

The Diablo Gazette

Arts, Entertainment and All That's *Good* in Our Communities
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Cheers from Oktoberfest, Germany!

Concord Resident Brian Ambrose enjoying Original Oktoberfest in Munich, Germany

INSIDE THIS ISSUE

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- **MARTINEZ REFINERY DONATES \$253,000 TO EDUCATION FOUNDATION**

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Publisher's Notes
by David King

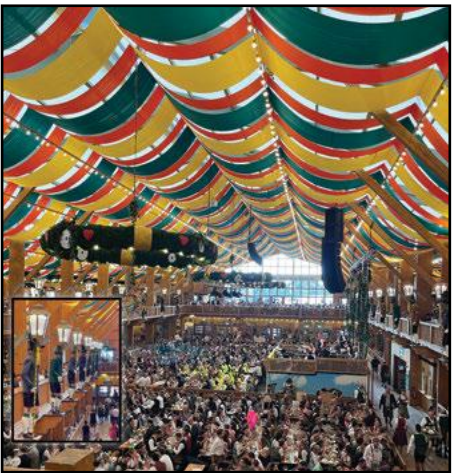
My New Favorite Photos and Other Thrills

The last 30 days have produced two of my now favorite photos for Diablo Gazette.

Walnut Creek just finished Oktoberfest which was quite successful. Next up is the Clayton Oktoberfest on October 5&6 and Crockett Oktoberfest on October 13. But as fun as all of these will be, my lederhosen go off to Munich, Germany for the original Oktoberfest.



A copy of September's Diablo Gazette showed up in Munich. On the cover, Concord resident Brian Ambrose is enjoying the original Oktoberfest which he and his wife, Marilyn, attended. This was Munich's 189th Oktoberfest, the largest in the world. The tent you see in the photos holds up to 10,000 revelers. Ambrose says there are eight of these tents plus additional smaller ones for a total of 17. Sounds like this party belongs on everyone's bucket list.



Walnut Creek Honors Amit Elor



Another favorite photo is of Olympic wrestling gold medalist Amit Elor autographing the Diablo Gazette for her new fans.

Once Elor finished her post-Olympic travels to see clinics, meet sponsors, time with boyfriend, relax on beaches, etc., the city of Walnut Creek was finally able to host

a homecoming congratulations to honor their new Olympic hero at Civic Park on September 14.

The park was filled with adults and children all wanting to meet, greet and be photographed with Amit and listen to her story.

I don't believe I am overstating when I say "hero." Her story is an inspiring one of chasing your dreams, and don't let anyone say you can't achieve something. Her message of dedication, perseverance, and self-assurance was clear and motivating, especially for young girls.

Dan Ashley emceed the televised event as he interviewed Amit. Several local and government dignitaries attended to share in the accolades, including Congressman Mark DeSaulnier, Cindy Darlin, Walnut Creek Mayor Pro-Tem, Rebecca Barrett, Community College President (DVC), County Supervisor Candice Anderson, and several Walnut Creek Councilmembers and others.

Best Martini Announced at Martinez Shake-Off Gala

The Martinez City Council has proclaimed the month of September to be Martini Month. Hopefully, the Martinez folks are no longer nursing their hangovers from attending the Martinez Chamber of Commerce's 14th annual Martinez Martini Shake-off Gala on September 14. Many consider this to be East Bay's best event. This classy affair sells out each year as nine area mixologists compete for the title of making the best martini.



This year, contestants from Walnut Creek and Pleasant Hill entered the fray. Each contestant introduces and serves their signature martini. All are quite inventive and delicious. Complete with an elegant catered buffet, live music and silent auction, Diablo Gazette is thrilled to once again be a sponsor of this fundraiser for the Martinez Chamber of commerce. Photos and winners are on page 14.



More murals coming to Concord

Concord is adding six new murals to their repertoire of 12 others. This is in conjunction with Concord's third annual Creative Concord Art and Music Jam at Todos Santos on October 5 and 6. There you can watch 16 artists and listen to a dozen bands over the weekend as they entertain us with their talents and creativity.




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www.alpinepastry.com

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Speaking of murals, Bambino's owner Henryk Glodek is very proud of the new mural located at Farm Bureau and Willow Pass Rd.

DID YOU KNOW?
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ELECTIONS — MORE SECURE THAN EVER
CONTRA COSTA COUNTY



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

Median Prices Still Increasing, Despite

Nearly A Third of Properties Reduced Prices

Oh, those Statistics. They can provide helpful insight, or they can be a curse if we rely too much on what they say.

My effort is to give you accurate information with the same data each month for a fair and valid comparison of those statistics.

While July 24 saw a Median price decrease in Clayton, Concord, and Martinez, Walnut Creek realized a 10.9% increase. August shows Clayton, Concord and Walnut Creek are up 7.1%, 1.5% and 9.8% respectively. We are going in the right direction.

All cities list to sale price was 100%. All cities show over 30% of properties reducing their prices before receiving an offer. Pricing right from the get-go is as important as ever.

MONTHLY MARKET REPORT AUGUST / 2024			
CLAYTON		CONCORD	
Existing SFR Median Price \$1.20M	MARKET COMPETITION Median Days on Market 17	Existing SFR Median Price \$830K	MARKET COMPETITION Median Days on Market 17
% Change from Last Year +7.1%	Sales-to-List Price % 100.0%	% Change from Last Year +1.5%	Sales-to-List Price % 100.0%
	% of Active Listings Who Reduced Prices 37.0%		% of Active Listings Who Reduced Prices 36.5%
MARTINEZ		WALNUT CREEK	
Existing SFR Median Price \$752K	MARKET COMPETITION Median Days on Market 15	Existing SFR Median Price \$1.55M	MARKET COMPETITION Median Days on Market 16
% Change from Last Year -14.0%	Sales-to-List Price % 100.1%	% Change from Last Year +9.8%	Sales-to-List Price % 100.0%
	% of Active Listings Who Reduced Prices 36.6%		% of Active Listings Who Reduced Prices 29.4%
SOURCE: Car.org			

It is With Great Pride and Pleasure That I Present

1542B Schenone Ct, Concord

NEW listing Diablo Creek Townhome

3 bedroom – two story – parking for 2



This original-owner home was purchased in the 1970's. Immigrating from Germany after WWII, she lived in various places until settling in Concord where she remained in this townhome until recently. She had served on the Board of Directors, committees and will often remind me that she yelled at my children for getting into the landscaping or creek area at the back of the complex. (She was right, it WAS my kids...).

Preparing it for sale was like going back in time with a dear friend. I'm so grateful for her trust.



Terrylynn Fisher

REALTOR® | CRS, SRES, CSP Elite Agent
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JOURNEY-MAN'S JOURNAL

by Jill Hedgecock, www.JillHedgecock.com

Photos by Diane Walsh

Set Sail on a Historic Schooner

Sometimes, adventures can be overlooked when they are so close to home. San Francisco Bay may be such a destination. There really is nothing quite like being out on the water in a sailboat in our beautiful Bay.

If you are lucky enough to pick a day without coastal fog, like my sister-in-law and I did on Labor Day weekend, then you can get amazing views of iconic features of the Bay, such as Angel Island, Alcatraz, the San Francisco skyline with its brilliantly lit Ferris wheel, and the Golden Gate Bridge.

San Francisco Bay Adventures offers special holiday cruises so that's who we chose to commandeer our evening sailing adventure. Despite my worry over finding parking near the harbor in Sausalito on a Saturday night over a holiday weekend, we had no problems securing a spot at the Spinnaker Restaurant, which is the closest lot to the boat. Aboard the Schooner Freda B, Captain Reno Cambridge delivered a safety briefing and then described the features of our vessel with obvious pride. "You will not see any winches or hydraulics," said Cambridge. "Everything is block and tackle. Every line on this boat has a purpose."

A schooner is a two-masted gaff-rigged vessel. The 80-foot Schooner Freda B is quite literally made of steel and includes four sleeping cabins. She arrived in the Bay Area in 2010 where she is used as a charter boat with a Coast Guard-certified capacity of 49 people. Our tour group on was much smaller, so the boat did not feel crowded.

The history of the type of boat called a schooner began in the 1600s. According to Captain Cambridge, the schooner was originally designed to shuttle merchandise typically found in general stores, such as shovels and pickaxes. The Schooner Freda B (formerly named Liberty) is a modern replica. She was built in 1991 by naval architect Charles Wittholtz in Florida. She spent her first eighteen years shuttling guests up and down the East Coast.

Freda B has appeared on the "Travel Channel" and "Eye on the Bay" and in "Sea Magazine", "Latitude 38", "Cruising World", and "Sports Illustrated". She is also a two-time winner of the Masters Mariners Regatta and was a sweepstakes winner of the Sausalito Lighted Boat Parade.

One of the wonderful things about sailing is that once the sails are raised, guests can sit back, relax, enjoy a beverage, including acholic ones and chat among themselves in relative quiet.

Wildlife enthusiasts and birders might spot seals or dolphins on the Bay or gulls flying overhead or roosting on harbor pilings. Brown pelicans flew overhead during our sail and were hanging out on a spit of land next to the Spinnaker Restaurant where we parked.

After the captain commandeered a young guest to help him sail the boat for a few minutes, a task the boy thoroughly enjoyed; I had a chance to speak with him. Cambridge described his best memory over the last seven years of captaining this boat. It was



Lennon piloting.



Schooner Freda B



Brown pelicans



San Francisco Skyline with new Ferris Wheel

a marriage where the wedding couple allowed him to write their vows.

There is something truly humbling about gazing at the Golden Gate Bridge with its storied history. It held the record of the longest bridge span when it was completed in 1937, a distinction it held until 1964. It was declared a Wonder of the Modern World by the American Society of Civil Engineers in 1994.

Watching the sun set behind it, and then the lights flicker on as darkness descended, is a memory I will not soon forget.

Sailing on the San Francisco Bay is best when the weather is warmest and sunniest, making October an ideal time to go.



Sunset Golden Gate



Jim Diaz
Mayor, Clayton
jdiaz@claytonca.gov

Clayton Mayor

A Letter from the Mayor

Dear Friends and Neighbors,

The City Council welcomed our new City Manager: Kris Lofthus. Kris most recently came to Clayton from the City of Suisun City, where he served as Recreation, Parks and Marina Director / Deputy City Manager. Prior to Suisun City, Kris served with the City of Richmond as Community Services Manager, and the City of Vacaville as Recreation Coordinator. Kris has over 26 years of Public Service and he brings a breath of experience and leadership to Clayton. Please extend a warm Clayton welcome to Kris Lofthus!

The City Council also recognized students from the Mount Diablo Elementary School with Vice Principal Miranda Romo providing background on each awarded student. Also, Diablo Middle School Principal, Vicky Wilson, made presentations to her students from the Middle School. Congratulations to the Students and their Schools!

In recognition of their Fundraising efforts during the 2024 Concert Season, the Parent Faculty Club (PFC) and Student Volunteers received a donation from Vice Mayor Kim Trupiano of \$6,159.38. Thank You to the PFC leaders and students for their tremendous effort in collecting donations throughout the entire 2024 Concert Season. Our 17th Annual Concerts In The Grove Season



Student Volunteers received a donation from Vice Mayor Kim Trupiano

concluded on Saturday, August 31, with the East Bay Mudd Orchestra. We hope to see everybody next year.

The final Clayton Classic Car Show finished its season on Saturday, September 21, and featured "Low Rider" cars. We also enjoyed live music from the Mexicanisimo Mariachi Band. The final car show and entertainment was to celebrate Hispanic Heritage Month, which runs between September 15 through October 15, 2024.

As your mayor, I will continue to work hard to maintain Clayton's small-town charm and character while running an open and transparent local government. You can reach out to me directly with any questions or concerns at 925-673-7316 or JimD@claytonca.gov.

Sincerely,

Jim

Re-Elect Mayor **JIM DIAZ**

Clayton City Council

Paid for by Jim Diaz For City Council | FPPC ID#1248998

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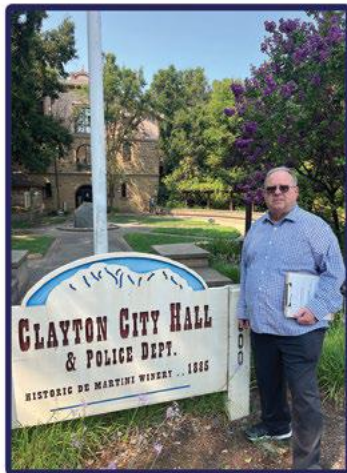
VOTE RICHARD ENEA FOR CLAYTON CITY COUNCIL

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- PUBLIC SAFETY FOR RESIDENTS
- MAINTAINING OUR PARKS AND PLAYGROUNDS

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Paid for by Richard Enea for Clayton City Council 707-218-5757



VOTE MARIA SHULMAN FOR CLAYTON CITY COUNCIL

TUESDAY, NOVEMBER 5

MY PRIORITIES

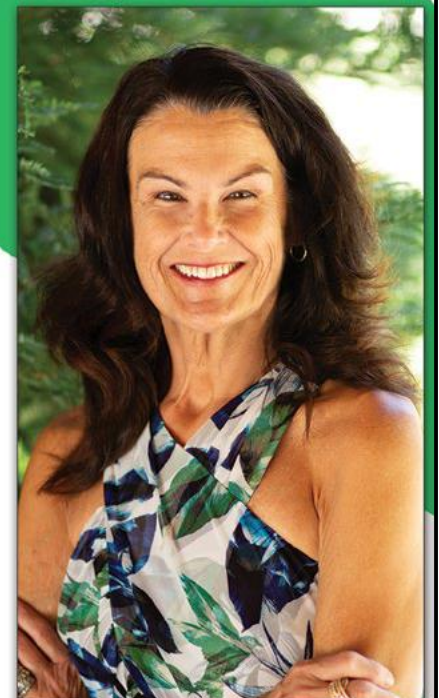
- BALANCED BUDGET
- COMMUNITY COLLABORATION
- ACCOUNTIBILITY & TRANSPARENCY
- PUBLIC SAFETY
- ECONOMIC VITALITY

Elect **MARIA SHULMAN** CITY COUNCIL

Common Sense for Clayton

Mariaforclayton.com

PAID FOR BY THE COMMITTEE TO ELECT MARIA SHULMAN FOR CLAYTON CITY COUNCIL 2024. FPPC ID # 14 54147





Edi Birsan
Concord Mayor
cityofconcord.org

Concord Mayor

Scarier than Halloween

In the course of Halloween, we dress up as various fantastic, typically make-believe, characters in all ranges of diverse goodness and evil, often to achieve the scariest effect; or, as bizarre representations of different folks, Presidents come to mind here, and even inanimate objects. One costume I recall was of a Rubik's Cube.



