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JULY/AUGUST 2010

The Dog Days of Summer

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July / August 2010

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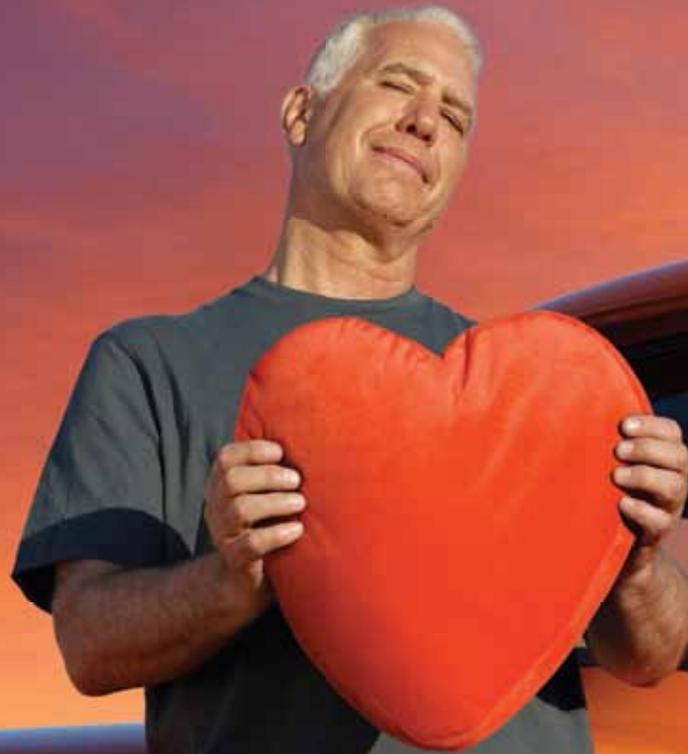
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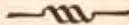


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M A G A Z I N E

The Insider's Guide to Walnut Creek

July/August 2010

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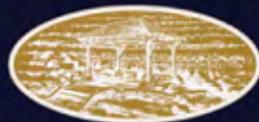
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From the Publisher



Someone asked me today, what are the dog days of summer? They are the hot sultry days that give us permission to lounge by the pool, skip work and head to the beach or simply hang out in the air conditioning with our furry friends. Speaking of which, I met my beloved dog Max almost ten years ago. While it has not always been easy living with him, Max is

an energetic, loving pet who has greatly enriched my life. In fact, you may have seen me around town with Max in the car. He loves to go for rides! Dogs take us places we might not otherwise go; they keep us healthy, happy and kind. Max was the inspiration for *Walnut Creek Magazine's* very first pet guide. Thanks to the hard work of Linda Childers, who is also "dog people", this ultimate resource for you and your pets is one to keep handy at home for future reference. You'll find it on page 40 in this issue.

Sultry days also mean warm nights and outdoor concerts at one of the Bay Area's incredible venues. This year the season kicked off for us at Sleep Train Pavilion with a walk down memory lane at a Doobie Brothers/Chicago performance. If you have never indulged in the 'VIP' experience, it's worth it. So are tickets to a Concert at Wente or a trip through the Caldicott Tunnel to The Greek.

Summer means sun, rafting, camping, and dinner out downtown. It's all about adventure. Whether you discover them close to home or farther away, enjoy the dog days of summer.

Pam B. Kessler
PUBLISHER



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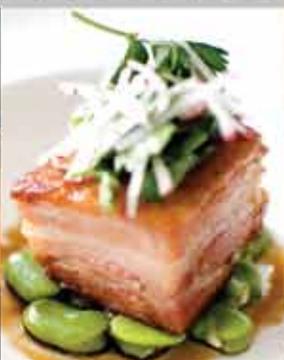


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Photography by Jim Fidelibus



>>Maternity mavens will soon find it all under one roof when **Destination Maternity** opens on Mt. Diablo Boulevard July 15. The store will feature maternity fashions from A Pea in the Pod and Motherhood Maternity as well as community classes. >>And just next door, create a tropical oasis in your backyard at the new **Patioworld** store. Looking for a toy or two? >>**Five Little Monkeys** is opening on Main Street with a treasure trove of educational and earth-friendly toys for kids. >>With a massive rock climbing wall and cardio movie theatre, **Forma Gym** opened its newly expanded club June 30 courting the downtown fitness demographic.

Come Inside!

A modern series of grids and geometrics give the building visual rhythm while punches of color spike an interior of barely-there blues and greens. Light abounds, as expansive windows bring the outside in; the space is warmed by woods and cooled with splashes of metal. From sun screens to energy efficient lights, heating and cooling, the building was built and designed to be green.

Walnut Creek begins its' next chapter July 17 when the new \$40 million library officially opens its' doors and shelves to residents. Billed as the city's "family room," the 42,000 square foot building at 1644 N. Broadway nestles up to Civic Park, just a page turn from City Hall.

Bug-shaped tables and bright cushions pop in the 5,000 square foot children's area with patio views into the park. The 1,800 square foot Young Adult Zone sports 16 computers, serpentine couch seating and a 56-inch flat panel television to host video game competitions and teen-generated media. The Oak View Meeting Room seats 150 auditorium-style and the downstairs Marketplace offers quite a perk: both a coffee bar and a bookstore. With 65,000 volumes of books, 90 public use computers, wifi access points, 150 parking spaces and dynamic public art, this building is something to rave about. – *Elizabeth Rusiecki*



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Dawn in the Creek 5:32am June 15. Photography by Bob Brittain.



Photography by David Ogden

Fire on the Mountain

A four alarm fire on Mt. Diablo's Shell Ridge June 11 destroyed 180 acres of grass and shrub in the open space. A popular destination for hikers and cyclists, Shell Ridge is Walnut Creek's largest open space area and many of its hills provide backyards for homes and schools.

Sustainable Contra Costa

Walnut Creek is one of those rare places that people dream about living and working. The picturesque landscape and sense of community inspire groups to work together to make sure that future generations are able to enjoy the wonders of the area.

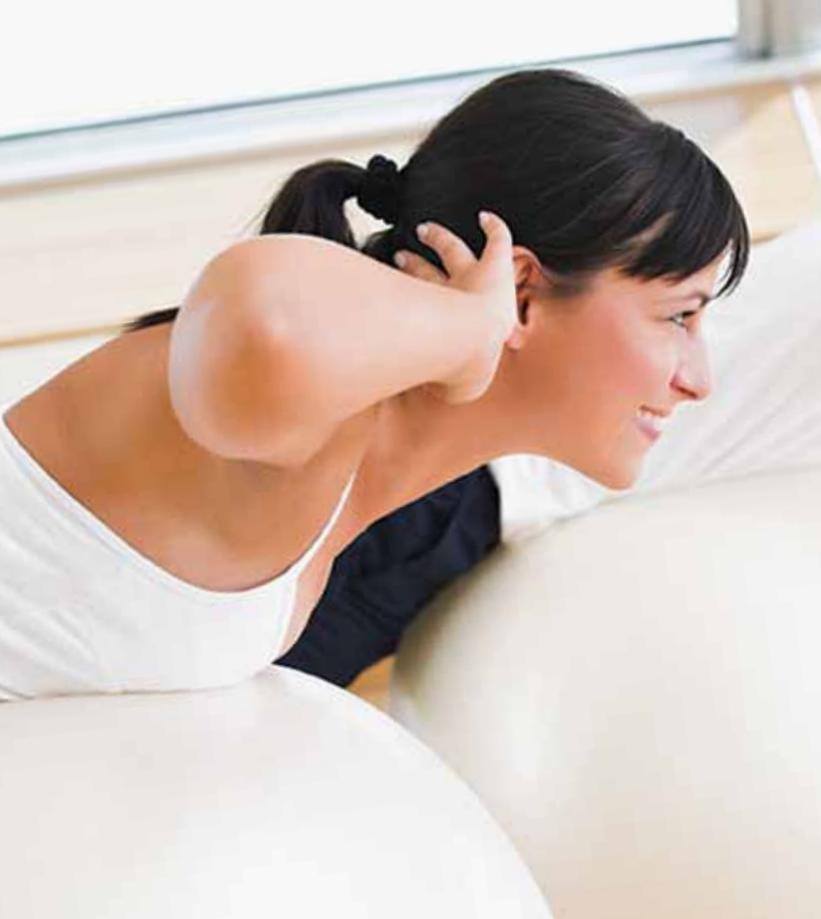
Sustainable Contra Costa (SCOCO) is considered the "go-to" group if you want to get involved in activities and community-building events around environmental areas such as energy and water conservation, waste and pollution reduction and urban gardening. SCOCO, formed in 2007, seeks to provide education and inspiration to help create and maintain sustainable communities and promote social justice.

Last year they held their first annual *Contra Costa Sustainability Awards Gala*, which proved to be a huge success, with wonderful local food and wine. Awards for environmental contributions in Contra Costa County were given out in four categories: Individual, community group, government, "Smart Growth," and business. This year they're gearing up for an even bigger and better awards event, which will be held on September 29th at the Pleasant Hill Community Center, 320 Civic Drive.

Now is the time to nominate the contributions of Contra Costa businesses, friends or organizations toward sustainability, for recognition at the awards night. You can access the nomination form by visiting <http://sustainablecoco.org/projects.html>. For more information or to join the conversations visit: <http://www.sustainablecoco.ning.com>. – *Lois Courchaine*

Gorgeous Gaping Hole

Demolition crews tore down the old David M Brian building in June giving us a new view of Broadway Plaza but not for long. Construction will soon begin on a new Neiman Marcus department store. The luxury retailer aims for a spring 2012 opening.



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Restaurant

BUZZ

Culinary Capital of the East Bay? Walnut Creek's food scene continues to grow. Here is the latest news from our dining destination.

>> No sooner did the French restaurant, Le Bistro, close its doors on North Main Street than a new Italian restaurant, **Ottavio** open in the intimate space. Chef/owner, Valentino Luchin serves fresh pastas, lamb, and we hear panna cotta not to be missed. >> A So Cal burger chain is coming to the Creek. **Habit Burger Grill** is opening in Centre Place, the retail and office complex under construction at South California and Olympic Boulevard. >> And another fast-food restaurant, **Chik-fil-A**, may open on the site of the former N. Main Street concrete plant, serving up chicken sandwiches, waffle fries, fruits, milkshakes and cheesecakes. >> If all this talk of fast food makes you want to get it from a convenient window while seated in your car, soon you can do just that when **Panera Bread** opens a drive-thru restaurant on Treat and Bancroft.

SAVE THE DATE

Downtown Walnut Creek's first outdoor culinary event takes to the streets on September 2. Food & wine tastings, dancing and demos by talented top chefs promise to make Savor Walnut Creek an annual event. For tickets and information, go to www.walnutcreekdowntown.com.



STAYcation

A new Poolside Cabana is opening at Renaissance Club Sport this summer, complete with a thatched roof. Enjoy food, drinks and bar seating for a vacation feeling every day. The hotel's restaurant, c-blue, is also undergoing a half million dollar renovation.

Tropical Treat

This frothy, island-inspired cream from Camala Casco at **Changes Salon and Day Spa** keeps hands and feet smooth, and will have you dreaming of the tropics all day. And it's being featured in the August issue of *Every Day with Rachel Ray*!

HOW TO MAKE IT:

In a small blender, combine:
¼ cup coconut oil
¼ cup pineapple juice

(For an exfoliating boost, stir in 2 tablespoons of dry polenta after blending.)

Massage the cream into hands and feet, then slip into a pair of cotton socks or gloves and leave it on overnight.

Rinse in the morning.

"The fatty acids in coconut relieve and moisturize dry skin, and pineapple, an anti-inflammatory, boosts the coconut's healing power," Casco says.



