

MAY 2021

PRICELESS

**Shhh,
I'm listening
to Diablo
Gazette's
Page 8**

Marvelous Macaron Man

Tom Hutches

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Publisher's Notes

Heroes are all around us

Four years ago, I published a story on Tony Jetland and his marvelous enormous kites seen often at the Martinez Marina. In that article, I referred to him as "Kiteman of Martinez." The name stuck. In a recent Council meeting, the Mayor of Martinez issued a proclamation to declare April 21 as "Tony Jetland – Kiteman of Martinez Day." After all, April was National Kite Flying Month. Congratulations Tony, I mean, Kite Man.

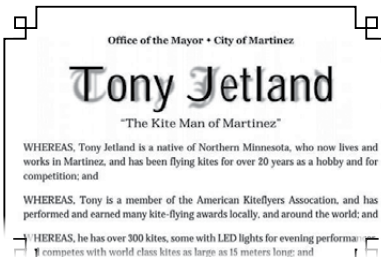
I'm thinking the current cover photo star, Tom Hutches, can land the same level of notoriety. The Macaron Man, that's hero sounding, don't you think? Maybe it will catch on. He is a big-hearted hero. His story is on page 14.

I had a fun time listening to Kyle McClay, owner/partner of American Kitchen Company in Concord, tell me how he is responsible for bringing a Hollywood movie star to town to be in his next TV commercial. Those who saw "Hangover II" or "Night of the Museum" will remember Dexter the monkey. That's his movie star.

His tale is on page 14, and not to spoil it, but finding and negotiating with Hollywood starlets, even the monkeys, threatened to ruin his business. The commercial was produced by and is running on KRON-TV4. It's cute.

We have committed much of this edition to upcoming Memorial Day. This area is rich in beautiful memorials to visit and pay

respects. I suspect most of us routinely take these tributes for granted, but these are meaningful on many levels. Contributor Jill Hedgecock recommends five destinations for you to consider when recognizing Memorial Day beyond the BBQ grill. Let's not forget. Page 5.



Right now, the hero of Clayton may be the Clayton Business and Community Association (CBCA). This organization is responsible for virtually all Clayton's planned events. From Concerts in the Grove, Art and Wine Festival, Oktoberfest, BBQ Cook-off and others,

COVID-19 had put Clayton's social scene on life support. But thanks to their Clayton Bocce League, bocce has started - with protocols to be followed. For the time being, courts are limited to the 700 rostered players, but that is soon to open up to some full on socializing very soon.

During the 15 months of lockdowns, a few local bands used the time to produce and release new albums. On page 8, Dave Hughes, musician and creator of the online Concord Couch Concerts, features some of those releases. Better still, you can listen to them right off the page. (Hence, the cryptic yellow note on the cover.) Check it out.

Thank you for reading, and thanks to all the contributors and businesses who support the Diablo Gazette. You are all my heroes.

East Bay Municipal Utility District: Cut water use by 10 percent

By Tony Hicks



Lafayette Reservoir photo courtesy EBMUD

The East Bay Municipal Utility District (EBMUD) officially declared a Stage One drought and is asking customers to cut water use by 10 percent after California experienced its driest winter since 1977.

"This is very prudent as a first step in getting us on drought defense footing, if you will, and still keeps many other options open as we go down the road," said Doug Linney, the president of EBMUD's board of directors. "Hope for rain but plan for the worst."

"I hope our customers will react in the way they have in the past and support and find ways to trim their water budgets as much as they can — tighten their water belts — and we can get through this with, hopefully, a minimal amount of pain and cost," Linney said. "And hope again for a wet year next year."

The board unanimously approved the staff recommendation, after hearing the district's 2021 Water Supply Availability and Deficiency Report, which says "water supply is not sufficient for meeting customer demands and storage targets after meeting flow obligations in the Lower Mokelumne River."

Most of EBMUD's water comes from Sierra snowmelt above the Mokelumne River.

Through April 18, "Mokelumne precipitation" was at 54 percent of average, according to the report, which also said

East Bay precipitation was at 33 percent of normal. Statewide, rainfall numbers are at 34 percent of normal.

EBMUD will also start buying supplemental water from the U.S. Bureau of Reclamation's Central Valley Project and start the process of tapping Sacramento River water through the Freeport Regional Water Project, which it has done during previous droughts, though not as early as this year.

Part of the board's stated motivation was to save money by buying water early, a lesson learned during previous drought years.

"I think we all know we've been getting ready for this for months now," said board member Marguerite Young, who talked about the district's coming balancing act between wildlife conservation, buying more water, and deciding when more measures may be necessary.

The Freeport facility is a joint EBMUD project with the Sacramento County Water Agency.

Through April 18, "Mokelumne precipitation" was at 54 percent of average, according to the report, which also said East Bay precipitation was at 33 percent of normal.

As of April 18, EBMUD storage facilities were at 69 percent capacity.

The report also said the Northern Sierra/Trinity snowpack was at 36 percent of normal with the Central Sierra at 42 percent. The Southern Sierra was at 18 percent of normal.

Antioch's Najee Harris picked in 1st round of NFL draft by Pittsburgh Steelers

Najee Harris, once the nation's leading football recruit out of Antioch High School, became a sensational running back at Alabama to earn a Heisman Trophy nomination, was picked in the 1st Round of the NFL draft by Pittsburgh Steelers.

Harris's personal story makes his journey even more remarkable. Growing up in California, Harris spent several years with his parents and four siblings in a Bay Area homeless shelter. Harris returned to the Greater Richmond Interfaith Program on Thursday as one of its greatest success stories, coming home to a draft party held in his honor.

"There was a time I needed a helping hand. They gave us an opportunity to get back on our feet," Harris told reporters. "So, it is my job to give back."

The former Alabama running back did just

that, bringing with him a donation of food for the shelter's residents, just hours before he was selected by the Pittsburgh Steelers with the 24th overall pick in the draft.

Harris told local TV station KRON4 it was an emotional experience not only for him, but also for his mother.

"It was almost as if she was crying in a way. We have a lot of memories here," he said.

Harris, one of a record-tying six Alabama players taken in the first round, rushed for 1,446 yards and 26 touchdowns in his senior season in Tuscaloosa, finishing fifth in the voting for the Heisman Trophy and helping lead the Crimson Tide to a national championship.



Najee Harris photo courtesy of ClutchPoints

This article originally appeared on USA TODAY: "Former Alabama RB Najee Harris returns to homeless shelter for NFL draft party."

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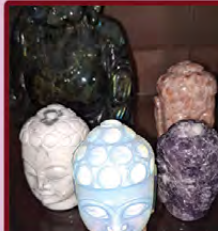



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Unfun and Games in Reapportionment/Redistricting

Per the Constitution, every 10 years there is a census and there must be a review of the districts that make up the House of Representatives. This is echoed in the state Constitution where all the electoral districts must be reviewed and reapportioned including city and county districts.

The actual first proposed amendment to the U.S. Constitution under the Bill of Rights as passed by Congress and sent to the states dealt with how many people should be in a congressional district. However, this was never accepted by the required number of states, falling short of ratification by one state. If it had passed, the limit on population per congressional district would be 50,000 not the current situation of approximately 780,000.

The intent was clear. At the start of the country, it was expected that the number of congressmembers would grow substantially. The impact of this is seen in the electoral college where you basically get one vote for each senator and one vote for each representative. By 1911 the census brought about a total of 435 congressman for about 92 million Americans.

That is when the unfun games started. There was great concern by the political elite of the massive increase in immigration to the cities as well as the increase flow of blacks to the north. (Yes, this is a case of racism and xenophobia or anti-immigration, and fears dominated). This would substantially alter the electoral power of the populace states vs. the less populace, especially the South and the Great Plains from the Dakotas down.

So, in the 1920's they changed the rules to fix the number of representatives at 435 and to change the number of people that each congress member represents. Remember, we have a bunch of places that have two Senators and one Representative because they have to have one even if they do not have 780,000 people. If we had one per 50,000, we would have totally different election outcomes as places like Wyoming would not have such a high

percent of electoral votes vs. a place like California.

Due to populations shifts among states per the most recent census, California will lose one congress member even though it still experienced population growth. With 435 total representatives being a sacred number, this increases the number of people each congress member represents.

When the state is reapportioned, we will have to eliminate a district. Current speculations are that the target area will be not just the Bay Area but specifically here in Contra Costa County where there may be a mashup that will pit Mark DeSaulnier against his adjacent members.

On the County level, the Board of Supervisors has five fixed districts, and they must also be balanced by population. Our population has grown substantially with much of the growth in East and South County.

The cities of Antioch, Walnut Creek and Pinole were divided in the last go around as a different concept was applied to create a district that spread along the coast from Pinole to Antioch compared to what was before.

In the 2000 apportionment, Walnut Creek was divided into three supervisory districts. Will it be divided going forward or remain split? Watch your Board of Supervisor's outreach as certainly they will have hearings in all districts before they, the Board itself, makes the final decision. Politics, at its worst or maybe its best, will then be on display.

On the City level, every city that has council districts (such as Concord, Antioch, Danville, Brentwood, San Ramon) must also look at its breakdown and decide what the new districts are so that they can balance the population. This can result in incumbents vs. incumbents as well as creating open seats.

It is more fun and games for everyone, or perhaps unfun for some and more fun for others. Stay tuned to your local redistricting efforts for who you think represents you may no longer be in your future.

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Jennifer Stojanovich

Realtor, Better Homes Realty

How to Compete as a Buyer

Today's real estate market is competitive for buyers. We are currently experiencing a shortage of houses for sale. This coupled with high demand means that buyers may face many obstacles when making an offer on a home. As a buyer, it's so important to be as prepared as possible when you're ready to start your home search. Here's what you need to do to get yourself ready.

Know what you need and want. It is essential that you know what you are looking for in a home; otherwise, how will you find it? Before you begin your home search, get clear about what you need and what you want. Put your needs first. These could include certain neighborhoods, the number of bedrooms or bathrooms, or other home features that would be deal-breakers for you. You should also consider what you want, such as room for a backyard pool or a finished basement. While these items would be nice to have, they aren't necessarily deal-breakers. Make a list of your needs and wants so that you can compare houses during your search.

Get pre-approved for a mortgage. You cannot be competitive in today's market if you are not pre-approved for a mortgage (unless, of course, you are going to pay all cash). Getting pre-approved for a mortgage tells a seller that you are a serious buyer. In this market, other buyers will likely be putting in offers for the same house as you. Your offer will not be considered unless you're pre-approved.

Keep your emotions in check. Buying a home is one of the biggest financial

transactions you will ever make. It is important to think of it as a business deal. Yes, you are buying a home that will become the center of your family life. You will make many memories and celebrate many milestones in this house. But don't get swept up into your emotions. Try to maintain a sense of detachment so that you can make sound decisions. If you are struggling to maintain an emotional distance, then lean on your agent for help.

Prepare for a bidding war. There are not enough homes for sale in today's market to keep up with demand. Your offer will probably not be the only offer a seller receives. You should mentally prepare yourself for a bidding war when you put in an offer. Understand how the home buying process works so you know how you can sweeten your deal. Be clear about your budget. You need to know how much house you can afford so that you do not overextend yourself.

Work with an expert. Finally, one of the best ways to be competitive in today's market is to work with an expert real estate agent. Your agent should be extremely knowledgeable about your local market so they can advise you through every step of the process. The process of making an offer can move quickly, and having a pro on your side can help ease the stress.