However, in the political world around elections, this is often complicated, making it harder to adjust, especially when it is in public.

We are seeing on a national stage some of the wildest accusations being cast around, from 'stolen valor' to blatant accusation of animal abuse and consumption! While the goal is to alarm, one can only hope that the accusers would talk to one another letting common sense prevail.

We need to sit down with our fears and get over the scariest perceptions that we hold of each other and simply work on the fundamentals that we can commiserate. Communication and willingness to move forward mutually is the key to bringing civility to our lives.

Let's work towards a Happy Halloween every day and live up to its promise.

Views expressed are by Edi Birsan also known in the 1960's Diplomacy game world as BirSauron, Bane of Elves, Eater of Chickens (mostly fried). EdiBirsan@gmail.com

Mostly, Halloween is about fun and games, and treats — even the scary effects. Truly scary can be when people perceive a frightening aspect in others when there is no Halloween. Such feelings can be ignited by a word or an echo of a bad time. And while the reality of the perception is factually false, the feelings that are generated are quite real.

During the political season this is often the setting for such things. Triggers lie in wait like spirits at a séance ready to be released to haunt those sensitively vulnerable. How do we deal with this?

Normally you would be advised to sit down and talk it through to allow reality to seep into the review. With some luck and introspection it is resolved and cooler minds prevail. Apologies are made for misunderstandings. Intent or emphases are better defined, accepted and people move on.

At times, it takes a third party to help out.

European Delights Bakery, Treats from Old-World Recipes

European Delights is a small and little know bakery in Walnut Creek that specializes in old country European bakery recipes. And those that know there is a difference will be happy to discover this tasty store. It is well, delightful.

Rica Zaharia owner works with her brother/partner Dan Petcu. They are originally from Transylvania, Romania just 20 miles from Dracula's castle. She came to US in 2003 and learned English.

Ricca moved to Walnut Creek to start the business and ease up on her weekly commute to Sedona where she worked as a Senior Living caregiver while her husband attended law school at Berkeley. She baked treats for her clients who encouraged her to open a bakery. She decided to give that a go and left her job in Sedona. She practiced baking for two years out of her home, offering samples to her neighbors. They raved and said she was ready.

"We are both workaholics. Without sacrifice you are not doing anything. I am glad to be in this country because this country gives you lots of opportunities. If you dream big you solve the problem," she says firmly. Rica walks the talk. As a small business owner, Rica assumes many operational responsibilities. She comes in at midnight every night to bake the next day's fresh line up of menu items and pre-orders and cleans at the end of the day.

Her old-world recipes come from different European countries. The strudel is from Germany. For savories, Feta Cheese and Spinach brioche is



Dan Petcu, Rica and her baker

from Greece. Cannoli comes from Sicily. Sweet and savory croissants from France.

Pavlova's (originally from Australia, but named after Russian ballet dancer Anna Pavlova who was a mega star there in the 1920's.)

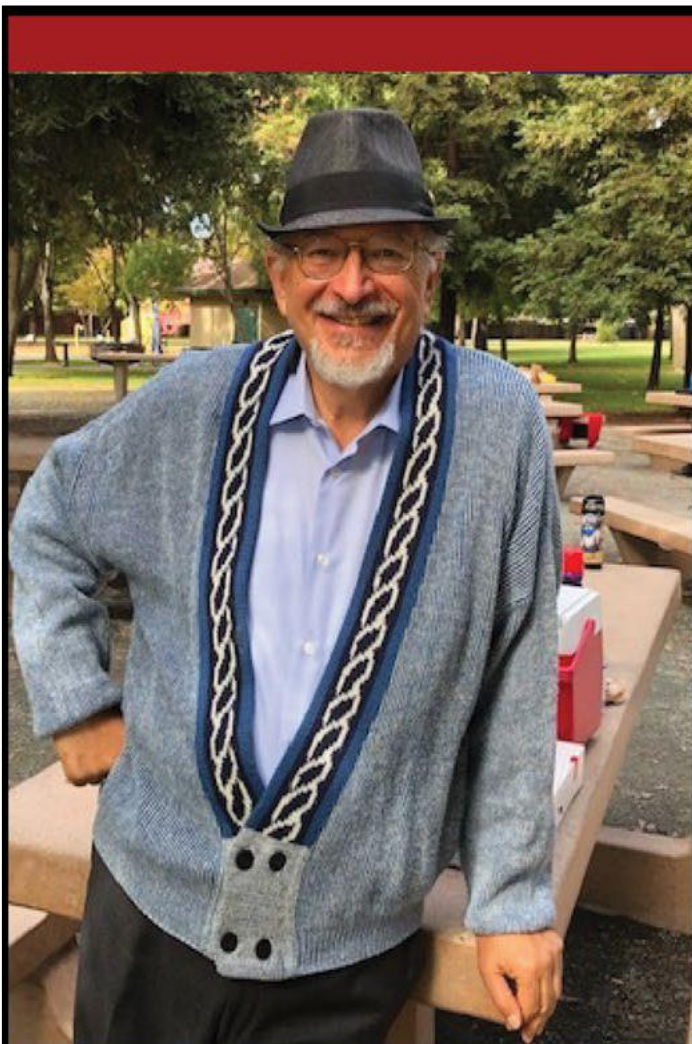
European baking uses less sugar than American recipes. This allows for more flavors to experience. "People come here for the flavors, "which she says comes from only using quality products. For example, she uses Fresh apples for strudel and home-made custards for her fillings.

"Sometimes we create new things." They do accept custom orders. "If somebody wants something and we are in a good mood and it is not too much work, we can do it." They offer a diverse range that includes traditional, vegan, and gluten-free treats.

"I want to be everyone's favorite bakery." Considered yourself challenged. Come down and just taste once. Then she knows you will be back.

Order online for pick up or delivery. Catering available. Hours Open 7 am to Su-TH 7 -1. Fri- Sa 7-4.

2236 Oak Grove Rd, in the Citrus Shopping Center. European-Delights.com



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calendar of events

CLAYTON

CLUBS


Concord NorCal Helping Hands Lion's Club. <https://www.lionsclubs.org>

Rotary Club of Concord. <http://www.concordcarotary.org>

Cars 2nd Chance, vehicle / car donation programs turns donations into cash for charities Clayton Valley Concord Sunrise Rotary Charitable Fund. <https://www.cars2ndchance.org/>

Clayton Valley Concord Sunrise Rotary meets weekly at 7am at the Clayton Valley Charter School Administration Building, 1300 Alberta Way, Concord www.claytonvalleyrotary.org/CVCSRotary

EVENTS

October 4-6, CBCA Clayton Oktoberfest Information, October 4, Carnival, 5:00pm – 10:00pm, October 5, 11:00am – 10:00pm, October 6, 11:00am – 6:00pm, Downtown Clayton 

October 19, Clayton Historical Society Halloween Home Tour, 2:30 to 6:30 PM. Self-guided tour. Tickets are picked up at the museum the day of the tour. Purchase online at www.ClaytonHistory.org

LIBRARY

October 16, Dance Around the World with Nikola Clay. 2-2:45 p.m. Children's Program. Sing, Laugh, and Dance your way around the world with Nikola Clay.

October 19 Understanding Medicare Open Enrollment 11 a.m. – 12:30 p.m. Adult Program. Join us for an informative session with California Health Advocates. Registration required.

Clayton Library, 6125 Clayton Rd. For more information please call 925-673-0659. <https://ccclib.org>

CONCORD

CLUBS


•Concord NorCal Helping Hands Lion's Club. [lionsclubs.org](http://www.lionsclubs.org)

•Rotary Club of Concord. <http://www.concordcarotary.org>

EVENTS

Thru October 12, Salvio Street Night Market, 4 PM - 10PM, Every Second Saturday, Local Artisans, Music, Beer, 2151 Salvio Street, Concord.

October 3, City of Concord Health Expo, 9 AM - 2 PM. Free health screenings and information. Concord Senior Center, 2727 Parkside Cir., Concord

Thru October 17, Halloween Costume Drive. Help us by donating new or gently used Halloween costumes for our annual Halloween Costume Boo-o-tique hosted by the Concord Friends of the Library. The costumes will be given away for free at our Boo-o-tique on October 16th & 17th. Drop your donations off at the Concord Library 2900 Salvio St, Concord and be entered in a drawing for a 3D-printed jack-o-lantern! 

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GREATER



CONCORD

CHAMBER OF COMMERCE

concordchamber.com | (925) 685-1181
kcabral@concordchamber.com

October 2, Living Trust Seminar (FREE), 3:45PM - 4:45PM Plan now instead of the court invading later. Every homeowner should attend this seminar to find out how to avoid probate. Round Table Clubhouse, 2960 Treat Boulevard, Concord. Tickets: <https://learnlivingtrust.com/16407?EVNT>


October 2-6, Concord Welcomes A Delegation From Its Sister City! Kitakami, Japan, celebrates the 50th anniversary of this special relationship! Several events will take place over five days throughout Concord. For more information, please call 925-672-4562 or email concordambassadors@gmail.com.

October 5, Harajuku Trick Or Treat, 10 am - 5 pm. Get ready for the bay's cutest trick or treat experience! Spooky Season is here! The Bay's Cutest Marketplace is bringing you this year's cutest trick or treat experience of the year! All your favorite iconic cute characters will be costumed up and out on display! Join us and costume up for the Bay's Cutest Trick or Treat Experience! Hillcrest Community Park, Olivera Rd, Concord 


October 5, Harvest Festival, 10 am - 3 pm, a day of autumn delights at our 3rd annual hospice thrift shoppes harvest festival! With our partners, Concord Feed and Mountain Mikes, we're bringing you a day full of hay barrels, fall colors, Halloween magic, and family fun. Hospice Thrift Shoppes, 5350 Clayton Rd, Concord

October 5 and 6, Creative Concord's Art & Music Jam returns to Todos Santos Park in Concord, for all to experience the magic of art installations. Witness local artists bring their masterpieces to life, enjoy lots of live music and so much more. www.visitconcordca.com/events/

October 13, Taste Of Concord 2024, 1 - 4 PM. The 17th Annual Taste of Concord promises to continue the tradition of good family fun strolling around Todos Santos Plaza in downtown Concord on a beautiful Sunday afternoon. A donation of only \$30. The net proceeds will support our Key Club leadership programs at Concord HS, Clayton Valley Charter HS, Las Lomas HS, Northgate HS, and other worthwhile non-profit organizations.

October 14, Floating Pumpkin Patch, 1:30 - 3 PM. Come join our City of Concord's aquatic staff for a Spooktacular fall-time event for the whole 

family. Splash around and pick out the perfect pumpkin in our shallow water short-course lanes. Concord Community Pool, 3501 Cowell Rd, Concord

October 25, Spooktacular Trick Or Treat Trail, The City of Concord Recreation Services Department's Preschool Program is ready to pumpkin-spice things up at the Spooktacular Trick or Treat Trail from 4:30-6:30 pm. Baldwin Park, 2790 Parkside Cir, Concord 

October 30, Thriller Night, 5 - 8 PM. Get ready for Thriller Night at The Veranda on Wednesday, October 30th! This all-ages Halloween event is perfect for a fun night with friends and family. MARKET, concert, face painting. The Veranda, 2001-2003 Diamond Blvd, Concord


November 2-3, Contra Costa Mineral & Gem Society's Annual Mineral & Gem Show Sat. Nov. 2, 10AM-5PM. Sun. Nov. 3, 10AM-4PM. Location: Centre Concord, 5298 Clayton Rd., Concord, CA 94521. Learn more at www.ccmgsclub.com/show.