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Nick Scribine is the owner of Prime Destinations, a Walnut Creek based hospitality and tourism marketing company.

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From Olympian to Mermaid

Aquanuts Coach Continues to Make a Splash

BY LINDA CHILDERS



Tammy Crow DeClercq's love of all things H2O began when she was just a preschooler. At the age of 6, she was introduced to synchronized swimming – a hybrid form of swimming, dance and gymnastics. Today at 33, she is in the running for a role as a mermaid in the movie, *Pirates of the Caribbean 4*.

“I remember sitting in front of the television in 1984, the first year that synchronized swimming was introduced to the Olympics and being mesmerized by the swimmers,” DeClercq says. “I told my mom I wanted to compete in the Olympics one day on a synchronized swimming team.”

Several years later, DeClercq and her mom saw the Walnut Creek Aquanuts dominate the national swimming championships in Indianapolis. Impressed by the team's performance, they spoke with some of the Aquanut parents and coach Gail Energy who invited DeClercq to tryout with the team. “In the summer of 1988, my mom and I visited Walnut Creek and fell in love with the city,” DeClercq says. Her tryout with the Aquanuts went well and the DeClercqs moved to Walnut Creek.

The petite blond swimmer continued to juggle synchronized swimming with her studies and graduated from Las Lomas High in 1995. At the time, she was training 6-8 hours a day hoping to make the 2000 Olympic synchronized swimming team. "I was accepted at UC Berkeley but knew I couldn't juggle college courses and an intense training schedule," says DeClercq who decided to take a hiatus from school.

While DeClercq gave it her all, she placed 12th in that year's synchronized swimming nationals. In order to compete in the 2000 Olympics, she needed to place in the top 10. Disappointed, but undaunted, she moved to the South Bay in 2001 and began training with the Santa Clara Aquamaids. "It was hard leaving the Aquanuts but at the time the Aquamaids had some of the top athletes in synchronized swimming including the only male synchronized swimmer," DeClercq says. "I thought that training with the Aquamaids might help improve my chances of qualifying for the Olympics."

DeClercq's hard work and perseverance paid off and she earned a place on the U.S. Olympic Synchronized Swimming Team. Then eight months before the opening ceremonies, DeClercq was involved in a devastating car accident that killed her fiancé and another passenger and left her battered, bruised and emotionally devastated. "It was one of the worst times in my life," DeClercq says tearfully.

The Olympic Games in Athens, Greece were bittersweet for DeClercq. Her team won the bronze medal and she realized her childhood dream. Returning to California, she accomplished another dream in 2005 when she graduated from UC Berkeley with a Bachelor's Degree in Interdisciplinary Studies.

Today, DeClercq encourages other young girls to achieve their own childhood dreams. For the past nine years she has served as a coach for the Walnut Creek Aquanuts, leading practices three nights a week while working days at Superior Financial in Walnut Creek.

Married to Chris DeClercq, a local high school baseball coach, she is now awaiting to hear if she was chosen to appear as a mermaid in the next Pirates of the Caribbean movie that begins filming this summer in Hawaii. The media director of the Aquanuts sent in photos of DeClercq and since then the casting director has asked for additional photos and video footage of DeClercq swimming.

Whether or not she's chosen to appear beside Johnny Depp in one of next summer's most anticipated films, DeClercq says she's happy to have been asked to audition.

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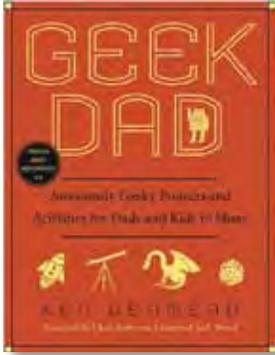
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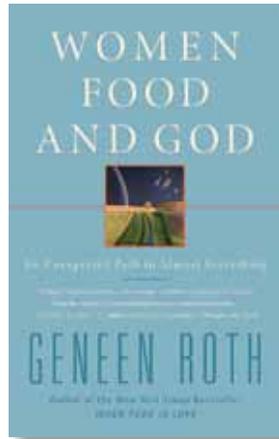
New Books by Local Authors

BY LINDA CHILDERS



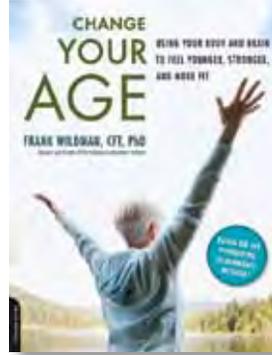
Geek Dad: Awesomely Geeky Projects and Activities for Dads and Kids to Share
by Ken Denmead
(Gotham, 2010)

With his new book, Denmead, a Fremont father of two ensures you will never hear the words “I’m bored” this summer. Test your skill at building the best “Slip n’ Slide” ever, or learn how to create your own board game. The book is chalk full of ideas for kids of all ages and many of the projects take under a half hour to complete.



Women Food and God; An Unexpected Path to Almost Everything
by Geneen Roth
(Scribner, 2010)

After a recent appearance on her talk show, Oprah Winfrey credited this South Bay author with helping her look at eating in a different way. Roth, who has gained and lost over a thousand pounds since she was a teen, claims the reason we overeat is directly related to how we think of ourselves. In her latest book, she delivers the same empowering messages that make her Watsonville retreats the hottest ticket in town: the key to successful weight loss begins with identifying why you are overeating and acknowledging you are deserving of good health.



Change Your Age: Using Your Body and Brain to Feel Younger, Stronger and More Fit
by Frank Wildman
(De Capo, 2010)

The founder and director of the Berkeley-based Feldenkrais Movement Institute offers readers a glimpse into the revolutionary program that he’s been successfully practicing with students and clients for over 30 years. Whether you want your body to feel younger, escape the pains or arthritis or injury, or improve how you move, think and feel, Wildman outlines exercises that can be customized to fit the individual lifestyles and needs of all ages and activity levels.



White Heat
by Brenda Novak
(Mira, 2010)

This Sacramento-based author known for creating page-turning romantic suspense novels unveils the ultimate beach read trilogy this summer. When Nate Ferrentino and Rachel Jessop go undercover to expose a new and dangerous religious cult, they become implicated in the disappearance of a teenage girl. Critics are hailing *White Heat* as a high action thriller guaranteed to keep you up late into the night. *White Heat* comes out July 27, followed by *Body Heat* on Aug. 31, and *Killer Heat* on Sept. 28.

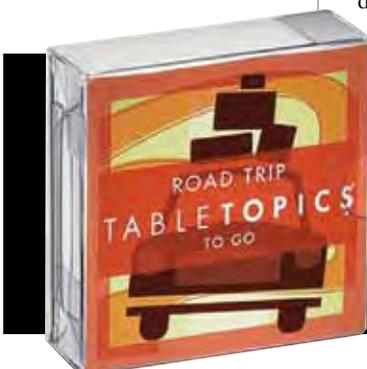


TABLE TOPICS: ROAD TRIP

The newest release by Orinda entrepreneur Cristy Clarke offers family fun for your next car trip. The set contains 40 conversation starter cards containing questions appropriate for all ages. By asking your kids “What was your all-time favorite vacation?” and “If we could be driving any car right now which would you choose?” they will forget to ask how much longer until you reach your destination. The set is available at www.tabletopics.com.

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Video Games:

Playtime or Too Much Time?

BY ELIZABETH RUSIECKI

It's the weekend and the doorbell rings. In walks a gaggle of teenage boys, each one carrying a flat screen television under his arm. For Kate,* the mother of four boys between the ages of 9 and 19, this is commonplace. It may not be the sleepover she remembers as a kid, but the hyper-gamer slumber party may be today's new trend. "Sometimes I'll have four or five TVs playing in one room," she says. "It's kind of cute seeing 10 kids lying around with all those TVs going."

The mother of a recent Las Lomas graduate, Kate sees no harm in a long night of slaying evil creatures while immersed in *World of Warcraft*, or hunting terrorists with a game controller in *Call of Duty*. "When I was a little kid we watched TV incessantly. I don't see much difference with this. What's worse, knowing the *World of Warcraft* jingle or *Gilligan's Island*?"

According to Steven Freemire, MFT and Director of the Contra Costa Men's Center, this type of gathering, in which teens are isolated within their own gaming systems yet interact with each other online, is a version of "parallel play," where kids

play side by side yet autonomously. As children get older, he explains, they progress into interactive play and males develop "shoulder-to-shoulder contact." Words may never be spoken, but the experience is a bonding one.

"You're with your friends yet you have your own independent experience," he says. Freemire says video gaming can be a healthy, fun connection for teens. "The trouble you get into is where it becomes over use, then abuse and addiction."

VIDEO GAME ADDICTION

It's not yet listed as a disorder by the American Medical Association, but the compulsion of teens toward hyper gaming is raising red flags. Richard Freed, Ph.D., a psychologist with Kaiser Permanente Walnut Creek, speaks nationally on the health effects of children and media use. He says online gaming is well recognized as having an addictive potential. "I see a lot of the kids I work with losing their lives to an over-involvement with media."

A 2007 Harris Interactive poll noted that 8.5% of youths aged 8 to 18 displayed "pathological patterns of play" when it came to their gaming habits. It also revealed that 88% of American kids play video games occasionally, at an average of three to four times a week. Pathological players, on the other hand, logged twice as much time in front of the television screen, at 24 hours a week.

According to Microsoft, at 23 million members, Xbox Live is the largest online social network connected to the television. In turn, Sony's PlayStation Network boasts some 40 million subscribers. In a report published this spring by gaming research firm NewZoo, Americans spent nearly \$25.3 billion on video games in 2009, mostly on new gaming consoles.

VIDEO GAMES AND THE GRADE

The research is pretty clear, Freed says. The more time teens spend hunting 'orcs' or switching out sniper rifles, the lower their grades. And boys game more often than girls. "Personally I think it's one of the reasons why boys are failing school," he says, adding that college trends are now reversed: Boys now only make up 43 percent of admissions and girls fill the honors classes.

Freed is also concerned about the effects of increased online time and the fraying of family ties. "A kid's relationship with their parents is fundamental to their health," he says. "And now a lot of kids are shifting away from that because they are not spending adequate time with their parents. These relationships, he adds, are vital through childhood until kids become parents themselves. Children with strong, healthy attachments to their parents do better in school, are less likely depressed and less likely to act out. "A lot of the kids I see...they're not getting adequate connection."

FOLLOW THE SIGNS

What are the warning signs of a gaming addiction? Teens are cranky, agitated and irritable. They fall asleep in school, can't keep up with homework and grades suffer. They lie about computer use so privileges aren't revoked and choose the controller over friends and family. They drop out of activities and sports.

"And when a child can no longer control their computer use – and neither can the parents – there's a problem," Freed says. "A lot of parents will talk about waking up at 3am and they walk by their kids' door and see the screen glow and they're gaming in the middle of the night." He adds that the American Academy of Pediatrics suggests limiting gaming to one to two hours per day.

THE HEAT IS ON

The warm summer months mean the television easily becomes a babysitter. What can parents of hyper gaming teens do? "The key is balance," Freemire says. "Parents need to have an expectation that their kids have a balanced life and that they create structure and balance to do that." Do this by getting kids involved in camps, creative projects and music, while also ensuring they have plenty of "healthy" free time and opportunities with friends.

He suggests teens earn online minutes through chores, small tasks and odd jobs. Be creative with ideas rather than let your kids vault to the joysticks. "By doing that they (teens) win, but parents win by having them have the breadth of experience that makes a balanced life," he adds.

**Not her real name*

This summer, gaming teens can also take their talents to the **Walnut Creek Library**, which opens officially July 17. The 1,800 square foot teen area features a 56-inch flat panel television and lounge area that will be the centerpiece for Wii and Playstation games and contests, as well as teen-created movies and media.

