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The Diablo Gazette

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NEW PULLOUT ENTERTAINMENT GUIDE
See page 7

Farewell to Jared Tucker



Incredible Outpouring of Support Overwhelms His Family!

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Concord Blue Devils Drum Corps Best in World
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from the publisher *David King*

On the cover: Heidi Nunes and husband Jared Tucker, the local man we all lost to terrorism. Special thanks to Heidi Nunes who took the time to speak with me from Barcelona to share Jared's story, and the outpouring of love and goodwill towards them from our community and the world. Our thoughts are with their families.

~David King

What is Active Senior Living ?

I grew up with the stigma that aging was undesirable. I don't feel old. My mind, well, it's decades behind the whole aging process.

But I see more advertisements addressing products and services targeted to seniors, including a few wonderful companies that support this publication.

I know retirement is around the corner because my friends are either talking about it or already in it.

I'm not a senior, although AARP seems to think so, but I do have my senior moments. Too bad they always seem to involve memory, or loss of it.

However, I remember last year when Condé Naste named Concord as one of the top 10 places in the country to retire. That is good enough for me.

I am becoming more aware of senior living communities. For example, The Heritage Downtown in Walnut Creek advertises itself as an "Active Senior Living Community." What do active seniors do?

My grandmother-in-law lived to be 102 years old. When she turned 100 years, we took her car keys away; she couldn't see over the dashboard anyway. I call that active.

I took it upon myself to research this claim. Heritage (who is an advertiser with Diablo Gazette) sent me a calendar of activities for the month of September. Everyday has several scheduled activities, much like the itinerary on a cruise ship.

A martini club meets twice a month, as does their film club, and the ARF Pet Hug Pack. By the way that is a great therapy program. It's unconditional love delivered in fur.

The "B" street Jazz Trio is scheduled to perform one afternoon. There's a wine & chocolate event, and a book club. Then there are excursions. A trip to Alameda to the USS Hornet, one to the San Francisco Exploratorium, the Lafayette Art and Wine Festival, one to the Jelly Belly Factory in Fairfield, and one to the Creative Growth Art Center in Oakland.

Throw in movie nights, ice cream socials, fitness classes, Yoga, board games, and of course Bingo. Every single day had planned activities.

I only researched this one senior community, because I immediately understood that "active senior living" is not empty hype. I don't have that kind of active living now! It's going to be fun.

Jared Tucker: Loved By All

Most of us are aware that the terrorist attack in Barcelona hit home in Contra Costa. The lone American killed in the attack was well-liked Lafayette resident Jared Tucker. But this tragic story is even more devastating, compounded by the fact that Jared and his wife, Heidi Nunes-Tucker were celebrating their one-year wedding anniversary.

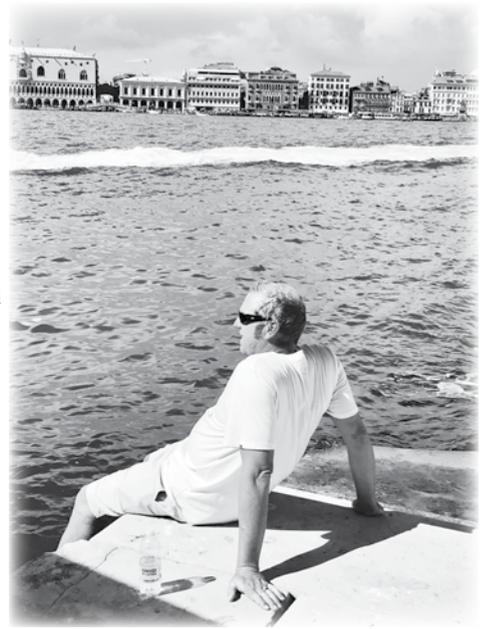
It's hard to imagine the emotional impact. But Heidi told me, the tremendous amount of love and support offered by friends, family, even strangers from around the world has given them remarkable strength.

In a 2am phone interview from Barcelona, Heidi was remarkably composed. Granted, it had been several days and friends and family had immediately flown to Barcelona to support her. We discussed the loss of Jared.

"I met Jared at the Lafayette Art and Wine Festival in 2012," Heidi recalls. They instantly connected and fell in love two months later. In 2015, he proposed to her at the same Wine Festival. They were married last August. They were on a two-week anniversary trip with just two days to go. As Jared was going to the bathroom, a terrorist drove a van through the crowded popular street of Las Ramblas killing Jared, 13 others and injuring many more.

"You would never imagine in a million years that something so tragic would happen to anybody, let alone my life and my husband's. I can't really understand why this is all happening."

Jared grew up in Walnut Creek, he went to Ygnacio Valley High. He has lived and worked here all his life. "Jared had a magnetic personality," Heidi said. "He lit up a room, he was loud and boisterous. You knew he was there. When he left somewhere, everybody there would know his name. He loved people. People wanted to talk to him, and he wanted to talk to them. I think the love he had for people just exuded from him. He made friends everywhere he went. He was a very down to earth, real and relatable guy."



She said he work hard every day with his dad for their family business resurfacing pools. Jared was one of five siblings, 3 sisters and one brother. Mom and Dad are still alive and together. Jared has three teenage daughters, Heidi has one teenage son from previous relationships. Jared was an avid softball player having played for the past 20 years in



theconcordian

by Edi Birsan, Concord Vice Mayor

Email me CityCouncil@cityofconcord.org | Add EDI in subject line

Political Roundtable: A Shotgun Blast at Happenings

The swirl of politics can be quite dizzying considering the rapid-fire tweets, events and counter events that we find ourselves in with the 24/7 campaign style that the 21st century technology has thrown at us. Two of the more salient features of late happen to be the District Attorney appointment and of course a sneak preview of what is coming in the 2018 election. So much has been happening. Here is a quick scan of hot spots.

D.A. Appointment. Having attended two forums where there was a total of maybe 16 questions asked by the public, (which is a major step forward in the process that should be used more often) some of the following points remain: Does it matter if a candidate is a member of one party or another? Does it matter if a candidate supported Trump or Sanders or Clinton? When the D.A. Office was going through the last set of scandals including fist fights and sexual misadventures, what were they doing and saying? Who is going to run for the office regardless of the appointment? What major groups (developers, government contractors, anti-unions, etc.) support who? How important are the screw ups of the unattributed comments/plagiarism?

Of course, I am always curious of the answer to the killer question: "If you are to be excluded from a choice and you had the choice of the other applicants, who would you choose and why?" If they have not studied their opponents enough to decide, they are clearly not qualified to be a D.A.

2018 Election Impacts. We are already seeing some impacts on the anticipation of election fights for next year. In Concord, Ron Leone's announcement to run for County

School Superintendent opens the specter of an open seat in the Concord Council, providing that he is either in a runoff or wins out right in the June election. Hamish Kumar, whose run for Governor is a basic tactic for name recognition for another Concord Council race. This time though, he comes in as the Runner-up in the 2016 election.

Will Walnut Creek return its incumbents and who will emerge new in the various Council races at Pleasant Hill and Clayton?

Will the Board of Supervisor District 4 (Karen Mitchoff) have a challenger, and if so, from where?

The Mount Diablo School District already has a repeat contender in Cherise Khaund who was the runner up in 2016.

Will the national conflict of Trump vs. Dems vs. Rep vs. Trump on Trump have a major turnout impact?

The rapid-fire waves of attacks, foot-in-mouth and other orifices coming out of Washington and the political parties result in enough headspin to make a re-make of the Exorcist probable.

Who would have thought that we would have headlines about Nazi's, White Supremacist, and Klu Klux Klansmen, not to mention "some very fine people" who march with them. Though, I am still waiting for someone to ask for their names and check their immigration papers because I surely do not know any very fine Americans who would march with them in support of anything.

Who knows what new insanity will be sweeping the country in 2018? Any entertaining suggestions? Give me a shout. Contact: EdiBirsan@gmail.com



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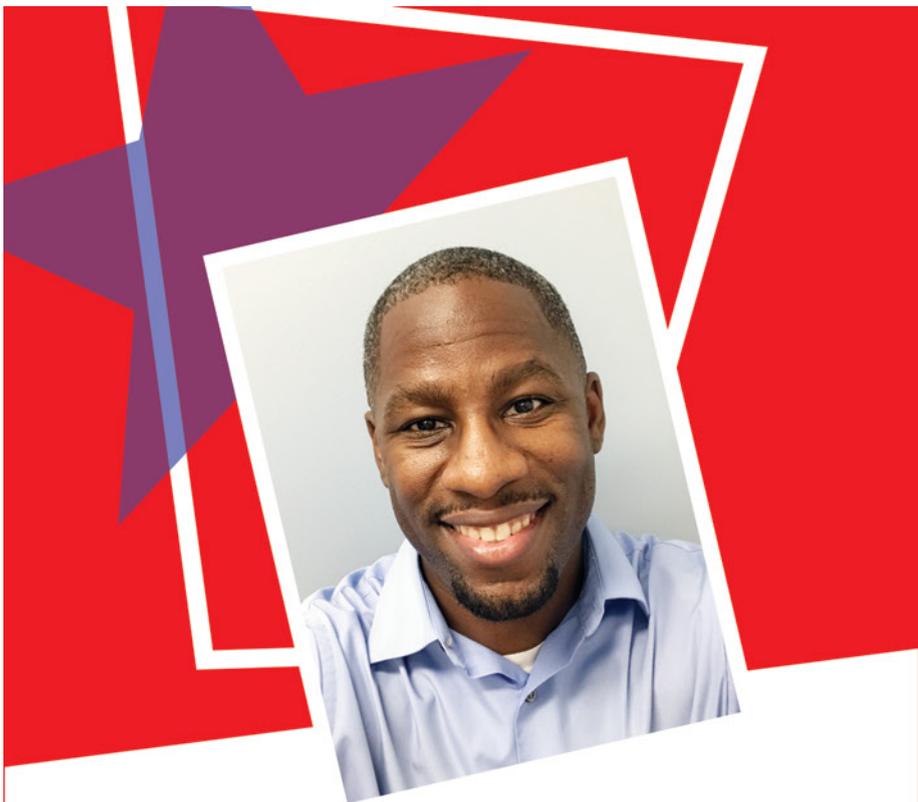
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Thailand: Walking with the Elephants

Let Ethics Guide your Travel Plans

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

One of the great things about doing book reviews for the Diablo Gazette's "Book-Ends" column is that through the act of reading I experience amazing destinations and learn about exotic creatures. I fell in love with African elephants while reviewing "The Elephant Whisperer" by Lawrence Anthony for my May 2017 column. This summer my family travelled to Thailand and I jumped at the chance to visit Asian elephants in real life, but only if I could find the right organization.

Despite their long association with hu-

mans, elephants have never been domesticated. The process of taming elephants, called phajaan, which appropriately means, "crushing," involves separating calves from their mothers – a traumatic experience for these tightly-bonded animals. These young animals are then tied down or squeezed into a small space, starved, dehydrated, and beaten until they learn to fear the bull hook. As their training progresses, riding cages are placed on their backs that can weigh upwards of 500 pounds. Over time



Eric, Lindsay, Kelly and Jill with two of the 74 rescued elephants.

Continues on next page...

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Elephants continued from p3

these heavy loads usually lead to back, joint and feet injuries. After learning about this cruelty, my family agreed to not support elephant parks allowing



elephant riding or that force elephants to pose for pictures.

Only the Elephant Nature Park (www.elephantnaturepark.org) passed my family's ethical standards. The Elephant Nature Park is a 250-acre rescue and rehabilitation center in Northern Thailand housing 74 rescued elephants as well as 150 water buffalo and over 400 dogs. The natural environment allows elephants to roam freely, and the presence of a river gives these water-loving creatures an opportunity to bathe and play.

We booked the short visit option because the full day tour was sold out. Our tour included transportation from our hotel. The van ride from Chaing Mai included an educational video that was brutally graphic. Although I found the documentary distressing, I believe anyone planning to ride elephants should watch this heartbreaking video.

Upon arrival at the park, our guide, Neil, accompanied us to a central building for a quick stop to observe the elephant food preparation area where an entire truckload of greenish-gray pumpkins had been stockpiled. Then we headed on foot

toward a group of five giant gray beasts. Neil explained that these social animals have been allowed to form their own family units and routines. The goal is to provide the elephants an opportunity to live as normal a life as possible. For some of these rescued creatures, "normal" means adjusting to life with three feet because of lost limbs from land mines.

Others are blind or have broken limbs because their former owners failed to give them proper care or excessively punished them for bad behavior. Each elephant at the park is assigned its own "mahout" or keeper who stays with the elephant around the clock and ensures that it does not wander off the property.

After a delicious buffet lunch, we then walked to the river to watch a female and an orphaned baby frolicking in the water. I was mesmerized when, like a scene from the Jungle Cruise ride at Disneyland, the older elephant squirted a trunkful of water over her back.

