

SEARCH

SUMMER 2017

MAGAZINE



SUMMER TO-DO LIST

- ADVENTURE BAY AREA
- *Architectural Walking Tour
- *Camping @ Mount Diablo
- *Bridge Exploration
- *Weekend Trip to Fort Bragg
- *Maritime Museum

ADVENTURE @ HOME

- *Books to Change Your Life
- *Adventure from Your Couch

BE INSPIRED

- *Interview with Airline Pilot Susan Grant
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FROM THE EDITOR | *Adventure*

Adventure. We all crave it. Whether it's a dream to travel to the pyramids or simply an extra sprinkle of cinnamon on the morning latte, we want our lives to be exciting. True, the cravings of adventure tend to wane in adulthood. The dreams of



becoming a fireman or astronaut have a habit of making way for realistic, less-challenging goals. We work so we can afford a family to call our own, which can be an adventure all its own. For a moment, let's put away our adult responsibilities and dream of the impossible.



I remember jumping on my bike as a child and tooling around with my friends in hopes of adventure. When none occurred, we'd make up our own. I was no longer a pre-teen riding her bike around Los Angeles

County. I was a member of the A-Team, chasing bad guys and solving crimes. We'd explore paths we'd been down a hundred times, pretending it was a forest in Quebec or the wilds of Peru. Bad guys were around every corner, and if we were super vigilant, we'd save the day. During our silly games we even caught a real-life cat burglar. Boy was that exciting!

This summer, we're going to help you cook up your own adventures with articles about local places to visit, how to adventure from your couch, and even what to read to make this season a memorable one.

Handwritten signature of Emerian Rich.

Emerian Rich
Editorial Director

Want to share your pet photo or heroic story?

We here at SEARCH would love to hear from you.

Send to: searchmagazinesubmissions@gmail.com

Dear SEARCH,

"What was your favorite adventure?"

"Visiting Vasquez Rocks on a Southern California Road Trip. It's a tucked away jewel from nature that my friend wanted to stop, and see and it was worth it. Tons of films and movies were filmed there, too. Including Start Trek!"



-Jennyann, Vacaville, CA

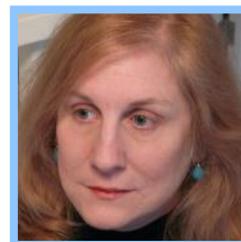
"Visiting Romania for the first time in 1996. Communism had fallen just a few years earlier and Eastern Europe was still rather a scary place."

-Janis, South Carolina

"Trip to Paris with my mother and daughter. Epic!" -Monette, Wisconsin

"Swimming with Dolphins in the Bahamas." -Kay, Stockton, CA

"Hang-gliding lessons. At about ten feet off the ground, I realized I was terrified, not of flying, but of heights. Despite my racing heart, I kept my composure long enough to manage a safe landing in the sand. I never flew again, but for a minute or two I had the greatest airborne adventure of my life."

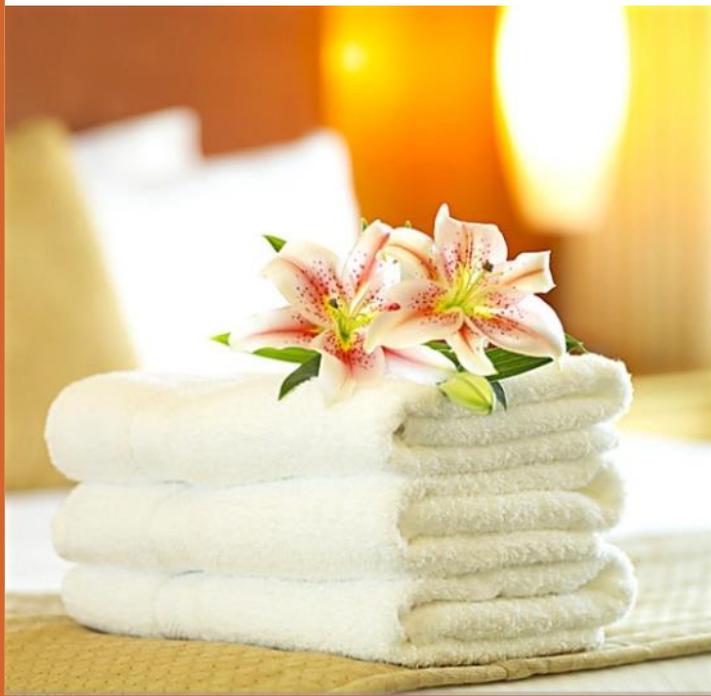


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Summer Adventure

This summer, adventuring doesn't have to involve expensive plane tickets or resort stays. In this article, we will bring you some amazing places to go, play, and explore right in our own backyard. If you enjoy walking, cycling, camping, or beachcombing, we've got you covered.

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“One of the ten-best places in the world to retire.” ~ *Condè Nast Traveler Magazine*

CONCORD, CA

Concord is the largest city in *Contra Costa County*. Founded in 1869 by Salvio Pacheco as *Todo Santos*, the name was changed within months to Concord. Now, the city center park, *Todos Santos Plaza*, is a reminder of that first name. With multiple stops on the BART system to connect it with San Francisco, Berkeley, and Oakland, Concord has expanded past its bedroom community status. New condos and neighborhood renovation has made this community bigger in the past few years as lack of housing has pushed the city to think of new innovative ways to build.

Residents enjoy a wide array of entertainment packed in to the thirty miles of town. *The Concord Pavilion* on one side of town brings in headliners and festivals. On the other side *Solano Drive-in*—one of the last surviving Bay Area drive-in theaters—hosts not only movies, but a year-round public swap meet Saturdays and Sundays.

In the center of town, *Todos Santos Plaza* hosts a weekly farmer’s market with a wide array of fruits and vegetables at reasonable rates. A handful of hot food vendors, including my favorite teriyaki-on-a-stick booth, offer ready-made goods to enjoy.

Shoppers will enjoy *Sunvalley Mall*, a two-story

shopping mall which, at the time of its construction in 1967, was the largest air-conditioned shopping center in the world. If outdoor shopping centers are more to your liking, *Willows Shopping Center* has a brand new renovation. They host monthly ARF *Mobile Pet Adoptions*, and families can enjoy *The Jungle*, a wall-to-wall play structure.

For older kids, *Waterworld USA* is a May-September water park that boasts the most waterslides in Northern California. *Pixieplayland*, the Community Pool, and *Spray Park* are all great places to take the kids when the weather is hot.

The history of Concord is largely quiet, but tours of the *Galindo House* will remind you of our area founders. Built in 1856 by Francisco Galindo and his wife, Maria Dolores Galindo (Daughter of Salvio Pacheco), this Victorian ranch house opened for tours in 2012.

The City of Concord website provides great information on all attractions and events coming up. You can also subscribe to the city newsletter that will alert you about events and city-wide memorandums. Go to cityofconcord.org for more information. ■

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There are those of out there who can't always get out and about, some for whom the adventure is only fulfilled from the armchair.

The old clichè that life itself is an adventure can equally be attributed to the beauty of imagination, the wonder of our own minds taking us to the most amazing of places and times. In fact, the only limit to the armchair adventurer is a lack of imagination.

That's a pretty big place to visit. So where do we start? What can be adventure to one is a chore to another and, as veteran actor-comedian and Harry Potter narrator Jim Dale said once, "I'm still a kid inside, and adventure is adventure wherever you find it."

Yet being a writer takes me to all manner of places, whether it be research for a novel or fact-finding for an article. Both are similar in their execution and both give the result, for the reader, of being taken on a journey. Even this article, or rather the whole edition of this magazine focussing on the idea of the adventure, is, hopefully, firing your imagination and springing you into action to fulfil a desire that said imagination is sparking.

Let's take you on an adventure or two now. Pack warm clothes in case it gets chilly at night and don't forget your sunblock should the day be the other way. Ensure there's enough credit on your cell

phone in case you need to call someone from half-way up a mountain. Make sure you've enough cash to get by. And a map! Don't forget a map!

Okay. Ready? Here we go.

The plane touches down on the dusty runway, the air thick with maddening bugs. You step out, shielding your eyes from the hot sun beating down on your brow. You waft the warm air around in front of your face with your hat. It doesn't cool you in the slightest, but what's that up ahead? The edge of a jungle. You go and investigate, hearing the chirruping of birds and insects in the undergrowth as you tread gingerly into the dark humidity. Suddenly a screech comes from high above you, and you see a family of monkeys jumping from tree to tree, free, unencumbered by the shackles that hold back humankind. You envy them, envy the simple life they have, but theirs is a life under threat by the steady progress of man. You're a nature filmmaker and these are your cast, the jungle your studio. The adventure you're on, the story you are telling, allows everyone else to experience what you have, sharing with your audience your passion for the world around you.

What of the story makers? The ones among us who can create wholly-believable worlds that cross the boundaries between fact and fiction? We watch tales unfold on screens big and small. We cheer as our heroes win to fight another day, boo as the bad guys make off with the plot device (sometimes even the plot itself). We are transported to these make-believe places where wearing capes and cowls is every-day, where flying suits made of iron and teenagers who hunger for games are commonplace. That guy wearing the fedora, I'm sure he's the same guy flying that spaceship. But hey, it doesn't matter. We're allowed to get things all mixed up. It's our imagination, and it's up to us what happens there.

Then we stand quietly in a gallery. Portraits and landscapes adorn the walls. Some paintings make sense. Others just give us a headache trying to work out what the tortured artist was trying to convey to us, but stand there we do. Turner's mighty 'Fighting Temeraire' being dragged by fiery tugboat to her last berth. The power of a message that even the greatest things all eventually have their day floods out over us. We can transport ourselves into the picture, reliving this great lady's last adventure over

and over again, while from out of the corner of our eye that *other* great lady, the Mona Lisa stares back. Is that a wry smile crossing those famous lips? Whoever she's looking at, whoever she was, we can but wonder, and the adventure that brought her before Leonardo da Vinci will always remain a mystery, even if we trawl through the endless books on our bowing shelves to find the answer.

