

JUNE 2018

Time Capsule
**GREETINGS CONCORD 2168,
 FROM CONCORD 2018**

Greyhounds Race to Retirement

**Go-Gos Guitarist/Songwriter,
 Jane Wiedlin Greets Arriving
 Greyhounds**

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Photos by Diane Walsh and EndlessPawsibilities.com

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from the Publisher

David King

SPECIAL EDITION

This is a special edition of Diablo Gazette. Ground broke for the construction of the new entrance of Todos Santos Park laying in all the pavers and tiles sponsored by Concord residents and businesses. Next will be the installation of the Don Salvio Pacheco Bronze Statue to be unveiled during Concord's 150th Anniversary Celebration on July 4. Inside that statue will be a time capsule placed in a vault to be opened in another 150 years. So, what makes this edition special? It will be in that time capsule.

(Read this copy and enjoy a bit of history, future Concordians.) I can't imagine what Concord will be like in 2168. I asked a local group of curmudgeons that meet at Berkshire Book Store what Concord would be like in 150 years. Their consensus was, we could be known as the Port of Concord as sea levels will have risen, the Hayward Fault will have released the anticipated big one leveling more parking space in Walnut Creek, and Laura Hoffmeister will still be on Concord City Council.

On pages 10 and 11, we highlight some great summer vacation destinations and ac-



tivities to consider. All are within reasonable traveling distance from here. Journey-man Journal reviews nine Southwestern National Parks, we take a look at a California rafting experience, and tag along a Mt. Diablo Backpacking adventure.

There is no shortage of fun activities, I hope you enjoy your summer.



concordmayor

by Edi Birsan, Email me: Put EDI in subject line
CityCouncil@cityofconcord.org

A Backwards Time Capsule

As part of the 150th Anniversary of Concord we are planning a time capsule for the next 150 years, though I am not sure if it would be readable by the winners of the Robot Apocalypse. Back in 1868 they did not have the practice of Time Capsules, so I was thinking what would they have written back then to tell us about their times, values and hope for the future?

They would have been the survivors of the total destruction of the Town of Pacheco by the Hayward Earthquake with a history of destruction by Fire and Flood previously. Its water access to Suisun Bay was finally silted over and destroyed in the shaking making its economic reason to be: void.

It was also just three years after the end of the Civil War. The most destructive war in our land and culture with great discord from shore to shore. The survivors and its founders, the Pacheco's, were firmly on the side of the North which is why we have streets named Grant and Colfax (Grant' Vice President) and Concord Boulevard was actually called Lincoln Avenue.

In Washington, the extreme political edge that was called the Radical Republican Party pushed through the 14th Amendment to combat the growing Democrats use of racist voter suppression Jim Crow laws and the revival of the Dread Scott Decision which said that basically even freed slaves and their subsequent children could not be U.S. Citizens because they were brought here against their will. (They sort of ignored the founding of Georgia as a Penal

Colony. Is there a parallel here with the DACA kids brought here without their consent and not eligible for citizenship?)

Then there was Don Salvio Pacheco, the dominant Mexican American landowner and his family standing firm in his commitment to his neighbors pointing to a place a little east of his Adobe and offering 26 acres and a town layout with lots for one dollar (or a handshake promise) to restart things.

Was it no wonder that the survivors/refugees who came together at the place he named Todos Santos, quickly started to call it Concord. A rash of such names spread across the U.S. (78 of them in fact with our Concord being the biggest...and best), with the emphasis on the value of living in concordance, neighborliness, respect, and an end to the discord that surrounded their immediate history.

I would then suspect that their Time Capsule words would be a reminder of the path that they were setting:

Emphasis on what we have in common, not what divides us.

Praise for the diversity of their neighborhood where the Mexican Americans reached out to help their Anglo refugees as well as anyone else who needed help to build a new community.

A reminder that there were still evil forces about who would try to use the political system to deny people votes, citizenship and inclusion.

And most of all, that being a good neighbor where families of different types can live in concordance.

I wonder how far different the future advice will be for the people of 2168?



what really matters

by Dan Ashley, ABC-7 News Anchor

Chat to the Future

If you are reading this now, it must be the year 2168. My, what I would give to see what life is like for you, our country, and our world.

As I write this, it is 2018 and we still drive cars, use smart phones, and continue to fight diseases like diabetes and cancer. The world is still a volatile place with street crime, international disputes, extreme poverty and famine in many parts of the world, as well as terrorism. I sincerely hope that, in your time, things are very different. That said, we live in a marvelous age with many creature comforts, technology that helps us, and leisure time to enjoy the blessings of a prosperous time in the United States of America.

I have spent my career as a journalist, roughly forty years on television (something that may only be in museums in your time!) as a news anchor and reporter. For thirty of those years, I worked in San Francisco and lived nearby you in Clayton, and then in Walnut Creek. I can only hope that Concord is still the wonderful community that I have known it to be for decades. I have been proud to be very involved in Concord civic life for so many years—presiding over the annual Christmas tree lighting ceremony, performing at Todos Santos Plaza with my rock band, emceeding California Symphony concerts in the park, just to name a few.

In my time, technology-driven change was exponential. As a child, the only way

to speak with someone remotely was with a landline-based telephone, something else that you may only see now in a museum! Cell phones only began to appear when I was in my mid-twenties, the so-called smart phone only came along when I was in my mid-forties. I can only imagine how you communicate with friends and loved ones around the world now. In 2018, self-driving car technology was in its infancy—very experimental and not in wide-spread use at all. The idea of driving yourself around must be as foreign to you as a horse and buggy for transportation is to me.

While you must live a vastly different life than I did, I feel certain that a few aspects of human existence are exactly the same. You want to live in prosperity and peace and want the best for your children. Your family, friends, and hope for a better future are surely the same as must be your sense of pride in your community. And with good reason. Concord was a special place when I was here, and I have no doubt it is even more so now.

What an enormous privilege to be able to communicate with you so many years into the future. A blast from the past as we say!

I wish you all my best and only wish we had invented a crystal ball so that I might look into your world.

If, however, you have already invented a time machine—please look me up when you come back!

~Dan Ashley



Ruby Dooby Do to the Rescue

SWEETIE

Each month a hard to place dog in foster care will be featured to give them extra exposure to find their forever home.

Sweetie is being fostered by NorCalPoodleRescue, Inc (NCPRI). She is a 2½ year-old 8-pound mixed-breed poodle. Her non-poodle heritage is unknown, but best guesses are either Italian greyhound or Chinese-crested. One thing is for sure – she's 100% cute and a pawsitively special dawg.

This poor girl was rescued from a shelter in October 2017. She has recovered from 2 broken bones and is now ready to find her fur-ever home. This fun-loving dog is all about playtime. In fact, she'd rather play ball than eat. Sweetie prefers to get her exercise indoors because big dogs in the outside world intimidate her. Sweetie loves all people, but due to her small size, a home with adults or older children would be best. Sweetie sports a retro shaggy look and will have moderate grooming needs. Her adoption fee is \$350. If interested, please fill out an adoption interest form: <http://www.norcalpoodlerescue.net/adoptioninterestform.html>. NCPRI hosts adoption events in Walnut Creek.

NCPRI is a tax-exempt organization under Section 501(c)(3). In addition to tax-deductible donations, you can support their rescue efforts by donating your car, sponsoring a poodle, or buying a calendar. Another option is to donate new or clean and gently used leashes and dog clothes for their July 21st Pup Stuff Sale by contacting norcalpoodlerescueinc@gmail.com.

UPDATES:

Pokemon - ARF dog, Pokemon, (Diablo Gazette, April 2018) was adopted



and now has a doggie brother in his new home.

Lucky - "Thanks to your article, (Diablo Gazette, May 2018) Lucky was adopted. It was the first and only inquiry he had. He now lives in Reno with Sue and Chuck Kozak and two fun doggies. Kozaks had just lost their rat terrier a couple of months ago. While visiting at Rossmoor, they saw Lucky in your paper and immediately wanted him... Lucky instantly took to Chuck which made my heart melt. Again, thank you for doing an article on him." -- Barbara Heuring, Founder of Paws and Pooches, Inc., Concord.

Peanut Butter - Congratulations to this pawsitively special dawg, Peanut Butter had been in rescue for 295 days in CA, but after having his story told (Diablo Gazette, March 2018), he was transferred to another state and adopted in five just days.

Editors Note: Ruby Dooby Do is Concord's Instagram celebrity with more than 59,000 followers. [Instagram.com/ruby-doobydo](https://www.instagram.com/ruby-doobydo). Special thanks to Jill Hedgecock, Program Coordinator, Mount Diablo Branch of the California Writers Club for her help in translating canine for this article. www.jillhedgecock.com.

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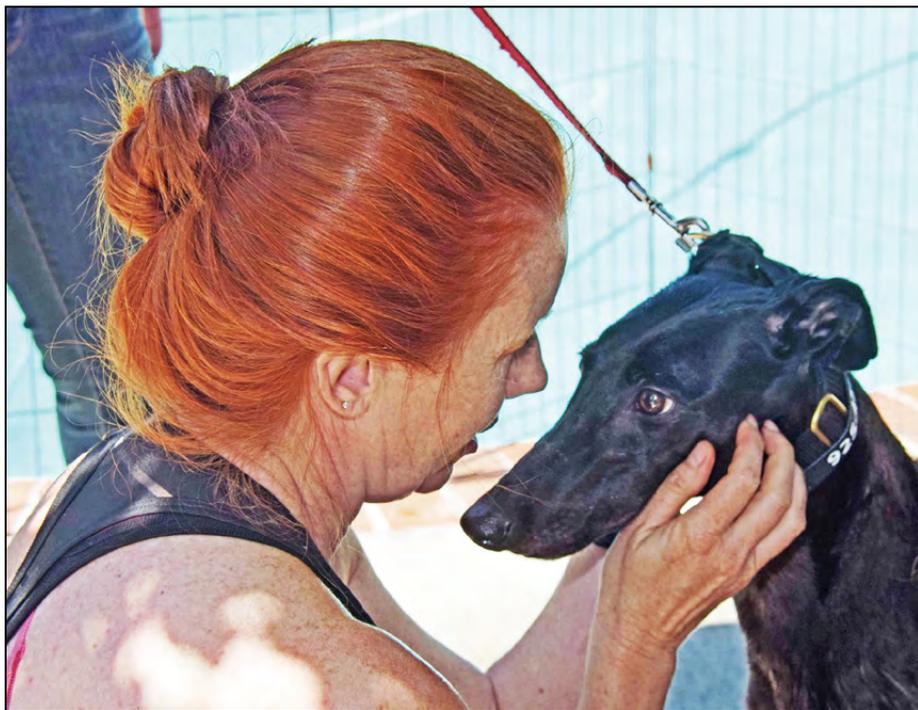


After the Racetrack: Greyhounds Find a Loving Finish Line

by Jill Hedgecock, Program Coordinator, Mount Diablo Branch of the California Writers Club. www.jillhedgecock.com

On May 12, 2018, Heather Weir drove into Walnut Creek with a trailer filled with 27 greyhounds rescued from a Florida racetrack. Their arrival marked the end of the second leg of their journey, a 25-hour trek from Heather's Colorado home. More than 30 volunteers cheered and applauded to welcome Heather and the retired racing dogs she'd rescued. Over the last few weeks, Weir, a veterinarian, had assessed the animal's health upon arrival from Florida, spayed and neutered the dogs, and reviewed applications of potential California adopters.

These greyhounds are lucky pups. Many racing dogs experience track accidents that result in injury or death. A constitutional amendment is on the November ballot to phase out racing in Florida that could change all that. Until then, Stuart Homer and wife, Barbara, founders of Walnut Creek-based Golden State Greyhound Adoption (GSGA), will help retired dogs find homes.



Today was a landmark day for GSGA because Hijinx was their 1,800th rescue. It was a fitting coincidence that Hijinx was a sleek black racer, because Barbara Homer is particularly drawn to black dogs. She became interested in greyhounds in 1991 when she read an article about these animals in People magazine, but it wasn't until 2002 that she and Stuart started the rescue.

Stuart and Barbara's years of experience have perfected the haul-day routine that brings 120+ greyhounds into the Bay Area every year. Dedicated volunteers

first unloaded the dogs one at a time, then guided them into a pre-labeled crate. The dogs were fed, watered and pottied. Because greyhounds are taught to chase a squeaky lure, they may not be compatible with small pets so next came cat and small-dog testing, followed by bathing and photography. All volunteers

were instructed to remain quiet during this phase of intake. It might seem like an impossible challenge to keep so many people silenced, but most were seasoned volunteers and experienced greyhound owners. Leslie DeLange, whose job as a runner was to take dogs to the various stations, adopted her first greyhound in 2008. Jim Shattuck (a three-time greyhound adopter) has been volunteering for GSGA for 4 years and came to transport overflow animals to Auburn, a safe haven for up to 60 dogs awaiting adoption.

Guitarist and singer Jane Wiedlin of the 1980s hit band the Go-Gos (see cover) returned to volunteer as a runner for GSGA after a two-year hiatus. She adopted her first greyhound 16 years ago. Although she's adopted other breeds, "Greyhounds are the easiest dog to own," says Weidlin.

Duane Caldwell has been the official GSGA photographer for the last 4 years.

"They make great therapy dogs," says Caldwell who organizes weekly dog walks for fellow greyhound owners in San Jose. "I love the emotional intelligence of the breed."

Despite all the activity around these dogs, only an occasional whine interrupted the silence. A tendency not to bark is one of the many perks of this breed. Retired racers are generally low-maintenance. They require minimal grooming and only low to moderate exercise. They are calm, gentle, intelligent and adaptable. However, these former racing dogs are not suitable for all homes. They have been trained to chase moving objects and will bolt through doors. When outdoors, they must be kept on leash or within a fenced yard at all times. They do not come housebroken, are poor swimmers, can be prone to sunburn, require soft bedding, and need to live indoors. That said, they make great family pets with well-mannered children, tend to be healthy, and have an average life expectancy of 12 years.