For valuable resources on gaming and teens, Freed recommends:

THE CENTER FOR INTERNET ADDICTION
www.netaddiction.com

ONLINE GAMERS
www.olganon.org



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Let the Music Play

Legendary rock 'n' roll greats, country western stars and big names from Motown hit Bay Area stages this summer to celebrate music and good times. Here are **Walnut Creek Magazine's** top concert picks for hot summer nights at memorable outdoor venues.

Ringo Starr at Wente Vineyards 2009



THE MOUNTAIN WINERY

World-class music, fine wine, exceptional food and breathtaking scenery are a winning combination at Mountain Winery concerts. Saratoga's 2,500-seat amphitheater hosts big names and this year is no exception. With 60 concerts in their line-up, here are some to mark on your calendar: Gipsy Kings (7/10), Smokey Robinson (7/16), Beach Boys (7/18), Pat Benatar with REO Speedwagon (7/27), Natalie Merchant (8/9), Ringo Starr (8/3), BB King & Buddy Guy (8/21), Sheryl Crow (9/14) and Cheap Trick (10/8). **Details:** 14831 Pierce Road, Saratoga. For tickets, go to www.livenation.com.

THE GREEK

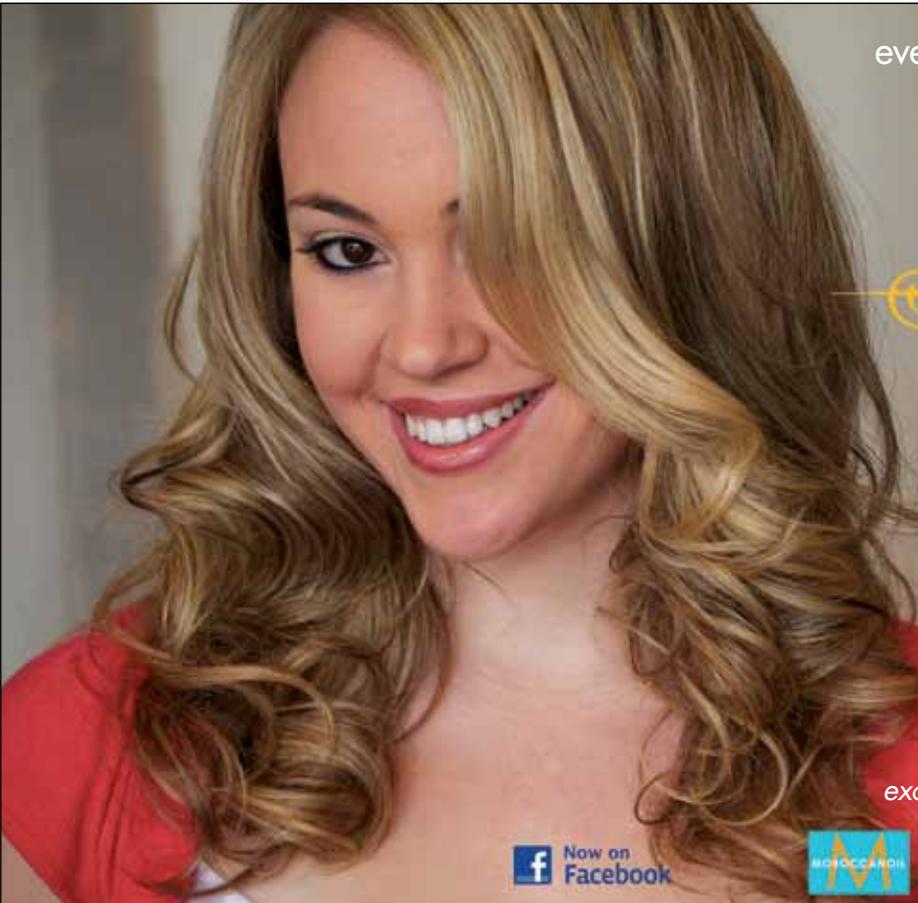
Set in a lush, tree-enclosed canyon in Griffith Park, Berkeley's Greek Theatre is an intimate setting for a stellar night out. Located on the UC Berkeley Campus overlooking the San Francisco Bay, guests enjoy views of The Golden Gate and Bay Bridges, Mount Tamalpais and San Francisco at this 100 year old concert venue. Performances to put on your calendar include: Jackson Brown (7/24), Norah Jones (8/27), David Gray (9/10) and Jack Johnson (10/5 & 10/6). **Details:** Located at Hearst & Gayley in Berkeley. For tickets: (510) 809-0100 or go to www.anotherplanetentertainment.com.

SLEEP TRAIN PAVILION

Pack a picnic for the lawn or step it up a few notches and splurge on VIP box seats for the ultimate concert experience. VIP guests enjoy private club access, exclusive parking and premium food and beverage service at your seats. Sleep Train's sizzling summer line-up includes: Scorpions (8/1), George Benson (8/14), Dave Matthews Band (8/25), Goo Goo Dolls (8/28) and Jonas Brothers (9/19). **Details:** 2000 Kirker Pass Road, Concord. For tickets, go to www.livenation.com.



Earth, Wind and Fire play Wente on August 30.



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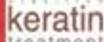
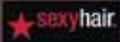
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THE CONCERTS AT WENTE

Feast on delicious cuisine and sip estate grown wines while you groove to the music of your favorite performers in a remarkable outdoor setting. The Livermore Valley comes alive with an exciting line-up: Barenaked Ladies (7/20), Huey Lewis & The News (8/10), Chris Isaak (8/19), ZZ Top (8/25), Earth Wind & Fire (8/30) and Willie Nelson (9/13). **Details:** 5050 Arroyo Rd., Livermore Valley. For tickets, go to www.wentevineyards.com or www.ticketmaster.com.

This year Wente launched a new, casual summer night concert series—Discover the Music—featuring up-and-coming Bay Area bands. Performers include: Karl Wente and the Front Porch Band, Scissors for Lefty (7/23) and Megan Slankard and Pine & Battery (8/20). **Details:** Food, beer and wine available for purchase. Gates open at 7 p.m., tickets are \$20, general admission lawn seating. Kids 12 and under free! For tickets, call: (925) 456-2424.



STERN GROVE FESTIVAL

Celebrate nature and the arts in a beautiful 33-acre public park with a natural amphitheater. The Bay Area's home for outstanding performing arts since 1938, Sunday afternoon concerts in the Grove are free! **Details:** Sundays at 2 p.m. through August 22, 19th Avenue and Sloat Boulevard, San Francisco. Get to the Grove by noon for good seating. For more information, go to www.sterngrove.org.



OUTSIDE LANDS MUSIC AND ARTS FESTIVAL

Think Woodstock on a much smaller scale. Outside Lands is a fusion of music, food, wine and art. This two-day festival in San Francisco's majestic Golden Gate Park attracts top notch performers on solar-powered stages. Headliners this year include Al Green, Kings of Leon, The Strokes, Phil Lesh and Bob Weir. **Details:** August 14-15, Golden Gate Park, San Francisco. Weekend and single day festival packages available. For information, go to www.sfoutsidelands.org.

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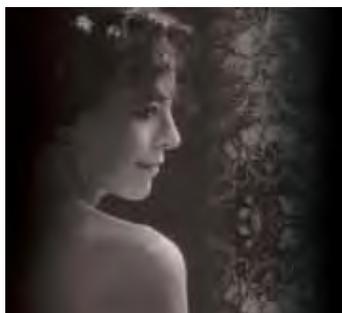
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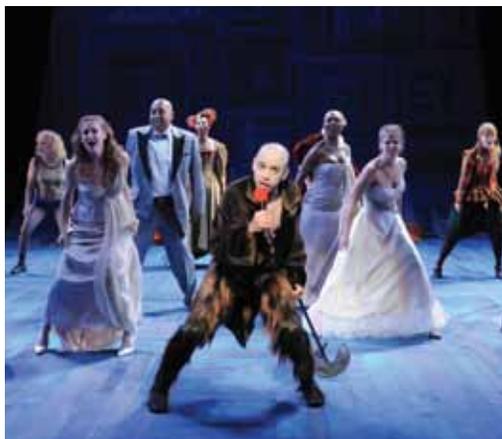
{ DRAMA }

Local theater companies are turning up the heat this July. California Shakespeare Festival presents **Mrs. Warren's Profession**. George Bernard Shaw's provocative look at prostitution was originally banned in 1893. It wasn't until 1902 that this saucy look at how one family accumulated its wealth was finally allowed on stage. Directed by Timothy Near, it features Stacy Ross as Mrs. Warren with Dan Hiatt, Andy Murray, Rod Gnapp, and Richard Thieriot as the men in her life. **Details:** 7/7-8/1, *Bruns Amphitheater, 100 California Shakespeare Theater Way, Orinda. Tickets: (510) 548-9666 or www.calshakes.org.*



{ OPERA }

Pulses race and warnings go unheeded as Festival Opera brings Puccini's exquisite opera **Madama Butterfly** to the Leshner Center. This story of a beautiful, young geisha who falls hopelessly in love with a dashing Naval officer, is destined to end in tragedy, providing opera fans with one of the most memorable tales in the genre. **Details:** 7/10-18, *Leshner Center for the Arts, 1601 Civic Dr., Walnut Creek. Tickets: (925) 943-SHOW or www.lesherartscenter.org.*



{ TRAGEDY }

Love, greed, murder and madness take over the Bruns Amphitheater as Cal Shakes presents Shakespeare's **Macbeth**. Referred to in theater circles as the Scottish play, this gripping production takes place in a world where prophecies and witchcraft are part of everyday reality in this epic tale of unbridled ambition. **Details:** 8/18-9/12, *Bruns Amphitheater, 100 California Shakespeare Theater Way, Orinda. Tickets: (510) 548-9666 or www.calshakes.org.*

{ COMEDY }

Diablo Actors' Ensemble's production of **Laughter on the 23rd Floor** takes a behind-the-scenes look at some of the sharpest wits the 1950s ever produced as these brilliant, sarcastic wordsmiths craft a hilarious comedy/variety show. Directed by Scott Fryer, the show boasts the popular local comedy duo of Jerry Motta and Randy Anger. **Details:** 7/16-8/7, *DAE Theatre, 1234 Locust St., Walnut Creek. Tickets: (866) 811-4111 or www.diabloactors.com.*



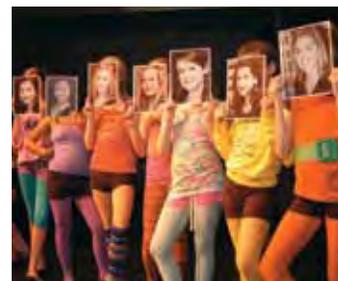
{ MUSICAL }

World-class family entertainment and a fun-filled day of theatre, music and laughter are in store when **Chevron Family Theatre** returns to the Leshner Center for the Arts. Look for performances by the Sippy Cups, Pushcart Players, and Fantasy Forum. **Details:** 7/24, 10 am-4 pm, *1601 Civic Dr., Walnut Creek. Tickets are \$5 for each performance and can be purchased by calling (925) 943-SHOW.*



Contra Costa Musical Theatre celebrates its 50th anniversary with a special production of the musical **Rent**. Set in New York's East Village, this modern version of Puccini's "La Boheme" is a rock opera for our time. An emotionally stirring tale of love, loyalty and far-from-perfect-lives, this story proves that love can triumph over tragedy. **Details:** 8/20-9/4, *Leshner Center for the Arts, 1601 Civic Dr., Walnut Creek. Tickets: (925) 943-SHOW or www.lesherartscenter.org.*

Tielle Baker's Music Box Company presents **13 The Musical**, a story about growing up. With an unforgettable rock score, this high-energy musical features a teenage cast who discover that cool is where you find it and, sometimes, where you least expect it. **Details:** 8/20-22, *Town Hall Theatre, 3535 School Street, Lafayette. Tickets: www.brownpapertickets.com/event/102065, info: www.MusicBoxTheatreCo.com.*





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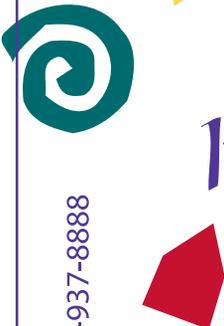
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July 2010 Community Calendar



July 4
Concert in Civic Park
Walnut Creek
Concert Band

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July 8
Cool Sounds of
Summer Jazz:
Nick Colionne

Free concert, Broadway Plaza, 6:30-8 pm
 Stanford's Parking Lot
 Info: 933-6589 or go to www.BroadwayPlaza.com

July 8
WOW
Wonders of Wildlife

Take a one hour behind-the-scenes tour of the hospital and experience local wildlife first hand! 11:30 am, Lindsay Wildlife Museum. For a reservation call: 627-2951.



