

Oktoberfests Returns

The Diablo Gazette

Arts, Entertainment and All That's Good in Our Communities
Concord, Clayton, Walnut Creek, Martinez, Pleasant Hill

OCTOBER 2022



Walnut Creek Oktoberfest, 2019.
Photo Courtesy Walnut Creek
Downtown Association

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Paid for by Laura Nakamura for Concord City Council 2022. FPPC #1440552



Farewell Politics, Hello CBCA

The time has come for me to bid farewell to politics. After nearly eight years of continued service to Clayton, both as a Planning Commissioner and Chairperson, and as a City Council Member and Mayor. I am proud to have served our citizens as co-chair of the ad-hoc committee that brought traffic relief to the residents of the Regency/Rialto area, and as a catalyst to officially recognizing June as Pride month in Clayton and the flying of the Pride flag, as well as leading our council during the distribution of the American Rescue Plan Act funds to assist our citizens, staff, and businesses in record time, among other things. It has also been my honor to have represented Clayton as Vice-Chair of the East Contra Costa Habitat Conservancy, dedicated to acquiring and preserving our area's wetlands and wild animal habitats.

This is election season, and you will hear much about our council candidate's concerns and aspirations. I suggest that you get specific answers from our candidates to questions that will affect your lifestyle and your family's well-being. Is safety your primary concern, or is city maintenance your top priority? To gain additional city budget funds, would you be willing to lose a Police Officer, or eliminate positions? Are you happy with Clayton as it is and for what it provides and therefore would accept a modest property tax increase to ensure Clayton's financial future? Tough questions and hard choices for sure.

On October 10 at 7PM, the League of

Women Voters will hold a candidate's forum. You may attend in-person at Hoyer Hall, or via ZOOM, at <https://us02web.zoom.us/j/82978920745>. This will be an excellent opportunity to hear from each council candidate on their views and positions.

While I am leaving office, my service to Clayton will continue through the Clayton Business and Community Association (CBCA). I have been a long-time member and have been nominated for the Presidency of that most important organization to begin when my council term ends.

The CBCA presents and sponsors all current festivals in town, the CBCA Clayton Bocce League, and more, to benefit the Clayton community. As a non-profit, 501(C)(3) organization, proceeds from Bocce, events, and festivals are returned to the community to help with scholarships, the arts, education, Concerts in the Grove, and the Clayton library, just to name a few.

You do not have to be a business owner to join CBCA, nor do you have to be a CBCA member to volunteer for one of the many festivals and/or projects sponsored by the CBCA. However, your membership is most welcome and gives you a vote on where the donations go. For more information, please visit; www.claytoncbca.org.

My thanks to Mayor Cloven for allowing me the opportunity to write this. Thank you for allowing me to serve you. I look forward to seeing you around town, at Oktoberfest, or at the next CBCA meeting.

A3 Miles Hall Campus Planned for Concord Residential Neighborhood?

By Edi Birsam



The county has decided to place the Miles Hall Center which focuses on dealing with mental health issues off Oak Grove near La Clinca on Sierra in Concord. Why it is not in Walnut Creek where its namesake was located is not a focus here.

The Miles Hall Center will be in a residential area and the neighbors are rightfully concerned about bringing folks with mental illness issues in their area.

Most support and hope that having a facility will in fact help those suffering from a mental crisis. Two major features of the center should receive nothing but universal support. They are:

1. The Center will provide a 24/7 call center for help with mental illness crises, and
2. To be a dispatch point for response teams to service those crises

(If you have a problem with those two points, then you are in a different astral temporal plane. You can move along to another article.)

But, as presented to the Concord City Council, there are additional services that are raising concerns from neighbors; namely, the providing of a drop-in center for people seeking pre-crisis help, and a peer-to-peer connection treatment.

To address some of their concerns the county has responded with the following so far:

This is not a site where 5150 crisis people will be taken involuntarily and detained for 72-hour psychiatric

hospitalization. They go to the Martinez hospital.

This is not a 24/7 drop-in facility. Although, there will be some reasonable evening hours to be determined for folks with treatment appointments and some drop-in capacity.

There will be security 'Rangers' to deal with any situation with clients. I do not know the extent of training required, or resources at the disposal of these officers.

There will be arrangements for transportation to drive AWAY from the facility.

There will be urgent mental care folks on site.

There will NOT be any residential or overnight capacity.

Neighbors are also annoyed that the planning has gotten this far without them being involved, which I share from the Concord City Council. (It is about four blocks from my house.) However, I cannot change what I had for breakfast, let alone history. But I always advocate to include us locals in these things.

There will be a community meeting in October and details will be further coming.

Information on the A3 Miles Hall Call Center and the proposed A3 campus can be found at Contra Costa Health Services website, cchealth.org.

If you or someone you know needs emergency behavioral health help, call the A3 Miles Hall Crisis Call Center at 933-443-2672.

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Mariachis perform at Visit Concord's Taco Trail kick-off party September 15. Photos by Micah.

CONCORD'S AWARD-WINNING TACO TRAIL

Yes, the Concord Taco Trail that started just a few years ago is now award-winning, having received some terrific accolades this past year. Visit Concord and the Taco Trail were recognized with the Visit California Poppy Award in March and named a Best of the East Bay winner by Diablo Magazine in June.

And while we appreciate all these achievements, we love the well-deserved spotlight on Concord taquerias and restaurants. Many are family owned and run by hard-working, talented people.

The taco trail has nearly 40 taquerias and restaurants offering delicious and authentic Mexican and Latin cuisine. A couple of my favorites are the Al Pastor tacos from Guadalajara Grill, topped with pineapple, onions and spicy guacamole and the Taco Mexicano from last year's Taco Trail Fan Favorite winner, Los Portales.

New on the trail this year is Isla Restaurant, newly opened on Clayton Road and Lettuce Inn serving amazing vegan street tacos!

The Taco Trail is year-round but from September 15 - October 15, Visit Concord hosts the Taco Trail Challenge to visitors and locals. The person that checks in at the most spots along the trail during those dates will be this year's Taco Trail Champion and receive our taco-themed trophy designating them as champion!

Participants can check in on the free

Taco Trail Passport easily downloaded from the Visit Concord website. The passport lists every stop along the Taco Trail including their address, phone number, website, and some include special offers. It is super convenient, lives on your smartphone, and ready any time you are craving tasty Mexican or Latin food.

The taqueria or restaurant with the most visits from passport holders will receive the Fan Favorite Trophy. So, download the passport and check-in at your favorite spots.

Local hotels will offer a special "Stay and Play" package this year. Anyone booking a stay at any Concord Hotel during the Taco Trail Challenge (September 15 - October 15, 2022), will receive a \$25 gift card to a participating restaurant. Full details are on the Visit Concord website.

We love how the trail continues to grow in the community. This past year the trail was an incentive for a Concord High School reading class. Students improving their reading time outside of the classroom received tacos for every 100 pages read. Their goal was to read enough to complete the entire Concord Taco Trail as a class, which they did!

If you would like to share your new favorite tacos on social media, we encourage you to do so with photos and event hashtags #concordtacotrail, #visitconcord and #concordeats.



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Higher Rates Rapidly Changing Housing Market

The change in the housing market is happening quickly. The U.S. housing market boomed during the pandemic due to record low interest rates, more people spending time at home as well as working from home, among other factors. Buyers were lining up to purchase homes and many were buying them "as is" with no contingencies while offering significant overbids due to the amount of competition. Now, with the change in the economy and interest rates, many homes are sitting on the market and many sellers are having to lower their price expectations while in some cases negotiating repairs or providing buyers with closing costs as part of the sale.

Here are some factors that are contributing to this change in the market:

Mortgage Rates Rise Again.

The most significant factor in the housing market slowdown is rising mortgage rates. The Fed announced yet another hike of three-quarters of a percentage point to fight inflation on September 21, 2022. Mortgage rates have doubled from where they were at the start of the year. The average rate on a 30-year fixed mortgage at the beginning of 2022 was around 3%. Today the same rate is just above 6%.

Low Inventory Help Sellers Despite Higher Prices

Prices are approximately 43% higher than they were at the start of the coronavirus pandemic. According to Realtor.com, housing supply is starting to rise, up 27% higher than this time last year. However active inventory is still lower than it was in 2019. New homebuilders are also starting to slow their pace.

Although the above seems a bit worrisome for sellers, there are still buyers who are on the hunt. Many buyers who missed out earlier this year and last year due to extreme bidding wars are now able to make offers with less competition.

The housing market tends to cool this time of year historically, however, with rising interest rates, economists are predicting the market to be a bit more frigid in fall and winter. This means if you plan to sell your home, it is now more important than ever to choose an agent who is experienced to help navigate the new market.

Brokers Jennifer Stojanovich and George Vujnovich at Better Homes Realty of Clayton (925)567-6170. Their combined 40 years of experience through all different markets offers sellers the expertise it will take to successfully find a willing buyer.

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3660 Morgan Territory Rd, Clayton

Custom Built Ranch Home nestled in the foothills of Mt. Diablo on 6+ acres with spectacular views! Main house is 3 bedrooms, 2 baths, approx. 1955sf with updated kitchen & downstairs primary bedroom. Property offers two additional guest houses. City water! \$1,249,000.



5316 Oakpoint Ct, Concord

Desirable Crystl Ranch Home on a court location with resort style backyard! 5 bedrooms, 3 baths, approx. 3583sf on an approx. .37 acre lot with an attached 3-car garage! Backyard oasis features inground freeform pool with cascading waterfall and slide! \$1,565,000.



1831 Eagle Peak Ave, Clayton

Fantastic "Larson Model" in Windmill Canyon at Oakhurst Country Club! 4 bedrooms, 3 baths, approx 2467sf on an approx. .18 acre lot with an attached 2-car garage! Desirable main level bedroom with fully updated bath! \$1,225,000.



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OKTOBERFEST RETURNS AFTER TWO YEAR HIATUS



Walnut Creek Downtown Oktoberfest 2019

After a long two-year Covid break, Oktoberfest has returned, at least for Clayton and Walnut Creek.

Clayton Business & Community Association (CBCA) invites you to experience Oktoberfest "Munich Style" in picturesque downtown Clayton, October 1-2. Set under beautiful Mt. Diablo, CBCA says it evokes a feeling of Bavaria.

"EIN PROSIT!" Enjoy two days of German beer and food plus dancing to live music by The Internationals in their authentic Munich Biergarten. Kids of all ages will delight as downtown Clayton is transformed into a super-size carnival with amusement rides, game booths and street performers.

Take a stroll, Main Street will be lined with arts and craft vendors selling everything from hot sauces to jewelry to Oktoberfest gear. No wonder Clayton boasts this is Northern California's Premiere Oktoberfest.

And if you miss it, or simply want more of it, Walnut Creek's Oktoberfest returns Saturday, October 15th, from noon-7pm. The event is back at downtown's Civic Park and brings a day full of activities and fun for the entire community and neighbors from all over the Bay Area. Recreating the beloved German fall celebration, enjoy gourmet food vendors, live music from multiple bands throughout the day, dancing, and arts & crafts.

The event is free admission for all, with opportunities to purchase beer and wine ticket packages for the Biergarten with dozens of local craft beers and taprooms and Franconia - Wine Tasting celebrating California Wines.

This year also introduces a VIP experience option to the event. VIP packages include express check-in as well as access to VIP lines throughout the park. Additionally, enjoy access to the VIPs Only tent with open seating, private bar, exclusive beer and wine offerings, and designated restrooms.