While some haul dogs were assigned to temporary fosters, 12 dogs were headed to forever homes. A house visit and an interview of the adopter's lifestyle and home life are part of the process. First-time adopters showed up for orientation 2½ hours after arrival to find out what dog they'd been paired with. New owners



were debriefed, signed contracts, and paid the \$300 adoption fee. Repeat adopters like Lisa Alexander who'd taken home her first greyhound from the very first GSGA haul, was thrilled to meet her new dog, Carpet (renamed Mini). First-time adopters, David Franco and his two children, Andy and Lily, were excited about their new pet. Andy piped up that he liked greyhounds because "they chase rabbits."

GSGA is an all-volunteer non-profit



organization. Because adoption fees don't cover the veterinary care and other costs to run the rescue, GSGA runs an annual picnic/auction fundraiser to subsidize the adoptions. Tax-deductible donations can also be made online at <http://www.goldengreyhounds.com/donations/index.htm> or checks can be sent to UPS Store, att GSGA, PMB 182 2977 Ygnacio Valley Road, Walnut Creek, CA 94598. Those interested in adopting a greyhound should fill out an application at <http://www.goldengreyhounds.com/adopt/#onlineform>.

Photos:(left) Unloading their 1800th Greyhound rescue, Hijinx. (above) Barbara Homer offering comfort, Cat testing by Stuart Homer, founder of the rescue. Photos by Diane Walsh and EndlessPawsibilities.com.



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Jennifer Stojanovich
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Eight Summer Home Security Tips

Unfortunately, summer is the top season for home burglaries. While you're getting settled in your new home or traveling, be sure to use these tips to make your home less of a target to potential criminals.

Install a home security system. If your new home didn't already have a security system when you moved in, now is the time to install one. There are so many types of security systems available at many different price points. You can opt for a set of surveillance cameras you install and monitor yourself or choose a system that includes remote monitoring by a third party. The most important thing to remember with a home security system is that it doesn't help you if you don't set the alarm. Always be sure the system is engaged when you leave the house.

Secure the garage. Burglars will look for the easiest point of entry to your home, which is often the garage. Always keep your garage door locked, and use a quality, heavy-duty lock.

Keep the yard tidy. Overgrown bushes, trees, and shrubs can provide easy cover for criminals. Keep your yard tidy so there are fewer places for burglars to hide. Install motion lights or other outdoor lights so there are no patches of darkness.

Don't broadcast your plans. Are you taking a vacation this summer? While it's tempting to talk about it on social media, you should keep it under wraps. You don't want to advertising to potential criminals that your house will be empty during your vacation. Wait until you're safely back at home to share the details of your amazing trip.

Enlist help from neighbors. When you move in, introduce yourself to your neighbors. Neighbors can be your first line of defense when it comes to break-ins. If you're going to be out of town for any length of time, let them know. Tell them you'll keep an eye on their house when they're away and ask if they'll keep an eye on yours.

Don't leave valuables outside. If you're working in the yard, it may be tempting to leave your garden tools out until you've completed your job. But leaving valuable items in the yard is an invitation to criminals and it makes their jobs easy. The same is true for kids with their bikes and toys. Always put your valuable items away when you're done using them for the day.

Don't keep keys outside. You may think you're being sneaky by hiding a key

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under the doormat, but that's the first place any criminal is going to look. The same is true for those rocks, sprinkler heads, and other clever devices that are meant to hide keys. Criminals shop in stores, too, and know to look for them. If you're worried about getting locked out, then leave a key with a trusted neighbor, friend, or family member.

Shut the windows. Lastly, though it

may be tempting to open the windows and keep them open on a beautiful day, don't. Even if you think you'll only be gone for a few minutes, always close and lock all windows when you leave the house. Feel free to give me a call. Compliments of Virtual Results at www.virtualresults.net

Lions, Rattlesnakes and Bears!



Residents have reported mountain lion sightings near Clayton, Pleasant Hill, and Martinez. There have been numerous rattlesnake sightings and a few snakebites. In Lake Tahoe, Clayton resident David Moss recently survived an encounter with a black bear that crawled into his cabin's bathroom window.



Here are some safety tips for you in the event you have similar encounters this summer.

Mountain lion: Hike, jog or ride your bicycle in groups. Always keep children in your sight. Mountain lions are especially drawn to children. Most mountain lions will try to avoid a confrontation. Give them a way to escape. Do not run, instead, stand and make eye contact. Pick up small children. Appear larger by raising and waving your arms. Throw stones, branches, etc. without crouching or turning your back. Speak firmly in a loud voice. Fight back if attacked with rocks, sticks, caps, jackets, garden tools, or bare hands. Protect your head and neck.

Rattlesnakes: Look at the ground ahead of you, under logs and rocks before sitting down, and check the area around picnic tables, campsites, and barbecues before use. If you see a rattlesnake, move slowly away. If bitten, call 911. Remain calm by lying down with the affected limb lower than the heart. If you are alone, walk calmly to the nearest source of help. Do Not Run. If you are not sure what kind of snake bit you, check the bite for two puncture marks (in rare cases one puncture mark) associated with intense, burning pain. This is typical of a rattlesnake bite.

Black Bears: Bears will avoid humans if they hear them coming. If you encounter a bear, stop what you are doing. Speak in a calm, appeasing tone. Back away slowly. Walk, don't run, and keep your eye on the bear so you can see how it will react. In most cases, the bear will flee. If you are in your campsite or other place bears shouldn't be, try to move it out of the area. Ensure the bear has a clear and safe escape route with no people or obstacles in its way. Stand tall and look it directly in the eye. Yell at the bear and firmly tell it to leave: "Get out of here, bear!" Have pepper spray ready in case the bear approaches too closely. Never try to move a grizzly bear! For more information go to. <http://www.bearsmart.com/live/bear-deterrents/> Have a safe and happy summer.

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Senior Resource Fair Protects Against Senior Abuse

by Lorna Van Ackeren, Hillendale Home Care

Reaching the golden years should be a time to enjoy life with family and friends and not a time of fear or worry. However, approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse.

The month of June is recognized internationally as Elder Abuse Awareness Month and is a call to action to raise awareness and understanding of elder abuse, neglect and exploitation.

To help raise attention and awareness of Elder Abuse here in Contra Costa County, Hillendale Home Care is partnering with Ombudsman Services of Contra Costa and EHSD and invites you to attend a Senior Resource Fair on Friday, June 29th at the Pleasant Hill Senior Center from 10:00 - 11:30. Light refreshments will be served and there will be many local resources for Seniors with representatives on hand to answer your questions. The Pleasant Hill Senior Center is located at 233 Gregory Lane, Pleasant Hill.

Abusers are both women and men. In almost 60% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses. As individuals age and have less mobility and independence, they are more susceptible to elder abuse.

Abuse doesn't happen in a vacuum. Often one type of abuse leads to another. Victims often suffer from multiple forms of abuse at the hand of their abusers. Elder abuse takes many forms, some more obvious than others and includes self-neglect, financial abuse, physical abuse, neglect by others, mental abuse and sexual abuse.

In California, as many as 50,000 cases of Elder Abuse go unreported every month. Current estimates suggest that as few as 1 in 14 cases of elder and dependent adult abuse is reported, including fewer than 1 in 25 incidents of financial abuse because the victims are ashamed, hopeless, intimidated, or afraid of the perpetrator.

It is up to caring neighbors and community members to be on the lookout for older adults who are vulnerable and incapable of protecting themselves. Unexplained changes in behavior or personal hygiene, bruises, lack of clean clothes, unpaid bills, change in alertness and unusual depression can all suggest abuse. Recognizing these signs is the first step toward the prevention of elder abuse.

The issue of elder abuse is a critical concern as Contra Costa County's aging population continues to grow at a rapid rate. Elder and dependent adult abuse is a serious and growing crisis in Contra Costa County with a 9% increase in reporting this past year.

If an older adult is in immediate, life-threatening danger, call 911. Anyone who suspects that an older adult is being mistreated should contact Adult Protective Services 24-hour hotline at 1-877-839-4347 or 925-602-4179, Ombudsman Services of Contra Costa and Solano at 925-685-2070, or your local law enforcement or emergency service agencies.

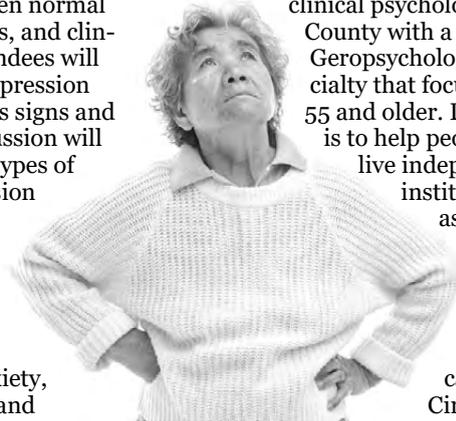
Help ensure that older adults are given the respect and justice they deserve. Know abuse. Report abuse. For more information on the Senior Resource Fair please contact lvnackeren@hillendale.net.

Free Seminar Helps Seniors Battle Depression

Contra Costa Health Services has arranged for Dr. Joyce Martin, PsyD to present a free seminar on depression in older adults at the Concord Senior Center on Thursday, June 7 from 10:00 a.m. to 11:00 a.m. The seminar will clarify the differences between normal sadness, grief and loss, and clinical depression. Attendees will learn the causes of depression and how to identify its signs and symptoms. The discussion will also identify various types of treatment for depression and share valuable resources on how to get help for someone who may be depressed. Special points of interest will cover depression, anxiety, isolation, loneliness, and grief and loss.

Dr. Martin received her bachelor's Degree in Psychology from University of California, Berkeley. She holds a master's Degree and her Doctoral Degree in Clinical Psychology from John F. Kennedy University. She is a licensed clinical psychologist for Contra Costa County with a primary expertise in Geropsychology, which is a specialty that focuses on patients age 55 and older. Dr. Martin's passion is to help people as they age to live independently and not be institutionalized for as long as possible.

There is limited seating. To register call Dario at (925) 671-3320. Concord Senior Center is located at 2727 Parkside Circle.



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computer corner
by William Claney, Computers USA

Tech in English

Can 33 Cents Buy Peace of Mind?

Perhaps you've heard it a million times to back up your data. You have always thought that data loss is not going to happen to you. What is data anyway and why should I bother to spend 33 Cents to get all my backups done?

Data is technically zeros and ones (0 and 1's) stored on your hard drive (disk) or solid state drive (disk storage with no moving parts). The patterns of zeros and ones make up words, pictures, music and everything you store on your computer, they are called bits. If your bits, ones and zeros, are gone, ALL YOUR DATA IS GONE.

Perhaps, you should think about how you would recover from a disaster like losing everything. Sometimes data can be retrieved easily, for example let's say you lost your power supply, by replacing the power supply your computer should boot (startup). However, if your hard drive fails it could spell trouble for all those ones and zeros. Did you know you could lose a zero bit and your whole hard drive is useless? Think about that, your drive stores millions of those bits and it takes just one to screw up everything. Not even the local high school geek can fix it.

Computers fail frequently, and my best advice is to learn how to protect yourself with a backup because you're going to need it. Bring up Bing (like Google browser but not as nose) and query, "how often do computers fail." The quick answer is "frequently." We estimate 40% of computers will fail in their lifetime. Everything from cracked screens, failed power supplies, defective drives, data corruption,



deleted or encrypted drives, motherboard fails, human error, on and on. It's all right there.

The methods of backup are simple enough and I will outline a few here. However, the most important part of this admonishment is, go do it. First, the simplest way to

backup is to corral all your data under the Microsoft folder Documents. Once your data is all in one place, plug in a USB media (external hard drive or flash drive, for examples), select the open Documents page, type CTRL A (hold control key CTRL down and click "A"). That highlights everything, right click your mouse on the highlighted area and select COPY. Open the external backup device, right click and select PASTE. Done. Do this every day.

Ok, less simple but more effective is to use an app or program that does the backup for you. Something like Two Bright Sparks is a good backup program for the novice. Download for free, buy as needed. Learn to use it. Check it frequently. Done, mostly.

Better yet is to use a cloud service like Drop Box. Download the software for free and setup the desired data sets to back up and let the cloud store it. Done, to a degree.

Best, use a service that does it all for you. Install the software for you, identifies all data sets that need to be backed up, monitors the progress daily, sends you reports by email, stores data off-site. There's no fuss, no muss - Done the right way for 33 Cents. Ask me how. 925-672-9989.



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ROP/CTE Students of Excellence Awards Honors Local Students

The Contra Costa County Office of Education (CCCOE) honored 43 high school students, from 25 schools in Contra Costa and Alameda counties with the Students of Excellence Awards for their outstanding achievement in their ROP/CTE (Regional Occupational Program / Career Technical Education) classes. These students were awarded a certificate of merit and a \$300.00 scholarship courtesy of monetary donations provided by Chevron, Phillips 66, John Muir Health, Walnut Creek Honda, C & H Sugar. C

Congratulations to the following outstanding students from our local high schools.

Clayton Valley Charter High School - Georgia Moraes, Developmental Psychology of Children

Concord High School - Karla Avalos, Computer Applications; Medaja Elias, Accounting; Meagan McBride, Advanced Photography

Ygnacio Valley High School - Sara Hernandez, Careers in Teaching Internship

Alhambra High School - Aidan LaHonta, Construction Technology; Sam Millson, Creative Writing; Josh Peacock, Auto Technology

Las Lomas High School - Cristina Garcia, Medical Technologies

Northgate High School - Tracy Pan, Sports Medicine; Jack Wise, Journalism Productions

The Contra Costa County ROP/CTE serves nearly 12,000 students annually with classes in 34 high schools throughout Contra Costa and Alameda counties. Currently, there are 383 state-of-the-art career development classes in this program. ROP/CTE focuses on career preparation and exploration, hands-on experience, and academic excellence to prepare students for success in college and future careers. ROP/CTE provides students with the newest equipment, rigorous academic standards, and classes in emerging technologies. All of the ROP/CTE classes and programs are directed by and funded through the CCCOE.

Out to Lunch

DELI STYLE

by Richard Eber

When it comes to writing about Italian Delis, the cry of "more research is needed" can be heard from me as I ponder where to venture next.

