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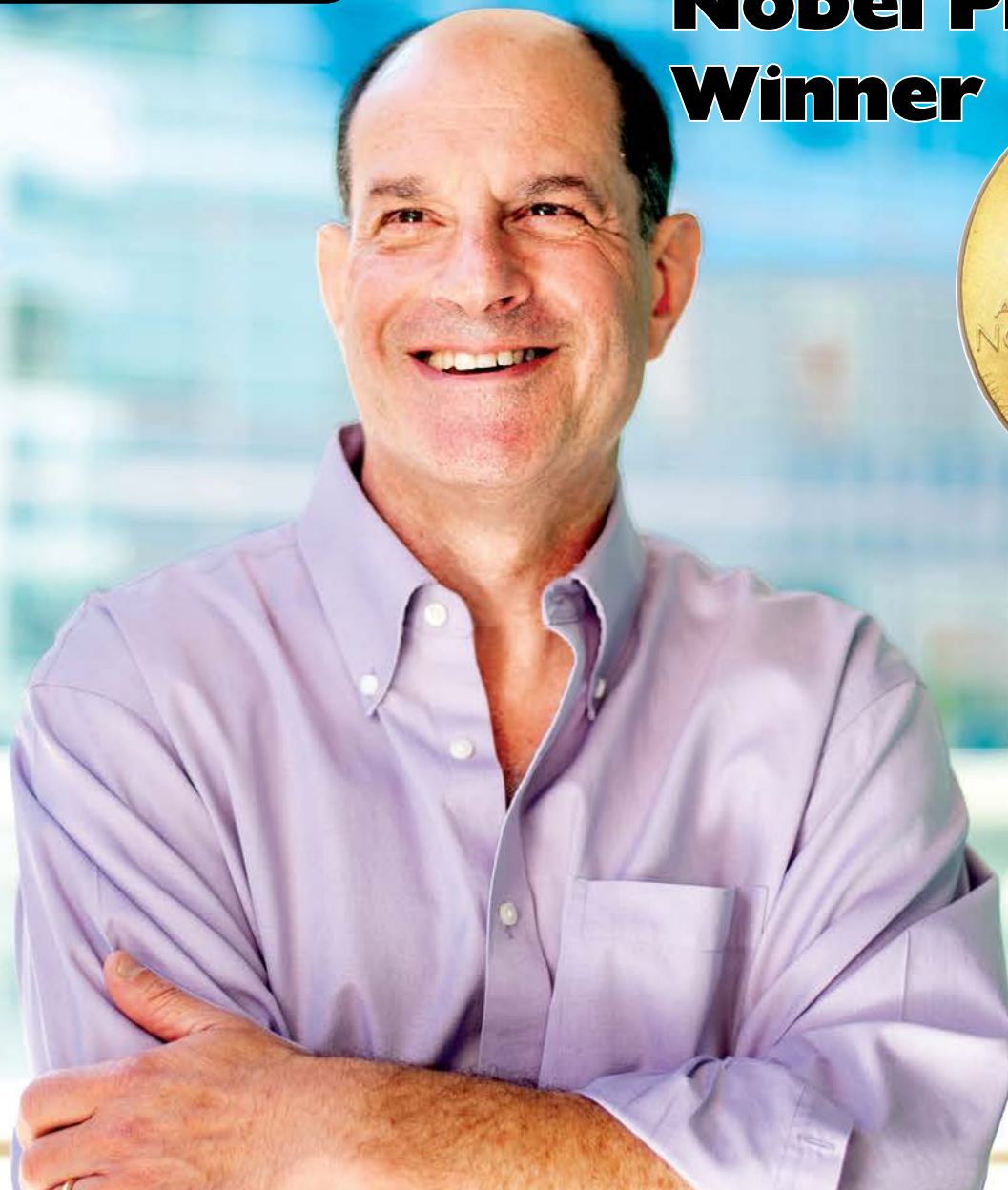
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NOVEMBER 2021

David Julius, PhD, Walnut Creek's Nobel Prize Winner



David Julius, PhD, professor and chair of UCSF's Department of Physiology, stands for a portrait after winning the 2020 Breakthrough Prize in Life Sciences. September 5, 2019. Photo by Noah Berger.

Wife Holly Ingraham, PhD is also a much decorated physiologist. She is Professor of Molecular Physiology at the UCSF.

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Nobel Prize and more, Walnut Creek husband and wife are world leaders in science research

By David King

Walnut Creek is the home of two internationally leading scientists from University of California San Francisco, husband and wife David Julius and Holly Ingraham. Both were recently recognized with the highest of honors in Science and Medicine.

On October 3, David Julius, PhD, a biochemist and molecular biologist at UC San Francisco won the 2021 Nobel Prize in Physiology or Medicine. Julius received the prize jointly with Ardem Patapoutian, PhD, a professor in the Department of Neuroscience at Scripps Research. Both were pursuing work into the neuroscience of pain.

"No sensory system matters more to survival than pain," Julius states. They each will receive a medal of honor and split the \$1.1 million award.

Chili Peppers led To David Julius' Nobel Prize For Medicine

Julius' 32-year career at UCSF has been driven by an acute awareness of the need for new drugs that could effectively treat pain without the side effects.

His groundbreaking work has focused on how our bodies sense heat, cold, and chemical irritants. Julius used capsaicin, a compound from chili peppers that induces a burning sensation, to identify a sensor in the skin's nerve endings that responds to heat - leading to new insights about the fundamental nature of pain and new targets for pain therapy. His research could lay the foundation for a new class of non-opioid-based painkillers, a crucial need as communities across the country are hit hard by the opioid crisis.



UCSF Prof. David Julius and his wife, UCSF Prof. Holly Ingraham, field messages after learning Julius was awarded the Nobel Prize in Physiology or Medicine on Monday, Oct. 4, 2021, in Walnut Creek, Calif. Photo by Noah Berger

In November 2019, Julius had won the 2020 Breakthrough Prize in Life Sciences award which affirmed his research on the biological molecules, cells, and mechanisms involved in pain. Julius has homed in on a

class of proteins called TRP (pronounced "trip") ion channels as key players in the nervous system's pain-signaling apparatus.

"As a scientist, you want to understand the basics," Julius told UCSF News after winning the Breakthrough Prize. "Identifying signaling molecules within pain pathways has relevance for drug design, because those are potential targets for the development of new treatments."



UCSF Prof. David Julius and his wife, UCSF Prof. Holly Ingraham, arrive at UCSF's Mission Bay campus to attend a celebration of Julius' Nobel Prize in Physiology or Medicine on Monday, Oct. 4, 2021, in Walnut Creek, Calif. Photo by Noah Berger

Over his lifetime, Julius has received numerous honors and awards, including the Canada Gairdner International Award, the Shaw Prize in Life Science and Medicine, the Kavli Prize in Neuroscience, the Dr. Paul Janssen Award for Biomedical Research, the Passano Award, the Prince of Asturias Award for Technical and Scientific Research, the Scolnick Prize from the McGovern Institute for Brain Research, the Unilever Science Prize, and the Klaus Joachim Zülch Neuroscience Prize. He is a member of the National Academy of Sciences, the National Academy of Medicine, and the American Academy of Arts and Sciences.

"Congratulations to David for succeeding on the highest scale," said Talmadge E. King Jr., MD, dean of the School of Medicine. "Just as his research opens up new avenues for drug development, his commitment to the education and mentorship of future scientists inspires those around him to push the boundaries of what's possible."

Julius education includes B.S. degree in Life Sciences at MIT, Graduate Studies in biochemistry at UC Berkeley, and post



UCSF Prof. David Julius addresses colleagues at UCSF's Mission Bay campus while celebrating his Nobel Prize award on Monday, Oct. 4, 2021, in San Francisco. Photo by Noah Berger

doctorate at Columbia University. "Joining the UCSF community has had many wonderful outcomes, not least of which was meeting my wife," Julius says. Holly Ingraham, PhD, is also a decorated member of the faculty.

Holly Ingraham, PhD, elected to National Academy of Sciences

Ingraham is an American physiologist and Professor of Molecular Physiology at UCSF. Her research focuses on women's reproductive health, specifically the sex-dependent central regulation of female metabolic activities and biology.

Her awards include Brook Byers Basic Science Award in 2012, and an inductee of American Association for the Advancement of Science in 2019.

But the most prestigious honor happened this year when she was elected into the National Academy of Sciences, an agency started by Abraham Lincoln, of which Julius is also a member. Members of this organization serve as "advisers to the nation" on science, engineering, and medicine. The group holds a congressional charter under Title 36 of the United States Code.

Each year, current members elect new members based on their distinguished and continuing achievements in original research. Election to the National Academy is one of the highest honors in the scientific field.

Ingraham grew up in Walnut Creek. She attended public schools and graduated from Ygnacio Valley High.

For her, interest in science came at an early age when she received a Bausch & Lomb microscope as a gift. She spent her free time exploring all of the objects she could in the vicinity of her home using that microscope.

"Those who devote their lives to creative pursuits are often inspired by a singular event," she says. "Mine came from my great-grandfather, whose 1890 Bausch & Lomb microscope came into my possession when I was 10 years old. I picked it up and began exploring the biological world of Northern California, never to stop."

Her scientific career began as an undergrad at UCSD, where she studied biological science and behavioral science. Ingraham earned her doctorate at the UCSF.

Both agree, that the key to building interest in science is cultivating curiosity at an early

age.

As for schools teaching science, Julius says he thinks we can do better.

"I think we can always do a better job. When I was a kid, science was kind of dry, relying on things like memorizing the periodic table. "If there was anything that would turn you off of science, I can't think of anything better."

"When you teach kids science, you want to not make it a fact memory thing but a conceptual thing. You have to raise their curiosity. They must learn to ask questions about things we see in nature, or what we think about in terms of medicine or physics and the cosmos."

Julius attributes his interest in science to a "...really good high school physics teacher. He made things fun and conceptual. He would give us problems to take home and figure out puzzles. Also, working in a lab in college was fun."

"Science is about asking questions. The main goal of a teacher is to get you excited about something."

"The morning after the announcement of winning the Nobel Prize, I agreed to talk to students on the web, 500 kids in classrooms across the world zoomed in and they asked really good questions."

Ingraham agrees. On her web page she states, "...sporadic events are not enough to support a lifetime of curiosity and discovery. That support would come via the State of California through an amazing and accessible public education system...which has supported my curiosity-based discovery research program continuously for over 25 years. Unwavering support also comes from family and mentors who provide the personal strength and resiliency needed to overcome moments of disappointment, insecurity, and self-doubt."

"I thoroughly enjoy my life as a scientist and continue to be addicted to the rare experimental successes sprinkled among the many failures inherent in the scientific process."

The researcher couple has been working in this prestigious field for more than thirty years. They have a son, 21. Is he on the path of scientific discovery too?

"His passion is in the arts," Julius replied.

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VEGETARIAN CONQUERS THE CONCORD TACO TRAIL CHALLENGE

Spencer Silvestre is vegetarian, but that did not stop him from taking on the Concord Taco Challenge last month. In fact, he was one of the top five challengers. Silvestre shared his experience with the folks at Visit Concord and can now carry the badge, Taco Trailmaster.

"This is my first year doing the Concord Taco Trail.

My big goal with the Taco Trail was to try and go to every location on the list, which I'm proud to have accomplished. It took some planning to get it done, and I even took a Saturday to go to six different taquerias. As a vegetarian, I was a little worried about how I would do on the trail. Thankfully, all the places had at least something on their menu I could get or were generous enough to make accommodations or substitutes. In fact, some locations that I thought would be the most difficult for a vegetarian turned



Spencer Silvestre, Taco Trailmaster, Photo and article courtesy Visit Concord.

out to be some of the best.

There are three places that really stood out to me. First, Mercado del Sol. This was my first time trying them, and they had absolutely outstanding, authentic, flavorful dishes. The second is Canasta Kitchen. They were already one of our favorite places to go to eat chilaquiles for breakfast, but now, under new

ownership, they offer vegan pastor, an outstanding option for vegetarians and vegans in the local area.

Herencia Hidalguense La Casa de la Barbacoa. I was a little concerned that they would have extremely limited options for vegetarians, but I could not have been more wrong. They had tons of options for vegetarians, including huitlacoche, which I have not seen offered at too many places.

I had a wonderful time doing the Taco Trail, celebrating the Latinx culture and trying out new places in Concord. I have to thank my lovely wife, who supported me throughout this. There were a lot of tacos to get through, and I could not have done it without her.

I would strongly encourage everyone to go try out some of the wonderful local taquerias we have here in Concord. Like us, you may just find a new favorite spot."



Celebrate the Holidays in Style

With holidays just around the corner, Visit Concord has planned a series of special events throughout November and December to help celebrate the season. Come join us for some holiday cheer and exclusive deals on cool Concord-themed gifts for family, friends, neighbors and co-workers.

Check our website event calendar and social media pages for specific dates and details for our Holiday Happy Hour Wednesdays and Lunch Break Specials. We will be serving sparkling beverages and tasty treats along with featured "hot-ticket" items of the day with deals like buy one/get one offers, or a gift with purchase.

In addition, The Concord Visitor Center has partnered with our friends at the Concord Art Association for Small Business Saturday. It's a wonderful opportunity to find unique and handcrafted gifts while supporting local merchants.

So why sweat long lines or supply chain disruptions? You can find something for everyone on your list in our stress-free holiday shop. Give the gift of stylish civic pride with the popular I Heart Concord, Beer Trail, Jazz Fest and Taco Trail wearables. You will find hats, beach towels, aprons and pet items, plus easy stocking stuffers like keychains, bandanas and wine openers.

During Concord's Tree Lighting celebration on Friday December 3, we will be welcoming all at our gala Open House event with special extended hours from 10 a.m. to 8 p.m. The Visitor Center is also the check-in point for TSBA's Holiday Sip & Stroll event where you can enjoy pop-in tastings of cocktails and treats at participating Todos Santos restaurants, starting at 5 p.m. Tickets are available on our website for just \$15 per person.



CEO Elaine Schroth suggests "I Heart Concord" T-shirt would bring great smiles as a holiday gift.

Stay and Play

If you have family or friends coming to town for the holidays, Visit Concord is offering Stay & Play Packages with your confirmed reservation at any of our nine hotels. Your guests receive themed packages filled with goodies like local gift cards, restaurant coupons and wearables. For more information go to: <https://www.visitconcordca.com/hotels/specials-deals/stay-play-hotel-packages/>

We look forward to seeing you here soon. The Concord Visitor Center is located at 2151 Salvio Street, Suite T in Concord. Contact us at info@visitconcord.com or 925-685-1182. Website: www.visitconcordca.com.

