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OCTOBER 2018

Pastry & Cake

Win a \$300 Stein Cake at Oktoberfest! details Page 8



A MONTH OF OKTOBERFESTS

Photo by Life Through A Lens Photography

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from the Publisher

David King

Rhino Record Coming To You

Our cover is featuring Gabriela Freitag, owner of Alpine Pastry and Cakes, standing next to her replica of her \$300 Stein Cake (available in most any flavor) that she can make. It is perfect for Oktoberfest is it not? That replica will be at the Diablo Gazette tent at the Concord Oktoberfest on October 12 and 13. Why? Because we are giving it away to one lucky Oktoberfest winner, (the cake, not the replica). Page 8 has all the details.

I can't tell you how excited we are for Jill Hedgecock (our columnist "Book Ends" and "Ruby Dooby Do to the Rescue") and the amount of attention her new book "Rhino in the Room" is getting. Reviews on Amazon Books have been terrific.

A couple of artistic videographers made a fascinating video trailer for the book, which I will post on our Facebook page. If you didn't know better, you would think it was for a movie. Who knows, maybe that is next. Jill says Graham Spence and Alan Brenner, who won an Emmy as a screenwriter for LA Law have already endorsed the book.

Her book, a riveting story about the perils of poaching and rhino extinction, has received some international interest as well. While details are unfolding,

Brandon Challis from South Africa recently contacted Jill. He is on a mission called "Rhino Record". The goal is to set a Guinness Book World Record of displaying the largest roll of Rhino art. The plan is to collect up to 1200 bedsheets of life-size art of Rhinos. Once collected, they will be sewn together into a continuous roll which will then be unfurled off a skyscraper in Vietnam on World Rhino Day, September 22, 2019.



Sounds like a fun, yet whacky promotional stunt, but he has already collected some 200 sheets submitted from students of South African schools. Some local studios have already

voiced their readiness to participate. Hopefully, we will be ready to reveal all the details next month so that others in our communities can participate as well.

I hope to meet you at Oktoberfest, come by the booth and say hi and meet some of our regular contributors, win a cake, take your photo and leave your comments in our rants and raves box. We'd love to hear from you.

Thank you for reading Diablo Gazette.



concordmayor

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

Evicted Tenants Seek Council Help

The housing shortage has accurately been called a crisis. Swirling about the housing shortage is a maelstrom of heart-breaking stories of families suddenly told to leave with only 30 to 60-day notice, rampant rent increases, and in some cases retaliation for various questionable lease infractions or complaints regarding non-habitable conditions.

The emotions and pain that come because of the sudden instability caused by receipt of a notice of termination of a month-to-month lease became apparent during recent Concord City Council meetings, when the Council heard numerous complaints regarding large rent increases and evictions.

This was brought into sharp focus at the Council's last meeting when complaints regarding the acquisition of an existing 29-unit apartment building by a new owner, who issued termination notices to all residents with month-to-month rental agreements. The stated reason behind the eviction notices was to make room for major refurbishing and improvements to the building, which would necessarily result in a raise in future rents. During this meeting, the Council was asked by various tenant groups to address the situation through some kind of legislation.

Some of the tenants had lived there for more than a decade under the previous owner; all were on a month-to-month basis (the default agreement after a typical one-year lease expires).

While a 60-day notice is normally all that is legally required, in this case the emotional consequences of the evictions on these tenants were not ignored by the owner. Instead, the owner did offer the evicted tenants' financial compensation, temporary alternate living arrangements, and the right to return to their apartments after the completion of the improvements albeit at a yet undisclosed higher rent.

As Mayor, I was able to set up a meeting between the new owner and a tenants' representative to work out the formal details of this arrangement. Whether the final details will be satisfactory to all concerned remains to be seen.

The brouhaha surrounding this latest issue brought about a call for the City to address both the legal and ethical questions surrounding the overall housing issue. Specifically, what should be the City's role regarding the complex issues surrounding eviction? Should there be differences in how these issues are addressed in the case of smaller individual properties vs. larger corporate properties and/or between individual single-family homes vs. larger multi-family structures? Should a 4-plex be addressed differently than a building of 28 or more units? What about someone simply renting a room in a private home?

What about properties held for long term investment vs. properties bought on speculation? Does the motivation of the owner to evict his tenants matter; for example, his need or desire to evict to rehabilitate a rundown building,



vs. his desire to demolish the building to make way for an alternate land use, such as an office or commercial building? Should landlords always be required to provide alternate housing to those evicted, especially those who have lived in their units for decades, those with disabilities, or those otherwise in danger of becoming homeless should they be priced out of the local market?

What are the limits of an owner's responsibility to his tenants? Would it be fair to impose new rules retroactively on long time owners that could have financial impacts not originally anticipated? Do questions such as the profit/loss situation of the landlords or the income of the tenants even matter to the City as a whole? What about the ethnicity or race of either the owner or the tenant? Or the size of the affected tenants' families? Do the same questions apply to people living in Federal Housing or in (deed restricted) affordable housing?

If the City is to adopt legislation addressing these issues, we will have to define what the expectations are for both tenants and owners, so that we can balance the interests of both sides while reducing uncertainty for everyone. There are quite a few 'Just Cause Eviction' codes out there that could be looked at as examples of what could be done here. What would be appropriate for our city at this time? The big challenge will be to address all these questions while not discouraging future investment in rehabilitation and new construction.

At the end of the September 25th Council meeting I seconded a motion by Tim McGallian to put an emergency ordinance onto the next Council agenda to allow for discussion of these issues. Unfortunately, this motion was not supported by the remaining Council members, preventing these issues from even coming before the Council for discussion.

Fortunately, both candidates running for Council in the Monument District have stated publicly that they are willing to address these housing issues directly, so we can anticipate that such a discussion will become a possibility in December.

These are complex issues and I welcome your views. I am in the process of preparing the next Pulse of Concord survey and would welcome your suggestions for questions to be included in the survey. Please write to me directly at EdiBirsan@gmail.com.

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SPOOKTACULAR Anniversary Concord Specials

Concord is 150 Years Old! A lot has happened in Concord over the past 150 years. On this page, alongside one of Concord's oldest businesses, Alpine Pastry and Cakes, are five new businesses that are all less than two years with some special savings for you to enjoy in October. Nothing scary here, just spooktacular deals.

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An Interview with Jill Hedgecock: Writer in the Room



Jill Hedgecock, among many other things, writes our book review column. Her book "Rhino in the Room" has recently been released, a powerful story of young woman's African safari trip and the peril she finds herself in.

Q: What prompted you to go on safari and was your interest in the plight of the rhino as result, or something that predated the trip?

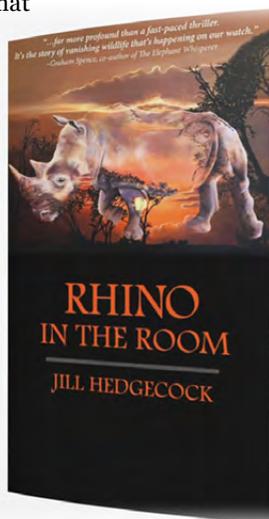
A: Elephants, giraffes, lions, rhinos... I love animals and I've always dreamed of going on an African safari. When it became a reality in 2015, the experience exceeded my high expectations. I marveled at the wonders of a round, copper orb highlighted by an orange-red sky at the end of the day. My heart races as an elephant blocking my game vehicle's path, not out of fear, but out of sheer joy. Watching the majestic arc of a giraffe's neck as it silently grazed on treetops, I had to pinch myself to remind myself that this was really happening.

While I was well aware of the poaching of elephants for ivory, it was during a game drive in Kruger National Park when I learned that three rhinos are killed every day for their horns. I had no idea that rhinos were being slaughtered and that these amazing creatures may be wiped off the planet in my children's lifetime. I knew before the trip that I wanted to write a novel that would bring the experience of an African safari alive for people that are not as fortunate as me to have

this experience, but when I learned about the plight of rhinos an idea for a different kind of story started to unfold.

Q: You've managed to take a valid, current, important cause, and wrap an interesting story around it. How difficult was it to find the balance in the telling to do justice to both aspects?

A: It was not difficult at all. In some ways I can attribute having this skill from



my background in the sciences—a discipline where looking for logic in seemingly unrelated facts is commonplace. But I also wonder if the way I think is a result of early childhood.

When I was a kid, I loved doing jigsaw puzzles with my sister. We both found them easy and loved a challenge, so we started dumping multiple puzzles together, mixing them up (usually by throwing the pieces high in the

air) and then solving them simultaneously (we dubbed the game "toss the salad.") I think this playtime activity helped my brain develop in a way that the thought processes necessary to intertwine stories together isn't hard for me.

Q: What is your writing process like? Rigid, fluidic? Notebook, computer? Coffee, tea, Hemingway cocktails? Solitary, public cafe, etc?

A: I gravitate toward being what writer's

call a "pantser." This may seem surprising given my scientific background. But I find that characters tend to have their own idea about what the story is and I like to let them do their magic. That said, for Rhino in the Room, I knew that time was of the essence and I wanted to fast track the novel, so I created a muse board before I wrote a single word. I used these images as a guide to keep details.

No notebook for me. I have to easily be able to move sentences and paragraphs around.

I prefer a quiet setting, so I don't write in coffee houses. However, I do attend a Shush and Write event every week where a small group of 4 to 6 writers declare their writing goal for the evening, sit together and write for two hours, then reconvene to report our progress.

Q: You've written many articles, book reviews and more for different publications (including this one). What got you interested in writing in the first place and how did you start?

A: I am not one of those writers that started writing stories at the age of five or ten or even in college. I only took one English class when I studied biology at U.C. Davis. After I graduated and entered the working world, I even had a boss that told me during a performance review that I needed to learn how to write. I was completely shocked by this because I'd always excelled in writing assignments during my school years.



Q: What would you like to share about your discoveries for this novel that readers should know, and what resources can you guide readers to for more information?

A: Oh, where to start! I have actually written five novels that are in various stages

of completion. One novel was actually agented, but it never sold. So Rhino in the Room is actually my fifth novel and my biggest discovery has been the marketing phase. I also went all in and wrote a script for a book trailer.

[Books 'N Pieces Publisher' review:

Hedgecock has a mastery of evocative language and seamlessly guides the reader through the details of both an African safari adventure, as well as the poaching that takes place. The reader experiences everything in such detail that the experience becomes real.

The plight of the rhinos is made quite clear and it is difficult not to feel helpless as the novel develops. Rhino eases you slowly into the action, but then holds you tight until the highly charged finish, leaving the reader exhausted and satisfied.]

Be sure to watch the trailer for the book at <https://vimeo.com/287911864> You can buy the book from Amazon and other retailers: <https://amzn.to/2D5KjUQ>

This interview appeared in the October 2018 issue of Books 'N Pieces Magazine. You can read the full issue at www.Book-sNPieces.com.



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Jennifer Stojanovich
Realtor, Better Homes Realty

Always Ask These 5 Questions When Buying

Is a new home purchase in your future? Shopping for a new home can be an exciting time, and it's easy to get swept up in your emotions. But remember that buying a home is one of the biggest financial transactions you will ever make. While it's natural to get emotional over the decision, you also need to cultivate some practicality. That's why you should always ask these five questions before buying a house. They will help you avoid any unfortunate surprises after the deal has closed.

Why are you selling? There are many reasons why a seller has decided to move. This could include needing more room for a growing family, relocating for a job, or downsizing after retirement. If the seller is willing to share this information with you, it may give you some clues as to how open they will be to negotiate. The more motivated the seller is to move, the more likely you are to get a better deal.

What's included in the sale? It's important to be very clear about what is and is not included in the sale of the home. Generally speaking, anything that is permanently affixed to the home is included, which might include kitchen faucets and window shades. However, some items fall into a gray area, such as lighting fixtures and appliances. If there's any confusion, it's best to have it spelled out clearly in the contract. You don't want to show up to your new home on moving day to discover that the previous homeowner has dug up and moved all the rose bushes.

Are there any problems or issues with the house? Sellers are required to make certain disclosures about a property, but those disclosures vary from state to state. When in doubt, ask the seller if they've had any problems or issues with the house. Is there a window

that just won't open, a door that doesn't lock properly, or even an "otherworldly" tenant? While the seller may not be required to disclose this information to you, it doesn't hurt to ask so you can be prepared.

