

Clayton Oktoberfest
 October 5-6

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OCTOBER 2019



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FRIDAY
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SATURDAY
OCT 12 • 2-8PM

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For Tickets and More Information: VisitConcordCA.com/ConcordOktoberfest

concord mayor
 by Carlyn Obringer, Email: Put MAYOR in subject line CityCouncil@cityofconcord.org

Paint the Town (More than Red)

If you have visited Downtown Concord recently, you may have noticed that Todos Santos Plaza is now a little more colorful. As Mayor, I was proud to participate in the official Greater Concord Chamber of Commerce ribbon-cutting ceremony celebrating the painting and vinyl wrapping of utility boxes around the square. The boxes are beautifully painted, or vinyl wrapped by talented local artists. This is a project I began working on approximately four years ago with now-Concord Vice Mayor Tim McGallian, former Concord Art Association President Lisa Fulmer, members of the Concord Art Association, and the City of Concord Public Works Department. I had seen many other cities around the country showcasing local artistic talent via decorated utility boxes and wanted to bring that sparkle to our city. Via a Call for Artists facilitated by the Concord Art Association, this initiative paired local artists with these unusual canvases in an effort to further beautify Concord's "Living Room." With the help of supportive organizations and small businesses like Get Out Books, The Hop Grenade, Lima, Mullin Law Firm, Signature d'Sign, Visit Concord, William Koch, CPA, and others, 13 utility boxes, featuring a "Music and Market" theme, have been transformed.



How exactly was this artwork funded? On March 26, 2019, the Concord City Council authorized this project and use of Art in Public Places funds of up to \$11,600, in addition to the provision of supportive in-kind City services. The Art in Public Places funds could not be used for any other purpose since it was left over from a utility tax fund specifically earmarked for public art. On average, each box cost \$1,154 to paint or wrap with printed vinyl. Costs included vinyl wrap printing and installation, artist awards for painted art. In addition to the City's funds, the Concord Art Association raised approximately \$8,000 in donations to finance this project.

I am thrilled that through these collective efforts, the people of Concord and visitors to our city now have a beautiful permanent display of public art in our Downtown to enjoy. I look forward to seeing this initiative expand in the coming years to other parts of our Concord Community. Individuals are invited to contact our Director of Public Works, Justin Ezell, at Justin.Ezell@cityofconcord.org if interested in donating to support the painting/vinyl wrapping of a utility box.



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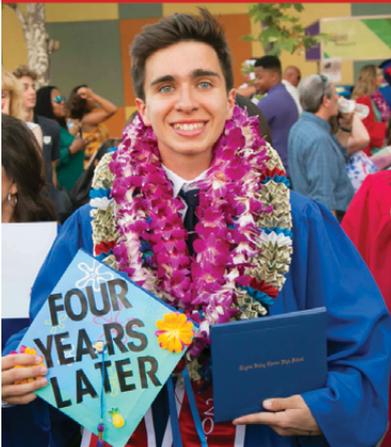
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Have questions or need more information?

Visit www.claytonvalley.org or call (925) 682-7474. RSVP: [facebook.com/claytonvalleychs](https://www.facebook.com/claytonvalleychs)





VISIT CONCORD
A Northern California Original

by Elaine Schroth,
Executive Director

Todos Santos will host the 2nd Annual Concord Oktoberfest on Friday, October 11th from 6pm to 9pm and Saturday, October 12th from 2pm to 8pm. Enjoy two days of live music, singing, dancing, food trucks, arts and crafts, a kids' area of rides and other activities, plenty of craft beers, wines, and of course a beer tent. All this is courtesy of Visit Concord, Hop Grenade, and Concord Chamber of Commerce with the sponsorship support of our local business community and volunteers.

Craft beer fans, 21 and over, will have the chance to sample close to 30 different brews. This includes familiar favorites as Pilsners, Marzens, Helles, Hefeweizens and Dunkelweizens. Breweries from around the Bay Area such as Drake's, Sierra Nevada, Firestone, Seismic, Trumer and Speakeasy as well as local

selections from EJ Phair Brewing Company, Epidemic Ales and The Hop Grenade will also be on tap. Those who prefer wines will be happy to know that a fine selection of wines have been added to this year's festivities.

Expect ample German fare to be sold throughout the plaza by food trucks, and food vendors offering sausages, pretzels, burgers, gyros, zombies, strudel, assorted Bavarian pastries, and more. Or, one can stick with the dining alternatives from the surrounding downtown restaurants.

There will be plenty of seating under the beer tent to enjoy the live music, singing and dancing to the authentic German music of Deutscher

Musik Verein (DMV).

DMV will be performing traditional German marches, polkas, European folk music and maybe even a little jazz and pop on both days.

Of note, DMV has been a part of the SF Bay Area since 1938 when they contributed to the war-effort by playing benefit shows and dances for the Red Cross and USO. High School students to WWII Veterans have also performed in this group.

Kids are welcome. They will enjoy a dedicated safe area with rides, face painting, games and other planned activities.

Meanwhile, adults can test their might in



the strongman contest.

"For one weekend, Todos Santos Plaza will turn into a mini-Munich, hosting an authentic German Oktoberfest. With more than 6,000 people attending last year's event, we are excited to bring an exciting line-up for 2019" says Justin Crossley, owner of Hop Grenade, and the event organizer.

Admission is free. Tasting tickets are \$25 each and include a collectible Concord Oktoberfest stein and your first two drinks. Additional beer fills are \$7 each. Concord Oktoberfest wine glasses will also be available for purchase.

You might wish to come early, there is limited free parking available throughout Downtown Concord. Guest from out of town can take BART to the Concord

station.

There is also call for more volunteers to help with this event. Volunteers will receive FREE admission, a plastic volunteer cup, two beer tickets, and a t-shirt. Go to www.visitconcordca.com/concordoktoberfest to sign up.

The 2nd Annual Concord Oktoberfest benefits Bike Concord. These are the folks that are working to bring safe, convenient and enjoyable bicycling to our community.

To avoid ticket lines, purchase your tickets in advance, go to www.universe.com, then type Concord Oktoberfest in the search bar.

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East Bay Disk Centers Opening Soon in Concord

East Bay Disk Centers is gearing up to open this month in the Clayton Fair Business Park, 5354 Clayton Rd., in the former Sonset Flowers location. The target date is October 15, but Dr. Harris Meyer says it depends on how long it will take for the special equipment to arrive.

For the past 20 years Dr. Meyer has enjoyed his successful practice in San Francisco at Body Focus Health Center.

"It sounds like a cliché, but I am super excited about opening a practice here in Concord. I lived and worked in San Francisco and always thought it was the worst thing imaginable to get on BART or cross the Bay Bridge into East Bay. I was a city dweller," Dr. Meyer admitted. "Then about three years ago I moved here, and I can't imagine it being any better."

Dr. Meyer still has his practice in San Francisco, and now commutes to work. "I'm not prepared to leave San Francisco, but I've been wanting to establish something here. This community warms my heart."

He received his Doctoral of Chiropractic from Life Chiropractic College West in Hayward in 1995. While he does traditional chiropractic care with focus on neck and back, and treats a lot of headache problems, his passion is getting to the root of the problem and not be a symptom chaser. His approach is to encompass various aspects of lifestyle including sleeping habits, diet,

medication and exercise.

"I've been exploring non-surgical spinal decompression. Back pain is the #2 reason people seek medical attention, with the common cold being #1. Medication for pain, steroid injection, physical therapy, acupuncture, are all treatments but they don't get to the root of the problem.



What is spinal decompression? The patient lays down on a special table. Usually an MRI will have helped determine the condition of the

spine and locate the problem disk. Once a spinal disk has been identified, the table stretches and relaxes the back. This process creates a vacuum in the disk that allows for water to return to the disk. "Disks are about 80% water. When a disk is damaged it loses its water, and once it dries up and diminishes in size, that always leads to pain and nerve problems, Dr. Meyer explains. "By increasing the fluid, we are getting to the cause of the problem with virtually no risk, it's fantastic technology."

Dr. Meyer says there has been an 86% success rate with spinal decompression.

"After all the research and hanging out with other doctors who use the technology successfully, I am really excited about setting this up."



the concordian

by Edi Birsan, EdiBirsan@gmail.com

SCARY STORIES OF CONSTITUENCIES

Recently a flyer was circulated asking City Council members whether we would take a position or vote on an issue contrary to the will of the majority of our constituents?

This brought up two interesting questions:

1. What is the definition of a constituent? Who or what is a constituent?
2. How would one determine what constitutes the majority on any particular issue?

I asked these question on my Facebook page, expecting a flame war, but with little response. So, I put these questions to people on NextDoor, people I met in coffee shops, people in line at Safeway, through email, etc.

As a result, I was amazed at how widely people's opinions differed as to what exactly constitutes one's constituency. Based on people's answers, I came up with the following possibilities:

- A. Constituents include all people residing in the Council member's city.
 - B. Constituents include only people residing in the Council member's district.
- These answers generated the following additional questions:
1. Of A and B above, are all people included, or only adults?
 2. Of #1 above, are all adults included, or only adults legally in this country?
 3. Of #2 above, are all adults included, or only adults who are citizens?
 4. Of #3 above, are all citizens included, or only citizens who are registered to vote?
 5. Of #4 above, are all citizens who are registered to vote included, or only those who voted?
 6. Finally, of #5 above, are all citizens who voted included in your constituency, or only those who voted for you?

(Side note: most people were unsure if the homeless count).
With respect to businesses rather than individuals, most believe that the owner of a small business who lives outside the city but who has a business in the city is a constituent, but that a business such as Wells Fargo is not a constituent because it is a corporation and not a person (despite Citizens United), and because it is headquartered outside of the city. (Of course, it could be argued that a corporation, simple by owning property within the city, is de facto a constituent).

In addition, this leaves open the question of a small business that is owned as a corporation by a single individual who does not live in the city. What about a small business owned by one or two individuals that may have branches in

Concord as well as two or three other cities? At what point does a business lose its constituent status?

Another interesting question is whether all constituents can be considered equal? For example, would the interests of a single mother of four carry more weight than a single 21-year-old living alone? Or would the owner of a small business carry less weight than the owner of a much larger business?

Once a council member has defined who he or she considers their constituents, they must then figure out how to determine what exactly constitutes a majority opinion among these constituents?

Voting has its problems in that most local issues are never placed on the city's ballot. So, to determine what people feel about these issues, should the council member take a survey or a poll? The classic problem here is that when the poll results seem to favor your side of an issue, people who agree with that side cheer, and when the results do not favor your side, people immediately attack the results as biased, argue that the sample is not large enough, that the sample does not match the demographics, or that the poll or survey was distorted by misinformation, as if election results are never distorted by misinformation (sarcasm intended).

In applying the above questions and uncertainties to the real world, one could look at Concord District 3, which has a demographic profile which includes 25,000 total people, 6,000 total registered voters, and 3,000 registered voters who actually vote. 50% of the adult population is not eligible for voting. Considering the above discussion, it becomes apparent that before a council member can make a decision on any particular issue, the council member must first confront the difficult question as to who his constituents actually are, i.e., who does the council member really represent.

I am not a purist, or an ideologue and I believe that there are many different constituencies, depending on the issue. There is no universal definition of a constituent that covers all situations.

So, when people ask me what I will do if a majority of my constituents want something, I have to ask, "Which constituents are you referring to?" And, "How am I to determine exactly what these constituents actually want?"

I feel that in all cases there is a mix that changes from issue to issue and group to group who are asking the questions in the first place.

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Overcome

Home-Buying Anxiety



Buying a home can be stressful. But it can be even more stressful if you're a first-time homebuyer who is unfamiliar with the process. Buying a home is one of the biggest financial decisions you will make, so you want to be sure you're making the right choices along the way. Although it's common to feel anxious when you're buying a home, there are steps you can take to feel more at ease. Here are the best strategies we've encountered to overcome your home-buying anxiety.

Make a budget. When you start looking at homes, it's easy to get carried away. You may believe you've just found your dream home, but the mortgage payments may be more than you can handle. Before you begin your search, determine how much you can reasonably afford to pay for a home. Use this as your guide when house-hunting and avoid the temptation to get in over your head.

Learn about mortgage options. Knowledge is power. Take time to educate yourself about the types of mortgages that are available. Not only can you look into a traditional mortgage, but you may also qualify for an FHA or a VA loan, among others. You should treat a mortgage as you would any other large purchase. Shop around for the best deal and the best terms.

Practice paying a mortgage. Are you worried that your mortgage payment is going to be more than you can handle? Then you should practice making that payment for a few months. Once you know how much you can afford each month, set that money aside as if you were paying the mortgage. You'll get

a good sense of whether or not that number is appropriate so you can make a more informed decision when the time comes.

Know what you want. When you begin your home search, you'll discover there are so many choices out there when it comes to homes. If you don't know what you're looking for, then it can make the situation very stressful. Sit down and make a list of what you need in a home, and what it would be nice to have. Do you need a certain number of bedrooms? Would you like a home



located in a specific school district? Are you hoping for a big backyard where the kids can play? When you determine what you really need, it will make it easier to know when you've found the right home.

Be flexible. Once you're out shopping for a home, you'll soon realize that no home is going to meet every single one of your needs. It's important that you remain flexible. Buying a home is a complex process. Keep an open mind and be willing to compromise.

Work with a trusted professional. Finally, the best decision you can make to ease your home-buying stress is to work with a trusted real estate professional. When you partner with an agent who is an expert in your market, you can rely on them for guidance throughout the entire process. Chances are they've encountered every type of problem or setback imaginable, and they can help you navigate or avoid those same problems.