November 9, Concord High School Holiday Community Fair, 10:00 AM to 4:00 PM This in-person event will be held at Concord High School, where local vendors will be showcasing their unique products. From handmade crafts to delicious treats, there's something for everyone at this community fair. 4200 Concord Blvd. Concord

FARMERS MARKETS

Pacific Coast Farmers Market <https://www.pcfma.org>
Todos Santos Plaza.
Tuesdays, 10AM- 2PM Year Round
Thursdays 4PM thru September 26

CROCKETT

October 13, Oktoberfest, 11 AM - 6 PM. It is free to attend and offers plenty of unique activities such as axe throwing and a live yodeling contest. Don't forget about the food: Brezen (Pretzels), Würstl (Sausages), May-pole Dance, German Beer & Wine and of course live music and Polka Downtown Crockett. www.CrockettCalifornia.com 

MARTINEZ

CLUBS

•Martinez Rotary Club meets weekly, 5-6 PM on the second and fourth Wednesdays of the month. Campbell Theatre, 636 Ward Street., Martinez <http://www.martinezrotary.org> Pleasant Hill. <https://pleasanthillrotary.org/>

EVENTS

Campbell Theatre:
-October 5, Dirty Cello, 8 PM. From Iceland to Italy, and all over the U.S., San Francisco based band Dirty Cello brings the world a high energy and unique spin on blues, rock, and Americana.
-October 6, Partners in Crime, 2:30 PM. This first of its kind improvised serial production is back for this month's installment of two "partners" who rely on audience suggestions to help.
-October 6, Open Mic, 6 PM. Whether you are a first-timer or seasoned performer, you're welcome here! And

there's a full bar!
Campbell Theatre: 636 Ward St. Martinez

October 5, Bike the Bridges & Brewfest, 11:30 AM - 4:00 PM, 15th year in support of Special Olympics Northern California. Choose from a number of scenic routes and ride, enjoy live music, food and drinks at the Brewfest. Your support helps Special Olympics Northern California. Waterfront Park, 245 N Court St, Martinez

October 12, Zombie Brew Crawl, 1-4 PM. 30+ Craft beers. Costume contest. Downtown Martinez. www.zombiebrewcrawl.com


October 12, Historical Ghost Tour, 7 - 9 PM, Discover downtown Martinez's spooky past on the Historical Ghost Tour! Flashlight-guided, spine-chilling stories await! MARKET & MAIN, 610 Main Street Martinez 

October 20, Cars, Kids & Coffee October, 8:30 AM 10:00 AM. We casually get together with our cars and enjoy some coffee and mutual interests! Any year, make or model! The Cobra Experience, 777 Arnold Drive, Suite 200 Martinez

October 26, Downtown Martinez Annual Halloween Spooktacular (FREE) A Boo-tiful Celebration for the Whole Family! 11 AM-2 PM. Explore creatively themed and decorated car trunks lined up for a spooktacular Trunk-or-Treat experience. The event will take place downtown inside participating businesses, on the street and at the Plaza on Main Street.

November 16, Bingo Bash. Soroptimist International of Martinez. 5 PM. www.soroptimistmartinez.org


FARMERS MARKETS

Pacific Coast Farmers Market <https://www.pcfma.org>
Sundays, 9AM-1PM, Year Round. 

PLEASANT HILL

EVENTS

October 13, Pumpkin Splash! 1:00-2:30 PM. Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give it a silly face at our pumpkin decorating station on deck. Pleasant Hill Aquatic Park: 147 Gregory Lane, Pleasant Hill.

October 31, Halloween Spooktacular, 4-6PM, Entertainment will include a face painter and a balloon maker. Plus receive a free goodie bag with treats while supplies last. The plaza near Jack's Restaurant 

WALNUT CREEK

CLUBS

Rotary Club of Walnut Creek meets weekly 12:15 to 1:30 on Tuesdays at Assistance League Diablo Valley, 2711 Buena Vista Ave, Walnut Creek. <https://rotarywc.org>

EVENTS

October 2, Living Trust Seminar (FREE) 6:30-7:30 PM, Walnut Creek Elks Lodge #1811, 1475 Creekside Drive, Walnut Creek. Tickets: <https://learnlivingtrust.com/16410?EVNT>



Beep, Inc Launches Pilot Program, PRESTO Autonomous Minivans and Shuttles for Rossmoor and Martinez Seniors



In my role as County Supervisor, I am appointed as a Commissioner to the Contra Costa Transportation Authority (CCTA). One project with the potential to improve the daily lives of our residents is GoMentum Station, a 5,000-acre world-class autonomous vehicle testing facility located at the former Concord Naval Weapons Station and managed by CCTA.

The facility has over 20 miles of paved roadway, curbs, gutters, sidewalks, railroad crossings, potholes, a smart signal lab, and a mini-city supporting multimodal testing. GoMentum Station offers both the private and public sectors a unique opportunity for innovation and access to emerging technologies without risking public safety or property.

This innovation hub is an economic driver in the region that attracts companies nationwide to the Diablo Valley. Recently, CCTA announced two partnerships that originated at GoMentum Station. These partnerships are pilot programs that will run through early 2025.

The first, Beep, Inc. has deployed its second autonomous PRESTO electric shuttle program (PRESTO Rossmoor) to serve the residents and visitors of the senior community of Rossmoor in Walnut Creek. Their first program is in San Ramon. PRESTO Rossmoor is free to

ride, operates on set routes, and has an onboard attendant. To ride, wait at one of the two shuttle stops between 7:00 a.m. and 5:00 p.m.

The second pilot program launched last month is May Mobility's shared autonomous PRESTO minivans (PRESTO Martinez), which connect the Contra Costa Regional Medical Center (CCRMC) to downtown Martinez. There are seven minivans, with an attendant, that provide free service weekdays from 2 pm to 10 pm. From 2 pm to 6 pm, PRESTO Martinez is limited to CCRMC and select stops; to get a ride, visit the CCRMC information desk. From 6 pm to 10 pm the free service is open to the general public running through 20 stops. To ride, download and use the May Mobility App or call 925-995-3797. As a member of the Board of Supervisors, I believe it is important to increase opportunities for individuals to access care at CCRMC which is exactly PRESTO Martinez is doing.

With pilot programs like PRESTO here in Contra Costa County, the future of autonomous vehicles and mass transit can be greener, safer, and less congested. If you would like to experience this new technology or learn more about the PRESTO, please visit <https://ridepresto.com/>.

For the Love of Pets

by Jill Hedgecock, jillhedgecock.com

Quiz Time:

How Well Do You Know Your Dog's Mind?



Netflix's "Inside the Mind of a Dog" was released in August. This documentary takes an in-depth look at what clues a dog uses to understand humans and what behaviors they provide to communicate with us. Narrated by Rob Lowe, this heart-warming show is worth watching. Canine Companions, an organization which provides service dogs to adults, children and veterans with disabilities, was featured in this show. They are holding Dogfest Northwest 2024 - Oakland, a fund-raiser, on Saturday, Oct. 19, from 11:00 a.m. to 4:00 p.m. at Jack London Square.

How well do you know your dog's mind? Take this quiz to find out. Answers are below.

1) Why do dogs paw at their humans?

a) They want attention. b) They want to give comfort. c) They have to go outside. d) a and b only. e) a, b, and c are possible reasons.

2) Why does my dog follow me everywhere?

a) Dogs are social animals and like to be close to their humans. b) They are hoping for a treat. c) They are feeling anxious. d) a, b and c are likely reasons. e) This is abnormal behavior and the dog should be taken to the vet.

3) Why do dogs smell each other's hind end?

They want to know what the other dog had to eat. b) They are interested in the other dog's reproductive status. c) They are checking the other dog's health status. d) They are wondering if they have met the other dog before. e) All of the above.

4) Why do some dogs eat grass?

They do not feel well. b) They are hungry. c) To supplement their diet. d) a and c are the most likely reasons. e) They have a genetic problem.

5) Why does my dog raise its hackles?

They feel threatened. b) They are feeling

insecure. c) a and b. d) They are mimicking bears. e) All of the above.

6) Why does my dog move in circles before laying down?

a) This is instinctual from making grass beds in the wild. b) To align with the earth's rotational pull. c) To scent the area and stake their claim. d) To make themselves dizzy so they will sleep better. e) To reduce snoring.

7) Why does my dog stare at me?

They are bonding with you. b) You have food in your teeth. c) They are resource guarding and being territorial. d) a and c. e) none of the above.

8) Why does my dog go belly up?

They are showing a submissive state. b) They want a belly rub. c) They feel threatened. d) They are showing respect. e) All of the above are possible reasons.

Answers: 1) e. A dog pawing at her owner can mean a lot of things. 2) d. Dogs are social and interested in what their humans are up to. They like treats and comfort when feeling anxious. Following their humans around is perfectly normal behavior. 3) e, all of the above 4) d. Although it is possible the dog is hungry, most dogs eat grass as a dietary supplement. Eating grass is not considered a hereditary anomaly. 5) c. There is no evidence raised hackles were learned from watching bears. 6) a. 7) d. Staring can lead to aggressive behavior. If a dog is staring and growling or baring their teeth, behavioral intervention may be needed. Talk to a veterinarian or a dog trainer for ways to address this worrisome behavior. 8) e.

Jill Hedgecock is a local author of several novels featuring animals. Her new release "In Shadow's Reflection" is the third novel in her young adult Doberman series. This novel, along with "Between Shadow's Eyes" (Book 1) and "From Shadow's Perspective" (Book 2), is available on amazon.com.

Calendar continued

October 4, Movies Under the Stars: Inside Out 2, All day, 1275 Broadway Plaza, Walnut Creek

October 12, California Writers Club—Mt. Diablo Branch. 10:00 am – 2:00 pm, Beth Barany is an award-winning novelist. Writing from the Inside Out (Character-driven Stories with Strong Plots). Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Guests are welcome. <https://cwcmtdiablo.org/meetings-and-workshops>

October 19, Outdoor Market, 11 AM - 5PM, Makers Market Fair! Live music, great food, and incredible products from local makers! Broadway Plaza Street, Walnut Creek - the Street between Nordstrom & Macy's

October 25, Walnut Creek Trunk or Treat, 2-6 PM, Stroll through our "trick-or-treat" lane. from bounce



houses to face-painting, balloon twisters to food trucks, Free. Civic Park, 1375 Civic Dr, Walnut Creek

October 26, Halloween Crystal Ball with The Purple Ones, 6:30 PM. The Bay Area's FUNKIEST Halloween Prince Party. Costume contest and prizes. The Garden, 1719 Bonanza St, Walnut Creek

October 26, Barbie Dreamhouse Living Tour, 10:00 AM - 7:00 PM. Barbie™ is hitting the road with the Barbie Dreamhouse Living Tour! 1275 Broadway Plaza,

FARMERS MARKETS

Contra Costa Certified Farmers Market
<http://www.cccfm.org>

Sundays 9AM-1PM, Year Round. Locust Street between Cole and Lacassie St <http://www.cccfm.org/walnut-creek-market/>

Diablo Valley Farmers Market
North Wiget Ln. and Mitchell Dr.

Shadelands, Walnut Creek, Saturdays 9AM-1PM Year Round 1799 Locust St. www.cafarmersmkt.com
Rossmoor Farmers Market
Rossmoor residents and their families only. Fridays 9AM-1PM, Golden Rain Rd. <http://www.cafarmersmkt.com/rossmoor-farmers-market>

LESHER CENTER

October 8, Fall Pops Concert
Presented by Walnut Creek Concert Band, 7:30 PM - 9:30 PM

October 10, Herb Alpert and Lani Hall 2024 World Tour, 7:00 PM - 8:30 PM

October 11-13, Hansel and Gretel
Presented by Fantasy Forum Actors Ensemble

October 12, Rod Stewart & Peter Frampton: Rock Legends Tribute Show, 7:30 PM - 10:00 PM

October 20, Family Concert: Peter and the Wolf, Presented by Diablo Symphony Orchestra, 2:00

PM - 3:15 PM

Leshar Center for the Arts 1601 Civic Drive, Walnut Creek, <https://www.lesherartscenter.org>. Tickets: (925)943-7469 Wed-Sun Noon to 6:00 p.m.

Other Cities

EVENTS

PITTSBURG: October 3, November 7, SIR Branch 19 will hold its Monthly Luncheon, 11 AM with a guest speaker. SIR is a social organization of men who get together and participate in fun activities. Pittsburg Elks' Lodge, 200 Marina Blvd., Pittsburg. www.sirinc2.org/branch19 or call: 925 338-1996

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14 Years to Win World Correspondence Chess Tournament

Although the most cerebral of games, chess is generally played in the physical world: the site of the match, the pieces, the players squaring off across a board. But apart from a handful of postcards, Correspondence Chess, a long-distance competition form of the game, takes place entirely in the mind.

Victor (Vytautas) Palciauskas of Walnut Creek is a World Champion Correspondence Chess Champion. What is Correspondence Chess, you ask? "You play your first move, which you then send to your opponent, usually by postcard. Your opponent replies. You can take up to three days to analyze a counter move. You make the move, then mail it back to him," explains Palciauskas,

A match of ten moves could take a player thirty days or longer, depending on the mail service and the location. It all seems so old-fashioned and improbable in today's environment of limited and irregular mail delivery. As we talked, I asked him about being able to do it all now via email, text, or with Zoom, and with a computer or handheld device. He just smiled.