Our next activity involved feeding the giant beast treats from the observation deck. Several elephants lined up at the raised platform and their mahouts provided us baskets filled with bananas, chunks of squash and assorted fruits. I smiled when one elephant that dislikes

watermelon rind was fed only the juicy red portion. Spoiled elephants! Each elephant had its own feeding style. One plunked a curled trunk on the deck waiting for food to be placed in the curve, while another waved its trunk like a banner, sniffing the air before zeroing in on its next morsel that it took from a tourist's hand.

Back out on the grounds, our group passed several groups of elephant families until we reached our next stop, which involved a hands-on visit with an elephant that enjoyed being petted. Touching this gentle soul was a profound experience. Elephant ears feel like velvet, but the coarse skin is akin to a non-scratch scour pad. Our visit was over way too soon.

The Elephant Nature Park is a testament that elephant encounters can be a positive experience for both these gentle giants and tourists. I hope that this orga-

nization's popularity (slots fill up months in advance) sends a strong message to the owners of less scrupulous companies that practicing humane treatment will benefit their business.

Even if you don't plan to visit Thailand anytime soon, you can help these rescued animals by sponsoring a specific elephant for six months for as little as 1,750 Thailand baht (equivalent to about \$50) (<http://www.saveelephant.org/product/elephant-nature-park-sponsorship/>) or by making a general donation in an amount of your choosing (<http://www.saveelephant.org/donate/general-donation>).

Jill Hedgecock is a biologist and holds a Master's degree in Environmental Management. Her article "ARE RHINOS TOO VALUABLE TO SAVE?" (Diablo Gazette, May 2016), can be found at <http://www.diablogazette.com/travel/are-rhinos-too-valuable-to-save/>

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10 Steps to Tame the Worry Monster

School is back in session and that means schedules and homework, and anxiety become a regular part of daily lives for our children (and ourselves). I have learned that there are simple and effective strategies that kids (and parents) can learn to drive the Worry Monster away.

Teaching kids about how fear and worry work in their bodies empowers them to take a stand against this bully. Here are 10 steps to defeat the Worry Monster and turn our worriers into warriors.*

Step 1: Teach How Our Brain and Body Work When We Are Scared. We all have a “fight or flight” survival response that is designed to keep us alive. We have a tiny ball of neurons called the amygdala (ah-mig-da-la), known as our fear center, that runs our in-body security system.

When it senses danger, it sends adrenaline through our bodies to make us run fast and fight with one goal, survival!

Step 2: Identify Body Feelings. When your amygdala gets activated, you will feel the physical sensations of worry and fear in your your head, chest, stomach, and throat. This is because your heart beats super-fast to get extra blood from your brain and stomach to your arms and legs so you can fight or run fast. The blood leaving our brain and stomach makes us light headed, have headaches, endure stomachaches, get butterflies, and feel nauseous. Sound familiar? These feelings are our signal that the Worry Monster is messing with us.

Step 3: Externalize the Problem. Label your worries and fears as the “Worry Monster”, the bully responsible for making us think worrisome and scary thoughts. The Worry Monster’s job is to keep us from enjoying life, to worry and be scared. The more you talk about the Worry Monster with your allies, the weaker he will get and the sooner he will go away.

Step 4: Make a Worry List. Make a list of everything your child (and you) worry about. The Worry Monster doesn’t like us to talk about him or how he works, so the more things you put on the list, the better. Organize those worries and fears starting with the most powerful (severe) at the top and least powerful at the bottom of the list.

Step 5: Make a Success Ladder. Choose a behavior from the worry list and make a success ladder by identifying baby steps, or rungs, with the ultimate fear or goal at the top of the ladder and the least scary behavior at the bottom. You will need to decide whether you can start with a single fear like swimming or whether the task needs to be broken into parts (looking at



a pool) so that you can gain confidence with each baby step along the way to conquering your fear.

Step 6: Identify Worrisome and Fearful Thinking. Expose the Worry Monster’s secrets by writing down what he tells you to make you feel scared and worried. For example, next to the worry “being left alone,” you may write, “I might get left at school.” Uncover what he tells you for all your worries and fears — you are exposing him.

Step 7: Change and Modify Thinking. Next to the list of what the Worry Monster tells you, write down new thoughts that are healthier and more realistic. Ask yourself, “What am I thinking? How can I think about this differently?” For example, “I might get left at school,” gets changed to, “I have never been left before” and “Something bad might happen to my mom,” gets changed to, “My mom is strong and can take care of herself.”

Step 8: Practice, Practice, Practice! Choose behavioral practice activities to tackle the Worry Monster head on. Go to your Success Ladder and start doing the first thing on the bottom of the list until you are bored of it. For example, if you are afraid of dogs, look at a book about dogs until it is not scary and then go to the next rung on the ladder (looking at dogs from far away). Keep moving up the ladder and work your way to the top. Sometimes it goes quickly and other times you may have to practice something over and over.

Step 9: Develop a Coping Toolbox. Make a personalized toolbox to help you take on the Worry Monster when he shows up. This toolbox consists of strategies like deep breathing, understanding where in your body you feel the worry and fear, knowing what makes you start worrying or feeling scared, questions to ask yourself to challenge your thinking (“Is it true?”), statements to use against the Worry Monster (“I can do this!”; “Take a hike, you cowardly bully!”; “So what?”), exercise, and activities that distract you and help you relax.

Step 10 — Don’t Give Up. Like all bullies, the Worry Monster does not give up easily. It takes a ton of courage and persistence to drive him away. You have talents to show the world and lots of life experiences to enjoy. By using these strategies, and working as a team, the Worry Monster doesn’t stand a chance this school year.

(*Based on the book “Make Your Worrier a Warrior” by Dr. Dan Peters.)



Jennifer Stojanovich
Realtor, Better Homes Realty

Selling Your Home in the Fall

It’s almost time for sweaters, fall foliage and pumpkin spice lattes. And if you’re like some homeowners, it may also be time to sell your home. While fall may not be the most popular time to list your home for sale, it can have its benefits. Follow these tips to make your home for sale stand out this season.

Know your buyers. When selling in the fall, it’s important to understand who the most likely buyers are going to be. Most families with schoolchildren probably made moves during the summer so that their kids would be settled in time for the school year. In the fall, you’re more likely to encounter empty-nesters and millennials. Highlight amenities that would appeal to people in these age groups. This could include the ability to walk to nearby restaurants or any smart-home upgrades you may have made. In addition, think about staging an extra bedroom as a home office or gym.

Amp up your curb appeal. Fall is an easy time to add some curb appeal to your home. Be sure to clean up all the yard debris and dead leaves and clean sidewalks and driveways. Display some potted mums and pumpkins on the front porch.

Take photos now. A late fall or winter landscape can look pretty bleak. A gray sky, brown grass and bare trees don’t show your home off at its best. If you’re able, take marketing photos of your home now while the weather is nice and trees still have their leaves.

Create a cozy atmosphere. With cooler temperatures, it’s important to make potential buyers feel comfortable and warm. If you have a fireplace, make sure it’s clean and in working order. While you don’t want to go overboard with seasonal decorations, a tasteful fall centerpiece or door wreath can add considerable charm. Nothing beats the scents of fall, so don’t be afraid to bake a pie or light a scented candle.

Check the furnace. Before you turn on the heat for the first time, check the HVAC system. Change the furnace filter and vacuum vents. An inspection is going to include your furnace, so it’s better to discover problems now so you have time to fix them.

Turn on the lights. Shorter and darker days are ahead so make your home appear as bright and spacious as possible. Open all the curtains and blinds during showings. Turn on all the lights, including closet and appliance lights. Add more lighting if needed. If the walk up to the front door is dark, install some outdoor lighting along the path.

Be flexible. Lastly, understand that fall schedules can be more hectic. Weather can easily derail plans. Be flexible with showings and your closing date whenever possible.

Follow the advice above and you can maximize what the season has to offer.

Compliments of Virtual Results at www.virtualresults.net/buying-home-summer/

Concord and Clayton Is the Right Move

by Terrylynn Fisher

San Francisco and South Bay home prices are forcing new homeowners to seek housing elsewhere, this bodes well for our community for sellers looking for ready buyers. Moving into Concord and Clayton is simply one of the best locations decisions one can make when looking to settle in the Bay Area. Here’s what buyers are beginning to recognize.

Clayton has been listed three times as one of CNN’s Money magazine’s “Top 100 Places to Live in the Nation” for small cities. In the Nation! That is quite the endorsement. There is so much to explore and appreciate. Is it the trails, Oktoberfest, Rib Cook-off, 4th of July parade, Art and Wine Festival, Concerts in the Grove, bocce ball league, or Mt Diablo and the foothills that is the draw? Our schools rank 9 out of 10 in great schools.org ranking for academics.

Concord is conveniently located halfway between San Francisco and Napa Valley. It’s growing art and food scene, year-round Farmers Market in Todos Santos Plaza every Tuesday and Thursdays Music and Market in the park boasts some of the best local cover bands the area has to offer.

The Concord Jazz Festival has been jamming since 1969 at the Concord Pavilion. Speaking of the Pavilion, it’s pretty convenient to have such and extraordinary outdoor amphitheater to attract major rock bands, bluesy jazz, acoustic shows, hip-hop performances and more, throughout the year.

Our BART connection makes it easy to explore San Francisco or go to the SFO Airport. Kick back at the craft breweries along our ever-growing beer trail. Hike Mt. Diablo for breathtaking views of the region or turn the kids loose at Water-

world California. It’s all here.

Combined with declining inventory all of this is impacting home prices upward in our area. We are in a seller’s market, meaning we have only three months of inventory based on our closing rate. Comparing July 2016 to July 2017, in Concord’s 94521 zip code area, number of homes for sale have remained relatively the same (54 in 2016 to 52 this July). While Clayton number of homes for sale (18) is down 35.7% from July of 2016.

Less homes means higher demand on the homes for sale. Concord’s average “Sold” price was up from a year ago increasing from \$647,000 to \$681,000. Clayton is seeing the similar results with average “sold” price increasing from \$708,000 to \$723,000.

One other important metric to note, “days on the market” has decreased in Clayton and Concord. Homes are selling fast, in about three weeks’ time. Does data predict results? No, but it can help you price your home to sell. Choose an experienced realtor to help you plan, budget, and strategize your home sale. For current data of your neighborhood market, visit www.buystagesell.com.

Our neighborhoods have so much to offer. For families having to relocate, relocating to Concord or Clayton is the right move. We have much to offer them, and that is your opportunity if you are looking to sell.

Terrylynn Fisher, Real Estate Broker leads Terrylynn-n-Team and is a 30-year + veteran of real estate and author of blogs and magazine articles for the staging industry with Dudum Real Estate Group, Walnut Creek. CalBRE#01882902. (925) 876-0966. www.BuyStageSell.com. CalBRE#0615420

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Beware Risky Charcoal Teeth Whitening Trend

There is a growing trend to use activated charcoal to “naturally” whiten teeth. DIY teeth whitening methods are sweeping social media platforms where influencers like YouTube user Mama Natural readily try and endorse others to brush their teeth with charcoal-based products or a paste of activated charcoal and water, sometimes stating that they see immediate results.

However, California Association of Orthodontists (CAO) warns that these methods could result in permanent erosion of the tooth enamel and dentin. “Brushing with something as abrasive as charcoal can wear away at the outer layer of your teeth, and once the enamel has deteriorated, there is no way to grow it back or replace it naturally. The teeth will become more sensitive and can actually become darker in color as the inner part of the tooth becomes more visible under thinned enamel,” says Dr. Andrew Harner, President of the CAO.

Dr. Harner states that charcoal teeth whitening products have not been evaluated or approved by the American Dental Association or the American Association of Orthodontists and the long-term effects could be harmful. Adding that activated charcoal and other popular methods of “natural” oral care like oil pulling and using bentonite clay toothpaste are no replacement for fluoride-based products. “Fluoride is a natural mineral that is scientifically proven to strengthen tooth enamel, speed up remineralization of teeth and help to prevent tooth decay. Patients that regularly use products without fluoride or forego regular visits to an oral health professional in favor of natural remedies put themselves at risk of severe plaque build-up, cavities and gum disease,” Dr. Harner warns. “Products touted as natural remedies can actually turn out to be harmful if used without legitimate research. I strongly advise patients to be wary of new health trends that promise



miracle results.”

Concord Orthodontist Dr. H. Dixon Taylor, D.D.S., M.S.D. adds, “There are no known research studies to show the effectiveness of activated charcoal for tooth whitening. The concern with DIY products is that there is no way of knowing how safe or effective they are for the tooth surface and gingival tissues”. This information is according to an article he read written by Judy Zack Bendit, RDH, BS. ADA approved dental products is the safest route. Your local orthodontist can recommend over-the-counter whitening treatments for both surface and deep stains.