Have there been any major repairs or renovations? Ask the seller if any major repairs or renovations have been performed on the house. Even more importantly, find out who did those repairs and renovations. Did a licensed contractor complete the repairs? Or was it a DIY project that the homeowner did? Ask to see building permits, especially for renovations like additions, a new roof, or adding electrical or plumbing systems. If no permits can be produced, check with your local building department. If a permit was supposed to be issued and wasn't, the current homeowner is responsible for satisfying the code requirements. This will be you if you buy the house, which could become expensive.

What is the neighborhood like? Finally, if you have the chance you should ask the seller about the neighborhood. While you might not get a comprehensive answer, you could discover that the neighbor has a barking dog, there's traffic noise during the day, or the streetlights are very bright at night. You could also learn practical information such as when trash is collected, the best pizza place nearby, and where to take your dry cleaning. These useful bits of information will make settling into your new home that much easier.

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Jennifer Stojanovich is a broker associate at Better Homes Realty in Clayton. Read more buying and selling tips at www.jenniferstojanovich.com.

Perkins and Reid - Teachers of the Year

The annual Contra Costa County Teachers of the Year (TOY) Dinner Gala on September 27 was filled with radiant inspiration, as 22 deserving county school district teachers were honored in front of a crowd of more than 400 attendees at the Hilton Concord, Contra Costa County. Superintendent of Schools Karen Sakata concluded the festivities by announcing the county's 2018-19 Teachers of the Year, Kelly Perkins and Rosie Reid, both from Mt. Diablo School District.

For the past 10 years, Kelly Perkins has been a special education teacher at Ygnacio Valley High School. She has taught special education classes for 17 years at other Mt Diablo Unified School District schools, including Foothill Middle, Strandwood Elementary, and Woodside Elementary. In addition, she has been an adjunct professor at St. Mary's College, since 1998, where she teaches a variety of special-education-related courses for current and soon-to-be educators.

"I became a teacher because I enjoy interacting with students and supporting social and intellectual development," says Perkins. "I also enjoy challenging

students and guiding them toward becoming independent thinkers and learners...I can't imagine doing anything else!"

Rosie Reid was certainly destined to teach English, with her enormous appetite to read books from an early age. When mobile books would come to town, Reid was their best customer, and she would always walk away with a new tower of books to take on. For the past two years, Reid has taught English/ELD at Northgate High School, in Walnut Creek. Her 16 years of instruction also includes teaching high

school English courses at Piedmont High School and John O'Connell High School in San Francisco.

"Perhaps because of my fascination with books, teachers took an interest in me throughout my years of schooling, encouraging me, coaching me in ways my parents who hadn't been to college didn't always know how to," remembers Reid.

Perkins and Reid will now participate with all the other California county representatives in the California State TOY competition. The California State Teachers of the Year are expected to be announced in early October. The county TOY program is coordinated by the Contra Costa County Office of Education.



Kelly Perkins and Rosie Reid, Teachers of the Year

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NEWS & TALK

In case you missed it...

Howl-ooo-ween! Trick or Treat At The Lindsay Wildlife Experience

Trick or treat with the animals is Lindsay Wildlife Experience's most popular event for miniature ghosts and goblins and their families: Howlooo-ween. October 25, 5:30-8 p.m.

Come in costume and play games at the Arachnid Arcade, be frightened by some taxidermy in their "creepidermy" room and meet a mad scientist.

Every child will receive their very own Lindsay Wildlife Howl-ooo-ween trick-or-treat bag.

From meeting some not-so-scary animals, spooky story time and face painting to making crafts, there are plenty of activities for the whole family including a food truck starting at 5 p.m.

Oct. 23-31 is "Not-So-Scary Animals!" at Lindsay Wildlife. During their normal exhibit hall hours, programs include meeting bats and owls, enjoying a Halloween-themed scavenger hunt and visiting with not so creepy crawly animals.

Lindsay Wildlife Experience, 1931 First Ave., in Walnut Creek.

Children two and under, FREE! \$10/ members; \$15/non-members. Purchase online at lindsaywildlife.org/howlooo-ween.

City Council Considering School For Former Naval Weapons Station Land

The Concord City Council is looking to evaluate their options for setting aside 120 acres on the shuttered Naval Weapons Station for the development of a university or a research and development facility.

To that end they've established a 14-member blue ribbon committee, including several education professionals, workforce development specialists and representatives from major industries throughout the Bay Area as well as Vice Mayor Carlyn Obringer and Councilman Ron Leone.

"The City is fortunate to have so many experienced thought leaders who are willing to volunteer their time to this effort and who are committed to bringing a much needed campus for higher learning to our community," Obringer stated.

The committee will be meeting on a monthly basis starting at 6 p.m. Thursday in the Concord Senior Citizens Cen-

ter at 2727 Parkside Circle, and those meetings will be open to the public.

Clayton Valley Charter High School Marching Band Brings Home The Coveted King Walnut ("The Nut") photo credit: Clayton Valley High School Marching Band



Gov. Brown Signs Law Setting Goal Of 100% Clean Electricity By 2045

Gov. Jerry Brown signed into law a bill that sets a goal of 100 percent clean electricity for California by 2045. The goal would require replacing carbon-producing fuels such as coal and gasoline with renewable energy such as wind, solar, geothermal and hydroelectric power.

The law, known as SB 100, also sets goals of 50 percent clean energy by 2025 and 60 percent by 2030.

Brown said in a statement as he signed the law in Sacramento, "California is committed to doing whatever is necessary to meet the existential threat of climate change."

The goal "sends a clear signal to markets to expand clean energy generation," Brown said.

"California is showing the world that a transition to 100 percent clean energy is within reach and it will continue to drive the transition away from fossil fuels — and it is doing this while the federal government abandons clean energy," said Sierra Club Executive Director Michael Brune.

For more current news visit www.Claycord.com.



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Walnut Creek Sufi Temple Built to Serve 700 Years

Amid the booming and chaotic development of Contra Costa County, an unexpectedly tranquil and nurturing new sanctuary has been quietly completed in Walnut Creek in the Saranap neighborhood. This astonishing \$20 million temple is the new home of Sufism Reoriented, an American spiritual



order with roots in the ancient spiritual tradition known as Sufism, but which has been reshaped for a life of service in the modern world. Very quietly, Sufism Reoriented has become the wellspring of an enormous outpouring of community aid to people in need in Contra Costa County.

Dr. Carol Weyland Conner, the murshida or spiritual leader, describes the group, "Sufism Reoriented is not a religion, but a spiritual path of the heart, and love is its essence. It is based on principles of universal love and selfless service—active love for God and active service to God's world." Avatar Meher Baba created Sufism Reoriented in 1952 to help Westerners who aspire to live the highest principles of divine love as the central focus of their lives. The order is both a school of inner development and a community of shared outer life and work.

Meher Baba once said, "To end all starvation of body, mind, and heart once

and for all is the birth-right of every human being." So, in recent years, Murshida Conner has founded major community non-profit programs aimed at eliminating hunger and poverty in Contra Costa County. The White Pony Express Food Rescue program has rescued over seven million



pounds of fresh, high quality food from supermarkets. Every day, seven days a week it delivers three tons of fresh food free to non-profit groups feeding the county's hungry people. The Free General Store has distributed over 500,000 items of new or like-new clothing, shoes, toys, and children's books free to people in underserved county neighborhoods.

When Murshida Conner learned that two homeless people had died from the cold, she began the Cold Weather Clothing Project. It has distributed over 10,000 winter articles to homeless people—warm coats, hats, gloves, tarps, umbrellas, and backpacks filled with items to ward off the cold.

The Francis in the Schools program serves children growing up in underprivileged inner-city neighborhoods who are often surrounded by poverty, crime, and neglect.

For forty years, Sufism Reoriented was quietly located in a former restaurant building on Boulevard Way in Walnut Creek. When it became clear that a larger center was needed to accommodate the group's expanding work, Murshida

Conner reached out to the firm of Philip Johnson Alan Ritchie, one of the world's leading architectural firms. Philip Johnson had just passed away, but Alan Ritchie was so intrigued that he worked in collaboration with Murshida Conner to design the building.

Murshida recalls, "When I began this project, I never expected to build something on this scale. But fortunately, we are now living in a special time, a period of unprecedented affluence and abundance in our nation. And it is not by chance that our center is located here in California, in many ways the wealthiest region on Earth, singularly blessed with bountiful material resources and boundless energy and creativity." It was largely financed by Cheesecake Factory owner David Overton according to online magazine SFCurbed.com.

"My primary aim was to create a beautiful building as an expression of our worship," explains Murshida Conner. Overaa Construction who acted as

general contractor and construction adviser wrote, "When the owner expressed a desire for a structure that would last not decades, but seven centuries, the concept was hard for the building team to initially accept: it would mean designing and constructing a building above and beyond code compliance. [The structural engineer, knowing about earthquakes, asked, 'Do you realize what state you're in? Do you know what happens in California?!'] Soon, however, the team realized the owner was serious the building was to endure centuries, and they embraced the task. As the project came to life, the team frequently commented that they were proud to be part of something that would endure beyond their lifespan."

The new sanctuary is set on three acres. Two-thirds of the building is tucked below grade and topped with a green roof garden. Murshida Conner's vision is that the area surrounding the sanctuary will become a serene park with flowered gardens, a place where neighbors and members can come for quiet contemplation.

On the ground level is the Prayer Hall,

Crooner "Mark Shaw" to Perform at Diamond Terrace



For their "Fall Fund-raiser", The GFWC Clayton Valley Woman's Club has planned a delightful afternoon of music, wine, appetizers and desserts with singer Mark Shaw on Sunday, October 21, at Diamond Terrace in Clayton.

Charming and irresistible, Shaw sings Frank Sinatra, Dean Martin and Bobby Darin with a high energy and bewitching suave, along with many other standards and popular songs of the teens, 20's, 30's, 40's, 50's and 60's. He is also known to tell a few jokes as well.

Born in San Francisco, Shaw has a Theatre Arts Degree from SF State and a musical theatre background. Although is a local realtor with RE/Max by day, he has performed at many Bay Area venues.

Diamond Terrace is located at 6401 Center St. in Clayton. Showtime is 4:30 p.m. to 6:30 p.m. Seating is limited. Reservations are \$25 and include two glasses of wine. For reservation information, please contact Rosemary at rfharwood@sbcglobal.net.

The proceeds from the fundraiser will go to selected community charities and a scholarship.

Clayton Valley Woman's Club Donates School Supplies to Silverwood Elementary Speaking of local charities, the Clayton

Valley Woman's Club has donated to Silverwood Elementary in Concord for nine consecutive years including this past September of \$1000 worth of school supplies. Items included backpacks, crayons, notebook paper, pencils, rulers, scissors, copy paper, art supplies and much more.

The Clayton Valley Woman's Club is affiliated with the General Federation of Women's Clubs and has been dedicated to helping the community since 1973. Members meet the second Tuesday of each month at St. John's Episcopal Church, 5555 Clayton Road, in Clayton. New members are always welcome. For Membership information check out www.claytonvalleywomensclub.org.



Pictured L to R: Priscilla Manlove, CVWC Club member and Judy Disbrow, CVWC President with a sample of the donated school supplies.

Picture Courtesy of Clayton Valley Woman's Club: Photo Mark Shaw

a multimedia library that is available to members, and an archival display room that presents exhibits of sacred objects.

The below-ground Concourse level is home to the working space. Sufism's chorus, actors, dancers, and musicians use rehearsal studios to prepare performances. Artists work in studios to develop new creative projects, while video and audio specialists reproduce Sufism's filmed classes and programs on spiritual themes. Here archivists maintain Sufism's large collection of spiritual art and historical materials safely for future generations. Members utilize a fully equipped kitchen to prepare meals and dine together in harmony.

Tours of this extraordinary temple are available to the public. Visitors often leave quite moved. Recently, members of the Shadow of the Mountain Writers Guild visited the sanctuary and shared their thoughts with the Diablo Gazette.

"The East Garden of the sanctuary offers a breath-taking view of the beautiful flowering gardens and the building includes a number of skylights that allow an abundance of sunlight to flood the below-ground Concourse..."

"When touring the sanctuary, each guest is welcomed by a warm, friendly,

and helpful docent, who is delighted to acquaint the guest with the history and purpose of each section of the building."

