

SEARCH



FALL 2017

MAGAZINE

Entertaining

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When company is coming, what is a quick recipe you turn to?

Although I love entertaining, I'm not the greatest cook. Not that I can't cook. I just despise doing it. My family is not the easiest one to cook for either, since we all have different food allergies. For me, recipes need to be simple, quickly assembled, and easily substitutable. My favorite go-to meal when guests show up unexpectedly is chicken salad, which I've shared below.

Entertaining is more than just setting out some bags of chips and turning on the TV. It's a way to show those you care about, how much you care by spending actual time with them. I know, a novel concept in this busy, text-driven world. Putting away the phones and spending time face-to-face is the best gift you can give to those you care about.

In this issue, we'll be exploring cooking and entertaining in many different ways. For quick and easy entertaining ideas, check out the contributors suggestions throughout this issue. For you cooking pros, we have the Dake's stunning Chorizo Tamale Pie. Whatever kind of party you're panning, we'd like to hear your experiences. Share them at: searchmagazineinmail@gmail.com



Emerian Rich
Editorial Director

Emerian's Quick Chicken Salad

- 1 can white meat chicken, shredded
 - 2 heaping tablespoons mayo
 - 1 granny smith apple, diced
 - Pepper
- ◆ Mix chicken, mayo, and diced apples in a bowl.
 - ◆ Sprinkle pepper over to taste.
 - ◆ Spread on croissants, wrap in tortilla, or eat with crackers. If serving in a buffet, you can have extra apple slices or chips to scoop and enjoy.

“Fantastic sweet and hot dip: One brick of cream cheese, pour a small jar of horseradish over, then pour a small jar apple jelly over it. By not mixing, dippers can control the amount of each they get.” ~Mary Ann, Mason, Ohio

“Pinwheels: Tortillas, cream cheese, salsa, shredded cheese, and lunchmeat or whatever you want to put in them. Roll up and done. No cooking, very easy.” ~ Jessica, Kansas

“Make Caprese on a stick: Toothpicks, marinated mini mozzarella, basil leaves, mini heirloom tomatoes, and balsamic dressing for dipping. Pre-assemble the sticks before marinating to avoid mess.”
~ Caradwen, Castro Valley

“Mini pizza cups: Pizza dough, cheese, sauce, and whatever else you want. Roll out dough and cut to 12 pieces, put in muffin tin. Add a spoonful of sauce and cheese. Bake 15 min @375.” ~ April, Cincinnati

“Chicken adobo: Easiest thing in the world. Simmer chicken in one cup soy sauce, 1/3 cup vinegar, one bay leaf, pepper, garlic, and one tbsp brown sugar. Thicken sauce with corn starch and serve over rice.” ~Ann, Santa Rosa

“Low-Sugar Pie: One ready-made pie crust, one box sugar free pistachio pudding mix, one container of lite whip cream, one small can of crushed pineapple. Mix, put in pie crust to chill.”
~Veronica, Pittsburg

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An Interview with Artist Kenny Cowan

Kenny Cowan is a Bay Area painter whose art is inspired by northern California's vast landscapes.

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“Small town with a big heart.”

EL SOBRANTE, CA



Rancho El Sobrante used to be the home of the Huichin, an Ohlone Tribe. Spanish missionaries took over the land around 1795, and after Mexico independence from Spain, it was deeded to Juan Jose and Victor Castro. El Sobrante is Spanish for “remaining land” and it’s fitting, given the three odd-shaped pieces of land it covers in-between Pinole, Richmond, and San Pablo.

El Sobrante used to have the reputation of being wild but in recent years has become a more family-oriented with many parks in the area. Kennedy Grove, for example, is a great place to have picnics or toss around a football. They also have hiking trails and excellent bird-watching opportunities. For water

sports, San Pablo Reservoir offers fishing, boat rentals, kayaking, and canoeing. Water birds abound at the reservoir including white pelicans, geese, ducks, and shorebirds. Along the trails, you can see wild turkey, quail, and dove, as well as predators such as eagles, ospreys, hawks, and owls. You might even spy a deer or a bobcat.

The annual El Sobrante Stroll is an event with 150+ vendors, live bands, and classic car show held annually in September. The first weekend of each month, the El Sobrante Library hosts a book sale. Antique enthusiasts will enjoy the little antique stores sprinkled along Appian Way as well as what El Sobrante residents consider the best hamburger in West Contra Costa at The Original Red Onion.■



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ENTERTAINING | *Entertain with Style* BY HEATHER ROULO

Dress your table to impress.



Some casual gatherings don't require more than paper plates and an invitation to grab a drink from the cooler. Other times, it's an excuse to get out the fine china and dress the table to impress.

Jeanine Beckley, a house manager and professional caterer with thirty years of experience and a strong sense of humor reminds us, if you love it, use it—just remember you'll still have to wash it all at the end.

STYLE

Incorporate the style of your house into your entertaining. After all, some people prefer elegance. Your party should fit you. Jeanine knows a professional interior designer who always goes modern. "She's not a little bit country, and she's not rock and roll," Jeanine recounts with a laugh. Her table reflects this with white-on-white flowers and candles.

SETTING

Consider your event. Picnics bring to mind checkered tablecloths and simplicity. A barbeque might be similar, but with more napkins for saucy fingers. Dining *al fresco* is generally more casual, but be sure to give thought to seating and perhaps light a few citronella candles for purely practical reasons. No one likes bugs while they eat.

For a cocktail hour, focus more on selecting one or

two signature drinks in beautiful glasses and don't be shy of garnishes.

For sit down dinners, ramp up the elegance by setting out place cards and cloth napkins in napkin rings.

A good rule of thumb is to dress your table up to be as formal as you are dressing for the occasion. High heels and your good jewelry? Bring out the wine glasses.

THEME

Selecting a theme, even if you never tell anyone else, can give you a cohesive picture for your tablescape.

Occasions, like 4th of July, fabulously provide shapes and colors, like stars and red-white-and-blue. However, monochromatic tables have their own charm, and allow you to play with textures.

Fall can be its own theme, lending itself to earthy browns, golds, oranges, and pink accents. Bowls of readily available pine cones and crisp leaves become decorative shapes to replace flowers. Use pumpkins, corn, and gourds sparingly if you don't want to evoke Halloween and Thanksgiving.

PERSONALIZE

In all cases, personalization can make an event outstanding. Jeanine loves to personalize because it also promotes, "interesting conversation at the table."

Talk to guests ahead of time to find out dietary restrictions and also to ask about some of their favorite things. Sometimes, that means incorporating favorite flowers into centerpieces, such as dahlias for a strong gardener or a particular color of rose.

It's even better if you can discover a favorite flavor or recipe. According to Jeanine, everyone loves rediscovering, "a cookie or gravy their mamma made."

TABLECLOTHS

The tablecloth is the foundation for your tablescape. Napkins add color and interest. Consider using two contrasting colors, or adding a patterned element. Placemats and chargers offer more opportunities to layer with color, texture, and pattern.

If you're short on table space, cut back on decorations on the tabletop and add décor to chair backs or suspend elements from the ceiling.

CENTERPIECES

Consider cutting from your own garden. Remember, flowers should take a back seat to your guests' comfort. Keep vases low enough people can converse over them. This might mean cutting taller flowers short. Jeanine says, "Give flowers a tight profile so guests can visit."

Don't forget that vases are as important as the flowers you display. Tulips are a pretty, feminine flower, but according to Jeanine they are, "totally different in a modern setting." Choose if you want a "tulip zen" versus beach elegance with the vase you choose to display the tulips.

Potted herbs or colorful fruits are great alternatives to flowers in autumn. Collections of similar items also make for interest on the tabletop.

LIGHTING

"They used to say no candles until after 5 o'clock," recounts Jeanine. Keep in mind, some venues don't allow real candles. However, with new battery powered votives, they're a safe and easy way to add light and elegance. Choose the flickering ones for a more natural effect.

Strings of twinkling lights, café lights, or bistro lights lend a festive and flattering air to indoor and outdoor gatherings.

USE WHAT YOU HAVE

Family china, serving dishes, and warming plates make for easy dining. Once you find your groove, you may have pieces you always pull out when you entertain and simply mix in a few seasonal or thematic elements.