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Remembering the Reason for Memorial Day: Five Places to Visit to Honor Our Fallen

By Jill Hedgecock

For some, Memorial Day is a gut-wrenching reminder of lost loved ones, but for many it's a holiday filled with family barbecues or a day at the beach. Originally known as Decoration Day, the idea of honoring fallen servicemen originated in the years following the Civil War. Some records show that one of the earliest Memorial Day commemoration was organized by a group of freed slaves in Charleston, South Carolina less than a month after the Confederacy surrendered in 1865. In 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day. It wasn't until 1971 though that Memorial Day became an official federal holiday.

Like many people, I've failed to fully appreciate the intent of the holiday. In pre-pandemic days, I've stood on the Lafayette Bart platform and felt sadness looking from a distance at the sheer numbers of crosses at the Lafayette Hillside Memorial.

In preparation for writing this article, for the first time ever, I walked across the street and meandered among the white, and sometimes purple, symbols of the departed. It ripped my heart out.

The hillside, overlooking State Route 24 and Lafayette BART station, was established in late 2006 by Jeffrey Heaton, a long-time anti-war protester, and Louise Clark who owned the property. Their first 19 crosses were removed by vandals. Undeterred, Heaton and Clark placed 300 crosses with a large sign that read: "In Memory of 2839 U.S. Troops Killed In Iraq". Today, the number of crosses, mixed with Stars of David, Islamic crescents, and other religious symbols stands at 7,975.



Lafayette Hillside Memorial

1 Lafayette Hillside Memorial

A visit to The Lafayette Memorial is my first suggestion for a meaningful Memorial Day activity.

Most of the thousands of crosses here are constructed of two intersecting white boards, representing unnamed souls remembered only by their family, but as I explored the hillside, the humanity of the tribute was revealed.

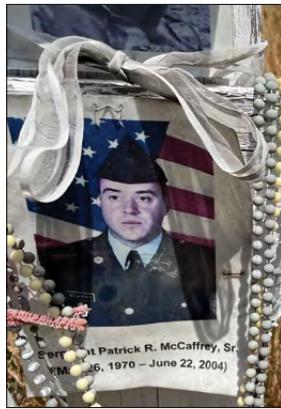
One cross was decorated with a Boston baseball cap and Red Sox pendant. Another marker was a single post with ceramic figurines and a hand-written message of Peace on Earth. Others included photos of some of loved ones in service uniforms or were decorated with American flags or beads. I took photos of some of the crosses with names and then went home to learn the stories of these men.



The white painted marker for Corporal Sean A. Langevin (Aug. 17, 1984 - Nov. 9, 2007) had his name embossed in raised black letters. A Walnut Creek resident, Sean was assigned to the 2nd Battalion, 503rd Airborne Infantry Regiment, 173rd Airborne Brigade Combat Team, in Vicenza, Italy. He died on Nov. 9, 2007 in Aranus, Afghanistan at the age of 23. His outpost had been attacked



by direct fire from Taliban fighters. A graduate of Ygnacio Valley High, he was an Eagle Scout who snowboarded, skated, and bungee-jumped. Sean was married and was expecting his first child in February 2008. He never got to meet his daughter, Zoe, who arrived three months after his death. Sean received two Bronze Stars and his mother, Roxane, became active in the American



Gold Star Mothers.

Sergeant Patrick R. McCaffrey, Sr. (May 26, 1970 - June 22, 2004), a Palo Alto native, was a United States Army National Guard soldier killed in Iraq. He joined the National Guard the

day after the terrorist attacks of September 11, 2001. On June 22, 2004, McCaffrey was on a patrol with Iraqi Security Forces and the Platoon's Lieutenant. The two men were ambushed and killed by Iraqi units associated with the members of the Iraqi Security Forces accompanying McCaffrey's unit. He was literally killed by the Iraqis that he was training.

As a result of her son's death, Patrick's mother, Nadia McCaffrey, has dedicated the rest of her life to helping combat veterans. She has established a foundation in her son's name. Nadia, who lives in Tracy, offers advocacy, compassion, and practical guidance to veterans to help them cope with the aftermath of war.

Patrick was awarded the Purple Heart, Bronze Star, Combat Action Badge, and California Memorial Medal.

It was a humbling experience to look up and take in the sheer number of crosses on the Lafayette hillside. To learn of these brave men's fate is to fully understand the significance of Memorial Day. But there are many other ways to honor those that have died in service to our country.

Presidio

If you've already made plans to take a trip across the Bay into San Francisco, a side trip to the Presidio offers many opportunities to reflect on the sacrifices of our service men and women.

The Presidio of San Francisco was an important defense site during World War II and was designated a National Historic Landmark in 1962. It is flush with history.

2 The San Francisco National Cemetery

This lies within the Presidio and is my second recommendation. Dating back to 1884, the picturesque setting offers



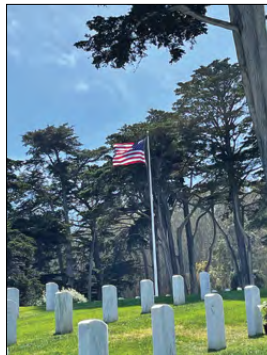
San Francisco National Cemetery

stunning views of Alcatraz and the Golden Gate Bridge on clear days. Nearly 30,000 soldiers and their family members have been laid to rest here.

The cemetery was closed in 1992. I visited the site on a sunny April Saturday. The grounds were pretty much empty, but I did encounter one woman and when I asked her if she was visiting a relative's gravesite, she said no. She was there as a photo volunteer for Find a Grave, an organization that connects people with their past and supports genealogical research.

Buffalo Soldiers

The West Section is the final resting place for over 450 African American soldiers known as the Buffalo Soldiers. The Buffalo Soldiers were established in 1869 when Congress established four all-black regiments within the U.S. Army. Another notable thing to see is the 1934 stone marker that commemorates the San Francisco chapter of the American War Mothers.



The American War Mothers.



It can be found at the top of the hill. The American War Mothers organization was founded in 1917 and given a Con-

gressional charter on February 24, 1925.

Also in the Presidio and conveniently located across the street from the San

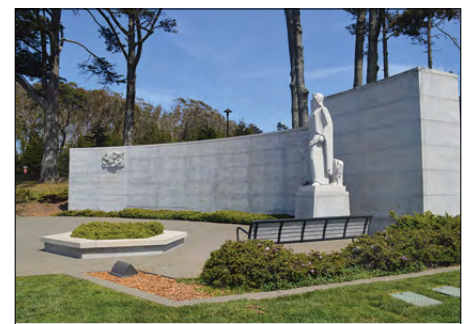
Francisco National Cemetery at the corner of Lincoln Boulevard and Sheridan Avenue is the Korean War Memorial.

3 The Korean War Memorial

honors the approximately 37,000 Americans and one million Koreans who lost their lives in "The Forgotten War." The memorial opened in August 2016 to recognize the sixty-fifth anniversary of the Korean Armistice Agreement. San Francisco was chosen for the Memorial site because it was the departure point for so many servicemen and women who traveled across the seas to support the war effort.

Constructed of black granite, the 10-foot curved wall consists of a series of panels etched with iconic images from the war, as well as descriptive text. A planter contains several Korean pine trees surrounded by stones from key battle sites of the war.

4 West Coast Memorial to the Missing of World War II.



Before you leave the Presidio, take the short drive over to this memorial.

The memorial was dedicated on November 29, 1960. This giant curved wall, made of California granite, features the names of 413 members of the military who were lost or buried in Pacific coastal seas.

A statue of Columbia stands next to the wall. Columbia was considered the female personification of America until the end of World War I. Her stone image gazes out onto a stunning view of the Pacific Ocean.



5 Holocaust Memorial

is outside the California Palace of the Legion of Honor. Artist George Segal created white painted bronze figures. Their fallen bodies trapped within a barbed-wire fence are a chilling reminder about what was at stake during World War II.

If you opt to take the Bay Bridge home, take a detour along the Embarcadero. Across from the Ferry Building, there's a Veteran's Memorial where a poem by Archibald MacLeish entitled "The Young Dead Soldiers Do Not Speak" is etched in a granite slab.

Several lines from the poem embody the spirit of Memorial Day: "The young dead soldiers do not speak ... They say: We were young. We have died. Remember us."

Wherever you choose to celebrate the Memorial Day holiday, I invite you to think of all those who have fallen. And maybe this year, you can say a special thank you to our local heroes, Patrick and Sean. On page 6, Diablo Gazette pays tribute to Contra Costa Blue Star Moms' High School Memorial that honors fallen soldiers from local high schools.

Some of our service men and women died in an instant for our country, it only takes a moment to honor them with our thoughts.

Remember them. That is what this holiday is all about.



High School Memorials Project Honors Our Fallen Warriors

The Contra Costa Blue Star Moms Chapter 20 High School Memorial Project is near completion. The project's goal is to place a granite memorial at each local high school in Contra Costa County. The memorials honors the names of former students who died in combat during Operation Iraqi Freedom and Operation Enduring Freedom.

To date nine schools have the dedicated memorials in place.

"The High School Memorials Project honors those who attended local high schools and who died while fighting the Global War on Terrorism after 9/11. It is up to us to make sure their sacrifices are never forgotten. We feel what better place to do this at the high schools they attended, with the hope that today's students might pause for a moment and remember those who walked the same halls and made the supreme sacrifice," stated Loretta Masnada, 2nd Vice President of Contra Costa Blue Star Moms and High School Memorials Co-Chair. She is also a proud Marine Corps Mom. "We are very proud to be able to bring this honor and remembrance to reality so that generations to come will know of the sacrifices that were made here at home for their freedoms."

Los Lomas is the remaining school to receive a memorial. The cost for each memorial is approximately \$5,000 which must be raised. Those interested can make a tax deductible donation to Contra Costa Blue Star Moms. They are a 501(c)(3) non-profit charitable group.

We thought we would pay tribute with the photos of all nine dedicated memorials and names of the honorees.

Concord High School
SGT Gabriel Guzman, USA
Cpl Mick Bekowsky, USMC
PFC Scott G. Barnett, USA



Berean Christian High School
PFC Benjamin B. Tollefson, USA



Mt. Diablo High School
LCpl Erick J. Hodges, USMC



Ygnacio Valley High School
CPL Sean K.A. Langevin, USA



De La Salle High School
CPT John L. Hallett III, USA
SrA Jonathan A. Vega Yelner, USAF



Clayton Valley High School
MAJ James A. Ahearn, USA



Olympic High School
PFC Benjamin T. Zieske, USA
PFC Scott G. Barnett, USA (Scott attended both Concord High and Olympic High)



College Park High School
MSgt Patrick D. Magnani, USAF



Liberty High School:
SSgt Stephen J. Wilson, USMC
SPC Joseph A. Graves, USA



"As soon as we are allowed, we will dedicate a memorial at Antioch High School to honor SGT John D. Aragon, USA, and SSGT Daniel R. Scheile, USA National Guard," Masnada says.

We will never forget.



When COVID lockdown first happened, like many other activities, Blue Devils Bingo closed and people were laid off. The Blue Devils Bugle and Drum Corps canceled all of their tours. There was no money.

Bingo funds the Blue Devils plus many other community non-profit organizations as well as youth performing arts activities including BD Performing Arts and the Walnut Creek Aquanauts.

After a couple of months, Brett Rios, Regional Manager, now retired, came up with the idea of Drive-In Bingo. It had promise, but it would require a great deal of planning and technology.

Here's how it works. Players sit in their cars and listen to the numbers called out over the radio at 91.3FM on the dial. Large screen TV and loudspeakers are set up outside for those with non-working radios. If you want, you can Zoom Online and watch the caller and review the numbers that have been called. If you get a Bingo, you honk your horn to stop the game while runners verify your card.

Their large parking lot had been reorganized to provide for distancing protocols to accommodate 175 cars. Now that indoors is allowed with limited capacity, another 100 players can be seated inside.