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Business Unusual - This holiday season is ready-made for small business success

By Sheri Nelson, The Local Shop



The shopping season has begun. Every year it starts a little earlier, and COVID is doing its share to accelerate that timeline. Locals are looking forward to the distraction of the holidays to create a world that gives them, well, comfort and joy. They are looking for a meaningful celebration of the season. Which gives small, local businesses an abundance of opportunities. Here a few ideas:

'Tis the season for connecting with your customer.

If you have not done so already, create a presence for your business on social media and start talking to your customers. Keep your posts simple and conversational. Some ideas might include:

Introduce yourself and tell customers about your business

Post pictures of the inside of your store Show behind the scenes (aka #bts) pictures of your business

Do not be intimidated by posting. Simply talk to your followers like you would talk to customers that walk into your store.

Be a Santa in a world challenged by supply chain issues.

The shipping challenges that are making shoppers nervous this season are another opportunity for your business. Remind customers online and in your ads that you are local and already have what they need. Post gift ideas daily on your website or social media. Show that you are the expert by letting followers know why your products make great gifts. Update quantities continuously online to create a sense of urgency. Be honest with this info to create trust and lifetime customers. Keeping customers in the loop will not only inform, but it will also make them feel connected with your store.

Great experiences make great memories - and Instagram posts.

As things open up after COVID's lockdown, people are craving experiences, so create one that is redeemable at your location. Experiences can be sold as gift cards or gift certificates, but instead of selling simple "gift certificates," position them as experiences by customizing each one. For example, a bakery gift certificate can be customized for a "cupcake of the month", a fun and unique gift for anyone with a sweet tooth. Other ideas:

Restaurants can create a Date Night, with a bottle of wine or a dozen roses to make it extra special.

Nail salons can offer a Girls Day Out, with a free treatment to the gift giver to use after the holidays.

House cleaning businesses can partner with spas for a special package for mom.

Yoga studios can offer an at-home session. Local breweries can offer a Master Brewer package with food, tastings and lessons from a brewer.

Seal each sale with a little something extra.

Provide boxes that can be easily wrapped or a \$5 gift card as a stocking stuffer.

These are things that get customers to talk positively about your business and bring them back to your store.

Shoppers love investing their money locally. Use these ideas or others to encourage customers to shop local this holiday season.

Sheri Nelson is a passionate marketer helping local businesses make a connection with consumers. She spent 27 years in Bay Area radio before launching The Local Shop. Follow her on Instagram for more tips at the_local_shop_bay_area or email her your questions at sheri@welcometotheshop.com.



You don't need 20 percent down to buy a home

Is a down payment standing between you and your dreams of homeownership? Most people think you need at least 20 percent down in order to buy a home. But that isn't always the case. In fact, it is quite possible to pay much less than 20 percent, or even nothing at all. Here's what you need to know.

Shop around for a mortgage. While most conventional loans require buyers to put down 20 percent on a home, there are several loans that do not. Aside from conventional loans, you should spend time investigating loans that are backed by the federal government. While the government doesn't loan the money, they do guarantee the loans should you default. One of the most popular federally-backed loans is an FHA loan. This mortgage is guaranteed by the Federal Housing Administration and many buyers qualify for down payments of as little as 3.5 percent. For veterans, VA loans that are backed by the Veteran's Administration offer mortgages that require no money down. The same is true for USDA loans. Each of these programs has certain requirements that must be met in order to qualify. If you do qualify, they are a great choice.

Research financial assistance programs. If you're a first-time homebuyer, then you have even more resources at your disposal. You may qualify for financial assistance programs that help to offset the cost of your down payment -- or eliminate it entirely. The availability of these programs varies by location, so talk to a local real estate agent or mortgage broker to see what's in your area. Some of these programs also cover closing costs.

Refinancing can eliminate PMI. When you put less than 20 percent down on a home, then you'll be required to pay private mortgage insurance (PMI). These payments are in addition to your monthly mortgage payments. Once you attain 20 percent equity in your home, you can refinance which will eliminate those PMI payments. You may also be able to get a loan with a better interest rate than your original loan.

Saving for a down payment. If you still feel like you don't have enough for a down payment, then consider alternative ways to save that money. Some of the ways you can quickly increase the amount you have available for a down payment include:

- Automating your savings plan so contributions are automatically deducted from your bank account.
- Paying down high-interest debt or refinancing existing debt.
- Saving tax returns and stimulus money.
- Selling items from your home you no longer use.
- Reducing your expenses by moving into a smaller apartment or selling an extra vehicle.
- Asking for a raise at work.
- Accepting a monetary gift from a family member (hey, Christmas is right around the corner).
- Skipping a vacation and taking a staycation instead.
- Finding a side hustle and saving all the income from that job.
- Rent out a spare room in your home or even a parking space.

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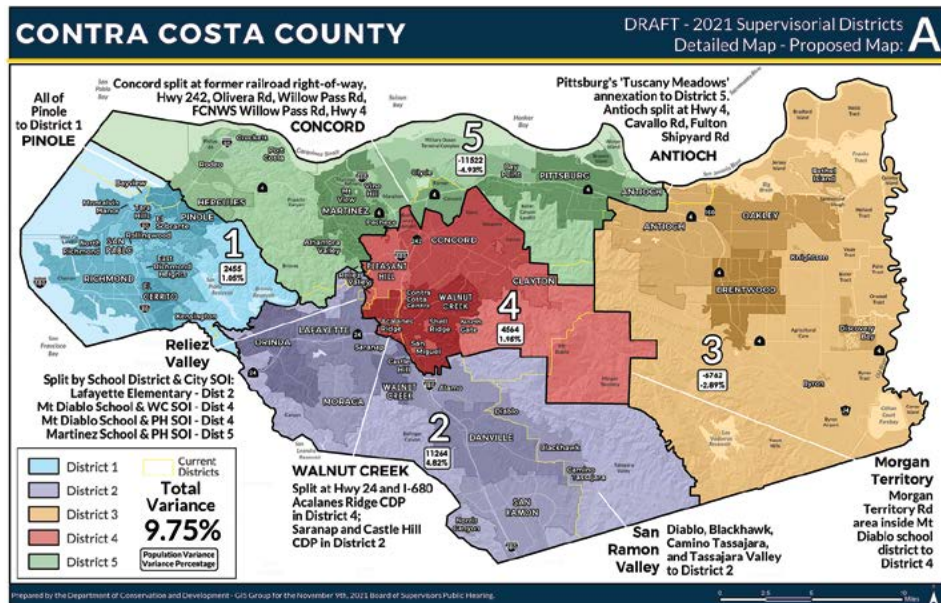


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Redistricting: No Fun but Plenty of Games or Divide and Conquer



One of four proposed Contra Costa County redistricting maps posted on the Contra Costa County Board of Supervisors website: contracosta.ca.gov website as of November 5.

Every ten years there is a census by order of the Constitution. Subsequently all election districts are reviewed and revised relative to the population. For states this is the Congressional districts, for Counties it is the Board of Supervisor's Districts and for all other municipal and special entities that have less than at large voting they must redo their district lines.

There is a requirement in the local level that the elected lives in the district, unlike the Congressional regulation (by the Constitution) where the representative merely must live anywhere in the state. Back then they knew that people were going to be 'redistricted out' to prevent them from running for simple political needs. Well, "needs" is a little misleading. It should be political WANTS. Those in power are those that define the Wants.

In California we created an 'independent' redistricting committee that has equal numbers of Democrats and Republicans and a minor number of 'others' to help with avoiding highly Gerrymandered Districting. The issue of giving equal say to both parties when there is a totally lopsided ratio between them is one of those political tradeoffs that was made. While I was very skeptical of this system, it actually has produced semi-reasonable maps for the last two rounds (2000 and 2010).

However, when it comes to local map making it is often the case that the Elected Board itself makes the decision. For Contra Costa, this is the Board of Supervisors. In the City of Concord, it is the City Council. However, in Martinez because of prior awkwardness in the drawing of the city districts in 2018, the Council has yielded the decision to an 'independent' committee.

In 2010 the County maps were redrawn to divide little Pinole as well as Antioch and Walnut Creek while the rest of the 16 cities in the county were kept whole. This was a step up for Walnut Creek as in 2000 it was split in three different supervisorial districts. Nearly all political analysis believes that a divided city has less influence with each of the Supervisors. Yet currently there are Council voices that are welcoming the division of their city into different Districts. That is not so in Concord where there is overwhelming opposition to being split.

While people can send in comments and

make their own map suggestions, historically and practically the Board focuses on the staff drawn maps. For example, in the two face to face sessions of district review (Candice Anderson and Karen Mitchoff) the presentation only showed and discussed the staff maps and not the maps of other submissions.

The two meetings I attended were very poorly attended; there were three present in one and four in the other with less than 15 on the zoom call because most folks have no clue what the Board does and even care less about the districting. Yet, this determines who will represent you that oversees the budgets for the hospitals, homeless shelters, health care, D.A. Office, Sheriff and a host of other things. Do you have issues with the Mask Rules or a host of other rules? That is the impact the Board has on you.

The current trend is to again divide Walnut Creek and Antioch with a push now to divide up Concord. They want our district to give up John Muir Hospital, Naval Weapons Station, and even the Buchanan Field Airport on some maps.

Concord does not have to be split up in the new redistricting, but we have to find 3000 people somewhere other than Concord city limits. That shouldn't be hard, it's just about choices.

While it is well stated that Cities are the most fundamental Communities of Interest, (a legal 'guide'), the reality is that politics can twist just about anything into a Community of Interest.

For the cities that have sub districts like Concord, Antioch, Danville and others, the entertainment will extend from December to March for the most intense politicking. So, stay tuned if you care.

For more information on this go to: cityofconcord.org/951/redistricting

This column is brought to you by Edi Birsan, and it is not the view of any organized body, let alone a political construct or the National Football League and its virtual Fantasy Leagues. After all, politics has always been in a Fantasy League of its own.

"The Story" Returns to NorthCreek Church

Christmas presentations such as "The Nutcracker", "A Christmas Story" or "A Christmas Carol", and a few others are offered by several ballet and theatrical groups in a variety of theaters in just about any community. However, the living art performance of "The Story" is a one-of-a-kind Christmas spectacle exclusive to Walnut Creek's NorthCreek Church. With eight years of productions and over 30,000 in attendance, "The Story" has become a Christmas tradition for many local residents. It is a must see.

Each year, NorthCreek's production staff sifts through thousands of pieces of historical art searching for works that can be arranged to tell the story of the entire Bible as biblically as possible, from creation through today (and tomorrow) in a performance of tableau vivant, or "living art."

This year's presentation will feature 12 works from artists including Leonard DaVinci, Michelangelo, Nicolas Bertin, Antonio Ciseri; and contemporary artists including Max Greiner and Morgan Weistling. Combine that with a 30-piece orchestra, large choir, and biblically accurate narration, and you have an amazing presentation.

"The Story" includes painted or sculpted works of art that have been rebuilt by volunteers in three dimensions at life size, populated with cast members painted to mimic the careful brushstrokes of the original. Once on stage the art is carefully lit with complex stage lighting so that when the curtain opens to reveal the scene, it appears that you are looking at the flat, two-dimensional piece, or the original artwork. It is truly a unique presentation.

For 11 months, more than 300 volunteers including artists, seamstresses, construction, and fabrication teams along with the

NorthCreek Church's orchestra, choir, vocalists, cast, stage crew and production team collaborated on the recreation of each scene. Often a single piece can take between three and four months to design, build, and paint to meticulously recreate the original.

Cast members are painted, airbrushed, and costumed to look like marble, bronze, oil paint, ivory, and other materials that make up the original pieces.

Running time is approximately 130 minutes with a 15-minute intermission. It is not recommended for children under the age of seven. However, childcare is provided at the Saturday 3PM and Sunday 2:30PM shows only by RSVP only. Email thestory@northcreek.org.

One audience member said it best, "I would expect to see something like what I just saw in a theater in San Francisco, or even New York, but not a church in Walnut Creek. Well done! Amazingly professional and well presented!"

The Story should be part of your family's Christmas tradition. NorthCreek Church is located at 2303 Ygnacio Valley Rd. in Walnut Creek. For ticket information go to www.thestoryinart.org.

SHOWTIMES:

Thursday, December 16 AT 7PM

Friday, December 17 AT 7PM

Saturday, December 18 AT 3PM

(Free Childcare Available)

Saturday, December 18 AT 7PM

Sunday, December 19 AT 2:30PM

(Free Childcare Available)

Sunday, December 19 AT 6:30PM



Movement is essential to healthy aging. The most important thing you can do for your physical and mental health as you age is to get up, get out there and move your body – for 30 to 60 minutes a day. Regular exercise lowers the risk of heart disease, diabetes, cancer, depression and dementia. It also significantly reduces the incidence of falls, a major risk for seniors.

Unfortunately, many older adults stop moving regularly as they age. According to the Centers for Disease Control and Prevention (CDC), only one in four seniors exercise regularly, and nearly half don't exercise at all.

When you don't move or challenge your body, muscles atrophy and joints become stiff and painful. With lack of movement, you may become less independent, and even frail. We are learning that frailty is a major predictor for hospitalization and death, separate from any diseases you might have.

It is important to recognize that if you use your body correctly, it will not wear out. Human bodies are designed to keep mov-

ing – all the way through your lifetime. By carefully training and using your body you stimulate growth and vitality, stave off deterioration, and become stronger, healthier and more engaged in life. Active movement increases electricity and blood flow to your body and your brain, keeping them energized and thriving.

People in pain often think that movement and exercise will make them worse, but in most cases the opposite is true. It is proven that movement reduces pain, especially the pain of arthritis, and pain becomes worse with lack of movement. Exercise is one of the best treatments for chronic pain.

It's Not Too Late

The surprising truth is you can still get a lot stronger as you age. People dramatically increase their strength well into their 60s, 70s and even 80s. It has been proven that you can almost double your strength by doing basic strength training just two days a week. Regardless of your age, it's not too late to impact your future!

Move It or Lose It

By Dr. James Mittelberger

Hiromu Inada is a great example of a world class athlete competing successfully in his late 80s. Last year, he completed the Ironman competition at age 87, becoming the oldest person ever to finish the race. The Ironman triathlon is widely considered to be one of the most difficult sporting events in the world, with a 2.4 mile swim, 112 mile bike race, and 26.2 mile (marathon) run back to back! Amazingly, Inada did not begin seriously exercising and training his body until he was in his mid-60s.