We are distracted. The alluring titles on those perfectly-bound tomes call out to us. What was great about Gatsby, we ask, as Fitzgerald lures us in to a world of lies, deceit, and love to find out Then the Big Sleep beckons, the dusky maidens, smoking revolvers, and dark streets of Chandler's America, as equally vivid as Conan Doyle's London, full of fog and hansom cabs and mysteries and cryptic clues, beautiful canvasses all, adventures waiting to be had. Wait. What do we hear?

There's emotion and passion in that music, lyrics that cry out in pain, obsession, and love in songs that carry our thoughts and desires to places usually unattainable. Adventures in love and hurt are typical in much of the songs we know. We just don't always know it.

As the songs fade away, the books reach their last pages, the art gallery switches off its lights, the end credits roll, and the naturalist packs his bag, we see ourselves back in our homes. The thrills of adventures are still in our souls, of places far off and feelings unrequited.

Adventures, you see, aren't always out there. Sometimes they're inside, taking us on journeys that are unique and personal to ourselves. That's where adventures begin. Where will they take us? That's part of the fun. ■

I Think, Therefore I Review

Insightful Criticism from Author Kristin Battestella

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“Really, when you look back at my life, it’s no surprise I ended up being a jumbo jet pilot who loves writing science fiction and romance.”

United Airlines pilot and writer, Susan Grant, knew she wanted to be a pilot at three years old.

“I can remember the defining moment,” Susan says. “I was with my dad on the beach and fighter jets flew over. He picked me up and put me on his shoulders and pointed to them. I’ll never forget the roar they made that I could feel in my belly.”

Being interested in space, she also entertained ideas of being an astronaut. When she was a teenager, she wanted to attend the United States Air Force Academy, but women weren’t allowed to enroll in pilot training then. Susan didn’t let that stop her. She fought to be accepted and after four grueling years, received her degree and a commission as second lieutenant in the United States Air Force.

“I was in the third class in history to include women. At most my class was approximately 10%

women. It’s a lot better now at 25% women.”

Once she was commissioned, she was able to enter pilot training. When asked about how she was treated in a traditionally male-based business, Susan had sage advice for all of us facing adversity.

“Learn to let a lot of things roll off. Stand up for yourself when you need to, but know you’re going to be viewed as a female first, because you are. Try not to let someone’s attitude make you give up your dreams. Be strong. That goes for men, women, and people of all skin colors and orientations. There will always be those who try to throw up a tall wall in front of you or slam the door in your face. You can give up, or you can wedge a hand or foot in that door, dust yourself off, and try again. I have a saying, ‘Don’t listen to the naysayers and don’t take the first no or even the second or third one for an answer.’ If I had listened to the naysayers or listened every time I was told no, I never would’ve made it as far as I did.”

Susan has learned to take adversity and turn it into inspiration.

“In my recent book, the *Champion of Barésh*, the female protagonist is an athlete competing in an all-male sport. She disguises herself as a man to be able to play the game. In her day job, she drives trucks for a mining operation. I really enjoyed writing Jemm, because I put her in situations I could relate to, being a female in an almost all-male profession. It made her come alive in my mind and on the pages.”

Piloting and creativity seem to go hand-in-hand for Susan. As a child growing up in Long Island, dreaming of being a pilot, she was also creative.

“I don’t remember a time when I didn’t love to draw and paint. I can remember worshiping boxes of Crayola crayons, the smell, and my favorite colors, magenta and turquoise. Coloring would keep me busy for hours. Before I learned to write, I would lie in bed as a little girl and make up stories in my head while pretending my hands were animals, my fingers their mouths and teeth. My internal stories would go on for hours until I fell asleep. This grew into a great love of making up stories and eventually creative writing in school.”

Susan’s writing has moved on from her first novel about a girl shipwrecked on a desert island. Her latest book series, *Star World Frontier*, focuses

on commoners and royals both Earth-based and alien who live, love, and work on planets in the galaxy's frontier. To find out more about her work, go to susangrant.com.

For those of you interested in becoming a pilot, we've asked Susan a few questions about what the life of an SFO Airline Pilot is like.

What's the best thing about being a pilot?

It's never the same on any given day. Each moment will be a little bit different. I absolutely love flying the 747. It is the iconic jetliner of our generation. I know that it will soon be retired, but how wonderful to have had a chance to fly her. It is an honor and a privilege. I also love being able to travel all over the world. Even though the layover may only be for a night or two, it's enough time to get the flavor of the place.

What's the hardest thing about the job?

Being away from home. I miss my house, and I miss my family. Luckily my schedule is manageable, and I have a lot of days off each month. Sometimes I just want to stay home and can't.

Do you have a favorite flight?

Seoul, Korea, and not for the reasons most outside the business would think. It's because it's a three-day trip. I will leave on a weekday morning, and two nights later, I will be home. The hotel is beautiful with a great workout room, and we get executive lounge privileges which allow us to have

free breakfast and appetizers (dinner), thus it's known as the two-dollar layover. A dollar tip for the driver who brings us to the hotel, and another dollar to pay him on the way back to the airport. An efficient and low-cost trip—perfect.

Have you ever had to handle a dangerous flight?

Yes, a few. Any flight can have dangerous moments, and you handle them. That's what we are trained to do. They say that flying is hours of monotony interspersed with brief moments of pure terror. Ha ha. That about sums it up.

Do you have any advice for someone looking to have a career as a pilot?

Some don't understand what you need to do to become a pilot. The idea tends to intimidate people, and they try to talk you out of it. It doesn't mean that you can't be in your twenties and thirties and make a career change to become a pilot. It's just going to take more time and money, because avenues like the military end at age twenty-seven. As for the women out there who are considering becoming a pilot for a career, know that less than 4% of pilots worldwide are female, and less than half that if you count commercial pilots only. It's not because we can't do the job. It's because too many girls listen to all those no's before they even get started. If this is your dream and what you really want to do, then don't listen to the naysayers. ■

THE CHAMPION OF BARÉSH BY SUSAN GRANT

Only one prize matters: his champion's heart

Dreaming big on a dead-end world... Jemm Aves toils for a mining company by day, but at night she is a successful bajha player, disguised as a male to compete in the violent underworld of the colony's fight clubs. Every win puts her one small step closer to her goal: saving enough to escape Barésh with her family. When a royal recruits her to be a star player for his team, her ruse proves to be her most perilous game yet when it puts both their lives—and her heart—at risk.

Prince Charming he was not... Prince Klark is eager to reverse his reputation as the black sheep of the Vedla clan. If his bajha team can win the galactic title it would go a long way toward restoring the family honor that his misdeeds tarnished. On Barésh, he tracks down an amateur who has risen to the top of the seedy world of street bajha, offering the commoner a chance of a lifetime: a way off that reeking space rock for good. But his new player comes with a scandalous secret that turns his plans and his beliefs upside down. He sets out to win a very different prize—his champion's reluctant heart.

RITA-winner Susan Grant is back with an all-new, stand-alone tale of two improbable lovers, their daring secret, and the gamble destined to alter the course of their worlds forever.



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Just outside the bustling tourist town of Frankenmuth, Michigan, is a forest filled with fairies, pirates, and belly dancers. The sign is not huge, and it's hand-painted, so people often drive right by, not realizing what a gem is hidden in those woods.

From the road, it's an unassuming chunk of land sandwiched between two farmhouses. There's a winding dirt drive that leads to a grassy flat lot.

At the entrance of the forest is a faux castle front, also apparently painted by hand. Nothing fancy, but once you cross through the entrance, you find you've fallen into another time. Another place.

It's magic.

Music from a harp wafts through the trees, and various fairytale characters chase one another down the lanes, engaging in impromptu skits, laughing.

A myriad of vendors line the paths, cheerily hawking their wares. The *Skullduggery* sells swords and other weaponry as well as well-made leather tricorns. *Potter's Apothecary* offer handcrafted soaps with cheeky names such as 'Dirty Wench' and 'Under Kilt Care'. There is quite literally a shop for anything you'd hope to purchase. 'Support Your Lo-

cal Hookers' demands a sign hanging out front of a shop that sells unique crocheted designs as well as books, and across the way from that wooden hut, you can pause to have your tea leaves read or pick up a walking staff carved with tiny fairies.

The Wicked Witch stalks the dirt lanes with an eye for evil, casting spells, and threatening to gobble up naughty children. Her sister, the Fairy Godmother, sprinkles fairy dust, spreading joy and proclaiming every minute of the day is "glittertastic!"

There are mud-covered trolls guarding the bridge. Can you solve the riddle so you can pass? Rapunzel is in her tower, her long golden braid swaying in the breeze. The chocolatier is just before the food court, so you can grab something sweet before ordering that chili bread bowl.

Where are the pirates, you might wonder? The pirates, of course, are pillaging mead from the pub, *Saint Vincent's Tavern*.

There are bands onstage to enjoy while you eat, belting out catchy and sometimes bawdy tunes. The Viking encampment, just behind all the culinary action, has a variety of educational and fun demonstrations going on most of the day, as well as the Boffer ring, where would-be warriors can battle to their heart's content, with fun weapons that won't inflict any lasting harm.

The Fiend Fyre Charmers dance on the Trillium stage, lighting their swords and boot spurs with fire as entranced onlookers clap along. Just past the fire dancing show, archery demonstrations are available, and patrons can stop to pet Sir Dan, the much-loved festival horse.

