

**SEPTEMBER 2019**



**41ST ANNUAL  
 GREEK FESTIVAL**

Fr. Michael and son Athan at St. Demetrios Greek Orthodox Church in Concord

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**from the Publisher ~David King**

**New Priest Invites All to 41st Annual Greek Festival**

On the Cover, Fr. Michael is holding his son, Athan, while inside his new workplace, St.

Demetrios Greek Orthodox Church in Concord. Fr. Michael has recently replaced his dad, Fr. Marin who retired after 21 years, in June.

Fr. Michael first came to the area in 1998 where he went to Northgate High and studied at UCLA. From there Fr. Michael went to seminary at Holy Cross in Boston for four years. Fr. Michael traveled to Greece and lived for a year.

“It is common for seminarians to go to Greece to learn the language and get familiar with the culture.”

He returned in 2012 and married Sophie Lambert from Napa.

Fr. Michael was assigned to be the assistant priest at a church in Northridge where he remained for six years before being reassigned to St. Demetrios Greek Orthodox Church.

the church and the community. It’s been very eye-opening.”



Filling his father’s shoes is not the only thing on Fr. Michael’s plate. Having just arrived at the beginning of August, the church is just a couple of weeks away from hosting its 41st annual Greek Festival, on September 13-15. (See ad on

cover) Fortunately, many members of the church are pitching in preparing the site for all the activities including vendors, dancers and of course the delicious authentic Greek food to be experienced during this three-day event. It’s free, but there is a \$10 daily parking fee.

Having been thrown into the fire, (not that fire), Fr. Michael confesses, “Its’ been an incredible blessing to come back home.”

A great way to welcome Fr. Michael’s return to the area would be to say hi and enjoy this year’s Greek Festival.

“As I step into my father’s position, I knew he was a hard worker, but I have an entirely new appreciation for all the work he has done and the impact he has made for both



**concord mayor**

by Carlyn Obringer, Email: Put MAYOR in subject line [CityCouncil@cityofconcord.org](mailto:CityCouncil@cityofconcord.org)

**“September of Service” Cleaning Up Concord**

I want Concordians to feel connected to their neighbors and proud to live in our great city. Community cleanup and beautification events are excellent ways to build positive relationships, enhance a sense of belonging, and foster a spirit of service and sense of place. Residents come together to improve the look and feel of part of the community and often make new friends in the process.

Over the past several years, I have helped to convene quarterly neighborhood meetings and cleanup events throughout Concord. Now, I am thrilled to introduce my “September of Service” initiative. On each of the four Saturdays in September, from 8 am to 12 pm, Concordians are invited to join me and my City Council colleagues in a beautification or cleanup event at a Concord park. A project is planned for each City Council District, with a combination of Districts 1 and 5 in Newhall Park. City Councilmembers have committed to participating in the event within their district, so this is an excellent opportunity to not only beautify the community, but to dialogue with me, the Mayor, and the Councilmember for your District.

What kinds of projects will we be undertaking? On September 7, you are invited to help build a butterfly garden and clean up the creek at Newhall Park. On September 14, we will be doing

general clean up at Ellis Lake Park. On September 21, we will clean up the creek at Hillcrest Park. On September 28, you



are invited to do general cleanup and wood chip distribution at Ygnacio Valley Park.

Interested individuals, and groups, big and small, are welcome to participate in all four Saturdays, or just one. Feel free to help for the whole four hours, or a portion thereof. We will have projects for all ages and abilities. Volunteers should come dressed for “yard work.” Gloves, garbage bags, and gardening tools will be provided. To register, please contact me directly by September 6 at Carlyn. [Obringer@cityofconcord.org](mailto:Obringer@cityofconcord.org). I hope to see you in September!




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# I Was a C.I.A. Victim of the MK-ULTRA Experiments

By David King



Bill Yarborough of Clayton has written a novel based on what he believes were his experiences as a child victim of the CIA's notorious MK-Ultra program. The manuscript

is in the hands of several literary agents and hopefully his efforts will meet with success. If he does not obtain a traditional publisher, he will self-publish. Although the novel is fiction, it is inspired by common memories between him, his brother and sister. Their recollections arose as repressed memories surfaced into their conscious minds, through dreams, or other triggering events.

For those not familiar with MK-Ultra, the CIA operated a secret mind-control program beginning in the 1950's. The New York Times first exposed this program in December, 1974 and a Senate Committee and other government investigations followed. Among other things, it was discovered that the MK-ULTRA program was used to perfect interrogation techniques, to create split personalities for covert espionage missions, and to experiment with drugs on both willing and unwilling subjects.

Although MK-UTLRA experimented predominately on adults, it also subjected children in a program designed to create super soldiers and spies.

IFLScience stated that "MK-Ultra was an ambitious, morally corrupted attempt by a paranoid, pro-active agency, which escalated very quickly culminating in illegal drug tests on thousands of American individuals in the name of national security."

"I believe we were placed in that program during the summer of 1958," Bill begins. "I was four, my sister was eight, and my brother was two. We repressed these memories for 30 years. In the 1980s, we began to recall our buried past. We had common memories that arose of being kept in basement jail cells, as well as being subjected to electroshock, drugs, isolation, deprivation, psychological assault, and other traumas."

The idea behind these practices was to put the mind into a state of shock, where it could then be reprogrammed.

In its obsession to defeat communism, the CIA even recruited ex-Nazi scientists to run aspects of this program. They also wanted to mold individuals who would achieve high levels of performance.

"In one experiment I recall, they asked me to draw as many squares as possible on a sheet of paper until an alarm clock rang. If I drew enough, I'd be given a candy bar, if not, I'd be handed over to a monster."

The siblings struggled to believe that such things happened to them, but in the 1990s, President Clinton released the results of a study by the Presidential Advisory Committee on Human Radiation Experiments, which also addressed the mind-control experiments conducted by the CIA.

"It included testimony regarding the experiments on children, which makes reference to specifics identical to the common memories we recalled."

Unfortunately, Bill's younger brother suffered lasting and extensive psychological damage. Like many other

individuals who were children in MK-ULTRA, he spent a lifetime since the age of 21 diagnosed with a variety of mental illnesses before he died in his fifties.

"My father worked in the war crimes staff of the US Army after World War II where he interviewed the Nazis running the Dachau concentration camp. That is where the Nazis conducted mind control experiments and that is where the CIA recruited some mind control experts for MK-ULTRA. I believe that is the connection that led us into this program."



Bill grew up terrified of authority figures, had a streak of paranoia, and an obsession to one day become President, which he later concluded was programmed into him.

He continues on his healing journey, having had years of therapy involving a variety of techniques: psychotherapy, hypnotherapy, EMDR, Reiki, Emotional Freedom Technique, and last by not least Journey Work—where you travel back to confront past experiences and let out your feelings, offer forgiveness, then re-invent it as if it happened in a different and better way.

Other techniques like meditation, music, dancing, yoga, creative writing, journaling, and socializing all helped to

mitigate tensions and/or supplement his healing journey.

"The rewards of my healing journey have been considerable. I've been able to do things I never thought possible: most significantly, to have a long-term relationship with my wife, to become a father, to no longer live in terror of those things that reminded me of my hidden past, and to break free of programmed expectations allowing me to become more of my authentic self."

We may never know the extent to which the CIA and over 80 institutions conducted these experiments. Once New York Times had exposed the 14-year program, CIA Director Richard Helms ordered the destruction of thousands of pages of documentation.

Writing the novel has been therapeutic for Bill as well. While "Memories of MK-Ultra" is being considered for publication, Bill has offered to share his ordeal to the Diablo Gazette over the next several editions to the extent decency and privacy are respected. Some details are simply too gruesome to convey and will seem, frankly, unfathomable.

I will leave it up to you to decide if his story is true or fantasy. Bill admits he wrote the story in fiction form due to his age in the program but says incredible aspects of the story are based on his recollections and align with those of other child survivors of MK-Ultra.

I have not yet corroborated his story and may not be able to do so completely, but I will say he was very convincing as he fought back tears on multiple occasions during our interviews.

Chapter one of the novel begins with the real-life scenario of how he and his sister were abducted while visiting a museum. The trauma continues from there, but Bill adds, "the novel is ultimately about healing and redemption, of lives lost, and then found."



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## When You Can't Agree on a House

If you and your partner/spouse can't agree on which house to buy, your stress levels can go through the roof. In a competitive market, you need to act quickly when you find a home you love. So, what do you do if you both can't agree? Check out these valuable tips on how to compromise when you and your partner/spouse disagree about which home to buy.

Make lists. Before you begin your search, you should each sit down independently and make your own lists of what you need to have in a home. Once you've both finished your lists, rank each item in order of importance. Compare lists to see which items you both agree on. This could include the location, the number of bedrooms, or even the size of the yard. When you begin your search, look for homes that feature these items that you both agree are important.

Don't let your emotions rule. After all, this is the place where you will make many memories. It's easy to get swept up and forget that this is also one of the biggest financial decisions you will ever make. Make a pact with your partner that you will each do your best to keep your emotions in check. Even if you fall in love at first sight, remember to take the financial aspects into consideration. Does the home cost more than you can afford? Are you going to have to put thousands of dollars into renovating it? Will you have trouble selling it down the line? If you answer yes to any of these questions, you should seriously rethink whether or not it

is the home for you.

Be willing to walk away. If you love a home but your partner has serious reservations, is it worth trying to make your case? Put yourself in your partner's shoes. Do you want them to live in a home that they don't like? Fighting over a home purchase can put a serious strain on even the most steadfast partnership. Be willing to walk away if your partner/spouse says this home isn't the one for them.

Take time off. If you continue to have disagreements with your partner/spouse about which home to buy, then it may be time to take a break. New homes are always coming onto the market. Unless you have a hard deadline, such as moving for a job, you can afford to take a little time off from your home search. This will allow you and your partner some more time to reflect on what your needs and wants really are. The time off may be just what you need to reaffirm why you want to move and to get more specific about what each of you wants.

Work with a professional real estate agent. It's the best thing you can do when you and your partner/spouse don't agree. An expert agent will have invaluable advice about the neighborhood and the local market. Their expertise can help you and your partner find common ground so that you can both be satisfied with your home purchase.

Courtesy of [www.Virtualresults.net](http://www.Virtualresults.net).



## THE NAKED GARDENER

DEFEND YOUR PRODUCE

This is the most flavorful and nutritious time of year in my naked garden. I harvest apples, plums, peaches, pears, pomegranates, persimmons, berries and citrus, as well as seasonal lettuce, eggplant, beans, squash, and of course tomatoes. What do you grow?

But fruit and veggie-destroying critters, small and large are also at their destructive peak. Do you have horn worms eating your tomato plants? Flea beetles on your eggplants? Are squirrels and voles taking bites out of your pears, peaches, and plums? Resist the temptation to apply toxic insecticides or rodenticides. They pollute and disrupt nature's food chain. Rodenticides annually kill hawks, owls, cats, dogs, and even kids! Use eco-friendly approaches and help natural predators control produce-destroying pests.

The most effective and eco-friendly way to defend your hard-earned harvest is to physically control access (called "exclusion"). Container gardens in patio pots snuggled next to your house and in your dog's roaming territory are great physical controls. Further from the house, a small greenhouse or raised planting beds with surrounding 1/2-inch wire fencing works. Nylon netting can be effective keeping birds and climbers at a distance. Drape over and attach netting to 4-6 foot tall posts so the heavier creatures do not crush your plants or break off limbs. Enclosing a smaller fruit tree is sometimes necessary, but avoid netting that lies on the ground. Gopher snakes and fence lizards can become entrapped. Hey, they've dropped by to help!

Try these eco-friendly suggestions for these unwelcome vermin and varmints.

**Bugs:** Flea beetles, aphids, and other tiny insects can be controlled with a film of dishwashing soap sprayed on with water, 3-4 ounces per gallon. Garden centers sell this as "insecticidal soap" but save money and make your own. Larger bugs such as grasshoppers and horn worms can be physically picked off your plants and disposed - don't be squeamish, it's war. Yellow jackets and flies are controlled with eco-friendly disposable traps. Snails, slugs, ants can be physically blocked by lines of sand or diatomaceous earth encircling your pots or planters or sprinkle diatomaceous earth directly on leaves to control aphids and flea beetles.



**Birds:** Keep garden birds well-fed with feeding stations far away from your harvests, then employ netting if birds poke destructive holes in your fruits and veggies.

Bird damage is worse in springtime when they have hungry chicks to feed. But they eat far more worms, spiders, and harmful bugs than fruit. They are our feathered helpers most times.

**Rodents:** This includes mice, rats, voles, and destructive tree squirrels. I've had much success over the years trapping mice, rats and voles. Safe, fully-contained box traps are available at garden centers and online. You can purchase non-toxic attractants or place your own cut-up fruit or veggie portions to lure in rodents, then the snap trap inside dispatches them. It is illegal in California to kill introduced eastern fox squirrels with poison bait. But the Naked Gardener just says NO to all poisons. Live traps are available, but a depredation permit must be obtained before relocating squirrels.



