

FEBRUARY 2018

Marching for Change in Walnut Creek



Pictured: Janet Evans and Regina Brown

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INSIDE THIS ISSUE

- **Flu Care Tips** • **State of the City of Concord**
- **Conservation Success - Elephant Seals Converge at Pt. Reyes**
- **Valentine Recipes and Décor Tips**
- **Concord: Choose Your Five Council Voting Districts**
- **Hulu's "Small Business Revolution" Series Could Be a \$500,000 Prize-Win for Martinez** • **Shellie Award Winners** • **Calendar of Events**

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Deadline Approaching for Concord's 150th Year Celebration



by Dominc Aliano

Sponsorships Open to Residents, Organizations, Businesses

In 1868, Don Salvio Pacheco worked with his son Fernando Pacheco and his son-in-law Francisco Galindo to construct a map, a plan, and record the town of Todos Santos. The founders chose the name Todos Santos which means "All Saints," but the residents of Todos Santos eventually started changing the name to Concord. Even with the opposition of the founders, Todos Santos officially becomes Concord in 1869.

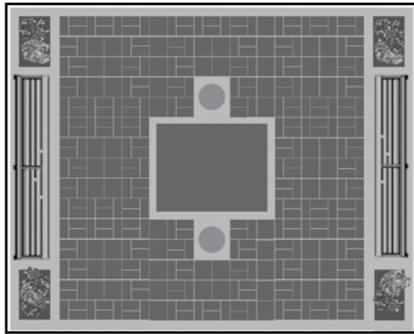
I mention Concord's historical beginnings because 2018 marks our 150th Anniversary. Most of you are aware that 2018 is Concord's Sesquicentennial Anniversary. The Concord Historical Society, the City of Concord, and the Concord Art Association have been working on promoting this celebration for about a year. This celebration will honor Concord's 150 years by installing a life-size bronze statue of one of our founding fathers, Don Salvio Pacheco, which will be unveiled in Todos Santos



Plaza during the celebration of Concord's July 4 Independence Day Parade.

Over the past year, the Concord Historical Society, the City of Concord, and the Concord Art Association began to raise the funds for the statue of Don Salvio Pacheco by offering local residents and businesses the option to buy a commemorative brick, a small business sponsorship package, or a corporate sponsorship package.

The commemorative brick costs \$150 and is a 4"x 8" brick that can be engraved with up to 3 lines of text, each line having a maximum of 23 characters. The brick would be the perfect opportunity to pay tribute to your family or any other sentiment. The bricks will be built into a special patio surrounding the statue. The initial deadline to purchase your brick was December 31, 2017, and due to a mass of purchase activity at the deadline, the bricks sold out. However, a revised design has added approximately 200 more bricks and tiles. The deadline has been extended to February 28. **THERE IS STILL TIME TO BUY YOUR BRICK!**



Small business sponsorship packages come at \$5,000, \$1,000, and \$500. The \$5,000 and the \$1,000 packages includes a 12"x12" engraved paver placed at the base of Founding Father Don Salvio Pacheco statue, an invitation to be in the 2018 July 4th Independence Day Parade, and a 150th Anniversary commemorative

baseball cap, shirt, and pin. The \$500 package includes a 4"x8" engraved brick placed at the base of Founding Father Don Salvio Pacheco statue, an invitation to be in the 2018 July 4th Independence Day Parade, and a 150th Anniversary commemorative baseball cap, shirt and pin.

The corporate sponsorship packages come at \$50,000, \$20,000, and \$10,000. These packages include street banners with the business logo placed at highly visible locations throughout the City from June 2018 to July 2019, shared sponsor night at 2018 Music and Market event in Todos Santos Plaza, special recognition plaque on the base of Founding Father Don Salvio Pacheco statue in Todos Santos Plaza, and free use of facilities for



corporate event/party at the Historical Event Center and much more. Please visit the Concord Historical Society webpage if you would like to find out more about these sponsorship packages. <https://concordhistorical.org/>

This is a special year for Concord and your help with honoring our founder is much appreciated, but more importantly, make 2018 the year where you celebrate Concord's 150th Anniversary by getting to know your neighbors, your community, or by helping your fellow Concordians by donating your time to any community-based organization that helps people in need.

Dominc Aliano, a native resident of Concord, serves on the Concord Planning Commission, a Board Member for the Monument Crisis Center and Support4Recovery, and President of the Todos Santos Business

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Why Are You Marching?

Story begins next page...



Photos by Micah & Diane Walsh

Over 14,000 women, men and children joined the Contra Costa Women's March in Walnut Creek.



Marinell Daniel

Mary Beeve

Spalding Ashley

Stacy Asterlind

Jerilynn Taylor

Rod Beeve

Stuart Blair

Sandy Hawke

Why Are You Marching?

by Jill Hedgecock
www.jillhedgecock.com

On January 20th, over 14,000 women, men and children flocked to Civic Park in Walnut Creek to join the Contra Costa Women's March (CCWM) as part of the Women's March on Washington. Here, there was a much larger crowd than last year. This year, crowds gathered on every continent from



defunding of Planned Parenthood. The positions that Trump has taken harm women and send the wrong message across the world. And I'm marching to honor my 80-year-old mom who wasn't able to participate."

Mary Beeve from Livermore: "I'm angry at Trump and the Republicans that support him. I still find it unbelievable that Trump was elected. I'm angry that Republicans were willing to

Kolkata, India to Nairobi, Kenya to Paris, France. It was estimated that 400,000+ people participated in New York City.

The CCWM organizers, a group of local women and mothers without previous community organizing experience, banded together for a second time to bring the community together, get people registered to vote, and encourage participation in 2018 elections. The leaders of CCWM have vowed to continue to have marches as long as there is injustice and inequality. Those wishing to get more involved year round should contact EBAC (www.eastbayactioncoalition.com).

The Women's March movement is about raising our voices for change. Combing through a cross section of marchers, I asked individuals for their personal reasons for participating in the protest, "Why are you marching?"

Stacy Asterlind of San Ramon: "Because I'd like to see just about everything change. We are in a sad state of affairs. I want to make things better for my daughters."

Stuart Blair, a native of Scotland currently residing in Walnut Creek: "To show solidarity. My son is American and I want to show him how to participate in democracy. I haven't filled out my naturalization papers because of Trump. But days like these give me hope and push me closer to wanting to become a U.S. citizen."

Marinell Daniel from unincorporated El Sobrante: "I hope marching will have an impact on single payer health care. I want to raise awareness that Social Security isn't an entitlement, especially for seniors without pensions. I'd like to see automatic registration for people when they turn 18."

Spalding Ashley from Walnut Creek: "Because women need to have each other's backs and stick together. I want to bring positivity to the world."

Rod Beeve from Livermore: "We are on a bad course. I came out to support protecting women's rights. I support equal pay for women I'm concerned about the

let Russia influence our election. They're unpatriotic. I'm concerned about Trump's willingness to take away National Parks



and that his support of offshore oil drilling. Planned Parenthood must be protected for future generations."

Sandy Hawke of Walnut Creek. "You



have to be heard and you have to show up. I want to see money taken out of politics. Our government has sold out to lobbyists. And because I care about diversity as a gay woman raising two daughters with my partner."

Jerilyn Taylor of Oakland: "To bring a message that we are stronger together. Women's issues cross the imaginary boundaries of color, economics, sexual orientation and geographic lines. I wore a pussy hat because it's an important sign of resistance. Every cause needs symbolism. My mother rebelled during the civil rights movement by not straightening her hair because the Afro was nonconforming and tied to the resistance."



Jennifer Stojanovich
Realtor, Better Homes Realty

Moving an Elderly Loved One

Is it time to move your elderly loved one to a smaller house or one that is closer to you? If so, you may be starting to feel a little stressed. This is normal. Helping an older friend or relative with the process of relocating has its own set of challenges, and you no doubt want it to happen smoothly. Here are some tips to help you manage the logistics and keep your sanity.

Communicate early and often. It can be tough for an elderly loved one to move from a place where they've lived for many years. It's where they've made memories, and they're no doubt emotionally invested in their home. They may fear they're losing control over their own lives. Whenever possible, start your conversations about relocating early to give them time to prepare. Let them air their grievances and give them choices when it comes to picking a new place to live.

Enlist help. Moving an older relative or friend is labor intensive. In most cases, it involves significant downsizing, and decisions will need to be made about what to keep and what to leave behind. Not only can this be physically exhausting, it can also wear on everyone's emotions. Enlist the help of friends and family during the process of packing up.

Make a plan. Once you've got your team on board, everyone needs to agree on a plan. Though there will likely be differences of opinion, everyone should work towards an agreement on how to best prepare for and execute the move. Decide who has the final decision about what to keep and what to discard. Make a timeline for when packing will happen and determine where boxes will be

stored in the meantime. If additional care is needed for your loved one, such as meal preparations or rides to doctor's appointments, make a schedule. MealTrain.com is an excellent website to help you organize and delegate responsibility.

Take it slow. You've got your plan of attack and helpers gathered; it's time to get started. Instead of trying to get all the packing completed in one weekend, spread it out over a few months. Give your loved one plenty of time and space to go through all their belongings, especially if they've been in their house for years. The process will bring up many emotions; give them a chance to work through them.

Strategize moving day. Before all the boxes are packed, you'll want to strategize what will happen on moving day. If money is not an issue, hiring a full service moving company can be a great help. In addition, keep in mind your loved one's health when deciding how they should travel to their new home. A long road trip may be most cost effective but isn't a good choice for anyone with health concerns. Discuss with your family and caregivers what the best choice will be in your individual circumstances.

Although moving an elderly loved one is a big job that can weigh heavily on those involved, it doesn't have to be a chaotic or upsetting process. Follow the tips above to ensure your loved one's move is a smooth one.

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CLOWN (*) CONVERSATION
 by: Marilyn Erickson

A room full of clowns on museum floor,
 Arranged and scattered, three dozen or more.
 Dressed up manekins; gloved hands, masked faces,
 Red noses, black hats, all occupy places.
 Clowns cogitating, napping, repining,
 Contemplating or simply reclining.

Often real people join clowns on the floor,
 Pose and take photos, selfies, galore.
 Children nestle up, start conversation,
 Whisper and giggle with fascination.

But,
 What if,
 One of the clowns moved?

*Clowns by Ugo Rondinone @ BAMPFA

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parentfootprints

by Dr. Dan Peters www.DrDanPeters.com

Flu Education: Managing Our Children's Fears

When I was young, I distinctly remember being afraid of killer bees. What will happen to my family and me? What if killer bees attack me? Will I die? These are not comforting thoughts when you are a child. They are scary. Really scary. Well of course we weren't attacked by killer bees and eventually, I grew up and forgot all about this fear.

Fast-forward to last night at the dinner table with my family and the topic of this year's flu. My kids felt real fear and real worry. However, my wife and I remained calm as we explained the facts. We also listened.

We know with the reports of the flu dominating the news that similar scenarios are taking place at dinner tables, during bedtime rituals, and around school. What should parents do?

First, recognize that our current situation with the flu is very scary to think about for some children and teens. Our job as parents is to help our children deal with worrisome information by understanding how they think and process information at this formative time in their lives. Then give them information they need to manage their

thoughts and worries while remaining engaged in life and sticking to their regular routine living.

Based on my work with families and my own personal experiences, I suggest:

Think about how your children think about "worry" events based on their age and maturity.

Filter information based on their age and maturity level.

Minimize watching the news, listening to the radio, and screen Internet news and images.

Respond to their questions calmly and with the minimal amount of information necessary.

Give facts that are helpful and reduce fear such as the likelihood of the event occurring and how it is transmitted.

Offer reassurance as needed.

Whether it is killer bees, an economic collapse, Ebola, or the flu, there will always be something that can cause worry in young people. The goal is to give our children the tools to deal with the worry right now and shut down the fear. Unexpected curve balls of life will keep coming, but we can win the fear game.



concordmayor

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

The State of the City of Concord

As a city, we cannot get away from the simple fact that some aspects of our condition is determined by the State of California. Nevertheless, we still have a large overview of our city and its accomplishments to be proud of.