The California Association of Orthodontists is a chapter of the American Association of Orthodontists, the world’s oldest and largest dental specialty organization. For more information go to www.caortho.org.

Planning Commission Plans Speaker Series

Beginning September, residents have a new opportunity to learn about topics related to some important community issues. An educational speaker series will soon become part of upcoming Planning Commission meetings.

“There are many topics in the series that we think will be of interest to residents,” said Planning Commission Chair Jason Laub. “The series will also provide commissioners with information to assist us in our deliberations and making informed decisions. Residents can attend the meetings or watch the sessions on Concord Cable TV. Our meetings are also streamed on www.cityofconcord.org so anyone with internet access can watch as well.”

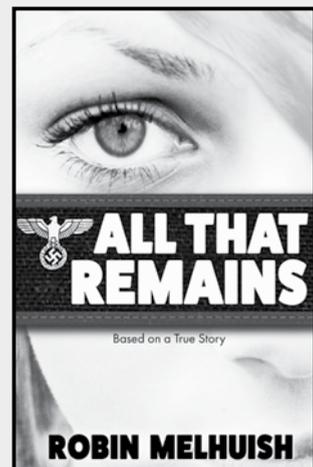
The intent of the series is to provide more background information on topics that may come before the Planning Commission in the future. Some of the upcoming topics include parking, affordable housing, and autonomous vehicles. Speakers will give a general overview of the subject and then answer questions

from commissioners.

“Planning issues are sometimes a mystery to our residents, so we hope our efforts will lead to a more informed community,” said Laub.

Parking will be the topic at the September 6 meeting with a speaker from Transform, a non-profit working on innovative solutions to parking issues. A speaker from the East Bay Housing Organizations will present an overview of affordable housing at the Sept. 20 meeting. On Oct. 4, the topic will be autonomous vehicles with a speaker from the Contra Costa Transportation Authority.

The Planning Commission meets the first and third Wednesday of the month at 6:30 p.m. in the City Council Chambers at Concord Civic Center, 1950 Parkside Dr. For more information, contact Principal Planner Michael Cass, (925) 671-3332, Michael.Cass@cityofconcord.org or Planning Manager Laura Simpson, (925) 671-3369, Laura.Simpson@cityofconcord.org.



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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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Your SEPTEMBER 2017 Pullout Guide : Pages 7-14

The Diablo Gazette's

ENTERTAINMENT GUIDE

April 8, 2024
Next North American Total Solar Eclipse (mark your calendar)

FUNDRAISERS

Pancake Breakfast - Supporting Veterans of foreign Wars - 2nd and 4th Sundays includes eggs, pancakes, sausage, beverage. 8 - 11 a.m. Willow Pass Road, Concord \$5, \$3 Children under 12. <http://www.vfwpost1525.org>

September 23

2nd Annual Bay Area Beer & Sliderfest 2017 1PM - 4PM featuring local breweries & restaurants. Unlimited Beer/Slider Ticket: \$30. Designated Driver/Food Only: \$20. Portion of all proceeds benefit Food Bank of Contra Costa & Solano. Must be 21+ to attend. Crowne Plaza Hotel 45 John Glenn Dr. Concord. More info call Concord Chamber 925-685-1181. www.concordchamber.com.

October 7

Chief Philip Kader 5K Walk - Benefits the Auxiliary's education Scholarship Program for youths released from juvenile hall who are enrolled in college or trade school. Race starts and finishes at Lafayette Reservoir at 8 a.m. Walk begins at 9 a.m. \$25 Registration. First 100 receive free race t-shirt. Register at juvenilehallauxiliary.org.

October 21

Laurie and Dan Roldan sing Broadway

with wine and desserts for the GFWC Clayton Valley Woman's Club "Fall Fundraiser" to benefit selected community charities and a scholarship. Laurie Roldan has performed throughout the West and has appeared as a soloist with Symphony orchestras throughout California. Laurie has released her uplifting CD "Even That". Laurie's award-winning performances along with her husband, Dan will stimulate joyous memories with these classics. 4:00 - 6:00pm. at Diamond Terrace, 6401 Center St., Clayton CA. Reservations are limited. For reservation information (\$25), please call Aleta at 925-672-9448. For more information about the Woman's Club, go to: www.claytonvalleywomansclub.org.

OUTDOORS

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

Walnut Creek: Downtown WCD hosts Walnut Creek First Wednesdays Street Festivals each month for all ages! Festivities include live entertainment, arts & crafts, shopping, treats & more! 5:30-8:30pm through October 4. www.walnutcreekdowntown.com/events

FARMERS' MARKETS

Concord Tuesdays, 10am to 2pm, year-round, rain or shine, Thursdays 4P-8P,

Todos Santos Plaza.

Martinez Sundays, 10am to 2pm, year-round, Main St. and Estudillo.

Walnut Creek Diablo Valley Farmers Market Saturday 9a.m. - 1 p.m. Shadelands Business Park, N. Wigett Lane and Mitchell Dr.

Contra Costa Certified Farmers

Market - North Locust St between Giamaona and Lacassie St. Sundays 9 am - 1 pm, Year Round, (925) 431-8361 <http://www.cccfm.org>

Pleasant Hill - Saturdays 10:00am to 2:00pm through Oct 28; 136 Trelany Rd, Pleasant Hill

Pittsburg - Saturday 9:00am to 1:00pm, through Oct 7; 600 Railroad Ave, Pittsburg

Clayton- Saturday 8:00am to 12:00pm through Oct 14; 6095 Main St, Clayton September 6

SAN FRANCISCO Pier 39's 39th Anniversary Celebration

September 8 -70s Roller Disco Party - We're rolling back to the year we opened-1978-with a free 70s Roller Disco Party! Head to The PIER for an evening of fun, music and roller-skating in the PIER 39 Entrance Plaza from 4-10pm. Bring your own skates and protective gear or rent them for free.

September 22 - PIER 39 Fall Beer Pour - Head to The PIER for an evening of beer, music and fun at the Fall Beer Pour! Enjoy beer tastings, exclusive discounts,

and live music from 4-8pm. Attendees will receive a commemorative beer glass and more. Tickets are \$20 online and \$25 at the event (cash only). A portion of ticket sales will benefit Aquarium of the Bay's free conservation programs for Bay Area children. To purchase tickets, visit pier39.com.

September 17

30th Annual Tri-For-Real Triathlon at Shadow Cliffs Regional Park. 700-yard swim, 19-mile bike, and 4-mile run utilizing the lake and rolling hills of Shadow Cliff Park and the flat paved roads through Pleasanton and Livermore, Races will start at 7:00 a.m The Tri-For-Real is also professionally chip-timed for all participants. 2500 Stanley Blvd., Pleasanton. For more information at onyourmarkevents.com.

October 7 & 8

THE FALL CONTRA COSTA CRYSTAL FAIR Saturday 10am - 6pm, Sunday 10am - 4pm. A magical mix of crystals, minerals, beads, jewelry, and the healing arts. Over 30 vendors and thousands of items available at affordable prices. Call (415) 383-7837. Civic Park Community Center 1375 Civic Drive (at Broadway), Walnut Creek. Admission \$12 (free for children 12 and under accompanied by adult)

Continues on next page...

MIDNIGHTERS NOR CAL *Head* **SEPT. 9TH, 2017**
DOWNTOWN MARTINEZ
 Main Street Organization
 MUSIC BY: D.J. TONY PICHARDO

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 SIGN IN 8-10AM PRE-REGISTRATION FEE \$20
 DAY OF SHOW \$25
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 2PM
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 Call 925-228-3577
 FOR MORE INFO VISIT
WWW.MAINSTREETMARTINEZ.ORG

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THE BAY AREA BLUES FESTIVAL

SATURDAY & SUNDAY
SEPTEMBER 23 & 24
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OCTOBER 7-8
 CIVIC PARK COMMUNITY CENTER
 CIVIC DRIVE AT BROADWAY
 WWW.CRYSTALFAIR.COM
 SAT 10-6 SUN 10-4 ADMISSION \$12 (12 & UNDER FREE) FREE PARKING

CALENDAR cont'd...

FAMILY EVENTS

Galindo Home and Gardens Tours - 1721 Amador Avenue, Concord. Visit the fully-restored 1856 Victorian home of Francisco Galindo, one of Concord's founding fathers, and his wife, Maria Dolores Manuela (Pacheco) Galindo. This includes the 1875 addition by Francisco Galindo's son, Juan "John" Galindo. No reservations needed. Fee \$5 for adults and children over 12. One of only a few Victorian ranch houses in the country. By 1880, the structure was reconfigured in the Queen Anne style, with bay windows, sweeping steps, and a broad porch. Visitors can tour the 10 rooms, including two parlors and a formal dining room, and see 15 original pieces of Eastlake furniture. Go to concordhistorical.org for more information.

September 9

"Promoting Your Book: Building a Successful Marketing Strategy" presented by Andrew Benzie of Andrew books at the next meeting of the Mt. Diablo branch of the California Writers Club. Sign-in begins at 11:15 am, luncheon 12:00 pm to 12:45, including a short business meeting, and speaker from 1:00 pm to 2:00 pm. Registration is \$25 for CWC members, \$30 for guests. Reservations required no later than noon September 6. Email Robin at cwrobin.gigoux@yahoo.com or call 925-933-9670, or sign up via PayPal: click "buy now" on the Mt. Diablo website <http://cwcmtdiablowriters.wordpress.com/next-program/>. Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill.

September 12

Laurie Strawn performs, "Brave Little Nell-the Eleanor Roosevelt Story" at the Clayton Valley Woman's Club monthly meeting. Audience can ask questions and discuss her (Eleanor) remarkable life and the times she lived in. St. John's Episcopal Church, located at 5555 Clayton Road, Clayton. For more information visit www.claytonvalleywomansclub.org.

September 14

Book release, lecture and demonstration with San Francisco-based botanical artist, Tiffanie Turner author of *The Fine Art of Paper Flowers*. 6:30 to 8:00 p.m. Camellia Room @ The Gardens at Heather Farm. Event Admission Only: \$15 Public | \$10 Members. Event Admission and Book Package: \$35 Public | \$30 Members. Register online at www.gardenshf.org or call (925) 947-1678. 1540 Marchbanks Drive, Walnut Creek.

September 16

In the Shadow of Diablo: Mystery of the

Great Stone House. The CCC Historical Society presents author and educator Dan Hanel. His novel alternates between a local teacher's present-day adventure and the historical accounts of the brutal murder of Dr. John Marsh, one of the most important figures in CoCoCounty and California history. Book signing 1:00pm - 3:00pm. Admission and parking are free. Refreshments. RSVP is requested. Call: (925) 229-1042. CoCo History Center. 724 Escobar Street, Martinez. For more information, visit www.cocohistory.com. A \$10 donation is suggested at the door. All proceeds benefit the preservation work of the CoCo County archives.

September 16-17, 29

Walnut Creek Model Railroad Society - Monthly show. All aboard the Diablo Valley Lines Railroad model show. See one of the largest exclusively HO scale model railroads in the United States. 2751 Buena Vista Avenue, Walnut Creek.

September 23

So You want to Write a Book - San Ramon Valley Library - 1:30-3:30pm. Forum on being published with panel of four blockbuster and award-winning local authors. B. Lynn Goodwin, Jill Hedgecock (Diablo Gazette Book Ends), Judith Ingram, Judith Marshall. 100 Montgomery St. 925-973-3200

September 23-24

Jelly Belly Fifth Annual Candy Palooza 9 a.m. to 5 p.m. Saturday-Sunday. Enjoy carnival favorites, midway games and delicious food. Adults 21 and over can imbibe beer, sip wine and nibble on house-made chocolate confections at the Chocolate & Wine Experience. Jelly Belly artist Kristin Cumings will sign autographs. Peruse arts and crafts booths, enjoy live music. Free admission and parking. Some attractions will require a fee. Complimentary candy factory tours daily, 9:00 a.m.-4:00 p.m. at One Jelly Belly Lane, Fairfield. For more information, please call (800) 953-5592 or visit www.JellyBelly.com.

September 29

Senior Transportation Forum 2017 - 9:00 am- 3:00 pm Discuss solutions to transportation for aging community members. Lunch provided at John Muir Medical Center. Sponsored by Senior Mobility Action Council of the Contra Costa Advisory council on Aging. RSVP to Meal son Wheels Outreach Services 925-937-8311

VISUAL ARTS/THEATRE/MUSIC

September 9

Hawaiian Fusion with Don Ho, six time Grammy winning artist, producer, composer. A fundraiser for scholarships for underprivileged seniors. 4:30-8:30. tickets \$50, Table of 10 \$450. www.cityofconcord.org/hawaiian-fusion.