I can't possibly cover all local critters that ruin our produce harvest. Since we all like to eat fresh produce, the two best additional information sources are your local garden center staff or online at the UC Integrated Pest Management information pages: <http://ipm.ucanr.edu/>. You can trust their information even if their approaches are not always eco-friendly.

I can feel enthusiasm growing throughout our bountiful region for naked gardening. It's only natural. And a big shout-out to Linda C. of the Clayton Valley Garden Club who says she really enjoys reading the Diablo Gazette, "and especially the Naked Gardener column!" Email your comments and questions to: [NakedGardener@diablogazette.com](mailto:NakedGardener@diablogazette.com). In some cases these may appear in future columns.

I welcome all comments and questions. Email me at [NakedGardener@diablogazette.com](mailto:NakedGardener@diablogazette.com). In some cases these may appear in future columns.

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### Why Are There So Many Yellowjackets This Year?



"I was minding my own business, mowing my lawn when all of a sudden, I'm being attacked by yellowjackets."

Contra Costa County residents often share stories like this when a Contra Costa Mosquito & Vector Control District

# CLAYCORD NEWS & TALK

## In case you missed it...



### Watch for Harmful Algae Blooms

Contra Costa Environmental Health (CCEH) encourages anyone planning to boat or enjoy the water in or around the Sacramento-San Joaquin River Delta to avoid harmful algae blooms (HAB).

A bloom is a buildup of blue-green algae (cyanobacteria) that creates a green, blue-green, white or brown coloring on the surface of slow-moving waterways. Contact can make people or pets very sick and can be fatal.

The East Bay Regional Park District has posted an advisory at Big Break Regional Shoreline in Oakley at the kayak launch and around the fishing dock after detecting cyanobacteria in the water:

- Stay out of the water, and do not touch algae in the water or on the shore
- Do not use the water for drinking, cleaning or cooking
- Do not let pets or livestock enter or drink the water
- Do not eat fish or shellfish from the water

Protect yourself and your pets by rinsing off with fresh water after touching the water, and make sure dogs don't drink the water or swim near algae blooms. Bring fresh drinking water for your pets. For a complete list of locations to beware of harmful algae blooms, go to [cchealth.org/eh/hab](http://cchealth.org/eh/hab).

### PG&E Now Publicizing Public Safety Power Shutoff Forecasts

PG&E launched a new weather website with forecasts for possible power shutoffs.

The website at [www.pge.com/weather](http://www.pge.com/weather) predicts the potential for the power shutoffs for the upcoming week in various regions of its service area.

Shutoff potential is ranked on the site according to four categories: Not Expected, Elevated, Public Safety Power Shutoff Watch, and Public Safety Power Shutoff Warning.

The public safety power shutoff program is PG&E's precautionary measure during windy and dry conditions. The utility has faced harsh scrutiny for its role in the devastating wildfires in Northern California in the last two years.

### One-Cent Regional Sales Tax for Transit Could Be On 2020 Ballot

Bay Area voters may be asked to approve a one-cent sales tax in 2020 that would fund a wide array of transportation projects and improvements across the region.

The sales tax has been proposed by a coalition of policy advocacy groups, including the Bay Area Council, the San Francisco Bay Area Planning and Urban Research Association, and the Silicon Valley Leadership Group.

The coalition has dubbed themselves FASTER Bay Area and presented their plan to the BART Board of Directors. According to their presentation, they project the tax could raise up to \$100 billion over 40 years.

The policy groups are primarily interested in "big, transformational projects that better connect jobs to housing through a more integrated transit system," according to a memo by BART general manager Robert Powers.

The sales tax could be on the ballot for all nine Bay Area counties in November 2020.

### BART Secures \$1.7 Million Federal Grant for Police Patrols

BART has been awarded \$1.7 million to pay for continued police patrols on trains traveling through BART's busiest stations.

"The grant money allows us to sustain the deployment of our Critical Asset Patrol (CAP) team for an additional year, while we continue to hire new officers to fill the 19 added positions prioritized in this year's budget," said BART General Manager Bob Powers.

### Number of Cannabis Manufacturing, Testing Facilities Likely to Increase in Concord

The Concord City Council debated loosening cannabis regulations to allow more testing and manufacturing operations in the city, but the future of dispensaries and retail delivery businesses within city limits remains uncertain.

Current limits allow for two manufacturing and distribution licenses for medicinal-only businesses which have been awarded and two more for testing laboratories serving both medicinal and recreational or "adult use" markets.

There's an application pending for a testing laboratory, meaning that local law only allows for one more permit and only for another lab.

Concord also allows licensed dispensaries to deliver cannabis, so long as their brick and mortar business is outside the city limits.

### This Year's Yellowjacket Season is Off the Charts.

employee arrives to provide residential ground-nesting yellowjacket service. This year, they are stories that we're hearing more often.

So far this year, the number of ground-nesting yellowjacket service requests that the District has received has surpassed last year's number by 21 percent as well as the average for the last five years by 74 percent.

That's left residents and District employees alike to wonder why are there so many yellowjackets this year?

"The mild winter may have allowed more hibernating queens to survive. Then, the late season rains provided plenty of vegetation for the smaller insects that the yellowjackets will feed on. The combination has left us with a bumper crop of yellowjackets this summer," says the District's Scientific Programs Manager Steve Schutz, Ph.D.

If you encounter a ground-nesting yellowjacket nest on your property and the

yellowjackets are biting and stinging you, first and foremost, remove yourself from the location.

Once you are out of the yellowjackets' path, draw a rough map of the yard, pointing out the location of the nest, so that the District employee who responds to the request will know where to look. Place the map on your front door or front gate.

Contact the District for ground-nesting yellowjacket service by calling 925-685-9301 or by visiting our website, [www.contracostamosquito.com/service\\_request.htm](http://www.contracostamosquito.com/service_request.htm)

Once you have requested the District service, do not attempt to do anything to the nest. The nest must be dry and untreated should the District need to treat it.

The District does not make appointments. Once we receive a request, we will respond within five business days.



computercorner

by William Claney, Tech Writer, Computers USA

Tech in English

## Computer Tips 'n Tricks: Only the Shadow Knows...

Perhaps you've read recent news about cyber-attacks that invade your computer, destroy or steal your data and demand payment to restore it? There are ways to prevent such attacks but the majority of anti-virus programs are weak and won't prevent a hack. A good backup can get you back up and running with a minimum of effort and cost. Let's explore.

I am a big believer in backup copies, they can be a real life saver if you lose a file. The best backups are ones that can recover everything including your data, apps, programs and most of all, your settings. If you have an app or program that does the backup for you great, you're on the right track.

If you don't use backups or haven't had the time or inclination to try, perhaps a "quickie" backup process would get you started. Give yourself some protection without any expense or particular fuss. Enter the Shadow, an app that knows everything, costs you nothing, and you already have it installed on your Windows computer. Technically it's called a Shadow Copy.

Shadow Copy is free, easy to use and already built into Windows, all you need is your fingers to access it. Really, it's easy and if you mess it up, no harm done, just try again. Here's how.

Use the Search feature (Old fashion Magnifying Glass icon - next to the Windows icon.)

Click it and type in ->Restore Point The Search brings you to System Properties Window.

System Properties->Go to "System Protection Tab" (you should already be there)

Click the "Configure" button Click the "Turn on system protection" "radio button"

Disk Space Usage->Move slider to 10% Click "Ok" button

That brings you back to System Properties Window.

Create a restore point right now...->Click Create button

Type a restore point description in the box-> (example name) Restore Point Original

You should see a System Protection Message ..."is creating a restore point"

Then you should see: "The restore point was created successfully."

Click "Ok" and you're done.

Easy Peasy. Repeat this process frequently.

If you misplace a file, mistakenly delete an app or somehow delete your data and shouldn't have, well the Shadow knows where they are. One can quickly

restore files in an emergency. However, if your hard drive dies or gets infected by virus or malware your local backup will be useless because it's

on the same local drive. So, this is not a total solution.

An external drive (device), is a better way to make backups and may help if your drive dies. But they get infected too during a ransom attack. This is a better solution for hard drive failure but may not be useful if you get infected. Infections jump to all connected devices.

The best practice is to use an off-site backup service, like ours, because an infection or drive failure can't reach it and we work to restore everything. Offsite backups are fully encrypted, private and secure. Our techs can restore your computer to the point just before failure.

If you really don't want to do backups, Computer USA will do it for you for free. They will remotely setup your Shadow Copy backup as detailed above and show you how to maintain it. Call 925-672-9989.

Or, better yet, do all your backups automatically to offsite servers. Check their website [www.shopusa.com](http://www.shopusa.com) for details, follow the link provided. To buy the service click the BACKUP-BUY NOW button on the site. Now, go do the right thing.



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## Walnut Creek Small Businesses Can Still Thrive but It Takes a Lot of Love

Story and photos by Nik Wojcik

Walnut Creek has its share of growing pains. What was once a quaint city has emerged as an elite shopping destination where the median home is valued well over \$800,000. While the attraction of wealthy residents and upscale retail has been lucrative for the city's economic growth, it has challenged small businesses in the area to adapt to changing demands and increasing rent. Success as a small business is still possible in Walnut Creek but it requires that owners lean into what makes them unique if they want to survive alongside the chain giants.

Nona Mock Wyman and Jim Wyman will have been in business running Ming Quong on North Main Street for 50 years in October. For much of that time, Nona sold Asian-centric goods, clothing and cards in one small narrow shop and Jim sold posters, silver jewelry and random other novelties in another storefront with the two separated by a small wooden door. They combined the two in 2005, sharing the one space Jim once occupied on his own, but still with distinctively different flairs. Today, Jim's end seems to be booming while Nona's sales have suffered



some due to nearby competition. Despite the city's demographic shift in recent years, the two haven't noticed it much. They have a unique hold on

the area's residents as a legacy business that draws multiple generations to shop there. For many people raised in the East Bay, especially in Walnut Creek and Concord, Ming Quong is like a comfort blanket, an anchored remembrance of simpler times.

As Nona said, "People have grown up and now they bring their children in and they say, 'Oh, we were here when we were teenagers,' and all that stuff."

Nona attributes the shop's long success to the enjoyment the two get from life itself and from the customers. "The customers really make it worthwhile for me and also if someone really likes my stuff and buys it all, that's even greater, but that's secondary," Nona said.

The pair have another two years left on a lease that jumps about 3 percent annually and when that time is up, so is the Ming Quong locals have come to know and love. They seem pretty content with that fate – the business has served them as well as they've served their generations of adoring customers.

The Wymans' story is one that would be difficult, if not impossible, to replicate in today's Bay Area, much less in Walnut Creek. Much has changed since 1969 when they first opened their doors.

Small businesses can still do well in



Walnut Creek, albeit under the stress of rising rent, employee retainment and the demands of a very affluent community. The key to success appears to be in not attempting to compete with the city's



new retail giants like Tiffany's, Anthropologie and the Apple "palace" as one security guard called it. The little guys must instead find a niche and

create an environment people want to spend time in, and what they offer better be of quality because there's surely another well-funded option nearby.

A young man heading in to start his shift at restaurant downtown told the Gazette he's noticed several smaller places close up shop only to be replaced with larger chains. Although Babushka still appears to have a strong game on the Eastern European deli front, serving up smoked meats and fresh piroshki since 1996, the stark reality of a changing scene for many of the old cornerstones is substantiated in just a short stroll around town.

You can see it when you pass by what was once the Cycle Gear bicycle shop, now a sterile looking home supply showroom with tile and sinks in various shades of white and white. You feel it where what was a garden shop is now a Mattress Firm and the store that once sold Native American goods has been replaced by a massage therapy establishment.

Still, there is hope in stories like Pacific Bay Coffee Co. & Micro-roastery on Newell Avenue. It started as a traditional no-frills coffee shop in 2004 but adapted with the times and with a new owner in 2010. When Chris Fong took over with his love of fresh, in-house roasted coffee, the business just seemed to click.

Fong said, "Business must be good because we're still open after 10 years."

If you ask Jay Hoyer at the Walnut Creek Chamber of Commerce, it's variations of that simple recipe that spell success for small businesses in a city with a \$2.2 billion taxable income base.

Of the 5,343 businesses in Walnut Creek, Hoyer said the vast majority are small.

However, the definition of a small business according to the Small Business Administration has a fairly wide berth. By the numbers, Walnut Creek and the businesses within in it are generally doing well.