Courtesy of www.Virtualresults.net.



David George

THE NAKED GARDENER

TEST YOUR NAKED KNOWLEDGE

The still warm but shorter days of October turn green leaves to gold and crimson. You may have noticed the emergence of fall color around you. I know that New England boasts their "Leaf Peepers" but I love Northern California's spectacular fall foliage also. Our native oak, big-leaf maple, plum, and redbud leaves turn gold-yellow, and Pacific dogwoods (as well as that nasty poison oak) turn vibrant red. Look for these colorful trees in our East Bay neighborhoods and in the surrounding hills.



- native to Roundup for killing weeds?
- A mixture of 10% sulfuric acid and 3 oz. of rubbing alcohol
 - A mixture of 10% shampoo and 3 oz. of hair conditioner
 - A mixture of 10% nitrogen and 3 oz. of phosphate
 - A mixture of 10% vinegar and 3 oz. of dish soap
- 5: Which of these plastics should NOT be tossed in the blue bin for recycling?
- Thin-film plastic wrapping or bags
 - Unwashed or wet containers
 - Uncle Bob's fake

This column is all about gardening naked, that is, eco-friendly gardening. I hope my advice is helping you convert to using more eco-friendly gardening techniques. Let's review this past year's tips. Better yet, lets have a quiz - my "First Annual Eco-Friendly Gardening Techniques Multiple Choice Quiz." If you have been studiously reading Naked Gardener columns throughout the past year, you'll know the correct answers right off the top of your sunburned head. Answers are at the end of this column. Are you up to the challenge? Then let's test your naked knowledge!

Christmas tree

d) All of the Above.
See how much you've learned from our nature-friendly gardening column? Here's a bonus question: Who will be in the Diablo Gazette booth at the Concord Oktoberfest celebration October 11th and 12th? That's right - me! Stop by to chat in person about your naked gardening experiences, have your photo with me in naked shirts, you may even win a prize. I look forward to meeting you.

As always email comments and questions to: NakedGardener@diablogazette.com. In some cases these may appear in future columns.

- Where should you toss your spent coffee grounds?
 - In the trash to enrich the local landfill
 - In your compost bin to enrich your garden soil
 - Down the drain to enrich your plumber
 - Around the base of your plants to ward off pests
- What vegetable-eating pests look like small gophers and are easy to box-trap?
 - Aphids
 - Moles
 - Voles
 - Owls
- What's a great way to avoid being bitten by mosquitos or biting flies?
 - Wear insect repellent
 - Install a Mosquito Magnet
 - Zap 'em with a Bug Zapper
 - All of the Above
- What is a safe, eco-friendly alter-

landfill.
the Christmas tree is destined for the Sorry, Uncle Bob but your fake pink-plastic
5) Answer d) All of the Above is correct.
izer boost and become trees!
chose d), your weeds will enjoy the ferti-
Soap is the only correct answer. If you
4) Answer d) 10% Vinegar and 3 oz. Dish
place in the naked garden.
Chemical sprayed insecticides have no
your garden or poison the environment.
is correct. These options do not harm
3) Answer d) All of the Above answer
class.
re-take Mr. Simpter's high school biology
answered d) Owls, I recommend you
2) The correct answer is c) Voles. If you
is a relative.
Answer c) is correct only if your plumber
post and/or d) Base of Plants are correct.
1) This is a trick question. Both b) Com-
Naked Gardener Quiz Answers:

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It's Fall, Why Am I Still Seeing Mosquitoes?

In Contra Costa County, there's more than one mosquito season because we have more than one type of mosquito. The county is home to 23 known species of mosquitoes, some of which cause diseases including West Nile virus, malaria, Western Equine Encephalitis, dog heartworm and St. Louis Encephalitis.

These 23 different species of mosquitoes are active during winter, spring, summer or fall. They can develop from egg to adult in saltwater, fresh water, and even polluted water including ponds, naturally occurring pools, creeks, tree holes, neglected swimming pools, buckets and other man-made sources, marshes and agricultural areas including pastures.

The Contra Costa Mosquito & Vector Control District has recently received reports from residents in Bethel Island, Knightsen and the Summer Lake area of Oakley, describing "vicious, day-biting mosquitoes."

District employees are working to locate and control the source of the mosquitoes and have identified the mosquitoes as irrigated pasture mosquitoes. These are known to be active in Contra Costa County primarily in summer and early fall and can fly up to 20 miles from irrigated agricultural areas in search of humans and large mammals including horses.

According to the District, they are seeing an influx of western encephalitis mosquitoes which can transmit West Nile virus. So far, the District has not found any mosquitoes infected with West Nile virus.

As a precaution, the District is advising residents to dump out any amount of standing water. Avoid being out when

mosquitoes are present, typically dawn and dusk and wear mosquito repellent.

If you are being bitten by mosquitoes while on your own property, swat a mosquito, stick the dead mosquito in a clear baggie and contact the District to request a mosquito inspection. They need that sample to identify the mosquito species and to help direct them to the source of the mosquitoes.

Every backyard can produce mosquitoes, so we all play a part in reducing the number of mosquitoes in Contra Costa County. With 23 different species of mosquitoes in Contra Costa County, just because it's fall, doesn't mean mosquito season is over.



Anything that can hold water for more than a few days has the ability to produce mosquitoes.

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THE JOURNEY-MAN JOURNAL

by Eileen Majors

“When I first caught sight of it, I was weary and 50 miles away and afoot. Yet all my blood turned to wine, and I have not been weary since.”

--Author John Muir, upon seeing Mount Shasta in 1874.

Mount Shasta called and I answered it with a visit to Mount Shasta Resort and a stop downtown at Strawberry Valley Inn.

Mount Shasta's allure draws visitors from around the world. Many come for its magnificent landscape dotted with trails and opportunities for outdoor adventure. Others are drawn to its mystical side. Mount Shasta never ceases to satisfy its wide array of visitors.

The area's geological landscape rests within the Shasta-Trinity National Forest wilderness and is part of the Cascade Range. Soaring to a height of 14,179 feet, this large, real volcano last erupted in 1786. Mount Shasta is a stratovolcano made of alternating layers of lava and ash from previous eruptions, delivering unique landscapes, beautiful wildflower meadows, and waterfalls amidst year-round snowfields. The mountain provides visitors and residents breathtaking views from all directions. On a clear day, its majestic peak can be seen from over 100 miles away.

No wonder Theodore Roosevelt declared in 1908, “I consider the evening twilight on Mount Shasta one of the grandest sights I have ever witnessed.”

One visually unique feature of the mountain is the lenticular clouds that form regularly as a cap over its peak. Mount Shasta is well known around the world for being a gathering place for spiritual seekers of healing and transcendence. Native Americans have long con-

takers of the meadows. They ask that you respect their sacred lands, not taking anything away and, not leaving anything behind, not depositing any crystals, ashes or anything else in the water.

I highly suggest you visit their website before traveling here as it offers additional important instructions and other recommendations for visitors at <https://www.winnememwintu.us/mount-shasta/>.

It also reminds visitors, “We cannot heal sacred lands; sacred lands heal us.”

In the meantime, allow me to provide you with some highlights of this tranquil National Park's seductive attractions.

Mount Shasta Resort on Lake Siskiyou

I love a quiet mountain getaway and if I can stay by the water, by all means, I stay by the water. I recently took a friend to Shasta to the beautiful Mount Shasta Resort, known for its secluded chalet

cabins nestled along the shores of Lake Siskiyou.

Each well-appointed cabin offers plenty of living space with a separate dining room, deck, full kitchen and a gas fireplace in the living room to add that extra dose of coziness. General Manager Suzanne Bentley showed us around. She said they cater to skiers in the winter. Conveniently, each chalet leads in with a nice area where you can drop off your gear. The accommodations are impeccable.

Photo by Eileen Majors



Castle Lake.

sidered the mountain sacred, particularly the Wintu Tribe. Many local events, tours and offerings cater to those looking to explore the mystical side of the mountain.

The Wintu Tribe are the indigenous people from the mountain and are care-

We enjoyed incredible views of Lake Siskiyou from the cabin and we could walk out the front door to the water's edge. Suzanne had led us to a spot often used for groups or family reunions.

There were four separate cabins huddled near each other, each with its own deck nestled in the trees and a big lawn with barbecue and picnic tables overlooking the lake's tree-lined edge.

Several chalets overlook the lake with more cabins just across the street. There are many quiet spots to relax on the beach and enjoy the stunning views surrounding scenic Lake Siskiyou, as peaceful boaters drift by allowed only to travel up to 10 mph.

The resort also has hotel-style accommodations in their Woodland Rooms. In a separate area they offer pet-friendly chalet

Photo by Richard Barlupi



Mt. Shasta Resort Golf Course.

TALES FROM THE TRAIL

Mystical Mount Shasta Calls



Mt. Shasta covered by cool lenticular cloud.

Photo by Melissa Wynn

lodging. And to really help you unwind you will find their onsite spa and salon quietly tucked in the woods by the lake.



Mt. Shasta Resort

Hiking

If you are an avid hiker, welcome to a wonderland. This entire area is an alpine paradise offering many trails that include difficult hikes as well as easy paths through gorgeous meadows filled with seasonal wildflowers. A beautiful mountain trail can be accessed from any of the chalets for an enchanting seven-mile hike around Lake Siskiyou. With plenty of trails to explore, one should always plan ahead, check conditions, and be prepared for the mountain's sometimes-unpredictable weather.

Castle Lake

Seven miles from Mount Shasta Resort you can drive to Castle Lake. This pristine mountain lake is studied by U.C. Davis scientists, who come regularly to collect and study its water and insect samples. During mid-summer the crystal-clear lake delivers a lovely, drifting fragrance surrounded by gorgeous scenery during its wildflower bloom at the water's edge.

Take a hike from Castle Lake to Heart Lake for its beautiful scenery. There's some steep terrain on this trail, but the whole trail is just 1-1/2-miles each way.

Golf

Mount Shasta Resort is widely known for its outstanding golf course at 3,500 feet elevation, which is open until the snow flies. Photo-Journalist Richard Barlupi described this 18-hole, par 70 championship course's beauty as “natural alpine terrain, undulated greens and breathtaking views of, you guessed it, Mt. Shasta.” Here you can enjoy exceptional dining in the resort's Highland House Restaurant. It's open year 'round.

Ski

Mt. Shasta Ski Park is 15 miles up the road from Mt. Shasta Ski Resort and is famous for its night skiing on Shasta's western slope. There are also numerous opportunities for cross-country skiing

and ski rentals in the area.

Downtown

Downtown Mt. Shasta makes for a fine shopping experience during your trip. Casually patronize quaint boutiques and gift shops, old-fashioned markets and the many retail stores including those selling outdoor gear. Several restaurants offer outdoor seating so you can enjoy the

beautiful views of the mountain. Coffee houses, unique bookstores and art galleries are just part of the fun downtown.

Strawberry Valley Inn

If you prefer to stay where the action is, Strawberry Valley Inn is a charming lodge set amid all the fun of downtown



Chalet Cabin Kitchen Mount Shasta Resort. Photo by Eileen Majors



Chalet Cabin Living Room. Photo by Eileen Majors



Inside Spa at Mount Shasta Resort. Photo by Eileen Majors

yet offers quiet garden spots for an extra dose of tranquility.

The area is full of things to do, from photography and fishing to outdoor adventures, marinas and a variety of tours.

Discover scenic drives, family adventures, sacred spots, or pet-friendly trails and parks, at DiscoverSiskiyou.com. You can also pick up handy guides at Mount Shasta Resort and other local spots.

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5th Annual Turkey Trot

The Bay Church (formerly Calvary Temple Church) presents its 5th Annual Turkey Trot at Todos Santos Park in downtown Concord on Thanksgiving morning, November 28th.

The proceeds of this 5K/10K Run & Walk will benefit Compassion Outreach, a multi-faceted program which works to meet practical needs for the underserved in our communities.

Registration is limited to the first 1500 participants. Each participant will receive a race T-shirt and Swag Bag and finishers will receive a custom designed Turkey Trot finisher's medal. Top finishers in each category will receive awards

ENTRY FEE: \$40/\$45 - Oct 2-31
\$45/\$50 - Nov 1-18 \$50/\$55 - Nov 19 -

Race Day . A Kids Dash around Todos Santos Park for ages 10 & under at 7:40am (just before the 5K/10K starts) will be free.

There will be pre- and post-race drinks, snacks, fresh fruit, and of course, pumpkin pie! Sounds like a fun way to start off your Thanksgiving Day.

For race day schedule and registration go to turkeytrotconcord.org or register in person at The Bay Church 4725 Evora Rd, Concord, CA 94520.

EVENT IS RAIN OR SHINE and NO REFUNDS issued.

Gobble Gobble!!!!

Main Street Martinez Presents...
Downtown Martinez
Zombie Brew Crawl

Saturday
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25+ Local Craft Beers
Sample delicious craft beers inside downtown businesses.

Info and tickets @ MainStreetMartinez.org
\$35 until midnight 10/18/19, \$40 at the door IF NOT SOLD OUT
Use special discount code: DTZombie for \$5 off

Costume Contest
Cash prizes awarded for BEST individual costumes as well as the best group costume (costumes optional).
\$10 donation per ticket goes to MainStreetMartinez a 501c3 organization
Must be 21yrs or older for beer tasting. No alcohol to be consumed outside tasting locations.