Concord 29th Annual Music and Market Series

9/7/2017 Fresh Original Songwriting! Co-bill: The Next of Kin, rustic sounds with a modern flair plus Whirl, the Future of Pop/Rock.
9/14/2017 Annie Sampson Concord's Blues and Soul Diva

Clayton Concert in the Grove - Clayton

September 2 The Fundamentals Fundamentals - Performing a high-energy stage show with three dynamic lead vocalists, the hottest horn players around and a tight four-piece rhythm section. Performing songs by Michael Jackson, Earth Wind & Fire, Beyoncé to Journey and Bon Jovi, you will hear your favorite R&B, Rock, Pop, and Soul. www.thefundamentals.com

Clayton THEATRE Company presents

THE 1940s RADIO HOUR

Written by Walton Jones

Directed by Roxanne Pardi / Choreographer, La Tonya Watts / Music Director, Santiago Martinez

		OCTOBER		19	20	21
				Preview 7:30 pm	7:30 pm	2:00 pm 7:30 pm
22	2:00 pm			26	27	28
				7:30 pm	7:30 pm	2:00 pm 7:30 pm
29	2:00 pm	NOVEMBER		2	3	4
				7:30 pm	7:30 pm	2:00 pm 7:30 pm

Endeavor Hall - 6008 Center St. - Clayton, CA
 "The 1940's Radio Hour" by Walton Jones is presented through special arrangement with Samuel French

Clayton Theatre Company



Clayton Theatre Company's Summer Stage 3-week camp was a great success! The two final productions of "Aladdin Jr." were a hit. The 2018 CTC Summer Stage camp will produce "Suessical the Musical Jr." 7/9-7/26/18.

September 16 East Bay Mudd - Put on your dancing shoes. This 10-piece cover dance band with a powerful four-man horn section, will keep you dancing all night long as commanding take on contemporary classics, soul, funk and R&B tunes. They are always a great band to end our concert season. www.eastbay-mudd.net

Concord Pavilion - Concord

September 3 - Hot Summer Nights Ja Rule, Ashanti, Mace & Monica
September 15 - Florida Georgia Line, Nelly and Chris Lane
September 28 - Jason Aldean, Chris Young & Kane Brown
October 5 - Janet Jackson
Oct 12 -- Luke Bryan and Brett Eldredge
General sale tickets are available online at LiveNation.com, Ticketmaster.com or charge by phone at 1-800-745-3000. Tickets are also available at select Wal-Mart locations. For general Pavilion information, call (925) 676-8742

Jazz Room - Danville

2017 Jazz Series Gallery at Village Theatre 233 Front Street, Danville 925-314-3400
September 29 - Jeff Densen Quartet

with California Jazz Conservatory Blue Ensemble. Friday, 8 PM
Here's the info for Oct 6th. For Concerts which are held in the Gallery Tickets are only sold through Brown Paper Tickets.
October 6th - Oakland Jazz Choir @ 7:30pm. www.oaklandJazzChoir.com. "In a city full of delightfully different cultural traditions, the Oakland Jazz Choir stands out as a local treasure." Dave Becker of The Oakland Tribune. \$20 General and Door. Doors open at 7pm. Maximum Seating Capacity is 60! Open seating! Tickets available

THE TOWN OF DANVILLE presents

the JAZZ room

2017 SERIES

Friday, July 7 • 8:00 P.M.
JAZZ HARPISIT MOTOSHI KOSAKO
MIKE WILLIAMS & MARC LEVINE
With special guest singer Eve Marie

Friday, September 29 • 8:00 P.M.
JEFF DENSON QUARTET
With California Jazz Conservatory Blue Ensemble

Saturday, November 11 • 8:00 P.M.
THE KELLY PARK BIG BAND
With special guests

VILLAGE THEATRE & ART GALLERY
233 FRONT STREET, DANVILLE, CA 94501
FOUNDED ARTISTIC DIRECTOR: EVE MARIE SHANAHAN

BAY AREA

BEER & SLIDER

FEST 2017

Presented by Greater Concord Chamber of Commerce

September 23 1p.m.-4p.m.

**Crowne Plaza Hotel
Concord**

Featuring Local Breweries and Restaurants

Unlimited Beer/Slider: **\$30**
Food Only: **\$20**

Portion of proceeds benefit the Food Bank of Contra Costa and Solano

CALENDAR cont'd...

now! <http://www.brownpapertickets.com/event/3076565>
November 11- Kelly Park Big Band -Saturday 8PM

October 19

“The 1940’s Radio Hour”, Clayton Theatre Company’s fall production will run 10/19-11/4/17 @ Endeavor Hall 6008 Center St., Clayton. A live radio broadcast takes place on Dec. 21, 1942. The spirit of that bygone era when the world was at war and music like “Boogie Woogie Bugle Boy” was playing on the radio. If you attend a FRIDAY NIGHT PERFORMANCE-come dressed in your best 1940’s costume and you will receive a free popcorn. Please visit claytontheatrecompany.com to purchase tickets.

October 19-22

“Z is for ...Zombie!” presented by Synergy Theater. “Z is for...Zombie!” is a completely improvised spoof of zombie apocalypse movies in which nobody knows who is a zombie and who is still human – not even the cast! Who will be eaten and converted into a brain-sucking zombie? And, who will be the last human improviser standing? Nobody knows until the very last scene! Thursday – Saturday at 8:15 pm and Sunday at 3:15 pm. The Leshar Center for the Arts, George & Sonja Vukasin Theatre, 1601 Civic Drive, Walnut Creek. Tickets \$20 at www.lesherartscenter.org or (925) 943-7469.

For a complete list of local clubs and meeting dates, go to diablogazette.com.

Writers to Learn How to Promote Your Book!

Andrew Benzie of Andrew Books will present “Promoting Your Book: Building a Successful Marketing Strategy” at the next meeting of the Mt. Diablo branch of the California Writers Club on Saturday, September 9 at Zio Fraedo’s Restaurant, 611 Gregory Lane, Pleasant Hill.

Benzie will discuss how to effectively brand and promote your book, whether you are traditionally or self-published. Attendees will learn how to create a powerful brand, to successfully promote to maximize sales, to build and implement a solid marketing strategy, and to maximize a book’s visibility.

Bay Area native Andrew Benzie has over 30 years of experience in the design

industry. He has worked for corporate art departments as well as a freelance designer for his own company, ABCD (Andrew Benzie Creative Design.) He established his publishing company in 2010 to help authors design, publish, and market their books.

Sign-in begins at 11:15 am, luncheon 12:00 pm to 12:45, including a short business meeting, and speaker from 1:00 pm to 2:00 pm. Registration is \$25 for CWC members, \$30 for guests.

Reservations are required, and must be received no later than noon on Wednesday, September 6, 2017.

To reserve, contact Robin at cwcrobin.gigoux@yahoo.com, leave a message at 925-933-9670, or sign up via PayPal: click “buy now” on the Mt. Diablo website, <http://cwcmtdiablowriters.wordpress.com/next-program/>.

Expect confirmation only if you e-mail your reservation.



“Laurie & Dan Roland” sing Broadway for GFWC Clayton Valley Woman’s Club Fundraiser

Save the Date for the GFWC Clayton Valley Woman’s Club Fall Fundraiser. Proceeds from this fundraiser will go to selected community charities and a scholarship.

Clayton Valley Woman’s Club presents a delightful afternoon of music, wine appetizers and desserts with Laurie and Dan Roland singing timeless Broadway, and best loved standards.

Laurie Roland is a guest artist at many special events throughout the West and has appeared as a soloist with symphony orchestras throughout California. Laurie has performed leading roles with Bay Area theater groups and has released her uplifting CD “Even That.”

Her award-winning performances, com-

bined with her passion for helping the community have earned her a noted reputation in the East Bay. Laurie is also a loving wife, a devoted mother of three, with a great love of songs. Her husband, Dan, will join her, and they will give you joy and stimulate memories with these classics.

Saturday, October 21, from 4:00 – 6:00pm at Diamond Terrace, 6401 Center St., Clayton. Reservations are limited at \$25 each. Call Aleta at (925) 672-9448 or visit www.claytonvalleywomansclub.org.



What’s UP? in downtown Martinez

- Sept 9..... Madness on Main Car Show
- Sept 23 & 24..... Bay Area Blues Festival
- Oct 21 Zombie Brew Crawl
- Oct. 29 Halloween Spooktacular
- Nov. 25 Small Business Saturday
- Nov. 25 Winter Wine Stroll

Nov. 18-Jan 7. Downtown Holiday Ice Rink



Main Street Martinez
PO Box 776
Martinez, CA 94553
www.MainStreetMartinez.org
(925) 228-3577



Concord Pickleball League now taking Fall Registration

Adults looking for fun exercise should consider signing up for the Concord doubles pickleball league or taking a pickleball class. Pickleball is the fastest growing sport in America. It



combines elements of badminton, tennis and ping-pong into a low impact game for all ages. The City of Concord recently renovated four tennis courts at Willow Pass Park into 14 dedicated pickleball courts. Concord Parks and Recreation is now taking team registrations for coed, men’s and women’s doubles pickleball leagues. Registrations are due Friday, September 1 by 4 p.m. Visit www.teamsideline.com/concord for a registration packet or more information.

The fall season runs September 12 through November 2. Pickleball classes will be taught by certified pickleball instructor Marcia Neishi, a high-level tournament player. The first six-week session starts Monday, September 18.

Visit www.ConcordReg.org to register. Interested individuals can also learn more about the league and upcoming classes, and register for sessions at Willow Pass Community Center, 2748 E. Olivera Road, Monday through Friday between 9 a.m. and 4 p.m. For more information, contact Program Coordinator Kayla Malachowski, (925) 671-3423.

Ygnacio Wood and The Palms Neighborhood GARAGE SALE !!!
Saturday, September 30, 8AM - 3PM

Tools, Toys, Collectibles, Household Items, Furniture and More!

Multi-Family Neighborhood Garage Sale

Near Treat/Oak Grove on Santa Paula Dr., San Gabriel Dr., McKean, Citrus and Others

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CC14 - Eclectic Exhibit Appearing at aRt Cottage



aRt Cottage

by FROgard www.aRtCottage.info

Ten artists will be exhibiting at the aRt Cottage September 1 through September 28. These 10 artists are part of the CC14 art group. This group has been together making art, exhibiting work, and critiquing each other's work for many years. It all started with classes at Diablo Valley College. It was there that an instructor, Lynnette Montgomery, suggested that we (the artists who kept taking classes together at DVC) should get together and meet to critique and curate each other's work for exhibition. So, the 14 artists, at that time, arranged to meet in each other's homes, on a voluntary rotating basis, and begin critiquing each other's work. We would bring snacks, drinks, and art work that we wanted opinions on both positive (what working) and negative (what's not working, and how can we make it better).

The CC14 group started in the early 2000. I did not know about this group until I went to the student art gallery at DVC and saw that there was a show there called "Seeing Red". I met several of my classmates who happened to have work exhibited in "Seeing Red".

I was curious how they got to have the show. The idea of having fellow classmates critique each other's work in a home setting felt safe and intrigued me. The more I went to my art classes, the more questions I asked of the students who were a part of the CC14 show at the student art gallery.

The CC14 group grew, I became one of the new members. CC14 found more venues to show their work. Critiques and meetings continued. Our classes at DVC continued until we could no longer repeat any of them.

Now, many of us still attend workshops, private classes, and other colleges. However, our friendships remained strong as we still conduct monthly critique group meetings hosted by rotating artists. Even though the group now has many more than 14 members, we still feel a close connection to each other and kept the



CC14 name. CC14 has been meeting monthly since 2002.

The following artists, many of who are original CC14 members will be showing at Aeptember's exhibit at aRt Cottage. Jim Jordan, Walter Crew, Florie Baumann, Randy Stansberry, Terry With, Kath Balamouth, Joan McCarthy, Mike Yashar, Judith Rohrer, and FROgard.

This exhibit promises to be a true representation of professional work by these dedicated artists.

We hope to see many newcomers at aRt Cottage for the reception on September 9th from 2-4pm. This is free and open to the public and we will be serving



refreshments with live music. aRt Cottage is located at 2238 Mt. Diablo St. Concord. For more information, please go to artcottage.info.

Photo Credits: *Shout* by Jim Jordan
Grandkids Hands by Kath Balamouth
Pomegranates by Mike Yashar



Blue Devils Drum Corp Reigns – 18th World Championship

Can we say Concord is best in the world...again? Congratulations to the Blue Devils Drum Corps for winning their 18th gold medal at the Drum Corps International (DCI) World Championships in front of a record crowd of 23,342 at Lucas Oil Stadium in Indianapolis.