Palciauskas first learned chess from his father and uncle while in the DP (Displaced Person) camp in Augsburg, Germany, when he was five years old. Born in Kaunas, Lithuania, during World War II, his family escaped Communism by fleeing to allied-occupied Germany. Without a country, without passports, his family waited for a country to adopt them. That happened in 1949, and they finally emigrated to the USA, settling in Chicago, where they had relatives. The city had the largest Lithuanian community outside of Lithuania. Here he received his elementary and high school education, attended the University of Illinois at Urbana, majoring in Mathematics and Physics and then attained a Ph.D. in Theoretical Physics.

For seven years, Palciauskas was a member of the US Nuclear Waste Technical Review Board advising Congress regarding the Yucca Mountain nuclear disposal waste site.

A brilliant mathematician and an expert on the geology of nuclear waste, Victor's research paper in 1986 won a US Government award. Together with a French scientist, Yves

Gueguen, he published a book, "The Physics of Rocks," which has been translated into multiple languages. He produced four technical papers and twenty-three others that are considered as seminal studies on the subject.

But as much as he has had an amazingly successful academic and professional career, it is as a chess player that he has received international accolades. It was while living in the Lithuanian community in Chicago that he was introduced to the United States Chess Federation. Several men in the community were past Lithuanian Masters.

Palciauskas did not start playing chess seriously until the age of thirteen. He achieved a Candidate Master rating in his first tournament at age sixteen and became a Master at twenty-one when he took 5th place in the US Open. But needing more time to spend on his career and preparation for his Ph.D., where he was studying Theoretical Physics, he abandoned playing regular chess in favor of playing Correspondence Chess.

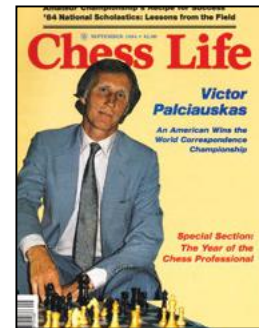
In 1970, he read an article that outlined the process by which a person could advance to become World Correspondence Chess Champion. The winner is based on a points system, mainly the number of games won. It would be a long and tedious path, but having made the decision to do so, Victor excitedly announced to his lovely wife Aurelia, "I have decided to go for it." After listening patiently, she then asked, "And how long will this take?"

"About twelve years if I win every required tournament for the first time."

"Twelve years! I'll be dead by then!"

He was almost right on target and became the 10th World Correspondence (WC) Chess Champion in 1984 (14 years), as well as a member of the World Chess Hall of Fame. President Ronald Regan sent him a letter of congratulations.

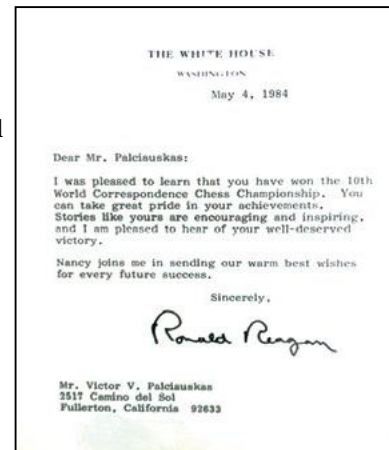
After reaching the pinnacle of the WC



Cover of Chess Life Magazine 1984



Thirty years later, playing with Hans Berlinger again but this time both World Champions.



Letter from President Regan

chess world, Palciauskas continued to compete and, in 2003, tied for second place in the "Champion of Champions" tournament for the International Correspondence Chess Federation's Golden Jubilee. It was later in Poznan, Poland, at the ICCF Congress that he received the title of International Correspondence Chess Grandmaster.

Regarding correspondence versus face-to-face chess, he says, "I enjoy the fact that there is no clock. I love this kind of chess because it has played a major role in my life, providing joy, sometimes grief, but always excitement. And I have the opportunity of meeting and corresponding with people from all over the world."

His story of how a young boy from Lithuania, living in a Displaced Persons' Camp in Augsburg, Germany for five years, became a world champion chess player, an expert mathematician and a renowned physicist is nothing short of a miracle.

Now living in Walnut Creek, Victor is your amazing neighbor.



Choosing the Right Credit Card

In the ever-evolving financial landscape, credit cards provide a diverse array of features, including appealing introductory rates, cash back incentives, enticing balance transfer promotions, and noteworthy rewards programs. With so many options, finding the right card can seem overwhelming. But don't worry! The key is to simplify your search. Look for a card that helps you save money, offers real value, and fits your spending habits. Here are four key features to consider:

Annual Percentage Rate (APR): The APR is a key factor in determining the cost of a credit card. APR represents the annual cost of borrowing on a credit card, expressed as a percentage, including interest and fees. In general, the higher your credit score, the lower your rates will be. However, dealers and lenders are not required to offer you the best available rates. The best way to reduce your costs is to shop around and compare rates between different lenders.

Be cautious with low-introductory offers, as they are usually short-term promotions. After a short period, the rate can increase significantly, often to a rate higher than what other issuers provide.

In addition, most credit cards have different rates for different types of usage. There may be a low rate for purchases, a higher rate for balance transfers, and an even higher rate for cash advances. Ideally, you want a card with a consistently low rate across all transaction types.

Fees: Be aware of annual fees. Many reward programs offset the cost of the rewards by charging an annual fee. Additionally, many luxury credit cards offer special perks like concierge service, airport lounge access, and other exclusive benefits. However, they come with a high annual fee, with a few costing hundreds of dollars, just

for the privilege of having a prestigious card.

Another common charge is a balance transfer fee, which usually falls between 3% and 5% of the transferred amount. For example, transferring \$5,000 with a 5% fee would incur a charge of \$250.

In addition, some card issuers charge a cash advance fee ranging between 3% and 5%. That means you pay for the privilege of accessing your credit line for cash. Look for cards that do not overcharge for these fees or better yet, select a card that doesn't charge them at all.

Rewards: Customer loyalty is often rewarded, but it's important to take a closer look at what those rewards entail. Reward programs are often associated with specific hotels, airlines, or entertainment venues, enhancing brand loyalty and customer engagement. If you don't always stay at the same hotel, fly the same airline, or visit the same destination for your vacations, you might prefer a more flexible rewards program. Pacific Service CU's rewards program, for instance, allows redemption for multiple airlines, hotels, cruises, vacation packages, and brand-name merchandise. Cards that offer flexible rewards programs are often superior choices.

Security: With credit card fraud being alarmingly prevalent, a card's security features should not be overlooked. Aim to find a card that provides purchase alerts, fraud alerts, and other advanced technologies to protect against unauthorized use.

When choosing a credit card, take the time to review the rates, fees, rewards, and security features to make an informed choice. For more information, visit www.pacificservice.org or contact a member service representative at (888) 858-6878.



5 Costly Home Inspection Red Flags You Can't Afford to Ignore

Buying a home is one of the most significant investments you will ever make, and a home inspection is a critical step in ensuring you are making a sound purchase. However, not all issues are immediately obvious, and some could end up costing you thousands of dollars down the line. Here are five shocking red flags in home inspection reports that you need to watch out for.

1 Foundation Cracks or Shifts — Foundation issues are among the most serious problems that can appear in a home inspection report. Cracks, uneven floors, or doors that will not close properly could indicate a shifting foundation, which can lead to costly repairs.

Fixing a foundation problem can cost tens of thousands of dollars, making this a red flag you should not ignore.

2 Faulty Electrical Systems — An outdated or faulty electrical system is more than just an inconvenience — it is a safety hazard. Look for signs like old wiring, flickering lights, or a lack of grounded outlets.

Bringing an old electrical system up to code can be expensive and disruptive, and ignoring these issues could put your home at risk of fire.

3 Plumbing Problems — Water damage can be a homeowner's worst nightmare, often leading to mold, structural damage, and costly repairs.

Pay close attention to signs of leaks, low water pressure, or corroded pipes in the inspection report. These issues may seem minor at first, but they can quickly escalate into major expenses.

4 Roof Damage — A damaged or aging roof can lead to a host of problems, including leaks, water damage, and decreased energy efficiency. The cost to repair or replace a roof varies, but often is a significant expense.

5 Pest Infestations — Termites, rodents, and other pests can cause extensive damage to a home's structure. Evidence of an infestation should be taken seriously, as the cost to eradicate pests and repair the damage they have caused can add up quickly. What may seem like a minor issue can turn into a costly nightmare.

These five red flags are among the most critical to consider in your home inspection report. Addressing them upfront can save you from unexpected costs and headaches down the road. Always consult with your real estate agent and inspector if you see any of these issues in a report, and make sure you understand the potential financial impact before proceeding with your purchase. Your dream home should be a safe and sound investment, not a money pit.

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Clayton Market Update

Address	Sales Price	SF	Bed/Bath	Sales Date
1412 Greystone Ln	\$765,000	1474	3/2.5	8/12/2024
1225 Buckeye Terr	\$1,050,000	1639	3/2.5	8/16/2024
215 Colombar Ct	\$1,461,000	1836	3/2.5	8/27/2024
527 Hamburg Cir	\$1,199,000	2391	4/3	8/30/2024
3058 Windmill Canyon Rd	\$1,150,000	2315	5/2.5	9/10/2024
5825 Del Trigo Ln	\$890,000	1646	4/2.5	9/12/2024
1486 Yosemite Cir	\$850,000	1496	3/2	9/13/2024



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Concord Market Update

Address	Sales Price	SF	Bed/Bath	Sales Date
1325 Waterfall Way	\$480,000	960	2/1	8/26/2024
3410 Cowell Rd	\$731,888	1416	3/2	8/28/2024
12 Leue Ct	\$900,000	1250	4/2	8/30/2024
3715 Liscome Way	\$1,020,000	2040	4/2.5	9/6/2024
886 San Miguel Rd	\$1,015,000	1560	3/2	9/10/2024
3111 San Gabriel Dr	\$1,325,000	2514	4/3	9/11/2024
5541 Louisiana Dr	\$720,000	1232	3/2	9/13/2024

Based on information from CCAVR/Paragon MLS® as of 9/18/24. All data, including all measurements and calculations of area, is obtained from various sources and has not been, and will not be, verified by broker or MLS. All information should be independently reviewed and verified for accuracy. Properties may or may not be listed by the office/agent presenting the information.

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Concord Chamber of Commerce Goes to Cuba



Who wants to go to Cuba? As part of an entrepreneurial/cultural exchange program, the Concord Chamber of Commerce invites anyone interested in learning more about Cuba can join them on a 10-day excursion, March 15-23, 2025.

You will be examining Cuba's entrepreneurial business, art, culture, gastronomy, dance, music and history in this "support the Cuban people" program. You will travel to and be based in Havana, but will also explore Vinales Valley and Las Terrazas to the west. Learn of the wave of new privately owned restaurants or "paladars" in Cuban's homes.

The Chamber is working through facilitator Paul Bardwill of Global Educational Facilitation. Bardwill has been traveling to Cuba designing cultural programs for universities, hospitals and specialized groups since 1998. His passion is to give Americans the opportunity to formulate their own opinion of the forbidden island called Cuba. He has unparalleled contacts in Cuba and finds nuggets of enjoyment in Cuba with each trip, whether it be historical, musical, sports, or dance.

Travelers will fly from Miami to Havana and spend seven nights with selected Cuban family stay. The program includes all the excursions, all breakfast, all lunches, arrival dinner, departure dinner. The only thing it doesn't include are some dinners.



"People are going to have the opportunity to live with a Cuban family who is an entrepreneur, to understand what that person is going through to put a nice breakfast on the table. You will meet people on the street, see cultural activities, for example, the Cuban Ballet, one of the top ballets in the world," Bardwill says.

There is much to learn about this forbidden island country. Cuba boasts some of the best salsa dancers, singers, musicians, anywhere according to Bardwill.

"They have very sophisticated medical advancements. They have a free educational system that works. They have a free medical system that works. But they are struggling. Tourism just hasn't completely recovered since Covid."

Most of your needs are covered in the program's costs. "Understand, traveling to Cuba, you have to bring cash because there is no teller machine in Cuba that works for a US bank due to the embargo. You will need money for five dinners. Some people will want to buy cigars. Some people might want to buy some harder rum. Bardwill recommends you bring \$500 to \$1000 of spending money."

The program costs \$2975. But hurry, deadline to sign-up is October 15. Eligible applicants



will be accepted on a first-come, first-served basis. Space is limited.

For more details contact William Chan at the Concord Chamber of Commerce at 925-685-1181 or email membership@concordchamber.com.

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Around Martinez



by Brianne Zorn, Mayor, City of Martinez

Call for Applicants: Diversity & Cultural Commission

Join our **DIVERSITY & CULTURAL COMMISSION**

Together, we're building a brighter, more inclusive future!

www.cityofmartinez.org/commissions

Application open through December 13, 2024.

As part of the City of Martinez's ongoing efforts to implement its Diversity, Equity, Inclusion and Belonging (DEIB) Roadmap, the Martinez City Council unanimously voted earlier this summer to form our newest commission: the Diversity and Cultural Commission.

The Diversity and Cultural Commission will aim to strengthen community building and engagement by highlighting diverse perspectives and cultural experiences. It will play a key role in advising the City Council on matters related to the City's DEIB Roadmap, as well as in planning inclusive events, coordinating our Sister City programs, conducting community listening sessions, and providing feedback on City outreach and communications.