What You Can Do

People like Inada show us that it is never too late to start a regular exercise routine. Be sure to start slowly to build strength and endurance. Older adults who have not been active should consult with a physician before starting a new physical activity program. If you have health concerns, consider working with a physical therapist who can teach you how to move correctly for your situation. The key is to find activities you enjoy and be consistent about doing them.

The National Institute on Aging recommends that older adults include four types of exercise in their weekly routines: 1) balance, 2) flexibility, 3) endurance, and 4) strength. Some major benefits of these exercises include:

- Gentle stretching and warming up maintain flexibility and are essential to a comprehensive exercise program.

- Endurance exercises are probably the most important activities you can do for your health. Sports like walking, swimming, hiking, jogging, biking, dancing, tennis, and pickleball help clear out arteries, preventing heart disease, dementia and cognitive decline.

- Endurance exercises also promote weight loss and increased energy and vitality. Experts recommend doing some form of moderate endurance training for 150 min-

utes a week.

- Strength training (weightlifting, resistance bands) just two days a week helps maintain posture and balance, which increases stability and reduces your risk of falls. Strength training and weight bearing exercises also help build bone density and stronger bones.

- Gentle, low impact movements like tai chi and yoga can also significantly reduce falls by building balance, flexibility and strength.

You Don't Have to Do It Alone



To boost your motivation, consider combining exercise with a social experience. Join a walking group or take advantage of neighborhood activities. Take a dance class. The County and the East Bay Regional Park District offer many recreational classes and opportunities for outdoor exercise and social engagement.

Building strength and endurance happens with consistency over time. If you want to age well and live a long, healthy life, choose to move it, not lose it.

James Mittelberger, MD, MPH, is a Clinical Professor of Medicine at UCSF, and is board certified in Internal Medicine, Geriatrics, and Hospice & Palliative Medicine. He is the Chief Medical Officer at Center for Elders' Independence, which offers all-inclusive PACE senior healthcare at its newest location in Concord.



PACE Concord is now open!



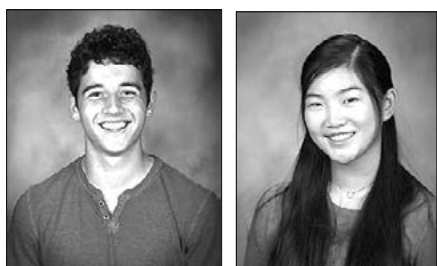
Medical care, home care and transportation for seniors.

Looking for a place where seniors can get quality healthcare and meet new friends? **At PACE Concord, our team of senior specialists takes care of your needs.** From medical and dental care, exercise, and home care to making your medical appointments. You also receive healthy meals and round-trip transportation from your home to the center and your appointments.

Learn more
Elders.org/new
833-802-1150



Northgate students earn a rare “Perfect” score on Advanced Placement exams



Evan Leach

Jennifer Huang

Northgate High School and Mt Diablo Unified School District are proud to announce that Two Northgate High School students – Senior Evan Leach and Junior Jennifer Huang – earned perfect scores on college-level Advanced Placement® (AP®) Computer Science Exams in spring 2021.

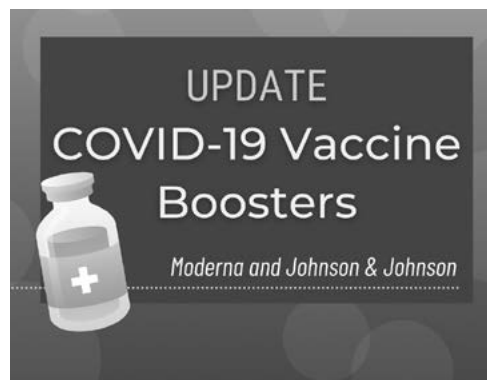
Leach was one of only 356 of students in the world to earn every point possible on the AP Computer Science A Exam, and Huang was one of only 335 students in the world to earn every point possible on the AP Computer Science Principles

Exam. Leach has a GPA of 4.40 and is an accomplished cross country runner, serving as team captain this year. Huang has a 4.33 GPA and is active in the school’s student leadership program.

“In the midst of a pandemic, where students were called upon to be self-motivated and independent in order to thrive in remote learning, they accomplished something that is difficult and rare in the best of times, and they did this through independent study,” Northgate Principal Kelly Cooper said. “While we do offer these courses, neither student was enrolled in their respective areas,” Cooper explained. “They independently studied and took the tests and achieved this remarkable feat.”

“AP courses and exams are college-level, requiring great focus and persistence,” said Trevor Packer, head of the Advanced Placement Program. “We applaud the educators who encourage students to challenge themselves, who motivate and encourage diverse students to achieve their academic potential.”

Many Who Received Moderna, Johnson & Johnson Vaccine Eligible for Boosters



cchealth.org



Moderna vaccine should get a booster dose, according to the CDC, if at least six months have passed since they completed their initial course of vaccination, and they are:

- 65 or older
- residents of long-term care facilities
- 50 to 64 with underlying medical conditions or who are at increased risk of severe COVID-19 due to social inequities, including those from communities of color

People previously vaccinated with Moderna vaccine who may consider receiving a booster, based on their individual benefits and risks, include:

- those who are 18 to 49 with underlying health conditions
- those who are 18 to 64 and are at increased risk of COVID-19
- exposure due to their occupation or institutional setting

Contra Costa Health Services (CCHS) and its community healthcare partners are prepared to deliver safe, effective, and free COVID-19 booster doses for all eligible residents.

The best place for most Contra Costa residents to seek booster doses is through their own healthcare providers or their local neighborhood pharmacies. COVID-19 vaccine is now plentiful, and CCHS is in regular communication with community healthcare providers, clinics, and pharmacies to ensure that all eligible residents can access vaccine.

Beginning Tuesday, CCHS’ free vaccination clinics will also offer booster doses by appointment to anyone who is eligible. Call 1-833-829-2626 to make an appointment, or use our online form at cchealth.org/coronavirus.

So far more than 87% of Contra Costa residents who are 12 or older have received at least one dose of COVID-19 vaccine, and more than 82% are fully vaccinated.

For information about pharmacies and other providers that offer COVID-19 vaccine to the public, visit our Get Vaccinated page,

www.coronavirus.cchealth.org/get-vaccinated

Most providers will require appointments.

Many Contra Costa residents who received Moderna or Johnson & Johnson (Janssen) COVID-19 vaccine can now consider booster doses for increased protection heading into the holiday season, according to a press release from Supervisor Karen Mitchoff’s office.

After reviewing research, the Centers for Disease Control & Prevention (CDC) and California Department of Public Health (CDPH) have found that booster doses of all available COVID-19 vaccines are not only safe but significantly improve protection against both infection and serious illness, including from the delta variant.

Fully vaccinated people may also now choose any of the three available COVID-19 vaccines for their booster doses when they are eligible, regardless of the vaccine used during their initial immunization.

“All of the COVID-19 vaccines are extremely effective but, as with most vaccines, the protection they provide reduces over time. That is why getting a booster dose is a healthy choice,” said Dr. Ori Tzivieli, deputy health officer for Contra Costa. “It is also critical for anyone who has not already done so to get vaccinated today. COVID-19 vaccine provides the best protection we have against the virus, including for people who were previously infected.”

Anyone who is 18 or older and received the Johnson & Johnson (Janssen) vaccine should receive a booster of any of the three available vaccines after at least two months have passed since their initial dose.

As with people vaccinated with the Pfizer vaccine, those who received



Carl “CW” Wolfe
Mayor, Clayton, CA
cw@claytonca.gov



City of Clayton seeking public participation in zoning for 570 new housing units

Fellow Claytonians, on October 20, 2021, the City of Clayton and its consultant held the first in a series of public outreach workshops to discuss the upcoming Clayton Housing Element update. This is the required update to our housing plan to meet the number of housing units across all income levels that have been assigned to Clayton through the Regional Housing Needs Allocation (RHNA) process. The housing plan, (the Housing Element), is a portion of Clayton’s General plan and we must complete it before January 2023.

The City of Clayton is required to zone for an additional 570 housing units. That is no small task for a town of our size. There is much important work to be done and one key component will be your participation and understanding of the process and what we are facing.

The public workshops are an important opportunity to educate, enlighten, and engage community members and to share ideas and perspectives. This will provide Clayton residents with a common foundation and understanding of the constraints, opportunities, and challenges associated with zoning for new housing.

These workshops present opportunities for citizens to contribute and your participation is a critical part of our success. Pop-up events will be held, both virtually and in-person, and a second workshop will take place in either February, or March 2022. Go to the City of Clayton’s website for updated meeting information, www.claytonca.gov.



Help keep The Grove clean.

After school has become the time for students to gather in The Grove Park downtown. While we are happy to have this activity and all are welcome, unfortunately there has been an increase in the trash left behind. Some Clayton residents have taken it upon themselves to clean up the park, and we thank them and appreciate their efforts. However, it is important that everyone be responsible by cleaning up their own area before leaving the park. I have been in touch with our most excellent local school Principals, and they are reinforcing this message with students and parents. The Grove is a place for all Claytonians to enjoy, so let’s do the right thing and keep it clean. Thank you!

Here is wishing you a safe and happy Thanksgiving.

MDUSD students get hands-on STEM experience with grant funding from Marathon Petroleum

Students in the Mt. Diablo Unified School District are getting hands-on experience in Science, Technology, Engineering and Mathematics - known as “STEM - with the help of grant funding from Marathon Petroleum’s Martinez Renewable Fuels facility.

In September, Marathon Petroleum donated a total of \$105,000 in grants to support STEM education in the District. This included a \$60,000 grant for MDUSD’s Marathon Middle School Afterschool STEM Clubs and \$45,000 to support the FIRST® Robotics teams at three high schools.

The middle school program, which is now in its seventh year, serves approximately 250 students at nine middle school campuses. The high school grant helps fund robotics competition activities, training and teacher support.

School administrators and teachers say the continued financial support is making a difference for their students and helping to introduce students to potential new career paths.

“With Marathon Petroleum’s support, we can offer these unique programs to students throughout this District,” said MDUSD Schools Superintendent Dr. Adam Clark. “Our students are benefiting from the additional exposure, opportunities and experience of STEM education. By learning STEM concepts, they’re better prepared for college and careers of the future. It’s exciting to see the students’ progress through the years.”

Valley View Middle School computer science teacher Shauna Hawes said Marathon Petroleum’s sponsorship of STEM programs gives students exposure to different,

innovative opportunities as they grow.

“Students who had never thought about STEM fields go on to participate in the College Now program at Diablo Valley College and often enroll in college-level STEM classes, such as robotics, programming and cyber security,” she said. “Students are inspired toward higher education with a number of them being first-generation college students. Watching my students achieve their goals and build confidence is amazing.”

Hawes said one student’s mother was worried that her daughter didn’t like math. But after three years in the middle school program, the student realized she was actually very good at math. Through the program, students are learning creative problem-solving and communication skills, how to give and ask for suggestions, and to collaborate and be vulnerable.

“We are proud to help local students and provide them with exposure to careers in engineering and technology,” said Nichol Carranza, Marathon’s Community Relations Representative. “STEM and vocational education are a priority for Marathon. We believe that by supporting our schools and students, we are investing in thriving communities and helping to build the future workforce.”

The goal of these STEM programs is to expose middle school youth to engaging, hands-on and challenging STEM activities that develop skills, connect to STEM pathways in high schools and spark interest in these fields and employment opportunities in Contra Costa County. Hawes says Marathon is a strong community partner that provides vital support for successful District enrichment programs.

calendar of events

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FUNDRAISER

Salvation Army Adopt-A-Child, Adopt-A-Family and Adopt-A-Senior. Provide new clothing and/or gifts unwrapped for Salvation Army's "Angel Tree". Gifts for all age ranges need to be brought to Concord location by close of business on December 3. For more details, call 925-676-6180.

EVENTS

Farmers' Markets

Concord Tuesdays, 9:00am to 2:00pm, year-round, rain or shine. Todos Santos Plaza, Concord

Martinez Sundays, 9:00am to 2:00pm, year-round, 700 Main St.

Walnut Creek Kaiser 1425 South Main 10 a.m.03:00 p.m.

Rossmoor - Fridays 9:30am. to 1:00pm., Golden Rain Rd.

Shadelands - Saturdays 9:00am.-1:00 pm. North Wiget Ln & Mitchell Dr.

Sunday 9:00am. - 1:00pm. North Locust St between Cole and Lacassie St. (925) 431-8361 <http://www.cccfm.org>

November 18

Homelessness--Our County & Challenges & Solutions

Thursday, November 18 | 4 p.m.



Online Program Presented by:  LEAGUE OF WOMEN VOTERS  CONTRA COSTA COUNTY LIBRARY

Join this webinar. to learn how Contra Costa County and various agencies are addressing the issue of homelessness. What are government, public and private organizations doing to find effective solutions? Register for this event before 10 a.m. on November 18 at the link below.

<https://ccclib.bibliocommons.com/events/617c5b329ffdc32f00c35a33>

CLAYTON

December 4

Clayton Tree Lighting 6 p.m. Clayton Community Church. Photos with Santa and cider.

CONCORD

November 27

Holiday Pop-UP Art & Craft Show 10:00a.m. to 3:00p.m. Shop for arts, crafts, and homemade gifts..

Concord visit center 2151 Salvio St.

December 3

Holiday Sip N' Stroll 5:00 p.m.-8:00p.m. Stroll through downtown Concord while enjoying holiday lights and music, Santa and his reindeer, horse & carriage rides, and more. Meet at the fountain at Todos Santos Plaza. Tickets at eventbrite.com

City of Concord's Annual Tree Lighting and Sing-Along 5:30 p, - 8 pm. Todos Santos Plaza. Find the best Taco among 40 participPlaza.

December 4

2021 Gift and Craft Fair 9a.m. - 2p.m. Concord Senior Center 2727 Parkside Circle, Concord.

December 5

12th Annual Super Holiday Boutique 11:00 a.m. to 3:00 p.m. Shop for a wide range of gift items, products and services. Centre Concord 5298 Clayton Rd.

December 11

Monumental Toy Drive

12:00pm-4:00 pm. 2250 Commerce Ave. #D in Concord. Over 1000 new toys were given to low income children. For more information contact Miguel at 925-348-2907.