"Lynne Westenhaver recounts, 'I felt extraordinary peace in the dome-centered sanctuary, which offered an enormous light-filled space laced with glass that reached out to the greenery.'

Sue Hummel says, "After our visit to the Sufism Reoriented sanctuary, I feel enriched with new knowledge of the members' lives, celebrating all life on earth and the divine." Franklin Burroughs reflects, "I thoroughly enjoyed my visit to the sanctuary. It was both relaxing and uplifting."

Douglas Burgess urges: "I recommend that everyone go on the tour and find out about Sufism Reoriented."

The Writers Guild concluded, "The two-story sanctuary conveys beauty and peace; an afternoon spent there offers an epic and relaxing adventure into the intriguing-but-little-known spiritual path embodied in Sufism Reoriented. Everyone in the Bay Area should visit the sanctuary of Sufism Reoriented."

Information about touring Sufism Reoriented's Sanctuary is available at: <http://tours.Sufismreoriented.org>.

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Your 2018 Guide to Bay Area Events

The Diablo Gazette's

ENTERTAINMENT GUIDE

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>

Volunteer Opportunities - Food Bank. 2nd and 4th Sunday of the month. Children ages 5-10 can volunteer at Family Food Sorts with an adult. Families will bag fresh produce for the Community Produce Program. Teenagers 16 and older can volunteer independently. To volunteer, visit: <https://volunteer.foodbankccs.org/>

Monument Crisis Center in Concord is accepting donations for several of their programs through the summer including Summer Camp and Senior Moments primarily toilet paper, paper towels, napkins, dish soap, sponges, pot holders, dish towels, foil, Saran wrap, baggies, tea, coffee, hot chocolate, unscented body wash, body lotion, cotton balls, Q-tips, deodorant, toothpaste, toothbrushes in single or 2 packs, unscented conditioner, mens' shaving cream, mens' razors, unused hotel toiletries. For more information, please visit: <http://www.monumentcrisiscenter.org/>

October 17 Bowling for Kids to benefit Bay Area Crisis Nursery. 6PM. Clayton Bowl Concord. Raffle, awards. \$175 Team of 4 includes 2 games, shoes, hot dog, soda, and T-shirt for each player. To register contact Diane Ramirez, 925-437-2783. Sponsored by Century 21 MM Concord.

OUTDOORS

October 13 USS Hornet Sea, Air and Space Museum will be hosting a special STEM Night Ops Overnight titled Crash(less) Landings to mark the launch of Apollo 7. Join us on this special evening in honor of the first mission in the United States' Apollo program to carry a crew into space. This special overnight program will feature hands-on STEM activities related to the Apollo engineers to commemorate the 50th Anniversary of the Apollo program and the USS Hornet's unique role as the recovery ship for both Apollo 11 and Apollo 12. Admission prices, and our museum's Splashdown Exhibit, please visit us at: <https://www.uss-hornet.org/splashdown50/>

October 13 5th Annual Chief Philip Kader WALK 9:00 AM - 11:00 AM. Support At-Risk Youth. T-Shirt for Every Participant. LAFAYETTE RESERVOIR. All pro-

ceeds benefit the Juvenile Hall Auxilliary of Contra Costa County. Contact Harold@reachingouryouth.org. www.juvenilehall-auxilliary.org.

October 19 St. Agnes School 25th Annual Golf Tournament @Boundary Oaks Golf Course benefiting St. Agnes Development Fund. 10:00 am check in, 12:00 pm Shotgun Start. 5:30 BBQ dinner, raffle and awards. \$175 per golfer. For more information, please contact Angie Blackmon (925) 639-0814

October 20 The Main Street Martinez 7th Annual Zombie Brew Crawl. 2:30 to 5:30pm. Cash prizes awarded for the best individual Zombie costumes as well as the best group costume. All tickets are available to purchase online only in advance. \$35 per person in advance until midnight Oct. 19, \$40 at the door. Must at least be 21 yrs. To sample beer. Must have valid ID to get a wristband and glass. Designated Drivers FREE. Sorry, no pets. NO REFUNDS. www.zombiebrewcrawl.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>

CLUB/SUPPORT GROUPS' NEWS AND EVENTS

October 11 FREEDOM DAY USA -Free DENTAL. Dr. Julita Patil and her team are offering a day of FREE cleanings, exams, x rays, root canals and extractions! By appointment only, with a Military I.D. 2991 Treat Blvd., Suite A Concord. (925) 689-2585

October 13 Mt. Diablo Branch California Writers Club Award-Winning author Penny Warner will present "How to Hook Your Readers...and Reel Them In" at the next workshop and luncheon at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Sign-in 10:30 a.m.. Workshop begins at 11:00 am. Luncheon 12:00-1:00 pm. Work-shop resumes 1:00-3:00 pm. Registration is \$45 for CWC members, \$55 for guests. Online reservations by: noon, Wednesday, October 10. Go to CWC Mt. Diablo website at: <http://www.cwcmtdiablo.org/current-cwc-mt-diablo-meeting/> Website: <http://www.cwcmtdiablo.org>.

November 11 Veterans Day Pot Roast Dinner
 Veterans eat free by showing their proof of service. 5 PM Price is \$10.00 for all others. For reservation call after 4pm 925-685-1994. Monday-Friday. Concord Elks

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VISUAL ARTS/ THEATRE/MUSIC

October 4 "Dark Side of the Moon" - a family friendly music and science extravaganza featuring Pink Floyd cover band, House of Floyd. Todos Santos, Concord. 6:30 p.m. Free.

VIBES AT THE VERANDA Fall Music Series.

October 10 Diablo Road
October 17 David Martin's House Party
October 24 Foreverland: The Electrifying tribute to Michael Jackson

November 10 Bay Area Women and Music!
 Celebrate and honor talented women who contribute to our diverse Bay Area music scene. Hear singers Deborah Winters, Amikaeyla Gaston, Shana Dinah and Eve Marie Shahoian. Supporting these women is Bay Areas treasure, Frank Martin on Keys, Marc Levine on Bass and Kelly Fasman on Drums. Tickets: www.villagetheatreshows.com. 925-314-3400

Nov. 1-17th. Clayton Theatre Company presents "The 25th Annual Putnam County Spelling Bee", William Finn and Rachel Sheinkin's hit musical. Six awkward middle school spelling champions learn

Clayton THEATRE Company
 The 25th Annual Putnam County
SPELLING BEE
 November 1 through 17

\$25 ADULTS
 \$22 SENIORS (62+)
 \$20 YOUTH/STUDENTS (Rated PG-13)

For tickets:
www.ClaytonTheatreCompany.com
 ENDEAVOR HALL 6008 CENTER ST. CLAYTON, CA

that winning (and losing) isn't everything. \$20-\$25. Endeavor Hall 6008 Center St., Clayton www.ClaytonTheatreCompany.com or www.brownpapertickets.com. 925-222-9106

OKTOBERFESTS

October 12-13 Concord Oktoberfest Todos Santos Plaza. Free admission. Beer, Live Music, Dancing, Food, Kids Zone. ConcordOktoberfest.com.
October 20 Walnut Creek Oktoberfest Autumn starts with Walnut Creek's third annual Oktoberfest, free, day-long, family-friendly festival recreates the beloved German traditional Fall celebration.

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DIABLO GAZETTE FUN ZONE

Ready for Oktoberfest!

“Concord’s Inaugural Oktoberfest on the weekend of October 12-13 will turn Todos Santos into a “mini-Munich” with live music, beer tent, singing, dancing, strongman contest, kids area, food and more,” says organizer Justin Crossley, of Brewing Network and producer of the Concord Spring Brews Festival. Diablo Gazette will operate a photo booth and a few other surprises in its tent.

The Kids Area is being organized by Jay Bedecarre, producer of Kidsfest. It will include petting zoo, rides, games and plenty of other kid-friendly activities. Two bands including a 20-piece German orchestra will be providing music both days. The beer tent will satisfy craft brew

fans with German-style lagers from 20 different breweries. You must be 21 or over to enter the beer garden. Several food vendors and food trucks will be on hand serving traditional Bavarian style food. This will be a fun, family friendly, free community event.

Diablo Gazette Photo Booth & More

We are looking forward to the Concord Oktoberfest. Stop by the Diablo Gazette tent for plenty of other activities. Enter to win a \$300 Stein Cake (as seen on cover). Entry forms will be on hand, or you can fill out the form on this page and drop it off.

Be sure to come by our photo booth

and capture your Oktoberfest fun. On Friday 6pm to 9pm, the Professional photography team of CSK Photography will be on hand shooting free portraits in front of our Oktoberfest backdrop. One of the night’s photos will be chosen to grace the cover of our November issue. In the meantime, all guests will receive a free 4x6 Diablo Gazette mini-cover print to take home with you that evening. Other photos will also be featured in next month’s edition as well.

Columnist Jill Hedgecock, “Book Ends” book review, and the highly successful dog rescue column, “Ruby Dooby Do to the Rescue”, who is an Environmental Consultant by profession and a published author will be present



signing her new book “Rhino in the Room”. Her book will also be available for purchase. Jill will be there on Friday, 6 p.m. to 9 p.m. and Saturday from 12 noon – 1p.m.

On Saturday, meet our Secret Service Insider, Eric Enos, who served three US Presidents. Eric will be there to talk Secret Service and answer questions about the agency, discuss his previously published articles, and maybe you can coax a few untold/yes to be published tales out of him. Although Eric would never serve to undermine the Service, you may learn a few details that we won’t publish.

Richard Eber, “Out to Lunch” (restaurant reviewer) will join us on Saturday.

Of course, we will have copies of Diablo Gazette to take home with you.



Meet former agent Eric Enos Saturday 12n-6PM

Diablo Gazette Tent Schedule

Friday: 6p.m.- 9p.m.

Book Signing: “Rhino in the Room” with Jill Hedgecock.

Photo Booth: CSK Photography Free photos. Free Diablo Gazette mini-cover prints. One of the event’s photos will be chosen and published on the cover of November’s edition of Diablo Gazette.

Saturday 12n-6pm

Meet former agent of Secret Service for three Presidents, Eric Enos. Learn about the Service, and share your secrets.

Bavarian Photo Selfies – Use our make-shift Bavarian studio to take interesting selfies to be featured in Diablo Gazette in November.

Meet Richard Eber – “Out to Lunch” restaurant reviewer. Richard says to bring him your Oktoberfest purchased food and he will have a bite and review it for you.

We will be also be accepting entries for the cake contest all weekend.



Visit Our Tent at Concord Oktoberfest

Win an Oktoberfest Stein Cake!

Name _____

Phone _____

e-Mail _____

Rules: Drop entry form at Diablo Gazette tent at Concord Oktoberfest at Todos Santos Park on October 12-13. Need not be present to win. Or, enter online, look for our Facebook post. Prize value is \$300 which will be awarded as a gift certificate at Alpine Pastry and Cakes. May not be redeemed for cash. Winner grants full waiver to Diablo Gazette and Alpine Pastry to use name and image for promotional purposes without additional compensation. No purchase necessary to enter or win. Winner will be announced on October 15, 2018 on Facebook.com/diablogazette.

Views of the Valley

with Tillie Turner Photos by Micah



The Classy 9th annual “Martinis on the Gala Plaza” in Martinez celebrated the birthplace of the martini. Local Mixologists competed for the designation “Best Martini in the Martinez Area”.



Pride and Joy performed at the Veranda’s Wednesday nights Fall Music Series “Vibes at the Veranda” Concerts at the Fountain Plaza in front of the Luxe Cinema. Concerts continue through October 24.



Seniors packed the Concord Senior Center for Hawaiian fusion Night.



Elmo greets a fan at the Walnut Festival in Walnut Creek



Sourdough Slim, the Vaudeville Cowboy entertains at the Heirloom Expo in Sant Rosa.



Greek customs were on full display at St. Demetrios Greek Orthodox Church at the Contra Costa Greek Food and Wine Festival in Concord.

DIABLO GAZETTE FUN ZONE

CRYPTIDS: DO YOU KNOW YOUR MONSTERS?

by Micah

Cryptozoology is a pseudoscience that aims to prove the existence of entities from the folklore record, such as Bigfoot, Nessie the Loch Ness Monster, or Mokele-mbembe (a dinosaur lurking the Congo jungle). Cryptozoologists refer to these entities as cryptids. Because it does not follow the scientific method, cryptozoology is considered a pseudoscience by the academic world: it is neither a branch of zoology nor folkloristics. Halloween is a time for monsters so here are 10 more monsters you may one day encounter.