It's a great finish to the Blue Devils Drum Corps 60th year anniversary. It's been quite a year for them. The highly decorated Blue Devils victory completed their seventh undefeated season. A season that also added the John Brazale Best Visual Performance Award and Don Angelica Award for Best Overall General Effect to the Concorde's corps achievements.

The Blue Devils performed "Metamorph" a 12-minute dazzling show of music, uniforms, visual effects, and motion, a multilayered musical and visual tribute to

the past, present and future.

CEO Justin Heimbecker says Metamorph "was easy to enjoy" and received one of the best audience receptions of any of their programs in the past 15 years. "The remarkable members, design team with its level of experience and creativity, support staff and instructional staff, admin, and a highly collaborative environment, contribute to a special journey altogether."

"Being a world champion is such an indescribable feeling," Blue Devils mellophone player Trevor Stojanovich told DCI. "Knowing that this is our 18th championship, and being able to represent all the Blue Devils from the past 60 years, is something I never thought I would do. Ever since I was 15 years old, I dreamed of this night, and it's a dream come true."

"When you have kids like this, and a design team like this, and support staff and instructional staff, admin, everything all the way around, it becomes something pretty special," Blue Devils CEO Justin Heimbecker said.

As the corps celebrates this victory, they also quickly move into the 2018 audition season. They look forward to continuing their remarkable journey and growing the marching arts overall.



You can view the encore performance of the award-winning performance on YouTube or go to Diablo Gazette Facebook page or our website diablogazette.com.

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September to Remember

"Where did I put that?"

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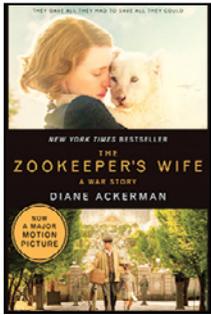


bookends

by Jill Hedgecock, Program Coordinator Mount Diablo California
 Writer's Club jillhedgecock.com

The Zookeeper's Wife

The Zookeeper's Wife: A War Story by Diane Ackerman (2008, W. W. Norton & Company, paperback, 384 pages, \$9.11) is the true story of the heroic activities that occurred at the Warsaw zoo during the Nazi occupation of Poland during World War II. Despite the title, it's hard to distinguish which of the zookeepers, Jan or Antonina Zabiniski, was the more courageous. Both took tremendous personal risks while acting as a safe house—hiding Jews inside their villa as well as in empty animal cages between 1939 and 1943.



The zookeepers used the concept of 'hiding in plain sight' to save the lives of over 300 people. Jan was the mastermind boldly escorting Jews out from the walled portion of the Ghetto under the noses of the Nazi guards, while Antonina accompanied Jews out of her front door to transfer them to other Underground locations, pretending these people were visiting relatives (after she'd bleached their hair to appear more Aryan), even as the Nazis occupied their property.

The novel is based on Antonina's actual diary, and descriptions in her own words add to the depth of this novel. The prose reveals the zookeeper's wife's love of nature, the clever techniques she used to feed their houseguests without attracting attention, and the many close calls where she avoided getting caught by Nazis. The book is also infused with animal stories, from the muskrat that's morning ritual involved blowing bubbles in a pan of water and tormenting a gray cat by splashing it with water to the rabbit that helped a young Jewish girl recover from a brutal rape experience. Then there's the key role an insect

collection had in Jan's ability to funnel Jews out of the guarded Ghetto.

Throughout the book fascinating details about this dark point in history are revealed, such as that Hitler and his regime killed approximately 80% of Orthodox Jews. In addition to Hitler's desire to purify the human race, he had a keen interest in reviving the extinct aurochs, a type of wild cattle, and tarpans, an extinct species of the Eurasian wild horse depicted as paintings on cave walls from the Neolithic period. Because of this obsession, Hitler's zoologist, Dr. Lutz Heck, frequented the Warsaw zoo to discuss ideas with Jan. Heck's unannounced visits would launch Antonina to the piano where she'd play a special song to warn any Jews living in the house to scramble for cover.

The Zookeeper's Wife was a New York Times bestseller, the Winner of the 2008 Orion Award, was adapted into a major motion picture in March 2017, and was released in DVD format in July 2017. Diane Ackerman is the author of two-dozen books of poetry and nonfiction, including two other bestsellers A Natural History of the Senses, and the Pulitzer Prize Finalist, One Hundred Names for Love.

There have been a multitude of books written about World War II and I'm not sure I would have picked up the book if my good friend, Tammy Jacobson, a founding member of my book club, hadn't recommended it shortly before she passed away after a courageous battle with brain cancer. Although the movie version did the book justice, don't miss out on the in-depth unique look back at Polish history that the written form provides.

with Tilly Turner Views of the Valley



The Divine Divas Red Hat Society of Martinez enjoying lunch on the porch of the Galindo Home in Concord. Table 1, Zelda LeFrak, Linda Stevens, Marion Crew, Eileen Weiler. Table 2 & 3, Cynthia Mercado, Barbara Cain, Joan McClure, Mary Schriber, Ellen Heathcote, and Louise DeLeeuw.



Martinez Art Association's 48th Annual Art in the Park - Susana Park, Martinez was a huge success.



Councilman Tim Mc Gillian, Mayor Laura Hoffmeister, and Vice Mayor Edi Birsan display the brick you get if you buy one online at concordhistorical.org as a donation to the statue of Don Salvio Pacheco, the founder of Todos Santos Plaza, to be unveiled on July 4th, 2018.



Lucha Libre, the legendary Mexican wrestlers were at the Solano Swap Meet in Concord.



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

Make a Fall Grapevine Wreath for Under \$10

Prepare your Fall home decorating with a rustic Grapevine Wreath with such elegance that it looks high end and expensive, but in fact is easy to create and costs less than \$10 to make.



purchased at our local Trader Joe's is only \$3.99. We bought the dried Putka Pods at our local craft store for \$4.99.

Using a hot glue gun we simply glued Putka Pods throughout the grapevine wreath. Top the wreath off with a burlap bow and it's ready for your Fall home decor.



We love to shop for deals. We found that Amazon and JoAnne Fabrics both have Grapevine Wreaths at great prices. Amazon and Ebay are also great online options for finding Putka Pods. You can also find many other fun decorative items to add to your Fall Grapevine Wreath at the Dollar Tree. See our blog post for more shopping options and links. For ideas on how to decorate with a Grapevine Wreath, check out our Easy Outdoor Fall Decor Post too at frugelegance.com.

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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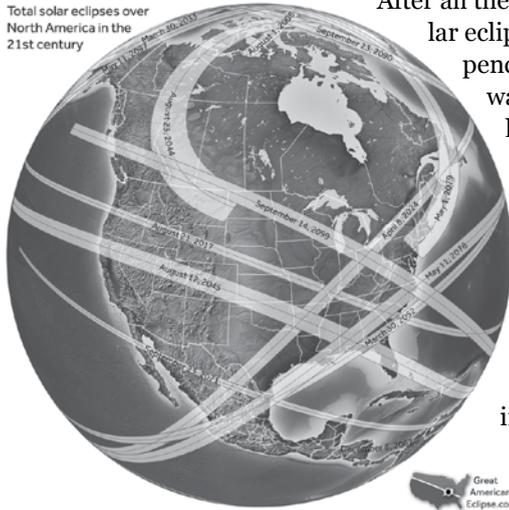
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Total solar eclipses over North America in the 21st century



After all the excitement over the total solar eclipse, we thought you'd like to pencil in the next one to come our way. April 08, 2024, with the longest viewing location to be Carbondale, Illinois as it was this year. If you don't want to travel so far, the next opportunity for it to appear in California is August 12, 2045. I must admit, that was the most talked about two minutes since the infamous 1968 "Heidi Bowl" Oakland Raiders victory.

There's More Roomba for Concord Hi-Tech Dreams

You've heard by now that the city of Concord is looking to bring autonomous delivery technology to the city. Starship Technologies, Inc. is an autonomous delivery company that uses personal delivery devices (PDDs) to transport parcels, groceries and food orders to customers in about 30 minutes. Imagine in the future, squatty, black and white devices bearing groceries, parcels and take-out roving the streets of downtown Concord and possibly Walnut Creek. According to city officials, the company's PDDs emit zero carbon dioxide, are low-weight, travel at 4 mph and are equipped with speakers and microphones to ensure safety.

Meanwhile, Concord resident Brian Ambrose uses his Roomba to deliver himself a scotch from his bar while relaxing at home.



Readers Rants & Raves

Dear Edi Birsan,

I was at Half-Priced Books when I leafed through the Diablo Gazette looking for a crossword, finding instead your article, "Diversity: A Mindset or a Bodyset?"

I read it carefully. Twice, even.

You believe that in the upcoming district elections Concord needs to elect candidates who are diverse in their mindset—not necessarily diverse in their appearance.

As someone diverse in their appearance—a person of color—I believe the points of your article work counterintuitively. To me, it reveals the importance and necessity of having people of minority groups in political offices. Here's why:

Your argument assumes that a person of the dominant culture can access the mindset of a person of the minority culture, that a "European/Caucasian" person can think like a minority—people of color, LGBT, people with disabilities, etc.—and represent their needs and frustrations. They cannot. That's

okay.

Your article serves as a perfect illustration. You, Mr. Birsan, are of the dominant culture. You attempt to access the mindset of black Americans by saying: "Do we want an African-American to look at an Hispanic-like elected official and say, 'Well they do not represent me because they do not look like me?'"

First, this is an assumption because you don't know what an African-American would say about a Hispanic official. Second, that you believe that a minority would look to another minority and say, "Hey! They don't represent me!" shows a lack of understanding of power. There aren't many Hispanic officials in office for an African-American to point to. There are, however, many caucasian officials. In fact, I googled Concord's city council just now and there are only jpegs of smiling white faces.

You are of the dominant culture. Can minorities, like myself, trust you to represent us when you penned an entire article on

diversity without using the words power or privilege? When you didn't even utter the term people of color or LGBT or people with disabilities and, instead, subtly dehumanized us by referring to us as "bodysets"?

What I'm trying to illuminate is that you cannot understand a diverse mindset/perspective if you haven't had to confront power or privilege. Please don't try and convince Concord voters that there's no need for diverse bodies in political offices. Instead, I urge you to use your time and position to help minority groups get into these offices. Because we are needed – our bodies, our voices, and our minds.

Sincerely,

Aliza Ali Khan

Birthday Conspiracy?

"About a year ago, I called and told you how much I like the Gazette, and what do you know, it's my birthday this month and what do you know, I got the Gazette! Did you have anything to do with that? After reading it, I thought, "The word game, the word game, I love the word search game." And all the words were happy, birthday, Leo, and toes (because we get pedicures), all these things are about me! Did my friend have something to do behind this? I just wanted to say a great big thank you, you made my day and my month, and it was really cool." Linda A., Concord.

[Publisher: Well Linda A., you made my day. Sounds like a birthday wish may have come true. But there's no birthday conspiracy; we just expanded our home delivery area. I'm glad you are enjoying it. Happy Birthday.]

Got something to say? Send your Rants and Raves to DiabloGazette@gmail.com by the 20th of the month preceding issue publication. Length should not exceed 300 words. Publisher reserves right of rejection. All published letters reflect the opinion of the author only and do not necessarily reflect the views of the publisher. We are unable to acknowledge receipt or publication of your letters.

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WALNUT CREEK INVADED BY ZOMBIES!

Z is for...Zombie: An Improvised Zombie Apocalypse!



Zombies: (from left to right) Kenn Adams, Ben Piper, Lynn Shields

The locally grown Improv comedy company Synergy Theater is invading Walnut Creek with its madcap improvised horror spoof Halloween spectacular, "Z is for...Zombie!" "In Z is for...Zombie," some of the characters are regular townsfolk, and others are shape-shifting zombies from space who have killed, eaten, and taken the form of their unsuspecting victims. "When the story begins, nobody knows who is still human and who has been turned into a zombie--not even the cast! So,

all through the show, the characters are trying to stay alive when, at any moment, the person they trust the most might suddenly go zombie and suck out their brains," explains Synergy Theater's Artistic Director, Kenn Adams.

The cast and the audience are all playing the game at the same time trying to figure out who's telling the truth and who's really a zombie. The performance is part horror movie spoof, part improv comedy show, and part reality

television as no one knows who will be the last human improviser standing.

Adams has over 25 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." He began his career in New York City as a member of Freestyle Repertory Theater, aka TheaterSports New York performing there for ten years. He created the well-known short-form improv games "Sit, Stand and Kneel" and "Ding/Buzz" (or "The Family Dinner"),

staples of the short-form improv stage featured regularly on the popular television shows "Whose Line is it Anyway?" and "Trust Us With Your Life."

"Z is for ..Zombie!" is performing October 19 - 21 at the Leshner Center for the Arts, George & Sonja Vukasin Theatre, 1601 Civic Drive, Walnut Creek. For tickets and show times visit www.lesherartscenter.org or call phone at (925) 943-7469.