Deliberately mismatched sets, quart jars as glasses, and serving platters can be found inexpensively at the Dollar Tree and thrift stores. Colorful napkins, party hats, and small decorations are also easily available. Like with any project, set a budget and stick to it.

ENJOY

The people you spent time with matter more than any decoration. Set up for the party, take a picture while it's gorgeous, and then forget about it and immerse yourself in the event. Remember to enjoy the gathering, and don't worry if a decoration is out of place.

Guests remember good food, good company, and a thoughtful host. ■



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Actress and writer Abie Ekenezar grew up in Clapham, England. She knew she wanted to be an actress in secondary school and although she was nervous in her first play, the acting bug caught her and has not let go.

As a child, she was inspired by William Shakespeare, Tim Curry, David Tennant, Angela Bassett, and Halle Berry. She's appeared in recent TV Series such as *Grimm*, *Z. Nation*, *The Librarians*, and *Twin Peaks*.

SEARCH had the pleasure of chatting with her about acting, writing, and what keeps her going.

What is the first creative thing you remember writing?

My poems. I thought I was an actual badass poet.

What books did you enjoy as a child?

RA Salvatore, *Drizzt* series, *Goosebumps*, *Fear Street* from RL Stine and Harlequin, yes I read Harlequin growing up!

What television series were your favorites?

Voltron, *ThunderCats*, and *Are You Afraid of the Dark*.

Did you idolize any particular actor as a child?

Tim Curry, definitely.

What was your most memorable acting experience?

Working on the movie *Man in the High Castle*. Alexa Davalos is beautiful and awe-inspiring, and when she heard that I had an English accent, she immediately started talking to me about old neighborhoods and favorite shops.

What is your advice for someone looking to get into acting?

Go to schools and workshops. Network and talk to other actors for advice. Make connections, make friends, because those are the people that will push you along your journey. Be humble. No one likes a prima donna. If you're asked to do something that you don't like, walk away, because there will always be better and bigger opportunities out there. Don't sell yourself short please!

What is the biggest piece of actor etiquette on set?

Do not waste time. If you're told to do something, act a certain way, say certain lines, *do it and do it well*. There are people who are waiting for you. Do your job and get out of there.

Any exciting experiences you'd like to discuss?

Meeting Elijah Wood was definitely a highlight. I was filming a Netflix Original Movie called, *I Don't Feel at Home in This World Anymore*, and he came up to us and just talked. Then after we got done, he was walking back to his trailer, and I asked him for a picture. He was extremely sweet and definitely huggable.

What is the worst part of being an actor?

The long hours. Being up at three am and not getting done till three am the next day. Sometimes you

don't get the option of decent food, either, and the travelling away from my son for long periods of time is not something I'm always keen on.

What is the best part of being an actor?

Meeting new people. Getting the chance to network. Meeting my idols. Being someone else for a day. There are honestly a lot of things that I love about acting.

Tell us how you got into script writing.

An amazing person gave me good advice. I told her how much I didn't like the fact that most of the roles I'd get cast for are ghetto, drug-related, or gangster-style roles. She told me that if I wanted to see a change, I'd have to do it myself. She was offering classes for scriptwriting, and I haven't looked back since.

What keeps you going?

I write. I think about whatever injustices are going on in the world or what fuels my fire, and I put it to paper and eventually bring it to life. That's all any of us can really do besides going out there ourselves.

What's coming next for you?

Well right now, I'm in a television show called *Teatro Di Freak*, which is about a virus that leaves the world with only less than half of its population. I get to play a Vampyre commander. I'm in another project called *Lordes House*, which is about a woman who loses her son to violence. I'm also one of the script writers on a RPG show which will be filmed here in Seattle.

You can find out more about Abie and her career by following her on Facebook, Twitter, or Instagram @babsek79. ■

In honor of our Fall Magazine theme, Abie has shared some tips.

"I love entertaining. I think that's why I got into acting and now emceeing is because I have the ability to be different faces. I love making people laugh. If I can put a smile on someone's face, that makes my day."

TIPS

Be yourself! Be comfortable with who you are and do what you love to do.

Abie's Nacho Dip:

An old friend at work told me about this, and it's heaven in my mouth.

- ◆ Preheat your oven to 375 degrees.
- ◆ Get a baking pan (I usually use a small brownie pan) and lather the bottom with cream cheese. Make sure the entire bottom is completely covered.
- ◆ Spread Nalley chili beans all over the cream cheese to cover the pan, 1/4 of the way to the top.
- ◆ Sprinkle shredded cheese on top.
- ◆ Bake in the oven for 15 min and viola!



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The Land of the Long White Cloud



New Zealand, known by the native Maori people as “The Land of the Long White Cloud” is a place of astounding beauty and strength, much like those who live there.

Famous for its booming dairy and lamb industry as well its legendary “All Blacks” rugby team, New Zealand is far more than the face it shows to the world. The place is still fearless, proud, and some of the friendliest souls you will ever meet. To share a pint of beer is to make a friend for life. Travelers like myself are forever changed for the better after spending time there.

Broken up into two islands, the south has been made famous by the Lord of the Rings movies. All that cinematography wasn't a green screen. It's that breathtaking and untouched. Since so much focus has been on the south, I've decided to write about the splendor the north island has to offer. For direct flights from the United States to New Zealand, you'll leave via LAX. The flight leaves around eleven in the evening with an overnight flight arriving in the city of Auckland, the northern end of the north island.

TravelTip: If you wish to land in the southern part of the north island or wish to see the south island first, I advise taking the flight from Houston. It is not direct, with a layover in Sydney, Australia before arriving in the south-

ern city of Wellington, NZ.

Auckland is a large, bustling city and home to large sports events, particularly that of rugby. While it has a lot to offer in the way of night life, the real experience lies outside of the city. Stay a day and rest but head out of town as soon as possible. From Auckland, head south to Rotorua. Rotorua is geothermal due to the fact that the north island is comprised of seven volcanoes, some active, some not. The smell of sulfur permeates the air, but the natural hot pools and spas of the area make up for it. There are public pools or private pools to rent for the day. Soak in the volcanically heated, mineral-rich pools and then head over to the

Maori center called Te Pui. You can learn about Maori native culture, carvings, and weavings, get welcomed into the village and watch your first Haka, a native dance done by a group. Te Pui “puts down” a Hangi, a traditional Maori feast cooked in baskets over hot rocks buried in the ground. Hangi in the baskets is steamed and contains beef, lamb, pork, chicken, kumera (sweet potato), onion, puha (watercress), and carrot. Smokey in flavor, its best enjoyed with a glass of award winning NZ Chardonnay.



Taupo is a resort town not far from Rotorua. It has one of the deepest lakes known on the planet. Once an active volcano, it's now a crater filled with fresh water where you can enjoy swimming and beach life by day. Aside from the lake life, Taupo is also known for having some of the best green stone in New Zealand. Greenstone is a form of green nephrite jade that can only be harvest by native Maori people. According to tradition, only Maori men are allowed to carve it. Symbols carved into the stone are worn to mean a variety of things from protection to new beginnings to strength. It is against custom to buy one for yourself. True greenstone is a gift to be received.

Travel Tip: While traveling from town to town, embrace tea rooms. The entire country has them. They serve freshly made sandwiches (try the cheese and onion) and famous meat pies (there are also fish and vegetarian varieties.) Handheld savory pies are a New Zealand obsession. For desert, I insist you try a custard square. They are heavenly.

Continuing down the coast, be sure to make it to the wine region of Marlborough. Twenty years ago, Italian and French wine makers were looking for a new place to grow grapes, giving some of their traditional lands time to rest. Today, New Zealand is a world class leader, particularly in white wines. Marlborough has a boutique hotel with shuttles to and from the many vineyards. The downtown area is a gourmet hub for foodies who love great food from freshly caught fish to grass fed beef, all paired with a delicious wine, of course.

For adventure, a trip to New Zealand isn't complete without a visit to Waitomo Caves which involves rafting, hiking, and swimming through the extensive systems. Hiking boots, wet suits, and helmets are provided through the several hours tour for the different areas.

While I was claustrophobic, I did make it through the entire trip. It's well worth the experience. All tours end with a paddle through the glow worm section. ■



Travel tip: Driving in NZ is on the opposite side of the road. A driving lesson is a good idea. Sheep crossing the roads is actually a concern for drivers. My gosh, I love that about New Zealand!