July 10
RBG Plant Sale

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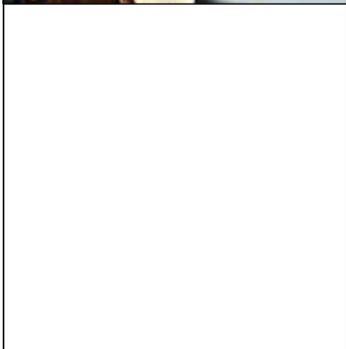
July 15
Cool Sounds of
Summer Jazz:
Steve Oliver

Free concert, Broadway Plaza, 6:30-8 pm
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 Info: 933-6589 or go to www.BroadwayPlaza.com



July 17
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 10 am-4 pm, 1644 N. Broadway
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July 21
Stars & Stripes & Sousa

Guest Conductor Keith Brion leads the Walnut Creek Concert Band in a thrilling program for the whole family. 7:30 pm, Leshner Center for the Arts, 1601 Civic Drive
 Tickets: 943-SHOW



July 22
Cool Sounds of
Summer Jazz:
Mindi Abai

Free concert, Broadway Plaza, 6:30-8 pm
 Stanford's Parking Lot
 Info: 933-6589 or go to www.BroadwayPlaza.com



July 24
Chevron Family Theatre
Festival

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ZZ Top-Wednesday 8/25
Earth, Wind & Fire-Monday 8/30
Willie Nelson-Monday 9/13
Don Henley-Monday 9/20
Harry Connick, Jr.-Tuesday 9/21

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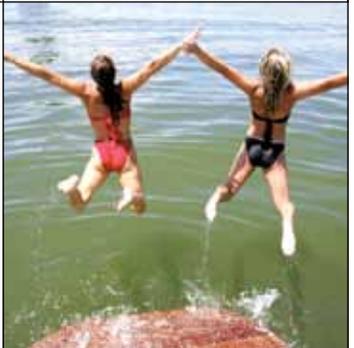
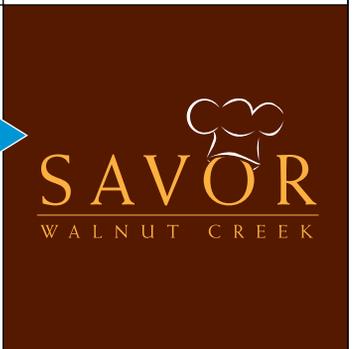
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HEADLINER CONCERTS

August 2010 Community Calendar

		<p>August 7-15 Gaetano Donizetti's Lucia di Lammermoor Festival Opera</p> <p>Leshner Center for the Arts, 1601 Civic Drive Tickets: 943-SHOW</p>	
	<p>August 13 Rock the Plaza!</p> <p>Concert in Lafayette Plaza 6 pm, Fridays in August Downtown Lafayette Plaza</p>		<p>August 12-15 The Twelfth Seat at the Round Table Poison Apple Productions</p> <p>Story of a "forgotten knight" explores untold myths about Arthur & members of the Round Table. Leshner Center for the Arts, 1601 Civic Dr. Tickets: 943-SHOW</p>
	 <p>August 14-15 Contra Costa County Swim Meet</p>		
	<p>August 18–September 12 Macbeth</p> <p>Shakespeare's epic tale of unbridled ambition. Bruns Amphitheater, Orinda. Tickets: (510) 548-9666 or www.calshakes.org.</p>		<p>August 20-September 4 Rent Contra Costa Musical Theatre</p> <p>Set in New York's East Village, this modern version of Puccini's La Boheme is a rock opera for our time. Leshner Center for the Arts Tickets: 943-SHOW</p>
<p>August 21 Walk for the Dogs Dogs4Diabetics</p> <p>Fundraising walk to benefit assistance dogs for insulin-dependent companions. www.dogs4diabetes.com</p>		<p>September 2 Save the Date! Savor Walnut Creek</p> <p>A Delicious Downtown WC Culinary Event</p>	

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UNBOUND

Just as Walnut Creek opens its doors to a new downtown Walnut Creek Library, the Bedford Gallery opens **Unbound: a National Exhibition of Book Art**. Regardless of the popularity of electronic books, the traditional paper book has been the body of human thought for centuries. This show celebrates the book as art and includes artists who make one-of-a-kind art books as well as artists who create three-dimensional works. Artists include: Ed Rushcha, Andy Warhol, Doug Beube, Lisa Kokin, Emily Payne, Nancy Selvin, Alison Yates and Jina Valentine, among others. **Details:** July 11–September 19, \$5 admission, Bedford Gallery, 1601 Civic Drive, Walnut Creek. For more information and hours, go to www.bedfordgallery.org.



Pioneer Painters

A large collection of landscape paintings by three pioneer women painters opens at the Hearst Art Gallery this month. **Superbly Independent: Early California Paintings** by Annie Harmon, Mary DeNeale Morgan and Marion Kavanagh Wachtel gives us a look at early California landscape—from the densely wooded forests of the north, to the scenic central coast and the bright colors of the desert and the Southland. **Details:** July 25–September 19, Hearst Art Gallery, Saint Mary's College, Moraga. For more information, go to hearstartgallery.org.

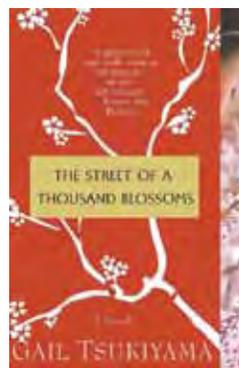
Sounds Around Town

Friday nights come alive in the Creek when local musicians take to the streets with music and melody. Listen to the 'sounds around town' while you shop, stroll and dine. **Details:** 5:30-8:30 pm, July 16-August 20, Downtown Walnut Creek. For more information, go to www.walnutcreekdowntown.com.



One City One Book

Gail Tsukiyama's latest novel about politics, war, and ancient Japanese traditions – **Street of 1,000 Blossoms** – is this summer's selection for Walnut Creek's community reading event: One City, One Book: Walnut Creek Reads. An East Bay resident, Tsukiyama has received the Academy of American Poets Award and the PEN Oakland/Josephine Miles Literary Award. "An Evening with the Author" happens on September 14 at the new Walnut Creek Library. **Details:** For a complete list of events and places to purchase the book, go to www.WalnutCreekReads.org.





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Lindsay Wildlife Museum



Lindsay Wildlife Museum wants to give a big thanks to our sponsors and participants in our 16th Annual Golf for the Wild Tournament at Diablo Country Club.

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A special thanks to all of our donors that made our auction a great success.

Another special note of gratitude goes out to all of our volunteers who made this a great day on the course at Diablo Country Club for all of our golfers.

If you missed out this year, watch for the 17th Annual Golf for the Wild Tournament in 2011.

16th Annual
Golf for the Wild

May 24, 2010
Diablo Country Club



partnering with:

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Year long sponsorship opportunities are available. For more information contact Mary McAfee at 925-627-2951. Your support ensures our programs and services remain available to the children and adults in our community.

For more information on Lindsay Wildlife Museum visit our website at www.wildlife-museum.org.

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TASTE OF TERROIR

Taste, sip and savor food and wine pairings from 16 of the Livermore Valley's top winery and restaurant teams. Chefs and wineries will compete at **Taste of Terroir** for the "Most Innovative Pairing," "Best Expression of Local Ingredients" and "Judges Best" awards, among others.

Experience our 'other' wine country at this fabulous event. **Details:** July 22, 6-9 pm, Palm Event Center, Pleasanton. Tickets are \$75 per person. To purchase tickets, go to www.LVwine.org.



SWIM TEAM COUNTRY

Walnut Creek is all about swim team during the summer months. There are over a dozen neighborhood swim clubs with recreational swim teams in town. These teams compete at the **All City Swim Meet** where swimmers take to the waters at the Clarke Memorial Swim Center for a weekend of fun and competition. Team coaches get in the spirit game and it all culminates in the ultimate race, **The Contra Costa County Swim Meet**, where the fastest swimmers in the County compete for top titles. **Details:** July 10-11, WC All City Swim Meet, Heather Farm Park; August 14-15, Contra Costa County Swim Meet, Diablo Valley College, Pleasant Hill.



Photography by Andrea Baldacci, Walnut Heights Otters (WHO) Swim Team Coaches, 2009



Dog Day at the Park

Bring your dog to an Oakland A's baseball game! **Dog Day at the Park** festivities begin with a pre-game pup rally at 5:30 pm and pooch parade at 6:20 pm. Prizes will be given for Best Dressed A's Dog, Best Dog Trick and more. A portion of the evening's proceeds benefit **Dogs 4 Diabetics**. Help cheer on the A's as they take on the Chicago White Sox at this fun, family event. **Details:** 7:05 pm game, Oakland-Alameda County Coliseum, 7000 Coliseum Way, Oakland. Tickets: \$9-\$15, pre-registration required at www.oakland.athletics.mlb.com.



Photography by Scott Hein

Moonlight on the Mountain

On a flat plateau next to dramatic rock formations of China Wall, a spectacular dinner party transpires each year. At **Moonlight on the Mountain**, guests dine outdoors under the light of rising moon and enjoy spectacular views of the summit of Mount Diablo. **Details:** August 28; to purchase tickets, go to www.savemountdiablo.org.



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Take the Challenge

More than 1,000 cyclists compete each year in the **Mount Diablo Challenge**—a strenuous 10.8 mile ride up to the summit of the Bay Area’s ‘Most Devilish Peak,’ Mount Diablo.

Last year, Michael Vetterelli set a new record and completed the climb in a mere 41 minutes and 25 seconds! Cyclists of all ages are invited to compete in this year’s race which begins at The Athenian School in Danville and follows Southgate Road 3,249 feet to the summit.

The event benefits Save Mount Diablo, a non-profit organization that preserves, protects, and restores Mount Diablo and its foothills for wildlife and people to enjoy.

Details: October 3; early registration is now open through September 10. For more information, go to www.SaveMountDiablo.org.



Photography by Chris Hovey

PREVENTING CHILDHOOD INJURIES



The Centers for Disease Control (CDC) estimates that 9.2 million children annually visit the emergency room for an unintentional injury. Too often, these are easily preventable. Join the medical team at **John Muir Health** for a two-part special event and learn from emergency physicians and the John Muir Trauma Services’ Child Passenger Safety Team about basic precautions you and your family can take to prevent a trip to the emergency room or urgent care clinic. **Details:** July 7, 6–8 pm, FREE, John Muir Medical Center, Walnut Creek Campus, 1601 Ygnacio Valley Rd., Walnut Creek. Registration required: (925) 941-7900 or go to www.johnmuirhealth.com/prevent.