Fortunately, in Concord, Walnut Creek and Clayton, we are blessed with several places that provide quality deli faire. I am not referring to the many deli chains and grocer departments in our area such as the Subways, Togos, Jimmy Johns, even Safeways, each of varying quality, but they all seem to lack the familiar smell of salami, garlic, olive oil, roasted meats and freshly prepared salads when entering the premises.

I prefer the old Italian-style deli and charm. When I walk in the door at Luigi's across from Concord Bart, the familiarity immediately reminds of Molinari's in San Francisco's North Beach. Even though its founder Luigi sold the business several years ago when he retired, his presence lives on. His mother's recipes for rigatoni, lasagna, and anti-pasta, polenta, crab, potato, and pasta salads continue to delight. Their signature sandwiches in the \$10.00 range are worth every cent (or should I say scent). They come thick and tasty with Italian names such as 'Enrico Caruso, Mario Lanza, and Placido Domingo to adorn them.

Just down the street on Clayton Road, you can find a smaller version of Luigi's called The Parma Deli. It has been around for over 20 years. It is a family run operation with Mary and her son, Sam, at the controls. Parma cooks up some of the best deli foods around which are also available for their catering business. Their cole slaw and chicken salad is top-notch as are the homemade meatball sandwiches dripping with cheese and marinara sauce. All of Parma's sandwiches are filled with generous layers of fresh meat. A good introduction to Parma Deli is Tri-Tip Wednesday for a BBQ sandwich of high quality, medium-rare meat served with all the fixings.

In Walnut Creek, Genoa Delicatessen located on Treat Blvd. near Bancroft and off Olympic Blvd. continues to provide quality food in the best tradition of Italian cuisine. In addition to all the salads, antipasto, and prepared meals that surpass most of the competition, Genoa makes up a line of raviolis, pastas,

and sauces which are also sold in other venues. During lunch hours, it may take several minutes after grabbing a red ticket to be served, but the time spent is worth it. Choose among different rolls and an endless list of different deli meats, cheeses, and toppings. The result is a thick, tasty sandwich that for most of Genoa's patrons is a hearty meal.

Morucci's Deli, also in Walnut Creek, is a hidden gem, literally. It's located off the beaten track under the Hwy 24/680 interchange on Boulevard Way, hindered by limited neighborhood parking. Nevertheless, it enjoys a deserved popularity. Be aware, there are long lines after 11:45 a.m. I always arrive early, especially when taking my 98-year-old Mom to lunch there. She is a turkey breast gal who is always gratified at Morucci's because they roast their birds fresh each day. The salads, sandwiches, and pastries they serve are all high quality and fairly priced.

While most chained establishments pre-make the contents of their sandwiches and use scales to assure that patrons equally receive a strict (thin) portion of meats, cheeses, and other toppings with each order, my deli picks do an excellent job in providing a high-quality dining experience that is heavy on ingredients.

There is, however, one place that stands out in Clayton next to the bocce ball courts. One must experience Canesa's Brooklyn Heroes. What sets them apart from their worthy competition is owner John Canesa. John does not deviate from his formula of success. This means East Coast Pastrami, homemade meatballs, tomato onion vinaigrette, a drop dead crushed olive mixture, and soft sub rolls, with no exceptions allowed. The obtuse, sometimes "in your face" Brooklyn persona of Canesa is part of the show, but his sandwich creations tell the whole story. His Fat Clemanza features ham, salami, coppa, sopesssta, lettuce, provolone, bathed in his famous tomato mixture and is excellent. Canesa embodies and delivers 25 other choices all which equally honor the creativity and love of New York style delis.

In my estimation, they provide the best sandwiches in the region... but as I said at the start of this article, "more research is needed."



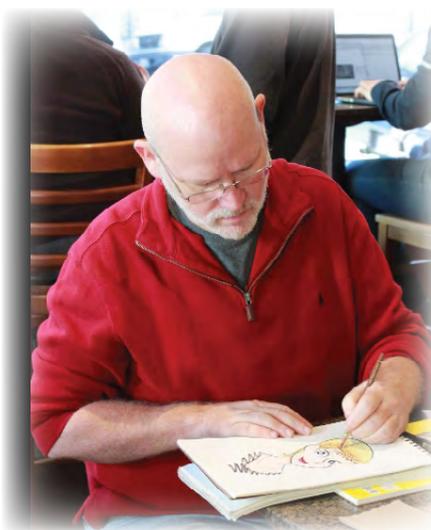
Canesa's Brooklyn Heroes

Your 2018 Guide to Bay Area Events

The Diablo Gazette's

ENTERTAINMENT GUIDE

Views of the Valley
by Tillie Turner Photos by Micah



Cartoonist Tom Bland sketching at Flying Colors in Concord. He also made a Black Panther cartoon and a copy of the Diablo Gazette.



Treasures. Quinn picks up some fine literature at Flying colors; an autographed copy of Tom Bland's Black Panther cartoon and a copy of the Diablo Gazette.



Soldiers awarded medals to runners at the finish line of the Armed Forces Half Marathon during the Memorial Day Celebration in Downtown Concord, May 26.



A big night of celebration for Contra Costa County teachers if the year at an Oakland A's game.



Mary Lou Helix, in the blue hat, decorated hats for her friends Alice Rasmussen, Lee Reed, Freda Cornelia, Maureen Bell and Laurie Lopez to wear at the Concord Historical Society's Spring Tea May 5th.



Artist Mick Gray is signing and drawing picture in the Flying Colors sketch book. Mick Gray has been an inker for DC Comics since 1990. His many projects include, Return of Bruce Wayne, The Shield, the Joker graphic novel, Supergirl & The Legion of Super-Heroes, Zatanna, Prometheus, Son of Superman and many more! He also teaches Comic Book Inking at Academy of Art University SF.

3rd Annual PAWS de Tutu Dog Festival

Diablo Ballet presents its 3rd annual PAWS de Tutu dog festival on June 23 from 9 a.m. – 11 a.m. at the Lafayette Reservoir. Dog owners and dog lovers are invited to join and celebrate all things dogs, while raising money for a great cause.

Registered guests will be treated to the popular dog costume competitions, along with demos by the Contra Costa Sherriff's K-9 unit, a DOGA (Dog Yoga) demo by Molly Fox and a dog training demo by Oh Behave! Dog Training. The main event is the popular dog costume competition, along with dog adoptions by ARF and Rocket Dog Rescue, performances by STARS 2000's cast of "Legally Blonde The Musical," plus many vendors, snacks and coffee provided by Don Francisco's. For the third year, Charly Kayle, radio personality most recently with 96.5 KOIT Radio, will be the guest emcee.

Dog owners are invited to dress up their dogs and enter the dog costume competitions. The top three will win great prizes

provided by Pet Food Express. Diablo Ballet dancer, Amanda Farris, will be in costume to pose for pictures with guests.

All proceeds from PAWS de Tutu benefit Diablo Ballet's PEEK Program (Performing Arts Education and Enrichment for Kids). PEEK provides in-school movement curriculum and free dance performances to students and families in under-served areas who have few opportunities to participate in the arts. In 2015, Diablo Ballet extended the program to provide arts education to teenagers incarcerated within the Contra Costa County juvenile justice system.

Anyone interested in attending, should register online at www.diabloballet.org as participation is limited. Admission is only \$10 per person. The fee to enter the costume competition is: \$20 per person which includes admission. All registered guests receive a goodie bag filled with sponsor coupons, dog treats and snacks.



CALENDAR Starts on Page 9...

BE SURE TO TELL OUR ADVERTISERS THAT YOU SAW THEM IN THE DIABLO GAZETTE
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Clayton Valley Woman's Club Presents Checks and Scholarship

On May 8th the GFWC Clayton Valley Woman's Club held their Celebration of Giving at Diamond Terrace in Clayton. Each May, the Club presents monies raised by past fund-raising activities to selected community organizations.

This year, checks were presented to Winter Nights and Contra Costa ARC, Diamond Terrace, Clayton Library, Clayton Historical Society and Concord Historical Society.

The Club also provides a Diablo Valley College scholarship for a woman with a financial need, excellent grades, community involvement and leadership skills who is transferring to a four-year university to pursue a degree. Melanie Carniglia, a May 2018 graduating student from Diablo Valley College, was selected to be the Clayton Valley Woman's Club scholarship recipient. She has been accepted into San Francisco State University as a psychology major with a goal of becoming a licensed psychologist. She plans to advocate for women's mental and physical health in the future. She is currently a member of Alpha Gamma Sigma Honor Society at DVC and holds the office of Club Historian. The Clayton Valley Woman's Club is proud to present her with this scholarship to help her further her education.



Club members give time, money and items to various organizations throughout the year such as: Read Across America, Vision Screening, Blue Star Mom's, Heifer International and Pennies for Pines. The Club meets the second Tuesday of every month except July and August at St. John's Episcopal Church, 5555 Clayton Rd. in Clayton. Guests are welcome to attend meetings and social events. www.clayton-valleywomansclub.org.

Photo courtesy of CVWC, L to R: Melanie Carniglia, Scholarship Recipient; Bill Shaw, Judy Stillman, Will McGarvey, Winter Nights; Carol Mcrary, Tiffany Speerbrecker, Contra Costa ARC; Karen Hansen-Smith, Clayton Community Library; Karen Mangini, Lind Higgins, Concord Historical Society.

Readers Rants & Raves

"Thank you for doing such a great job on the Main Street Arts upcoming show "Under Pressure." ~ Pam M., Martinez

"I just want to say thanks to Eric for his wonderful Secret Service story and accompanying tribute to First Lady Barbara Bush appearing in the latest copy of the Diablo Gazette. Both were wonderful and heartfelt to read." ~Brian A., Concord

[Re: "Paint Parties Make Crafty entertainment, Diablo Gazette, April 2018] "This brought happy tears to my eyes. Thank you so much, I love it!" ~Becky R. Concord

"I would like to thank you for including an article in the May 2018 edition of Diablo Gazette about White Pony Express and its match grant challenge. It is much appreciated. The match fund challenge is very important for our efforts in eliminating hunger and poverty in Contra Costa County. Your article

will do much to help us in meeting our goal. You have always been a wonderful supporter of White Pony Express, and it is much appreciated." ~Steve S. Pleasant Hill

"Your article "Reactions When You're Threatened" (Diablo Gazette, May) regarding the Concord fire should have been titled, "What Not to Do in a Fire... really, covering the fire alarm with a blanket and packing your makeup? Thank God there were no casualties." ~Sam S. Clayton

"Keep up the good work!" ~Doug Prutton, Attorney, Concord

"After the event at Flying Colors Comics with DC Comic artist Liam Sharp, for his birthday, we presented him an issue of the Diablo Gazette with the published photo of him at the store. (April, 2108)" ~Mrs. Field, Concord

The Diablo Gazette looks forward to all comments from our readers. Please email: diablogazette@gmail.com

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CALENDAR

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 buys a terrific breakfast. <http://www.vfwpost1525.org>

June 1-8 Healthy Over Hungry Cereal Drive Donations of healthy cereal will be collected at San Ramon Regional Medical Center. All donations will stay local and will benefit the Food Bank of Contra Costa & Solano and Alameda County Community Food Bank. All financial donations made during the campaign will be matched by Tenet Healthcare, up to \$100,000.

June 16 2018 Sculpture in the Garden -Ruth Bancroft Gardens will be opening their annual Sculpture Show fundraiser with a gala cocktail party between 5:30 and 8:30 P.M. Enjoy live music and drinks while meandering down gorgeous garden paths adorned with a display of art and sculptures created by Bay Area artists. Cost \$30-\$35 to benefit the Garden and support the research and education done at the Garden. 1552 Bancroft Road. www.ruthbancroftgarden.org/event

OUTDOORS

Concord: Todos Santos Park OFF the Grid Mondays. offering cuisine from around the world from 5 to 9 p.m. Full lineup available at <http://offthegridsf.com>.

Farmers' Markets

Concord Tuesdays, 10am to 2pm, year-round, rain or shine. • **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. Wigett Lane and Mitchell Dr. Also, from **Contra Costa Certified Farmers Market** - North Locust St between Giama and Lacassie St. Sundays 9 am - 1 pm, Year Round, (925) 431-8361 <http://www.cccfm.org>

June 9-10 Summer in San Francisco Crystal Fair Fort Mason Center, Bldg A, 2 Marina Blvd. at Buchanan, San Francisco. Hours: Saturday 10-6; Sunday 10-4 Admission \$12 (good for 2 days - each in party) Children 12 and under free with parent.

June 12 Mt. Diablo Resource Recovery (MDRR) sixth annual free Summer Camp. Camp sessions will include a tour of their 90,000-square-foot recycling facility and recycling trucks, recycling games and an interactive activity about the 5 R's (Reduce-Reuse-Recycle-Respect-Recover). From 10 am to 12 noon, at the Mt. Diablo Resource Recovering facility located at 1300 Loveridge Road in Pittsburg, Calif. The camp is free, though reservations are limited to 25 children per session.

June 13 Classic Car show and music. 6pm - 8pm. Main Street Clayton. Free.

July 4 Celebrations & Festivities Concord: 150th Anniversary! 6:45 a.m. Concord Police Association Stars and Stripes Run 10:00 a.m. Parade. followed by unveiling of a statue of Don Salvio Pacheco 1 pm - 4pm Ice Cream social 4 p.m. Fireworks Stop by Mt. Diablo High School for an afternoon of family activities, then stay for fireworks!

Pleasant Hill: Firecracker 5K Fun Run. 8:00am Firecracker 5K run. (all ages) 9:30am **Parade** start Downtown on Crescent Drive. 10:30-1:30pm Music, Fun & Games at Pleasant Hill Park, FREE stage entertainment, kids games, Watermelon eating contest, climbing wall, bounce events, community booths, and more. 1:00-4:30pm Cool Off at Aquatic Park. 7:45 Live entertainment 9:15 Fireworks! At College Park High School - For information, parade application or to volunteer, visit www.phjuly4.com.