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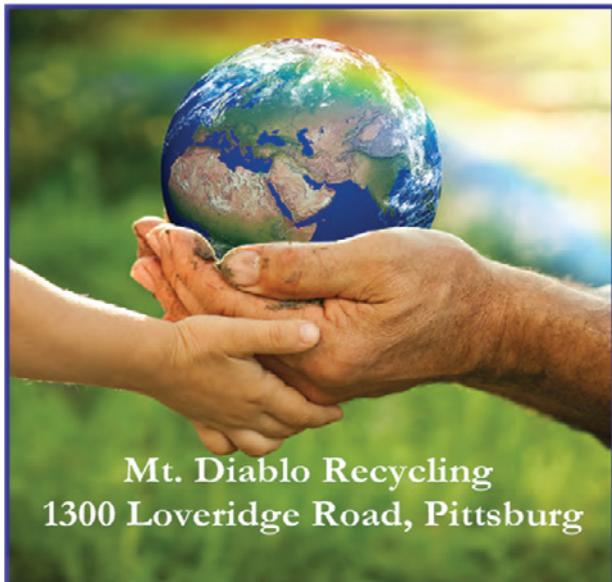


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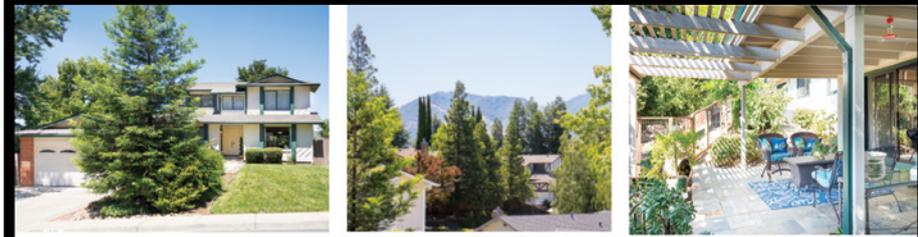
Diablo Choral Artists, a community chamber chorus based in Walnut Creek, is scheduling auditions to fill openings for vocal musicians of all voice parts. Auditions will seek to identify voice range, quality, and sight-reading ability.

Highlights of DCA's current season will feature works of Bach, Haydn, Brahms, Vaughan Williams, Eric Whitacre, Ola Gjeilo, Kirke Mechem and Conrad Susa and will include a holiday concert with the Diablo

Symphony Orchestra.

"Carols and Lullabies" will be performed on December 1 and December 3. "A Christmas Fantasia" with the Diablo Symphony Orchestra will perform on December 17.

Rehearsals are held each Monday evening, 7-9:30pm at St. Paul's Episcopal Church, 1924 Trinity Ave., Walnut Creek. To schedule an audition, contact Mark Tuning at tuning.music.studio@gmail.com.



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by Debra Morris, Pacific Coast Farmers Market
<http://www.pcfma.org/concord>

Pear-fection at Your Farmers' Market

*A pear should come to the table popped with juice,
Ripened in warmth and served in warmth.*

On terms like these, autumn beguiles the fatalist. ---Wallace Stevens

As the Greek philosopher Homer once said, pears are a "gift from the gods." In ancient Chinese culture, the pear was considered a symbol of immortality due to the longevity of the pear tree. In fact, pears have been grown



for human consumption for more than 7,000 years.

Here in California, pears came with the 49ers looking for gold. Today, pears grow everywhere from Courtland in the Sacramento River Delta and the Briones/Alhambra Valley near Martinez, to Lake County and Mendocino, and even Ukiah. These small family farms have been producing pears for several generations and together these growing areas produce approximately 150,000 tons of pears each year.

Visit Alhambra Valley Pears and Beef of Martinez, Rainbow Orchards in Camino, or Smit Orchards out of Linden. The pears at your farmers' market are picked fresh and brought to you the same or next day from small family farms that are devoted to bringing you the best they can grow. Can't get that guarantee at a

supermarket!

The first pear you buy this season, eat raw with your eyes closed and savor all of the flavors it has to offer. Then start adding it in to your cooking repertoire. Lastly, eat them while they are in season to take advantage of abundance of

vitamins and minerals pears have to offer! Create some truly delicious recipes using California pears.

Pear and Cheese Salad: Toss sliced Bartlett or Comice pears, mixed salad greens, walnut pieces, blue cheese (or goat cheese), and sliced red onion with a mix of seasoned balsamic vinegar and olive oil.

Cheesy Baguette: Toast baguette slices, brush with olive oil and a sprinkling of salt. Top with sliced pears and Gorgonzola cheese.

Appetizers: Make a cheese, nut, and fruit platter with sliced pears, grapes, sliced apples and mild cheeses such as brie and jack, Swiss, and Gouda. Serve with a fruity wine.

Chicken Pear Sandwich: Add chopped pears and chopped nuts to your chicken salad mixture. Pile onto whole wheat toast.

Roasted Pears and Ice Cream: Cut thick slices of pears and lay on a baking sheet. Sprinkle lightly with brown sugar and roast at 400 degrees for 10 minutes or so, until sugar is melted and pears are soft. Add pears to a scoop of vanilla ice cream - sweet!

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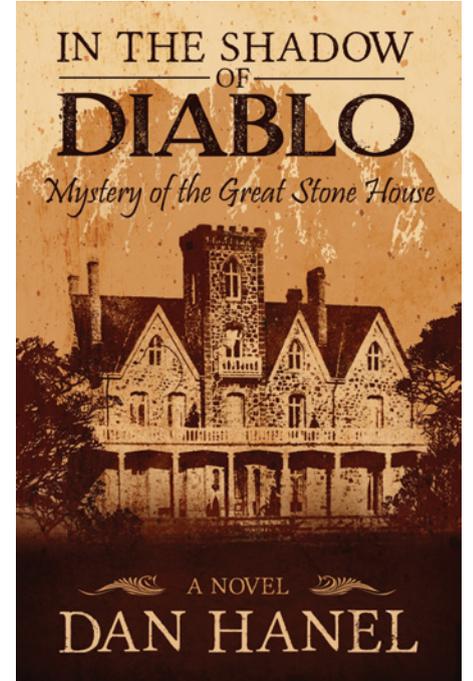
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SEE CALENDAR, SEPT 16 (page 8) for information on this book signing event.

I Agreed to Be a Surrogate, then Delivered Twins

An Unconventional love story.

by Megan Cohen

Dory Pierce is Co-Director of the Surrogacy Program at Family Formation Law Offices. Having been a surrogate herself, she understands firsthand both the clinical and emotional complexities of the surrogacy journey and she is able to relate to clients on a personal level. She considers it a joy and a privilege to have a small part in creating a family. Surrogacy is an unfamiliar process to most. She is happy to share her experience.

The first time I really thought about surrogacy was during the early 1990's when one of my favorite TV shows included a storyline about a surrogate mother. I remember being very intrigued and thinking that would be such an incredible gift to give someone, if possible. At the time, I did not have any children of my own and had no idea what pregnancy would be like for me.

Ten years and two children later, our family was complete, although I was really struggling with the finality of saying that out loud. My pregnancies had been easy and without complication. I felt great when pregnant and I simply was not ready to say I would never be pregnant again. That was when the idea of surrogacy popped back into my mind. I thought it would be a great way for me to be pregnant one last time while allowing someone who could not carry a child themselves to go through the process vicariously through me.

I started thinking about the kind of people I wanted to help. I knew I wanted to help someone who did not already have children and I really was hoping they would live close so they could be involved in the process.

Surrogates and intended parents are counseled and matched. Issues that are important to each (i.e. – number of embryos to transfer, personal philosophy on selective reduction and termination, demographics, etc.), are considered when deciding who will be best suited to each other. If the intended parents like the profile of the surrogate that they see on paper, a meeting is set nearby, typically at a restaurant. The meeting is an opportunity for all of them to get to know each other, understand what brought them to this point, and decide if they want to move forward together. I matched with a couple who live only 30 miles away. Perfect.

My intended mother had a couple of medical conditions that required medications and disrupted her circulation in way that the doctors felt made it unsafe for her to carry a pregnancy.

We spent a great deal of time getting to know each other before we started the IVF cycle. We shared many of the same values with respect to family and education. It was clear to me that they were going to be great parents.

The law requires a gestational carrier contract and that separate counsel represents all parties. The contract sets forth who intends to be the parents of the child and that the surrogate and her spouse are not. It also sets forth terms regarding compensation and expenses which the parties negotiate between

themselves or with the help of an attorney. Currently this amount can range from \$25,000 to \$50,000 depending on various factors, including whether the surrogate has been a surrogate before.

After I met with their fertility doctor and was given the approval to proceed as their surrogate, I informed my family and friends about my plan. First, I told my own children in terms they would understand. I told them that if our neighbor was baking cookies, and had all the ingredients but her oven was broken, she could bring the cookie dough to our house and we would bake them for her. My daughter was nine and she completely understood – although she did ask if we could keep one of the cookies. Telling my extended family was easier than expected, and most were immediately supportive. My friends responded overwhelmingly positively. The few that initially questioned my choice, I believe respected my decision. Many needed to be educated about the difference between types of surrogacy. Once they understood that I was planning to become a gestational surrogate and would not be biologically related to the baby, they started asking how they could help when, and if, they were needed.

With surrogacy, the pregnancy is achieved through in vitro fertilization (IVF). Anyone who has been through the IVF process can tell you that it is a much bigger commitment than achieving pregnancy the old-fashioned way. There are many doctor visits, exams, hormone injections, etc.; however, the memory of the IVF process has dimmed over time. The required medications and visits to the fertility center are such a small part of the process that they seem benign in retrospect.

A big thing to consider when thinking about being a surrogate is how many embryos you are willing to transfer. We had agreed to transfer no more than two embryos per attempt. However, on the day of the transfer, the embryologist told us that based on embryo quality, the best chance for a successful outcome was to transfer three.

Ten days after the transfer, blood test confirmed I was pregnant. By the third blood test my levels were so high that the nurse just said, "Oh yeah, you are definitely pregnant." There is a range for where the levels/numbers should be in a normal singleton pregnancy, and mine were starting to leave the charts. This meant there was a good chance I was carrying multiples, but we couldn't know for sure until the first ultrasound which was scheduled for two weeks later. The doctor confirmed that I was indeed carrying multiples. My intended parents were not only going to be parents but they were going to have babies! We were all in shock but super excited.

After the pregnancy was confirmed I was released to my own OB/GYN for the duration. As far as twin pregnancies go I had it rather easy. I really had no complications to speak of. I felt great, stayed active chasing my own kids, chaperoned field trips and kept up with

my family's hectic schedule. Throughout the pregnancy I was in constant communication with my intended parents. Because we lived so close to each other, they could attend all the doctor visits and see the progress and growth firsthand. We would often grab a bite to eat before or after appointments,

go shopping or just spend a time hanging out together. It was fun getting to know them and seeing their excitement and anticipation build.

When the day arrived for the babies to make their grand entrance, I was nervous and incredibly excited. Once I got settled into my room, my intended parents arrived and we all settled in for the duration. Delivering twins was anything but uneventful, but that's a subject for another day.

I remember I was surrounded by my family, and the new family I had helped to create. My husband was there, my parents were there with my kids, my son (who was four) climbed up onto my bed to give me a snuggle, my daughter who had waited in the waiting room almost all day was hugging me, and my intended parents were there – each holding a baby. All was well in the world.

My intended parents and I spent the next two days together in the hospital. Each morning when they arrived they would go to the nursery, get the babies, and head straight to my room. The per-

fect little family convoy. It was wonderful to have that time to hang out and visit with them and see how perfectly they all fit together. I had a very quick recovery. I am convinced this was because I could rest instead of having to care for a newborn 24/7 the way most post-partum women do.

The emotions and feelings I experienced over that year and a half are almost indescribable. I set out on a journey knowing that I wanted to help a couple have a family who could not otherwise do so, and yet also knowing that I was doing it somewhat for me because I so enjoyed being pregnant. What I did not realize before was what a profound impact this journey would have on me. I have felt a joy that is beyond what I could have ever comprehended beforehand. I am so grateful to my intended parents for trusting me with their precious cargo and allowing me to be their surrogate. I am so grateful to have had an experience I will cherish and treasure for the rest of my life.



legalbriefs

by Douglas A. Prutton, Attorney

Doug@PruttonLaw.com

Is it Legal to Record My Children's Conversations?

Worried Wilma arrives in my office with concerns about her four-year-old son. She tells me the following story: "The other day I asked my 12-year-old nephew to babysit my son. I asked him to babysit again, but my son begged me not to leave. He said that he was afraid his cousin would leave him alone. What I want to do is to hide my cell phone at home while my nephew is babysitting and leave it on record so I can maybe find out what is going on. Is that legal?"

