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JUNE 2019

The Festival
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Artist Amy G. Hall works on chalk art at 2018 Beaver Festival

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To purchase tickets, go to VisitConcordCA.com/Jazz

All proceeds benefit the Concord Historical Society.
from the Publisher -David King

A Generous Action, a Retraction, and BBQ Satisfaction

Last month we reported on two Nepalese cyclists who are trying to ride around the world to 130 countries in five years to promote blood donations for Red Cross, depending exclusively on the generosity, kindness, and donations of each community they visit to sustain the trek. Unfortunately, once arriving in San Francisco, their bikes were stolen. Sameer Devakota, owner of Momo ‘N’ Curry restaurant of Concord was treating them to authentic Nepalese meal and Albertao Diabo Gazette of their plight.

Cole Kuiper, NBC Sports Bay Area Giants postgame host of "Triples Alley", read our story and donated his bike so that they may continue their noble journey.

Kuiper had spent some months in Katmandu and the story resonated with him. Cole is the son of former SF Giants second baseman and famed broadcaster, Duane Kuiper. Thanks for reading Cole, and thanks for your generosity.

Speaking of last month, we mistakenly stated that the new 1920 Barbershop above Vinnies on Mt. Diablo St. in Concord was given their new salon space by American Kitchen Company with no lease. There is a lease, just not with American Kitchen Company. There’s no free ride for these guys, our mistake. To make amends, take $5 off any cut or beard trim there. Refer to their ad on this page.

King of the County BBQ Challenge and Music Festival Father’s Day becomes a Father’s Weekend in Martinez on June 15 and 16. If you think you make the best BBQ, put your skills to the test in the Backyard BBQ competition. This competition draws 30-40 local backyard BBQ teams over the 2-day event, each hoping to become "King of the County." Teams can cook ribs, chicken or chef’s choice. To enter the competition download the BBQ Challenge Application Packet at www.countybbq.com and submit it to the Martinez Chamber office at 603 Marina Vista Avenue, Martinez, CA 94553 or email info@martinezchamber.com.

Or, try your luck in their Cornhole Tournament for cash prizes. King of the County BBQ Festival offers two days of non-stop live music with eight local bands, art & craft booths, food, and of course, the best finger-licking BBQ around, brought to your by Big Jim’s BBQ, and Big Joe’s BBQ.

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Becoming the Autonomous Valley

Autonomous vehicle testing is happening here in the City of Concord. Since October 2014, the Contra Costa Transportation Authority (CCTA) has been operating a secure testing facility for connected and automated vehicle (AV) technology, known as GoMentum Station, in partnership with the City of Concord and the U.S. Navy, at the former Concord Naval Weapons Station. The former Concord Naval Weapons Station is an ideal location for autonomous and connected vehicle (CV) testing. The varied terrain enables AV and CV technology developers to safely test in conditions like those found on public streets. The site includes 19.6 miles of paved roadway, a 7-mile-long roadway great for testing high-speed driving, and a pair of 1,400-foot long tunnels for sensor testing. Research and testing at GoMentum Station currently includes private, shared, and commercial vehicles, in a multimodal environment.

Since its inception, GoMentum Station has aimed to help create living-wage jobs while developing innovative mobility options. In the long term, it is hoped that the development of CVs and AVs will reduce traffic congestion and advance traffic safety toward zero fatalities. In August of 2018, GoMentum Station was acquired by AAA Northern California, Nevada & Utah (AAA NCNU). This deal becomes a Father’s Day gift. Facebook is critical to large and small businesses alike. In addition, Concord partners regularly with CCTA to pilot new technologies to help improve traffic flow and reduce congestion, and inform our transportation policy, regulation, and planning.

Thanks to these smart city efforts, and the presence of GoMentum Station, it is my goal that over time Concord will become the center of cutting-edge transportation research. Discussions are underway as to how best to incorporate GoMentum Station into the public institution of higher learning effort I am spearheading for the former Concord Naval Weapons Station. If things come together, someday soon, Diablo Valley may be known as Autonomous Valley.

Photo: Honda AV demo at GoMentum Station courtesy Engadget
How Personal Insurance Works

by William A. Hickey

Insurance has been around a while. The ancients had trouble with storms and pirates and thought they could obtain loans for the value of their cargo at higher interest rates with the understanding that if the cargo was taken, the entire loan would be forgiven. There were also agreements that split the cost of cargo overboard among all the shippers – a good deal for shippers whose cargo happened to be put near the edge of the deck. Today, the more common homeowners and auto policies are not necessarily simple, but they have retained much of their older shape. While it is important to remember that the absence of regulation, these policies are not uniform, the below provides a “jumping off point” for understanding today’s policies.

There are two basic types of coverage provided under these policies. One type is first-party property coverage, which covers the insured for loss of or damage to their “stuff.” The second type is third-party liability coverage, which indemnifies the insured for claims brought by third parties arising out of the use or ownership of “stuff.”

First-party property coverage in a homeowner’s policy insures the homeowner for loss of or damage to their home, other structures and personal property. Let’s say a tree on your property falls on your house, You could make a claim on your property portion of your homeowner’s insurance. The liability coverage kicks in, for example your tree falls on your neighbor’s house. The liability portion of your policy also covers you if your employee (such as uninsurable risks, e.g. nuclear or pollution insurance); or coverage that you as the insured may not wish to have because it’s too expensive, less likely to occur, or maybe you’re simply willing to take the risk. If there are no trees on your property, perhaps you might try to negotiate a lower premium by adding an exclusion for trees.

Auto insurance is structured a little differently, but the basic concepts still apply. There are generally four types of automobile insurance coverage: property coverage; medical payments coverage; liability coverage; and uninsured and underinsured motorist coverage. All but the liability coverage are property coverages. Property coverage ordinarily covers a vehicle described in the policy, but can allow an insured to add a newly acquired automobile to an existing policy. Medical payment coverage is much the same as described above. Uninsured and underinsured motorist coverage provides coverage for the insured as the owner or operator of an uninsured vehicle had adequate insurance. Finally, the auto liability coverage covers the insured from claims arising out of ownership or maintenance of a covered auto.

The above is a general discussion only and not meant to be applied to specific situations. To answer your specific question, you should consult a coverage attorney with your facts.

William Hickey is a general litigation attorney, involved in most kinds of legal disputes, and has been awarded the Chartered Property Casualty Underwriter designation. He is a member of the Contra Costa County Bar Association and its Lawyer Referral & Information Service. He practices in Martinez and Central Contra Costa County.
Selling a Home with a Pool

If you’re planning to move to a home that includes a pool, be sure to share that information as well. Using a professional cleaner, be sure to have all the pool’s information ready. When selling your home with a pool is to use.