The creation of the Diversity and Cultural Commission is a significant step in my commitment to fostering an inclusive and vibrant city. We are excited to engage residents from all of our communities in this important work and look forward to seeing the positive impact this Commission will have on Martinez.

The Commission will consist of seven regular members appointed by the City Council. Six members will be residents or business owners within the

City of Martinez and one member will be a resident within the City's Sphere of Influence, which consists of various unincorporated areas bordering the City limits. Two alternate members will also be appointed. The commissioners will be volunteers and will serve up to 4-year appointments. Meetings will be held quarterly, with additional gatherings as necessary.

I encourage all interested individuals to apply. The application period is open now and will be open until December 13. The selection process will be led by me and Councilmember Satinder S. Malhi and we anticipate recommendations to come to the full City Council for consideration in January 2025. Applications can be submitted online through the City's Boards and Commissions web portal at cityofmartinez.org/commissions or use the QR code to navigate to the page. The application can be made available in multiple languages upon request by emailing the City Clerk at cityclerk@cityofmartinez.org.

An orientation for interested candidates will be held via Zoom on Tuesday, October 1, 2024, at 12:00 p.m. to answer questions about the new commission and provide an overview of the application process.

603 Marina Vista Ave, Martinez (925) 228-2345

Explore Martinez

www.martinezchamber.com

Martinez City Council Candidate Statements

There will be only one competitive City Council race, for the District 2 seat currently occupied by longtime incumbent Mark Ross (because of redistricting, Ross no longer lives in the district and was ineligible to run for re-election).

In District 3, incumbent Satinder Malhi, who was appointed to fill the seat in 2023 after the previous representative, Brianne Zorn, became mayor, was the only candidate to file papers to run and will automatically earn a full four-year term.

There will be a two-way race for Ross' seat between longtime Martinez Parks, Recreation, Marina and Cultural Commission Chairperson Dylan Radke (who previously ran for City Council in 2012) and Greg Young, a consumer protection commissioner with the state Department of Financial Protection and Innovation.

Here are their campaign statements. You can find more information on each of their websites.

Greg Young, Senior Deputy Commissioner

<https://greg4martinez.com/>



I was raised by hard working parents who stressed that education and economic opportunity were the key ingredients to building rich and vibrant communities. Those values reflect the essence of Martinez, the place that provided me with a safe hometown and allowed my wife and me to raise our three children.

I have deep love for our community, having served on the Martinez Planning Commission, Library Commission, Boys and Girls Club and Juvenile Hall Auxiliary Board. Martinez is a great city in which to live, work and raise a family, but we can and must make it an even better place to live.

I bring 30 years of financial innovation, community investment, and consumer protection experience. I currently manage program budgets in excess of \$95 million at the department of Financial Protection and Innovation. I earned a BA in Mass Communications from University of California, Berkeley, a Master of Business Administration from St. Mary's College, and a Master's in Counseling Psychology from the

University of San Francisco.

I am running for City Council to preserve Martinez's unique history, while also making important decisions for generations to come. My focus will be on sound budgeting, fully funding law enforcement, increasing neighborhood safety by addressing homelessness and crime, supporting economic development and our small businesses, expanding housing opportunity, and developing our Waterfront Marina responsibly without burdening taxpayers.

In his current role as Senior Deputy Commissioner at the Department of Financial Protection and Innovation, Greg oversees the regulation of financial institutions, ensuring they meet the needs of all Californians, particularly those in low-to-moderate-income areas.

Priorities

- Work tirelessly to enhance neighborhood safety,
- Support our local businesses,
- Expand housing opportunities
- Responsibly develop the Waterfront Marina.
- Ensure that our city's budget is managed with transparency and care, so that Martinez can continue to thrive for generations to come.

Dylan Radke, Attorney & Park Commissioner

Dylanradke@gmail.com



I am honored to run for Martinez City Council, District 2. As a lifetime resident of Martinez, I attended its schools; worked as a local attorney, community leader and volunteer; and chose to stay here and raise my family.

I have served on Martinez Parks, Recreation, Marina and Cultural Commission, PRMCC, as a chairperson for the past 15 years; and the Martinez Education Foundation, M.E.F., as board member for two decades. I was the chairperson for Measure R campaign, school bond, and the co-chair of the Measure H, park bond, campaigns. I have dedicated my community service to improving the quality of life for all Martinez residents.

Continues next page

OCTOBER EVENTS

- October 1 Diversity & Cultural Commission FAQ Meeting
- October 4 Homecoming Parade
- October 5 Pumpkin Dunkin
- October 5 15th Annual Bike the Bridges & Brewfest
- October 5 Martinez Home & Garden Tour
- October 9 EPA Grant Community Meeting
- October 12 Alhambra Pioneer Cemetery Cleanup
- October 12 Zombie Brew Crawl
- October 12 50th Anniversary Mtz Bocce Federation
- October 19 Holiday Reuse Roundup, Styrofoam/Cardboard Drop Off
- October 26 Halloween Spooktacular
- Sundays Farmers Market

www.cityofmartinez.org/events

Follow Us on Social Media for more!



22nd Annual MRC-MEF Run for Education Sets Historic Record - Raises \$253,000 for Martinez Education Foundation

An enthusiastic crowd of runners and walkers, along with 49 generous sponsors, raised \$253,000 in the 22nd Annual MRC-MEF Run for Education on September 28, 2024. The weather was perfect for people to run, walk or roll through Downtown Martinez in the annual community event that supports the Martinez Education Foundation (MEF). MEF funds teacher grants throughout the Martinez Unified School District (MUSD) for items such as interactive TVs for Alhambra High and Martinez Junior High, library books, science workshops, musical instruments, elementary and preschool learning materials, laptops, and playground equipment.

Since the Run for Education started in 2003, it has raised \$1.65 million for K-12 supplies and educational experiences in MUSD and Martinez Refining Company underwrites the cost of the event. MRC Refinery Manager, Daniel Ingram said, "We eagerly look forward to this annual event, which empowers our Community Partner, the Martinez Education Foundation, and helps provide essential educational resources for MUSD. This year's theme, "22 Years of Teamwork," reminds us that teamwork is the key to success. We wanted to raise the bar this year and organized a golf tournament, Fairways Fore Futures with our Contract Partners. The tournament, held earlier this week, was a great success and I appreciate our contract partners' significant donations to the Martinez Education Foundation. Alongside our MRC employees and our contract partners, we're building a brighter future—one step, one school, and one community at a time."

Martinez Unified School District Superintendent Helen Rossi said, "I am grateful to the Martinez Refining Company and the Martinez Education Foundation... the amount of money they raised this year is astounding! Their generosity, through the MRC-MEF Run for Education, has



made a real difference in our classrooms, providing essential materials, and creating valuable learning experiences that truly enrich the lives of all our students."

Many are responsible for the event's success —thanks to MUSD students, Alhambra High School Marching Band and Color Guard, MRC employees, MEF volunteers, Martinez CERT volunteers, community members, Martinez Police Department, Martinez Public Works, and local businesses.

In addition to the Martinez Refining Company, there were 49 corporate and individual Run sponsors who contributed \$500 or more. Refinery Manager Daniel Ingram added, "The MRC-MEF Run for Education is a genuine community collaboration aimed at supporting our local schools. We are deeply grateful for the many generous sponsors who help make this significant event possible."

Photo courtesy of Facebook/Martinez Refining Company

Candidates continued.

My work on PRMCC and Measure H helped to improve and expand the Martinez Library, Rankin Pool and all City parks allowing all Martinez residents equal access to low or no cost recreation. Measure R funded the replacement and modernization of all Martinez Unified School District elementary schools. I believe that improving our public facilities provides equal access to education and services, stabilizes budget expenditures and increases Martinez's desirability as a great place to live.

Today, the challenges facing Martinez are serious but not insurmountable. We must ensure we protect police services, maintain City facilities and support local businesses. I have the willingness, creativity and determination to find solutions that will work to address these challenges while protecting the unique character of Martinez.

Priorities

- Keep Our neighborhoods &

schools safe

- Provide Refinery Accountability
- Ensure quick response times to emergencies
- Protect staffing levels for our police department and fire protection.
- Crack down on vandals who target our neighborhoods and parks.
- Help Create Good Jobs & Manage Growth
- Encourage investment from existing and new businesses
- Cut red tape and streamline city processes
- Provide residential development
- Make city government and other services efficient and sustainable
- Provide Safe, Clean Parks & Neighborhood Amenities
- Improve and maintain parks, playgrounds and ballfields
- Look to add new parks and recreational amenities

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GERMAN BEER & WINE

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*APR = Annual Percentage Rate. Membership eligibility requirements apply.

Martinez Calendar can be found in the Calendar section. P6

City Council Hands Police New Powers to Crack Down on Public Encampments

by Craig Lazzeretti, Martinez News and Views

Leveraging a recent ruling by the U.S. Supreme Court, the Martinez City Council unanimously approved an urgency ordinance giving the police expanded powers to crack down on public encampments.



Although Martinez does not appear to be currently grappling with any large-scale encampments, the City Council decided to take advantage of the new powers granted local governments by the June Supreme Court ruling in Grants Pass v. Johnson to stop the unhoused from sleeping in public areas even if there is no shelter available to them.

In approving the ordinance, council members and staff claimed that Martinez is a compassionate community that has addressed, and will continue to, the issues facing the unhoused in a humane way — despite the fact the city has an abysmal record in creating low-income housing.

In 2023 Contra Costa County Civil Grand Jury Report found that Martinez was the only city in the county that met zero percent of its Regional Housing Needs Allocation (RHNA) targets. All 88 housing permits issued in Martinez during this period were for “above moderate income” homes.

In addition, the state Department of Housing and Conservation Development’s Housing Element dashboard shows that in 2023, all 90 housing units completed in Martinez were categorized as “above moderate income.”

The issue of lack of housing will no longer be a barrier to the city citing and potentially arresting residents who sleep in public spaces. Previously, the Martinez Municipal Code allowed the city to cite people for camping in public spaces between the hours of 11 p.m. and 8:30 a.m. only if (1) they had been informed of the whereabouts of homeless shelters within Contra Costa County, (2) shelter was available, and (3) they refused to stay in the shelter.

The urgency ordinance lifts those restrictions, which had been required

under a previous ruling by the Ninth Circuit Court of Appeals that said arresting or removing people who have nowhere to go amounted to “cruel and unusual punishment.” In the Grants Pass case, the Supreme Court’s overturned the lower court ruling, paving the way for cities such as Martinez to remove the unhoused without a guarantee of shelter elsewhere.

The new ordinance also repeals a previous provision prohibiting people from sleeping in their cars.

Despite the scope of the problem, affordable housing has not emerged as a major topic of interest or discussion during Martinez election campaigns or at council meetings which are not focused on the state-mandated housing element.

Data from last year’s civil grand jury report showed that from 1999 to 2020, Martinez permitted a grand total of 48 housing units categorized for very low-income residents, out of a total RHNA target of 633 such units during that period. Martinez is expected to create 350 units of very low-income housing during the 2023-2031 housing element cycle; it created none in the first year.

That priority, however, wasn’t reflected in the only recent public statement that the city has made on housing, in which it celebrated a “record-breaking year for property values,” boasting that the city saw the biggest percentage increase of any city in Contra Costa County this year.

This article has been truncated, to read the full article go to <https://martineznewsandviews.substack.com/>

Whole Lotta Shakin’

Photos by Thomas Rimpel

The 14th annual Martini Shake-Off Gala Event on September 14, 2024, featured Martinez (and some neighbors) best mixologist that were competing to make the best and the most creative Martini. Everyone enjoyed live music and a delicious dinner dancing, silent auction and of course delicious creative martinis

Celebrating the birthplace of the martini. The competition included martinis from:

Six Eleven, Martinez; Martinez Yacht Club, Luna Sea Lounge, Walnut Creek; Wences, Pleasant

Hill; WiseGirl, Pleasant Hill; Back Forty, Pleasant Hill

Bentleys, Martinez; Shipwreck Bar, Martinez; and Whiskey Lane, Martinez.

And the winners are:

1st Place and People’s Choice Award — Six Eleven Bar & Grill, Martinez “The Plant Mom”

2nd Place — Bentley’s, Martinez “Autumn on Main”

3rd Place — Luna Sea Lounge, Walnut Creek “The Sea World”



1st place winners: Six Eleven Bar & Grill, Martinez



Councilman Satinder Malhi and County Supervisor Shanelle Scales-Preston



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BINGO

Soroptimist International of Martinez

7th Annual Bingo Bash
5:00 p.m., Saturday, November 16, 2024

Martinez Refining Company Clubhouse (formerly Shell Clubhouse) 1635 Pacheco Blvd., Martinez

\$30 Entry Fee covers 10 games including Blackout
(Players must be 18 years and older.)

BINGO PRIZES * RAFFLE * DOOR PRIZE
BOX MEAL * BAR * SNACKS

Scan here for tickets
or call Jennifer at (925) 494-2623

Proceeds from this fundraiser will support Soroptimist Dream Programs and fund scholarships for local women and girls. Soroptimist is a global organization that provides women and girls with access to the education and training they need to achieve economic empowerment. www.soroptimistmartinez.org

Thank you, MRC, for your generous sponsorship.