The Bray Road Beast is a bear-like creature resembling Bigfoot first reported in 1936 on a rural road outside of Elkhorn, Wisconsin with additional sightings occurring in southern Wisconsin and northern Illinois. A rash of sightings in the late 1980s and early 1990s prompted a "Walworth County Week" reporter, Linda Godfrey, to write a series of articles that later became a book titled "The Beast of Bray Road: Tailing Wisconsin's Werewolf" about this unusually large (2-4 feet tall on all fours, 7 feet tall standing up) intelligent were-wolf-like creature that is apt to walk on its hind legs.



Mothman is a creature reportedly seen in West Virginia. On November 12, 1966, five men who were digging a grave at a cemetery near Clendenin, West Virginia, claimed to see a man-like figure fly low from the trees over their heads. Three days later, two young couples from Point Pleasant told police they saw a large gray creature whose eyes "glowed red" when the car's headlights picked it up. They described it as a "large flying man with ten-foot wings" following their car while they were driving outside of town.

When the Silver Bridge collapsed in 1967 and killed 46 people, legend connected the Mothman sightings to the bridge collapse.

Popularized by John Keel's 1975 book "The Mothman Prophecies", which claimed that there were supernatural events related to the sightings and a connection to the collapse of the Silver Bridge. The 2002 film of the same name, starring Richard Gere, was based on Keel's book. An annual festival in Point Pleasant is devoted to the Mothman legend.

LoveLand Frogman was a humanoid frog described as standing roughly 4 feet (1.2 m) tall, allegedly spotted in Loveland, Ohio. A local businessman reported seeing three frog-like men at the side of the road in 1955. The figures were said to have conversed for a while until one of the creatures held a wand over its head and fired a spray of sparks, startling the man, who then fled.

In 1972, Loveland police officers sighted and killed an animal they later identified as a large iguana that was missing its tail. Officer Mark Matthews recounted the incident to an author of a book about urban legends but says the author "omitted the part that confirmed that the creature was an iguana rather than a Frogman."

La Llorona is Spanish for weeping woman. In a rural village of Mexico, there lived a poor young woman named Maria. Maria married a wealthy Nobleman and gave birth to twin boys, but her husband was always traveling and

stopped spending time with his family. One day, he left and never returned. Years later, as Maria and her boys were walking by a river, she saw a familiar carriage with a younger, beautiful woman next to her husband. Maria was so angry, she threw her two boys into the river, drowning them. After she realize what she had done, she jumped into the river to die with her boys.

At the gates of heaven, she was challenged over the whereabouts of her children, and not permitted to enter the afterlife until she found them. Maria is forced to wander the Earth for all eternity, searching in vain for her drowned offspring. She constantly weeps, hence her name "La Llorona."

If you hear her crying, you are to run. It could bring misfortune or even death. La Llorona thinks children are hers and tries to drown them to take place of her own. Many parents in Mexico use this story

to scare their children from staying out too late.

People who claim to have seen her say she appears at night or in the late evening by rivers or lakes.

Chupacabra's name comes from the animal's reported habit of attacking and drinking the blood of livestock, including goats. (Spanish, literally "goat-sucker") The most common description

is that of a reptile-like creature, said to have leathery or scaly greenish-gray skin and sharp spines or quills running down its back. At approximately 3 to 4 feet high, it can stand and hop similar to a kangaroo. It is purportedly the size of a small bear with a row of spines reaching from the neck to the base of the tail.

Sightings have been claimed in Puerto Rico, as far north as Maine, and as far south as Chile. Sightings in northern Mexico and the southern United States have been verified as canines afflicted by mange. Biologists and wildlife management officials consider the chupacabra an urban legend.

Loup Garou most often is described as a creature with a human body and the head of a wolf or dog, similar to the were-wolf legend. This Cajun creature is said to prowl the swamps around Greater New Orleans, and nearby fields or forests of the regions. The legend has been spread for many generations, either directly

from French settlers to Louisiana or via the French Canadian immigrants from centuries ago.

Wendigo is a man-eating monster or evil spirit in Algonquian cultures native to the northern forests of the Atlantic Coast and Great Lakes Region of both the United States and Canada. The wendigo may appear as a monster with some characteristics of a human or as a spirit who has possessed a human and making them monstrous, historically associated with murder, and insatiable greed.

Algonquin-speaking peoples view the wendigo as a malevolent, cannibalistic, supernatural being. According to Basil Johnston, an Ojibwe teacher and scholar from Ontario, the wendigo was gaunt to the point of emaciation. With its bones pushing out against its skin, its complexion the ash gray of death, and its eyes pushed back deep into their sockets, the wendigo looked like a gaunt skeleton recently disinterred from the grave. The wendigo gave off a strange and eerie odor of decay and decomposition.

Whenever a wendigo ate another person, it would grow in proportion to the meal it had just eaten, so it could never be full thus constantly searching for new victims.

Kirtland Melonheads were the result of secret government testing that involved strange experiments on human subjects. Whatever they were testing, the result was that the subjects' heads all swelled to enormous sizes. Like any good government conspiracy, it was decided that the best thing to do would be to cover the whole thing up.

Melonheads were all shipped to a secret location in the middle of the woods. For the most part, they are a passive bunch. Usually waiting until the cover of darkness, a Melonhead or two would sometimes slip outside their little commune and creep towards civilization. Just a glimpse of the outside world would often be all a Melonhead would need to see before scampering back to the safety of their little town somewhere in the

woods.

Jersey Devil (or Leeds Devil) of southern New Jersey is often described as a flying biped with hooves. The common description is that of a kangaroo-like or wyvern-like creature with the head of a goat, leathery bat-like wings, horns, small arms with clawed hands, cloven hooves and a forked tail. It has been reported to move quickly and often is described as emitting a "blood-curdling scream".

Mother Leeds 13th Child was cursed. She had twelve children and, after finding she was pregnant for the thirteenth time, cursed the child in frustration, crying that the child would be the Devil. In 1735, Mother Leeds was in labor on a stormy night with her friends gathered around.

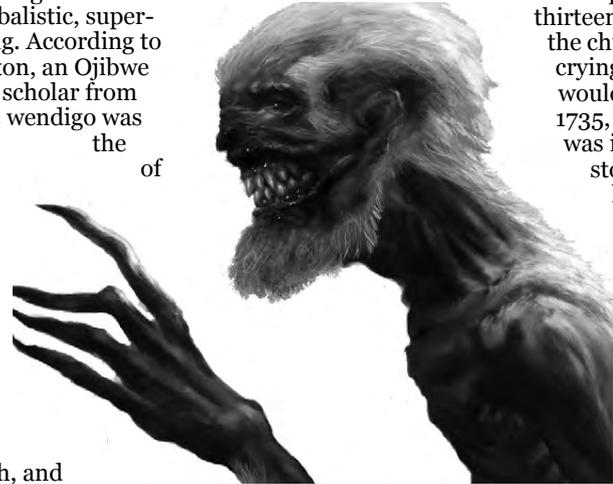
Born as a normal child, the thirteenth child changed to a creature with hooves, a goat's head, bat wings, and forked tail.

Growling and screaming, it killed the midwife before flying up the chimney and heading into the pines.

Lizard Man of Scape Ore Swamp In South Carolina, the Lizard Man of Scape Ore is an entity said to inhabit the swampland of the region. In 1988, 17-year-old local Christopher Davis claimed his car was damaged by a creature he described as "green, wet-like, about seven feet tall and had three fingers, red eyes, skin like a lizard, snakelike scales".

With media reporting other sightings, the area soon became a tourist attraction. Local radio station WCOS offered a \$1 million reward to anybody who could capture the creature alive.

In 2008, CNN mentioned the Lizard Man in a story about a couple in Bishopville, South Carolina who reported damage to their vehicle, including blood traces. The blood traces were subsequently found to be from most likely a coyote or wolf. In 2015, local television station WCIV featured photos and videos claimed to be Lizard Man, allegedly taken by unidentified individuals.



G	A	M	E	S	S	E	C	N	I	R	P
Y	K	S	T	R	I	N	K	E	N	Y	R
B	X	T	W	E	D	D	I	N	G	Q	I
A	Z	T	O	I	E	V	L	E	W	T	N
V	D	A	S	B	O	O	T	S	Y	E	C
A	A	N	H	V	E	R	E	O	P	S	E
R	N	Z	I	X	E	R	L	H	P	E	L
I	C	E	P	B	E	E	F	R	A	R	U
A	E	N	O	F	D	W	I	E	H	E	D
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Move Over Winter Squash

Squash - The Kabocha is Here!

Tried and true winter squashes are just the tip of the iceberg when it comes to fall vegetables. Acorn, butternut, spaghetti, and other squashes are now at your farmers' market. But try something new this fall. The kabocha, also called Chinese pumpkin, is awaiting your palate!

These small, squat, and round winter squashes have a dark green mottled exterior (or a vibrant orange skin, depending on the variety) and a bright yellow/orange flesh, much like a regular pumpkin. But oh, the flavor! Think of a cross between a sweet potato and a pumpkin and you'll have the taste and texture of the kabocha. Sweet and nutty characteristics with an almost fluffy texture, these babies will be your new favorite for roasting. They offer superior qualities in texture and taste, and hold up well when cooked. The flavor also intensifies when roasted or sautéed.

When buying kabocha, choose squash that is heavy for their size. The rind should be dull and firm with no soft spots. The light-colored bumps on the green rind are normal. Kabocha squash can be stored like other hard winter squashes for up to a month in cool, dry conditions.

Use kabocha as you would any winter squash. Roasted, steamed, pan-fried, deep-fried, baked, and braised are all excellent ways to enjoy this delicious squash. Roast and add to salads, make a smooth and creamy kabocha soup, or mash with a bit of butter. Hungry yet?

You'll find varieties of kabocha and other pumpkins and winter squash that you won't find at any supermarket at Concord's Farmer's Market. The farmers would love to explain the varieties, taste differences,



and how you can prepare them. Halog Farms from Merced will have kabocha and other winter squash varieties. FT Fresh out of Fresno will offer both orange and green varieties of kabocha. See Swank Farms for large pumpkins and beautiful ornamental gourds, all great for fall decorating. Fall is a wonderful time of year for produce.

Roasted Kabocha Squash

- 2 kabocha squash
- Olive oil
- 1 teaspoon dried mixed herbs
- Salt and pepper to taste

Preheat oven to 400°F. Carefully cut each kabocha squash in half (to make it easier to cut, you can microwave the squash for a few minutes), then cut again so you have eight quarters. Place in a foil-lined baking dish or sheet pan. Brush each piece with olive oil, sprinkle with salt, pepper, and dried herbs. Cover with foil and bake for 20 minutes. Remove foil and bake another 20-25 minutes, until softened. Serve as is, or let cool, and purée for soup. Serves 4.

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A Magazine for Writers and Readers

OCTOBER 2018

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The Misunderstood
Monster
Author

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

Easy Halloween Home Decor Ideas

Decorating for Halloween doesn't have to be scary (pun intended). It's an easy time to put a dent in the budget, but since it's only a short time till the next holiday season, we really don't want to spend a lot. Here's a couple of our favorite affordable tips and tricks to add a little spookiness into our Fall decor.



We love to browse our local Dollar Tree store to check out their seasonal decor. They always have great Halloween items like Rats, Bats, Artificial Pumpkins, Spider's and Spider Webbing.

Trader Joe's is another local favorite. They have the nicest selection of



pumpkins. Love the varieties, sizes and colors. Have you seen the pumpino plant branches in their floral department? They are fresh stems that have pumpinos growing on them. Pumpinos look like mini pumpkins and are beautiful as a table centerpiece, mantel display or anywhere. **Artificial pumpino branches are a great option too since you can reuse them each Fall. (We have a link to some

online shopping options on our blog). We usually have all our pumpkins and pumpino stems set up for our Fall decor so it's more about updating them with touch ups and a few accessories.

A fast and easy way to make your pumpkins a little ghoulish for Halloween is a black sharpie marker. Using the marker, color the stem and draw lines along the pumpkin's grooves. You can draw shapes or letters too. Line up a row of pumpkins with each one with a letter written on front to create a message:

H A P P Y H A L L O W E E N or 3 large pumpkins B O O.