Designed to be family-friendly, the Kidz Zone includes human foosball, carnival games, "axe-throwing", plus a slide. And four legged friends are welcome at Oktoberfest as well.





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Top: Clayton Oktoberfest 2018, a parade dog and the Internationals oompah band, Above: Super size Carnival. Left: Inside the Biergarten, it's the traditional frau tossing contest. Scratch that, polka dancing. Photos courtesy CBCA.

Flash Mob Planned for Martinez Zombie Brew Crawl



The un-dead are coming to downtown Martinez and they are thirsty for Craft Beer!

With no Oktoberfest planned for Martinez, Zombies will instead be walking around the downtown corridor sampling craft beers from 30 local breweries on October 15 from 1:00PM - 4:00PM.

Various breweries will be stationed at 20+ participating small businesses.

In addition, a "Thriller" flash mob will appear at the 600 block of Main Street at 3:00PM. Always a sell out, so get your ticket information now at <https://downtownmartinez.org/zombie-brew-crawl>.

On Saturday October 29, Downtown Martinez will host a Halloween Spooktacular Trick-or-Treat from 11:00AM to 2:00PM. There will be kids crafts and games. This in addition to their annual Trunk or Treat. The event is free.



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Tech In English

Have You A Hot Spot?

I was recently speaking to one of our great customers and he brought up a question that got me thinking, reading and now commenting on alternative Internet connections. He asked if I thought T-Mobile's Home 5G WiFi Internet was a good idea for his business.

Users connect to the Internet in a

lot of differing ways such as by AT&T's phone lines, Comcast and Astound by cable (TV-like), and satellite in low or high earth orbit. Some users connect by Hot Spot which means connecting your computer to the Internet over your cell phone. Lost yet? Well then...

Enter a twist to the cell phone Hot Spot called Home Internet Wi-Fi. Wi-Fi means connection over the airways or wireless if you prefer. The twist that T-Mobile and Astound have introduced is a device for your home that connects all your devices to the Internet as if they were all cell phones.

Imagine that you want to dump AT&T for cable Internet connection, or opt for satellite because your speeds are slow, a typical retort against AT&T. According to T-Mobile, "T-Mobile 5G Home Internet customers see typical download speeds between 33-182 Mbps, which is great speed for streaming video, surfing the web, working from home and most types of online gaming."

For the home user, T-Mobile's speed represents an improvement over the typical 3 to 10 gigabit connections

available over most phone lines like AT&T, especially in the Clayton area. Yes, faster speeds are available at higher prices, of course.



Notice, I said for the "home user," this would be an improvement. T-Mobile boasts that a home can have 10 users or devices connect at one time. In my

opinion, one would not want to do this. Speeds represented assume minimal use, that not everyone is gaming, or doing heavy data transfers. For the typical home user, surfing the net and Home Office Small Office (SOHO), I would consider this a fairly good alternative to land lines. However, T-Mobile warns, "Speeds can vary depending on location, signal strength and availability, time of day, and other factors."

Nix the thought this will replace a commercial application like Comcast Xfinity. There is not enough bandwidth, currently. There are log-jams at certain hours of the day, say from 4pm - 9pm, when business activity would slow to a crawl. So, it is not for your business if you have more than a few computers or devices (cell phone, game box, computer, tablets, laptops, etc.) connected. Stick with a cable provider.

Now go do the right thing, look before you leap.

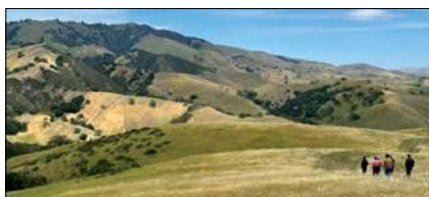
CLAYCORD NEWS & TALK

In case you missed it...

Five Concord Students Named Semi-finalist for National Merit Scholarship

The National Merit Scholarship Corporation announced the names of over 16,000 semifinalists in the 68th annual National Merit Scholarship Program, including five students in Concord. Fewer than one percent of U.S. high school seniors are chosen as semifinalists in the prestigious competition. About 95 percent of the semifinalists are expected to attain finalist standing, and about half of them will go on to win a National Merit Scholarship.

From Carondelet High School, Elise Coyle, Marie Daniel, Macy Lehrer, made the semi-finalist list. From Clayton Valley Charter High School, Jessica Johal is a semi-finalist and from Ygnacio Valley High School, Iris Khaund also made it to the semi-final round. Congratulations to all!



768-Acre Finley Road Ranch. Photo credit: Michael Reeves

Park District and Save Mount Diablo Partner on Purchase Option for 768-Acre Finley Road Ranch

The East Bay Regional Park District Board of Directors authorized entering into an option agreement to purchase the 768-acre Finley Road Ranch property.

The property is one of the largest remaining pristine but unprotected open space landscapes adjacent to Mount Diablo State Park. It is located on the southern flank of the park at the mouth of Riggs Canyon, which extends deep into the park and the adjacent Morgan Territory Regional Preserve. The canyon is laced with an extensive trail network.

The Park District paid \$200,000 for the option to purchase the property, which may be acquired for \$11.4 million.

Save Mount Diablo has also contributed \$50,000 of its own funds to help with the cost of the initial option payment.

The district has until November 22, 2022, to exercise the purchase option, but may extend the option through March 24, 2023, for an additional \$200,000 payment.

Claycord Online Museum: A Party at Lehmer's for the 1958 Oldsmobile

Here's an old newspaper advertising the arrival of the 1958 Oldsmobile at Lehmer's in Concord.

Lehmer's is Concord's oldest business. They opened in 1929 near Downtown Concord but now is located on Market St. at Willow Pass Rd. Submitted by an anonymous Claycordian.

Contra Costa County to Continue With Partial Name Change of Kirker Pass After Concord Residents Balk

Contra Costa County will continue its effort to rename part of Kirker Pass Road, but only in unincorporated parts of the county and the city of Pittsburg.

The county's Board of Supervisors has sought to rename the road after local officials learned that James Kirker, whom the road was named after, allegedly killed hundreds of Apache men, women and children in the mid-1800s while working for the state of Chihuahua in Mexico.

Residents who live along the road within Concord's city limits opposed having to change their home addresses once the road's name is changed. Supervisor Karen Mitchoff who had proposed the idea admitted that she did not initially view the change of address as a significant burden and was "a little irritated", but has since become more informed.

"It is quite inconvenient," she said once realizing that it changes your driver's license, medical records, voting records, tax records, property taxes, and children's school records. "That really would be a burden."

The county now seeks only to change the name of Kirker Pass Road between the point it exits Concord's city limits and its junction with Railroad Avenue in the city of Pittsburg.

Concord Vice-Mayor Laura Hoffmeister Found Guilty of DUI

Concord Vice-Mayor Laura Hoffmeister was found guilty of one count of driving under the influence of alcohol, according to the Superior Court of California.

Hoffmeister was sentenced to two days in county jail, three years of probation, and must complete a three-month DUI licensed program. She also must pay a fine of almost \$2,000.

Hoffmeister was originally facing misdemeanor charges of driving under the influence of alcohol and driving under the influence of alcohol with a blood alcohol content of at least .08. She was also charged with violating vehicle code 23578 which allows a court to impose enhanced penalties in DUI cases involving an excessive blood alcohol content or a chemical test refusal.

Hoffmeister was arrested on May 26 for DUI after being pulled over by Clayton Police for driving on the wrong side of the road on Pine Hollow Rd.

She recently resigned as the Assistant to the City Manager in Clayton, but is campaigning for another term as Concord Councilmember against two other opponents, Robert Ring and Quinne Anderson. If Hoffmeister wins, she will be Concord's Mayor in 2023.



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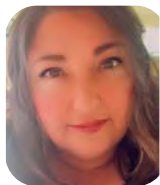
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pair up!

By Maria Terry,
Sommelier

For years I have had a party on Halloween that always includes a big pot of soup. Often, I would pay homage to my Hungarian mother with one or more of her traditional recipes. In Hungarian, soup or stew is called gulyás (goo-losh). Any way you say it, it is delicious.

A classic Hungarian salad incorporates cucumber, sour cream, and dill. I have modified it to make the salad into an appetizer that is easy to serve without utensils. The bright freshness of the cucumber and dill call out for a wine that has good acidity, plenty of fruit flavor, and is not too heavy.



Cserszegi Fűszeres (chair-seggy foo-ser-esh) is hard to say but easy to drink. It makes a lovely white wine with notes of lychee and lemon curd on the nose and has the right acid and body for the delicate appetizer. If you can't find this wine, you can easily substitute a Semillon or Sauvignon Blanc.

When everyone has come in from the cold business of gathering candy, Goulash Soup is hearty and warming.

Add some coarsely chopped tomato and red or green bell peppers with the potatoes if you want to want more vegetables in the soup.

Egri Bikavér (egg-ree bee-caw-ver) is Hungary's most famous red wine. It is a blend of grapes like Kadarka and Kékfrankos. Rich and rustic, it or a California Merlot will stand up to the big flavors of the soup.



To end the party, each year we open a bottle of Vin du Bugey-Cerdon (van do boo-jshee sair-don). It is the perfect wine to pair with the super sweet chocolates and candies that are leftover from the "handout" bowl (if you don't have kids around that will share). It is sweet, pink and sparkling, like a pink Moscato. Each of these wines may take a bit of searching to find but your efforts will be rewarded.



So, go on. Pair Up!

Maria Terry is a Certified Sommelier and Wine Educator in the Northern California. www.LaSommeliere.com

Hungarian Halloween

Herbed Cucumber Rounds



INGREDIENTS
4 ounces cream cheese, softened
2 tablespoons thinly sliced fresh dill
2 teaspoons finely chopped fresh chives
1/2 teaspoon finely grated fresh lemon zest
1/4 teaspoon fresh lemon juice
1/8 teaspoon table salt
Pinch of cayenne, or to taste
2 medium seedless cucumber (usually plastic-wrapped)
Garnish with extra dill or parsley
Coarse sea salt for sprinkling

DIRECTIONS

Stir together cream cheese, herbs, zest, lemon juice, table salt, and cayenne.

Peel the cucumber and cut into 1/2" rounds. Carefully scoop out the center to form a small indentation in cucumber making a small bowl out of each cylinder. Fill the indentation in each cucumber with 1/2 teaspoon herbed cream cheese. Sprinkle with coarse sea salt, garnish with dill sprig and serve immediately.

Yield: about 48 rounds

Goulash Soup



INGREDIENTS
1 ounce, vegetable oil
1 pound beef cubes
1 pound coarsely chopped onions
3 large potatoes, cut into bite sized pieces
1 tablespoon tomato puree
1 teaspoon hot Hungarian paprika
1 teaspoon sweet Hungarian paprika
1/2 teaspoon marjoram
Salt, pepper, and caraway seeds (to taste)

DIRECTIONS

Sauté onions and garlic and add spices in a large stock pot. Add meat, stir once, then add tomato puree. Continue stirring until browned.

Cover with water or beef stock and simmer slowly for 20 minutes. Add potatoes and simmer until potatoes are soft. Adjust seasoning and add a little more water or stock if necessary.

Yield: One pot of soup



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mARTinez Creates Exhibit and other works from aRt Cottage Students

The Martinez Art Association group show continues through October at the aRt Cottage. There are many unique items hanging on the wall and it is my pleasure to give you a tour of the premises and reveal how they are made. You will find many treasures. We have welded spiders, bottle cap hairdos, and beautiful fall-colored landscapes.