Drive-In Bingo is only played four times a week, Wednesday, Friday, Saturday evenings and Sunday afternoon. It has been successful beyond expectations.

According to Director Lucky Kalanges, the four nights are outperforming pre-COVID operations of 12 games per week.

To play, you reserve your parking space online and pre-purchase a Bingo kit of cards, games and markers up to 9am game day. Each kit is then assembled per order for pick up on game day.

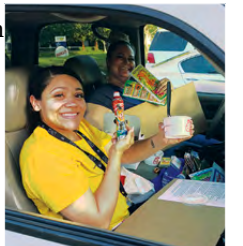
"Some days, people will arrive as early as 8am to pick up their kits and then stay in the parking lot until we start."

With the Online purchasing, Blue Devils Bingo can now see the diversity of their appeal. They are coming from as far as Sacramento and San Francisco, and all around the East Bay. Age is not the stereotypical seniors, but spread across all age groups over the age 18.

One car had three ladies that drove down from Vacaville. They were eating Chic-fil-A sandwiches that they had Door Dashed from Walnut Creek while playing several cards each.

Virtually all the vehicles contained multiple players playing multiple cards. COVID may go away, but it looks like Drive-in Bingo is here to stay.

www.bluedevils.org/bingo/



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In case you missed it...

Contra Costa County Administers Millionth COVID Vaccination

Contra Costa County today surpassed 1 million COVID-19 vaccine doses administered, meeting the county's goal more than a month ahead of the May 31 deadline.

County officials announced in January the goal of administering 1 million vaccine doses by the Fourth of July.

After receiving an abundance of vaccine doses, county officials moved up the 1 million vaccination deadline to Memorial Day.

Drop-In Vaccinations

If you are having trouble scheduling an appointment for a vaccination, drop-in COVID vaccination clinics are available through May 9 at Meadow Homes Elementary School from 9 A.M. - 4 P.M. No appointment is necessary, and the vaccine is free. Anyone 16 or older is eligible to receive a vaccine.

All the Walnut Creek's a Stage

Walnut Creek Downtown (WCD) just kicked off Downtown Stages. Every Thursday through Sunday in downtown Walnut Creek through December 2021 you are invited to perform under the stars, display your talents, and brighten someone's day.

Downtown Stages consists of four separate locations (stages) dispersed throughout downtown Walnut Creek whereby local musicians, dancers, poets, tap dancers, and other entertainers may perform in the heart of Walnut Creek. Whether you're playing Ava Maria or rapping to the tunes of Drake or Jay-Z, all performers are encouraged as long as it's kid-friendly. While WCD is not able to compensate performers, collection of tips is permitted.

For more information or if you're interested in performing at one of the four Downtown Stages, register at www.walnutcreekdowntown.com or email ashley@walnutcreekdowntown.com.

Food Bank's Nourish Gala

The Food Bank of Contra Costa and Solano is gearing up to host its largest annual fundraiser on Thursday, May 13. However, instead of a typical ballroom, this year's in-person event is cruising to the drive-in at Concord's West Wind Solano Drive-in.

The Nourish Gala Drive-in to Fight Hunger event will include an evening featuring a three-course meal, live auction, keepsake blanket, live program projected on the big screens and a full-length showing of "Back to the Future." The event will be hosted by KPIX 5 reporter Betty Yu.

Proceeds from the event will be used to fill a truck with food for distribution into the community. Since the pandemic began, the Food Bank has been serving an average of 270,000 people each month.

Tickets for the event are on sale at www.foodbankccs.org. It is the perfect chance to get out of the house and back into the community all from the comfort and safety of the car.

California's REAL ID card deadline extended



California residents just got another 19 months to apply for their REAL ID cards as the Department of Homeland Security postponed the requirement for air travelers again.

The deadline was moved to May 3, 2023. The pandemic has made it harder for residents to make trips to the California Department of Motor Vehicles, since the agency is still operating in person at a

limited capacity.

Fewer than 50 percent of Americans have been able to obtain their REAL ID.

Eventually, the REAL ID will be required to fly or enter federal property. U.S. passports will still be an acceptable form of federal identification to board any flight or visit a federal property. Those who are under 18 years old are not required to have this ID to fly.

The Lindsay Wildlife Experience reopens

Lindsay Wildlife museum in Walnut Creek, has reopened its Exhibit Hall. The museum will be unveiling a new habitat for its bald eagle Atsa. To follow safety



and social distancing measures, the museum is operating with reduced hours and capacity. The Exhibit Hall will open Tuesdays through Thursdays from 2-5 p.m. and Saturdays from 11 a.m. to 2 p.m. and attendance limited to 75 guests at a time. Everyone 2 or older will be required to wear masks.

White Pony Express serves fresh groceries to 500 more Concord families



Volunteers and leaders of the nonprofit White Pony Express handed out thousands of pounds of fresh groceries retrieved from local stores and eateries where it would have been wasted to 500 families in need in Concord.

In the drive-through giveaway at Mt. Diablo High School, families also received bundles of clothing selected to meet their specific needs.

The event marked White Pony Express having rescued and delivered 15 million pounds of surplus food since its founding in 2013.

Ruth Bancroft Garden plans something extra special for Mom

For Mother's Day Ruth Bancroft Garden will be offering beautiful bouquets featuring pincushion protea, leucadendron, and other unique blooms that you can't find in most floral shops. These bouquets are one-of-a-kind and handcrafted for the Garden. Add some sweetness to mom's gift with a 9-piece box Formosa Chocolates, a Berkeley based, woman-owned, Michelin Guide reviewed artisan chocolatier. And with a Membership to the Garden mom can enjoy the beauty of the Garden all year long.

Libraries are Open

Most Contra Costa County libraries have opened their doors to the public with limited occupancy for "Grab & Go Service" according to the Contra Costa Library website. Visitors will be asked to limit their stay to one hour or less and to abide by COVID-19 safety protocols such as wearing masks and social distancing.

Services available will include computer use for an hour or less, browsing, reference and account help, holds pick-up, check out and returns, and copies and printing.

Ygnacio Valley Library is scheduled to reopen later this year. Visit <https://ccclib.org/grab-and-go>



computercorner

by William Claney, Tech Writer, Computers USA

Tech in English

Worldwide chip shortage, prices soar

"Chip shortage" doesn't mean that Chip is a short person or sight in stature, no it's about those little specs of silicone chips that are the brains behind nearly all computing power on the planet. Each year engineers packs more power into these little specs of silicon and each year humankind becomes more dependent on them. Everything from autos, refrigerators and computers depend on a massive supply of these tiny devices.

So, what is the problem? Like the Doritos' chips slogan, spoken by Jay Leno, "we'll make more," just expand production. Right?

This year, thanks to Mother Nature's lack of rain and unexpected events like the pandemic where people work from home and demand more technology, the world is experiencing major challenges to increasing chip supplies.

Many of the best-known chips come from Taiwan where chip manufacturing is a major portion of the world supply. During the chip making process, water is used to clean the wafers (wafers are silicon disks just like thin pancakes) before they are cut into tiny squares and mounted into a package (tiny box enclosure).

Taiwan's President Tsai Ing-wen said, "...that Taiwan did not experience a typhoon in 2020 and faces its most severe water shortage in 56 years. Typhoons typically produce huge amounts of rainfall. She explained that the government set up an emergency response center to deal with the drought," according to Internet news sources.

"Water is fundamental to the manufacture of semiconductors. Over a series of steps, semiconductors are built in layers on silicon wafers into integrated circuits (also called microchips). After each one of several dozen layers of semiconductors are added



Inside an intel chip manufacturing plant. Image source: intel.

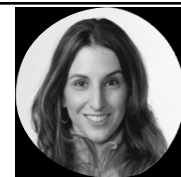
to the silicon wafer, it must be rinsed, requiring massive amounts of water, and a great deal of energy," they continued.

Lack of fresh water, major increases in demand for chips creates shortages. Due to the shortage issue, prices have increased, and increased dramatically.

High tech individuals are demanding ever increasing power to run their graphics for games, AUTO-CAD, photo editing and everyday web surfing. Most noticeably, the cost of video adaptors (cards) are increasing. For example, the most popular and sought after NVidia graphics card, the RTX 3090, has shot up in price from just over \$1000 each to just under \$3000 each. Every other card they make has experienced a similar price increases.

The consequence is a game/workstation computer's price has doubled. Preconfigured computer prices have increased as well, but not as dramatically.

Conclusion, chip shortages are likely to continue for another year and the prices for high end computer components have doubled. Auto manufacturers and others cannot build as many units as they would like. For all you amateur economist out there, it is just supply and demand.



The One Thing Your Diet Needs to Work Correctly

By Carmela Lieras, NASM-CPT

Your current or future diet needs this one thing to actually work. It's not a specific food type, nor a magical protein powder.

Your diet needs to be able to survive a *very bad day*.

You have the best intentions to make your diet work. You clean out the fridge and cupboards, do a grocery overhaul, start meal prepping as much as you can, get rid of the sweet temptations and make a goal to only get take-out once or twice per month. You pack a lunch for work and make sure to bring snacks for long car rides. Even after doing all this (and many of us have), we forget one of the most important things to consider: LIFE. Life happens.

We oversleep, a meeting goes two hours longer than we planned, we forget our wallet when we go to the grocery store or have a really intense argument with a family member and all we want to do is devour a Philly Cheesesteak and fries. So, we do. And then we feel like a failure because our entire day of following whatever diet plan we've committed to has seemingly gotten tossed out the window -- all over one "bad" decision.

Herein lies the problem with most, if not all, diets. They are so strict that if you succumb to life's curveballs and eat something that is not a part of your plan, it feels as if you have no choice but to start all over again from day one or give up completely.

In my opinion, most diet creators expect people to use willpower as their kryptonite to defeat any temptations or knockout a bad food decision before it goes down the hatch; but in all honesty, life's unexpected situations are sometimes out of our control and willpower has to take a backseat.

The simple fact that most diet plans have off-limit foods or still use the term "cheat meal" tells me as a health coach that the industry has a long way to go. A successful diet, in my opinion, is one that gives you a good amount of flexibility with what you eat and doesn't require a new "Day 1" when you have one (or more) bad day(s).

Ask yourself these questions to determine if you need to rethink your current or future diet plan:

- Can this plan survive a bad day?
- Does this plan allow any of my favorite snacks, meals or treats (whether they are "healthy" or not)?
- Does this plan have an expiration date, and if it does not, can I maintain this diet long-term?
- Do I honestly want to be on another diet or do I need to find a way of eating that is sustainable, flexible, and gives me options for what to eat when I encounter life's curveballs?

In my experience, clients have much more success with food when they are set up on a nutritional plan that addresses macronutrients (the protein, carbohydrates, and fat that make up the caloric content of our food) and how many of each their body needs per day.

It gives them much more flexibility in terms of what they can eat as long as they stay within their specific numbers.

I also highly recommend working with a Nutritional Therapy Practitioner or someone that teaches "pro-metabolic" eating. Many of these practitioners look at the body as whole, not just focusing on diet, but on metabolism, hormones, gut health and more in order for clients to reach their health goals.

DIABLO GAZETTE MUSIC ZONE

The Beat of Diablo

By Dave Hughes

During last year's drought of live music, many local bands and artists seized the opportunity to take to the recording studio. The result is an abundance of local offerings across a diverse range of genres. Here is a small sample of just some of the more recent releases you can easily find online at all major streaming platforms and online music retailers.

Scan the QR code to listen, sample, stream, or purchase any of these releases you might connect with. Or, simply visit www.BandCamp.com.

Renewal (February 2021) Timmy G



Known by many locals as the front-man to the cover group "The UnOriginals," Walnut Creek native Timothy Patrick Garry, (Timmy G) is a man who is passionate about 2 things: music and travel. His first full length solo album, "Renewal," encompasses both of these passions without saying a word.

