

OCTOBER 2023



Alina Loza and her two brothers, Jaylen and Dylan, help their parents, Jiska and David work in their vegetable and fruit garden in their front yard.

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Condors Spotted Flying Near Mount Diablo



California Condors in Pinnacles National Forest in Calif. on January 7, 2019. (Gavin Emmons/NPS)

Recently, National Park Service staff and volunteers tracked six condors that soared through the skies above Round Valley and Morgan Territory Regional Preserves, one even flying a mile or two west of Mount Diablo's summit.

"This is amazing news," said Seth Adams, Save Mount Diablo's Land Conservation Director. "This is the first flock of California condors to visit Contra Costa in 100 years, and the first record of one flying west of Diablo's peaks ... I've been hoping the birds would reclaim Mount Diablo. What it really highlights is the importance of the giant Diablo Range as habitat for the birds —200 miles north-south."

Over the years, condors have been exploring the northern Diablo Range, lengthening their flights northward as they fly closer and closer to Mount Diablo.

In 2021, a California condor flew into Contra Costa County for the first time in over 100 years, taking an exploratory flight into new territory in the Round Valley–Morgan Territory area.

Last year, another condor was tracked soaring over Brushy Peak Regional Preserve in June, making it the second known California condor in the Mount Diablo area in more than 100 years.

Radio tags or GPS transmitters are placed on all condors because there are so few, and each one is important to the overall population.

Of the six condors that flew up near Mount Diablo, three have been treated for lead poisoning and one was seen with a beer can stuck over his lower beak which made it impossible for him to eat. The biologists at Pinnacles National Park were able to remove the can.

According to wildlife biologist Joseph Belli, who volunteers for the California condor recovery program at Pinnacles, this is an exciting year for California

condors because there are more birds overall. Most of them are young and not of breeding age. Though condors have been flying north from Pinnacles since 2004, the last few years have seen a significant uptick in their usage of the northern Diablo Range.

These flights could be the first step towards the condors expanding their range further north, though it might be years before condors nest in Contra Costa County.

Condors require cavities for nesting, so they look for cliffs, large rocky areas, or mature redwood trees with large hollows. They also require good foraging habitat (relatively undeveloped areas, including rangelands) and water to thrive.

In the 1980s, California condors were nearly extinct. Their population was down to 22 individuals. The biggest threat to them has been lead poisoning in their food. Condors are scavengers and may accidentally ingest lead bullets in carrion.

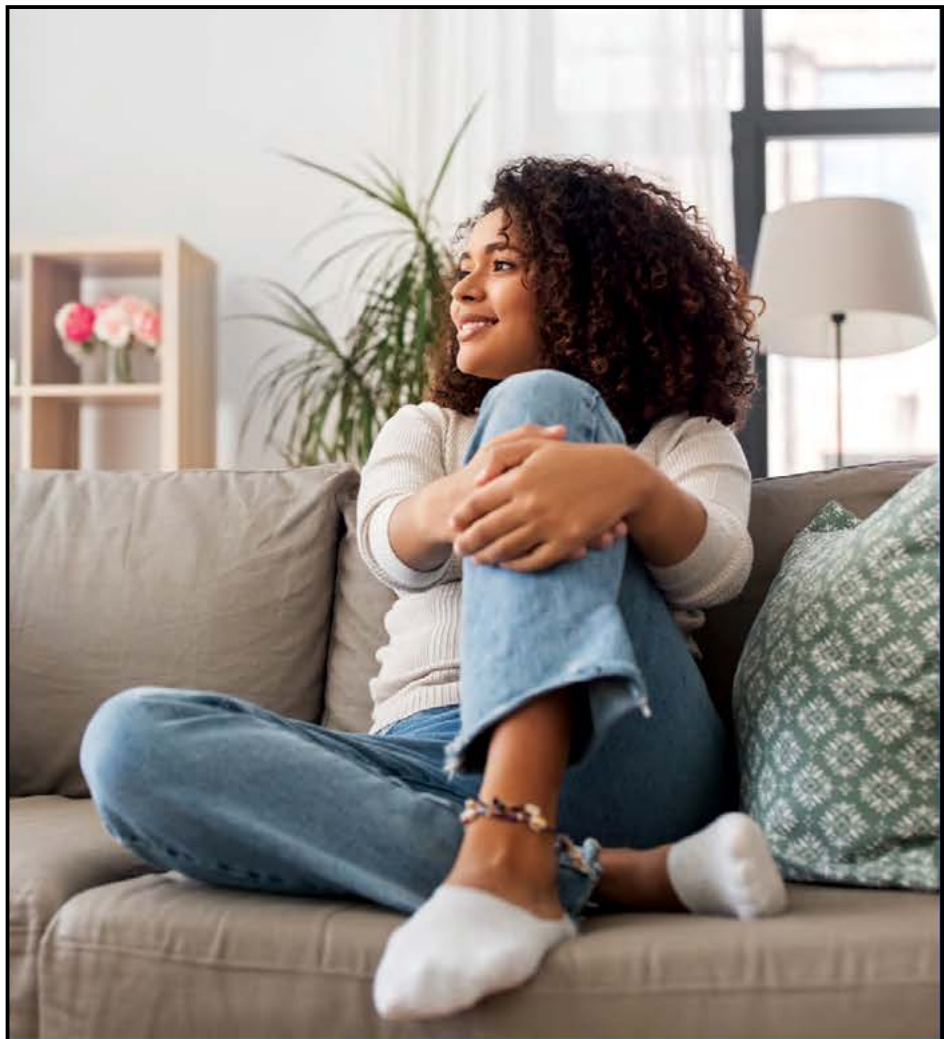
California condors have had a near-miraculous recovery over the past 30 years, having been brought back from the brink of extinction thanks to recovery programs that began releasing condors back into the wild in the 1990s.

In 2019, new state regulations took effect in California that make it illegal to use lead ammunition when hunting wildlife throughout the state.

Though California condors are still critically endangered, there are now hundreds living in the wild, and biologists continue to document how they use their range through GPS transmitters or radio tags.

One day, visitors to Mount Diablo might be able to look up and spot California condors soaring overhead.

To learn more, please visit www.savemountdiablo.org.



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Keeping Social the Key to Healthy Aging

As one ages, keeping the social connections necessary to find happiness and fight isolation gets more challenging. Research has shown that loneliness can be as damaging to the health as smoking or obesity.

“After my husband passed away suddenly of a heart attack, I found myself facing a future alone. Depression hit me so deeply, there were days I couldn’t go anywhere, do anything. I hardly left the house. My life looks very different today,” said Rose Usher, a CEI PACE (Center for Elders’ Independence) participant of two years. Usher uses assisted mobility devices and attends physical therapy at the rehab center gym each week to work on her gross motor skills. Her arts projects keep her hands busy, and her mind engaged.

The Program of All-Inclusive Care for the Elderly (PACE) is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility. It is designed to support those 55 and older to age safely in their home by providing healthcare services, meals, transportation, therapy, and socialization.

Getting and staying meaningfully and engaged is critical for the health of older adults and the health of communities. Friendships are just as important in older adult life as they are in other life stages. Socialization could lead to stronger family connections. Usher shared that she did not have many friends and preferred to keep to

herself when she started attending the center. Today, Usher admits she feels more connected with her children and seven grandchildren and shares her enthusiasm about her latest projects.

CEI Activities Coordinator Mona Leones shares, “Rose really loves arts and crafts. It wasn’t long before she



suggested her own projects and led other seniors in small groups. We now have a little arts and crafts display table, which Rose helps organize and coordinate.” Leones supported Rose’s initiative by providing the materials and time slots for other seniors to work on projects.

Usher says that she has found engagement and purpose at the center by helping others and she feels more inspired to keep active. “I love being creative and want to utilize my skills. The projects often end up as decorations in my home...I love being busy!”

photo: Envato.com/seventyfourimages

Neuroplasticity by Jessica Raaum Foster, NeurologyofPresence.com

Think of a movement you can’t do even though you have tried and tried.

For example, maybe you are unable to do a deep squat because your knee hurts when you try, or it’s like your body just refuses to do this motion. (Me, ten years ago.)

One can spend a lot of time working on leg strength and improving their form with a physical therapist or a trainer, and for some people, that works. But for many us, it does not solve the problem. There might be some improvement, but it either doesn’t stick, or it simply is not enough. Here is why.

Your nervous system has three jobs when it comes to movement:

- 1) INPUT — Your brain collects information about the world around you via your sensory organs (eyes, ears, skin, etc.).
- 2) PROCESS — Your brain must then integrate this information, interpret any potential threats, and then decide what, if anything, needs to be done.
- 3) OUTPUT — Your brain must create motor outputs (movement) to execute this decision.

Traditional modalities only focus on output, i.e., improving movement skills. But oftentimes, limitations in our sensory receptors or within the processing areas of the brain may be

3 Steps to Better Movement

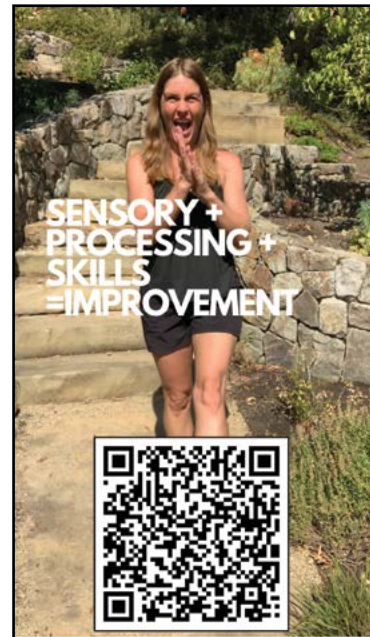
what is holding us back.

Here are some ways to include some sensory or processing work into your movement routines.

For sensory, try some gentle rubbing, vibration, or adding heat or cold to your skin before you move.

For processing, thanks to cutting-edge neuroscience, we now have various ways of targeting different parts of the brain involved with processing movement. Some simple exercises you can try at home include balance work, bouncing, or lunging before you move. That will stimulate the vestibular (balance) system which can go a long way in cleaning up movement limitations.

Do you want to see an example of how I work with each of these three elements of movement? Scan the QR code to watch



this video.

To sum it up, you cannot just focus on the outcome. To get out of pain or optimize performance, you need to train all three neural skills involved in movement: Sensory + Processing + Movement Skill.

CEI PACE Care for Every Part of You.



At the **Center For Elders' Independence (CEI)**, seniors aged 55 and above receive all their medical services through a personalized PACE program that adapts to their needs.

We provide transportation to their doctor’s appointments and to our health centers, where they can get help with their daily routines, exercise, and even make new friends. Most importantly, our program provides home care so seniors can stay where they feel their best: at home.

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Visit **Elders.org** or call **844.326.1150**



Buyers, Is It Your Time?

Here we go into Fall. The last quarter of the year has begun with a bonus in that the Fed's did not raise the interest rates this last go around. In fact, mortgage rates are down a smidgeon, making the mortgage payment a bit more palatable.

For buyers, it might be the time you have been waiting for. There is still a shortage of homes on the market, and the good ones, if priced right, still sell fast, but not always with multiple offers. What does that mean?

It means there are fewer buyers, so your chance to get a home is better than it was earlier in the year. If you are quick and preapproved, with funds verifiable in the bank, you might just score a property before the end of the year.

That was a lot of "ifs," but sincerely these are all things you should have in place before you even look for a home. This means that if you find "the one" when you may not be expecting it, (it happens all the time), you will be ready.

Being ready with all of your ducks in a row is often the winning bid. It adds confidence to the seller's (and their agent) decision as to which offer to choose, or whether they should sign an offer, and not wait for another.

The winning buyer strategy for this market is to get preapproved (not just prequalified.) And if you have been preapproved, update your lender



monthly with the most recent bank statements, and paystubs.

Case in point, I represented two different buyers this past month, because we were ready, and acted quickly, we beat someone else to the offer table. They each made good offers, to which the sellers accepted as the only offers. In both cases, the buyer obtained a lower purchase price and/or credits for closing costs. Had either had a second bidder, the price would have been higher, or no credits given.

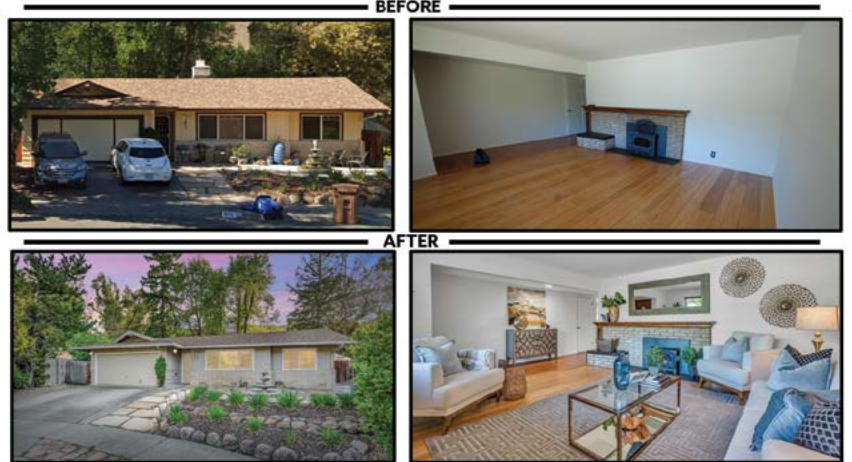
So, once you decide that you like a home, do not waste any time waiting to see what someone else does. Make your offer. Allowing time for a second bidder on any transaction costs buyers more money in terms of the purchase price or in concessions.

However, if you are not the only bidder, because the dream house is often everyone's dream house, there are strategies for that too. Be sure to find an agent who is versed on how sellers think and how buyers bid, so that you can strategize your offer to your best advantage.



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Kenneth Branagh is back for a third time directing and starring as the famous sleuth, Hercule Poirot.