"Having said all of that, there has been a lot of concern about a number of restaurants closing...we find there are a lot of closings but also a lot of openings," Hoyer says, attributing much of that attrition to the industry itself. The Chamber holds regular meetings and networking events to help owners navigate the competitive market Walnut Creek has become, but as Hoyer admits, it is becoming increasingly difficult to retain retail and service employees at current wages. He noted that some people are commuting in from as far as Tracy because they simply cannot afford to live anywhere near Walnut Creek on retail and service pay.

In the end, Walnut Creek, in all its affluent glory still falls victim to similar struggles felt across the greater Bay Area. But as Hoyer and Nona would agree, success comes when owners create businesses around what they love and share that love with customers in a unique way.



Chris Fong, owner of Pacific Bay Coffee & Micro-roastery in Walnut Creek



## legalbriefs

by Douglas A. Prutton, Attorney  
[Doug@PruttonLaw.com](mailto:Doug@PruttonLaw.com)

## The Mueller Report: Obstruction of the Russian Investigation

by Douglas A. Prutton, Concord Attorney

In previous issues I summarized the first two parts of the Mueller Report dealing with Russian interference in the 2016 Presidential election, and interactions between the Russians and the Trump campaign (the so-called "collusion" part). In this column I summarize the final part of the report concerning efforts by Trump and others to interfere with the Mueller investigation (the so-called "obstruction" part).



ings. However, Mueller explained that an investigation was still appropriate because Trump could still be prosecuted after he left office and because individuals other than Trump could be prosecuted for obstruction offenses. Mueller stated that "we conducted a thorough factual investigation in order to preserve the evidence when memories were fresh and documentary materials were still available." The report notes that Trump refused to be interviewed as part of the investigation and though he answered some written questions about

Russia he refused to answer any written questions about obstruction.

The Introduction concludes with these words: "If we had confidence after a thorough investigation of the facts that the President clearly did not commit obstruction of justice, we would so state. Based on the facts and the applicable legal standards, however, we were unable to reach that judgment..."

Go to [DiabloGazette.com](http://DiabloGazette.com) to read this and previous installments of the Mueller Report summary.

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## Your 2019 Guide to Bay Area Events

## The Diablo Gazette's

# ENTERTAINMENT GUIDE



**VISIT CONCORD**  
A Northern California Original

by Elaine Schroth,  
Executive Director

## Fall Fun in Concord

Whether you indulge in all things pumpkin spice or love to see the colors change, Concord has a lot to take in this Fall, starting with an extended Music and Market Series at Todos Santos Plaza. These free Thursday evening concerts have gained popularity year after year, so organizers are adding performances through September 26th. September artists include "3rd Annual Tribute to Steve Sage – 7 bands in 70 minutes," "Dan Ashley Classic Rock with Original Roll," "Garageland Rodeo" & "The Swampers Creedence Clearwater Revival Tribute" and "Annie Sampson – Concord's own Queen of Blues." See the full line up at VisitConcordCA.com.

At Todos Santos you can also experience Concord's Farmers' Market, Tuesdays (year-round) or Thursdays through October. Local vendors and farmers from all over the Bay Area and Central Valley come together to create and sell food made to order, offer fresh fruits and vegetables, and crafts.

More free concerts are coming to The Veranda on Wednesdays, September 11 through October 16. "Vibes at The Veranda" takes place at the center's Fountain Plaza from 6pm to 8pm. "David Martin's House Party", "Petty Theft" and "Foreverland" are just some of the bands playing live. You can get the full details at ShopTheVeranda.com.

One of the many perks of living in Concord is the weather, making Fall the perfect time for getting outdoors. Hike, bike or ride Mount Diablo to its highest peak at 3,849 feet and experience the city views. While at the top, check out the Visitor's Center which

highlights the culture and natural history of the park.

For a shorter hike Lime Ridge Open Space offers the perfect blend of nature and views including 360 degrees of pure Concord scenery from its peak.

Find out if you have arachnophobia or fall in love with spiders as naturalist explore the gentle giants of Mount Diablo. Early fall is a busy time for local tarantulas as they look for love on the mountain. Join a guided tour or brave the leisurely hike on your own. But be very careful, tarantulas are very fragile creatures. For guided tours and trails, go to [savemtdiablo.org](http://savemtdiablo.org).

If you're wanting more indoor fun for the whole family, grab your shoes and pick up a ball for a new spin on bowling at Round One and Clayton Valley Bowl. Q-zar is both an arcade and laser tag game center featuring a blacklight battlefield and a futuristic funscape. Concord's new Dave & Busters sports bar and arcade is now open in The Veranda. Climb your heart out or join a class at one of the Bay Area's premiere rock-climbing spots at Diablo Rock Gym.

Celebrate Halloween on the trails of Black Diamond Mines Regional Preserve Save Mount Diablo with



hike leader Jean Vieth; costumes are optional but encouraged. Be sure to bring plenty of water and a snack, and dress in layers for this free 2-hour, 3.5 mile Black Diamond Mines Halloween hike on October 26 from 9 am-11am. Sturdy shoes or hiking boots are recommended. RVSP: [www.savemountdiablo.org/event/black-diamond-mines-halloween-hike/](http://www.savemountdiablo.org/event/black-diamond-mines-halloween-hike/).

For more on these or other Fall happenings in Concord go to Visit Concord!

Elaine Schroth is the Executive Director of Visit Concord. She can be reached at [ESchroth@VisitConcordCA.com](mailto:ESchroth@VisitConcordCA.com).

## 5 Reasons to Attend Concord Oktoberfest

When it comes to Fall Festivals, this one is it! Bring on autumn and pull out the lederhosen! The Concord Oktoberfest is set for Friday, October 11 from 6 to 9 pm and Saturday, October 12 from 2 to 8 pm in Todos Santos Plaza.

On this weekend, Todos Santos Plaza will turn into a mini-Munich, hosting an authentic German Oktoberfest with a beer tent, live music, singing and dancing,

strongman contests, food truck fare, arts & crafts booths, kids' area with rides, and more. This is a fun, family-friendly free community event with food, drink and activities. Here are five reasons you should attend.

1. Beer Garden - The beer tent will be the point where craft brew fans meet up with German-style lagers from 20 breweries near and far. If you are searching for extraordinary hospitality and a bombastic atmosphere, you're guaranteed to find it here. Advance tickets will be available for purchase in early September.

2. Food Truck Fare - There will be flavorful food choices for anyone wanting

to sink their teeth into something sweet or savory. Local food vendors will be serving delicious traditional Bavarian food such as pretzels, Bratwurst, and more.

3. Fun for the Whole Family - Enjoy live music, singing and dancing, arts & crafts booths, a kids' area with rides, and more.

4. Support Local Organizations - Proceeds from this event will benefit Bike Concord.

5. It's Bartable - Take BART to the Concord station and walk eight minutes to Todos Santos Plaza. BART is an easy and convenient way to get to events in downtown Concord.

Interested in being a sponsor? Your search for an extraordinary way to promote your business is over. Choose among the sponsorship levels to maximize impact and reach festival patrons, a broad, lucrative demographic and ranging from 21 to retirement. Go to [VistiConcordCA.com/ConcordOktoberfest](http://VistiConcordCA.com/ConcordOktoberfest). Presented by The Brewing Network, Visit Concord, and the Greater Concord Chamber of Commerce.



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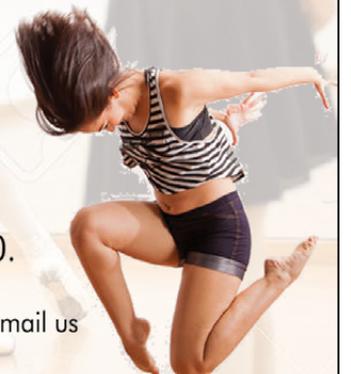
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# DIABLO GAZETTE FUN ZONE

## Ruth Bancroft Garden to Honor Bay Area Philanthropist, Sharon Simpson at Annual Gala

On Saturday, September 28th, The Ruth Bancroft Garden will honor Bay Area philanthropists Sharon and Barclay Simpson with the “2019 Golden Barrel Award for Philanthropy” at this year’s annual fundraising gala. This year’s event, themed the “Great Gatsby Garden Gala”, is the Garden’s largest fundraiser.

The Garden’s Executive Director, Gretchen Bartzen, notes: “The Simpsons have not only been generous supporters of the Garden for many years but have also been supporters of dozens of arts and education organizations across Northern California since they established the Simpson ‘Put Something Back Fund’ in 1988.” The Simpson Family Foundation’s major support was instrumental in helping the Garden realize its long-awaited dream of building a permanent home for visitors and the community — a dream that became reality this June with the opening of the Coit Family Visitor and Education Center.

For the first time ever, the Gala will take place at the Garden’s new Visitor

and Education Center. The Great Gatsby Garden Gala starts outside on the plaza with a fun, 1920s inspired Speakeasy Cocktail Party, with live music from local jazz band, Four and More, dancing, appetizers, cocktails, and a silent auction. The event then transitions inside to the Gala dinner, with entertainment, a live auction and the Golden Barrel Award for Philanthropy presentation. Two types of tickets are available so people can choose to come just to the Speakeasy Cocktail Party, or they can attend both the Speakeasy and the Gala dinner.

For more information about the Garden or to purchase tickets, call (925) 944-9352 or visit ruthbancroftgarden.org. The Ruth Bancroft Garden, Inc., is a 501(c)(3) organization whose mission is to preserve Ruth Bancroft’s exceptional example of garden design and to continue to develop its collection of water-conserving plants for the education and enjoyment of the public.



### The Ruth Bancroft Garden’s Great Gatsby Garden Gala Honoring Sharon Simpson

4:30 PM - Speakeasy Cocktail Party on the Garden Plaza. Dancing, Live Music, Libations, Hors d'oeuvres, Silent Auction Admission: \$100

6:30 PM - Dinner, Live Auction in the new Coit Family Visitor and Education Center Admission: \$250 (Includes admission to Speakeasy Party)

For tickets and info call: 925-944-9352 or visit: ruthbancroftgarden.org/events/gardengala2019

1552 Bancroft Rd. Walnut Creek

## WATER AWARENESS YOUTH ART CONTEST WINNERS SELECTED

The votes are in and there are twelve new winners in the Contra Costa Water District Youth Calendar Art Contest. The contest, which ran through June, was looking for art for their 2020 Calendar. Children ages 8 to 18 were encouraged to illustrate the importance of water and focused on the water infrastructure that delivers reliable tap water throughout the area. After the committee selected the pool of finalists, members of the community were then asked to vote for their

12 favorite submissions. Contra Costa Water District received many worthy entries in this year’s contest. More than 700 ballots were cast by members of our community.

The top 12 submissions will be published in next year’s calendar. Also, each winning entry receives a \$50 gift card to an art supply store; framed artwork with a certificate of appreciation; and a printed calendar.

“Thank you to everyone who partici-

pated and voted,” stated Oliver Symond, Sr. Public Information Officer for the Contra Costa Water District. “I am very encouraged by the level of participation of young residents showing their interest and growing knowledge of our water system and water safety.”

A presentation of awards and the 2020 calendar will be held at 6:30 p.m. Wednesday, October 16, in the Board Room at Contra Costa Water District, 1331 Concord Avenue, Concord.

Congratulations to the winning entries!



M	A	N	D	M	J	J	O	L	L	O	R	PEANUT BUTTER	BIG HUNK
I	Y	E	H	S	R	E	H	Q	Z	E	E	BABY RUTH	BUTTERFINGER
L	H	Q	S	X	M	L	H	J	T	D	G	SNICKERS	STARBURST
K	O	H	R	B	I	L	G	T	K	L	N	MILKY WAY	KITKAT
Y	T	T	E	I	N	Y	U	S	I	R	I	HERSHEY	JR MINT
W	T	U	K	G	T	B	M	T	T	O	F	PAYDAY	YORK
A	O	R	C	H	T	E	M	O	K	W	R	GUMMY BEAR	PEZ
Y	M	Y	I	U	P	A	Y	D	A	Y	E	JELLY BEAN	WORLD
O	A	B	N	N	Q	N	B	Q	T	P	T	ROLLO	CANDY
R	L	A	S	K	Z	Y	E	Z	E	P	T	HOT TOMALES	
K	E	B	W	Y	D	N	A	C	Z	A	U	M AND M	
P	S	T	A	R	B	U	R	S	T	H	B	DOTS	

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- L. Cruz Clayton

# calendar of events

**Ygnacio Wood and The Palms Neighborhood**  
**ANNUAL GARAGE SALE !!!**  
 Saturday, September 28 8AM - 3PM  
 Tools, Toys, Collectibles, Household Items,  
 Furniture and More!  
  
**Multi-Family Neighborhood Garage Sale**  
 Near Treat/Oak Grove on Santa Paula Dr., San Gabriel Dr.,  
 McKean, Citrus and Others  
**Concord**

**CONCORD COOLING CENTERS-** The Concord Senior Center is a designated Cooling Center when temperatures rise above 100 degrees. Monday, Tuesday and Wednesday from 9 a.m. to 7 p.m. Thursday and Friday from 9 a.m. to 5 p.m.