I respond as follows: There is a law in California, Penal Code section 632, which makes it illegal to record confidential communications unless all parties to the conversation consent to the recording. Whether a communication is "confidential" depends upon whether there is an "objectively reasonable expectation" that the conversation is not being recorded or overheard. I would think that any conversation between your 4-year-old son and his 12-year-old cousin, while they were alone at your house, would be considered "confidential" since neither of them would have an expectation that their conversations were being recorded or overheard.

However, that is not the end of the story. The Penal Code contains an exception to the general rule that confidential communications cannot be recorded. The exception provides that a party to a conversation may record the conversation (without the consent of the other party) if the party reasonably believes that the other party is committing certain crimes and the party is recording the conversation to gather evidence of those crimes, including felonies involving violence.

I ask Wilma whether she thinks her nephew may have been violent with her son, and she responds that she thinks that

perhaps her nephew had verbally abused her son, or had hit him. I tell her that this was a close call, whether or not she reasonably believed that her nephew had committed a "felony involving violence."

I tell her that there is one more issue though that we need to consider. The exception allows a party to a conversation to record that conversation for evidence of certain crimes, but in her case, she is not a party to the conversation between her son and his cousin. I explain to her that this should not be a problem because the courts have decided, in interpreting these laws, that parents may consent on behalf of their minor children to record conversations (the vicarious parental consent doctrine).

All in all, I think it is legal for you to secretly record the conversations between your son and his cousin.

The facts of this hypothetical come from the recent case of *In Re: Trevor P.* decided by the California Court of Appeal. In that case, the mother secretly recorded about 2 1/2 hours of conversation which showed that the cousin was sexually abusing the four-year-old son. The court in its opinion noted some potentially troublesome aspects of its conclusion that parents can record their children's conversations for evidence of certain crimes. For example, what if the child is 17 years old and does not want his or her conversations recorded by Mom or Dad? What about the child's privacy rights? What if the "doctrine could be misused by scheming parents involved in divorce proceedings?" What if such recordings "lead to discord and resentment within families when children learn that their parents have secretly recorded their communications?" In essence, the court concluded that parents' interests in the well-being of their children are paramount to these concerns.

"I look forward to the Diablo Gazette at the beginning of every month, It's a good community paper. I love the stories. You have good writers." – Wayne C.

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Diablo Fringe Festival in the Works for Concord

by David King

Diablo Fringe Festival is in the works for August 17-19, 2018 to Concord, by Concord Art Association President Lisa Fulmer.

Fringe Festival started in 1947 in Edinburgh, Scotland, as an alternative festival that played concurrently with the Edinburgh International Festival. It's a multi-venue, multi-day event that take over the entire city for almost a month. There's no area that doesn't have some sort of art happening. Performers and artists travel from all over the world to attend these festivals. The second biggest one is in Australia, and there are several across the United States including Hollywood and San Francisco.

It's an opportunity for artists and performers of all types to see and be seen, showing all original work. The 3-day festival originally was intended to be in venues across most of Contra Costa County. But that was turning out to be a daunting organizational task. Now, the first year will be focused downtown Concord around Todos Santos Plaza and nearby venues. Venues can be restaurants, libraries, theaters, art galleries or a sidewalk. Venues are free to host, but they don't get paid anything. Anyplace that can take a ticket can participate.

"We have decided to scale back the Diablo Fringe Festival to be a Concord-only event, not countywide, for at least the first year. We are targeting 8-10 performance venues in the downtown area, including Todos Santos Plaza and B8 Theater," Fulmer says.

Like the film festival, it will have centralized ticketing. Everything is meant to be affordable and short 30-minute performances for the most part. You could be watching a magician, a circus clown, monologue, comedy sketch,



acrobat, play or poetry reading. There could be 50 performances.

"The idea is you choose from an à la carte menu of performances or experiences you want to see. It's an unjuried event. It's supposed to be freeform, fun and silly. There will be a rating system for the performances to help guide you. There could be some NC-17, not porn, but uncensored performances."

Fees will be like \$5 most of which go to the artist. Then you get a schedule. "The schedule in Scotland which lasts for 21 days is like a phone book, it's huge," says Fulmer. Fulmer's excitement is infectious. "We have models to work from and create this amazing thing. We have the City of Concord Support, the county support, and the Visit Concord group support. I hope that will extend into financial support."

Lisa hopes it grows into an annual event and expands into five days in a few years. "We hope this whole free-for-all approach doesn't too harness too much."

The Diablo Fringe Festival has applied for its own 501c-3 nonprofit status with two officers who will oversee this project - myself as President and Kari Park as Secretary/Treasurer. Kari is a success coach here in Concord, as well as a longtime friend and colleague of mine. She has a wealth of business experience that includes HR, nonprofit, payroll, and team management.

In an email to the organizers Lisa stated they have made good progress on their budget, business plan, sponsorship kit and production timeline so far. Other Fringe Festivals in the country have offered support and guidance.

"It's going to be really exciting for the city, and everybody we've talked to seems to be excited as well."



Jared continued from page 2



of love and support and hope. I was walking with my family and friend when a beautiful young Barcelona couple recognized me and came up to me and asked 'Are you the American wife whose husband was killed? We recognize you from the pictures on the news. We just wanted to give you a hug if that is okay.' We embraced and cried, they showed how sorry they were.

"The outpouring of love has been to such a degree it's been unfathomable. As horrible as this whole thing has been, the outpouring of love has been equally on the other end of the spectrum. And I think that is so representative of Jared."

Heidi is a 6th grade teacher at El Sobrante Christian School, which has set up a GoFundMe page where others have posted their affection and condolences and made contribution to support Heidi and family.

"I know how loved Mrs. Nunes-Tucker is, and while

we cannot be with her physically to pray with her, I trust that God will provide comfort and peace that 'transcends all understanding' to Mrs. Nunes-Tucker during this difficult time," the school said in a statement on Facebook.

Others left similar messages. "Everybody he worked with had nothing but great things to say. The only consoling thought on this whole thing is he was happy the last few days." – Dan Tucker, father.

"...we offer our deepest condolences. Jared Tucker and Heidi were longtime customers and he will be sadly missed. We send our support and thoughts to all of his family and friends. – Roundup Saloon, Lafayette.

"Jared was a standup guy. I knew Jared when I was a young kid. Getting to know Jared and his family was an absolute delight. He treated my mother and me with absolute dignity and respect, you would have thought we were family as well. Jared went beyond to treat everyone he met with absolute kindness, (that) shows how beautiful of a soul he was. My mother and I send our utmost condolences and prayers to the Tucker family in this time." – Francisco Martinez.

I can't say enough about my husband. You come across some pretty wonderful people in your lifetime, but not with the heart that he had. I'm grateful for everything that everybody has done. In this lifetime, he deserves all of that. The amount of love people is showing me right now is the amount of love he showed people every day," Heidi says. "It's just being paying forward so



computer corner
by William Claney, Computers USA

Tech in English

Microsoft Office 2007 Expiring, Time for a Change

Okay, you purchased your copy or copies of Microsoft Office on or before 2007 and you avoided using Office 365 for writing Word documents and creating Excel worksheets. Good move, my friends, it's always better to own the license for a product rather than depend daily on the Internet to do your job, right?

Well, guess what, Microsoft is in the business of selling new software so your copy of Office, which includes Microsoft Word, Excel, Outlook, Power Point, etc., is no longer supported. Actually, nothing older than Office 2010 will be supported.

According to Microsoft, "Office 2007 reaches the end of its support lifecycle this year, meaning there will be no new security updates, non-security updates, free or paid assisted support options, or online technical content updates. Customers who are using Office 2007 products and services should start planning to move to Office 365 or upgrade to supported versions of Office products and services, such as Office 2016."

The good news, Microsoft usually will extend the support cycle for a little while longer after their support deadline. The bad news, support is supposed to end 10/10/2017, and we have no word, so far, that any extended period will be granted.

What should you do? Well, upgrade of course. Your options are to purchase a new Office (software) suite (known as investment model) or signing up for Internet Office 365 which is the rental model known better as SaaS (Software as a Service i.e. rental model).

They both have advantages and disadvantages. For example, the investment model allows the user to invest once about every six or seven years. Microsoft will provide free updates during the "lifecycle" of the product. You must download and install the updates yourself, and that's free to the license holder (user).

The rental model, SaaS, is a subscription based approach. Monthly, or annually you subscribe to a service and are charged periodically for usage and for the upgrades. When Microsoft releases version 2017, you automatically get it, and must learn the new features immediately. If your subscription expires without renewal, this could cause issues with existing projects. For example, if you were composing a document on day one, and the subscription expires, you may not be able to complete the document on day two. The good part is Microsoft updates automatically for you, so the next time you use the product, it is fully upgraded. Simple, but more expensive.

In conclusion, one either chooses to buy it and maintain it, or rent it and they maintain it. Buy it and it's a one-time investment. Rent it and you have a maintenance fee monthly (annually). The initial investment model gives you a set price, the rent it model is more expensive starting in year three. Which is best for you? Call your professional computer dealer, like us, and ask.

much."

If you'd like to offer your support, here is the link to the schools GoFundMe page. <https://www.gofundme.com/heidi-nunestucker-love-offering>



Resident Tales

The Great Storm

by Marge Crawford

On a routine school day in September of 1938, my sister, Helen Marie, 12, and I, 9, were outside our school in Quaker Hill, Connecticut playing with our friends.

A gusty wind began to blow, swirling around us. The wind picked up gravel from the playground and flung it at our legs. Ouch!

Soon, the teacher announced that a big storm was coming and sent all the students home. Our Uncle Jud drove Helen Marie and me home. Mom

was waiting for us, but Dad wasn't there. He was still at work and very far away.

As the storm developed, the wind strengthened and the rain poured. Water was coming into the house from under the front door. Mom remained calm but Helen Marie and I were terrified. Mom grabbed some towels and an old dress of Helen Marie's and threw the towels and the dress down to soak up all the water.

"You didn't want this old dress any more, did

you?" she asked. We all stared at each other for a moment and then began to laugh uproariously. Thank goodness for that moment of comic relief.

However, Mom was aware of the severity of the situation. This wind could easily lift our house off the ground, wrecking it with us in it. She bundled us up in rain gear and we darted through the storm to Great Aunt Aggie's house next door. Hers was a very old house, but it was sturdy.

Soon, another contingent of shelter seekers arrived. Uncle Jud, his wife Hazel, and two old ladies who had been visiting with them up on Barn Hill. They had feared that their little house on the hill would not hold up either. They made the journey down to Aunt Maggie's, ducking behind the large barn to catch their breath. The four of them looked like drowned rats. They were soaked, their hair wild and tousled. One of the old ladies' hairpiece had been snatched off her head and blown away.

Helen Marie and I were wide-eyed staring at these folks who were usually dressed so neatly and so well-mannered, as they excitedly (and loudly) exclaimed their stories over one another. The lady whose hair was still intact, kept shrieking, "I always wanted to be in a hurricane! Isn't this exciting?!"

By now, there were nine of us huddled in Great Aunt Maggie's small kitchen, all talking at once. We all looked up through the skylight in the ceiling and witnessed severed tree tops sailing over the house as the wind had snapped huge pine trees near the house.

We decided to move into the main room where we felt less likely that tree tops would come crashing through the ceiling. We found comfortable places to sit and lie down and get reasonably dry while waiting out the storm.

The next morning dawned serene and sunny. It was one of those blue-sky September days that are so beloved by us New Englanders. But outside, we found nothing but destruction.

Nearly every big pine tree that had lined both sides of the driveway had been toppled. They were just lying in confused, overlapping piles like jackstraws.

Looking up the barn hill, we could see the wind had picked up the big old barn off its foundation and slammed it down. There had been tons of hay in the hay mow and all the cows had been in their stanchions beneath. That great weighty mass must have come down on top of those poor cows. Later, when the men were finally able to assess the damage, they confirmed our worst fears - all the cows had been crushed to death.

With so much destruction, the grownups began worrying even more. Where was Dad? The telephone and power lines were down all over Southern New England. We had no way to find out how he had fared. Where had he been during the storm—maybe at work or had he been on his way home?

For several days, he made his way on foot picking through debris, flooded streets, and chaos before finally walking into our yard. What a relief and a joyful reunion. Mom, Dad, Helen Marie, and I, were finally back together again, safe and sound.

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Nor Cal PreSeason Top 20: De la Salle Spartans Prepares to Reclaim Open Division

Clayton Valley Ranked #14

Story and Photos By Chace Bryson

It's 5 o'clock on a Monday afternoon, the seventh day of official in-season practice for De La Salle. Justin Alumbaugh and his coaching staff are presiding over 11-on-11. The offense is working on pace. The defense is working on reads. Both sides are working on attitude.