July 28 Bus tours of former Concord Weapons Station. A free "first-come, first-served" public bus tours of the base reuse project on Saturday, July 28. The two-hour tours to see where new housing, retail and office buildings are planned on the property, as well as the Mt. Diablo Creek Restoration Project, tournament sports park, and a regional park. 9 a.m. and 12 noon. Starts from Concord Civic Center, 1950 Parkside Dr. Make a reservation. To learn more, visit www.concordreuseproject.org.

CLUB/SUPPORT GROUPS' NEWS AND EVENTS

June 9 Publisher Brooke Warner will discuss "Hybrid Publishing" at the next meeting of the Mt. Diablo branch, California Writers Club at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Hybrid publishing has been called "the best of both worlds" appealing to authors and self-publishers. Sign-in starts at 11:00 am. Registration is \$25 for CWC members, \$30 for guests. Reservations are required, and must be received no later than noon on Wednesday, June 6th. To reserve, go to <http://cwcmtdiablowriters.org>.

June 10 Ms. Betty Reid Soskin activist, singer, author, composer, and US's oldest serving National Park Ranger will speak about her life and book "Sign My Name to Freedom: A memoir of a Pioneering Life." Light Refreshments. 1pm-3pm at the Shell Club House 1635 Pacheco Boulevard, Martinez. Reservations required: RSVP at <https://www.eventbrite.com/e/betty-reid-soskin-author-composer-activist-singer-tickets-45788457509>.

June 16 Highway 21: The Farm Road That Became An Interstate History talk and book signing, 2:00pm – 3:30pm. The CCC Historical Society presents local historians John Mercurio and Steve Minnear. Hear the fascinating events that characterized life along former CA State Hwy 21 (from Martinez to Sunol). Admission and parking are free. Refreshments will be served. RSVP requested. Email: mkting@cocohistory.org or Call: (925) 229-1042. \$10 donation. All proceeds benefit the preservation work of the Contra Costa County archives. Campbell Theater, 636 Ward Street, Martinez. For more information, visit www.cocohistory.com

June 29 Senior Resource Fair at the Pleasant Hill Senior Center from 10:00 - 11:30. Hillendale Home Care is hosting a Senior Resource Fair to help raise attention and awareness of Elder Abuse in Contra Costa County. Many local resources for Seniors with representatives on hand to answer questions. Refreshments. 233 Gregory Lane, Pleasant Hill.

VISUAL ARTS/ THEATRE/MUSIC

Concord Pavilion
June 13 Chicago & REO Speedwagon
June 21 Chris Brown
June 22 Kevin Hart
July 1 Spirit West Coast with Mercy Me
July 14 Kidz Bop Live
July 24 Imagine Dragons
August 11 comedy Get Down
August 18 Steve Miller Band
August 24 Avenged Sevenfold with Prophets of Rage
August 28 Rob Zombie and Marilyn Manson

Clayton Concerts in the Grove
June 9th - Take 2 Dance Band
June 23rd – The Fundamentals
July 7th – Pride and Joy
July 21st - Southern Comfort
August 4th - Diamond Dave
August 18th - Apple Z
September 1st - Steel 'n' Chicago
September 15th – East Bay Mudd

Pleasant Hill Summer Concert Series Thursdays 6:30-8:30 in the plaza in front of Jack's Restaurant and Bar.
Jun 7 East Bay Mudd
Jul 5 Flletwood Mask
Aug 2 Top Shelf Classics
Spt. 6 Illegals

aRt Cottage June Jubilee Celebration showing abstract pieces with vibrant colors from the newly merged Las JuntaS - East Bay Artist Guild, Robert Bradley, and Walter Crew.
June 9 2p-4p Artist Reception includes music, wine, and food. 2238 Mt. Diablo Blvd. Concord

Summer Music Camp July 9-13 9AM-noon. All children in the community entering K-5th grades are invited to this secular music camp. Learn music basics including rhythm instruments and their voices. Mid-morning snack. \$40 per child/\$60 per family. Scholarships available. Clayton Valley Presbyterian Church, 1578 Kirker Pass Road, Clayton. To register or for more information, please call 672-4848.

June 6 - July 1 Main Street Art Show - Artist 5 is a group of 5 artists: Lynn Glenn Jan Lainoff, Pam McCauley, Roberta Milstead, and Dee Tivenan, five lives, five views they want to share with you. Wine and appetizer reception on June 9th from 5 to 7. 613 Main Street, Martinez. Wednesday to Saturday 11 to 5 and Sunday 10 to 2.

June 7-23 "A Doll's House" - by Henrik Ibsen. Adapted for B8 Theatre company by Annie Potter. Performances: Preview - Thursday, June 7 at 8pm Fridays/Saturdays, June 8-9; 15-16; 22-23 at 8pm; Saturday/Sunday matinees, June 10; 16-17; 23 at 1pm. Ticket ranges: \$15 - \$25 . 292 Concord Blvd, Concord. Tickets \$15-\$20. b8theatre.org. (925) 890-88877.

June 23 PAWS de Tutu, a dog costume competition and parade to benefit Diablo Ballet's PEEK Outreach programs. 9 a.m. – 11 a.m. at the Lafayette Reservoir. Dress up your pup to win amazing prizes. Demos, dog adoption, and dog performances, snacks and fun. All participants interested in attending must register at www.diabloballet.org.

June 24 Concerts in the Garden 7:00 p.m. The Romance Trio, a collaboration of classical virtuosos on cello, harp and flute. Enjoy an enchanting selection of classical favorites including Bach, Elgar, Piazzola, and more! The Gardens at Heather Farm, 1540 Marchbanks Drive, Walnut Creek. Tickets: \$40 per person per show. Tickets available online at gardenshf.org or by phone at (925) 947-1678. For complete listings visit us Online: www.DiabloGazette.com

June 29 Jazz Room - Jubilee Road with Paul McNight. 8 p.m. Repertoire includes pop, folk, bluegrass, and indie music plus covers of Tom Petty, Alison Krauss, and James Taylor. They're all about pleasing harmonies. At Village Theatre 233 Front St. Danville. Tickets \$15-30. 925-314-3400. www.vilagetheatreshows.com.

July 12-15 Spontaneous Shakespeare! at the Leshner Center for the Arts. This is a completely-improvised, full-length comedy in the style of William Shakespeare. Four performances, Thursday – Saturday at 8:15 pm and on Sunday at 3:15 pm.

SUBMIT YOUR LISTINGS and upcoming events for inclusion in the next issue. Email: info@diablogazette.com by the 15th of each month.

2018 Music Events at Todos Santos Plaza Concord		
Tuesday Blues		
Date	Show Billing	Tagline
7/10/18	Dana Fuchs	Raw, Soulful Blues Vocalist
7/17/18	Tommy Castro and the Painkillers	Irresistible Contemporary Blues-rocker
7/24/18	Tia Carroll & Her Awesome Blues Band	Bay Area Rhythm & Blues Diva
7/31/18	Jr. DeVille Blues Band	Concord's own Hot Blues Guitarist
Thursday Night Music and Market Series		
Date	Show Billing	Tagline
6/7/18	The Purple Ones	Insatiable Tribute to Prince (on Prince's 60th B-day)
6/14/18	DAKILA with DA ISLAND WAY	Latin Beat with a Filipino Twist and Polynesian Dance
6/21/18	LUMBERYARD	Favorite Covers from the 60's and 70's
6/28/18	The Highway Poets	New Retro Soul
7/5/18	Mariachi Mexicanisimo	Bay Area's Best Mariachi
7/12/18	Chance McKinney	Seattle's Country Music Sensation
7/19/18	Mike Amaral's California Beach Boys	Surf's up! Norcal's Premier Surf Band
7/26/18	Zepparella	The All-Female Zeppelin Powerhouse
8/2/18	James Clark Presents Elvis, Elton and Mick	The King of Rock 'n Roll meets the British Invasion
8/9/18	Stung	Concord's own Tribute to the Music of The Police
8/16/18	Incendio	Fiery Spanish Guitar Virtuosos
8/23/18	Kingsborough	New Generation Indie Rockers
8/30/18	Foreverland	An Electrifying 14-Piece Tribute to Michael Jackson
9/6/18	Lafayette Studio Big Band	Seventeen piece Count Basie style Jazz Orchestra
9/13/18	Annie Sampson	Concord's own Queen of Blues
Special Events		
Date	Show Billing	Tagline
10/4/18	Concord's 3rd Annual "Dark Side of the Moon" Night	A Family Friendly Music and Science Extravaganza



**Journey-man's
Journal**
by John Cooper

A 9-Day Tour of the Southwest

I love Daisy Mae. She's everything you'd ever want in a travel companion. She's slim and sleek and light on her feet, and she can carry her own weight without any complaints. She's fun to be around and fits in well in every situation. Daisy Mae is comfortable spending the day by the lake and she's the perfect companion on cold rainy nights. I'm speaking of course of my new RV, and



like any favorite vehicle, she's deserving of a good name.

My wife, Teresa, and I had been planning a tour of the Southwest for several months and as our departure date approached, we'd been spending some time in our RV on shorter trips to get used to pulling a large heavy vehicle in tow. And practice was a good thing as we recently learned while pulling our 12' tall RV through a 10' tall car wash. That was an expensive lesson, but not an uncommon

one we found out later.

Fresh back from the repair shop with a new air conditioner and other rooftop parts reinstalled, we loaded up Daisy Mae with everything we needed for a 9-day trip around the Southwest to visit renowned vacation destinations such as Lake Mead, the Grand Canyon, Horseshoe Bend, Lake Powell, Zion National Park and Bryce Canyon National Park.

Following a brief side trip and tour of Calico Ghost Town, a former mining town from the late 1800's, located in the hot and dry mountains of the Mojave Desert, we set our sights on Lake Mead, Nevada.

Less than an hour outside of Las Vegas, Lake Mead is the largest reservoir in the United States. It was formed with the construction of the Hoover Dam, an enormous engineering feat. We set up camp and spent the evening watching sail boats slowly make their way back to the dock while the sun set over the lake.

The scale and enormity of the Grand



Bryce Canyon National Park, Utah was also an amazing National Park featuring natural red and orange formations called "Hoodoos". We spent some time hiking along the Navajo Trail which offered a closeup and personal observation of the Hoodoos and the sparsely populated trees precariously hanging onto life, seemingly defying what you might otherwise think possible.

No trip is complete of course without stopping at an old tavern, so we sidestepped our way out of Las Vegas for a visit to the hundred-year-old Pioneer Saloon in the former mining town of Goodsprings, Nevada. Built in 1913 and still running strong, the Pioneer Saloon is a great place with an eclectic group of patrons. Where else can a group of bikers and a members-only Ferrari club saddle up to a bar for a beer and conversation? The population of Goodsprings is 229 (as of the last census) and for good reason. Without the

Pioneer Saloon there's little else to see aside from a handful of vacant homes and buildings. Traveling nearly 2,500 miles in a long week made for a whirlwind of a trip. Our objective was to see as much of the southwest country as possible and make notes of those areas and National Parks that we'd like to revisit, explore and spend more time in the future. To that end, we'll certainly plan another trip to spend more time in both Zion and Bryce Canyon National Parks.

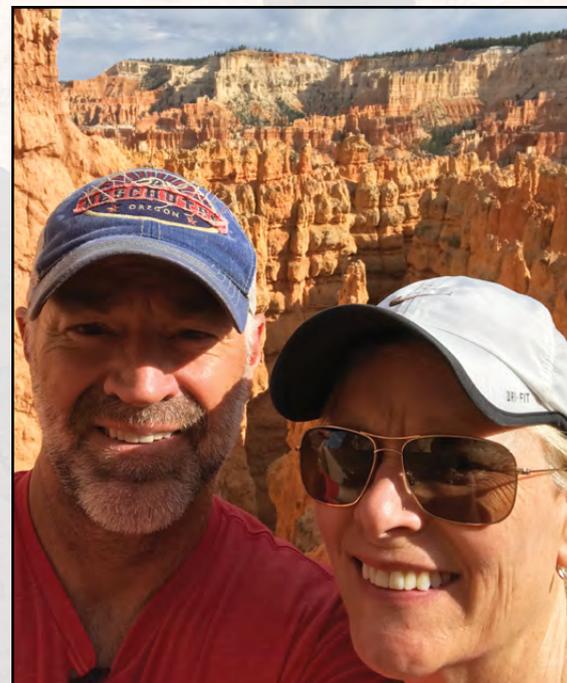
Canyon was impressive as it extended in either direction as far as we could see. More impressive however was the sheer insanity of so many visitors who managed to pose for photos while standing precariously on questionable footing just inches away from a thousand-foot drop-off. I had to purchase a book entitled, "Over the Edge: Death in Grand Canyon" which chronicled all known deaths in the National Park, many of which, not surprisingly, have been slips and falls.

A short drive from the Grand Canyon, and just outside of Page, Arizona is Horseshoe Bend, and just as the name implies, the Colorado River carved a horseshoe shaped landscape into the canyon, which makes for a spectacular sight. I've seen photos of Horseshoe Bend before, but it's altogether something far more spectacular to see in person.

Driving along the banks of Lake Powell while working our way toward Zion National Park, we quickly understood why Lake Powell is such a popular destination for boaters with beautiful views in all directions of the mountains and canyons.

Like much of southwestern Utah, Zion National Park offered amazing perspectives of its many mountain cliffs, canyons, and mesas made of Navajo Sandstone. While exploring the park on our mountain bikes we took a short side trip down a steep single-track trail to a quiet unpopulated stream to cool off and take in the unobstructed views of Zion's surrounding monoliths.

Photos: John and Teresa at Zion National Park, Horseshoe Bend, on the edge of Grand Canyon, and exploring the "Hoodoos" at Bryce Canyon, UT.



Alive and Laughing, Rafting on the Stanislaus

by Robin Gigoux

Once upon a summertime, I went whitewater rafting on the Stanislaus River with my pal Sue and other friends. We have a good time when we travel together. We laugh a lot.

Organized recreational California river rafting appears to have begun in the mid-1970s. Rafting season generally runs from April-September. Trips cater to the timid and to the adventurous and include a guide, except for those advertised as self-guided. They range from a few hours to a few days. More than eleven providers offer rafting on twelve major rivers in Northern California. Several, including Sunshine, claim upwards of 30 years' experience.