Students can also be seen working on their projects throughout the months. Some of the latest creations by students were done in ceramics. Hailey has created her own version of a Vincent van Gogh. She chose to do a Starry Night on a piece of clay that was carved and glazed.

Avi learned that a series is three or more pieces with a theme. This elementary school student decided to make her series about picnics. A dog picnic, complete with a bone being shared, a cat picnic with a bowl of kibbles, and a friend's picnic.

Elaine Coyne, a regular at aRt Cottage, is learning from the masters. Here is here Matisse painting with her own "twist" creating it into a self-portrait.

There is no standard schedule here at Art cottage. We believe in emergent curriculum. While I am not the teacher, I am the cheerleader and mentor. Classes are geared to what the artist would like to create, and I help them get to the finished product with what knowledge I have. We discover together, create together, and celebrate the finished product together.

aRt Cottage is open 11-5 Tuesdays – Saturdays at 2238 Mt. Diablo St. in Concord.

Top Exhibit pieces, Memories by Peggy O'Farrell from Martinez Art Association.. Starry Night by aRt student Hailey, Below: Elaine Coyne with self portrait.





Neuroplasticity:

By Jessica Raam Foster, NeurologyofPresence.com

Pain Actually *IS* All in Your Head

Pithy title aside, your pain is real. It is personal, it is individual, and your experience is exactly as you would describe it. You are not imagining any of it.

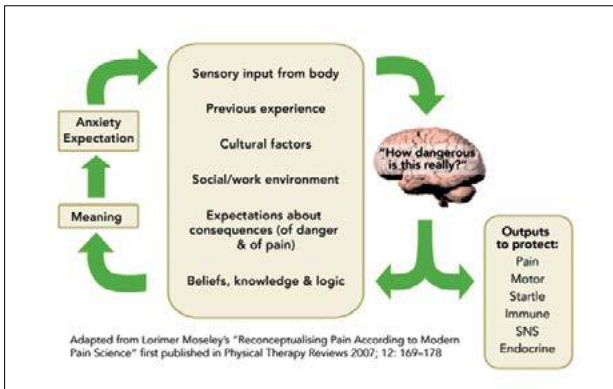
And, the actual mechanism of this pain experience is produced almost entirely in your head. While the neurology of pain is an extremely complicated process, it has been proven that educating yourself on the basics of how pain works is actually one of the best ways to overcome chronic pain.

The first and most important lesson is this: pain lives in the brain.

One of my favorite stories explaining how pain works (and/or doesn't work, to be more precise) is a personal story told by the world's leading pain researcher, Dr. Lorimer Mosely. I would highly recommend giving it a listen. (It's on youtube)

The second lesson: INJURY ≠ PAIN. PAIN ≠ INJURY

Just because you feel pain in your body does not mean it is due to an injury. And conversely, we do not always feel pain when we are injured. Pain is an "action signal" from the brain alerting you to the fact that a threat has been detected. The "action" needed to turn the alarm bell off is unique to



each situation and can require a bit of experimentation, but once you know that pain lives in the brain, it makes sense to think neurologically.

The good news is that there are basically an infinite number of ways to stimulate the brain. Vision and vestibular (the balance system) stimuli make up around 80% of the inputs to the brain, so those are often useful. Other novel sensory work, movement, visualization, and even a little role play can be extremely effective. Creativity can go a long way when it comes to pain, and it can be a whole lot of fun to boot.

If you are dealing with pain that you have not yet been able to resolve, I urge you to educate yourself further on how the pain experience works in the brain. Lorimer Mosely's book "Explain Pain" is an excellent reference for non-scientists.

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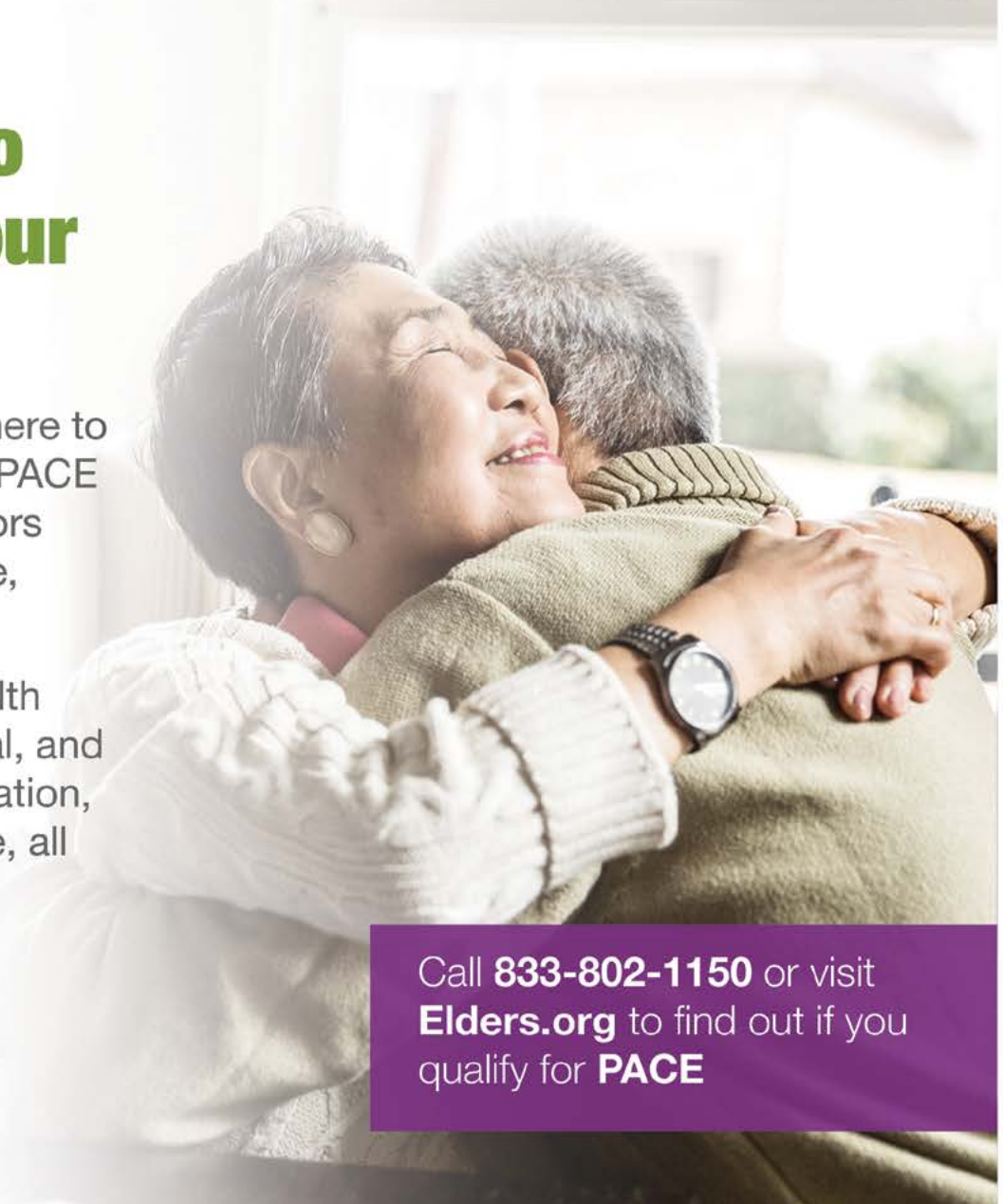
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Chess with Yoo

By Christopher Yoo, 15, Grandmaster, Dublin, Calif.

I just competed in the Julius Baer Generation Cup on the Meltwater Chess Tour, which is an online tournament circuit that features some of the best players in the world. It would be quite the hyped event as two of the participants, World Champion Magnus

Carlsen and 19-year old US GM Hans Niemann, had become embroiled in a cheating controversy. Word of it had even spilled over into late night TV shows. I was mostly just excited to be able to play both of them, and really very excited to be invited to the event at all as I was the youngest there by two years as well as the lowest-rated.

Despite losing the first two games, I managed to finish in the top half, qualifying me for the knockout playoffs. They say I'm the youngest to ever do so on the Meltwater Tour. I was knocked out in the quarterfinals. It was still

a great tournament for me and fun playing some of the best in the world.

My next big tournament is going to be the U.S Championship in St. Louis in October. It is another extremely strong invitational tournament and will feature four of the top 16 players in the world. I'll be the youngest and one of the lowest rated in the field, but I hope to surprise like I did in the Julius Baer Generation Cup.

I qualified for the US Championship by winning the US Junior Championship in July.



Composed by Christopher Yoo, Grandmaster,

White to play and draw.



SOLUTION

1.g8=N+! Black is threatening Qb8 mate and Qc5-Qe7 mate, so White must start with a check.

1.g8=Q?? Qb8#

1...Kxe6 2.Nf2! Controlling important squares, such as g4 and getting the knight into the game. It looks like Black should have mate, but the knights control all the important squares and White has a fortress.

2...Qf4+ 3.Kg7 Qf7+ 4.Kh6 Qf8+ 5.Kg6 Qf5+ 6.Kg7 Qg5+ 7.Kf8 Qf4+ 8.Kg7 Qg3+ 9.Kh6 Qh4+ 10.Kg7 Qg5+ 11.Kf8 Qf5+ 12.Kg7 Qe5+ 13.Kf8=

Positional draw

Five Spooky Games to Play This Halloween

By Micah

For me, nothing beats gathering friends in a dimly lit room around a table and starting a boardgame campaign of surviving a zombie apocalypse, escaping a haunted mansion, or keeping an ancient elder god from entering our plain of reality.

So, turn out the lights, gather 'round and make sure the hand you are clasping is not covered in fur or scales. This is my list for the top five spooky games to play this Halloween season.

One Night Ultimate Werewolf-Bezier Games - One Night Ultimate Werewolf is a fast-paced game for three to 10 players where everyone is dealt a secret role. Many of these roles have special abilities that will aid that player in gaining information. In the course of only one night and the following morning, the players will determine who among them is a werewolf, hopefully. One Night Ultimate Werewolf is a condensed version of the party game Ultimate Werewolf that features an atmospheric App that takes the place of moderator. Very fun and quick deduction game that plays in around 10 minutes.

Gloom- Atlas Games - In the

Gloom card game, you assume control of the fate of an eccentric family of misfits and misanthropes. The goal of the game is sad, but simple: you want your characters to suffer the greatest tragedies possible before passing on to the well-deserved respite of death. You'll play horrible mishaps like, Pursued by Poodles or Consumed by Chaos on your own characters to lower their Self-Worth scores, while trying to cheer your opponents' characters with marriages and other happy occasions that pile on positive points. The player with the lowest total Family Value wins.

Betrayal at House on the Hill - Betrayal at House on the Hill is a tile game that allows players to build their own haunted house room by room, tile by tile, creating a new thrilling game board every time. The game is designed for three to six people, each of whom plays one of six possible characters.

Secretly, one of the characters betrays the rest of the party, and the innocent members of the party must defeat the traitor in their midst before it's too late.

Betrayal at House on the Hill is a fun, suspenseful, and strategic game that includes detailed game pieces, including

character cards, pre-painted plastic figures, and special tokens, all of which help create a spooky atmosphere and streamline game play.

Horrid - The stakes have been raised as the townsfolk have discovered the tomb of Dracula while others set ablaze Castle Frankenstein. In this game, you'll come face to face with Frankenstein, Bride of Frankenstein, Wolf Man, Dracula, Mummy, Invisible Man and Creature from the Black Lagoon.