As the film opens, we see that Poirot is retired and living as quietly as he can in picturesque Venice. He has bodyguards to keep the public from trying to constantly enlist his services. Even his old author friend Adriadne Oliver (Tina Fey) must go through his hired guard (Riccardo Scamarcio) to see him.

Oliver is working on her latest mystery and her research brings her to a séance led by Ms. Reynolds. It appears to Oliver that Ms. Reynolds is able to talk to the dead. Since her logical mind knows this cannot be true, she enlists Poirot to accompany her to another séance on Halloween night to prove Ms. Reynolds is a sham.

The friends head to a palazzo owned by Rowena Drake (Kelly Reilly), an opera singer who has been unable to move past the tragic death of her daughter. Ms. Drake hopes the séance will allow her to talk to her deceased daughter. The conjuring is to be held on the site of a children's hospital where it is believed that many young souls haunt the premises.

Things quickly get out of control and murder occurs. The always analytical Poirot employs his usual tactics to solve the case. This time, however, he must question what is real and the possibility that ghosts haunt the house and may have a score to settle.

A Haunting in Venice



As with the two previous Poirot films, the cinematography is beautiful. Aside from the gorgeous views of Venice, the theater enhances the full effect of all the creaks and screams inside the haunted dwelling. And since a large segment of the film is set in the dark, which can be challenging to watch at home, it is worth a visit to the theater.

This third installment of Branagh's Agatha Christie mystery novel adaptation is a bit different. The look is moodier and creepier than the first two films. There is a supernatural element at war with the logic usually associated with Poirot solving a case. It is the perfect atmosphere for a Fall/Halloween release. If you are not a fan of slasher films or demonic possessions, "A Haunting in Venice" will provide the right amount of spookiness for the season.

PG-13 In Theaters



Love at First Sight

Hadley Sullivan (Haley Lu Richardson) misses her flight to London. She is not eager to get to her destination but as one of the bridesmaids at her father's wedding, she realizes it is important that she get there in time.

While waiting for the next flight, which should get her to the wedding on time, Hadley searches for a place to charge her phone. We learn quickly that this is typical for Hadley. Her major is still undeclared, her phone is always dying, and she feels her life is a complete mess.

She strikes up a conversation with handsome Brit Oliver Jones (Ben Hardy), a math major at Yale. He is on Hadley's re-scheduled flight, though he could not be more opposite than Hadley.

Oliver is overly prepared and measures his life and options in statistics. When he was young, his family had some challenges and because of this, Oliver never wants to be caught off guard. He feels if he constantly views his life choices with numbers, he can control situations and protect himself from surprises.

Despite their personality differences, Hadley and Oliver start to connect



with each other by the time they reach London. Jameela Jamil is delightful as the narrator, popping up in unexpected places as she guides us through Hadley and Oliver's journey.

Both characters have some things to learn about life and love and that is okay because they are both young. Though the actors look a bit older than they portray, it is a common casting choice that audiences have learned to accept. The most important thing in a rom-com

is the chemistry and that is palpable between these two.

This film is light and sweet with solid performances and a significant side story about Hadley's strained relationship with her father (Rob Delaney). For a modern romantic movie that feels like a throwback, this is a pleasant way to spend your streaming time. Although you may shed a few tears, you will do it while having a smile on your face and a warm feeling in your heart.

PG-13

Now streaming on Netflix



Midnight Library by Matt Haig

"Midnight Library" (Viking, 2020, paperback, 304 pages, \$11.54) by Matt Haig is a book that sticks with you for a long time after the final page is turned. It is more than the tale of Nora Seed's unusual near-death experience; it also delivers a hopeful message about the infinite possibilities that life holds.

On the day Nora's cat dies and she loses her job, Nora takes pills with the intent of ending her life. Instead of dying, she finds herself inside an unusual library where one book, the "Book of

Regrets" chronicles life choices she wishes she could now change. The remaining books on the shelves offer glimpses of what Nora's life would look like if she made different decisions. Each book selection offers Nora the opportunity to step into a different life than the one she has been living.

Nora's former school librarian, Mrs. Elm, the only other occupant of the library, explains that Nora has been given an opportunity to choose her perfect life. Mrs. Elm guides Nora to select specific books that will take her

on a journey that resolves one of her regrets and a life that she can adopt permanently. Nora accepts the challenge and explores different scenarios that take her in widely different directions.

From a life where her cat is no longer dead, to an alternate existence where she marries a man that she rejected, to becoming an Olympic champion swimmer,

to stepping into a life as a glaciologist studying arctic ice melt, to melding into a lead singer in an internationally acclaimed band, Nora begins to see each of her regrets dissolve. But with each new experience comes unexpected negative consequences, and she continues to search for her perfect life.

One of the challenges that Nora must face during each new life is that when she takes over this alternative Nora, there are things she cannot know, like the original songs that the band usually sings to close a show, or what the famed Olympian Nora would say to an audience when giving a motivational speech. Somehow, ordinary Nora muddles along, trying on new lives like clothes. Not only is this an en-



tertaining read, but this book inspired me to self-reflect on my own life choices, and to consider ways to reinvent myself.

Those who love the movies "It's a Wonderful Life" and who are fans of author Mitch Albom will enjoy Haig's latest deeply moving novel. Chances are high that the time you spend reading the book will not end up in your

"Book of Regrets".

"Midnight Library" was an instant New York Times bestseller, Winner of the Goodreads Choice Award for Fiction, A Good Morning America Book Club Pick, and one of the LibraryReads 2020 Voter Favorites. The "Midnight Library" has sold over 9 million copies worldwide across 54 international territories.

Over 20 years ago, Haig nearly died by suicide, thinking he would never be happy again. Fortunately for readers, he found his life's calling as an author. In addition to "The Midnight Library", Matt Haig is the internationally bestselling author of "How to Stop Time", "The Humans", "The Radleys", "A Boy Called Christmas", and his memoir "Reasons to Stay Alive". He is currently working on "The Life Impossible", which will be published in summer 2024. His work has been translated into over fifty languages. Learn more through his website at www.matthaig.com.



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calendar of events



October 22, Concord - Contra Costa Halloween Con. All things Pop Culture, toys, art, apparel, collectibles new & vintage, TV, comics & more. Cosplay contest cash prizes. The free, family-friendly Halloween Cosplay Costume Contest for attendees will feature cash and merchandise prizes for creative participants in different age groups. 10am - 4pm The Hilton Concord Hotel Golden Gate Ballroom is located at 1970 Diamond Blvd. Concord. <https://www.kidfestconcord.com/contra-costa-con>

October 25, Walnut Creek - Halloween Party, 6th-12th graders, Lots of treats, minimal tricks. 7:30-9PM. Saint Matthew Lutheran Church, 399 Wiget Ln, Walnut Creek

October 27, Concord - Spooktacular Trick or Treat Trail. For ages 2-11, sponsored by Concord Recreation Services Department, 4:30-6:30 p.m. Activity fee includes trick-or-treating, face painting, scavenger hunt and prize, and more. Baldwin Park, 2790 Parkside Circle, Concord.

October 27, Walnut Creek - Trunk or Treat, 3-6PM, Free, family-friendly Halloween fun! As a part of Walnut Creek Boo Bash, Walnut Creek Arts + Rec is hosting our 4th annual Trunk or Treat event in downtown Civic Park. This event invites families to walk through the "trick-or-treat" lane and stop by our entertaining booths filled with activities and games such as bounce houses, face-painting, balloon twisters, food trucks, and more! Trunk or Treat is free for the community. Civic Park Community Center, 1375 Civic Drive, Walnut Creek

October 27, Pleasant Hill - Haunted Trail (FREE). Spine-tingling sights and sounds await you on the Haunted Trail in Pleasant Hill Park! This Halloween-themed stroll is a frightfully fun trick-or-treating park-in-the-dark adventure that you and your family will not soon forget. All ages are welcome. Costumes are strongly encouraged. Not too scary! Please enter the trail from anywhere along the path that runs behind the Teen Center and around the sports fields. Please arrive before 7:30 pm to have time to enjoy the displays. Event ends at 8:00 pm. 147 Gregory Lane, Pleasant Hill.

October 28, Walnut Creek - Trunk or Treat/Oktoberfest, 4-6PM, With food, goodies for the grown-ups. Saint Matthew Lutheran Church, 399 Wiget Ln, Walnut Creek

October 28, Martinez - Annual Halloween Spooktacular, 11 AM-2 PM, FREE event will also be including booth opportunities for KIDS CRAFTS and GAMES in addition to the traditional Trunks and in-business Trick-or-Treat, a safe place for your family to enjoy

Halloween festivities. Plaza on Main Street downtown Martinez.

October 28, Pittsburg - Halloween Bash, 12-5PM, Calling all ghosts, ghouls, goblins, superheroes, princesses, and more to the Halloween Bash. Kids "Trick or Treat" in a safe and fun environment where the entire park is decorated for a festival family-friendly event. Costume parade that begins at 2pm. Small World Park, 2551 Harbor St. Pittsburg

October 29, Alamo - Halloween Star Wars Experience, 1-4PM, Huge Millennium Falcon Inflatable Star Wars Bounce House, Laser Tag. Meet Star Wars Characters who will lead you through Jedi and lightsaber training, a scavenger hunt, and more! Candy Portal Trick-or-Treating (bring a bag to collect lots of candy). Pet Costume Contest (Prizes donated by Molly's Pup-Purr-ee in Danville). Note-Pets must be on a leash and friendly around people. Creekside Community Church. 1350 Danville Blvd. Alamo. <https://www.creeksidechurch.com/amazing>

October 31, Pleasant Hill - Halloween Spooktacular celebration! 3:00 PM - 5:00 PM, Downtown Pleasant Hill, Entertainment will include an arm painter and a balloon maker. Plus receive a free goodie bag with treats while supplies last. At the plaza near Jack's Restaurant & Bar

October 31, Concord - Halloween Storytime and Parade with Concord Mayor Laura Hoffmeister, 10:30AM - 11:00AM. Join Ms Rosa as she welcomes Concord Mayor Laura Hoffmeister for a not so spooky Halloween-themed storytime and parade around the Library. Wear a costume if you like and come prepared to do the monster mash and sing silly Halloween songs! 2900 Salvio Street, Concord

Enjoy a Safe Halloween!

CLAYTON

CLUBS

Concord NorCal Helping Hands Lion's Club. <https://www.lionsclubs.org/en/start-our-approach/club-locator/details?id=148928>

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

Cars 2nd Chance, vehicle / car donation programs turning vehicle donations into cash for charities administered by the Clayton Valley Concord Sunrise Rotary Charitable Fund. <https://cars2ndchance.com>

EVENTS

Thru 2023, Wednesdays & Sundays, "Life in Clayton 1850-1870." 2-4 PM. 6101 Main St., Clayton. Visit claytonhistory.org.

October 13-28, Clayton Theatre Company is proud to announce the musical "Working" based on the Stud's Terkel best selling book. Claytontheatrecompany.com or 925-334-0880

LIBRARY

October 5, Tai Chi, Noon - 1PM.

Come on the 1st and 3rd Thursdays of the month to enjoy a gentle, energizing class with Tai Chi movements. Classes are taught by Carolyn Lee in the style of Professor Cheng Man-Ch'ing. Beginners are welcome at this free program for adults.

October 11, Camp Clayton: Arts & Crafts, 2:00 pm-3:00 pm. Join us every Wednesday for STEAM focused events and drop-in programs for kids! Get creative on the second Wednesday of every month with seasonal arts and crafts. Check out our Discovery Zone on the fourth Wednesday of every month.

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

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CLUBS

Concord NorCal Helping Hands Lion's Club.

<https://www.lionsclubs.org/en/start-our-approach/club-locator/details?id=148928>

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

CONCERTS/MUSIC

Vibes at the Veranda: 7:00 PM to 9:30 PM

10/4 - Jazz Mafia ft. Erin Honeywell and Solas B Lalgee

10/11 - Feed the Kitty

10/18 - Grupo Nostalgia

The Veranda, 2001-2003 Diamond Blvd. Concord

EVENTS

Thru October 15, Taco Trail Concord, a directory of 40-plus authentic, locally owned restaurants and taquerias, and it's all you need to explore some of the city's best hidden culinary gems. www.VisitConcordCA.com/Taco-Trail

October 5, Live Strong Health Expo, 9AM - 2 PM, A day of wellness, education and empowerment. Free health screenings, and demonstrations. Concord Senior Center, 2727 Parkside Circle, Concord.

October 8, Concord Historical Society Fiesta Wine Tasting at the Adobe with Sister Mary Grace, 1 PM - 4 PM. Historical Adobe, the second (first Adobe house in Concord) House to be built in Concord.

FARMERS MARKETS

Pacific Coast Farmers Market <https://www.pcfma.org> Todos Santos Plaza.

Tuesdays, 10AM- 2PM Year Round

LIBRARY

October 5, Teens: Collaborative Art Project, 4:00PM -



5:30PM. The Concord Library invites teens to work together on a mural to celebrate Latinx and Hispanic Heritage Month! Art supplies will be provided. *¡Invitamos a adolescentes a trabajar juntos en un mural para celebrar el Mes de la Herencia Hispana! Se proporcionarán materiales de arte.*

October 10, Monthly Movie Night: Little Shop of Horrors (1986) starring Rick Moranis and Steve Martin, 5:30 pm-7:30 pm. Join us for monthly movie night, a program for adults, at the Concord Library! All movies are rated PG-13.

October 12, 26, The ABCs of Medicare with Susan Lucas, 3:00pm-4:00pm. Are you new to Medicare or retiring soon? No matter your situation, Susan Lucas, a Medicare Benefits Educator, can help get answers to your Medicare questions.

October 17, Pen & Ink Society Spine-Tingling Stories to Tell in the Dark, 4:00 pm-6:00 pm. Join the Concord Library Pen & Ink Society this month on October 17th at 4:00 p.m. We'll be celebrating Halloween by reading spine-tingling spooky and scary stories.