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A Personal Recollection



"I sang some songs, acted here and there, but no way would I call myself exceptional. I just hope I did my best for my audiences." ~ Dean Martin

A somewhat self-deprecating comment from the late, great Dean Martin on his own career. This laid-back approach to his work belied a committed and professional entertainer, even though his formative years (born Dino Paul Crocetti on 7 June 1917 in Steubenville, Ohio) showed a general disenchantment for any form of authority. He could only speak Italian for the first five years of life and remarked as an adult that his English wasn't "all that good either".

A welterweight boxer, a speakeasy croupier, a steel-mill worker, and blackjack dealer aren't exactly the most auspicious starts. Not until his late twenties did he secure a job as a bar-room crooner. This brought him into the same circles as a young mime act, Jerry Lewis. Lewis' manager suggested to Dean's that the two acts become one. They debuted as 'Martin & Lewis' on stage in Atlantic City in 1946. After ten years, a stack of films, and countless stage and television appearances, the partnership split, due in part to Dean's desire to no longer be the

straight-man for Jerry's intense performances. It was generally assumed that, of the two, Jerry would become the more successful going forward. After a faltering start with the critical failure of the 1957 film *Ten Thousand Bedrooms*, Dean's career climbed.

"Films are easy," he would say. "If you make mistakes, you just do it again. What work is there in that?"

Work hard he did, making nearly 50 films in his career including *Rio Bravo* (1959), *Toys In the Attic* (1963), *The Silencers* (1966), *Airport* (1970) and *The Cannonball Run* (1981).

His television show, however, really emphasised Dean's talents as a singer, actor, and comedian. Between 1965 and 1974, he made 264 episodes for NBC, performing sketches and singing duets with guest stars such as Orson Welles, John Wayne, Jimmy Stewart, Goldie Hawn, Peter Sellers, Frank Sinatra, and Woody Allen. There was no real seriousness in any form. His vision was to make an hourly show that would be laughs and entertainment from beginning to end. He knew what he wanted, and he knew what his audience wanted. From the ratings, NBC knew what they had.

Slicing through Dean's screen career was, of course, his music, always there with a wealth of original studio albums and multiple hit singles such as 'Everybody Loves Somebody' and 'Gentle On My Mind'. This aspect of his career is the most well-known for most people.

My father, Bernard H. Thorpe, first got to know Dino in 1960. What followed for the next fifty or so years was an unexpected and wholly rewarding working relationship between my father and Dino. Bernard became instrumental in many of Dino's UK album releases and a staunch promoter of the man's career across the world. Dino, in return, expressed his gratitude in supporting my father's efforts right up until the singer's death on Christmas Day 1995.

Let's not beat around the bush, here. Dino knew my father *because* my father helped promote his career. If Bernard had remained just a fan back in the 50s and 60s, Dino would have not given him the time of day. That's no disrespect to Dino. The man was a true celebrity. He held audiences with presidents. He telephoned Apollo mission crews while they were orbiting the Earth. He was best friends with Frank Sinatra, but he couldn't meet his fans,

just couldn't face them. Dino was incredibly shy off-stage, away from the persona he had created for himself. As he told Bernard once, "That's why you're here. You do it. You meet them for me and tell them how grateful I am."

We felt that perhaps he saw our family as opportunities of quiet and down-to-earth normality in an otherwise topsy-turvy life of touring, performing, recording, partying, and having hundreds of shallow friendships.

He was a huge star who had time for us, time he made and found himself, not through his manager or agency. That's why my father continued to be so dedicated to him and the promotion of his career for all those years.

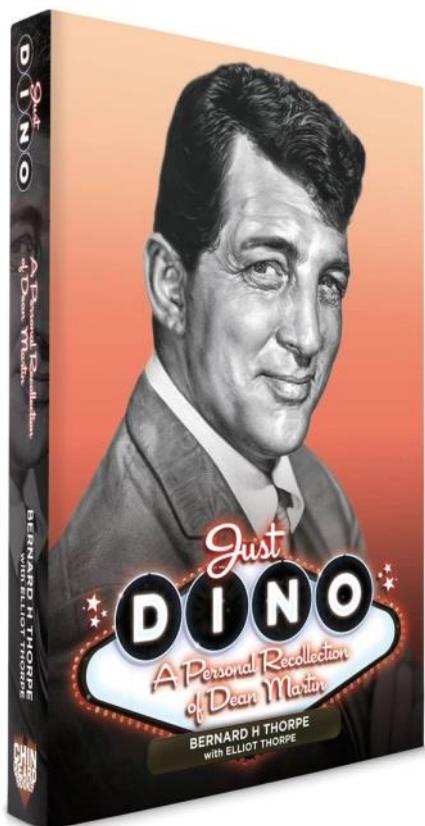
With all this in mind comes an understanding that Dean Martin wasn't the drunk he made everyone think he was, that he wasn't the lazy, drawling crooner everyone assumed him to be. He was a professional, a performer, an entertainer, and a true gentleman in every sense of the word. Cool and refined.

Sadly, my father Bernard passed away in 2015 but gave me his blessing to complete a biography of Dino that he had been working on. I hope I have done the final version justice, keeping my father's 'voice' true to the story he wanted to tell about Dino's life and about his own life working for Dino.

Just Dino—A Personal Recollection of Dean Martin by Bernard H. Thorpe with Elliot Thorpe is available now from Chinbeard Books. ■

Scan here to see the "Just Dino" video at:

SEARCHMagazine.net



Bernard H. Thorpe first got to know Dino in 1960 and what followed for the next fifty or so years was an unexpected working relationship between the two men. Bernard became instrumental in many of Dino's album releases in the UK and a staunch promoter of the man's career across the globe.

Just Dino – A Personal Recollection of Dean Martin is exactly what it describes, a respectful and unique look back at the career of a true, world-class entertainer and the story of how an unassuming family man from the British media industry became a life-long advocate and friend.

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FEATURE | *Kenny Cowan, Artist* **BY EMERIAN RICH**

Kenny Cowan is a Bay Area artist who has lived in San Francisco for the past twenty-four years. He has been featured in many Bay Area gallery shows and is donating sales of his *SF AIDS Memorial Grove* prints to the National AIDS Memorial Grove in Golden Gate Park.

The painting featured above is called *Land's End*, inspired by a picture taken by his friend Nina Bell.

"I seem to constantly ask if I can use a photograph that one of my friends have taken," Kenny says. "My painting, *Golden Gate Bridge*, was inspired from a photograph taken by my friend Andrew Smith."

Although Kenny paints Bay Area landscapes now, that's not how he started. Kenny grew up in the small township of Dadeville in Southwest Missouri, population 249. "I had what I consider a wonderful childhood. Can't say I was ever without anything I needed. I'm from a large family with lots of love."

The person who most inspired him to create as a child was his art teacher, Barbara Jean Irwin. “She always believed I had talent and worked with me daily at school to understand her techniques in painting with acrylics. She was supportive and made me believe I could do anything. I wish she were still alive to see how I have grown. I always wonder if she would approve of my techniques.”

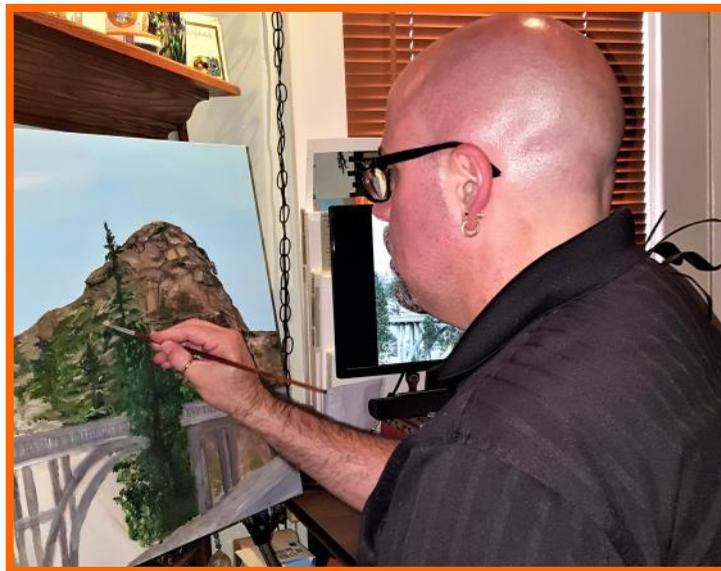
He was also inspired by his grandmother, a painter herself. “I have a rose on plastic that she painted for my mother that I will always cherish.”