Horrid includes high-quality sculpted miniatures and an innovative, easy-to-learn, cooperative gameplay that has players working together against the monsters.

Zombie Dice - In Zombie Dice, you are a zombie. You want braaaains - more than any of your zombie buddies. The 13 custom dice are your victims. Push your luck to eat their brains, but stop rolling before the shotgun blasts end your turn! Whoever collects 13 brains first wins. Each game takes 10 to 20 minutes and can be taught in a single round. Very quick and fun dice-chucking push-your-luck style of game.



Based on the true story of marine veteran Brian Brown-Easley's robbery of a Wells Fargo Bank in Marietta, GA in 2017, the film "Breaking" focuses on the tense moments inside the standoff.

We get little background in "Breaking", only glimpses of Mr. Brown-Easley's current situation: an ex-wife, a daughter he clearly loves and a recent garnishment to his VA check that will most likely leave him homeless.

These factors push Brown-Easley to walk into a Wells Fargo Bank with a note saying he has a bomb. A savvy bank manager reads the situation early and clears the bank of everyone but Brown-Easley, herself and the unfortunate teller who received the note.

What is different about this robbery, however, is that Brian is not looking for money. Both employees offer him such and he refuses. What he wants is someone to talk to him. He wants a negotiator, an empathetic person who will listen to his story and help resolve his problem with the VA to get his \$892 check.

Brian repeatedly tells the two employees that he is sorry they have become part of this and he will not hurt them. Bank manager Estel (Nicole Beharie) tries to befriend the vet and reason with him, while bank teller Rosa (Selenis Leyva) is frozen in terror. It is maddening to the viewer to see how long it takes for law enforcement to speak with Brian. When we finally meet negotiator Eli Bernard (Michael K. Williams in his final role), we feel a connection between the two ex-marines that we hope can help the situation and prevent a tragedy.

John Boyega's performance as Brian Brown-Easley is all encompassing. The

In Theaters Breaking



soft voice and tiny ticks add layers that allow us to sympathize with Brian and his situation. The film rests on Boyega's portrayal of Brian and he humanizes him for the audience. Although we cannot condone his choice, we certainly understand how he has been pushed to his limits.

There is tension in the film, but it is not so much an action-thriller as it is a microscope into the lives of our veterans. It is an eye-opener as to some of the challenges faced by the men and women who served our country.

Rated PG-13 for language, violence and intense scenes

The Black Phone

Available on Peacock

Thirteen-year-old Finney (Mason Thames) lives in a quiet town in the 1970's with his younger sister, Gwen (Madeleine McGraw), and their alcoholic and abusive father.

The town has been rocked by The Grabber, a man who has been kidnapping and killing young boys for quite some time. Much to their despair, he is still on the loose. Although Finney's sister has had dreams about him, the police have few tangible leads.

Word gets out that Gwen knows details about The Grabber and the police, in desperation, come to question her. The police are willing to dispel their skepticism and accept Gwen's supernatural abilities if it helps find the killer. Gwen and Finney's father on the other hand, does not want Gwen to use the same "gifts" as her deceased mother for fear that she may also cause great pain to the family.

One would hope that Gwen's insight could protect her brother. He nonetheless finds himself in The Grabber's clutches.

It's interesting that The Grabber is played by Ethan Hawke. It gives an instant legitimacy to the film and although you may think it would be weird to have Hawke in this role, he eats up his scenes and does not hold back on the creepiness. His ever-changing, multi-masked face plays a sick game with the viewer. We are watching the movie to be spooked and we want to see him. Yet every time we see him, it means Finney's time is running out.

The Grabber places Finney in a sound proof basement where we assume it will only be a matter of time before he meets



the same fate as his predecessors. The room is bare except for a black wall phone. The Grabber tells Finney it doesn't work, but once he is alone, it rings and keeps ringing until he finally answers it.

Is Finney receiving calls from beyond the grave and can these ghosts help him escape? It is a tension-filled race to see if Finney can outwit his captor and if Gwen can help the police figure out exactly where her brother is before it's too late.

Adapted from a short story by Joe Hill, this is a throwback horror tale. There is no gore or gratuitous scenes. The fear comes in knowing what has happened to the boys before Finney, wondering what The Grabber might do and if the phone is going to ring again.

The relationship between Finney and Gwen is endearing. Already wise beyond their years due to their troubled home life, their connection feels authentic, and firecracker Gwen is a character you will wish had her own movie.

Rated R for violence, language and intense scenes



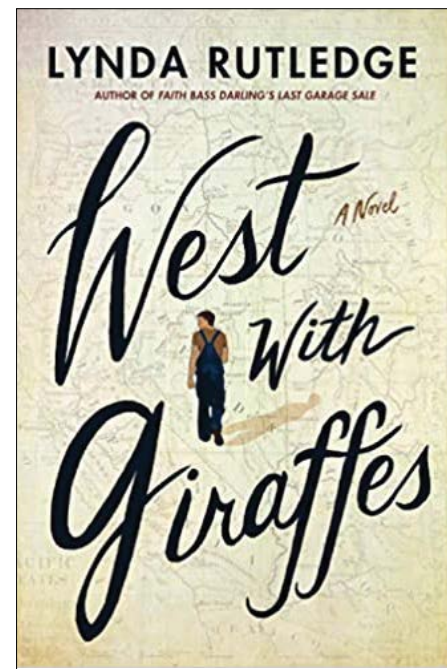
WEST WITH GIRAFFES

"West with Giraffes" (Lake Union Publishing, paperback, 371 pages, \$10.99) by Lynda Rutledge was inspired by the true events surrounding the transport of two giraffes from New York to San Diego, California in 1938. The two animals were a novelty during the Depression and their cross-country trek across the United States made news media headlines. The tale is told from the perspective of 105-year-old Woodrow Wilson Nickel ("Woody") as he struggles to write down his life story. His journey chronicles the dreams and desperation of a young man during a trying time for many people.

The novel focuses on 17-year-old Woody who flees a miserable existence in the Dust Bowl for a better life after both his parents die and their Texas panhandle farm burns down. After orphaned Woody travels to the East Coast to live with his cousin in New York City, his bad luck continues when his cousin dies during a hurricane. Woody then becomes convinced that if he can only reach California, his troubles will be solved.

When "Old Man", the zookeeper charged with delivering the giraffes safely to San Diego, finds himself in need of a driver, Woody finagles his way into the position. Penniless and prone to stealing, Woody has nothing to lose until he meets a redheaded photographer ("Red") whose ambition to sell her giraffe story to "Life Magazine" proves to be at odds with her life circumstances. The shared love of the giraffes between Woody and Red creates a special bond between them. Grounded in the real-life events, there are many surprises revealed throughout the novel, including that the San Diego zookeeper at the time really was a woman named Belle Benchley.

The personality of the giraffes, with the unoriginal names, "Girl" and "Boy", are perfectly depicted and their personalities shine throughout their cross-country trek. Part love story, part coming-of-age, and part historical fiction, the tension-filled adventure leaves readers rooting for the safe arrival of these temperamental,



yet adorable, creatures and for Woody who learns some tough life lessons along the way.

The novel alludes to the extinction of giraffes in 2025, and while such an event is unlikely to occur in the next three years, habitat loss, human population growth, poaching, disease, war, and civil unrest remain real threats to the long-term survival of this species, and I appreciated the author's attempt to raise awareness about the vulnerability of their population status.

Fans of "The Elephant Whisperer" by Lawrence Anthony, "The Zookeeper's Wife" by Diane Ackerman and Kristin Hannah's "The Four Winds" will probably love this book. I highly recommend this book to all animal lovers.

Lynda Rutledge describes herself as a lifelong animal lover. She has petted baby rhinos, snorkeled with endangered turtles, and strolled with giraffes while writing nonfiction articles for well-known publications and producing fiction during residencies. Her debut novel, "Faith Bass Darling's Last Garage Sale," won the 2013 Writers League of Texas Book Award and was adapted into the major 2019 French film, La Dernière Folie de Claire Darling. She lives with her husband and dog outside Austin, Texas. Visit her website: www.lyndarutledge.com.

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For the Love of Pets

By Jill Hedgecock, Jillhedgecock.com

Tommy and Penelope



Tommy and Penelope are a bonded pair who came to Tails of Gray Senior Dog Rescue when their owner passed away. Both dogs are approximately 8 years young. Tommy appears to be a Chihuahua/Jack Russell Terrier mix. He weighs 13 pounds and has the energy of a much younger dog. Penelope appears to be a long-haired Chihuahua and weighs 5 pounds. Penelope is 90% and Tommy is fully house-trained. Both dogs are:

- Affectionate
- Easy-going
- Good with other dogs
- Good with cats with proper introduction
- Happy when sleeping under covers

Little Penelope wants everyone to know when an unknown person or dog enters her territory. This cuddle-bug is part lizard. She loves to lie in the sun or next to a warm body. Tommy loves to play tug of war. He is working on gently taking treats from the hand and not jumping up. Tommy wants to please and loves following his foster mom everywhere.

Both dogs are up to date on their shots and microchipped. They will do best in a quiet home without much traffic. They must be adopted together, and their adoption fee is a steal: \$200 for both.

Tails of Gray is a 501(c)(3) nonprofit organization located in Clayton. They offer a safe and loving sanctuary for senior dogs regardless of breed, health or ease of placement. You can also support Tails of Gray by direct donation or buying their dog art <http://www.tailsofgray.org/>.

Bone to Pick

California Holds the Second Highest Shelter Kill Rate. Texas tops the shelter kill rate list with around 125,000 animals euthanized. California ranks second with 110,000, followed by Florida (66,000), and North Carolina (62,000). The number one reason for shelter euthanasia is overpopulation. The shelters simply do not have room to house the animals waiting for adoption. In both Texas and California, less than 75% of shelter animals are rehomed. Around 37.1% of dogs and 30% of cats

were owned for less than a year before being relinquished by their owners to the shelter.

Shortages of Veterinarians. According to a recent article, animal hospitals, clinics, and vet offices around the U.S. have turned animals away because they are short-staffed. More Americans are getting pets, while the number of people pursuing veterinary degrees has not been keeping pace. According to a recent Mars Veterinary Health report, the U.S. will need nearly 41,000 additional veterinarians and nearly 133,000 credentialed vet techs within the next eight years. The likelihood that the demand will be met is reported to be very low.

Sources: <https://petpedia.co/animal-shelter-statistics/> and <https://www.theatlantic.com/health/archive/2022/07/not-enough-veterinarians-animals/661497/>

Diggin' It

National Fetch Day is October 15th. Playing fetch with Fido offers many benefits to dogs and humans including enhanced bonding, reducing stress, and improved mood. The event was created by Chuckit in 2018. To celebrate the 5-year anniversary, ChuckIt has included birthday-cake scented party balls, along with many other prizes. Visit www.petmate.com/nationalfetchday for a chance to win the Party Box.

Concord Dog Park -- Newhall Community Park, located at 1351 Newhall Pkwy in Concord, has a designated secure, fenced area called the Paw Patch. The Paw Patch has two designated off-leash areas for dogs depending on size: small dogs less than 30 pounds and large dogs over 30 pounds. Be aware, the dogs must be leashed outside the Paw Patch fences. The Paw Patch closes during inclement weather. Call the City of Concord Rain Hotline (925) 671-3479 for park closure information.