Another sharpie touch up idea, color battery operated tea light candles black. Place them on pulled spider webbing across tables with a few dollar store rats. Works great on fireplace mantels and on the front porch too. Whatever you choose, enjoy your space and Halloween.



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 at www.frugelegance.com. FrugElegance is where Frugal and Elegance come together.

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DARK CHOCOLATE GUINNESS CAKE



powder
2 large eggs
1 cup sour cream
1 TBSP vanilla extract
2 cups flour
1 cup sugar
1 cup packed brown sugar
2 1/2 tsp baking soda
3/4 tsp salt

Frosting:
1 1/2 cups powdered sugar
8 oz cream cheese (softened)
1/2 cup heavy cream

Preheat the oven to 325, Butter a 9-inch springform pan.

Melt the butter in a small saucepan over medium heat. Add the Guinness and bring to a simmer.

Grab your beer stein, a fork, and get to celebrating Oktoberfest! Who isn't drawn by a cake that is described as a "Boozy Chocolate Lover's Dream Cake"? This is the perfect dessert for Oktober. It isn't too sweet, but uber-rich, making it the superb endnote to your beer flight sampling and bratwurst dinner. I place the frosting all on top of the cake to look like the froth atop a Guinness, but if you are a frosting lover, then slice the cake into multiple layers and frost in between. Either way, you will find this cake to be extraordinarily delicious!

Dark Chocolate Guinness Cake

Cake:
1 cup butter
1 cup Guinness stout
3/4 cup extra-dark unsweetened cocoa

Remove the pan from the heat and whisk in the cocoa and white sugar. Cool 10 minutes. In a separate bowl whisk the eggs, sour cream and vanilla. Add the cocoa-beer mixture to the egg mixture and whisk until smooth. Slowly add the flour, brown sugar, baking soda, and salt. Whisk until well-combined. Pour the batter into the prepared springform pan. Bake until the cake springs back when pressed in the middle or a toothpick, inserted in the center comes out clean, 50 to 55 minutes. Let cool on a wire rack for 1-2 hours. Remove the cake and place on a platter or cake stand. Beat all the frosting ingredients until smooth and spread on the top of the cake. Enjoy!

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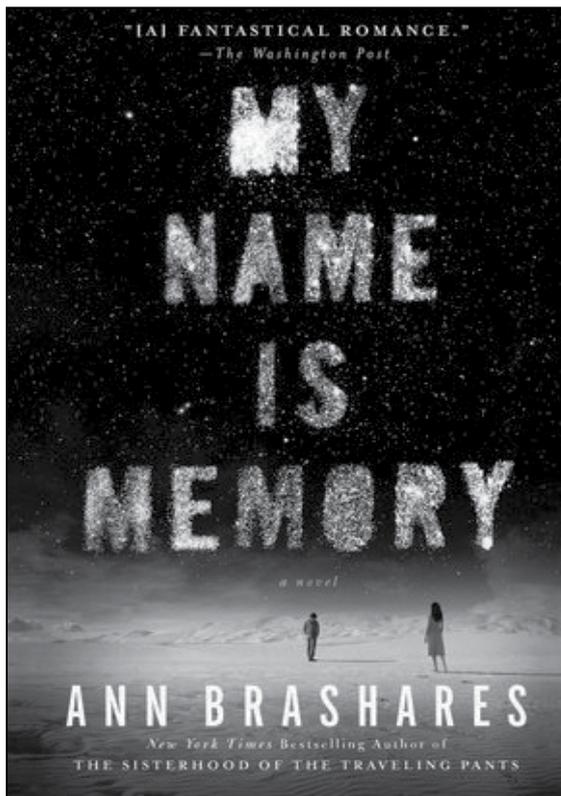
Sill Hedgecock's bookends
by Jill Hedgecock, Program Coordinator Mount Diablo California Writer's Club
<http://jillhedgecock.com> Blog: <http://writersotj.wordpress.com>

My Name is Memory

My Name is Memory (2011, Riverhead Books, 352 pages, \$7.57) by Ann Brashares is the story of reincarnation, romantic obsession, and good versus evil, but most of all, it is a tale of redemption. Spanning over a thousand years across various continents, readers experience our main narrator's life as Daniel traverses Asia Minor in 552, war-torn England in 1918, and Virginia in 1972. And in each new soul, Daniel wants one thing—the love of his many lives—Sophia. Amidst this epic love story, Brashares portrays events throughout world history and provides an expansive overview of significant moments that have shaped human civilization.

The story unfolds from both Daniel and Sophia's points of view. Daniel is an exceptional human being, who as a soldier in 553 during a brutal war, makes a fatal error that shapes his destiny. Unlike most people, after he dies, Daniel's core essence can remember his previous lives. In the spirit of the movie, Groundhog Day, this "gift" affords Daniel the opportunity to master languages and musical instruments, accumulate wealth, and preserve significant historical artifacts. He also amasses wisdom and one very vengeful enemy, who, like him, can remember previous lives. Despite the many advantages afforded Daniel, he repeatedly fails to secure the love of his soul mate. Although his long-lost love's physical appearance changes over each new life, Daniel is able to recognize Sophia's core being. Even more challenging is that Daniel must be an age that is compatible with Sophia when their multiple lives intersect—an event that doesn't happen in several of Daniel's lives.

For her part, Sophia, unlike Daniel, does not recall previous lives. But as we become acquainted with Daniel's sweetheart, now Lucy, in the 1970s, it becomes apparent that her soul recognizes that she inexplicably yearns for an elusive boy that she met in high



school named Daniel. Brashares keeps the tension rolling through the painful near-misses to bring this unlikely couple together.

Ann Brashares is the best-selling young adult author of multiple books, including the New York Times and international bestseller *The Sisterhood of the Traveling Pants* series and *Forever in Blue*. She is also the author of the New York Times best-selling adult novel, *The Last Summer (of You and Me)*. *The Sisterhood of the Traveling Pants* was made into a movie in 2005. Brashares won the Indies Choice Book Award for Children's Literature in 2002 and the Quill Award for Young Teen/Adult in 2005. *The Sisterhood of the Traveling Pants 2*, the sequel to the original movie, was released on in 2008. Ann lives in New York City with her family.

My Name is Memory was optioned for film in 2010. Readers who enjoy time travel, ponder what happens after death, fancy an epic romance, are tolerant of an open-ended conclusion, and enjoyed *The Book Thief* by Markus Zusak will likely find this novel a compelling read.

movie review

by Tara McNamara, Common Sense Media



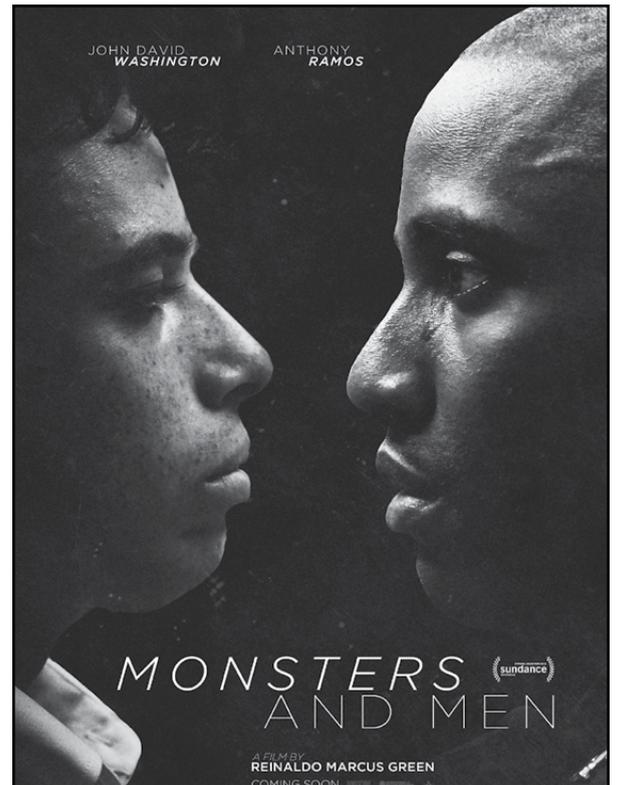
MONSTERS AND MEN

5 STARS

In "MONSTERS AND MEN", an unarmed black man is killed by police, an event that affects three characters in profound ways. Young father Manny (Anthony Ramos), who records the act (and was friends with the victim), struggles with sharing what he knows vs. protecting himself and his family from retaliation. Conscientious black cop Dennis (John David Washington) is caught in the tug-of-war between his colleagues and the community. And young athlete Zyric (Kelvin Harrison Jr.), who's on the verge of a potentially life-changing showcase, feels driven to get involved in the community's protests.

This is a deep, moving film about the realities of communities that have racially charged relationships with police. Writer-director Reinaldo Marcus Green makes his feature debut with "Monsters and Men" after many shorts, but his filmmaking is so rich and assured that you'd never guess that. His superb casting speaks well of him (and casting director Avy Kaufman), as every featured actor delivers a focused, believable, feeling performance. His script makes the characters' stakes high and struggles relatable. Each one has a great deal to lose, and we feel it. The villains in the film -- a handful of abusive cops -- are few, but they loom large. Again, we feel their presence, their threat, the environment they create, despite the simultaneous presence of good cops who care about the job and interact with the community. It's a lot like life but presented artistically by an auteur who knows how to convey ideas and emotions without jamming them down your throat.

The world of "Monsters and Men" is dotted with convincing-feeling details. Green's low-key direction conveys information with economy. Activists are passionate, but not comically so. Those who love the main



male characters -- wives/partners and parents -- are realistically concerned. The relationships feel real which authenticates the peril caused by the whole tense situation. "Monsters and Men" deserves to be regarded on its own.

"Monsters and Men" is a serious, complex drama about strained relations between police and urban minority communities. Expect some strong language. Though no violence is shown on screen, a shooting is heard repeatedly and is the movie's central plot point. There is no on-screen violence but does have drugs and sexual situations.

The outstanding young cast includes John David Washington (BlacKkKlansman), Kelvin Harrison Jr. (It Comes at Night), and Anthony Ramos and Jasmine Cephas Jones of Broadway's Hamilton. Director: Reinaldo Marcus-Green

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. www.commonsensemedia.org

theater review

The Improvised Adventures of Sherlock Holmes

Synergy Theater, the folks who brought you "Spontaneous Noir!" and "Spontaneous Shakespeare!", returns to the Leshner Center for the Arts with their most daring venture yet, "The Improvised Adventures of Sherlock Holmes". This is a completely improvised two-act play performed in the style of the original mystery stories by Sir Arthur Conan Doyle.

"The fun for me is watching the cast as they improvise all of these random plot points in act one, and then having to somehow tie them all together when I solve the case in act two," says veteran company member Ben Piper, who will play Sherlock Holmes for two performances. "I can tell you that it leads to some pretty outrageous explanations."

Kenn Adams plays the role of Watson and explains how it works: "I call out, 'The Adventure of ____!' The audience fills in the blank. And that's how we choose the title for that night's mystery. The rest, we just make up as we go along."

"Sherlock Holmes is reinvented all the time, says

company member Lynn Shields. "But we went back to the original stories to rediscover the character as Conan Doyle first envisioned him. The stories have all of the action and suspense that you'd expect, but there's also a wonderfully dry sense of humor at play which is a lot of fun to emulate on stage."

Kenn Adams, Artistic Director, has over 28 years of experience as a professional improviser and is the author of the book "How to Improvise a Full-Length Play: The Art of Spontaneous Theater."

Performances are Thursday, October 18, 2018 – Saturday, October 20, 2018, at 8:15 pm and Sunday, October 21, 2018 at 3:15 pm. at Leshner Center for the Arts, George and Sonja Vukasin Theatre, 1601 Civic Drive, Walnut Creek.



(Top l-r) The game is afoot with Arianna Keever, Jason Thompson, Mary Matabor, Ed Meehan, Lynn Shields, (bottom l-r) Justin Carns and Kenn Adams

Out to Lunch

Nepalese Style: Momo n Curry

by Richard Eber

When it comes to the success of new restaurants, the real estate adage “location, location, location”, usually holds true. With such logic Momo N Curry at 4375 Clayton Road should be on life support. Its awkward location next to the drive-through window of Concord’s new Dunkin’ store (aka Dunkin’ Donuts), qualifies this Nepalese restaurant as being “out of the way”.