Make it look inviting. If your pool has seen better days, then it probably won’t appeal to a potential buyer. Spend time making cosmetic updates and repairs before you put your home on the market. Trim trees that hang over the pool and clean up the grout. Keep the water clean and maintained so that it does not encourage the growth of algae. Nothing is more off-putting than a pool full of green water. If needed, hire a professional pool cleaner to clean and maintain your pool while your home is on the market. If selling in the summer, have the pool open and ready for swimming so potential buyers will want the added responsibility of a pool. Not all buyers will want the added responsibility of a pool. Trying to sell them on your pool can be wasted effort. Instead, focus on those buyers who will be excited about this feature. This could include high-end buyers, families with children, and adults who want a pool as part of their exercise regimen.

List at the right time. Finally, if your home has a pool, then you will want to list it at the appropriate time. Why not capitalize on this great amenity? List in the summer when buyers will be spending the most time outdoors looking at your property. Stage the pool so that they can see how inviting it is to use. In fact, listing at just the right time could make your pool the feature that seals the deal.

Another important thing to remember when selling your home with a pool is to have all the pool’s information ready. Just as with any other home feature, buyers will want to know the history of the pool. Put together a binder that includes details on the pool’s equipment and how it operates. Also include service records, repair records, and the contact information for anyone who has serviced or cleaned the pool. If you are currently using a professional cleaner, be sure to share that information as well.

Include all the necessary tools. Even if you’re planning to move to a home with a pool, you should leave behind all the tools necessary for the upkeep of the pool. This includes cleaning gear, chemicals, covers, removable gates, and even pool toys. Buyers will be much more enthusiastic about the pool if they know they can begin using it on day one.

Be sure it’s up to code. Many municipalities have regulations regarding residential pools. Make sure that your pool meets all these safety guidelines. In many cases, this will include having a barrier that separates the pool from the yard and house. You might also want to install self-latching and locking gates. This will be especially important to buyers that have young children.

Know your buyer. Take time to understand what kinds of buyers will be looking for a home with a pool. Not all buyers will want the added responsibility of a pool. Trying to sell them on your pool can be wasted effort. Instead, focus on those buyers who will be excited about this feature. This could include high-end buyers, families with children, and adults who want a pool as part of their exercise regimen.

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Eco-Friendly Herbicides for Dry Weather

Gardening in the rain (naked or otherwise) is no fun. Applying natural weed-controlling herbicides in the rain is also a giant waste of time. Rain washes the weeds and grasses clean of sprays and provides fuel for regeneration. Fortunately, June is one of Contra Costa’s four reliable months of dry weather and warm sun. Yay! Get out there and say goodbye to your weedy invaders.

In my previous column (Diablo Gazette May 2019), I encouraged readers to switch to all-natural weed-killing alternatives to the earth- and man-poisoning chemical herbicides such as Monsanto’s Roundup (glyphosate). I am pleased to report that readers are responding.

Dennis C. of Clayton commented:

“Dear Naked: I just wanted to let you know I used your vinegar with the dish soap (Dawn) to spray around our house. It worked great. Everything I sprayed died almost immediately with an eco-friendly vinegar and soap solution as indicated by the brown plants.

I did not dilute the mix with water this first time to determine the result of a concentrated approach. The weeds and grasses died immediately. I could see them with my own eyes, faster and friendlier to the environment than with Roundup. My recommendation for readers though is to dilute your spray water to a 5% vinegar mix by adding 3 cups of water to each cup of 20% vinegar. You’ll get the same results at a comparable price point to Roundup Concentrate.

Another good reason to use the 5% solution is that the 20% solution spray stung my eyes and the fumes were tough on my lungs. While spraying, always wear eye goggles and a surgical face mask for protection. And of course keep children and pets away. The fumes from the vinegar’s acetic acid dissipate in a minute or so and only the weeds suffer from them on. Check out my photo of the treated areas. And don’t forget to try boiling water on weedy driveways and sidewalk cracks, or pull weeds manually for fun and exercise.

Thanks for your feedback, Dennis. The rest of you, please email your results to me at NakedGardener@diablogazette.com. In some cases these may appear in future columns.
With Concord’s inviting summer weather, there’s plenty of incentive to get outside and enjoy it. So, if the kids begin to pout “Dad, there’s nothing to do”, enlighten them with this checklist of wonderful suggestions.

Explore the great outdoors at one of the city’s many local parks. Concord parks offer fields ready for baseball, softball, soccer, basketball and bocce. Spend a day on the field or the playground experiencing it all IRL (in real life)!

The Concord Skatepark is a 14,000-square-foot, state-of-the art facility designed by skaters for skaters. Skateboards, roller skates, inline skates and manual scooters are welcome. Grind, flip, carve, and ollie; the skills can only get better. Proper safety equipment is always required.

Grab a ball and head to El Dorado/Westwood Sports Complex with three baseball fields, two full-sized soccer fields and two sand volleyball courts. Or take the game to Concord’s other sports fields and complexes at Boatwright Youth Sports Complex, Krueger Fields or Willow Pass Park.

Concord is home to one of the largest bocce-loving communities in the country. A perfect summer evening of Bocce is waiting for you at John F. Baldwin Park or Newhall Community Park.

Mountain biking is an excellent choice on Mount Diablo. The workout can be as easy or as intense as you’d like with various trails to choose from. The payoff is immeasurable with vistas like no other.

Cool off at the pool. The Concord Community Pool just went through significant renovations including new plaster and a new pool deck. They’ve made sure you’re set with heated changing rooms, showers and lockers too. The Olympic-sized swimming pool offers recreational swimming but also pre-competitive and fitness courses as well as diving.

Pickleball continues to be dominant in Concord. This paddle sport, perfect for two to four players, is a combination of badminton, tennis and table tennis. Pickleball is an excellent way to get fit and be social. Courts are available throughout town including Willow Pass Park and Pine Hollow Tennis Courts.

Concord welcomes two major Pickleball tournaments this summer. The USA Pickleball Association (USAPA) hosts their Super Senior Best of the West Pickleball Championships on June 29th to June 30th at the Willow Pass Park. Proceeds will benefit Monument Crisis Center in Concord.

The 2nd Annual ENGAGE Golden State Championship Pickleball Tournament happens at Willow Pass Community Park Friday, Saturday, and Sunday at 8:00 am from July 27th-29th. Participants will compete for a $10,000 cash prize, and spectators will enjoy viewing the games that will be divided by age and skill.

Indulge in America’s past time and join Concord Softball League with men’s, women’s or coed leagues. Games are played at Willow Pass Park every night of the week, except Saturday. For those days that are a little too warm outside, bring the action inside.

The Concord Kung Fu Academy offers classes for virtually all ages from 4 years of age to adult. Their motto, “Train Harder, Live Better” shows their commitment to your education in martial arts as well as your overall health.

Diablo Rock Gym brings climbing indoors and they have the gear you’ll need too. Their instructors have classes for kids and adults including instruction specific to beginners, bouldering and sports climbing.