Throughout the festival grounds are benches where you can pause for a rest, and the fairy





garden boasts a misting arch, where you can cool off on those hot summer days. The flowers and tiny fairy houses in the garden make a perfect, picturesque backdrop for photos.

On the *Oak Leaf Stage* are the fun-loving Gypsy Raqs, a family of belly dancers who perform their unique fusion dance routines with props such as long, flowing scarves or swords balanced on their heads. Now and again, they'll invite members of the audience up on stage for a brief belly-dancing lesson. In between their shows, the talented harpist, Maiya, accompanies her singing father, Charlie, who together make the *Heritage String Players*, as they take the stage by storm.

Queen Anna of Bohemia and Hungary, Queen of the Romans, is the royal presence of the festival, and wherever she goes, people respectfully bow. At her side are her son, Prince Ferdinand, and the high-strung Duke of Kleves, her cousin.

Owner Toni Knoll began the festival in 2008, intending it to be an enjoyable experience for pa-



trons of any age group. *Mid-Michigan Renaissance Festival* is a family friendly event with plenty of entertainment available for all different tastes. Though it initially began as an autumn festival, in 2011 it was moved to the last three weekends in June to better accommodate patrons with the nicer weather.

Located in Vassar, Michigan, its proximity to the tourist town of Frankenmuth is a great draw for visitors, who often drive up to spend the weekends to enjoy the small shops and indoor waterpark at *Splash Village*. The festival is also within driving distance to the popular outlet mall in *Birch Run*.

I've been going to *Mid-Michigan Renaissance Festival* now for several years. The first couple of times I went as a 'playtron', a patron who dresses in costume. For the last few years, I've been a vendor. What do I sell? Oh, I'm one of the hookers on *Gypsy Lane*, where I hawk my books as well as the crocheted merchandise my friend and I create. ■

All photos in this article courtesy of Penny Pickelmann Photography.

Locations in Brentwood, Pleasant Hill, Oakley, Concord and across the Bay Area.

HEALTH | *Lyme Disease Myths* BY KRISTIN BATTESTELLA



We're told how to prevent tick bites—wear light colored clothing with complete coverage and use bug spray in a wooded area. However, the general knowledge on how, when, and where one gets Lyme Disease, how the illness is diagnosed, and how to treat patients is rife with misinformation and controversy.

Misnomer 1: You can only get Lyme Disease in the Northeastern United States in the Summer.

According to the CDC, the 300,000 Lyme Disease cases in America each year is growing six times faster than HIV/AIDS with cases nationwide and year round. Many citizens are still in the dark about Lyme Disease simply because they think it can't happen to them where they live or that this is an easily treated rarity and thus “no big deal.”

Misnomer 2: You can only get Lyme Disease from one type of tick, and a blood test can confirm it. In truth, there are potentially multiple strains of Lyme Disease contracted from different types of ticks, and various co-infections such as Babesia, Bartonella or Cat Scratch Disease, and Ehrlichia are common, not the exception. Standard bloodwork, however, is unreliable in diagnosing Lyme Disease. Many symptomatic patients are dismissed with false negatives but have a positive test

result with alternate lab work. Two-tier tests such as the Western Blot and ELISA are used for a clinical diagnosis.

Misnomer 3: If you have Lyme Disease, you must have bullseye rash and feel like you have the flu. A dose of antibiotics will cure it, and you will never get Lyme Disease again. Sadly, this governing basic is one of the most inaccurate things about Lyme Disease with statistics saying as few as 30% of patients have the telltale rash. Lyme symptoms also imitate other diseases, leaving the ill without text book characteristics often misdiagnosed. Standard antibiotics only work in some cases. Different medical cocktails heal one but not all, and patients may continue having lifelong Lyme Disease side effects, including chronic fatigue, debilitating joint pain, poor immunity, neurological problems, and worse. There is no cure. You can be infected multiple times, and in some extreme cases, Lyme Disease can be fatal.

Misnomer 4: Your regular doctor will treat you for Lyme Disease until you are recovered. Unfortunately, this is perhaps the most troubling aspect of Lyme Disease. The majority of doctors do not know how to treat Lyme beyond the flawed, if standard guidelines, or are institutionally unwilling or unable to listen to their patients. Medical professionals seem unprepared to learn from these mistakes, and many patients travel out of state and pay out of pocket for expensive treatments or medicines. Lyme Disease is not covered by insurance. Thus access to proper care is not affordable to everyone. Many Lyme patients are unable to work or need full time care, affecting their education, finances, families, and quality of life.

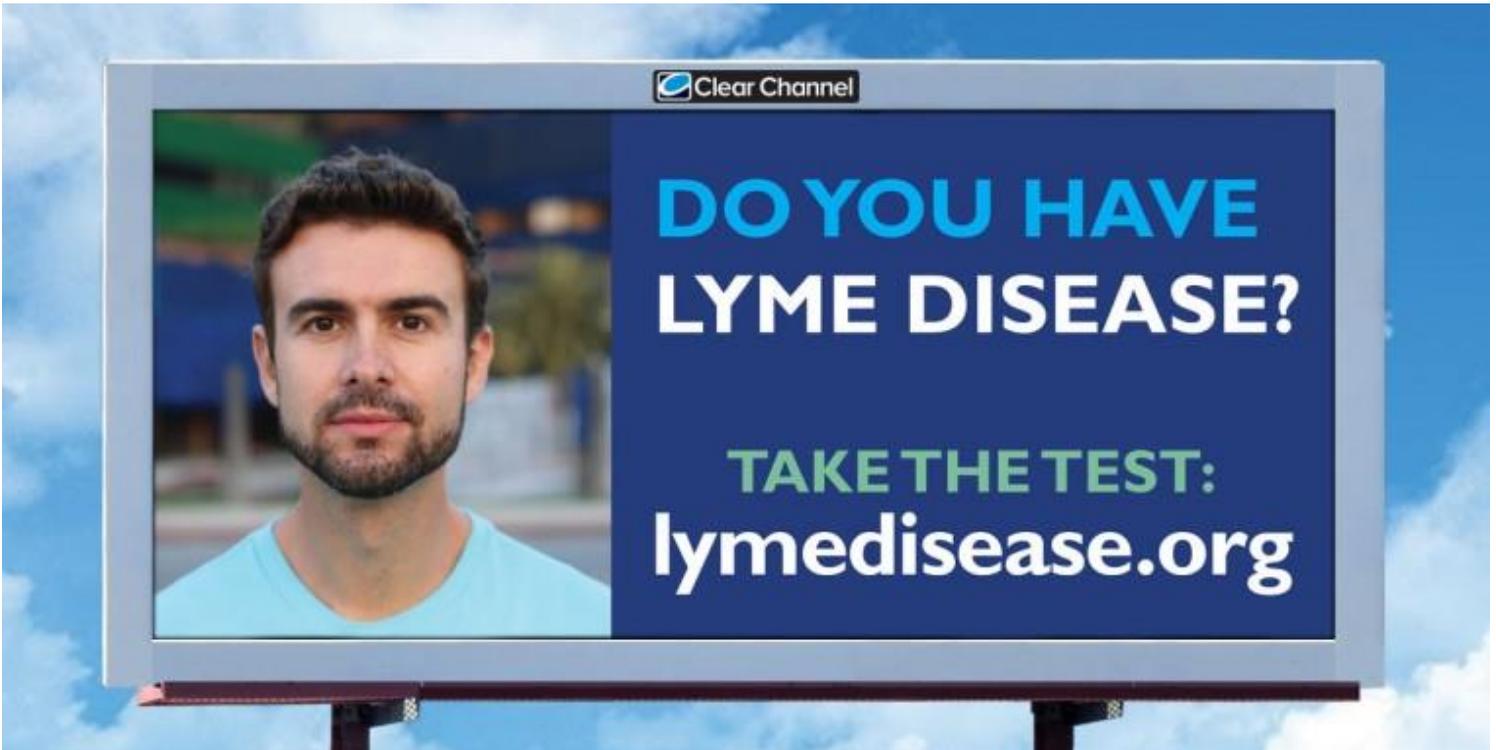
Misnomer 5: There's no such thing as Chronic Lyme Disease. Lyme victims must find a ‘Lyme Literate Doctor’ for knowledgeable care when debating the controversial theory that Lyme Disease lingers in the body with lifelong problems similar to MS or other autoimmune illnesses. The medical establishment doesn't even agree if recurrences should be called “Chronic Lyme Disease” or “Post-treatment Lyme Disease Syndrome.” Millions of

chronic Lyme sufferers, however, beg to differ.

Silent protests, legislation petitions, and visual awareness such as the Lyme Disease Challenge put a face on Lyme Disease while online communities, support groups, and organizations including [Lyme Disease.org](http://LymeDisease.org) can help you remain vigilant if you or

your loved ones have Lyme Disease.

Kristin Battestella has had Lyme Disease for fifteen years but continues "writing" the good fight. Find out more about her on the contributors page. ■



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SUMMER ADVENTURES



FEATURE | *Summer Adventures* **BY EMERIAN RICH**

This summer, adventuring doesn't have to involve expensive plane tickets or resort stays. In this article, we will bring you some amazing places to go, play, and explore right in our own backyard. If you enjoy walking, cycling, camping, or beachcombing, we've got you covered.

Camping in Mount Diablo State Park ~ Family Fun

Bordered by Walnut Creek and Clayton, Mount Diablo State Park often goes unnoticed by locals. An excellent place to camp close to home, with the added bonus of spectacular Bay Area views. The park offers many nature trek and biking trails. Mount Diablo's peak at 3,849 feet, is visible to most of us in the Bay Area, but few know the history of the mountain. What we call Mount Diablo (Devil Mountain) is a sacred mountain to many Californian Native Indian tribes and is fabled to be the point of creation. Known by many names, it was never considered a bad place for the tribes, who often pilgrimaged there to hold ceremonies. Legend has it that Mount Diablo's negative connotation originated in 1805 when the Spanish soldiers had trouble tracking the Indians through the willow thicket.