MARTINEZ

2021 MARTINEZ GIFT BOX

The Downtown Martinez



Gift Box is a beautiful curated ensemble of unique items from the small businesses that make up the heart of our downtown - the perfect gift for anyone who loves Downtown Martinez and loves to support local, small businesses!

Each box includes a hand-made necklace from Function and Fringe, veggie wash, string market bag and Brush from Mighty Market, ceramic pot and \$10 gift card from Knots and Found, (plant not included) Hand crafted, stoneware State of California ornament with gold lustre from Gilded Frond Clay + Textiles, Lavender defuser and bag of lavender from Lavender Moon Interiors. Order Online go to downtownmartinez.org

PLEASANT HILL

NOVEMBER 14

Light Up the Lake - Pleasant Hill's 60th Anniversary.

You won't want to miss the reflection of hundreds of luminaries on the waters of the lake as we enjoy this event focused on the city's anniversary. 4:30 p.m. - 6:00 p.m. Performances by Studio A Dancers and Chief Librarian Patrick Remer. 5:30 p.m. Mayor Sue

Noack will present a proclamation and launch the initial luminary on to the lake. City Hall, 100 Gregory Lane.

November 17

Downtown Pleasant Hill Tree Lighting and Holiday Celebration, in the plaza at the shopping center. Santa, plus holiday-themed entertainment, 6:30-8:30 p.m. For details, visit shopdowntownpleasanthill.com.

WALNUT CREEK

RUTH BANCROFT GARDEN

1552 Bancroft Rd. Walnut Creek RuthBancroftGarden.org.

November 11 - December 23

Garden of D'Lights - a Holiday lights and lasers experience. Meander through 3.5 acres of colorfully lit garden. Thursday-Sundays, admission times are 5:30pm, 6:30pm and 7:30pm. Ticket information and sales at ruthbancroftgardens.org.

November 13

Garden iPhoneography - 7:30am-10:00am.

This is a two part series. Take your smart phone skills to the next level. Learn shooting techniques and strategies to capture that perfect shot. Part 2 will be a Zoom session. Members \$20, non-members \$40.

November 14

Lindsay Wildlife Experience Take a Hike Day. Age 2-Adult

Spend the day celebrating all things hiking. Animal ambassador meet-and-greets. Nature-themed story times Hiking how-to demonstrations, A special guided "Trail Through Time" hike on their outdoor campus. Free with regular admission. lindsaywildlife.org/special-events/

The Walnut Creek Model Railroad Society

Diablo Valley Lines - The Walnut Creek Model Railroad Society (WCMRS) operates the Diablo Valley Lines (DVL) model railroad, one of the most mountainous and one of the largest exclusively HO scale model railroads in the United States.

Holiday Show November 19 8:00 p.m.

Weekend Show November 20,21 11:00 a.m.

Holiday Show November 26 2:00 p.m.

Holiday Show November 27 11:00 a.m.

Holiday Show November 28 11:00 a.m.

Enjoy several running model trains running through miniature cities and mountainous terrain. Located at 2751 Buena Vista Ave. Walnut Creek. (Admission): \$3 Adults, \$2. Children (6-12) / Seniors. FREE for kids 5 years and younger.

November 13

Mt. Diablo Branch California Writers Club

Ally Machate will present "Polishing Your Work for Publication." Check-in at 11:00 am, Writer's Table 11:15 am, Lunch 12:00, Business meeting, 12:45, Speaker, 1:00-2:00 pm. Cost: \$25 for members in person, \$35 for guests. (Includes buffet lunch.) Zoom: Members \$10, Non-CWC members, \$15.

www.cwcmrdiablo.org

November 20

Tri-Vally Writers Meeting 2:00 p.m.

Dublin Historian Steve Minnear will present "Integrating Stories Into a Broader Appreciation of History" at Four Points by Sheraton, 5115 Hopyard Road in Pleasanton. RSVP at reservations@trivalleywriters.org



by Thursday, November 17. No walk-ins. Fees for CWC adult members are \$14; nonmembers, \$18. CWC student members (ages 14-22), \$6; student nonmembers, \$10. trivalleywriters.org

MARTINEZ

Main Street Arts

October 22-November 21 Exhibiting Eric Carlstrom of Pinole Artisans Gallery 631 Main Street.

VISUAL ARTS/ THEATRE/MUSIC

LESHER CENTER FOR THE ARTS

Diablo Ballet 28th Season 2021-2022.

November 12-13, 2021 "Nutcracker Suite", Live. Streaming is available for viewing at any time during **Dec. 3 - 12th** **February 11-12, 2022** "Cinderella's Wedding" **April 7, 2022** - "28th Anniversary Performance" **May 20-21, 2022** - "Copplélia"

For in theatre or virtual tickets, call 925-943-SHOW (7469) or visit www.lesherartscenter.org

Phone and Online Tickets include additional fees. lesherartscenter.org 1601 Civic Drive, Walnut Creek

VERANDA



November 5-February 14, 2022

75 minutes, \$16 Season pass \$109 Veranda, 2001 Diamond Blvd. Concord.

HQ Gallery

November 4-January 22

Reflections Art Show. Featured Artist Annette laurel Batchelor. 333D First St. Benecia hqgallery.net

Concord aRT Cottage

November 9-December 22

10th Annual Holiday Boutique Great gifts from 20 local artists and makers. Arts, crafts, gifts. 2238 Mt. Diablo Street, Concord. Visit: aRtcottage.info.

David George
THE NAKED GARDENER

Thanksgiving Gourds



Gourds' many colors, shapes and sizes make excellent fall and Thanksgiving indoor and outdoor decorations.

Replenishing rains have set in for the Contra Costa region. Many of us received half a year's normal rainfall in just a week in October! It's a great assault on a multi-year drought and a good start to the rainfall season. Keep the beneficial rain coming, Mother Nature.

All attention now turns to the holiday season and a bountiful harvest that Thanksgiving traditionally celebrates. The "cucurbit" family of vegetables – among them pumpkins, squashes, and gourds, play a major role providing deliciousness and fall decoration. We all know the holiday pumpkin and squash stories. But growing, harvesting, and placing gourds about the Thanksgiving table can also be fun and colorful.

Planting

Growing gourds is an all-natural way to get children involved in gardening. Involve your kids every step of the way. Gourds are mostly grown for their ornamental, showy shapes and colors. Seeds can be purchased online or at your favorite garden center. They have a hard protective coating, so soaking the seeds for 24 hours before planting increases your germination rate. Start seeds in small peat pots in a commercial seed mix or native soil with your homemade compost. Keep them warm and moist for 10-14 days in bright light.

Plant gourds in the garden after the danger of frost has passed, around late April or early May. Once the plants reach about four inches tall and have two sets of true leaves (about 4-6 weeks), and the outdoor temperature stays above 50 F., you can transplant the seedlings into your garden. Keep the soil moist early on but taper to moderate regular watering as the plants mature. Only

the female flowers will bear fruit. To ensure fertilization, insects, especially honey or native bees, must be present at flowering to transfer the pollen. Wind or gently rustling the plants by hand helps also. Plants can be trained to climb an arbor or fence to prevent fruit rot, and each plant can produce as many as 30 gourds with different shapes.

Harvest Time



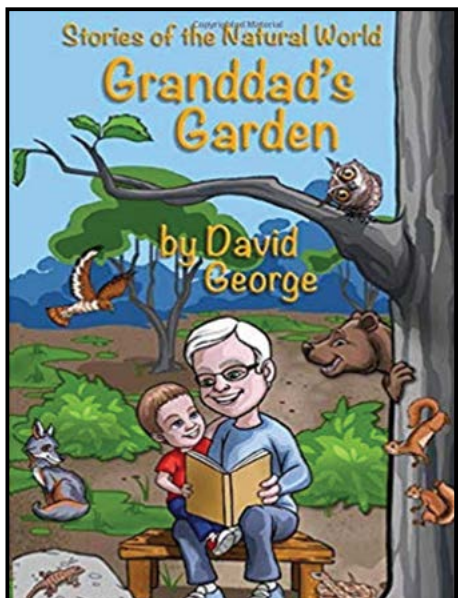
David George offers his homegrown 142 lb. pumpkin as a front porch chair for daughter Laurel and son Geoff.

Small to medium-sized Gourds need up to 120 days to reach maturity while large gourds need 175 days. Harvest your darlings when vines turn dry and before frosts – just in time for Thanksgiving decoration. Cut each to retain a 2-3 inch stem. Certain gourd varieties look just like mini-pumpkins. Prepare the harvested gourds by cleaning the surface with soapy water, then allowing thorough drying. Store them in a dark, dry shed or garage for a couple of weeks or until you can hear their seeds rattling around inside.

The gourds are now ready for your table display. But don't throw them out after Thanksgiving as they can be turned into a musical percussion instrument, flute, or "drinking gourd" afterward. Let your creativity be your guide. When their useful life is over, cut off the bottom to harvest seeds for next year's growing season. Store them over winter in a paper bag in a dry, dark storage space and be even more creative next season!

Congratulations to readers David K. and Jordan J. for their perfect scores on last month's fun quiz. They have earned a distinguished Certified Naked Gardener award. And many thanks to Jim Gormely of the Calaveras County Master Gardeners program for portions of this month's content.

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



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Concord

2021 GIFT AND CRAFT FAIR

Saturday, 12/4/21
 9 a.m.-2 p.m.
 FREE to attend!

Concord Senior Center
 2727 Parkside Circle
 Concord, CA 94519

Vendors! Email concordsc@cityofconcord.org or call 925-671-3320 for a vendor application. Applications are due by 11/15.

pair up!

Thanksgiving wine: let your stuffing guide you

By Maria Terry



Thanksgiving is a long day of eating and drinking. So, choosing wines that are flexible and go with a variety of flavors is imperative.

Sparkling wines taste great with almost all appetizers. For this day, try a Blanc de Noirs made from red Pinot Noir and

Pinot Meunier grapes. While it is made from red grapes, it does not have a dark red color.

Most red grapes have clear juice and red wine gets its color from the juice spending time in contact with the red skins.

These red grapes remain in contact with their skins for only a brief time, so it has a soft pink color. It does have red fruit flavors with a touch of earth, and this makes it particularly good with mushroom appetizers, like a creamy Mushroom-topped Polenta.

Make it ahead of time and put it back into the oven for five minutes to warm-up before serving.

Your turkey's stuffing should guide you when choosing a wine for the main event. If the stuffing is sweeter with raisins and nuts, go for a fruit forward, yet dry, red Zinfandel.

If your stuffing is savory with sage, sausage or mushrooms, Pinot Noir is the most versatile of the reds due to its soft tannins and earthy fruit. Unless you have the money to splurge on a really good Burgundy (a French Pinot Noir), look to California or Oregon where you can get incredibly good Pinot Noir for \$18-\$30.

A couple of other tips for making your thanksgiving meal more wine-friendly: mix some crunchy bacon into the green beans for a salty, meatiness that will complement any red, and do not add marshmallow to your sweet potatoes. Remember the food should never be sweeter than the wine.

For a not-too-sweet dessert, try a Double Nut Torte. This tart's perfect wine match is a fortified dessert wine called Banyuls. Produced in the South of France, Banyuls has flavors of nuts and raisins. It is sweet yet tart and made from Grenache grapes.

So, go on. Pair Up!

Maria Terry is a Certified Sommelier and Wine Educator in the San Francisco Bay Area. www.LaSommeliere.com

Mushroom-topped Polenta



- INGREDIENTS**
- 2 tsp. olive oil
 - 1/4 lbs. sliced shiitake and crimini mushrooms
 - 2 tsp. minced garlic
 - 1 tsp. chopped fresh rosemary
 - 1/4 tsp. table salt

- 1/4 tsp. black pepper
- 3 tbsp. cream cheese, regular or low-fat
- 1/4 cup water
- 8 tsp. grated Parmesan cheese
- Firm polenta cut into rounds, baked
- 2 tbsp. parsley, fresh, chopped
- 1 store-bought package firm polenta, cut into 1/4" rounds and baked as per package instructions.

DIRECTIONS

Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms and cook until softened, stirring occasionally, about 7 minutes. Stir in garlic, rosemary, salt, and pepper; cook until fragrant, about 1 minute.

Stir cream cheese and water into skillet; cook over low heat until cream cheese melts and mixture looks creamy, about 2 to 3 minutes. Stir in parmesan last.

Top baked polenta rounds with mushroom mixture and garnish with parsley.

Double Nut Torte

INGREDIENTS

- 4 cups finely ground, roasted nuts, one kind or an assortment (1 1/2 + 2 1/2)
- 1 1/2 cups sugar (1/2 + 1/4 + 3/4)
- 3/4 cups butter (1/4 + 1/2)
- 5 large eggs, separated
- 5 tbsp. all purpose flour (2 + 3)
- 1 tbsp. vanilla or (1 1/2 tsp lemon juice and 1 tsp. lemon peel grated)

DIRECTIONS

Roast 1 1/2 cups of the nuts in oven. When roasted, place in a food processor and grind until finely ground.

In a deep bowl beat egg whites with a mixer on high speed until soft peaks form. Gradually beat in 1/4 cup sugar until the whites hold stiff, shiny peaks.

In a bowl beat 1/2 cup of sugar and 1/4 cup of the butter until blended. Add the egg yolks, one at a time, beating well after each addition. Mix in the ground nuts, vanilla (or lemon juice/ lemon peel) and 3 tbsp. of the flour.

Gently fold the whites into the yolk mixture.

Spoon the batter into a buttered and floured 9" cheesecake pan with removable rim. Bake in a 350° oven until the torte is very lightly browned and the center feels just barely firm to the touch, about 20 - 25 minutes.

To prepare the topping, melt remaining 1/2 cup butter over medium heat in a medium size pot. Add the remaining sugar, flour, and nuts. Stir the mixture until bubbling. Immediately spoon the toffee topping evenly over hot torte, pushing nuts with a spoon to arrange decoratively.

Return to oven and bake until nuts and topping are slightly browned, about 15 - 20 minutes longer.

Cool torte in the pan for 10 minutes, and then run a knife inside the pan rim to release. Remove pan rim. Serve torte warm with cinnamon ice cream or cool with cinnamon flavored whipped cream.

Unique Thanksgiving side dishes

By Deb Morris, PCFMA



Sweet potato fries

I call this my side hustle. This Thanksgiving, take a break from your traditional recipes and change it up with new and interesting side dishes to serve with the big bird. Yes, it is nice to enjoy favorite dishes that have been handed down through the generations for this special day, but it is also nice to shake things up sometimes. Add a new side dish or update an old one. Maybe it will become a new tradition passed down for generations.