The journey across this eclectic instrumental album features an array of instruments played mostly by Timmy G. He's joined by some very talented musicians on violin, trumpet, trombone, accordion, keyboard, Tibetan chimes, and drums. While elements from around the world appear on Renewal, most on display is his classical guitar work; specifically Latin guitar.

Last Thoughts (February 2021) Hear in Color

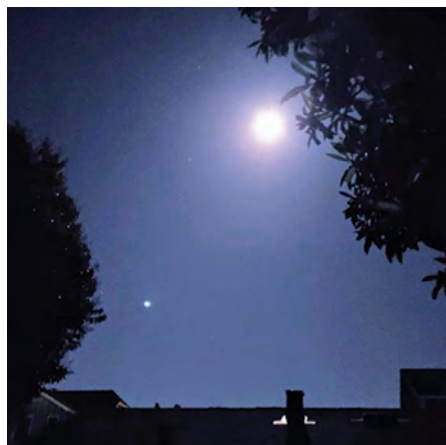
In a recent interview Hear in Color described their sound as "Indie, Alternative, Shoe-gaze, Dream-pop, with hints of emo & post-rock."

Their latest release, Last Thoughts, is a 5-song EP recorded and produced here in Concord. The tone of the EP is set by



an ethereal atmosphere, made up largely by way of synthesizers, delay guitar, and other hypnotic effects. The reverb-soaked vocals by singer Faith Donithan might remind some of the 90s group Mazzy Star, while others might appreciate Donithan's distinct texture and committed delivery. Hear in Color doesn't stay in dreamworld throughout the album, with one song taking on a jazzier waltzy feel and a couple of other songs ratcheting up the intensity of the rock elements.

The Wee hours (April 2021) Jubal Jake



The debut offering from Jubal Jake - the melancholy outlet for Jeremy Swayne of Benicia's psyche-rock group Sunfellow - is a 6-song EP with some light piano and string accompaniment.

"Plagued by insomnia, as well as stress and anxiety (both personal and financial) due to the pandemic this past year, I was able to find solace and escape in periodic bursts of creativity," explains Swayne who wrote The wee hours during the very late evening or early morning. He continues,

"These songs touch on this anxious longing, the mysterious spirit world, and nostalgic ambiguity."

Sasscrotch (May 2021) Sabertooth Unicorn



In their 5th release this year (yes, you read that correctly) Concord's Sabertooth Unicorn offers more strangely uplifting cynical tunes, this time in anthemic rock form.

Originally formed as a duo, Sabertooth Unicorn has taken full advantage of the group's current 6-piece format on Sasscrotch. The fast-moving 5-song EP features typical rock band instrumentation, plus a horn section, and giant backing vocals that at times sound almost like an at-capacity stadium is singing along. As with the rest of the band's catalog, you can expect lyrical elements of nihilism, child-like wonder/curiosity, depression, and love.

"In Decline" (April 2021) My Evergreen Soul



Listen to the Music. Scan this code to listen, sample, or stream, any of the new releases featured on this page.



Greg Fogg has been the driving force behind My Evergreen Soul for the better part of the last decade. Known as the local violin virtuoso, the Concord native is in fact a multi-instrumentalist, skilled singer-songwriter, and disciplined sound architect. The new single, "In Decline", is a storm of a rock song with dynamic bursts that quiet into calmer verses, carried by a hurried beat and driving Radiohead-esque guitar rhythm. New layers come with each verse. And yes, the listener is indeed treated to some of that much loved violin work by Fogg.

The release of "In Decline" is part of a GoFundMe campaign to help cover costs of professionally recording the next My Evergreen Soul album. It's now available on all major streaming platforms and online music retailers.

"Oh Brother" (April 2021) Box of Matches



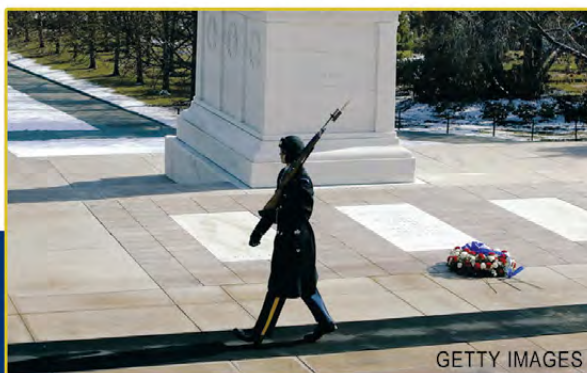
"Oh Brother" is the most recent single from Martinez indie rock group, Box of Matches. The garage rock revival band delivers what any fan of the indie subgenre might expect: medium-paced rock drums, guitars with dry distortion, catchy melodies, and assertive vocals mixed in a semi-low-fi manner. While the overall sound is reminiscent of groups like the Strokes, the artistry of Box of Matches that's easy to appreciate is in the subject matter of the lyrics.

Dave Hughes is a local music enthusiast who studied Music Theory, created Concord Couch Concerts, and produces the podcast Listen Up Concord. All the releases can be found in a Spotify playlist called "The Beat of Diablo (May 2021)."

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RESPECT
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CEMETERY
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OBSERVE
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STARS
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BATTLE
CROSS
HOLIDAY
MILITARY
PICNIC
PRESIDIO
SOLDIER



GETTY IMAGES

Word Search Plus

For more fun, we made our word search a wee more challenging. We have hidden a code that will reveal the name of a reknowned location in the Bay Area.

Clue:

This grassroots memorial has endured controversy and a name change. It's story has been told in magazines and newspapers around the world including the New York Times and is featured in the National Portrait Gallery in the Smithsonian Museum.

Hint:

Circle all the words from the list in the puzzle. Search words can be found in any direction. The remaining unused letters form an anagram. Unscramble those letters to reveal the answer. Solution on page 16.



David George THE NAKED GARDENER

A Natural Destination

May is the month of flowers. If you enjoyed the beauty of Contra Costa's flowering trees in March and April, you will love this month's garden attractions. Roses, peonies, nasturtiums, day lilies and a variety of native wildflowers are filling our neighborhoods and hillside parks with color. Take your family and pets on daily walks, breathe the flower scents, and rekindle your wonder of all things natural.

Speaking of getting out, I have a great local destination for you and your family to visit this month. The Clayton Historical Society (CHS) Museum at 6101 Main St is a fascinating place to spend an afternoon. The museum is chock full of historical artifacts from Contra Costa's early days. The adjacent Educational Garden has been designed to teach young and old about native plantings and about our local indigenous people's lifestyles before Europeans arrived on the scene.

I had an opportunity to talk with the designer who planned the 2018-installed Clayton Museum Educational Garden. Steven Lane discussed the need, the work, and the results of a team of Clayton volunteers who bring Contra Costa's natural history alive for visitors.



"The original museum garden was designed by Grete Ringenberg to demonstrate butterfly-attracting plants, and opened to the public in 2001," Lane tells me. "It was maintained by CHS volunteers until 2008 when high water bills and the recession forced the Society to abandon irrigation. I got involved in 2010 when a new museum garden project team was forming to reinvigorate the area and focus on low water usage plantings and create a learning experience about local indigenous culture." By then, the gardens had become weedy and overgrown, and a new approach was needed.

How did the transformation take place?



Museum sidewalk plantings and historical plaque. Courtesy Steve Lane

"The first phase in 2010, was the design, planning and planting of the north end Native California Plant Garden," Lane explains.

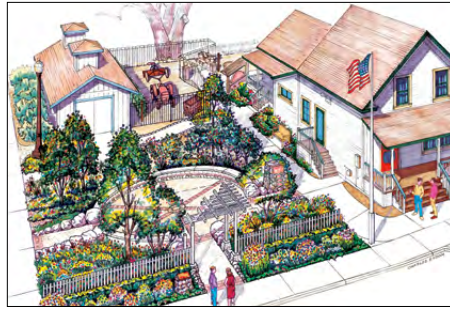
"The second phase in 2011, was the planning and planting of the Main Street facing Cottage Garden. Anna Wendorf designed the two early phases, and CHS and Clayton Valley Garden Club volunteers planted with Chevron, Bank of the West and Dow volunteers."

This area is now mostly heritage bloomers – the kinds of garden plants that Clayton pioneers would have grown in their early gardens.

"I worked with the CHS Board and the City from 2012 through the 2016 approval of the final design, including two other educational areas, the Wagon Wheel Plaza which highlights California natives, and the S-Path in the north end which winds through plants of the local indigenous landscape of years ago. It's been a long process, but a labor of love."

Natural plantings were chosen for the indigenous areas; plants that were important to the diets and survival of the people of that period.

"Acorns from local oak trees were a 'super food' of the native people. After the bitter tannins were soaked out, natives would grind the acorn meat into flour and combine with a number of different foods.



Clayton Museum educational Garden rendering by Charles Endom.

We also planted soap root, elderberry, manzanita, toyon, and miner's lettuce – all of which had important uses to the indigenous culture."

The Clayton Historical Society is now working on the native gardens at the museum.

"We are adding signage to our plantings; are converting to waterwise micro-spray emitter irrigation; adding locally-sourced mulch to conserve moisture in the soil; and spreading our home-made compost to naturally fertilize the non-native ornamental and agricultural display plants. We'll add more California natives under the guidance of our local plant propagator and donor,

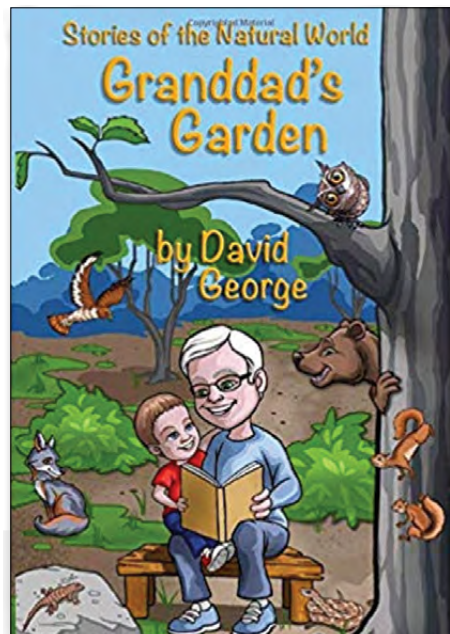


California native white and blue Douglas irises, Courtesy Steve Lane

Nancy Niemeyer."

The Clayton Historical Society Museum and Educational Garden sounds like a perfect outing for dedicated all-natural gardeners. Thanks, Steve, for sharing the effort and results with us. If we and our families coordinate our visits with the Clayton Valley Garden Club's annual plant sale on May 8th (in the Endeavor Hall parking lot), and the CHS's Clayton Gardens Tour on May 14 & 15, we can help fund the Garden's improvements and take home some great-looking plants – just in time for Mother's Day!

Email your comments and questions to: NakedGardener@diablogazette.com.



"Granddad's Garden: Stories of the Natural World" by Naked Gardener columnist David George. Amazon.com.

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in the garden

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For more information please visit:
ruthbancroftgarden.org
sogetsusantfrisco.com

Don't miss this unique, large scale outdoor ikebana exhibit at the Garden. Exhibit is FREE with paid Garden admission. (\$10 adults/\$8 seniors) More information at ruthbancroftgarden.org/rbgartscapes2021/ Open Tuesdays - Sundays 10am - 5pm | 1552 Bancroft Rd., Walnut Creek

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Center for Elders' Independence opens PACE in Concord

Center for Elders' Independence (CEI) is bringing a new state-of-the-art PACE center located at 1465 Civic Court in Concord. It will serve residents of Concord, Walnut Creek, Pleasant Hill, Martinez, Bay Point, Pittsburg, Antioch, Brentwood, Clayton, Orinda, Lafayette, Moraga and neighboring communities.