Today Mount Diablo is known for a place families can picnic, hike, and camp as well as an excellent workout for cyclists. The park offers many walking trails and biking trails as well as 50 picnicking areas

and several historical points of interest.

For those interested in animal life, coyote, bobcat, black-tailed deer, fox, mountain lions, snakes, red-legged frogs, falcons, ringtail cats, badgers, roadrunners, salamander, burrowing owls, and opossum have been spotted. Each fall, the male tarantulas of Mt. Diablo emerge from their burrows to seek mates. The Mt. Diablo Interpretive Association offers guided hikes to observe the migration. The "March of the Tarantulas" can begin as early as August and last through October.

Other events include a memorial of the attack on Pearl Harbor every December and the Mount Diablo Challenge, an annual hill climb to the summit with more than 1,100 cyclists each October.

For more information on the park and to plan your trip, go to parks.ca.gov and search Mount Diablo. Brochures and trail maps are also available at the visitors' center.

Bay Area Bridge Exploration ~ Bike or Walk

Golden Gate Bridge

Approx. 4 Miles Roundtrip

From North Golden Gate Parking in Mill Valley to Fort Point in San Francisco.

This is an exhilarating trek across one of the most famous bridges in the world. Opened in 1937, this was the longest suspension bridge in the world until 1964. It has been declared one of the Wonders of the Modern World by the American Society of Civil Engineers. You can park on either side of this great structure, but the visitor's center and gift shop is on the San Francisco side. The bridge is open most days and is accommodating to both walkers and those on bikes.

The walk is a workout and something on many of our bucket lists. I walked this structure a few years ago and my advice? Dress in layers, wear sunglasses, and a tight-fitting hat, even during the summer. Walking it in mid-July, I thought I must be crazy carrying a jacket, but as we reached the top I was glad I had it. The top of the bridge can be covered in fog, even on nice days.

Bay Bridge, New Eastern Span

Approx. 6.5 Miles Roundtrip

From Bay Bridge Trail parking on Burma Road, Oak-

land to Yerba Buena Island Landing.

The new span was opened in 2013, replacing the 1936 version that suffered damage during the 1989 Loma Prieta Earthquake. The new span is side-by-side instead of double-decker and allows for a walking trail to Yerba Buena Island.

This new walking trail is not as tourist-friendly as the more established Golden Gate, so don't expect a lot of conveniences on either side of the trek. As of this writing, the bridge walk and bike trail are only open weekends and holidays, during the day. So check their Twitter feed @BayBridgeInfo for updates.

Carquinez Bridge

Approx. 2 Miles Roundtrip

From Maritime Academy Drive, Vallejo to Crockett. The original Carquinez Bridge was built in 1927 to connect Vallejo to Crockett and the Bay Area. There have been several upgrades, and in 2003, the replacement span was opened offering not only a safer ride, but a Bridge Walk. Pedestrians and cyclists can now enjoy the span, which lets out near the famous restaurant, The Dead Fish, in Crockett.

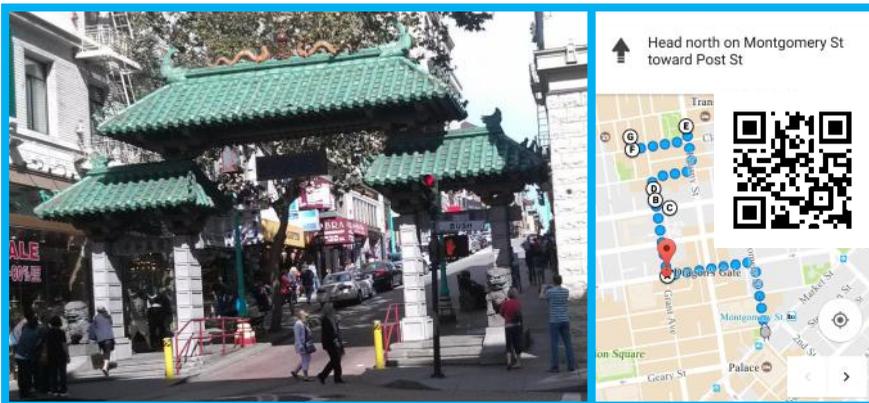


PHOTO BY HEIDI KADEN

FEATURE | Summer Adventures

Architectural Walking Tour to Chinatown ~ 1 Mile

BY EMERIAN RICH



←Use this QR to get the trip on Google Maps.

landmark #143. Designed by Newton J. Thorp in 1908.

Just a little further up Bush at the corner of Grant, you will arrive at Dragon Gate. The gate welcomes you in to Chinatown in a very authentic way. It was gifted to the city by China in 1969. The gate is based on ceremonial gates found in Chinese villages and is the only authentic Chinatown Gate in North America.

Start at the Montgomery Street BART Station.

Come out on Market Street and walk toward Montgomery Street. On your right will be the Admissions Day Monument, a statue commemorating the day of September 9, 1850 when California became part of the Union. Directly behind the monument, look for an all-white triangle-shaped building with rounded top floors. This is the Hobart Building, #162 in the San Francisco Designated Landmark list, built in 1914 after only 11 months of construction.

Turn Right on Montgomery. Many people don't know that Montgomery Street used to mark the edge of San Francisco Bay. During the Gold Rush when space was scarce, they leveled sandy bluffs and filled it with sand and the ruins of many ships. Montgomery is now about seven blocks from the waterfront.

At the corner of Montgomery and Bush Streets, turn left on Bush. As you do, check out the building on the corner with orange-ish brick on the upper floors. This is The Mills Building, landmark #76. This building was built in 1892 and is one of the only high-rises to survive the 1906 earthquake downtown. It's considered the city's second skyscraper, after the Chronicle Building.

Continue up Bush Street. On your right you will see 350 Bush Street, marked "San Francisco Curb Exchange" and landmark #113. Built in the 1920's for use as the Mining Exchange, it has also been occupied by the Curb Exchange and then the Stock Exchange.

Further up Bush, you'll notice a short little concrete building sandwiched in-between two bigger buildings. This is 460 Bush, Fire Station #2 and

Enter the gate. You are now on Grant Avenue. From here on out, you will invariably get side-tracked as there is so much to see. Explore the stores and restaurants at your leisure. For those of you still on the history tour, let us continue down Grant Avenue.

Two blocks up Grant, you will come to California Street, a wide, four-lane street lined with cable car lanes. On the right of the intersection you will see #2 on the landmark list, Old St. Mary's Cathedral, circa 1854. It was the first cathedral of the Archdiocese of San Francisco. On the opposite corner, you will find the Sing Chong Building. Although this structure is not on the landmark list, it is important nonetheless as one of the first buildings to be rebuilt after the 1906 earthquake and fire. It's said to be the most photographed building in San Francisco.

In the same block as the Cathedral, is the Canton Bazaar, a massive two-story shopping palace that is sure to tire out even the most avid shoppers.

Walk a few more blocks and you will come to Clay Street. Turn right and explore the famous Portsmouth Square, the first public square established in the Mexican community of Yerba Buena, which was changed to San Francisco in 1847. This square was the first place the American flag was flown after the Mexican-American war in 1846, where the discovery of gold was announced (1848), and where the death of President Taylor was mourned (1850).

I've shared just a miniscule portion of San Francisco's heritage with you on this walk. There is much more to explore. Just take a walk and look around you. If you have a favorite trek, tell us about it at: searchmagazinemail@gmail.com.

BY EMERIAN RICH

Summer Adventures | FEATURE

Car Adventure to Fort Bragg ~ Approx. 4 hour drive



About four hours from Contra Costa County is a fun family adventure on the coast. Mendocino is the most popular tourist spot for couples interested in a nice stay at a B&B, but just fifteen minutes north, you'll find an optimal spot for families. Fort Bragg has that kind of small-town feel that most of us only see in movies. It has many inexpensive places to stay with easy access to the beach.

However, staying in Fort Bragg is not only about the stay. The ride there is something that must be experienced at least once in your life. The curvy road through Jackson State Forest is the most amazing I've ever driven through. In some places the trees are so thick, it obscures the sun from above, making the road dim and spooky.

Once you arrive in Fort Bragg, you'll want to check out the shops and eateries down Main Street. There is also a grocery store and Subway if you'd

rather buy food to take with you. Several small affordable inns are right on the ocean and have access to the walking path that leads to the beach. Make sure to look at a map before you book. Some of the nicer hotels are inland, but don't have beach access.

The most famous locale in the area is Glass Beach, a place where years of pounding waves have broken down glass once dumped in the ocean. From 1906 to 1967, a dump site was active in the area. All the biodegradable materials are long gone, but what remains are millions of small, smooth pieces of glass that were once bottles.

On your way home, take Hwy 1 down the coast fifteen minutes to Mendocino to enjoy the quaint shops, excellent views, and art of California's small "New England" feel town. Visit the Ford House, Mendocino's visitor center and museum to find out about local history and tips on sightseeing around town.

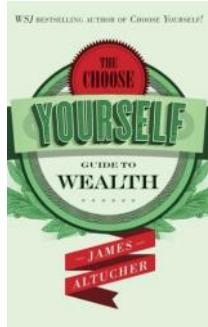
If you're really adventurous, you can take Highway 1 back home, but I must warn you, it's not a trip for the faint of heart. This trek can extend your travel time by two or more hours, and the tight, curvy, often bumpy roads can be a pain even if you are interested in the nice ocean views. ■



BOOKS | *Change Your Life with Books* BY RICK KITAGAWA

Looking for a little reading adventure this summer? Check out these four books that will change your life for the better.