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Concord Experiential Visitor Center Opens January 2020

Visit Concord has announced the opening of the city's first Experiential Visitor Center located in the heart of Downtown Concord in January 2020. Situated on the first floor of Salvio Pacheco Square next to Todos Santos Plaza, the Experiential Visitor Center will bring an elevated, informative experience to visitors and locals alike to understand all that the community has to offer.

Keeping with Visit Concord's commitment to sharing Concord attractions, assets, culture and progress with the world, the 1,650 square foot Center will feature a variety of state-of-the-art interactive displays. Visitors will experience pop-up shops highlighting local businesses and community organizations, culinary demonstrations, art installations, and historic exhibits including a listening station that celebrates Concord's jazz roots and native jazz legend Dave Brubeck.

The Center will provide transportation details, distribute discount offers, and sell tickets to local attractions. An electronic information kiosk will list upcoming events and offer self-service directory assistance. The Center will also include a small conference area, remote workspaces, charging stations and WiFi connectivity.

In addition to welcoming people from out of town, the Center will build upon the strong sense of community in Concord. Local residents will be encouraged to participate in ongoing educational

programs and volunteer to work in the Visitor Center as official Concord Welcome Ambassadors.

The Experiential Visitor Center has been part of the Visit Concord destination management organization plan since 2017. Led by Executive Director, Elaine Schroth and championed and supported by an enthusiastic, newly elected Board of Directors, Concord's first ever Experiential Visitor Center is opening as the city begins an exciting phase of growth and development.

"We are very excited to see the vision

for Concord's first Experiential Visitor Center become a reality," commented Elaine Schroth, Executive Director, Visit Concord. "As Concord continues to grow, the Center will be an extremely important part of ensuring that visitors enjoy their time in our great city. Visit Concord's mission is to promote tourism and showcase all that Concord has to offer. The Center will support our continued efforts to make a positive impact on economic and community development."

A ribbon cutting ceremony and open house is in the planning stages for early 2020. More information is available at VisitConcordCA.com.

Visit Concord is the brand identity created for the Concord Tourism Improvement District (TID) located in San Francisco's East Bay. Visit Concord and the TID aim to improve economic growth by building awareness and consideration of Concord as a destination for travelers and meeting and event planners.



Why Age 7 is the Right Time to See an Orthodontist

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



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Contra Costa County Teachers of the Year Honored

On September 27, the annual Contra Costa County Teachers of the Year (TOY) Dinner Gala was filled with joyful inspiration, as 22 deserving county school district teachers were honored in front of a crowd of more than 400 attendees at the Hilton Concord.

Contra Costa County Superintendent of Schools Lynn Mackey concluded the festivities by announcing Shay Kornfeld, Mt. Diablo Unified School District and Maureen Mattson, Pittsburg Unified School District

were named the county's 2019-20 Teachers of the Year. The highly anticipated announcement of the two new county TOYs concluded the exciting festivities with a loud ovation.

Science instructor and robotics club advisor, Shay Kornfeld, has been teaching at Diablo View Middle School, in Clayton, for the past three years. Five years prior, Kornfeld taught grades 4 and 5 at Fair Oaks Elementary School, in Pleasant Hill. Kornfeld says that he was lucky enough to grow up in a loving household with educated parents and grandparents that fostered his sense of curiosity and adventure. "Then, I had a teacher, Glen Barker [2018 CCCOE Teacher of the Year], who

made school feel like summer camp for the first time in my life," remembers Kornfeld. "Without these amazing people, perhaps I would not have chosen the career path I have - but choose it I did, and what an amazing ride thus far!"

Maureen Mattson has been teaching physical education during her entire 33-year career at Pittsburg High School. She has also served as the school's women's basketball coach, assistant principal, and assistant athletic director. In addition, Mattson coaches students in the Unified Sports program, which pairs students with

disabilities with non-disabled students to compete in sporting events.

"My biggest influence in becoming a teacher was my father, Bob Matson," reflects Mattson. "He was a physical education teacher, department chair, athletic director, and coach of multiple sports at Hollister High School for 38 years."

Kornfeld and Mattson will now participate with all the other California county representatives in the California State TOY competition. The California State Teachers of the Year are expected to be announced by mid-October. The county TOY program is coordinated by the Contra Costa County Office of Education.



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Text to 911 Available

The Concord Police Department's emergency dispatchers are now able to receive text messages to 911. Callers who are unable to make a traditional voice call can now use their cell phone to send emergency text messages to 911, which are monitored by the department's 24-hour Emergency Dispatch Center.

The new Text-to-911 service does not replace phone calls to 911. The option is intended for callers who are hearing or voice impaired, incapable of talking due to a medical emergency, or may face danger if those persons victimizing them hear their conversations with a 911 operator, such as during an abduction, a home invasion robbery, or a domestic violence situation.

When texting to 911 in an emergency, provide the exact location of the emergency and describe what type of help is needed. Keep text messages simple, brief, and concise. Do NOT send electronic media, such as Emoji's, photos, or videos. Silence your phone if you do not want anyone else to hear the incoming reply

messages from the 911 operator.



CLAYCORD NEWS & TALK

In case you missed it...

Walnut Creek Mail Carrier Retires After 43-Years on The Job

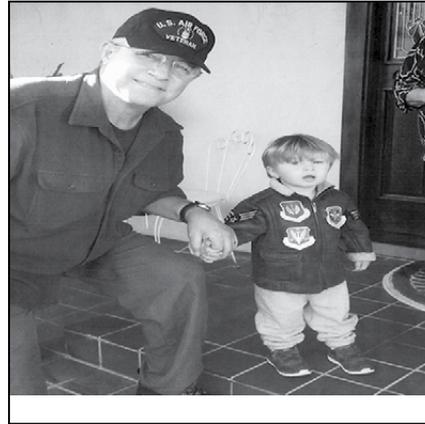


photo credit: U.S. Postal Service

After 38 years at the Walnut Creek Post Office, and five years on his current route, Joe Bologna hung up his satchel after he faithfully completes his appointed rounds.

He didn't leave without a party though. His friends, coworkers, and family gathered at the Walnut Creek Post Office on North Broadway on Tuesday, October 1 to give him a proper send-off.

Bologna is a Million Mile driver, which means he has driven a million miles without even a fender-bender. He has driven the equivalent of 40 times around the globe, all without leaving the city limits.

One of his fondest memories is being able to invite 25 of his customers to his daughter's wedding. He plans to spend more time reading and attending sports outings and enjoy his family.

Bologna served in the US Air Force from 1972-1977, attaining rank of sergeant, and was stationed in England and Germany. With his military service, he has a total of 43 years of federal service.

\$7.5M Federal Grant Awarded for Autonomous Vehicle Projects

The U.S. Department of Transportation has awarded a \$7.5 million grant to support three autonomous vehicle demonstration projects as part of an Automated Driving System pilot program in the East Bay, according to the Contra Costa Transportation Authority.

Two of the projects will focus on helping the elderly. Those include a "shared autonomous vehicle" project to provide first-mile and last-mile access to public transit for the elderly in Walnut Creek as well as a wheelchair-accessible and on-demand autonomous shuttle to transport people to and from medical facilities in Martinez.

Data gathered from both projects will be used to develop performance and safety measures, according to the CCTA.

Countywide, they'll also be installing vehicle-to-infrastructure and vehicle-to-vehicle communications technology along the Interstate Highway 680 corridor to facilitate the use of "connected autonomous vehicles" in highway traffic.

"The ADS program is based on the actual needs and concerns of the community searching for solutions to mobility challenges," CCTA Executive Director Randell Iwasaki said in a statement Wednesday. "We need to integrate advanced technologies, innovative

solutions, new partnerships and creative ideas to support the next generation of mobility."

The Contra Costa Transportation Authority is a public agency that oversees transportation efforts and manages the county's transportation sales tax. More information is available online at www.ccta.net.

Veranda Movie Theater to Convert Bar into Concession Stand



The Veranda LUXE Cinema & IMAX, located in the Veranda Shopping Center on Diamond Blvd. in Concord, will be making some changes in the near future.

According to sources with the City of Concord, the theater plans to convert their bar into a traditional concession stand, with popcorn, candy, sodas and other items.

Currently, if you want any concession items at the theater, you have to order them from your seat while watching a movie.

It's unknown if you will still be able to order from your seat once the concession stand opens.

The construction is expected to cost around \$50,000.

Walnut Creek's Community Service Day October 12

What is Community Service Day? Make Walnut Creek shine by being part of Community Service Day 2019, set for Saturday, October 12.

This year's lineup features more than 50 half-day projects, including projects at nearly all our public schools, at libraries, in our parks, gardens and creeks, and in the downtown. In addition, many non-profits are sponsoring projects — from Animal Rescue Foundation to the Historical Society. And, there will be two food drives — one in Rossmoor, and the other community-wide.

Community Service Day kicks off with a free pancake breakfast from 7:30 a.m. — 8:30 a.m. at Heather Farm Park Community Center, courtesy of the Lions Clubs of Walnut Creek.

For a list of projects and online registration, visit www.walnut-creek.org/service. Those without web access may call the Community Service Day hotline at 925-256-3505.

For further information, email WCserviceday@gmail.com.

Some posts have been updated since their original post on Claycord.com. To advertise on Claycord.com 925-255-2123.

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Your 2019 Guide to Bay Area Events

The Diablo Gazette's

ENTERTAINMENT GUIDE



Jill Hedgecock's bookends
Author of *Rhino in the Room* www.jillhedgecock.com

Keep Quiet

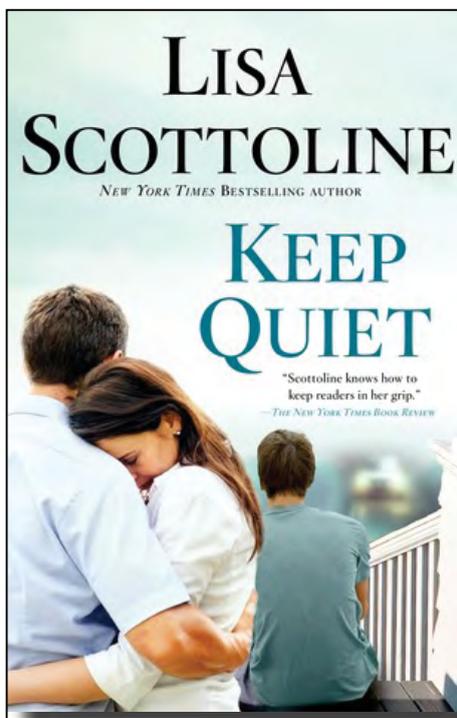
"Keep Quiet" (2018, St. Martin's Paperbacks, mass market paperback, 368 pages, \$8.99) depicts the fallout for father Jake, sixteen-year-old son Ryan, and mother Pam, all of whom must make impossible choices after Jake shows a lapse of parental judgement. Jake is a successful businessman who hasn't always been there for his son. In an effort to improve his relationship with his son, Jake caves in to his son's pleading to let him drive home from the movie theater on a deserted road. However, when Ryan hits and kills a jogger and Jake discovers that his son had smoked pot earlier during the day, Jake sees his son's future ruined, panics, and they flee the scene.

Ryan is wracked with guilt and wants to go to the authorities to confess. He eventually convinces his father to visit a lawyer where Jake discovers that he will be facing jail time for allowing an underage driver to get behind the wheel. Jake goes to great lengths to cover up the crime, intentionally crashing the car to cover the front-end damage.

Just when Ryan and Jake are starting to believe that they have literally gotten away with murder, Jake is contacted by an eyewitness bent on blackmail. Meanwhile, Pam who knows nothing about the fatal incident, is a respected judge who is offered an amazing career opportunity that requires an extensive FBI background investigation into the entire family.

Full of twists and turns, this compelling read will keep you guessing until the surprising ending. This gripping page turner should be opened when the reader has a chunk of time to devote to consume it because readers aren't going to want to put it down. Fans of Diane Chamberlain, Lisa Jackson, and Chevy Stevens are bound to enjoy this novel.

Lisa Scottoline is a New York Times bestselling author and Edgar award-winning author. Lisa has served as President of Mystery Writers of America.



She graduated magna cum laude from the University of Pennsylvania, with a B.A. in English. She graduated cum laude from the University of Pennsylvania Law School where she taught a "Justice and Fiction" course. She has produced 30 novels in her storied career, including her #1 bestselling, *After Anna*. Her weekly column for the Philadelphia Inquirer, "Chick Wit", written in collaboration with her daughter, Francesca Serritella, offers a witty exposition of a woman's perspective on life. Lisa reviews popular fiction and non-fiction, and her reviews have appeared in *The New York Times*, *The Washington Post* and *The Philadelphia Inquirer*. Lisa has over 30 million copies of her books in print and is published in over 35 countries. She lives with an array of disobedient pets in the Philadelphia area.

movie review

Movie review by Joyce Slaton,
Common Sense Media

4 of 5 STA



"DOWNTON ABBEY" CERTAIN TO THRILL SERIES FANS

This gorgeous drama will thrill longtime fans of the show. Set two years after the TV series wrapped up, "DOWNTON ABBEY" finds the Crawley family and their servants in fine form. It's almost a decade after the Great War ended and still a generation before World War II will begin. Lord and Lady Grantham (Hugh Bonneville and Elizabeth McGovern) are enjoying this peaceful period when a letter throws the estate into high tension: King George V (Simon Jones) and Queen Mary (Geraldine James) plan to make a one-night visit to Downton. Now the entire Crawley family -- including Lady Mary (Michelle Dockery), Lady Edith (Laura Carmichael), and Countess Violet (Maggie Smith) -- must pull together to make the visit a success. Downstairs, the servants labor mightily under the direction of Anna (Joanne Froggatt), Carson (Jim Carter), and Thomas Barrow (Robert James-Collier) to do the same.