It boils over.

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A spirited block turns into a skirmish, a rarity to witness during a Spartans practice. Everything is broken up quickly, and the team falls right back into work.

The full-steam aggression isn't anything new to De La Salle workouts. The program constantly aims to practice how it plays, a giant reason for its current 281-game unbeaten streak against Northern California opponents and the reason it begins yet another season atop our NorCal Top 20 rankings. However, the degree to which it had reached by day seven of full team workouts still says something.

It says the Spartans have an axe to grind. And they're grinding away.

It's easy to point to De La Salle's 56-33

CIF Open Div. State Bowl defeat to St. John Bosco-Bellflower last December as the flashpoint. After all, it was the most points surrendered by a De La Salle team since legendary former coach Bob Ladouceur took over the program in 1979.

But there's more to the chip on the shoulder of this year's Spartans team. It goes back to the first game of the 2016 season against Amador Valley-Pleasanton, a 42-7 win that didn't feel as good as the score would indicate.

"We started watching the film of the first game last year. We weren't physical," said Alumbaugh, who begins his fifth season after replacing Ladouceur. "In a lot of ways, those guys outthit us. That set the stage for a lot of the year for us. We had a lot of uphill sledding to take care of."

After two relatively easy wins, it caught up to the Spartans and they endured a four-game stretch that featured a 23-21 loss to East-Salt Lake City and three close-shave victories against Servite-Anaheim (28-27), Antioch (28-21) and San Ramon Valley-Danville (28-27). The buzz that the NorCal unbeaten streak was vulnerable was louder than it had been in several years.

De La Salle got back on track to win its 25th straight NCS crown, combining to outscore Open Division opponents Clayton Valley Charter and Freedom 72-7, but then St. John Bosco happened. "They were just going up and down the field on us," Alumbaugh said. "It still bugs me. It's something that's tough to erase."

The Spartans, who open the year at No. 4 in Cal-Hi Sports' Preseason State Rankings behind No. 1 Mater Dei-Santa

Ana, No. 2 St. John Bosco and No. 3 Centennial-Corona, may get a chance at facing one of those teams in a state bowl game. However, they don't plan to take the same path to get there.

"I feel like we have more leadership and a lot more fire coming into the year," senior running back Kairee Robinson said. Robinson is one of 17 returning starters, and one of NorCal's top returning ball-carriers after amassing 2,012 rushing yards and 25 touchdowns as a junior.

Robinson will be key to an offense that also returns most of its offensive line and both tight ends, including junior Isaiah Foskey, who recently picked up an offer from Alabama. The defense is almost entirely back and features junior linebacker Henry To'oto'o, considered one of the top two linebackers nationally in the Class of 2019 (also holding an Alabama offer, among many others), and senior USC-commit Tuli Letuligasenoa, a top 15 defensive tackle for the Class of 2018.

Quarterback is among the few question marks the Spartans face prior to the season. Two juniors were competing for the starting role, last year's varsity backup Andrew Jones and the 2016 JV quarterback Erich Storti.

After Amador Valley, De La Salle's physicality will be put to the test with home games against St. John's-Washington D.C. and St. Francis-Mountain View before a trip to the desert for a Sept. 16 matchup with defending mythical national champion Bishop

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Gorman-Las Vegas.

Foskey summed up the Spartans plan of attack.

"Stay focused and do our job," he said. "Do our job and be physical with it. Just play De La Salle Spartan football"

SportStars Magazine Preseason Top 20 Teams listed with 2016 record.

1. De La Salle-Concord (13-2)
2. Pittsburg (9-2)
3. St. Mary's-Stockton (14-2)
4. St. Francis-Mountain View (10-2)
5. Serra-San Mateo (10-5)
6. Oak Ridge-El Dorado Hills (10-3)
7. Milpitas (10-4)
8. Folsom (12-2)
9. Bishop O'Dowd-Oakland (15-1)
10. Valley Christian-San Jose (13-2)
11. Freedom-Oakley (11-2)
12. San Ramon Valley (6-5)
13. Manteca (12-2)
14. Clayton Valley Charter (9-2)
15. Elk Grove (11-2)
16. Marin Catholic-Kentfield (11-3)
17. Campolindo-Moraga (12-3)
18. Capital Christian-Sacramento (11-3)
19. Oakdale (14-2)
20. Foothill-Pleasanton (6-5)

This story appears in the SportStars 2017 NorCal Football Preview which is available to view now at SportStarsMag.com

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Referees' Trump Card is Making Youth Sports Safer

There's been much in the news about the dangers of concussions in sports. Especially football, which is responsible for 50% of all concussion incidents.

Surprisingly women/girls soccer is the second leading sport reporting such injury.

Three years ago, a group of American parents filed a class-action lawsuit against six national and international soccer organizations they claim have mishandled concussion treatment at all levels of play. The plaintiffs were not seeking financial damages, but rather they hope to change the rules of the sport to better protect both children and professional players from injury.

And change the rules they have.

"Locally there is no more heading the ball until age 12. Keepers are no longer allowed to punt and defense must not be beyond a new safe zone when the keeper is distributing the ball," according to

Roberto Lopez, an AYSO board member for Mt. Diablo Soccer Association and coach of Girls U19 Elite team. "All the national leagues have changed the rules to better protect the players."

"It requires some adjustments at all levels, not just the players, but coaches and parents," says Rich Villalobos, President of Northern California Referee Academy. Ultimately it is up to the referee to secure the safety and protect the players and that can be difficult as he explains a common scenario in youth soccer programs.

"The Referee's #1 priority is player safety. Prior to kick-off, inside the center circle, the referees meet with the captains and coaches to discuss sportsmanship and concussion protocol. After the short and sweet dialogue on sportsmanship, the discussion on concussion protocol goes something like this: 'Coaches, do either of you have a trainer who can attend to a player in the event

of injury?' The answer is usually 'no', most don't even carry a first aid kit. 'In the event of a head injury, I will insist that the player be removed from the field. If you, or your trainer, determine that the player is able to continue play, you may substitute her back into the match. However, I still hold the Trump (not as in you know who) Card and more than likely will over-rule your decision.'

Twenty minutes into the match, #10 Blue player jumps up in the air, loses her balance, falls backwards and smacks the turf with the back of her head. I immediately beckon the coach onto the field. #10 Blue sheds a few tears and says "I'm OK." Coach turns to me and says,

'She's fine, she can play.' I remind the coach, 'She needs to come off the field.' Believe it or not, the coach asks 'Why?' I look at him cross-eyed and respond 'Concussion protocol.' I want to say 'D'oh' but I'm a professional.

You can guess what happens five minutes

later after #10 has left the field, right? Coach is asking to sub #10 back onto the field. I'm thinking to myself, 'Are you freaking kidding me!' So, I allow #10 back in, and wave her over to me. I can still see the pain in her eyes, so I ask her, 'Are you still dizzy?' Obviously, there is no right answer, but it's the right question because it's all I need to invoke the use of my Trump Card. I explain to her, 'I'm sorry, I can't permit you to continue play, it's for your own safety, you have plenty of soccer left in your future.'

Referees must err on the side of caution rather than follow the coach's decision, which often has been lobbied by the parents.

After the match, I ask #10 Blue how she's feeling, recommend to her coach and, if possible, her parents to have her examined, and file an incident report. "Youth sports are getting safer.

Youth sports are getting safer.



Villalobos says. The problem is this. The Grade 8 entry Level clinic is a crash course on the Laws of the Game. At the end of the day, they receive their USSF Referee badge and licensed for all competitive youth matches. Even though young referees start at U9 level games, they are still responsible for the players safety. But at that age, there is a lot of sideline pressure from parents, family and inexperienced coaches and players. The game experience suffers.

Villalobos is trying to remedy the issue. He founded the Northern California Referee Academy. His website is appropriately called Heyreff.com. The Northern California Referee Academy is focused on helping youth referees improve their performance on the field of play and deliver better outcomes. We teach the art of refereeing: building confidence, character, and personality, for the good of the game. As referee mentors, we teach on and off the field, providing preparation, positive direction and guidance coming exclusively from an experienced State Referee Assessor.

He feels the leagues should pay for the training as an added value support to their referees, but so far, they haven't agreed to do that. "No referee ever called a perfect match, they make mistakes and hopefully learn from them," advises Villalobos.

Hopefully, his inspiration will help improve the situation.

Thanks For Reading The Diablo Gazette

We're very thankful to our readers; you make The Diablo Gazette a successful, and well-loved, community paper. Whether you are a homemaker, a business professional, a student, or even a visitor to our area, we try to include content that we hope you find interesting, but also that reflects our life here in the Diablo Valley!

We've heard from commuter riders on the train out of Martinez, traveling to work in either direction, with a coffee and a copy of The Diablo Gazette firmly in hand.

We've heard from seniors in one of the local living facilities, sharing some of the local stories of people they know, with their friends.

We've seen medical professionals in their lounges with paper and a snack.

When people wonder just what The Diablo Gazette is, the answer is clear. We highlight what to enjoy in our communities. If you want breaking news or comment on daily news, we recommend Claycord.com. That can well fill your needs.

What we do is offer you is people, places and events that are timely, informative and, most of all, interesting. You will find centenarians, people who have seen our community change rapidly during their lives, local talent, people who have gone over and above that of regular citizens, survivors of tragedy, and those who've lost their lives, as in this issue's cover story.

We love to celebrate events, whether the birth of a grandchild, weddings, baptisms, graduations, or those in our military who have signed up or left for a tour of duty. We celebrate our law enforcement who endure much criticism as a group, yet who perform so many heroic acts unnoticed.

We love teachers and the gratitude students feel for their inspiration—please have your child send us their 'thank you letters'—and we are proud of those graduates who accomplish things for our community.

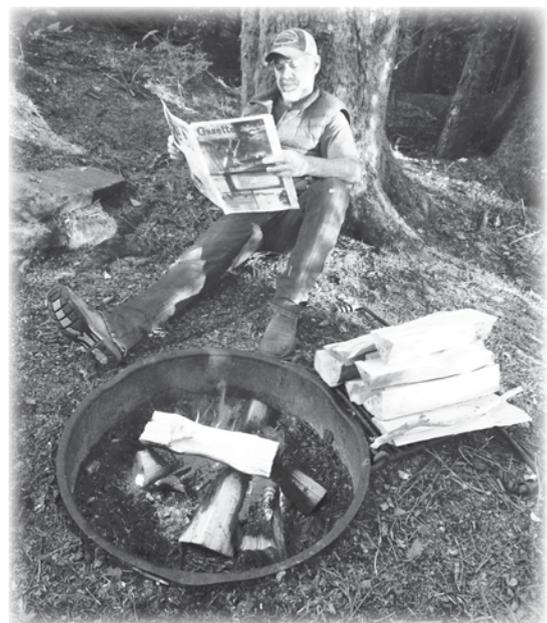
The Diablo Gazette is not a huge, corporate paper. We do not try to bully our way to be bigger, and we offer no pretense. We are your paper, designed for people who want to see the good things that go on in our communities. We think this is a good environment for advertisers to relay their message too.

And for that we thank you, our readers, and ask that you continue to support us by reading each issue, letting our advertisers know that their dollars are well spent, and following us on Facebook (fb.com/DiabloGazette) and on our Website (www.DiabloGazette.com).

Tell us what you like, what you would like to see more of (and less of), and help us to become even better.



Letitia Matthews (above) and Catherine Moore (below) are enjoying themselves waiting for Bingo to start at the Blue Devil Bingo Hall.



Journey-man John Cooper taking some time off.

Hey Ref!

by David King

If you have put your kids into a soccer program or have been a coach or referee, I'm sure you are familiar with the following sideline phrases.

"Call it both ways Ref!"

"Somebody's going to get hurt out there!"

"Hey Ref!"

"How Can that be offsides?"

"That's a Yellow card!"

"But you didn't give him a warning!"

Leagues have an ongoing challenge of staffing referees for the thousands of games they host each season. An estimated 70% of new youth referees quit in their first year because they are ill prepared for what comes next. Pressure. They make the wrong call, they get confused, and hear dissenting "Hey Ref!" comments from coaches, parents, and players. They quickly lose their confidence, their friends quit, and they decide before the season is over that the money and time invested is not worth it. While competitive leagues pay their referees, the recreational leagues depend entirely on volunteers.

Retired referee Rich Villalobos, of Concord became frustrated with the state level referee training programs. Villalobos is a retired former State Referee Emeritus, a Referee Instruction State Referee Ambassador, USSF. He was also a District 4 Neutral Referee Assignor for the CYSA Program.

"They streamlined the training to online videos and shortened the classroom time, and the classroom doesn't cover all the laws of the game, just some very basics ones. Then they put on a half-day trip to the field to demonstrate how to blow a whistle. Too many kids come out learning very little,"

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