The Naval Base: By the spring of next year, we hope to have the formal transfers with the Navy resolved and our specific plan ironed out. We then expect to see the underground infrastructure started in 2020 and the vertical start in 2022 in a great arch from Willow Pass to North Concord BART surrounding the old military airport area.

Clean up at the Base: The remediation and basic clean up continues on the Base. Significant areas are done. The unresolved area is how deep of the soil removal is needed to clean up the arsenic at Bunker City.

Environmental Issues: We have to deal with protected rare species on the Base such as the Red Legged Frog, the Tiger Salamander, and others. Extinction is forever, and we shall not allow the name of the City of Concord to be associated with such sadness. Additionally, we have to deal with State of California mandates that have unrealistic goals, for example, 100% clean storm water runoff. Don't even think of spitting on the street or dumping the remains of a bad cup of coffee out of your car.

Political issues: We are going forward with an at large system of a 5-District Council Elections. This will be a massive change in the political structure of the city and should offer a robust increase in opportunities for leadership at a grassroots level, providing myopic localisms doesn't distract us from also looking at the city as a whole.

Homeless and Under-Housed: We are not going to make major inroads into the homeless stress until such time as the State changes the laws in how we deal with the mentally ill and provides facilities to deal with it. However, a more insidious and long-term challenge is of the under-housed. Our kids and grandkids are moving back and staying. The American dream of home ownership and basic independence is slipping away. The economic reality of high cost of housing is forcing more people to share apartments, driving up neighborhood densities beyond normal planning for adults and cars in residential areas. We have several thousand dwelling units planned and

infill going on, but it does not appear to be a race to normalcy given California's rental market. We will continue to seek affordable housing of all housing stock types where we can protect what we have in the city.

Domestic Violence: About 40% of our violent crime is related to domestic violence. The City of Concord undertook to create the Family Justice Center. However, it may take 10 years for us to begin to see a substantial impact on reducing domestic violence. I will continue to support the best effort to deal with this issue as we will not arrest our way out of this.

Crime: Residential burglaries are down and there is a small uptick in a few other areas, but it's nothing compared to a slow Tuesday night in Detroit or Chicago. Our police force continues to retrain and its multifaceted job performance involving more social work and safety community outreach is something we can all be proud of.

Finance: For now, we are fortunate for the stabilization and support of Measure Q. Going forward, we are going to try to reduce funding into the operational budget. Looming is the tripling of Calpers Pension costs from \$7m to \$21m. The simple fact is that 70% of local government costs is employing people to fix the roads, patrol the neighborhoods, maintain the parks, etc. While we will make our required contributions to Calpers, this issue is ultimately a California legislative and legal one. In the meantime, our own Concord Retirement Program will be a priority focus to get balanced and funded – there is good news on that to come later.

We are looking forward to increased revenues from the expansion of sales opportunities such as the Veranda Complex, and the cannabis legalization and regulation that I hope will draw our residents back to operations in our own city.

The potential for a recession over the next five years lurks over us. For now, revenues from housing price increases is helping us claw back towards where we were eight years ago in property tax income.

In closing, we are Concord, a name given to us by the people who came to Todos Santos in 1868 and infused it into our goals. We will live in concordance with one another, not tolerance which puts an emphasis on difference, but concordance. As a city we will face together, neighbor to neighbor the horrible waves of divisiveness that has swept over our country. By facing the truth, looking together to fair paths through troubles, building goodwill and better friendships, and coming to solutions that are beneficial to all concerned, we will triumph. There is concord in Concord.

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"Right on target, I have received a few comments on the article "Concord and Clayton is the Right Move" (September 2017), and the owner liked (seeing his listing in) the ad."
— Terrylynn Fisher, Real Estate Broker



computercorner

by William Claney, Computers USA

Tech in English

Driving Miss Daisy

An offer to update your drivers, "Improve Performance Fast. Diagnose & Repair Outdated Drivers in Minutes [sic]," says FastDriverUpdates.com. So, do you do it? Well, what is a "driver" anyway and why would you want to update it using an Auto Update Driver in the first place?

A driver is, "a person who drives a vehicle," according to Bing definitions. But, you already know we're not talking about Daisy. What you may not know is a driver in computer terms means software that is invented, installed and maintained by a manufacturer of a computer device. For example, if you have a video card (a device), it comes with software called drivers. Drivers translate video card instructions into something the computer understands and allows video card (device) work at peak performance as the manufacturer intended. Most drivers are installed automatically if you are using Windows 10 as an operating system (O/S).

According to Wikipedia, "... a device driver is a computer program that operates or controls a particular type of device that is attached to a computer. A driver provides a software interface to hardware devices, enabling operating systems and other computer programs to access hardware functions without needing to know precise details of the hardware being used."

Through time, though, device drivers can be updated to include more features, error corrections or other structures updated from the edition. Keeping drivers' current, also known as "patching", for professionals and power users is usually a good idea, but not always. Using an automatic updater is not recommended.

Independent driver update programs are mostly "crap-ware", meaning they do very little in terms of keeping your devices updated and are more about delivering advertising or malware. Yup, those handy-dandy updaters contain

malware. Not all, but MOST do.

Do you need to take the risk? Probably not. If there is something odd going on in your computer, it usually isn't the original driver but some other issue. To know for sure, contact the manufacturer of the device directly through their web site. Read the latest bug patches and fixes and determine if your computer is exhibiting those issues. Has it always exhibited these issues, is the new software you are trying to install having an issue? If it is, try the patch.

If there is an update on the manufacturer's web site, you simply may not need it. For most regular users rely on the old saw, "If it ain't broke, don't fix it." If you do fix it, and it doesn't work, fear not you can revert your driver to the one you replaced by going into the Device Manager of Windows and find the roll back driver section.

In summation, most driver update programs are garbage, don't use them. If you are experiencing an issue, go to the original equipment manufacturer, check the symptoms, update the driver directly from them or call a professional.

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When Dad is a Secret Service Agent Family Time Sacrifices

[Editor note: We are re-running this article from January with some updating, due to a printing error that omitted portions of the story and images.]

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

All prospective agents know, long before they are ever hired, of the travel requirements of a Special Agent with the US Secret Service. It's discussed during the hiring process a minimum of three times; during the initial interview, the panel interview, and the home interview. Holidays, birthdays, and other special occasions are going to be missed countless times throughout an agent's career, as the "needs of the Service" take precedence. Travel could be anywhere

from four or five days, to three weeks, or even a month on rare occasions. Luckily, I was only away from home for thirty straight days once during my career.

I had been assigned to a week long detail at the World Economic Forum in New York City at the Waldorf Astoria Hotel. Upon completion, I was then detailed to the 2002 Winter Olympics in Salt Lake City for another three weeks. It seemed like an eternity. I especially missed my three-year-old son. I cherished the time with my son; wrestling, playing catch, feeding the ducks on our walks, etc, as he seemed to grow and change every day.

I told my wife not to tell him which day I was flying home because I wanted to pick him up from preschool and surprise him. When I arrived, all the other kids had already been picked up. I remember being teary-eyed as I watched him through the backdoor window. He had grown so much over the past thirty days. He was playing by himself on the play structure, in his own little world as he waited for what he thought would be his mom to pick him up. I'll never forget the moment I opened

the door, called his name, and saw the wide-eyed surprised look on his face and heard the screech of "Daddy!" And I can still see him (sixteen years later) as he ran from the play structure, his little feet, legs, and arms, pumping away, and jumped into my arms. Nor will I forget the huge hug he gave me and the unconditional love and warmth in that hug.

Time doesn't stand still, and we never get it back. And once kids come along, time escalates rapidly. Our job always pitted work time against family time. Work almost always won. With that in mind, I (like many agents with families) always made every effort to share as much of the physical part of the job with my family as possible, getting them into as many events as I could. This wasn't always easy as our family grew from one to three kids and my wife still worked during the first several years of my career.

I wanted my kids to see what their Secret Service dad did, and to see our military and law enforcement in action. I wanted them to get a first-hand glimpse of what went in to keeping the President and other world leaders

safe. As a result, my family would sometimes join me at the hotels while on protection assignments. It was the lap-of-luxury, as these were world class, five-star establishments. When I would be offsite with the President or other protectee, my family would be at the pool, in the hot tub, or ordering room service (these were expensive family visits). During these stays I would take them into the Secret Service Command Post to see the communication heartbeat of the operation. I would take them down to see the bomb sweeps of the motorcade carried out daily by Explosive Ordinance Disposal (EOD) teams with their dogs. Over the years they witnessed Presidential arrivals and departures via Air Force One and Marine One and watched



Agent Enos's son at White House Press Room podium



Agent Enos' son standing in corridor between White House West Wing.

motorcade movements. They attended Presidential rallies and fundraisers, sat in the Presidential limo, and even met current and former Presidents and other world leaders.

Visiting the White House was always a highlight, because regardless of the number of times one steps inside the White House, there is always an overwhelming sense, supported by sight and touch, of history as one literally walks in the footsteps of the current President and in those of each preceding President starting with John Adams. The sense of patriotism and American pride is indescribable.

I maintained that sense of patriotism and American pride, throughout my career, not only of the White House, but of the Office and what it has always represented. The feeling never diminished (despite some of the less-than-appealing actions of certain protectees during my career. Many of which are public knowledge, many are not). My love of the job and respect for the

office was as strong on my last assignment (protecting then Presidential candidate Barack Obama) as it was when I started the job.

Of course, I knew the time away from my family could never be replaced and realized that my kids were too young at the time to fully understand and appreciate the scope and depth of what they were able to witness at the Secret Service. Sure, they enjoyed the excitement in seeing jets, helicopters, and five-star hotel room service, etc. However, it was always my hope that someday when they got older, they would look back on those events with a true understanding and appreciation of just what they were able to witness during those times, its historical significance, and to hopefully develop the same admiration, respect, and pride, in their country and all it stands for, as their old man had. Hopefully, their memories of the hotel's room service wouldn't overshadow their memories of the Secret Service.

Meeting Bill Clinton and Other Celebrities



To Cheryl Enos — Ben Willis — Bill Clinton

With all the sacrifices spouses make throughout an agent's career (loneliness, being a single parent for days, sometimes weeks on end, often while juggling careers of their own) it was always nice to be able to share the job with them by getting them into special events whenever possible.

Another opportunity to share the job with family occurred when Former President Clinton attended a fundraiser dinner

benefiting underprivileged youth at San Francisco's Fairmont Hotel. The event was sponsored by the Say Hey Foundation and its founder, the immortal baseball great, Hall of Famer, Willie Mays. The event included a who's-who list of attendees from both the world of professional sports, the music industry, and the Hollywood crowd.

As a Senior Special Agent, I opted for the assignment of Site Agent for this detail.

In this capacity, I would oversee not only the fundraiser, but also the golf outing the President and Mays were to have at the prestigious San Francisco Golf Club. Having played college and professional baseball in the minor leagues for a few years, I was a huge admirer of Willie Mays and was looking forward to the events.

On the day of the visit I arrived at the golf course early. After all the last-minute details were taken care of, bomb sweeps conducted, agents briefed and posted to their designated assignments, etc., I walked over to the driving range where Mays was hitting golf balls. I sat in a golf cart with his nephew/personal photographer (whom I had met earlier) and watched in awe as Mays warmed up. At this time, I received a call from our Command Post advising that President Clinton had just departed Portland International Airport enroute to SFO. As such he would be about 1.25 hours late. I passed the info to Mays' nephew who hollered to his uncle Willie that the President was running late. Mays stopped swinging his clubs, walked over towards us, and took a seat in his golf cart which was parked right next to ours. The three of us proceeded to visit for about the next 10 minutes. I couldn't believe it, me and Willie Mays having a conversation. Something I would tell my kids about when they got older. Before I excused myself to check on my post standers, Mays told me he had signed 350 baseballs the night before to be placed in goodie-bags for guests

at that night's fundraiser. Mays said he had set aside 21 of the signed baseballs for the Secret Service. What a thoughtful gesture.