The 16,000 square foot center offers a full-service geriatric medical clinic, several social and activity areas, a state-of-the-art senior fitness gym, a demonstration kitchen so seniors can learn to prepare healthy meals, a computer lab, a spiritual room, and an outdoor patio for socializing and relaxation.

PACE is the Program of All-inclusive Care for the Elderly, a national care model for seniors aged 55 and older who have multiple health challenges. PACE supports seniors to live safely in their homes and communities, while promoting independence and improving their quality of life.

"In the next 10 years, one of every four Californians will be an older adult, and by 2033, Contra Costa is projected to have 30,000 additional residents over age 60," said Maria Zamora, CEO, Center for Elders' Independence.

Services are provided by doctors, nurses, therapists, and other providers who specialize in caring for seniors. Center for Elders' Independence's PACE program is different from most healthcare plans because it is all-inclusive, providing medical, dental,



From left, Flo Raskin, Board Chair, Center for Elders' Independence, Maria Zamora, CEO, Center for Elders' Independence, Emily Hoshida, Center Director, PACE Contra Costa, Martinez Mayor Rob Shroder, Concord Vice Mayor, Dominic Aliano, Concord City Councilmember, Carlyn Obringer, Carol Leytem, Board Chair, Fund for Elders' Independence, and Pello Walker, Trustee, Fund for Elders' Independence, celebrated the grand opening of PACE Contra Costa, the County's new state-of-the-art senior health center on April 20.

vision, hearing, podiatry, transportation, home care, socialization, rehab services, meals and case management services. These services can be provided at home or in the center.

For seniors enrolled in both Medicare and Medi-Cal, PACE services are provided at no cost.

"PACE healthcare and services from CEI have been available in West County for 20 years. We are so excited that now this amazing national model of healthcare for seniors is available to residents of every neighborhood in the County," said Tracy Murray, Director, Contra Costa County Aging & Adult Services.

Eligible seniors now have the opportunity to enroll in PACE healthcare in Contra Costa County. For more information about CEI, please visit elders.org or call (510) 433-1150.

Can you pass the \$500 integrity test?

By David King

Sam Sharaiha, Walnut Creek, found a wallet at Heather Farms parking lot containing among other things \$500 cash.

He searched the wallet for contact information and could only find a name.

He brought the wallet home and searched the internet for the name in the wallet that likely lived in the Concord/Walnut Creek/Lafayette area. He found a phone number and called.

When Eric Liu, also of Walnut Creek, answered, he had been backtracking his step at Heather Farms

searching for his missing wallet. Sam told him he had found the wallet, and met Eric back at Heather Farms to return it, all of it.

And for a little icing on this feel good story, Eric Liu, who was certainly grateful and relieved, has been disabled for the past 14 years due to a stroke he suffered at age of 26.

Sam is owner of a brand of CBD products, Caliborn Dreams, and was on his way to Las Vegas the next day for the weekend. You can't

say his integrity wasn't being tested with temptation. Well done Sam.





legalbriefs

by Douglas A. Prutton, Attorney

Doug@PruttonLaw.com

Sick of Television Ads for Personal Injury Lawyers

I always cringe when someone asks me what I do for a living. For example, at a party I will reluctantly respond that I am "a lawyer." After a few chuckles and maybe a sarcastic response of "Ohhhhh," I hope the conversation changes before the follow-up question of: "What kind of lawyer are you?" or "what kind of cases do you handle?" Then, I am forced to reveal my true identity: "I am a personal injury lawyer," I mumble.

You know what happens next. The lawyer jokes, the shark references, the image of me running down the street after the screaming ambulance, the reference to the McDonald's case: "The freaking lady got \$3 million for having a cup of coffee spilled in her lap!" And, of course, amid the jokes, people will inevitably call me aside and ask for my opinion about their case.

At home watching television, I wince at the ads for personal injury lawyers. Photos and videos of crashes and people in braces and casts, banks of phone operators answering in-coming calls, representations of great sums of money being won, flashing 800 numbers beckoning.

What people don't know is that lawyers are contacted weekly by a company that wants them to invest in such marketing campaigns. The cost of these campaigns can approach \$100,000.00. Often, the advertisement claims to be a law firm, like "The Smith" firm. However, in reality there really is not a law firm – it is just a marketing scheme. If you call the 800

number you will be referred to a lawyer who has paid to receive the referrals. For example, if I pay to have the East Bay territory and you call the "The Smith" firm, your case will be forwarded to me.

These personal injury marketing campaigns can be effective – most people have little experience with the legal system and personal injury cases. They don't know where to turn, so they respond from their

couch by calling the 800 number and the beautiful people supposedly answering the phones. What they don't know is that often the lawyers who engage in these campaigns hire non-lawyers to actually handle the cases. They try to settle early

with the insurance companies, and if the case does not settle, they often dump the client instead of putting in the time and money necessary to pursue a lawsuit. These types of lawyers get a reputation with the insurance companies as being unwilling to fight in a lawsuit and, thus, the insurance companies offer less money.

If you have a personal injury case, my recommendation is to ask friends and family if they know any good lawyers. Even if the lawyers they know might not be personal injury lawyers, those lawyers will probably be able to point you in the right direction to hire an experienced local lawyer. Forget about responding to these type of television ads.

Gotta run – I hear an ambulance outside my window!



READERS' REVIEW

"The article, 'Shouldn't Jean Yolotobi be angry?' was well written especially with so much content to cover. Thanks." -- Jean Y. President Isleton Chamber of Commerce.

"Wonderful, wonderful, wonderful. It turned out beautifully. Before I had a chance to read and see it, my mother commented to me last evening, 'It sounded like you talking, your voice came through perfectly.' I agree and it takes an awesome writer to make that happen." - Mark R., Founder, Dogs 4 Diabetics regarding article, "Making of the first Diabetic Alert Dog Program".

"The Diablo Gazette is a great looking magazine!" – Linda G., Hill & Co. Communications

"Great issue, with some really interesting articles." – Howard B., Alameda

"This edition (April) looks great and I appreciate the positivity throughout." - Austin B., MDUSD, Concord

"I love the feature on the Women Making a Difference in Concord and will share with each of the ladies! I am sure that they will be very excited and appreciative. Thanks for doing this!" -- Councilmember Obringer

"Nice paper, but nothing about Clayton!" – Howard G.

"Regarding the April's article about Jean Yokotobi, she is the example of those who are given lemons and make lemonade. My best male friend in high school was John Towata Jr. We called him Junior. His family was interned during the war and lost their house and business. After they were released they settled again in Alameda and began rebuilding. His family owned a florist shop. ... he and his family made a big impact on the quality of life in Alameda and me. When his father died, John Towata, Sr., the family landscaped an area at the Otis Drive bridge to Bay Farm Island as a gift to the City in memory of his father. It's called Towata Park. The family was active in all the civic organizations and generous donors to the non-profits in town. A very similar story to the one in your paper. I hope it inspires people to move on in their lives, overcome obstacles, and make positive contributions when and where they can." -- Sherry P., Alameda



Five Things that Make A Difference When Selling

I cannot stop. Because it matters, because it sells, because you'll earn more dollars, I can't stop sharing the things that make a difference when you are selling a home.

Here are five more things that make a difference.

1 Curb Appeal Matters. Trimming trees, planting bushes and flowers, fertilizing and mowing the lawn, painting the front door, did I say painting the front door, and make sure the door opens and closes easily and is easy to unlock and lock, and any other exterior projects you can think of to gain more attention from buyers, will add value to your home. (According to a study by Michigan State University, a home with appropriate landscaping and effort into curb appeal can increase perceived home value by 5% - 11%).

2 Use Professional photography. Trust me, even though your phone cameras are amazing these days, few of us know the nuances to great photos, twilight shots, drones, and floor plans that professional photographer's perfect day after day. Your biggest investment deserves to be shown in its best light, and a professional knows how to highlight your home's best features. (According to Ris Media, homes with high quality photos sell 32% faster and sell for \$3,000-\$11,000 more.)

3 Make any repairs before going to market. Fix any glaring issues before you hit the MLS, and

ahead of the home inspection too. This prevents putting off a good buyer who is worried about the integrity of the home. Repairs done early do not become renegotiations later.

4 Have a pricing strategy. It is critical to have a pricing strategy. What happened to the neighbor may not compare to your home and without a strategy you are just guessing. With your Realtor, you will create a plan, based on facts, size, condition, comparable sales and then you let the market set the final price. Market value is defined as what a buyer is willing to pay. Tempt them.

5 Clean it up. Before showings declutter, clean, remove personal photos, mementos, collections and trophies, toys, pet beds and pet dishes. Note, buyers peek in closets and cabinets. Allow professional staging and photography and then view your photos before any showing and for the appraisal, or a walk through and make it look just like the photos, every time. You never know if the first or 30th buyer is THE buyer. And just as important, the appraiser's opinion can validate that buyer's decision and help you close the deal.

Terrylynn Fisher, Broker, CRS, SRES, Certified Staging Professional-Realtor Elite, Probate Certified, Luxury Home Institute, Dudum Real Estate DRE#01882902, For Probate questions, an aggressive Selling Plan or Buyer Strategy, call 925 876-0966, info@BuyStageSell.com. DRE#00615420

LAND OF THE FREE BECAUSE OF THE BRAVE

"When the fog cleared the second time, the enemy started firing at us from the hills straight ahead of our position. My buddy trained the machine gun on the hillside and started firing while I fed the ammunition to the gun. He fired so many rounds that the barrel got too hot and jammed so it would not fire again."



Al Davies, U.S. Army 272 Infantry

that the barrel got too hot and jammed so it would not fire again.

I wasn't aware of the enemy shells that hit the building where our command headquarters was until the sergeant came to our position with a new barrel for the machine gun. He told us that two of our buddies had been killed and three were wounded when the building was hit. After 50 years, I still hurt inside when I think of that day. I hope that there is a



special place up there for these brave men and they can be shielded from the sight of an American flag burning or seeing the sadness in the eyes of their loved ones." - Al Davies, US Army, European Theater

My father wrote those words in 1995. The Antioch's Press published it on Memorial Day 2001, the year he died in Fond du Lac, Wisconsin, where he was born. Rest in Peace, Dad. - Terrylynn Fisher



272 Infantry- WWII



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CALI-BORN DREAMS
SUPERIOR PRODUCTS
Zesty Lemon Flavor GUMMY RINGS
NET WT. 4.44g

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If you have any questions or are looking for answers about CBD...
ASK SAM at: sam@caliborndreams.com

Brighten up your meals with spring's soft herbs

by Deb Morris, PCFMA.org

Over 40,000 acres of cherry orchards from Brentwood to Stockton and down through the Central Valley are transforming their lovely pink cherry blossoms into plump sweet cherries. The most common type of sweet cherry grown in California is the Bing, followed by the Lambert and Rainier varieties. They're large and sweet, best eaten fresh and great for eating out of hand.



The Gotelli family emigrated to the US in the early 1900s from Italy and settled along the Calaveras River in San Joaquin County to start their orchards. The business is family owned and operated and represents three generations of experience in California with specialization in sweet cherries, blueberries, and apricots. Gotelli Farms, based Acampo, now offers 10 different varieties during cherry season. Bing, Burlat, Coral, Lapin, and Brooks are some of them. Cherries have a very short season, usually May and June. You won't find better quality, freshness, and variety. Tasting this wonderful seasonal fruit is a highly anticipated treat every year and one that can be enjoyed every May and June at local farmers' market.