Reduce Clutter and Help Dogs. On Saturday, October 22nd from 10 am to noon (or earlier if truck fills), you can bring unwanted papers (no e-waste) to Tony LaRussa's ARF at 890 Mitchell Drive, Walnut Creek. Proceeds from the \$10 per box fee (no oversized boxes) will support ARF. Mobile shredding is a secure process with the shredding occurring on site.

Jill Hedgecock, a local author of several books featuring animals. "Between Shadow's Eyes" and the second installment of this trilogy, "From Shadow's Perspective" features a ghost seeing Doberman. "Rhino in the Room" and the just released sequel, "Queen of the Rhino" addresses the perils of poaching. All available on amazon.com and some local books stores. www.jillhedgecock.com.

ARF ADOPTION STARS

Knight & Garfield

Looking for a furry friend? Visit arflife.org to view all of ARF's adoptable animals or read more about ARF's adoption process.

Knight



Two-year-old Knight is a heart-meltingly sweet and shy guy. Once he comes out of his shell, he's endearingly goofy and playful. He greatly enjoys the company of other dogs and loves yummy treats. This smarty-pants already knows "sit" and will be very happy to earn some delicious goodies through continued training. He would be extra appreciative to have a patient family who will help him become more confident so that he can always be his best, adorably silly self. Knight has a positive history with other dogs and currently weighs 76 pounds.

ARF adoption fees: \$250 for an adult dog, \$375 for a puppy (<6 months), \$150 for a special-needs dog, \$200 for a special-needs puppy (<6 months), and \$150 for a senior dog (7+ years). Adoption fees are waived for US military Veterans.

Garfield



Ten-year-old Garfield is an absolute sweetheart of a gentleman who will have you swooning in no time. In fact, this relaxed, mellow purr box will charm his way into your heart in the blur of a cat's zoomie. He loves receiving affection and pets, and he will be sure to shower you with gratitude in return. He is so looking forward to finding his purrfect fit forever family with whom he can share all his love and amazing personality with. Garfield's adoption fee has been prepaid by a generous donor.

ARF adoption fees: \$125 for an adult cat, \$175 for a kitten (<6 months), \$200 for two adult cats, \$300 for two kittens, \$75 for a special-needs cat, \$100 for a special-needs kitten (<6 months), and \$75 for a senior cat (7+ years). Adoption fees are waived for US military Veterans.



A Walk Through Time

with Misty Bruns

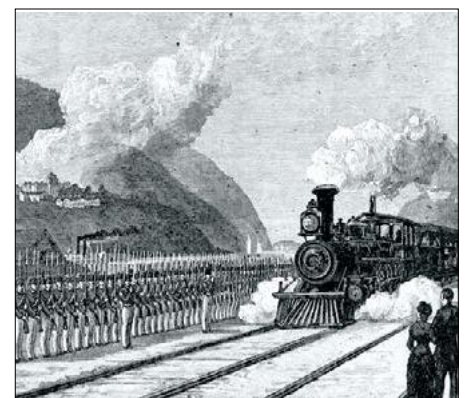
A Glimpse of Grant-143 years Ago

Although it was known that general Grant would go to Stockton from San Francisco last Tuesday morning, it was not known here whether his train would go by the Livermore route or the shoreline road through Martinez. And it was only 1/2 an hour before it was due in Martinez that people learned he was coming through with a special car attached to the overlay on the train. Hasty preparations were then made to greet him with a salute of 38 guns from a brass cannon, and the national flag was hung up across ferry street in his honor.

The first gun, fired when the train round the bull valley point, started out a representation of our population. And there were 200 or 300 at the depot when the train stopped, but as the special car was at the rear and away down below the water tank, only a few whose curiosity and conspicuous, saw the distinguished Chieftain until, after the two-minute usual stop, the train started on again.

When as the rear car was passing, upon the presumption the man upon the platform with the short Gray hair and beard, slouched hat and long linen duster, was general Grant, three cheers were proposed and given for him with hearty goodwill; and as he removed his hat and courteously responded by bowing, we felt assured we had all seen general Grant.

We are inclined moreover to believe our greeting was more enjoyed by him than are the more protracted and formal receptions to which he has been subjected, and to which he



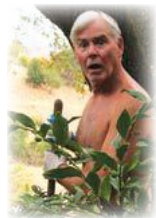
has the prospects of being obliged to submit in his journey eastward after living through those yet to be given him before leaving the Pacific slope of the continent.

The Civil War hero left the White House under a cloud, but he also made substantial contributions -- like passing the 15th Amendment.

The Fifteenth Amendment to the United States Constitution prohibits the federal government and each state from denying or abridging a citizen's right to vote "on account of race, color, or previous condition of servitude." It was ratified on February 3, 1870, as the third and last of the Reconstruction Amendments.

Sources: October 4, 1879 Contra Costa Gazette, History.com

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The Naked Gardener

David George, UC-certified Master Gardener

Are you Certifiable? 4th Annual Gardening Quiz

Fall is here and those too hot summer days are fading from memory. I am now preparing our winter beds in anticipation of the cool growing season for our “salad” vegetables. Red leaf lettuce, rainbow chard, spinach, broccoli, and cauliflower are my favorites. Nurseries and garden centers have switched in their winter stock. Check them out.

Can you believe it’s already been four years since the introduction of the Naked Gardener columns in the Diablo Gazette? I’ve had marvelous fun introducing folks to an all-natural approach to gardening. You know, no pesticides, herbicides, fungicides, or poisons.

What have we learned over the past year? Take this 4th Annual Eco-friendly Gardening quiz to find out how much you’ve remembered this year. No fretting, it’s only six questions.

Compare your answers with the correct answers. If you answer all six questions correctly (be honest), email me and I will email back a signed “Certified Naked Gardener” certificate proudly featuring your name.

1: What locally common plant on this list is NOT toxic to humans and pets?

- a) Poison oak
- b) Blue elderberries
- c) Naked ladies (resurrection plants)
- d) Poinsettias

2: What is the most eco-friendly way to keep pests from eating your garden-grown fruits and veggies?

- a) Poison bait
- b) Exclusion
- c) Live trapping and relocation
- d) Electrocute the SOBs!

3: What are some great all-natural lawn replacement choices?



Meadows can glow with color and form.



Kurapia Clise up, courtesy UCANR

- a) Native meadow plants and bunch grasses
- b) Kurapia or Dymondia
- c) Natural-looking artificial turf
- d) All of the above

4: How can you control flying and biting pests in an eco-friendly fashion?



Smoker coils confuse flying pests senses

- a) 24% DEET repellent
- b) Bug zapper rackets
- c) Tabletop smoke coils
- d) All of the Above.

5: Which pest control method to protect roses is NOT for the Naked Garden?



Ladybugs eat Aphids voraciously. Photo courtesy UCANR.

- a) Beneficial bugs such as aphid lions, lady bird beetles, and soldier beetles
- b) Soapy water
- c) Mildewcides
- d) Planting pest-resistant varieties

6 What’s the best way to get kids involved in gardening?

- a) Give them a set of their own gardening tools
- b) Tell fun stories about gardening in your own childhood
- c) Document your kids’ garden projects with photos and notes
- d) All of the above

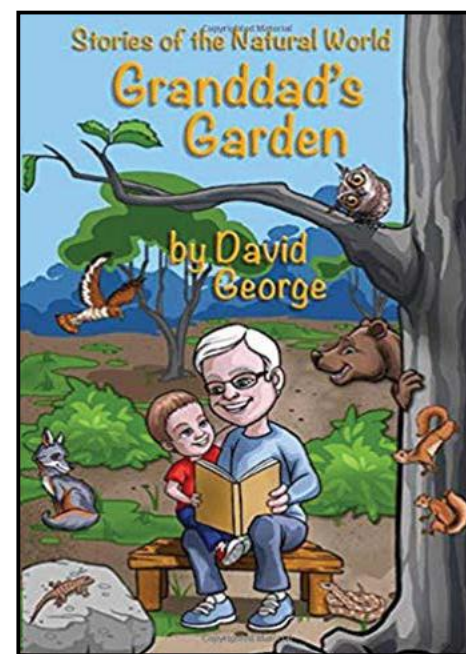
How did you do?

Check your answers posted in the upper right column. If you answered 0-2 correctly, go back and read all past Naked Gardener columns on Diablo Gazette.com, and better luck next year. If you answered 3-5 questions correctly, you are a dedicated gardener and regular reader. Answering all six questions correctly earns you the title of “Certified Naked Gardener”!

You can email certificate requests, comments, and questions to: NakedGardener@diablogazette.com. In some cases these may appear in future columns.

Garden Quiz Answers

(1) Blue elderberries make a fine tea, or even wine if you’re ambitious. Naked ladies are in the poisonous belladonna family, and sap from poinsettias is both toxic and a skin irritant.
 (2) b) Exclusion. Live trapping and relocation off your property is illegal in California, and electrified fences administer non-lethal jolts. Go back and read all prior columns if you’re still using poisons!
 (3) a) or b) Both are great choices but credit yourself for a correct answer if you chose either. Artificial turf is, well artificial, expensive, requires cleaning, and is hauled to the landfill when it wears out. Best to avoid it.
 (4) d) All of the Above. Hand-squishing is also popular but can get messy and could send the girls away screaming!
 (5) c) Mildewcides. Always watch for that “cide” ending in garden center products. That means the products kill, and they could harm or kill beneficials, kids, or pets. “Cides” don’t have a place in the Naked Garden.
 (6) d) All of the Above. Kids love to learn new things, and love to be outdoors. Get them involved in your own gardening projects and document their activities to talk about afterwards.



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CVCHS Celebrates 10 Years as a Charter (2012-2022)

By Dave Fehle, Executive Director, Clayton Valley Charter High School

I'm kind of a history buff, so when I learned that Clayton Valley Charter High School was celebrating ten years as a charter organization, I was curious as to what factors led to its conversion. You see, before I became an Ugly Eagle two years ago, I worked with parents and educators over a decade ago to convert one of the first public charter high schools in Southern California.

My journey to learn more about CVCHS led me to numerous discussions with former and current staff. I also found much of the school's history through our own yearbooks and local newspaper stories leading up to the conversion and beyond. As with all learning, there is never an end. So, if any Diablo Gazette readers have something to share, please send me a note at dave.fehle@claytonvalley.org.

Clayton Valley opened its doors to students in 1958 under the leadership of inaugural Principal Dan Della. It served the families of Clayton and Concord as a regular public high school for more than 50 years. It was known regionally as one of the best academic high schools and soon earned a stellar reputation for its gifted student-athletes and coaches. You can learn more about their amazing achievements by visiting the Clayton Valley High School Athletic Hall of Fame website (<https://cvhshof.com>).

CVCHS' charter movement began as a small band of committed yet frustrated teachers who wanted our students and staff to reach their highest potential. Along the way, these teachers found other like-minded teachers, staff, students, parents, and community members who shared a common desire to bring our Ugly Pride back to our school.

The discussion of converting Clayton Valley High School into a charter was first suggested in 2010. To consider such an idea was unconventional, to say the least – no other high school in Northern California had ever switched from a traditional neighborhood school to a charter.

However, in 2011, a petition was submitted pursuant to California law

to convert the Clayton Valley into a teacher-driven conversion charter high school. And after a series of steps, on January 11, 2012, the Contra Costa County Board of Education voted unanimously to approve the charter.

Clayton Valley Charter High School opened in the summer of 2012 and continues the long and proud tradition of its predecessor, Clayton Valley High School. In its inaugural year, CVCHS showed marked improvements on the Academic Performance Index and the varsity football team captured the divisional title for the first time.