As I made my rounds checking on the post standers before Clinton's arrival, Mays' staff person offered me for my wife and a friend, and the spouses of the other agents working the visit, to attend that evenings fundraiser dinner. It was quiet a generous offer as the cost to attend the dinner was \$10,000 a person! I thanked her and then ran the request by our Detail Leader, who had no problem with the invite. We also set up a photo op for our spouses with President Clinton backstage immediately following the event. I then notified the detail agents of the invitation and called my wife, told her to get a babysitter, and for her and a friend to get to the Fairmont Hotel that night. Clinton finally arrived, and he and Mays got in 18 holes at the legendary course golf without a hitch.

At the fundraiser, my wife and her friend, Kelly, met several celebrities to include baseball stars Barry Bonds and Reggie Jackson, and singer Aaron Neville. Sitting with them at their dinner table were actors Sean Penn and Rob Schneider. The gals had an amazing time. Afterwards we brought them backstage where they met President Clinton and had their photo taken with him. President Clinton signed the photos for them later. A nice keepsake from a memorable evening.

Your February 2018 Guide to the Bay Area

The Diablo Gazette's

ENTERTAINMENT GUIDE

February 13 Mardi Gras
February 14 Valentines Day

FUNDRAISERS

• **Pancake Breakfast** - Supporting Veterans of Foreign Wars – 2nd and 4th Sundays includes eggs, pancakes, sausage, beverage. 8 – 11 a.m. Willow Pass Road, Concord \$5 buys a terrific breakfast. <http://www.vfw-post1525.org>

• **Pancakes and Ponies** – February 24, 9:00 - 1:00 pm. Rain or shine. Diablo Equestrian Heritage Association, 1600 Trail Ride Road, Clayton. Supports future horsemanship educational programs. Activities include, pancakes breakfast, horse petting, pony rides, raffle and silent auction, Interactive games, and nature walk. Reservations now open. www.diabloequestrianheritage.org.

Music and Market Series

Funding for Concord's Music and Market concert series was lost with the elimination of the Concord Re-development Agency. Thanks to generous donations from local businesses, fund-raising events and money collected throughout the year, enough support was raised to continue the Thursday Music and Market series. Elected officials and volunteers are

now working to raise support for the season. To Make a Donation Make checks payable to: City of Concord -- Mail to: City of Concord Music Donation, 1950 Parkside Drive, MS 1B Concord, CA 94519

April 7- Ygnacio Valley Christian School Golf Tournament. For reservations or questions email: golf2018@yvc.school.org Price Per Person: \$140 includes golf, cart, snacks, drink ticket and post round BBQ. sponsorships available. Boundary Oak Golf Course, 3800 Valley Vista Rd. Walnut Creek.

OUTDOORS

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

Farmers' Markets

- **Concord** Tuesdays, 10am to 2pm, year-round, rain or shine.
- **Martinez** Sundays, 10am to 2pm, year-round, Main St. and Estudillo.
- **Walnut Creek** Diablo Valley Farmers Market Saturday 9a.m. - 1 p.m. Shadelands Business Park, N. Wigett Lane and Mitchell Dr. Also, from
- **Contra Costa Certified Farmers Market** - North Locust St between Giamona and Lacassie St. Sundays 9

am - 1 pm, Year Round, (925) 431-8361 <http://www.cccfm.org>

Camp Concord

Registration Begins: February 6, 2018 . Affordable Family Vacations in Lake Tahoe. 2018 Family Camp Dates: Friday, June 22 - Saturday, July 14; Monday, July 30 - Friday, August 12 You choose the length of your stay. You choose your arrival and departure days.

Club/Support Group News and 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 and see 15 original pieces of Eastlake furniture. For more information go to concordhistorical.org.

• **February 8 - Free Advance Health Care Directives for Seniors.** 9:15 AM - 11:15 AM. Contra Costa Senior Legal Services, City of Concord, and members of AIG's Legal Department host a Free legal clinic for Contra Costa County seniors. Meet with attorneys to prepare your Advance Health Care Directive tailored for free. An AHCD is the legal document used to (1) ensure that your health care wishes are known if you are unable to speak for yourself, and (2) allows you to appoint an agent to make health care decisions for you. (925) 671-3320 to sign up for your free appointment with an attorney. Concord Senior Center 2727 Parkside Circle. <http://ccsls.org>

• **February 10 - Wine and Chocolate Stroll** – 1 (heart) Downtown Martinez 2:30pm to 5:30pm. Spend a relaxing afternoon strolling from business to business in downtown Martinez. Stop in participating

stores and restaurants to sample delicious wines and chocolate treats. Redeem your advance purchase ticket for wine glass, tasting tickets and Passport at Main Street Plaza 600 Block next to Starbucks. 2:30 – 5:30 Downtown Martinez.

• **February 10 - BRANCH MEETING AND LUNCHEON** 11:00 am to 2:00 pm. "Finding Your Most Powerful Words" featuring Clive Matson (MFA Columbia University, 1989) with 40 years of coaching writers of all kinds. He's published 9 volumes of poetry and seven books. Awarded City of Berkeley Lifetime Achievement Award in Poetry in 2012. Sign-in starts at 11:00 am. Luncheon 12 pm. Speaker 1- 2 pm at Zio Fraedo's Restaurant: 611 Gregory Lane, Pleasant Hill. \$25 members, \$30 guests. Reservation deadline: noon, Wednesday, Feb. 8, 2017. Go to the CWC Mt. Diablo website at <https://cwcmtdiablo.org/current-cwc-mt-diablo-meeting/>

• **February 13 - The Clayton Valley Woman's Club (CVWC)** invites guests to attend their monthly meeting to hear Sara Skow, owner of The Royal Rooster gift store in Clayton, share her journey from motherhood to starting a small-town women-owned business. The CVWC is a local non-profit organization of women serving our local communities. Monthly meetings are held at St. John's Episcopal Church, 5555 Clayton Road, Clayton. 10AM. For more information, call Linda at 415-652-3503 or Sheila at 925-672-7947.



Sara Skow, owner of Royal rooster will be guest speaker at CV Women's Club Feb 13.

CALENDAR continues on next page

Age Strong, Live Long Health Expo

Free tote - first 500 attendees !!

<p>Friday, Feb. 23, 2018 9:00am - 1:00pm Concord Senior Center 2727 Parkside Circle 925-671-3320 opt. 1</p>	<p>Over 40 Exhibits Resources and Information for Seniors, Families and Professionals Presentations and Health Screenings <i>Raffle Prizes will be offered after each presentation.</i></p>
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For more information, visit www.CityofConcord.org/healthfair

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CALENDAR Continued....

• **February 17 - Daddy-Daughter Dance** Girls and Dads, uncles, granddads of all ages. 6:30-9 pm. at the Oakhurst Country Club, 1001 Peacock Creek Drive. Candyland theme. \$25 dollars per couple. \$5 for additional guest. Register at claytoncc.com/daddydaughter. Sponsored by Clayton Community Church. For more info contact Jamie Davis at Jamie.davis@claytoncc.com (615)495-4349.

• **February 20 - Aging in Place workshop.** This workshop provides an overview of home safety and how to avoid accidents, how to identify when home care is needed and a review of the various issues to consider and identify options available. Presenters will be from Hillendale Home Care, Hospice East Bay and Senior Visionary Services. 10AM-11:30AM. Brentwood Senior Center, 193 Griffith Lane. Free, but please RSVP at 925-516-5380.

• **February 23 -Age Strong Live Long Health Expo.** 9:00AM-1:00 pm. Over 40 exhibits, resources, and information for seniors, families, and professionals. Presentations and screenings. Participants can have their blood pressure and hearing checked, consult pharmacists, and have their balance evaluated. Volunteers in Police Service (VIPS) will be on hand to talk about volunteer opportunities. Information will be available from safety topics, how to avoid scams, and other issues important to seniors. Concord Senior Center, 2727 Parkside Circle. More information at www.CityofConcord.org/healthfair. or call 925-671-3320 opt. 1.

• **March 4 - "Celebrating the Women of Martinez"**, a Martinez Historical Society Open House exhibit. This event celebrates 25 women who have changed Martinez: the first female pitcher in Martinez' Little League, the first women on the Martinez School Board, and the woman who founded the Second Baptist Church in Martinez among many other women. We will celebrate the Activists, Historians, Pharmacists, Mayors, Madams and Suffragettes to list a few. 1 to 4 PM at the Martinez Museum, at Court and Escobar Streets.

VISUAL ARTS/ THEATRE/ MUSIC

• **February 7 - Mires Likes Fires** 8PM Comedy Night. Free Admission. In the Lounge at Clayton Valley Bowl, 5300 Clayton Road, Concord. Host Dan Mires., Clayton Community Theater

• **February 23 - Train Show** - Walnut Creek Model Railroad Society. 8-10pm. 2751 Buena Vista Ave. in Larkey Park in Walnut Creek. 925-937-1888. wcmrs.org \$3 adults, \$2 seniors and children 12 to 6. Under 6 is free.

• **February 23 - "Improv for Good"** - 7:45 pm Funny Bones Productions. Leshner Center for the Arts. 1601 Civic Dr. Walnut Creek, \$10-\$30. (925) 943-7469

• **February 24 - Matt Zebley's Oversized Quartet** will bring the finest in jazz music to Clayton Valley Presbyterian Church at 7:30 PM. Enjoy original compositions and arrangements for a modern, three-horn jazz ensemble. Grammy award winner. 1578 Kirker Pass Road. Tickets will be available at the door for \$15. More info at www.cvpresby.org or 925-672-4848.

• **February 24 - "Come Together: The Beatles Concert Experience"** - 7:30 pm. Leshner Center for the Arts, 1601 Civic Dr. Walnut Creek. Presented by West Coast Performing Arts. [tix: \(925\) 943-7469](http://tix:925-943-7469) or www.lesherartcenter.org.

• **February 25 - "A Tribute to Glenn Miller and Tex Beneke"** by 2 pm West Coast Theatre Company. Leshner Center for the Arts, 1601 Civic Dr. Walnut Creek. \$47-\$59. www.lesherartcenter.org.

• **March 7 - 5th year anniversary Comedy Show** with Headliner: DJ Real, (Nick Stargu). Nick has been featured on Comedy Central's Colossal Clusterfest, Outside Lands, SF Sketchfest, Bridgetown Comedy Festival and more! 8 PM. In the lounge at Clayton Valley Bowl, 5300 Clayton Rd. Concord. Host Dan Mires.

• **March 8-24 - Clayton Theatre Company presents "Lend Me A Tenor"** by Ken Ludwig, a madcap, screwball comedy. Endeavor Hall 6008 Center St., Clayton. \$20-\$25. Please visit www.claytontheatrecompany.com or www.brownpapertickets.com for more info.

Roxx on Main Street Martinez

- February Music Events**
- **Thursday, February 8th** - (ROMTOM) Roxx on Main Thursday Open Mic - host Joe V Rogers
 - **Saturday, February 10th** - Double Shot: Jay Olson, then Wendy Burch Steel
 - **Friday, February 16th** - Double Shot: Porch Pirates, then Redwing
 - **Saturday, February 17th** - Double Shot: Paul Feia, then Electric Delta Deuce
 - **Thursday, February 22nd** - (ROMTOM) Roxx on Main Thursday Open Mic - host Joe V Rogers
 - **Friday, February 23rd** - Double Shot: Kyle Jester plus tba
 - **Saturday, February 24th** - Double Shot: tba, plus Born Lucky Band

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

by Tillie Turner
Views of the Valley
Photos by Micah



Anne and Eileen attended Saint Demetrios Church 35th Annual Crab Feed at Centre Concord. Funds go to support local needy families and to expand the campus at the church.



There appears to be much anticipation for Valentine's as large crowds attended the Valentines Boutique at the Concord Hilton.



Love is in the air for Bruce and Leah at the Martinez Farmers Market.