Cherry Apricot Financier Cupcakes* (Gluten-free)



10 tablespoons butter
1 3/4 cups plus 1 tablespoon almond flour
3/4 cup plus 2.5 tablespoons sugar
6 tablespoons cornstarch
Pinch of salt
4 egg whites separated from 4 large eggs (6 fluid ounces)
2 oz. honey in teaspoons
6 apricots, pitted and halved and 24 cherries, pitted and halved

Brown the butter. To brown the butter, cut it into equal pieces so it cooks evenly. If the butter is frozen or too cold, it will splatter and easily burn. Take it out of the refrigerator about 20-30 minutes before starting. Use a light-colored pan so you can see when the butter has browned. Stir with a wooden spoon, silicone whisk, or rubber spatula. Browning butter is pretty quick. Place the pieces of butter in your light-colored pan. Turn the heat to medium. Begin stirring to move the butter around as it melts. Once melted, the butter will begin to foam and sizzle around the edges. Keep stirring. In about 5 minutes the butter will turn golden brown. The foam will slightly subside and the milk solids on the bottom of the pan will toast. It will smell intensely buttery, nutty, and rich.

There are only a few seconds between brown butter and burnt butter, so keep your eye on the stove the entire time. Don't walk away and don't stop stirring. Once some foam begins to dissolve and you notice the specks on the bottom of the pan have browned, immediately remove the pan from heat and pour the butter into a heat-proof bowl to stop the cooking process. If left in the hot pan, the butter will burn!

Set the butter aside to cool. Preheat your oven to 375°F. With an electric mixer, mix the dry ingredients together. Add the egg whites, half at a time and mix to combine. Add the honey, mix and scrape the sides of the bowl to ensure everything is combined. While mixing, slowly add the brown butter until everything is incorporated. Line a muffin tin with cupcake liners. Fill them 3/4 of the way. Lay 1/2 an apricot and 1/2 a cherry on the top of each cupcake in a pretty design. Bake for 15 minutes, turn pan around in oven and bake until a knife comes out clean, 15-20 minutes in total. Enjoy!! Makes 12 cupcakes.

*Financiers are small and buttery almond cakes commonly found in French patisserie.



by Elaine Schroth, CEO & President



It's California Tourism Month

While some may just be starting to entertain the idea of traveling again, we are in a much better place than we were last year at this time to talk about National Tourism Week and California Tourism Month. Those outside the industry may not be aware of these events, but they are traditions for the travel community held annually in May. It is a time when travel and tourism professionals across the country unite to celebrate the value travel holds for our economy, businesses and personal well-being.

This year, that tradition may also bring along with it a renewed sense of hope, optimism, and gratitude. While it may still be necessary to practice the safety measures we have all come to know so well, there is a sense that we can actually start to move about freely once again.

For the past month or so, businesses have continued to open up or expand their services with fewer restrictions. If all remains on track, California will fully reopen on June 15. Even now, we can welcome family and friends back into our homes once again or book a trip to a place that we have been longing to see or revisit. Visit California's "Calling All Californians" campaign is in full swing (you've probably seen the TV commercials) and Concord is proud to participate in a collaborative

effort with neighboring cities to promote the Mount Diablo region to in-state travelers.

I would like to mention that Concord is a proactively ADA accessible city and we have been working diligently to enhance communication, information, and resources to better welcome travelers of all ability levels. We have compiled a directory that includes ADA lodging amenities, accessible parks & trails, attractions, transportation, services and more. Visit www.visitconcordca.com/accessible-concord for more information.

The Concord Visitor Center is also now open, and we are excited to once again welcome visitors and promote the businesses that will get our local economy back on the road to recovery. We are here and ready to help with free advice, maps, visitor guides, brochures, and fun Concord wearables, so be sure to stop by next time you are in beautiful Todos Santos Plaza.

We thank you and encourage your continued support of our great Concord restaurants, hotels and businesses and we look forward to seeing you out there.

Concord Visitor Center: 2151 Salvio Street, Suite T, Concord. Phone: 925-685-1182. Email: info@visitconcordca.com. Website: www.visitconcordca.com.

Clayton Valley Garden Club Annual Plant Sale

It's time for the Clayton Valley Garden Club's Annual Mother's Day Weekend Plant Sale.

Clayton Valley Garden Club is a non-profit organization whose members share a common interest in gardening. Members propagate and grow plants year-round near downtown Clayton for the annual Mother's Day weekend sale. We maintain the certified wildlife garden and the succulent garden behind the Library on the Cardinet Trail as well as the Native and Historical Educational Garden at the Clayton Museum on Main Street. Proceeds from the sale go toward local scholarships, the Library

and Museum gardens, local school gardens, and bring in educational speakers for monthly meetings.

Come join us on May 8 from 9 a.m. to 1 p.m. at Clayton Endeavor Hall. You have plants, vegetables, color bowls, succulent bowls, gently used items, art, bat houses birdhouses and butterfly books to choose from. More information can be found at www.ClaytonValleyGardenClub.org or call 925-276-2299.



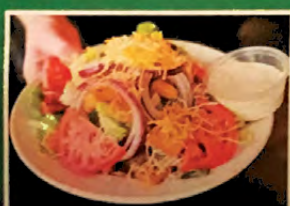
CVGC Hoop House volunteers propagating, growing, and maintaining plants year round. Photo by member Ron Schwab. L-R: Karen Halleybone, Lynda Smith, Carolyn Whitmore, Ruby Wagstaff, Kim Brazill, DVC Intern William Jordan, Judy Disbrow, and Linda Cruz.



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Jill Hedgecock's bookends
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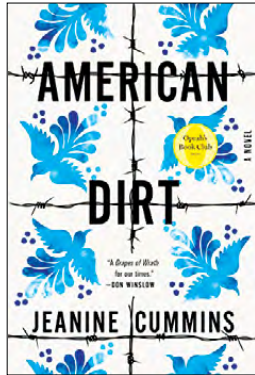
American Dirt

"American Dirt" (Flatiron Books, 2020, 387 pages, hardcover, \$16.75) by Jeanine Cummins is the story of a middle-class Mexican woman, Lydia, and her 8-year-old son, Luca, whose lives are torn apart during a quinceañera party. Lydia's husband, Sebastian, a newspaper reporter, had angered a cartel kingpin with an exposé story he wrote. The novel opens with the murder of 16 members of Lydia's family, including her husband, forcing Lydia and Luca to run for their lives. Lydia manages to escape Acapulco using cash and the bus system, but when she tries to board a plane and can't produce a birth certificate for her son, Lydia and Luca join a slew of undocumented immigrants hitchhiking on top of La Bestia (the train) to get to the United States (El Norte). What makes this novel even more compelling is that Lydia had developed a strong friendship with the drug kingpin, Javier, before she understood his role in extortion and killing sprees.

The novel takes readers on a journey as the pair travels across Mexico. Readers experience knuckle-whitening jumps onto railcars from bridges and treks across a heat-stroke-inducing desert prone to unexpected rain and flash floods. As Lydia races to the border, she lives in constant fear that Javier's army of gang members will hunt her, and her son, down to finish the job of executing Sebastian's entire family. When a young man, Lorenzo, who wears the characteristic tattoo of a sickle dripping blood which signifies he is part of Javier's gang, joins Lydia's train car, she worries that Javier has ordered him to follow her even though Lorenzo assures them he is trying to escape from Javier's gang just like she is.

Lydia's strength is admirable as she tackles hurdle after hurdle. Her son's charm is a necessary reprieve to offset the

violent scenes in the novel. Luca's adeptness at geography even helps save him and his mother from an uncertain fate. Other characters include Rebeca and Soledad, two sisters from Honduras, and Beto, an asthmatic boy who is trying to escape the only life he's known living on a garbage dump. The gripping plot will keep readers turning the pages to find out if Lydia and Luca will escape Javier's men.



"American Dirt" is a #1 New York Times Bestseller, an Amazon Best Book of January 2020, and an Oprah's Book Club Pick. While lauded by many celebrities including Stephen King, the book has created controversy.

For the most part, the outcry centers on the lack of diversity in the publishing industry and the opinion that the book is meant for white audiences. Readers who want a more authentic recounting of an immigrant's experience might prefer to read "Unaccompanied" by Javier Zamora. However, I would not avoid "American Dirt."

The novel is gripping as it reveals the plight of migrants and the myriad of reasons they are willing to risk everything to cross the border and face the hardships of travelling illegally into the United States.

Jeanine Cummins' other books include the bestselling memoir, "A Rip in Heaven," "The Outside Boy," and "The Crooked Branch." She lives in New York with her husband and two children. Setting the emotionally-charged issue of immigration and controversy of Cummins' racial and cultural background aside, this is a very well-written novel filled with brutal realities, endearing love of family, kindness of strangers, and most of all, hope.

Mt. Diablo branch California Writers Club Be the Hero of Your Writing Process

Kendra Levin will present at the virtual meeting of the Diablo branch of the California Writers Club on Saturday, May 8, 2021.

Register online at <https://cwcmt Diablo.org/>. Once registered, you will receive a link to join the Zoom meeting. 9:30 - 12:15.

Simon & Schuster Editorial Director, Kendra Levin, will share advice for creating a regular writing process designed for you. She will empower writers to:

- Connect more deeply with your work
- Listen to your inner wisdom
- Strike a healthy balance between writing and everything else
- Turn challenges into opportunities
- Lead more fulfilling lives

Levin is an editor, author, and certified life coach who's worked in publishing for nearly twenty years. Currently Editorial Director for Simon & Schuster Books for

Young Readers, she has also worked for Penguin Random House and Scholastic. She's a regular contributor to Psychology Today, is the author of the self-help book, The Hero is You, and coaches writers and other creative artists. Visit her at kendracoaching.com and follow her at @kendralevin. Cost: \$5 for members, \$10 for guests.



How to Produce a Picture Book for Children

∴ Award winning children's book author



Jesse Byrd will lead writers through the steps in creating children's picture books from start to finish at the Tri-Valley Writers Zoom meeting on May 15 at 2:00 p.m.

Byrd tell you how to create the framework for your story and find an illustrator. Jesse will de-mystify what traditional publishers are looking for and

include advice on how to find the right agent. He has tips on the best way to market both self-published and traditionally published work.

The Tri-Valley Branch of the California Writers Club (CWC) hosts the meeting. The session is open to all who reserve a place and pay the fee by Thursday, May 13. To reserve, email president@trivalleywriters.org. Pay at www.trivalleywriters.org with the PayPal button beneath the meeting description. Cost for CWC members is \$5; for nonmembers, \$7; students ages 14-22, \$3.

Views of the Valley



Klaus Parks is homeless in Concord, and a very good artist, don't you agree? You can often catch Klaus painting at Todos Santos in Concord. Photo by Jack Fliehmann.



Classic Car show at the Concord Terminal Shopping Center off Clayton Road in Concord Photo by Micah



Concord's military build-up on the Concord/Pleasant Hill border. Spotted parked at Equipco off Meridian in Concord. Equipco owners and Vietnam Veterans Chris Miller and Mike Haus purchased this APC (Armored Personnel Carrier) to restore and add to their Vietnam Helicopter Museum where they have two Huey helicopters stored at Buchanan airfield.



Rattle snake, dangerous



Gopher snake, harmless

Avid hiker Scott Feuer made four hikes on Mount Diablo this Spring and encountered four snakes, two gopher and two rattlers. Be careful.

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FLAG FOOTBALL LEAGUE

Led by Clayton Valley Charter football coaches and student athlete

SEASON:

The season will run 10 straight weekends, with a one-hour practice time and a one-hour game (no other practices will be scheduled).

DIVISIONS BASED ON GRADE LEVEL:

Open to all Co-ed athletes, Kindergarten through 8th Grade.

LOCATION:

All practices and games will be played at Clayton Valley Charter

STUDENT-ATHLETE/MENTOR COACHES:

All teams are assigned a High School student-athlete to coach their perspective teams.