Concord Library, 2900 Salvio Street Concord. For full list <https://ccclib.org>

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

October 14, All-Ford Car Show. Sponsored by the Diablo Valley Mustang Association, 10 AM-3 PM. Cobra Experience, 777 Arnold Dr., Martinez. Register by Sept. 30 at DMVA.org.

November 4, Texas Hold Em Tournament, 6:30 PM hosted by Martinez Rotary, benefitting White Pony Express. Entry Fee: \$60, rebuys and add-on \$20 If you sign up prior to Oct 16, you will get extra chips. Dinner Served. www.martinezrotary.org

FARMERS MARKETS

Pacific Coast Farmers Market <https://www.pcfma.org> Sundays, 9AM-1PM, Year Round. 700 Main St. Martinez.

LIBRARY

October 7, Martinez Library Storytime, 10 - 10:30 AM, Build early literacy skills with stories, songs, finger plays and fun. Stay after for playtime or a simple craft. Content focused on ages 1 to 5. All ages and abilities welcome.

October 12,13 Prepare for the Eclipse, 3:00 pm-4:30 pm. Enjoy crafts, activities and educational challenges to prepare for the upcoming solar eclipse.

Martinez Library: 740 Court St,

arts /concerts/music /clubs /events farmers markets /theatre & more

Martinez. For full list <https://ccclib.org>

PLEASANT HILL

CLUBS

Rotary Club of Pleasant Hill, meets Thursdays 12:15 PM. Pleasant Hill Community Center, 320 Civic Drive. Pleasant Hill. <https://pleasanthillrotary.org/>

CONCERTS/MUSIC EVENTS

Thru October 25, Pleasant Hill Off the Grid, Wednesdays 5-9 PM. Pleasant Hill residents and families can enjoy a variety of foods and musical entertainment. 138 Trelany Road, Pleasant Hill <https://offthegrid.com/event/pleasant-hill/2023-4-5-5PM>

October 7, Las Juntas~East Bay Artists Guild artists will display and sell their works at a reception open to the public 10 AM - 3 PM, at St. Andrew's Presbyterian Church, 1601 Mary Road, Pleasant Hill. <https://www.eastbayartistsguild.org>

LIBRARY

October 7, Cozy Mystery Book Club, 3:00 pm-4:00 pm, Do you love cozy mysteries? Find your new favorite author or share your favorites with the group. We will meet the first Saturday of each month at 3:00 PM.

October 17, Farm Animals with Pleasant Hill's 4-H Club, 6:30 pm-7:15 pm. See and meet farm animals up close! Pleasant Hill 4-H Club youth members will introduce and talk about caring for their animals. This free outdoor event will be held in the activity yard.

Pleasant Hill Library, 12 Monticello Avenue. For more information please call 925-673-0659. <https://ccclib.org>

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SATURDAY, OCTOBER 7TH • 8:00 AM - 1:00 PM



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EVENTS

October 13, 6-10 PM 14,12-8 PM Walnut Creek Oktoberfest. Raise your beer steins high, dust off your lederhosen, and join us at the Bay Area's premier Oktoberfest celebration a 2-day long fall festival that recreated the beloved German celebration in Civic Park East, 1375 Civic Drive, Walnut Creek

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/>

Kaiser Permanente 1425 South Main St.

Diablo Valley Farmers Market

North Wiget Ln. and Mitchell Dr. Shadelands, Walnut Creek, Saturdays 9AM-1PM Year Round 1799 Locust St. <http://www.cafarmersmkts.com/diablo-valley-farmers-market>

Rossmoor Farmers Market

Rossmoor residents and their families only. Fridays 9AM-1PM, Golden Rain Rd. <http://www.cafarmersmkts.com/rossmoor-farmers-market>

LIBRARY

October 6, iPlay Library Lotería! / ¡Juego Lotería de la Biblioteca!

Friday, All Day. Celebrate LatinX Heritage Month with a take on a traditional Mexican game. Lotería is a game of chance similar to bingo, but using images instead of numbers or letters. Read a book, do an activity, or check out an item related to the images on the card.

October 9, Tai Chi, 10:15 AM

- 11:15 AM, T'ai-chi Ch'uan is an ancient Chinese art which combines meditation in movement and healthful exercise.

October 9, Learn about Eclipses,

4:30 pm-5:30 pm, Prepare for the upcoming eclipse with educational activities and crafts! Learn about our solar system with some hands-on projects! Participants will receive a pair of solar eclipse glasses, courtesy of StarNet Libraries.

Walnut Creek Library, 1644 N Broadway. For more information please call 925-673-0659. <https://ccclib.org>

LESHER CENTER

Thru October 6, "Crowns."

Center Repertory Company's celebration of song, dance, cultural history, and fabulous headwear.

October 10-15, Cinderella,

Presented by Fantasy Forum Actors This romantic story about a girl's dream to find her true love, and her wicked stepmother and stepsisters' hilarious attempt to marry the Prince unfolds.

October 13-29, Ain't Misbe-

havin' Presented by Contra Costa Musical. The Harlem Renaissance of the 1920s and 1930s comes to life in this three-time Tony award-winning musical revue.

October 19-29, Z is for...

ZOMBIE: An Improvised Zombie Apocalypse by Synergy Theater! A completely improvised full-length play, no one in town knows who is still human and who has become a zombie.

October 20, 21, Robert Dubac's

The Book of Moron. Presented by Trust in Education. It has been described as one of the most "Hilarious" "Intelligent" and "Scorching" satirical attacks on idiocracy since Mark Twain.

Lesher Center for the Arts 1601 Civic Drive, Walnut Creek, <https://www.lesherartscenter.org> Tickets: (925)943-

The Scoop on Mashed Potatoes

by Deb Morris, PACIFIC COAST FARMERS' MARKET ASSOCIATION



Who can resist a fluffy baked potato or a creamy potato gratin? Few foods are as versatile, delicious, or as nutritious as the potato. A member of the nightshade family, it was once thought to be poisonous. Potato slowly evolved into its current form in the South American Andean highlands between Peru and Bolivia. In the late 1500's Spanish explorers introduced the potato to Europe.

The United States was the last major country to adopt potato in their cuisine. For many years they regarded this crop for horses and other animals. Only after the 1872 efforts of famous horticulturist Luther Burbank (1849-1926), American potato industry managed to gain some traction.

Today hundreds of varieties are grown around the world. Here are just a few varieties to choose from and the scoop on how to use them:

Russet (Burbank): The workhorse of potatoes. It is oblong, russet brown in color with somewhat rough skin. It is primarily used for baking and for French fries because of its high starch content which makes it fluffy when cooked.

Red potatoes: Round red potatoes have a rosy red skin with white flesh. Red Norlands, Pontiac, Red Lasoda, Sangre, and Larouge, are the main varieties. Chiefton, Viking, and Red Ruby are less common. Their waxy texture makes them perfect for boiling but they can be used for any cooking purpose. Cook them unpeeled, and mash, or use in a potato salad.

White potatoes: Round whites such as the Superior are light to medium brown in color, and are an all-purpose potato used mostly for boiling and baking. Long whites such as the White Rose are grown in California during the spring and summer. They are good for boiling and roasting as well as in potato salads.

Yellow-fleshed potatoes: Yellow-

fleshed potatoes such as Yukon Gold seem richer and less in need of butter than others. They are best for boiling and preparing in potato salad.

Blue (purple) potatoes: These are considered somewhat of a novelty, although they have been around for thousands of years. The outside is deep blue or purple and the flesh ranges from blue to white.

Fingerlings: These small potatoes are about the length of your pinkie finger and are wonderful for roasting and tossed together with other vegetables like green beans and root vegetables.

New potatoes: These are a variety of young potatoes that have not had time to convert their sugar fully to starch. They have a crisp waxy texture with thin, undeveloped wispy skins. Their small size makes them perfect to cook whole boiled or pan-roasted. They are excellent for potato salad because they retain their shape after being cooked and cut.

Sweet Potatoes: The sweet potato is in the morning glory family. It is an enlarged storage root that comes in many different shapes, sizes, and colors. California grows both "dry flesh" and "moist flesh" varieties. The "moist flesh" type is sometimes referred to as a yam, and the "dry flesh" as a sweet potato. They are both sweet potatoes. Sweet potatoes are native to Central America and Peru. A true yam is native to Africa. The term "yam" came to be synonymous with sweet potatoes because Louisiana used the term to market their moist, orange sweet potatoes.

All these potatoes can be found at your Concord Farmers' Market from Halog Farms based in South San Francisco with red, Yukon Gold, and both Bonita and Japanese sweet potatoes. Three Guys Farm from Hollister has nice yellow and red potatoes for your next potato salad.

7469 Wed-Sun Noon to 6:00 p.m.

Other Cities

EVENTS

October 5, SIR Branch 19 will hold its Monthly Luncheon 11 AM with a social hour and lunch served at noon at the Pittsburg Elks' Lodge, 200 Marina Blvd., Pittsburg. The featured speaker will be Bob Casper, Senior Loan Advisor, who will talk about Reverse Mortgages. Our motto is: "To make friends for life". www.sirinc2.org/

branch19 or call: 925 338-1996

October 21, Tri-Valley Writers

meeting. 1:30 PM. Speaker: Chris Hennessy is an Independent Motivational Speaker. Las Positas College, Room 2470 at 3000 Campus Hill Dr. Livermore. RSVP & Payment: treasurer@trivalleywriters.org by October 19.

SUBMIT YOUR CALENDAR ENTRIES by the 20th of the month before Issue month. diablogazette@gmail.com

Arts Around the East Bay



East Bay Art Gallery Tour Features Eight Local Galleries

aRt cottage, voted best Gallery in the East Bay by Diablo magazine readers, is proudly participating in the inaugural East Bay's Favorite Galleries Tour. There are eight galleries that have teamed up under the guidance of artist Samantha McNally, the brainchild and organizer of this event.

Running from October 6 through 15, 2023, the public is encouraged to visit any of the eight participating galleries to collect their annual free Art Passports, which gets stamped each time a gallery is visited during the event. Participants who have all eight stamps on their passport will drop them off at the last gallery they visit for a chance to win one of two \$300 gift certificates to be used to purchase artwork from anyone of the participating galleries. The two winners will be chosen at random and announced soon after the East Bay Gallery Tour event is over.

Gallery owner, Julia O'Reilly, of JOR Fine Art Gallery in Clayton said, "We jumped at the chance to participate in this gallery tour and believe it will enhance the art lover's experience as they get to visit different art venues in our local towns that they may not previously have explored."

The participating galleries are: aRt Cottage (Concord), BlackHawk

Gallery (Danville), JOR Fine Art Gallery (Clayton), Main Street Arts Gallery (Martinez),

Moraga Art Gallery (Moraga), Studio 55 & Art Gallery (Martinez), Valley Art Gallery (Walnut Creek) and Village Theatre Art Gallery (Danville).

"We have a tight-knit art community here in the East Bay," says McNally. "I felt by teaming up to create an East Bay Gallery tour, we can best showcase our many talented artists and wonderful galleries where their work is displayed. It's a fun activity for friends and family to plan their Gallery Tour to enjoy the variety of paintings, sculptures, jewelry, and ceramics on display."

The current exhibit at aRt Cottage is "A Feast of Color" with artwork on display through the end of October by the Lamorinda Art Alliance. This tour event is something I am excited about. I hope to see many new faces.

Our next show will be the annual Holiday Boutique, where we will feature craft items and fine art November through December. You may register your work online at artcottage.info on our submissions page. Submissions for the boutique start October 15. Get your details on our site or ask us when you tour aRt Cottage.

Dean Evans Exhibit at Main Street Arts

Guest artist Dean Evans will be featured through October. Evans is a Martinez artist who paints local landscapes. While there, be sure to register for a chance to win a mixed-media painting by Paula Oesterling.

Celebrates First Fridays of each month from 6-9 p.m. Food and fine wine are served as you explore each exhibit.

Main Street Arts is open Wednesday through Saturday, 11 a.m. – 4 p.m. Sundays, 10 a.m. – 2 p.m. Located at 613 Main Street, Martinez.

Main Street Arts was founded in 2016 by a group of local artists who wanted to share their talents with others and make Martinez an important part of the Bay Area art scene.



For a preview of current and upcoming exhibits and events go to the website www.mainstreetarts.net.



'Missing You Already' Rita Sklar, Valley Art Gallery, Walnut Creek, part of the 8-gallery tour.



Creative Concord Returns With Arts And Cultural Experiences

After a stellar debut last year that filled Concord with eye-catching murals, Creative Concord returns this October promising an even more vibrant array of art and immersive experiences.

Saturday and Sunday, October 14 and 15, the festivities begin in Todos Santos Plaza with a weekend-long Art & Music JAM In The Park. This free event, happening 11:00 a.m. to 5:00 p.m. each day will feature 20 talented artists painting live on site. You will witness a dynamic diversity of styles and themes as these inspired artists design and create right in front of you, some you will be able to purchase. All the while you can immerse yourself in music with DJ mixes and live performances from four local bands.

In addition, another stunning mural will be installed over the weekend on Colfax Street. Emerging artists Shaye Maxey and Jeffrey Geronimo will collaborate on the design and installation, adding more color, vibrance, and artistic transformation to Concord.

On Sunday, catch the "Mural of Words", a captivating spoken word poetry show presented by All Poetics and hosted by poet laureate Jose Cordon. Held at the Concord Historical Society, everything will unfold in two sessions from 1:00 to 4:00 p.m. This is a free performance. Reserve your spot Online, <http://tinyurl.com/MuralofWords>.

On Tuesday, October 17, also at the Concord Historical Society, the California Symphony presents "Meet the Musician". California Symphony's



Assistant Principal Violist Allie Simpson will perform a selection of solo pieces on viola followed by an engaging Q&A with the audience. Wine and desserts will be served during the evening. Proceeds support the California Symphony's Fall Matching Campaign. Secure your seats at californiasymphony.org/musician.

From October through January 2024, Creative Concord will display enchanting, illuminated sculptures around town. These large sculptures with LED lighting can be found outdoors at Todos Santos Plaza, Brendan Theaters, and the Concord Historical Society.