Sumptuous and lovely, this film is a fitting caper to the hugely popular series; it will positively thrill longtime fans. All the flowers are in the bouquet. There are tiaras, silver patch boxes, Art Deco beaded dresses, and lots of long, loving shots of vintage motorcars tootling down country lanes cut through rolling green lawns. The servants wear the same uniforms; the nobles swan around in silk and fur; about the only change is that more folks have bobbed hair and the kids are a little bigger. In short, the film "Downton Abbey" feels pretty much exactly like a two-hour episode of "Downton Abbey" the TV show, and fans won't mind one bit.

The king and queen's arrival throws Downton into a tizzy, and -- as usual -- there are plenty of upstairs-downstairs subplots thrown in: The servants are ticked off about the high-handedness of the king and queen's staff, a strange figure is prowling around asking



suspicious questions about the royal visit, the queen's lady-in-waiting (Imelda Staunton) has a secret that causes complications with an inheritance. In typical Downton style, the chief fallout is a bunch of concerned conversations in ornate drawing rooms; it all melts away as lightly as a feather on a vintage cloche, while the drama gets back to what it really does best: serving up period eye candy and giving the deliciously tart (as always) Smith all the choicest lines. May Downton ever reign.

Cast: Matthew Goode, Elizabeth McGovern, Michelle Dockery, Maggie Smith

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

Credit: Photo IFC Films

The Mel Brooks Musical "Young Frankenstein" Comes to Clayton

Clayton Theatre Company will open its 8th season with the East Bay premiere of "The Mel Brooks' Musical Young Frankenstein" at Endeavor Hall. "Young Frankenstein" is a musical with a book by Mel Brooks and Thomas Meehan, and music and lyrics are by Brooks. It is based on the 1974 comedy film of the same name written by Brooks and Gene Wilder and directed by Brooks.

The storyline goes like this. Grandson of the infamous Victor Frankenstein, Frederick Frankenstein, (pronounced "Fronk-en-steen") inherits his family's estate in Transylvania. With the help of a hunchbacked sidekick, Igor (pronounced "Eye-gore"), and a leggy lab assistant, Inga, Frederick finds himself in the mad scientist shoes of his ancestors.

"It's alive!" he exclaims as he brings to life a creature to rival his grandfather's. Eventually, of course, the monster escapes and hilarity follow.

With such memorable tunes as "The Transylvania Mania," "He Vas My Boyfriend" and "Puttin' on the Ritz," complete with tap choreography.

"Everyone in the show is on stage tapping. We've been



L-R Charles Renner-Dr. Frederick Frankenstein Kevin Coren-Igor Nicholas Paglia-The Monster Nathalie Archangel-Frau Blucher

working on our tap choreography 20 to 30 minutes at a time so that we didn't kill our actors. They are looking sharp and good, I'm really excited about it."

CTC aspired to capture as much of the same effects used in the Broadway performances of New York. "Our challenge in this little space is to bring in as many set and prop pieces and special effects so the audience will get that feeling that they are watching a horror movie.

We spent a lot of money to purchase a projector to show slides and movie effects so that when the ship scene comes on, its actually a moving ship projected on the back wall, and the train is moving on the back wall in the train scene, and in

the hayride scene, it looks like they are going through the forest of Transylvania on their way to a castle," Pardi say. "A lot of creative effort has been put into this production, I am certain the audience is going to appreciate the creativity and time that's gone into this production."

Young Frankenstein is monstrously good entertainment. I think we are all looking forward to seeing it.

Directed by Roxanne Pardi. Choreography by La Tonya Watts. Music Director Christopher Hewitt PG-13.

Show Dates are October 17 – November 2, 2019. The Preview Performance is on Thursday, October 17. General Admission – \$15.00 Student (with school ID) – \$10. All Other Performances, Adults \$25, Seniors (62+) \$22, Students \$20. Tickets can be purchased at www.brownpapertickets.com or call (925) 222-9106 for tickets.

Clayton Theatre Company
The MEL BROOKS Musical
YOUNG FRANKENSTEIN
Book by Mel Brooks and Thomas Meehan
Music and Lyrics by Mel Brooks
It's alive! The electrifying adaptation of Mel Brooks' monstrously funny film will leave you in stitches.

	October/November	12	18	19
10	11	12	13	14
15	16	17	18	19
22	23	24	25	26

Directed by Roxanne Pardi
Assistant Director/Choreographer La Tonya Watts
Musical Director Christopher Hewitt

CLAYTON THEATRE COMPANY
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\$20 ADULTS / \$22 SENIORS (62+) / \$10 YOUTH/STUDENTS
Tickets may be purchased by calling 925-222-9106 or at the Box Office 1-hour before curtain or online at www.ClaytonTheatreCompany.com or www.brownpapertickets.com

PG-13

Out to Lunch

by Richard Eber

I'm concerned. Many of the candidates looking to win the Democrat nomination for President including Bernie Sanders, Elizabeth Warren, and Kamala Harris have endorsed the New Green Deal. Part of this plan proposes to limit greenhouse gasses by reducing the number of cattle, resulting in less beef consumption.

As a cheeseburger addict who should be in a 12-step program to limit consumption of the all-American delicacy, perhaps it is time for me to change my eating habits. As such, I have been conducting taste tests of non-beef substitutes to see if my craving for this sandwich can be satisfied in alternate ways.

In this quest, I met with Taylor Begley, manager of The Nextlevel Burger located at The Whole Foods 365 at the Veranda on Diamond Blvd. in Concord. She gives a clear view of her restaurant's mission: to "produce vegetarian foods that are better for the environment."

As a graduate of the Culinary School at Antelope Valley College, Taylor's career includes creating some 300 vegetarian recipes, a valuable experience she brings to Nextlevel. Their business model involves using organic produce and fruits to become a sustainable fast food franchise.

Everything starts with the five varieties

of vegetable patties they offer. On the beef-like taste profile, NextLevel has a specially seasoned Beyond Burger and their own homemade version. I personally preferred the Beyond Burger, which is sold by other restaurants and can be found at supermarkets. It has a texture of beef with a mild taste somewhat like what is found in grass-fed cattle.

I also tried the vegetarian chicken style sandwich and a mushroom-quinoa one. They did not remind me of meat products. The Tempah vegetarian

bacon can be added which offers a slightly different flavor to the burgers. All Nextlevel's sandwiches are served on organic seven grain or white bread (glutten-free available) that are accented with tasty greens and ripe tomatoes.

For sides, Nextlevel serves homemade fried potatoes. The classic and crinkle fries were excellent. They had a clean taste from having been cooked in fresh organic oil. But my favorite was their Yukon Gold Tater Tots. They also have skin-on Sweet Potato Fries, and those go well with vegetarian sandwiches.

As might be expected in a burger place, Milkshakes are a prominent part of the menu. They are made with soft serve ice cream with a base of either coconut or soy. I tried both and especially liked my soy coffee milkshake. Its rich flavor was



Photo: Yelp.com



CHEESEBURGER IN PARADISE?

difficult to distinguish from a dairy-made product. I also sampled a strawberry version made with a coconut base. It was highlighted by delicious ripe fruit but reminded me more of a smoothie than a milkshake.

Next Level soft drinks, fruit drinks and iced teas are made with organic ingredients. I tried their lemonade and apple ginger mixture sweetened with Stevia. They were a bit sour for my taste but were full of fruit flavors.

The big surprise for me is that this organic wonderland of fast food offers patrons seven kinds of handmade beers for their enjoyment. Apparently, it is OK with those who like organic-sustainable food, to have an alcoholic beverage with their meal. This was good news for me in vegetarian world!

It appeared that many of the patrons of Nextlevel are millennials who are looking to live out their idealism of combating Climate Change and Global Warming with a corresponding diet to match. For the rest of us, dining at this interesting and innovative restaurant is more of an acquired taste, especially

since it costs approximately \$ 20.00 per person to eat there.

As part of the less dependence on beef movement, other fast food places including Carl's Junior, The Habit, and Burger King that are now serving a vegetarian alternative. I tried The Impossible Whopper which featured



a flame-cooked burger with the same bun, pickles, ketchup, mayonnaise, and iceberg lettuce one would expect. It tasted on about the same level as a regular Whopper.

My favorite veggie-burger outside of the Nextlevel was at The Habit. The meat was not only firmer but the high-quality bun, tomato, and cucumber helped contribute to a superior sandwich.

In the future it appears that these plant-based patties will improve and provide no-cholesterol alternatives to avoid clogging ones' veins. The Nextlevel, with its heartfelt mission of promoting sustainable dining, will undoubtedly be in the forefront of this change.

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DIABLO GAZETTE FUN ZONE

More Oktoberfest Fun

Three consecutive block party weekends makes for an interesting October: Clayton Oktoberfest on October 5-6, Concord Oktoberfest 11-12, and Walnut Creek's Oktoberfest on October 19.

We will have a booth at Concord Oktoberfest and are bent on contributing as much fun to this 9-hour, two-day party as a magazine can muster.

Last year, CSK Photography helped create mini-magazine covers. Many Oktoberfesters just came by our German backdrop and took selfies.

Two lucky winners, one prize was a \$300 gift certificate to Alpine Pastry (drawing), and the other, a year supply of root beer for guessing how long it took our Chisel-It Ice Stein Sculpture to melt. With the help of the folks at Alpine Pastry and Chisel-It Ice, we will do it all over again.

Diablo Gazette Booth Activities

Start by picking up your free copy of October's Diablo Gazette. You can never have too many. Then meet some of our regular contributors too.



Friday: 6pm- 9pm.

Book Signing: "Between Shadow's Eyes". Novelist Jill Hedgecock and book-cover model and Instagram Celeb, Ruby Dooby Do, will be on hand signing purchased books and photos.

Jill's first novel, "Rhino in the Room" will also be available at the booth.

Photo Booth: Use our scenic backdrop of Germany and take free selfies. Or grab a photo with one of our crack celebs. Author Jill Hedgecock, Ruby Dooby Do, or you can get naked with the Naked Gardener in scenic Germany. Now that's a photo to share. (Don't worry, we have Naked t-shirts for this. This is Diablo Gazette, not "Naked and

Afraid".)

Saturday 2pm-8pm

Meet David George, aka Naked Gardener. 4P-6P David is there to discuss gardening tips, but he's more interested in Naked photography with you Oktoberfesters. He thinks the American Gothic needs a reboot.

Naked T-shirts and pitchfork props will be



available. There could be some interesting Oktoberfest photos this year.

Meet Richard Eber – 2pm-6pm
"Out to Lunch" restaurant reviewer. Richard says to bring him your Oktoberfest purchased food and he will have a bite and review it for you.

We will be accepting entries for the cake contest all weekend. Clip the entry forms on this page and drop it off at our well-decorated booth. The folks at renowned Chisel-It Ice of Concord will have another ice sculpture. Guess the time that it will completely melt or fall off its base and win a year's supply of Beer (root beer).

We're not sure what they will carve this year but come by our booth to see it,



then make your melting guess.

The entry who comes the closest to guessing the exact time of its collapse will win. Ties will be decided by random drawing. In the event of a disqualifying event, such as an accident, winner will be determined by a random drawing.



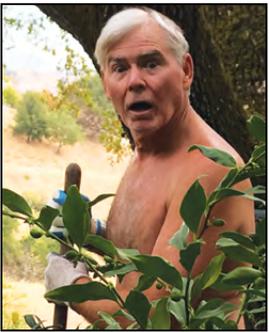
Mini-magazine covers were a hit in 2018.

Diablo Gazette Booth Schedule

Friday 6:30-8:30 and Saturday 2P-4P. Meet David George, aka Naked Gardener.

Saturday 2P -6P. Meet Richard Eber "Out to Lunch" (not shown), He's interested in hearing about your favorite local restaurant.

Friday from 6-8P, Saturday after 4P-6P. Book Signing: "Between Shadow's Eyes" novelist Jill Hedgecock and doberman, Instagram celeb, RubyDooby_Do, will be on site signing autographs to purchased copies of their new book, "Between Shadow's Eyes." You will also receive free dogbone soap with any book purchase!



Purchase a book and get free dogbone soap bars

Win a Year's Supply of Beer!*

at Concord Oktoberfest October 11-12

Time: _____
Name _____
Phone _____
e-Mail _____

Enter at our booth at Concord Oktoberfest

Rules: Come by our booth and guess the time our Ice Sculpture will completely fall or melt off its base. (Sculpture shown may not represent actual design). Deadline to enter is 5:00p.m. on October 12. The entry closest to the official time wins. In the event of a tie or no winner (i.e. disqualifying event), a random drawing will determine the winner. Winner will be announced on our facebook page. **Sculpture by Chisel-It Ice**

*PRIZE: One Year Supply of Root Beer

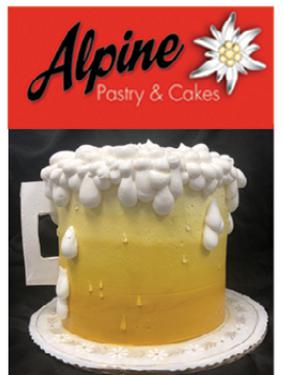


Win an Oktoberfest MUG Cake!