At your local Concord market, you will find sweet potatoes, winter squash, apples, grapes, Brussels sprouts, persimmons, pomegranates, onions, greens, and even fall flowers for your table. Try these scrumptious recipes for a bit of a twist on your traditional Thanksgiving side dishes.

Twice-Baked Winter Squash

Transform your acorn or butternut squash by twice baking them, just as you would a potato. Bake, scoop out and mash with a little butter and maple syrup, spoon back into squash shells, reheat, and top with pecans. Or stuff them with your turkey stuffing.

Market Mash

Add market-fresh herbs and goat cheese to your mashed potatoes. It will add an unexpected and delicious flavor to your spuds. Or mash up carrots to add to it. You can also add caramelized onions or bacon on top.

Balsamic Bacon Brussels

Roast Brussels sprouts and button mushrooms with bacon and balsamic vinegar. Cut sprouts in half, toss with olive oil and balsamic, and roast until browned and crispy. Or roast fresh green beans the same way. Sprinkle with grated Parmesan cheese.

Sweet Potato Fries

Make it casual with baked fries instead of a sweet potato casserole. Recipe is below.

Apple Pear Salad

Toss fresh greens, chopped apples, pears, red onion, and walnuts. Add a sprinkle of goat cheese or blue cheese, toss with your favorite vinaigrette. This is a refreshing starter for a heavy meal.

Quick Add-Ins

Add fresh rosemary and grated Parmesan cheese to your crescent rolls, jalapeño to your cornbread squares, pomegranate seeds or almonds to salads, chopped apples to cabbage salad or slaw, or mashed sweet potato or pumpkin purée to your biscuits.

Stock up for your Thanksgiving feast with fresh produce from our local farms. Try wonderful winter squash from Stockton's Bautista Ranch, sweet grapes from Diaz Farms out of Fowler and J&J Ramos Farm in Hughson, crisp apples from Smit Farms from Linden, tasty Brussels sprouts, greens and root vegetables from J&M Farms in Gilroy and farm-fresh eggs from Great Valley Poultry out of Manteca. Decorate with fresh-cut fall flowers coming from Sunrise Nursery in Watsonville.

Roasted Sweet Potato Wedges

- 2 (8-ounce) peeled sweet potatoes
- 1 to 2 tablespoons olive oil
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cloves
- 1/8 teaspoon pepper

Cut sweet potatoes in half lengthwise; cut each half lengthwise into 6 wedges. Combine sweet potatoes and remaining ingredients in a bowl; toss gently to coat. Place wedges on a baking sheet (do not overlap); bake at 425° for 25 minutes or until very tender. Recipe: PCFMA Staff.

computercorner
by William Clane, Tech Writer, Computers USA

Tech In English

Wait on Windows 11 upgrade



About a month into the release of Windows 11 and we are seeing some issues arise that need addressing before we recommend upgrading. Therefore, we are recommending a pause before taking the leap.

On balance, Windows 11 looks like it will be a great operating system (O/S) once their issues are addressed and bugs fixed. Having said that, we think Windows 11 is a winner on

new computers, but not quite ready for prime time with regard to upgrade.

In my opinion, wait a while before upgrading your old computer to the new O/S. There are several issues with older computers, and most do not meet the specifications required. This include CPU, Trusted Platform Module (TPM), existing version of Windows and some video issues that still need to be resolved.

The primary consideration is the Central Processor Unit (CPU) requirement. You MUST have an 8th Generation, or higher, CPU or the upgrade attempt will fail, give you a nasty message, and could brick your computer (lock it up) until the offending process is halted.

What's Your CPU?

One can check the CPU requirement in Windows 10 this way: Left click on the Window Icon in the systems tray (lower left

of screen). Select Settings Icon and Left click. On the Settings page, Left click System (top of page), scroll to the bottom of the page and Left click About. There you will see something like this: Processor Intel(R) Core (TM) i3-2130 CPU @ 3.40GHz 3.40 GHz.

In this example, this CPU does not qualify. In reading the code, it is an Intel i3. The -2xxx (dash and #2) define the version of the CPU. In our example the "-2xxx" means second generation. A -3 is third, -4 fourth, etc. You must have a -8, -9 -10 or -11 to qualify for the upgrade.

Most computers will not be able to upgrade just the CPU. That means if you have an i3-2xxx like our example you cannot swap out the CPU to achieve a higher version number.

If you pass the CPU test, check how much RAM (memory not storage) you have. We recommend 8GB or more. 4GB will work, but

performance is impacted. You CAN upgrade the RAM in most computers. Have a pro give you their opinion if you need this or not.

Good CPU, good RAM, you are almost good to go. One needs to have about 60GB of free space on your hard drive or SSD for the installation process. Be aware some hardware drivers, like special video cards or specialty devices, may not have the correct driver (software that runs the cards) available yet. In my opinion, wait about 4 to 6 weeks then upgrade. You should be fine.

In conclusion, Windows 11 is going to be a great O/S and is available now in new computers. Wait just a tad before upgrading an older computer, check the requirements before going ahead. If your computer misses the upgrade bar don't worry, Windows 10 will be supported for a few more years, so you have time to pick out a nice new custom computer from your local computer professional.

Now, do the right thing. Umm, wait a few weeks.

JOURNEY-MAN'S JOURNAL

By Julie Ross

Field Trip! Achadinha Cheese Company



“Once a year, go someplace you’ve never been before.” – Dalai Lama.

Egypt, Tahiti, Iceland? Our imaginations take flight, only to settle back to Earth in the face of travel restrictions and uncertainties fueled by the coronavirus pandemic. So, how about a trip to a dairy farm in Petaluma instead?

The past couple of years have been a good time to reflect on what travel, near or far, brings to our lives. No matter the destination, there are always opportunities to learn more about the world and about yourself. I am not sure it's what the Dalai Lama had in mind, but a recent trip to visit goats and Jersey cows on a farm tour at the Achadinha Cheese Company provided its own brand of enlightenment.

As my husband and I pulled into the road leading up to the farm, we passed a large pen of healthy-looking chickens scratching and clucking about freely. Already I could feel myself start to relax. We parked and joined a small group of people and a couple of welcoming ranch dogs outside of the cheese plant to begin our tour. Our guide filled us in on a bit of history. The Achadinha (Osh-a-deen-a) Cheese Company is a family-operated ranch run by Jim and Donna Pacheco and their four children. The family dairy business has roots going back

three generations to Jim's two grandfathers, one in Achadinha, Portugal (speaking of travel, wouldn't it be fun to visit there?) and the other in Vallejo, California.

No hormones or pesticides are used on the ranch. The roughly 50 goats and 100 cows are pastured on 230 acres. In addition to grazing when grass is plentiful, they are fed brewers' grain, a byproduct of making beer. Four local breweries supply this nutritious grain, which would otherwise go to waste. To ensure a balanced diet, the girls are fed oat and alfalfa hay as well as high-protein whey from the cheese-making process.



Following our introduction, we toured through the aging area of the cheese plant. It was remarkable to see rows and rows of narrow shelves holding hundreds of wheels of cheese. Our guide, a Pacheco family friend, told us that Donna zips across from the farmhouse each night, often in her pajamas, to flip the wheels so that they age uniformly. Picture that!

It was then on to the Milking Parlor, and I love that they call it a “parlor,” so fancy. According to our guide, the cows are ushered in for the twice-daily milking without a lot of drama. The goats, however, have established cliques like high school girls and they decide who gets milked first. Honestly,

We had the chance to visit with some of the friendlier cows and goats at our next stop -- the Loafing Barn, where the girls hang out and munch their brewer's grain. This was a highlight of the tour for me, to be followed by yet another treat -- the cheese tasting.

A long table filled with a variety of delicious cheese samples was set up where we had started the tour. My hands-down favorites were the peach and mango kefir cheeses, which have a consistency similar to Greek yogurt. Everything was available for purchase at a discount following the tasting. In addition to picking up some of the kefir cheese, I also bought some fromage blanc, a tub of farm-fresh butter, and a couple of beautifully scented goat milk soaps made on the farm.



My purchases from the Achadinha Cheese Company farm tour

So, a great morning was had learning about farm life, cheese making, and the personality quirks of hoofed stock. Thank you, Dalai Lama, for your inspirational advice to go someplace new. And fortunately, there are plenty of travel treasures like this one to discover close to home.

Wishing everyone safe travels and a Happy Thanksgiving!

Ruth Bancroft's Garden of D'Lights returns for the Holidays



It's not too early to start planning holiday activities. A good start would be to bring your family and guests to explore the Ruth Bancroft Garden's stunning winter holiday event, Garden of D'Lights

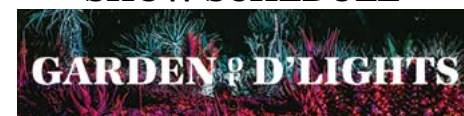
Returning for its third year, experience the Garden at night illuminated by thousands of lights and lasers. Wander safely outdoors through three acres of glowing paths and discover the colorful sculptures created by thousands of lights on cacti, succulents, and trees.

Building on the success of the previous years, the Garden promises this year's exhibit will be even more spectacular.

The volunteer team of artists, electricians, and “tech savants” have worked together for almost a year adding more lights and lasers to create this must-see exhibit unlike anything else in the East Bay. Make it a holiday tradition. Explore the beauty of the Garden in a whole new light beginning November 11 and running through January 16, It will glow your mind.

The Ruth Bancroft Garden is a non-profit 501 (c) (3) organization with a mission to preserve Ruth Bancroft's example of exceptional design and expansive water conserving plant collection for the enjoyment and education of the public.

SHOW SCHEDULE



November 11th -January 16th

Thursday through Sunday
5:30PM, 6:30PM & 7:30PM

Members: Adults \$16
Children \$8
Children 5 and under FREE
Non-Members: Adults \$24/
Children \$12
Children 5 and under FREE

Tickets are now on sale. For more information and can be purchased Online at ruthbancroftgarden.org.



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DIABLO GAZETTE FUN ZONE

And The Diablo Beat Goes On...

The Singing Anchorman - Dan Ashley's *OUT THERE*

By Nathalie Archangel & Mark Montijo



Dan Ashley is a man of tremendous experience and talents, and music is one of them. The longtime ABC7 anchor has performed around the Bay Area including Music and Market Series at Todos Santos in Concord and hosts his annual "Rock the CASA" fundraiser concert at the Leshner Center for the Arts in Walnut Creek. So, what's next?

On October 15, he released his solo album, *Out There*. *Out There* presents 11 tracks firmly anchored in hard-driving rock and roll with masterful forays into lush ballads and Americana. In collaboration with legendary Concord based producer/engineer/multi-instrumentalist Bill Bentley, Ashley offers a collection of mature, thought-provoking and playful songs.

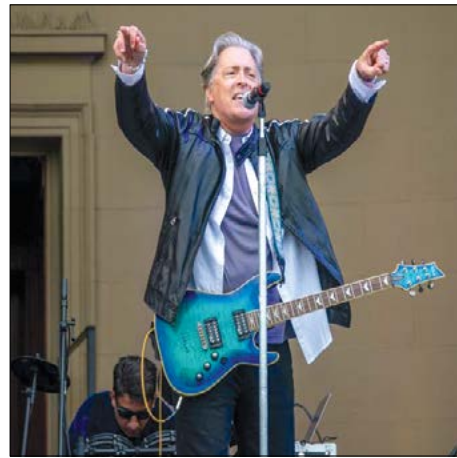
The album opens with the rousing

uninhibited "River City," and unlike in "The Music Man," there's no trouble here. "Redbud Road" follows with reminiscences of growing up in a simpler time and place. "What Really Matters" invokes both Tom Petty and John Mellencamp as Ashley and co-writer Bill Bentley remind us of some fundamental truths. On his website, Ashley states, "What Really Matters" is a song I wrote that reflects a lifetime spent as a journalist. In all those years, I can truly say that I've seen it all – the best in people and the worst. In those moments, it can be hard to come to terms with why bad things happen to good people. But, in every instance, I have seen decent people step forward and help those in need – providing safety, comfort and love. This song is for them."

For those who arrive on our shores to provide greater opportunities for their families, "Better Life" is an important reminder of the sacrifices required to attain that American Dream.

"Lucky Stars" is a lovely heartfelt ballad opening with piano, voice and acoustic guitar and moving into a lush string and vocal arrangement on the chorus. For Ashley, the song "Reflects that sense of gratefulness all of us should have for the many blessings in our lives." "Da Na Na Na Na" is a rip-roaring enjoyable time. "We Stayed Home" is an anthemic ode to the necessary nightmare of quarantine: "We stayed home but no six feet is ever gonna keep us apart!"

The album is beautifully produced with an emphasis on rich and timeless



instrumentation. Acoustic and electric guitars are used to great effect, complementing Ashley's quintessential rock baritone. The musicianship is first rate throughout the album led by Bill Bentley's unmistakable guitar virtuosity. The grooves are righteous and infectious; reminiscent of the drive of Creedence Clearwater Revival and the exuberance of Eddie Money. Dan Ashley's throaty evocative voice tells the stories with grit, honesty and conviction.

Take a listen, scan the QR code, or go to danashleymusic.com.

OUT THERE by DAN ASHLEY

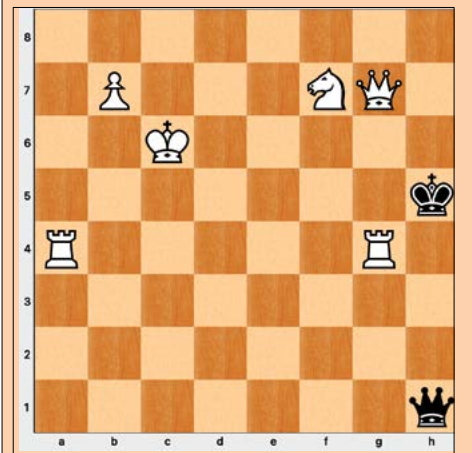


Chess with Yoo

Composed by Christopher Yoo, 14, International Master, Dublin, Calif.

Avoid stalemate!

White to play and win!



Solution:

1.Rg2! The start of the sacrifices needed to prevent Black's stalemate tricks.

1.Rae4 Qxe4+ =

1.Kd6 Qd5+ 2.Ke7 Qe6+ =

1...Qxg2+ 2.Re4! Leaving the Queen and Rook hanging! **2...Qc2+!**

2...Qxe4+ 3.Kc7+- There is no longer stalemate because Black has the h4-square for his King.