Subscribe for Home Delivery of The Diablo Gazette (925) 298-9990

The Arts Page



by Paula Oesterling

The Colors of Change at Main Street Arts



aRt Cottage

Offers October Treats and Retreats

Inside the aRt Cottage, the exhibit featuring Mark Jezierny and his students will continue through October. As a special treat during this exhibit, we are also featuring the works of aRt Cottage students in the back gallery room. I am as proud of their work as they are being exhibited. Enjoy the 3D sculptures as well as paintings from my students ranging in age four to 84 years old.

The aRt Cottage is featuring a special event at the Twain hARTE Cabin in Gold Country on October 20-22. This retreat will include two workshops, several field trips and three nights at the Twain hARTE Cabin. You may choose to do your own art project whether it's plein air painting, crocheting, journaling, photography, sketching, etc. or participate in the workshops that are planned (all supplies included). Space is limited, for more information, contact Fro at 925-956-3342.

In November and December, aRt



Knightsen Honey by Elaine Coyne

Cottage's Holiday Boutique will feature handcrafted items by local artists.

aRt Cottage is open 11:00 a.m. to 4:00 p.m., Wednesday through Saturday at 2238 Mt. Diablo Street, Concord.



In the Flower Field by Kira Trisky



Three Elephants by Adriel



Zaidy, Sister in the Bathtub.

Just as the ginkgo tree, in front of the gallery, is changing colors, so is the art within our walls. Members of Main Street Arts have once again turned the gallery into a first-rate showplace for fine art. Their new, colorful presentation of their latest works will adorn the walls until the end of October.

"Delighted by Light," a show by members of the Lamorinda Arts Alliance, opened on September 6 at our First Friday celebration. Please come to the First Friday party on October 4 from 6-9 and vote for the People's Choice. www.laa4art.org

East Bay Gallery Tour
Also, during the month of October, Main Street Arts is participating in the East Bay Gallery tour along with 12 other galleries. Come in and pick up a postcard to be stamped at all the galleries and you will have a chance to win a \$300 certificate to buy art at any one of the galleries visited. You have all month to visit each gallery. See the East Bay Gallery Tour page on mainstreetarts.net for the details.

The Painted Piano Downtown
Chris Granillo, one of

our newest members, has just added to the beauty of downtown Martinez, by painting this gorgeous piano. Chris calls the work "Monarchs of Martinez." You can see the piano in the town square. What an inspiration, Chris!



Chris Granillo

Nate Holbein recently returned from Burning Man, where his inspiring sculpture, "Reclamation of a Stolen Heart," was the site of weddings and all-around good vibes. Way to go, Nate!



Dean Evans Mitchell Canyon Oil painting

Main Street Arts takes part in many events sponsored by Downtown Martinez. We are looking forward to the Zombie Beer Crawl, Trunk-or-Treat, and of course, First Friday in October and hope to see you celebrating with us.



Nate Burning Man

In September, for our free drawing, Gwenn Spratt donated a mixed-media piece called "Patient Endurance." See the winner on our website.



Patient Endurance drawing

October's "give-away" artist will be Dean Evans. Simply sign up at the gallery for a free chance to win his painting. We look forward to meeting with you and sharing our love of the arts.

Main Street Arts is located 613 Main St. in Martienz. Open Wed-Sat 11:00 a.m.-4:00 p.m.,

Sunday 10:00 a.m.-3:00 p.m., and on First Fridays, 11:00 a.m.-9:00 p.m.

Last Month to See Radiant Visions Exhibit at JOR Fine Art Gallery

This is the final month to experience the *Radiant Visions* exhibit at JOR Fine Art Gallery in Clayton. This extraordinary showcase features a range of captivating pieces, including the striking stone sculptures and surrealist paintings that have been the talk of the season. The exhibit closes on October 27.

As part of this exhibit, be sure to check out the stunning photography of Rick Haley, a contemporary landscape and nature photographer with over 45 years of experience. Haley's incredible black-and-white and color photography captures the beauty and serenity of the natural world in ways that will leave you breathless.

JOR Fine Art Gallery at 1026 Oak Street, Suite 102, Clayton. The Gallery is open Wednesday through Sunday from 12:00 p.m. to 5:00 p.m.



Rick Haley - Yosemite Spring Storm



Rick Haley - Aspens Keble Pass, CO

Blackhawk Gallery

Art Demonstration With Abstract Artist Gene Howard

Alamo Danville Artists' Society's (ADAS) October Art Demonstration featuring renowned abstract artist Gene Howard on Tuesday, October 8, from 7:30 p.m. to 9:00 p.m. at 3416 Blackhawk Plaza Circle, Danville.

This event offers a unique opportunity to explore Gene Howard's extraordinary techniques and distinctive abstract styles in a relaxed and inspiring atmosphere. Art enthusiasts and aspiring artists are sure to enjoy this creative evening.

Both ADAS members and the public are welcome to attend this engaging experience with Gene Howard, one of today's innovative abstract artists. For more details, visit adas4art.org



'Creative Concord' Art & Music Jam Returns Oct. 5-6

Artists and art lovers from all over the Bay Area will gather at Todos Santos Plaza on October 5 and 6 for the city's third annual celebration of arts, culture, and community, known as Creative Concord.

The two-day "Art and Music Jam" will feature 16 artists painting 5' x 6' original artworks on canvas in the park over a two-day period, as well as musical performances by nearly a dozen artists and bands. See the complete lineup at www.creativeconcordca.com/art-music-jam.

On Oct. 1, six muralists will begin painting their installations throughout the downtown area. The murals are scheduled to be completed by Oct. 6. These new murals will join the 12 others that were brought to life in 2022 and 2023.

"In Concord, we like to express our sense of shared community by combining art and cultural appreciation through our public art," said Concord Mayor Edi Birsan. "Our Creative Concord murals are a strong reflection of the city's vision to build a community in harmony with itself."

"As a Concord born and raised artist, I think the Creative Concord initiative is a pivotal and much needed program for the city," said Brian Arriaga, a 2024 Creative Concord muralist and 2022 Art and Music Jam artist.

Creative Concord is made possible through a collaboration among the city, art-centric agency Local Edition Creative, and the tourism bureau, Visit Concord. Of course, one of the goals here is to help

beautify the city.

"With a focus on highlighting diverse styles, cultures, and themes, Creative Concord has enlivened the city with a portfolio of artworks that embody a sense of welcoming and an understanding that a wonderfully diverse community can be found here," said Sage Loring, co-founder and creative director of Local Edition Creative.

The free, family-friendly event runs 12 p.m. to 6 p.m. on both Saturday and Sunday and will feature other booths and activities, including a pinball tent, for people to visit.

All of the canvas art that is painted during this event will be available for sale.

Among the murals, one has special significance for the City of Concord, which is currently celebrating the 50th anniversary of its sister city relationship with Kitakami, Japan.

Muralist JUURI will be painting a 35' x 12' mural at 2345 Willow Pass Road, and her vision is to "convey the power and dynamism of the Onikenbai dance." This mural is being sponsored by the nonprofit Concord Ambassadors, which will be hosting a delegation of visitors from Japan during the week of the installation. The Ambassadors say the mural is a celebration of the long-standing tie between the two cities that have a cultural exchange and bond of friendship.

More information is online at CreativeConcordCA.com.

20 WHERE ART & MUSIC COLLIDE 24
OCTOBER 5-6 ⚡ DOWNTOWN CONCORD

MUSIC

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KATGRÜVS • SOLO OPERA • DIABLO TAIKO
GUITARS NOT GUNS

MURALS

BRIAN ARRIAGA • RATUR • EUGENIA HO • KEYA TAMA
JUURI • DANA ALBANY

CANVAS ARTISTS

ABBY VINLUAN (PINOLE) • ALEX HAGERTY (CONCORD)
ALEXIS GALLO (BERKELEY) • ALYSSA MINKO (BERKELEY)
CARLOS ORTIZ (REDWOOD CITY) • CHRISTINA ABAD (VALLEJO)
GREG GALINSKY (PORT COSTA) • HANNAH BALKE (ALAMEDA)
JENNY ROSALES (CONCORD) • KATIE YARNOLD (EL SOBRANTE)
LORRAINE CURTIS (BENICIA) • MARVIN MANN (RICHMOND)
MICAH BLACK (CHICO) • MICHELLE SAPUTO (WALNUT CREEK)
NATALIA CORAZZA (MONTEREY) • ZOE CARON (FREMONT)



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California Condors Return to Mount Diablo and the East Bay

by Linda Kindsvater, Save Mount Diablo



Seven California condors flew north into Alameda and Contra Costa counties on a circuitous aerial tour on Aug. 18, according to Save Mount Diablo. The three-hour flight began shortly after noon, when they left their previous evening's roost site south of Ohlone Regional Wilderness.

They soared over Pleasanton and Sunol, near the intersection of interstate Highways 580 and 680, over Dublin and Tassajara, and ventured north over Mount Diablo's Pine Canyon near Castle Rock — which Save Mount Diablo said is a potential future nesting site and where the group helped reestablish endangered peregrine falcons.

The condors flew as far north as Lime Ridge Open Space, west of Clayton, before veering east — the furthest north the birds have flown in Contra Costa. Save Mount Diablo said the condors circled Mount Diablo before heading south over the outskirts of Livermore and then spending the night in the mountains near Lake Del Valle.

The condors, fitted with radio and GPS transmitters, did not appear to have landed during their time in the area. Save Mount Diablo said they got the information from wildlife biologist Joseph Belli, who volunteers for the California condor recovery program at Pinnacles National Park. He also works closely with Save Mount Diablo and pays special attention to birds ranging up and down the Diablo Range.

"I've been monitoring condors for nearly 20 years and it's wonderful to see groups of them exploring further north in the Diablo Range every summer for the past four years," Alacia Welch, the condor program manager



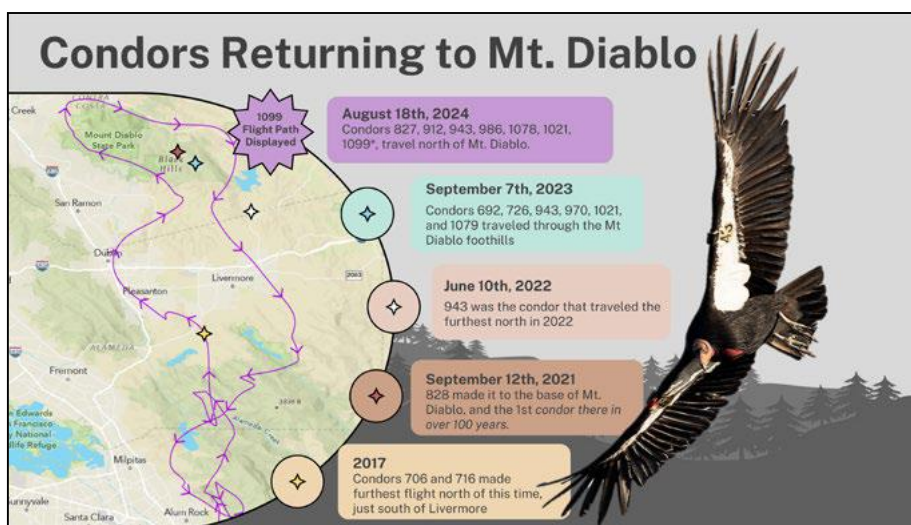
at Pinnacles National Park, said in a statement. "We would rarely know of these long-range flights if it weren't for the GPS transmitters on some of the condors. I wouldn't be surprised if these summer forays continue into the future, so all you eagle-eyed condor enthusiasts should keep an eye to the sky."

Six condors took an exploratory flight near Mount Diablo about the same time last year. It was the first flock in Contra Costa County in 100 years. Two of them were also among this year's group.

The most recent visitors were a blend of condors raised in captivity and products of wild nests in southern San Benito County and Pinnacles National Park. Pinnacles and the Ventana Wildlife Society co-manage the flock, managing release sites and monitoring the birds from the park and Big Sur.

The central California flock consists of roughly 100 free-flying condors, ranging from north of Paso Robles and San Luis Obispo to southern Santa Clara County and occasionally beyond.

Save Mount Diablo said that number will increase toward the end of the year, when 10 to 12 young condors raised in captivity will be released.



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In Case You Missed It...

Local News Items from Claycord.com and Other Sources

City Of Concord Invites Community To Help Plant 'Micro Forest'



Over 700 trees and shrubs were planted September 28, as a micro forest on the Ayers Elementary School campus thanks to a federal urban forest grant.

In 2024, the City of Concord received a \$1 million grant to improve the management, condition, and education of its urban forest. As part of the grant, the City of Concord committed to collaborating with local educators at Mt. Diablo Unified School District (MDUSD) to create an educational and outreach opportunity to engage students on the value of trees in the community.

Historical Society Clayton Halloween Home Tour



The Clayton Historical Society will host its first Halloween home tour on October 19, from 2:30 to 6:30 p.m. This is a self-guided tour. Tickets are to be picked up at the museum the day of the tour.

This is a fundraiser which benefits the Clayton Historical Society Museum, a 501(c)(3) nonprofit organization.

Purchase before Oct 19 to save \$5.

Purchase online at www.ClaytonHistory.org

Tickets can also be purchased at R&M Pool, Patio & Gardens on Marsh Creek Road in Clayton or at the museum on Sundays or Wednesdays from 2:00-4:00 p.m.

