

DECEMBER 2020

Meet the Wandering Fossans!

pg. 6

This Clayton Family is not Staying at Home and Lovin' It



L-R: Michael, Zoe, Kris, Aidan Fossan at Crazy Horse Memorial, South Dakota.

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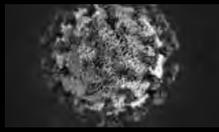
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LOCKDOWN! Home for the Holidays



The Health Officers for the Counties of Alameda, Contra Costa, Marin, San Francisco, and Santa Clara as well as the City of Berkeley have jointly announced to lockdown the region effective December 6. The Stay-at-home order is in effect through January 4, 2021.

This after Governor Newsom announced on December 3 that all sectors other than retail and essential operations would be closed in regions of the State where less than 15 percent of ICU beds are available.

"We are seeing a surge in COVID-19 cases and hospitalizations here in Contra Costa County and across our region," said Contra Costa County Health Officer Dr. Christopher Farnitano. "The number of patients hospitalized with COVID-19 in our county has doubled in just the past couple of weeks, and we are at risk of exceeding our hospital capacity later this month if current trends continue.

People are ordered to stop socializing with people outside their immediate home (even outdoors), non-essential travel has been banned, and barbershops, nail salons, bars and wineries must remain closed.

Retail businesses will be limited to 20% capacity, and restaurants will be take-out/delivery only.

Church and cultural services are outdoor only. All playgrounds for children will also be closed.

Outdoor recreation facilities (sports fields, basketball courts, tennis courts, golf courses, skate parks, etc.) may operate with no mixing of households and no food or beverages.

Anyone who travels outside the region, or meets with anyone outside the region, will be ordered to quarantine for 14 days.

Turn to page 4 for a complete list of open and closed activities during this order.

Contra Costa County 2020 Election Summary

Below are final results posted by Contra Costa County Elections Division with 100% of all precincts reporting of November 2020 election.

Not all races in the county are represented in this article. State Proposition results according to Electionresults.sos.ca.gov. will not be final until December 11. State results listed here by percentages as of December 4 are compared to Contra Costa County's actual vote count.

For more results details and results of additional county races, go to www.cocovote.us.

Lauren M Talbert 4,760

EAST BAY REGIONAL PARK DIRECTOR
Elizabeth Echols 47,503
Norman La Force 37,570

PLEASANT HILL RECREATION & PARK DISTRICT, DIRECTOR
Sandy Vinson 10,967
Quy Tran 1 0,275
Derek M. Wirst 10,155

SAN FRANCISCO BAY AREA RAPID TRANSIT, DIRECTOR, DISTRICT 1
Debora Allen 128,833
Jamie Salcido 50,825
Emmy Akin 19,063

CONTRA COSTA WATER DISTRICT, DIRECTOR, DIVISION 3
Ernesto "Ernie" Avila 34,892
Fadi Alabbas 11,926

California Propositions

Bold percentages reflects final state results. Vote count represented is how Contra Costa County voted.

PROP 14 YES 51.1% - 48.9%
Issue bond for stem cell research
Yes 319,859 No 246,771

PROPOSITION 15 NO 52% - 48%
Remove property tax caps on commercial properties
Yes 314,413 No 259,630

PROPOSITION 16 - NO 57.2% - 42.8%
Reinstate affirmative action
Yes 268,242 No 296,198

PROPOSITION 17 - YES 58.6% - 41.4%
Restore voting rights to parolees
Yes 369,259 No 268,242

PROPOSITION 18 - NO 56% - 44%
Allow 17-year-olds to vote in primaries
Yes 277,417 No 293,452

PROPOSITION 19 - YES 51.1% - 48.9%
Change tax law for property tax transfers
Yes 324,682 No 238,854

PROPOSITION 20 - NO 61.7% - 38.3%
Parole restrictions for certain offenses
Yes 196,819 No 362,696

PROPOSITION 21 - NO 59.9% - 40.1%
Allow local governments to establish rent control on residential properties over 15 years old
Yes 229,679 No 331,752

PROPOSITION 22 - YES 58.6% - 41.4%
Classify gig workers as contractors
Yes 303,938 No 261,401

PROPOSITION 23 - NO 63.4% - 36.6%
Increase dialysis regulations
Yes 212,213 No 350,108

PROPOSITION 24 - YES 56.2% - 43.8%
Bolster consumer privacy laws
Yes 336,583 No 223,935

PROPOSITION 25 - NO 56.4% - 43.6%
Ban cash bail
Yes 283,434 No 274,659

MEASURE X - PASSED
Contra Costa County .5% sales tax
Yes 323,322 No 229,793

MEASURE V - PASSED
City of Concord .5% sales tax
Yes 28,771 No 28,231

Of the 591,143 Contra Costa ballots cast, 539,451 of them (91.2%) were mail-in ballots. Of those, approximately 70% arrived through the 37 election drop-boxes placed throughout the county by the county elections office.

51,692 voters (7.35%) of the county's registered voters cast ballots at walk-in polling places.

PRESIDENT AND VICE PRESIDENT
Joseph R. Biden Dem 416,386
Donald J. Trump Rep 152,877
Jo Jorgensen Lib 6,116

U.S. REPRESENTATIVE, DIST. 11
Mark Desaulnier Dem 271,063
Nisha Sharma Rep 100,293

STATE SENATOR, DISTRICT 7
Steve Glazer Dem 264,485
Julie Mobley Rep 133,801

STATE ASSEMBLY DIST. 14
Tim Grayson Dem 110,804
Janell Proctor Rep 50,989

MDUSD, BOARD MEMBER, AREA 3
Keisha Nzewi 8,133
Michael Schneider 5,043
Dennis Chow 1,436

MDUSD BOARD MEMBER, AREA 5
Erin McFerrin 16,994
Carol Trost 7,362

CONTRA COSTA COUNTY BOARD OF EDUCATION, BOARD MEMBER, AREA 3
Anamarie Avila Farias 50,030
Vikki Chavez 44,176

CLAYTON, CITY COUNCIL
Jim Diaz 3,686
Peter Cloven 3,451
Letecia "Holly" Tillman 3,264
Glenn D. Miller 2,844
Tuija Catalano 2,769

CONCORD, CITY COUNCIL, DIST. 2
Carlyn Obringer 4,842
Hope Johnson 2,779
Harmesh Kumar 1,789
Tristan Piper 945
Paul R. Wood 702

CONCORD, CITY COUNCIL, DIST. 4
Edi Birsan 9,717

WALNUT CREEK CITY COUNCIL
Kevin Wilk 21,034
Cindy Darling 20,521
Loella Haskew 16,367
Kurtis Reese 15,689
Justin Wedel 12,623
Michael Samson 7,590
Hailey Ayres 5,043

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2020 Holiday Schedule:

We appreciate your understanding as we allow our employees time-off on Christmas and New Year's Day.

MDDR will not provide service on:

Christmas Day:
December 25, 2020 (Friday)

New Year's Day:
January 1, 2021 (Friday)

Please be advised that collection is delayed by one day.

Normal Collection Day: Friday or Saturday

Collection Day for Christmas & New Year's Day
ONLY is: Saturday

Contra Costa Waste Services
The Recycling Center &
Transfer Station (RCTS)

Will be closed on Christmas &
New Year's Day



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by Elaine Schroth, CEO & President

The holiday season may feel a bit different this year, but there are still ways to make it special. From baking treats and taking in the holiday lights, to shopping, spending time with family and giving back to the community, we can all celebrate the season joyfully while staying well and supporting our local businesses.

For Concord-themed gift ideas and fun stocking stuffers, check out the Visit Concord Store. There's something for everyone on your list, including Taco Trail, Beer Trail, and I (Heart) Concord shirts, plus hats, socks, blankets, key-chains, bandanas, pet items, the Concord-opoly game, and much more. As a holiday special, we're offering a \$5.00 off any purchase of \$20 or more through December, plus a free Santa hat while supplies last. All proceeds go to local non-profits and you can use your Shop Concord gift card for all purchases. Visit: <https://visit-concord.square.site/>.

If you're looking for more one-of-a-kind and handcrafted gifts, check out the Art Cottage's Annual Holiday Art & Boutique Show during their regular business



There's plenty of ways to celebrate the season and boost the community



Californiachristmaslights.com gives you a preview and list of many of the neighborhood lighted homes

hours in December. Visit <https://artscottage.blogspot.com/>.

For some nighttime adventure, hop in the car and check out some of the festively lit homes and neighborhoods in Concord. For some of the locations, check out "Concord" at <https://californiachristmaslights.com>. Or pick up some tasty takeout or a dessert treat at your favorite Concord eatery and settle in for a cozy night of holiday movie watching at home. Most Concord restaurants are open for business with takeout and delivery service.

Last but not least, if you would like to help community members who may be struggling during the holidays, consider making a donation or volunteering with

any one of Concord's great non-profit organizations. Check the events page on Visit Concord website for upcoming opportunities. These groups do so much good and all help is greatly appreciated. Visit: <https://www.visitconcordca.com/events/>

The Concord community always comes together and no more so than during the holidays. Shopping and dining locally means taking care of our own first, and it's so easy to do. Stay safe and happy holidays to all!

Above all, please remain compliant to any and all current County Health Orders.

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Local Holiday Events: Christmas, Hanukkah & Santa 2020

The holiday spirit is still alive in the East Bay with many activities still scheduled...just differently this year. Christmas falls on a Friday. Hanukkah runs Thursday, Dec. 10 through Friday, Dec. 18. And Kwanzaa is Dec. 26 to Jan. 1. However many towns and organizations are getting creative with virtual, in-person, drive thru, socially distanced events. Many have limited availability or require reservations. Here are a few locally that might be of interest to you.

CONCORD

NOV. 27-DEC. 24: Santa's Flight Academy & Photos: Sunvalley. Reservations required this year. Sunvalley Shopping Center, 1 Sunvalley Mall.

Through DEC.: The aRt Cottage. Annual Holiday Art & Boutique. 2238 Mt. Diablo St.