The night before our day on the river, Sue, I and others crowded into a room at a weathered motel near the river. We stayed up late consuming adult beverages and debating the weather, the rapids, the rafts and the guides. Most had rafted before, but I was a newbie. I cringed at the thought of navigating rapids.

After an abbreviated night's sleep, we headed for the river early morning. We carpooled to the bus stop where we would be transported in rickety old buses to the chaotic launch site upstream. Six to eight people were assigned to each inflated rubber raft, including a guide at the rear.

Before launching, our guide advised us to grip the inside bottom of the raft with our toes, slipping them into small loops there, because the huge, curved, air-filled sides were virtually impossible to hold onto. I quivered with exhilaration and dread.

And off we hurtled down the river at increasing speed, darting past some rocks, skimming rapidly over others; sideswiping downed trees and other vegetation, guided by the rapid current

and skill of our guides, soaked by icy splashing water.

Two people got bounced off. One got wedged in an eddy between boulders until a guide in another raft pulled him out. The other careened downriver on her back, feet first, until rescued in calm water.

"OMG, OMG, I'm going to die!" I thought. "I'm going to drown, crack my skull or break my legs." I wanted to share my fear, but the roar of the rapids and screams of others made conversation impossible. I was alone with my terror.

The flotilla of rafts stopped for a break near caves that we could wade into. This was very cool, a good place to get my heart rate down. Then back on the river we go, OMG.

Most of us were sunburned, exhausted but alive and unbroken when our guides paddled into a predetermined disembarkation point, anchoring somewhat perpendicular to the bank. While the group disembarked to the left or upstream, Sue and I disembarked to the right. No-one else disembarked to the right. Sue and I were probably cracking jokes when the guides were giving instructions.

Letting ourselves over the side of the raft into shallow water, our feet touched down on a silty, oozy river bottom. Sue and I joked about the color and texture of the muck under our feet. It was like soft, oily fireplace soot. The harder we tried to find solid footing, the more we laughed... and sank. City-bred, I never believed quicksand was a real thing, but reality quickly became evident. Extending our arms like pontoons, we thought we'd stop sinking, but nope.

No-one could see us on the downstream side of the raft. No-one could hear us shouting for help over the din of people disembarking on the upstream



side. Descending into the black and slimy gunk, now up to our armpits, we were facing death, yet we were laughing hysterically at the absurdity of the situation.

No doubt counting heads, our bronzed and muscled guide finally realized we were missing and came around to our side of the raft. Along with another guide, they quickly produced long boards, laid them over the muck, and crawled out on their bellies to pull us to safety. Not an easy task, as the muck was intent on sucking us in. Sue lost a shoe.

Once on shore, covered with stinky sooty-looking muck, the guides gave us five minutes to find a safe spot along the river to wash off before boarding the bus. Without soap, that muck still clung to our skin and clothes, and we stank. Once on the bus, others steered clear. Given the nose-holding and stares, Sue and

I continued to laugh so hard our sides hurt.

Whitewater rafting was a thrilling experience. The guides were terrific. The trip was loads of fun and the scenery was beautiful as it floated by. I highly recommend the experience for lovers of such thrills and chills, but I advise following the few rules to be safe.

For information about rafting on the Stanislaus River, contact Sunshine Rafting Adventures, www.raftadventure.com.

Robin Gigoux, humor and reflection inspired by personal experience. Author as Peechi Keane: "Chronicles of an Occupational Prostitute, A Workplace survival Story" and contributing author of "Insight, Hindsight, & Flights of Fancy", an anthology.

Weekend Warrior: Thru-Hiking Mt. Diablo Range - A 3-Day Staycation Adventure

by Scott Feuer



Mount Diablo State Park is surrounded by over 50 other preserves encompassing a regional open space system nearing 160 square miles that was interlaced with almost 700 miles of public trails.

Over the last few years, I had explored much of the Mt. Diablo State Park through strenuous day hikes, summiting all the major peaks and ridgelines, but never realized the potential larger network of open space trails one could explore.

With my Mt. Diablo map spread out on the dining table, I contemplated my next weekend-warrior day hike. Could one hike from one side of the map to the other? With a yellow highlighter, I began tracing trails south from Lime Ridge Open Space in Walnut Creek across the western slope of Mt. Diablo to Round Valley Regional Preserve on Marsh Creek Road. Tallying up the mileage and studying the topography I estimated the hike to be about 45 miles with roughly 9,800 feet of elevation gain.

"Three days, 15 miles a day, that's feasible, although, I would have to camp two nights and carry all my food and gear. A baby thru-hike!" I rationalized. This would provide some good training experience to section hike the Mexico to Canada's Pacific Crest Trail (PCT). Over the next few weeks I prepared logistics and collected the necessary supplies, excited to temporarily escape the tense energy of work deadlines, to-do lists, and other daily routines.

I was dropped off at the trailhead parking lot behind John Muir Hospital

in Walnut Creek with my backpack and trekking poles ready to begin my solo thru-hike. The spring rains had nourished a thick blanket of tall vivid green grasses which practically concealed the beginning of the trail. After a few minutes of searching, I found the 18-inch wide ribbon of dirt that would become my home under my feet for the next three days. Within only a couple of minutes of hiking, the morning dew saturated my lightweight trail running shoes. Every footstep squished with a soggy unnerving sound of slush...and only 15 miles to go.

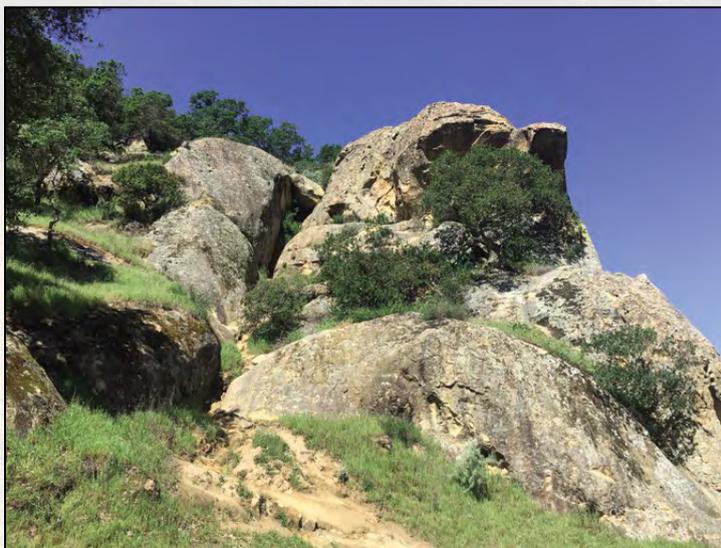
As the sunshine intensified, I navigated through the waist high grasses and realized, "Rattlesnakes!" Slowing my pace, for the next couple of miles, I extended my trekking poles in front of me and relentlessly waved them back-and-forth to announce my presence, ears attune to the sound of rattling. I successfully made my way into Borges Ranch to top off my water supply before heading into Pine Canyon.

Pine Canyon's steep sandstone formations rising out of valley's riparian oak woodlands provided a scenic natural landscape filled with interesting geologic features, abundant wildflowers, and

nesting peregrine falcons which were successfully reintroduced back into the area during the 1990s. I veered south on Little Yosemite Trail up to the open oak savannah grasslands finally reaching Rock City at Fossil Ridge.

Live Oak campground is typically booked solid during the summer, but this early spring adventure found only a handful of campers. I unshouldered my 24 lb. backpack, set up my tent and enjoyed a warm dehydrated cowboy chili stew dinner. Then it was time for a little stargazing before crashing to sleep.

Day Two: I awoke at sunrise, stretched my stiff legs, and warmed a cup of coffee with my ultralight camp stove. Having stuffed my gear into my backpack, I was off again meandering up through the sandstone rocks and wind



Pine Canyon home to nesting peregrine falcons

caves of Rock City.

Making way to Oyster Point Trail through beautiful chaparral and sweeping surrounding views, I pass a lone hiker who became the only person I saw for the next 24 hours on this single-track trail. However, I observed coastal black-tailed deer, cottontail rabbits, butterflies, and a couple of ring-neck snakes (which are slightly venomous, but completely harmless), not to mention the many species of song birds in the tree canopies above.

After a short stop at Jackass Canyon to filter water from Tassajara Creek, I climbed up to Amphitheater Trail through the centuries-old oak trees to break for lunch. I found multiple large smooth rock outcroppings which were sprinkled with mortar grinding holes used by Native American Indians. After lying down and watching cloud formations overhead, I drifted off for a quick nap. Then packed up and continued east.

The afternoon warmed, and I was continuously gaining elevation. My water supply from the last natural spring was almost gone and I had at least six more miles to go until arriving at the next camp. Atop the ridgeline the possibility of finding a seasonal water source to drink from was nearly impossible. According to my map, I could divert a mile downhill to a potential seasonal creek in hopes of quenching my thirst. The decision was clear. I had to find water even though I knew the hike out of the valley back to the ridgeline would be formidable.

The heat persisted with no after-

Warrior continues page 14

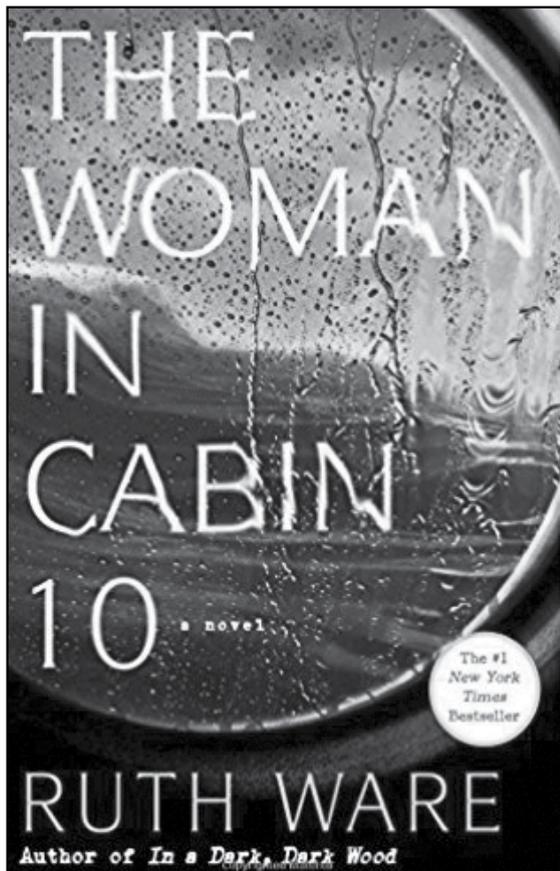
**bookends**by Jill Hedgecock, Program Coordinator Mount Diablo California Writer's Club jillhedgecock.com Blog: <http://writersotj.wordpress.com>

The Woman in Cabin 10

The Woman in Cabin 10 by Ruth Ware (2017, Gallery/Scout Press; Reprint edition, paperback, 384 pages \$9.80) is the perfect book for edge-of-your-seat tension junkies who enjoy sorting through facts with an unreliable narrator at the helm. The mystery of who exactly is that mysterious woman who briefly occupied a cruise liner cabin and then suddenly disappeared provides further intrigue in this twist-and-turn plot that keeps readers guessing until the end.

Laura "Lo" Blacklock has a problem. Actually, she's facing quite a few challenges: her apartment in England was burgled while she was at home, sending her into an emotional tailspin. On top of that, she drinks too much, she's on antidepressants, she's broken up with her boyfriend—though she's not sure about that—and now her dream assignment on a posh luxury yacht as a reporter for a travel magazine is turning into the trip from hell. Lo's penchant for excessive alcohol consumption and her fragile state from the trauma of encountering a thief in her home, immediately sets the stage for readers to rally behind the confused young woman. But her instability also makes it unclear if her account of events that involved a body tossed overboard really happened.

In the spirit of Agatha Christie's closed room whodunits, the list of suspects is limited to the Scandinavian staff and the ship's passengers because the person who committed a possible murder is at sea. The perpetrator could be anyone, fellow journalists, photographers, and wealthy people paying for the privilege of participating in the "The Aurora's" maiden voyage through the Norwegian fjords. But the list seems to narrow as clues point in the direction of Lo's former boyfriend, Ben, a dashing photographer named Cole Lederer who's having problems with his wife, or the ship's head of security, Johann Nilsson. Still, there are enough red herrings to keep readers



scratching their heads.

Ruth Ware brilliantly foretells snippets of future events in the story at chapter conclusions using social media in the form of emails and chat rooms of amateur detectives. She also has a talent for keeping readers wondering if our narrator is a drunken fool or a broken woman prone to hallucinations. It is no surprise that "The Woman in Cabin 10" was an Instant New York Times and USA Today bestseller.

Ruth Ware grew up in Sussex, on the south coast of England. After graduating from Manchester University, she moved to Paris before settling in North London. She is the internationally bestselling author of "In a Dark, Dark Wood" and "The Lying Game" (2017). She is married with two small children. "The Death of Mrs. Westaway" is due to be released at the end of June 2018. Fans of "The Girl on the Train" by Paula Hawkins and "Gone Girl" by Gillian Flynn will probably enjoy this book.

movie review

by Sandie Angulo Chen, Common Sense Media



Solo: A Star Wars Story

4 of 5 stars

"Solo: A Star Wars Story" is a stand-alone adventure about a young Han Solo (Alden Ehrenreich) that takes place several years before he teams up with Luke and Leia in "Star Wars Episode IV: A New Hope." The movie reveals details about the infamous smuggler's past -- like how he became the captain of the Millennium Falcon and how he met legendary characters like Chewbacca (Joonas Suotamo) and Lando Calrissian (Donald Glover). Expect lots of peril, chases, and action violence, including scenes of large-scale ground warfare as well as executions, shoot-outs, and torture. While there's not much blood overall, characters do die. There's also a bit of language, some drinking in pubs, and innuendo (plus more kissing than is typical for a "Star Wars" film). Han definitely isn't always first in line to make the morally right choice, but ultimately the movie has messages about equal rights for all creatures and the importance of teamwork, communication, courage, and friendship. The cast is noticeably diverse, with many female characters, people of color, and creatures who have distinct backgrounds and ideas.