3.Qc3!! Leaving the Queen and Rook hanging for the 2nd time in a row! Sometimes extreme measures are needed to prevent stalemate!

3.Rc4 Qe4+ \$1 4.Kb6 Qxb7+ =

3.Kd7 Qc6+ 4.Ke7 Qd6+ =

3...Qxc3+ 4.Kd7 Qb2 5.Nd6+- White's Rook and Knight are enough to support the b7-pawn to promotion.

M	H	B	A	Y	V	A	R	G	D	T	S	M	E
G	S	M	A	H	E	K	N	A	K	R	M	E	C
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S	S	I	A	U	N	R	R	L	Z	S	Y	I	A
R	P	A	D	E	B	A	E	U	R	S	C	B	S
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B	F	O	O	T	B	A	L	L	E	Y	E	E	R
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|-----------------|-------------|-------|
| AMERICA | BLESSINGS | APPLE |
| DESSERT | CORNBREAD | FEAST |
| DUCK | FOOTBALL | NAP |
| INDIANS | LEFTOVERS | ROLLS |
| TURKEY | ICE CREAM | YAMS |
| PARADE | MAYFLOWER | WINE |
| FAMILY | GREEN BEANS | PIE |
| GRACE | DRUMSTICK | HAM |
| GRAVY | PECAN PIE | |
| CRANBERRY SAUCE | | |



In case you missed it...

CLAYCORD NEWS & TALK

Concord City Council moves forward with Seeno Group to develop former Naval Weapons Station

By Tony Hicks – Over the objections of dozens of residents upset that Seeno/Discovery Builders is part of the equation, the Concord City Council unanimously decided on October 27 to begin negotiations with Concord First Partners to develop the former Concord Naval Weapons Station.

The 5,046-acre site on the city's northeast side has been the city's biggest issue since the Navy abandoned it in 1999. The Navy officially designated it as surplus and made Concord the local reuse authority for the site, of which 2,300 acres are targeted for 13,000 units of housing and millions of square feet of commercial space.

It will also be home to a new 2,540-acre East Bay Regional Park, named Thurgood Marshall Regional Park – Home of the Port Chicago 50, commemorating the nearby Port Chicago tragedy during World War II.

The council voted 3-2 in August, with Carlyn Obringer and Laura Hoffmeister dissenting, to move forward with Concord First Partners, a group of companies allied for the massive project, including Seeno Companies and its housing arm Discovery Builders Inc., Lewis Group of Companies, and California Capital & Investment Group.

Using local developers with ties to local organized labor was key throughout the process.

"I know we have the backbone to fire this one if we don't get what we want," said Councilman Edi Birsan.

Guy Bjerke, Concord's economic development and base reuse director, said the project's massive size limited how many companies could realistically be considered.

Council members said they are committed to having 25 percent of the housing be for low-income residents, with another 130-200 units committed to homeless residents.

Famous UC Berkeley Falcon lands at Lindsay Wildlife Hospital with injuries

Grinnell, the peregrine falcon, who along with mate Annie famously nests in UC Berkeley's Campanile tower, was found injured sitting on a garbage can at the Berkeley Tennis Club on Oct. 28. and taken to Lindsay Wildlife Hospital in Walnut Creek.



photo by: Lindsay Wildlife Hospital

An examination showed the falcon was missing the tip of his maxilla, or upper bill. He was also missing a large patch of feathers on his chin and throat, near a wound, said Lindsay's spokesperson Jennifer Modenessi. Grinnell also had an injured left wing.

The fast-flying predator was sporting a federal band, which meant his movements and migratory behavior was being studied by federal researchers. A scan of the band revealed his identity.

Dr. Krystal Woo, Lindsay's lead wildlife veterinarian, performed minor surgery to close the wound on the wing.

Grinnell is receiving antibiotics, anti-parasitic drugs, and pain medication as he recovers from his injuries. The peregrine falcon will likely remain at Lindsay for at least 10 to 14 days to heal before being returned to his hometown.

Doctors suspect Grinnell's wounds came from "an intraspecies attack."

Grinnell and Anne were first observed at the UC Berkeley Campanile in late 2016. Since then, they've nested in the Campanile tower, with their daily nesting life captured on web cams and viewed by thousands of

social media followers.

Concord's Natalie Coughlin named in 100 Greatest Swimmers of the Century

College Swimming & Diving Coaches Association's (CSCAA) has named 100 Greatest Swimmers & Divers of the past century and Natalie Coughlin made the list. Coughlin captured twelve individual NCAA titles and twelve more Olympic medals. Coughlin was also the 2003 Women's Sports Foundation Sportswoman-of-the-Year, the 2002 USA Swimming



Athlete-of-the-Year, and the 2002 Swimming World female World Swimmer-of-the-Year. (Swimming World Magazine)

City Of Walnut Creek bans flavored tobacco and vaping devices

By Tony Hicks – The Walnut Creek City Council unanimously voted to ban the sale of flavored tobacco and electronic smoking devices within city limits.

The idea is to discourage young smokers, who frequently start using flavored products for electronic vaping.

"I'm proud that Walnut Creek continues to lead by example in areas of safety for our community, in this case banning sales of flavored vape products and e-cigarette devices," Mayor Kevin Wilk said, after the meeting.

Wilk said a 2019-20 California tobacco survey found 92 percent of students using tobacco reported using a flavored product.

United States Centers for Disease Control statistics says smoking is the leading cause of preventable deaths in the U.S. Nearly nine out of every 10 adult smokers try smoking by the age of 18. "Vaping is the number one problem in middle and high school, and we need to protect our youths," Wilk said.

The city's ban provides exemptions for adult-only hookah tobacco businesses.

The ordinance allows retailers five months to comply with the new restrictions.

The city follows Contra Costa County's 2019 ban restricting the sale of flavored vaping products and electronic devices in the county's unincorporated areas.

California Condor returns to Mount Diablo for the first time in over 100 years



Pinnacles Condor 828. Photo by Tim Huntington

A California Condor has been spotted on Mount Diablo for the first time in over 100 years, according to Save Mount Diablo.

The "Pinnacles Condor 828" was recorded visiting Contra Costa County in both August and September.

"Many of us have waited our whole life for this kind of great news," said Land Conservation Director Seth Adams. "The Diablo Range is a mountain lion, golden eagle, California condor wildlife corridor freeway—they all follow major undeveloped open space corridors, and that's exactly what the Diablo Range is," Adams said.

They are expecting more California condors to return to the Diablo area in the near future.

Views of the Valley

Photos by Micah



Squid Games! Tomizaki Champions Kung Fu students practice their forms with a game of Red Light Green light outdoors. Fortunately in this Squid Game, all participants survived.



One of the more dramatic Halloween decorations. This one was spotted in Martinez. Photo Courtesy of AK.



BACN Spooktacular Boo BBQ. A young goblin is getting a tattoo at Pleasant Hill's Spooktacular Halloween Event. to benefit the Bay Area Crisis Nursery

Councilmember Carlyn Obringer and over 100 volunteers from American Heritage Girls, Clayton Valley Charter High School Key Club, Concord High School Key Club, Rotary Club of Concord, GirlScouts, Halbrook Language Academy, Mount Diablo High School Key Club, Mt. Diablo Resource Recovery, Putnam Clubhouse, U.S. Bank, Ygnacio Valley High School Interact Club, and other committed community members, were able to do a California re-scaping project along the Port Chicago side of Baldwin Park, and thoroughly clean Baldwin Park!



No, this onlooker is not looking at the condor in the next column. This gentleman is participating in Mount Diablo State Park's Centennial Celebration, October 16, at Cal State East Bay.

He's looking at the moon aligned with the morning stars of Aries.

In 100 years, Mount Diablo State Park has grown from only a few hundred acres to over 20,000 acres.



A WALK THROUGH TIME

with Misty Bruns

Just Desserts -151 years ago



L. Prang & Co. Prang's aids for object teaching--The kitchen. , ca. 1874. Boston: L. Prang & Co. Photograph. <https://www.loc.gov/item/97502879/>.

ORANGE MARMALADE.—As the following recipe is given by Piesse, a high authority in scientific cuisine, we have no doubt that it may be safely tried by housewives desiring to add such a delicacy to their variety:

Cut the orange in quarters, turn out the pulp, and put the peel in water for twenty-four hours. Change the water several times; turn the pulp from the skin and pick out all the pips; squeeze all the juice you can; boil the peel until tender; turn it out and let it drain; then, cut it crossways, very thin; and to every pound of fruit put two pounds of sugar, and to every pound of sugar put a quarter of a pint of water. Let the syrup boil, and skim it; then put the fruit in, and boil very slowly for one hour and a half.—S. Piesse

Orange Marmalade Recipe - Clipping from Contra Costa Gazette, August 13, 1870

We need just a teaspoon of this, a cup of that. That may be the language of recipes today, but you can throw that thought all out the window! With holidays feasting coming up, I thought I would look up recipes from generations ago. I found two recipes published in August of 1870 in the Contra Costa Gazette. So, let's cook desserts 1870 style.

Orange Marmalade

Start your Thanksgiving breakfast off with some toast and homemade orange marmalade from S. Piesse, "a high authority in scientific cuisine." That recipe calls for:

Cut the oranges in quarters. Turn out the pulp and put the peel in water for 24

APPLE CUSTARD.—Peel, quarter and bake rich, tart apples, or stew them slowly in a very little water; fill a pudding dish two-thirds full. When cold, pour over a custard made by stirring into a quart of boiling milk a teaspoonful of flour wet with a little milk, two spoonfuls of white sugar, and two eggs. Flavor with lemon. Bake in a quick oven. To be eaten cold.

Apple Custard Recipe - Clipping from Contra Costa Gazette, August 06, 1870

hours. Change the water several times. change the water several times. Turn the pulp from the skin and pick out all the pips. Squeeze all the juice you can. Boil, peel until tender; turn it out and let it drain; then cut it crossways, very thin. To every pound of fruit put two pounds of sugar; and to every pound of sugar, put a quarter of a pint of water. Let the syrup boil very slowly for one hour and a half.

That sounds like a lot of marmalade. Maybe we should consider something a little simpler. Fortunately, a week earlier, the Contra Costa Gazette published this recipe for:

Apple Custard

Peel, quarter, bake rich tart apples, or stew them slowly in a very little water; fill a pudding dish two thirds full. When cold, pour over a custard made by stirring into a quart of boiling milk, a teaspoon of flour wet with a little milk, two spoonfuls of white sugar, and two eggs. Flavor with lemon. Bake in a quick oven. to be eaten cold.

These treats sound delicious, but what it doesn't say is the exact measurements needed, or what the heat of the oven should be, and what the heck is a quick oven in the 1870s?

These are steps we take for granted in modern day. But somehow these are the instructions to recipes that were passed down from generation to generation, occasionally tweaked to meet current taste buds and cooking practices.

What I do know is a "dash of this and a handful of that" sure has made amazing dessert through the ages!

WORD SEARCH SOLUTION

from page 12

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

Happy Thanksgiving

5 Simple Ways to Maintain Weight During the Holidays

By Carmela Lieras, NASM-CPT



I do not believe you need to focus on weight loss during the holidays. Let go of trying to run any programs during the holiday season that are centered around "eating clean" or shedding pounds for one main reason:

The holidays are a time for gratitude and spending quality time with family and friends.

Stressing over the scale or avoiding all sugar and gluten during this period will simply curb your enjoyment of the season. Instead, I advocate for everyone to maintain their body composition during Thanksgiving and Christmas by following these tips:

1 Move. Do as much movement as you can throughout the day. If you have a sedentary job, try to take a short walk at lunchtime with a co-worker or take your breaks outside if the weather permits.

2 Avoid skipping meals. One of the main reasons people binge eat at dinner or late at night is because they are not getting enough fuel throughout the day. If you tend to go more than 3-5 hours without a healthy snack or meal, eat something sooner than later.

3 Choose quality sugars to avoid eating too many sweets and treats. Do you tend to overdo it on the pies, pastries and cookies during the holidays? Well, try substituting with quality sugar like fructose in fruit, fructose/sucrose/glucose in honey

and sucrose in cane sugar. I know this might sound counterintuitive, but our brain's preferred source of fuel is glucose. When we deprive ourselves of good sugars all day, yet work or stay active, we utilize the body's main energy sources. At some point our brain says, "Give me fuel." That is when we reach for whatever is easiest, which is usually something out of the vending machine or office breakroom. Instead, if you nourish our body with fruit, a little honey, or sip on orange juice, you can likely quell those temptations for destructive, nutrition-less treats.

4 Sleep matters. I cannot stress enough how important sleep is to our overall health and especially our waistline. If you are constantly running on 4-5 hours of sleep, I encourage you to try to go to bed 30-60 minutes earlier when possible. Skip your workout if you absolutely cannot get more sleep. It is that important. Forcing a workout when your body is tired from insufficient sleep is a recipe for disaster.

5 Eat a normal breakfast, lunch, and hydrate. On the day of holiday gatherings, many people think fasting all day will help them out. Wrong. By the time holiday dinner comes around, they will be famished and overdo it on the hors d'oeuvres and dinner servings.

This holiday season, stay on track. Try out these tips to maintain your weight and enjoy guiltless time with family and friends. It's been a stressful year. Use this season to unwind, relax and be grateful for what you have.



Ruby Dooby Do to the Rescue
By Jill Hedgecock

Each month ruby features a hard to place dog in foster to help them find their forever home.

Sammy is an 8 1/2-year-old mini poodle with special needs. This 14-lb boy is missing his left eye and is deaf, but these issues do not affect his ability to get around at all. He also has an enlarged heart and a trachea

problem that can cause coughing. His health conditions require two daily medications that will cost about \$100.00/month.

Despite his health challenges, Sammy is a well-behaved, well-mannered boy with a very sweet disposition. This loyal dog is both crate- and house- trained, does not have separation anxiety, and travels well in the car. He is very quiet who only barks when he needs your attention (needs to go out or time to eat).

While Sammy is very companionable, he is not a cuddler. He will follow you everywhere and likes to be scratched, but he is not interested in sitting on your lap or beside you on the furniture. He likes his space and is content on his bed on the floor.

Sammy is:

- In need of regular medication
- Housebroken and crate-trained
- Not a barker
- Will stay off the furniture
- Good with people, but not a snuggler

This sweet boy has had a tough time lately and is ready to find a permanent home. His discounted adoption fee is \$100. Sammy's adopters must live in Northern California.