DEC. 15: 'Succulents & Sips' Wreath-Making: The Veranda. Choose from two, socially distanced seatings. The Veranda, 2001-2003 Diamond Blvd.

DEC 18-19: Christmas Drive-thru Nativity Bethel Baptist Church 6pm-9pm. 3578 Clayton Rd.

MARTINEZ

NOV. 23-DEC. 19: Hot Cocoa Kits & Selfies In Plaza. Sign up soon as supplies are limited. City Hall, 525 Henrietta St.

Through DEC. 31: Family Fun Holiday Hopper & Snowflake Hunt. Scavenger hunt with chance to find prizes. Participating businesses.

WALNUT CREEK

NOV. 20-DEC. 20: Holiday 'Garden Of d'Lights' 2020: Ruth Bancroft Garden.

"Unlike anything else in the East Bay." The Ruth Bancroft Garden, 1552 Bancroft Road.

DEC. 12: Free Concert—Season in Song. Kelley O'Connor & Nicholas Phan sing seasonal selections. Online via California Symphony Brass Quintet

DEC. 12: Makers Market on the Plaza - an Open Air Craft Market. 1275 Broadway Plaza.

DEC. 15-23: 'Visit To North Pole' - "Exclusive visit with Santa & Mrs. Claus. Leshner Center for the Arts, 1601 Civic Drive.

OAKLAND

NOV. 20-JAN. 17: Zoo's 'Glow-fari' Holiday Lantern Festival. A mile-long, dazzling stroll. Oakland Zoo, 9777 Golf Links Road.

DEC. 2-JAN. 3: Holiday Walk-Thru Wonderland: Dunsmuir Hellman. "Come for the sights, fun, most of all the memories." Dunsmuir Hellman Historic Estate, 2960 Peralta Oaks Court.

DEC. 18-30: 'Fairy Winterland': Children's Fairyland. Festival of Lights Parade will go on, and Black Santa will be there, too. Children's Fairyland, 699 Bellevue Ave.

DEC. 20: Nutcracker Stay-At-Home Matinee: Oakland Ballet Company. Save the date for "Snowflakes and Sugar Plums!" Online via Oakland Ballet Company, 2201 Broadway.

Due to rapidly changing stay-at-home orders, please check the events website for up-dates and status of events.

Contra Costa County Openings at a Glance



In all cases, social distancing & face coverings are required. For sector specific guidelines, visit covid19.ca.gov.

Open ✓ Closed ✗

Automobile & Bicycle Repair	✓	Outdoor Botanical Gardens & Historical Sites	✓
Bars, Brewpubs, Breweries, Pubs & Craft Distilleries	✗	Outdoor Businesses	✓
Campgrounds, RV Parks & Outdoor Recreation Facilities (no overnight stays)	✓	Parks	✓
Car Washes	✓	Personal Care Services (massage, facials, waxing, electrolysis, tattooing, permanent makeup & piercing etc.)	✗
Cardrooms, Satellite Wagering Sites & Racetracks	✗	Places of Worship & Cultural Ceremonies (services outdoors only, indoor individual prayer/counseling)	✓
Childcare Facilities & Activities	✓	Playgrounds	✗
Construction	✓	Public & Private Transportation Services	✓
Dental Care	✓	Public Events & Gatherings (nightclubs, convention centers, concerts, etc.)	✗
Drive-in Events (performances, drive-in movies, etc.)	✗	Real Estate	✓
Family Entertainment Centers	✗	Outdoor Recreation Facilities (sports fields, basketball courts, tennis courts, golf courses, skate parks, etc., no mixing of households & no food or beverages)	✓
Financial Institutions	✓	Recreational Team Sports	✗
Funeral Homes, Mortuaries & Cemeteries	✓	Residential & Commercial Maintenance Services	✓
Gas Stations	✓	Restaurants & Other Food Service (takeout & delivery only)	✓
Government Services	✓	Retail Stores (max 20% capacity indoors)	✓
Grocery & Other Food Stores (max 20% capacity indoors)	✓	Low-Contact Indoor Retail Services (pet grooming, shoe repair, etc., curbside drop-off & pick-up allowed)	✗
Gyms & Fitness Centers (outdoors only)	✓	K-12 Schools (distance learning only except for elementary schools with a waiver for in-person learning)	✓
Hair Salons & Barbershops	✗	Saunas & Steam Rooms	✗
Healthcare, Pharmacies & Medical Supply	✓	Shopping Malls (max 20% capacity indoors and food courts and common areas closed)	✓
Higher Education (distance learning only)	✓	Social Gatherings	✗
Hotels & Short-Term Rentals (essential travel only)	✓	Spas / hot tubs	✗
Laundromats	✓	Swimming Pools (outdoor only)	✓
Libraries (curbside pickup)	✓	Theme Parks & Amusement Parks	✗
Live-Audience Sports	✗	Utilities	✓
Live Performances	✗	Veterinary Care & Dog Parks	✓
Logging & Mining	✓	Wineries & Tasting Rooms	✗
Logistics & Warehousing Facilities	✓		
Manufacturing	✓		
Movie Theaters	✗		
Museums & Exhibit Spaces	✗		
Music, Television & Film Production	✓		
Nail Salons	✗		
Office Workspaces (telework only)	✓		

cchealth.org/coronavirus Effective 12/6/2020 at 10 p.m.

Happy Holidays

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- \$1,249,000 Pending: 4968 John Muir Rd. Martinez
- \$749,000 Pending: 526 Via Appia Walnut Creek

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JOURNEYMAN'S JOURNAL
by the Fossam Family

The Wandering Fossans

Meet the Fossans, Michael, wife Kris, Tristan (19), and the twins Aidan and Zoe (12). Last year, Clayton was their home. Now it's the entire United States. A year ago, they bought an RV and have been on the road since October 2019 not knowing what to expect. Their travel plans were vague.

They are now known as the Wandering Fossans and their travels can be followed with plenty of photos on Facebook and Instagram. [FB.com/wanderingfossans](https://www.facebook.com/wanderingfossans).

The Fossans still own a small 1000 sq. ft home in Clayton which they now rent out. Michael is a retired phlebotomist, Kris is an RN (both worked at John Muir Health Concord campus), and the twins are home-schooled.

Michael said they were basically tired of living in a Bay Area bubble. He has lived in the Bay area for 50 years but has never visited Alcatraz, nor even Yosemite until he met his wife. Together they never took traveling vacations, relying mostly on occasional date nights in San Francisco.

Last October, they decided it was financially more responsible to leave California than it was to stay. Aidan had been struggling in public schools and was using ADHD medications but wasn't socializing well, yet Zoe was an overachiever.

After making a hard judgement of their life, they pulled the kids out of schools and embarked upon exploring the country in an RV.

Having unloaded their belongings through garage sales, donation or by tossing them, they moved into their RV and realized all those possessions were just stuff.

"Since last October, Aidan and Zoe have been home schooled. Aidan is no longer on medication and they easily make friends everywhere they go.

They have visited 21 states and have learned things they don't teach in school," Michael said. "For example, the Texas flag is held in equal regard to the United States flag. Texas was already a Republic when it joined our nation. It's the only state that can do that. Texans are unbelievably proud people, and we now understand the ideology behind that."

Fossans traveling plans are flexible. Destinations are influenced by Covid, job prospects and weather. They look for wherever weather is nice, chasing 70 degrees across the country.

Since traveling nurses are in high demand it's easy for Kris to find her next contract which are typically 13 weeks. The kids do their home schooling with Michael on the three long days a week Kris works, (generally five days of work crammed into three days.) The remaining 4 days of the week, the family plays hard and explores.

When Kris is under contract they park in long-term parking. But between jobs, they travel. There are many sites for boondocking (camping off the grid), for traveling, for RV'ing. National Park Service lets you park for free.

"We find out about things by talking to other RV'ers. It's been amazing. The kids get to play at all the beautiful National Parks. At one time, we parked at the edge of the Badlands in South Dakota 20 feet from a 200-foot drop. Kids would stare at the cliffs in awe or go climbing.

Of the 21 states

they have traveled, Idaho has been their favorite so far. It's been easy for them to make friends. Both are active in the scouts which is fully virtual due to Covid. While in Idaho, Zoe earned a merit badge for theatre by producing a play soup-nuts with her new friends there.

In Wyoming, they spent time on a farm. Everyone truly loved the Harvest Host experience from feeding the horses



Getting in some fun crag time at our favorite local spot. The kids are learning lots of new skills and staying active and healthy at Qemlin State park in Post Falls, Idaho.

(right outside our door) to cuddling the kitties and chicks, to the informative farm tour. In the process, we all learned the history of an original homestead.

"We joined 'A Year to Volunteer' for another amazing project in Indiana." Kris and the twins helped complete the painting of the service building, while Michael and Tristan helped construct an observation platform. "It was great time spent with a fabulous group of people doing great things for others," Michael says.

In May, they traveled 3700 miles from Montana through Indiana down to Alabama and west to New Mexico.

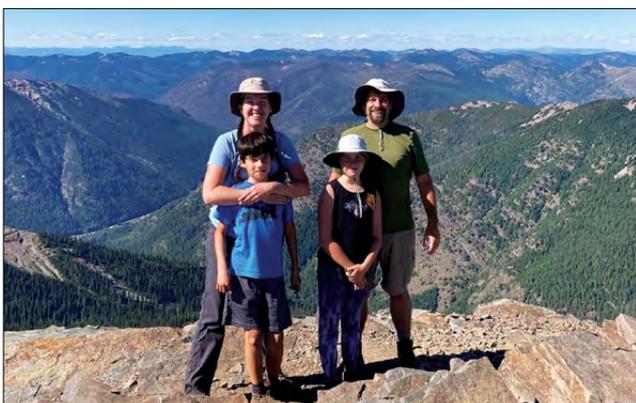
One adventure, which Michael calls epic, was a private tour by a knowledgeable guide to the top of Crazy Horse's arm. (Cover photo).