Check Visit Concord and the Concord Activity Guide for more! Call Concord Parks & Recreation for more information on courts.

Elaine Schroth is the Executive Director of Visit Concord and is a monthly guest columnist in the Diablo Gazette. She can be reached at ESchroth@VisitConcordCA.com.
Out to Lunch

MidiCi Italian Kitchen

by Richard Eber | photos by Eric Zhang

In checking out the new MidiCi Italian Kitchen in Concord, I was expecting the usual faire produced by chain operations. This includes everything from matching napkins to soggy pizza made from marinara sauce straight off the Sysco Truck.

Once sitting down in an opulent environment of stainless steel, glass, and high ceilings of MidiCi’s, the dining experience is anything but stereotypical. Under the management of Heidi Ely and her family, MidiCi puts a new spin on the concept of homemade.

While a student at the University of Puget Sound, Heidi worked in a high-end catering business. When she returned to Concord, it was natural for her to get involved in the restaurant trade. Heidi’s collaboration with MidiCi is based upon what she called their mission to “provide a warm and comfortable environment where people can congregate and enjoy a quality dining experience.”

MidiCi is patterned after the style served in and around Naples. It relies on using a smaller quantity of quality ingredients placed on an exceptional thin crust. This differs from the common method of melting massive amounts of cheese with a heavy load of toppings to appeal to a less discerning clientele.

For MidiCi, which opened about three months ago, everything starts with their oak fueled Canto Napoli oven. Reaching a temperature of over 850 degrees, it only takes about 90 seconds to cook their pizzas. Their dough’s foundation comes from a special Italian flour. It cures for 24 hours prior to being hand rolled. These same ingredients are used to make delicious Ciabatta bread that can be found in many of their other menu items.

Their meatballs made with Angus Beef, are juicy and full of flavor served with Spaghetti and marinara sauce. These same golf ball sized beauties can also be found in a meatball sandwich on house-baked Ciabatta Bread. Chicken Alfredo and Macaroni with three cheeses are popular request as well.

MidiCi has an extensive list of salads that can be easily split. From the leafy category is the Walnut and Gorgonzola served with tangy homemade dressing. The Greek and Italian salads were also out of the ordinary featuring healthy amounts of kalamata olives. I especially liked their Caesar, mostly because anchovies were present, instead of being told this key ingredient was in the salad dressing.

MidiCi has a large selection of appetizers for the less hungry. Enjoying a glass of Willamette Valley Pinot Noir, we tried their Prosciutto & Melon (cantaloupe). It came with a large portion of creamy Burrata cheese drizzled with olive oil. Served with a couple of pieces of ciabatta toast (we asked for more), this dish was a winner.

Perhaps the best small plate was MidiCi’s homemade Garlic Bread baked in their special oven. It is thinner and crustier and not made with traditional French bread we are accustomed to. It is a go-to item on their Five Dollar Happy Hour menu which is from 2 to 6 and from 9 to closing Monday thru Friday.

Being open for little more than three months, MidiCi is a work in progress. In the near future, they are planning to add hard liquor to appeal to the late-night crowd that frequents their neighbor Eureka. Not content with the current menu, the restaurant intends to offer several non pasta entrees in the coming months.

Behind some of these changes is Mike Ely, who is best known as President of the Concord based Janus Corporation Engineering firm. Ely, who is an avid gourmet cook and wine enthusiast, is working with his daughter-in-law Heidi to introduce Chicken Saltimbocca, Italian style barbecued brisket and fresh salmon (cooked in a cast iron pan in the Canto Oven) by the fall season.

For the Ely’s, MidiCi Italian Kitchen is a labor of love. Being opened until 10pm on weeknights and 1pm on the weekends, they take great pride in their creation. It will be interesting to see how the restaurant evolves soon.

MidiCi Italian Kitchen is located at 1975 Diamond Blvd E361, Concord.

As we enter the season of sandals, cold watermelon, and sunscreen, we lose the desire to turn the oven on. How does one satisfy that confectionery craving without an oven? We all still need that summertime chocolate fix. What could be better than a no-oven needed chocolate peanut butter bar? (I know, how about three or four bars on your plate!)

Topping: 2 cups semi-sweet chocolate chips ½ cup peanut butter

Base: 2 sticks butter, softened 1 cup peanut butter 2 cups powdered sugar 1 ½ tsp vanilla 1 12-oz box vanilla wafer cookies 1 12-oz bag of mini chocolate chips ½ cups chopped peanuts (low-salt)

For the topping; in a medium size bowl, microwave to melt the chocolate chips and peanut butter. Stir until smooth. Set aside.

For the bars: Grease a 9-by-13-inch pan with cooking spray. Using a mixer, mix together the base ingredients, the butter and peanut butter until smooth. Stir in the powdered sugar a cup at a time. Mix well. Add the vanilla wafers to a food processor and process until they are in crumbs. If you don’t have a processor, then pour into a gallon size zip lock bag, seal and smash away with a rolling pin. Add the crumbs and mini chocolate chips to the peanut butter/butter/sugar mixture and mix until just combined. Spread it firmly into the pan and get ready for chocolate happiness!

Pour the topping over the base. Spread it out evenly and sprinkle over the chopped peanuts. Refrigerate for at least 1 hour, then cut into 24 bars. Store in your refrigerator.

Note: This recipe can be made GF by using gluten-free vanilla wafers.

Mrs Butterbanks

“You only live once, lick the bowl!”

Read my blog at www.butterrequired.com

For the bars: Grease a 9-by-13-inch pan with cooking spray. Using a mixer, mix together the base ingredients, the butter and peanut butter until smooth. Stir in the powdered sugar a cup at a time. Mix well. Add the vanilla wafers to a food processor and process until they are in crumbs. If you don’t have a processor, then pour into a gallon size zip lock bag, seal and smash away with a rolling pin. Add the crumbs and mini chocolate chips to the peanut butter/butter/sugar mixture and mix until just combined. Spread it firmly into the pan and get ready for chocolate happiness!

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2045 Mount Diablo St Ste 203 Concord
Ohlone Wilderness
Spring Bling of Wildflowers

Wow! Mother Nature has responded to this year’s atmospheric river of storms with an incredible spring blanket of wildflowers decorating our local hillslides and trails. If she is out to impress, she certainly caught my attention on a recent 3-day solo thru-hike along the Ohlone Wilderness Trail from Livermore to Fremont.

Managed by the East Bay Regional Park District, the Ohlone Wilderness Regional Preserve is an amazing 9,753-acre open space of remote mountains and canyons accessible only by foot or horseback along the Ohlone Wilderness Trail.

My plan was to hike a 35-mile route from Del Valle Lake in Livermore to the top of iconic 3,817-foot Rose Peak, down through Sunol Regional Wilderness near Pleasanton and back up and over Mission Peak to Fremont; crushing 8,300 feet of elevation gain with two nights rest in the tent. The hope was to push my physical and mental fortitude as training for a much longer hike planned this summer while experiencing the springtime wildflower bloom in our local mountain ranges. I accomplished both ad Mother Nature did not disappoint.