Awe & Adventure

Somewhere in each of us is a budding John Muir, Georgia O’Keefe or Henry David Thoreau: a voice or place that is ignited within through travel, a bike challenge or an adventure in the midst of beauty and mystery. At this empowering lecture, **For Life: Adventure, Awe & Amazement**,

Dr. Doug Huneke, a published scholar and lecturer, will offer three simple, adventure-friendly practices for adding depth and dimension to the spirit within you. **Details:** 7 pm, July 12, Walnut Creek Sports & Fitness, \$10 members, \$15 non-members. To RSVP, call (925) 932-6400.



Make a Difference

Now in its 24th year, **Leadership Contra Costa** gives you the opportunity to get involved and make a difference. The program is designed to motivate and identify potential leaders and prepare them for community leadership. This outstanding program kicks off at the end of September. Participants meet once a month with community leaders and ‘go inside’ many of our civic organizations. **Details:** To request an application for the 2010-11 season, contact Marcie Hochhauser at the Walnut Creek Chamber of Commerce at (925) 934-2007 or email her at mhoch@walnut-creek.com.

Going to the Dogs

(and Cats, and Birds)

The Ultimate Guide to Pampering your Pet

BY LINDA CHILDERS

According to a 2010 survey by the American Pet Products Association (APPA), Americans spent \$45.5 billion dollars on their pets last year. Our companion animals play an important role in our lives. Where else can you find unconditional love from a best friend who is always happy to see you after a busy and stressful day? Whether your pet has paws, claws, or scales, there's a plethora of local places to feed, train, pamper, board and keep them happy and healthy.



Doggie Delights & Kitty Cuisine

Animals big and small can get what they need at these stores.

WAGS AND WHISKERS

This posh pet boutique carries premium foods and delectable treats for dogs and cats. Toys, pet clothes and grooming products line the aisles. Don't miss their Friday night "Yappy Hours."

1529 Locust St., Walnut Creek, 925-935-2275,
www.wagsandwhiskerspetboutique.com

DOG BONE ALLEY

Don't let the name fool you – this store is also the cat's meow for treats, gourmet pet foods and an array of toys for your four-legged friend. Check out their event calendar for adoption days, pet classes and their "Thank Dog, Cat, It's Friday" social events.

730 Camino Ramon, Danville, 925-552-0410, www.dogbonealley.com

PET FOOD EXPRESS

This East Bay-based company focuses on premium holistic diets with a huge selection of dry, canned and moist foods for your best friend. They can chow it raw, organic or cooked. There's stew, salmon and vegan pet food. Reserve the event room in their Walnut Creek store for your pet's next birthday party.

1388 S. California Blvd., Walnut Creek, 925-947-6666,
www.petfoodexpress.com

TRADER JOE'S

If your dog hates to floss, check out Joe's brand of "Greenies" that promise to keep his smile healthy and breath minty fresh. Trader Joe's also boasts an array of natural pet food products and toys all at great prices.

1372 S. California Blvd., Walnut Creek,
925-945-1674. www.traderjoes.com

HOUSE OF BAGELS

Buy a bagel for yourself and get a free "Bowser Bagel" for your pooch. These treats are hard and guaranteed to make your dog smile.

1331 Locust St.,
Walnut Creek,
925-943-6499



Read to Rin Tin Tin

A recent study conducted at UC Davis found that elementary school students who read to dogs once a week for ten weeks showed reading fluency increased on average thirty percent. Below grade readers improved a startling forty-six percent. The Walnut Creek Library and many other branches in the Contra Costa County library system offer programs where children can practice reading to dogs. Visit www.ccclib.org for more information. ARF also offers a reading program for kids. Visit www.arf.net.



Great Gifts

What do you buy for the dog or cat that has everything? Shopping for pets and the people who love them has never been so much fun.

PAW PRINTS

At All in the Kiln, a paint-it-yourself ceramic studio, you can personalize bowls, tiles, and treat jars for pets. Phone ahead for a reservation and bring Rover or Fluffy along to create their own masterpiece.

1950 Mt. Diablo Blvd.,
Walnut Creek, 925-939-2888,
www.allintbekiln.com

NITRO DOG

If you don't want your precious pup to wear the same tired leash that is so five minutes ago, take him to Nitro Dog. The store boasts a wide selection of unique collars and leashes as well as car booster seats, cooling beds and many other one-of-a-kind items. 61 Lafayette Circle, Lafayette, 925-962-BARK, www.nitrodog.com

PETLANE

Founded by former Discovery Toys owner Lane Nemeth and her daughter Tara, this Concord company lets you shop for gifts for creatures of all kinds at "home pawties." Shop for everything from a guinea pig piñata to a kitty calisthenics ball. 888-870-8324, www.petlane.com



Groom & Pamper Me

Whether your pet is seeking a new 'doo,' rejuvenating massage or just looking to get rid of pesky fur balls, these experts will leave them looking their absolute best!

ALAMO PET SALON

Dogs love the attention and TLC at this pet salon where matted, stinky pets are transformed to polished beauties. Even timid dogs relax during grooming and nail trims in experienced hands. 1469 Danville Blvd., Alamo, 925-820-9663

PAWS4THOUGHT

If your senior dog is suffering from the pains of arthritis or your hound needs some post-surgery TLC, Alison Robinson, a certified K9 massage therapist, will come to your home to treat aches and pains, anxiety and other ailments, giving your dog a new leash on life. 678-677-0761

WOOF WAGGIN MOBILE DOG SPA

This groomer comes to you! Whether Scruffy needs to look his best for a night on the town, or needs help after a skunk encounter, Woof Waggin works their polishing magic from inside a climate controlled mobile spa parked right outside your home or office. 925-667-6054, www.woofdogspa.com

SELF-SERVICE DOG WASH

Want to do it yourself and keep your bathtub clean? Bring your dirty dog down to Pet Food Express or Petco. They provide the towels, shampoo, apron, blow dryer and even clean up after you. Pet Food Express, 1388 S. California Blvd., Walnut Creek, 925-947-6666, www.petfoodexpress.com. Petco, 1301 S California Blvd., Walnut Creek, 925-988-9370, www.petco.com

Sit, Stay, Good Dog!

Where to Go for Training

The bad news: dogs don't come with instruction manuals.
The good news: you don't have to far to find a quality program.

ARF UNIVERSITY

Tony La Russa's Animal Rescue Foundation (ARF) teaches proven training methods that are simple and long lasting. Whether you need to teach your dog to play well with others or to master good "petiquette," ARF has the class for you. 2890 Mitchell Dr., Walnut Creek, 925-296-3111, www.arf.net

DIABLO DOGGIES

Professional trainer Mo Lynch Vashel comes to your home and works with your dog on an individual basis. Whether Fido is chewing on furniture or taking you for a walk, Vashel, with over 20 years of experience, can turn your dog into a model citizen. 925-389-1799, www.diablogoggies.com

CITY OF WALNUT CREEK

From puppies to seniors, the City of WC Park & Recreation department offers year-round classes that teach your dog basic obedience and instruct humans how to perform pet first aid and deal with animal medical emergencies. 925-943-5858, www.walnut-creek.org



GET ME OFF MY LEASH!

HEATHER FARM DOG PARK

This spacious dog park in Heather Farm Park has big and little dog fenced areas for pets to run and play, sniff and socialize with their peers. 550 North San Carlos Dr., Walnut Creek, 925-256-3574

SAN MIGUEL PARK

Dogs can run off-leash at this neighborhood park until 9 am and then are required to leash up. San Jose Court off Los Cerros Avenue in Walnut Creek

POINT ISABEL REGIONAL SHORELINE

You and your best friend can enjoy beautiful views of the Golden Gate and Marin County from this landscaped 23-acre park at the west end of Central Avenue in Richmond. 2701 Isabel St., Richmond

Go to www.dogparkusa.com for more dog park locations or visit www.wcdog.org.



Photography by Lori Cheung



Where to Stay Under One Woof



If leaving your loved one behind is not an option, but the beach and mountains beckon you for a getaway, some of the area's finest luxury lodgings are also pet-friendly. Take your baby along for the ride!

STANFORD INN BY THE SEA

This family-friendly, eco-resort on the Mendocino Coast loves creatures of all kinds. Over the years, guests at the Inn have included dogs, cats, iguanas, parrots, Vietnamese pot belly pigs and a tortoise! 44850 Comptche Ukiah Rd., Mendocino, 707-937-0273, www.stanfordinn.com

PLUMPJACK SQUAW VALLEY INN

Located at the base of the mountain in scenic Lake Tahoe, guests at PlumpJack enjoy luxurious accommodations, gourmet breakfasts and special beds, bowls and treats for canine companions. An area "Tails and Trails" program guides you on dog-friendly hikes. 1920 Squaw Valley Rd., Olympic Valley, 530-583-1576, www.plumpjacksquawvalleyinn.com

CARMEL COUNTRY INN

Your dog and cat are welcome at this beautiful bed and breakfast complete with spacious suites and Jacuzzi pools. Carmel is considered one of the pet-friendliest towns in the country and dogs are welcome on the beach and in many of the shops along Ocean Avenue. Dolores Street at Third Avenue, Carmel, 831-625-3263, www.carmelcountryinn.com



Boarding for Discriminating Pets

It's time for that vacation you've been dreaming of all year, when a nagging feeling surfaces in the pit of your stomach. Who is going to take care of my pet? Here are a few places so welcoming, your animal will pack their own bags.

CANYONWYCK KENNELS

Dog and cats at Canyonwyck stay in their own private, spacious enclosures with indoor/outdoor runs. Dogs get playtime in a large fenced yard, and after a full day of fun, chow a premium dinner before a good night's sleep in a comfortable pet bed. 2225 Tice Valley Boulevard, Walnut Creek, 925-934-4090, www.canyonwyck.com

BRETON'S SCHOOL FOR DOGS AND CATS

This family-owned business has been caring for dogs, cats (and birds, fish, pigs, guinea pigs, rats and mice!) for over 40 years. With 140 dog runs and 102 cat condos, Breton's is one of the area's largest boarding facilities. 1455 Lawrence Road, Danville, 925-736-6231, www.familykennel.com

CAMP FOUR PAWS

Located on 55 acres in rural Clayton, Camp Four Paws is a virtual doggie nirvana. While you're on vacation, your canine pal can enjoy camp activities, toys, balls and an all-around good time romping with other campers. 4460 Morgan Territory Road, Clayton, 925-672-9255, www.campfourpaws.com

FETCH! PET CARE

Looking for something more intimate? Fetch comes to your home for private pet sitting or you can take your pet to the home of one of their sitters. They also offer doggie day care and walking. 925-689-7332, www.fetchpetcare.com

RESCUE ME!

When you consider that four million cats and dogs are euthanized at shelters each year, it makes sense to help a displaced pet find its forever home. Many of these cats and dogs make wonderful pets and brighten the lives of those that give them a second chance.



BREED RESCUE GROUPS

Poodles, Pugs, Greyhounds, Pomeranians, Golden Retrievers, cats and more all have their own rescue groups. To find a specific breed to rescue, visit www.adoptapet.com.

COMMUNITY CONCERN FOR CATS

With over 600 adoptions each year, this non-profit rescues cats from the shelters and those abandoned outdoors. 925-938-CATS, www.communityconcernforcats.org

CONTRA COSTA COUNTY ANIMAL SHELTER

This newly-remodeled shelter serves as the county's drop-off point for lost and abandoned dogs, cats, rabbits and more. 4800 Imhoff Place, Martinez, 925-335-8300, www.co.contra-costa.ca.us

ARF'S PET HUG PACK

If your pet is gentle and likes people, consider becoming an ARF volunteer and helping to brighten the lives of thousands of senior citizens in hospitals, assisted living facilities and hospice facilities. www.arf.net

MY MUTT PROGRAM

For a \$250 donation to the local pet shelter or rescue group of your choice, Pet Food Express will photograph your dog or cat and display the picture in their store. Your donation is tax-deductible and helps homeless pets. www.petfoodexpress.com

Urban Edible Garden



Urban farmers everywhere are being swept up in the slow food movement and finding small plots of land to cultivate for growing their own fresh, seasonal produce. In Walnut Creek, residents at Heritage Pointe Apartments, a senior independent living community, dine on fresh, organic produce from the community's on-site garden. "We grow as much of our food as possible to feed our residents at our in-house restaurant, Newton's," says Marketing Director Barbara Simpson. "Our goal is keeping our residents fit," continues Simpson, "both with food and exercise. Even though all of our apartments are equipped with kitchens, the restaurant gives them healthy food options."