From an early age, Kenny enjoyed drawing and painting. “The first painting I remember was a cabin in the woods. The cabin had light gleaming out of the window touching the ground. What I remember most about that painting is my mom loved it. She had my grandfather make a frame for it, and she hung it in the living room for everyone to see. After she died, my little brother wanted the painting, and now it is hanging in his house.”

“I hope to always make the viewer want to step inside the painting.”

He has fond memories of dreaming of being an artist when he was in high school, but like a lot of us, his dreams were put on the back burner as he grew up. His love for art was rekindled in 2014 when his friend, Nancy Udy, invited him to a wine and paint party. “I had a lot of fun painting that night. She encouraged me to start painting again. All I could see was the cost and that I lived in such a small space that it wouldn’t be possible. She continued to encourage me and for Christmas that year she bought me everything I needed to start painting again: paint, brushes, a table top easel, and many different sizes of canvas. I was on vacation that Christmas at Casini Ranch and produced a painting of Brown’s Pool, a famous fishing spot on the Russian River. I haven’t stopped painting since.”

Kenny’s favorite things to paint are landscapes. “I love the ocean and the sounds of the crashing waves, the redwood forests around the Bay Area,



anywhere there is nature and a possible inspiration of a new painting.”

He’s a fan of Thomas Kinkaid because of his mastery of light in paintings. “My favorite painting of his is the *Guardian Castle* bought for me by my partner on our fifth anniversary. It was very exciting for me because we were able to go to the gallery, and one of his master artists highlighted the painting for us.”

His art speaks of the love he holds for nature and the beauty all around us. “I always try to incorporate a path or a road into my paintings, giving the illusion of depth and to evoke a sense that you should always move forward. I hope to always make the viewer want to step inside the painting.”

Working with acrylic on canvas, he’s partial to 20x20 canvases for his originals. “I like painting with acrylic paints as you can paint on anything, easily covering your mistakes or changing your mind and going in a different direction painting over everything. They do, however, dry pretty fast if you don’t keep the paint moist.”

He starts by taking or finding a photo he wants to replicate into a painting. “I have to feel like I want to be in the picture before I will paint it.” He starts painting the sky and adding the basic colors of the back ground. “I try to sketch out with my paint brush the forefront, like trees and bushes, making sure it’s all proportioned. I do embellish at times, always making the painting my own.”

He tends to elaborate on the scenes if there is something he isn’t fond of in the picture. For the painting *Land’s End*, there is a parking lot and concrete sidewalks in the photo. He decided to add dirt paths, flowers, and shrubbery.



His most memorable moment was his first showing at Sam's Diner in San Francisco when he sold his first painting publicly. "I found out it was my best friend who bought the painting. Just knowing that my best friend believed in me enough to buy a piece of my art was a wonderful feeling."

Kenny's painting of the National AIDS Memorial Grove is a great memory, too. "The Director of Development for the Memorial Grove bought a print for his office and then bought another one for his home." Twenty percent of sales of this print

Get your own print of this painting, *National AIDS Memorial Grove* by scanning this link.

20% of the sale price of each painting will be donated to the National AIDS Memorial Grove.



bought through Kenny's Ebay site are donated to the National AIDS Memorial Grove.

His advice for young artists is to have a back-up plan. Holding a full-time job to fund your creative side is something many artists must do.



“To be honest, being a painter isn’t an easy life. You may need to have another job to support yourself, but putting the love in your heart on canvas and putting it out there for the world to see is the best feeling you will ever have.”

Kenny’s next step is to create 3-D art, using nature elements to decorate his paintings. “I think it would be fun to use real twigs to make tree trunks and limbs and real leaves for the trees. I used real cat whiskers on the painting of my cat, Brubek.”

We can view Kenny’s art here in Contra Costa County at Raquel Amaral Art Gallery located at 1856 Colfax Street #6 Concord CA. He also has prints displayed at Café La Vie at 514 Octavia Street, San Francisco during September, October, and November.

For more information on Kenny, his art, and what’s coming next for this nature-inspired artist, go to kennycostarart.com. ■



Kenny CoStar Art

Check out more of
Kenny's art online.



kennycostarart.com

View Kenny’s art locally at:

RAQUEL AMARAL GALLERY

1856 COLFAX ST. #6

CONCORD, CA

RAQUELAMARAL.COM

In honor of our entertaining theme this month, Kenny has shared his Chocolate No Bake Cookies recipe. “My mother taught me how to make these at a very young age. I still have the stenographer pad that she kept in her kitchen, and to this day I pull it out to make these cookies.”

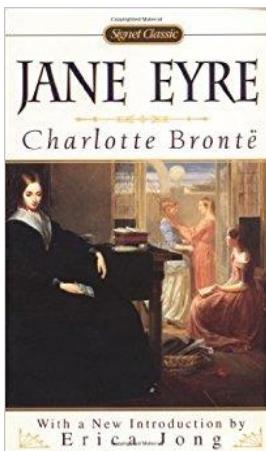
Kenny’s Chocolate No Bake Cookies

- 1¾ cups granulated sugar
- ½ cup milk
- 8 tablespoons butter
- 3 tablespoons unsweetened cocoa powder
- ½ cup creamy peanut butter
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3 cups quick cooking oats

- ◆ Add sugar, milk, butter, and cocoa powder to a medium heavy-bottomed saucepan over medium-high heat.
- ◆ Bring to a rolling boil and boil for one minute.
- ◆ Remove from heat and stir in peanut butter, vanilla, salt, and oats.
- ◆ Drop large scoops of no bake cookies onto parchment paper.
- ◆ Allow to dry for about 10-15 minutes until the no bake cookies have become firm.
- ◆ Enjoy!

“She continues to cook, using the process of preparing the meal to parse her thoughts. Each act of cooking is a meditation upon her life. By the end of the meal, she decides that her abusive husband has no real power over her.”

1. *Jane Eyre* by Charlotte Brontë



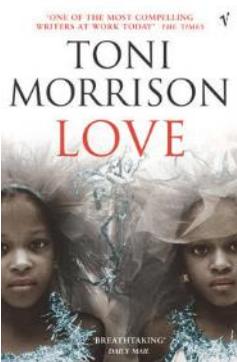
In *Jane Eyre*, food represents comfort. During childhood, Jane and her best friend Helen Burns live in an orphanage, where the kindness of adults is gauged by their generosity concerning food. Helen is sick with consumption.

Tea, bread, and butter are staples the kindly Miss Temple offers the girls. The orphanage restricts the amount of food they are allowed to have, so

that the tiny pat of butter and bit of bread are barely enough for just one girl.

Miss Temple makes up for it by supplying the girls with generous slices of seedcake to supplement the toast and butter. Caraway seed cake was a popular British snake cake of the Victorian era.

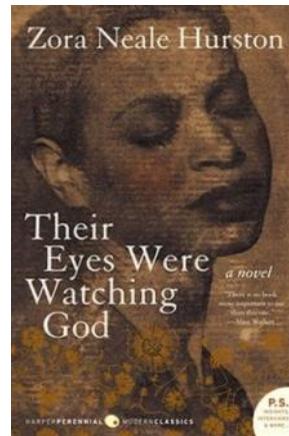
2. *Love* by Toni Morrison



In *Love*, two childhood best friends, Heed and Christine, have their lives torn apart when Christine’s grandfather takes Heed as his bride, instigating a lifelong battle over inheritance. Christine’s mother is a talented cook. Christine loves food. Heed, a trophy wife, thinks about the service more than the food itself.

Remembering Christine’s sixteenth birthday and graduation party, Heed recalls few details of sumptuous meal. What stands out for her are the stilted conversations and the elaborate marzipan cake with ribbons of blue icing. Marzipan is made with ground almonds and honey or sugar. In the Americas, it is a traditional Latin American dessert.