1. *The Choose Yourself Guide to*



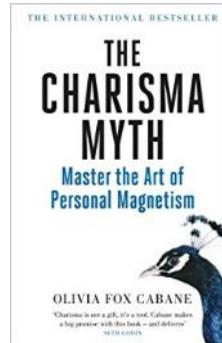
Wealth

by James Altucher

If there was ever a gut-check in the form of a book, this is it. If you will ever throw a book down and scream at it, it will probably be this one, assuming you haven't read his previous book, *Choose Yourself!*. In this book, your truths and assumptions—like your 401k, your job, and the importance of goals—will be torn down quickly. Even though Altucher will continue to push, poke, and challenge you and all that you hold dear, he also provides many solutions so that you walk away empowered and ready for the new challenges waiting on the horizon.

Altucher's writing style is very conversational. Reading this is like listening to a crazy old friend of yours who happens to have made and lost millions over the year and is trying to save himself by saving you. If you're going to read one book on this list, this is it, but be warned. Once you read it, you won't be able to look at life the same way again.

2. *The Charisma Myth*



by Olivia Fox Cabane

Often we see exceptionally charismatic people as abnormalities, those people blessed with the gift of gab. However, being charismatic is something that can be taught, practiced, and honed. That is the theme of *The Charisma Myth*. In her first book, the Fortune 500 executive coach will take you through a journey to deconstruct charisma. Using solid scientific research and exercises aplenty, Cabane will show you the different aspects to charisma and how to use them to your advantage. Whether it's learning how to project confidence like a gorilla to how to give the perfect handshake, this book is a must-have for everyone who wants to learn how to be more charismatic.

The Charisma Myth is an easy read. Cabane's fun and informative writing is easy to swallow and filled with reader-friendly breakdowns of science. The hardest thing about this book is taking the time to complete the exercises, all of which feel safe and friendly, yet bring about real psychological change easily.



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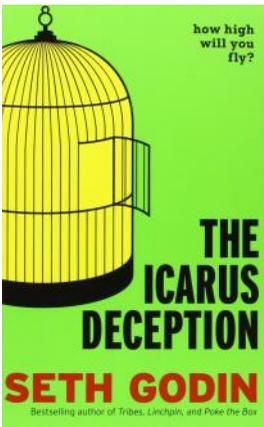
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3. *The Icarus Deception*



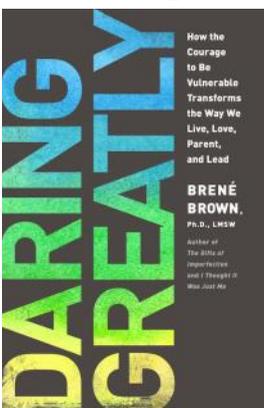
by Seth Godin

Seth Godin has written a good number of books, and they are all fantastic. If you want to follow up *The Choose Yourself Guide to Wealth*, Godin's *The Icarus Deception* is your next step. Here, Godin redefines what it means to be an artist as anyone who decides to invest their time and efforts into things that scale, like creativity and grit. However, if

you are a creator of any kind, whether that be a painter or visual artist, a dancer, a musician, a writer, this is definitely a must-read. Godin will challenge you to become the best version of yourself, to push past the psychological limits that are holding you back, and embrace the challenge and privilege of being able to remake yourself.

Godin's books read like his super-popular daily blog—short, insightful, easy to read, but tough to digest. Often Godin will ask questions and leave you to answer them yourself. After all, since he is about putting in the sweat and hard work, he's not going to do all the heavy lifting for you.

4. *Daring Greatly*



by Brené Brown

Society seems to hate vulnerability, however in *Daring Greatly*, Brené Brown posits that vulnerability is actually one of our greatest measures of courage and backs it up with research in the fields of neuroscience and psychology. In her book, Brown looks deeply at shame, how it affects all of us, and how dangerous it is to ourselves and others.

She then draws us a roadmap on how to combat it. Finally, Brown concludes with a chapter devoted to combating shame in the classroom and the workplace and another chapter specifically focused on parenting.

Funny, heartbreaking, and full of scientific studies to back it up, Brown's writing is witty, engaging, and most of all, heartfelt. A true inspiration, this book will change the way you look at yourself and your relationships and will give you the strategies and tactics needed to lead a more wholehearted life. ■

THIRTEEN SOULS

by Larion Wills



Though he fell hard and couldn't keep his hands off her, Gene couldn't believe a two hundred year old ghost spoke through Heather to warn him of a danger to his life. Cynical and distrustful, it was easier to believe she was nothing more than a con artist and send her on her way. His first mistake.

Was the second, not believing, going to cost him his life?

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FOOD | *Slow Cooker Carnitas* BY BRIAN AND PATRICIA DAKE



Summer is a time to enjoy a more relaxed pace. Meals get simpler and many of us often find ourselves going for an inexpensive option of prepared food. Street tacos are particularly on the rise.

CARNITAS INGREDIENTS:

- Pork shoulder, approximately 8 lbs.
- 12 oz. beer
- 1/2 onion, yellow
- 2 teaspoon oregano, dried
- 2 teaspoon cumin, ground
- 1 tablespoon chicken bouillon, granules

TOOLS:

- Slow cooker, 6 quart
- 10" chef's knife
- 13" fry pan, large
- 10" fry pan
- Fork - If fry pan is non-stick, use wooden/plastic fork.
- Kitchen tongs
- Hot pads
- Measuring spoons
- Spatula

Taco trucks have become increasingly popular in the greater Bay Area, making an easy way to snag dinner without needing to cook and heat the house up. Everything from *pollo*, *carne asade* to *carnitas* can be enjoyed, but if a taco truck isn't handy to your neighborhood or you want to explore a twist on taco tradition, we have an idea for you.

This month we're featuring two recipes that can be combined for epicurean perfection. If you want to stick with a traditional taco and do it at home, try out our slow cooker *carnitas*. Depending on the size of pork shoulder you select, this recipe is good for several meals. The meat is delicious served in either corn or flour tortillas with all the fixings. If you choose to venture into new territory, try using it as a topping for a white masa dinner waffle.

This waffle recipe is seasoned with cilantro and green chili. Topped with black beans, tomatoes, avocado, *carnitas*, green tomatillo sauce, and sour cream, it is ideal for lunch, dinner, or, my personal favorite, a lazy summer brunch. Incorporating only a slow cooker and a waffle iron, this meal won't heat up the house. If you choose to prepare these for brunch, I would recommend pairing with mimosas on the patio in the shade.

CARNITAS PREPARATION

- Peel and dice the 1/2 onion.
- Place pork shoulder in slow cooker, making sure that the lid will fit securely. If the lid will not fit, cut meat from the pork shoulder until lid fits. Place cut meat into empty spaces around the shoulder.
- Remove lid and pour beer over meat.
- Place diced onion on top of meat and sprinkle onion with oregano.

COOK

- Replace lid and set slow cooker to high. Cooking for 6-10 hours depending on your cooker.
- When pork pulls apart easily with a fork, unplug slow cooker and allow to cool until contents can be handled safely.
- Using hot pads to protect your hands, pour entire contents of slow cooker into large fry pan.
- Sprinkle meat with cumin and chicken bouillon. Stir meat mixture until powdered ingredients are absorbed.



- Place over burner(s) on high heat, allowing the mixture to boil.
- As mixture boils, shred meat with fork and tongs, being careful not to touch metal tongs to a non-stick pan surface.
- Remove any bones, fat, skin and/or gristle with tongs and discard.
- Continue shredding and stirring meat mixture until all the meat is shredded and all of the liquid is absorbed into the meat. Do not allow the meat to burn.
- Remove meat from heat and allow to cool.
- Place *carnitas* in an airtight container and keep refrigerated for up to a week.

PREP AND SERVE

- Place desired portion of *carnitas* in a 10" fry pan with a small amount of oil and cook until warmed through. Turn meat with spatula to provide more evenly brown *carnitas*.
- You can add salsa, red chili sauce, or green tomatillo sauce at the end of cook time to add flavor to the *carnitas*. Stir until any liquids are absorbed.
- Use as a filling for tacos, enchiladas, or serve with eggs and green sauce.

WAFFLE PREPARATION

- Remove stems from cilantro and discard. Roughly chop leaves, continuing until you have 1 Tbsp. of packed chopped cilantro.
- Place the dry ingredients (masa, baking powder, and chicken bouillon) in a mixing bowl. Using a mixing spoon, thoroughly mix all dry ingredients
- Add milk, water, and eggs to mixing bowl, being careful not to allow egg shell fragments to enter the bowl.
- Add oil, green chili, and cilantro to mixing bowl

WAFFLE INGREDIENTS:

- 1 cup masa, white
- 1 tsp. baking powder
- 1 tsp chicken bouillon, granules
- 1 cup milk
- 2 tbsp. water
- 2 eggs
- 2 tbsp. corn oil
- 2 tbsp. green chili, canned, roasted, diced
- 1 tbsp. cilantro, fresh, chopped, packed
- Cooking spray

TOPPINGS

- Black beans, cooked on stove top until soft
- Tomatoes, Roma, sliced
- Avocado, sliced
- *Carnitas* (see following recipe)
- Green tomatillo sauce
- Sour cream

TOOLS

- 10" chef's knife
- Mixing bowl
- Cup and spoon measures
- Mixing spoon
- Waffle iron

and stir with spoon until blended

- If mixture is too thick, mix in 1tbsp of water at a time until correct consistency is achieved.