Fun Trucks Abound in October



The Hello Kitty Cafe Truck will be

at Walnut Creek's Broadway Plaza, October 12, from 10 AM - 7 PM. The Barbie Dreamhouse Living Tour truck will be at Broadway Plaza October 26, 10 AM - 7 PM. Both offer treats and merchandise.

California Coastal Cleanup Day Celebrates 40 Years Saturday With Local, Statewide Events

Every September, thousands of Californians gather on a single Saturday along beaches, shorelines and inland waterways with one simple task: pick up trash before it becomes part of the fragile coastal ecosystem.

This annual event is California Coastal Cleanup Day, which according to Guinness Book of World Records is the largest single day volunteer event in the world.

This year, over 750 coastal cleanup events took place statewide at beaches, bays, rivers, creeks, parks, roadsides and highways – all areas that can impact the delicate ocean waters of California.

Coastal Cleanup Day is supported by the California Coastal Commission, California State Parks and Ocean Conservancy.

Congressman DeSaulnier Introduces Protecting Children With Food Allergies Act

Congressman Mark DeSaulnier (CA-10), joined by Representatives Mikie Sherrill (NJ-11) and Doris Matsui (CA-07), introduced the Protecting Children with Food Allergies Act (H.R. 9550), a bill that would require training of food personnel in schools on identifying, responding to, and preventing allergic reactions.

"As a senior member of the House Committee on Education and the Workforce, protecting and supporting students when they are in the care of their schools is among my top priorities, and, with 25% of all first-time allergic reactions happening to children while at school, it's clear we must do more to keep students safe," said Congressman DeSaulnier. "I'm proud to introduce this bill with Representatives Sherrill and Matsui to give schools the tools they need to prevent and treat allergic reactions so every child is safe eating in their school's cafeteria."

California Secures \$95 Million In Federal Grants For 15 Transformational Neighborhood Park Projects

California today was awarded \$95 million in grant funding from the National Park Service (NPS) to improve outdoor recreation spaces in underserved communities. The funds will go to 15 California public agencies to support park projects in neighborhoods where residents currently have few opportunities to recreate and experience nature. The awards are part of the NPS Outdoor Recreation Legacy Partnership Grants Program, a nationally competitive program that provides matching grants for park projects in underserved urban communities.

NPS awarded funding to every California project submitted for consideration – the most grants and the largest total amount the state has received in program history.

Visit Claycord.com for more stories



Neuroplasticity
by Jessica Raam Foster,
NeurologyofPresence.com

Eye-sometrics

for Better Health



Do you know the old adage that "you only have to brush the teeth you want to keep?"

Well guess what? The same holds true for your eyes. They need daily maintenance. While everyone knows the importance of brushing your teeth, very few people realize the importance of caring for your eyes.

Your eyes were designed to see the world – the sky, the horizon, the things off in the distance and those right in front of our noses. We should be able to stare at objects, track things as they move, and observe life occurring in our periphery. Our eyes should be able to jump nimbly from one thing to another, regardless of depth or distance.

In our modern lives, we rarely engage in activities that provide our eyes with the necessary visual skills, except for staring at things in close proximity. This scarcity highlights the need for conscious efforts to maintain our eye health.

While neglecting to train muscles in your arms or legs is not ideal, ignoring the strength and flexibility of your eyes has consequences that run far deeper than movement limitations. Because vision is so important to survival, even minor deficits in the way our eye's function can create a litany of unwanted health issues such as chronic pain, balance issues, cognitive issues such as focus or memory problems, anxiety, depression, and other mental health issues.

But here's the good news. The reverse is also true. Even minor improvements in visual skills can have considerable benefits in the way you think, move, and feel.

So how do you take care of your eyes? Well, just like the dentist can help you improve your brushing habits, working with a coach can help you dial in the specific visual skills your eyes might benefit from the most. Here is one drill that can get you started:

EYE ISOMETRICS


Practice staring at things. (This can be shockingly difficult for some people). Hold your head straight and still during these exercises. We just want the eyes to move. Start by looking up at something above your head for 5 seconds. Then, repeat to the right, left, and straight down. If that feels too intense, reduce the amount of time or pick a target closer in. If that is fairly easy, hold the gaze for up to 30 seconds.

You can do this drill anywhere, anytime: sitting, standing, even lying in bed. I recommend doing this a few times a day, especially if you spend a lot of time staring at screens. You may notice a decrease in pain or a shift in the way you feel just from doing this simple exercise. But even if you don't, know that this simple drill can help you maintain your health and wellness for the rest of your life.

Feel free to email me with any questions on this at neurologyofpresence@gmail.com.

Have You Read the Authors Who Also Write for **The Diablo Gazette**

Available on Amazon Books & Kindle



David George 'Naked Gardener' amzn.to/46EQ6sP

Michael Barrington 'Your Neighbor's Shoes' www.mbwriter.net

William Gensburger Editorials www.misterwriter.com

Jill Hedgecock 'BookEnds' & 'For Love of Pets' www.jillhedgecock.com

Campaign Statements of Clayton Council Candidates

Clayton Council Race is starting to heat up. Four candidates are vying for two positions the seats of incumbents Mayor Jim Diaz and Councilmember Holly Tillman. A third seat vacated by Councilmember Peter Cloven means the three candidates with the most votes will be sworn in onto next year's City Council. Given the small voting base of Clayton, this is expected to be a very close race.

It is that time to get to know your candidates. Can they deliver on their promises and vision for Clayton? We will get you started by comparing their campaign statements. Most of the following information is derived from each candidate's current website.

JIM DIAZ

reelectjimdiaz.com



I am a Small Business Owner and Current City Council Member. Former Mayor, Planning Commissioner, Police Lieutenant - Clayton Police Department - Reserve Division

Commander.

I am honored to have served the Clayton Community as a councilman for the past eight years, and as a citizen and volunteer for over 30 years helping to:

Get the Downtown Park Approved Co-Produced and Set-Up for the Concerts in the Grove

Supporting Clayton Valley Charter High School

Continuing to steer the city's never-ending pursuit of fiscal responsibility

Making things happen - rather than watching things happen. For example: spearheaded the re-opening of our Fire Station No. 11

It is an honor and privilege to serve Clayton as Mayor and Councilmember since 2012. During that time, I utilize my experience as a Small Business Owner and Planning Commissioner to bring about change (when needed) and controlled growth to Clayton.

My community volunteerism includes serving as the Producer of the Concerts In The Grove and the Classic Car Shows; Co-chaired several Clayton Festival events.

Positioning Clayton for Success:
Priorities:

- 1) Public Safety - assuring Clayton remains a safe community,
- 2) Quality of Life - Improve quality of life through well-planned development, keeping Clayton's charm and small-town feel,
- 3) Good Listener - Making sure everyone's voice is heard.

Clayton is special; Let's keep it that way.

HOLLY TILLMAN

Hollytillman.org



My husband, Matt, and I chose to settle here 21 years ago because we're from small, tight-knit towns and wanted that sense of community for our daughters, Jordan and Jada.

In Clayton, we all look out for one another. That's why I serve our community as your representative on the Clayton City Council and as the Vice President of a senior-serving nonprofit.

As a strong supporter of Clayton's "Do The Right Thing" program, I do my best to lead with its seven key character traits: Respect, Responsibility, Kindness, Self-Discipline, Integrity, Inclusivity and Courage.

Since you elected me in 2020, I have championed good governance, fiscal stability and professionalism, because we deserve a Clayton that works for everyone and values all resident voices.

I strongly believe that, if we work together, we can prioritize public safety, improve wildfire prevention, protect open space and maintain our infrastructure so that Clayton's incredible community resources are accessible and enjoyed by all.

Priorities

Safe Streets

1) Public safety is more than just living in a low-crime area. It also means we ensure our community is safe, accessible and welcoming to everyone, every day. Clayton's community-based policing model is essential to our safety and quality of life. It's also important for us to work together to improve pedestrian safety, fortify wildfire prevention me.

2) Creating an inclusive community means ensuring our infrastructure supports all residents, no matter their age or mobility. We need a comprehensive citywide plan focused on pedestrian accessibility and roadway safety.

3) Clayton's natural beauty is one of our most cherished assets. We must preserve Clayton's small-town charm by addressing the maintenance issues that threaten our trails, parks and open spaces. The reality is, our trail maintenance has been neglected for too long, and the consequences are starting to show.

I hope to earn your support!

RICH ENEA, SR

richard4clayton



My name is Richard Enea. My wife Beth and I raised our children here in Clayton. I was a Clayton Police Sergeant for many

years. My son currently works for the Clayton Police Department for over 20 years.

I currently serve on the Planning Commission and was former chair.

I serve on the Black Diamond HOA Board and am a member of the CBCA.

Priorities

1) The City balanced the budget this year by using \$250,000.00 from the reserve account, which still has a balance of \$7.7 million in the account.

2) I will look for ways to attract new businesses to our city. We have a new restaurant coming and a new UPS store.

3) Public Safety is a major issue for me. We need another Police Officer that would be dedicated as a traffic officer and other policing as needed. The safety of Clayton residents is a high priority for me.

I am an Independent thinker and always try to get a consensus among people. We need to work together for the good of Clayton. In my 30 years of Law Enforcement, I always tried to reach a fair outcome for all parties.

I ask for your vote. If you have any questions, please call me: 707-218-5757. Thank you.

MARIA SHULMAN

mariaforclayton.com



Who Is Maria Shulman?

I am a wife, mother, friend, volunteer, nurse, and educator.

I have served on the Clayton Planning Commission for two years, and in the last year, I served as Vice Chair of the committee and now Chair. My background is in criminal justice, banking, nursing, teaching, and healthcare administration; I will strive to bring people together to solve problems through collaboration. I am willing to step up and step out so our community can step in and unite. I am ready to address your needs and issues facing our city head-on. Let us move Clayton into the future through collaboration, diversity of ideas, and the value of respect for one another. Clayton is the sum of all its people, and more work gets done when we do it together.

I am willing to step up and step out so our community can step in and unite. I am ready to address your needs and issues facing our city head-on.

Priorities

1) Balancing the Budget — Financial prudence is essential. To long-term sustainability. A balanced budget and understanding the City's needs are critical to making informed decisions. I am committed to making those informed decisions about spending priorities based on keeping a balanced budget.

2) Community Collaboration — To move Clayton forward, authentic collaboration with the community must happen. Clayton is comprised of residents with diverse ideas, and the only way to engage the community is through honest and open communication. I am committed to building trust through open dialogue and active listening.

3) Economic Vitality — I am committed to supporting local businesses, promoting the value of Clayton's charm and character, and working with the City to attract new business. Economic vitality is crucial to maintaining a vibrant workforce and an improved quality of life.

I would genuinely appreciate your support. Thank you.

For additional information you may find additional insights and opinions on claytonwatch.com, pioneerpublishers.com, or on candidates' websites.

Clayton City Council Members are elected to serve four-year terms. The term expirations for the City Council are staggered so that only half of the offices expire at one time. In the event that a City Council seat becomes vacant, that seat shall be filled by appointment

"9 to 5 the Musical" Coming to Endeavor Hall Oct. 18-27

Get ready to be swept away by dazzling performances, stunning choreography, and unforgettable songs as Clayton Theatre Company (CTC) introduces "9 to 5 the Musical" to Clayton.

"9 to 5 the Musical" is based on the 1980 movie of the same name, and features music and lyrics by Dolly Parton. In 1980, the movie was a hit winning four Grammys and eight nominations. It's one of those movies most of us watched more than once.

The story centers on the downtrodden working lives of three women, Violet, Judy, and Doralee. They all work at Consolidated Industries, which is presided over by the sexist, lecherous, and pompous, Franklin H.

In 2008, Dolly developed a musical version with smashing success winning 15 Drama Desk awards and four Tony Awards. "Dolly wrote the all the music and lyrics covering a variety of genres throughout the performance. In my opinion, Dolly is way underestimated." said managing director Roxanne Pardi.

The musical score is written for a small pit orchestra, but in Endeavor Hall... "we have a 3-piece combo: a piano, a bass player and percussionist. We have eight new actors to CTC and this will be the



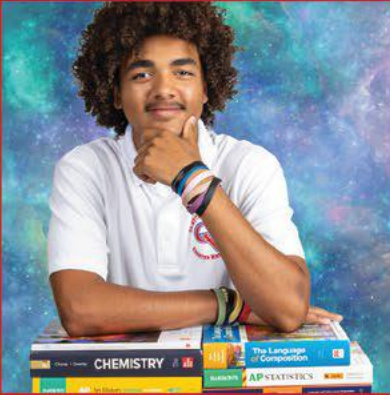
L-R Katie Guilbeaux, Jeffrie Givens, James Bradley Jr., Victoria Gregory, Hillary Rogers. Photo by Brian Vandemark

first musical for two actors. Our leads all have incredibly strong voices."

The musical follows the storyline of the movie, but the scenes are shorter. You will leave humming long after the final curtain call. This is an opportunity to support local theater while enjoying an evening of great entertainment.

Pardi guarantees, "If you liked the movie you will love the Musical."

There are only nine shows. Performances are Oct.18-27 at Endeavor Hall, 6008 Center St., Clayton. Get your tickets early online at www.claytontheatrecompany.com or by calling 925-334-0880.