## FUNDRAISERS

**September 7**  
**Hawaiian Fusion Fundraiser** - Scholarship for Underprivileged Senior citizens. 5:00 P.M. - 8:30 P.M. Featuring Haopinka, Hawaiian Music and dance. \$50, \$450 for table of 10. Ticket info at [www.concordreg.org](http://www.concordreg.org) - Activity # 109361. Concord Senior Center 2727 Parkside Circle.

**Pancake Breakfast - Supporting Veterans of Foreign Wars** - 2nd and 4th Sundays includes eggs, pancakes, sausage, beverage. 8 - 11 a.m. Willow Pass Road, Concord \$5 buys a terrific breakfast. <http://www.vfwpost1525.org>

## OUTDOORS

**Farmers' Markets**  
**Concord** Tuesdays: Year-round, 10:00 a.m. - 2:00 p.m.  
 Thursdays: April 18 - October 24, 4:00 - 8:00 p.m.  
**Martinez** Sundays, 10am to 2pm, year-round, Main St. and Estudillo.  
**Walnut Creek** Diablo Valley Farmers Market Saturday 9a.m. - 1 p.m. Shadelands Business Park, N. Wigett Lane and Mitchell Dr. Also, from  
**Contra Costa Certified Farmers Market** - North Locust St between Giamona and Lacassie St. Sundays 9 am - 1 pm, Year Round, (925) 431-8361 <http://www.cccfm.org>

## SEPTEMBER 7



**Clayton Valley Garden Club Fall Plant Sale.** CVGC will be at Clayton Farmers Market from 9AM - 1PM in downtown Clayton. There will be also a Penny Pines Information Booth (a California reforestation project) plus cute buckets of seed bombs and painted rocks. CVGC seed bombs contain Western Garden Wildflower seed mixture including Blue Flax, Tall Blue Cornflower, Annual Candytuft, Siberian Wallflower, Blan-

ket Flower, Crimson Clover, Calendula 'Pacific Beauty', Orange California Poppy, Indian Blanket, Mixed Corn Poppy, Prairie Coneflower, Plains Coreopsis, Love-Lies-Bleeding, Lupine Perennial, Annual Baby's Breath, Sulphur 'Bright lights' Cosmos. For more information go to [www.ClaytonValleyGardenClub.org](http://www.ClaytonValleyGardenClub.org) or call (925) 276-2299.

## SEPTEMBER 7

**18TH ANNUAL MOONLIGHT ON THE MOUNTAIN**, a dramatic outdoor event beneath the stars, held in Mount Diablo State Park along Mount Diablo's stunning China Wall. Attendees are transported up the mountain's slopes, and treated to an elegant three-course meal, live music, dancing beneath the stars, and both live and silent cocktail auctions. Benefits Save Mt. Diablo. Tickets are available at <https://savemountdiablo.ejoinme.org/Moonlight2019>.

## RUTH BANCROFT GARDEN

For more information on events go to [www.ruthbancroftgarden.org](http://www.ruthbancroftgarden.org)  
**September 13, 20, & 27:** 3-part series. **Autumn Watercolor Workshop** with Wendy Soneson. 10:00 A.M. - 1:00 P.M. \$80-\$90.

**September 14:**  
**Cactus Embroidery Workshop** with Kira Dulaney. 10:00 A.M. - 12 P.M. \$55 - \$60.  
**Junior Botanist-Euphorbia Workshop** for ages 9-12. 1-2 P.M. \$5.

**September 21: Art in the Yard** Explore the work of dozens of local artists at this amazing art and craft fair. Featuring ceramics, jewelry, woven art, photography, painting, cards, glass, wood, soaps and more! Enjoy live music, noshes, wine and fun. FREE.

**September 28**  
**Great Gatsby Gala**-Speakeasy Cocktail Party & Silent Auction: 4:30 - 6:30P.M. Gala Dinner, Live Auction & Award Ceremony: 6:30 - 9:30P.M. TICKETS: Speakeasy Party & Silent Auction Only - \$100. TICKETS: Gala Dinner & Live Auction - \$250 (includes Speakeasy party). Gala Dinner seating limited to 100 guests.

## The Veranda

**Vibes at Veranda 6-8P.M.** in front of Luxe Cinema  
 September 11 - David Martin's House Party  
 September 18 - Petty theft, tribute to Tom Petty and the Heartbreakers  
 September 25 - Wonder Bread 5  
 October 2 - Caravanserai, Santana tribute  
 October. 9 - Notorius Party Band

## SEPTEMBER 29

**Peace Fair In the Park 1-5 PM** Celebrate 50th ANNIVERSARY of the Mt. Diablo Peace & Justice Center. Food, art displays, live music including Country Joe, Latin music groups, classical and folk combos, dancers, poetry slammers and inspirational speakers. **Civic Park, Walnut Creek.** FREE [www.ourpeacecenter.org](http://www.ourpeacecenter.org).

## CLUB/SUPPORT GROUPS' NEWS AND EVENTS

**SEPTEMBER 12**  
**2019-2020 Contra Costa County Substitute Job Fair.** 3:30-6:00 P.M. Become a substitute! Substitute positions to be filled include teachers, instructional assistants, special education teachers, paraprofessionals, clerical, food service, and custodial in Alamo, Antioch, Bay Point,

Brentwood, Byron, Clayton, Concord, Danville, El Cerrito, Hercules, Knightsen, Lafayette, Martinez, Moraga, Oakley, Orinda, Pinole, Pittsburg, Pleasant Hill, Richmond, Rodeo, San Pablo, San Ramon, and Walnut Creek. Come to the Contra Costa County Office of Education (CCCOE), located at 77 Santa Barbara Rd., in Pleasant Hill. Those interested are encouraged to apply for open positions in advance at [www.edjoin.org](http://www.edjoin.org). To learn more about this Job Fair, contact the CCCOE human resources department at 925-942-3387 or visit their web page: [https://www.cccoe.k12.ca.us/departments/human\\_resources](https://www.cccoe.k12.ca.us/departments/human_resources).

## SEPTEMBER 14

**Ann Steiner will discuss "How to Successfully Promote Your Book"** at the next meeting of the Mt. Diablo branch of the California Writers Club at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Registration is \$25 for CWC members, \$30 for guests. Reservations deadline: noon, Wednesday, September 11, 2019. To reserve, go to the CWC Mt. Diablo website at : <https://cwcmtdiablo.org/current-cwc-mt-diablo-meeting/>

## SEPTEMBER 15

**Concord Historical Society's 9th Annual Autumn at the Adobe** 1:00 -4:00 P.M. at the historic Don Salvio Pacheco Adobe downtown Concord, 1870 Adobe Street. Savor a variety of wines and Prosecco with an assortment of hors d'oeuvres, desserts, and other refreshments. On display will be the newly acquired Dave Brubeck panels as well as a presentation on the history of the Adobe. Live music. Advance Tickets \$40 per person, or \$45 at the door. [www.concordhistorical.org](http://www.concordhistorical.org).

## SEPTEMBER 19

**19th Annual Fish & Wildlife Committee Fall Forum 5:00 - 7:00 P.M.** at the Sportsmen's Club in Martinez. Dinner and refreshments. Please RSVP with your preference of baby back ribs or chicken (vegetarian/vegan options also available) to Maureen Parkes at (925) 674-7831 or [maureen.parkes@dcd.cccounty.us](mailto:maureen.parkes@dcd.cccounty.us) by **September 13th**. Questions or special accommodations, please contact Maureen directly.

## SEPTEMBER 19

**Neuropathy Support:** Concord Neuropathy Support Group, 1:30 PM Causes, symptoms, and treatments will be discussed. 1st Christian Church 3039 Willow Pass Rd. Concord. Call 925-685-0953 for more information.

## VISUAL ARTS/ THEATRE/MUSIC

### SEPTEMBER 6-OCTOBER 6

**"UNDER PRESSURE 2"**, a juried art exhibition by the **Lamorinda Arts Alliance**, at the Main Street Arts Gallery in Martinez. The \$100 cash first prize and second, third place and honorable mention show ribbons and prizes will be awarded at the reception on Saturday, September 7th from 3:00PM - 5:00 PM. Light refreshments at the reception.

### SEPTEMBER 13-15

**GREEK FESTIVAL** - Authentic Greek food and pastries • Greek wine tasting • Live Greek music and dancing. Friday 5 PM to 11 PM; Saturday noon to 11 PM; Sunday 11 AM to 7 PM. 1955 Kirker Pass Rd., Concord. (across from the pavilion). 925-676-6967

FREE Admission  
 Parking \$10 dollars per car daily  
 10% of proceeds donated to local charities  
 Festival Sponsored by: Saint Demetrios Church

## SEPTEMBER 20-21

**Mountain Shadow's 5th Annual Short Film Competition** -Categories include animated, live action/narrative and documentary short films. 11 top films. Las Lomas High School Theater, 1460 S. Main St. (across from Kaiser Hospital) in Walnut Creek. Fri., Sept. 20 at 7:30 and Sat., Sept. 21 at 3:30 and 7:30. Tickets \$12 at the doo Capital One Café will host a free reception between the two Saturday shows from 5:30 - 7:00 to meet the filmmakers. All are welcome. [www.mountainshadow.org](http://www.mountainshadow.org)

## SEPTEMBER 21

**The Jazz Room Presents Paul McKnight and Broadway Memories** with Stan Fong Music Director/Pianist. 8:00 P.M. 233 Village Theatre & Art Gallery Danville. Tickets for sale on Eventbrite or call 510-828-0371.

## CONCORD MUSIC AND MARKET SERIES

6:30 P.M.-8 P.M. Todos Santos Plaza, Concord  
**September 5--Rock, Rhythm & Blues 3rd Annual Tribute to Steve Sage--7** bands in 70 minutes  
**September 12--Dan Ashley Classic Rock** with Original Roll  
**September 26 - Annie Sampson** Concord's own Queen of Blues

## October 3 -House of Floyd



**6:00 P.M.- 9:30 P.M. Concord's 4th Annual "Dark Side of the Moon" Night**, a family-friendly music and science extravaganza plus tribute band to Pink Floyd at Todos Santos Park in Concord. FREE. Farmers market at 4 P.M. to 8:00 P.M.

The City of Clayton Proudly Presents  
**Concerts in The Grove 2019**  
 Saturdays 6:00pm to 8:30pm  
 Downtown Clayton

## September 14

**VYBE Society** 10 piece band of musicians from major label bands [www.vybesociety-band.com](http://www.vybesociety-band.com). Final concert the season.

## CONCORD PAVILION

Upcoming Concord Pavilion Event  
**September 6** 7:00 P.M. Heart with Joan Jett and Elle King  
**September 14** 2 P.M. Lights On Festival Tickets (H.E.R., Jhene Aiko, Daniel Caesar, Ari Lennox)  
**September 18** Breaking Benjamin 5:30 P.M.  
**October 12** Peter Frampton 7:30 P.M.

**NEWSMAKERS**  
 LESHER SPEAKER SERIES

**Don Lemon** - September 23 | 7:30 P.M. Winner of the Edward R. Murrow Award and several Emmys, veteran TV journalist and anchor of "CNN Tonight". Tickets may be purchased beginning one hour before each lecture at the Leshner Center Ticket Office. Subscriptions do sell out, so individual ticket availability is dependent on subscribers returning tickets. \$80 for the Hofmann Theatre and \$45 for the Vukasin Theatre (Simulcast).

# Views of the Valley

Photos by Micah



To put on a Greek Festival requires a massive amount of work in the kitchen. These ladies are preparing Mousakás, one of the best known of all Greek foods, at St. Demetrios Greek Orthodox Church in Concord.



In anticipation of the passing of AB228 which legalizes the retail sale of hemp-derived CBD, Cali-Born Dreams sets up its display in a Pleasant Hill store only to learn that evening the bill had been killed until at least January despite having not a single no vote.



Tony Lindsay, lead singer for Santana, performed with Caravansera, a Santana cover band, as part of Concord's 3-day Woodstock anniversary free concert at Todos Santos.



Alex Webster in a shaving cream fight at a Church of Jesus Christ of Latter-day Saints end-of-summer Youth Picnic in Walnut Creek.



Mayor Carlyn Obringer poses next to two of Concord's newly decorated utility boxes thanks to talented local artist and the Concord Art Association.



Photo op with the Queen at the Royal Tea Fundraiser at Concord Senior Center.



Performers, music, chihuahua races, Lucha libre, and of course taco trucks gathered at downtown Todos Santos Park for Concord's 2nd Annual Taco Fest.

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## September to Remember

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## Pomegranates a New Superfood.