Creative Concord is made possible by a collaborative effort from 333 Arts, Local Edition Creative, Concord Historical Society, City of Concord, All Poetics, California Symphony, Visit Concord and others.

It is a tremendous opportunity to immerse yourself in a vibrant tapestry of art, music, culture, and community!

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Proposed Youth Centers funded by Measure X

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- 2) ATTEND VIRTUAL COMMUNITY SESSIONS
- 3) TAKE OUR ONLINE SURVEY

In-Person Opportunities

Wednesday, 10/4 from 4:30-6:00pm

@ Concord Library Meeting Room, 2900 Salvio St. Concord

Thursday, 10/5 from 4:00-6:00pm

@ Pittsburg Senior Center, 300 Presidio Lane, Pittsburg

Monday, 10/16 from 6:00-8:00pm

@ Concord Library, 2900 Salvio Street, Concord

Tuesday, 10/17 from 3:00-5:00pm

@ Antioch Library, 501 W 18th St, Antioch

Virtual Opportunities

Tuesday, 10/3 from 3:00-5:00pm

Thursday, 10/5 from 9:00-11:00am

Friday, 10/6 from 11:00-1:00pm



MAKE YOUR VOICE HEARD... START HERE!



JOURNEY-MAN'S JOURNALby Jill Hedgecock www.JillHedgecock.com**Volunteering at Care for Wild's Rhino Sanctuary:
An Unforgettable South African Adventure**

While on a South African safari in 2015, I learned three rhinos were poached each day for their horns. As a writer and environmental scientist, I felt inspired to help these endangered beings and have since written two adventure suspense novels centered on the poaching crisis. This year, I traveled back to South Africa (along with my sister-in-law, Diane Walsh) to volunteer at a rhino orphanage, an adventurous experience that gave me an even deeper appreciation for these persecuted animals.

I envisioned bottle-feeding baby rhinos and helping to maintain their enclosures. I did not expect to stick my hand inside a rhino calf's mouth to deliver pellets or feed giant meatball-sized, nutritional "fish cakes" to adult-size rhinos. I had no idea a whole slew of African animals resided in the sanctuary, including rescued pangolins, that I would have an opportunity to walk.

Bottle-feeding orphan rhinos was a trip highlight. There is an art to bottle-feeding a baby rhino. Old plastic soda bottles with special nipples are used. A forty-five-degree angle is best. Tilt it too high, and the nipple gets kinked. Hold up the bottle too far, and the rhino will lift its head and potentially aspirate milk into its lungs.

The formula is specially designed for the nutritional needs of each individual rhino. But not all the orphaned rhinos drank from a bottle.

Jock preferred slurping his milk from a metal pan. Zuri ate her meals as balls of paste mixed with water.

Pellet feeding was super fun and became my favorite feeding activity. Taking ping-pong-sized handfuls of food and delivering it by sticking your hand into the open mouths of these cutie pies felt surreal. A rhino's teeth are located at the back of their mouths so there is no danger of being bitten. And there was an alien-like charm to their bluish tongues.

As much as I loved my time at Care for Wild (CFW), it is unfortunate that there is a need for a rhino orphanage. The poaching crisis remains a huge threat to the survival of rhino species. Since 2011, rhino populations have plummeted by 75% at Kruger National Park.

The orphaned rhino's stories are all heart-breaking, but Daisy's traumatic beginning is particularly sad. After her mother was poached in December 2021, this little rhino was born prematurely. Found with the umbilical cord still attached to her dead mother, her prospects for survival were slim.

CFW's around-the-clock care made the difference. At eighteen months, Daisy is thriving on her special milk diet and is slowly being introduced to solid foods.

CFW's rewilding success has been phenomenal. Not only have the orphans integrated well with wild rhinos, but CFW can be credited with the world's first-ever rhino calf to be born from rewilded orphaned parents. To date, seven calves have been born from rewilded rhinos.

While CFW's focus is on rhinos, they also rescue other wildlife species. I was over the moon excited to learn that



Jill bottlefeeds Daisy - Diane Walsh photo credit



Rhino calf's tongues are bluish, and their teeth are located in the back of the mouth. (Diane Walsh photo credit).



Closer view of Pangolin



Volunteers and Petronel in World Ranger Day Hats. Diane Walsh and Jill Hedgecock middle row right.



Although Care for Wild specializes in rescuing rhinos, they take in other endangered animals in need like Pangolins-the most trafficked animal in the world. (Diane Walsh photo credit)

not only was CFW rehabilitating two pangolins, the most trafficked mammal in the world, but that volunteers could request to accompany staff during the pangolins' daily feeding forays for ants and termites. These scaly, prehistoric-looking mammals have pointed snouts like an anteater and look like giant sow bugs when curled into a ball.

Approximately 2.7 million pangolins are killed each year for their meat (considered a delicacy) and their scales (incorrectly believed to have medicinal properties). They walk on two back legs and are surprisingly fast so losing them in the bush is always a possibility. Because of the risk of losing these swift-moving creatures, they are radio-tagged.

The K9 unit dogs are also trained on pangolin scent. Pangolins emit a strong smell since the animals urinate on their bellies to regulate their body temperature. When one crafty pangolin eluded its handler during my stay, it was a scent-trained dog that found the wily escapee.

One of my favorite days was World Ranger Day. The volunteers donned CFW hats and T-shirts and were driven to where the mounted unit had assembled. Founder and CEO Petronel Nieuwoudt gave a speech, a torch was lit, then we marched to where the next unit waited. The procession of over 80 people arrived at the dining area where a flag ceremony commenced, more speeches were given, and years-of-service and bravery awards were presented.

CFW regularly dehorn all the rhinos at the sanctuary. All horns are removed offsite for safety reasons. Between armed guard towers, radio communication, CCTV cameras, the horse-mounted and K9 units, rhino monitors shadowing specific rhinos, and general boots-on-the-ground patrols, the CFW's security rivals Fort Knox. Their precautions have

paid off. There have been no poaching incidents at the sanctuary for almost nine years.

Volunteers are granted the unique privilege of a hands-on and up-close experience of helping persecuted and endangered animals. The food was always excellent. The chefs even surprised Diane with an enormous chocolate birthday cake. There were after-hours fun activities like a bird walk and a night scorpion hunt. But caring for rhinos is also demanding work. It requires lifting eighty-pound bags of pellets, and roughly handling bales of hay. One day, we carried large rocks to repair a rain-damaged road. Another day, I helped turn over the surface muck in a rhino mud wallow, flattening it with my bare feet. I felt like Lucy in the "I Love Lucy" episode where she mashed grapes.

Without exception, my fellow volunteers were delightful and hard-working people whether they hailed locally or traveled from around the world. But Nieuwoudt impressed me the most. She has spearheaded groundbreaking research in rhino nutrition and supported a pilot study on rhino sedation that we had the privilege of observing on our last day.

Nieuwoudt believes that the importance of saving rhinos extends beyond protecting these majestic creatures because it also safeguards ecosystems, helps underserved communities, and ensures a brighter future for humankind.

Volunteering at CFW was extremely rewarding despite the rigorous work. I recommend it to anyone looking for a new experience and does not mind getting dirty.

Or locally, you can be involved simply by purchasing rhino food, adopting



After-hours fun activities included a night scorpion hunt.



Volunteering is hard work and not for everyone. (Diane Walsh photo credit).

a baby rhino, and/or supporting the mounted or canine units. To learn more, visit careforwild.co.za/get-involved/volunteer/.

Jill Hedgecock has a master's degree in Environmental Management and a bachelor's degree in Biology. Her concern for endangered rhinos inspired her to write the award-winning novel, "Rhino in the Room", and the sequel, "Queen of the Rhino".

The Naked Gardener
David George, UC-Certified
Master Gardener

The Garden House: Where Kids Grow

October is pumpkin harvest season, an especially fun time of the year for children and parents alike. It will not be long before little spooks and goblins will be knocking on our doors.

Speaking of little monsters, I am a huge proponent in encouraging children to get involved with gardening. There are a number of activities, games, and projects that could inspire kids to love gardening.

Your kids can learn, work and play right alongside you to grow all-natural produce.

Clayton's affectionately called "Garden House" is a perfect example. The Loza family has inspired their kids, and perhaps the whole neighborhood, to love produce gardening.

For the past few years, the Garden House on Rhine Court has presented an amazing vegetable and fruit garden in its front yard. Parents Jiska and David started building the garden in 2019 as a fun hobby for themselves. But their 9-year-old daughter, Alina, soon chipped in and fell in love with the activity. She now helps her dad every day, planting in springtime, watering and cultivating during summer months, and harvesting their bounty of produce in the fall, especially pumpkins.

Alina's two brothers, 11-year-old, Jaylen, and 6-year-old, Dylan, join in the hobby now. Last year, the family grew enough organic produce to donate to the Contra Costa Food Bank.

"Alina loves coming into the garden to eat tomatoes," says Jiska. "She does all the



Alina, Jaylen, and Dylan with their harvest.

planting and upkeep with her dad. People call us, 'The Garden House,' and we're fully organic."

Alina adds, "I love eating fruit off the trees. It's fresh and delicious. I also love carrots. My favorite activity is digging up potatoes. The hardest thing about gardening is picking squash and cucumbers because they're so spiky."

Jaylen says, "I like to help when I can eat it! The hardest thing for me is eating the broccoli."

Even 6-year-old Dylan gets involved. "The hardest part for me is reaching things. I love eating the fennel and cucumbers."

"The best part of my gardening

experience," says David "is watching my children discover how to grow their own food."

Jiska adds, "It's important to me that my kids grow up knowing what they put into their bodies and learn to make healthy choices. I love watching them go into the garden and grab something to eat. I just counted and we grew 50 pumpkins!"

If you do not have a large garden project like the Lozas, the web is full of other great ideas.

For younger kids, start a sunny indoor window garden with seeds or seedlings and measure growth each day. Paint plant labels on rocks, or spell plant names with beads, stickers, or glued sequins.

For older kids, involve them in building raised planting beds or in harvesting. Or they can help plant a bare-root fruit tree, along with installing an irrigation line. Kids can name a tree after themselves and learn how to care for it through the growing season. Teens and tweens love to harvest then cook fresh organic veggies from their own garden to serve with evening meals.

Congratulations, Loza family, on your marvelous results and valuable lessons about how to grow and eat healthy, organic produce. A green, productive garden is a magical place.

I challenge you, dear reader to inspire your own kids or grandkids to love gardens and gardening. An all-natural garden can be healthy fun for all ages so kids can grow.

Email your comments and questions to: NakedGardener@diablogazette.com.

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pair up!
by Maria Terry,
Sommelier

October in northern California is often warm during the day and chilly at night. This menu addresses that dichotomy by starting with a cool white wine and finishing with a warm soup. I suggest Sancocho de Frijoles, a soup from the Dominican Republic.

Start with an easy to find, aromatic white wine like Torrontes, a hybrid of muscat of Alexandria and the mission grape.

Argentina produces Torrontes at fantastic prices. Lush aromas and flavors such as peach, apricot and lychee are typical, and the moderate alcohol levels will not fight with the Aleppo pepper in the Sautéed Shrimp and Mozzarella appetizer.

Sancocho de Frijoles is a bold soup that incorporates savory pork and slightly sweet, sweet potatoes and requires a wine with big flavors.

A hearty Livermore Valley merlot has just the right complementary peppery notes as well as a zippy acidity to stand up to the lime, vinegar, and fresh herbs.

As usual, I make the trek through the Caldecott Tunnel to Kermit Lynch in Berkeley or DuVin Wines in Alameda to buy Vin du Bugey-Cerdon.

It is sweet, pink, bubbly nature makes it the only wine I pair with the super sweet chocolates of Halloween. Try it with a Butterfinger. The salty, crunchy center creates a perfect harmony with the wine in both texture



T'is the Season for Soup Time!

and flavor. If you cannot find a Vin du Bugey-Cerdon, a Moscato substitutes nicely.

So, go on. Pair Up!

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

Sautéed Shrimp and Mozzarella

INGREDIENTS

- 1/2 teaspoon Aleppo pepper or other dried, crushed pepper with medium heat
- 4 teaspoons amontillado sherry
- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon zest
- 4 teaspoons chopped fresh dill
- 1 lb. large shrimp, deveined, tail on (about 21-26 count per pound)
- 4 oz. small, fresh mozzarella balls (or a larger ball cut into small chunks)
- Kosher salt and pepper to taste
- Squeeze of lemon juice to taste
- 1 teaspoon roasted red bell pepper, finely chopped

DIRECTIONS

Combine Aleppo pepper, sherry, olive oil, zest, and dill in a medium-size bowl.



Add shrimp and toss to coat. Marinate for about 30 minutes.

Heat a large skillet over medium heat. Season shrimp to taste with salt and pepper. Add to the skillet in batches and cook until almost opaque, about 2 minutes per side. Move skillet off the heat and transfer shrimp to a warmed dish, keep warm.

Meanwhile, add cheese to the still-warm pan. Gently stir mozzarella balls to coat and slightly warm, then scrape the pan to incorporate the browned bits. Add mozzarella to the shrimp. Season with salt and pepper, and brighten with a squeeze of lemon, if desired. Stir in the red bell pepper. Serve immediately with crostini.

Yield: 3-4 appetizer servings

Sancocho de Frijoles

INGREDIENTS

- 1 lb. cooked pork, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 cup each onion and green bell pepper, chopped
- 1 jalapeno, seeded and minced
- 8 garlic cloves, minced
- 1 can Italian tomatoes (with liquid), drain, seed, and chop tomatoes, reserving liquid
- 1 can of small white beans, rinsed
- 12 oz. sweet potato, peeled and cut into 1/4 inch thick slices
- 4 tablespoons white vinegar
- Juice of one lime
- 2 quarts of superior quality chicken stock
- 1 bay leaf
- 1 teaspoon oregano leaves
- Salt and pepper to taste
- 2 tablespoons each parsley and cilantro, chopped

DIRECTIONS

Heat olive oil in stockpot to medium heat. Add onion, bell pepper, jalapeno pepper, and garlic and cook, stirring frequently, until vegetables are softened, 2-3 minutes. Add all remaining ingredients except fresh herbs.