This takes place approximately a decade before the events of Star Wars Episode IV: A New Hope and follows a young Han (Alden Ehrenreich) as he goes from troublemaking street orphan on his home planet of Corellia to Imperial soldier to intergalactic-smuggler-in-the-making. As an adolescent, Han and his girlfriend, Qi'ra (Emilia Clarke), are separated as they attempt to escape a crime boss; he's able to leave, but she's captured. He vows to come back for her. Three years later, Han is a soldier in the Imperial Army who chances upon a younger Chewbecca (Joonas Suotamo), as well as a motley crew of smugglers led by Beckett (Woody Harrelson) and his partner, Val (Thandie Newton). Han joins them on a mission for the Crystal Dawn, a powerful crime syndicate managed by the merciless Dryden Vos (Paul Bettany). The high-stakes heist also puts Han in



touch with legendary gambler Lando Calrissian (Donald Glover), who lends his ship in exchange for a cut of the action.

Director Ron Howard's slick, funny prequel captures Harrison Ford's smirky, roguish charisma and fills in several Star Wars gaps. While purists may never be fully satisfied with any prequel that revisits beloved original characters, Ehrenreich deserves props for rising

above pure imitation. He and Glover make their legendary characters their own, even if audiences must suspend disbelief a bit that either man could have changed quite that much in just 10 or so years. Both are amusingly arrogant and self-possessed -- and, in Han's case, also vulnerable. Yes, it's compelling to explore how Han hooked up with Chewie and Lando, but it's even more interesting to uncover the particulars of Han's background, his introduction to smuggling, and his first (ultimately doomed) love story.

There are several well-performed supporting roles, especially the women. Clarke, who's best known as the Mother of Dragons on Game of Thrones, is great as Han's often underestimated partner in crime. Newton is extremely effective in her small but pivotal role. And British comedian/TV writer Phoebe Waller-Bridge is hilarious as outspoken android rights' activist L3-37. Bettany is fantastically creepy as a chilling mob boss who just wants to get paid, and Harrelson adds his signature, laid-back style to the proceedings as Han's roguish mentor. By the end, audiences will feel even more intensely for Han Solo, knowing more about his victories and losses as a younger man.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsense.org.

B8 Theatre Premieres a New, Socially-Relevant Adaptation of A Doll's House

by Lisa Fulmer

When JanLee Marshall, Artistic Director for B8 Theatre Company, first chose to produce the 19th century Henrik Ibsen classic, A Doll's House, she knew she wouldn't do it in the traditional manner. "A colleague told me there was no point in putting on this play at all anymore - but I begged to differ," says Marshall.

Often referred to as the first feminist play, A Doll's House deals with how a woman chooses to rise up despite her given circumstances. Ibsen himself referred to his then-controversial script as a modern tragedy when he wrote it in 1878. "A woman cannot be herself in modern society since it is exclusively male, with laws made by men and with prosecutors and judges who assess feminine conduct from a masculine standpoint."

After 140 years, Ibsen's words are still relevant, and even more so with the adaptation Marshall is producing - all the fe-

male roles are cast with African American women. "Our adaptation, written by local playwright Annie Potter, has just a few significant updates," Marshall says. "The story is set in the United States in 1924, rather than the original setting of Norway in 1879. Annie has done a lovely job of being true to Ibsen's work while updating all of the women's backstories."

So how does a black woman find self-fulfillment in a country dominated by white men? This production of A Doll's House sheds light on issues of both gender equity and racial equality that continue to pervade our society today.

Miia Ashley is elated to portray the lead character, Nora. "I've studied and seen this play many times, but I've never known of any woman of color being in this role. To be able to break that mold is so exciting, and to be part of a theater company that believes in expanding

things outside of the boxes that society tends to put things in...it just makes my heart swell!" Ashley exclaims.

Nora's husband, Torvald, is played by Matthew Gardner. "I'm really excited to paint this story in a new light. Hopefully we can help people see things differently," says Gardner.

A Doll's House opens on June 7th and runs through June 23rd. Tickets are on sale at B8Theatre.org or at the theater, located at 2292 Concord Blvd. Box office hours are weekdays 9:30am-12:30pm, or call 925-446-8035 for more information.

Lisa Fulmer is a local artist and marketing consultant. She sits on the Board of Directors for both B8 Theatre Company and Concord Art Association and works by committee with Neto Community Network and Concord Historical Society.



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Quotes for the Future

by Micah

- “The future ain’t what it used to be.” - Yogi Berra
- “The time-traveling is just too dangerous. Better that I devote myself to study the other great mystery of the universe - women!” – Back to the Future II
- “The best thing about the future is that it comes one day at a time.” - Abraham Lincoln
- “I never think of the future, it comes soon enough.”- Albert Einstein
- “The best way to predict the future is to create it.”- Peter F. Drucker
- “Every saint has a past and every sinner has a future.”- Oscar Wilde
- “Let him who would enjoy a good future waste none of his present.” - Roger Babson
- “You can never plan the future by the past.”- Edmund Burke
- “The danger of the past was that men became slaves. The danger of the future is that men may become robots.”- Erich Fromm
- “Isn’t it a shame that future generations can’t be here to see all the wonderful things we’re doing with their money?” - Earl Wilson
- “The future lies in designing and selling computers that people don’t realize are computers at all.”- Adam Osborne
- “I look to the future because that’s where I’m going to spend the rest of my life.” -George Burns
- “Eventually, I believe, everything evens out. Long ago, an asteroid hit our planet and killed our dinosaurs. But, in the future, maybe we’ll go to another planet and kill their dinosaurs.” -Jack Handey
- “I’m single. I often think about my future wife and how lax she’s been about getting in touch with me.”-Ted Alexandro

“Spontaneous Shakespeare” Coming to Leshner Center



Synergy Theater, the folks who brought you “Spontaneous Noir: An Improvised Piece of Pulp!” is back at the Leshner Center for the Arts in Walnut Creek, and this time they’re taking on The Bard. “Spontaneous Shakespeare” is a completely improvised two-act comedy in the style of William Shakespeare.

“We do our best to emulate the style rather than send it up,” explains Synergy Theater’s Artistic Director, Kenn Adams. “We read his plays and we try to figure out just what makes Shakespeare Shakespeare. As it turns out, his plays are full of outrageous comedy. Bawdy humor, double-entendres, wild disguises, mistaken identities, broad physical humor, and a lot of very groan-worthy puns and wordplay. He really had a knack for some

very low comedy - and naughty too!”

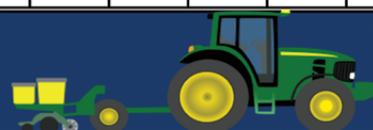
“Shakespeare made up words,” says recent company member Julie Rubenstein, “Which is great because whenever you can’t think of the word you want you can just *cerebrate* a new one.”

“Shakespeare has it all,” adds Synergy veteran Justin Carns. “Action, comedy, magic, romance, and of course, a gift for language that’s a lot of fun to try and keep up with. The guy was good.”

“Spontaneous Shakespeare” performances begin Thursday, July 12 at 8:15 p.m. and run through Sunday, July 14. Tickets are \$20.00 online at www.lesherartscenter.org or by phone at (925) 943-7469.

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| ZUCCHINI | KALE | |
| TOMATOES | BEAN |  |
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Warrior Continued from page 11....



Farmhouse off Finley Rd. near Amphitheater Trail, San Ramon

the Coyote Trail ravine, through old-growth stands of majestic coral-red trunked Manzanita shrubs, and up and over the Miwok Trail with exceptional views of the aquamarine colored Los Vaqueros Reservoir. Once down in the valley, I briefly detoured through the expansive

cow pasture to see the Round Valley backpack campsite for future reference and enjoyed a delicious tortilla, cheese and salami makeshift burrito for lunch. Packing up for the last time, I headed off towards the incline of Hardy Canyon Trail hiking east around the last peak and back down to the Round Valley equestrian staging area parking lot for my arranged extraction point and short reverse commute drive home.

I accomplished my goal. A solo thru-hike across the Mt. Diablo range, but more importantly, I discovered one could do so in almost complete solitude while immersed

noon winds. As I reached the valley bottom near Sulphur Springs, I made my way through a substantial thicket of Poison Oak maneuvering cautiously around each branch down to the creek edge. To my disgust the creek was extremely shallow and muddied with hundreds of wild boar footprints scattered in the evaporating puddles of water. This would be a great commercial for my water purifier filter! I had no choice but to find the cleanest depression of remaining water and refill my water bottles. Relieved to "camel up" and rehydrate myself, I then addressed the challenge of hiking up the steep Jeremiah Trail back to the ridgeline.

The hot, treeless, south facing trail certainly dampened my morale; that and sweaty clothes, two days of hiking with no shower, inner thighs chafing with every step, and drinking filtered boar-foot infested water. Note to self, "next time, pack anti-chafing cream, ointment, powder whatever works".

I reached the ridgeline and with a "hiker's hobble", I painfully made my way to Morgan Backpack Camp. First order of business was to wash up with baby wipes, change out of my sweaty hiking clothes, and conduct some make-shift laundry time with a large zip-lock bag and biodegradable soap to prep my clothes for the next day of hiking. I ended up having a quiet evening enjoying a beef jerky/top ramen noodle dinner and a few sips of whiskey. I watched the stars track the night sky from the comfort of my down sleeping quilt mesh fabric tent.

Day Three. I awoke and devoured a dehydrated egg omelet and hot oatmeal breakfast then hit the trail early. By around 9:30 am, I wandered into the staging parking lot at Morgan Territory Regional Preserve.

The last 11 miles lead me down

FEUER'S 3-DAY MEAL PLAN

Day One:

- Snack – Trail Mix/Nuts
- Lunch – P&J sandwich, Cheese Crackers, Cookies
- Snack – Power/Sports Bar
- Dinner – Dehydrated Cowboy Chili Stew, Cookies, Flavored Water

Day Two:

- Breakfast - Dry Milk, Muesli Cereal, Carnation Instant Breakfast Mix, Coffee
- Snack – Bagel w/ Nut Butter Spread
- Lunch – Tortillas, Tuna, Babybels Cheese, Mayo & Mustard Packs, Flavored Water
- Snack - Candy Bar, Trail Mix
- Dinner – Top Ramen Noodles w/ Beef Jerky, Cookies, Flavored Water

Day Three:

- Breakfast – Dehydrated Egg Scramble and Instant Oatmeal w/ Dried Fruit, Coffee
- Snack – Beef Jerky, Trail Mix/Nuts
- Lunch – Tortillas, Salmi, Cheese Sticks, Mayo & Mustard Packs, Flavored Water
- Snack – Power/Sports Bar
- Dinner – At Home



Near the end, Los Vaqueros Reservoir, Livermore

within a beautiful natural landscape setting only miles from home. This trip was a definite staycation adventure to remember. Kudos to Save Mount Diablo and all the other organizations and volunteers who help protect and manage our local open spaces for all to enjoy.

For a complete gear list for Scott's thru-hike adventure, look for this story at www.diablogazette.com.

Scott Feuer passionately enjoys the outdoors via hiking, backpacking, kayaking, fishing, and photography (often going solo). He also enjoys photography – see more pictures on his Website at <http://sefpics.myportfolio.com/>.

Sculpture in the Garden Opens in Walnut Creek

by Rich Eber

On June 16, Ruth Bancroft Gardens will be opening their annual 2018 Sculpture in the Garden fundraiser with a gala cocktail party between 5:30 and 8:30 p.m., in Walnut Creek.

The art and sculpture displays come from Bay Area artists in a variety of mediums, ceramic, metal, clay, and more. The Ruth Bancroft Garden provides the perfect environment for viewing the inspiration of art as you meander down the gorgeous garden paths.

The Sculpture Show kicks off with an opening night celebration of live music by Andre Thierry, Italian cuisine, and a chance to sip and stroll while admiring the art-filled garden beds. All pieces are for sale, so if something catches your eye, you can buy it that night and take it home after the show closes on August 19. However, there will be several pieces of art displayed in the Garden Nursery that will be available to take home on Opening Night.

This year's show is especially meaning-

ful as the founder of the Gardens, Ruth Bancroft passed away last November at the age of 109. Her designs, creativity, and genius live on in this botanical cathedral to her life's work.

Proceeds from the Sculpture Show benefit The Ruth Bancroft Garden, a non-profit organization in the heart of Walnut Creek. The Exhibit will run from June 17 - August 19. Tickets priced at \$ 30.00 and \$35.00 can be found at their website: <https://www.ruthbancroftgarden.org/event/>

The Ruth Bancroft Garden is located at 1552 Bancroft Road. Walnut Creek.



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Employee or Independent Contractor? Be Careful!

In the law, the distinction between an employee and an independent contractor arises in many contexts. Suppose you are driving down I-680 and you are struck by a commercial truck and seriously injured. The driver and owner of the truck have no insurance or money, but they haul cargo for another larger company. Whether you can go after the larger company for compensation might very well depend on whether the driver and truck owner were “employees” of the larger company or rather were “independent contractors.” Employers are liable for the actions of their employees (if taken within the course and scope of their employment), but hirers of independent contractors are usually not responsible for the actions of such contractors.

Suppose you want some landscaping done at your home and you pick up someone outside of Home Depot to help you with the labor. That person cuts his hand off sawing a board and sues you claiming that you should have had worker’s compensation insurance. The result of that case might depend on whether the person you hired was an “employee” or an “independent contractor.” Or suppose you start a beauty salon and you hire some hair stylists to work at your shop sharing the fees they charge their customers. A stylist sues you claiming that you have not provided her with paystubs, that you have not paid her minimum wage, or time and a half for overtime, and that you have not provided her with meal and rest breaks. Again, the result of that case may turn on whether the stylist was an “employee” or an “independent contractor.”

What is the difference between an “employee” and an “independent contractor?” Some cases are easy. For example, if your sink is clogged and you call a plumber, or if your lights go out and you call an electrician, these are classic, traditional independent contractors. They have their own businesses, they bring their own tools,

and you do not tell them how to perform their jobs. Courts consider many factors in making the distinction between employees and independent contractors, but the most significant factor has usually been who has control over the details of the work.