To start, I dropped my car off at Fremont’s Stanford Avenue trailhead staging area in Fremont with the hope it would be there upon finishing my hike in order to return home. Then my wife drove me to the Ohlone Wilderness trailhead at Del Valle Lake in Livermore where I started my trek.

After saving our goodbyes, I shouldered my backpack and began the immediate ascent up the steep gravel trail. Through intense morning heat and very little breeze, I labored every step for the next couple of hours. However, I was enjoying the solitude as I didn’t see a soul, and the higher I went the more impressive the views. I was seeing an astonishing panorama of the windmill turbines spinning above Tracy, with Mount Diablo majestically towering over the East Bay and the daunting Ohlone Wilderness mountain range in front of me.

The conditions of this incredible trail were perfect for photographing offering clear blue skies, vibrant green hills, and an abundance of wildflowers. The landscape was stunning. Colorful displays of wildflowers flourished over every pass with magnificent stands of giant oak trees, some larger than I have ever seen. Cattle were grazing on grasses while hawks soared peacefully overhead.

Somewhat exhausted after the morning climb out of Del Valle Lake, I meandered off the main trail and made my way down a steep canyon to Murietta Falls to enjoy a relaxing break in complete solitude under the cool trickle of water cascading over the impressive rock outcroppings.

After a dose of energy bars and a fist full of trail mix, I gathered my strength and scrambled back out of the ravine towards the main trail. I startled a mature bobcat trotting along with a rabbit in its mouth just a few yards ahead of me. The bobcat and I stopped dead in our tracks and stared at each other for a brief second before it darted into the scrub oak with its rabbit dinner. Thankfully it wasn’t a mountain lion, or I may have been that rabbit. Although a magnificent sight, I was relieved, and pushed onward. By evening I reached Maggie’s Half Acree where I set up camp and enjoyed a peaceful sunset with a well-deserved meal of a homemade dehydrated casserole of rice, beans, and ground beef.

The next day was less strenuous with mostly downhill hiking. But first, I reached the top of Rose Peak, Alameda County’s second highest summit, which to my surprise was only 32 feet less in elevation than Mount Diablo’s popular peak. Having a lot less people, it was easy to enjoy the incredible 360-degree views from the top. I traversed down the grassy uplands and started to see more and more day hikers as I got closer to the Sunol Visitor Center.

I took a detour and left the main trail for a side trip to “Little Yosemite” for some much-needed drinking water from the Sycamore tree-lined riverbed. I used my Sawyer mini squeeze water filter to replenish my water supply before making the significant climb up to the base of Mission Peak where I will spend my second night.

Step by step, I made my way through the oak woodlands and grassy fields feeling complacent, pacified by my rhythmic footsteps along the trail.

At times, long hikes can seem quite uneventful. Suddenly, I heard a distinct rattling sound which sent my heart racing. Startled, I zeroed in on a large coiled rattlesnake directly in front of me. Instinctively, I jumped backwards as adrenaline activated all my senses. A couple more feet and I would have tripped right over it. Thankfully, I heard its warning and averted a dangerous and potentially very painful situation.

After a quick photo shoot, it slithered off down a hole and the encounter was over, but it left me somewhat jittery the last couple of miles to camp. I was happy to pitch my tent, cook some dinner, and settle in for a good night’s rest.

The next morning, I awoke to an amazing sunrise with the fog completely clearing out allowing me to see the entire Mission Peak Wilderness mountain range in front of me. As the sun rose, I was greeted with an unforgettable amazing tapestry of colors and abundant wildlife found so close to the millions of people living in the valleys below. The Ohlone Wilderness Trail is certainly a long and challenging one, but the reward for experiencing Mother Nature’s spring bling was priceless.

After a brief celebration, I found my car right where I left it three days earlier. On the drive home I reflected on my 35-mile journey. Mother Nature is displaying one of the best wildflower seasons in recent memory. I simply could not get over the beauty.

It was a good thing I wasn’t attempting to hike Mission Peak while experiencing the springtime wildflower bloom in our local mountain ranges. It would be there upon finishing my thru-hike, the Stanford Avenue trailhead staging area. Mission Peak is extremely popular, especially on weekends.

As I got closer to the summit, hikers were everywhere scrambling up the mountain. Literally hundreds of people jockeyed for position on the well-worn trail meandering down to Fremont’s two trailheads. I joined the mayhem for a short while but branched off to a more peaceful and less traveled side trail to reach my destination, the Stanford Avenue trailhead staging area. Mission Peak is certainly a long and challenging one, but the reward for experiencing Mother Nature’s spring bling was priceless.
Clayton Valley Dance Academy (CVDA) opened in 2009 and is currently celebrating their 10th year of sharing the joy of dance with our community. Owner Sarah Brinkman purchased the studio in 2017, having been a dance instructor there. CVDA offers dance classes for ages 2 through adult, with a variety of disciplines including Jazz, Tap, Ballet, Lyrical, Contemporary, Hip-Hop, Musical Theater and more. They also offer Adult Barre classes three times a week in partnership with Any Feet Fitness. CVDA has produced award-winning Competition Company that travels throughout the state performing at various competitions and local venues winning several awards including “Studio of Excellence Award” this past year.

All dance room floors have a slip resistant dance floor and are raised and sprung for the dancers’ protection. The dance studio also provides a comfortable waiting area for the parents and dancers to observe classes in progress. Brinkman’s experience as a school-teacher translates into a positive and educational atmosphere where kindness and teamwork are paramount to developing passion for the art.

“We strive to provide the best quality education possible and treat all students equally,” states Brinkman. “We aim to provide for all students with inspiration, wisdom and positive self-esteem in a safe and supporting environment. I am so proud to have the best faculty in the area, all of which experienced in dance education and have a passion for sharing the beauty of dance. Allowing to assistant director, Malory Clark. They are now taking registration for summer classes and summer camps. For those interested in competition dance, auditions will be held Saturday, June 8 at the following times: ‘Mini’s’ Ages 5-9: 3:30 PM - 4:15 PM “Juniors” Ages 10-13: 4:15 PM - 5:15 PM “Teens” & Seniors: Ages 14-18: 5:15 PM - 6:30 PM Tap Group Ages 11-13: 9:30 PM - 7:15 PM It is recommended to arrive 15 minutes early to complete the Audition Application. Auditions are closed to parents and observers. Dancers should be dressed in appropriate dance wear including leotard, tights and booties shorts. Hair should be pulled back, preferably in a bun. Jazz, Ballet OR Contemporary shoes are required. At CVDA we are one competition team. Our company consists of different groups with different genres and levels. Dancers are placed in groups based on the needs of the instructor, skill level and ability. Dancers can be in multiple groups depending on the instructors needs.