NorCal Poodle Rescue is a tax-exempt organization under Section 501(c)(3). In addition to tax-deductible donations, you can support their rescue efforts by donating your

Sammy

car, sponsoring a poodle, or volunteering to photograph the dogs so potential adopters can fall in love. For more information email them at norcalpoodlerescueinc@gmail.com.

Diggin' It

Eco-Friendly Dog Toys. West Paws makes Seaflex Sailz Dog Toy Flying Disc from 100% recycled ocean-bound plastic. If you have a dog that is easy on its toys (not for heavy chewers or puppies), consider Jax and Bones Louie the Lobster Rope Dog Toy, made from chemical-free, non-toxic cotton thread using all-natural vegetable dyes.

A Bone to Pick

November is Pet Diabetes Month. Nearly 60% of dogs in the U.S. are overweight or obese (loosely defined as 30% above ideal weight). The health consequences for your dog can include high blood pressure, arthritis, diabetes and cancer.

This can translate to high vet bills, too. Owners of heavier dogs spend on average 17% more on healthcare and 25% more on medications.

To determine if your dog could benefit from losing a few, do a "rib test." Stand behind your dog and run your hands along either side of the rib cage. If you can easily feel their waist and feel each rib, or a tucked-up area is present in front of the hind legs, then your dog is in good form (English bulldogs and pugs which have a different body shape are exceptions). If you can pinch more than an inch, it is probably time to think about reducing meal size and/or exercising the dog more.

Spaying or neutering a dog reduces their energy requirement by 20-30%, so following guidelines on a food bag could lead to overfeeding.

Ruby is Concord's Instagram celebrity with approximately 1.7M TikTok followers, 167K FB, and 217K followers on IG. This column is written by Jill Hedgecock. Her novels *From Shadow's Perspective* and *Between Shadow's Eyes* feature Ruby on the cover www.jillhedgecock.com.



The Second Life of Mirielle West by Amanda Skenendore

“The Second Life of Mirielle West” (Kensington Publishing; 2021, paperback, 384 pages; \$12.79) by Amanda Skenendore transports readers back in time to a little-known aspect of American history. Mirielle was living the dream in Los Angeles in the 1920s. Or so it seems at the outset of the novel. She is married to a Hollywood silent film actor and the couple have two beautiful children. But readers soon learn that Mirielle suffered a tragedy, and her life is not quite as rosy as would appear at first glance. When she goes to the doctor to address a minor injury, her life is upended when the medical practitioner notices an unrelated lesion and diagnoses Mirielle with leprosy.

Before Mirielle has time to process what is happening, she has carted off to a train where her destination is an isolated colony in Louisiana. And just like that, her glamorous life dissolves into one of restricted living conditions. Run primarily by several nuns, her new living situation at Carville Lepers Home is more like a prison than an infirmary for the unwell. Mirielle’s rebellious nature is not suited to all these new rules and regulations and her transition into her new life is fraught with hiccups. After a period of denial that she has the disease, she plots her escape. Her attempt at scaling the barbed wire fencing results in a broken arm. But as Mirielle comes to recognize that her



best hope for returning to California and reuniting with her husband and children is for a cure to be found, she rallies and volunteers to help in the infirmary and at the pharmacy. She soon befriends a troubled teen girl, Frank, the organizer of Carville’s social events, and another member of her household. Through them, Mirielle discovers a sense of community that she never had in her old, glamorous life.

The novel reveals a dark time when victims of Hansen’s disease were considered highly contagious and a threat to society. Skenendore describes their incarceration at Carville in Louisiana and the prison-like conditions and dismal medical options for treatment with cringe-worthy historical details. This is a fascinating read full of well-researched information and interesting characters.

Skenendore is an historical fiction writer. Her background as a registered nurse shines through in “The Second Life of Mirielle West.” Her first novel, “Between Earth and Sky” was awarded the American Library Association’s Reading List Award for Best Historical Fiction.

She currently lives in Las Vegas with her husband and their pet turtle, Lenore. The book will appeal to fans of Lisa Wyngate’s and Fiona Davis’ novels as well as Alan Brennert’s “Molokai” and “Daughter of Molokai.”

Mike’s Auto Body’s 21st Anniversary Benevolence Program - Car Giveaway

Mike’s Auto Body, Hemophilia Foundation and NABC Recycled Rides presented two refurbished vehicles to two deserving families during the Annual Hemophilia Foundation’s Charity Golf Tournament at Ruby Hill Golf Club in Pleasanton on October 25, 2021. Mike’s has now presented a total of 96 cars over the past 21 years.

Each year the collision repair industry comes across cars that are “written off” by either the owner or the insurance company. Often, these are older vehicles that just need some mechanical and body work to get them back on the road and perfectly safe to drive.

Mike’s Auto Body’s Benevolence Program is a community relations program designed to present refurbished used cars to deserving individuals or organizations to help make life a little easier for those less fortunate.

Everything is donated, the cars, parts, paint, mechanical inspections, tires, and one year of insurance. The body and paint technicians donate their time and talents.

“We feel very fortunate to be involved with such a wonderful program and are very excited to be able to give back to the area communities that have supported us for the past 49 years. After receiving hundreds of applications over the years and reading the heartbreaking stories, we only wish that we could do more. But hopefully with increased publicity of our Benevolence Program other shops will adopt a similar program of their own.” – Mike Rose



YN3 Ryan Westall received a 2017 Toyota Prius from Mike’s Auto Body at a ceremony on the pier adjacent to the U.S.S. Hornet in Alameda, CA.

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aRt Cottage by FROgard

Local artists thankful for the community

The list of what I am thankful for is long. I am so grateful for this Concord community. It is filled with people who support me and my passion for sharing creativity, both at home and at the gallery. From friends who bring in lunch and love on my dogs, to neighbors who help with heavy tasks, to fellow artists who share their time and talents. These people surround me with life-affirming joy and inspiration.

I am also incredibly thankful for all the wonderful, curious people who make their way into the gallery each day, some to look around, others to purchase a gift or take an art class. Everyone is always welcome.

Many artists express gratitude through their work. It is such a special part of what you get when you bring original art and handmade wares into your home.

Elizabeth Kennen says she is at the easel each day. She feels grateful for the love and support of family and friends, and she tries to channel that love into each painting. Lori Rutledge told me she is thankful to be around creative people and share her art with the community.

Pat Viera views art as a gift of rehabilitation for the mind, which is so true for both the artist and the buyer.

“I feel so very blessed to have been given the ability to create and to have the opportunity to share what I love to do with others,” says Julie Van Wyk. Many artists are also thankful to be part of a local community of creatives.



Find art, crafts, and gifts ideas from local artists at the Holiday Boutique at the aRt Cottage November 9 - December 22.

“They provide both social and technical support when I delve into a new art practice, such as plein air painting, and they help me improve my craft,” says Dwight Shackelford.

Check out the creations of these artists’ and more at our 10th Annual Holiday Boutique, which runs November 9th through December 22nd. Local artists and makers are right here with everything you need for your holiday shopping list: knitted scarves, ceramics, greeting cards, jewelry, dolls, paintings and home décor.

Join us for fun and refreshments at the Artist Reception on Saturday, November 13th, 2 – 4pm at 2238 Mt. Diablo Blvd. in Concord.

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CVCHS Homecoming Highlights and More

By Dave Fehte, Interim Executive Director, Clayton Valley Charter High

October was a busy month here at CVCHS including our Homecoming Week. For many students and alumni, Homecoming is a favorite time of the academic year - a time to demonstrate school spirit and reflect on the memories made during their high school experience. The concept brings our Ugly Eagle community together. It is great to see the generations young and old alike turn out for our annual Homecoming events.

On campus, it is an opportunity for our students and staff to have fun experiencing Spirit Week, home football games, and our popular school dance. A lot of planning and logistics go into our Homecoming. CVCHS is grateful for the numerous students, staff, parents, and community sponsors who come together to organize these memorable events. It often goes unsaid of how lucky we are to have such dedicated and tireless volunteers.

Confronted by the heavy rains which pummeled the West Coast, CVCHS responded with some necessary last-minute changes and did all right for our Homecoming: Spirit Week featured some crazy themes; our Varsity football team defeated the Amador Valley Dons; and our outdoor dance was postponed temporarily for better weather and a better venue (Concord Pavilion) to accommodate all students under the County's COVID-19 protocols.

If you missed the Varsity football game, then you missed the outstanding on-field performances by our Choir Ensemble, Cheerleaders, Flag Team, and Marching Band. Each was exceptional and deserving of praise. Be sure to support these talented students performing in our Concord community as well as their annual

fundraisers.

On November 2, CVCHS hosted our New Student & Parent Preview Night for potential members of the Class of 2026. Each year, CVCHS welcomes hundreds of families to visit our school and meet our teachers. Students learn about our many academic programs including our Academies, small schools for college and careers in Arts, Digital Arts and Technology, Engineering and Design, Medical Careers, and Public Service.

If you know someone interested in having their child attend a great, tuition-free, public charter high school next year, there is still time to enroll. Open Enrollment began on November 2, and continues through January 4. To learn more about our great high school along with key enrollment dates and information, visit <https://www.claytonvalley.org>.

Finally, I would like to thank an important part of our Ugly Eagle team, our custodians. They are the first call for a problem on campus, whether it is a spill, a leak, or an accident. During bad weather months, custodians arrive early to ensure our campus is clean and safe for students and staff. They are the first ones to enter the buildings each morning and the last ones to leave.

For more than a decade, Danny Sullivan has been one of our unsung heroes, contributing to student learning by creating a safe, clean, and healthy environment every day. The pride of our campus starts with our buildings and grounds. So please join me in thanking Danny and all our custodians for their demanding work and dedication. We are grateful for the support of this invaluable team.

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theRIGHT move
by Terrylynn Fisher, Broker Associate
www.BuyStageSell.com

Is Winter a Good Time to Sell?

Each month, I provide the County real estate statistics. The monthly statistics are showing a bit of a change over the summer months. Sometimes the statistics show a trend or situational slowdown from things like the recent rainstorm.

This begs the question: Is winter, an optimum time to sell? Oftentimes, the market is jump started by the homes that come on the market right after the first of the year. Contributing factors that happen then are also present during the Holiday Season.

For example, there are fewer homes on the market and the buyers who want a jump on the market, are out buying. This can cause bidding because there are fewer homes and more buyers vying for them. With that in mind, buyers are out there, interest rates are low, and the inclement weather brings out only the serious buyers. If now is the time you want to sell, try it. You might be surprised.

The three Cs

How do you prepare your home to sell around the holidays? Let the three "Cs" guide you to earning top dollar in any home sale: Condition, Clutter and Clean.

For condition, get your inspections early so you know what is needed that can be easily dealt with, planned for, or negotiated. Homes in the best condition typically go for more money and sell faster.

Clutter is costing you money; decluttering is the easiest way to create space and bring you additional dollars.

Clean every surface including the windows, garages, and closets too. Also, a clean smelling home with no pet or cooking odors is quite necessary. Scents

like cinnamon, pine or fresh baked cookies or breads make an impression on buyers. Buyers want to invest in good homes, and a clean home appears well taken care of.

Holiday Selling Tips


During the holidays, why not put a wreath on the door, inviting buyers to be imagining their own holidays there? A few lights around a tree or eaves are ok. Lights on backyard gazebos or patios are fine anytime of the year. Keep in mind, everyone does not celebrate the holidays the same way, so avoid over decorating.

Do not put a huge tree in a small room, but if you have a two-story ceiling, a large tree might show it off. Be tasteful; keep presents hidden away and no stockings on the mantel.

I advise to clients that it is most important to leave your heat on at a temperature that feels warm and welcoming when it is cold outside. This is not something you want to skimp on. It is false economy to have a cold house. No one will stay long, and that is not the goal, is it? The more time they spend considering your home for their home will result in better offers. Light the fireplace in winter, and in summer be sure the AC is on to keep things cool on hot days.

Ask your Realtor and/or Stager for their recommendations tailored to your home.

For information on the statistics for your area, or any of these topics, call your local Realtor. It is their job to know the local market.



Monthly Market Report

Single Family Homes

City	Month	Existing SFR Home Sales	Existing SFR Median Price	Active Listings	Market Competition
Concord, California	September 2021	113 (+9.6% from last year)	\$800K (+9.7% from last year)	74 (+8.8% from last year)	10 (Sales-to-List Price %: 102.3%, % of Active Listings with Reduced Prices: 16.2%)
Walnut Creek, California	September 2021	60 (-21.1% from last year)	\$1.44M (+15.5% from last year)	34 (-34.6% from last year)	8 (Sales-to-List Price %: 105.8%, % of Active Listings with Reduced Prices: 11.8%)
Clayton, California	September 2021	15 (+7.1% from last year)	\$1.20M (+30.8% from last year)	10 (+1.1% from last year)	11 (Sales-to-List Price %: 108.9%, % of Active Listings with Reduced Prices: 10.0%)
Pleasant Hill, California	September 2021	38 (+15.2% from last year)	\$970K (+1.6% from last year)	26 (-25.7% from last year)	9 (Sales-to-List Price %: 105.3%, % of Active Listings with Reduced Prices: 15.4%)



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Councilmember Obringer honors leaders for Hispanic Heritage Month



Councilmember Carlyn Obringer took to social media to honor several local Hispanic business and community leaders for National Heritage Month, September 15-October 15.

Above from Left to right, La Fritauguera, Contra Costa County's only Nicaraguan Restaurant., Jennifer Jimenez. Jimenez is also an Ambassador for the Concord Chamber of commerce.

Pablo Benavente is a Senior political and government relations manager at Turo and serves as board co-chair at Monument Impact.

Psychologist Dr. Michelle Hernandez specializing in physical disability, PTSD, sexual abuse and domestic violence. She also trains doctoral level students regarding various aspects of disability.

Below Ernie Avila is Vice Chair for Contra Costa Water District - Division 3. He also represents us on the Association of California Water Agencies Region 5. Avila has 32+ years of experience working water issues.

Muralist, painter, and freelance artist Arsenio Baca recently recognized for the beautiful mural in bac of Concord Visitor Center, 2151 Salvio St. We can expect to see more of his work as Concord has plans for more murals around town.

Rancho Taqueria and grocery store owner Silvia Barajas is an avid Monument Community advocate. She also teaches families how to prepare nutritious meals n a budget as part of the Monument Impact.

Not shown but also honored, musician and recording artist Carlos X Soto, Johana Segura, owner of 24/7 Nightingale Home Care, and labor Leader Fernando Campos, of Labors International Union of North America, Local 3234. Salute to all.