On April 30, 2018, the California Supreme Court issued a very important opinion regarding this distinction between independent contractors and employees. In *Dynamax Operations West, Inc. v. Superior Court*, delivery drivers filed a class action against a package and document delivery company claiming that they were employees and that they had not been paid overtime, had not been provided with paystubs, and had not been reimbursed for business expenses (like gas and tolls). The company had classified the drivers as independent contractors. The company argued that the court should apply the regular multi-factor test described above, but the Supreme Court ruled that in the employment law context the test was different.

According to the unanimous Court, because the employment laws were meant to protect workers and to prevent companies from unfairly competing by avoiding their obligations under these laws, workers making employment law claims are presumed to be employees unless the company hiring them proves three things: (A) that the worker was free from the control and direction of the hirer in connection with the performance of the work both under the contract for the performance of the work and in fact; (B) that the worker performed work that was outside the usual course of the hiring entity’s business; and (C) that the worker was customarily engaged in an independently established trade, occupation or business of the same nature as that involved in the work performed. This is known as the ABC test and it will make it very hard for hirers to avoid their employment law obligations by claiming that the people who work for them are independent contractors.

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NEWS & TALK

In case you missed it...

The unemployment rate in the Bay Area is below 3 percent in eight of the nine Bay Area counties, with Solano County at 3.6% in April, according to the California Employment Development Department. Statewide, the unemployment rate was 4.2 percent, the lowest ever. Nationally, the unemployment rate was 3.9 percent. Contra Costa County reported 2.8 percent unemployment rate in April, the lowest on record since May of 1999.

Rossmoor Shopping Center redevelopment is rapidly progressing with a new 14,500 square foot CVS full service pharmacy and drive-up, and a 2,000 square foot Starbucks with drive up. The phased redevelopment of the shopping center also includes a refreshed façade for Safeway, an upscale salon and new restaurants. Plans are to open in October.

A **3.1-magnitude earthquake** was reported in the East Bay on May 30 on the Concord Fault, according to the U.S. Geological Survey. The quake was reported at 3:57 p.m. and was centered 1.9 miles northwest of Concord.

Concussion Law. Congressman DeSaulnier (CA-11) announced legislation to help protect student athletes from concussions. The “Protecting Student Athletes from Concussions Act”, H.R. 3580,

would establish nationwide standards on concussion safety, and would encourage schools to develop practices that exceed national standards in preventing, detecting, and treating concussions. DeSaulnier unveiled the legislation at a Student Concussion Prevention Event held at Ygnacio Valley High School in Concord on May 31.

Medical Marijuana Dispensary. Concord City Council gave direction to staff to develop regulations on a Medical Marijuana Dispensary, non-storefront delivery from within Concord, and micro-business. Council reaffirmed manufacture of medical marijuana with a distribution aspect. In addition, a fully licensed delivery service from outside the city has begun operation delivering to medical holders of either a state card or a doctor’s note, as per Prop 215. According to Concord Mayor Edi Birsan in a Facebook post, “The one legal delivery service that just started 30 days ago expects to have three trucks and 150 deliveries PER DAY with average sales of \$100 or less. “I wanted unrestricted or ‘real world’ dispensaries but this is progress,” Birsan states.

For breaking news daily, go to Claycord.com.

Why Age 7 is the Right Time to See an Orthodontist...

By the age of 7, the first adult molars erupt, establishing the back bite. During this time, an orthodontist can evaluate front-to-back and side-to-side tooth relationships. For example, the presence of erupting incisors can indicate possible overbite, open bite, crowding or gummy smiles. Timely screening increases the chances for an incredible smile.



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parentfootprints

by Dr. Dan Peters www.DrDanPeters.com

How to Survive Summer

It's here; the moment your kids have been waiting for: summer vacation. You have been waiting for it too; a break from all the homework, lunches, after-school activities, sports, enrichment classes, music and more.

But is it a break? Do any of these statements sound familiar?

- "I'm bored!"
- "Why do I have to get off the computer?"
- "I don't want to go to camp!"
- "I just want to relax and do nothing!"
- "There is nothing to do!"
- "Summer is my break. Why can't I do what I want?"

Are you already asking "what date does school start?" Know that you are not alone.

Almost all kids have trouble winding down and settling into summer. There is often a transition period. Many kids are scheduled from the moment they wake up to the moment they hit their pillow. Structure, although sometimes resisted, provides the boundaries by which they move through their days and defines their actions hour by hour. When this structure is removed, many children are at a loss (especially children with challenges, special needs, or gifted kids).

I have fond memories of getting on my bike and exploring our neighborhood, playing at my friend's house, making forts and playing pick-up games of baseball in our driveway with neighbors. With the exception of a week-long family trip and an occasional week day camp, the day was mine to create while allowing it to unfold. Kids today still have this ability, but many have not had the opportunity to experience unstructured time or time that has not been planned for them. Yet, we want them to "be creative," "find something to do," and we remind them that they don't have to "be doing something every minute." They don't? This may be news to them.

I tell my patients and families that part of the process of settling into summer is allowing some transition time. Transition time can probably be avoided, or not needed, if your child goes directly from

the schedule of school to the schedule of summer camp but in most cases every family (and child) will experience transition time.

Remember, summer break is an opportunity for so many different experiences — from creating and building, doing art, going on hikes,



reading, exploring new places, taking classes, day and overnight camp, family adventures and more. While it is our job as parents to plan for your child's summer, it is also important to include them in the process. After all, it is their summer. You might be surprised to learn what they have in mind. Why not create a "bucket list" with each child and make one for the entire family too? But remember to keep schedules and minds flexible.

In addition to all the activities, as parents, you may want to think about what life skills you want to focus on or develop. You may want your child to have a new experience, participate in a fun enrichment classes, play in a sports summer league, do some tutoring, strengthen social skills or have a summer of unstructured time for creating and relaxing. This is purely a personal choice for each family and one worth exploring right away.

In most cases, you will find that your child will settle into summer and find his or her own groove. You, too, will also settle into summer.

And just when everything is going swimmingly... the start of school will be here!

So, dive in and enjoy it while it lasts!

Free Mosquitofish Available for Contra Costa Residents

by David King

The Contra Costa Mosquito & Vector Control District provides free mosquito-eating fish for Contra Costa residents to place in their backyard ponds, horse troughs, swimming pools, and hot tubs that are not being filtered or chlorinated. Mosquitofish are live bearing freshwater minnows related to guppies. Only one to two inches in length, an adult can eat 500 mosquito larvae a day. They are a perfect biological source for controlling the mosquito population. More than 100,000 of this fish are produced each year at

the District's mosquitofish production facility. Pick up one mosquitofish for every four square feet of your water's surface area at the District Office at 155 Mason Circle in Concord Monday through Friday from 8:00 a.m. to 4:30 p.m. Call in advance if you need large numbers of 50 or more for a water feature such as a pool or large pond. 925-685-9301. They provide coffee cans for transporting the fish and rely on residents generously donating their empty cans by bringing them to the office.



"Your readers are already responding to our plea for coffee cans - thank you!" -Andrew Pierce, Community Affairs Representative email to Mayor of Claycord.com after posting a story seeking coffee can donations.

Mt. Diablo Resource Offers Recovery Summer Camp

With school out for the summer, it's the perfect time to learn about recycling and respecting the environment at Mt. Diablo Resource Recovery (MDRR) sixth annual free Summer Camp. MDRR is offering a camp session that will each include a tour of their 90,000-square-foot recycling facility and recycling trucks, recycling games and an interactive activity about the 5 R's (Reduce-Reuse-Recycle-Respect-Recover).

The camp will be on Wednesday, June 12, from 10 am to 12 noon, at the Mt. Diablo Resource Recovering facility located at 1300 Loveridge Road in Pittsburg. The camp is free, though reservations are limited to 25 children per session.

"Respectful appreciation of our environment should be taking place year-round regardless of whether school is in," said Joseph Garaventa, MDR's Chief Executive Officer. "Mt. Diablo Recycling is



committed to offering fun educational opportunities to East Bay youth, who will be making contributions to our community for years to come."

To sign up for camp sessions contact MDR's Adriana Medina by phone (925-771-2721) or email (Adriana.Medina@Garaventaent.com). For more information about Mt. Diablo Resource Recovery: www.mdresrec.com

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theRIGHTmove
by Terrylynn Fisher, Broker Associate
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Today's Realtors Wear Many Hats

Your Realtor is your advocate, your advisor, negotiator, your counselor, your trusted source for all things real estate. As a fiduciary in your transaction, that Realtor can be invaluable to your efforts to secure or sell a property. Fiduciary denotes a higher level of obligation, trust and responsibility. Personally, I know many of my colleagues feel as I do, honored every day to be able to have the trust and hold close the private thoughts and goals of the people we serve. We are there, inserted into their lives for a period in time, for the important moments that define their life story, their successes and failures, their milestones (births, graduations, weddings as well as school, work and play). It is an honor and privilege to be part of whatever their experience that causes them to seek out our assistance. When times are not as happy, such as death, divorce and tragedy, we are privileged to be able to take some of the burden of the real estate piece for them, so they can grieve and carry on with what needs to be done elsewhere. We are there to represent the real estate in their situations and guide them through to the other side. It is not for us to judge or dictate, but to meet the defined goals of those who come to us for our help.

During the downturn of the decade, we helped people do loan modifications by the thousands with no fee. We volunteer our time and money to causes we see in our own neighborhoods, making a difference where we live, where our families live. We want healthy communities for your family and our own. We live where we work.

In the internet age, we were told that we would no longer be needed as contracts can be written online and buyers and sellers can find each other without our assistance. What we find instead is that people want experiences, to understand and articulate the value, the neighborhood and other factors that help you determine where you live. The photo may

not show things that are discoverable, and the neighborhood could be different that the property that is being presented. It's important that your sanctuary FEEL like a sanctuary. You can't get that from a photo.

Conversely, the importance of the photo in the process is not to be underrated. Photos are the "drive by" of 2018. Being eliminated before you have an opportunity to show your features and value is tragic. You don't know why you are eliminated if they don't walk through the door.

In addition, private property rights are protected every day by Realtors who have the resources to fight for causes that jeopardize homeowner rights. The National Association of Realtors says "From city hall to the U.S. Capitol, REALTORS® are actively involved in a wide range of issues related to the health and well-being of the communities where they work and live. They are a powerful voice in support of the dream of homeownership and work to build strong communities and a vibrant business environment that benefits everyone."

Many countries in the world have restrictions on who and how you can own property. We are so fortunate to have the ability to live where we want to, and to buy and sell property freely. We build wealth with our real estate, fund retirement and college, secure a home that gives us stability and roots. We are fortunate to live in a free country where our values and freedoms are protected. Realtors fight for those freedoms in their lobbies, their states, counties and neighborhoods and want the same for their families as for yours. I am honored to be a Realtor.

Terrylynn Fisher, Real Estate Broker Associate (DRE #00615420) with Dudum Real Estate Group (DRE # 01882902) (925) 876 0966.



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White Chocolate Blondies



1/8 tsp baking soda
2 eggs
1 tsp salt
1/2 cup sugar
1 1/4 cups semi-sweet chocolate chips

Preheat the oven to 350°. Grease a 9x9 inch baking pan. Melt white chocolate chips and butter in a double boiler (which is a glass bowl that sits over a larger saucepan that has about 1 1/2 cups of simmering water). Whisk until smooth and set aside to cool.

In a mixing bowl, beat eggs on high speed until foamy, with the mixer still running at medium speed, slowly add the sugar and vanilla, and then drizzle the melted white chocolate mixture.

Turn your mixer to slow

speed, mix in the flour, salt, baking powder and baking soda, until evenly mixed and then fold in the chocolate chips. Spread evenly into the prepared pan. Bake 25-27 minutes, until the middle comes out clean with a knife. Cool before cutting into bars. This recipe can also be baked more thin and crisp in a 9x13 pan with a shorter baking time of 15-17 minutes and used for the "cookie" part of ice cream sandwiches, pair with chocolate ice cream in the center? YUM!

Be sure to share with the kiddos. What a grand way to start their summer.

Ahhh...summer is HERE! School is out (thank heavens) and the kiddos get to sleep in. So, to celebrate, let's all eat blondies!

For those that aren't familiar with blondies, they're like brownies, but blond. Not too complicated of an explanation. We all know the saying: "blondes have more fun". Well, I happen to be a brunette, so I tend to disagree with that saying, because I have plenty of fun!

8 oz. white chocolate chips
1/2 cup butter, softened
1 TBSP vanilla extract
1 1/4 cups all-purpose flour



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Stone Fruit

Freestone and Cling



Freestone peaches, plums, and nectarines are those where the stone (pit) comes away easily from the flesh and are firm and juicy. They are usually used in home canning and baking where uniform slices are needed. They're also great for eating out of hand.

Clingstone fruit is usually a bit larger, juicier and are often used when you need to dice or chop the fruit, and for sauces. The pit does not come away from the flesh easily.

Recently, new hybrids have been developed that offer a bit of both cling and freestone, called the semi-freestone. They are a combination of clingstone and freestone stone fruit. By the time the fruit has ripened, it has become primarily freestone, but still clings a bit. The pit is fairly easy to remove. It is a good, general purpose fruit, fine for both eating fresh and for canning or baking.

Cling peaches usually arrive at the farmers' markets in June, followed by the freestone varieties. Look for stone fruit from Allard Farms of Byron, and Frog Hollow Farm of Brentwood, among others. These farmers offer their luscious stone fruits in both popular and hard-to-find varieties. Try the Arctic or O'Henry peaches, the Arctic Star or Desert Dawn nectarines, or the juicy Santa Rosa and Castleman plums. There are even hybrid varieties that combine two different stone fruits like apriums and pluots. Summer is short so try them all.