The mission continues: "Clayton Valley Charter High School will provide a positive, student-centered environment in which all students will be challenged academically and develop the skills and mindsets to graduate as successful, lifelong learners and productive, responsible citizens in a diverse society."

As CVCHS' third executive director, I take my leadership seriously and recognize the importance of our community's collective history. As Principal Della began some 64 years ago, I am honored to continue this amazing legacy – one that has prepared so many students for entrance into the global community as skilled participants ready to achieve their dreams.

For those who would like to celebrate our school's rich history and have some fun as well, CVCHS is hosting a Casino Royale Gala. This fundraising event will be held on Saturday, October 8th, and includes casino games, dancing, dinner, silent/live auctions, and more. Please join us as CVCHS celebrates ten years as a charter and doubles down for ten more.



CVCHS families, teaching staff and community leaders support the school's mission and rich history.

Contra Costa County Teachers of the Year Named

Lynn Mackey, County Superintendent of Schools, announced that teachers Natasha Paul of Mt. Diablo High School, Concord, and Chavonta Edington of Diablo Vista Middle School in San Ramon were named the 2022-2023 Contra Costa County Teachers of the Year.

The announcement was made September 22 during the county's 50th annual Teacher of the Year Gala held at the Leshner Center in Walnut Creek supported by the generous sponsors Chevron, Leshner Community Foundation, and Martinez Refinery Company.

Nineteen Contra Costa teacher finalists were honored at the gala in all.

Paul and Edington are now eligible to apply to the California State Teachers of the Year program.

Paul is a 19-year teaching veteran, spending the last 16 years as a 9th – 12th grade English teacher at Mt. Diablo High School. She is a member of the National Council of Teachers (NCTE), California Teachers Association (CTA), California Association of Teachers of English (CATE), and a Board Member of a Curriculum Study Commission where she helps plan and implement an annual conference for English and ELD teachers in Asilomar, CA.

A graduate of Cal Poly University at San Luis Obispo where she earned a BA in English, Paul received her teaching

certificate from St. Mary's College in Moraga.

"My greatest pride has been working with the career academies at Mt. Diablo High School in Concord," Paul said. "The first 14 years of my career I worked with an incredible, innovative group of teachers in the Digital Safari Academy.

Together, ...we built the program into a 4-year, 9-12th dual pathway program, incorporating Multimedia, Computer Science, Art, English, and Social Studies."

Edington has been teaching for 23 years and has been in her current position at Diablo Vista Middle School for 16 years. She teaches instrumental music (Band, Jazz Band, and Orchestra) to 6th – 8th graders and is the Performing Arts Lead Teacher at her School.

Paul and Edington will represent Contra Costa County at the California State Teacher of the Year competition. The State Teachers of the Year are expected to be announced in mid-October. The county teacher of the year program is coordinated by the Contra Costa County Office of Education (CCCOE).

"Chavonta Edington and Natasha Paul represent all teaching professionals in the county, and we are cheering for them as they head to the state Teacher of the Year program. All of the honored educators deserve our thanks," Mackey said.



Natasha Paul, Mt. Diablo High School



Chavonta Edington, Diablo Vista Middle School, San Ramon

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- ★ **The Contra Costa Building and Construction Trades Council**

ROBERT IS A LOCAL LEADER, both in the business and non-profit sectors. He understands what it takes to solve challenging issues and work with others to get things done. Robert will focus on addressing homelessness, crime, housing, and infrastructure.

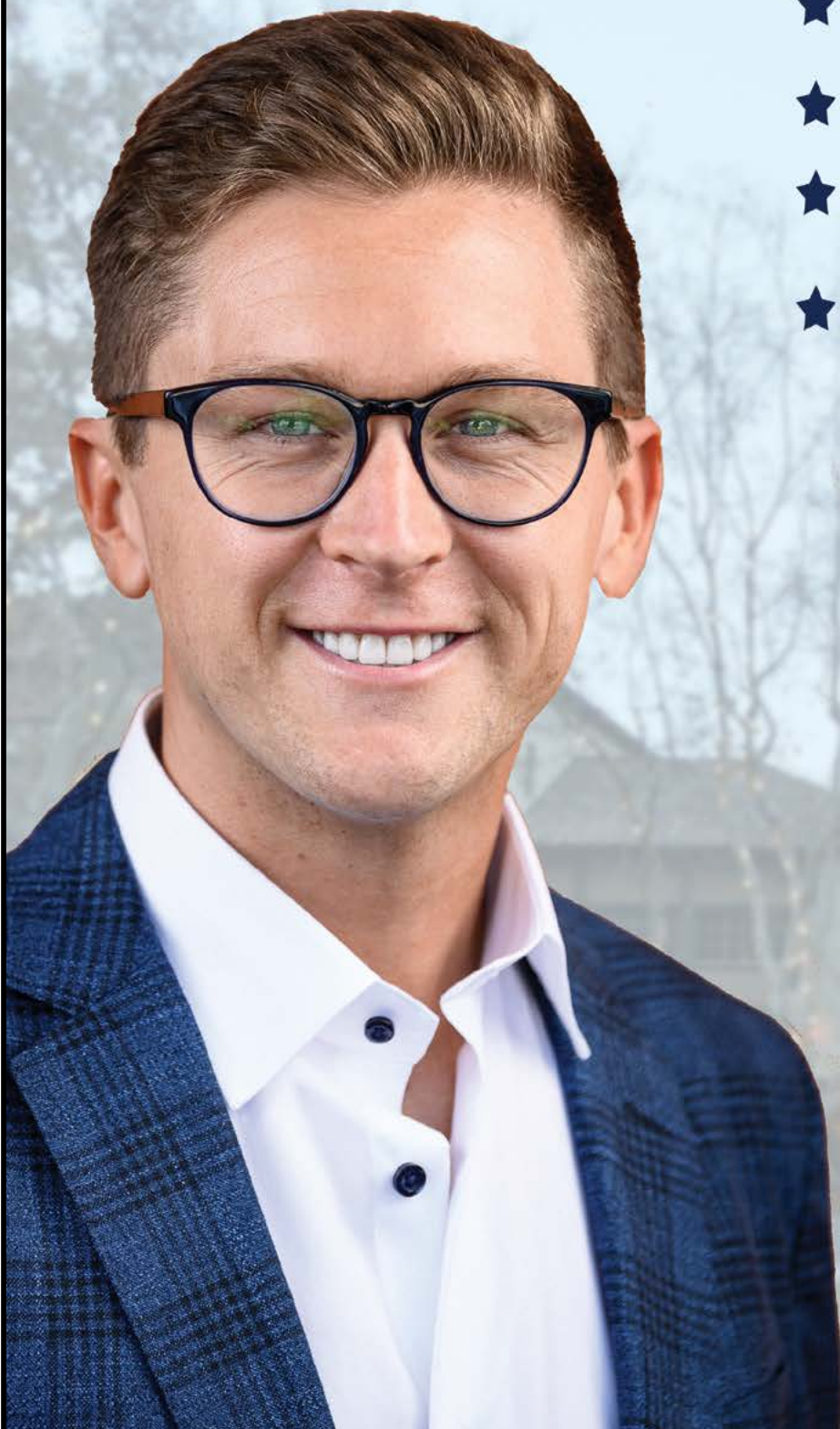
CRIME - "If you don't have safety, you don't have a city. If elected, I will support our men and women in blue and ensure they are adequately funded."

INFRASTRUCTURE - "Repair our infrastructure and fix our roads. I will make sure we prioritize and speed up road repair. I will also ensure we adequately fund road maintenance annually, so we are never in this dire position again."

HOUSING - "We have to get the Concord Naval Weapons Station off the ground, along with other abandoned lots in Concord."

HOMELESSNESS - "I will work with state and county officials to seek better and more responsive solutions for Concord's homeless."

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COMMUNITY SERVICE

October 21-22

Craft Fair. Concord Elks is looking for vendors to participate in their upcoming crafts fair at Concord Elks Lodge, If interested, email elkscraftfair20-lodge@yahoo.com, or call 925-685-1994. Fair Hours 10am-4pm. 3565 Clayton Road, Concord.

October 27

Virtual Bingo! Have fun and at the same time help improve the lives of women and girls in our local community through scholarships and programs. All you need is a cell phone, tablet or computer. Once you sign up and pay for the number of cards you want to play with, we will send you a link for your BINGO cards and a ZOOM link. Five rounds with a prize for the winner of each round. Cost is \$25 for your first card and \$5 for each additional card. For directions and details, visit www.soroptimistmartinez.org.

EVENTS

FARMERS' MARKETS

Concord Todos Santos Plaza

Tuesdays, 9:00am to 2:00pm.

Thursdays 4:00 p.m. - 8:00 p.m.

Martinez Sundays, 9:00am to 2:00pm, 700 Main St.

Walnut Creek Kaiser 1425 South Main 10 a.m.-3:00 p.m.

Fridays 9:30 a.m. to 1:00 p.m., Ross-moor Golden Rain Rd.

Saturdays 9:00am.-1:00 pm. Shadlands North Wiget Ln. and Mitchell Dr.

Sunday 9:00 a.m. - 1:00 p.m. 1799 Locust St.

Ruth Bancroft Gardens

October 12

Planning Your Medicinal Herb and Pollinator Garden 10am-11am (webinar) Join local herbalist and educator, Anna Marie Beauchemin of East Bay Herbals, for a look into the world of herbal medicine and how growing herbs in your home garden can be beneficial for the environment, pollinators, and your health. \$15-\$25.

October 14

Wine Tasting at the Garden

Enjoy the seasonal shift in the Garden with a wine tasting! To accompany the tasting, charcuterie boards made with specialty cheeses will be available to snack on courtesy of cheesemonger, Adriana. 5:00PM-7:00PM. \$35-\$45

October 15

Walnut Creek Oktoberfest 12 noon - 7:00 PM. Civic Park East. Biergarten, live international entertainment, eclectic food, craft beer and wine, dancing and artisan exhibitors. Family-friendly with Kinder Platz Kids Zone. Free admission. Advance ticket packages on sale www.walnutcreekdowntown.com. Civic Park East, 1375 Civic Dr., Walnut Creek. www.walnutcreekdowntown.com

October 15



Downtown Martinez & Co. and the Bay Area Craft Beer Festival present... the Downtown Martinez

Zombie Brew Crawl

zombiebrewcrawl.com

Saturday Oct. 15, 2022 10:00-4:00pm

30 Local Craft Beers & Home Brew!

NEW "Thriller" Flash Mob 3pm 600 Block of Main St.

October 28

Halloween Spooktacular 4pm-6pm. Includes arm painting, balloon maker. Free goodie bag with treats while supplies last. downtown Pleasant Hill at the plaza near Jacks Restaurant & Bar.

October 30

Tri-Valley Halloween Con -2nd annual Halloween show celebrating pop culture with toys, apparel, new and vintage collectibles, art, anime, comics and more. Celebrity guests Mary Gibbs (voice of Boo in Monsters, Inc.) and Robert Mukes (Rufus Jr. in House of 1000 Corpses). A free, family-friendly Halloween Cosplay Costume Contest with cash prizes. Free parking. Advance tickets at www.TriValleyCon.com with a \$2 Toy Buck included with each advance sale. Kids 9 and under free. San Ramon Community Center, 12501 Alcosta Blvd., San Ramon. www.TriValleyCon.com

October 31



TRICK OR TREAT

MONDAY OCTOBER 31 5PM - 8PM

SUNVALLEY SHOPPING CENTER

Bring the family to Sunvalley for a boo-tastic night with treats from the retailers at Sunvalley Shopping Center, Concord.