In addition to meeting the age requirements, dancers will be required to attend 3-5 regional competitions, local performances and Disneyland performance depending on the group to which they are assigned. Dancers must purchase one costume for each group they compete with. Only one costume will be purchased for the entire season per routine. Each dancer must also purchase a CVDA Team jacket to be worn at all events. For complete information on competition team requirements, visit their website at www.claytonvalleydancedance.com. Studios facilities are located in the Clayton Valley Shopping Center. 5416 Vagnaco Valley Rd., Ste. 60 in Concord.
June 10 father’s day

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

OUTDOORS
Farmers’ Markets
Concord Tuesdays: Year-round, 10:00 a.m. – 2:00 p.m. Thursdays April 18 – October 24, 4:00 – 8:00 p.m.


June 15-16
King of County BBQ Challenge

and Musical Festival
Enjoy father’s Day the right way. This BBQ extravaganza is an all-in-one outdoor family festival, with live music, art & craft vendors, snack food and of course, the best finger-licking BBQ food around. Non-stop music with 8 different bands. Enter the Backyard BBQ Challenge. Double Elimination Cornhole Tournament. For more information, list of bands, or contest registration go to www.countybbq.com or call Martinizer Chamber of Commerce 925-228-2345.

June 20
Walnut Creek Uncorked
Silip fabulous wine, savor tasty bites and stroll through downtown Walnut Creek while enjoying live entertainment. Experience the best restaurants, fashion, jewelry, and artisan shops. $15 Designated Drivers $40 In Advance $50 Event Day

June 29
BEAVER FESTIVAL

MUSIC AND ART
The Veranda Yoga in the Park
9AM-10AM Recurring event at The Veranda in Concord. Join on the first Friday of every month through September. June 7, July 5, August 2, September 6 FREE all levels Yoga flow Next

FITNESS FRIDAYS
9AM-10AM 2nd and 4th of every month through September. June 14, August 9, September 13.

JUNE 16 & JUNE 7
PET ADOPTIONS 12:00pm-4:00pm Tony La Russa’s Animal Rescue Foundation who will be bringing Pet Adoptions to The Veranda. Come meet some adorable pets looking for a forever home!

JUNE 6 WALTUR CREEK FIRST WEDNESDAYS Street festival- live music with Vibe Society, dancing, food trucks, wine and beer, Kids Fun Zone, interactive games and free prizes. 5:30pm-9:30pm, Cypress Street. Free admission.

WORTH A DAM. 11am-3pm in Susana Park in Martinez. A nature festival featuring street chalking artist Amy Gallaher Hall of Napa, silent auction, wildlife and environmentalexhibits, live music and more.


June 7
Concord Independence Day Celebration at Todos Santos Plaza. 8:00 am Rotary pancake breakfast, and Kids Fun run. 8:30 Stars and Stripes 5K Run/Walk 10:00 am 1 mile Parade. At Mt. Diablo HS: 4:00 pm Festival, 6:00 pm-9:00 pm live music, 9:00 pm Fireworks.

July 13
Clayton BBQ Cook Off - 11am-7pm; Presented by the Clayton CBCA. A KCBS Sanctioned Event

CLUB/SUPPORT GROUPS’ NEWS AND EVENTS

June 20
“Scams, Cons, and Fraud” 1:30 PM. Prevention class. Retired police Sergeant, Randy Horton will teach how to recognize various scams including Imposter Scams, Identity theft, Charity Fraud, Health Care Scams. “You’ve Won!” Scams, Tech Support Scams, Grandkid Scams, IRS Imposters, Robo Calls, and more. Learn how they work, how to respond, and who to report to. $7 for Concord residents and $12 for non-residents. Concord Senior Center at 2727 Parkside Circle. Sign-ups and further information can be obtained at www.ConcordRec.org or by telephone at (925) 671-3320.

June 20

July 13
11TH ITKFA CHINESE MARTIAL ARTS CHAMPIONSHIP Centre Concord. The ITKFA – USA will donate 100% of the net proceeds to The King Fu Spirit Foundation. Finals at Clayton Valley Charter HS Theater at 6 PM. Tickets $10 925-671-7100. www.ITKFAchampionship.com

FREE LEGAL WORKSHOPS
June 20 -Bankruptcy Clinic: 5:00 pm-6:00 pm. Pleasant Hill-John C. Kennedy University, 100 Ellinwood Way. June 12 & July 10 - Civil Litigation Pt. 2: 12:00 pm – 1:00 pm. Martinez - Contra Costa County Public Library, 1020 Ward St, 1st Floor, Martinez. June 27 & July 24 - Family Law Workshop: 6:00 pm – 8:00 pm. Pittsburg/Contra Costa County Public Library, 80 Power Avenue. Drop-ins welcome but RSVP if possible by calling 925-370-2540 or online at http://www.cccba.org/community/calendar.

VISUAL ARTS/ THEATRE/MUSIC

VINNIES BAR AND GRILL
LIVE COMEDY
NIGHTS -- Every Mon - Thurs.
4:30 PM - 8:00 PM

MUSIC
JUNE 21 - Live music, Scotty Spaniola and the 'Wings of Freedom Tour', at 6:00 PM.

MUSIC AND ART MARKET SERIES
16:30-8PM AT TODOS SANTOS PLAZA, CONCORD
JUNE 6 – Steve Lucky & the Rumba Bums
JUNE 13 – Soul Power, Big funk Dance
JUNE 20 – Native Elements
JUNE 27 – East Bay Mud

JAZZ & JAVA SERIES AT THE CONCORD HISTORICAL SOCIETY
June 22, July 27 and August 24.
10:00 AM – 12:00 PM Concord Historical Society hosts coffee, pastries and a morning filled with all things jazz. $5 Donation for admission plus one entry for all three. All proceeds benefit the Concord Historical Society. Receive a complimentary logo coffee cup. Bring with each ticket purchase. 1928 Clayton Road, Concord.

June 28
Jazz Room Presents: Broadway and Beyond! 7:30 PM Featuring Contemporary, Singer/Songwriter Eve Marie Sha- hoian, special guest Singer, Eugene Ebner. 5:30 Open Reception “INTO THE BLUE”. Complimentary wine, appetizers, and music with Guitarist Jacob Galdes.

CONCERTS BY THE LAKE
Enjoy live music by the lake at Pleasant Hill City Hall 100 Gregory Road from 6-8 p.m. Produced by the Civic Action Commission. June 9 - Unchartorized Rolling Stones June 25 Midnight Flyer

JAZZ ON TUESDAYS Malcom Hunter. Don’t cook dinner on Tuesdays. Recurring event through July 5:30 PM to 8:00 PM. The Vineyards Restaurant, Crowne Plaza, 45 John Glenn Dr. Concord


MUSIC AND MARKET SERIES
16:30-8PM AT TODOS SANTOS PLAZA, CONCORD
JUNE 6 – Steve Lucky & the Rumba Bums
JUNE 13 – Soul Power, Big funk Dance
JUNE 20 – Native Elements
JUNE 27 – East Bay Mud
Can you believe it – another amazing year completed! The final weeks of the school year are always a special occasion considering the culmination of months of hard work and the acknowledgement of successes achieved. I salute all our CVCHS students for the road we traveled together.