GAME PLAY:

Games are played in a 5 on 5 flag Football format within a contact-free environment. 7th and 8th grade will be a 7 on 7 format.

PRACTICE AND GAME TIMES

- Kindergarten/1st Grade - 9:00am Practice/10:00am Game
- 2nd Grade - 10:00am Practice/11:00am Game
- 3rd Grade - 11:00am Practice/12:00pm Game
- 4th Grade - 12:00pm Practice/1:00pm Game
- 5th Grade - 1:00pm Practice/2:00pm Game
- 6th Grade - 2:00pm Practice/3:00pm Game
- 7th Grade - 3:00pm Practice/4:00pm Game
- 8th Grade - 4:00pm Practice/5:00pm Game

Practice and game schedule is not final

GAME SCHEDULE

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Scrimmage	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8	Game 9

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MACARON MONDAYS

By David King

Tom Hutches, Concord, may need a new name. I like "the Macaron Man." For the past year, even longer, one neighborhood in Concord has been secretly enjoying his macaron treats every Monday. They will be waiting for neighbors in front of the house to be picked up.

Hutches has retired from a 30-year career in sales and marketing. He spends a lot of his time now with outdoor activities, including triathlons. "I've completed multiple Ironman competitions and many shorter races," he says.

While indoors, he's making macarons. It began about 15 months ago. In 2019, He made fruit cakes for Christmas for a number of his neighbors, but learned



that one of the kids was gluten intolerant. Hutches felt guilty that she couldn't have any, so he researched how to make gluten-free desserts and found macarons. That's when he made his first batch.

He says he has no background in dessert baking and found it to be a really challenging yet satisfying activity.

When COVID-19 first appeared and lockdowns began, his first thought was that it would be under control and life would be back to normal in a couple of months.

"Back then, we were all stressed," he said. "There was very little to be happy about that would make us smile. And with all the uncertainties and social distancing,

there was little opportunity to do anything."

The neighbors held a crab feed and Hutches made macarons that were well received. "I was pretty confident after the crab feed that my macarons would make people smile, and I was hopeful that the whole neighborhood would look forward to them. If nothing else, they would be a treat for everyone in a time where shortages were starting to be an everyday occurrence."

It's worked out better than he had hoped. Each Monday he would make 250 macarons in a variety of flavors, divided into snack packs for each household. "Whole families relayed to me that they would have discussions around the table as to which flavor was their favorite."

When one neighbor was unable to pick up their macarons, another would pick it and deliver to their doorstep. At least on Mondays Hutches macarons took COVID off neighbors' minds and on to something positive. And thus, they have become better neighbors.

"At first, I thought Macaron Mondays would be a relatively short-term thing, but I am so happy that it has continued. We've gotten so much out of it. We have come up with about 125 different flavors and are always on the lookout for new ones. Many of my ideas come from my neighbors. It's my job to take them from idea to finished product."



On the cover, you can see a collage of the many different flavors of the weekly macarons. Tom's wife, Dominique, put that together to mark their one-

year anniversary of making macarons.

In addition, Tom put together a stat sheet of his baking feat over a year.

- Macarons 12,620
- Macaron shells: 25,240
- Number of different flavors: 123
- Eggs: 1,248
- Granulated Sugar: 48 pounds
- Total Powdered sugar: 348.7
- Butter: 109.7 pounds
- Almond flour: 82.4 pounds

When PPE was in short supply at the beginning of the pandemic, the Hutches, along with one other member of the community, made over 3000 fabric masks that was distributed to hospitals, nursing homes, veterinary clinics, and members of the community. It started with a plan to make sure our neighborhood members all had masks for their families. But like the macarons, we just kept it going since the news reports painted such a bleak picture for our healthcare providers.

We were requested not to reveal the neighborhood so as to not create a run on macarons. But if you are driving through a neighborhood and see a bunch of happy neighbors, you may be in the right one.



Caramelizing the sugar on tops of Crème Brûlée macarons



aRt Cottage

by FROgard www.artcottage.info

We are alive and well at aRt Cottage! Our closing reception for the Creatures show was a big hit with live ukulele music on the patio, drinks and lots of friendly faces. We had a wonderful day.

The public is welcome to join us for our next artist reception on Saturday, May 15th from 2-4pm to celebrate our new show, "Slice of Life." Featuring work from members of the Lamorinda Arts Alliance, this show runs May 4th through June 25th.

LAA's show theme is about how we've all adapted our lifestyles during the pandemic. Each piece might reflect a moment or an era...a part of everyday life or an exceptional memory. This show is about people at work, home and play. The concept of everyday life and this idea of a new "normal" has taken on an especially poignant meaning during the COVID-19 crisis.

The human spirit is alive, strong, and has a sense of humor. In this show, you'll see a 3D sculpture of "gold" toilet paper, as well as ceramic work that expresses the political turmoil we've experienced. The painting we chose for the show poster has become a familiar scene for so many of us...working from home with our pets on the sofa.

Our passion is to support local artists and help them on their creative journey. aRt Cottage is a friendly environment where everyone is welcome to linger and enjoy the art, as well as the gardens. Our art students also love it when a visitor pops in and observes what they are creating.



Susan Almquist

SLICE OF LIFE

We're not only a gallery, but also a working studio where art students of all ages can learn to express themselves through creating a masterpiece! Come visit and learn more about us.

We're located at 2238 Mt. Diablo Street in Concord (2 blocks from the downtown plaza). We're open Tuesdays - Fridays, 11am-5pm and Saturdays 1-5pm. For more information, visit artcottage.info.



Ruth Stanton



Judith Rohrer

Pay in peanuts, you get monkeys

By DavidKing

On KRON-TV you may have seen the recent TV commercial for American Kitchen Company (AKC) in Concord featuring a familiar monkey. That monkey is Crystal. You may have seen her as Dexter in "Night of the Museum" or in the movie "Hangover II."

Kyle McClay is partner of AKC and the TV spokesperson in the commercial. So I asked him why and how did he get such a famous monkey to do his commercial.

McClay explained. "When I am bidding on a project and the customer responds by saying that they've received a lower bid from another company, I often will use the line, 'If you pay peanuts, you get monkeys.' It gets a laugh, it breaks the tension."

It is such a part of his presentation that when trying to come up for a campaign for summer advertising, he dreamt that he was walking through a kitchen with a chimpanzee.

It took some convincing, but his partner finally gave him the green light to hire a chimpanzee to be in their commercial.

McClay began calling local zoos and sanctuaries to see if he could hire a chimpanzee. Not only did they all say no, a couple of them reported him to animal protection association who sent him a letter to cease and desist. They even

threatened to ruin his business through social media if he didn't. "Apparently, it is considered animal cruelty to put a chimpanzee in a commercial."

Chimpanzees may not be used in any type of union produced commercial or movies he was told.

"But they didn't say that about any other kind of primate. So, we remembered that the movie "Hangover II" featured a monkey and decided to find it.

He assumed it must have an agent and started calling animal agents until he found the trainer for Crystal.

Crystal has been in over 20 movies and TV shows. Yes, Crystal is a movie star.

As per a contract McClay says, "They were hard-nosed negotiators. They had a list of demands including a lot of money, special insurance, a room at the Concord Hilton.

McClay met those terms. Crystal did spend the night at the Concord Hilton along with her two trainers. "She was actually very good. KRON-TV shot the commercial in a day without a hitch."

What did Crystal make for her work, peanuts? "\$12,000!" says McClay.





EMOTIONAL HEALTH

By Dr. Holly Holmes-Meredith, D. Min., MFT, Board Certified Clinical
Bill Yarborough, CHT and Certified EFT Practitioner

Hypnotherapy It's Not What You Think

Have you seen a Hollywood movie or TV show where a hypnotist gets someone to cluck like a chicken or engage in another embarrassing act? Such stunts have caused hypnotherapy to be misunderstood for years, triggering many to avoid it entirely.

Hypnotherapy is not what the entertainment industry has "hypnotized" its audiences to believe. We know this because we have facilitated hypnotherapy sessions (Holly over 20,000) and participated in hypnosis during life-changing, healing journeys.

So, sit comfortably, take a deep breath and allow us to teach you what hypnotherapy really is.

Most people have already experienced the hypnotic state many times. Are you sometimes unresponsive when asked a question while absorbed in a captivating book? Do you easily lose track of time when you are sitting at your computer playing games? Or do you fall into "highway hypnosis", a state of consciousness experienced when driving long distances where you daydream and forget crossing a familiar bridge or going through a tunnel? If so, you've spontaneously experiencing the non-ordinary state of consciousness called hypnosis.

Hypnosis is natural. It is the state we experience between waking and sleeping.

All hypnosis is a self-trance. Contrary to what most people believe, hypnosis involves the use of your free will. You choose to respond to the suggestions given in the state

of hypnosis. The "inner hypnotist" is the part of you that says, "I can and will allow myself to relax." Since your own free decision is engaged, you will only respond when you want to respond.

The ability to be hypnotized is not the same as gullibility. In fact, the ability to be hypnotized points to a higher than normal capacity to engage in creativity and act as the "captain of your own ship," in control of your body, mind, and emotions. In essence, it can free you from the hidden whims of your subconscious mind. When you are in hypnosis you are behind the wheel, driving your own life, and in better control.

Hypnotherapy has innumerable benefits. It can help you overcome addictions, lose weight, lower anxiety, learn new skills, address childhood traumas that disrupt your life, improve your relationships, and help you cope with the emotional turmoil of the pandemic.

In a hypnotic state you are more resourceful and creative because you gain access to more dimensions and levels of consciousness. You experience yourself as more than your normal waking thoughts, beliefs, and feelings. You are expanded to include access to your subconscious and your super-conscious self. In hypnosis you can access long-forgotten memories, promote self-healing, control pain, and become more intuitive. In hypnosis you are also more receptive to positive suggestions that promote desired



Depositphotos.com

change.

This is an actual example of hypnotherapy effectiveness. To maintain anonymity, we've changed any identifying details. Holly worked with a woman with symptoms of burnout, an excessive desire to take care of others, and unsatisfying relationships where she did not get her needs met. When she was a girl and teenager, her single mother expected her to care for her siblings leaving little or no time for play. Using hypnotherapy, Holly and the woman did inner child work where the woman re-parented or re-imagined childhood experiences in which she was also allowed to live out her role as a child, freeing her from childhood patterns and perceptions that kept disrupting her life.

Bill used a hypnotic practice called skill rehearsal when he took on a role requiring him to perform ceremonial and speaking duties in a public forum that were new to him. Apprehensive that he would make mistakes given his inexperience, he created a hypnotic recording using his voice that allowed him to memorize and perform his duties in a calm and confident manner.

In most hypnotic states you are relaxed, and when you return to wakeful consci-

ousness, you feel refreshed and renewed. After a hypnotic session, you are likely to continue to think about what you experienced and enjoy the positive effects of the work you've done as you integrate new levels of insight into your conscious self. The positive effects will most often become part of your daily awareness and can help release distressing energy patterns that keep getting activated and replayed in your life.

If you would like to seek professional help from a qualified hypnotherapist, it's important to choose someone with whom you feel comfortable. A well-trained hypnotherapist will have flexibility in their approach so they can match their client's needs and responses. You should ask about a hypnotherapist's credentials. Are they also licensed to provide counseling or psychotherapy? Many hypnotherapists are available online or in-person. Teaching professionals often have interns who charge minimal amounts.

If you have questions or comments, please reach out to us via the contact information on our websites: Holly at hypnoheartytraining.com or Bill at billyarbo-rough.com.