What's In Season

Summertime brings an array of delicious produce to local Farmers' Markets. Mouthwatering sweet corn from Brentwood graces the markets this month as well as an abundance of berries. Blueberries, raspberries, blackberries and strawberries make the perfect topping for cereal, granola, yogurt or ice cream, pies, muffins, scones, smoothies and salad.

Artichokes	Carrots	Spinach
Avocados	Corn	Summer squash
Beets	Cucumbers	Strawberries
Bell peppers	Eggplants	Nectarines
Blueberries	Tomatoes	Peaches
Broccoli	Lettuces	Plums
Cabbage	Peppers	
Collards	Raspberries	

Here are some tips from Michael Kyelberg, Landscape Director at Heritage Pointe, for growing delicious, fresh salad greens:

- Add pots to your garden beds to conserve water and create interest in the space.
- Plant salad seeds in a pot and inset the pots in soil to keep them cool and maintain airflow.
- Seeds should be planted 6-8 inches deep in the pot.
- Consider adding spinach, nasturtiums, wild mustard, red leaf lettuce, arugula, basil, pansies, cilantro, thyme and parsley seeds to your garden this summer.



Newton's Summer Garden Salad

Ingredients:

Salad:

Fresh baby spinach (from your garden or bagged)
 1 pint each red cherry and yellow pear tomatoes
 1 bunch chives
 Maytag blue cheese
 Basil oil (optional)

Balsamic Dressing:

½ cup balsamic vinegar
 ¾ cup virgin olive oil
 1 Tbsp chopped garlic
 ¼ tsp black pepper
 ¼ tsp dark brown sugar

Directions:

Wash and dry the spinach, tomatoes and chives.

Slice tomatoes in half and toss with snipped chives (to taste) and balsamic vinaigrette.

Place a bed of spinach on the plate.

Top with tomatoes and chives mixture.

Sprinkle with crumbled blue cheese.

Lightly drizzle basil oil over salad (optional).

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Walnut Creek Factory 925.938.1590

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- Outdoor patio seating
- Live music every Saturday night

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Whether you buy it or make it, or do a little bit of both, pack a delicious picnic that'll be the highlight of your next summer outing.



Grilled Corn Salad with Green Beans and Tomatoes

RECIPE BY WHOLE FOODS MARKET

This easy summer side salad is great complement to an outdoor party or picnic.

SERVES 8

Ingredients:

1 tsp Dijon mustard
3 Tbsp sherry vinegar
¼ cup extra virgin olive oil
Salt and pepper
4 ears corn, grilled
1 pound green beans, blanched and cooled
1 pint cherry or grape tomatoes, halved
½ red onion, thinly sliced
1 cup basil leaves, thinly shredded
4 ounces ricotta salata (Italian cheese) shaved

Directions:

Prepare vinaigrette by whisking together mustard, vinegar, oil, salt and pepper. Set aside.

Wrap fresh corn (husk and silks removed) in aluminum foil and grill turning a few times. Grill for about 20 minutes.

Cut kernels off corn cobs and put in a large bowl.

Add beans, tomatoes, onion and basil.

Drizzle vinaigrette over and toss to combine.

Top with ricotta salata and serve.

SUPER SANDWICHES



The 1½

Morucci's Deli, 1218 Boulevard Way, 939-2426

Toscana salami, pepper turkey and Danish fontina cheese on a toasted ciabatta roll with calamata olives and roasted red peppers.

Start with some sandwiches from local delis that are fabulous feasts between sliced bread.

PHOTOGRAPHY BY TIFFANY FONG



Roasted Turkey

Genova Deli, 1105 S. California Boulevard, 939-3838 or 2064 Treat Boulevard, 938-2888

Fresh baked turkey on an Italian sourdough roll topped with all the classics: mustard, mayo, lettuce, tomatoes, pickles, peppers and onions.



The Farmers Market

Whole Foods Market, 1333 Newell Avenue, 274-9700

Fresh mozzarella, tomato, seasonal greens drizzled with pesto on foccacia bread.

Hot Ball Tip

Kinder's Meat Market, 1831 Ygnacio Valley Road, 952-9393

Meat slowly cooked to perfection and piled on a fresh soft roll with house BBQ sauce, lettuce and tomato.



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Summertime Blueberry Pie

RECIPE COURTESY OF WALNUT CREEK FARMERS'
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Ingredients:

28 ounces blueberries	1/3 cup water
1/2 cup sugar	1 pie crust (your favorite recipe or store bought)
2 Tbsp cornstarch	

Directions:

Wash berries and remove stems.

Put berries in saucepan.

Cover bottom of pan with a little water and heat on high.

Cook lightly until all the berries discolor and blueberry juice is evident in the pan.

While still on the stove, add 1/2 cup sugar and stir in.

Be careful not to mash the berries.

In a bowl, mix 2 Tbsp cornstarch in 1/3 cup water. Add to the blueberries.

Stir gently until all the liquid coagulates from the cornstarch. (3 minutes)

Add the blueberries to and bake 35 minutes at 370 degrees.

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Tips for Grilling Produce

BY DIABLO VALLEY FARMERS' MARKET

CARROTS

Grilling makes them sweeter than ever! Rub whole carrots with olive oil and cook on the grill, turning occasionally, until outside is browned and inside is fork-tender. About 20 minutes.

JAPANESE EGGPLANT

Cut in half and score flesh several times with a sharp knife to ensure even cooking. Brush with olive oil and grill, turning once or twice, until outside is browned and inside is fork-tender, about 10 minutes. Flesh will bubble when done.

PEPPERS

Red, yellow, orange, purple or green—sweet or hot—they all cook the same. Grill whole peppers, turning frequently, until skin is charred, about 10 minutes. Remove from grill and place in a paper bag until cool enough to handle, 5 to 10 minutes. Remove from bag and rub off blackened skin. Discard stems and seeds. Slice into strips, drizzling with olive oil if desired. Serve at room temperature. (If you don't choose to peel your peppers, simply cut them into 2-inch-wide strips and grill.)

SUMMER SQUASH

Grill crookneck, zucchini and patty-pan squash whole when tiny or slice when larger. Brush with oil and grill, turning once, until browned outside and fork-tender inside, about 10-15 minutes.

RED SKINS

Boil or steam potatoes—whole or halved—until barely tender, about 10 minutes. Thread on skewers, brush with oil, and grill, turning occasionally, until exterior is browned, about 10 minutes.



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The Wine Bars Scene Heats Up for Summer

BY DEBORAH GROSSMAN



Underdog Wine Bar



Prima Vini

The evenings are long, the weather is warm and living is easy in the East Bay. What better way to launch the Wine BUZZ column than to unveil some local wine bars where you can kick back and relax this summer.

RESIDUAL SUGAR WINE BAR + MERCHANT: WINES GALORE

A sweet new spot opened at the end of May. A few steps from the Leshner Center for the Arts, Residual Sugar Wine Bar + Merchant has already garnered dedicated fans.

“Why sit in traffic on the Bay Bridge to get to a great wine bar?” asks Walnut Creek resident and owner Jim Telford. An aficionado of the San Francisco wine bar scene, Telford and his wife Jennifer yearned for a hometown locale to explore the world of wine with friends. When his finance job was axed, the couple designed their dream wine bar. Telford now hosts “daily deals” with selected wines by the glass for \$5.00 during the bar’s extended “Rush Hour” from 4:00 to 7:00 p.m. Telford set out to create a “Cheers” kind of place—with 750 bottles of wine for purchase.

The centerpiece of Residual Sugar—the 30-foot wood and granite-topped bar—dominates the narrow room. With historic newspaper posters lending an old-fashioned note, the Gold Rush atmosphere is enhanced by the dark wood tones of the bar and vertical wine shelving. But modern touches prevail. Eyes turn to the large flat-panel TV on sports and movie nights. The high-tech Cruvinet cabinet dispenses wines by the glass from 35 bottles.

Served in Riedel stemware, wines range from Bordeaux first growth to hard-to-find American vintages such as Kutch Pinot Noir. To complement the wines, small plates includes charcute-

rie, salads, and cheeses ranging from Point Reyes blue to English cheddar and French camembert. *1684 Locust Street, WC, (925) 891-4465, www.residualsugarwine.com.*

LARK CREEK WALNUT CREEK: WINE-CRAZY

Is it heat stroke or summer madness that propels the wine director at Lark Creek Walnut Creek to offer every bottle of wine at half-price throughout July? “This is the eighth year we’ve offered our wines at half-off as a good-will gesture. It started after the dot-com bust—and economic issues continue. ‘Half-Off’ gives our guests a reason to dine and try some wines that might be otherwise prohibitive,” says John Hulihan, vice president of beverage for the Lark Creek Restaurant Group. Don’t worry, he adds, there’s no manipulation of prices in June. Whatever the price is, it’s cut in half during July.

Peering into the deep list of All-American wines at Lark Creek Walnut Creek reveals these July bargains: ‘08 Pine Ridge Chenin Blanc-Viognier, California, \$15; ‘08 Frank Family Chardonnay, Napa Valley, \$28; ‘05 Silver Oak Cabernet Sauvignon, Alexander Valley \$57. The “Half-Off” wines complement a meal or snack at the bar, in the dining room, or on the sidewalk patio. *1360 Locust Street, WC, (925) 256-1234, www.larkcreekwalnutcreek.com.*

PRIMA VINI: CHARDONNAY—AND MORE

Prima Vini has been a fixture on Main Street for three decades. But since Peter Chastain and John Rittmaster assumed ownership several years ago, the Vini side of the house has raised the bar for wine tasting. Rex Salazar, a newcomer to Walnut Creek, has found a Friday-after-work home at Prima Vini’s weekly tastings. “This is the place for the inside scoop on wine. I learn, taste and take home food-pairing tips.”

Friday night tastings are complemented by Chef Chastain’s hors d’oeuvres such as cross-

tini with speck, tapenade and shaved Parmesan, pizzetta or prosciutto wrapped figs.

But wait, there’s more. On the restaurant side, calendar July 14th for the “Annual Celebration of All Things Chardonnay.” Prepare for “Peter’s Porchetta (Pig) Picnic” served with chilled sparkling wines on July 30th. *1522 North Main Street, WC, (925) 945-1800, www.primawine.com.*

UNDERDOG WINE BAR: ALPHA LOUNGE IN LIVERMORE

A bit farther afield, you can unleash your tasting fantasies with 48 wines by the glass at the new Underdog Wine Bar in the Livermore wine country. The high-end yet eminently comfortable tasting bar opened in June at Concannon Vineyard.

First, the name. Underdog Wine Merchants is a branch of The Wine Group, which also owns Concannon. The philosophy of the company is to find exceptional wines which have been overlooked by others. Underdog showcases over 90 wines including fine wines such as Helfrich Riesling from Alsace, Albino Armani Pinot Grigio from Italy and Chockstone Shiraz from Australia. They also produce California luxury wines such as Darcie Kent Vineyard Cabernet Sauvignon from NFL football great John Madden’s Livermore vineyards.

Housed in the former barrel room of Concannon and in a separate space from the winery’s tasting room, the bar serves two-ounce pours from \$2.00 and glasses starting at \$4.00 to bottles from \$12 to \$60.