Rob Morrison, a history teacher from Concord, Massachusetts, is doing a documentary on all the Concord's in America. His son, Tom Morrison is his videographer. On their way to talk to the Mayor, they bumped into Greg from Channel 7 news. Greg was here to do a story on the Concord's 150th celebration and the bricks and immediately jumped on a story about Rob and his documentary. Photo by Tillie Turner



Kids of all ages celebrated International Lego Day at Bricks and Minifigs in downtown Concord. It was the anniversary of when the patent for the original Lego brick system was filed on Jan. 28, 1958.

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Help Martinez Win \$500,000 for Downtown Revitalization

Top 10 Finalist for Hulu Series.

Martinez is one of the 10 finalist towns in the running to be featured on the next season of the Hulu's series "Small Business Revolution – Main Street."

We can help them win by posting on social media (Facebook, Instagram and/or Twitter) a photo and or anecdote about why you love Martinez. Add these hashtags to your posts; #mymartinez and #smallbusinessrevolution. Make the posts public so they can be seen. Private posts will not show up.

Small Business Revolution-Main Street is a documentary series created and backed by the Deluxe Corporation, a small business marketing services company.

"Small Business Revolution" was created and backed by the Deluxe Corporation, a small business marketing services company. The Deluxe Corporation team read thousands of nominations of small businesses by friends and neighbors. They heard the stories of struggle and hope in small town America and reached out to hundreds of communities to learn more. Selected by a team of storytellers and speaking with town representatives, those small businesses along with their owners represented the best of the American entrepreneurial spirit. They created the "Small Business Revolution – Main Street" to help those small businesses, and in turn, their small towns, reignite the spark that drives them.

They started Small Business Revolution by showcasing 100 small business stories across the country through photo essays, videos, and a half-hour documentary. After receiving thousands of nominations from small towns throughout the US, Canada and Puerto Rico, Deluxe narrowed the field down to 20 towns that are in the running to be featured in "Small Business Revolution – Main Street" Season 3! Martinez had made the top 20.

The search is for one lucky town – and six of its small businesses – to win a \$500,000 boost from Deluxe. They document the transformations in an original series on Hulu with hosts Amanda Brinkman (Forbes' Communication Council) and Robert Herjavec (entrepreneur and former host of Dragon's Den and Shark Tank).

On Dec. 12, Martinez made the cut again to the Top 10 finalists. Those finalists include Aberdeen, SD; Alton, IL;

Americus, GA; Amesbury, MA; Bastrop, TX; Brainerd, MN; Exeter, NH; Florence, OR; Martinez, CA; Siloam Springs, AR.

In January, Deluxe team visited each town and its small businesses, to learn how they would benefit from \$500,000 revitalization boost. During this phase, communities are asked to rally and get active on social media as to why they love their town. In Martinez, the Deluxe team was greeted by a welcoming crowd of about 200 enthusiastic citizens. Not bad.

Hearing from residents will help determine the towns for which we they could



make the biggest impact. In mid-February, they will announce the Top 5 finalists that will be up for a weeklong public vote to see which town will be featured in Season 3. If Martinez makes this cut, it promises to be an incredibly exciting week for them.

The public will choose the finalist. That announcement will be made at the end of February. Then the winning town's small businesses will be invited to apply to be featured on the show. Filming for the series will span March-June 2018.

Here's how you can help Martinez win. Post photos, stories, and anecdotes sharing what you love about Downtown Martinez to the "Small Business Revolution – Main Street" pages on Facebook, Twitter, and Instagram. Be sure to use the hashtags #MyMartinez and #smallbusinessrevolution. Keep posting and sharing through the end of the month.

Watch the first two seasons of the highly acclaimed series Small Business Revolution – Main Street at SmallBusinessRevolution.org, Hulu, or YouTube to get a sneak peek at what could be in store for Martinez.

Get regular updates and follow their progress on www.mymartinez.org

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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A Valentine's Day Preminder

The month of LOVE has arrived! A celebration in which we shower our loved ones with gifts, flowers, and a heaping amount of sweets. I never understood why such a wonderful notion was limited to just one month. Why shouldn't love have a special day every month?

I think many guys would break into a sweat at this suggestion. I am married to one of those guys, the ones you see in the card aisle on Valentine's eve frantically searching for an envelope that will fit the card in hand.

So, if you're partner is a Last-Minute Larry or Procrastinating Polly, I have discovered the secret *pre minder* - Sweet Bribery. (and I use it quite often). If I make this cake a week before Valentine's, the gifts are more thoughtful. I may also use this cake as a cover when buying something expensive that I need him distracted from....Enjoy!

Vanilla Rich Cake

- 1 pkg. yellow cake mix
- 1 3.4 oz pkg. instant vanilla pudding
- 1 tsp baking powder
- 1 cup sour cream
- 1/2 cup water
- 1/2 cup canola oil
- 4 eggs
- 1 TBSP vanilla extract
- 1 cup mini chocolate chips



Beat all the first 8 ingredients, on low to moisten, then medium speed for 2 minutes. Stir in chocolate chips. Pour into a very well-greased and floured bundt pan. Bake in a 350 oven for 50 minutes. Check with a skewer or thin knife, should come out clean. Cool in pan for 10 mins, then turn over onto a cake platter.

Glaze:

- 4 TBSP melted butter
- 2 1/4 cups powdered sugar
- 3 TBSP water
- 2 tsp vanilla extract

Beat until smooth, let stand 3 minutes, then drizzle over cake.



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

Purple Kohlrabi

Ever wondered what that weird vegetable is at the farmers' market that looks like it's from outer space? A bulbous deep purple orb with stems sticking up from the top? It's kohlrabi, a member of the Brassicaceae

family which includes broccoli, cauliflower, cabbages, and Brussels sprouts. The name comes from the German kohl (cabbage) and rabi (turnip). The kohlrabi is not a commonly used vegetable in the U.S. but is slowly gaining favor because of the simple flavors it imparts.

The entire plant is edible, but most people usually prepare and eat the bulb portion. The skin has the texture of broccoli stems and can be white, light green, or bright purple. The insides are a creamy white. The taste and texture of kohlrabi are similar to that of a broccoli stem or cabbage heart, but milder and sweeter. Smaller kohlrabi is a bit more tender and sweet than larger ones. When purchasing, look for firm bulbs with fresh leaves.

Bulbs can be stored in a plastic bag in the refrigerator for up to a week, but leaves should be eaten within a day or two. When preparing, trim leaves - save for stir-fry and salads - and peel the outer layer of skin on the bulb away because it tends to be tough.

Eat raw in salads or as a snack with dips. Substitute for recipes calling for radishes because they have a similar texture. Kohlrabi can be steamed or boiled, just like broccoli, but don't peel until after they are cooked. Pick



up one of these exotic vegetables next time you visit your local farmers' market and enjoy!

Look for purple kohlrabi from February to March, sometimes April at your farmers' market from JV Farms out of Sanger at the Milpitas market. Just-picked

freshness will be what you get when you select kohlrabi and other winter produce from great farmers' market growers.

Cookin' the Market, PCFMA

Recipe: Shaved Kohlrabi Salad with Toasted Paprika Almonds Salad
 3 small heads of kohlrabi, green or purple

- 1 cup of almonds
- 1 teaspoon of paprika
- Olive Oil

Dressing:

- Lemon zest of half a lemon and 1 teaspoon of juice
- About 1 teaspoon of Dijon mustard
- 3 tablespoon of good quality olive oil
- Salt to taste



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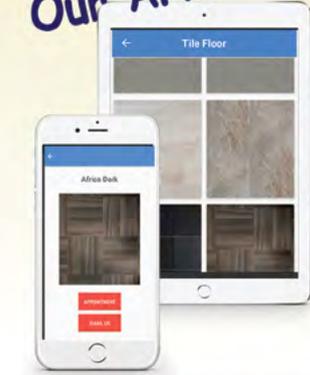


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Out to Lunch

Gen Korean, The Art of Korean BBQ

by Richard Eber

For those who mourn the recent closing of The Hometown Buffet in Concord, all-you-can-eat enthusiasts can rejoice with the Gen Korean BBQ House opening at 1353 Willow Pass Road at Waterworld Pkwy.

Gen Korean BBQ is a trendy small Southern California chain eatery. First impression upon entering is the stunning art deco environment where blue lighting instantly sets the mood for an extraordinary dining experience. There are several rows of counter seating, and 59 tables each cut out with a grill in the center for you to cook your order.

Every diner is given a book, rather a menu encased in a hardbound cover with 27 choices of assorted beef, pork, chicken, and fish to choose from for lunch. While pondering your choices, you are served with a large family style salad with delicious ginger-sesame vinaigrette and small plates of traditional Korean Kimchee and cold glass noodles (Jap Chae).

Then comes the good stuff. We tried Gen's special blade steak and Angus brisket along with Sweet Teriyaki with pineapple slices and a side of white rice. Our waiter masterfully cut the large pieces of steak with shears, before placing on our table grill. Several experienced trainers are on site teaching new employees "The Gem Way", the art of Korean barbecue.

Gen Korean BBQ is not a place for a "bun and run" kind of meal. They pride themselves in fusing different flavors from ingredients from different parts of the world. As such, we were given a large selection of dipping sauces. Green Tea Salt, Chadol, Cajun, and Gobchang were my favorites. Between courses, they also served fried chicken buds which proved to be quite addictive at my table.

Allocate at least an hour and a half for lunch. There is a lot to try here that you won't want to miss. There is no limit on

what can be ordered. I encourage you to explore the menu. After our party had our fill of steak, we continued by



ordering a couple varieties of pork belly (samgyubsal). We especially liked the meats marinated in red wine and those with Cajun flavorings. We also indulged in their different types of grilled calamari (squid), chicken, and shrimp.

For dessert, they have an assortment of mochi ice cream sandwiches, or as they call them Macarons. They looked great, but at this point, we had thrown in the towel. We were just too full for such a treat.

What was the financial reckoning for all this? Everything we ate was included in the all-you-can-eat tradition. With exception of soft drinks and alcohol, the price to gorge yourself with what are normally high-priced gourmet offerings runs a moderately-priced \$16.95 for lunch and \$ 24.99 for dinner.

The meal is an excellent value considering the high-quality proteins that are utilized. According to the restaurant manager, Manny Francisco, they rely on volume to make a profit. For now, that is not a problem as there are lines out the door, especially on weekends. They do take reservations for parties of 10 or more.

Gen Korean BBQ is open from 10am until 11pm each day and until midnight on Friday and Saturday. Give it a try, you will enjoy this trendy venue.



frugelegance

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

Easy Valentine Vases

Some find it quite a challenge to add anything special into their home décor in February because it's in-between huge holiday seasons. We have some simple, easy and affordable ways to add a special touch.

Fresh flowers are such a romantic and easy way to bring a breath of fresh air into your home, especially for Valentine's Day. You don't need to buy costly roses or other fancy flowers. We picked up a bouquet of baby's breath and pink and white mini carnations that you can find at virtually any floral store or department. The rest of the items used, are things we already own. We love to reuse season after season. It helps to keep a small supply of inexpensive craft supplies and a variety of ribbon on hand for these kinds of occasions. You can find plenty to choose from at and discount or craft store. Here are three of our easy-to-make vase ideas:



Quick & Easy Valentine's MASON JAR VASES

one will know it's a salt shaker.



Red Mason Jar: Take a simple red mason jar and tie a red and white twine around the top. We turned a foam heart into a tag with a loving message,

using a single hole punch - so incredibly easy.

Chalk-painted mason jars: These make awesome vases. They are such an easy and inexpensive DIY project. We painted the mason jars for a party but keep using them for family gatherings and seasonal decor. When we have our jars filled with the flowers, we put them in an upcycled wine box that we had created for a Spring decor post last year. (See it on our blog).

We did make one quick update. We gave it a light coat of chalk paint, wiped on with a clean rag, to give it a white-wash look. After the paint dried, we wrapped a pink satin ribbon around the box for a perfect finishing touch. You can change things up with a wide ribbon or, instead of the ribbon, chalkboard paint with a handwritten message using a chalk paint marker.

With only a few small bouquets, we filled these Valentine's vases and had plenty of flowers left over to make more. Our main point is to show that you can get a lot of bang for your buck when using these beautiful flowers. Enjoy your perfectly lovely Valentine home décor!