Reduce heat to low, cover pan, and let simmer, stirring occasionally, for 20-25 minutes longer until sweet potato is tender. Just before serving, discard bay leaf, add parsley and cilantro.

Yield: a pot of soup

City of Concord Annual Cleanup Event at Toyota Pavilion

In partnership with Mt. Diablo Resource Recovery (MDRR) and the Toyota Pavilion at Concord, the City is holding its annual cleanup on Saturday, November 4. The event will be held at the Pavilion and open to all Concord residents.

There will be one drop-off per household. New for this year will be mattress recycling. To avoid long wait times, Concord residents can pre-register and select a timeslot. Residents who do not pre-register will need to show proof of residency upon arrival. No Concord resident will be turned away. A notice to residents will be sent in the October bill insert and signups will open Monday, October 16.



Jennifer Stojanovich
Realtor, Better Homes Realty

Choosing the right flooring material for your home is a big decision because it impacts both aesthetics and functionality. By decoding the options available, from hardwood to concrete, you can create a space that is both beautiful and functional for years to come. We will help you decode the different types of flooring to find the one that best suits your needs, style, and budget.

Hardwood – timeless elegance for your home

Hardwood floors offer a classic, timeless appeal. With their natural beauty, durability, and variety of wood species, they add warmth and character to any space. Opt for solid or engineered hardwood flooring installation, depending on your budget and location.

Laminate – affordable and versatile

Laminate flooring mimics the look of hardwood or stone but comes at a more budget-friendly price. It is easy to install, resistant to scratches, and a great choice for high-traffic areas or homes with kids and pets.

Vinyl – style and durable

Vinyl flooring has come a long way and now offers many stylish designs, including wood, tile, and stone patterns. It is highly resistant to moisture, easy to clean, and a popular choice for kitchens, bathrooms, and basements.

Tile – endless options for creativity

Tiles offer endless possibilities to showcase your creativity. From porcelain to ceramic, mosaic to subway tiles, you can create stunning patterns and designs that suit your taste. Tiles are durable, easy to maintain, and perfect for areas with high moisture.

Carpet – cozy comfort underfoot

Nothing beats the plush comfort of carpet flooring, especially in bedrooms and living rooms. Choose from various

Flooring Options Decoded

materials, such as wool, nylon, or polyester, based on your desired softness, durability, and stain resistance.

Cork – eco-friendly and unique

Cork flooring is an eco-friendly material that is made from the bark of cork oak trees. It is resilient, provides excellent sound insulation, and is comfortable to walk on. Cork floors are ideal for those seeking a sustainable and unique flooring choice.

Bamboo – sustainability and strength

For eco-conscious homeowners, bamboo flooring is a popular choice. Bamboo is a renewable resource that grows quickly. This makes it an environmentally friendly option. It is harder than hardwood and adds a touch of natural elegance to your home.

Concrete – industrial chic for modern homes

Concrete floors offer a sleek, modern aesthetic and are incredibly durable. They can be polished, stained, or stamped to achieve various finishes and styles. Concrete is ideal for contemporary and minimalist designs.

Luxury vinyl plank (LVP) – beauty and resilience

Luxury Vinyl Plank (LVP) flooring offers the perfect balance between style and durability. It mimics the appearance of hardwood or stone but is more affordable and resistant to moisture, scratches, and dents. LVP is an excellent choice for busy households or areas prone to spills.

Natural stone – timeless beauty from the earth

Finally, if you desire a truly luxurious and natural look, then consider natural stone flooring options like marble, granite, or travertine. These materials offer unmatched elegance and durability. While they require regular maintenance, they can transform your home into a sophisticated haven.

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\$699,000

41 Long Creek Cir, Clayton

Marsh Creek Villas! Updated townhome with Santa Fe inspired custom craftsmanship. 3 bedrooms, 2.5 baths, approx. 1457sf with an attached 2-car garage. Downstairs bedroom or den. Spacious primary suite offers gorgeous views of Mt. Diablo. Must see!

\$340,000

5450 Concord Blvd. #A8, Concord

Kirkwood! Delightful Kirkwood unit in a great location tucked back in complex near tennis courts & swimming pool. 1 bedroom, 1.25 bath, approx. 794sf with inside laundry closet. Updated kitchen & baths. Cozy gas fireplace with custom mantle, wide plank laminate flooring with additional bonus area/den & balcony.

PENDING \$1,299,000

48 La Canada, Clayton

Regency Meadows! Terrific two story nestled at the end of a court situated on a generous approx .33 acre lot featuring huge sports court and big side yard for possible RV/boat parking. 5 bedrooms, 3 baths, approx. 2857sf with inside laundry & an attached 3 car garage. Downstairs bedroom & full bath.

SOLD! \$1,650,000

1107 Whispering Pines Rd, Clayton

Sensational Single Story Ranchette on approx. .99 acres w/stunning Mt. Diablo views. 4 bedrooms, 2.5 baths, approx. 3149sf with a 3-car garage plus covered RV parking. Backyard oasis with beach entry freeform pool, waterfall grotto, slide & spa, outdoor fireplace, BBQ island & basketball/pickleball court.

Clayton Market Update

Address	Sales Price	SF	Bed/Bath	Sales Date
623 W Myrick Ct	\$1,370,000	2324	4/2.5	8/25/2023
19 Nottingham Cir	\$1,120,000	2210	4/2.5	8/29/2023
220 Stranahan Cir	\$875,000	1663	3/2.5	9/11/2023
1107 Whispering Pines Rd	\$1,650,000	3149	4/2.5	9/11/2023
5935 Herriman Dr	\$1,050,000	1849	4/2	9/12/2023
110 Forest Hill Dr	\$1,410,000	3030	4/3	9/13/2023
1133 Peacock Creek Dr	\$1,390,000	3185	4/3.5	9/13/2023

Concord Market Update

Address	Sales Price	SF	Bed/Bath	Sales Date
810 Oak Grove Rd #82	\$460,000	1053	2/1.5	8/21/2023
961 Chalet Dr	\$850,850	1602	4/2	8/23/2023
741 Graymont Cir	\$1,020,000	2144	3/2.5	9/1/2023
3017 Santa Paula Dr	\$970,000	1459	3/2	9/1/2023
5179 Paul Scarlet Dr	\$998,000	2076	4/2.5	9/6/2023
850 Ridge Dr	\$2,350,000	4401	5/2/3	9/11/2023
4660 Deercreek Ln	\$835,000	1462	3/2	9/13/2023

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Laura Hoffmeister,
Concord Mayor
cityofconcord.org

Junior Giants Over but Planning For Next Season

The City of Concord is one of the few cities in the area that has Junior Giants, a local nonprofit volunteer organization that provides a great baseball experience for our youth.

Junior Giants is a free, non-competitive, co-ed baseball program, especially for under-served youth. Working together with local agencies, families, and volunteers, Junior Giants reaches into communities and offers youth a chance to learn the basics of baseball during the summer while also discovering the importance of self-esteem and respect.

Junior Giants is more than just baseball. It offers several distinct programs to enrich a player's experience. Players not only learn baseball techniques and sportsmanship, but also learn the Junior Giants' Four Bases of Character Development: Confidence, Integrity, Leadership, and Teamwork, as well as the importance of Education, Health, and Violence Prevention.

The organization is managed by a volunteer Board of Directors and sustained by contributions from individuals, businesses and foundations



Chidinma Nwaiwu, left, and Krish Veluthakkal were recipients of the Harmon & Sur award. The recognition includes \$10,000 scholarship and personalized Giants jersey when they graduate from high school among other benefits. Bob Perry, middle.

through special partnerships and fundraisers, and of course volunteers.

Concord Junior Giants recently celebrated their 10th anniversary with remarkable success. During the past ten years, Concord Junior Giants have served more than 5,000 children in our area. Former players who started at an

early age have now become coaches and volunteers of the league.

This year, two Concord team players were selected as two of the 10 Bay Area recipients of the Harmon & Sur award. This award was for their demonstrated leadership skills, character, academic potential, and involvement in the Junior Giants program. In addition, they each received a \$10,000 college scholarship and a personalized Giants jersey.

Ana Villalobos leads Concord Junior Giants as commissioner with the help of many wonderful, dedicated volunteers. This year they received the help and support of more than 56 volunteers, including coaches, assistant coaches, Junior Coaches, and team parents. In 2019 Ana Villalobos was selected for the Junior Giants Hall of Fame and recognized by the SF Giants by throwing the opening pitch at Oracle Park in 2019.

This past season the Concord Junior Giants were able to use the Junior Optimist Baseball Fields (JOBL) located at the Marathon Refinery in north Concord. This opportunity allowed the league to increase the

number of teams and players to up to 300.

As Mayor I was also able to recognize and provide special certificates of appreciation on behalf of the City Council to all the volunteers for the amazing service provided to our youth and community.

Concord Junior Giants is always in need of help to prepare fields, coaches, assistant coaches and Junior coaches. Junior Coaches can be high school students with a minimum age of 14. They can also apply the time to their high school required community service hours.

The Concord Junior Giants organization is now working on initial preparations and for the 2024 season and would love to count on your involvement and support.

For more information about Concord Junior Giants, to donate, volunteer, or enroll your children to this league, please contact Ana Villalobos at ana.villalobos@cchelath.org. You can also check out their activities on www.facebook.com/concordjrgiants/.



the concordian
by Edi Birsan
EdiBirsan@gmail.com

Attacks May Bring End to Zoom-in Comments

There is no TREAT in the tricks that are being played now in public comments across the state striking into our area. There is a determined effort to turn the open transparent meetings of a civil government into a bullhorn blast of hate, disgust, and disruption. City Councils around the county are getting video-bombed in the Public Comment agenda by 'people' calling in spewing attacks at Jews, LGBT and rallying around racism as if it is something to be proud of.

With the Covid years, we saw and implemented a technology with Zoom and other links to bring access to the City Councils into everyone's home. In practice this allowed just a few more folks to be involved but many more to listen and watch the meetings and it worked for a few years. But the novelty has worn off and the Dark Side has crept in and brought its creeps with it.

These derisive speakers use the availability of video/net to comment on Council items starting with the traditional agenda item: "Public Comment for items not on the agenda" to vent and spew attacks on the folks on the Council for their perceived background



Concord City Council one of many getting video-bombed and attacked and put forth a stream of what is sometimes simply called 'Hate Speech.'

Unfortunately, the most likely reaction to this will be a removal of the hybrid-style meetings where people will again return to having to show up in person. Mayors will be more stringent in hammering down those who stray beyond the scope of the authority of the institution or where their concept of decorum is lost. In Concord, we have had a long-standing decorum

rule. Recently the state has chimed in to allow for freer use of those rules for cities that have no decorum rules.

We start our meetings with a pledge to be "... indivisible with liberty and justice for all." We are then submitted to a screed that makes our de facto national motto: E Pluribus Unum (out of many, one) seem to belong in another astral-temporal parallel universe. This is very scary.

I look forward to the little ghosts, goblins, and fantasy kids parading around the block asking for treats as appreciation for their costumes and jolly kidding. However, the real demons and fears rest around us and are gathering strength and boldness. Let us remember that we are "...indivisible with liberty and justice for all."

Views expressed here are those of Edi Birsan and are not to be confused with an A.I. blast from a good-hearted algorithm that took over his internet. Comments: EdiBirsan@gmail.com

Photo credit: Concord City Council



A Walk Through Time with Misty Bruns

A Sad Accident - 120 Years Ago

As I researched this article, I was shocked how close to home this story became to me.

Monday September 6, 1909, the two-year-old son of Mr. and Mrs. John Sutton was severely bitten on the face by a vicious dog. The animal was left on the Bell Denkinger Ranch when Mr. Walter Sutton leased the land and had been living on the place since. Walter Sutton had had the child at his ranch and when taking it home was followed by the dog. The animal had been driven outside the yard, the baby was left on the front porch and Mr. Sutton went into the house. He had not been inside long when the mother heard a muffled cry and rushing out beheld the dog standing over the baby with its teeth embedded in the child's face. Mrs. Sutton's screams soon brought the father and uncle to the rescue of the child. The animal was immediately killed. Physicians were summoned, the wounds were dressed, and a number of stitches taken. One of the teeth penetrated the child's nose, another entered the right cheek, and an ugly gash was cut from the lower lip to the neck. The child is now recovering from the wounds, and it is hoped that the scars will be outgrown, as he is so young.

John grew up and married Dorothy Lucille Milkin. She went by Lucille. According to the 1940 census they had one daughter named Barbara A. Sutton who was one-year old at census taking. By 1943 he had been a practicing attorney for 10 years and was a member of the Ward and Sutton Law Firm in Antioch. He also served as Antioch City Attorney. John Jr left his law firm in mid-1943 to enlist in

the armed forces. He was attached to the Naval Aviation Intelligence and was killed just four months after leaving his law firm in the line of duty in an airplane crash near St. Simmons Island, Georgia. His body was returned to Antioch by a Navy escort and interred in the Odd Fellows Cemetery. His obituary says he left a widow and two daughters named Elizabeth and Barbara.

The shocking discovery

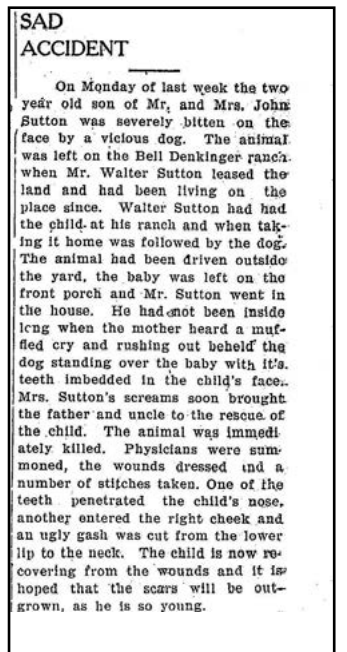
I wanted to know what had happened to this child after this horrible incident.