COOK & SERVE

- Using the pre-heated waffle iron, spray with cooking spray, add batter, and cook waffle.
- Makes 6 to 8 waffles depending on size of waffle iron.
- Place toppings on waffle in the order listed above and serve immediately. ■





It's summer time, and with it comes—what else?—noise. Lots of noise. From loud motorcycles, to neighbors running their lawnmowers at all hours, to kids shrieking as they get doused in cold water from a garden sprinkler, to fireworks the summer brings with it a lot of noise.

The idea for this article began as a gift to a friend of mine who just moved into a house situated between a high-traffic street and train tracks. While getting new windows had helped to cut down on a lot of the noise, the house is old and relatively uninsulated. The issue was how could we cut down on the street noise at the front of the house, which is where my friend spent much of her time. There wasn't a lot we could do about the train, but luckily it doesn't come through often.

While visiting, I noticed my friend had a lot of pre-stretched canvas art on wooden stretcher frames, and as she complained about the noise from the street, it got me thinking back to the days of audio production, and how form and function could be

SUPPLIES:

- **A thick frame**, about a half inch deep or deeper. Used for this project was a pre-stretched burlap canvas from an art supply store. You can also use pre-stretched artwork, as long as it's on a wooden stretcher frame with the canvas wrapped around it. *Note: A pre-stretched painting will not work as well as a felt surface for dampening the noise.*
- **Sheets of felt** in varying colors. One will be used as a background, so make sure it will be big enough to cover your canvas. The other pieces of different colors will be to make your design.
- **Craft glue**. *Important: you want the clear-drying kind.*
- **Flat-head tacks**. They look like short nails.
- **Scissors** and make sure they're sharp.
- **Batting or foam** like an egg crate for a mattress. For this project I used ¼" thick panels and got enough that I could give some to my friend to put in the back of her existing art canvases as well.
- **Sharpie marker**.
- **A piece of ribbon** or string that will be strong enough to hang the work.
- (optional) **Decorative piece**. For this project, a wooden focal piece for jewelry was used.

married to cut down on the noise my friend was experiencing.

Enter the perfect housewarming gift for the noisy house, audio panel artwork.

This project won't silence all noise and is not meant to be a professional recording studio setup by any means. However, it will dampen noise. The more audio panel art you put up, the better the sound dampening.

CONSTRUCTION

1: Figure out your design. For this piece keeping it simple and more than a bit retro was key. Keeping your initial design simple will also help you to see how the materials work together. Start small and work your way up.



2: Measure your canvas and cut your egg crate foam or batting to size so it will fit into the back of the pre-stretched canvas. It's okay if it's a little bit big, this will help it fit snugly.

3: Push the batting or foam into the back of the canvas.

4: Cover the front of your canvas with the background colored sheet of felt. For this project, I covered both the front and back of the canvas for added sound absorption.

5: Either glue or tack the felt into place. I recommend both to make sure the felt stays in place.

6: Use a Sharpie to draw your pattern on your felt sheets for the design.

7: Cut out the pieces of felt, then arrange them on your canvas to ensure the design looks the way you want it to.

8: Glue the design felt onto the canvas felt. For this project multiple layers were used to add even more sound absorption and some depth. Additionally, a wooden jewelry focal bead was used to add a little more retro flare.

9: Allow the glue to dry overnight.

10: Once the glue is dry, use two tacks and a piece of string or ribbon on the back of the panel to create a loop to hang the panel on the wall.

If you already have artwork on stretcher frames, you can skip all of the above and just put the audio foam directly into the back of the stretched canvases, then cover with sheets of felt.

Special note: If your painting is a valuable piece of art, I do NOT recommend stuffing the audio foam into the canvas the way I did for this project, as it will stretch the painting and possibly damage it.■

Want a little more help?

DIY expert,
Suzanne Madron,
takes you step-by-step
through the process
in her video.



Go to:

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Picture courtesy of The Empowerment Plan.

The Empowerment Plan manufactures and distributes coats to homeless communities around the globe. Workers are also offered free classes which help employees like Tia (pictured above) complete their GEDs.

“Capitalist Renewal” was the catch phrase for Detroit and it’s booming automotive business after World War II. Many farmers struggling in the south headed to Detroit in the early 1950’s due to its plentiful jobs and thriving economy. Soldiers returning from war also found jobs and \$5,000 in grants to build a home in Detroit’s suburbs. The automotive industry was inclusive of all races and faiths. It was the shining example of the American Dream. Work hard and your job will provide you with high wages,

security, and a good life, but something changed drastically from 1980 to 2007.

European markets began aggressively competing with the U.S. automakers. Shareholders in Detroit, accustomed to large profit sharing, made bad decisions. Wages for employees across the board became stagnant, and the hardest hit was the average line worker. Thousands of people lost their jobs and moved away. The tax base of Detroit became the very young or the elderly; neither of whom could support what was once a World Class city.

The Detroit City Council tried program after program to bring the city back. Mayors came and went, some with valiant effort but leaving never the less, defeated. By the middle of 2008, the State of Michigan had to take over. There seemed no solution to Detroit’s crippling decline, leaving many of its residents to deal with high crime and murder rates, abandoned homes turned into drug dens, gang violence, and homelessness.

One average day changed all that. A Wayne State University professor gave an assignment and Veronika Scott, an art student, rose to the challenge; changing Detroit for the better.

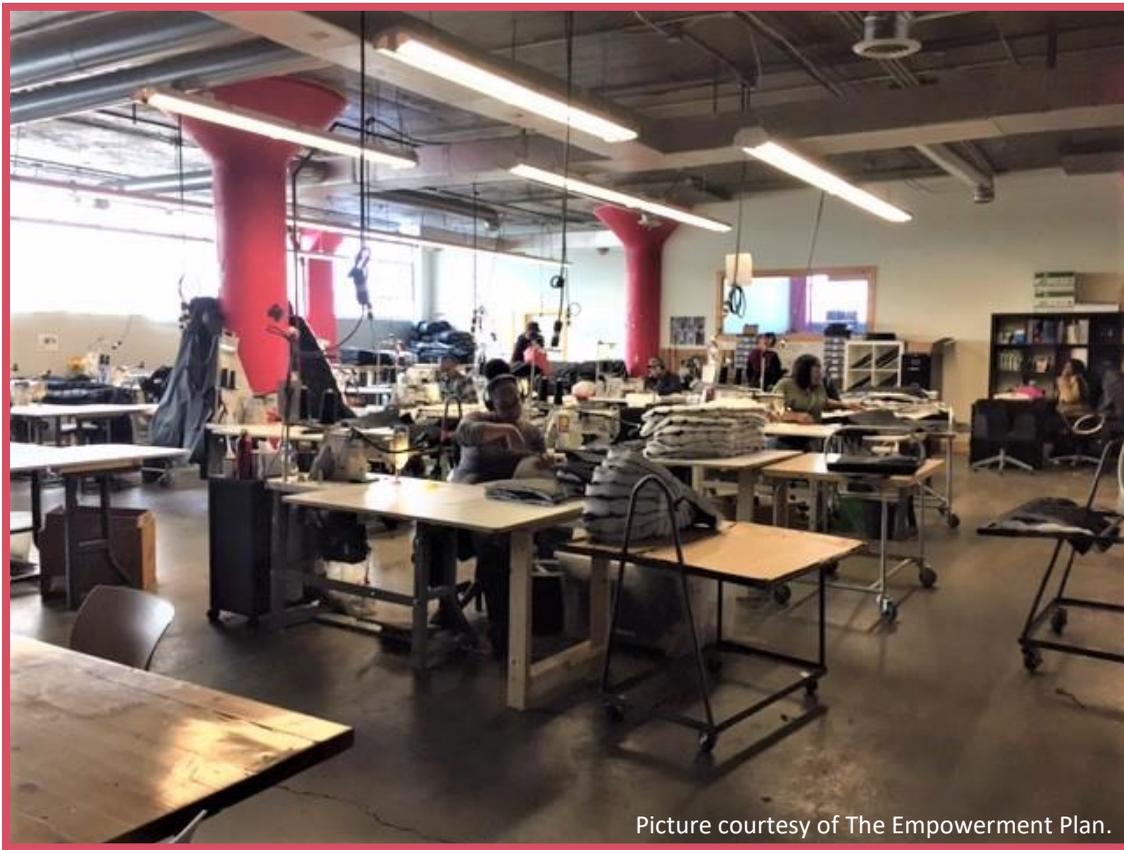
HUMBLE BEGINNINGS

Veronika’s assignment was create art that is functional and benefits your community. She designed a prototype of her unique winter coat that converted into a thermal sleeping bag. She began sewing the coat in a converted broom closet in a homeless shelter. With each prototype, she went out to members of the homeless community and asked how she might improve the design. One day, an angry woman responded that she didn’t need a coat. She needed a job. Veronika wondered how a college student could reverse Detroit’s homelessness when the city government hadn’t put a dent in improving the situation in years.

MORE THAN COATS

Veronika realized she wasn’t really in the business of making coats. She needed to be in the business of creating jobs. She formed the non-profit, The Empowerment Plan. Empowerment is the heart and soul of the entire small factory. Presently, 20,000 coats have been distributed to homeless communities around the globe. Donations cover each coat’s \$100 price tag. The money made from the coats employs the staff of twenty-five.

Those sewing the coats are parents who have been recommended by their local shelters where they reside. Monday through Friday, nine to five, the work day includes free GED and online courses. Professional development classes are also offered. All job training is free. After investigating some of the causes of homelessness, the Empowerment Plan also arranges free transportation to and from work, offers free day-care, and provides a weekly visit from a certified social worker. The outward and positive working business model has gotten the attention of some major companies.



Picture courtesy of The Empowerment Plan.