Salt Shaker Vase: The next vase uses a "tower style" salt shaker, ribbon and a foam heart. Tie the heart on with the ribbon. Now you have a beautiful mini vase. Place it anywhere. It's perfect on a breakfast bed tray, in the kitchen with the dish soap, on the bathroom counter, on the bedroom nightstand. No

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.



aRt Cottage

by FROgard www.aRtCottage.info



A Call for Artists

A call for artists went out to over 700 artists and/or art lovers from the aRt Cottage for the month of February. For those who don't know, a "call for art" is when a



Pam McCauley's (Woman's Face)

gallery puts out an invitation to artists to participate in an exhibit. Then it is up to the artist to respond by going to the site at artcottage.info and filling out an entry form on line. Of course, first the artist has to have a piece of art that he/she created and one that fits in with the topic, idea, or theme chosen for the exhibit. The new exhibit will run through Feb. 23. Pictured here are a few of the pieces that will be showing

Some of the artists showing this month have never shown at aRt Cottage before, and their work is fantastic! I am glad they responded and entered. There will be a lot of 3D sculptures as well as 2D art.

The exhibit launched with a reception for the artists, and a chance for the public

to meet the artists. We have new artists showing this month. I hope to see many new faces this month, so we can introduce these creative souls to the general public. For more information please check out our site at artcottage.info and come by to visit us during our open hours Tues. - Fri. from 11-5 and Sat. from 1 - 5. As always events at aRt Cottage are free. aRt cottage is located at 2238 Mt. Diablo St. in Concord.



Gail Zavala. (Sleeping Child)



DIABLO GAZETTE FUN ZONE



Wooing Your Valentine with VD Knowledge

by Micah

Want to set someone's heart afire? Try whispering into his/her ear these not-so-familiar tidbits about Valentine's Day.

More than one-third of men would prefer not receiving a gift. Less than 20% of women feel the same way.

Nine million plus pet owners are expected to buy gifts for their pets this Valentine's Day.

15% of U.S. women send themselves flowers on Valentine's Day.

Teachers receive the most valentines, followed by kids, mothers, wives and sweethearts.

One billion valentines are sent each year worldwide, making it the second largest card-sending holiday of the year behind Christmas. Women purchase approximately 85% of all valentines.

Hallmark produced its first valentine in 1913. Today, Hallmark employs an 80-person research staff to analyze the sales pattern of previous valentines.

That analysis, combined with more than 100,000 annual customer interviews, focus groups and in-store observations, will help create roughly 2,000 cards in

Hallmark's core Valentine's Day line. While Hallmark offers thousands of



different cards for Valentine's Day, one card was the top choice of customers in New York, Los Angeles, and virtually every other city in the country in 2006. (We have attached a photo of the card).

In Japan, women are expected to give chocolate and other gifts to men on Valentine's Day. This tradition was started as a marketing campaign by Japanese chocolate companies. Men are not off the hook, unfortunately. They are expected to return the favor on March 14th, common-

ly known as White Day.

The roots of St. Valentine's Day can be traced back to the Roman fertility festival of Lupercalia. On Lupercalia, a young man would draw the name of a young woman in a lottery and would then keep the woman as a sexual companion for the year.

The Catholic Church struck St. Valentine's Day from its official calendar in 1969.

The phrase "Sweets for the sweet" is a line from Shakespeare's Hamlet, Act 5, Scene 1. While "Sweets for Your Sweetheart" is the tag in Alpine Pastry's ad this month. (Page 10)

Famous Valentine's Day weddings: The Captain and Tennille, Elton John and Renate Blauel, Meg Ryan and Dennis Quaid, Jerry Garcia and Deborah Koons, and Pamela Anderson and Tommy Lee.

How do Americans celebrate Valentine's Day? U.S. Census Bureau has the answer:

Greeting Cards 65%, Plush 21%, Date Night 44%, Other Gifts 17%, Candy 38%, Perfume/Cologne 12%

Flowers 32%, Jewelry 11%, Gift Cards 29%

In Finland Valentine's Day is called Ystävänpäivä, which translates into "Friend's day". It's more about remembering your buddies than your loved ones.

Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

Richard Cadbury produced the first box of chocolates for this holiday in the late 1800s.

Women purchase approximately 85 percent of all gifts on this holiday.

220,000 is the average number of wedding proposals on Valentine's Day each year.

Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

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

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Readers Rants & Raves

Regarding the article, "Acalanes: Soccer for the Soul" article, January 2018, I am deeply humbled. Thank you.

- Coach Alex Chalak, Lafayette

I am so happy to see so many other art exhibits getting coverage. There are a lot of artists in Concord and it is nice for all to be recognized and for the public to know that art is alive in our area.

- F. Schmidt, Concord

I picked up a copy of your paper would like to know if I can subscribe. You always have very interesting articles. I really love it. Also, could we have copies in our office lobby? I saved the support group list, to give to a friend.

-Anne D. Walnut Creek

Regarding your January 2018 article, "Ruth Winder, Local Cyclist Continues Success on World Stage",

it was unclear, but I don't think she won a silver medal at the Rio Olympics. - A.K., Concord

[Editor: You are correct, AK. It was not clear. Ruth was on the US Women's Olympic Track Cycling team in Rio

which won a silver medal. Winder raced in all the qualifying events up to the gold medal race. There are six riders on the team, but unfortunately, only the four in the final medal race were awarded medals.

I really like this paper. I look forward to it each month.

-Kevin C. Concord

I didn't get the Diablo Gazette this month, so I took the one from my neighbor's driveway. How do I get one of my own? Crime doesn't suit me. - Rich V. Concord

[Editor: Sorry to hear you did not get one. Perhaps the other neighbor stole yours? See what happens with the next issue and let me know.]

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

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Clayton Theater Wins at 39th Annual Shellie Awards

Next up, "Lend Me a Tenor"

Clayton Theater Company (CTC) picked up two awards at the 39th Annual Shellie Awards at the Leshner Center for the Arts. (Similar to Tony Awards but at the local level). The awards were granted to Teresa Grossrode for Best Actress and La Tonya Watts for Best Director, both for the play "Moon Over Buffalo".

CTC next production will be this Spring, the comedy of "Lend Me a Tenor". A sensation on Broadway and in London's West End, this mad-cap, screwball comedy is guaranteed to leave audiences teary-eyed with laughter. It was directed on Broadway by Jerry Zaks, and in London by David Gilmore.

CTC is very excited to produce "Lend Me a Tenor", with La Tonya Watts as the Director and Roxanne Pardi as the Assistant Director. CTC casted some very talented actors and actresses.

Here is the complete list of Shellie winners from the area.

Outstanding Supporting Actor in a Musical: Glen Riggs, *Smokey Joe's Cafe*, Town Hall Theatre Company. Outstanding Scenic Design of a Play: Andrea Bechert, *Sisters Matsumoto*, Center REPeritory Company. Outstanding Cho-

reography: Tiana Paulding, *Hairspray*. Pittsburg Community Theatre
Special Contribution to the Performing Arts Claudia Gallup, presented by Onstage Repertory Theatre Outstanding Costuming of a Musical Liz Martin, 1776, Contra Costa Musical Theatre

well, *Crazy for You*, Brentwood Theater Company. Outstanding Lighting Design of a Musical: A tie! Helen Dixon, *Crazy for You*, Brentwood Theater Company, and Michael Oesch, *Grease*, Contra Costa Musical Theatre. Outstanding Costuming of a Play: Victoria Living-



Cast of "Moon Over Buffalo"

Special Contribution to the Performing Arts Steve Pino, presented by Contra Costa Musical Theatre

Outstanding Lighting Design of a Play: John Lytle, *My Three Angels*, Onstage Repertory Theatre. Outstanding Supporting Actress in a Musical: Amanda Max-

ston-Hall, *Baskerville: A Sherlock Holmes Mystery*, Center REPeritory Company. Outstanding Supporting Actress in a play: Jennifer Erdmann, *Baskerville: A Sherlock Holmes Mystery*, Center REPeritory Company. Outstanding Scenic Design of a Musical: Brian Watson, *Smokey Joe's Cafe*, Town Hall Theatre Company. Outstanding Supporting Actor in a play: Mark Farrell, *Baskerville: A Sherlock Holmes Mystery*, Center REPeritory Company. Special Contribution to the Performing Arts: Suzie Shepard, presented by Town Hall Theatre Company. Outstanding Music Direction: Ben Prince, *Altar Boyz*, Center REPeritory Company. Outstanding Director of a Musical: Marc Jacobs, *It Shoulda Been You*, Center REPeritory Company. Outstanding Actor in a Musical: Jeremy Kahn, *It*



Teresa Grossrode and La Tonya Watts

Shoulda Been You, Center REPeritory Company, Outstanding Actor in a Play: DC Scarpelli, *An Ideal Husband*, Town Hall Theatre Company. Outstanding Actress in a Musical: Elizabeth Curtis, *It Shoulda Been You*, Center REPeritory Company. Outstanding Production in a Play: *An Ideal Husband*, Town Hall Theatre Company. Outstanding Production – Musical: *It Shoulda Been You*, Center REPeritory Company.

Congratulations to La Tonya Watts, and Teresa Grossrode, and to all the other awards winners.

Mires Like Fires Presents Free Comedy Night



There is more going on at Clayton Valley Bowl than just bowling. Somewhat inconspicuously, on the first Wednesday of each month for the past five years, the Clayton Valley Bowl lounge lights up with a Comedy night... and its free. Billed as "Mires likes Fires" after the host and comic, Dan Mires. Mires created this night on a whim as a one-off night from the lounge's weekly Tuesday night Open mike night. Instead of music, Dan would get up and perform a brief stand up.

"Back in 2013," Mires recalls, "I approached the venue if they would allow me to do a one-off comedy night. They said okay. So, then I asked all my friends and family and anyone I would meet to come out." And they did. About 60 to 70 folks attended. That's a good crowd for

such a small venue.

"After that night, the lounge approached me and suggested that we try to do a comedy night once per month." From then on, the first Wednesday of each month is now free Comedy Night.

To produce a comedy show without admission takes a little magic. Without funds, marketing is completely a grassroots effort. Mires belongs to a Facebook Group called Bay Area Comedy Network and uses Craigslist, and other Internet sites that will allow him to advertise the show and invite entertainers.

As a standup himself, Mires travels and performs in several western States. He invites comics to participate whenever they come to the Bay Area. "I get comics from LA, Sacramento, San Francisco

and anyone coming to the Bay Area to perform." Surprisingly, they come. "There is a tip jar that generates a few hundred dollars that we share." Whatever works. Mires says it's been consistently successful, routinely attracting audience sizes of 40 to 90.

If you miss February's Comedy night, the 5-year anniversary night is coming up Wednesday, March

7. Mires promises for that to be a special night.

Try out a free comedy night. Mires Likes Fires, 8pm -10pm inside the lounge at Clayton Valley Bowl, 5300 Clayton Road in Concord.



Jazz at Clayton Valley



Matt Zebley's Oversized Quartet will bring the finest in jazz music to Clayton Valley Presbyterian Church on Saturday, February 24th at 7:30 PM. The evening of jazz music will feature original compositions and arrangements for a modern, three-horn jazz ensemble.

Grammy award winner Matt Zebley is a music educator at Diablo Valley Community College, composer, and continues to perform with top name jazz artists. Clayton Tickets will be available at the door for \$15. More information is available at www.cvpresby.org or by calling 925-672-4848.

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

Never Too Late: From Wannabe to Wife at 62

Never Too Late by B. Lynn Goodwin (2017, Koehler Books, paperback, 256 pages \$13.21) is the perfect book for Valentine's Day. It's the true story of Lynn's quest for marriage at the age of 62. This is not the fairy tale story of boy meets girl who both immediately fall in love and live happily ever after. Rather as the author delves into the idea of marriage, she takes an honest look at her insecurities, explores her life-long yearning to belong, and ponders on the sometimes hurtful comments her mother made about her prospects for finding love.