Currently they are near Ft. Lauderdale, where they experienced Tropical Storm Eta.

"Floridians treat such storms the way Californians treat earthquakes," Michael mentioned. "Our friends were asking if we were okay, meanwhile, Kris is paddle boarding down the flooded streets."

At one time, they had a plan to return, especially if it wasn't working for the kids. It's been very easy, simple and fun. The kids are fully enjoying it and are testing above grade level.

"We're still Californians and we check into Claycord all the time. But for now, we don't know when it will end. It's our way of life." Michael stated.



Scotchman Peak, Idaho. 1000 ft elevation gain for every mile hiked. Worth every step. Beautiful view.



We joined @ayeartovolunteer for another amazing project. This time in Indiana. Mom and the twins helped complete the painting of the service building. Great time doing great things for others!



We drive over 3700 miles in May and saw a great deal of the center of the country. It was well worth the detour to Alabama with A Year to Volunteer



Couer d'Alene, Idaho



Our kids explored the world around them. The twins loved having the freedom to climb, run and jump throughout the Badlands National Park, South Dakota.



Yellowstone National Park with a visit to Old Faithful.



Cumberland Falls State Resort Park, Kentucky



Home for a couple of nights, along side the Yellowstone River, at the base of Emigrant Peak. Boondocking at its best. contract job.



Kris paddleboarding the flooded streets near Ft. Lauderdale after Tropical Storm Eta.



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CLAYCORD® NEWS & TALK

In case you missed it...

Contra Costa County releases COVID-19 Vaccination Plan

To read this 25-page playbook Online. Go to <https://cchealth.org/covid19/pdf/Vax-Plan-for-LHJs.pdf>

Northern California Assemblyman blasts Gov. Newsom, Shelter-At-Home Plan

California Assemblyman James Gallagher, who successfully sued Governor Newsom for abuse of power during the pandemic, issued the following statement in response to Newsom's new shelter-at-home order.

"The only thing consistent with the Governor's handling of COVID-19 has been his inconsistency.

He started with the essential vs non-essential game. Then he took us into a statewide lockdown after promising local control. Next was his color-coded Gummy Bear fiasco. And now we're back to another arbitrary lockdown without the evidence to back it up.

When you combine this inconsistency with hypocrisy, the end result is a complete lack of trust.

Government lockdowns do NOT reduce cases or stop spikes. Neither science or reality justify the Governor's announcement today – just look at how California's case count compares to less restrictive states.

We know that this virus hits our most vulnerable populations the hardest. Yet, under the leadership of the California Department of Public Health and Governor Newsom, we're still seeing outbreaks at senior living facilities. This is insane and shows a complete failure of leadership.

The other important thing to do is to make sure our healthcare infrastructure is ready to respond. Instead of arbitrary mandates on small business, the Governor should be spending his time marshaling resources and ensuring we have emergency healthcare workers to help with additional staffing needs.

Unlike changing laws (see Gallagher/Kiley v. Newsom), his power under the Emergency Services Act does allow the Governor to make critical healthcare preparations and protect our most vulnerable populations."

California's Inmate Unemployment Fraud Now Estimated At \$400 Million.

Video Report: View the CBS13 report posted on Claycord.com on December 2.

Nation's Hamburgers to get makeover



Nations current appearance on Cayton Rd. in Concord. Below is rendering of propped renovation.



Nation's Hamburgers, located at 4600 Clayton Rd. in Concord, will soon get a long overdue makeover. The proposed project involves renovating the outside of the existing building.

It's unknown when they plan to start.

Dutch Bros. to open coffee shop on Clayton Rd. in Concord



Dutch Bros., the Oregon-based chain of drive-thru coffee shops, plans to open a coffee business on Clayton Rd. near Bailey Rd. in Concord.

Dutch Bros. would be located next to Taco Bell, on the property that has been vacant for decades and most recently served as a Christmas tree lot.

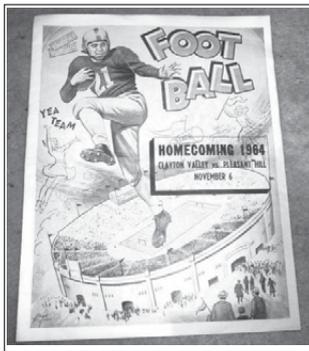
The 850-square-foot building would be on the front-end of the property, just a few feet from Clayton Rd.

Plans for the property also include an 8,000-square-foot Kiddie Academy educational child care facility, which would be in the back of the property, further away from Clayton Rd.

Claycord Online Museum 1964 Homecoming game in Pleasant Hill, PHHS -vs- CVHS

Here's an old event flyer for Pleasant Hill High School's homecoming football game in 1964.

Second



Martinez storefront pot dispensary gets approval to apply for Operating Permit

The operators of a proposed cannabis business that initially had been rejected by the city of Martinez, and who later successfully appealed that rejection to the Martinez City Council, can now formally apply for a permit to establish a cannabis business they hope will one day evolve into manufacturing.

The City Council's approval is a key step for the owners of Opposite Coast LLC, who first submitted a proposal in June 2019 for a 10,000-square-foot cannabis manufacturing business at 4808 Sunrise Drive, in a light industrial area on Martinez's east edge.

Plans are for Opposite Coast's operation to be in the same building as what was originally to be called Firefly (now the Velvet retail cannabis store) already operated by Opposite Coast's owners. The Yerba Buena Logistics cannabis distribution and non-storefront retail business is also based in that same building.

Among Contra Costa County cities, Martinez has been an early embracer of commercial cannabis. Firefly first applied in September 2017 to operate its retail shop, which opened (renamed as Velvet) this May.

In January 2020, the City Council approved its second, and final, retail storefront permit to Embarc, partly owned by the family of retired Congressman George Miller.

In December 2019, the Contra Costa County Board of Supervisors selected four prospective operators of retail cannabis dispensaries in the county; one of them proposes opening a store on North Pacheco Boulevard just outside Martinez city limits. The others would be in El Sobrante, Pacheco and Bay Point.



EMOTIONAL HEALTH

By Dr. Holly Holmes-Meredith, D. Min., MFT, Board Certified Clinical Bill Yarborough, CHT and Certified EFT Practitioner

Online sites help seniors beat the pandemic blues

If you are a senior, have you found aging challenges more difficult during the Covid-19 pandemic? Or do you have a senior family member or friend experiencing such challenges?

Aging can be trying in normal times. Mobility and health hardships arise for many as do emotional issues, such as ageism which includes jokes about aging or comments that suggest older adults are unattractive or undesirable. A University of Michigan National poll on healthy aging found that 82% of respondents regularly experienced forms of ageism in their daily lives. In addition, 36% of respondents internalized ageism, agreeing that feeling lonely, depressed, or worried is a part of growing old.

The pandemic has accentuated these feelings for some, and current trends indicate the winter months will be even more distressing. Extra precautions are recommended for seniors to avoid indoor contact with people beyond their immediate household. Children and grandchildren will be reluctant to visit for fear of putting seniors at additional risk.

Seniors could experience, perhaps for the first time, a lonely Christmas and New Year's following an isolated Thanksgiving and growing pandemic fatigue that dates to March.

There are a variety of tech strategies to help compensate from physical separation during the holidays. Zoom, FaceTime, or telephone chats with family and friends or watching church services, along with your favorite holiday TV shows are a few examples.

This holiday season could be the time to develop aging skills that can fortify you now and beyond the pandemic. So, what steps you can take to improve your approach toward aging?

During these isolated days, you could reflect on your life experiences for the lessons you've learned, some of which could be fodder for lifestyle changes.

For example, you may have often resisted change but now believe times are passing you by. New technologies, culture change, and the interests of younger generations may seem foreign. This could be an ideal time to accept change and explore things you've resisted.

Many seniors have become more tech savvy, so they can maintain their social connections virtually, particularly as outdoor options fade with colder weather and stay-

at-home orders. You may discover it's easier to learn new tech skills than you thought. Instructions on how to use features on Zoom, FaceTime, and a host of other media simply require googling Online or searching YouTube.

For instance, google "how to use Zoom" and a variety of videos will pop up providing instructions.

Besides learning new technology, you can explore ways to connect with younger generations.

During the pandemic, all generations are struggling, such as working parents who have children at home doing their school-work virtually. We know a senior who tutors her grandkids every week. Such tutoring can be performed safely Online and could develop lasting bonds. In return, your pupils can teach you new technologies and share the interests of their generation.

Other virtual volunteer possibilities include reading to someone in covalence, helping developmentally challenged kids, and countless other online ways to help. A key benefit

of lending a helping hand is that it may distract and lessen worries regarding your own circumstances.

If daily exercise has not been a part of your life or colder weather and shuttered gyms have eliminated your exercise routines, explore online videos, including weights, stretching, yoga, and Tai Chi.

Start by googling "free stretching exercises for seniors" to bring up a variety of instructional videos. Becoming more sedentary as you age is not good for your physical and emotional health.

Learn and explore. There is a plethora of virtual courses available, such as TheGreatCoursesPlus.com. Or, if you miss travel, then pursue the multitude of virtual travel options on the internet.

If you find it too difficult to endure the holiday blues and/or the emotional challenges of aging, seeking professional help from a qualified practitioner can help. Many practitioners are available Online or in person using a variety of the-rapeutic techniques to assist you. Teaching professionals often have interns who charge minimal amounts.

If you have questions or comments, please reach out to us via the contact information on our websites: Holly@hypnotherapytraining.com or Bill@billyarborough.com.



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DIABLO GAZETTE FUN ZONE



T'was a Month Before Christmas

By Anonymous

T'was a month before Christmas, and all through the town,
 People wore masks, that covered their frown.
 The frown had begun way back in the Spring,
 When a global pandemic changed everything.
 They called it corona, but unlike the beer,
 It didn't bring good times, it didn't bring cheer.
 Airplanes were grounded, travel was banned.
 Borders were closed across air, sea and land.
 As the world entered lockdown, to flatten the curve,
 The economy halted, and folks lost their nerve.
 From March to July we rode the first wave,
 People stayed home, they tried to behave.
 When summer emerged the lockdown was lifted.
 But away from caution, many folks drifted.