Name _____
Phone _____
e-Mail _____

Visit our booth at Concord Oktoberfest October 11 -12

Rules: Drop entry form at Diablo Gazette booth across from Hop Grenade at the Concord Oktoberfest at Todos Santos Park on October 11-12. Need not be present to win. Prize value is \$300 which will be awarded as a gift certificate at Alpine Pastry and Cakes. Prize may not be redeemed for cash. Winner grants full waiver to Diablo Gazette and Alpine Pastry to use name and image for promotional purposes without additional compensaton. No purchase necessary to enter or win. Winner will be announced on October 15, 2019 on Facebook.com/diablogazette.



T	R	O	M	B	O	N	E	R	O	C	K
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| BASS | FRENCH HORN | BAND |
| DRUMS | TRIANGLE | QUEST |
| VIOLIN | BELLS | |
| BANJO | XYLOPHONE | |
| TRUMPET | TUBA | |
| CLARINET | TAMBORINE | |
| SAXOPHONE | HARP | |
| OBOE | VOCAL | |
| PIANO | ROCK | |
| FLUTE | PLAY | |
| CELLO | GIG | |

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aRt Cottage

by FROgard www.aRtCottage.info

40 Years on Paper



Tom Quinlavin

While the month October is host to a bevy harvest celebrations, here at the aRt Cottage will be no different as we feature an exciting harvest of 40 years of abstract creativity from Concord artist Tom Quinlavin, each piece

screaming of vibrant colors and shapes. Tom Quinlavin has been making abstract paintings in the expressionist genre for most of his artistic career.

“Working on paper was essential to my development as an artist,” Tom says. “The smooth and fast properties of paper meant I could take more risks.”

Tom was born and educated in New York, and despite several moves over the years that eventually landed him in Concord, Tom had been fortunate to have retained several pieces of work on paper from the past forty or so years.

From the time he finished his studies with Robert Yasuda at C.W. Post, (named after the Post cereal magnate) of Long Island University in 1982, Tom never looked toward academia for support, instead venturing on an independent course pushing his personal limits of freedom and excessiveness.

Tom’s work relies on an energy of unknown fearlessness and chaos.

“Early on in my career everything I did was about pushing energy out, energy expelled. Or, as Ted Stamm used to say, it is ‘energy transferred.’ So, sensing a need

for some control, I started containing the source.” Years later Tom consciously started encircling shapes. “This essentially allowed me to draw, which is such a great feeling, to draw by squirting paint straight from the tube.”

The exhibit runs through October 26. The public is invited to meet Tom at the Opening Artist Reception on October 5 from 2 PM to 5 PM and enjoy live music and refreshments and peruse 40 years of abstract genius and imagination. The event is free. aRt Cottage is located at 2238 Mt. Diablo St. in Concord. For more on upcoming exhibits go to artcot-tage.info.



“Storm”

New Pre-School Opens at St. John’s Episcopal in Clayton

by Gary Carr

Parents looking for daycare and pre-school services in the Concord/Clayton area can find them at the newly opened center at St. John’s Episcopal Church on Clayton Road.

The school is currently offering tours and accepting applicants.

“St. John’s is thrilled to offer childcare services as a key part of our outreach to the community,” says Rev. Amanda May, Vicar of St. John’s-Clayton.

“Early learning and socialization are key to successful children and stable families. We welcome all children, regardless of religious affiliation.”

The new facility is a play-based pre-school, licensed to care for 58 children, aged two years to kindergarten entry. In addition, the school provides daycare for children two years and up and accepts children in diapers and assists in potty training.

The preschool curriculum features the Learning Without Tears and First 5 Literacy programs, along with weekly Chapel and emphasis on social and emotional development.

St. John’s preschool is an extension of

the preschool at its sister church, St. Michael and All Angels in Concord, where Rev. May is also Vicar. The Concord

preschool has been in operation since 1979. Colleen Wilson serves as executive director of both schools, with Shonece Barney in charge of the St. John’s facility.

Both schools are staffed by licensed professionals and managed jointly by their respective parishes. State and Federal assistance is available for qualifying families.

St. John’s provides both full-time (5 days) and part-time (minimum 2 days) care and operates Monday through Friday, 6:15 am to 6:00 pm. Preschool core time is 8:30 am to 12:30 pm. All meals and snacks are provided and included in the tuition fee.

St. John’s Episcopal Church has been a part of the Clayton-Concord community for over 50 years. It is located at 5555 Clayton Road in Clayton.

Rev. May welcomes all to visit or to call 925-672-8855 for more information or a tour.



L-R: Colleen Wilson, Anastasia Simpson, Shonece Barney

Creepy Day of the Dead Exhibit at Main Street Arts

Eric Carlstrom will be back for the 4th year in a row to celebrate Day of the Dead at Main Street Arts. This year he and artist Jimmy James Shier will create a collaborative exhibit

at MSA. Jim-creates metal sculptures from objects and forms beautiful works

Eric has been art from In fact, his costume wearing a pallet and a hand-tache face. I can say he The use of bright colors and heavy



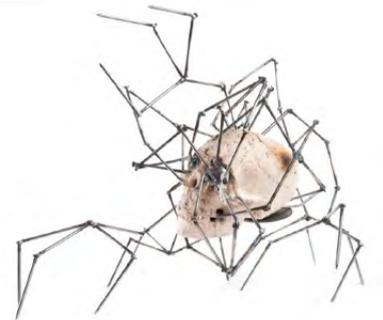
my Shier metal sculptures that transform into beautiful art.

Carlstrom interested in an early age. first Halloween was an artist beret, holding a brush and with a paint on his face. I guess you was encouraged to be creative from a young age.

black in his paintings makes them visually vibrant and give them a distinctive look

Who knows what these two creative beings will dream up?

This creep show will run from October 16 to November 10. Enjoy the works, especially on October 19 for the Main street Martinez Zombie Brew Crawl from 1:30 to 4:30 and again on November 2 for the “Day of the Dead also on Main street in Martinez. Find out more on Eric and get a glimpse at his extraordinary works at www.pinolearitisans.weebly.com/eric-carlstrom.html. For more about Jimmy and more of his creations at <https://www.mainstreetarts.net/jimmy-james-shier.html>. Main Street Arts is located at 613 Main Street in Martinez. www.mainstreetarts.net



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calendar of events



FUNDRAISERS

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>

OKTOBERFESTS

Clayton October 5-6
Since 2002. Sat. 11A-8P; Sun 11A-6P. Authentic German biergarten, food & beer, arts/craft vendors, live music plus a full size traveling carnival. Parade at 12 noon Keg tap at 12:30. Carnival begins Friday Oct. 4 @ 5Pm.

Concord October 11-12
Todos Santos Park Free Admission \$25 Drink Tickets includes stein and two drinks. food, live music, kids area, arts and crafts

Walnut Creek October 19
Civic Park 11:00 AM-6:00 PM live entertainment, music, dancing, arts & crafts, Bier Garden with dozens of craft beers, wine, international music, Kinder Platz Kids Zone, gourmet food booths and over 40 vendors. Kids activities include Rock Climbing Wall; Petting Zoo, Magician, Pig Races, and Games.

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. Wiggett 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>

OCTOBER 6
Mitchel Canyon Tarantual Hunt
Ken Lavin introduces you to the gentle giants of Mount Diablo. 4 miles hike. \$6 park entrance. 4:30=7:00PM www.savemountdiablo.org/event/mitchell-canyon-tarantula-hike/

OCTOBER 19
Zombie Brew Crawl 1:30-4:30pm. The un-dead are coming to downtown Martinez sampling craft beers from various breweries stationed at participating small businesses along Main Street. Zombie costumes are optional. Cash prizes awarded for the best individual costumes as well as the best group costume. \$200 to Best Male Costume, \$200 to Best Female Costume and \$600 to Best Group Costume!!!

OCTOBER 25
Food Truck Cinema - Nightmare before Christmas. 5:00 PM to 11:00 PM Local Live concert, Gourmet Food Trucks, and outdoor movie on 35' screen.

at Diablo Creek Golf Course, 4050 Port Chicago Hwy. \$5-\$35.

October 25
Trunk or Treat
Walnut Creek at Civic Park Community Center 4:30PM
Pleasant Hill 147 Gregory Lane 6P-8PM

OCTOBER 27
TRUNK-OR-TREAT SPOOKTACULAR
Main Street Martinez 10am-2pm for safe Halloween festivities. Visit creatively themed and decorated car trunks and shops lining downtown Martinez to collect candy and treats. The 500, 800, and 900 blocks of Main Street will be filled with Trunk-or-Treat cars. Get a map and bag for your goodies at the Main St. Plaza near Starbucks. FREE face painting by City of Martinez Parks & Recreation department at the Main St. Plaza beginning at 10:00am.

NOVEMBER 2
6th Annual Dia de los Muertos Festival of the Altars. Martinez from noon to 5 pm at the Main Street Plaza. Through art, music and a display of community altars, the festival is a celebration of life honoring those who have passed away. Artists will be creating personal altars to share during the festival. For more info including the artist/vendor application, visit <http://www.martinezarts.org/dia-de-los-muertos.html>

NOVEMBER 21
5th Annual Turkey Trot 5K/10K Run/Walk. This is a fast, flat scenic course through downtown Concord. FREE Kids Dash for 10 and under. Pumpkin pie for all at the finish. Visit TurkeyTrotConcord.org for registration and event details. Gobble, Gobble!!

Ruth Bancroft Garden
All Event details available at www.ruthgarden.com.

October 5 - Garden iPhoneography
8:00 am - 11:00 AM. Take your smart phone photography skills to the next level. Enjoy coffee/tea and pastries. Lecture before you are released into the garden to capture that perfect shot. Any smart phone will do. You may also bring your DSLR as well. \$15 – \$20

October 19 Growl-o-ween



10M-1PM. The Halloween PAW-ty for dogs and their human friends! Dog Costume contests, treats for tricks, and more! Kids and adults are encouraged to dress up. Free event on the Visitor

Center Plaza – general admission fees for Garden entry apply. must be present to win. Participants will be asked to sign a photo waiver.

Fruit Tasting Tour 1:00-2:30PM You'll get a taste of the variety of cactus fruits, palm fruits, and other delectable items harvested from the Garden. \$30-\$35.

Pine Needle Basketry Using locally gathered pine needles, a tapestry needle and raffia, learn how to coil a small, fragrant pine needle basket to take home a basket approximately the size of 2.5" Please bring a small pair of scissors and a bag lunch. 11:00AM-4:00PM \$100-\$110

NOVEMBER 30-DECEMBER 29
Garden of d'Lights: Fri/Sat/Sun evenings 5pm-8pm. A new nighttime winter holiday event, using laser, spot and LED lights to illuminate the Garden, Enjoy musical entertainment and seasonal food and beverages. Garden of d'Lights is scheduled to occur every weekend evening.. **Ticket sales begin October 1st.** www.ruthbancroftgarden.org/gardenoflights-2019/

CLUB/SUPPORT GROUPS' NEWS AND EVENTS

OCTOBER 8
Puppet Maker Patrica Polen to Speak at the Clayton Valley Woman's Club meeting. 10 AM. The GFWC Clayton Valley Woman's Club meets the second Tuesday of each month at St. John's Episcopal Church, 5555 Clayton Rd., in Clayton. Guests are welcome to attend. For more information call Claudia at 925-889-9429 or go to www.claytonvalleywomansclub.org.

OCTOBER 12
OPEN HOUSE -FREE Bullying Awareness Workshops. 2:30 - 3:00 for elementary age school kids, 3:30 - 4:00 for middle/high school age kids. Stopping bullying has a higher success rate when intervention is done by a peer. Tomizaki's Kung Fu Institute. 4700 Clayton Rd. Concord.

OCTOBER 12
Angie Powers and Elizabeth Stark will conduct a breakfast workshop on "Screenwriting Tools for Sharpening Prose" at the next meeting of the Mt. Diablo branch of the California Writers Club at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. Sign-in is from 8:30-9:00 am, Registration is \$45 for CWC members, \$55 for guests. Reservations deadline: noon, Wednesday, October 9, 2019. Go to the CWC Mt. Diablo website at <http://cwcmtdiablowriters.org>.

OCTOBER 17
Neuropathy Support: Concord Neuropathy Support Group, 1:30 PM Causes, symptoms, and treatments will be discussed. First Christian Church 3039 Willow Pass Rd. Concord. Call 925-685-0953 for more information.

OCTOBER 19
What Kind of Talk Does Democracy Need? The League of Women Voters of Diablo Valley is holding a free interactive training from 1:00 to 4:00 p.m. at the First Presbyterian Church in Concord, 1965 Colfax Avenue. Martha Cox of the Kettering Foundation will present elements of a deliberative dialogue. Pre-registration is required. Register at <https://www.eventbrite.com/e/what-kind-of-talk-does-democracy-need-tickets-72329358057>

October 26

Carnoween 11:00am - 3pm
Join Pleasant Hill Elementary School (PHE) for our 65th annual community Halloween Carnival. Music, inflatables, games, a petting zoo, a spooky haunted house, prizes, a bake sale, food and more. Questions? Email niccoledemeyere@gmail.com or lecairola@gmail.com. Brought to you by the PHE PTA.