A ripe, ready-to-eat pomegranate is a

luscious jewel of a fruit. And although this delicious fruit may seem exotic, it's wonderfully easy to enjoy. Packed inside are hundreds of ruby-red arils – sweet, tart, gem-like juice sacs,



bursting with pure flavor. Enjoy these little beauties as is, toss them into savory or sweet dishes, or use them as a brightly colored garnish. Delicious pomegranates are available September through January and can be enjoyed in salads, desserts, and entrees. A healthy antioxidant-rich juice can be made from them as well.

Some might avoid eating a fresh pomegranate because they don't know how to get to the seeds and juice inside. It can be intimidating. So, here are a couple ways to prepare a pomegranate.

The traditional method is to cut the crown end off the pomegranate, removing with it some of the white pith. Lightly score the skin in quarters, from the stem to the crown end. Firmly yet gently break the sections apart, following the score lines. Bend back the skin and gently scoop the seed clusters into a bowl; remove any pith.

With the fanning method, simply cut the pomegranate in half vertically. With the cut side up, make four equally spaced cuts 1-inch long and 1-inch deep. Hold the pomegranate half, cut side down, over a deep bowl and pull the fruit open but not apart, using equal pressure from

both hands. Holding the pomegranate half, cut side down, in the palm of one hand, whack the top of the fruit with the back of a large spoon. The seeds will fall out. And as a note, you can eat the entire pomegranate seed. The small hard seeds inside the juice are full of fiber (though you can spit them out if you don't like the texture).

Spanish Padres are credited with bringing pomegranates to California. They grew them at missions some 200 years ago. Today the San Joaquin Valley, the heart of the State of California, is the only concentration of commercially grown pomegranates in America. J&J Ramos Farms out of Hughson and Cipponeri Farms from Ripon offer tart delicious pomegranates at your local farmers market. Enjoy the first flavors of fall.

### Spicy Pomegranate Relish

2 medium pomegranates, seeded, about 1-1/2 cups  
1/2 cup finely chopped sweet onion  
1-1/2 tablespoons finely chopped, green jalapeño pepper  
1 tablespoon lemon juice  
1 tablespoon sugar  
1/4 teaspoon salt

Gently fold together pomegranate arils and remaining ingredients. Makes 1 1/2 cups. Serve on chicken, fish, or with tortilla chips.

Recipe: Cookin' the Market, PCFMA

## Dave & Buster's to Open in Concord

Dave & Buster's has opened its doors to their 132nd location at The Veranda in Concord. In addition to bringing over 230 jobs to Concord, the 47,000 square-foot restaurant and entertainment venue features top of the line arcade games and a state-of-the-art sports bar surrounded with dozens of oversized HDTVs throughout.

Dave & Buster's is set to become a dining and entertainment staple in the East Bay. All ages will enjoy hundreds of new and classic games where tickets won can be redeemed for a variety of prizes, including Apple products, Xbox consoles, Beats by Dre and much more. Along with traditional games, guests will be able to experience brand new multiplayer virtual reality attraction platforms featuring the all-new Star Trek™: Dark Remnant experience, Dragonfrost™, Jurassic World VR Expedition™ and Men in Black International: Virtual Reality™. Groups can enjoy dramatic black light bowling and billiards.

Dave & Buster's menu will feature a selection of brand-new and re-crafted dishes that cater to every taste bud and dietary preference. Health-conscious guests will enjoy Dave & Buster's signature Healthy Halo offerings, which



DARK ESCAPE 4D

include Zoodles (as an alternative to any pasta) and Simply Grilled proteins such as salmon and chicken. The menu will also include a variety of "Snackable" and "Shareable" items such as Cantina Nachos or a host of legendary burgers.

Daily specials will include Happy Hour (Monday through Friday 4pm-7pm) with cocktails and food discounts such as 2 for Tuesday's \$2 Crispy/soft Beef or Chicken Taco, Half Price Games Wednesday (all games half off, all day). Military and

First Responders receive 10% off food and game play with valid I.D.

Hours of operation will be 11am – midnight on Sunday-Thursday and 11am – 2am on Friday and Saturday. Why not plan a date and welcome them to Concord, located at 2075 Diamond Blvd.



**frugelegance**

by Carol and Randi -The FruGirls [www.fruElegance.com](http://www.fruElegance.com)

## Fall Front Porch Ideas



We are thinking about our Fall Decor and decorating our front porch area.

cones on a table or basket. Paint or plain, pinecones are a fall favorite. We are so lucky to have them growing in our area. Just collect them from your yards, or on a walk along a trail or in parks. FREE!

**LANTERNS** – Lanterns can be rustic and elegant at the same time. No need to buy new, we reuse our lanterns throughout the seasons. Add battery operated candles. We just change out small fillers or add a burlap ribbon. In this photo picture, we added a faux leaf with a piece of twine tied around.

**WREATH** - Of course wreaths can be quite expensive. But there are lots of great affordable options at some of our local discount stores or online. We also like to make our own. The options are endless for Fall door wreaths.

Put some or all these ideas together for a beautiful Fall porch. All easy, simple and FruElegant. Happy decorating!

Carol and Randi, the FruGirls, are local home stagers and decorators. You can also find them blogging about many other ways to live an elegant life for less, online at [www.fruElegance.com](http://www.fruElegance.com). FruElegance is where Frugal and Elegance come together.



It's a great area to change out seasonal decor regularly. Sure, more popular times for adding decorations are Christmas, Hanukkah and Halloween but we also like to add some simple, easy and affordable touches throughout all four seasons.

You might remember that we have shared with you how to decorate with pinecones and branches (Diablo Gazette, September 2018). Here are some other favorite Fall decorating ideas for your porch.

**PLANTS** - They are super affordable, especially if you buy them in smaller sizes and replant them. Or, tuck a few into a larger basket or container. We love Mums with their beautiful rich colors. Pansies, Asters, Violas, Dianthus and Flowering Kale are also fabulous options.

**PUMPKINS** - Real and fake, it doesn't matter. We love the selection and the prices of real pumpkins at Trader Joes.

**PILLOWS** – Place some pillows and even a blanket on a chair or bench.

**PINECONES** - We love to add pine-

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**Jill Hedgecock's bookends**  
Author of *Rhino in the Room* [www.jillhedgecock.com](http://www.jillhedgecock.com)

## The Last Rhino

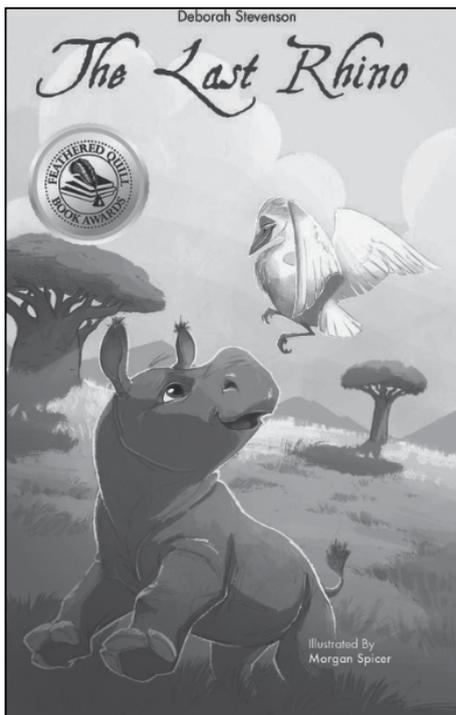
The Last Rhino by Deborah Stevenson (Frog Prince Books, 87 pages, \$11.95) is an early-reader chapter book for children between 6 to 12 years old (Grades 2 to 5). The tale describes the day-to-day struggles faced by a young rhino, Ayubu, after his mother, Nthanda, is trapped by rhino poachers.

The content might seem sad, but Stevenson reveals the very real plight of the rhino in a gentle manner. The novel is interwoven with moments of playfulness and the tender bond between the little rhino and his guardian, friend, and protector, Imari, the cattle egret. Despite the hardships of being the last of his kind, Ayubu, finds solace in his friend, a young elephant, Raziya. Their bond leads them on fun adventures and into a bit of mischief.

The novel captures the essence of The Lion King as Ayubu faces the many challenges of living on his own in the African bush. The story carries a message of courage, that it is okay to be different, and a theme of belonging that is sure to resonate with children and parents alike. The end of the book includes fun facts about rhinos, their mutually beneficial relationship with birds, and how to help rhinos.

Rhinos are in trouble. Hopefully, the parents who are reading this story to their children will take action so that generations to come will have the opportunity to share this planet with these magnificent creatures. "The Last Rhino" was awarded Best Early Reader in the Feathered Quill Book Awards and was a Finalist in Animals/Pets and Children's Fiction in the Next Generation Indie Book Awards.

Deborah Stevenson is the writer in the award-winning author/illustrator team that created "Soaring Soren: When French Bulldogs Fly" and "Oy, Elephants!". Morgan Spicer is a vegan illustrator and pet parent to four rescue pups. Spicer is a graduate of Syracuse



University and has illustrated 20 picture books.

Every purchase of "The Last Rhino" <https://www.amazon.com/Last-Rhino-Deborah-Stevenson/dp/1732541043> supports critically important rhino conservation efforts. In honor of World Rhino Day (WRD) on September 22, Jill Hedgecock will be reading from "The Last Rhino" during children's story hour beginning at 11:00 a.m. at Flashlight Books at 1537 N. Main St, in Walnut Creek. Consider celebrating WRD by reading other rhino inspired books, including "The Last Rhinos" by Lawrence Anthony, and "Rhino in the Room" by Bookends columnist, Jill Hedgecock. Jill will be interviewed by Wendy Blakely and signing "Rhino in the Room" books at Flashlight Books between 3:00 and 4:00 pm. For more information, contact Jill at [www.jillhedgecock.com](http://www.jillhedgecock.com)

## movie review

Movie review by Jeffrey M. Anderson,,  
Common Sense Media

3 of 5 STARS common sense media®

# OFFICIAL SECRETS

"Official Secrets" shines a light on a nearly forgotten Iraq War whistleblower. This true whistleblower story may be flawed but it is effective.

Katharine Gun (Keira Knightley) works as a British intelligence specialist. In 2003, she receives a memo detailing how the United States is asking Britain to help collect information about five nations in the United Nations in order to blackmail them into voting in favor of the U.S. invasion of Iraq. After much deliberation, Katharine decides to leak the memo to the press. Thanks to Britain's "official secrets" act, everyone in her office becomes subject to ruthless interrogations in order to find the whistleblower, and Katharine confesses. But her troubles are only beginning, since the London Observer decides to publish the memo, and Katharine's husband, Yasar (Adam Bakri), a refugee from Turkey, finds himself in danger of being deported. With everything to lose, Katharine places her trust in the hands of brilliant lawyer Ben Emmerson (Ralph Fiennes) and awaits her trial.

Wordy, disjointed, and not exactly dynamic or visual, this fact-based political drama nonetheless gets by on sheer righteous anger, painful relevance, and a few stand-up-and-cheer moments. "Official Secrets" gets a large portion of its strength from Knightley, whose Katharine is seen early on during her free time shouting at Tony Blair on TV. She must sell a character who's beholden to her better instincts and suffers to the point that she would put herself and her husband in danger to set things right; Knightley does this admirably.

Directed by Gavin Hood (who doesn't quite reach the highs of his "Eye in the Sky", the movie does spend long chunks away from Katharine. But fortunately, it sometimes turns into a crackling newspaper movie, with actors Matthew Goode, Rhys Ifans, and Matt Smith filling



out the requisite colorful journalist roles. While the film struggles to make memos and meetings and editing decisions into cinema -- and struggles equally with half-baked, ill-placed attempts at suspense -- "Official Secrets" regularly rediscovers threads of tension and keeps things moving, and Fiennes' late-entry performance helps carry the story ably toward the finale.

Rotten tomatoes 80%. In theaters August 30, 2019. Rated R

\*Common Sense media ratings are based on child development best practices. The star rating reflects overall quality and learning potential.

Credit: Photo IFC Films

# BENTLEY SCHOOL CELEBRATES 100 YEARS

Somewhat hidden alongside Highway 24 in Lafayette, one might notice a building and soccer field. That is the Upper School part (grades 9-12) for Bentley School, an independent school that is celebrating its 100th year in operation. Grades K-8 operate in Oakland. Bentley has a long and significant history as a force for excellence in teaching and learning locally and nationally. Location and structure have changed with the challenges of the times but what remains constant is an outstanding program taught in a diverse and respectful school culture. Here is a look at its milestones over the past 100 years.

1920 - The History and Governance of Bentley School was officially established in Berkeley in 1920 as "The Margaret Bentley School for Girls" by Vassar graduate Miss Lucy Soule, and Mrs. Edith Ainsworth. The two women first began the educational institution in 1915 for children of American Episcopal missionaries in Manila, Philippines. The school was named after Lucy Soule's grandmother, Margaret Bentley.