First, to find out his name, I searched through the 1910 census for his father, John Sutton in Contra Costa County. This is where I found out that his mother's name was Myrtle, he had several siblings, his father's name was John Sutton Sr. and this child's name was John Sutton Jr. With that information, I went to Find A Grave to see when John Sr or Myrtle had passed away.

John Sr was a little hard to find because his



John and Lucille Sutton



Concord Transcript September 9, 1909

name was common. But I found Myrtle and to my surprise this is where this story hit home for me. Myrtle's maiden name was Wells and she turns out to be Ava (Wells) Tarwater's sister. Ava is my Great Grandmother!

This is a pleasant reminder that Concord and Contra Costa County with its lesser population were vast farmland where everyone knew one another.



Jeff Wan
Mayor, Clayton
Jeff.wan@claytonca.gov

CLAYTON NEWS

Clayton Residents, Be Prepared for Wildfires

We are approaching wildfire season in California, including Clayton. Residents should be prepared by taking these recommended safety precautions.

While we are surrounded by nature and a beautiful environment, many of these things contribute to an increased risk of wildfire. Before the rainy season starts, look around for those home maintenance projects that help maintain your property and can reduce the risk of fire. Cleaning gutters and making sure they are clear of debris helps drainage and can reduce combustible materials on your property. Consider adding covers to your gutters to prevent the buildup of debris such as leaves and pine needles.

But there is more than just gutter maintenance, though. If your property has a deck or covered porch, consider having five feet of noncombustible defensible space. These areas should be clear of debris, no trees or shrubs and only have noncombustible or ignition-resistant items.

For raised decks, consider having no vegetation of any kind underneath, and avoid using the area for storage.

Furniture on your deck, including pergolas, could also be a source of fuel.



Using only non-combustible material for things like furniture, or pergolas is advised.

Within the immediate five feet (the larger the better) of your home, consider keeping the ground clear of debris and containing only noncombustible material. Things like firewood, foliage, boats, or RVs, can all serve as fuel for fire and should be kept away from structures. If you are replacing a fence, consider using noncombustible material where fences attach to your home.

In the event there is a wildfire, have a plan that includes evacuation. For more information, [Con Fire](http://www.cccfpd.org) (www.cccfpd.org) and [Cal Fire](http://www.readyforwildfire.org) has great information at www.readyforwildfire.org including being able to sign up for updates.

Photo credit: Envato.com/anatoliy_gleb

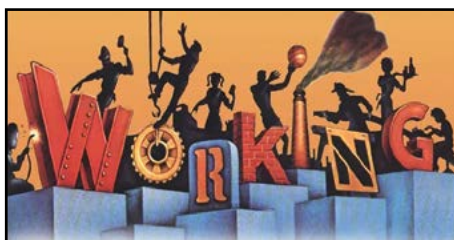
CTC Goes to Work with "Working" October 13 - 28

Clayton Theatre Company's returns for its 12th season this fall performing "Working", the Tony Award winning musical based on Studs Terkel's best-selling book of interviews with American workers.

"Working" paints a vivid portrait of the workers that the world so often takes for granted: the schoolteacher, the phone operator, the waitress, the millworker, the mason, the housewife and others. Nominated for six Tony Awards, this classic has been updated for a modern age, featuring new songs by Tony Award-winning Lin-Manuel Miranda, as well as favorites by Stephen Schwartz, Craig Carnelia, James Taylor, Micki Grant, and others.

Director-Roxanne Pardi, Asst. Director-La Tonya Watts, Musical Director-Jess Reyes.

The show runs October 13 - 28 at Endeavor Hall. Tickets are General admission tickets are \$29, Seniors



Meet the "Working" cast: Back row-Mary Katherine Patterson, James Bradley Jr., Kevin Coren Front row-Gina Yether, Megan Larsen, Linda Sciacqua, Russ Kladko. Not shown Nathalie Archangel. Photo credit Brian Vandemark.

\$25, and students \$22 and may be purchased Online or by calling 925-334-0880.

Claytontheatrecompany.com

Clayton Concerts in the Grove Promoter Retires

Clayton's Concerts in the Grove promoter, Howard Geller, has retired after 16 very successful concert seasons.

"Good evening, Clayton!" bellows Geller, his signature greeting to start the night's performance. He was the Master of Ceremonies and had a knack for getting the crowd involved and cheering for encores. The concerts were always a true labor of love for Geller.

In 2008, when the Clayton Grove Park was finished, Geller was the Mayor of Clayton. Being the force behind hiring bands for the Clayton Art and Wine Festival, he had an inspiration to create a concert series in the new park.

"I started the concert series to help the downtown businesses who were suffering at the time," says Geller.

In a meeting with then City Manager, Gary Napper, Geller asked for \$10,000 of redevelopment funds to create a new concert series. He indicated the Clayton Business and Community Association (CBCA) would match those funds. It happened.

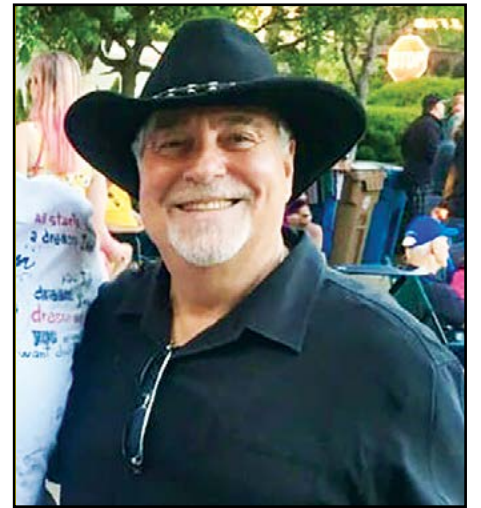
That year Geller produced 12 concerts and his vision for Clayton became a reality. Geller produced the concerts, booked the bands, administered band contracts, and oversaw funding and advertisement.

With redevelopment monies no longer available and with the support of Councilwoman Julie Pierce, they started collecting funds from the audience and sought out sponsors to continue the concert series.

With the help of other community leaders, he walked around the park with the jug and collected money for future concerts. Thanks to their efforts, the support of the concert goers and charitable sponsors, they went into season 16 with a buffer of over \$95,000 in reserves, according to Geller.

He designed a detailed spreadsheet showing how much he paid the bands; how much was collected in the donation jugs and assigned band ratings based on crowd responses.

Geller's normal concert Saturday was to drop by the park in the morning after Councilmember Jim Diaz and his volunteer team set up tents, brought out garbage cans, put out cones, etc. Around 4:30 p.m. or so, he was back to make sure the dance floor area was ready, the band was tuned up and ready



to go and everything was in place.

He made sure handicap attendees had a safe and unobstructed view to enjoy the concerts.

Geller established a VIP table for any sponsors coming to a concert. He also had a corded off lawn area for VIP sponsors and his family and friends. Once the concert began, he opened the area up for any latecomers needing a space to sit.

"I have to thank all my friends and volunteers who helped make these concerts so successful over the years. I really couldn't have done it without them."

The Clayton Concerts in the Grove became one of the icons of concerts in the Bay Area drawing people from near and far. The past few years, the concert attendance usually exceeded two thousand, a good place to hand over the reins.

"I am looking forward to retirement and traveling in my RV and spending more time with my grandchildren," Geller says. "I will miss my interactions with the concert audience. Everyone was happy."

The Clayton community and concert goers have extended their heartfelt gratitude for his many years of dedication to Clayton and the concerts. Many have expressed how much they will miss his style and flair as Geller could always be spotted in the crowd usually wearing his identifying black cowboy hat and boots. They hope his legacy will live on through music in the park.

City of Concord Granted \$1 Million to Cultivate Urban Forest

The City of Concord was selected to receive a \$1 million federal grant from the U.S. Department of Agriculture Forest Service to expand urban tree canopy cover and grow Concord's urban forest through new plantings.

The goal is to maximize the social, economic, and environmental benefits of trees and urban greening. In addition, these funds will enable the City to protect the urban forest from threats and loss by preserving Concord's existing trees.

"We are proud to have been selected for this funding to support our efforts to build and maintain our urban forest," Concord Mayor Laura Hoffmeister said. "Concord has a rich history as a 'Tree City USA,' having been awarded that distinction over the last 43 years. We recognize that by planting more trees, we can help build a greener community with cooler temperatures, cleaner air, and healthier residents."

Concord's plan to carry out this work calls for community engagement. Residents, public agencies, nonprofits,

and other private organizations will be asked to participate in building and caring for the urban forest.

The City of Concord currently partners with Diablo Valley College on establishing the school's horticulture certificate program internship project, creating hands-on work experience opportunities for students and expanding workforce development pathways for green careers in urban and community forestry.

Within the next few months, City staff will bring a proposal forward to the City Council for how to invest these federal grant funds based on the proposal submitted to the Forest Service.

Work on this program is expected to begin in 2024.

More information is available at <https://www.fs.usda.gov/managing-land/urban-forests/ucf/2023-grant-funding>

The Battle For Rent Stabilization

by Tony Hicks



On Thursday, September 28, a diverse coalition of faith leaders, tenant groups, community members, and seniors gathered in front of Concord City Hall at 11:00 am to hold a powerful press conference and rally. Photo by Uma Nagarajan-Swenson, EBASE.

When the Concord City Council discussed a rent stabilization ordinance for five hours at a meeting earlier this month, the emotionally charged conversation attracted 67 public speakers, by one count.

Rent is a volatile issue in a community where between 2011 and 2021 median gross rents increased 62 percent, according to the city.

Higher rents affect nearly everyone who does not own a home. But tenant advocates say high rents impact seniors in Concord harder than other groups, as 58 percent of area seniors, according to the Association of Bay Area Governments, are very low-income.

That puts about 2,000 households in Concord at risk of displacement, according to the East Bay Alliance for a Sustainable Economy, a tenant rights advocacy group. The group says about 29 percent of unhoused people in Contra Costa County are over 55.

Many people in their 70s and 80s spoke at the Sept. 5 council meeting and carried signs and chanted at a protest including about 30 people outside the council chamber before the meeting.

"I live in Concord. And these are supposed to be my golden years," said 73-year-old Doreena Coon before the meeting. "But I'm still working because I can't afford to live on my own." Coon was with her autistic client and roommate for whom she's paid \$16 an hour to take care of and with whom she splits \$2,200 monthly rent. "The rents go up, but our wages do not and it's scary."

Concord's proposed Residential Rent Stabilization Ordinance, would cap rent increases at 3 percent annually, or 60 percent of the consumer price index, whichever is lower.

It would also require Just Cause for evictions of tenants living in a unit for at least a year. Just cause includes non-payment of rent, criminal activity, material breach of a lease, refusing to allow the owner access, refusal to sign a new lease with similar provisions and duration, and subletting the unit in violation of the lease. The proposal would not affect units built since 1995 or landlords with four or fewer units.

Josh Anijar is the director of the Contra Costa Central Labor Council which represents 86 unions and about 87,000 workers in Contra Costa County. He says he's heard "so many stories of seniors and workers being harassed by landlords here."

Anijar said he has seen people priced out of San Francisco and Oakland only to come to places like Concord where history repeats itself.

"People can't afford to live in their houses," Anijar said. "People can't afford to live in the communities they have been in for their entire lives, and raised

families, and they're being priced out."

Landlords Voice Objections

Landlords speaking at the meeting frequently cited California's Assembly Bill 1482, a three-year-old law capping rent increases at 5 percent, plus the rate of inflation, which together cannot exceed a 10 percent annual increase. "Meanwhile, the increase in garbage service was over 15 percent for 2023 alone," said Concord landlord Tammy Chen. "In addition, for liability insurance, which we need in order to operate, that increased year over year — the premium was nearly 300 percent. It has been extremely expensive and difficult for us to perform even simple repairs."

Chen said landlords also deal with annual inspections, registries, and ongoing repairs to aging properties and the behavior of some tenants. "As it is, it has been nearly impossible for us to stay in business, much less make a profit," Chen said.

One landlord went as far as to say rent control is unconstitutional. Other landlords pointed to San Francisco and Oakland as examples of what rent control does to neighborhoods, inviting crime and other problems by limiting a landlord's ability to pay for upkeep.

"This council doesn't seek to limit other small businesses' ability to charge for their products and services, but yet somehow, because I chose to buy a small rental property and incorporate myself for insurance liability purposes, I am being told how much I can charge and who I can keep in my property," said Blaine Carter. Carter pointed to massive inflationary cost for materials and labor required to keep his property clear, and safe, and appealing to the community versus turning into a ghetto appearance. If small businesses and rental property is such a lucrative business, well, how come then I still have to keep my day job?"

Carter said, "And why aren't any of you in the business if it's so lucrative and I'm making so much money?"

The Rev. Marie Wilson is the pastor at Concord United Methodist Church. Wilson said people are living longer now, forcing cities and counties to consider seniors' needs more.

"This is the moral obligation that we all have to work with the community to keep our community safe and keep everyone calm," Wilson said.

Rent Stabilization and Just Cause for Eviction Moves Forward

More discussion is set for Tuesday, Oct. 10, when the Council is expected to provide additional direction to City staff to develop policies to implement rent stabilization and just cause for evictions ordinances, which will draft the ordinances and return for final approval before the end of the year.



Tech in English

Curiosity Is Like a Drug

Nancy Reagan said it best in 1984 when she was addressing Longfellow Elementary School students about drug use in Oakland, Calif. She said to fight drugs, "Just say no."

Curiosity is like a drug. It is a powerful and addictive force, in a metaphorical sense. It drives us to explore and seek answers.

You may not realize it, but instinct kicks in when a website screams at you and tells you that there is something wrong with your computer. Your curiosity compels you to investigate further. It is human nature to explore.