Fabric for the coats is donated by Carhart. Insulation for the lining of the coats is donated by General Motors. Profits made from the sale of each coat helps to better serve the needs of the employees, make improvements on the design of the coat and to invest for the future. The future has never looked brighter.

THE COAT

The “One Size Fits All” coat is roughly a size 3X. It accommodates those wearing multiple layers in the cold, snow, and rain. The bottom of the coat tucks into the back for easy walking, and at night, it folds out and forms a sleeping bag that insulates in below zero temperatures. A recent revision was made to the bottom, making the sleeping bag detachable. Hence, the coat can be carried in the bag during the warmer months. Carhart material makes it waterproof. High sides and an attached hood block out the cold wind.

FASHION FORWARD

The Empowerment Plan is polishing their unconventional business model with the hopes to help communities in Chicago to start their own non-profit next year. Empowerment Plan employees like Tia have completed their GED since working for the company. When I visited the group, Tia had left the

factory floor and was helping with marketing and distribution, answering emails regarding requests for coats.

Currently, The Empowerment Plan is looking for a larger building of their own where they can double their space and offer over twice as many jobs to homeless parents in the local community. Buying a building can be expensive. After receiving many requests, they hope to fund their new space by adding to their line. By 2019, a retail version of their coat will be available for the public to purchase.

They have received funding to offer college scholarships to eligible employees. It is their hope that while some sponsored college graduates from the Plan will return to help the company grow, others will seek out and see their own dreams of employment, business, and independence to fruition.■



To see a video of how the coats work, go to: searchmagazine.net/video



AUTISM | *Your New Adventure* BY ASHLEY VRUBLEVSKIY

This is for all the parents just starting out in their journey through an autism or a similar diagnosis for their child. It's what I wish I would have known before diving in head first into the journey of a lifetime. It's scary and unknown. There's no map, but I do know this. You can do it. So, here's to your new adventure.

There are moments in your life that can immediately change who you are and who you will become. Mine came with that first person who said she was concerned that Zander had autism. Even though it was over four years ago, thinking back on it, I immediately begin to feel the sinking pit grow in my stomach and fill with anxiety. On that day, I honestly felt like I was unable to swallow, choking in a way on the words she spoke.

"Zander shows signs of autism, and I think we should get him evaluated." My whole body felt instantly heavier as a thousand pounds of worry settled on my chest. I felt so many things in that moment: scared, angry, worried, sad, but oddly, and quite surprisingly to myself, I felt betrayed. I felt betrayed by all the mystical stories of motherhood and the "normal" I would have with my son. It felt like that beautiful dream had been snatched from my grasp by the word "autism" like a selfish thief of joy.

As if this wasn't tough enough, the system doesn't make any of the next steps much easier for you. For that I am truly saddened and sorry for all the parents that must embark on this journey. You will likely be on a waitlist to get a diagnosis, put on even more waitlists for each therapy, fill out countless questionnaires, endure long and stressful evaluations, fight



through IEP meetings, appeal for insurance coverage, work endlessly to find the right therapists, doctors, diets, etc. that fit your child. This is the work, and it is tough.

Yes, we endured the waitlists, the evaluations, the paperwork, the diets, and the insurance denials. We go through the occasional hiccup where he will regress a skill or a new challenging behavior will arise. However, these do not define our joy or our faith in this amazing boy. I am happy to say we have a truly stellar team who intimately cares about the growth and well-being of Zander and help him to reach his full potential. I wish someone would have been real with me on that first day, telling me not to be ashamed of my feelings. I wish I'd known about the pain and struggles so that I could have been prepared when they hit. I wish someone would have said, "It's so tough, but you can do this." That is what I say to you.

“Don’t worry. There’s so much joy here! This painful journey has led you to a new life.”

This isn't a "how to" for being a special needs parent. I couldn't even begin to speak for an entire group of people. I can only speak on our experiences and shed a light through some of the pain and darkness I felt. If nothing else, I hope this can serve as a letter of encouragement from one parent to another to tell you, I see you. I see your tears, pain, and frustration. I see your loss. I acknowledge this pain because you are going to be tested to your limit. You will deal with more stress and uncertainty than you ever signed up for. You might want to give up. Don't. You must let yourself feel it, work through it, and come out new. You are now in a club that you would have never chosen but one you never knew you could accept and feel honored to be a part of. The initiation sucks, plain and simple. Now it's time to enjoy all the good parts.

Don't worry. There's so much joy here! This painful journey has led you to a new life. You will begin to understand what it means to take nothing for granted. You will rejoice over the tiniest accomplishment. I'm talking hot tears streaming down your face, jumping up and down, cloud nine euphoria over a correctly placed puzzle piece, a wave, a hug between siblings, an extra hour of sleep. These are your lifelines. Your triumphs will be miniscule to the average parent out there, but they will be precious gems to you.

One of the greatest joys for us has been finding what makes Zander come alive and brings out the most intense joy in him. If I could only give one piece of advice, it would be to find this in your child. For Zander, it is water. Baths, lakes, rivers, or a random puddle are all magic. Above all, the ocean is our sanctuary. I will forever be in awe of his deep connection to this powerful body of water. He experiences the purest joy as he splashes away in those waves. He lays his body in the sand satisfying all his sensory dreams. And in these moments, autism doesn't matter. I don't think about therapies or insurance or stress. I just revel in the beauty that is his happiness and in turn my happiness. It is all okay.

It will be okay for you too. If you are swimming through the deep end of uncertainty and fear, just know it is not like this forever. It might not seem this way, but you are so very lucky to get to see the world through the eyes of this child. You will experience and notice things you never would have thought twice about. Have you ever looked at a tree upside down or stopped to listen and watch the raindrops fall from the sky? You will. There will be so many hard moments, I won't lie, but there will be far more joyous moments. Hold on to those with the tightest grip. Store them in your mason jar of life's beautiful memories and drink them up when the waves try to take you under. Please know that I see you, I understand you, I am right there with you. ■



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I live a boring little life, in a boring little duplex, on a boring little cul-de-sac, in a city whose most exciting event of the year revolves around cows.

I eat, I sleep, I go to work, I write, I hang out with my three beasts. My life is completely devoid of adventure and really always has been. If there was a color to describe my life, it would be *Suburban Beige*, the beigeiest beige on the color wheel.

As a kid I wanted to be everything from an astronaut to a cowboy to a spy to a movie star, and finally, Elvis. None of it happened.

I've never even had the adventure of marriage, although I *did* once propose to a girlfriend at the airport before she left on a jet plane to fly across the continent to donate a kidney to her mother. No, she didn't say 'yes'. She laughed and said, "Are you kidding?"

I've never driven a Formula One racecar, although I *did* park a Mini in the foyer of our college chapel.

I've never run a marathon, although I *did* train for one...until I ran into a black bear while running near the Great Divide.

I've never hunted for Bigfoot, although I *did* chase an eight-hundred-pound grizzly to get a photo.

I never competed in the Olympics, although there *was* that time I was an official at the Provincial Winter Games.

I've never starred in a movie, although I *did* spend a week on a game show and afterward got recognized by complete strangers on the street. (See Tim's game show at: searchmagazine.net/video.) 📺

I've never driven a Harley, although I *did* get my mountain bike up to 50 mph on a mountain road, without a helmet.

I've never mushed a dog sled team to the North

Pole, although I *did* spend two Christmases as Santa's stunt double in the Land of a Million Christmas Trees.

I was never a professor of Ancient Mayan Literature, though I *did* teach *The Hobbit* to my third grade students.

I've never been a ghost hunter, although I *did* work in a haunted hotel, often feeling like I was ghost hunted.

I've never driven a big-rig loaded with beer cross-country accompanied by a black Trans Am, though I *did* drive a 62' articulated bus with loaded passengers through a construction site obstacle course.

I've never been a pilot, although I *did* play one on TV.

I've never been in the military, though I *did* have an angry Italian soldier yell and point his assault rifle at me for photographing a restricted area.

I've never addressed the United Nations in an appeal for World Peace, although I *did* spend six years doing stand-up comedy. I'd rather address world leaders, thanks.

I've never been to jail. Wait. That's not entirely true. I've been *in* a jail, but only to replace the blinds in the warden's office. I've never taken down a drug tsar in a blazing gun battle,

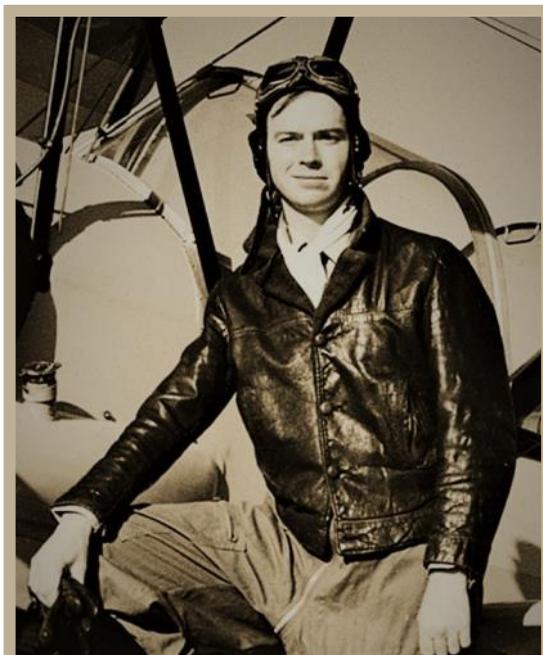
though I *did* get cut twice with a broken beer bottle in a bar scuffle, by an Iranian heroin dealer under investigation by INTERPOL.

I never got one of my photos on the cover of LIFE Magazine, although I *did* sell one to *National Geographic*.