Now it's November and cases are spiking,
 Wave two has arrived, much to our disliking.
 It's true that this year has had sadness a plenty,
 We'll never forget the year 2020.
 And just 'round the corner - the holiday season,
 But why be merry? Is there even one reason?
 To decorate the house and put up the tree,
 Who will see it, no one but me.
 But outside my window, the snow gently falls,
 And I think to myself, let's deck the halls!
 So, I gather the ribbon, the garland and bows,
 As I play those old carols, my happiness grows.
 Christmas is not cancelled and neither is hope.
 If we lean on each other, I know we can cope.

Tamber Bey – Quit horsing around and drink your wine

by Jill Hedgecock

Tamber Bey Vineyards offers a truly unique wine-tasting experience at their 22-acre Sundance Ranch located at the north end of Napa Valley in Calistoga. What was once a covered horse riding arena was converted into a 60,000-gallon winemaking facility in 2012. Since then visitors can savor a flight of five wines and pet a few of the resident equines. While winemaking is their primary business, the Tamber Bey houses more than 20 horses, including Arabians, rescue horses, and adorable miniatures. Comfortable outdoor picnic tables and cushioned couches are situated near horse



Despite what it looks like, this horse is not drinking wine. Photo fun by Jill Hedgecock.



stalls where sweet-natured steeds are more than happy to have their heads stroked. The winery is well-equipped for the winter weather with outdoor heaters and awnings to

protect visitors from rain. Vintner Barry Waitte entered the grape-growing business in 1999 with the purchase of Yountville and Oakville properties. He hired winemaker Thomas Brown a year later. His estate-grown grapes have sourced the Tamber Bey portfolio ever since. Under Brown's hand, distinct, single-vineyard, single-varietal wines, and an array of Bordeaux-style blends have been created.

Two tasting options are offered: Vineyard Series and Signature series. Tastings start at \$45 for a flight of five Vineyard series wines (fee waived with



Comfortable outdoor seating offers scenic views

wine purchase). Offerings include a Sauvignon Blanc from Lizzy's Vineyard in Oakville, a Chardonnay Sans Chene (without oak) from Yountville, a Rosé out of Red Hills Lake County and two reds, a Cabernet Sauvignon and a Rabicano red blend from Deux Chevaux Vineyard in Yountville. If horses and good wine aren't enough incentive to visit, the spectacular views of Mount St. Helena and the Palisades alone are worth the drive. Reservations are required. Visit <https://www.tamberbey.com/Visit-Us/> to sign up and treat yourself to a holiday season outing!



HAPPY VIRTUAL HOLIDAYS!

FROM THE **DIABLO GAZETTE**

MERRY CHRISTMAS

T	E	L	G	S	S	E	N	D	O	O	G	D
E	W	F	K	N	A	H	T	S	A	M	E	O
K	H	I	O	A	S	H	C	H	A	T	S	O
N	O	R	N	C	M	M	O	O	Z	R	N	F
A	L	E	L	K	E	H	O	P	E	E	O	M
L	I	P	I	P	L	W	C	P	O	E	W	U
B	D	L	N	S	L	I	L	I	G	H	T	S
U	A	A	E	I	S	N	N	N	P	R	S	I
Y	Y	C	S	R	P	T	H	G	U	A	L	C
D	S	E	U	C	S	E	I	K	O	O	C	O
N	E	W	Y	E	A	R	M	A	E	R	D	C
A	T	N	E	M	A	N	R	O	F	O	F	O
C	H	I	M	N	E	Y	Y	P	P	A	H	A

- BLANKET
- CANDY
- CHATS
- Chimney
- COCOA
- COOKIES
- CRISP
- DREAM
- FIREPLACE
- FOOD
- TWINKLING
- GOODNESS
- Happy
- HOLIDAYS
- HOPE
- LAUGH
- LIGHTS
- MUSIC
- NEW YEAR
- ONLINE
- ORNAMENT
- WINTER
- ZOOM
- SHOPPING
- SMELLS
- SNACK
- SNOW
- THANK
- TREE



Word Search Plus The Holidays

We thought we would make our word search a wee more challenging. We've hidden a code that will reveal a popular business in Concord.

CLUE:

Having been serving in Concord for 61 years, it is Concord's second oldest operating restaurant. Despite its name, no fairies work here.

Hint:

Find the all the words in the word search and circle them. Then find all the letters not utilized to reveal an anagram. Unscramble them to reveal the answer. Answer on page 16.

Clean Air HVAC Wishes You Warm and Happy Holidays



David George
THE NAKED GARDENER

Growing Your Health

Cool and often damp December days are not very welcoming to naked gardening. Sitting next to a warm fire, delighting in delicious holiday meals, and enjoying the company of others, in-person or virtually, seem like better alternatives. My indoor time most Decembers is spent planning for next year's bountiful fruit and vegetable harvest.

Why do I do so much planning? Because the right combination of nutritious, fresh-grown foods is so important to our diet. If you believe like I do that "what you are is what you eat", then upgrade your diet this coming year to include fresh-grown vegetables and fruits from your own naked garden. Your waist line and medical bills will shrink – I guarantee it.

There are many health and nutrition benefits to growing your own fruits and vegetables. Food begins to lose nutrients when their structure starts to break down only 24 hours after harvesting. Grocery store "fresh" veggies and fruits often travel from the southern hemisphere which takes weeks. Fresh-grown food also tastes better if it is harvested perfectly ripe. And you can control the safety of your home produce by not spraying toxic pesticides or fungicides, or using artificial chemical fertilizers. There's no telling how your store-bought food has been treated; labels



Fully ripe veggies add nutrition and essential minerals to your health

can be misleading.

Why are safe, ripe, grown-in-your-own-soil foods better for your health over your lifetime? Author Michael Behar wrote an excellent article for Eating Well magazine this past June, titled "Cultivating Better Health. You can find the article online here: <https://www.michaelbehar.com/articles/eating-well-june-2020/>. He listed some great reasons why fresh produce grown in healthy soil transfers that health to you.

Mr. Behar emphasized in his article the



Chemical-free harvest



Tree-ripened sweet plums

importance of healthy soil for growing healthy food. There are billions of beneficial microbes, such as bacteria, fungi, and nematodes in healthy soil. They feed on organic matter, like decaying wood, leaves, and mulch, breaking it down into usable nutrients for growing plants to absorb through their roots. These soil-resident microbes also extract nitrogen from the air to make this crucial growth element available to plant life. Similarly, our digestive systems contain billions of beneficial microbes that are essential to release nutrients from our food into our blood stream to feed our muscles, organs, skin, and brain. Fresh produce grown in healthy garden soil strengthens our own digestive "biome", providing a healthier



Home-made compost produced this giant tomato.

stream of nutrients for our bodies.

What is good and natural for our soil and garden health, it seems is also great for our own health. If we are what we eat, then grow healthy, delicious, and nutrition-packed produce for your family's dinner table. Go naked and natural in your produce garden. Your family and those beneficial little soil beasties will thank you for it and return the favor.

Enjoy the holidays, your family, friends, and the bounty our beautiful earth provides. Email your comments and questions to: NakedGardener@diablogazette.com. In some cases these may appear in future columns.



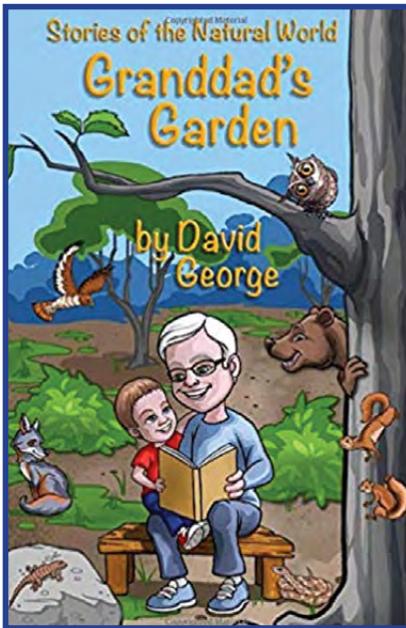
Buy a Gift Card, Get a Gift Card

'Tis the season of giving! The City of Concord and the Greater Concord Chamber of Commerce launched the Shop Concord Gift Card program with a \$10,000 contribution from the City of Concord to supply a bonus gift card with every purchase.

While supplies last, receive a free \$25 Shop Concord bonus card with every \$50 gift card purchase, or a free \$10 Shop Concord card with every \$20 purchase. Customers can keep the bonuses or gift them to others via text or email. You can use the gift card in any one of 60 local businesses, and that list continues to grow.

"While the purchase of a gift card may seem like a small act, it is a huge gesture of support for our community that will go a long way toward helping our local businesses keep their doors open," suggests Mayor Tim McGallian.

For complete details and to view the list of participating businesses, go to <https://www.concordfirst.com/shop-concord-card/>.



David George's debut book.

Granddad's Garden

Stories of the Natural World

Feel-good stories for troubling times. Available now on Amazon.com.

Happy* All Holidays



From Edi Birsan

Government is either listening to you or somebody else.

*If you can't find something to be happy about this season, you are playing too much golf.



computercorner

by William Claney,
Tech Writer, Computers USA

Tech in English

Merry (Virtual) Christmas

For the first time in all or recorded history we are in the midst of a virtual holiday. We are using our computers and smart phones to tap, click, and scroll for holiday gift orders asking Santa to deliver joy on time to our special “nice list” of loved ones.

“The COVID pandemic has shifted e-commerce in 2020, maybe more than any other time in history. Traditional retail sales have declined but e-commerce has seen a 129% year-over-year growth in U.S. and Canadian orders as of April 21st, with an impressive 146% growth in all online retail orders,” according to Forbes.

