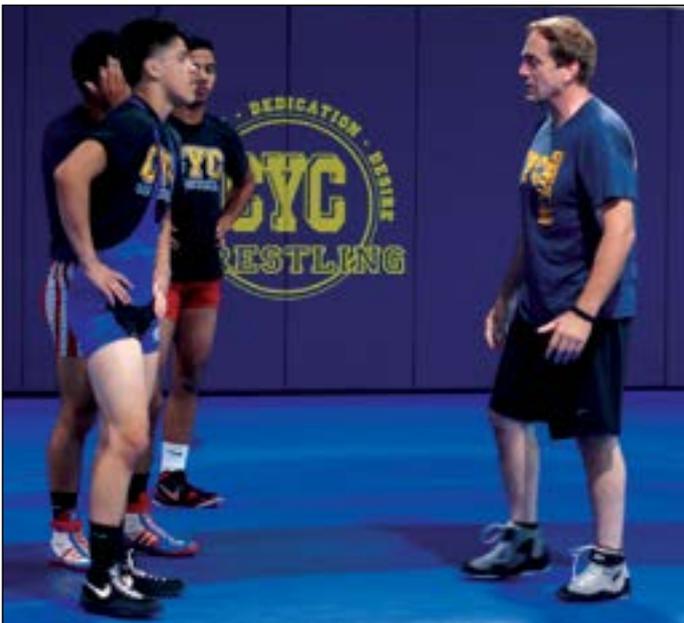
Locals' Road To Rio: Six Athletes and One Coach Highlight Summer Olympic Presence

By Chace Bryson | SportStars Magazine

When it comes to the wrestling coaches, few names carry more weight than Mark Halvorson. Whether it's producing youth and cadet national champions as the program director at Concord's Community Youth Center, building a Bay Area dynasty program at De La Salle High, or leading various Team USA squads in international competitions, Halvorson has crafted one very impressive resume over the past two decades.

And on July 21, that resume grew once more. His newest coaching assignment and destination - Rio de Janeiro, Brazil for the 2016 Summer Olympic Games. Halvorson was named one of two Greco-Roman volunteer coaching positions on the Team USA staff.

"I have been blessed over the past two years to work with Mark," National Greco-Roman coach Matt Lindland said in a Team USA press release. "I refer to Mark as 'The Scientist.' When it comes to wrestling, Mark really understands the sports physiology, the demands on the body and how an athlete's body responds to specific training. I have had the opportunity to learn so much from Mark. I trust Mark and so do the athletes, which is important at this elite level." "Mark knows



States.

"I have not seen a heavyweight wrestler that is as technically skilled as Robby and that is also



a testament to Mark's coaching skills and knowledge of our sport," Lindland states.

As for the often understated Halvorson, "I am very humbled with the opportunity," Halvorson said regarding the appointment.

"I really enjoy working with the staff and the wrestlers. I have had quite a journey, coaching at Cadet Worlds, Junior Worlds, Youth Olympic Games, Pan American Games and Senior World Championships. Now getting to work at the Olympic Games is icing on the cake." The wrestling competition in

Rio begins on Aug. 14.

In addition to Smith, Mt. Diablo area high schools have ties to five other athletes competing in the Summer Games. Three of those athletes - Melissa Seidemann (College Park '08), Maggie Steffens (Monte Vista '12) and Kristian Ipsen (De La Salle '11) - are attempting to add to medals earned at the London Games in 2012.

Steffens returns with the U.S. Women's Water Polo team, the defending gold medal champions. She was the darling of the 2012 water polo competition, being named the tournament MVP after leading the Americans with an Olympic-record 21 total goals. Seidemann was also a member of that gold medal-winning team.

Ipsen was a bronze medalist in London when he paired with Troy Dumais in the 3-meter synchro diving competition. In Rio, he will be flying (or technically, falling) solo in the 3-meter platform event.

Also returning to his second Olympic games is 2004 Acalanes High graduate, Anthony Fahden. He will be competing in the rowing competition as part of the American team in the Lightweight Men's Four event. His team finished eighth in London.

Finally, there is Mariya Koroleva. Russian born with dual citizenship, she attended Las Lomas and is among the most decorated of the Walnut Creek Aquabear synchronized swim club. She will be swimming in the duet competition with Anita Alvarez of Buffalo, NY. Koroleva finished 11th in the duets at the London Games.

Yes, we live in an extraordinary area, rich in the best-in-the-world athletes. We wish our Olympians much success. Enjoy the games and bring home those medals.

Chace Bryson is the editor for SportStars Magazine. Be sure to follow @SportStarsMag on Twitter as it will be updating how all of NorCal's home-grown Olympians fare in Rio this month.



his stuff and brings a wealth of his knowledge to the team,"

Perhaps no one on the Team USA's Rio-bound Greco-Roman roster trusts Halvorson more than his own CYC-product, Robby Smith. Smith, a 2005 graduate of San Ramon Valley, is the nation's No. 1 ranked Greco-Roman heavyweight (286 pounds). Smith is one of four Greco-Roman wrestlers being sent by the United

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