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Plant Annual Bulbs Now

There is no better time of the year than October to plant annual flowering bulbs. Many require no or little irrigation water during dry summer months. In fact, watering during their dormant phase can rot and kill bulbs. Most are early- to mid-spring bloomers. In clumps or borders, their vivid blooms dazzle and delight.

Plant bulbs in autumn: Our native clay soil can be as hard as concrete in early fall. Planting bulbs is easiest a few days after our first soaking rain. Until then, keep bulbs dry and cool in a paper bag – some gardeners in our area refrigerate them to simulate a cold snap since our winters are milder than their original climates.

When soil is moist and workable, use a spade or special bulb hole digger (available at your local garden center), to dig a hole deep enough for the top of the growing tip to be 1/2 - 1 inch beneath ground level. Cover the bulb with soil and wait for our seasonal rains to water and wake them. You will not see growth until early spring when they grow their bloom stock. Do not walk or drive over the bulbs as they can easily be crushed. Some gardeners like to cluster several bulbs in a small area for effect.

Separate established bulbs: After the first couple of years, more and more blooms appear in the same area. Healthy bulbs divide each year. Over the years, they may crowd each other and compete for nutrients. Dig up and separate the bulbs after they have gone

dormant in early summer. It does not harm them. Use these new bulbs to expand your flower garden with 6-12 inches between each bulb to allow for expansion.

Trimming and care: Annual flowering bulbs require only light maintenance. After their blooming is done, cut the spent flower shoots to about an inch above the leaf crown. Allow their leaves to grow as this is the period when they convert sunshine into stored energy for next year's blooms. In hot summer weather, leaves will yellow and die back to the ground. The dried leaves can be trimmed and disposed of at this time.

Bulb Choices for our area

Narcissus (or jonquil) and daffodils (also on the narcissus family) are spring classics. Most narcissus-jonquil varieties are predominantly white, have small-clustered blossoms, and are alluringly fragrant. They are early spring bloomers. Daffodils are larger, more showy, usually unscented and don't bloom until mid-spring. Many delightful variants are sold, but my personal favorites are King Alfred daffodils and Tazetta hybrid narcissus.

Tulips are not native to our area but thrive in our mild weather. Like other annual bulbs, they come in a wide variety of colors and add color to mid-spring. Tulips prefer irrigated areas, but too much water can rot bulbs. Plant different-colored plants in a ring or



Blue Flag iris work well in ponds or marshes



Clustering bulbs creates a riot of color - Courtesy Shutterstock



Tulips come in a dazzling number of colors

showcase area to add extra splash.

Douglas irises are native to California and follow the same growing habits as narcissus. They are larger and more enduring plants, so more space in the garden is required. Irises tolerate irrigation water in summer without rotting. Horticultural varieties come in blue, yellow, white, red, copper, pink, or brown. They bloom once in mid-spring, but their leaves are evergreen. They rapidly multiply in good growing conditions, so plan on separating and replanting.

Non-native Dutch, Spanish, English, Japanese, and bearded irises have larger blooms and later blooming seasons – lasting into early summer. They require more water but are great for showcase areas of your garden. Water immersion-tolerant blue flag irises are native to many parts of north America and are showy choices for decorative ponds and marshy areas.

Many more beautiful annual bulb plants are sold in local garden centers and the internet than space exists to list. Try to choose native and low-water use varieties and you will be delighted by the flowery and fragrant show next spring.

Seasonal Notes: In October, you should allow your rose blossoms to form their "rose hips", the bulbs of flowers. Biologically, this signals the rose bush to stop pushing flowers and reserve its remaining nutrients for a big spring splash. The bush begins its dormancy period.

Also, late season fruits are ripening. Look for orange persimmons and red-skinned pomegranates swelling into full ripeness. They are delicious additions to Halloween and Thanksgiving meals.

Email your comments and questions to: NakedGardener@diablogazette.com. In some cases, these may appear in future columns.

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Healthy Halloween

It's not often the words healthy and Halloween are put together, but Halloween can be just as healthy as it is fun. Those who know me well, know that I love to make soup on All Hallows' Eve. With this soup and a colorful salad, there will be no guilt splurging on sweets at the end of the evening.



White beans and kale offer protein, fiber, vitamins and antioxidants. Together they make a true superfood. Unlike soups that take all day to cook, this recipe is so fast it will be ready before the kids are ready to hit the streets.

Syrah is a great partner to the spicy chorizo in this soup. One of the more robust grapes, Syrah has beautiful berry flavors, easily picks up the smoky oak barrel notes, and can have a slightly meaty quality. Its dark, almost black, color indicates an abundance of anthocyanins from the skins of the grapes - another healthy bonus.

Beets offer protection against coronary artery disease and stroke, lower cholesterol levels within the body, and have anti-aging effects. When you pair them with piquant grapefruit and creamy avocado, healthy never tasted so good.

Any dish with grapefruit immediately makes me think of New Zealand Sauvignon Blanc. My husband has gone so far as to say that this wine reminds him of vodka and grapefruit juice. Its citrus flavor is so intense, it can sometimes overpower food. In this

case, it pairs perfectly with this salad. As a contrast, earthy beets provide a nice counterpoint to the fruitiness of the wine.

This year I am serving 'healthy' chocolate-dipped pretzels at the end of the evening to accompany the usual chocolate minis. For pairing, seek out the sparkling, pink bubbles of Vin du Bugey-Cerdon (pronounced VAN-DUH-BOO-JEE-SEHR-DON). If you cannot find a Bugey, a sweet, sparkling Moscato is a great substitute. Pretzels are low in fat and the salt will set off the sweetness of both the chocolate and the wine.

So, go on. Pair Up!

Maria Terry is a Certified Sommelier and Wine Educator in Northern California. LaSommeliere@gmail.com

BEET, CITRUS, AND AVOCADO SALAD

INGREDIENTS

- For the dressing:
- 2 tablespoons lemon or lime juice
 - 1 teaspoon cumin seeds, lightly toasted and ground
 - Salt and freshly ground pepper
 - 1/2 teaspoon Dijon mustard
 - 1 tablespoon walnut oil
 - 2 tablespoons canola oil

For the salad:

- 1 bunch beets (about 1 pound), scrubbed and roasted
- 1 pink grapefruit
- 1 medium or large, ripe but firm, Hass avocado, sliced
- 2 tablespoons slivered fresh basil

DIRECTIONS

Mix together the lemon or lime juice, the ground cumin seeds, salt, pepper and Dijon mustard. Whisk in the walnut oil and canola oil.

Peel the roasted beets, and slice or cut into wedges. Toss with 2 tablespoons of the dressing.

Cut away both ends of the grapefruit so that it sits flat on your work surface. Cut the skin and pith completely away from the fruit, following the natural curve of the fruit from top to bottom. Hold the grapefruit in your hand over a bowl to catch the juice and cut away each segment from between the membranes.

Arrange the beets in the center of a platter, and surround with the grapefruit and avocado slices. Drizzle on the remaining dressing and any grapefruit juice in the bowl over the grapefruit and avocado. Sprinkle on the basil and serve.

Yield: 4 servings

WHITE BEAN SOUP WITH KALE AND CHORIZO



INGREDIENTS

- 2 ounces Spanish chorizo sausage, finely chopped
- 1 cup chopped onion
- 3 garlic cloves, minced
- 3 cups fat-free, lower-sodium chicken broth
- 2 (15-ounce) cans organic cannellini beans, rinsed and drained
- 4 cups chopped kale
- 1/2 teaspoon freshly ground black pepper
- Cracked black pepper (optional)

DIRECTIONS

Heat a large saucepan over medium-high heat. Add chorizo to pan; sauté 1 minute. Add onion and garlic to pan; sauté 5 minutes or until tender.

While onions cook, pour broth into a microwave-safe bowl; microwave at HIGH for 3 minutes. Add hot broth and beans to pan; bring to a boil. Partially mash beans with potato masher. Stir in kale and 1/2 teaspoon pepper; cook over medium heat for 6 minutes. Sprinkle with cracked pepper, if desired.

Yield: 4 servings





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My Penguin Friend

After a tragic event, Joao (Jean Reno) withdraws from his small fishing community and leads a

quiet existence with his wife. Years later, he finds a penguin struggling to survive in the ocean waters outside his home. He realizes the penguin is covered in oil and brings the bird into his home to clean and feed him. Joao spends weeks nursing the penguin back to health and they develop a bond. The penguin seems content and grateful and follows Joao around town. The townspeople find the bird enjoyable and one of the local children name him "Dindim."

Joao never intends to keep Dindim as a pet. He wants his new friend to live his life fully, yet the penguin seems content to stay with him. One day, however, after making a full recovery, Dindim waddles to the water and swims away. Although Joao and his wife feel sad, they appreciate the time the delightful penguin was in their lives.

The time they spend together is enough to make a sweet account of a human and animal encounter, but the following year, Dindim returns. Amazingly, Dindim travels from Argentina to Brazil to see his friend. This is an unbelievable trek that attracts worldwide attention, including the interest of a documentary filmmaker and scientists who study penguins.

It is refreshing to see a movie where the animal is not given unbelievable human traits. This is inspired by the true story of a fisherman and a penguin who develop a unique friendship. Although the plotline is beefed up to add dramatic effect and give the audience a fully fleshed out story to follow, it is still a touching and emotional journey for the viewer to invest in.



People love to see penguins on film, regardless of whether they are real or animated. Here we see great footage of these flightless cuties and the various birds that take on the role of Dindim are simply adorable. There is also gorgeous cinematography and several nail-biting scenes. This is a heartwarming movie for the whole family that celebrates the relationships we can have with animals that are not our pets.

During the credits, we are treated to footage of the real-life Joao and Dindim.

Rated PG
In Theaters

Blue Devils Open Auditions for 2025 Season

The Blue Devils Drum & Bugle Corps, a division of BD Performing Arts (BDPA), is announcing open auditions for the 2025 season. Aspiring performers including musicians, percussionists, and color guard members are invited to audition for one of the most accomplished groups in the marching arts.

The Blue Devils have a long history in the Drum Corps International (DCI) circuit, earning numerous World Championship titles since the corps' inception. Auditions are now open to young performers interested in joining the 2025 season, with the opportunity to receive instruction from a team of experienced educators and choreographers.

Performers will gain experience



in various aspects of the performing arts, from music and choreography to teamwork and discipline, while participating in performances across the U.S. and beyond. The Blue Devils also have a tradition of supporting personal growth, offering performers valuable lessons that go beyond their time on the field.

Auditions are open to performers aged 17-21, from October 27 through December 15, 2024. Visit www.bluedevils.org/auditions for details on how to register. For more information, please contact BD Performing Arts at: info@bluedevils.org, or call (925) 689-2918. www.bluedevils.org



The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid

"The Seven Husbands of Evelyn Hugo" star. (Atria Books, reprint, 2018, paperback, 398 pages, \$9.99) by Taylor Jenkins Reid is the compelling story of a Boomer-era Hollywood star, Evelyn Hugo, reflecting on her often-scandalous rise to stardom. Hugo's retrospective story is intertwined with the life of a young journalist's, who signs on to write Hugo's biography.



And so it goes, with an unapologetic Hugo divorcing and marrying men that serve her changing needs. There are twists and turns along the way as Hugo describes her complicated life, and Monique also finds herself changing in unexpected ways as a result.

While Hugo's life is the predominant tale, journalist Monique Grant's story is also compelling. Grant is in the midst of the fallout from a recent divorce. Suffering from a lack of confidence, she tends to let opportunities slide past her. As a result, her career at "Vivant Magazine" is stagnating. But when summoned to 79-year-old Hugo's Upper East Side apartment on the pretense that Hugo will grant an exclusive interview to "Vivant Magazine", Monique is instead offered the opportunity of a lifetime — to write Hugo's biography.

Hugo's story begins with a recounting of her childhood growing up with Cuban immigrant parents in New York's Hell's Kitchen. She is a teenager when she marries her first husband, Eddie, in the 1950s. Eddie agrees to take her to Hollywood, where Hugo aspires to become a famous actress. Author Taylor Jenkins Reid does a fabulous job of reminding readers of the era that Hugo grows up in — a time when Hollywood movies and producers focused on building careers of talented actors and actresses. Hugo knows how to play the game and soon divorces her first husband to marry a handsome actor who is also a rising

for readers who want to immerse themselves in the golden days of gossip columns, and the days when the lives of Hollywood's rich and famous could be scripted by Hollywood agents and movie producers. Fans of "The Girls in the Picture" by Melanie Benjamin and "People We Meet on Vacation" by Emily Henry will likely enjoy this novel.

Taylor Jenkins Reid is the author of multiple New York Times Bestselling novels, including "Carrie Soto Is Back", "Malibu Rising", "Daisy Jones and The Six". Other books by Reid include "One True Loves", "Maybe in Another Life", "After I Do", and "Forever, Interrupted". Her books have been chosen by Reese's Book Club, Read with Jenna, Indie Next, Best of Amazon, and Book of the Month. Her novel, "Daisy Jones and The Six", is a limited series on Amazon Prime. She lives in Los Angeles. Follow her on Instagram @tjenkinsreid.

Clayton Theatre Company

Music & Lyrics by Dolly Parton

Book by Patricia Resnick

Directed by Roxanne Pardi
Choreography by La Tonya Watts
Musical Director Jess Reyes

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