Despite this and a lengthy traffic-reducing construction of Dunkin’, Momo has been successful in their first five months of operation. There is one major reason for this. Their authentic Indo-Nepalese cuisine is excellent, and word of mouth and online reviews have made them a trendy popular new place to dine.

The affable owner Sam Devakota, who works as an engineer by day, used the money that was to be used to pay for a master’s degree at St Mary’s to open the restaurant. He has installed his culinary-trained brother, Chef Sandesh



served with a green (yogurt and mint) and a tamarind sauce that works very well in a yin and yang sort of way.

For first course, we had Momo’s signature dumplings (Jhol) which were served piping hot on a platter with steamed vegetables on top. They were filled with ground chicken and were much more complex than pot stickers, Gyoza, and Aushak found in other cuisines. As with all their menu items, Momo n Curry offers different variations of their dumpling dishes including a vegetable stuffing and a fried version.

When ordering, include the homemade Naan Bread which comes plain, onion, garlic, basil and a stuffed (Paratha) with dried cherries inside. They are all incredible and can be dipped in various sauces to augment the dining experience throughout the meal.

For main courses, there are many ways to go; lamb and chicken dominate these offerings. The Butter Chicken served in a rich tomato sauce goes well with plain basmati rice. They also do a special Tandoori Tikka Masala, and a milder Korma dish that are all worth trying. Most of these items can substitute lamb, goat, shrimp, and fish as desired.

As might be expected, lamb is an important part of the menu. Momo n Curry uses a high-quality New Zealand product that is cubed for use with sauce combinations. If one does not want to eat a stew, Seekh Kabob Lamp grilled to order is a good alternative.

One dish we especially liked was the Lasooni Saag Paneer which is a mixture

of spinach, garlic, and Indian cottage cheese. Momo also offers several other vegetarian entrées including Aloo Gobi, (cauliflower, potatoes, and tomato, stew), Chana Masala, and Bengan Bharta utilizing eggplant which is barbecued in a clay tandoori oven.

Momo n Curry also offers a tasty mango Lassi yogurt drink, fresh mint lemonade, and even Real Gold and Mustang Beer imported from Nepal. Sam does everything possible to create an environment where diners are treated like honored guests in his home.

All items featured on the dessert menu are also created in-house. Their unique offerings include reasonably priced Gulab Jamun, Rasmalai, and my favorite, a rice pudding which is

garnished with almonds and pistachios.

This favorably priced hideaway has lunch combo specials starting at just \$7.49 and most dinner entrées priced from \$10-\$15.

It is interesting to note that the ready acceptance of Momo n Curry by the community has been made possible by the success in recent years of other Indian and ethnic restaurants in the area including Naan N Curry, Swagat Indian Cuisine, and Anarkali.

Momo N Curry is open Tuesday through Sunday 11: 30 to 2:30 for lunch and from 5 p.m. to 9:30 p.m. for dinner. Reservations are recommended, especially Friday through Sunday by calling 925-349-9706. www.momoncurryca.com.



and other family members to assist in running Momo n Curry. Sam’s partner is cousin Sanjay Dhital.

For those who are unfamiliar, Momo is a steamed dumpling with some form of filling and has become a traditional delicacy in Nepal and its neighboring countries. ‘Momo’ is to Nepal what pizza is to Italy. It is available in every restaurant, hotel and household of Kathmandu and other parts of Nepal.

All their dishes are homemade, creative, and tasty. I recommended you bring several guests to Momo as you’ll get the more enjoyment sharing and discovering a greater variety of dishes. But if there are only one or two of you, Momo n Curry offers mixed grill alternatives that allows one to try several items on their menu.

Nepalese food has similarities to Indian food, especially from the Northern part of the country. They feature chicken, lamb, goat, shrimp, and vegetarian specialties. Pork and beef are absent from the menu in honor of the Hindu culture in Nepal.

The food is spicy but considerably less so than the strong curry taste found in Indian food. In my three trips to Momo n Curry, I preferred this toned-down version of entrées. It allows for more exploration of their complex use of cumin, ginger, garlic, cardamom, cinnamon, turmeric, and several other spices.

When one is seated, they are greeted with Paapad, a Nepalese version of chips and salsa. These lentil crackers are

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CLAYTON THEATRE COMPANY Presents "Spelling Bee"



Clayton Theatre Company (CTC) presents "The 25th Annual Putnam County Spelling Bee" hit musical by William Finn and Rachel Sheinkin. Nominated in 2005 for five Tony Awards and winning Best Book. Six awkward middle school spelling champions learn that winning (and losing) isn't everything. Adult actors channel their pre-teen selves in this uproariously funny and touching musical.

Four audience members are chosen for each performance to participate as a speller in the contest. If you are interested in being a contestant on stage, CTC asks that you arrive a 1/2 hour before curtain and fill out an application form.

"Great news! The American musical comedy – with equal emphasis on the 'musical' part and the 'comedy' part – is alive and well...A treat and a half." - TheatreMania

Photo: Jonathan Mercer, CTC Photographer



Putting Visual Art into Words

Visual art and the written word working together is something new and interesting happening at the aRt Cottage for the month of October. aRt Cottage is having an exhibit featuring The Lamorinda Art Alliance with their special exhibit of small works.

Writers from the Mount Diablo Writers Guild were invited to preview pieces of art from the Lamorinda Art Alliance prior to the opening of the show and interpret what the works meant to them in writing. Neither the artist nor the writer had met. aRt Cottage thought it would be a wonderful idea to have this freedom of expression for both the artist and the writer. Several of these beautiful pieces have had poetry written about them and will be on display.

The public is invited to join the open house and artist reception on October 6th from 2p.m. to 4 p.m. There will be refreshments music and drinks.

Here is an example of one such exhibit. Lynn Westenhaver, co-founder of the Mt. Diablo Writers Guild, submitted her interpretation, the remarkable poem "Hurricane" for the painting "Figment of My Imagination" by Rashmi Rahsh.

The Hurricane
by Lynn Westenhaver

Born of a mother who taught me well
To bring all of nature under my spell
To strangle the earth with a force so sound
A fury so fierce it cannot be bound

I gather my energy and strength at will
As I determine the path of my unbridled spill
A path so treacherous and unyielding
My compass set and not revealing

As I slowly work my way to find
The circle of the core of my mind
The lashing and whipping inspired by



will
Crossing land beyond the spill

No matter where I go
The land below will feel the blow
Now or later as I move
My hand will strike
It will not be smooth

Mission completed but not for long
Soon the flooding will respond
So many waters to overflow
But perhaps not...
It may be the hour
For in my center, I carry a flower.

aRt Cottage is located at 2238 Mount Diablo Street in Concord. It is open 11am to 5pm, Monday through Friday and Saturday from 1pm to 5pm.

The aRt Cottage is located at 2238 Mt Diablo St, Concord. <http://artscottage.blogspot.com/>

5K Walk Gives At-Risk Youth A Second Chance



The Juvenile Hall Auxiliary of Contra Costa County will be hosting its 5th Annual Chief Philip Kader Walk on October 13. This event raises funds for the Auxiliary's Education Scholarship Program that awards scholarships to youth released from juvenile hall who are enrolled in college or trade school. Forty percent of the recipients last year attended 4-year colleges, including San Francisco State University, Central State University and Baker College.

The walk named after retired Chief Probation Officer Philip Kader, will start and finish at the Lafayette Reservoir. Registration starts at 8:00 a.m. and the walk will begin at 9:00 a.m. The tax-deductible

registration fee is \$25 for all participants.

The first 100 people to register receive an exclusive walk t-shirt. All fitness levels welcome This event is designed for the whole family to enjoy.

The Juvenile Hall Auxiliary is a non-profit organization that gives youth in the juvenile justice system a second chance through education scholarships, internships and life skills training. Since 1955, the Juvenile Hall Auxiliary has assisted hundreds of youth in achieving their higher education pursuits.

For more information, go to juvenile-hallauxiliary.org

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computercorner

by William Claney, Tech Writer, Computers USA

Tech in English

DING-DONG, WHO'S THERE?

One of the cool electronic gadgets available to you now is an electronic front door bell. What's the big deal? Front door bells have been around since electricity was discovered, so what's new?

Well, for one the new door bells have built-in video and audio so one can monitor who's at the door before you open it. The quality of the audio/video is usually adequate to identify the caller if you choose the right product, such as Ring, Door Phone, Smart Wireless DoorBell [sic] (Walmart) and a few others. Of course, there are "cheap" products available, but they aren't very good.

Usually, those who buy one of these doorbell things expect to install it without too much trouble. After all, the ads tell you how amazingly simple it is, and it's done in an instant. It practically installs itself.

Have you ever setup a wireless printer? Doable of course, but for the typical user, not easy. If you have ever set one up, you know they frequently just lose their settings and need to be reinstalled. Doorbell audio/video is even more cumbersome and requires the right "support" equipment, such as fast Internet and WiFi (home wireless network).

If your WiFi network is weak, less than four bars at the point where the doorbell is to be installed, you are in for a treat. The first thing you will need to do is boost your WiFi signal by using a device like an extender or signal repeater. Have fun setting that up.

You must have a strong WiFi signal



and a fast Internet connection. The typical home connection is three megabit (3mps) and that's simply not enough.

Ok, to be fair, it will work but frame rate is terrible. You will need an upgrade to your Internet to the 10mps range or faster, for better WiFi.

What's frame rate? Think of frames per second. The typical home theater (TV) is in the 30 frames per second, also known as full video. The frame rate of a typical home WiFi will deliver less than four frames per second (fps). So, what the user sees at 4fps is a

series of slow snapshots and not really video as you and I understand it.

Now add to the slow frame rate the lag to send the image from the doorbell device to the Internet and then have it returned to your smart phone (round trip). That round trip can be a typical 2-3 seconds and way more depending on the speed of your Internet for both your network and the telephone network service. Your home network sends the signal to your phone's network so two networks are involved. This is a slow process.

To summarize, the doorbell device is a nice idea but not simple, it depends upon a whole host of other services you need, such as fast Internet and un-throttled phone service and a WiFi pumping out four or five bars. If you don't have these things be ready to spend some serious bucks to get them. Oh, well, what the heck? It's a cool gadget you 'gotta have.



Ruby Dooby Do to the Rescue

SHAWN & KYLE

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



Eight-year-old Shawn and his 2-year-old son, Kyle, are this month's "pawsitively special dawgs." Dachshund/Beagle/Chi mixes, this bonded duo will need to be placed in the same home. Shawn (white stripe in photo) and Kyle (the Shyles) had been part of a backyard breeding operation and were badly neglected. Both were terrified of almost everything. Kyle required surgery to fix his leg and both needed teeth extractions. It's been many months now since they were rescued and while they are still scared of new people and of the big world, both are now happy, healthy boys. They LOVE to play with each other as well as toys. These entertaining mischief-makers and are now both pretty good on leash and navigate stairs. Both are huge cuddle-bug, lap lovers. Shawn (12-lbs) is good with all dogs while Kyle (10 lbs) can be a little protective of his dad. We recommend a mellow, adult home with no kids or cats. Ideally, their new family will have experience with fearful dogs. They are fine home alone. An adjustment period will be needed, but, they will thrive with understanding and patience.

Tails of Gray is a 501(c)(3) nonprofit organization located in Clayton. They offer a safe and loving sanctuary for senior dogs regardless of breed, health or ease of placement. The special two-for-one \$200 adoption fee for Shawn and Kyle helps cover vaccinations, spay/neuter surgeries, micro-chipping, and medical/health expenses incurred while readying them for adoption. To adopt, fill out the on-line application at: <http://www.tailsofgray.org/adoption-application-1.html>. You can also support Tails of Gray by buying their dog art (<http://www.tailsofgray.org/dog-art.html>).

[Ruby Dooby Do is Concord's Instagram celebrity Doberman with more than 63,000 followers. Instagram.com/rubydooby_Do. Column written by Jill Hedgecock, author of Rhino in the Room, Program Coordinator, Mount Diablo branch of the California Writers Club, www.jillhedgecock.com.]

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DEA Removes some CBD off Schedule I

The U.S. Drug Enforcement Administration has taken some cannabidiol off the most restrictive class of controlled substances, a move that allows the sale of the first non-synthetic, cannabis-derived medicine to win federal approval according to a report by Hemp Industry Daily, on September 27.

The agency announced that drugs including “finished dosage formulations” of CBD with THC below 0.1% will be considered Schedule 5 drugs as long as the medications have been approved by the U.S. Food and Drug Administration. It is the first time the agency has removed any type of cannabis from Schedule 1.