WALNUT CREEK MODEL RAILROAD SOCIETY

Welcome aboard the Diablo Valley Lines. One of the largest exclusively HO scale model railroads in the United States. Monthly Show October 28 8:00PM. Adults \$5 Children and

Seniors Free.

CLUBS

October 6 - SIR Branch 19 – Social Activities for Men will be holding its monthly luncheon from 11AM to 1:30 PM at the Greenery Restaurant in Walnut Creek. We will have a featured guest speaker. All men are welcome. Please call 925 338-1996 to reserve a spot. For other activities and information visit us at www.sir19.org.

October 8

Mt.Diablo Branch California Writers Club. Betsy Graziani Fasbinder will present "Page to Stage: Public Speaking Skills Every Writer Needs" Graziani is an award-winning author and communications trainer. Reservations: Attendance is \$45 for members, \$55 for guests. Register online at cwcmt Diablo.org/meetings-and-workshops/

GARAGE SALES



Rancho San Miguel

GARAGE SALE

SAT., OCTOBER 8 8AM-1PM

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September 1 - November 5 "mARTinez Creates!" Exhibit from the Martinez Arts Association. Artist reception September 10 2-4pm. 2238 Mt. Diablo St. Concord

Leshar Center for the Arts

1601 Civic Drive, Walnut Creek
Tickets Call 925-943-7469 Wednesday - Sunday Noon to 6:00 p.m.

October 20 – October 30 Synergy Theater presents Spontaneous Hitchcock



Murder, madness, and mystery combine to weave a chilling tapestry of terror in this hysterical homage to Sir Alfred Hitchcock – completely improvised and all based on your suggestions - Thursdays – Saturdays at 8:15 pm and Sundays @ 3:15 pm. Tickets \$25 at www.lesherartscenter.org or (925) 943-7469

October 14

Rob Scheider: I Have Issues Tour

8:00PM - 9:00 PM

October 23

Diablo Symphony Orchestra 2:00 PM - 4:14 PM. Celebration: Mahler Symphony No.1 Themes of struggle, freedom, and triumphs.

November 4

Lyle Lovett and John Hiatt - an acoustic evening



THE VERANDA

Unplugged

Wednesdays
June 1 - October 26, 2022
6:30 - 8:00pm
Pavilion Fountain Park

Why Age 7 is the Right Time to See an Orthodontist...

By the age of 7, the first adult molars erupt, establishing the back bite. During this time, an orthodontist can evaluate front-to-back and side-to-side tooth relationships. For example, the presence of erupting incisors can indicate possible overbite, open bite, crowding or gummy smiles. Timely screening increases the chances for an incredible smile.

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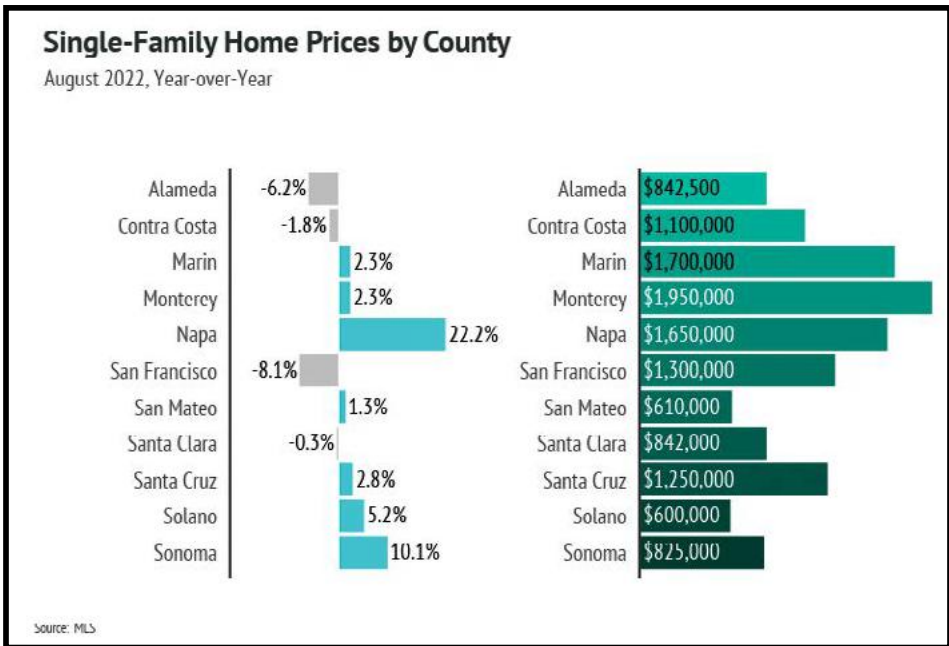


theRIGHTmove
By Terrylynn Fisher, Broker Associate
www.BuyStageSell.com

Selling is Stressful so Plan for It

Selling is stressful especially when you are also moving. We are starting to see single-family home prices recede virtually in every market as shown in the graph below.

When you don't like change and you no longer feel you are in your house (which is the goal), staging changes can be difficult to accept. Remember, staging is about attracting a certain demographic



Nevertheless, you still need to sell in this shifting market. That can only add more stress to the process.

Once you've made the decision to sell, and you've chosen your Realtor extraordinaire, there are some stresses that might sneak up on even the imperturbable. Here are some tips to help you maintain your composure.

EXPECT EMOTIONS. Many sellers are surprised when readying their property for sale that they have such strong emotions and attachment to their home. Change is stressful even when you it. Knowing where you are going can help. It helps to picture yourself in the new place. Also, take lots of photos to bring the memories with you.

ACCEPT HELP. You never know when you are going to run out of steam. It can be while purging, packing or on the move day itself. It can be helpful to have a second in command who steps in and keeps things going according to plan. Be certain they know the plan and the players ahead of time. Taking a break can be invaluable, so choose someone you trust has your back and the details when you've hit the wall.

STAGE and UPDATE. Understand that you may not like everything going on. Maybe it's the landscape that the stager or Realtor recommends, the door mat they put on the porch, the lights they change or the knobs on the cabinets or doors. Those who have been in their homes a long time have a hard time seeing it through new eyes.

and a process to lead the eye through the home to show the best use of each room. It is designed to make the prospective buyers feel at home in this home. If that happens, mission accomplished.

RELAX. Selling/moving is a process. Understand it is stressful. So, build in breaks and stress relievers, and rely on your Realtor, the vendors and helpers to get their part done. They are on your side and then when you trust your TEAM, step back and let them make magic. The end result will be that someone else will fall in love with your home the way you did when you bought it.

We have been taught that that knot in the pit of the stomach is telling us to flee or that we are making a wrong decision. I tell buyers and sellers to expect this feeling when making a big decision of the magnitude of buying or selling a home. They will have moments of uncertainty and stress. If they were not just a little worried or contemplative on a big decision like buying or selling a home, there would be something wrong that.

HAVE REASONABLE EXPECTATIONS. Particularly in this changing market, "normal" may be 30 days before you get an offer, vs, 30 minutes. Understand in a balanced market, where buyers and sellers negotiate, you will have inspections, negotiations during the transaction and much more back and forth than in recent past.

Before you know it, you'll be moving.



Terrylynn Fisher
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JOURNEY-MAN'S JOURNAL

By Jill Hedgecock

Sausalito's Bay Model is a Perfect Rainy-Day Excursion



Overview of the Bay model



A visit to Sausalito's Bay Model, which is operated by the U.S. Army Corps of Engineers (ACOE), might sound about as fun as attending a dry scientific lecture on tidal movement. After all, the Bay Model's claim to fame is that it hosts a working hydraulic model of the San Francisco Bay and Sacramento - San Joaquin River Delta System. But this little-known specialty museum reveals all sorts of fascinating facts about one of the Bay Area's most important resources: water.

A visit to the Bay Model isn't only an opportunity to learn interesting trivia such as that Suisun Bay houses the largest remaining CA tidal wetland, because there are also exhibits about World War II, models of specialized ships operated by the ACOE, and informative signs describing the politics of water rights. There are even aquariums with live fish.

After watching a short, and very interesting, introductory video that describes the types and history of waterways of San Francisco Bay and the purpose of the model, I exited to an elevated view of the sweeping expanse of this one-of-a-kind, 1.5-acre, representation of our Bay watershed. The sheer size of the model system is impressive. The experimental equipment encompasses an area of about two football fields. It is comprised of 286 five-ton, 12' by 12' concrete slabs—a mass of concrete that is equivalent to a 4-foot wide sidewalk that extends for more than 2.5 miles.

The model underwent two major development phases. Between 1956 and 1957, the model represented the area from the Golden Gate to Suisun Bay. From 1966 to 1969, the Sacramento-San Joaquin Delta portion to the Bay watershed was added. Between 1958 and 2000, the model served as an important research tool to better understand water movement and other dispersal mechanisms, such as the movement of oil spills and waterborne contaminants. It has proven to be accurate in predicting the migration paths of treated wastewater and the extent of saltwater intrusion into the Delta.



Bert Lewis lifetime employee

To say the model is an engineering marvel is an understatement. Every 15 minutes, a full tidal cycle of the San Francisco Bay is replicated. The masterminds and dedicated workers went all-in on this project. Bert Lewis, an experienced concrete worker, became a model molder in 1957 and spent nearly his entire working life on the project

until his retirement in 1995. While computer simulations have largely replaced this physical model, the Bay Model remains an important educational tool about the Bay-Delta Watershed.

Models of various ships important to maintain navigable waterways are on display in one section of the building. Of note, is a model of the Raccoon, which removes floating hazards in bay waters, and the smallest hopper dredge in the Army Corp of Engineers fleet, the "Yaquina". This type of dredge sucks sand, silt, and mud off the bottom of navigable waterways to create deep channels for larger ships.

Informative displays about the controversial politics of water rights indicate that almost half of California's surface water flows through the Delta. The contentious nature of dividing California's limited water supplies is described on one information board by quoting Mark Twain: "Whiskey's for drinking, water's for fighting over."

History buffs will want to visit the significance of this Sausalito property. The building housing the Bay Model was originally a shipyard warehouse that operated during World War II. An exhibit celebrates the historical importance of this key wartime facility and the women who stepped up to fill the workforce shortage.

The construction of the 210 acres of waterfront property to create Marinship entailed moving an entire residential neighborhood and a rocky hill, installation of 1000s of pipes and power cables, and dredging the Bay. Within weeks of receiving an urgent telegram, Marinship Corporation embarked on the construction of 21 buildings, 6 shipways, 2 docks, and railroad tracks. During its operation between 1942 to 1945, Marinship produced 93 vessels (15 Liberty ships, 16 fleet oilers, and 62 tankers).

As I headed toward the exit, several aquariums of live fish caught my attention, including one holding rainbow trout. This amazing specialty museum is sure to delight children and adults of all ages.

The Bay Model is located at 2100 Bridgeway in Sausalito, but the building itself is actually located off Marinship Way. Admission and parking is free. Currently, the Bay Model's hours are Tues. - Saturday 9 a.m. - 4 p.m. Visit the website for holiday closures.

Jill Hedgecock has degrees in the Biological Sciences and Environmental Management. Her love of the natural world is exemplified in her newest novel, "Queen of the Rhino."