1930 - The school was purchased by Ms. Mary Harley Jenks in 1930, who later founded College Preparatory School (CPS) in the 1960s. In the 1930s the school moved to Benvenue Avenue in Berkeley. It was at this point that the name changed from "Margaret Bentley" to "Bentley School," which included grades Kindergarten through 12th grade,

with approximately 60-70 children, five per class. The school was coed through 3rd grade, and all girls 4th-12th grade.

1940 - In 1940, Mrs. Esther Hudson Branch, who had been teaching at Bentley



since 1934, purchased the school from Ms. Jenks. The two women were lifelong friends and remained so until the death of Mrs. Branch in 1980. Mrs. Branch, in partnership with members of her family, remained proprietor of the school until 1969 when the school was incorporated as a non-profit institution by the State of California. By the late 1940s, the high school grades had been eliminated and the school operated as a K-8 school.

1969 - On June 5, 1969 the decision was made by the first Board of Trustees to incorporate the school and raise the capital necessary to purchase the four-acre Stanley Hiller Estate in Oakland to

allow for future expansion. The buildings were modified, and the school opened on the new campus in the fall of 1970. The school expanded from under 80 to 150 students. Robert A. Munro became Head-

master in April of 1979, a position he held until 2000. During Mr. Munro's tenure the school flourished and plans were made to develop the Upper School.

1981 - A plan to double the size of the school was approved by the Board of Trustees in 1981. This plan called for the establishment of two classes at each of the K-8 grade levels by recruiting a second Kindergarten class in the fall of 1982 and each fall thereafter. As that first large class moved through the school, the enrollment reached 18 classes in the fall of 1990.

1991 - On October 20, 1991, five of the nine buildings of the Hiller campus burned to the ground in the tragic Oakland Hills Firestorm. The only building that survived relatively undamaged was the main building, the original home of Stanley Hiller. Thanks to the generosity

of Presentation High School, Bentley was able to temporarily operate in rented space, and the school reopened five months later. In honor of the restoration of the Oakland campus, the School would later adopt the Phoenix as its mascot, evoking the mythological creature that resurrected from ashes.

1998 - The Board of Directors purchased the Upper School campus in Lafayette in 1998 and restored Bentley to its former K-12 legacy. In June 2001, Bentley School graduated its first senior class since the 1930s, and the first 4-year class in 2002, boasting an impressive college placement record which continues today.

Today - Under the leadership of Head of School Arlene Hogan, Bentley has continued to thrive promoting excellence in teaching and learning in an inclusive environment.

The Bentley Advancement Office is in the process of rebuilding the school's collection of photos, yearbooks and Bentley memorabilia, some of which was lost in the 1991 Oakland fire or in various transitions over the years. The current collection contains yearbooks from 1979 until today. All prior years still need to be located to make the collection complete. If you might consider sharing yearbooks or other memorabilia for the archives, please email the Communications staff in the Advancement Office mailto: [communications@bentleyschool.net](mailto:communications@bentleyschool.net).



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## aRt Cottage

by FROgard [www.aRtCottage.info](http://www.aRtCottage.info)

## Art Success!

### Kids Enjoyed Summer at the aRt Cottage



David Peterson - graffiti artist

We all have art inside of us. aRt Cottage gives the child, including that child within us, the freedom to paint, draw, and create the way they want to.

aRt Cottage has had a very active summer. Our art car was once again painted

by students who are practicing mural making. Clay was a big hit and centering on the



Jennifer & her masterpiece SOLD

Potter's Wheel was a success. So was slab building. That's where students make ceramic relief sculptures.

Acrylic painting was popular too. Students

worked from source materials including Van Gogh's painting of Almond Branches and Matisse's painting of "The Fish Bowl." Small sculptures could be found in the gardens. This included a miniature cottage, a princess, and a prince. David Peterson completed his graffiti art project for a senior graduation requirement.

Jennifer, one of our youngest students, sold her work to a client who dropped in to check out the gallery. Maddie's drawing, Strolling Along the Canal, won a spot on the 2020 Contra Costa Water District calendar. She will be published! It's been a busy summer.

Come by and see what this place is all



Indira & Calista acrylic painting



Jared with ceramic



Natalia & Sofia murals on art car

## Concord Senior Citizens Club and Senior Center HAWAIIAN FUSION FUNDRAISER Scholarships for Underprivileged Senior Citizens



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[www.ConcordReg.org](http://www.ConcordReg.org) - Activity# 109361



# Out to Lunch

by Richard Eber

Tacos, burritos, enchiladas, and nachos normally come to mind whenever South-of-the-border culinary scene is mentioned. This is not the case with Nicaraguan restaurant La Fritanguera (meaning fried street food) located on 1819 Colfax St. in Concord. This place rocks with some of the most creative cuisine served in the region.



Owner Jenniffer (Jenn) Jimenez grew up in Nicaragua. In addition to her native foods, the menu here is clearly inspired from Spain, Cuba, the Caribbean and Latin America. Naturally, fresh ingredients are used to provide authentic dishes served at this small hole-in-the-wall café.

Despite working out of a small kitchen, La Fritanguera's menu is quite extensive. For starters, I ordered the Tajadas con Queso y Ensalada, which consists of house made plantain chips, fried cheese bites that go along with a cabbage salad. Their Quesillo (nachos) of handmade tortillas, melted cheese with pickled onions and sour cream is a real winner. Another favorite, fried yuca dipped in a spicy jalapeno cream sauce, is the crispier, creamier Latin American cousin to french fried potatoes.

But I must say, my favorite is the Nacatamal which can also be ordered as an entree. It consists of infused masa, potatoes, raisins, olives, chili peppers,

capers, pork butt, tomatoes, mint onion, and pork belly wrapped in banana leaves. It is then slow cooked for three hours.

Getting to the main course on separate lunch and dinner menus, there are several meat and seafood options. I tried the chimichurri marinated steak which was cooked medium rare to my specifications. They offer a variety of steak options which were all delicious. Their shrimp in garlic sauce dish, which utilized four large U-15s, is comparable to what one might expect at white tablecloth restaurants.

La Fritanguera's chicken did not miss a beat. Unlike most eateries, they utilize chicken thighs which offer much more flavor than breast meat. The grilled chicken is marinated in achiote and other spices. The fried version was equally good.

At lunch, entrees come with your choice between the Nicaraguan national dish of red beans and rice and a less spicy version with plain white rice, a

cabbage salad, and either plantain chips or Maduros (sweet plantains). I'm not sure which I liked better but wished they served more of each.

For newcomers to La Fritanguera who may be unfamiliar with the cuisine, they have put together a El Nico sampler which incorporates many of the dishes from their menu. Jenn calls this the Ultimate Nicaraguan Sampler for two.

For dinner and on weekends a larger menu is offered. The Baho is tender brisket, yuca, ripe plantains steamed in banana leaves. They also offer whole Tilapia, beef liver, and tongue entrées to their regular menu items.

In addition to food selections, La Fritanguera offers a wide variety of non-alcoholic drinks one would find in Nicaragua. The Cacao rice chocolate milk has a flavor similar to Mexican chocolate. Several fruit drinks including pineapple, dragon fruit lemonade, and a raspberry, tamarind and chia concoction are available. A decent selection of beers including Nicaraguan Toña Lager compliments the spicy food.

As might be expected, deserts from Jenn's kitchen are bound to be different

and not found elsewhere. The Manuelitas which consists of a thick crepe filled with finely grated cheese and cinnamon sugar, is a melt-in-your-mouth experience. The Bunuelos comes with three yuca and cheese fritters topped by cinnamon syrup.

These well-balanced dishes offer a perfect blend of sweet, tangy, and savory flavors. In all, La Fritanguera is a hidden gem which is a one-off restaurant unlike any other place in Contra Costa County. Its biggest limitation is having only six tables, although reservations are accepted, and Take-out is an option. Despite its size, there is normally not a long wait to be seated.

In two years, Jenn hopes to move her restaurant to a larger location. Such lofty plans are quite an accomplishment for her family that migrated to the United States during Nicaraguan Revolution in

the 1980's.

Just as remarkable, she started her business with no prior experience in the field. It is rare that anyone is ever successful starting a restaurant under such circumstances. However, Jenn Flores is an individual like no other whose food reflects her "can do" attitude.

La Fritanguera is open for lunch each day between 11am and 3pm while dinner is served 5 to 8. Learn more at <http://lafritanguera.com/>.



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# ARF UPDATE

by David King

## ARF Adoption Stars



**Flynn:** Four-year-old Flynn will melt your heart with his charming looks and personality. Flynn is a fun and smart boy who is up for training and learning new things. He really enjoys chewing, playing fetch, romping around with his doggie friends, and getting some snuggle time at the end of the day.

The adoption fee for puppies (<6 months) is \$300, for adult dogs is \$250, and for senior dogs (7+ years) is \$125. This includes a discount on the first six-week session of a manners class.



**Pirouette:** Two-year-old Pirouette is a sweet red tabby cat. She just completed being an amazing mom to her little babies and is now looking for a loving home where she can stretch her paws and be cherished. She's a little on the bashful side at first, but quickly blossoms into a loving and playful kitty. She can get overwhelmed when surrounded by high activity. In a calm environment where she can settle in at her pace and knows she is safe; she sweetly approaches people for gentle petting and treats. She also has a playful side. She would love to be provided with lots of toys and interactive wand play in her new home.

The adoption fee for kittens (<6 months) is \$125, \$200 for 2 kittens, for adult cats is \$75, \$100 for 2 adult cats, and for senior cats (7+ years) is \$50.

You can meet your forever friend at Tony La Russa's Animal Rescue Foundation, 2890 Mitchell Drive, Walnut Creek, during adoption hours: Noon to 6 pm Wednesday & Thursday, Noon to 7 pm Friday, and Noon to 6 pm Saturday & Sunday.

ARF volunteers are making a difference. If you would you like to be part of the heroic team that saves the lives of rescued dogs and cats, learn how at [www.arflife.org](http://www.arflife.org), or call (925) 256-1ARF.

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## Ruby Dooby Do to the Rescue

Each month a hard to place dog in foster care will be featured to give them extra exposure to find their forever home.

When eleven-month-old Venus unexpectedly received an application, Ozzies Pound Puppies suggested I feature Charlie Brown as an alternative for the Rubydooby\_do column. Alas, Venus was not adopted, but how could I not include Charlie Brown now? So this month, I am spotlighting both of these pawsitively adorable dogs from Ozzies.

Venus loves people and kids, is good with cats, and is looking to be your best friend and faithful companion. This gray and white sweetie pie has golden eyes and a crooked, white, lightning stripe that travels between her eyes and down her snout. This cuddle-bug loves people, other dogs, and is good with kids. Venus doesn't bother with cats.

An ideal home for this pit bull terrier mix would include a doggie friend to play with, preferably a male canine companion. She is considered special needs due to occasional piddling that comes and goes. She is on medication to fix her urine leakage that appears to have mostly corrected the problem, but her issue may continue on into the future. Venus has been spayed, is up-to-date on vaccinations, and has been microchipped.

Charlie Brown is an approximately 3-year old beagle mix that if you squirt you could say he looks a little bit like Snoopy. He loves people and would thrive as an only dog. He sucks up attention like a sponge and does not appear to be inclined to sit on a dog house and pretend to be a fighter pilot, nor would he be so gullible to try to kick a football held by Lucy. He did, however, need eye surgery that required the removal of a tear duct. He may or may not require tear drops in the future. Charlie Brown is up-to-date on shots, microchipped, and is neutered.

Venus' and Charlie Brown's adoption fees is \$275 each. To meet Venus or Charlie Brown, complete an application at <http://ozziespoundpuppies.org/online-application/>. Ozzies Pound Puppies is an all breed dog rescue based in Concord that rescues unwanted and abandoned dogs from the public and from shelters. Ozzies is a 501(c)(3) non-profit organization



Charlie Brown



Venus ready for you to adopt.

## GOOD GRIEF: CHARLIE BROWN AND VENUS

funded by donations. You can help by fostering, adopting, volunteering or donating. If neither dog are a good fit, perhaps Ozzies has another pooch that meets your needs.

**Dog Bites** "Pawsitive" News: September is National Service Dog month. Celebrate by attending a Guide Dogs for the Blind Graduation on September 14th located at 350 Los Ranchitos Rd. in San Rafael or take a tour of the facility. The graduation ceremony is open to the public and celebrates the accomplishments of visually impaired students and their new guide dogs.