Our journey started, perhaps, with tentative steps, but it is one that has taken us to remarkable heights. We have experienced exceptional moments and created moments that will be fondly remembered in the years ahead.

Take for example, Stefan Jones and Zohal Zafari. Both are graduating seniors and have already done so much with their high school experience. But, we know they have not yet scratched the surface of what they will accomplish.

Stefan is looking to major in either Biochemistry or Business Management. He is seeking to pursue a career in the pharmaceutical industry or professional sports marketing. He credits personal growth and leadership skills serving as vice president for two CVCHS clubs – American Red Cross Club and California Scholarship Federation. However, Stefan admits that being a big brother to his 9-year-old sister, who has mild cerebral palsy, is his greatest achievement. “Being placed into a position of authority with the CVCHS clubs has increased my level of maturity because of those responsibilities and expectations placed on me,” says Stefan. Zohal wants to be a physician’s assistant. She started volunteering at Kaiser Permanente which spurred her enthusiasm toward a career in the medical field. Zohal is now a volunteer director and has received two distinguished honors – “Recognition of 200+ hours of Volunteer Service at Kaiser Permanente” and “Recognition of 200+ hours of Volunteer Service at Kaiser Permanente.” Additionally, she was honored with the “President’s Volunteer Service Award.”

“Although I volunteer out of the kindness of my heart and because of enjoyment, it’s nice to be recognized for it – especially through presidential gratitude and national recognition,” says Zohal.

On June 5th CVCHS will see approximately 450 graduates walk the stage, all of whom have a success story of their own like Stefan and Zohal. Each year, prior to graduation, CVCHS seniors are honored for their academic, community service, athletic and leadership achievements. Scholarships and award winners are announced at Senior Awards Night. Together with Principal Jeff Anderson and other department staff, I was proud to participate in our annual recognition ceremony and to showcase our graduating seniors who have invested so much time and effort into their high school careers as preparation for future success.

In addition to their individual commitment to academic success, these students represent the best of our school community.

Our highest award recognition a student at CVCHS can achieve is the Altairs for Scholarship, Service, Leadership, and Grand Altair. The four awards were established by the first graduating class from Clayton Valley in 1960. The selection of Altair candidates is made by members of the senior class and a final vote is made by a special committee comprised of student leaders and teaching staff.

I’m very proud to honor these individual students who exemplify the very best at CVCHS: Shayan Asemi, Scholarship Altair; Alyssa Arino, Service Altair; Chrystina Heuerman, Leadership Altair, and Sydney Skow, Grand Altair.

June marks a very special time of the school year here at CVCHS. Congratulations again to our Altair award winners, department recognition winners and the entire Class of 2019. Well done!

Our students and parents are to be praised for continuing their great learning experience with such purpose. I want to commend our Governing Board, school administration, tremendous teachers and staff for going above and beyond every day to ensure we offer a dynamic education that leads our students to the colleges and careers of their dreams.

And finally, to our graduating seniors, I wish each one of you the best as you begin your new adventure and final leg of preparation of a great career. We all will miss you greatly as will your parents. You will always be a proud and beautiful “Ugly Eagle”.

Honoring Our Graduating Seniors
Congratulations to the CVCHS Class of 2019!

LSU
Louisiana State University
Emma Slaw
Logan Jermain

Santa Barbara City College
Jade Arredondo
Leah McAlister

Sonoma State University
Nadeke Kings
Aubrie Cramer

United States Marine Corps
Erica O'Neill
Kade O'Neill

UC San Diego
University of California, San Diego
Hayes O'Neal
Nicola Rodriguez
Krisin Shu
Ryan Spence

University of the Pacific
University of the Pacific
Terra Bolden
Jordan Kelner

University of California, Santa Barbara
Kirsten Ayres
Logan Fong
Kate Goyman
Aquina Maung
Aliyah Santos

University of California, Santa Cruz
Erin Lee
Jennifer Silver
Tessa Shifrin
Rebecca Snyder
Kahle Miller

UC San Francisco
University of California, San Francisco
Katherine Allen
Michelle王子
Kaitlin Gurn
Kathryn Gurn

UC Davis
University of California, Davis
Janae Allred
Anika Anthe
John Beach
Katheryn Allen

University of Utah
University of Utah
Katherine Allen
Oblu Tapia
Thomas Corman
Manuel Carro
Ellen Ennis
Jackson Halberd

UCLA
University of California, Los Angeles
Tamas Fekete
Kathleen Fekete

University of Nevada, Reno
University of Nevada, Reno
Mary Anne
Charlie Cantos
Taylor Foster
Katie Li

University of Oregon
University of Oregon
Kathleen Bond
Taylor Adams
Josie Stick

University of Portland
University of Portland
Emilea Jane Podhajsky

University of Southern California
University of Southern California
Kendall Kim

1101 ALBERTA WAY, CONCORD, CA • WWW.CLAYTONVALLEY.ORG
Congratulations to All Our Graduates

Happy Graduation Day! A big congratulations to each and every one of you on achieving this special milestone! High school graduation is an important moment in a young person’s life—the first of many! You are a credit to the Concord Community and have proved that you are brilliant, able and ambitious. I wish you nothing but the best as you begin the next stage of your life, whether it’s heading into the workforce, pursuing higher education, or a combination of both. I look forward to seeing what you will do next and hope that the Concord Community will always hold a special place in your hearts and lives. To quote Dr. Suess, “You’re off to Great Places! Today is your day! Your mountain is waiting. So... get on your way!”

To all of the graduates, congratulations on your achievements during high school and best wishes for future endeavors. High school graduation is an important achievement, albeit just one of many milestones in your lives. I would like to offer the following words of encouragement as you begin the next chapters in your lives:

- Work hard and don’t give up. Great things in life rarely come without effort. Don’t let others tell you what you can’t do, but instead set your own goals and go after them.
- Find your passion and be the best you can be. Success can be defined in many ways but define yours based on studies and pursuits that bring you joy.
- Volunteer for your community, not because you have to, but because you want to. Great communities like Clayton exist because of the collective efforts by people who contribute their part for the benefit of others and the common good.
- Last but not least, in the words of Mark Twain remember that: “Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

CONGRATULATIONS to CVCHS Class of 2019!