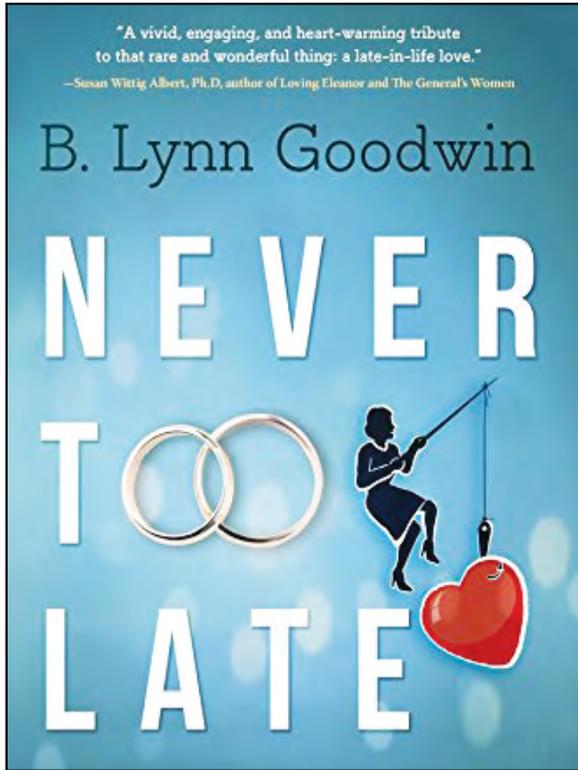
The novel opens with a very nervous Lynn about to go on her first date with Richard, a man that she's met on Craigslist—an unlikely place to look for romance, much less a future husband. It's not surprising that Lynn was drawn to Richard. His clever personal ad used a 1944 classic roadster metaphor to describe himself. Equally creative was Lynn's car-themed response that paralleled his creativity. They seemed like a perfect match—at least on paper.

After Richard, a part-time pastor, discovered that Lynn was a churchgoer, he became smitten. He dismisses Lynn's health issues as inconsequential having nursed his previous wife. The twice-widowed father of seven knew what he wanted—to get married. But Lynn, who placed a high value on her independence, was not so sure.

The book explores Lynn's emotional journey of adapting to being a part of a couple. Having lived her entire life single and embracing feminist values, Lynn must come to terms with a man whose beliefs include that the man is in charge of the household. As the relationship progresses, Lynn struggles to manage her conflicting feelings as her sometimes overbearing boyfriend pushes her toward marriage before she feels ready.

Lynn and Richard face challenges that are universal experiences as two people explore their growing commitment: How

will we handle money? Who will have to move? Will the in-laws accept me?

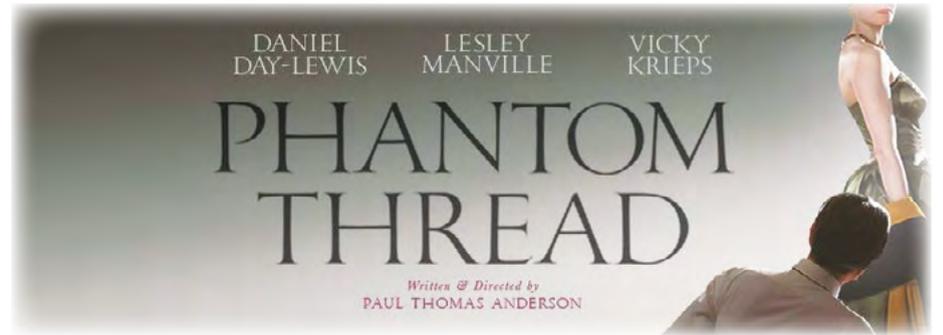


Despite positive experiences meeting Richard's family and her obvious affection for Richard, Lynn's desire to protect her nest egg contributes to her hesitancy to commit to marriage and accept Richard's engagement ring. Richard is not discouraged and waits patiently for Lynn to make up her mind.

The novel lives up to the cliché: There's someone for everyone. It's an uplifting tale that love can be found in the most improbable places—even on Craigslist.

Local Bay Area writer, B. Lynn Goodwin has written two other books: You Want Me to Do WHAT? Journaling for Caregivers and Talent, a young adult novel. Talent was short-listed for a Literary Lightbox Award, won a bronze medal in the Moonbeam Children's Book Awards and was a finalist for a Sarton Women's Book Award. Goodwin can be reached through WriterAdvice.com. She has been married for five years to her Craigslist sweetheart.

moviemavericks
 by Jason Rugaard www.moviemavericks.com



Reynolds Woodcock (Daniel Day-Lewis) is an obsessive genius in his field. That being the garment industry. He methodically designs woman's dresses and has a team of seamstresses work with delicate precision to assemble his drawings into reality. Reynolds is a bit of a prick though and his life runs with clock-like precision, and little interruptions. This hermit existence is lorded over by the ever-present Cyril (Lesley Manville), a late-middle-aged woman who is Reynold's mother-figure. As a self-proclaimed bachelor Reynolds' mindset is changed when he meets Alma (Vicky Krieps) in a countryside teahouse. The older man is struck by the much younger woman's sunny disposition and they engage in a relationship that will alter her rural lifestyle.

Phantom Thread is a film that feels like Oscar-bait from its inception and everything was worked out backward from there. The Academy has always lavished praise and loads of nominations on this esoteric type of cinema. My biggest problem with the picture is that Reynold's isn't a compelling character. He's vaguely written, mannered to perfection and emotionally withdrawn. Phantom Thread is Anderson's least accomplished film in terms of story, accessibility, and overall filmmaking technique. Where

is the dervish camera work from his earlier work? What happened to the captivating monologues that are key pieces of *Magnolia*, *Blood*, and *The Master*? *Phantom Thread* needed a good re-write, or maybe it just a story not worthy of being told, especially by this talented roster of actors.

Director Paul Thomas Anderson started his career with the sizzling one-two punch of *Hard Eight* and *Boogie Nights*, both released in 1997. Those films signaled that a fresh new talent had emerged on the scene, someone with a deep reverence for the films of Martin Scorsese. Then followed *Magnolia*, a sprawling epic about the intersecting lives of a dozen Los Angelenos, which was influenced by Robert Altman's work. After that was *There Will Be Blood* and *The Master*, each of which felt like Anderson was dipping into his resource bag and channeling the late Stanley Kubrick. Now, comes *Phantom Thread* and it's Anderson's Michael Cimino moment. He's crafted a gorgeous looking meticulously detailed film that is impeccably produced, acted, and designed but impenetrable on an emotional level.

Director: Paul Thomas Anderson
 Stars: Daniel Day-Lewis, Lesley Manville, Vicky Krieps

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Clayton and Concord Home Prices Up Over 8 Percent

In December 2016, Clayton sold price average was \$752,000. In December 2017, it is back up over the \$800,000 mark at \$817,000, a year over year increase of 8.6%. In the last 13 months the average price in Clayton has jumped over \$800,000 only three times. In Concord 94521, the average sold price in December 2016 was \$639,000 and in December 2017, \$691,000 an increase of 8.1%. The days on market in both areas are down over 50% from last year due to the lack of inventory.

So, while it's a good time to sell, how you present your home can have a huge effect on value. Some sellers are so used to a brisk market all around them that they don't realize or understand that it's possible to overprice a home even in the strong market, and while PRICE is key to a sale, CONDITION is the second factor that can make or break a sale. As a Realtor, I see it time and time again. Two sellers with similar properties, one heeds the advice of the professionals and gets a home inspection, fixes any deficits found, polished and primps and properly stages their home and their offers and the frenzy around that home take their price and terms to a level that exceeds their expectations. The other can sit a bit longer, get fewer offers and/or their end price is less than hoped for.

While paint and repairs affect condition, a mistake made by some is to stop before finishing because they are weary or have made progress and just don't see the details (By the way, your stager sees the details that make you money). Do the little things count? They do. The poor landscape, the weeds, the peeling paint, the dirty or worn carpet, the door knob that is hard to open, these things are noticed by buyers and reflected in their purchase prices. How will you ever know if you could have gotten more by changing or adding to your curb appeal or the other items? You don't, but your buyer does while they are doing a comparison to other homes they are seeing. That laundry list of things you have not done, gives them ammunition they can use to

negotiate your price. They don't want to take on your issues or if they do they want a "discount". Who wants to sell at a discount? Your Realtor knows the route to getting you more money. Hire a proper stager with credentials. I recommend CSP. Take their advice and prepare your home to sell. Start when you purchase or start now, as Steven Covey, author of "The 7 Habits of Highly Effective People" says, "Begin with the end in mind". You will reap the benefits on your home sale, whether tomorrow, or years from now.

Research shows that most people will view your home in the first 10 days on the market. So, first impressions are key as you may not have a second chance to make a first impression. While 63% of buyers will pay more money for a home that is "move in" ready; preparing your home for sale before you put it on the market will bring 589% return on your investment according to a HomeGain.com survey of 1000 real estate agents.

Terrylynn Fisher, Real Estate Broker Associate (CalBRE# 01882902) with Dudum Real Estate Group is a 35+ year veteran of real estate. (925)-876-0966 www.BuyStageSell.com.

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Contra Cost Health Services Offers Flu Prevention Tips

The flu season this year has been particularly harsh. As the flu continues to spread in our area and the country, Contra Costa County officials are urging residents to take precautions to avoid getting sick or infecting others.

Those who have not yet been vaccinated are encouraged to do so. The best tool for prevention of flu is vaccination. It's still not too late. Yearly influenza vaccination is recommended for everyone 6 months and older. The best place to get vaccinated is at your regular health care provider or clinic. Find other locations in Contra Costa to get vaccinated.

To get a flu vaccine, first check with your regular health care provider. Contra Costa's drop-in Public Health Immunization Clinics are open one afternoon each week in Brentwood, Pittsburg, Richmond, and Concord. The Concord location is at 2355 Stanwell Circle. Open 1-4:30pm on Fridays.

Clinic fees are based on patient age, insurance status, and vaccine(s) needed.

Flu and Tdap (pertussis or whooping cough booster) vaccine are available for all adults and children at reduced cost. For pregnant women, only flu and Tdap are given at these clinics. Both children and adults with private health insurance and adults with MediCal should see their doctor for vaccines. Clinics cannot bill

private health insurance or MediCal. Clients are seen on a first come, first served basis. Come early as they cannot accept more clients once the clinic is full. Clinics are closed on holidays.

For additional clinic times and locations, which vary weekly, call 1-800-246-2494 or if you need to speak with someone, please call the Immunization Program at 925-313-6767.

Community clinics will also offer flu vaccines. A list can be found at <http://cchealth.org/immunization/pdf/community-providers-list.pdf>. Call the clinic for details.

Pharmacies and grocery stores will have flu vaccine available.

Also, it's important for people to wash their hands often, with soap and water or hand sanitizer, according to Contra Costa Health Services.

People who do get sick should remember to cover their coughs and sneezes and stay home so as not to infect others.

Those with flu-like symptoms are also encouraged to call their health plan's advice nurses to get help with self-care. Contra Costa Health Plan members and Contra Costa residents who don't have health care coverage can call (877) 661-6230 and choose Option 1 to speak to an advice nurse. For more information, go to cchealth.org.

FLU PREVENTION TIPS



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Ruby Dooby Do to the Rescue

BEAR

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



Bear is a four-year old small pug mix. This black cutie-pie with patches of white on his chest and chin is an absolute love bug. Bear is a *pawsitively special dawg* that has been compatible with kids and other dogs. He is considered special

needs because of a neurological tic at mealtime. During feeding, Bear can lose equilibrium and stagger. Occasionally he also paws at his face. Despite numerous veterinary visits and blood work, the cause of his unusual behavior has not been diagnosed. Although Bear does use pee-pads, he will require further house-breaking training. Bear is neutered, up to date on vaccinations, and has been microchipped. His adoption fee has been sponsored.

Bear is being placed by Bay Area Animal Rescue Crew (BAARC) located at 5210 Clayton Road in Concord, but is not currently advertised on their website. To make an appointment to meet Bear or find out more information, call Linda at 925 899-1230 or email her at bayarea-animalrescuecrew@gmail.com. Linda is flexible and appointments after work

hours are possible.