3. *Their Eyes Were Watching God* by Zora Neale Hurston



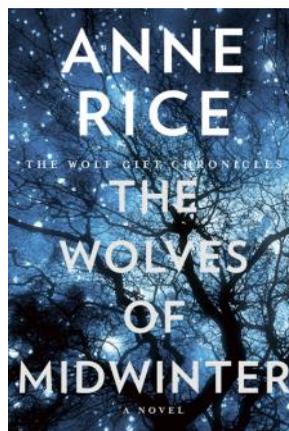
The novel’s heroine, Janie Crawford, retreats into the kitchen after being slapped hard by her abusive husband, Logan. She’s just been offered a new life by the ambitious, enamored Jody Starks. She cooks her no-good husband’s breakfast as she mulls over her options.

The old-fashioned southern meal includes hoecake, fried sow belly, and coffee.

Hoecake is a flat, pancake-like round of cornbread that was popular in the south at the time. It originally came from Jamaica.

She continues to cook, using the process of preparing the meal to parse her thoughts. Each act of cooking is a meditation upon her life. By the end of the meal, she decides that Logan has no real power over her. She leaves him and the meal behind, to join Jody who is waiting outside.

4. *The Wolves of Midwinter* by Anne Rice



In the sequel to *Wolf Gift*, distinguished older gentleman werewolf Felix Nideck brings the Midwinter’s Feast to Nideck Point, the Northern California village he built. The book describes many sumptuous delights in the holiday feast. Nideck Point is up in Mendocino County, on a high cliff overlooking the ocean.

The elaborate Yule time costumes and tables laden with feast bring to mind medieval holiday festivals and Renaissance or Dicken's Fairs. A boar's head is displayed upon a table featuring various types of sliced meat such as turkey, ham, and roast beef. Sauced and buttered vegetables and a multitude of desserts welcome the town's residents and esteemed guests.

The feast represents Felix's love for humankind. Food also represents comfort for the festival's supernatural guests, particularly the ghosts who show up. They can't eat the food or drink the beverages, but enjoy holding and smelling them the way her vampires do in other stories.

5. *The Dark is Rising* by Susan Cooper



In this young adult supernatural epic, food represents a certain homey normality in the recently upturned life of thirteen year old Will Stanton, who has recently found himself embroiled in an epic battle between good and evil. In one scene, he offers a weird old man called The Walker a cozy breakfast.

The breakfast consists of cereal, toast, milk, and marmalade. To a young boy these seem like comfort foods, but the disgruntled creature refuses them. He insists he can eat only milk and bread. For days, he will eat nothing else. Mrs. Stanton uses watered-down canned milk once they run out of fresh. The indigent old man threatens to eat them out of house and home.

Who or what is the Walker? A wizard perhaps? He shrieks at the sight of Will's four iron crosses, saying they burn, which is never a good sign. ■

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*Two love stories to
warm your heart.*

"That Feeling"
By Emmy Z. Madrigal

Rock front man Greg Stang, falls in love at first sight when he overhears the melancholy piano playing of the hauntingly beautiful Raven. Will she return his affections? Or is he just another guy blindly following her?

"The Unusual Manners of Mr. Aarons" By Lela Bay Emmaline is taken by Mr. Aaron's good looks and peculiar interests, but it appears like he's after her cousin. Beautiful Catherine Connersfield is the more sensible choice, but will she have him? More to the point, will Emmaline stand by and let her?

amazon.com





Fall is a delightful time for entertaining. As sultry summer days give way to blustery afternoons and cooler evenings, we find ourselves heading indoors for cozy gatherings and comfort foods. This month's recipe features an entree ideal for dressing up in autumn colors and for autumn holidays.

FILLING

- ◆ Cut ends from onion and cut onion in half. Set aside 1/2. Peel off outside layers of dried onion skin and dice.
- ◆ Cut the top 1/4 inch off the pepper removing the stem. Cut peppers in half length-wise. Set aside 1/2 of each pepper for another use. Cut pepper halves again length-wise, cut out stems and remove the white ribs, membrane and all seeds. Dice peppers.
- ◆ Spray fry pan with cooking spray.
- ◆ Place fry pan on med-high heat and cook chorizo evenly for 5 minutes, using a wooden spoon to spread out and stir as needed.
- ◆ Add diced onions and continue to stir until onions begin to turn translucent.
- ◆ Add chopped peppers and cook for 5 more minutes, stirring as needed.

Pie Filling

- 1/2 Onion
- 1/2 *Pasilla* pepper
- 1/2 Red bell pepper
- Cooking spray
- 9 oz. Beef chorizo, soft
- 15 oz. can Kidney beans, dark
- 15 oz. can Diced tomatoes
- 1/4 teaspoon Salt

Corn Bread Crust

- 1 1/2 cup Corn meal, yellow
- 1/2 cup Flour
- 1 tablespoon Baking powder
- 1/2 teaspoon Salt
- 2 tablespoons Agave syrup
- 1 Egg, large
- 1 cup Milk
- 1/3 cup Vegetable oil
- Sriracha* Hot chili sauce, squeeze bottle

Toppings

- Salsa
- Sour cream

- ◆ Open kidney beans and tomatoes and drain. Mix kidney beans & tomatoes into fry pan at end of 5 minutes, bring back up to heat and cover with lid.
- ◆ Turn burner down to low and simmer mixture for 15 minutes.
- ◆ At the end of cook time, remove lid and remove fry pan from heat. Sprinkle mixture with 1/4 teaspoon salt and stir until well blended. Set aside.

CRUST

- ◆ Add corn meal, flour, baking powder and salt into a medium sized mixing bowl and whisk ingredients until mixed.
- ◆ In a small mixing bowl break egg. Add agave and whisk until mixed. Add milk and whisk gently until mixed.
- ◆ Pour milk mixture onto dry ingredients in the medium size mixing bowl. Stir corn meal batter until all ingredients are blended.



ASSEMBLE

- ◆ Lightly coat the inside of the pie plate with cooking spray.
- ◆ Spoon a 1/8 inch layer of corn meal batter onto the bottom, reserving the majority of the remaining batter for the top crust.
- ◆ Spread the chorizo-vegetable mixture across the pie plate. Spoon the cornbread batter in dollops evenly across the chorizo-vegetable mixture.
- ◆ Use spoon to smooth batter, filling in the holes between the dollops.
- ◆ Using the *Sriracha* sauce in the squeeze bottle apply a steady stream of sauce, spiraling out, leaving a 1/2 inch between the lines of chili until you reach the outside edge of the pie plate. To make ripples through the chili spiral, use a butter knife to pull lines through the rings of chili sauce from the outside of the pie plate to the middle, four times. Starting from the center of the pie to the outside edge, place new lines between the lines you made in the previous step. The *Sriracha* spiral on the top of the pie should now be segmented into 8 equal radial segments.



COOK

- ◆ Place the pie into a pre-heated 400 degree oven.
- ◆ Bake for 20 - 25 minutes or until a butter knife inserted into the middle of the top layer of cornbread is removed clean and pie is lightly browned on top.

SERVE

- ◆ Allow to cool until the pie plate is safe to touch. To make the pie easier to serve, slowly run the butter knife around the inside edge of the pie plate to release crust.
- ◆ Cut into segments and serve topped with salsa and sour cream.
- ◆ Add festive items like plastic spiders or fall leaves to decorate.■



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How to Roast Your Own Coffee



I spent my childhood years during the 1950s in working class neighborhoods in Glasgow, Scotland. In those days any money went to necessities, and special items were things you saved up for.

Luxury items were often out of reach, with much of it yet to be invented. Not only was there less variety, but much of the produce was seasonal. We waited expectantly for the fresh strawberries and rich tarts the baker created. Fresh peaches, one shilling each at the time, were only an occasional treat.

The heightened senses of childhood made for a richer experience. It was a time when many items were served from barrels or bins. Potatoes were scooped onto a heavy scale, cheese was cut from the round. A simple shopping trip would be marked by the distinct aromas of the various stores where the air was filled with a heady mix of Provolone, Salami, spices, and other exotic aromas that, at the time, I was unable to identify. The strongest notes in the ‘perfumed symphony’ were played by the freshly roasted coffee beans. In our world, coffee, when we drank it at all, came from small tins of Nescafé in the form of a powder we mixed with hot water from the kettle. Perhaps it was then the idea formed in my mind of another world that required fuller investigation, an idea born on the wings of a powerful aroma.