NOVEMBER 11
Veteran's Day Dinner @6:30 pm. RSVP for free meal & more details. Concord Elks Lodge #1994 - 3565 Clayton Rd. Concord (925) 685-1994. www.elksconcord.org

VISUAL ARTS/ THEATRE/MUSIC

LESHER CENTER
1601 Civic Dr. Walnut Creek. Ticket info for all performances at leshercenter.org

October 11-November 9
Priscilla Queen of the Desert-The Musical Hoffman Theater, Walnut Creek. 1601 Civic Dr. Walnut Creek. Ticket info at www.Leshercenter.org

October 12
The Wonders of Elvis 7:30 PM Presented by West Coast Performing Arts. Experience the wonder of Elvis in this exciting one-man show starring Rob Ely. De Valle Theater.

October 18-November 16
Native Gardens. Center REPeritory. Hot new comedy where gardens and cultures clash, turning friendly neighbors into feuding enemies. Margaret Leshner Theater. 1601 Civic Dr. Walnut Creek.

OCTOBER 17-27
Spontaneous Noir. An Improvised Piece of Pulp! Synergy Theater. Inspired by audience suggestions and made up on the spot, Spontaneous Noir is a loving tribute to the classic Hollywood genre. Thursdays – Saturdays at 8:15 pm and Sundays at 3:15 pm.

NOVEMBER 8-10 A SWINGIN' HOLIDAY & MORE Diablo Ballet presents. at the Del Valle Theatre in Walnut Creek. TICKETS: <https://diabloballet.org/a-swingin-holiday-more/>

October 3 -House of Floyd
7:00 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.

CONCORD PAVILION
THE FINALE SHOW
October 12 Peter Frampton 7:30 P.M.

Vibes at Veranda 6-8P.M. in front of October. 9 - Notorius Party Band 2003Diamond Blvd. Concord.

ARF UPDATE

by David King

ARF Adoption Stars



Rickenbacker: Three-year-old Rickenbacker is a lovely, smart guy who can add a lot of entertainment value to any home. This clever guy loves to learn and be outside. He even likes to sunbathe! Don't let his new tripod status fool you, this guy cannot wait to have a grand adventure and explore the great unknown. Rickenbacker could be the next Indiana Jones, jumping from stone to stone on just three paws. Rickenbacker has a positive history with other dogs.

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.

Brook: Five-month-old Brook is a sweet kitty with curious eyes that are mesmerized by all the excitement around her. Once she feels safe and secure, she happily joins her siblings for playtime. She is looking for a quiet home with loving adopters that can help her build confidence and come out of her shell.

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.



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.

Would you like to be part of the heroic team that saves the lives of rescued dogs and cats? Can you share your talents to connect people and animals? ARF volunteers are making a difference. For more information see our website, www.arflife.org, or call (925) 256-1ARF.

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Ruby Dooby Do to the Rescue

Power is an approximately 2-year-old, 45-pound Siberian Husky with arresting blue eyes. She was rescued from the Modesto Animal Shelter where she came in emaciated and still lactating (the fate of her puppies is unknown). Her fur was a mess, but she is now growing a new beautiful coat and gaining weight and confidence. She was probably largely a street dog and is understandably protective of her food given her starved state. She has bowed front legs that appears to be a genetic defect. She also seems to be blind, but her eye pressure is normal and her lack of (or limited eyesight) does not impede her at all. In fact, this sweet girl has blossomed in her foster home. She is fully housebroken.

Power loves people and wants to be near them. She is content to lie on the sofa but also is good on a leash and loves her walks. While initially timid and shy with other dogs, given the opportunity she warms up to fellow canines. Power's ideal home is one where her human is home a lot and she is the only dog (and no other pets, particularly no cats or small animals). Power is up-to-date on shots, microchipped, and is spayed. Her adoption fee is \$400. To meet Power, fill out an application under the forms tab on rescue@norsled.org.

NorCal Sled Dog Rescue is a 501(c)(3) non-profit organization funded by donations. The goal of NorCal Sled Dog is to rescue, rehabilitate, foster and find homes for unwanted, abandoned and abused Northern breed dogs: Siberian Huskies, Alaskan Malamutes, Samoyeds, and mixes of these breeds. You can help by giving a monetary donation, donating your car,



POWER

and/or they are very much in need of foster homes. If Power isn't a good fit, perhaps NorCal Sled Dog Rescue has another pooch that meets your needs.

Dog Bites "Pawsitive" News: Free animal fundraising. Rescue dogs often are in need of veterinary care either because of abuse or health issues that have made them unadoptable. GivingGrid Animals is a great funding platform similar to GoFundMe but explicitly for animals. In addition to fundraising for domestic animals, GivingGrid Animals has opportunities to support injured wildlife. Visit: <https://www.givinggrid.com/animals/>

A Bone to Pick: Recently it has become more common for dog owners to fail to give vaccines to their dogs under the misconception that the injections pose a risk to their pets. While in some very rare instances where the vaccination may pose a threat to the animal's health, choosing not to vaccinate is limiting because this unvaccinated animal should be confined to prevent contact with wildlife, unvaccinated pets, and the public. Furthermore, rabies vaccines are not given to pets to protect the animal, they are given to protect humans. Rabies is almost always fatal in humans without treatment and requires a regimen of one dose of immune globulin followed by four doses of rabies vaccine over a 14-day period. So, for your pets' and the public's sake, make sure your pet is current on its vaccinations.

[Editor's Note: *Rubydooby_do* is Concord's Instagram Doberman celebrity with nearly 91,100 Instagram followers. [Instagram.com/rubydooby_do](https://www.instagram.com/rubydooby_do). Written by Jill Hedgecock, her novel, "Between Shadow's Eyes" (July 2019) features Ruby on the cover. www.jillhedgecock.com.]

Oakland's Canine Circus Teaches Old and New Tricks

by Jill Hedgecock

You might think a dog circus school would be, well, a circus. But on a later summer Sunday when I visited a Level 3 class of Oakland's Canine Circus School, none of the dogs ran amok. In fact, the furry students were perfectly calm as they stood on a box next to their handlers awaiting instructions.

Class exercises for these eager dogs consisted of spins, jumping through hoops, sitting pretty, and picking up playing cards and placing them in a box during the one-hour session. The school offers four levels starting at Level 1 for beginners. Classes for every age, breed, and temperament are provided. The goal isn't to teach dogs fancy tricks. Rather the rigor of obedience school is combined with the creativity and fun of the big top to turn every dog into an artist. As pups progress, dogs learn to balance a ball on their snout, push a tricycle, play card tricks and even learn some service dog skills.

The Sunday afternoon class consisted of a corgi, several shepherd mixes, as well as cattle dog and Maltese mixes. Regardless of the breed, the dogs without exception performed their assigned tasks with enthusiasm. Owner Francis Metcalf, a veteran dog trainer of 25 years, provided gentle guidance to the dog handlers throughout the session.



Metcalf started the school in 2011 because he learned that a lateral approach to addressing dog behavioral issues worked best. Francis' colleagues used

to say his approach was very "circussy" and it was true. He found that his unique approach was building the dog's confidence and control. The end result goes beyond fun experiences that owners can share with their animals; it can actually fix undesirable behavior. His wife, Norma Wood Metcalf, handles the administrative tasks of the business while he provides training guidance.

"The exercises are ones that any dog could learn," says Francis.

Francis' goal isn't for the dogs to perform in a circus show. Rather, the process which results in camaraderie between handlers and their pets.

"The reference to the circus," says Francis, "refers to the tricks and the ring and the idea of an archetype—that anyone can be a circus performer. You

can be athletic or not be athletic. We are constantly keeping the handler and dog in the state of learning new stuff. This avoids a situation where the handler isn't constantly telling the dog what not to do."

Debbie Mein, who is participating in classes for the 5th year, said that her cattle dog mix in class that day is the second dog that she's brought to circus training. She says that Francis brings a flavor of magic to dog training that has kept her coming back.

Francis' methods clearly resonated with all the handlers in the class as they ran through a repertoire of tasks. Some exercises were foundational such as distance handling where the dog was directed to jump off a box and run around a cone and return to the box, while others involved jumping through increasingly smaller hoops or double hoops. Toward the end of the class, fine motor skills were required such as placing a rope on a post to putting a playing card in a box or into a slot.

"When you travel, it's the journey, not the destination," said Susan Petersen who attended the session with her dog Baloo.

The program is also designed so that the training exercises don't conflict with other dog sports such as agility and other sports. It is also compatible to dogs with disabilities. The program has accommodated blind and three-legged pets.

Penelope Alman brought her Maltese mix Bella to "the circus" after getting the squeaky toy in the face one too many times. She knew her dog needed an activity.

"I found it was really good for me too. I wasn't expecting that," said Alman "It's really easy to get lost in the atrocities in this world and this is something good. It's been really awesome for both of us."

Jody Berke has seen a marked improvement in Sheila as a result of the training. Her dog was rescued from a shelter and was very shut down.

Married couple Mark Daily and Lydia Chen have been bringing their Shepherd mix Truffle to class for two years. They have participated in a Level 3 class for the fifth time. Progression isn't important, they are more interested in building their dog's confidence.

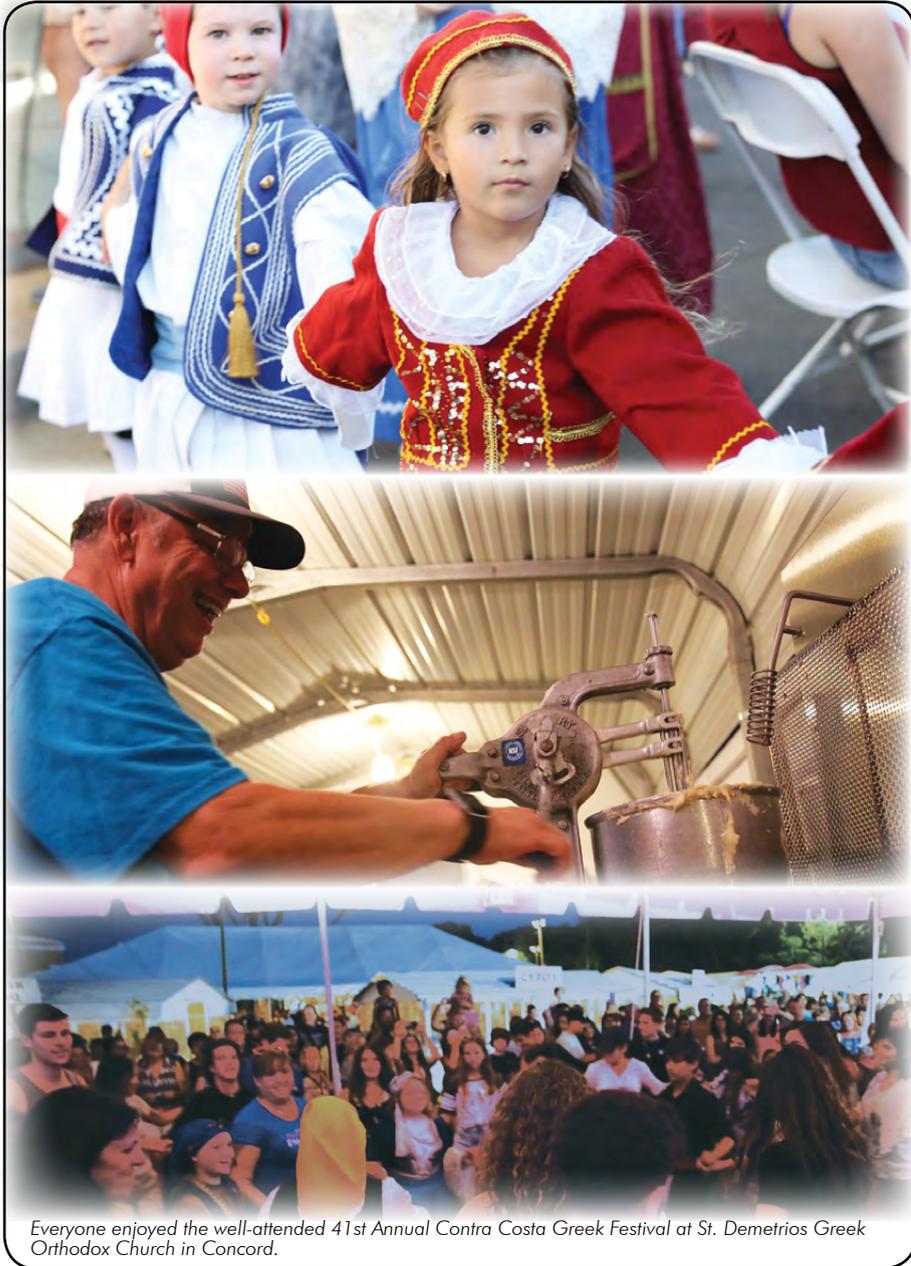
"You can see her joy here," says Lydia. Oakland's Canine Circus School offers a beginning class specifically for small dogs under 25 pounds. Beginning classes for small and large dogs alike run \$260 for a six-week session.

To check out upcoming classes see their webpage (<https://bayareadogtrainer.wordpress.com/class-schedule/>) or visit www.facebook.com/canine.circus.school/ to learn more.



Views of the Valley

Photos by Micah



Everyone enjoyed the well-attended 41st Annual Contra Costa Greek Festival at St. Demetrios Greek Orthodox Church in Concord.



Concord Mayor Carlyn Obringer's team at the Mayor Cookoff at Todos Santos Park with Chef Silvia Barajas (Los Rancheros Restaurant), brother Chef Nico and Mt. Diablo High School student, Sous-Chef Natalie prepare Spanish rice and jicama-cauliflower sliders. The competing cities were Richmond, Oakley, Concord, San Pablo, Lafayette, and Martinez. Oakley City Hall took home the trophy.