BAARC was launched in August 2015 by a group of friends with a passion and love for saving animals. This 501(c)(3) non-profit organization is funded by monetary donations and a thrift store. Dog-related items, clothing and other donations to the thrift store are welcomed. You can also help out by fostering or volunteering. If Bear isn't a good fit, perhaps BAARC has another dog that meets your needs.

Editors Note: Ruby Dooby Do is Concord's Instagram celebrity with more than 54,000 followers. [Instagram.com/rubydoo-by-do](https://www.instagram.com/rubydoo-by-do). Special thanks to Jill Hedgecock, Program Coordinator, Mount Diablo Branch of the California Writers Club for her help in translating canine for this article. www.jillhedgecock.com.

Concord High Students Meet Shuttle Astronaut

Students at Concord High School recently met and listened to Astronaut José M. Hernández (Space Shuttle Discovery 2009) when he visited on January 26. Hernandez shared his inspirational journey through education and life. Hernandez was the son of an immigrant, learned English at the age of 12, and was the first in his family to go to college. He graduated with an electrical engineering degree and wanted to work for NASA. In 2016, he received the National Hispanic Hero Award and founded the José M. Hernández Reaching for the Stars Foundation.

The assembly was sponsored by Tony LaRussa. The former pro baseball player/coach and founder of the Animal Rescue Foundation (ARF) brought some of his rescue dogs to the school.

It was an extraordinary opportunity to spark student dreams of higher achievement. Well done Concord High.

Photo courtesy of Life Through a Lens Photography



New Districtwide Education Foundation Launches for Mt. Diablo School District



L-R: Sharon Jenkins, Tina Segrove, Mary Gray, Linda Mayo, Cherise Khaund, Guy Moore, Anita Johnson, Sylvia Chatagnier

A generous donation of \$30,000 from the Mt Diablo Education Association's Academy Awards Committee enabled the creation of a new education foundation. This is an exciting new chapter for the Mt. Diablo Unified School District (MDUSD). Created by parents, business and community members from various parts of the district, in collaboration with teachers and school staff, the Foundation has at its core a simple goal: ensuring that every student in the district has access to a quality education, regardless of their zip code.

To meet that goal, the Foundation plans include sponsoring educational opportunities inclusive to all MDUSD schools, providing funds and resources for K-12 STEAM (STEM plus Art) activities, and collaborating with businesses for career technical training for students. Citing inadequate public school funding by the state, the group wants to help make up the difference.

What would that look like? From the Foundation's literature: "Imagine if...every elementary school student had access to enriching art, science, and robotics; every middle school student learned a

second language; and every high school student could take all of the classes he/she needs, from AP Computer Science to Construction Management."

The MDUSD Education Foundation is a true non-profit volunteer effort, from the members of the Foundation Board to the committee members assisting with fundraising and programs. The initial donation from the Academy Awards Committee of Mt. Diablo Education Association the Foundation will already be able to start funding arts opportunities in the Mt. Diablo elementary schools. The founding members of MDUSD Education Foundation are fired up to make a difference, and optimistic that others will want to join them in their efforts.

The new foundation is organized under the Nonprofit Public Benefit Corporation Law for charitable purposes and not for the private gain of any person. The MDUSD Education Foundation does not support or oppose political parties or candidates, including those running for school boards and other nonpartisan offices. Visit <http://www.mdedf.org/> to donate, volunteer, or join a committee.

Travis Credit Union Awarding Twenty \$2,000 Scholarships

Great news for college bound seniors; Travis Credit Union will award twenty, \$2,000 scholarships.

Each applicant must be a high school senior with a minimum GPA of 3.0 on a 4.0 scale, bound for a two- or four-year college or university and a member of Travis Credit Union in good standing. Students who live in Travis Credit Union's twelve-county service region and are not yet members may join the credit union and apply for a scholarship at the same time.

The Travis Credit Union Board of Directors established the scholarship program in 2004. It was named the Mary Keith Duff Memorial Scholarship Fund in honor of a long-time board member, who passed away in December 2004. More than \$313,000 in scholarships has been awarded since the scholarship was established.

Scholarship applications are available at any branch location or online at Travis

Credit Union's website at www.traviscu.org. In addition to a completed application, other requirements include: a 250-word essay, a certified high school transcript and a letter of recommendation from a teacher. Completed applications must be received no later than the close of business Monday, March 5, 2018.

"Offering these scholarships is just one way Travis Credit Union adds value for our members and is assisting them with the increasing cost of higher education while reinforcing our commitment to their financial success," says Barry Nelson, Travis Credit Union's president and CEO.

Travis Credit Union is a not-for-profit cooperative financial institution serving those who live or work in Alameda, Colusa, Contra Costa, Merced, Napa, Placer, Sacramento, San Joaquin, Solano, Sonoma, Stanislaus, and Yolo Counties.

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Changes at Contra Costa County Fairgrounds

Contra Costa County Fairgrounds has a new name. It is now the CONTRA COSTA COUNTY EVENT PARK. The Contra Costa County Event Park has a new make-over with new look, new logo, new venues, new events and is home of the Contra Costa County Fair May 17th – May 20th.

The Board of Directors of the Contra Costa Fair voted to close the Mangini Agricultural Museum located on the Fairgrounds. The Museum has been closed to the public since December 2014, the Board felt the building could better serve the Fairgrounds and the community if turned into an additional Event Facility. The Event Facility should be available for

rent starting June of 2018.

Fair CEO Brengle stated that the Museum Classroom and Garden will continue to be used for Agricultural Educational Programs through the Contra Costa County UC Master Gardner's Program.

Individuals that loaned the museum items for display are asked to contact the Fair Office at 925-757-4400 by March 19, 2018.

Items unclaimed will be used for display in other areas of the Fairgrounds, or offered to Agricultural Museums throughout the state.



District Seeks Resident Input

The Concord City Council is seeking input from residents in the process to change the way City Councilmembers are elected. Currently, five City Councilmembers are elected at-large, meaning that all registered voters in Concord have the opportunity to vote for all five council positions. Under the new system, City Councilmembers will be elected by district. One Councilmember, who lives in a district, will be elected by registered voters who also live in the same district.

Four proposed district maps have now been posted to the City's website at www.cityofconcord.org/districtelections. Maps are labeled, Plan Orange, Plan Green, Plan Blue, Plan Yellow. You decide which map plan best represents your interests.

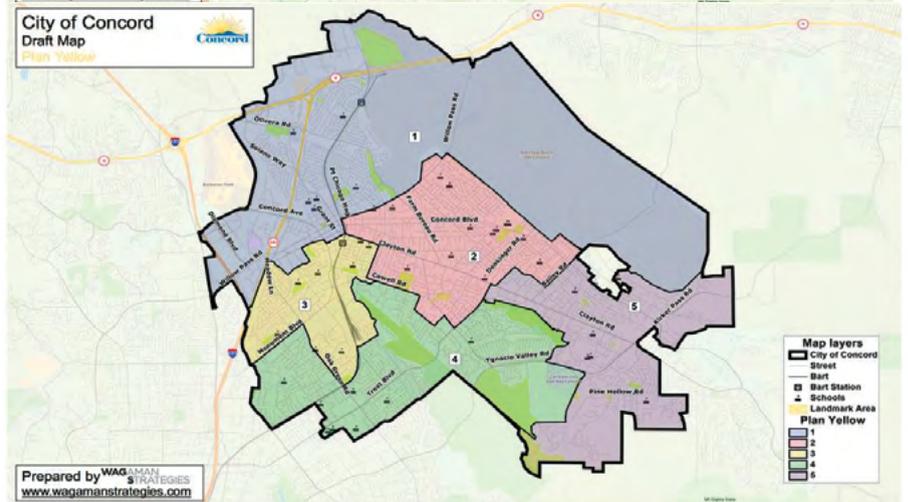
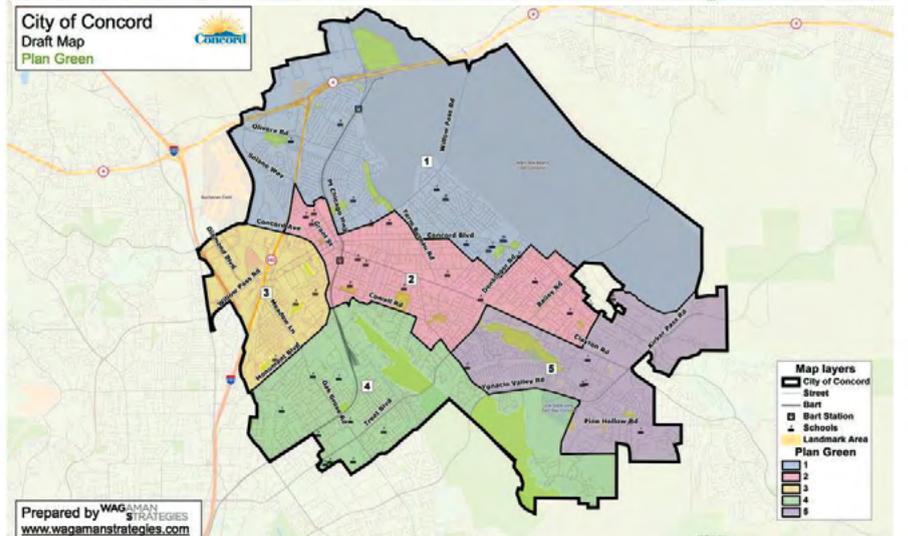
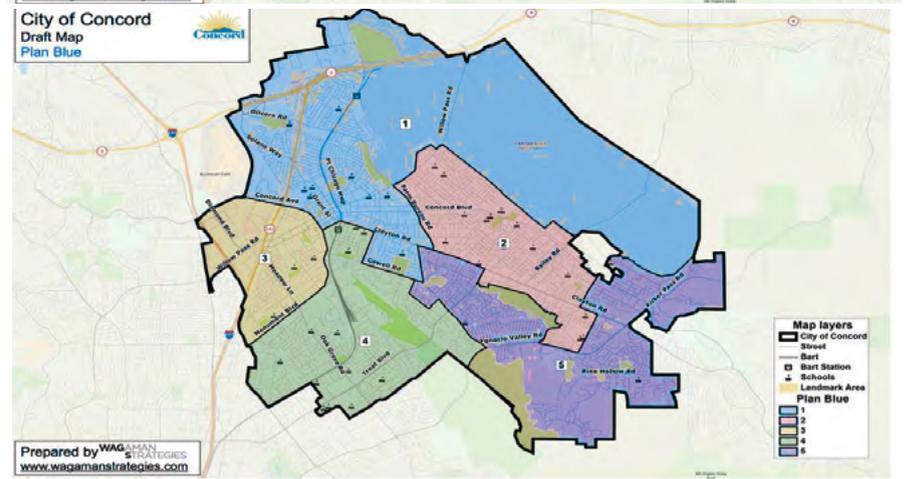
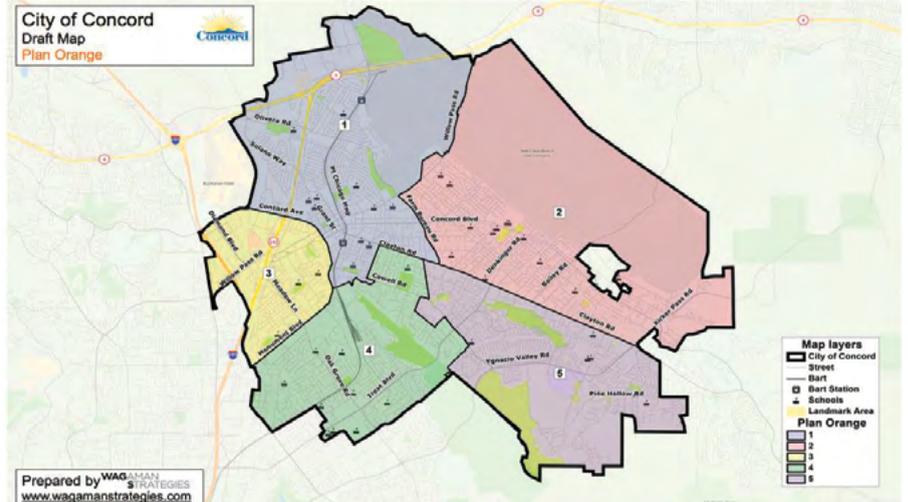
A survey has been posted on the Concord Community Town Hall webpage. A link to the program is available from the City's website, www.cityofconcord.org by clicking

on the "Town Hall" tab in the middle of the page.