To complement the wine, Underdog features the food of acclaimed Caterer Barbara Llewellyn. There are mini-cheeseburgers with creamy cambazola cheese, flatbreads with applewood smoked bacon, sweet corn and chanterelles, and pulled pork sliders with chipotle slaw—all under \$15. And in case you were wondering, dogs are welcome—on the patio. *4590 Tesla Road, Livermore, (925) 583-1581, www.UnderdogWineBar.com.*

CRABB COCKTAIL

New Bar Manager at Walnut Creek Yacht Club, Jay Crabb, shares the recipe for one of his favorite summertime cocktails.



CUCUMBER ELDERFLOWER FIZZ

In a mixing glass, add:

½ oz. Simple Syrup

4 cucumber wheels

6 mint leaves

Muddle in bottom of mixing glass

1 oz. fresh lime juice

¾ oz. St. Germain Elderflower Liqueur

1 and ¾ oz. Distillery 209 Gin (distilled in San Francisco!)

Add ice

Shake hard for 25 seconds, strain into a tall, decorative glass over fresh ice

Top with club soda and garnish with a mint sprig or cucumber wheel

CHEERS!!

DINING GUIDE

OUR GUIDE TO THE BEST PLACES TO EAT IN WALNUT CREEK

By Lynn Zampa

The Dining Guide is a listing of Walnut Creek restaurants and includes advertisers and non-advertisers at the discretion of Walnut Creek Magazine. We suggest you phone the restaurants for current hours and days of operation. (All in 925 area code unless noted otherwise.) Tell them you found them in Walnut Creek Magazine! Submit restaurant suggestions, tips, ideas and criticisms to info@wcmag.com.

AMERICAN

Hubcaps Diner: On sunny weekends people eat breakfast on the sidewalk, and after hours you might see actors popping in for a late bite after a show down the street. Burgers, shakes, typical diner food. 1548 Bonanza St., 945-6960, www.hubcapsdiner.com.

Katy's Kreek: Comfort food, especially big on breakfast. Cozy and casual. Bring your mom here and try the Eggs Benedict. 1680 Locust St., 946-0949, www.katyskreek.com.

Lark Creek: Craving meat loaf? This upscale Bradley Ogden restaurant serves American fare with flare, specializing in fresh seasonal produce. Try the Cobb Salad. It's the best. 1360 Locust St., 256-1234, www.larkcreek.com.

Stadium Pub: Always bustling, this sports bar has great food including NY pastrami, fish tacos and prime rib. 1420 Lincoln Ave., 256-7302, www.stadiumpub.com.

Sunrise Bistro: The emphasis here is on healthy food, but it's also delicious. For dinner, try the smashed sweet potatoes and brisket. 1559 Botelho Dr., 930-0122. www.sunrisebistrocatering.com.

The Counter: Upscale burger joint where they make it the way you want it, from exotic to classic, and top it with your favorites. 1699 N. California Blvd., 935-3795, www.thecounterburger.com.

Vesu: Striking new restaurant in heart of the downtown serves a globally-inspired menu of small plates in a contemporary setting. Open for lunch and dinner. 1388 Locust St., 280-VESU. www.vesurestaurant.com

CALIFORNIA

1515 Restaurant Lounge: Always lively and fun with flavorful pastas and fresh fish. The heated outdoor patio is a good spot to people watch. 1515 N. Main St., 939-1515, www.1515wc.com.

Bing Crosby's: It's upscale, with lots of singles in the piano bar, especially on Thursday nights. 1342 Broadway Plaza, 939-2464, www.bingcrosbysrestaurant.com.

c-Blue Bistro: California/Asian fusion food, weekend brunch, and poolside drinks at this hip hotel and health club. 2805 N. Jones Rd., 938-8700, www.renaissanceClubSport.com.

Va de Vi Bistro: Small plates, wine flights, striking atmosphere. A highlight is sitting outside under the massive oak tree, weather permitting. 1511 Mt. Diablo Blvd., 979-0100, www.vadevi.com.

DELI

Genova Delicatessen: Italian meats, fresh ravioli and sauces. Take a number; they line-up for the fresh roasted turkey sandwiches at lunch. Two WC locations: 1105 S. California Blvd., 939-3838 and 2064 Treat Blvd., 938-2888. www.genovadeli.net

Kinder's: Famous for their tasty tri-tip sandwiches and original barbeque sauce. 1831 Ygnacio Valley Rd., 952-9393, www.kindersbbq.com.

Morucci's Deli: Fans travel from several towns away for these sandwiches. Try the turkey, tomato and mozzarella on ciabatta or the popular chicken Caesar sandwich. 1218 Boulevard Way, 939-2426.

INDIAN

Breads of India: Traditional Indian food with a hip flair. A sister restaurant in Berkeley has constant lines of people waiting for tables; you'll probably luck out at this one. 1358 N. Main St., 256-7684, www.breadsofindia.com.

Saroor: Authentic food, with a lunch buffet and sit-down dinners. 2580 N. Main St., 937-2031, www.saroorindiancuisine.com.

ITALIAN

Il Fornaio: Italian food so innovative, you'll forget it's a chain. Lovely dining room with lots of outdoor seating in the heart of downtown shopping. 1430 Mount Diablo Blvd., 296-0100, www.ilfornaio.com.

Massimo: Upscale restaurant with a piano bar, serving food from Northern Italy. Perfect for dinner before or after a performance at Leshar Center for the Arts. 1604 Locust St., 932-1474, www.massimoristorante.com.

Montecatini Ristorante: An Italian restaurant with staying power; it opened the day of the big earthquake in 1989. The traditional menu features excellent seafood, pastas and veal. 1528 Civic Dr., 943-6608, www.montecatiniiristorante.com

Prima Ristorante: Everything's made on the premises at this acclaimed contemporary Italian restaurant. Try the salumeria selection or reserve a spot at a winemaker dinner. 1522 North Main St., 935-7780, www.primaristorante.com.

PIZZA

Extreme Pizza: Like cactus or peanut sauce on your pie? This is the place for fun gourmet pizzas (and "normal" ones, too). 1630 Cypress St., 930-6100, www.extremepizza.com.

Rocco's: This renowned pizza joint serves delicious pies and so much more. The house specialty is Dante's Inferno. Don't miss the fried ravioli appetizer. 2909 Ygnacio Valley Rd., 947-6105, www.roccospizzeria.com.

Skipolini's: Hand-rolled dough tossed in a fun, kid-friendly environment. This local favorite has been serving great pizza and beer for over thirty five years. 1535 Giammona Dr., 280-1100, www.skipolinispizza.com.

The Pizza Place: Convenient spot for downtown lunch crowd. Food is fresh, pizza crust crispy and burgers are served on French rolls. 1521 N Main St., 935-0100, www.thepizzaplacewc.com.

MEDITERRANEAN

Babalou's: Great food at great prices. Kabobs, gyros and falafels served in a brightly muraled room. 1645 Bonanza St., 930-8000, www.babalous.com.

Bijan: Authentic Persian food served in an often boisterous atmosphere (especially on weekends, when there's belly dancing!) 1690 Locust St., 935-1972, www.bijanrestaurant.net.

Wild Arugula Salad with Vidalia Onion Dressing

BY CHEF ROBERT SAPIRMAN, VESU

A contemporary new restaurant –Vesu – opened in the heart of downtown Walnut Creek serving international small plates in a hip, friendly atmosphere. Chef Robert Sapirman, a Bradley Ogden protégé from the South Bay's Parcel 104, creates all of his cuisine with fresh, seasonal, local ingredients. Here he shares a recipe for a summer salad with ingredients from local Farmers' Markets.



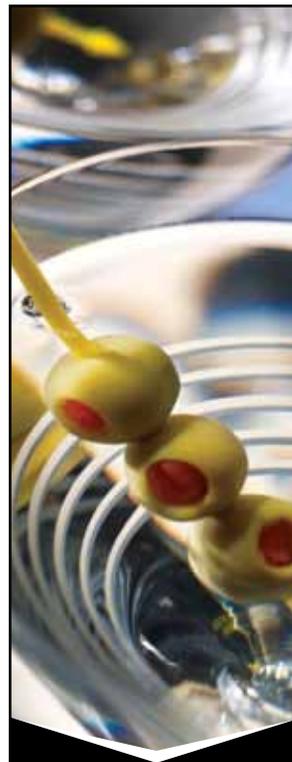
SERVES 8

Ingredients:

3 Vidalia sweet onions, split in half width-wise
¼ cup sherry vinegar
½ cup canola oil
¾ cup extra virgin olive oil
½ Tbsp. fresh thyme, chopped
1 tsp. granulated sugar
1 egg yolk
Fresh arugula (generous handful per serving)
1 bunch radish, each thinly sliced
2 red bell peppers, large dice and lightly sautéed in pan
Shaved pecorino style cheese

Directions:

Char onions on one side, until black, on the grill and place in baking pan charred side up.
Drizzle sherry vinegar over onions then season with salt, pepper and sprinkle thyme.
Cover pan with parchment paper and foil.
Place in 350 degree oven for 25 minutes or until soft.
Remove paper and foil and allow to cool slightly.
Place egg yolks in blender and blend slowly for 3 minutes.
Add onion mixture to blender and continue to blend for 2 minutes.
Slowly add oil and finish with sugar, salt and pepper to taste.
Roast almonds. Lay flat on cookie sheet and cook at 300 degrees for 12 minutes.
Mix arugula with dressing. Add sliced radish, peppers and toasted almonds.
Finish the salad with shaved pecorino style cheese.
This salad goes great with a poached egg on the side!
Enjoy!



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Silk Road: Patio dining, decadent dipping sauce. You can make a meal from the appetizer plate and Greek salad. 1440 N. Main St., 932-9090, www.silkroadwalnutcreek.com.

MEXICAN

360 Gourmet Burrito: Fresh delicious burritos made to order. Don't miss their sweet and spicy salsa. 1558 Newell Ave., 935-0126, www.360gb.com.

Maria Maria: This beautiful restaurant sits on a creek, with seating inside and out. Try the tortilla soup, seafood guacamole and margaritas. 1470 N. Broadway, 946-1010, www.mariamariarestaurants.com.

Mi Casa: The owners are from Honduras and the menu may fool you. Mildly spiced cuisine mixes tastes of Mexico and Central America. Try the pupusitas and carne asada. 2195 N. Broadway, 937-8800.

SEAFOOD

Scott's: Elegant surroundings, attentive service and good food. They also do Sunday brunch, catering and social events. 1333 N California Blvd., 934-1300, www.scottsrestaurants.com.

WC Yacht Club: Always bustling (make a reservation), for a reason. Best New England clam chowder around; have it with their fish tacos. 1555 Bonanza St., 944-3474, www.walnutcreekyachtclub.com.

STEAKHOUSES

Fleming's: Steaks with great sides such as scalloped potatoes and creamed spinach. Start with the lobster tempura. 1685 Mt Diablo Blvd., 287-0297, www.flemingssteakhouse.com.

Ruth's Chris: Stylish in surrounding and presentation. We know someone who comes here just for the lemon drops. 1553 Olympic Blvd., 977-3477, www.ruthschris.com.

Vic Stewart's: Walnut Creek's original elegant steakhouse where you can dine in a Pullman train car. It's a classic all the way, from the food to the martinis. 850 S. Broadway, 943-5666, www.vicstewarts.com.

ASIAN FUSION

The Door: Indonesian and Asian flavors blend in sumptuous dishes such as seared scallops, lamb-shank curry and prawn papaya salad. Dine outdoors on the creekside patio, complete with firepit and cozy bar. 1448 S. Main St., 930-8088, www.thedorrestaurant.com.