I've never met the Pope, although I *did* see sunrise at Bryce Point, Utah, and that's so close to God that twenty years later it still illuminates my soul.

Lastly, I never got to be a spy, although I *did* have to go undercover as part of a government investigation. Wow. I guess I *was* a spy, but just that once.

As I said, I've lived a life devoid of adventure—completely and utterly beige—except for maybe one or two incidents throughout the years. ■

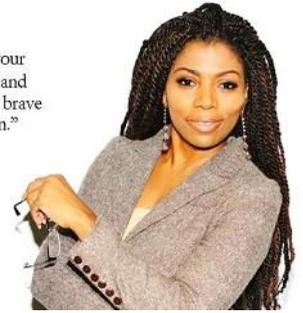


Tim Reynolds, on the set of *Vulcan E.F.T.S.*, 1987

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"Be true to your authenticity and innovate with brave ammunition."
-K. Abernathy

Kimbe



Can You Action Past Your Devil's Advocate? is jam-packed with success tips, famous quotes, and profiles of iconic, successful leaders and mentors, plus a variety of main take-aways. Let's listen so we can move on to excellence, creating our own success stories!

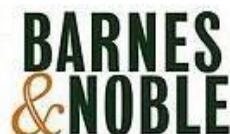
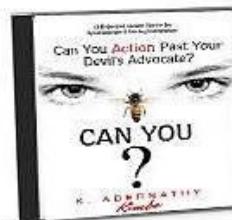
This book will provoke you to rise to the challenge and overcome obstacles. It will lead you to fight for your life and your dreams and point the way toward reaching the top at

"We all have a little entrepreneur inside of us. Wanting to leverage it is what gives us an entrepreneurial spirit and an entrepreneurial mind. Actually doing it makes one an entrepreneur." — K. Abernathy *Can You Action Past Your Devil's Advocate*

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As a world-renowned seaport, the San Francisco Bay Area is home to several maritime museums. The San Francisco Maritime National Historical Park is home to two maritime history museums: the *J. Porter Shaw Library of Maritime History* and the *Maritime Museum* across from *Ghirardelli Square*.

Aquatic Park Cove, is an encased area with swimming between *Hyde Street Pier* and *Aquatic Park Pier*. There are several historical vessels one can visit along *Hyde Street Pier*. The oldest, the 1886 square-rigger *Balclutha*, looks like a pirate ship

Vallejo's Mare Island Strait is home to a haunting series of partially deconstructed naval vessels called the *Razorblade Fleet*. The *Mare Island Museum* gives a glimpse into the island's history with tours of maritime vessels and officer's quarters. The *Vallejo Naval and Historical Museum* showcases the city's long history as a naval port.

Alameda is home to the *USS Hornet Sea, Air & Space Museum*. A huge aircraft carrier converted into a museum includes actual planes onboard. The *Alameda Naval Air Museum* celebrates the fifty long years the decommissioned WWII era naval base served our country.

Not all Maritime and Naval attractions focus on battleships and weapons of war. The Army Corps of Engineers put together a scale model of the Bay Area's waterways. Visitors can walk around inside to learn more about our local ecosystem at *Bay Model Visitor's Center* in Sausalito. Redwood City is home to the *Marine Science Institute*, where visitors can learn more about the Bay's marine wildlife and ecosystems.

If you are interested in Bay Area maritime history, there is a full summer-worth of adventuring to do. ■

*Did you explore these places? Send us pictures to:
searchmagazinemail@gmail.com*



Local Business Spotlight: Nappy or Not | INTERVIEW



Full Name: Rhonda Glenn

Business Name: Nappy or Not

Business Type: Full Hair Care, Beauty, and Styling.

What makes your hair business different or more special than others? Nappy or Not encourages caring for your natural hair, and we discourage chemicals other than color treatments. Our salon is family orientated as well. We welcome everyone with open arms and encouraging hair care. If your hair isn't becoming to you, then you should be coming to me.

Any favorite vacation spots in California? Napa Valley wine country, Pismo Beach dunes, San Francisco

Where did you grow up? I consider myself a nomad because my family and I have lived all across the Gulf and West Coast, but I was born where most of my biological family live, in Houston, TX. However, I attended school in several different areas, causing me to have the ability to adapt very easily to different environments. I attended elementary, middle, and high

school in Pomona, CA. I also attended school in Chino, Antelope Valley, Claremont, and graduated in Berkeley. Quite an adventure.

Were your parents supportive in your dreams? My entire family has always been supportive and have worked in the salon as some of my most helpful and dedicated workers.

Did anyone inspire you as a child to create or help your talent grow? My cousin showed me how to attend community college for free.

What activities did you enjoy as a child? I was a very athletic child and teen, participating in sports like softball, basketball, volleyball, and track. I was the VP of the student body in middle school, played in the school band, and was the valedictorian of my high school Black Graduation.

What activities do you enjoy now? Roller skating, horseback riding, fishing, off-roading, and traveling.

What's the best thing about being a hair stylist? The people that I become acquainted with. I learned from them all.

What's next for Nappy or Not? We participate in photo shoots regularly so look for us in magazines at your local salon.■

Website: Nappyornot.com

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Okay, I confess! I love to binge-watch and eat in bed. Time is so precious to me that when I do give myself the gift of much needed downtime, I revel in the deliciousness of my bed covers and watch my favorite shows, entire seasons sometimes in one sitting. Now that takes dedication. What I'm saying here is I love the technology of not having to be glued in front of a TV when a show airs or even having to record it onto a DVR. I can click, go, and enjoy it on my terms, when I want, what device I want, how much I want, and to whatever guilty extreme I want. *I think I need therapy. Pass the protein bar, please.* ■

JAYCO 43FT RV FIFTH WHEEL



I love my new RV! We decided since both my husband and our daughter work and go to school online that we weren't going to wait to travel. We got our passports, and we were off like them 'ole dirty britches, like my grandpa used to say. When I spoke to my CEO about the idea of us becoming technomads, he had only one question. "Can I go with you?" Thank you, day job for being so awesome at supporting remote workers and helping our dreams come true. Now we are genuinely living the dream of traveling and giving our daughter the interactive education that we always imagined. ■

TECH

Recently I made a life decision to get healthy and decided that while I was at it—and to keep me honest—I was going to incorporate technology into the mix. Chaos ensued. Now I feel as though I have joined pop culture and am sporting my very own FitBit Charge 2. This handy-dandy little device tells me just how lazy I am, how much water I haven't drank, and that I need to get off my butt and move. Oh, but there's more.

AND THEN ... the Fitbit whispers to my smartscale and learns how much I've been cheating or 'what a good girl I've been' and proudly displays my weight everywhere. You would think that would be enough motivation to eat right, exercise, and claim every morsel I shove into my mouth, right?! But NO, I had to go and join My Fitness Pal and Fit Star. Now I'm totally screwed. There isn't a moment when I can even think about cheating because I have over five apps, mentors, and co-workers doing the same thing, reminding, and encouraging me to, in the words of Nike, "Just Do It!" It must be working because, to date, I have lost 19 lbs. ■



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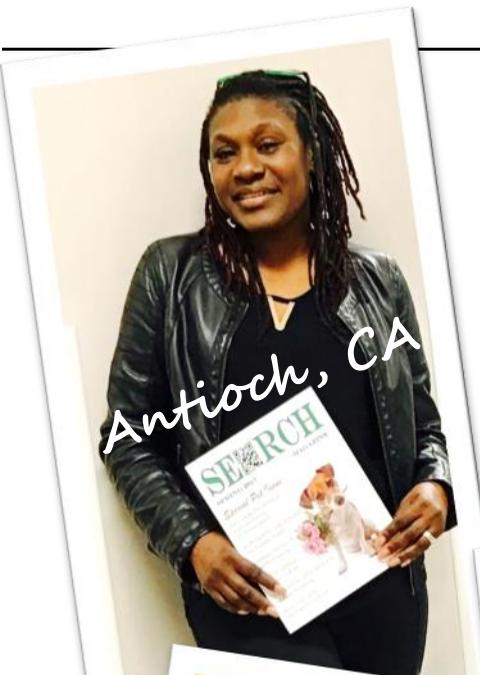
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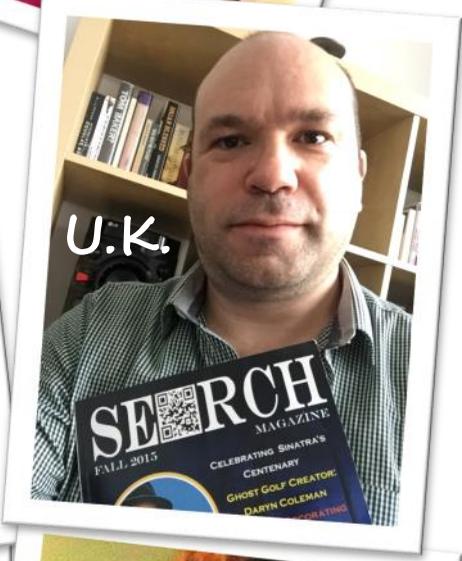
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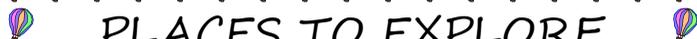
New Jersey

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1. San Francisco Maritime Museum
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



 **TO DO LIST**

- Read Summer Issue of SEARCH
- _____
- _____
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 **SUMMER MEMORIES**

 **SUMMER MEMORIES**

THINGS TO EXPERIENCE

1. Attend a BBQ with friends & family
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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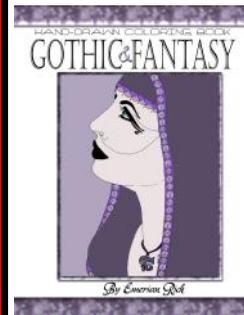
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