Residents are also welcome to submit comments any time by mail to City of Concord, District Elections - attn. Laura Simpson, 1950 Parkside Dr., MS 01B, Concord, CA 94519 or by email to districtelections@cityofconcord.org.

The public hearings will be held at Civic Center, 1950 Parkside Drive, in the Council Chamber on February 6 and 27. The meetings are televised on Concord Cable TV channels Comcast 28, Astound 29, AT&T U-verse 99, and will be streamed live on the City's website.

For more information visit the District Elections page on the City's website at www.cityofconcord.org/districtelections, email districtelections@cityofconcord.org or contact Planning Manager Laura Simpson Laura.Simpson@cityofconcord.org or call, (925) 671-3369.



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Elephant Seals: Back from the Brink of Extinction

by Jill Hedgecock



Diane Walsh - Endless Possibilities Photography

Between December and March, a spectacular event happens at Point Reyes National Seashore (PRNS). An ever-growing herd of adult northern elephant seals, *Mirounga angustirostris*, descends to breed on the PRNS shorelines. These animals were hunted to near extinction by the end of the 19th century for their blubber that was used for lamp oil. So the return of these massive creatures to abundance is a relatively recent phenomenon.

Elephant seals reappeared on the sandy Point Reyes headlands in the early 1970s. In 1981, the first breeding pair was discovered near Chimney Rock. Every year since then, the population has expanded. According to Sarah Codde, a marine ecologist in charge of PRNS' Inventory & Monitoring Program, because of the legal protections placed on the seals by both

the U.S. and Mexico, their numbers have surpassed historical peaks. The monitoring program involves documenting population changes, pup survival, and migrations.

"Over the last two years, northern elephant seals born farther south have been migrating northward. No one knows why," Codde says.

Adult northern elephant seals can spend eight or more months of the year in the open ocean with the females and males occupying separate feeding grounds.

To breed, the males must travel between 6,000 and 7,000 miles to unite with the females in their breeding territory. When they are out on the open ocean, males dive for food at depths up to 5,800 feet and hold their breath for up to two hours. But both males and females

fast during the mating season.

"The dual lifestyle of elephant seals on land and sea is amazing," Codde says.

Elephant seals are named after the male's sack-like appendage known as a proboscis. This feature plays

an important role during the breeding season. Expanding the proboscis enables an elephant seal to amplify vocalizations that can be heard several miles away. One unusual call resembles the noise of water gugging down an unclogged drain. Males begin developing their distinctive bulbous nose at around five years, which are

fully formed in about three years. With an expected life span of 12 years, males have a few years of full maturity. This contrasts with females that can live up to 18 years and birth pups until late in life.

While elephant seals can be seen year-round at PRNS, males and females return to molt at different times and elephant seal pups can remain for extended periods. February is an ideal time to make the approximately one-and-a-half hour drive from the East Bay to see nature in action. Codde says that watching the behavior of the seals during the breeding season is her favorite activity.

"It's almost like watching a soap opera," Codde says, "as I observe the males fight or as I read the flipper tracking tags to see which seals have migrated to a new colony."

This is the time of year at Chimney Rock Trail overlook (a scenic 1.8 mile hike round-trip) when elephant seal mothers can be observed nursing their pups and the dominant bulls fight other males to defend their harems. Docents are often present with spotting scopes, but bring a pair of binoculars, if you can. Although early February is the end of peak whale migration, Pacific gray whales can be observed here, too.

PRNS is one of only about a dozen sites where northern elephant seals breed worldwide. There are four different colonies at PRNS, including a herd that routinely occupies Drake's Beach where visitors can sometimes get close-up views. However, the beach is closed when pups are present. Keep your distance though. They may appear to be lethargic boulders, but even the males that weigh in at upwards of 4,500 pounds can move quickly. Seals have been known to bite or chase people when surprised or approached too closely. The Marine Mammal Protection Act of 1972 requires on-lookers to stay a minimum of 100 feet away for the animal's well-being, especially bulls that can be triggered to fight each other when humans come toward them.

We had a great day at Point Reyes. There were 18 male elephant seals at Drakes Beach and lots of activity.

If you go, road closures usually occur from New Year's to Easter on weekends and holidays at Sir Francis Drake Boulevard from South Beach to the Lighthouse and Chimney Rock areas. Taking a shuttle is mandatory during the shuttle operating hours. The \$7 shuttle ticket can



be purchased at the Kenneth C. Patrick Visitor Center at Drakes Beach between 9:30 am and approximately 3:00 p.m. The last shuttle leaves at 3:30 pm. Check the "Shuttles, Whales, and Elephant Seals" recording at 415-464-5100 for updates on whether shuttles are operating. For Point Reyes elephant seal monitoring updates, visit: <https://www.nps.gov/rlc/pacificcoast/elephant-seal-updates.htm>

[Jill Hedgecock has a Biological Sciences degree from U.C. Davis and a Masters degree in Environmental Management from the University of San Francisco. www.jillhedgecock.com]

Photos by Diane Walsh

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Noor Islamic & Cultural Community Center Brings Unity to Concord

The new community center and Mosque at 4035 Treat Blvd. in Concord celebrated its Open house on January 13. Noor Islamic & Cultural Community Center has been in Concord for the past 27 years functioning as a mosque under a different name in a 1600 square foot two-room office suite above Smoke Shop on Monument Blvd.

Noor Islamic & Cultural Community Center is an independent, nonprofit, non-political, and non-governmental community center with a mandate to help Afghan and other Muslim immigrants in the community to maintain their religious beliefs, native languages, and cultural traditions.

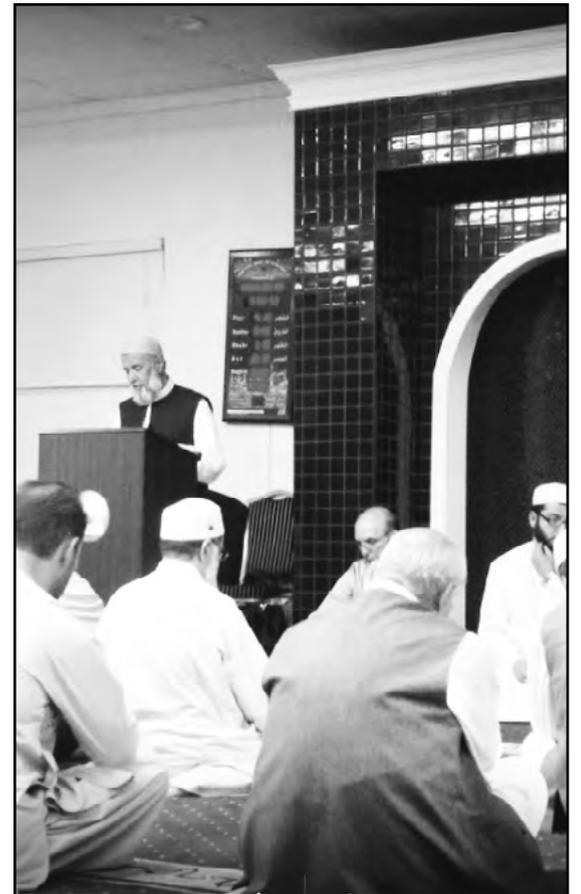
Several dignitaries were present at the open house including Mayor Edi Birsan, our own gubernatorial candidate, Harmesh Kumar, City Manager Valerie Barone, Concord Police Guy Swanger and others.

The move required an extraordinary amount of community support. In July 2015, NICCC purchased the former Masonic Temple on Treat Blvd. for \$1.2 million using funds through donations, fundraising and a \$900,000 interest free loan from 21 different individuals, a true community effort.

In addition to remodeling, the building was in great disrepair and needed landscaping. All was provided through volunteers from the Afghan community of Concord to convert the Masonic Temple into an Islamic Mosque and Community Center. The new location features classrooms, a meeting room, dining room and conference room.

The community center offers a religious center where people come to pray five times a day and provides ceremonies and memorial services for the deceased. It is also an educational center to host lectures such as Gang and Drug Prevention, and on mental health issues including Post War Traumatic Syndrome, Diabetes, Moderate Islam, Weight Loss, and Heart Disease.

A Language Heritage Program offered on weekends teaches Farsi/Dari, Pashto, and Arabic. "We strongly believe that the beauty of the United States is in its diversity. By bringing and maintaining different languages, a different religion, different ethnicities, and races, we hope to contribute to the beauty of this country, to the beauty of this state, to the beauty of this county and to the beauty of the city of Concord," stated Dr. Sedique Popal, a linguistic professor at the University of San Francisco and a member of the NICCC board of directors.



"In order to achieve our goals and to help Afghan and non-Afghan Muslim kids to become productive members of the City of Concord and their communities, Noor Cultural Community Center offers classes and lecture series and teach these kids to avoid using drugs, to avoid joining gangs, to practice moderate Islam, and adhere to the beautiful rules of Afghan culture and moderate Islam that teach and preach Peace, Love, Respect, and Cooperation."



Rock The CASA 2018 Will Feature Melissa Etheridge!

ABC7 San Francisco News Anchor Dan Ashley's 4th Annual *Rock the CASA* benefit concert will rock the house again with Melissa Etheridge on Saturday, March 3 at the Leshner Center for the Performing Arts in Walnut Creek.

Rock The CASA is a labor of love for Dan combining his passions in music, philanthropy, community, and helping children in need. The annual *Rock the CASA* benefit concert has raised over \$150k to support CASA of Contra Costa County and Friends of Camp Concord with sold out concerts that have featured Eddie Money, REO Speedwagon, and Cheap Trick. Dan's own band, Push, opens each concert.

CASA provides volunteer to serve children placed into foster care system because of abuse or neglect at home. Each year near-



ly 1000 youth, from ages up to 21 come into foster care system and are under the court's care because they are unable to live safely at home. On average CASA serves 150 of the toughest cases or 15% of these at-risk youths.

Friends of Camp Concord sends hundreds of under-served children to summer camp at lake Tahoe each year. The concert splits the proceeds evenly between the two according to the rockthecasa.org website.

"This year's *Rock the CASA* is going to be the biggest and best yet. We have a phenomenal headliner in Grammy winner Melissa Etheridge, several really fun musical surprises – including a special guest, not to mention some great auction items for rock and roll fans. All of that excitement with the added bonus of helping children in need in our community!" Ashley proclaims.

It's a good cause, a great concert and an exceptional act of community philanthropy. Tickets are on sale now and range from \$100- \$250. For more information go to rockthecasa.org.



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Concord Professional Soccer Stadium and Team Proposed

Is Concord getting its own professional soccer team and stadium? Hall Equities Group, a Walnut Creek based developer, recently sent a letter to the City of Concord requesting to build a 15,000 - 18,000 seat soccer stadium on the three-acre lot next to the Concord Police at Galindo and Oak Streets.

The letter states that Hall Sports

Venture Group states have acquired the United Soccer League (USL) franchise for the Oakland East Bay area, an exclusive territory for the franchise which includes Contra Costa County, Alameda, Santa Clara Counties and portions of Napa and Solano Counties according to the City of Concord.

Hall Sport Ventures also states it has

the right to establish and operate a professional USL Division III development team as well as the potential to acquire a franchise for a National Women's Soccer League team.

The proposal is for a mixed-use master planned development that would include the soccer stadium, hotels, conference facility, retail, commercial, residential and other uses. To be feasible the project would include addi-

tional properties, including Bart owned property.

Local reaction on Claycord.com was mixed. Some expressed excitement over having a professional sports facility in Concord and favoring the prospect of developing the Monument corridor. While others stated fears of traffic congestion. Some suggest a better location may be near the Concord Naval Weapons station area, if it can be made ready for development in time.

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