CVHS Class of 1969 Athletes celebrated their 50-year Reunion at the Lone Tree Country Club in Antioch. Top row left to right: Hal Wilkerson, Doug Balough, Carl Massey, Randy Riley, John Garaventa, Bob Chance, John Hafner, Dan Kendall. Bottom row left to right: Jay Todesco, Pat Martucci, Herc Pardi



L to R: Adopt-a-School Chairman, Priscilla Manlove; Co-Presidents, Linda Garden and Joan Bergum. The Clayton Valley Woman's Club members donated over \$1900 worth of school supplies to Silverwood Elementary in Concord.



It's true. California kids live in a bubble... at the Lafayette Art and Wine Festival.



Off the Grid event is quite popular and tasty in Pleasant Hill.



frugelegance

by Carol and Randi -The Frugirls www.frugelegance.com

Halloween Spider Web 7-Layer Dip

It's Halloween Party Time and we have a Spooktacular easy to make 7-layer dip recipe complete with decorative black olive spiders and sour cream webbing that tastes as good as it looks.

Items you will need:

- 1 (16oz) can refried beans
- 1 packet taco seasoning
- 1 cup sour cream
- 1 cup chunky salsa (we like mild, but you might want medium or hot)
- 1 cup grated sharp cheddar or Colby jack cheese (fresh or prepackaged for convenience)
- 1/2 cup cherry tomatoes, cut in halves
- 3-4 green onions, diced
- 3 oz (1/2 of a 6oz can) drained black olives

- 1 cup guacamole
- tortilla chips
- 1 10-12" serving platter or pie pan (We are using an inexpensive plastic spider web shaped platter)

- Optional: Taco Meat (ground beef or ground turkey)

Directions:

1. Mix together the taco seasoning with the refried beans. When thoroughly mixed, spread it evenly across the bottom of platter.
2. Gently spread 3/4 cup of sour cream across the top of the bean mixture.
3. Very gently spread salsa across top of sour cream and then a layer of guacamole. Keep in mind you do not want your salsa to be runny. You can drain some of the excess liquid beforehand if needed.
4. Sprinkle the cheese around the edges and top with sliced black olives, sliced

or diced tomatoes, and sliced green onions.

5. To create the web: put the remaining sour cream into a sandwich size plastic baggie; twist top of bag around so sour cream gathers fully into the corner (this also will keep it from coming out the top when squeezing out the bottom); cut a small corner off (the smaller the cut corner the thinner the line- the bigger cut, the thicker line); Squeeze and form your web pattern over the guacamole.

6. To create black olive spiders: The bodies are a half olive and the legs are the halves cut into slices. How CUTE is that!

7. Serve immediately or chill till needed.

Come to the blog for more fun Halloween recipes like our see our Halloween Monster Munch. And our FrugElegant Style DIY Halloween decor ideas.

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.frugelegance.com. FrugElegance is where Frugal and Elegance come together.



Puppet Maker Patricia Polen to Speak at CV Women's Club

On October 8, puppet maker Patricia Polen will speak at the Clayton Valley Woman's Club. Patricia's career spanned over forty years working as a theatrical costume designer and in wigs and make-up. As a costume designer, she designed over 100 shows for both professional and academic theater. Her wig and make-up work was mainly with the San Francisco Opera, SF Ballet and Portland Opera. Now that Patricia has retired, she is pursuing her interest in puppetry – building puppets and putting together a puppet show. She enjoys hiking and other outdoor activities. The rich gold rush history in the area has given her many ideas for her puppet theater. The GFWC Clayton Valley Woman's Club meets at 10am the second Tuesday



of each month at St. John's Episcopal Church, 5555 Clayton Rd., in Clayton. Guests are welcome to attend. For more information go to www.claytonvalley-womensclub.org.

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

Character Matters at Clayton Valley

We've often heard "character matters" expressed in rallies, sermons, and the media. But what does it really mean?

Here at Clayton Valley, I believe the goals for educating our students are twofold: academic achievement and character development. We strive to create an environment which ultimately develops intelligent, hardworking graduates who are compassionate, tolerant, responsible, and respectful. The success of a Clayton Valley graduate should be measured both by their individual achievement and how they have made their community a better place for all.

Bullying, violence, and alienation are a part of a typical day for many high school students according to the national organizers behind the Challenge Day program. These problems reduce learning, increase behavioral problems and suspensions, and have even resulted in physical harm and, in rare cases, death.

Seeking to proactively address this side of high school, Clayton Valley kicked off our annual Challenge Day activities on September 30th. This multi-day program involved hundreds of our students along with over a dozen adult volunteers and trained professionals.

Challenge Day is designed to build a connection among our students and to fulfill Clayton Valley's vision that each student feels safe, confident, and cele-

brated in a positive learning environment.

For the past several years, CVCHS sophomores participated with parents, counselors, teachers and community leaders to discuss sensitive issues surrounding teasing, bullying, and stereotyping. This year, we included our freshman students to join this awe-inspiring experience.

Principal Jeff Anderson shared with me afterwards, "Challenge Day provides our kids with tools for peaceful conflict resolution and how to express emotions in a healthy way. It builds character and community on campus by igniting a movement of compassion and positive change."

Another "character matters" moment worth highlighting was the recognition of two students, Kieran Moss and Sofia Pella.

Each year, our school partners with the City of Clayton to honor students at the "Do the Right Thing" ceremony. On September 17th, both students were recognized in the city council chambers for their leadership in our community and demonstrating great courage.

The City of Clayton's "Do the Right Thing" program provides an opportunity to showcase students and their remarkable acts. The ceremony shines a bright light on the young people in our commu-

nity, as well their exemplary behavior, and serves to inspire their peers and adults to make the right choices in life and to help others as well.

Principal Anderson nominated Kieran for his act of bravery supporting the Concord Police Department in apprehending a hit and run automobile suspect. Alison Hill, Director of Counseling at Clayton Valley, commented, "Kieran's actions were courageous, and we are very proud of the positive impact he has had on our community." Kiernan is a senior who enjoys our mechanical engineering courses and hopes to fly in the US Navy after graduation.

Sofia was nominated by our school nurse and her guidance counselor. Sofia

is an inspirational to us all. She excels in academics and is thriving on campus while she battles her diagnosis with leukemia. She's a freshman this year and looks forward to helping others in the community through our school's public service programs. Bridgette Dutton, our school nurse, remarked, "She provides a positive outlook every day and is a constant reminder to all about what's important in life. Sofia is a brave young adult and worthy of this recognition."

It never ceases to amaze me, the stories of selfless acts of kindness and good character exhibited by our students. By putting the needs of others first and sacrificing personal comforts, these young adults serve as an inspiration to us all.



Two Schools Added to School Pantry Program for Free Lunches

White Pony Express (WPE), a nonprofit based in Pleasant Hill, CA, has begun delivering milk, meat, fresh fruits and vegetables surplus to the students and their families of Fremont Elementary and Antioch Middle School as part of their School Pantry Program. In its first week of operation, about 150 families (600-750 people) between Antioch Middle School and Fremont Elementary School received these welcomed groceries.

Over 40%, or 100,000 students in Contra Costa County qualify for the free lunch program. The goal of the School Pantry Program is to increase students' academic and overall success and to help eliminate hunger.

The opening of these two pantries has been made possible by a \$65,000 grant from IMPACT Diablo Valley, which was given to WPE to open three school pantries.

Fremont Elementary and Antioch

Middle School are WPE's eighth and ninth school pantries. Others include Lincoln Elementary (Richmond), CORE (Richmond), Boys & Girls Clubs (Martinez), EM Downer Elementary (San Pablo), Verde Elementary (Richmond), Riverview Middle School (Bay Point),



and Ford Elementary (Richmond). With the recent addition of the two schools in Antioch, the total of WPE's school pantry deliveries will exceed 415,000 meals of quality, nutritious food in 2019.

Dr. Carol Weyland Conner, the spiritual director of Sufism Reoriented, founded WPE in September 2013 when she was troubled that with such an abundance of food, many thousands were going hungry, while at the same time food retailers were throwing out huge quantities of healthy, fresh food.

For more on WPE, visit www.whiteponyexpress.org.

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Jumpin' Jujubes!

You'll probably see mounds of a small round yellow fruit with brown skin around the market right now. It's the jujube. Also called a Chinese date when dried, this fruit is slightly sweet with the texture of an apple. It's a great snack or can be used in baked goods or candied. Most farmers dry this little fruit for use in different recipes.

It has a thin, edible skin surrounding whitish flesh with a sweet, agreeable flavor. There is a single hard stone inside that contains two seeds. The immature fruit is green in color, but as it ripens it goes through a yellow-green stage with mahogany-colored spots appearing on the skin as the fruit ripens further.

The fully mature fruit is entirely red. Shortly after becoming fully red, the fruit begins to soften and wrinkle. The fruit can be eaten after it becomes wrinkled, but most people prefer them during the interval between the yellow-green stage and the full red stage. At this stage the flesh is crisp and sweet, reminiscent of an apple.

Jujubes are available at FT Fresh Produce out of Fresno at the Concord Farmers' Market, both Tuesdays and Thursdays at Todos Santos.

Try these simple ways to enjoy them. Add them in salads that use apples or Asian pears. Toss with some walnuts, sliced jujubes, and a sweet vinaigrette.



For a breakfast sweet treat, slice thin and add to oatmeal or yogurt.

For a dinner twist, bake sliced jujubes with pork chops in the oven like you would apples.

Snack on some Jujube chips. Slice thinly and place in a single layer on a parchment-lined baking sheet. Bake at 250°F until dehydrated.

Or, chop and add to your favorite poultry stuffing with celery, onion, and spices.

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computercorner

by William Claney, Tech Writer, Computers USA

Tech in English

What's Really Scary This Season

It's that time of year where spooky and scary creatures roam the streets looking for treats so they don't TP your home or the trees around your home leaving you a mess to clean up the next day. It's a (tongue-in-cheek) scary event.

Did you know one in five jobs that appear in computer repair shops are disk drive failures that creates data

loss. Unlike the goblins that visit your home or office once a year, data loss is not seasonal and are real. Loss is a dirty trick on computer users, especially tablet and smartphone users. If data failure happens to you, then the realization sets in - you should have given the computer a treat rather than lose years, months, days, hours of work. One might paraphrase, "A treat, a treat, my kingdom for a treat." (Shakespeare's Richard III.)

Not kidding, tablets and smartphones are the two of the worst devices one could own if data is important to you. If you have one of these devices you have an opportunity to save your data on the cloud. Usually cloud storage and backup services are free or very reasonable for the data you choose to backup. So, if it's free, easy to access and will save your butt - why aren't you using it?

Well I know the answer to that (See article: "The Shadow Knows", Diablo Gazette September 2019). You're just plain lazy. No, wait that's not right. The real reason? You don't know how to

perform your backup, and you believe data loss won't happen to you. That's the scary part.

Backup is essential. So, if you don't use it, don't know how to use it, or just think this isn't for you, ask someone who has lost their data. I'll bet a dozen Krispy Kreme donuts they would say they wish they have had a

backup or backup plan because the pain of starting over is nearly unbearable.

I don't mean to scare you (or do I?), but BOO! Your hard drive is failing right now from normal usage and there is nothing you can do about it. You can't fix it, you can't take it apart and replace a defective part. Soon your computer will slow down, and then failure. Every single hard drive on the planet has the same bad feature. They fail. Hard drives are mechanical and anyone who owns a car can testify, stuff wears out and fails like tires, windshield wipers, heater hoses, etc.

A hard drive is fragile. Replace it with a Solid State Drive (SSD) which is a better choice, but they fail too for other reasons, only not as much. "Alas, poor Yorick, I knew him well..." (Shakespeare Hamlet.) The graveyard for your data may lurk in your hard drive.

Do you have a backup? Call your local computer expert for assistance. Do it now before it really gets scary.



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The Unintentional Estate Plan

By Joe Doherty, Attorney at Law.

Knowing or unknowingly, every person has an estate plan, even you. How that estate plan will be administered depends on what actions, if any, a person took during his or her lifetime. If a person dies without any estate planning documents, then California Law instructs how one's assets will be distributed. This is called dying intestate, and I refer to it as the unintentional estate plan.

When one dies intestate, California Law provides that the decedent's heirs, the nearest relatives, will receive the decedent's estate. To determine one's heirs, one must ask if the person was married or not. If the person was married, then the character of the decedent's assets must be determined. A married person can have:

(1) community property assets, which are generally all assets acquired during marriage;

(2) separate property assets, which are generally all assets received prior to marriage and any gift, bequest or inheritance received during marriage;

(3) quasi-community property assets, which are assets acquired in a non-community property state, but treated like community property.

Different rules apply to the different characters of property.

Generally, all unintentional estate plans must be administered under the supervision of the Court. A judicial administration is for the protection of creditors and heirs. A judicial administration is called a probate. In a probate, assets are valued, debts are paid, and assets are distributed. A probate generally takes about a year from start to finish to complete. Assets cannot be distributed until there is closure and approval by the Court. Probates are expensive. There are court filing fees, appraisal costs, administrator's fees and attorney's fees. Probate

fees are mostly based upon the gross value of the estate, no debt is included when calculating probate fees. Probate fees for a \$1,000,000 estate can exceed \$48,000.