Years later, my son and I decided to try to roast our own beans. In the end we purchased a mid-priced home roaster made by Gene Cafe, their model CBR-101. This model has been around for several years, receives positive reviews, and parts are available at a reasonable cost. The ability to easily maintain the machine over time was an important part of the decision to buy. Another nice feature is the simplicity of operation. Two knobs control time and temperature, both of which can be adjusted during the roasting process. In addition, the cost of good quality green coffee beans is approximately half or less what good roasted coffee sells for. We calculated that the machine would pay for itself in about one year based on our level of use.

After research we purchased the machine from Sweet Maria’s in Oakland, California. We also selected them as a reliable source for fresh green coffee beans. Sweet Maria’s works with small farmers across the world. It is important to us to support indigenous farmers and to ensure fair prices. In addition, Sweet Maria’s has a wide range of coffee types (dependent on seasonal availability) and has good information resources about coffees and the roasting process.

In simple terms, roasting coffee involves caramelization. During the roasting process the beans change color, ranging from yellow to progressively more chocolate-colored tones. Water in the beans turns to steam and escapes, resulting in a cracking sound. As caramelization develops the beans become progressively darker. Where you end the process depends upon your individual taste.





If the roasting process is continued a second crack may be heard. The stage after first crack is often described as City Roast ranging to Full City Roast just before the second crack. Many consider that going beyond Full City Roast begins to override the nuances and qualities that beans from different regions possess. Coffee, in a manner akin to wines, takes on individual characteristics depending on a number of factors, varying from where and how it is grown to how it is processed. Savoring these differences is a major reason why people roast their own coffee.

For more specific information on the roasting process we suggest you look online at Sweet Maria's General Roasting Instructions and Visual Guide to the Roast Process. We also recommend that you keep notes on roasting parameters for your various roasting sessions. As noted earlier, different coffees have their own unique characteristics, and this will be reflected in roasting times and development of coloration. Some coffees will 'coast' after starting the cooling process, meaning they will continue to develop color for a time. Factors such as ambient temperature in the location where you roast can cause roasting times to vary. Keeping good notes will provide information about how to approach each new roast.

Why roast your own coffee? Well, you don't have to. Good quality roasted coffees are fairly widely available these days. However, roasting your own coffee provides an opportunity to fine-tune coffee varieties to your particular taste. It gives access to a wide range of types of coffee, many produced only in small batches, that you might never otherwise discover. Also, it allows you to experiment with making your own custom blends. You will rarely taste a coffee as fresh as the one you roast yourself. Finally, we derive a great amount of satisfaction with drinking coffee we roasted ourselves and shar-

ing it with friends and family.

I am sure many of us have experienced the power of an aroma to reawaken old memories. Freshly roasted coffee does that for me. Each time I roast a batch I like to think of those beckoning and beguiling scents that opened a window to a larger world for a small boy a very long time ago.■

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When I tell people I work from home, I typically get a look of envy accompanied by, “I wish I could work from home.” or a look that suggests I’m some sort of deviant.

Depending on the audience, I respond with an explanation of the circumstances that led to my decision to give up the long commute, business casual attire, and board meetings.

Until the summer of 2013, I had a brick and mortar job. When the contract ended, I stayed home to give emotional support for the first time to my son, who has special needs. He was 18. The realization that I had been away from him for his entire life was sobering. Around the same time, my late husband’s health deteriorated further, and I became his caregiver. I started teaching online part-time. After my son moved out and my husband died, I realized I had no desire to go back to traffic jams and tight schedules.

I share this history for those who envy my situation as well as those who think I’m living some sort

of countercultural reality. They often realize they would not be able to care for a loved one from the (dis)comfort of their office cubicle. I then tend to get universal looks of sympathy, which are more about the fact that I didn’t go back into “traditional” employment.

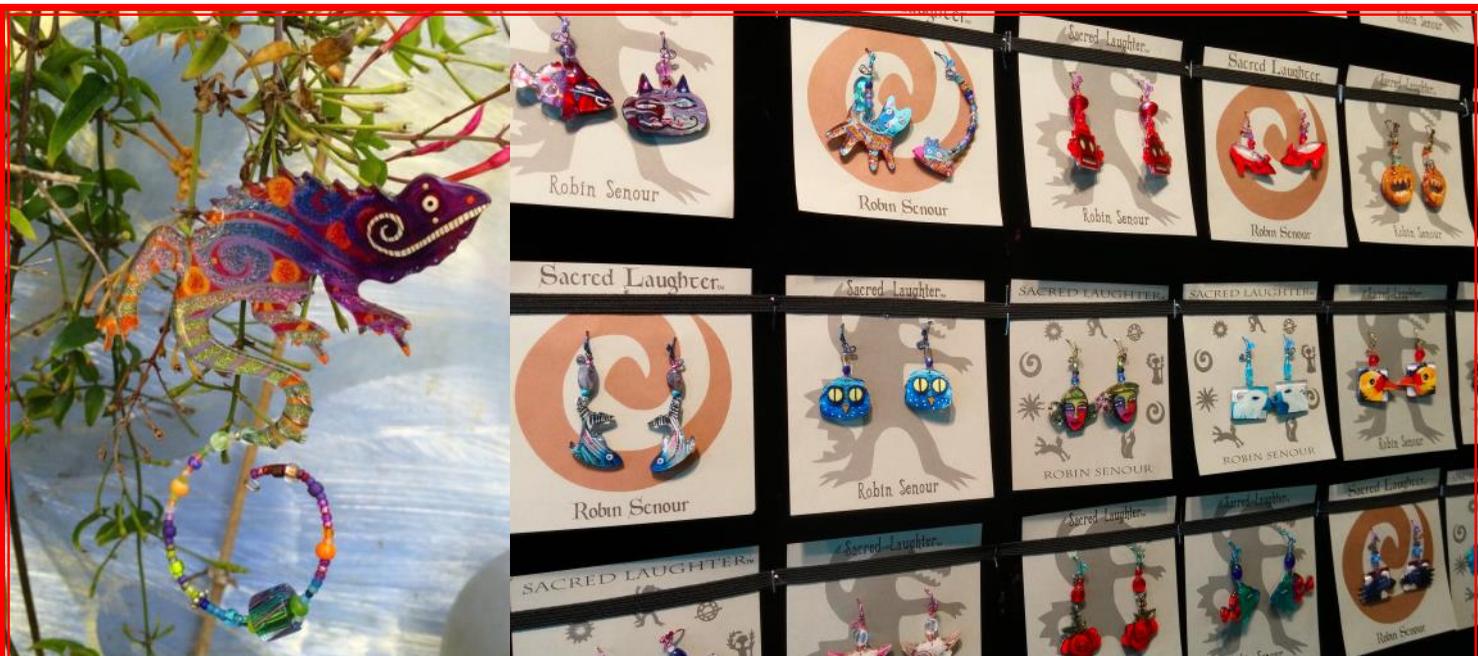
Not too long ago, I attended a memorial service for a former colleague and of course ran into others I had worked with. One person asked what I was up to. When I said I worked for three different universities, teaching masters and doctoral students online, he replied, “Oh, so you’re just cobbling things together to make ends meet, huh?”

I swallow my anger at such times and reassure folks that I love what I do. It gives me room to do just about whatever I want. I get up in the morning, go to the gym, clean the house, and bake a batch of cookies or two before starting my work day. I stop mid-day for a second (or third) cup of coffee while I sit outside with my dogs.

There are downsides, however. If my internet goes down, I am in trouble. I must have back-ups for my back-ups, multiple computers, and ways to get online if the house internet stops. I must be self-directed because distractions are rampant, and it is easy to *not* work. I keep multiple task alarms as well as a handwritten calendar to make sure I don’t miss deadlines. I work some portion of every day to earn enough to cover my bills and pay for my own medical coverage.

Yet, the positives of being able to set my own schedule (within reason as I still have video and telephone conference meetings) and do as I like, outweigh the negatives. The option to work from home may not be for everyone, but it has been popular for some time. Computing giant IBM had as much as 40% of its force working remotely by 2009. Websites like FlexJobs.com, AdjunctWorld.com, and The Work at Home Woman cater to those who are seeking opportunities to join a remote workforce.