The facts are that online purchases have accelerated the regular growth by 4 to 6 years, according to Forbes, and it does not look like growth is not going to slow down any time soon. Not to be the Grinch that steals Christmas but there are dangers one should keep in mind as we go merrily down Jingle-Bell lane.

According to the BBB Scam Tracker, “online purchase scams ranked among the riskiest scams for the past three consecutive years.” They continued, “An increased

online presence meant more opportunity for scammers to target consumers as they shop online. Data from a Better Business Bureau study shows that nearly 40% of Scam Tracker reports were about online purchase scams, and more than 80% of consumers reporting these scams lost money.”

“Gird Your Loins” with a few tips. Foremost remember this tip, if you called, looked them up or visited their site, it’s likely okay to do business with them; however, if they just pop-up or call you, a fraud is more likely. Next tip - don’t be anxious. Take your time to examine the product they are selling, particularly if it’s a popular item. This is especially true on Amazon and Alibaba. Take your time, be sure the product is genuine and always remember the old saw, “if it’s too good to be true, it probably is not true.” The main thing to remember about scammers is they cheat, lie and steal. That product may look like the real item, but it is likely a knock-off.

Go to a real store, check out the real item, and write down the id number of the item of your interest before you buy Online. Ask the retailer if they will match or compete with the online store’s price. This is especially true for electronic or computer products. Plus, you get local support when you buy from a local retailer.

Happy Holidays everyone, stay safe and healthy. Moreover, from the folks at ComputersUSA, we thank you for your local support - we really do appreciate it.






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Jill Hedgecock's bookends

Program Coordinator, Mount Diablo branch of the California
Author of *From Shadow's Perspective*
www.jillhedgecock.com

How We Keep Spinning..! the journey of a family in stories

The holidays are a time to celebrate loved ones. One of the best books I've read this year about family is *How We Keep Spinning..! the journey of a family in stories* (2019, Two Penny Press, paperback, 210 pages, \$13.83) by Kevin Fisher-Paulson.

Fisher-Paulson is well known in the Bay Area as a weekly columnist for the San Francisco Chronicle. In *How We Keep Spinning*, he masterfully weaves some of the best of his columns into a cohesive narrative of how Kevin, a sheriff, and his husband Brian, a dancer, navigate the complicated joys and challenges of raising their two adopted boys, Zane and Aiden. He describes his family as being held together with duct tape and pixie dust. And then there are a myriad of Pekinese rescue dogs that add their own measure of fun and mischief to the household of the Bedlam Blue Bungalow located in the outer, outer, outer, outer Excelsior neighborhood of San Francisco.

Many of the 750-word chapters contain pearls of wisdom. For example, in one column, Kevin flashes back to a time when he was upset when his older brothers called him “Sputnik” and his mother (Nurse Vivian) tells him “It doesn't matter what anyone else calls you, it only matters what you call yourself.” The chapters are also peppered with the history of San Francisco, a study of world origins, a smattering of politics, a nod to his Catholic religion, and one column even delved into why the computer keyboard isn't set up in alphabetical order. An element of unexpectedness to some of the columns, like when Fisher-Paulson has to give CPR to a bicyclist in a fatal car

accident, makes this a compelling read.

There's an unapologetic honesty to Fisher-Paulson's writing that can be heart-breaking or sentimental or sometimes just plain funny. Kevin says of the cast of characters that make up his family: “We're loud. We're inappropriate. We are NOT subtle. But we are larger than life.” Indeed they are. Thank you Kevin for your generosity; thank you for letting readers into the crazy messiness of your life. The universal messages are why *How We Keep Spinning* would make a perfect holiday gift.

Fisher-Paulson's first book, “A Song for Lost Angels,” was a three-time book contest finalist, achieving honors in the 2015 Benjamin Franklin Awards, the Independent Book Publishers Association, and the 2015 Next Generation Indie Book Awards. Kevin Fisher-Paulson earned a degree in Writing and American Studies from the University of Notre Dame. He contributes to KQED radio's “Perspective” series. When he isn't writing, Kevin is a Chief Deputy and also serves as captain of the honor guard for the San Francisco Sheriff's Department. But beyond that, Kevin is first and foremost a father to two very special boys.

New bookstore in Lafayette

There's a new indie bookstore in the area: Reasonable Books has opened in time for the holidays located at 3645 C Mt. Diablo Blvd in Lafayette. You can also order Online at <https://reasonable.online/>.

1200 Salvation Army Angels Adopted

Wow, the community has stepped up in an extraordinary way. Each year, Contra Costa County Salvation Army promotes an “Adopt-an-Angel” program whereby trees are placed throughout the county in various locations. On the trees are ornaments with angel wishes. An angel is a registered child from a low income households. To adopt an angel, one pulls an ornament off the tree and fulfills

that angel's Christmas wish. The toys are purchased and shipped or dropped off at the Concord Community Church.



Pews at Concord Community Church were filled with Angel donations as volunteers organize them for distribution.

From there the Church includes a box of food for each household that families will pick up by December 15 and 16.

The challenge this year, due to covid-19, was the program had to be virtual. This would be a first. Fortunately, all 1200 angels have been adopted!

According to The Salvation Army Major Jones, Covid-19 has had a significant impact on their efforts. They generally provide 15-20 food boxes per day, but since March that has grown to 250 per week.

“We are so grateful that The Salvation Army could be the conduit for which generous donors could bless those enduring hard times – especially this year – with a beautiful and bountiful Christmas.”

This is the season where they collect 75% of their annual donations. So, if you see a bell ringer, know that the change you donate helps many local families.

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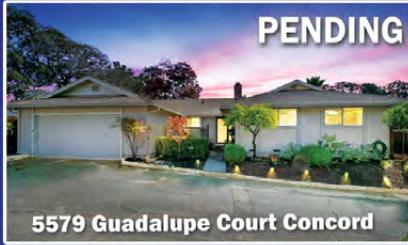


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Happy Holidays!

Happy Real Estate days ahead

2020, oh what a year! Most of us do not need a recap to relive it. When I think of things to be grateful for, real estate is on the list. If you owned or sold real estate in 2020, there was a little stumble; but overall, 2020 was a hot market. The unexpected “work from home” and “home school” requirements changed how we live in our homes. Whether it is more space, the right space, or extra spaces for things like working out, the wants and needs of a home are clearer and more apparent than ever to the buyer.

In real estate, although plenty has changed, much of the basics are still the same. Folks still want to touch and feel what they purchase. While there have been no open houses, the 5 to 20 folks that might have been serious from an open house of 100+ attendees are still the same 5 to 20 making appointments and offers. The epiphany for many sellers is that they do not have to have 200 looky loos walk through their homes (with all that brings). Their home will still sell.

Sellers can require that only preapproved buyers make appointments to view their homes. This is quite efficient as ready-and-able purchasers are looking at their home, rather than the entire neighborhood, or “someday” buyers. Sellers embrace the “appointment only, one group at a time” with sanitizing, and feel less in jeopardy health wise. Plus, there is less wear and tear on their home.

Still, the move-in ready home garners an optimum sale price. But the fixer-upper is a good way to get into a neighborhood. Staging is more often a whole house staging. And, when

the price is right, many sellers make arrangements and move.

What is there to look forward to? In the Bay Area, we are likely to go into 2021 in a similar market. Sellers can expect a shortage of homes for sale, but perhaps with more room for the move-up buyer to sell their home first. Buyers, this should introduce more of the less-than-perfect homes to the market. However, the hot homes are still the move-in ready ones.

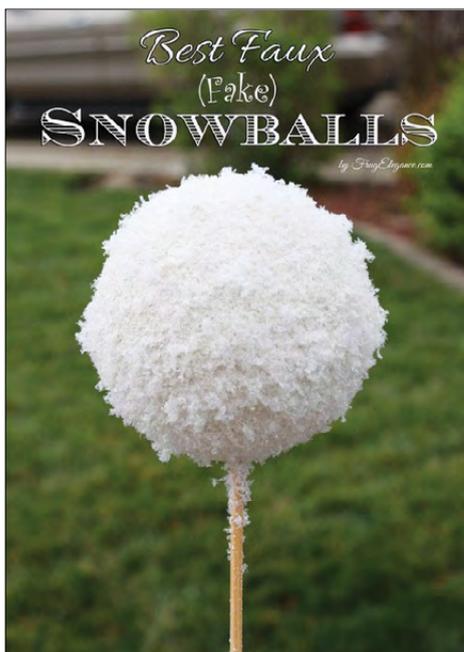
Our focus in future articles in 2021 will be staging tips that you can do prior to a Realtor consult, that put you ahead of the game. We will also give more market statistics so you can “time” your move for optimum equity. The highlights of the ever-changing real estate landscape will also be a focus.

Have a GREAT Holiday and remember, it is never too soon to start to plan when real estate is in the picture, whether you are buying or selling.

Terrylynn Fisher, Broker, CRS Certified Residential Specialist, Marketing and Negotiation Expert, Senior Real Estate Specialist (SRES), Dudum Real Estate DRE#01882902, For a winning Selling Plan, or Buyer Strategy, call 925 876-0966, info@BuyStageSell.com. DRE#00615420



Best DIY Faux Snowball Decor



- styrofoam balls
- Something to stand them up while drying (a cardboard box works well).
- Protective plastic tarp to keep area clean (spray outside).

First stick the skewer into a styrofoam

ball and spray the Krylon Make It Stone! Spray evenly around the ball. Next, sprinkle the Flurries onto the wet paint. Good tips: We poured some flurries into a small bowl & dipped the styrofoam ball into the flurries. For thicker texture, repeat the steps. Let thoroughly dry before using in decor. Note: These are for decoration only.

Our original post on our blog www.frugelegance.com has links to the supplies. We hope you will also check out our Christmas Home tour post to see how beautiful these snowballs are used in our decor. Wishing you a very happy, healthy and festive holiday season.



Carol and Randi, the FruGirls, are local home stagers and decorators. You can also find many other ways to live an elegant life for less, online at www.frugelegance.com. FrugeElegance is where Frugal and Elegance come together.