Just Say No.

I recently had a frantic call from one of our users saying he was using Microsoft's free Windows Defender Anti-Virus (AV) and a message popped up with a warning his Defender AV had been hacked and it needed to be fixed. The instructions were to call the "800-like" number and allow that unknown voice pretending to be from Microsoft to enter the computer to repair the error.

Microsoft does not talk or communicate directly to users; period, full stop, not gonna happen. Microsoft or its reps will never call you so they can fix something. Microsoft depends on local professional partners like ComputerUSA to do all the interaction (talking to/fixing) with users.

This user allowed a complete stranger into his computer. You may as well give these hackers a blank check, walk them into your bank and tell the bank manager to let this person do anything he wants with your money. Who does that, a curious person does.

Lots of money is now missing from his bank account. Once let in, this fake Microsoft rep had free access to his computer and found his bank passwords saved on an insecure web browser password saver. Web browsers like Edge, Google, Safari, etc., have built in password savers, but they do not manage or secure them.

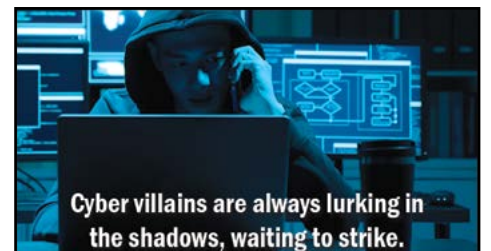
If unsure about messages from pop-ups, check with your local trusted computer nerd first, quit being so curious and trusting of strangers. Get to know your local rep.

To prevent theft, we install two special apps. SentinelOne EDR is the first and Bitwarden Password Manager is the other.

SentinelOne EDR is a bold AI (Artificial Intelligence) application. EDR means Endpoint (that is your computer) Detection (detects anomalies) and Remediation (kill it before it spreads) software that protects you from trojans, virus, malware, keyloggers, ransomware and other such acts. Bitwarden enhances the security of those passwords that let you into your bank, credit cards or other private places. If a hacker were to gain entry to your computer, they will not be able to steal your website passwords.

Bitwarden has all the regular features that all password good managers have and some special features like a master password "reset" tool. If you forget your master password for Bitwarden, we can reset it for you. A master password opens all your "vaults" containing login credentials for all your websites. Without this reset feature, all the information you have previously entered is lost and inaccessible, no exceptions, gone forever. For example, if you forget a master password, and your computer crashes, or a trusted employee leaves your company with Bitwarden MSP, we can delete the missing password to allow you to enter a new master and gain access again.

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For the Love of Pets
by Jill Hedgecock, jillhedgecock.com

Halloween Hazards for Pets

Dressing up your dog in a costume and taking it along on a trick-or-treat adventure can be either great fun or highly stressful depending on your dog's temperament. But even if you stay home on Halloween, you might want to take precautions to keep you and your pet safe. By following these tips from the American Veterinary Medical Association and the American Kennel Club:



Keep shy dogs at home. Shy dogs are best left home if seeing witches and goblins is too scary, especially if they tend to bite when anxious. For these homebound pets, make sure that precautions are in place to keep them from running through an open door by keeping them tucked away in a crate or quiet room. Be proactive in anticipation of an escapee by having your pet microchipped and double check their collars to have ID tags with readable and current contact information.

Keep costumes safe. Outgoing dogs that are up for anything might enjoy joining ghoulish-clad children on a spooky night walk. But if you dress up your pooch, make sure that their costume does not have pieces that can be chewed off. Be aware that dogs walking in costume can get overheated or have difficulty breathing or impaired vision.

Candy can be toxic to pets. Keep those trick-or-treat goodies out of reach. Raisins and certain candies can be toxic to pets. Post the closest emergency veterinarian address and phone number on the refrigerator (or add them to your phone contacts) in case of chocolate or sugar free candy ingestion. The risk of your dog becoming sick from chocolate ingestion depends on the type and amount of chocolate consumed. Cocoa

powder and dark chocolate are more toxic than milk chocolate. Your dog's size is also a factor (larger dogs are less vulnerable). Consuming even one chocolate bar can have dire consequences for small dogs. Xylitol in sugar free candy can prove deadly. If you find your dog has raided a trick-or-treat bag, call your veterinarian for advice without delay.

Beware Jack-o'-lantern hazards. Jack-o'-lanterns lit with candles can be knocked over by overly excited dogs or curious cats. If you use battery lights or glow sticks, keep them away from playful pets. When chewed, glow sticks, though not toxic, can release a nasty-tasting liquid that can make pets drool or act strangely.

Halloween K9 Quiz

Dogs are a popular element in Halloween and horror films. Test your knowledge in this Halloween K9 Quiz:

- 1) What is the breed of Cujo, a gentle dog who turns rabid, in the adaptation of Stephen King's classic novel of the same name?
 - a. Rottweiler

- b. Collie
 - c. Saint Bernard
 - d. German Shepherd
 - 2) In the film, "The Nightmare Before Christmas" Jack Skellington, the King of Halloween Town, has a doggie sidekick. What is its name?
 - a. Zero
 - b. Bones
 - c. Candelabra
 - d. Spooky
 - 3) Border Collies are canine characters in these two Halloween films:
 - a. Friday the 13th, Part V and The Hills Have Eyes
 - b. Friday the 13th, Part VIII and Dog Soldiers
 - c. The Silence of the Lambs and Friday the 13th, Part VIII
 - d. Halloween and Dawn of the Dead
 - 4) A genetically modified dog of this breed starred in "Man's Best Friend", a 1993 comedy-horror film.
 - a. Pit Bull
 - b. German Shepherd
 - c. Standard Poodle
 - d. Tibetan Mastiff
 - 5) These large black dogs called the Hellhounds, in "The Omen" film series, are represented by this breed:
 - a. Doberman Pincher
 - b. German Shepherd
 - c. Rottweiler
 - d. Cane Corso
- Key: 1(c), 2 (a), 3 (b), 4 (d) 5(c)

Greater Concord Chamber of Commerce Rehires Kevin Cabral as President/CEO.



The Greater Concord Chamber of Commerce's Board of Directors announced the return of Kevin Cabral as the new President/CEO of the Greater Concord Chamber of Commerce, commencing on September 18, 2023.

Kevin is no stranger to the Chamber and the Concord community, having previously served as President /CEO from 2019 to 2021. During his previous tenure, he and his team played a pivotal role in supporting local businesses and the community during the challenging times brought on by the COVID-19 pandemic.

The Board believes that his leadership and experience will help shape the future of our Chamber and bolster our ongoing commitment to supporting Concord's vibrant businesses.

Outgoing President/CEO Melissa Rea recently resigned to begin her new role as Economic Development Specialist for the City of Concord.

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Clayton Valley Students Present the Golden Apple Award to Senator Steve Glazer

Clayton Valley Charter High School (CVCHS) students attending EAGLEi Independent Study Program visited the State Capitol and presented the Golden Apple Award to Senator Steve Glazer (D-Concord).

"On behalf of EAGLEi and the tens of thousands of other students attending a full-time school-at-home, non-classroom based school or independent study program, we are honored to present you with the 2023 Golden Apple Award. Thank you, Senator Steve Glazer," said Margie DiGiorgio, Director for EAGLEi.

Each legislative session, this award celebrates individuals who champion initiatives that empower families to make informed educational decisions for their children. Students from around the state visit the State Capitol to present the Golden Apple Award to distinguished lawmakers who demonstrate an exceptional dedication to support parent choice and quality public education for all students in California. In addition to Senator Glazer, Senator Roger Niello (R-Sacramento) was also awarded the Golden Apple Award.

Previous award recipients have included Governor Jerry Brown, State



CVCHS students are Mitra Ghafoori, Abigail Hagen, Anicia Donado, Izabella Chavez and Summer Cole. Also included are Margie DiGiorgio, Director for EAGLEi, and Sarah Oliphant, Independent Study + Social Studies Teacher.

Superintendent of Public Instruction Jack O'Connell, and Secretary of State Shirley Weber.

Wishing our readers a Safe & Happy

HALLOWEEN

Around Martinez



Martinez Road Safety Plan to Examine Improvements



by Brianne Zorn, Mayor, City of Martinez

When I pedal my bicycle down the streets of Martinez, I recognize that I am sharing the road with cars, other cyclists, motorcycles, and pedestrians. Each of these uses has different requirements which could result in traffic safety issues without proper planning, engineering, and management.

As an elected leader, I regularly hear from Martinez residents about their concerns for traffic safety and requests for transportation improvements. We have received critical feedback from parents with concerns about traffic around elementary schools, requests for traffic calming on major arterials to slow speeding, and some great suggestions for increased maintenance and safety of our bicycle lanes on Alhambra Avenue.

Are you interested in getting engaged?

One way to provide the City your suggestions is to contribute to the City of Martinez's Local Road Safety Plan. The Local Road Safety Plan will evaluate roadway safety improvements and roadway safety projects in Martinez. The objectives of the plan include the following:

- Enhance the safety of the City's roadway system for all users (pedestrians, bicyclists, and autos)
- Improve transportation safety by reducing the number of incidents and the severity
- Identify high need areas and stakeholder priorities, and establish LRSP vision and goals
- Review potential solutions and countermeasures

• Develop LRSP for future funding opportunities

One of the key tasks of the Local Road Safety Plan is to conduct an online survey so that residents like you can provide input on traffic related safety concerns. The links to the survey (in English and in Spanish) can be found below and will be made available until October 31, 2023.

This is your opportunity to submit your suggestions for traffic safety concerns for your neighborhood, improvements to regional bicycle trail connectivity, and identify areas where improvements could make the biggest impact. Following the survey period, the Local Road Safety Plan will



be drafted and made available for public view and comment by the end of this year. I look forward to working with you to improve traffic safety, cycling, and transportation options in Martinez.

Photo: Envato.com/AZ-BLT

Martinez Celebrates First Pride Event at Waterfront Park

By Craig Lazzeretti, Martinez News and Views

Waterfront Park was transformed into a rainbow kaleidoscope of joy on Saturday, September 24, as hundreds of members of the LGBTQ+ community and their supporters revel in the inaugural Martinez Pride event.

Originally planned for June to coincide with Pride Month, the event was pushed back to September to give organizers more time to prepare, and it definitely was worth the wait. Attendees enjoyed musical entertainment, food trucks, vendor booths and various activities.

"Amazing," said Tanner Matthews of the

Rainbow Community Center in Concord, which helped organize the event, of Saturday's turnout. "It's very liberating to see so many people come out. This is the first Martinez Pride, and it's blowing us out of the water."

Matthews noted that the sea of people included every age demographic from young children to seniors, and even dogs decked out in rainbow bandanas.

Ringed Waterfront Park were scores of resource and information tables representing various nonprofit organizations and businesses that support

and aid that LGBTQ+ community. Among them was Free Mom Hugs, a nationwide organization that promotes love, visibility and acceptance, particularly for those who struggle to find those things within their own families because of their sexual or gender identity.

Mary Peterson, a Martinez resident for over 30 years who joined the San Francisco chapter of Free Mom Hugs in 2016, said she got involved in the organization because "it's a message of love. I just feel like we need more of that in our world. When you come out to events like this, you see nothing



but a loving community. I wish more people could see that."

She was thrilled to see such support for the LGBTQ+ community in her hometown.

The Citizen of the Year Awards Banquet Oct. 14

Join the community as Martinez honors 2022 Citizens of the Year. Help celebrate these remarkable people, their contributions, and accomplishments at a special banquet on October 14, at the MRC Clubhouse, 1635 Pacheco Blvd., Martinez.

Each year the Martinez Chamber of Commerce calls for nominations for the Citizen of the Year Awards. Nominees are then presented to sponsoring service organizations who select the award recipients: The Martinez Lion's Club, The Martinez Rotary, Soroptimist International of Martinez, Kiwanis Club, Downtown Martinez & Co., and the Martinez Historical Society.

Advance ticket purchase is required and may be purchased by calling the Martinez Chamber, (925) 228-2345, or Online at Eventbrite.com.

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WOMAN OF THE YEAR - SHELLEY PIGHIN

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YOUNG WOMAN OF THE YEAR - KAYLA KELLER

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150 Years of St Catherine of Siena Church in Martinez

By Sheila Banducci, Vice President of St. Vincent de Paul St Catherine of Siena Conference

The town of Martinez is about to celebrate 150 years of faith, history, and community that have been woven together by the presence of St. Catherine of Siena Church. This iconic church has stood as a steadfast pillar, witnessing the evolution of the town, and serving as a haven for worship, fellowship, and support for its residents. Read along with me as I take you back on a colorful journey from its beginning through the present day.

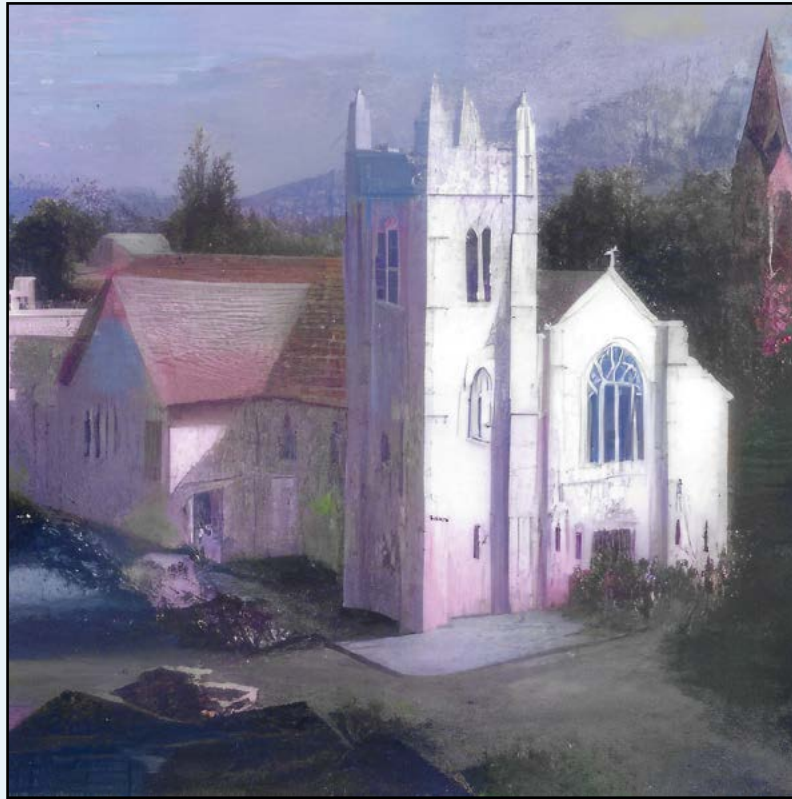
For many years, Native Americans inhabited this area. Then came Spanish settlers, like Francis Castro and Ignacio Martinez, and foreigners like Scotsman William Welch whose 1844 grant to Rancho Las Juntas gave him control of 13,000 acres in the Martinez area.