A WALK THROUGH TIME

with Misty Bruns

137
Years
Ago

Movie Cowboy Oklahoma Dan

Movie Cowboy Daniel Sistrunk, aka Oklahoma Dan, born October 30, 1884 in Parker County Texas to Robert and Malinda Sistrunk lived his colorful final years in Clayton, Concord and Martinez.

Growing up, his family had minimal means. Dan became one with his own thoughts and imagination. Adventurous moments decorated his life off and on throughout his years.

Many times, in Oklahoma and Texas he had been on the bad side of the law. Dan engaged in bootlegging by selling whiskey. He was a cattle thief, and in trouble for assault and battery numerous times. And what may have been his most outlandish act, after Dan's brother Tom was murdered, he married his wife, ADA, who was then 18. Dan was 34. It is not believed they were in a relationship, but marriage was a solution for her not going to jail. She had been arrested for vagrancy a couple of times. I believe he was showing compassion for her. He wanted to try to provide stability for her and her infant child. However, several articles were published regarding the marriage in the local newspapers that put the marriage in a very negative standing, as was such for that era in time. Eventually the marriage failed and they divorced in Oklahoma in 1919.



Dan then worked for the Millers Bros 101 Ranch which is what led to his movie career. He was friends with Tom Mix whom he met at the Millers Bros. Show. Mix led him to Hollywood where he was a silent movie stunt cowboy and Indian. He would

often claim to be Native American, but he was not. He followed his wild west show buddies to Hollywood looking for the same success his buddy Tom Mix achieved.

Dan worked in Hollywood as a stunt cowboy for the movies in the 1920's and 30's for Fox Studios. In addition to Tom Mix, he worked with such notables as Buck Jones and Rex Bell. The 1930 Burbank Los Angeles CA Census record lists his occupation as a "Movie Cowboy" known as

"Oklahoma Dan."

The Hollywood and movie life did not suit him. Movie work was not all that steady thus he never achieved the fame he was hoping to get.

He was originally a horse breaker and rancher. He had quite the talent when it came to horses. He also raised a set of blue-ribbon mules. Those mules were huge, and he was proud of them. He had a saddle with silver stirrups and saddle horn he won in a rodeo. The man could ride a horse.

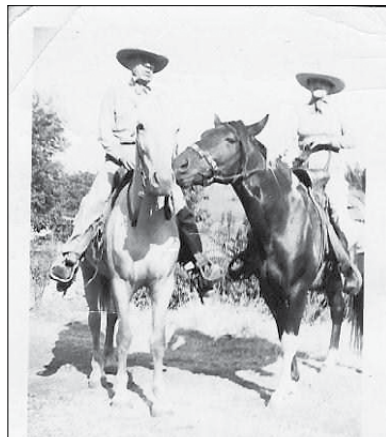
Dan took some jobs up and around Clayton, Concord, Martinez, horse breaking

and ranching. Dan liked the area and it seemed to supply him with ample work for the most part. He also did house painting all around Clayton as well as lime work.

Dan also had his bouts with authority and the Law in Contra Costa County. He led a colorful life.

He passed away on July 10, 1944 in Martinez California. Leaving behind his second wife, Rosita. She had no children and was buried at Live Oak Cemetery, in Concord California.

When I came across his memorial on Find a Grave, I knew I just had to figure out who this man was. The articles, pictures, and the reminiscing was a great path down the "good ol' days". I thank his nephew Rob Burton for sharing "Oklahoma Dan" with me.



Dan and Rosita Sistrunk 1940

Ex-Cowboy Actor To Pay for Fight

MARTINEZ, Oct. 9.—"Oklahoma Dan" Sistrunk, former movie actor, yesterday was given a suspended sentence of 30 days and ordered to compensate his antagonist in a fistic encounter for time lost from work.

Justice of the Peace Joe Longo, sitting for Judge A. B. Wilson, found Sistrunk guilty of assault and battery on a complaint filed by W. R. Collins, oil refinery mechanic. The battle resulted from an argument over parking of a truck on Sistrunk's side of the Alhambra Valley Road.

Collins, who was absent from his employment for several days after the fist fight, will receive \$24.60 for lost time.

Oakland Tribune 1941, below Oakland Tribune 1929

Cowboy Joker to Serve Jail Term Because of Prank

MARTINEZ, April 5.—"Oklahoma Dan" Sistrunk, 33, Clayton cowboy, was found guilty yesterday of a battery charge by a jury in the court of Justice of the Peace E. P. Jackson of Concord. He was sentenced to a term of 30 days in the county jail.

Sistrunk was accused of a too realistic imitation of the days of the "old west" when he lassoed Tony Baeta, 65, on a Clayton ranch Sunday and dragged him for 60 feet behind a high-spirited cayuse. It was necessary to have Baeta treated at the county hospital here for lacerations and bruises following the episode. Sistrunk admitted lassoing the man "in fun" but denied dragging him at the end of



Ruby Dooby Do to the Rescue

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

Teddy (Ted) is a 12-pound, nearly 10-year-old, male toy poodle/terrier mix who was rescued by NorCal Poodle Rescue (NCPR). This poor guy is fearful of men. But his foster mom has successfully worked with him and he now does great with her elderly father and her daughter's boyfriend. He will need time to settle in and lots of patience and understanding, but then his loving and affectionate side will steal your heart. Teddy is:

- Full of personality
- Playful (he especially loves fetch!)
- Eager to go on walks and hikes (he has a good off-leash recall)
- Housebroken
- Good with dogs
- Looking for and experienced dog owner without children and cats

Teddy's ideal owner would be a dog-savvy elderly couple or a woman who is willing to continue on with his behavioral training to address his reactivity to strangers. NCPR is offering a free 1-hour training session to Teddy's adopter and NCPR's behaviorist is also offering a half-hour zoom session. His adoption fee is \$250. To meet him, fill out a NCPR Adoption Interest Form on NCPR's website. Teddy's adopters must live in Northern California.

NorCal Poodle Rescue is a tax-exempt organization under Section 501(c)(3). In addition to tax-deductible donations, you can support their rescue efforts by donating your car, dog toys, crates leashes, collars, shampoos, flea medicine, bedding and crates or by sponsoring a poodle. For more information email them at norcalpoodlerescueinc@gmail.com.

Pawsitive Patter

Canine Research Assistants.

According to an article in Science News, dogs are making the work of researchers studying endangered species more effective. The canine's sense of smell can be a huge asset. These detection dogs have been used to find more than 400 different animal species, 42 plant species, 26 fungal species, and 6 bacterial species. Labrador retrievers, border collies, and German shepherds are particularly skilled as detection dogs. Pointers and setters which have been specially bred to find and point out game excel in supporting conservation projects in North America, Great Britain, and Scandinavia that are interested in locating ground-breeding birds such as ptarmigans and wood grouse.

Working Dogs for Conservation (WD4C) is the world's leading conservation detection dog organization. Here in California, one of WD4C's co-founders, Dr. Deborah Woollett, who received her under-

Teddy



graduate degree from St. Mary's College, used trained detection dogs to locate scat of the endangered San Joaquin kit fox from 2009 to 2012 during the development of a solar farm in San Luis Obispo. Scat detection dogs helped biology PhD student Alex Filazzola discover the importance of shrubs in preserving lizard populations.

Heart Dogs.

Yes, your dog can make your heart healthier. In addition to getting outside more to walk your pooch, your pet can help with hypertension. According to an Animal Health Foundation blog, a study of stockbrokers found that having a dog helped lower spikes in their blood pressure when these individuals became stressed. The blog also reported that a study of hospitalized heart patients found that dogs decreased the patients' blood pressure by about 10% in the left side of their hearts.

A Bone to Pick

Do NOT use hand sanitizer to clean dogs paws warns the Food and Drug Administration. The ingredients can be absorbed through the skin or if dog licks the solution off their paws, the chemicals can make your dog sick. Instead, consider using a wet towel or dunk their paws in a bucket of warm water with a small amount of dog shampoo instead.

Rehoming. If you find yourself in desperate need of rehoming your pet, it might be tempting to give the dog away for free or for a nominal fee. Be aware you may be subjecting your pet to an unthinkable fate. Your dog may be used as bait in dog fighting rings, sold as a lab animal for scientific testing, or small dogs and puppies might end up as dinner for a large snake. Even if the adopters seem nice, if you must give up your pet, insist on a home visit and the right to revisit after adoption.

Bone Cancer Risk. Cancer in dogs is a common occurrence. Osteosarcoma or bone cancer can affect any dog breed. But some are at higher risk such as Rottweiler, Great Dane, and Rhodesian Ridgeback. Owners should watch for the symptoms that include lameness and swelling near bones. Contact your vet at first appearance if your dog has these signs of illness. Breeds with shorter skulls and legs have lower osteosarcoma risk but can still get the disease.

[Ruby Dooby Do is Concord's international social media celebrity with more than 191K followers at [Instagram.com/rubydooby_do](https://www.instagram.com/rubydooby_do). She has 122,000 Facebook followers and on TikTok with 1.6 M followers.

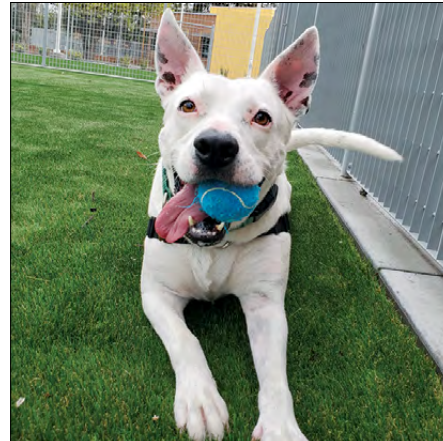
Special thanks to Jill Hedgecock, author of "Between Shadow's Eyes", "From Shadow's Perspective", whose book covers feature Ruby, and this column that helps rescue at-risk animals. www.jillhedgecock.com]

ARF Adoption Stars Leo & Nora

by Cole Kuiper

Looking for a furry friend during this trying time? Good news — The Animal Rescue Foundation (ARF) is now offering a no-contact virtual adoption process. If you see an animal you're interested in on our website (arflife.org), just fill out an online inquiry form. Once your inquiry has been received, you will be added to our virtual adoption queue. ARF, 2890 Mitchell Dr. Walnut Creek. 925-256-1273. reception@arflife.org.

Leo



Four-year-old Leo is charming, active, and playful. He enjoys meeting new people and is enthusiastic about life. Leo would love to join his new adopters for daily walks and games of fetch. At the end of the day, this gentleman would love nothing more than to curl up next to his favorite people for some proper cuddling and dozing. Leo has a positive history with other dogs. He currently weighs 68 pounds.

The adoption fee for puppies (<6 months) is \$350, for adult dogs is \$250, and senior dogs (7+ years) and special needs dogs are 50% off the adoption fee.

Nora



Two-year-old Nora is a beautiful recent mom of four adorable kitties. After several weeks of caring for her babies, this shy gal is ready for her forever home. Nora will do best in a quiet space where she can relax on a windowsill and receive unlimited affection.

The adoption fee for kittens (<6 months) is \$150, for adult cats is \$100, \$25 off each for multiple cats/kittens, and senior cats (7+ years) and special needs cats are 50% off the adoption fee.

Answer from pg. 8

WORD SEARCH PLUS: Lafayette Hillside Memorial



Created in 2006, activists, artists and concerned citizens wanted a visible reminder of the unexamined human cost of war.

Formerly known as the Crosses of Lafayette, this Peace Memorial recognizes and honors national service contributions to become an internationally known landmark.

Managed by a volunteer organization, the memorial is funded through donations used for the maintenance of the site including repair, painting, reinforcement and replacement of the markers as well as weed abatement and any other necessary vegetation management. 3600 Deer Hill Road, Lafayette.



Musicians Pamela Halloran and Dick Staaf perform during a ceremony at the Hillside Memorial



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