A KUNG FU JOURNEY

July 13, 2019
6:00 pm
CVCHS Theater
Tickets $10

Purchase spectator ticket a www.ITKFAChampionship.com, or $10 at the door

Tomizaki’s Champions

KUNG FU

4700 CLAYTON RD., CONCORD, CA

AGES 4 - 84

SELF DEFENSE CLASSES * KUNG FU STRENGTHENING & CONDITIONING

925-671-7100 ChampionsKungFu.com

610 SPECTATOR TICKET covers entrance to 11TH ITKFA CHINESE MARTIAL ARTS TOURNAMENT at CENTRE CONCORD from 9:00 am - 4:30 pm AND "A KUNG FU JOURNEY" SHOW at CVCHS THEATER.

Commencing with the Next Phase of Life

This is such a wonderful time of year for so many reasons; the return of warm weather, longer days, and perhaps looking forward to a summer vacation. It is also a time of transition and, for high school seniors, one of the most important and meaningful transitions of their lives. Graduation is a rite of passage, a milestone that signals the beginning of passage into adulthood. For some, the end of high school will mark the end of their formal education and the beginning of working life, or perhaps service in America’s armed forces. For many others, it is the beginning of the next phase of their education as they move into the college years.

I attended a commencement ceremony a few days ago and it was really nice to be there. There is something so heartwarming about seeing all of those smiling and excited young faces, so full of optimism and eagerness for the future. I have been a commencement speaker at both high school and college commencement in the past and I always hope to offer remarks that will be meaningful to the graduates in some small way. I would like to offer the following pieces of advice to this year’s graduates:

- Work hard—nothing worth having or achieving comes without sacrifice and sweat
- Enjoy the journey— if you don’t, the destination will not be worth reaching
- Be honest—try to conduct yourself like your mother is watching everything you do and you won’t go wrong
- Be generous—life has a way of rewarding those who help others
- Be optimistic—even in the tough moments, try to look on the bright side and believe things will improve
- Last but not least, in the words of Mark Twain remember that: “Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”
A Father’s Tale: DNA Lies

by David King

I found this Father’s story to be an all too common scenario. Yet, with its twist, some of that it frits on several issues driving current social, political, ethical, and moral discussions. There are many lessons to be shared. Although a true story, the names have been changed to protect the privacy of the family. I hope you find it as interesting as I did.

When Eric was fresh out of college in the early 1990’s, he didn’t have much, certainly no money. What he did have was a Degree in Psychology, a beginning real estate job, and a girlfriend, Brenda, who lived with and younger male roommate, Steve.

Eric and Brenda had been dating for roughly eight months before he sensed that Brenda and Steve seemed to have a special connection. When asked, she denied there was anything unseemly between that couple. However, at a party, Eric caught them in a compromising position. Brenda confessed to the affair, but said it was over, and that she had decided that Eric was who she wanted. Eric passed on the idea that they should split amicably.

After that, there was no communication between them for two years. Eric had met another that he would prepare to marry as his life was moving forward nicely. One day, Eric received a letter in the mail (this was the 90’s, no e-mail yet). The envelope included a photo of a two-year-old girl that bore some resemblance to Eric. The letter stated that Brenda and Steve had married and adopted as Steve was the father of the girl in the photo. Brenda in the other hand, wasn’t so sure, and was proposing to have a paternity test to know for certain. However, she also pointed out that since she didn’t have health insurance when she gave birth, she had a $10,000 hospital bill that she can’t pay because they had both been unemployed. Brenda then proposed that if Eric pay the bill, she would assume he was not the father and not have him responsible for being involved with the parenting of the daughter.

She underestimated Eric. Although overwhelmed by this potentially life-changing surprise, he signed a document that stated he would take the test, and if he is the father, he would be involved to whatever extent it requires.

A week later, Eric received another letter. This time from an attorney, who stated that in the event of a paternity test, he determined that Eric is the father, legal connection or not. This will be made for appropriate child support payments for past and future.

Three weeks went by and Eric received another letter from the attorney with an attached official-looking document signed by the Attorney, Dr. of DNA Diagnostic Laboratory Testing, Professor of the Department of Molecular and Medical Genetics of Oregon Health Sciences University. The letter, supported by this document, stated that the DNA analysis confirms that the biological father is in fact Steve with 99% assurance. The letter went on to say that the controversy is concluded, and the mother apologizes for any inconvenience or anxiety it may have caused her or her attorney.

Relieved having dodged a bullet that would have changed his life forever, Eric proceeded to propose to his girlfriend, Margaret. They were married, had two kids, and had a great life.

25 years later, with both kids in college, Eric received a Facebook message from an unknown woman who said, “Hi, my name is Michaela. I am 27 years old, I live in Oregon, and I have reason to believe you are my biological father. I would like to talk to you.” Was this a scam? He checked Michaela’s profile and went through her friends list. His heart stopped. In the list he saw her, the mother, Brenda, the person he dated 29 years ago.

Eric still had the letter and DNA test confirming he was not the father. “I never save anything over five years, I just throw it in the garbage. I can’t read it. Icookies and look at it all the time.”

Eric went through his life with the mother, Brenda, the person he dated 29 years ago. They had both been unemployed. Brenda, at the time of the mailing, had a hospital bill that she can’t pay because she didn’t have health insurance.

There was no question that Brenda and Steve were the parents of Michaela. Eric was over, and she had decided that Eric was the father.

Eric invited her to Concord. They took a trip to the beach and sailed together. They met in Oregon in an all-day emotionally draining gathering. There were tears, they hugged, and laughed, and drank, and compared habits, tastes, personality, body nuances, and an overall barbing of souls.

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Laws, Values and Power

Around a thousand years ago Great King Canute, after being flattered by his advisors and courtiers as being all powerful, had his throne placed down on the seashore at low tide and then commanded the sea to not get his throne wet. Thus, he demonstrated to his advisors and courtiers that there are powers even greater than his own.

The physical laws, or the laws of nature, demonstrate well the extent of such immense power. The laws of gravity, thermodynamics, electromagnetism etc., exist whether you believe them or not, and they are self-implementing and effective, with no need to rely on anyone or anything to enforce them. Everyone obeys them; no one has any choice but to obey them, even those who are ignorant of them. There is no way to violate them, and thus no concept of criminality can result from their violation.

On the other hand, people have a compelling need and desire to organize themselves and their surroundings as societies, and under the guise of organization, people always seek ways to control other people. Thus, people create societal laws, which are generally a reflection of society’s values at the time these laws are created. And unlike the laws of nature, adherence to these laws are something that people can control. Violation of these laws usually results in various consequences, sometimes gruesome (think “cruel and unusual punishment”).

The nature of these consequences is generally dictated by the same people or organizations that created them.

One interesting aspect of these laws is that they usually change over time, often as a result of difference of opinion among various competing or opposing members of the society. Another interesting aspect of these laws is that people have often sought to bolster the validity of their values and laws by bringing in a divine ally; one that is all powerful, had his throne placed down on the seashore at low tide and then commanded the sea to not get his throne wet. Thus, he demonstrated to his advisors and courtiers that there are powers even greater than his own.