From those land grant days, Martinez grew into a township and in 1850 was designated the county seat of Contra Costa County. By 1873 the town boasted hotels, a jail, a courthouse, livery stables, a weekly newspaper, and a lovely wood-framed Catholic Church that had been built and dedicated under the title and patronage of Saint Catherine of Siena in 1869. The church too had a colorful history.

Shortly after the town was laid out by William Smith in 1849, Judge T.A. Brown, built a store and the priests used it on weekends as a place of worship.

1850 - the Dominican Fathers from Benicia celebrated the first mass in Martinez in Brown's store, a wooden structure on the corner of Ward and Pine Street. The Fathers in residence in Benicia would take the ferry from Benicia to Martinez and walk to Browns store.

1853 - The first recorded marriage was on April 4 between Angelum Brionnes and Mariam ab Angelis Moraga. The records were entered by Father Francis Sadok Villarrasa and gave the minister of the sacraments, Reverend L Chemin, the title "Pastor Ecclesiae Martinez." The first recorded baptism was



This is the church when it was dedicated in 1940. In the far right is the steeple of the old wooden church which is now torn down.

in 1853 of Aemilius Sadac Villarrasa.

On St. Patrick's Day, the Dominicans took canonical possession of all the territory from Pinole Creek to the San Joaquin County line, which is most of Contra Costa County. Father Villarrasa, the Vicar General for Archbishop Alemany of San Francisco oversaw the area. He resided at the Priory in Benicia.

On June 26, confirmation was administered to a class of eight boys and 12 girls by Reverend Joseph Sudak Alemany Archbishop of San Francisco.

1854 - St Catherine's became a mission Church of

Benicia.

1868 - John Tormey, Doctor Samuel J Tennant, Dona Rafaela Martinez Tenant, Benedict Merle, and Dona Susanna Martinez de Merle donated the present. This church seated 100 people, which was sufficient for the congregation. The priest resided upstairs over the sacristy on weekends. A charitable pioneer resident of Martinez, Mrs. Schwartz, served meals to the priests.

1873 - St. Catherine's got their first resident pastor Father James Henry Arden. A two-story rectory was built on the southeast corner of Estudillo and Henrietta streets. Father Arden was ordained in 1845 and joined the Diocese of Vancouver Island where he worked extensively with the Native Americans for many years under difficult and even perilous conditions.

1874 - Three acres were purchased for \$450 for a cemetery outside the city limits on the Crockett highway on April 2.

1886 - The first Catholic society in Martinez was organized with 50 charter members. It was known as the Young Men's Institute #25.

1890 - The parishioners had outgrown their church. Hence, Father Arden hired a contractor to cut the church in two between the nave and the sanctuary. A transept was inserted creating a cross-shaped church and increasing the seating capacity to 250. Additionally, a belfry and a 2,700-pound bell were added.

After Father Arden died, Father A.S. Lawler became the next resident Pastor. Father Lawler had the two-story rectory moved to the northeast corner of Alhambra and Brown Avenues while a larger rectory was built on the Mellus and Castro streets, the northwest corner of the church block.

1903 - Father Lawler transferred to Portland, Oregon, and Father T. L. Breen, became pastor until his death in 1907.

1923 - The Dominican Fathers relinquished the

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Downtown Martinez
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parish to the Diocesan clergy with Fr. M. J. McLaughlin as Pastor.

1929 - The Pastor Fr. Arthur had a new rectory built on the site of the first residence, at the corner of Henrietta and Estudillo. The cost of the building was \$3,500.

1931 - The Sisters of the Holy Name came from San Francisco to teach summer school. The Holy Name Society was organized with 75 charter members.

1933 - The Sisters of the Holy Family opened a convent in a rented house at 1126 Court St.

1938 - Father Robert Falvey became pastor and undertook the building of the current church, dedicated by J. J. Mitty, Archbishop of San Francisco. The cost of construction was \$75,000.00.

1948 - The Sisters of Saint Joseph arrived.

1949 - Saint Catherine's school was opened.

1962 - A new diocese was created — The Diocese of Oakland and St. Catherine of Siena came under its authority.

1973 - St. Catherines celebrated its 100th year anniversary as a parish.

1975 - Beautiful stained-glass windows were added to the church.

1927 - The Italian Catholic Federation was organized in February with 40 charter members.

1932 - St. Catherine's Guild was started with 32 charter members.

1939 - the confraternity of the most Blessed Sacrament was organized with 125 charter members.

1954 - St Vincent de Paul was aggregated on January 15 from Paris

France. Most of these organizations are still active today.

1975 - Beautiful stained-glass windows were added to the church

1998 - Saint Catherine celebrated its 125th anniversary as a parish with a jubilee concert.

Important Catholic organizations started throughout the years. The Young Ladies Institute received its charter on July 8, 1911, with 35 charter members.

The Italian Catholic Federation organized in 1927 with 40 charter members.

St. Catherine's Guild was started in 1932 with 32 charter members.

In 1939, the confraternity of the most Blessed Sacrament was organized with 125 charter members.

And St Vincent de Paul was aggregated on January 15, 1954, from Paris France. Most of these organizations are still active today.

As the town of Martinez prepares to commemorate 150 years of St. Catherine

of Siena the significance of this milestone resonates deeply with both the

devout and the secular. The church's journey mirrors that of the town — marked by growth, resilience, and an enduring spirit. With gratitude for its past and hope for its future, St. Catherine stands tall, a beacon of faith and community that has shaped lives for generations and will continue to do so for generations to come.

Special thanks to the Martinez Historical Society and to St. Catherine of Siena Church, Fr. Michael Nufable, Parochial Vicar.

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Martini Shake-Off Exceeds Expectations

What could easily be considered the social event of the year, the Martini Shake-Off at the Plaza Ignacio on September 16 was an extraordinary success.

Produced by the Martinez Chamber of Commerce, the event which sold out to 450 attendees featured live music by Mixed Nuts, dancing, dinner, silent and live auctions, and of course, martinis — all in honor of Martinez being credited for the creation of the popular cocktail.

Nine local mixologists competed create this year's best martini as determined by both by official judges and People's Choice.

Congratulations goes out to Nu-Rays who won both the official judge and People's Choice with their recipe, "Nu Spumoni."

Second Place went to Firehouse Brew and Grill with "The Yacht Club."

Troy received Third Place with "It's Greek To Me."

If you missed the event, you could give the recipe a try at any of the above establishments.

"We are hoping to establish September as Martini Month next year and have events leading up to the Shake-Off," according to Lisa Bonnington, President of the Martinez Chamber. "It was a record-breaking event in attendance and in fundraising. Suffice it to say, we exceeded expectations!"

Proceeds support the Martinez Chamber of Commerce.



This signed Taylor Swift guitar was one of the live auction items.



Congratulations go to Nu-Rays who won both the official judge and People's Choice with their recipe, "Nu Spumoni."

10th Annual Zombie Brew Crawl in Downtown Martinez

The un-dead are coming to downtown Martinez, and they are thirsty... for Craft Beer. On October 14, from 1:00 – 4:00 p.m., zombies will be walking around the downtown corridor of Martinez, sampling 30+ craft beers from various breweries stationed at participating small businesses.

This is the 10th year of the Zombie Crawl, organized by Downtown Martinez & Co. Zombie costumes are optional; however, there will be prizes awarded for the best individual costumes and for the best group costume.

Returning this year, "Thriller" Flash Mob at 3 p.m. in front of the Main Street Plaza. Anyone can join in the fun and learn the Thriller dance in advance for free on October 1 and October 7 at In Motion Dance Center, 835 Arnold Dr. Or learn it online, at <https://www.youtube.com/watch?v=U59RzBu6ELU>



Must be 21 years or older to sample beer and have a valid ID. Alcohol is not to be consumed outside tasting locations. Beer will only be served in the 2023 tasting cup.

For more info and tickets go to <https://downtownmartinez.org/zombie-brew-crawl>.

Downtown Martinez & Co. thanks you in advance for drinking responsibly and encourages you to prearrange a designated driver or take Uber or Lyft.



Letters to the Editor

Wait Just a Minute(Men)

Teachers, not Students, Behind Drive to Change Concord High Mascot in Spite of High Cost to School

We, the undersigned on behalf of the majority of alumni and students, disapprove as to how the vote for changing the mascot at Concord High School was managed. The MDSUD's Governing Board should abide by their original vote which defeated the resolution on 28 June 2023.

The process was biased in favor of change, coerced the students into voting, and violated several MDUSD policies. If true and accurate information had been disseminated, the resulting vote would have been much different.

Misleading and incomplete information was sent in the messages to students and families. Emails implied the School Board was mandating the change to a non-human mascot and that the students had no voice in the matter.

This violates School Board Policy 6144 on Controversial Issues. "Instruction shall be presented in a balanced manner, addressing all sides of the issue without bias or prejudice and without promoting any particular point of view."

Spearheaded by a teacher, yet it was never disclosed as to who exactly decided it was necessary to change the mascot or why. There was no discussion or survey about what the students or alumni thought about the Minutemen as a mascot.

The students and alumni were simply told that it would change. This is in violation of School Board Policy 5137 on Positive School Climate. "Students shall have opportunities to voice their concerns about school policies and practices and to share responsibility for solving problems that affect their school."

Why is it acceptable to name a school after a specific person with all their foibles, but not have a generic mascot of a group of individuals who made a great and significant contribution to the founding of our country? The students at Concord High School can at least identify a Minuteman while they have absolutely no idea who James W. Dent or Bertha Romaine were.

There were 1180 enrolled students for the 2022/2023 school year. At the very least, a simple majority of 591 votes would have been needed to reach the more than 50% threshold. In the last round of voting, there were a total of 500 votes cast. This underwhelming voter turnout is a direct reflection of the students' apathy and lack of support for a mascot change. The final vote was almost evenly split between the three options given, (Minutemen was not an option), and the winning mascot, Bear, received only 117 votes or 9.9% student support.

We would like the MDUSD Governing Board to stand by their initial decision and allow Concord High School to keep the Minutemen as a mascot. At the very least, the school should give the students honest and accurate information and use a third-party polling tool to allow students to vote freely. If a true majority of the students were in favor of updating or even completely changing the mascot, we would support them.

Ashley Barrows, Lynette Dashner, Matt Dashner, Laurie Erickson Gomez, Mark Lloyd, Julie Melendres Lyster

Naval Weapons Station: Next Step, the Term Sheet

The Council unanimously approved the selection of Brookfield Properties to develop 2,300 acres of the former Naval Weapons Station and to go forward with an Exclusive Negotiation Agreement (ENA), which was approved at the Sept. 19 Council meeting.

The next phase is the Term Sheet which gives a high-level overview of what they are looking to do. There will be a public meeting in mid-November with a partial update of the status. The goal is to have it done by the end of January.

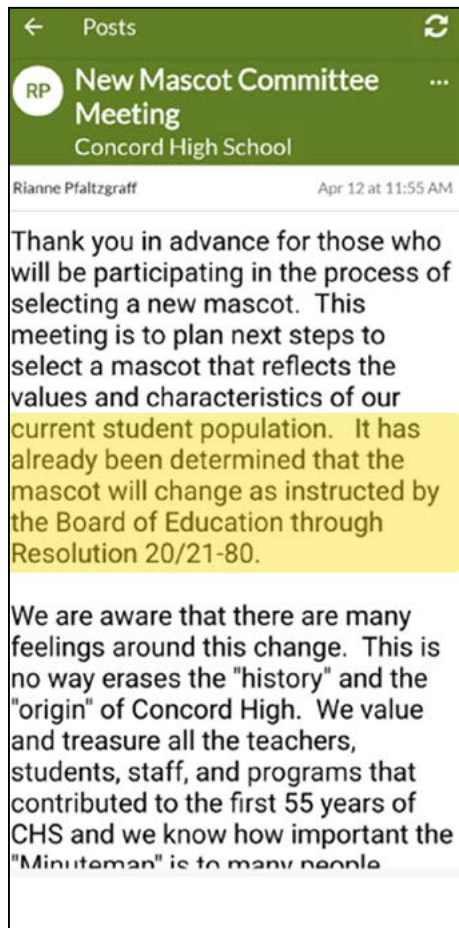
The Term Sheet, if accepted by the Local Reuse Authority will serve over the following 24 months as the basis for writing a Specific Plan, Disposition & Development Agreement, and other documents to guide the project's construction.

Clayton Oktoberfest - 2023 Will This be its Last?

The Clayton Oktoberfest proves to be one of East Bay's most popular Fall events. People flocked in mass to the streets of Downtown Clayton to enjoy Music, Food, Dancing, Arts and Crafts and a carnival and of course beer and wine.

The City of Clayton is still trying to define its new permit and fees, but Clayton Business and Community Association (CBCA) which has produced the festival fears the price will be too steep to continue, posing the possibility that this may be its last.

The event raises funds to support various community organizations and scholarships, depending heavily on volunteers to minimize costs.



Above messages show mistakenly indicate that the MDUSD requiring mascot change.

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