1000 Thanksgiving Dinners Given Away

Kudos to Concord incoming Mayor, Dominic Aliano, for spearheading a giveaway of 1000 cooked turkey dinners on the morning of Nov. 25 through the Unity Council at the Refuge Church on Meadow Lane in Concord.

Discovery Homes' Albert Seeno III provided funding support to buy the 1000 turkey dinners from Nob Hill in Concord. Mount Diablo Resources and Recovery provided trucks to help distribute the dinners.

“It has been a difficult year and I thought these turkeys could really help the hard-working families of my District and all of Concord. The pandemic has made accessing food difficult for families and the turkey dinners can help make Thanksgiving a little more enjoyable and free of worry,” Aliano said. “I was honored to have a fantastic team to put this event together. It would not have happened if it was not for the Unity Council, Refuge Church, and Albert Seeno III with Discovery Homes.”

Other volunteers included Councilmembers Edi Birsan, Tim McGallian, Concord Police, Staff of Visit Concord and Building Trades.



Concord Councilmember Edi Birsan and Concord Police help distribute Thanksgiving dinners as Vice Mayor Aliano and Mayor McGallian look on. Photo by Micah.

‘Tis the season for some extra special holiday decorating. Let’s bring some beautiful winter wonderland magic indoors. Since we obviously can’t bring in the real stuff, we have a DIY festive (faux) snowballs project that the whole family can do together. Several different versions Online use glue, glitter, even toilet paper, but they are either too complicated or too messy. This DIY is just right.

Supplies Needed:

- 1 can of Krylon Make It Stone! Spray Paint
- 1 bag Buffalo Snow Flurries
- Assorted Styrofoam Balls
- Wooden skewers to hold

Out to Lunch

by Richard Eber

On a chilly Monday evening in late November, many restaurants were closed or hurting for business. Not Bambino's. Even during Covid-19 times, this popular eatery in a Concord strip mall had their outdoor dining facility filled while simultaneously managing a brisk take-out business.

For co-owner and Chef Ismael Palacio, his rags to riches ascent from being a high school dropout in San Francisco's Mission District to operating a successful business, is a seldom told story. Leaving home at 15, Palacio supported himself washing dishes and bussing tables. Eventually, while earning his GED certificate, he was able to work his way up the culinary ladder to eventually become a chef and manager at various restaurants.

After spending several years running branches of the Firewood Café and The Buckhorn Grill in Walnut Creek, Palacio and his brother-in law, Jose Sanchez, pooled their resources and purchased the Aladino's Pizza location that catered to slow pitch softball teams playing at nearby Willow Pass Park. With a limited menu, Aladino's struggled to find clientele other than the recreational crowd following their games.

Undeterred, Bambino's opened their doors offering what Palacio refers to as "Cuisine with San Francisco flair". Relying on word-of-mouth and reputation, the restaurant has evolved into a popular family friendly locale with gourmet food that is among the best in the region.

Known for serving quality pizza, Bambino's offers arguably the best fresh pasta dishes in town. Bambino's prepares a large array of homemade pastas daily



including cannelloni, fettuccini alfredo, cappelini and Lasagna. In addition, they also make an excellent

gnocchi from a mixture of Russet potatoes, flour, and eggs.

What also makes these dishes so unique are the inventive gourmet sauces. These include:

Traditional Marinara (tomato, garlic, parsley) and a Bolognese with ground beef and sausage

Alfredo with cream, butter and parmesan cheese

Pesto featuring basil, garlic, assorted cheeses (also a creamy version mixed with their Alfredo sauce

Gorgonzola cheese mixed with spinach, diced tomatoes, and cream sauce

Creamy Bolognese by melding together



tomato and Alfredo sauces. These wonderful preparations are the perfect partner for their assorted pastas. I especially enjoy their cannelloni stuffed with ground beef, ricotta, parmesan, mozzarella, cilantro, and Italian spices. Their red lasagna is awesome, although sometimes Bambino's prepares a special version featuring chicken and a cream sauce.

Outside of pizza and pasta dishes Bambino's offers several entrees of note. Their non-Cajon Jambalaya featuring roasted red peppers, scallops, shrimp, sausage and cayenne pepper is less spicy than one would find in New Orleans. They also serve a selection of chicken dishes including Parmigiana, Piccata, and Scaloppini, covered by their signature sauces.

Chef Palcio has also introduced half-pound gourmet meatballs (with beef and sausage) that pairs well with other items. If one prefers red meat, Bambino's offers a USDA Prime 12 oz New York steak cooked to order and served with fresh vegetables for only \$17.95, an extraordinary price for the quality.

A large selection of salad offerings come with a choice of Palacio's homemade Caesar, Ranch, and Honey Mustard vinaigrettes.

For vegetarians, aside from an excellent eggplant parmigiana and their marinara sauce over pasta, there are several non-meat alternatives from

the appetizer menu: buttered broccoli, calamari, bruschetta, sautéed spinach, and pan-roasted shrimp.

Bambino's takes pride in creating custom made dishes. One such special request resulted in Bambino's Chef Sauce which is a mixture of mild Italian sausage, spinach, and their marinara.

My friend and I split in an order of baked ravioli topped with creamy Bolognese, 2 meatballs, a Greek salad, house made pizza bread, and a couple of cocktails from the full bar. Delicious. We left satiated with money in our pockets. Great food and friendly service, and as I mentioned earlier, a tremendous value for our favorably priced indulgence.

After 14 years in business the workaholic Palacio toils more than 80 hours a week at the restaurant. In addition to frequently adding new menu items, he has opened a second Bambino's in Vallejo. Aside from his wife Martha and their kids, he is dedicated to the culinary craft.

Not bad for a high school drop-out from the Barrio.

Bambino's is open 7 days a week with varying hours during the Covid-19 pandemic. Located at 1895 Farm Bureau Road. Order online or call 925-687-6363 or at Bambinosconcord.com.



The 5 Phases of Coping in 2020

By Lisa Vonnegut, CSCS



Finding joy during a global pandemic is a multi-phased process. What initially felt like short-term circumstances in March evolved into a new way of life. "Zoom" became a verb, masks became a fashion accessory and the idea of wellness seemed hollow compared to the immediate need for toilet paper. My generally optimistic outlook was stretched thin as life shrank to the size of my laptop screen and days were marked in numbers of dog walks. Reflecting on 2020, it's been cathartic to define the 5 Phases of my path to Wellness.

The Sourdough Starter Phase

I'm not sure who thought this was a good idea, but families everywhere found themselves with a jar of bubbling, fermenting paste that aspired to morph into a crusty loaf of bread. My husband left this in our fridge as he departed for the week with cryptic instructions to "feed it." Normally, the thought of feeding anything makes my Jewish mom heart beat a little faster. But I simply couldn't find it in me to love the sour-smelling substance rotting in a corner of my fridge. So, I didn't, and that phase ended shortly after that.

The Baking Phase



Italian Lemon Cake

My guilty pleasure is finding gooey recipes and storing them in a folder "for later." But now, I found myself actually adding ingredients to my shopping list. Perhaps it was the Springtime scarcity of baking supplies that motivated me to dust off my baking pans and test out some of my favorite "for later" recipes: Brown Butter Brownies, Italian Lemon Cake, Flourless Chocolate Cake, and Chocolate Chip Blondies. But after a few weeks of indulging, I purposefully moved on to the next phase.

The Ice Cream Phase

As the weather warmed and work from home continued, I sweltered in my office, running a filter for the wildfire

smoke. Craving cooling comfort, I shook the dust bunnies off my ice cream maker and did a deep dive into simple syrups, cream, and vanilla beans. A couple of lows (basil ice cream tasted exactly as it sounds--interesting) turned into delight as I discovered the joys of five-ingredient vanilla or sweet/tart pineapple buttermilk sorbet. Sadly, the synergy of phases 2 and 3 soon led to phase four.

The Zoom Exercise Class Phase

I knew it was time to shake off the sugar once my Athleisure attire started to fit differently. So, I dabbled in online Cardio Dance, HIIT, and Plyometrics. I dragged my weight set and Ipad outside and sweated in my backyard, rediscovering the joy of movement and feeling stronger. As the weather cooled and mornings became damp, I began to yearn for Phase five.

The Soup Phase

Few things are more satisfying than seasonal soups as the days chill and darken.



Carrot ginger soup

I dug out a Fall favorite, Carrot Ginger Soup, savored Potato and Pasta Soup, and rolled up my sleeves for homemade meatballs in Italian Wedding Soup. My husband accused me of hoarding as I tucked away a portion of each in the freezer to warm me up on lonely winter nights while he's away.

With a vaccine on the horizon, there is hope that my next phase will involve reunions with family and loved ones. In the meantime, reflections on what helped me this year might create a blueprint for coping with inevitable future crises. As much as I wish I could have bypassed the sugar binges, each phase nurtured something necessary to my process. The bottom line is that coping requires adapting to your circumstances and finding joy in any phase.

Lisa Vonnegut is a trainer and coach specializing in neural performance and wellness. She is a partner at Bay Functional Fitness (specializing in online corporate wellness) and founder of Body Synergy Fitection. Follow Lisa: @bodysynergyfitection and PM your health and fitness related questions.

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The Talon is Back at Clayton Valley

By Jim Scheible, Executive Director



Watch out Diablo Gazette! You've got some new competition in the news business.

After a few years of being on the hiatus, the Talon has re-emerged at Clayton Valley as a student-run online news publication. The Talon was brought back into circulation during the middle of the COVID-19 pandemic with a goal to be a reliable source of information for the community and campus.

As part of the Journalism Club, the Talon features news stories and opinions about current events, community, social justice, personal advice and sports. There are 10-15 dedicated students who perform various functions of the online news publication – attending weekly planning meetings, website design, community outreach, social media management and news content development. The Talon's editor-in-chief is Jason Shin and managed by editors Ada Fong, Isabella Monet Mendoza and Vincent Iachella.