Like every other job, working from home has its positive and negative points and may not be a good option for everyone. For those considering work from home, it is important to explore the possibilities thoroughly and to talk to others who do it. When reviewing any employment option, research is vital. ■



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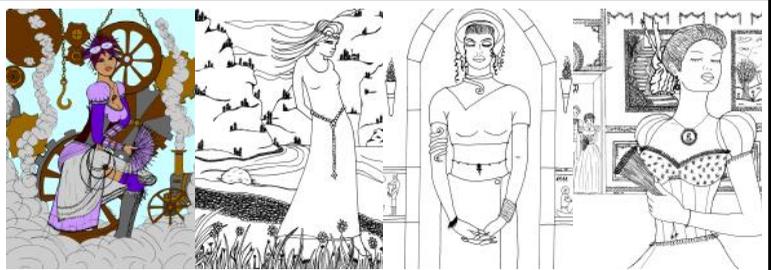


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Lord Harrington's Lost Doe

By Emmy Z. Madrigal



Lord Alexander Harrington's life is rather tame until a shoeless, coatless waif is found wandering his estate with no memory of who she is. Despite his stoicism, Lord Harrington finds himself drawn to the lost girl who he compares to a scared doe. Caring for her illness despite speculation of her mental state, he develops feelings for her.

Is she an escaped lunatic, or simply a lost woman desperately in need of his help? A revelation about his own family's history with the mental asylum down the road causes him to question his feelings. When a massive fire breaks out on estate grounds, will he lose her forever?



In my early twenties, I ventured into the world of organic foods and slowly started making healthier choices for myself. I read book after book, loving all the information.

When I became pregnant with Zander, my first son, I vowed to only feed him organic, nutrient dense foods that nourished his body. When he got old enough to start expanding his food options beyond the mashed variety, we realized he was not on board with my food revolution ideas. I became desperate to get him to try new foods. This was the beginning of our long road of food battles.

“He won’t even eat cookies! COOKIES!” I remember saying to a friend to emphasize the severity

of my then three-year-old’s eating restrictions. He truly only ate a handful of foods: pretzel sticks, squeezable baby food packs, raisins, and a few fruits, namely raspberries. My only saving grace was he absolutely loved soup. I made the most vegetable filled soups I could think of to be sure he would be getting some key nutrients in his diet. He would gag and refuse anything else. He wouldn’t touch a cookie, pizza, or pasta like most kids his age. I thought he was just picky, and if I kept trying, he would eventually eat more variety.

Around this time, we were in the midst of getting Zander evaluated for autism. As a newbie into this new adventure, I hadn’t realized that Zander’s feeding problems were likely a symptom of autism. He was and still is extremely sensory seeking. He is our jumper, climber, put rocks in his mouth type of kid. We have learned this is his way of processing the world around him. Food was part of that. I believe much of his disgust with food was texture. With the exception of the pretzel sticks, Zander clearly preferred soft or liquid foods. I later discovered I could juice a variety of vegetable filled concoctions that he sucked down happily.

We continued down our journey learning more about autism which led me to many books based on autism and food. I was flooded with information. I immediately changed Zander’s diet by eliminating dairy (casein) and gluten. This was tough on him, because pretzel sticks were his true love, but we found plenty of gluten free options to try. Unfortunately, I wasn’t seeing the gains I had expected. I researched more.

I finally stumbled upon some information about the GAPS diet. GAPS stands for Gut and Psychology Syndrome and was developed by Dr. Natasha Campbell-McBride. It’s a guided plan to eliminate foods difficult to digest and slowly replace them with nutrient dense foods and probiotics to heal the intestines and relieve or reverse certain physical and neurological debilitations. Sounds intense, right? It is, but I was determined that this was our answer for Zander. Plus, it was perfect for Zander because it focused heavily on bone broth soups. Hooray, a soup diet! We followed the strict guidelines and diet restrictions, slowly introducing new foods as was advised for a total of 18 months.

We made bone broth soups, fermented all kinds of concoctions in our kitchen, and painstakingly made our way through the arduous steps. My husband even has a nasty scar on his thumb from an unfortunate accident that involved separating frozen cow joints with a knife. However, unless you are absolutely ready and willing to dive into this lifestyle, I honestly would not recommend it. Yes, I am happy to report it completely changed Zander's relationship with food. About 6 months into the diet, he was eating full meals that were not soup. I clearly remember the first day he ate a plate full of scrambled eggs, bacon, and avocado. It was triumphant. Now this kid eats literally everything. I can't keep him away from food. Today, I sent beef, tomatoes,

“He won't even eat cookies!
COOKIES!”

I remember saying to a friend
to emphasize the
severity of my then
three-year-old's
eating restrictions.

avocado, cucumbers, and strawberries in his school lunch. He loves it all. For that I am truly grateful. However, we didn't see any changes in his neurological state which is something I secretly prayed would happen and the reason why we stuck with it so long.

If you are dealing with a difficult eater, there are other ways to overhaul your child's eating habits that are less drastic, and it all starts with baby steps. I would recommend getting help. Do not tackle this on your own. Seek out professionals who can guide you in introducing foods slowly. Our occupational therapist works with lots of kids who have feeding difficulties. She narrows down the issue, whether it be a physical limitation, sensory problem, or even just a fear of new foods, tackles it step by step and also can make it fun for your child. This may be a great option for you, and I urge you to give it a try. I know how stressful it can be when your child refuses to eat. Please don't be discouraged. There is help and hope out there. Good luck on your food adventures!■



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I have been eating for over half a century now and have spent a great deal of time in kitchens, professionally, practically, and even romantically.

If you can't nuzzle while stirring pasta, what's the point of cooking Italian? Although my skills have serious limits, I have discovered *Three Basic Rules* of food prep that I now pass on to you.

One: Salt to taste.

Two: Singed eyebrows grow back.

Three: Preheat the oven.

Salt to taste: My buddy Craig and I were up at his family cottage for a weekend of fishing, rum, and cribbage. Since the fish weren't biting that day, we went to our back-up plan, a simple, manly goulash that two twenty-something former Boy Scouts considered to be Cordon Bleu gourmet dining. Meat, veggies, more meat...perfect. When it came time to add a touch of seasoning, Craig tapped a pinch of salt straight from the shaker into the pot. Unfortunately, the shaker lid wasn't screwed on quite as tight as it needed it to be and a half-full shaker's worth of salt slid straight into the goulash. Oh, crap. We fished out the shaker lid and tasted the stew. Yes, it was as vile as you imagine it was, but, being the smart, always-prepared genius bachelors that we were, we knew that Sweet is the opposite of Salty, and so the simple solution was add an equal amount of sugar to negate the salt. Um...problem *not* solved. We dumped the mess in the dirt out back and reached for the rum.

The next week Craig's family was up with the family dog, but no one could understand why Penny kept running to her water dish. The poor pup had found the goulash.

Singed eyebrows grow back: Old Coleman camp stoves require pumping in order to build up pressure and prime it for lighting. To know when it's primed enough, we usually turned on the gas and listened for

the telltale hiss. So two genius Boy Scouts by the names of Ron and Tim can't hear the hissing and keep pumping and listening and pumping and listening, and then eventually decide to just try lighting it anyway. When they leaned over the two-burner, green metal, WWII vintage stove, one holding the match box and one striking the match, still listening for the hiss of gas, no one was really surprised when a fireball engulfed their heads and shot fifteen feet in the air. It was over in a flash, and our eyebrows and bangs were proof that the stove was primed sufficiently.

Preheat the Oven: Fortunately, electric stoves don't need pumping/priming, but they do need to be preheated, even when your younger sister is cooking and Mom forgot to write "Preheat Oven" on the instructions for the chicken thighs/legs sitting in sauce. Into the cold oven went the blue-flowered Corning casserole dish and x-minutes later out it came to be served. When I cut into it, I could see that it was raw. To show my sisters and the cook's boyfriend, Steve, I broke the joint so that they could see the blood.

The cook gagged at the gory sight, and so her caring big brother thought it would be hilarious to start writhing at the table like I was having a seizure. Suddenly, the bloody, juicy, flopping chicken disaster burst up out of my shirt in a perfect reenactment of

the John Hurt breakfast scene from the first ALIEN movie. When the chicken 'alien' 'screamed' and 'ran' across the table, the cook hit the floor, retching. So, preheat that oven.

A bonus confession: Last fall a dear friend of more decades that either of us will admit publicly, Katherine, assisted me in reaching the conclusion that I have no idea what I'm doing in a kitchen, and maybe I should let the houseguest, her in this instance, do the cooking. Katherine is a self-proclaimed 'foodie' with a *very* sophisticated palate. I used to think that 'foodie' meant "I love to eat! All the time!" I now know that it's really French for "*I took a cooking class, and you are doing that wrong. Here, let me.*" ■



Tim and Craig, not safe in any kitchen.