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legalbriefs

by Douglas A. Prutton, Attorney
Doug@PruttonLaw.com

Personal Injury Cases and Doctor “Liens”

All personal injury lawyers, like me, routinely deal with medical “liens.” When I settle a personal injury case for a client, often there are “liens” from health care providers that must be paid from the settlement amount.

For example, if my client treated at Kaiser, from the settlement I must pay Kaiser for the services provided. You may ask (as many of my clients do) why does Kaiser get money from the settlement? The simple answer is that the fine print in the Kaiser contract requires it. The way it works is that Kaiser has a company in Kentucky (Equian/Optum) that creates a billing that sets forth the value for each service provided at Kaiser to my client. I include that billing as part of the settlement demand I make on behalf of the client. Then, when the case settles, I make sure Equian/Optum gets paid from the settlement funds.

The same situation applies where Medicare or Medi-Cal paid my client’s medical bills – I must make sure Medicare or Medi-Cal gets reimbursed from the settlement for bills they paid. Why do I need to do this? Because that is what is written in the Medicare and Medi-Cal laws.

Some of my clients have no health insurance at all. In those cases, there are health care providers who will agree to treat them on a “lien basis.” This means that they will treat the client but wait to get paid out of the settlement. The health care provider will have me, and the client sign a “lien” which basically requires me to make sure the provider gets paid from the settlement. Many chiropractors will agree to provide services on a lien, and some medical doctors as well. Even where my client has health insurance, like Medicare, Medi-Cal, or Kaiser, the client has the option to seek treatment elsewhere.

Clients sometimes ask lawyers for a referral to a health care provider. While I will provide such referrals, many times I strongly suggest that my client seek treatment from their own doctor (like Kaiser) or ask a friend or relative for a referral. If an insurance company (or a judge or jury) knows that a client has been referred for medical care by an attorney, it does not look good. While the



referral might benefit the attorney and the health care provider, it often is not in the best interest of the client – at least that is my opinion.

An issue related to liens involves the amount of medical bills that can be demanded in a settlement. Let’s say that my client goes to an emergency room following a car accident. The full amount of the bill is \$10,000.00, but my client has Medi-Cal and Medi-Cal pays the hospital \$1,000.00. How much can the insurance company of the driver who caused the accident demand? The answer is \$1,000.00 (the hospital by accepting the Medi-Cal money cannot go after the patient for the extra \$9,000.00).


Similarly, say my client is a Blue Cross insured and receives care at a discount based on the rates negotiated between Blue Cross and the provider. It is only the amount Blue Cross actually paid (and the client’s co-payment) that can be claimed, not the full amount of the bill.

A hotly contested case decided in August 2021 by the Second District Court of Appeal in Los Angeles (Quadir v. Figueroa) involved these types of lien issues.

Mr. Quadir was rear-ended by a truck and developed back and leg pain. He went to Kaiser and then was referred by his attorney to a pain management specialist where he received physical therapy and chiropractic care. Eventually he received epidural injections and underwent several back surgeries almost all on a “lien basis.”

The medical liens totaled about \$835,000.00! The case went to a jury which awarded Mr. Quadir about \$3.5 million.

On appeal, the defendants, along with the California Medical Association, California Dental Association, California Hospital Association, Association of Southern California Defense Counsel and the Trucking Industry Defense Council, argued that it was improper to present to the jury the \$835,000.00 in unpaid medical bills. They also argued that Mr. Quadir should have been required to seek his health care from Kaiser since he was a member. The court of appeals upheld the jury verdict.




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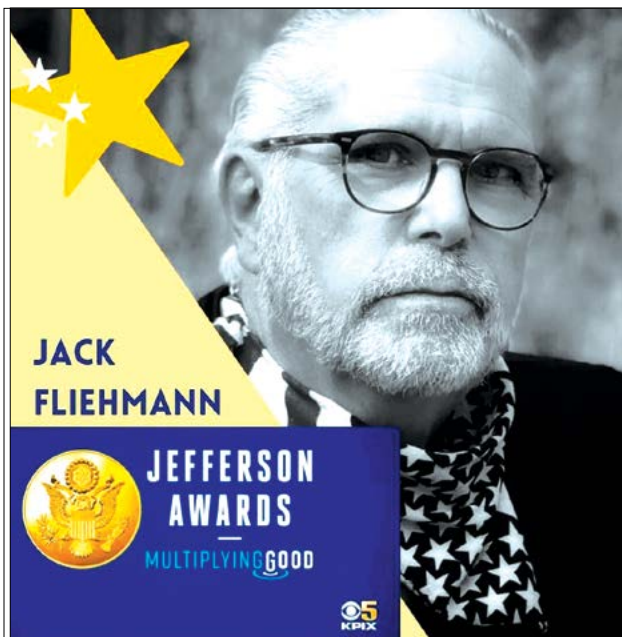
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Jefferson Award honors Concord samaritan

by David King



Victor ate. When you told us to go to the doughnut shop jack and just looked into our eyes and said "Go down to the doughnut shop and just say you are a friend of Jack's, you made us feel comfort and safe. We went to the doughnut shop and those doughnuts tasted like a nice big steak. That warm hot chocolate. Jack, you are really very nice to everyone in our community, and you changed our lives forever. You brought back our smile, our happiness, and most important, you brought our family back together. You saved us Jack; you really did. You really are a great friend and a family to us, and not just us but to all the homeless in our community. You give us hope, you treat us like we exist, like we belong, like we are human. When I see the story in the news, I couldn't hold back my tears, because we know everything in that news story is true. We see it firsthand. You, your wife, your friends are so special to us. You saved us Jack. You saved us. I truly believe that you are doing what God wants and we will always remember that. You will never know how much appreciation and love we have for you in our hearts. You are our angel. We will never forget. This story made me very emotional but in a good way because you deserve to be recognized for your hard work in our community. Loved Known and not Alone. Your friends, Maria, Victor, and Rudy.

Because every night as I went to one knee, I never realized you were the key.

KPIX-CBS5 honored Fliemann with a short video tribute. that aired several times over the course of a week. If you missed it, you can view it on YouTube. Just search Jack Fliemann Jefferson Award.

Diablo Gazette also featured Fliemann in its August 2020 issue after I spent an afternoon with him delivering lunches to the homeless camps. He truly has an inspirational life story when it comes to homelessness. As a youth, he too was once homeless until he chose a new path that turned his life around.

Fliemann says his mission began with a repetitive dream. which he recognized as a devine message.

To read his life story and the inspiration behind his crusade, you can go to our website to read the updated article from the August 2020 issue.

www.diablogazette.com/2020/09/devine-message-in-a-dream-help-the-homeless/

Congratulations, Jack Fliemann! You are indeed an extraordinary humanitarian. You can reach him by email at jackiejack88@hotmail.com.

Jack Fliemann, Concord, recently received the Jefferson Award for his extraordinary work tending to Concord's homeless.

The Jefferson Award, founded in 1972 by Jacqueline Kennedy Onassis, Senator Robert Taft Jr., and Sam Beard, is designed to recognize individuals across the country who are performing extraordinary public service in their local communities. Recipients are nominated by peers and voted on by a Board of Selectors. But to Fliemann, the bigger award may be the response he receives from those he helps.

For the past 18 months, Fliemann gets up daily at 2:30 AM to prepare 50-60 hot breakfast and distributes to the various camps. He returns home and prepares lunch, and gathers shoes, clothing, sleeping bags, as needed. These come to him from donations or sometimes out of his own pocket. He notifies CORE to assist for medical and serious cases and challenges the city with written pleas read at each City Council meeting. Here is an example of one such letter:

*Dear City Council and City Management,
Although I am encouraged by the mounting number of people stepping up to help with the needs of Concord's homeless population, there are still too many unmet needs for my unsheltered friends.*

Since Jan 2020, I have had a minimum of 40,000 contacts on streets of Concord. In that time, I have found dead bodies, seen people completely break down and witnessed a friend have her toes amputated on her right foot. A few days ago, a homeless woman was blasted with an airhorn in her face for two minutes as her things were thrown into the streets. Sad facts.

But in same amount of time, I have witnessed a family with a 12-year-old boy, with no help from our city, locating a place to stay. Now both parents are working, and the son is now getting A plusses instead of As! A man named Dave who we cared for daily, is now working full time and paying his own way. Today, a social worker called me to ask for tents and sleeping bag, because when the need arose, someone asked, "Does anyone have any idea how we will get the things they need." Happy facts.

My mother was 17 when Hitler came into Holland, she said Jews were taken out of Holland back to Germany. Some took a stood against what they saw as a crime against humanity. Others allowed it to go on.

Please, I am asking you, let us make humane choices and not just political choices.

At the moment we have their family sleeping inside, but we need a permanent solution. All human beings have the right to shelter, LIFE, LIBERTY, and the PURSUIT of HAPPINESS.

I talk in person to 65 homeless in Concord a day minimum. I see the great need for more services to the homeless than we offer or have offered up to now.

Port a Potties, Garbage Cans, Hand Washing Stations now please. Thank you. Jack Fliemann.

The homeless family with the 12-year-old boy also wrote this letter to Jack which Council also read.

Jack, you touched our lives in so many ways. You helped us when the city turned its back. You were there for us on that cold early morning. You made sure we were safe and sound. You know Rudy and I made sure Victor ate but sometimes we didn't eat because we paid the motel or Rudy's hours were cut at Safeway. That morning when you found us on the church steps, you don't even know how much your kindness and generosity meant to us. On that Sunday, Rudy and I didn't eat anything because we wanted to make sure

According to Fliemann, this family had been homeless for close to five years. Rudy worked and each paycheck they would rent a motel room for a couple of nights, to bathe and provide for sanitation needs.

Now both parents work full time, and her family is now paying their way, living indoors and proud of it.

"I won a Jefferson Award for my work with the Homeless in Concord. Never asked for it, but I hope it inspires some to visit our Homeless neighbors," he says.

Victor, the homeless 12-year-old straight-A student wrote and dedicated this poem of gratitude.

*I am 12 years old. I didn't think anyone cared.
That's what would make me scared.*

At night, I would close my eyes and think, "is this where my future lies?"

People would ignore me and my family. We were nonexistent.

But my Mom and Dad remained persistent.

I would see people at Todos Santos Plaza in Concord look at me and whisper names.

Sometimes I felt like my parent's prayers were in vain,

But still I felt encouraged and not discouraged.

People would judge me for wearing the same clothes,

But to me, all that mattered was making sure I was covered from head to toe.

I would hear, "the parents don't do anything, but I knew that wasn't the case.

My dad would work 10 hours a day To keep us at bay.

Many people felt my Dad and Mom were lazy.

To those who I say that I say I think you're crazy.

Then one day we met the doughnut man. His name is Jack.

Jack has done a lot for us. But to me, Jack is the best person in the world because he always has my parents back.

I made up my mind that I want to be kind. I want to help feed people in need.

I been working on this poem for the world to see that it was me,

The 12-year-old boy who almost lost hope, but stayed afloat.

Jack is a hero to me. Because he was the key.

Jack the doughnut man, I want you to share this, please.



Important Safety Notice

Some fires are caused by nature, others are caused by us.




Batteries cause fires that threaten our neighbors and neighborhoods.

Concord Residents:

Contact our office for curbside pick-up
or
Drop-off at Central San
www.centrsan.org/hhw




Let's do all we can to prevent fires anywhere. Please dispose of your batteries properly. It's quick, easy, and free!

Important Holiday Information

We **ARE** picking up Thanksgiving week!

Please have carts out for collection on your normal service day.

The Recycling Center and Transfer Station (RCTS) is open Thanksgiving Day.
www.mdr.com/rcts



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 Sunday 7AM - 1PM



Enjoy and Welcome to the Family!

Breakfast

Main Plates

- TWO EGG BREAKFAST
- SUGAR PLUM CLASSIC BREAKFAST
- HOME SPECIAL
- CORNED BEEF HASH AND EGGS
- HAM OR PASTRAMI AND EGGS
- SAUSAGE BREAKFAST
- BREAKFAST SANDWICH
- NEW YORK STEAK AND EGGS

Our Specialty

- BISCUITS AND GRAVY
- BISCUITS AND GRAVY AND TWO EGGS

Omelets

- CHEESE OMELET
- HAM AND CHEESE OMELET
- DENVER OMELET
- SPANISH OMELET
- WESTERN OMELET
- CALIFORNIA OMELET
- CONCORD OMELET
- VEGETARIAN OMELET

Healthy Options

- CREAM OF WHEAT
- GRITS
- OATMEAL

From the Griddle

- PANCAKES
- Buttermilk Pancakes
- Blueberry Pancakes
- PANCAKE SPECIAL
- FRENCH TOAST
- FRENCH TOAST SPECIAL
- BELGIAN WAFFLES

Main Plates

- DICED HAM SCRAMBLE
- LINGUICA BREAKFAST
- JOE'S SPECIAL
- JOSE'S BREAKFAST BURRITO
- CHICKEN FRIED STEAK, GRAVY, EGGS & POTATOES
- GROUND BEEF STEAK
- CENTER CUT PORK CHOP AND COUNTRY GRAVY

Lunch

Sandwiches

- GRILLED HAM AND CHEESE
- TUNA OR EGG SALAD SANDWICH
- TUNA MELT
- HAM SANDWICH
- FISH SANDWICH
- 1/2 LB FRENCH DIP
- GRILLED CHICKEN BREAST SANDWICH
- MONTEREY CHICKEN SANDWICH
- PHILLY CHEESE STEAK
- GRILLED CHEESE
- CLASSIC BLT
- BLTA
- TURKEY SANDWICH
- CLUB SANDWICH
- PATTY MELT
- HOT PASTRAMI ON RYE
- REUBEN SANDWICH
- HOT LINK OR HOT ITALIAN SAUSAGE SANDWICH

Burgers

- OLD-FASHIONED BURGER
- BBQ BURGER
- CHEESEBURGER
- MUSHROOM CHEESEBURGER
- BACON CHEESEBURGER
- TURKEY BURGER
- CALIFORNIA BURGER
- MEXI BURGER
- DELUXE BURGER
- HALF POUND BURGER

Lunch Plates

- 2 CHICKEN BREAST TENDERS
- 3 CHICKEN BREAST TENDERS
- PUB HOUSE FISH AND CHIPS

Soups & Salads

- SOUP OF THE DAY
- CLAM CHOWDER
- GARDEN SALAD
- GARDEN PLUS SALAD
- CHEF SALAD
- GRILLED CHICKEN SALAD