CHINESE

Oi-C Bowl: Chinese food served with style in a lovely setting. Don't miss the bento box lunch specials. 1616 N. Main St., 287-8118, www.oicbowl.com.

P.F. Chang's: It's a chain restaurant, but doesn't feel like one. Try the lettuce wraps, dan dan noodles and salt and pepper prawns. 1205 Broadway Plaza, 979-9070, www.pfchangs.com.

JAPANESE

Sakana Sushi: Don't let the strip mall location fool you. People rave about the fresh food here, as well as the service. 1280 Newell Hill Plaza, 938-6050.

Sasa: Upscale izakaya with dazzling décor and decadently fresh fish. Try the chef's sushi plate at lunch and the duck, steak and oyster small plates at dinner. 1432 N. Main St., 210-0188, www.sasawc.com.



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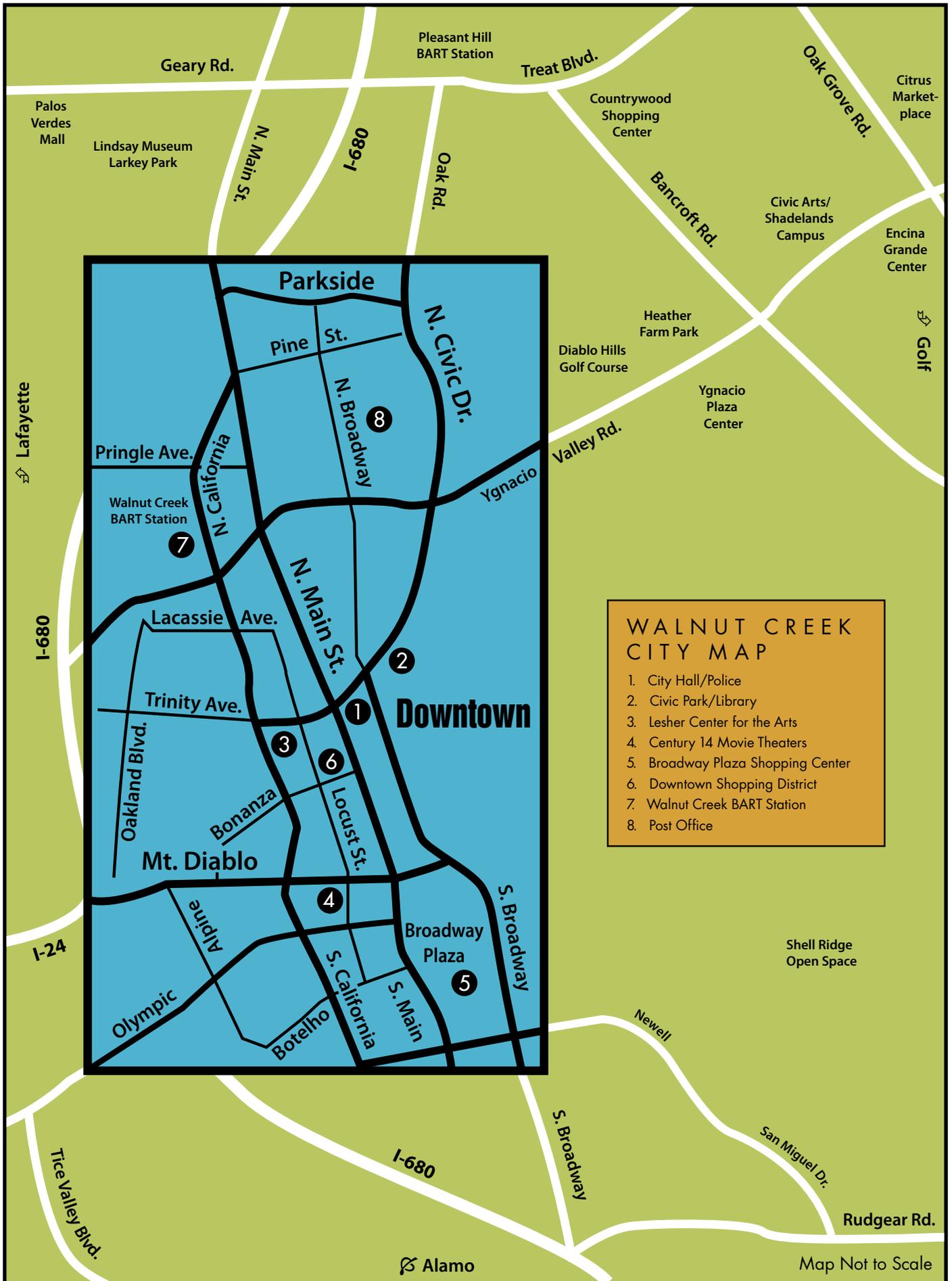
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WALNUT CREEK CITY MAP

1. City Hall/Police
2. Civic Park/Library
3. Leshler Center for the Arts
4. Century 14 Movie Theaters
5. Broadway Plaza Shopping Center
6. Downtown Shopping District
7. Walnut Creek BART Station
8. Post Office

Shiro: This is where the hipsters go when they crave raw fish. Nightclub feel, try the ginger and white tuna roll drizzled with lime and sea salt. 1523 Giammona Dr., 945-1400, www.shirowc.com.

THAI

Do Sit Thai Cuisine: New addition to WC dining scene serving authentic food, with a friendly owner on site. 1520 Palos Verdes Mall, 933-3889.

Plearn Thai: This cheery little restaurant serves consistently good food; try the pineapple fried rice and fresh coconut juice. 1510 N Main St., 937-7999, www.plearnthaipalace.com.

VIETNAMESE

Huynh: This gorgeous restaurant serves delicious, innovative dishes. If you like spicy, try the stuffed squid, if not, the shrimp rolls are a hit. 1512 Locust St., 952-9898, www.huynhrestaurant.com.

Le Cheval: Renowned for its authentic dishes and huge selection of classic Vietnamese cuisine; vermicelli salad, ginger crab and lemongrass chicken. 1375 N. Broadway, 938-2288, www.lecheval.com.

Vanessa's Bistro 2: Serving "Vietnamese Tapas with a French Twist," the menu features French onion soup and steak, spicy salmon tartare and Saigon chicken rolls served in a bright atmosphere. 1329 N. Main St., 891-4790, www.vanessabistro2.com.

COFFEE

Caffé La Scala: Great buzz. A favorite for actors and opera singers after rehearsals and shows. They also serve delicious soups and salads. 1655 N Main St., 935-7779.

Pacific Bay Coffee Co.: Locally roasted beans served inside and out. Cool art and wifi. 1495 Newell Ave., 935-1709, www.pacificbaycoffee.com

Peet's Coffee & Tea: First opened 43 years ago in Berkeley, it's now internationally known as a place to get some serious coffee. Two WC locations: 1343 Locust St., 933-9580 and 1835 Ygnacio Valley Rd., 946-9046, www.peets.com.

Whole Foods Coffee Bar: The coffee is organic and delicious and the foam on the latte' is perfect. 1333 E. Newell Ave., 274-9700, www.wholefoodsmarket.com.

FROZEN TREATS/DESSERTS

CocoSwirl: New kid on the block serving over twenty tempting flavors of frozen yogurt and toppings from fruit to candy. 1273 Locust St., www.cocoswirl.com.

Gelateria Naia: Fresh, local ingredients are used to make stracciatella, pistachio and special flavors like whiskey. 1245 North Broadway, 943-1905, www.gelaterianaia.com

Leonidas Chocolates: Pick up a handful or a pound of Belgian chocolates from this tiny emporium. Indulge while you sip an espresso at one of the shop's outdoor tables. 1397 N. Main St., 932-6666, www.leonidas.com

San Francisco Creamery: Perfect for birthdays and celebrations serving up ice cream and toppings the old fashioned way. 1370 Locust St., 926-0228, www.sanfranciscocreamery.com.

Yogurt Station: Self-serve and fresh, there are fro-yos for every taste. 2913 Ygnacio Valley Rd., 977-9111, www.theyogurtstation.com.

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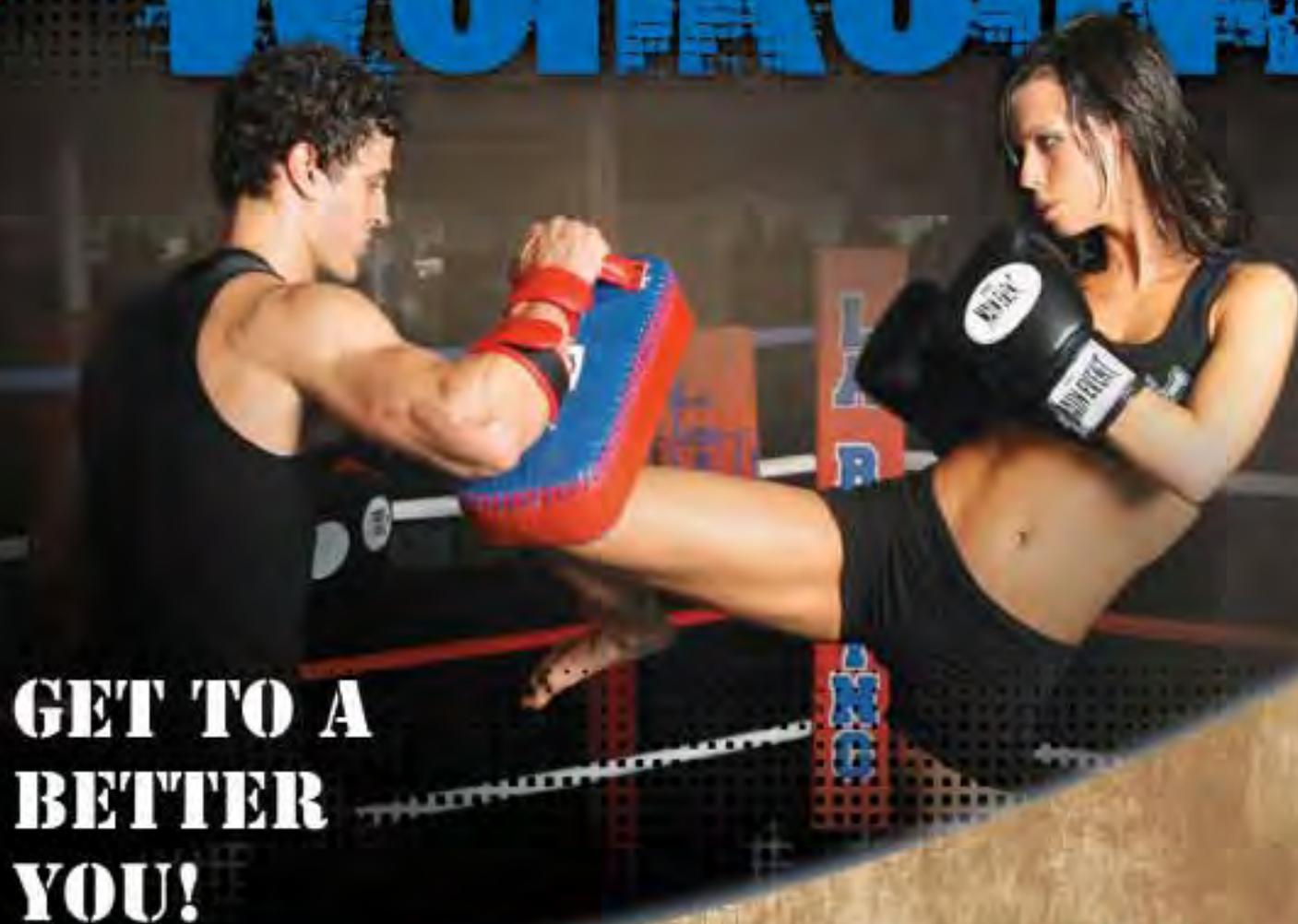
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