Nick Hansen, who teaches our 9th grade English and Film classes, is the academic advisor for the Talon. Mr. Hansen grew up here in Concord and attended Diablo Valley College and San Francisco State on his way to earning a bachelor's degree in Broadcasting. He worked as an Associate Producer at KRON 4 News and later received his English teaching credential from Humboldt State University. He's been teaching here at Clayton Valley since 2016 and we're lucky to have him.

Mr. Hansen shares much of his newsroom experience with our students – as well as a lifelong passion for writing. "Journalism is in a weird place right now and I want to do my best to encourage these students to pursue their interests and grow through experience," he explains.

I'm grateful that Mr. Hansen is stimulating a news-related workplace environment so students get the benefit of

making a difference while also experiencing what it means to be a professional.

The Talon is giving our students the opportunity to be leaders -- and more importantly a voice. Writing for CVCHS builds analytical thinking skills, gets students familiar with deadlines and promotes teamwork. It also introduces students to fact-checking, interviewing sources and learning how to correct errors.

Mr. Hansen admitted that advising Journalism students has presented itself with a few unforeseen challenges during the COVID-19 pandemic era.

"It has slowed our ability to launch the website and prevented a lot of students from having access to sources they otherwise would find with ease on our campus," explains Mr. Hansen. "Communicating virtually through Zoom has been helpful, but the process of emailing and waiting for replies has yielded some frustrations for myself and the students. The main problem I'm seeing now is that COVID-19 and the school year are really taking their toll on the students. I know some are feeling burnt out and simply want it all to return to normal. These are trying times and I can only rely on the fact that if the students can get through this as journalists, it will give them skills to be used for the rest of their lives, no matter what career field they pursue."

The Talon is more than just a means to share reliable information for the community and campus. It is the voice of our Clayton Valley student body. It is a place that our students can voice their opinions, their ideas, and their ideals – and feel they can enter the dialogue to become participants, rather than spectators. To read more about what are students are writing, please visit: <https://www.thecvchstalon.com>

Photos by Micah

Views of the Valley



Nicely lighted trees can be seen at King's Christian Church off Clayton Rd. in Concord



Contra Costa Health Services offered free drive through flu vaccines. At the event at Loma Vista Adult Center in Concord, Jessica Shinso said she wasn't nervous as long as there was no blood.



The area's only independent toy store, Pot of Gold Collectibles, moved to 1100 Contra Costa Blvd. in Pleasant Hill.



De La Salle High School students team up with Save Mount Diablo to learn about nature while staying safe during the pandemic. Photo courtesy Al Johnson



Margo displays her hand-crafted baskets at the Clayton Valley Holiday Craft Fair



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This year, things are different due to restrictions. Instead of holding a large open house, we'll be hosting information webinars all week to showcase CVCHS and answer your questions.

Open Enrollment begins Nov. 3, 2020 and ends Jan. 5, 2021.

Have questions or need more information?

Visit www.claytonvalley.org, call (925) 682-7474, or email info@claytonvalley.org.





aRt Cottage

by FROgard www.artcottage.info

Unique Boutique

One-of-a-kind. Imaginative. Creative. These are just a few words to describe the many treasures currently on display (and on sale) at our Unique Boutique this month, through December 23rd.

These are the kind of creative specialty items that make wonderful surprises when gifting: art coasters, handmade quilts and tote bags, Christmas ornaments, wood puzzles, silver jewelry, hand-sewn fabric pouches to hold your TV remotes, holiday-themed masks and scarves, plus a variety of paintings and wall hangings.

When you give original art and handmade gifts, you do so much more than support the gallery or shop that sells them. You're embracing an artist's vision, you're supporting local makers who lovingly put in hours of hard work, and you're showing your gift recipients how much you truly care about them.

aRt Cottage is a treasure in its own



Ornament by Aissa Markey



Glass bowl by Anamilena Ayala



Art puzzle by MaryLynne Nicholson



"September on the Truckee" by Jim Isham

unique way. It was originally built in 1925 as a fruit picker's bungalow for the family's ranch at that time. While it may not look like one, it has been an art gallery/studio for the last nine years, serving Concord with more than 100 art shows and boutiques.

Look for the quaint yellow building located at 2238 Mt. Diablo Street - open Tuesdays through Fridays, 11am-5pm and Saturdays, 1-5pm. Face coverings are required, social distancing and hand sanitizer is used, and your temperature will be taken upon entry.

If you're unable to browse in person, several items are also listed on MadeinConcord.com for online purchases that you can arrange for contactless local pickup or delivery.

White Pony Express launches "Circle of Giving Playbook"

PLEASANT HILL, CA - White Pony Express (WPE) rescues and delivers high-quality food and clothing to partner agencies across Contra Costa County. It recently launched their year-end fundraising campaign, "The Circle of Giving Playbook" whereby surplus food and goods are picked up and delivered to neighbors in need.

The pandemic has particularly affected seniors, the unhoused, students, and isolated neighbors in need, the very populations that WPE provides fresh, nutritious food and cold weather clothing.

The "Playbook" is a seven-chapter game

plan to raise \$500,000.

According to WPE website, fifty percent of working parents have reported job losses or hour reductions due to COVID-19, and that number goes up in underserved communities.

In Contra Costa County, the number of individuals experiencing homelessness has skyrocketed, up 43% since 2017.

The pandemic is putting a substantial strain on WPE's financial resources and volunteer base. WPE has tripled their food donations and is experiencing a dramatic rise in clothing requests at the White Pony General Store. Pallets of food, arriving by

the truckload, have necessitated additional staff, vehicles, equipment, technology, training and safety measures.

WPE hopes to raise the funds needed to keep critical channels of service flowing through Contra Costa County. The goal of their campaign is to inspire you, appreciate you, share how you can help, and have a little fun along the way.

You can be an integral part of the team by making a financial gift to WPE between now and December 31st, volunteering or hosting a fundraiser. Or, go Online to review other chapters of the "Playbook" at <https://www.whiteponyexpress.org>.



Food rescue distribution. Photo by Lauren Militello



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V for VICTORY - sort of

With over 54,000 votes cast the sales tax measure passed by 540 votes. Nobody is screaming voter fraud and demanding (and paying for) a recount. While I am glad that it passed it does not mean that I am deaf to the concerns and objections of those that voted against it. So let us talk about some of the issues around it now that it is settled.

Is it a permanent increase?

Nothing in politics is permanent. Shocking as it may sound taxes go up and they go down. In the 1950's the Republican as President had the top marginal income tax bracket in the 90%. We also have seen income taxes reduced on a bunch of people in the last 4 years. Taxes can be changed at the ballot box. There are two basic methods: petition by 10% of the city's registered voters *about 6,700 and allowing for errors say you need at least 7,200. This is hard and is thrown up as impossible. However, I was in a group that collected 32,000 signatures to overturn the 33% raise of the Board of Supervisors a few years back. It can be done. It is hard.

However, the Council can by a 4 to 1 vote put it on the ballot as well and that is probably the most practical method currently. When the economic situation allows for it and there is political pressure from candidates that call for adjusting down the sales tax it will happen.

It should be noted that what I tried to put in the current Measure V was that the Council could at any time adjust DOWN the rate without a vote. However, I lost that fight and decided that it was too important of a need for the city to turn against it because of that point. What I will be asking for the Council to do is conduct at each budget cycle a standalone vote on the simple question: Should the sales tax be reduced at this time? This way there is a constant reminder and an action point of reference. Elections have meaning.

Why does it go to the General Fund and isn't 2/3 vote needed?

I moved to California in January 1981 and certain aspects of California politics have mystified me and this is one of them. By law, forced by YOU the PEOPLE, if a local tax is to be required to be used for a specific purpose, then it needs a 2/3 vote and the money is isolated and given out as the project described builds. However, if it is to be placed in the General Fund and NOT restricted to a specific purpose by regulation, then it only needs a majority of 50%+1. So, to restate in simpler brutal language; if we put in the bill that the money would only go for roads, police, homeless and senior meals, then we would need 2/3 vote to pass. If we say we are going to pinky promise and try our best to do all the above after we dump it into the General Fund but are not bound by law to do so, then we only need a 50% +1.

From where I was raised there is some quaint Italian and Yiddish phrases that describe this, H@%\$%S&#@t.

Full disclosure: I hate supermajorities on tax measures as I think they should be treated in both directions as a majority vote. However, we are not in that world. We are in California and this is one of the bizarre things.

Is the Tax Doubling or a 50 cent increase?

It is both. In the world of politics and wordsmithing, if you use % that makes it look like a lot and you want that to be a bad thing, then you use %. If you want to cut it the other way, then you use the actual number. A classic example from my 1960's college days, there was a headline that read that eating X will increase your chance of Z happening by FIVE TIMES. Well the chance of it happening was reported at .000000001 and the new chances were .000000005. Not exactly going to make me give up X.

Borrowing money from Wall Street with the Tax money as collateral.

One of the more interesting things that was done in the last Measure Q which was projected to bring in \$8-9 million a year, was to go out and get a \$22 million

loan at less than 3% interest and pledge about \$2.4 million a year till 2025 when it was to expire. This front-loaded money allowed us to do a lot of road work, and we were able in the loan to make the requirement that it had to be spent on roads. We would not be able to accomplish this in the fundamental Measure without running into the 2/3rds vote problem.

This showed an immediate impact of the vote in road maintenance; and people have to remember that over the eight years or so of the loan payments, we had maintained our roads to a degree that we could afford. This front-loading allows us to avoid the inflation aspect of holding only so much for each year and at the same time commits the money so that nothing else can grab it.

What about our unfunded liability?

This may come as a shock to some (it did to me when I learned about it), but our unfunded liability for road repairs and maintenance is higher than our unfunded liability for pensions. However, we have no control over the amount that is taken for pensions and it must be paid. Calpers has drastically changed the required contribution that we need to pay, and we must pay it. We get to run the city on everything else out of what is left. That is the reality.