Hands-on Sculpture of the Bay model, Marinship display entrance, Kelly Hedgecock and Paul Carvalho lore the South Bay Area of the Model model of the Raccoon and rainbow trout

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the concordian

by Edi Birsan,
EdiBirsan@gmail.com

Addressing the Claims of Coalition to “Stop Seeno”

Residents and a local environmental group who refuse to speak with the Concord First Partners development team or participate in their outreach have a lot of concerns. Here is a quick rundown of some of the concerns that I have observed having been involved with the Development of the Base.

The Seeno Team: It is not the Seeno team and from observations it would appear that the Lewis company, which is stronger, has a major role as indicated that the lead for the project is a Lewis Vice President. Let's be honest, people locally react negatively to the name Seeno and thus the critics will focus on that name regardless of the role they play in the new company that is dealing with the path to be the Master Developer.

Initial Financials- like the private company City Ventures that bid for the Base, Concord First Partners are also private. Their financials were not made public, but they were made available and fully cooperated with a staff directed review and were found to be satisfactory. So, they did comply with the requirements. Additionally, they have further complied satisfactorily with review to be able to handle the Development including the infrastructure. They have placed 100's of millions of dollars in direct investment into California.

Mitigation of traffic is a given under Federal, State, and local regulations and no one can escape that. The same as the requirements that we have received from the state to provide for massive amounts of housing. No project can occur without proper traffic mitigations.

Community Benefits: I have no reason to support questioning of giving the community the benefits of affordable housing, parks and local workers as these points have been echoed at all our meetings.

It is more than bizarre to question whether they will hire local workers, when Concord First Partners has, as one of its partners a firm that has for generations been headquartered in Concord, has built here with local workers and was the first company to make a full commitment with local trade unions where all prior developers were unwilling and only they provided it at the submittal of their summary of qualifications. The other two bidders had to be forced to comply at the very last few days before the vote and Brookfield had a record of a dispute with New York unions on the very aspect of agreeing to a Project Labor Agreement and then not doing it that was 8 months prior. Whereas there has not been such an issue with the components of Concord First.

The Navy is responsible for the environmental clean-up of the base not the developer. From the start I have advocate for an environmental oversite group which they are willing to cooperate with, however their fiercest opponent refuses to even meet with them let alone join such an effort.

The history of litigation of California companies is part of the way things are negotiated and is why we maintain 20% of all the lawyers in the country. Consider the \$900 million dollar payment that Brookfield had to make to AGI, and remember that there is plenty of concern all round and their record of litigations and payments of fines. Additionally, the actions of Brookfield in pulling out of the North Concord BART Station development reinforces the original decision not to go with them.

We still have hurdles to go over and there has been good progress recently in moving things forward. We are not at the finish line yet, but we are grinding it out.

OPINION

Concord, We Have a Problem

On May 24, 2022 SeeNo and his controversial partner, Phil Tagami, who contributed \$2,500 dollars to Ken Carlson Supervisor campaign, proposed amendments to their CNWS original proposal. Seeno/Tagami represent 55% of Concord First Partners.

Guy Bjerke, whose salary is paid by SeeNo/Concord First Partners, is Concord's Reuse Director. He reported to Council that the Navy said, "No to SeeNo/

from May 25, 2002 to January 2023. There lies Concord's problem. Her motion was approved by the Council 4-1.

Had the Council allowed SeeNo/Concord First Partners Term Sheet to expire on May 25, 2022, SeeNo would have been forced to walk. Allowing Concord Council to enforce the will of the public and reopen negotiations with Brookfield Properties and Alex Mehran, who is on the Brookfield Properties team. Alex

97 Contribution Report		Amounts may be rounded to whole dollars.		497 CONTRIBUTION REPORT	
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Contribution(s) Received					
DATE RECEIVED	FULL NAME, STREET ADDRESS AND ZIP CODE OF CONTRIBUTOR (IF COMMITTEE, ALSO ENTER ID NUMBER)	CONTRIBUTOR CODE *	IF AN INDIVIDUAL, ENTER OCCUPATION AND EMPLOYER (IF SELF-EMPLOYED, ENTER NAME OF BUSINESS)	AMOUNT RECEIVED	Check if Loan
09/01/2022	Sheet Metal Workers Local Union 104 Livermore, CA 94551 Committee ID # 880381	<input type="checkbox"/> IND <input checked="" type="checkbox"/> COM <input type="checkbox"/> OTH <input type="checkbox"/> PTY <input type="checkbox"/> SCC		5,000.00	<input type="checkbox"/>
09/02/2022	Phillip Tagami Pleasant Hill, CA 94523	<input checked="" type="checkbox"/> IND <input type="checkbox"/> COM <input type="checkbox"/> OTH <input type="checkbox"/> PTY <input type="checkbox"/> SCC	Managing Member Oakland Global Rail Enterprise	2,500.00	<input type="checkbox"/>
		<input type="checkbox"/> IND			

Tagami's amendments." SeeNo/Tagami were proposing a controversial scheme to negotiate a Development Agreement before the Environmental Impact Report. The Navy said that SeeNo/Tagami must follow the rules. This is not the first time the Navy has said, "No to Seeno."

Guy Bjerke, Concord's Reuse Director concurred with the Navy findings, and asked the Council to deny SeeNo/Tagami's scheme/amendments. The Council agreed with staff and the Navy, who still holds title to CNWS, so the Seeno/Tagami amendments were denied.

But, unfortunately, Councilmember Laura Hoffmeister made a motion to extend Seeno/Concord First Partners expiration date to submit their Term Sheet

Mehran's father owned and developed Bishop Ranch, where many Concord residents work.

Alex Mehran testified on August 21, 2020, and identified himself as a Brookfield Properties team member who is a highly respected ethical businessman in Contra Costa County. He would bring financial resources and "class" to the City of Concord.

So, it is up to you Concord voters to email your councilmembers and voice your opinion against SeeNo/Concord First Partners. Thank you,

Respectfully,

Colleen Coll, former Mayor of Concord

How to Spend \$19 Million

As part of the American Rescue Plan Act (ARPA) stimulus bill, Concord was awarded more than \$27 Million from the US Treasury split into two payments. The first payment was received in May 2021, and the second payment in June 2022.

There are spending requirements

set and funds not spent within those stipulations by December 2026 must be returned to the Federal Government.

The City Council established an Ad Hoc Committee during the May 3, 2022, City Council meeting to receive feedback from the community to make spending recommendations.

The Ad Hoc Committee finalized its recommendations to Council.

In broad strokes the Committee's recommendations include:

\$7 million for City projects including infrastructure, public safety, and special events;

\$7 million to be distributed through grants to nonprofit organizations for housing and non-housing projects;

\$3 million to be combined with

the previously allocated funds (\$2.4 million) for providing support to the unhoused;

\$2 million to be distributed through grants to small businesses including licensed Family Child Care Homes.

The Council is set to vote on the recommendations on the September 27 City Council meeting.

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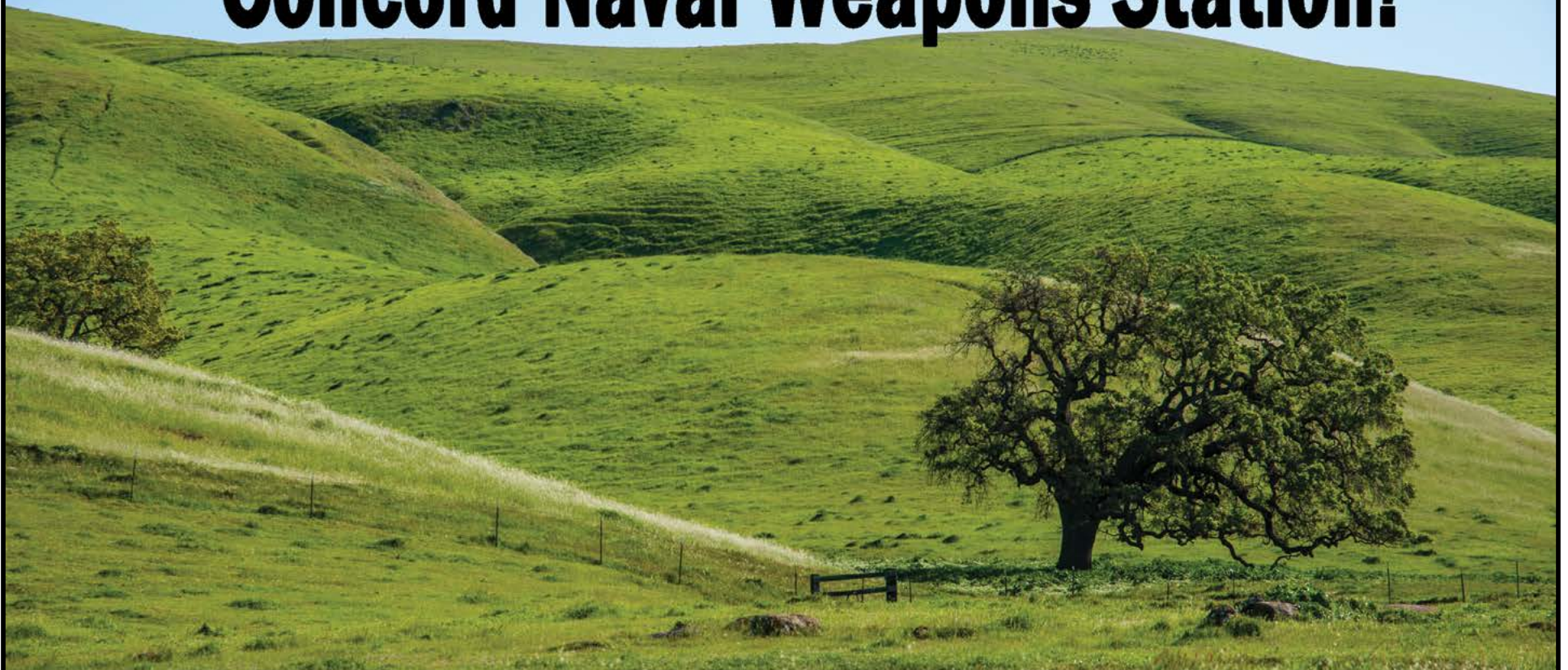
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Concord residents, join local environmental groups to say **STOP SEENO** from becoming Master Developer of the **Concord Naval Weapons Station!**



On August 21, 2021 Concord City Councilmembers chose Seeno/Discovery companies and their partners as the sole candidate to become Master Developer for the massive 13,000 house, 2,300+ acre Concord Reuse Project.
The project has the potential to be the city's greatest asset or biggest mistake!

The Seeno Team refuses to share their financials with the public.
Can this development team financially afford to build a "World Class" community?
Can they afford to build the infrastructure needed?

Will they mitigate traffic and give Concord residents the parks, affordable housing and community benefits residents deserve?

Based on delays, requested changes, lack of financials and a long and troubled history of lawsuits, Seeno/Discovery's extensive record of breaking laws shows this will be a bad decision, and it will be bad for the environment. Seeno and partners should be avoided by the City of Concord whose
taxpayers will be responsible for legal expenses!

Concord residents want a trustworthy partner to develop a "World Class" project. Concord City Council members can still choose a new Master Developer and consider the will and best interest of Concord residents.
It's time for City Council to move on to a new choice!

If you agree this is the wrong development team, please contact your City Council member NOW.
Express the above concerns. Ask City Council to choose new developer partners before the City Council finalizes this choice in January 2023!

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edi.birsan@cityofconcord.org; carlyn.obringer@cityofconcord.org

Paid for by Concord residents who care about the future of our city.

Follow us on facebook - Coalition of Concord residents who oppose Seeno
facebook.com/cnws2005/