Grilled Apricots with Burrata Cheese

1-1/4 pounds apricots, halved and pitted
1/4 cup extra-virgin olive oil, plus more for brushing
Kosher salt and freshly ground pepper
Lemon juice to taste
12 leaves of baby arugula
1/4 of onion, thinly slice and macerated in lemon juice (for 10 minutes)
8 oz. burrata cheese, torn into medium size chunks

Start a grill or preheat a grill pan. Dress the apricots with oil and season with salt and pepper. Grill over high heat, cut sides down, do not touch and grill until lightly charred, 5 minutes. (allowing the char to develop will create flavor and will allow the fruit to pull away from the grill.) Let cool.

In a bowl, whisk the lemon juice with the 1/4 cup of oil and season with salt and pepper. Gently toss in the apricots, onions, arugula. Transfer to a chilled platter and place torn burrata cheese pieces around the grilled apricots, onions and the arugula. Serve at once. *Recipe: Cookin' the Market, PCFMA.*

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frugelegance

by Carol and Randi -The Frugirls www.frugelegance.com

Easy Summer Home Decor

Are you ready for summer? It's such a busy time with the school year wrapping up, getting your outdoors spruced up after the winter rains, and of course getting the grill ready.

We have a few super simple and easy touches that can bring a little summer into your home decor. Some of our Fru-Elegant favorites are sand, seashells, starfish and coral pieces. Try these ideas.

We have glass containers that we use all year round and simply change what we fill them with.

Trays are a nice touch on the coffee table. Add photo books and a framed family photo with a memorable vacation souvenir such as a seashell.

Bringing summer decor into the bathroom with starfish and a decorative soap

looks great on a stand or tray. A simple piece of twine tied around a hand towel



or set of washcloths with a small shell or starfish is gorgeous. There is no need to



buy decorative towels. Use solid neutral color towels so that they can be reused each season.

Inexpensive

glass hurricanes from TJ Maxx filled with small shells and candles look great on the kitchen table or counter.



We love battery operated candles with automatic timers that go on every evening for 4 hours. They add a warm

glow to our family room. By adding a simple shell next to the candles, you can no longer tell these were Christmas candles.

The refresh containers are on the fireplace mantle each season with a different fill.

A little trick we do when filling contain-



ers is to place a clear cup upside down, or an empty water bottle or foil balled up. It saves so that we use less filler.

Many of these items have special memories for us. However, even items without specific memories can still create memories on their own, because your family will remember how your home always looked and felt cozy season to season.

Carol and Randi, the FruGirls, are local home stagers and decorators. You can also find them Blogging about many other ways to live an elegant life for less online at www.frugelegance.com. FruElegance is where Frugal and Elegance come together.



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[Editors Note: Few of us have ever met a Secret Service Agent, or maybe you have and don't know it. "Inside the Secret Service" is about life as a Secret Service agent. These are true stories of real life experiences of Eric Enos, a Concord resident who spent years as a Secret Service agent.]

I arrived in Austin for a POTUS Clinton visit which was scheduled for a Wednesday. I landed at Robert Mueller Municipal Airport in Austin, Texas, on Monday April 19, 1999. We would have an agent briefing at our hotel conducted by the advance team, to learn the details of the President's itinerary, discuss any adverse intel

pertaining to POTUS, and review local, state, and nation, persons of interest (lookouts). We would then breakdown into smaller groups for further discussion regarding our specific assignments and responsibilities for the visit.

Our route from the airport to downtown took us alongside the University of Texas campus. As I gazed out the cab window my eyes were drawn to the campus's most prominent feature, the 30 story, 300-foot-tall, University of Texas Tower. This was my first trip to Austin, but the UT Tower somehow looked familiar to me. Then it struck me. The tower was the sight of one of most horrific and deadly mass shootings in US history and the first mass school shooting in the country. On August 1, 1966, Charles Whitman shot and killed 16 and injured 31 from his sniper perch on the tower's observation deck. I had an eerie and sad feeling in the pit of my stomach as I thought of the carnage and lives destroyed at the hands of a mad man from atop that very tower so many



years before. Little did I know, I would experience that same feeling, only much more intensified, in the very near future.

After completing our agent security briefing on Tuesday, many of us headed out to Austin's famous 6th Street District to get something to eat and take in the local flavor. In route, our pagers began going off simultaneously (this was before iPhones and the ability to receive real-time media feeds) informing that the President's trip had been cancelled and to standby for further instructions. No reason was given. We speculated and wondered what could have occurred that would cause a presidential trip to be cancelled less than 24 hours from the scheduled arrival.

I remember walking into one of the pubs and seeing on each of the multiple television screens, live news feeds from Columbine, Colorado. Each network was reporting on that day's tragic mass school shooting at Columbine High School. We immediately knew why the Austin trip had been cancelled.

Two days later, I was in a helicopter above Vice President Gore's motorcade, acting as an extra set of eyes searching from above for any unusual activity along the motorcade route (i.e., large gatherings, chokepoints, persons on roof tops, etc.), as it made its way from the Denver International Airport to Columbine, Colorado. Specifically, to the Mann Theater parking lot, located across from Columbine High School, where the Vice President was to attend an outdoor memorial service for the victims.

We hovered above as the motorcade safely arrived at the theater parking lot. From this vantage point I had a birds-eye view of the entire school and the library building (the same aerial

views news stations had been displaying across all the networks the past two days) where so many students had been brutally murdered. It was surreal look-



ing down on the building with its boarded-up second floor windows where just two days before students had jumped from in order to flee flying bullets and the explosions of pipe bombs. The same eerie and sad feelings washed over me like they had three days prior when seeing the University of Texas Tower. But unlike that observance, the strength of these feelings for me were understandably much stronger. These wounds were fresh. The dead, 12 students and a teacher, still lay in morgues. Families were praying for injured loved ones who were clinging to life. The country was in shock and the mourning had just begun. This, like the Texas University massacre, was a horrific event the nation would never forget.

We landed behind police barricades on the edge of a field on the school grounds, across from the Mann Theater lot. The area was still an active crime scene. I'll never forget seeing the somber faces, eyes with looks of shock and disbelief, students on crutches, parents, friends, students, and faculty, hugging and crying. Every parent's worst nightmare had become reality at Columbine. One hoped and prayed that those grieving souls could feel the

prayers of the nation and of the world, and that those collective prayers would somehow comfort them and somehow ease their unimaginable suffering. I

sometimes reflect back on that assignment and of the powerful images and emotions I saw that day and of the compassion and love that all present had for those suffering.

A year or so after Columbine, I was back in Denver on a protection assignment and met an officer from the Denver PD SWAT team. He and

his team were the first inside Columbine High School on the day of the shooting. He described the horrific conditions they encountered as they navigated through dark hallways and rooms, ankle deep in water (due to the activation of the emergency sprinkler systems as a result of pipe bomb explosions), passing by hundreds of back packs, some of which they knew were rigged with explosives, as they look for and found students and faculty who were hiding, and as they located each of the dead and wounded students and faculty, and finally found the two perpetrators, both dead from self-inflicted gunshot wounds. All the specialized training in the world could never truly prepare one emotionally for the atrocious sights they saw in Columbine that day.

The massacre at Columbine High School, like that at the University of Texas years before, and like the senseless recent school shootings of Parkland, FL and Santa Fe, TX are reminders of just how fragile and precious life is. They are also reminders that pure evil exists in this world and is amongst us. It is because of that evil that agencies such as the Secret Service, and all law enforcement, exist.

WWII Historic Aircraft Comes to Buchanan Field

As a fitting follow-up to Memorial Day weekend, and in honor of WWII Veterans, the "Wings of Freedom Tour" will be on display at Buchanan Field Airport in Concord from June 7 through June 10. Celebrating its 29th year, the Collings Foundation's "Wings of Freedom Tour" will be showcasing vintage Boeing B-17 flying Fortress, "Nine O Nine", the Consolidated B-24 Liberator "Witchcraft", the B-25 Mitchell "Tondelayo" bombers and North American P-51 Mustang "Toulouse Nuts" fighter.

This is your rare chance to explore or even fly in some of WWII's most successful aircraft and unique treasures of aviation history. The B-17 is one of only nine still in flying condition in the US while the B-24J is the sole remaining example of its type in the world. The B-25 is best known for being used in the daring "Doolittle Raid."

These bombers were the backbone of the American effort during the war from 1942-1945 and were famous for being able to sustain damage and still complete the mission. The P-51 was affectionately known as the bombers "Little Friend," saving countless crews from attacking axis fighters.

After the war, many aircraft were scrapped for their aluminum to rebuild the nation. Few were spared. The rarity of the B-17, B-25, B-24, and P-51 - and their importance to telling the story of WWII is why the Collings Foundation continues to fly and display the aircraft

nationwide. Local veterans are invited to come out and share their personal experiences and stories.

Collings Foundation requests \$15 for adults and \$5 for children under 12 for access to up-close viewing and tours through the inside of the aircraft. There are discounted rates for school groups.

As fascinating as this flying museum may be to see, imagine the thrill of actually flying in one. You can take a 30-minute flight aboard one of these rare aircraft. Flights on either the B-17 or B-24 are \$450 per person. B-25 flights are \$400 per person.

For even more excitement and some "stick time" fly the world's greatest fighter. P-51 flights are \$2,200 for a half hour and \$3,200 for a full hour. For reservations and information on flight experiences call 800-568-8924. You must make the reservation.

Ground tour times are Thursday, June 7 from 12:00pm to 5:00 pm, and Friday through Sunday, from 10:00 AM to 5:00pm. The 30-minute flight experiences are normally scheduled before and after the ground tour times above.

The "Wings of Freedom Tour" is a flying tribute to the flight crews who flew them, the ground crews who maintained them, the workers who built them, the soldiers, sailors and airmen they helped protect; and the citizens and families that share the freedom that they helped preserve.

The Collings Foundation is a non-profit

educational foundation devoted to organizing "living history" events that allows people to learn more about their heritage and history. You can find out more by

visiting their website at www.collings-foundation.org.





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MDSA Milestone: Girls Soccer Team Heads to Salt Lake Regionals



Mt. Diablo Heat 01G: Front row (l-r) Reagan Bowerbank, Kira Raman, Mady Hayworth, Isabel Dumapit, Vanessa Hawley, Zahra Mojadidi, Sahar Haydaree, Giselle Lange Back row: Coach Ryan Lange, Christina Muller, Isabella Arredondo, Alaina Lindsey, Rachel Burnett, Micaela Davis, Kailee Rice, Vanessa Castrillo, Andrea SantaMaria, Coach Marvin Davis Photo by CSK Photography

Two Mt. Diablo Soccer Association (MDSA) Girls Elite teams won Nor Cal State Championships, a first for MDSA. MDSA 01G Heat will advance to the Far West Regionals in Salt Lake City, UT, June 11 to June 17.

MDSA is a local chapter of Region 223 of the American Youth Soccer Organization (AYSO) for Clayton and Concord. Concord and Pleasant Hill also have AYSO chapters. Known as a recreational league where each season new balanced teams and coaches were assembled, serious soccer players tend to transfer to pricier and more competitive club systems. Recreational leagues maintain much lower participation fees due to its staff of parental volunteer coaches and referees.

Four years ago, MDSA/AYSO Region 223 launched a competitive Elite Program whereby players could stay together as a team from season to season and play against Club Soccer teams in tournaments.

MDSA Heat 01G (under 17) won the state Cup in May and will continue on to compete in Salt Lake City. MDSA 06G (under 12) won in the Association Cup in December. Both of these teams represent a developmental milestone for MDSA. This is the first time the Elite Teams have made it this far by winning the State Cups over top level Club Teams across Northern California.

The Heat will need financial support. A one-week trip for an entire roster will be costly. (RT air is \$300 and each room for



Front row: Natalya Modowar, Katelyn Calderon, Anja Perreira, Lilly Foskett, Layla Solis, Morgan Grove. Back row: Coach Matt Stephens, Julia Lovelace, Kate Bullis, Emery Stephens, Juliana Gonzales, Terri Okeowo, Renata Salerno, Coach Dylan Perreira

six days will be \$1000.) Without some additional support from the community, some of the girls will be unable to go. The Heat have set up a go fund me page to help for those who may offer financial support. <https://www.gofundme.com/help-heat-get-to-far-west-regionals>. The page has raised nearly half of the \$10,000 goal so far. The donations collected will be used to support the housing, travel, and food expenses for those that need assistance.

"We are so honored to represent MDSA, AYSO Region 223 and the cities of Concord & Clayton in Utah!" said Heat Coach, Ryan Lange.

Congratulations to both teams and good luck to the Heat!

Martinez Clippers Pro Baseball Debuts with Strong Fan Support

Martinez, the birthplace of the legendary New York Yankee Joe DiMaggio, finally has its own baseball team.

The Martinez Clippers are the new expansion team are members of the six-team Pacific Association of Professional Baseball Clubs, an independent professional baseball circuit not affiliated with Major League Baseball. Although, some players have advanced to other independent leagues, Minor League, and even MLB. The Clippers is named for "The Yankee Clipper", the nickname of New York Yankee, Joe DiMaggio. They will be playing at the newly rebuilt Joe DiMaggio Field at Waterfront Park in Martinez.

The Pacific Association of Professional Baseball Clubs is the only independent professional baseball league in Northern California. Established in 2013, the league is currently home to six teams: The Sonoma Stompers, San Rafael Pacifics, Vallejo Admirals, Pittsburg Diamonds, Napa Silverados and Martinez Clippers."



Martinez Clippers owners Jeff and Paulette Carpoif are lifelong Martinez residents. The Carpoifs saw a way to not only honor the legacy of one of the city's great residents, Joe DiMaggio, but also unite the community.

Mayor Rob Schroder thanked the team's owners, the Jeff and Paulette Carpoif, Main Street Martinez director Leanne Peterson and numerous city staff for all their hard work in making the team a reality.

The Martinez Clippers debuted its home opener Thursday, May 31 to a crowd larger than the roughly 350 bleachers seats available, according to East Bay Times. Despite dropping its first two games of the season, 13-2 and 12-9 to the Sonoma Stompers, Martinez greeted the Clippers to an enthusiastic and warm welcome. Baseball is back in Martinez!

Tickets are \$15, cash only. Kids in Martinez Youth Baseball and Softball Leagues will be admitted free. Plans for online ticket purchasing to begin soon. For ticketing and parking information, visit mtzclippers.com.