Pet Food Express' Bay Area Pet Fair, North America's largest pet adoption event, will be held September 14th and 15th at the Pleasanton Fairgrounds from 10 am to 5 pm. Free admission and free parking. There will be 2,000+ adoptable animals (including dogs, cats, bunnies, small animals and more) from 26 shelters and 100+ vendors. Keynote Speakers Brandon McMillan (CBS "Lucky Dog") and Jackson Galaxy (Animal Planet "My Cat from Hell") will be there. But wait, there's more: free samples, dog cooking classes, Search & Rescue and K9 Police Demos, workshops, live bands, food trucks, a Family Fun Zone, and so much more. Many of the adoption groups and agencies will accept applications in advance, so you can be pre-approved and potentially take your new pet home that day. Adoption fees vary by group.

**A Bone to Pick:** With dog ownership comes responsibility and that includes picking up poop. In the late 1970s, San Francisco politician Harvey Milk said, "whoever can solve the dogshit problem [in the city] can be elected Mayor of San Francisco..." To this day, Milk is best remembered for his "Scoop the Poop Act" of 1978. Yet, it has been reported that up to 40% of dog owners admit to not cleaning up after their dog. Often these negligent dog owners claim that nature will take care of the problem. Here's the thing, dog waste is NOT a good fertilizer, nor is it suitable as compost. Here are some important reasons why leaving dog feces to decompose is a really bad idea: 1) It is bad for grass and lawns. 2) It carries transmittable dog diseases such as hookworm and human diseases such as Salmonella and roundworm and 3) It pollutes waterways and is categorized as bad for the environment as oil and mine runoff. So, after Fido does his business, make sure you take care to scoop up and properly dispose of your pet's poop.

Before you take your dog on a fun swimming trip to cool off, please make sure to check if toxic algal blooms are present by clicking on [EBPARKS.ORG](http://EBPARKS.ORG). Naturally occurring toxic algae can be FATAL within hours of your dog's swim. Current recommendations are to avoid Quarry Lakes in Fremont, Lake Chabot in Castro Valley, and Big Break in Oakley. There is currently a Cautionary Advisory for Lake Temescal in Oakland and Lake Anza in Berkeley. It is critical to keep the dogs out of the water if the algae is present. To find local spots where you and your dog can safely enjoy water activities, go to: <https://ebparks.org/activities/features/default.htm> and click on blue green algae updates.

[Editor's Note: Rubydooby\_do is Concord's Instagram Doberman celebrity with nearly 87,000 Instagram followers. Instagram.com/rubydooby\_Do. Written by Jill Hedgecock, her novel, "Between Shadow's Eyes" (July 2019) features Ruby on the cover. [www.jillhedgecock.com](http://www.jillhedgecock.com).]


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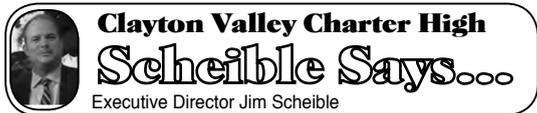
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Ozzies Pound Puppies founder, Lisa Mendelsohn, pulls Stanley (December, 2018) from the shelter and is now happily living in Danville with stay-at-home Mom and two older kids giving him lots of love.



**Clayton Valley Charter High**  
**Scheible Says**  
 Executive Director Jim Scheible

# CVCHS Welcomes New Music Director

It's back to school at Clayton Valley and we're excited to have our kids on campus, in class and learning from innovative and passionate educators.

Chance Krause is a great example of that. He's new to our school and has already hit the ground running. Chance was hired in early July as the CVCHS Music Director. He graduated from the Meadows School of the Arts at Southern Methodist University in Dallas. It's one of the foremost arts and music institutions in the country and we're lucky to have him. I can't wait to see where he takes our music program and the journey our kids will take with him.

I sat down with Chance in between his busy class schedule to talk about his first few months at CVCHS. Here are a few excerpts from our discussion:

### What do you find special or different about the CVCHS music program?

"I came out here from Texas where high school marching bands are huge. In many programs, there over 200 students participating in the marching band. It's considered part of the Texas culture -- almost like a second religion.

What's amazing about Clayton Valley is the diversity of opportunities afforded

to students and the different interests and clubs they can pursue. By comparison's sake, our marching band is not huge, 60 students. But because our kids have so many choices of what they can do, every kid in the marching band really wants to be in the marching band. They work super hard.

With this entire program, every time I've asked our music students to go beyond the basics, they come back completely prepared and ready to go. That doesn't exist everywhere. These kids really want to be here, and they are actively pushing my expectations for them. Every day I see their hard work and sacrifice to be a part of our music program. The diversity of interests to pursue here on campus makes our music students some of the best and they have realized what they need to do to succeed."

### What is your early impression of our music students?



"I really feel I can trust my students to take responsibility for their own learning and that of their peers. For example, we have three advanced music

classes: chamber orchestra, wind ensemble, and jazz band, and two second-level classes. Most of the Strings students play the violin while a few play viola, cello, and bass. Our second-level classes allow students to explore another instrument under the guidance of an advanced student.

It's difficult for a successful orchestra program to survive with 15 violins and then none to replace the viola position when that student graduates. Our program allows our advanced students to mentor one of our incoming students and helps them swap over instruments.

Simply put, we're teaching our students to teach because all musicians ultimately become teachers. I sit down with each student mentor to provide the lesson plan outline and instruction for teaching new students. It's also great training for any student considering private lessons as a side job. From my own experience, most college music students survive by providing private lessons."

### So, from Springtown, Texas to Concord, California. How did that happen?

"I grew up in a small rural town about 60 miles from Dallas. After graduating from SMU, I taught music for two years at a middle school program. I wanted to grow professionally and recognized I needed a change. So, after my girlfriend, a Ph.D. student in electrical engineering, was accepted to UC Berkeley, I moved out here without a job.

I had already interviewed at several other schools when I learned about the opening at Clayton Valley. I knew instantly this was the best opportunity for me. I interviewed with Principal Jeff Anderson and the former music director ... I have never been so excited about working with students and expanding their musical talents."

# CCA Data Shows Strong Opposition to Downtown Concord Soccer Stadium

By Judith Herman

In recent informal polling, Concord residents overwhelmingly opposed a proposal to build an 18,000-seat stadium in downtown Concord. Between July 18 and August 22, members of the Concord Communities Alliance ("CCA") offered a simple yes / no question on a downtown stadium to attendees at the Thursday farmers market and music events at Todos Santos Plaza in downtown Concord. The results were consistent across each date, and across the five different city council districts. 88% of the nearly 400 poll participants opposed the idea of a downtown soccer stadium. In follow up discussions, the most common reasons for their opposition were negative impacts on traffic, and disruption to the residents who live near the proposed site, which is former redevelopment agency land adjacent to the Concord BART station. Many were not opposed to developing the area but rejected the stadium by a significant margin.

On January 22, 2019 the Concord City

Council approved an Interim Exclusive Negotiating Agreement ("IENA") with the Hall Equities Group, whose principal is Mark Hall, a Walnut Creek resident. This 18-month agreement gives Hall exclusive rights to study the feasibility of a larger project, including a soccer stadium. Four city council members supported this step. Laura Hoffmeister was

opposed. Vocal public comment against the IENA and the stadium was offered at the city council meeting. On May 8, Kelsey Barclay of Hall Equities Group made a presentation on the project to CCA members. Late in May, CCA members met with Barclay and Hall in a follow-up meeting. During that meeting, Hall was asked what he would do if a majority of Concord residents opposed the proposed stadium. Hall indicated that if he received those three votes from the

city council, he would proceed. It would be the responsibility of each council member to determine the basis on which they cast a vote on this issue. The Concord Communities Alliance is on record opposing the downtown stadium and has posted a petition to oppose the proposal on their website.

Hall has entered into a license agreement with the United Soccer League to operate a minor league soccer team in the

East Bay, including Concord. He has a limited amount of time to house that team in a venue. Laura Nakamura, a founding member of CCA and advocate for tenant protections in Concord, observed that "Concord doesn't have a stadium problem, it has a housing problem. Mark Hall has a stadium problem."



AUG 8th Results

City Council District	NO	YES
1		
2		
3		
4		
5		

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**THE JOURNEY-MAN JOURNAL**  
by Fran Cain

**TALES FROM THE TRAIL**  
**Volcanic Legacy Scenic Byway**

Everyone knows that California is earthquake country. But it is also Volcano Country. After visiting enthralling Kilauea in Hawaii, I was delighted to learn that an entire chain of volcanoes is just up the road right here. Northern California and Oregon have plenty of geologic activity. It can be experienced up close and personal along the Volcanic Legacy Scenic Byway, a spectacular journey of endless natural attractions starting at Lake Almanor and ending at Crater Lake National Park. Although I liked the idea of doing every bit of the 500-plus mile adventure in one trip, reality forced me to pick and choose some highlights. I was first exposed to and enchanted by Lassen Volcanic National Park a number of years ago. Not only did I ambitiously climb Lassen Peak, a dome volcano where I once stood on a glacier (no longer there), but I did it twice, once during a fire storm where the



Mt. Lassen



Burney Falls

Lassen has bubbling mud pots galore. At Bumpass Hell where signs warn against straying from the easily accessible paths and boardwalks, bright turquoise pools will boil a person in seconds. In fact, it is named after an early settler who fell and was severely burned. There are enough of the steaming pools, and oh that sulphur smell, to keep anyone intrigued. The trailhead is at Lake Helen and the elevation is a breathless 8,000 feet. Outside the park on Highway 44, Subway Cave offers a fun first-hand exploration of a lava tube. Descending the steps into the creepy pitch-black tube, I was glad to have a real flashlight in addition to my iPhone. Even in summer the interior is a chilly 46 degrees. The

tube is cavernous with ceilings 15-20 feet high and walls 15 feet thick, and the floor is uneven as expected. It did not take long to go through, but it was an experience I'll always remember. If I hadn't spoken to the Park Ranger, I would never have known about the Cinder Cone, an ancient volcano that last erupted in the 1600's. Found on Butte Lake Road off Highway 44, adjacent to Butte Lake Campground at about 6,000 feet, the 1.2 mile trail passes the idyllic little Butte Lake and meanders along an impressive wall of lava. At the base of the cone, the loose cinder trail winds around to the top for a 25-minute hike. With a 700-foot elevation gain, it felt fairly steep. It was hot and dry, so I carried plenty of water. The 360-degree views from the top are stunning. My favorite parts were looking out over the Fantastic Lava Beds (yes, that's really the name) and the Painted Dunes that reminded me of a gigantic colorful golf course. I followed the trail down and stood on the bottom of the caldera, now solid ground, or so it seems.

Leaving the Butte Lake area, I stopped by Drakesbad Guest Ranch in Warner Valley (Route 36 to Feather River Road) a verdant area with more geothermal delights. The trail starts out from the guest ranch through a lovely green meadow to Devil's Kitchen, an area with bubbling mud pots and steam vents, and Boil-

ing Springs Lake, another impressive geothermal wonder of this rich volcanic area. My bucket list includes a stay at Drakesbad, but lunch in the dining room was all I had time for.

Seeking relief from steam, mud and lava, I headed north to the waterfalls. From Route 44 to Highway 89, I found McArthur-Burney Falls Memorial State Park. The spectacular 100-million-gallons-per-day Burney Falls are fed from springs out of a 1 million-year-old underground reservoir of porous black basalt. Yes, volcanic in nature. I walked the pretty Headwaters Trail, only about a mile round trip.

Another hour north from Burney, close to where Highway 89 meets I-5, tiny Mount Shasta City is the proud home of the original Black Bear Diner. I was thrilled to visit and have the Volcano breakfast to stay on theme. At 1710 calories, all the hiking paid off. After breakfast, I stopped by Mount Shasta City Park. Here at the Mount Shasta Big Springs, the Sacramento River headwaters emerge almost magically from some rocks and the water is so pure that drinking right out of the stream is perfectly safe. Many people bring bottles to fill and take home. According to the sign next to the headwaters, the water has been filtered through the mountain from 8,200 feet elevation, taking 50 years to get there.

From Mount Shasta City, the next stop was Crater Lake National Park, 2-1/2 hours north into Oregon. The serene drive belies the area's violent beginnings



Mt. Shasta Big Springs

and one was broken down. The operator would not take people out on the lake unless both boats were functioning for emergency purposes. I waited patiently, enjoying climbing down the steep tumbled rocks to the water's edge



Cinder Cone Caldera

and dangling my legs in the crystal-clear lake. Kids, braver than me, were jumping in from a rock platform above. Eventually, the boats were back in service and the tour began. It felt mind bendingly surreal to be inside the 2,148 foot-deep-caldera of a huge volcano that erupted 7,700 years ago but could erupt again one day. The group tour took us around Wiz-



Phantom Ship Lake View

ard Island, created by lava eruptions, and Phantom Ship, a fantastical rock formation that looks like a ghost ship. The guide helped collect the pure water directly into our bottles so that we could taste it. After relaxing for two hours, the climb back out of the caldera to the rim was quite stimulating, helped by the scenic beauty of the setting sun.