How can one avoid the unintentional estate plan and its administration? Merely signing a Will is not enough. A Will still needs to be admitted to the court and proven. A Will does not avoid the probate costs and time it takes to administer. However, one can avoid a judicial administration by creating and funding a revocable trust, titling assets jointly or by having pay-on-death designations. Each of these alternatives has its advantages and disadvantages, but typically are more cost effective and efficient than simply a Will or the unintentional estate plan.

When reviewing an estate plan, one should consult a qualified attorney to discuss

these estate planning alternatives to avoid the unintentional estate plan. If one does not know an attorney, the Contra Costa County Bar Association provides a lawyer referral and information service ("LRIS", telephone (925) 825-5700). LRIS exists to connect consumers with attorneys who practice in the specific legal field for which they have an issue. When consumers contact the LRIS, they are directed to a pre-vetted attorney for a consultation wherein they can learn more about their situation, get candid and accurate advice, and make informed decisions.

Joe Doherty is an attorney in Danville and works at Gagen McCoy and has practiced since 2009. Joe Doherty is certified specialist in Estate Planning, Trust and Probate Law by the State Bar of California. , www.gagenmccoy.com



Miranda vs. Arizona Forgot About the Children

by Yasenia Conde, Juris Doctor, Concord

There is a series on Netflix titled "When they See Us" and it portrays the 1989 arrest and subsequent conviction of five boys who were all charged of raping a female jogger at New York's Central Park. The youngest of the four boys, all under 16 years of age, served from 6 to 7 years each. The oldest age 16 at the time was tried as an adult and served 13 years in an adult prison. The prosecution of the five boys was based primarily on the confessions they each made after being questioned by law enforcement without the presence of an attorney. It was not until 2001 that the real perpetrator came forward and confessed to crime. His DNA matched the DNA found at the crime scene and as a result the five boys who were then grown men in 2002 had their convictions vacated. So, what went wrong?

In 1966 the United States Supreme Court ruled in *Miranda v. Arizona* that a suspect must be informed of his Fifth Amendment Constitutional right against compelled self-incrimination. This means that prior to subjecting a suspect to any form of interrogation, while in custody, that law enforcement must inform the suspect that he or she has the right to remain silent and the right to an attorney. However, if after being read these rights the suspect then chooses to waive these rights he or she can do so as long as the waiver was made knowingly, intelligently and out of free will. But do children, who perhaps have not had any experience with law enforcement really understand what Miranda Rights are and the consequences of waiving those rights? The answer is no.

The Miranda Court failed to recognize

that juveniles do not have the same cognitive abilities as adults do to fully understand and assess a situation such as a police interrogation. In fact, until recently some U.S. Courts routinely upheld that juveniles, some as young as 10 years old, did have the required understanding to validly waive his or her Miranda Rights. Juveniles were treated as adults and were questioned by law enforcement in the same manner.

It took several years of research and debate for the California Legislature to finally realize that not all suspects are created equal. Senate Bill 395 which was signed by Governor Jerry Brown and took effect on January 1, 2018 changed the way law enforcement questions juveniles. Under the new bill law enforcement officers cannot ask for a Miranda waiver or interrogate a juvenile under the age of 15 unless the juvenile has first consulted with an attorney. Senate Bill 395 also serves as a precautionary measure and protects law enforcement from facing accusations of misconduct.

As parents and guardians, we want to believe that we have nothing to worry about because our child will never be involved in such a predicament. It is always better to be informed and prepared. Talk to your child and explain to your children that they have rights. We engage our children in sports, literature, arts and the like- but how about civil rights.

Yasenia Conde is a legal document assistant. She obtained her Juris Doctorate degree from the John F. Kennedy University College of Law and a Bachelor of Science in Legal Studies from the University of La Verne in Southern California.

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Victims of MK Ultra

The Awakening

By David King and Bill Yarborough



Bill Yarborough of Clayton has lived a successful adult life. He worked for a large public accounting firm and then spent years in the financial industry. He also served president for two non-profits. He has written a novel that is currently being considered for publishing. Although it is fiction, it is based on his real-life experiences which is far from normal.

In September's issue of the Diablo Gazette, Bill recalls his time as a young child, age 4, in what he concluded was the CIA's notorious MK-Ultra program; an experience he endured with his younger brother and older sister.

MK-Ultra was a secret mind-control program operated by the CIA in the 1950s. The New York Times first exposed it in 1974, and a number of government investigations followed. After the program was exposed, the CIA destroyed thousands of MK-Ultra documents.

Although MK-Ultra experimented predominantly on adults, it also had children in a program designed to create super soldiers and spies. The goal was to dehumanize them by putting the mind in a state of shock, and re-program them using electroshock, drugs, isolation, psychological assault and other traumas. The experience was so tragically dark, that it took 30 years before he and his brother and sister cracked open the Pandora's box of repressed memories, an awakening that began in the 1980s. Here is his story of that awakening.

"When our repressed memories first surfaced, they did not involve MK-Ultra, but rather the disturbed behavior of my mother in the late-1950s.

It began in a startling manner. I was in my early 30s, I traveled from Dallas, Texas, where I lived at the time, to visit my older sister, in Connecticut. I'd been there a few days when during the wee early morning hours of April 10, 1986, she woke me up from a deep sleep. She looked scared, and I shot up in bed thinking someone was trying to break into the

house.

She said that she had a vision, and that a voice told her she needed to give me a message. The vision had explained that our younger brother, her, and I had all blocked out a part of our past when we were young children.

"It's the most important thing that ever happened to us," she said, "and we've blocked it out completely."

That's what the vision told her.

At that moment, a picture of our mother flashed through my mind, wild-eyed, holding a large knife. I sensed the terror I'd felt then, at age 4.

I asked her to describe her vision.

"It came in a blaze of light with a voice that told me that we were at an enormous crossroads in time, and if I remembered our blocked-out past, our lives would move in a new direction. But if we didn't, then we would continue down our current path, a very dark path."

She had my full attention now. My sister said she couldn't think of anything, but the voice had told her to come to me and that I would remember.

I couldn't bring myself to mention the image of my mother holding a knife just then. I was exhausted.

My sister said good night and left me to my troubled thoughts. The haunting image of my mother with the knife swirled

through my head.

When I brought the image up the following morning, it didn't trigger an immediate reaction from my sister. I offered more details and mentioned that the three of us were lined up in a row in the dining room, and our mom came at us with a large knife. My sister's eyes

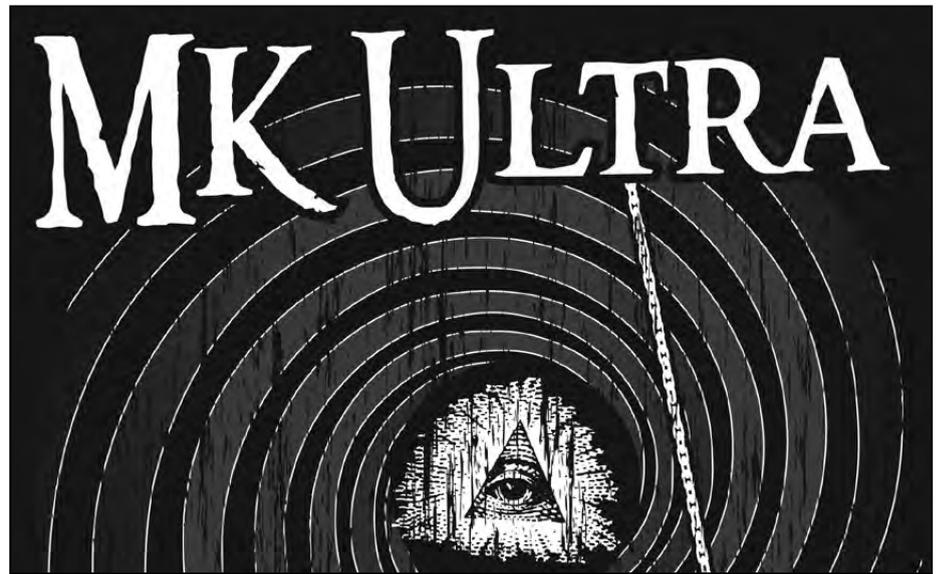
flashed, and she blurted out, "I remember that."

She suggested I not provide her any more details until we both fleshed out our memories as best we could within our minds. Later, we compared notes. We agreed on such things as the lighting in the dining room, the precise area we stood, and what our mother said, we realized we had the same memory.

We used this same confirmation process for a number of other repressed memories that surfaced regarding our mother. It seemed she was in a psychotic state in the fall of 1958. She lashed out violently for no apparent reason, spent long hours staring blankly ahead, and fed us dog food. This was a time shortly after we had just left the MK-Ultra program, yet at this point in our life, we didn't know what that was.

We had decided to discuss the memories with our younger brother. However, he had suffered a mental break-down nine years earlier, at the age of 23. Since then he had to be hospitalized periodically for psychotic episodes.

We wondered if these traumatic memories of our mother



had caused or contributed to his difficulties and hoped that addressing them would help him.

My first attempt to discuss this issue with him in general terms did not stir up any memories. The second time we discussed the knife incident in more detail under his psychiatrist's supervision, he suddenly remembered it, contributing specific details of his own that matched our memories.

Interestingly, he never had another psychotic episode requiring hospitalization again after that.

However, after that discussion, he did confront my mother about her actions. She vehemently denied it then, but over a decade later, she approached me and said the event had slowly come back to her as well. When she described the scene, it was identical to our memories. She explained she was deeply troubled during that time period, something that both my father and grandmother had previously told me.

Two years later in 1988, we began to remember what I concluded were our MK-Ultra experiences. We used the same confirmation process by withholding details from one another. Our memories often came to us in different fashion; mine, while consciously awake, my sister, while dreaming, and my brother, while in what his therapist called altered states of consciousness. However, our recollections were typically the same.

For example, one day when driving home from work, I remembered we were held captive in basement jail cells at a large and terrifying house we'd just begun to recall. When I talked to my sister next, I told her I had a memory of where we stayed in that frightening house. She said she had a dream of where we stayed, too.

"They locked us up in jail cells," I said.

"My God, that's what came to me in my dream," she exclaimed. "In the basement, right?"

When I asked my brother if he had a memory of where we stayed, he said, "They kept us in cages, just like monkeys in a zoo."

From that time, it would be another ten years before we first heard the name MK-Ultra, when 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.

Our recollections align with the testimonies of other child survivors of MK-Ultra presented in government-led investigations, including being subjected to electroshock, drugs, isolation, deprivation, psychological assault, and other traumas.

I talked to my father about my mother's disturbed behavior right after my sister and I recalled her threatening us with a knife.

My father said, "Your mother was dark and hard to get close to in those days. I never left you children alone at night fearing she'd kill you. In the early 1960s, she improved, and my fears eventually went away."

Several years later after we recalled our mind-control experiences, I raised those memories with my father, too.

He and my mother were visiting at our home, and when I caught my father alone, I described the memories of the strange program we recalled.

"I believe we were kept in jail cells," I said. "And subjected to drugs, isolation, deprivation, and occult rituals. Do you remember anything about such a program?"

My father's face remained expressionless, then he said, "I don't recall anything about that, but it sounds like the kind of program your mother might have placed you into while I was in the Korean War."

Surprised, I reminded him I wasn't born while he was in the Korean War.

"I don't recall anything about that," he said.

Then his expression changed, he glanced over his shoulders as if to see

if anyone was listening and began to talk in a strange whisper.

"You know, the people who ran that program were fine individuals. They just couldn't control their dark impulses."

I was stunned.

He went back and forth like that. At times, in his normal voice, he claimed no knowledge, then at other times in that conspiratorial whisper he let on that he knew something.

One goal of MK-Ultra was to create split personalities. I couldn't help but wondered if they had monkeyed with his mind, creating a split personality aware of our placement in MK-Ultra. I'll never know. My father passed away a few months later, and we never had an opportunity to discuss this topic again.





Where Are You Going? My Guide to Moving.

Where are you going? That is usually my first question before I list or help a buyer purchase a home. If you are selling and buying in the same area, I ask clients to prepare a what-would-make-me-want-to-move list. Once they have that, then I will prepare a home tour. That inspires them to get their home ready and decide if now is the time, or if there are compromises to be made to their "list".

For those who are retiring (or won the lottery), the process is the same.

"Are you moving out of the area? Do you know people or have friends in the area you are moving to? Have you been there before; or, if not, do you want to take a few long vacations to the area and see how it feels to really live there? Do you want to rent your home here (we provide property management referrals) and rent there until you are certain you'd want to stay there?" I will ask. "Do you want to sell and purchase at the same time?" That's a juggling act best left to professionals. It's what we Realtors do. Whatever the options, I will help you find a Realtor who can guide you to the right fit, rental or purchase.

When you are ready to prepare your home for sale, have a "what to do to get your home ready for sale" conversation with your realtor to help you formulate a

plan on your timeline. Some sellers take six months to a year to get ready. This is where an experience Realtor can really be helpful in preparing a list of things to accomplish by the month or week to keep on task. I also recommend that you use expert packers and sorters who won't throw anything away before you look at it. This is most helpful in keeping the process moving along and preventing you from feeling overwhelmed.

We also have resources for sale of collections, garage sales, clean-up crews and trash hauling. Most trash companies will take up to 12 large black bags two or three times a year for FREE as part of your regular trash service. The trash company will pick up other things for a fee, which is often less than it would be to get a junk hauler. Plan ahead, and you can get a lot done without it costing too much.

For more tips, call me.

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