

Good Neighbors

Run, walk helps justice center, nursery

The Concord Police Association's seventh annual Stars & Stripes 5K Run & Walk/Kids Fun Run for the community will be held Monday, July 4, at Todos Santos Plaza, in downtown Concord.



All proceeds benefit the Family Justice Center and Bay Area Crisis Nursery.

More than 1,000 participants are expected to run or walk an easy 3.1-mile route. The cost to participate and register the day of the event is \$35. Same day registration will be offered from 7 to 8 a.m. Cash, check or credit card is accepted.

Email skinfo@star-sandstripesrun.com or call 925-676-8298 for more information, or visit star-sandstripesrun.com.

Your entry fee will include a goody bag with freebies, gift certificates, coupons and a Brenden Theaters movie pass, good anytime. Race T-shirts may be available for sale on race day.

A pancake breakfast will be hosted by the Concord-Diablo Rotary Club from 7:30 to 11 a.m. before and after the race for \$5.

After the race, stay for Concord's Fourth of July Parade at 10 a.m., complete with floats, bands, equestrian, dance teams and more!

Birthday Ladies

The Birthday Ladies is a group of volunteers who meet once a month to prepare a bag of birthday surprises for seniors unable to leave their homes who receive a Meals on Wheels hot meal on their birthday.

"It has a huge impact on our clients," says **Elaine Clark**, chief executive officer for Meals on Wheels and Senior Outreach Services. "Most of our clients are homebound and do not have family nearby. Celebrating a birthday isn't on the radar for these folks, and receiving a gift is a pleasant surprise and fills them with happy memories."

There are many more frail Contra Costa seniors in need of a nutritious meal and friendly smile. Meals on Wheels and Senior Outreach Services is currently seeking volunteer drivers to deliver meals in Antioch, Bay Point and Pittsburg. Please consider donating two hours once per week and become an MOWSOS volunteer driver today.

Contact **Susannah Meyer** at 925-954-8736, smeyer@mowos.org, or www.mowos.org/volunteer/volunteer-form/.

Hope for foster youth

Youth Homes provides more than a real home for foster kids. They have been providing hope for foster children for 51 years through residence,



MOWSOS

The "Birthday Ladies" of Meals on Wheels Senior Outreach Services, from left, Lois Adair, Rita Smiley, Mimi Howard, Sandy Heller, Clara King, Michelle Roma and Roberta Whitman, provide all the birthday wrappings and goodies for seniors unable to leave their homes who receive a meal on their birthday.



CALIFORNIA WRITER'S CLUB

California Writers Club Mt. Diablo Branch recently recognized young writers chosen to compete in essay, narrative, poetry and humor categories by their middle school teachers.



PLEASANT HILL-MARTINEZ AAUW

Pleasant Hill-Martinez AAUW Tech Trek scholarship winners include Isabella Triana, Sequoia Middle School; Julia Beaty, Martinez Junior High; Isabella Martinez, Sequoia Middle; Lexi Alford, Martinez Junior High; and Jasmine Cano, Valley View Middle. The girls enjoyed a science and math camp in June at Sonoma State.

counseling and mentoring programs.

Their annual "Celebration of Hope" awards banquet in June, held at Grace Presbyterian Church in Walnut Creek, provided an opportunity to honor Youth Homes Auxiliary volunteers, board members, and agency staff for their dedicated service, and to award eight Youth Homes residents with \$9,500 in scholarships.

There was entertainment by Youth Homes foster youth residents, and 10 former residents were welcomed into a summer job gardening program.

Twenty residents and former residents of Youth Homes Andersen House were recognized for their achievements in making jewelry under the guidance of volunteer **Peggy Fleming** and her Alamo

Women's Club team. The jewelry project has resulted in \$6,500 in additional scholarships for the participants.

AAUW recognitions

AAUW seeks to break down barriers for women and girls by promoting education and supporting personal and professional growth.



PLEASANT HILL-MARTINEZ AAUW

Pleasant Hill-Martinez AAUW \$1,000 scholarship recipients included Laura Maule, a senior at College Park High School in Pleasant Hill; and Amy Moran and Joyce Figueroa, seniors at Alhambra High School, in Martinez. Not pictured was College Park senior Taravat Lakzian.

Excellent grades, community service and leadership ability were recently recognized and scholarships awarded to nine students at the annual June brunch of the Pleasant Hill-Martinez chapter of the American Association of University Women.

College Park High School seniors **Laura Maule** and **Taravat Lakzian**, and Alhambra High School seniors **Amy Moran** and **Joyce Figueroa** received \$1,000 college scholarships.

Tech Trek, a program of AAUW California started in 1998, is a science and math camp to encourage girls who will be entering eighth grade in the fall to consider careers in science, math, engineering, or technology.

The camp features hands-on activities in math, science and related fields. All sleeping, eating, instructional and recreational facilities are located on a variety of university campuses throughout California where camps are held.

Campers enjoy learning about astronomy, engineering, chemistry, marine biology and environmental studies to enhance their learning experience and introduce the students to a variety of potential career areas.

Tech trek scholarships were awarded to **Julia Beaty** and **Lexi Alford**, Martinez Junior High School; **Isabella Martinez** and **Isabella Triana**, Sequoia Middle School; and **Jasmine Cano**, Valley View Middle School. They attended Tech Trek camp in June at Sonoma State.

Pleasant Hill-Martinez AAUW supports the scholarship fund through fundraising events, including the Festa Italiana at Viano Winery, which will be changed to "A Taste of Fall," to be held in October.

Members thank the Martinez Kiwanis Club for granting funds to the Tech

Trek program. Congratulations to all of these exceptional young women.

Volunteer with CASA

Court Appointed Special Advocates volunteers are ordinary people doing extraordinary work for abused, neglected and abandoned children and youth in foster care in our community.

As sworn officers of the court, CASA volunteers are appointed by a juvenile court judge to advocate one-on-one for children and youth in foster care. As an advocate, you will be more than just a mentor — you will be a powerful voice for a child or youth during their uncertain journey in the foster care system.

You don't have to be a lawyer or social worker. CASA of Contra Costa County will provide you with the training you need to be a successful advocate. CASA volunteers come from various walks of life, and share the willingness and ability to commit two years, and 15-20 hours a month, to a child or youth to make a difference.

Informational sessions are designed so every participant leaves with a clear understanding of what it means to be a CASA volunteer. Attending a free session is required for each potential volunteer before submitting an application.

Sessions are planned from 6:30 to 8 p.m. Monday, July 11, and 12:30 to 2 p.m. Wednesday, July 13, at 2151 Salvio St., Suite 295, in Concord.

Call 925-256-7284 to register, or visit www.cccocasa.org

Good Neighbors is compiled by Faith Barnidge. Send club and organization news, notices of awards, and other submissions to goodneighbors@bayareanewsgroup.com.