Bumpass Hell



Crater Lake View

ings from a volcanic eruption. Crater Lake, in the caldera of the Mount Mazama volcano that collapsed after it erupted, is the deepest lake in the United States at 1,949 feet. The water

is from rain and snow which took 720 years to accumulate. There are no inlets or outlets. Amazingly, the water is pure because there are no pollutants.

The visit started with a drive around the 33-mile Rim Drive and a stop at the Crater Lake Lodge and the Sinnott Memorial Overlook at Rim Village for my first panoramic view of the magnificent body of water. While there I ran into some PCT'ers (Pacific Crest Trail hikers) who had taken a break from the trail to see Crater Lake. Many overlooks along the rim make for great photo ops, with the Phantom Ship Overlook possibly the most popular.

There are no beaches as the lake is INSIDE the volcano's caldera, so only one small area affords access to the water at the bottom of a one-mile hike down the Cleetwood Cove Trail with many switchbacks. Going down is easy. Watching the red-faced, panting people struggling up the trail, my suspicions were raised about how long it would take to get back. I booked a two-hour boat tour ahead of time. Even with a reservation, it was iffy whether the tour would go out. Only two boats conduct



Painted Dunes 2

Although I did not see all the possible attractions on this route, I look forward to visiting again and again.

For more information, visit <https://www.visitredding.com/volcanic-legacy-scenic-byway> and <https://maps.roadtrippers.com/stories/volcanic-legacy-byway>



Warner Valley



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by Terrylynn Fisher, Broker Associate  
www.BuyStageSell.com

## Reasons to Own a Home

The Joint Center for Housing Studies at Harvard University (JCHS), released an annual report on the top 10 reasons Americans choose to own a home. The top reason cited was "To have control over your living space". Listed second was "To have a sense of privacy and security". The National Association of Realtors Generational Study also found that 86% of millennials believe home ownership is a good financial investment with 45% believing it is a better investment than the stock market.

Contrary to what most renters believe, you do not need a 20% down payment to purchase a home. There are grants for first time buyers, and a plethora of 3.5% and 5%, 10% down payment mortgage options for buyers who have worked to establish good credit.

For those uncomfortable taking on the obligation of a mortgage...news flash, unless you are living at home rent free, you are paying a mortgage already, your landlord's. And, you are paying down that mortgage and building equity. Wouldn't you rather build equity for yourself?

The "cost" of a home is determined by two major components: the price of the home and the current mortgage rate. It appears that both are on the rise. Waiting to buy could become costly. Examine the actual reason you are wanting to buy and decide if it is worth waiting. It doesn't hurt to find out if now could be the time to buy.

Put experience on your side. Hiring a professional Realtor can assist with the

heavy lifting like how to handle contracts and disclosures, inspections, and reports, all of which can be daunting. Choosing your battles, especially when in a multiple-offers situation, can be key and your Realtor will help you assess your options. Effective negotiations are paramount to becoming the buyer that gets the home at the right price. You want someone with experience on your side to make that happen. Have a Realtor in your corner who writes offers daily and knows the nuances and non-monetary incentives that help put you in the favored position with the seller.

Sellers, there is less competition right now. There are not enough homes for sale to satisfy the number of buyers in the market. As home values continue to appreciate, more homeowners will be given the freedom to move. Some homeowners were reluctant to sell for fear of not finding what to purchase. However, the choices buyers have will continue to increase. Don't wait until additional inventory comes to market before you decide to sell.

*Terrylynn Fisher, Broker, #1 in Units Sold in 2018, Dudum Real Estate, DRE#01882902, Senior Real Estate Specialist (SRES), 5 YR-5 Star Professional Voted by clients, and Voted by panel of Brokers, One of Top 500 Brokers in the nation. She's got the experience... For a Buying or Selling Plan, call 925 876- 0966, info@BuyStageSell.com. DRE#00615420*

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**the concordian**  
by Edi Birsan, [EdiBirsan@gmail.com](mailto:EdiBirsan@gmail.com)

## Back to Interns

There has been a serious gap in the education of our residents both with respect to basic information regarding the workings of our city's government, and with respect to the interface of politics and policy. One way for citizens to broaden their view of the field is to serve on a City Commission or Board. Another is to attend one of the Citizen's Academies that Concord and a few other cities provide.

For a while I have maintained that each City Council member should have an intern to mentor in this field. However, most in our city government have been opposed to formal internships, and there are also restrictions on the amount of information regarding politics, as opposed to policy, that interns can be involved with.

I finally decided to disregard formality and simply take on an intern without the restriction of government rules, allowing them to get involved in the political side if they were so inclined.

This is the way I have set it up:

1. I and the intern meet every week for at least one hour.
2. We talk about the basics of what they need to learn about, such as the mechanics of local government, as well as local history, etc.
3. We go over any specific aspects the intern is interested in learning about.
4. A series of tasks are assigned to be completed for our next meeting.
5. I bring them in on various meetings or discussions with people or organizations that are relevant to the internship goals.
6. Tasks always include attendance at City Council meetings, or at minimum watching the meetings on TV. Optionally, it is advised that interns pay attention to the activities of other Boards and Commissions, such as the Planning Commission.
7. Both prior to and after the meetings, we go over council agendas and other issues that have come up.
8. As an informal intern they cannot get access to my desk at City Hall.
9. I will provide a personal tour of City

Hall, as well as tours of the city if it fits in with our personalized plan.

10. Any necessary expenses incurred, such as obtaining the election data base from the County Clerk, will be paid for by me personally, rather than being billed to the City.

11. Finally, we will meet periodically at Peet's Coffee on Oak Grove, and I will provide all the coffee and pastries you would like.

Generally, I would like to have each internship run for 12 straight weeks, with constant re-evaluation. I would advise any prospective intern that I may be taking an oppositional view on any issues that come up (I can do a pretty good curmudgeon imitation, although some might say that it is not an imitation). Further, any topic is open to discussion.

While I would prefer a high school or college student, it is not mandatory (my current intern is over 30). Further, my intern's political affiliation is not an issue, although (full disclosure) I belong to the Democratic Party and have more contacts in and information about the Democratic Party than I do about California's other endangered species of a Party (not to mention the Left-handed Blonde Party of Erehwon).

I believe that internship is important to the development of an involved and educated resident, and I take mentorship very seriously, despite my usual sarcasm. I believe that all people need to reaffirm the importance both getting involved as well as being knowledgeable about what it is that you are involved with. Local government is where you can put your hand on the true face of Democracy; you may want to slap it around a little, and sometimes (but rarely) you may even want to kiss it.

If you are interested in doing an internship, contact me for the next opening around the second week in November. Remember, local government is either listening to you or it is listening to someone else. So, learn what to look for and talk with knowledge.

[EdiBirsan@gmail.com](mailto:EdiBirsan@gmail.com)

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## Diablo Valley College Vikings to Be on Netflix "Last Chance U"?

by David King

The Netflix documentary series "Last Chance U" has covered two different community colleges so far, East Mississippi Community College in seasons one and two, and Independence (Kansas) Community College in seasons three and four. Now, it's heading to the Bay Area for a fifth season. As the show's Twitter account announced, they're going to be covering Laney College in Oakland in the next installment, which will premiere next year.

The Laney Eagles are coming off an impressive 11-2 season, which saw them win their first-ever California Community Colleges Athletics Association title and then pick up the highest junior college ranking (and a ranking higher than some Division I schools) from Massey Statistics. However, that doesn't make them NJCAA champions, as the NJCAA doesn't include California. So, it seems likely that the on-field stories here may be closer to what we saw in the first couple of seasons of "Last Chance U" rather than what we saw at Independence. Football head coach and athletic director John Beam (who's been at the school since 2004, and has been the head

football coach since 2012) told San Jose Mercury News he thinks the show's name isn't accurate for his program.

"I told them we're not 'Last Chance U,'" Beam said. "We're your first chance. We're your Best Chance U. I said you're not (re-jects). All those kids from the other shows either left school, got kicked out from a four-year school or something. Well, that's not us. You're the kids who came here for a reason. To better your grades or better your football outlook. We're your best chance."

So why am I bringing this up? "Last Chance U" is a binge worthy Netflix series even when you don't know the teams being followed. But now, it's much closer to home. So close that Diablo Valley College is scheduled to play Laney College on November 8, which means there's a good chance we can see a few of our local athletes in a Netflix series, albeit briefly. So what if it may only be a few minutes of game highlights, it will be as much fun as watching a close friend show up as an extra in a movie. It will be a thrill. Even De La Salle High gets more TV time than DVC. Good luck Vikings, I hope this is not your last TV chance.





# Newell Beginnings: Player Isaiah Newell Inspired Las Lomas Coach to Return

Story and Photos by Chace Bryson, SportStars Magazine;

Isaiah Newell walks into the Las Lomas High football office like he'd walk into his own living room. He wears a big smile as he strides to an empty coach's desk and sits down to change into his uniform



Isaiah Newell, Coach Doug Longero, Apalit-Williams

for a photo shoot. He's just come from studying for a final he'll have at Diablo Valley College later that night — a sign language class he's taking to assure he'll be NCAA-eligible when he graduates in nine months.

Knights head coach Doug Longero asks how it went. The response is far from the typical "Good, coach," kiss-off. Newell begins unloading about his morning with plenty of detail.

It becomes obvious that Newell's comfort in the coaches' office has nothing to do with the fact that he's a three-star running back with multiple Pac-12 offers. This is a second home to him.

Truth be told, it's the relationship shared between Longero and Newell that could be considered the genesis for the Walnut Creek school's turnaround from an 0-10 season in 2016 to 12-1 in 2018.

Longero had won 113 games and three North Coast Section championships with the Knights from 1999-2012. It was an impressive 14-year run coaching the Knights. Then Newell became one of his freshmen P.E. students in 2016.

"I don't think I ever actually thought I was coming back," said Longero. "But I had Isaiah in P.E. and I knew his story. I thought I could help this young man. I decided at that time to come back."

Newell's father had passed away when he was in eighth grade. Longero slowly evolved into a key male role model for him.

After Longero's exit, things had bot-tomed out for the Knights. The varsity program went just 1-9 in 2015 and win-less in 2016 while the junior varsity was winless both years.

"It was tough seeing them not having the same success and the same things we had provided for these young men for all those years," Longero said of watching the program he'd built sputter.

Newell distinctly remembers when Longero told him things were going to change.

"My freshman year, nobody cared about the (football) team," Newell said. "But I remember Longero coming up to me and telling me he was coming back to coach for my sophomore year, and that he was going to change the culture."

The Knights won three games on the field in 2017 and picked up a fourth through a retroactive forfeit. Newell gained over 1,500 yards rushing and the team reached the Division III playoffs. All of which set the stage for a confident bunch to return in the spring. The culture had changed. And Newell could see it.

"It's not easy," the running back said. "You've got to show up at 6 o'clock in

the morning in February every day. You've got to show hard work and dedication. You got to work at your craft every day. Get better every day. That's what changes a culture. You need guys you can trust who are willing to play. It's not just one guy on a team. It's not just two guys. It takes a

whole team to change a culture." Jalen Apalit-Williams wasn't part of that first year. The junior receiver and de-fensive back transferred in from Alham-bra-Martinez for 2018. He and Newell knew each other, and Newell assured him that good things were happening. But he only needed his first day with the team to know it was a program he wanted to be part of.

"The first thing Coach Longero did was take me to the weight room where everybody was and say, 'This is our new player,'" Apalit-Williams recalled. "Ev-eryone started going crazy and I thought, 'This is the place.'"

With players bought in, and more talent than just Newell, the Knights won their first 12 games on their way to the Diablo Athletic League-Valley Division championship and an NCS Div. III semi-finals appearance.

Newell racked up 2,166 rushing yards and 31 touchdowns during his junior season. Apalit-Williams caught three touchdown passes in his first game. He now holds six offers, including one from Colorado State. Lineman Zach Transue logged 23 sacks during the season.

With all three back among 13 returning starters and some impact transfers, Las Lomas is firmly back on the map among competitive Bay Area programs. The rebuild is complete.

Newell comes into his senior year hav-ing committed to Oregon State on Aug. 15, his dad's birthday.

"Every single offer I got, I would just think of my dad," Newell said. "And I thought that when I choose the school I'm going to go to, I'm going to announce it on his birthday. This was his dream for me, which makes it the best gift someone could give."

It doubled as a special moment for Longero as well.

"It's a unique bond," the coach said. "There's a lot of support I provide for him on and off the field. His mom has been a wonderful human being for him, provid-ing structure and all that. I'm just filling a guiding role. I'm so proud of what he's done for himself. It's been awesome to see him mature as a student and as a person."

If all goes to plan, the coach will have a chance to be proud of several more Knights come this postseason. The Knights won their opener 54-0 over Ken-nedy-Fremont.

"We put a lot of people on notice," Newell said. "A lot of people know that the Knights are back, and we're going to prove that in 2020."

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