The action came three months after the FDA approved Epidiolex, a CBD preparation for rare types of epilepsy that is made from cannabis grown in the United Kingdom.

If the DEA had not taken this step, doctors would not have been able to prescribe the medication because Schedule 1 drugs cannot be prescribed. This rule is why physicians in states with medical marijuana laws recommend the plant but can't prescribe it.

The change also means Epidiolex will be distributed through traditional pharmaceutical channels, from a doctor's prescription to a drug store, instead of through a marijuana dispensary or designated marijuana caregiver.

The DEA said the new scheduling applies to “FDA-approved drugs that contain CBD derived from cannabis and no more than 0.1 percent tetrahydrocannabinols.” Even though Epidiolex is the only formulation that currently meets the definition, the change could eventually affect other CBD formulations.

It's still not legal to make CBD in the U.S. The DEA said that “the bulk cannabis material used to make the Epidiolex formulation (as opposed to the FDA-approved drug product in finished dosage form) will remain in schedule 1.”

A Schedule 5 drug is still illegal without a prescription. The DEA says Schedule 5

drugs have a low potential for abuse and are generally pain relievers and anti-diarrheal medications.

It's a step that many Cannabis entrepreneurs cheered, even though it currently applies to only one drug for rare diseases and has a price tag that is likely to limit the market.

London-based GW Pharmaceuticals, the manufacturer of Epidiolex, has said it will charge \$32,500 a year for the treatment, in line with other medications for intractable epilepsy.

At that price, many patients likely will wait to see if insurance covers the drug, a decision usually driven by yet another federal agency, the Centers for Medicare and Medicaid Services.

Move over

GW Pharmaceuticals

Earlier in September, Coca-Cola Co. said it's eyeing the cannabis drinks market, becoming the latest beverage company to tap into surging demand for marijuana products as traditional sales slow. Coca-Cola announced its interest in drinks infused with CBD and is in talks with Canadian marijuana producer Aurora Cannabis to develop the beverages, according to a report from BNN Bloomberg Television.

“We are closely watching the growth of non-psychoactive CBD as an ingredient in functional wellness beverages around the world,” Coca-Cola spokesman Kent Landers said in an emailed statement to Bloomberg News. “The space is evolving quickly. No decisions have been made at this time.”

Laws and regulations that define the hemp extract, who can use it and who can sell it, differ from state to state. In Colorado, marijuana-derived CBD products are sold in dispensaries and hemp-derived CBD products are sold in health food stores, coffee shops, smoke shops and spas.

Things get a little complex when com-

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parentfootprint

by Dr. Dan Peters www.DrDanPeters.com

What Does Anxiety Look Like for Kids?

Anxiety is a pervasive problem in our society. It can be a fear of heights, not wanting to go to school, or worry about speaking in front of a group. Maybe it's staying up all night so that your project is flawless, obsessing over meaningless details, or heart palpitations on your way to a meeting.

In fact, eight percent of youth ages 13-18 have been given an anxiety diagnosis, with symptoms typically beginning at age six. Further, 18% of adults, or about 40 million people in the United States, are affected by anxiety in a given year. Those 40 million adults were once children who likely suffered from anxiety.

What are Common Types of Anxiety?

- Generalized Anxiety
- Panic
- Phobias
- Obsessive-Compulsive Disorder (OCD)
- Social Anxiety
- Post-traumatic Stress Disorder (PTSD)
- Agoraphobia
- Separation Anxiety
- Perfectionism

What are Signs that a Child has Anxiety? Anxiety can occur at any age, depending on the child's biological sensitivity, personality traits, and the presenting situations and stressors. Anxiety can be readily apparent, as when children worry constantly (“What if something bad happens”), when they begin to cry “for no reason,” when they talk about being scared, or when they are suffering from their endless drive toward perfection.

Anxiety also can take many forms including avoidance. Children, and adults for that matter, like to avoid what they are afraid of. For example, children who have undiagnosed learning problems may avoid school, or ask to go to the bathroom just before it's their turn to read out loud. Out of sight, out of mind.

In some cases, children may begin to act out verbally or physically when anxious, causing their behavior to be



misinterpreted as “Oppositional Defiant Disorder.”

When Should Parents Seek Professional Help? Parents should seek professional counseling or treatment when there's a noticeable change in a child's behavior or the child's functioning becomes significantly impacted – for example, when the child's often sick, not sleeping well, melting down regularly, avoiding required responsibilities like school and family obligations, and social activities like birthday parties and sports. Treatment should also be sought when children refuse to participate in an activity they previously enjoyed due to worry, fear, or avoidance.

If you are concerned about the level of your child's worry or fear, please call or email a professional right away.

*This article is based on the professional information from Dr. Dan Peters and his office Summit Center.

paring the California Department of Public Health's (CDPH) ban on CBD products with California law, Federal law, and the voter's mandate in prop 64.

Dana Leigh Cisneros, Esq., an experienced attorney from The Cannabis Corporate Law Firm, told Cannaverse Solutions, a cannabis marketing and branding agency, that “Industrial hemp and its derivatives, compounds, and extracts, are all lawful in California under the Health and Safety Code.”

The CDPH also contradicts the allowed

use of industrial hemp in products as laid out by California's industrial hemp statute. So, while CBD derived from industrial hemp is now banned in California, it remains legal on a national level. Cisneros also noted that the ban is liable to expand to cover hemp derived CBD in topicals and vape cartridges as well... “Effectively, CDPH is banning all hemp derived CBD products”.

Why the Ban? The Food and Drug Administration (FDA) says that it cannot be 100% sure where the hemp being used to manufacture food products has come from, which means it can't be 100% sure that it's safe for humans or animals to consume. As such, until the FDA approves CBD derived from industrial hemp, it will remain off-limits.

California was the country's largest market for CBD products. Local Distributor Caliborn Dreams, having ceased distribution of Hemp oil CBD in California retail locations due to the recent ban, has resorted to online sales to out-of-state buyers. “Business is harder, but we're still hitting our numbers.” As for the many long time CBD users in California, the ban has driven the market underground for them.





You Have Questions: I Have Answers

For many Realtors, The most asked question is: "How is the market"?

Answer – Remember when you bought a new car, and you suddenly started to see similar cars on the road everywhere?

Well, real estate signs are much like that. If you are listing your home for sale, you will suddenly notice more signs on every street corner and in front of homes in your neighborhood. The list of competing homes on the market is more likely double or triple that of what it was just a few months ago. The prices in many cities are leveling off and, depending on the neighborhood and city, buyers are able to negotiate repairs and terms. This makes it a great time to buy if you've been on the fence, lost out on homes to overbids, or have to sell your home to purchase.

Actually, it is becoming more commonplace to have a buyer with something to sell, who is making an offer on a home contingent upon their home selling. Contingent means something needs to happen for both sales to occur. That means the buying party wants the seller of the home they want to purchase to give them time to sell their home so they have their funds from the sale to purchase the new home. Once that occurs, the two escrows will go along simultaneously with their

appraisal, inspections, and closing. If sellers and their agents do proper vetting of the buyer, their financial status, the reasonableness of their pricing of their 'for sale' home and their ability to negotiate their price and still purchase the new home, this can work out as smoothly as any other single escrow transaction.

In short, the market data is there for all to see. It's an adjustment for the sellers today to realize that they may not get what their neighbors got six months ago. But a balance in the market is good for a healthy real estate market. It is the Realtor's job to provide the data needed to make pricing decisions based on today's market. Homes, properly priced, staged and presented are selling at higher prices than others. It's never more evident than in a changing market that you won't want to leave anything to chance. Consult a skilled real estate negotiator, staging professional and with proper marketing, you will obtain the most money in any market. This is where experience matters.

Terrylynn Fisher, Broker Associate, Dudum Real Estate (DRE#01882902), 2018 5-Star Professional Award, Senior Real Estate Specialist (for active seniors and boomers). 925-876-0966, Terrylynn@BuyStageSell.com (DRE # 00615420)

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But more needs to be done. My experienced leadership will work to maintain public safety; enhance city street maintenance and pothole repair, neighborhood preservation, senior and youth programs; improve our older commercial areas, and improve traffic, pedestrian and bicycle safety.



Laura Hoffmeister

Journey-man's Journal
by Scott Feuer

Tales from the Trail: A Solo Birthday Wilderness Adventure

The plan was to do something unique, something atypical of the traditional birthday celebration; a gift to myself to escape the time-crunched routine of daily life while enjoying my hobbies of cooking, photography, and the outdoors. This was something my late father had inspired in me. (Since his passing, and a variety of peculiar incidences, my mother and sister are convinced my dad came back as a hummingbird to watch over us.) For my birthday, I chose to spend six days on my own backpacking the glacially-formed granite valleys and lakes of the alpine and subalpine forest in the Desolation Wilderness located west of South Lake Tahoe. It was truly a remarkable, inspiring, and emotional experience.

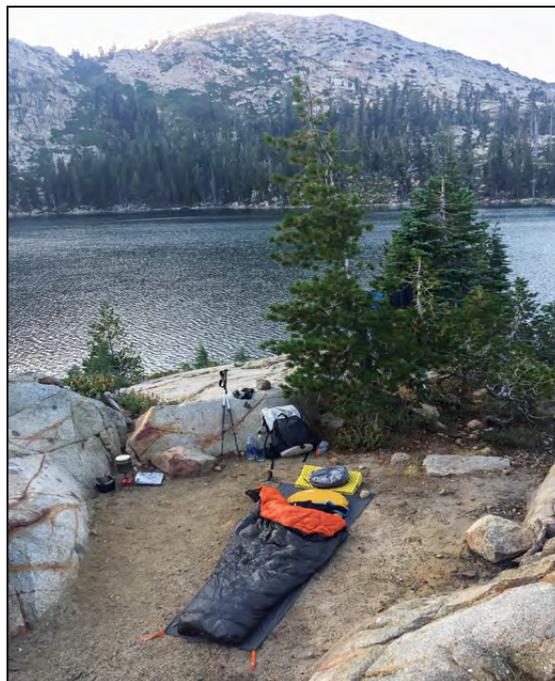
Weeks before leaving I organized an impressive culinary menu of homemade dehydrated rations to sustain the 6-day journey. Dehydrating fruits and vegetables, meats, and seafood non-stop for three weeks, I assembled hearty meals of cowboy chili, pasta and cheesy tomato spaghetti, Hawaiian shrimp and rice, spicy corn chowder, rice and beans, oatmeal and granola fruit concoctions, and of course, a birthday cake.

I kept the base weight of my backpack to just under 18 lbs. (not including food, water, and cooking fuel weight). It is not uncommon for traditional backpackers to carry 40 to 50 lbs. of gear in their packs, which in my opinion, significantly hinders the overall hiking experience. My ultralight gear was limited to the basics: a tent, sleeping quilt, cooking system, layered clothing, camera, water purifier, and food. Once packed and ready, my wife and family wished me well and I was on my way.

The first couple of days were fantastic. Leaving the Lower Lake Echo trailhead near Hwy. 50, I made my way past Lake Aloha over the 9,400-foot elevation of Dick's Pass and explored Velma Lakes. The stunning expansive granite peaks, subalpine forests, and crystal-clear lakes under blue skies made for excellent days of trekking and provided great photo opportunities. I rounded off each day with late afternoon swims in the refreshing cold snow-melt lake water and an evening of stargazing. I was absorbed



Lake Aloha from atop Mosquito Pass



Lake Schmidell Tentless Camp

in tranquilly and beauty.

By the third day the temperatures increased to the mid-80s as I made way through Rockbound Valley and up to Horseshoe Lake, a more remote less traveled area of the wilderness. The single-track trail meandered up and over granite outcroppings, through dense forests, and across a few streams. I struggled with the heat and elevation gain and lost the trail four different times wandering around the forest trying to decipher where the path lead. Uneasy to say the least. However, I succeeded past McConnell and Leyland Lakes and finally over Red Peak pass to Lake Schmidell for my anticipated afternoon swim. It was a strenuous 14-mile day. Too exhausted to set up the tent, I snuggled in my sleeping quilt exposed to the cool mountain air and enjoyed a star-filled night with a couple dozen bats flying overhead.