I will leave you with this bit. Eight years ago, I sat down with a local columnist who is obsessed with pension liability though short on solutions. At the time, I said there were three things that could happen to change things:

1. Figure out how to tax excessive pensions (which he rejected).
2. Inflation without corresponding Cost of Living increases in payouts.
3. A plague that changes the demographic projections of life expectations over 60.

The last two he scoffed at.

Hmmmm... we just pumped \$5 Trillion into the markets, and there is this Covid thingy.

I wonder if I am related to Cassandra on my Greek mother's side? (Trojan siren who predicted the future but was cursed that no one believes her.) Oh phooey, I am over 60!

Disclaimer: The opinions in here or herein, are those of Edi Ersalesi Birsan and not to be construed as an official statement of the City of Concord or any other attempt at governance, nor is it related to the 49er and Raider Offenses that can be truly offensive when you are addicted to watching them choke.

Easy Holiday Gifting

by Debra Morris, PCFMA.org

Looking for holiday gift baskets ideas? Consider a basket of locally grown fresh citrus, almonds and walnuts, bakery items, or soaps and balms, and fresh apple cider. How about artisan cheeses, local honey, or wonderful olive oils. The possibilities are endless while you enjoy a safe, outdoor-shopping farmers' market. The holidays will be a bit different this year, but there are traditions you can still carry on.

Check for the local farmers market schedule closest to you at www.pcfma.org.



Carla of Delta Moon Soapworks

While staying at home. Enjoy some Holiday baking. Lemon cookies, almond crescents, nut bars, and more will disappear as fast as you can bake them. Make yourself some hot apple cider to fully enjoy the season. This recipe takes a while, but it will make your home smell like the holidays!

Hot Apple Cider

- 10 sweet apples, quartered (Fuji, Golden Delicious, Gala, Jonagold)
- 1/2 to 3/4 cup sugar, depending on how sweet you like it
- 1 tablespoon ground cinnamon
- 1 tablespoon ground allspice
- Whole cinnamon sticks (optional)

Place apples in a large stockpot and add enough water to cover them by at least 2 inches, about a gallon. Stir in remaining ingredients and bring to a boil. Cover pot, reduce heat, and simmer for 2 to 2-1/2 hours. Taste to see if you want more spice.

Strain the apple mixture through a fine mesh sieve and discard solids, saving the liquid. Drain the cider again through cheesecloth-lined sieve – or use coffee filters if you don't have cheesecloth. Serve warm with a cinnamon stick. Refrigerate remainder. Makes about one gallon of cider.

We wish you a healthy holiday season!

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Ruby Dooby Do to the Rescue

Coco & Fern

"Two Turtle 'Dogs' and a Partridge in a Pear Tree"

Coco is a 22-lb, 9-year-old, low energy, super cuddly pug-mix and Fern is a 12 lb., 10-year-old, Jack Russell terrier mix of medium energy. Together, they are a great balance. Coco and Fern came to Tails of Gray rescue after their mom, a disable Navy Veteran, ran into tough times due to the COVID pandemic. These two best buddies are:

- Totally attached to each other
- Good with other dogs and cats
- Good with kids
- Love to go on adventure walks
- In need of a home without stairs

These two bonded girls must be placed together in their new forever home. Coco is blind and Fern is her little "seeing eye" dog. Fern gets upset when they are separated. They often lay together, but Fern will get up on the couch whereas Coco stays safely on the floor. They are UTD on vaccinations, microchipped, spayed, and generally healthy. While they came to Tails of Gray house trained, they may need a little time to adjust to a new routine. They are used to having someone around for much of the day but will also do fine if home alone. They will basically do well in almost any home.

Coco and Fern are being fostered by Tails of Gray, a 501(c)(3) nonprofit organization located in Clayton. They offer a safe and loving sanctuary for senior dogs regardless of breed, health or ease of placement. There is a special two-for-one \$200 adoption fee for these sweeties. To adopt, fill out the on-line application at <http://www.tailsofgray.org/>

You can also support Tails of Gray by buying their dog art available on their website.



Dog Art: Forrest Gump 12" x 12"

Other ways to support this organization include:

Raise money while walking your own dog through the ResQWalk smart phone app. Download the app, press start and get to walking.

Purchase a Bissell pet product and enter the 'ADOPT' promo code and select



Tails of Gray as your pet rescue organization of choice and a percentage of your purchase will be donated.

Purchase a custom license plate-themed tag (TagsForHope) for your pet and 25% of your purchase will be donated directly to Tails of Gray.

Pawsitive News - COVID-19 restrictions over the holidays have created an opportunity to bond with your beloved pet in new and different ways. Here are some fun and festive ideas to include Fido in this year's activities:

Make homemade dog biscuits. Play games. Hide-and-seek food games will test your dog's memory or help hone communication skills.

Get some exercise together. Go for a hike at your local open space or park. Holiday blues may be more prevalent this year given the months of shelter in place we have endured. Research has shown that regular physical activity is an important role in preventing and reducing symptoms of depression. So put on those boot, grab that leash, and get moving.

Bone to Pick - It can be very tempting at this time of year to giftwrap a puppy to make a kid's dreams come true, but the short-term joy of seeing a child's face light up should be weighed against long-term demands of pet ownership.

Pets require work, time and money. Gifted pets account for the largest number of relinquished companion animals.

In 2019, 733,000 pets were euthanized in US animal shelters.

Children will become lax in caring for a pet at some point. So, before you decide to adopt a pet to make your kid happy, be sure you, the parents, are willing to take over the responsibility of dog ownership if the need arises.

Editors Note: *Ruby Dooby Do* is Concord's online celebrity with approximately 156,000 followers on www.instagram.com/rubydooby_do/. 82,000 Facebook followers and 788,000 followers on TikTok. This column is written by Jill Hedgecock. Her novels *From "Shadow's Perspective"* and *"Between Shadow's Eyes"* feature Ruby on the cover. www.jillhedgecock.com.

ARF Adoption Stars Orbit and Chamomile

by Cole Kuiper

Looking for a furry friend during this trying time? Good news — ARF is now offering a no-contact virtual adoption process. If you see an animal you are interested in on our website, just fill out an online inquiry form. Once your inquiry has been received, you will be added to our virtual adoption queue.

and special needs dogs are 50% off the adoption fee.

Chamomile



Six-month-old Chamomile is an adorable teen kitten who is outgoing and confident. It takes no time at all before she's charmed her way into your heart by crawling into your lap and lovingly looking up at you. She adores being cuddled and held and plans on spending many evenings with her new family sharing the couch and watching TV with them. Chamomile is an active kitty and hopes to have boxes full of cat toys to keep her busy and she'll also spend quite a bit of time exploring every corner of her new home.

The adoption fee for kittens (<6 months) is \$150, for adult cats is \$100, \$25 off each for multiple cats/kittens, and senior cats (7+ years) and special needs cats are 50% off the adoption fee.

Orbit



Three-year-old Orbit is a friendly, energetic and playful boy who is constantly on the go. He loves being around people, romping around the yard and chewing on his toys. He's very much still a puppy and would do well in a home where he can continue to learn manners, put his smarts to good use, play, and be snuggled to his heart's content.

The adoption fee for puppies (less than 6 months) is \$350, for adult dogs is \$250, and senior dogs (7+ years)

Friends, Funding Rescues Feathered Follies' Future

Feathered Follies™ has moved to 1460 Washington Blvd. off Clayton Rd. They are a small business Concord lost to the restrictive county Health orders. Revived, it is back on life support thanks to the community and a brave employee/new owner, Mercedes Kemp.

Feathered Follies is the foremost authority on exotic birds in the East Bay. It is devoted to the well-being of captive birds through nutrition and environment and offers limited services and supplies such as, toys, care instruction, special orders, and grooming.

Boarding (babysitting birds when people go on vacation) was nearly 50% of its income which disappeared overnight as COVID-19 caused all plans to be cancelled when the world shut down.

A Go-fund-me account was able to mitigate that initial blow for a couple of months, thanks to the community. However, former owner, Lisa Myers could not continue to pay the two years remaining on her lease at her Arnold Industrial location. The landlord offered no grace period and terminated the lease.

Myers was defeated and Feathered Follies closed. She tried to sell the business giving any interested party two weeks to reach out and make a deal. No one came forward. Realizing that the only hub of aviculture in the area was closing, customers literally cried, people panicked, staff was frightened about losing their jobs.

"It was terrible to watch, and I knew I had the ability to put the fear to an end," Mercedes said. "I knew the ins and outs of the business, and that Feathered Follies was important enough to survive so long as someone was willing to put in the work."

Mercedes stepped up. "I have student debt and no savings, so everything that has happened has been on sheer faith in the mission. I have no room for failure, and neither does the cause."

The Go-fund-me account is still active to



Feather Follies owner Mercedes Kemp and her Senegal parrot, Pacey.

help with the transition. "Honestly, I would not have been able to get this far without it."

After months of being completely closed, Mercedes was able to find a temporary location where they can groom and provide help and products again. The new location is far too small (350 sq. ft) to do all their business.

"I have a place lined up, on Pacheco Blvd outside of downtown Martinez (~3,000 sq ft) which has been completely renovated," she says. They are now waiting on the permits from Contra Costa County. "When that happens, I will be able to reopen a lovely facility that will usher in a new phase of Feathered Follies. We will have a new foundation in science that none of the past owners have had. We will help not only our local bird-lovers, but aviculturists around the world.

If you like to help with Feathered Follies' survival, go to <https://www.gofundme.com/f/support-feathered-follies>. We wish them success.

Answer from pg. 8

WORD SEARCH PLUS: SUGAR PLUM COFFEE SHOP

Sugar Plum opened its doors in 1959. Over the years, several owners have operated this historic diner, but its reputation for homemade hash browns, country potatoes, soups and gravies lives on. The City of Concord Mayor proclaimed Thursday, July 2, 2009 as "Sugar Plum Coffee Shop Day." It is located downtown Concord at 1815 Colfax Street.