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-K. Abernathy

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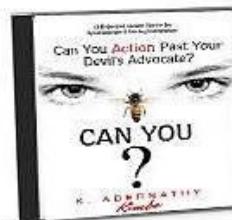
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"We all have a little entrepreneur inside of us. Wanting to leverage it is what gives us an entrepreneurial spirit and an entrepreneurial mind. Actually doing it makes one an entrepreneur." — K. Abernathy *Can You Action Past Your Devil's Advocate*

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can still walk the parade route and go visit your family member or friend's or even strangers' altars. Or you may represent your departed loved one during the parade, carrying their picture and a candle without going to the altars. I did that when my friend died in the San Bruno pipe explosion, the one time I directly participated in the ceremony.

Now, however, it's become much more of a party situation. People are treating it more like another Halloween, and it's not. I don't want to call it cultural appropriation, but it's a blending of cultures that's goes back all the way to the Spaniards arrival in Meso-America. As it stands now, we have Western Americans with their traditional Halloween celebrations, a holiday which came from Europe originally, and that's kind of blended into the Mexican version of the Day of the Dead celebration.

With this additional influx of younger people, also comes more opportunities for individual vendors. They make sugar skulls, specialty jewelry, they print up specialty t-shirts for the occasion, things like that, all surrounding the Day of the Dead. You have more choices and you're supporting local artists and helping them generate income to feed their families and continue their craft.

Not too far away in Oakland, Corazon Del Pueblo in the Fruitvale district has a shop offering hand-crafted Mexican gifts and a museum devoted to Day of the Dead artifacts. The Fruitvale district also provides their *Dia de Muertos* annual festival in the last weekend of October with a mix of several Mexican traditions including traditional Aztec dancers and regional Mexican music. ■



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I've noticed over the years that the *Dia de los Muertos* celebrations have changed in San Francisco. It's still a joyful event for Latin Americans.

When I first started going years ago, it was much smaller, and it was—how can I put this?—less Angloized than it is now. This traditional celebration is a solemn occasion, but it's not filled with depression like we're used to here in America. It's still a joyful event for Latin Americans.

Years ago, a smaller amount of people came and met in the Mission District and begin a parade. They would walk to Garfield Park where altars had been set up in advance, and people walked in a procession to an altar dedicated to their deceased family member, friend, or whoever and placed flowers or food like sweet bread, etc... to honor their memory. You



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BOOKS



Like Alice in Wonderland stories? Looking for something scary to read this fall? Clockwork Wonderland contains stories from authors that see Wonderland as a place of horror where anything can happen and time runs amok. In this book you'll find tales of murderous clockworks, insane creations, zombies, and a blood

thirsty jabberclocky. Prepare to see Wonderland as a place where all your worst nightmares come true. You may never look at classic children's literature the same way again. ■

BEAUTY

I absolutely love this Dove foam wash. It makes me feel cleaner than other soaps, and the scent stays with you. The Cucumber and Green Tea aroma is light, fresh, and free of sneezy scents. The bottle is a pretty good size, and the pump is easy to use. This is my new favorite product, and I will be sad when the bottle runs out. What I love best is hours later, as I'm doing other things, I'll catch a whiff of my skin, and it still has that just-showered scent. ■



APP



Need to know where your family is at all times or keep in constant contact with your friends? Life360 is the perfect app for you. I started using this app when my mom lived in LA. Instead of sending constant texts at each pit stop saying, "I'm in Santa Barbara" or "Be there in 20 minutes", she could just look at the map to see where I was. You can set two "alert spots" that will tell you when your circle arrives at a spot. I get, "Mom arrived home" or "Mom left her home" notices when she comes and goes. The app is also helpful because my husband has a job where overtime hours are unpredictable, and he often can't call or text to let me know when he'll be home. Do I take the dinner out of the oven? Or on stressed out days is it too late to ask him to pick up something? I use the free version, but if you'd like to open up more alert spots, you can use the paid version. Some may think this tool intrusive on their privacy, but for me it's a life saver. ■

FOOD

We've used the Black and Decker personal smoothie mixer cup every day since unwrapping about a year ago. With an easy little instruction sheet, you can make quick smoothies with your favorite ingredients. It also has a lid so you can take it with you if you are on the go. I have never loved a smoothie maker as much as this one. It's great for juicers or those of you who love shakes but have to watch your diet or allergy restrictions. My favorite low-sugar blend is 7-8 ice cubes, pour in non-fat milk just enough to cover the ice cubes, add one banana, and sprinkle in sugar free chocolate pudding mix. Run the blender on the "smoothie program". Add a straw and enjoy. You can add other fruits, switch out the pudding for another type, or add ice cream. It's super easy to clean after using and also comes with the normal blender pitcher in case you are having friends over. ■



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Tina Gibson & Laurel Anne Hill

SEARCH Magazine Party, May 2017



Patricia Dake, Brian Dake, Emerian Rich, Laurel Anne Hill, Loren Rhoads, Michele Roger, Jeannie Normandeau

Top Rt: Michele Roger, Top Lft: Trinity Adler, Circle: Kimbe Abernathy, all with Jeannie Normandeau

Raquel Amaral Gallery, April 2017



Emerian Rich, Patrali Bose Paul, Raquel Amaral

San Mateo County Fair, June 2017

Emerian Rich, photo taken by Boris Koodrin



ACTIVITY | Party Planner

BY EMERIAN RICH

Plan your party the right way!

Party theme: _____ Date: _____ Time: _____

Décor: _____

Entertainment: _____

Music: _____

Number expected: _____ RSVPs: _____

Notes: _____

TO DO — BEFORE

- Send out invites
- Buy food or cater in
- Buy or make decorations
- Buy or make favors
- Schedule entertainment
- Clean space
- Clean bathroom
- Mop floors or carpet clean

TO DO — DAY OF

- Spot clean space
- Vacuum or sweep space
- Decorate space
- Set table and set out favors
- Cook or coordinate catering
- Confirm entertainment and set up
- Spot clean bathroom
- Double check RSVP list / table settings

Guest List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Menu

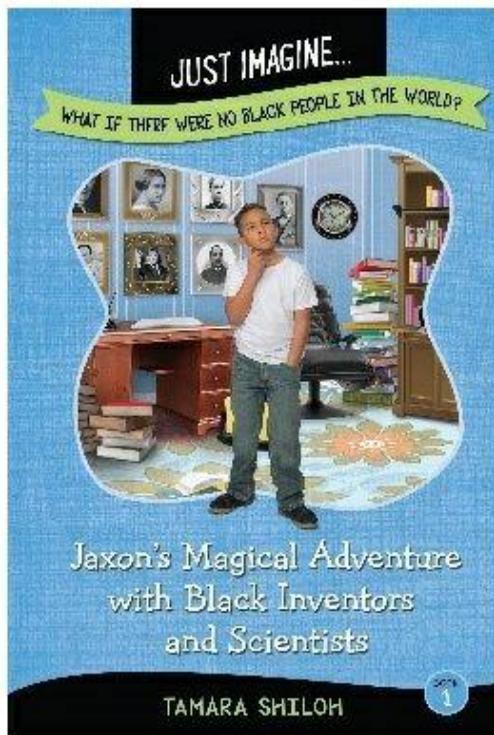
Appetizers: _____

Main Course: _____

Sides: _____

Dessert: _____

Drinks: _____



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The Engine Woman's Light by Laurel Anne Hill

A Life-Saving Mission

A mystical vision of an airship appears to fifteen-year-old Juanita in 1894. The long-dead captain commands her to prevent California's thrown-away people—including young children—from boarding trains to an asylum. That institution's director plots murder to reduce the inmate population.

Spirits watch over Juanita. But who is she? A mystic in love who holds life sacred? Or a ghost-possessed railroad-saboteur?

To save innocent lives Juanita must take lives of the corrupt. How can she reconcile her assignment with her belief in the sacredness of all human life? And will she survive to marry her betrothed?

Juanita sets out despite inner trepidation to sabotage the railroad. Her ancestor Billy, the ghost of a steam locomotive engineer, guides her. Then bit by bit, she discovers the gut-wrenching truths all of her ancestors neglected to reveal.



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