By morning I felt completely rejuvenated and broke camp early and headed towards Clyde Lake for lunch and back around Lake Aloha in the afternoon towards the far end of Lake of the Woods. The day felt like I was at a spiri-

tual retreat rather than out hiking rugged mountain trails. That evening, I relaxed, sipped hot tea and watched the sunset over Pyramid Peak.

I awoke the next morning on my birthday, the last full day of my adventure.

Excited, I decided I would climb to the top of Ralston Peak and savor the views. With four days less food in my backpack, it shouldered light. My leg muscles had acclimated to my new daily hiking routine. The steep ascent to the summit felt good. As expected, the 360° views atop the rocky peak were spectacular. I spent quite some time enjoying it there.

After a snack of sweet potato bark (dehydrated sweet potatoes), I headed down to Triangle Lake off the beaten path of the PCT (Pacific Crest Trail) for lunch then to Ralston Lake to settle in for the evening.

I found an unbelievable place to pitch my tent on a precarious cliff overlooking the cobalt blue lake below. Such a beautiful spot to camp and celebrate my birthday, I thought. There was a steady wind blowing off the lake and I struggled to setup my tent, but soon I had it pitched with my sleeping quilt neatly spread out inside. No need to stake all four corners of the tent, I told myself, two corners facing the wind should do. A few minutes later while attending to other camp chores, the wind sporadically changed course from the opposite direction and scooped up my tent along with my down sleeping quilt high in the air and over the cliff towards the lake. Astonishingly, a small tree at the edge of the lake snagged my tent right before it plunged into the water. I raced around the cliff and slid down the steep rocky bank to retrieve my tent from the tree before another gust of wind would free it into the lake. Never underestimate Mother Nature. That could have been a real bummer trying to sleep in a soggy wet down sleeping quilt.

Relieved, I securely re-staked all four corners of my tent and prepared a well-deserved dinner. In celebration of

my birthday, I rehydrated a homemade chocolate strawberry angel food cake for dessert, inserted a lit match as a makeshift birthday candle, and snapped a couple pictures to arouse a few laughs for my friends back home.

I was about to make my wish and blow out the candle when I was distracted by an energetic buzzing sound. A curious little hummingbird darted around me attempting to crash my solo birthday party. I was awestruck that a hummingbird could even survive at this high elevation. A flush of emotion washed over me as my eyes began to tear. Perhaps Mom is right, it had to be my father, I thought, stopping by to wish me a happy birthday, the best birthday gift of all. What an unbelievable way to round out my adventure and celebrate my birthday.

Eating my cake as the sun went down, I reflected on the last few days of spending

quality time immersed in rhythm of the great outdoors. I hiked a total of 72.7 miles, climbed 10,830 feet of elevation gain, and burned upward of 6,000 calories a day. That night I slept like a baby.

I awoke for the hike back to the car



Makeshift Birthday Cake

ready to see my wife and family and share my incredible experiences. On the drive back home, I realized that a big part of enjoying life is taking time for yourself to seek adventures that inspire you to do what you love. You just have to get out there and let it unfold!



Six days of Dehydrated Meals-Yum!



Scott Feuer, Birthday Boy



[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.]

The atmosphere at a presidential function or a campaign rally is electric. People are excited, cheering, smiling, and generally, very happy and enthusiastic. With tens of thousands in attendance, Secret Service agents are on high alert looking for behavior that could spell threat, taking no chances and will always err on the side of caution.

For example, it is abnormal when a person attending this type of event displays none of the event's emotions, but instead appears sullen and expressionless, as if his mind is somewhere else, totally unaffected by the noise and fanfare. Secret Service Agents hone in on this lack of emotion.

Another attention getter is the person, who after standing in line for hours amongst a crowd of enthusiastic rally goers, waiting for the event doors to open, suddenly turns and leaves, after noticing that up ahead are checkpoints and magnetometers. This raises obvious concerns and is the equivalent of the driver who makes a u-turn and drives away from a DUI check point.

Then there is the person who attends an event wearing heavy, bulky, clothing, such as a coat, when it's 100 degrees out. These strange and disconcerting observations take an agent to a hyper-alert level. Obviously, not everyone fitting these descriptions is a would-be assassin. Often, there are perfectly logical explanations for these types of behaviors. Other times, it may be that the person just isn't blessed with an abundance of common sense. Case in point:

In October of 2000, at a rally just one week before the presidential election, the CA convention center was warm with a capacity crowd of 8000 ecstatic rally goers, frantically cheering and waving Bush/Cheney signs. They were appar-



ently oblivious to the fact that the republican presidential nominee, Texas Governor George W. Bush and his two speaking guests, Arizona Senator John McCain and actor Chuck Norris were not scheduled to arrive for another 45 minutes.

As the Site Agent, it was my event. I was responsible for the development of the security operations plan which, amongst other things, included determining the number of agents (Post Standers) needed, briefing them on their assignments, and posting them.

I also had a large contingency of uniformed police officers assigned to me which I briefed and posted in mid and outer perimeter security positions. Their Sergeant, Bruce, also in charge of the SWAT team, was assigned to me as well and wearing a suit. Bomb sweeps were completed hours before, all agents and police officers were posted, and the public, having gone through physical security checks and magnetometers, filled the convention center approximately an hour earlier. Now all waited for the arrival of the Republican presidential nominee and his entourage.

I made several rounds over the last few hours to each of the Secret Service and police posts, both inside and outside the arena, checking on all personnel and ensuring our predetermined plans were being executed properly. All was flowing smoothly when I received a radio call from Post 113 requesting I respond to his location. Something was up. Normally when a Post Stander has a general question for the Site Agent, he/she will ask it over the air. But when the Site Agent is requested to respond to a Post Standers location, there's usually something up. Bruce and I made our way to Post 113's location, which was on a walk way that cut through the crowd, about 60 feet in front of the stage. When we got there, the agent said, "Behind me, at the 7 o'clock position, about 20 feet back is a white guy, about 6'2, mid 20's, dark slicked back hair, wearing a trench coat."

The guy stood out and looked menac-

Assassin or Just Trying to Impress a Girl?



ing. I saw him as I continued to generally observe the crowd without making eye contact with him. I said, "I see him. What the hell's he doing wearing a trench coat? It's burning up in here and that idiot's wearing a trench coat." The agent agreed and added, "For the last 10 minutes, that guy's been staring me down. He's just been standing there, motionless, with his hands in his coat pockets, staring at me. Like he's challenging me." I looked at Bruce and said, "Okay, we'll check him out."

Knowing this guy was likely watching us as well, instead of approaching him directly, Bruce and I continued through the walkway, stopping to briefly speak with the other Secret Service Post Standers and uniformed officers, so it would appear we were just making our rounds, checking up with our personnel. Eventually we made our way out of the area and out of the line of sight of our subject. Bruce and I then worked our way around the side of the crowd until we were about 20 feet behind him. From our vantage point, we could see he was still in the same position, staring at the agent at Post 113. There was an attractive blond woman, also appearing to be in her early 20's, on his right. It appeared they may have been together, but it was hard to say, as he didn't pay any attention to her and instead stayed fixated on the agent.

We casually approached him from behind, me on his left, Bruce on his right. His hands were still in his pockets. I gave Bruce a slight nod and we simultaneously moved in and grabbed each of the subjects' wrists, maintaining his hands in his coat pockets. It was a subtle move, not attracting the attention of those around us. I held my badge in my left hand against my chest so he could see it but not others.

"Hey buddy, Secret Service. I'd like to talk to you for a second," I said, in a somewhat quiet voice. His eyes were the size of silver dollars. He suddenly lost his menacing look.

"What did I do? I didn't do anything," he asked in a startled voice.

"Nothing, we just need to speak with you for a second," I replied. I asked if he had anything in his coat pockets or hands. He said he did not. With my right hand still clutched to his left wrist, I directed him to slowly take his hand out of his pocket one finger at a time. He complied and performed the same procedure for Bruce with his other hand. We then walked him over to a side door and into a secure hallway.

Once inside the hallway I asked if he had any weapons or sharp objects on him. He said he did not. We patted him down and ran his ID. Everything came back negative.

Nervously he asked again, "What did

I do? Why do you want to talk to me? I didn't do anything."

I replied, "It's probably 90 degrees in here, people are sweating, and I've got a guy wearing a trench coat, with his hands concealed in the pockets, who for the last 10 minutes has been staring down one of my agents. Now why the hell do you think I want to talk to you?!" His eyes widened even more, and his jaw dropped, as if truly shocked at what he heard.

"What? Oh, no, no. I'm sorry. I didn't mean to be staring. I swear I wasn't trying to stare down the Secret Service. I was just watching you guys. I think what you guys do is cool. I swear I didn't mean to do that. I would never do that," he pleaded on the verge of tears. I asked him who the blond was. He said she was a girl he had just started dating and thought it would be exciting to bring her to the rally. I asked a series of questions. His answers and demeanor clearly indicated he posed no threat. He stated he and his family were Bush supporters and that they owned a restaurant in town (which we confirmed). I asked why he was wearing the trench coat.

He said, "I knew you guys (Secret Service) wore coats and I just thought it would be kind of cool." He then looked down, "Plus, I thought it might impress her."

I said, "We've got 8000 people in here. Our agents are tuned up, scanning the crowd for anybody who may pose a threat, and I'm wasting my time with some guy who's trying to impress his girlfriend!?"

He apologized profusely and said he would also like to apologize to the agent he had been staring at. I told him no, that instead of paying attention to the agents, he should be paying attention to his girlfriend.

We let him back into the rally. It was an anticlimactic end to an observance of abnormal behavior. Thankfully, most of these situations end in much the same way. But agents must assume the worst until proven otherwise. After all, John Hinckley was also just trying to impress a girl.

Governor Bush and his entourage arrived on time and the event went off without a hitch. In one week, he would be elected the 43rd President of the United States.

Meet and speak with former Secret Service Agent, Eric Enos, on Saturday October 13 from 12 noon to 6 at the Concord Oktoberfest. Look for the Diablo Gazette Tent. We advise you NOT to wear your trench coat.

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The Diablo Gazette

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Clayton Valley Charter School
Scheible Says...

College? Yes please.

As the new executive director at Clayton Valley Charter High School, I could think of no better way to spend a morning than supporting over forty of our Eagles as they attended the area's annual Historically Black Colleges and Universities (HBCU) fair, hosted by Deer Valley High School and the Antioch Unified School District. HBCUs are concentrated on the East Coast and the southern United States, making them difficult for prospective students from California to visit. For the past several years, United College Action Network or U-CAN, a non-profit organization based in Sacramento, has hosted a West Coast tour for these HBCU schools.

One thing making this fair unique is the opportunity for students to be granted on-the-spot admission if their transcript, GPA and SAT/ACT score show they meet the college's entry requirements. CVCHS senior Ronald Bolden



Rainey William

III found this out first-hand after walking away from the fair with five college acceptances, including Shaw University, Alcorn State, Allen, Talledaga and Tuskegee University. Ronald commented, "I'm glad I was able to go to the fair during the school day and be accepted to so many colleges. My family has always pushed me to be my best and go to college. I've

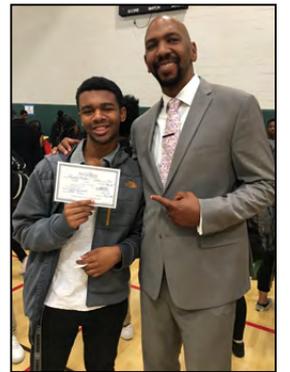
attended college fairs since 10th grade and until today I never thought I'd do well enough to earn an on-the-spot acceptance. It feels great!"

In addition to admission, students can also be awarded up to a full-ride scholarship if they meet the higher academic requirements for those awards.

Another Eagle senior, Rainey William, saw the efforts of her hard work in high school pay off when she was offered admission to Tuskegee University with the option for a scholarship. After receiving the scholarship offer William reflected on the experience saying, "The last four years I've been working so hard for my grades. Now it's all materialized suddenly in my acceptance on the spot to a four-year college!"

Of the fourteen CVCHS seniors who attended the fair, eleven of them walked away with offers of admission to a four-year college – a rarity in September of the senior year of high school. In my first month at CVCHS, I have learned Ronald and Rainey represent the potential of all our students in the Eagle family and I cannot wait to partner with the rest of the student body, their families and the hard-working staff at CVCHS.

Go Uglies!



Ronald Bolden III with CVCHS math teacher and BSU advisor Ervin Anderson

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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