The International Traditional Kung Fu Association – USA will host the 11th ITKFA Chinese Martial Arts Tournament on July 13, 2019 at the Centre Concord, located at 5298 Clayton Rd. in Concord. The event starts at 9:00 am. There will be competitors from all over California, Florida, East Coast, as well as a large team coming from our affiliated schools in Brazil. Competition will be in forms, weapons, point sparring, weapons sparring, continuous sparring and Sport Sanda (Chinese fencing style). This will be the fifth time the tournament will be held in Concord. Other years, the ITKFA has held its tournament in Brazil. This event aims to promote friendly competition and martial arts spirit in an exciting atmosphere.

To preserve the integrity of traditional kung fu is our common goal and the ITKFA mission statement. Traditional martial arts teach the importance of respect, discipline, confidence, self-defense, integrity and perseverance.

The tournament is sponsored by Visit Concord, Tiger Claw and Kung Fu Tai Chi Magazine. The last competition of the day will be for the 3-Star Grand Champion. This will be an elite competition with martial artists who are in the advanced or expert divisions. In order to qualify, they will have had to won three 1st places in hand form, short weapon and long weapon. Those that qualify will then compete against each other for the Grand Champion title.

This year, the final performance will be held at the Clayton Valley Charter High School’s theater starting at 6:30 pm. Rather than doing a traditional Master’s Exhibition, Tomizaki’s Champions Kung Fu Institute will be performing a show entitled “A Kung Fu Journey”. Incorporated into the show, will be exciting performances by visiting kung fu masters and their students. Spectator tickets are $10 and available at the door or thru PayPal at ITKFAchampionships@yahoo.com. Spectator tickets are free for entrance to the tournament at Centre Concord and for the show at Clayton Valley Charter High School.

The ITKFA – USA will be donating the net proceeds from the tournament and the show to The Kung Fu Spirit Foundation, a non-profit whose mission is to utilize the traits and benefits of traditional kung fu for helping others.

For more information, please check out the website at www.ITKFAchampionship.com and www.facebook.com/ITKFAChampionship or call 925-671-7100.
We have been blessed with lots of rain this past year so for the month of June, the aRT Cottage is celebrating WATER. All rivers and streams eventually go to the ocean. A call for artists was put out and the response for our water theme was fantastic! Many “new to aRT Cottage” artists took the plunge and are exhibiting this month. Some of them have never exhibited. We are happy to welcome them and give them our support. If you are looking for a friendly place to exhibit your work, come by and check out this quaint, local art gallery in the heart of Contra Costa County. There are many seascapes to check out along with rivers and streams of Contra Costa County. There are many of them that have never exhibited. Many “new to aRT Cottage” and the response for our event for all ages to enjoy. We hope to see many new faces at the reception/ open house event to join our repeating clients. aRT Cottage is located at 2238 Mt. Diablo St. Concord. Hours: Tues. - Fri. 11 - 5 Sat. - 5 (925) 956-3342 www.artcottage.info

The artists are encouraged to stand by their work and explain their techniques and use of medium at the artist reception on June 8 from 2 to 4. Live music will be provided by our favorite group Phoe’ Vah Na Ho Aloha. Dancing and sing along are always fun and encouraged. This is a free event for all ages to enjoy. We hope to see many new faces at the reception/ open house event to join our repeating clients. aRT Cottage is located at 2238 Mt. Diablo St. Concord. Hours: Tues. - Fri. 11 - 5 Sat. 1 - 5 (925) 956-3342 www.artcottage.info

We have some Frug-elegance style gift ideas for Father’s Day. Gift Baskets-they are versatile and fun. They can be of any size and fit into any price range. You don’t even really need the basket but here are some simple and yet very special gift basket themes:

For the Grill Master Dad: Build a basket full of grill accessories, new grilling utensils and grill spices. Does he have that really cool Grill Mitt Grill Glove?

For the Dad that loves wine (or beer): Accompany a bottle or two of his favorite wine with a plastic wine tumbler glass, engraved wine glass, gift card, and wine accessories. You could go even larger and add in a wine tasting trip.

For the Sports Fan Dad: Consider collecting his favorite team swag, framed art (if budget allows, autographed), and tickets to a game.

For the Fashionable Dad: An assortment of clothes, ties, wallet, backpack, etc. will be wonderfully appreciated. There are an endless possibilities.

For the Car Lover Dad: Present him with car cleaning products, air freshener, handmade gift card or handmade coupon for one free car cleaning (that won’t cost you anything except your time).

The ideas are endless. You can’t go wrong with grouping big and small items together. Use a basket with a clear basket wrapping bag (Dollar Store) or a large gift bag. We use a grill pan to hold our BBQ theme gifts.

Many of these items can be found at our local discount retailers like TJ Maxx and Homegoods. Add fun “fillers” from the Dollar Store, snacks, pictures too. Gift Cards are always a winner.

If you want to spend more, shop at your favorite higher end retailer such as Pottery Barn, Williams Sonoma, and/or Nordstrom, just to name a few. Here’s the bottom line. Who wouldn’t love an assortment of goodies? Made with love is the best gift ALWAYS. Carol and Randi, the FrugGirls, are local home stagers and decorators. You can also find them blogging about many other ways to live an elegant life for less, online at www.frug elegance.com. FrugElegance is where Frugal and Elegance come together.

Concord Councilman Tim McGallian has been busy organizing this year’s 4th of July festivities. The day will start off at 7:30 AM at Todds Santos Park with a Rotary Pancake breakfast. At 8:00 AM, the Stars and Stripes Kids Fun Run begins, followed at 8:30 AM by the Stars and Stripes 5K Run/Walk. Then at 10:00 AM everybody should find a spot around the park for the Independence Day Parade. The theme this year is “All About Jazz”, a salute to Concord’s 50th Anniversary of Jazz.

“There are over 100 entries this year, thanks to Mayor Obringer who is organizing the parade. Included in that line up are local favorites Concord High Marching Band and the Blue Devils,” McGallian says.

After the parade, families should head over to Mt. Diablo High School for the kids’ carnival and enjoy face painting, carnival booths, bounce houses, food and other exhibitors. At 4:00 PM the festival gate opens also at Mt. Diablo High School. Highlights include two live bands. The G62nd Air force Band begins at begins at 6:00 P.M. and at 7:30 P.M. it is The Big Jangle, a tribute band to Tom Petty all things jangly. Fireworks will begin at 9:00 PM. McGallian claims it will be at least 20 minutes of pyrotechnic ooohs and ahhhs. Billed as Concord’s Hometown picnic, we certainly wish to thank all the organizers, volunteers, and sponsors who help fund the day’s events. For more information and updates go to www.ConcordJJuly4th.com. (Illustration by Sarah Szeliga)
The Festival Martinez Never Wanted
12th Annual Beaver Festival
by Heidi Perryman, Ph.D.

A decade ago Martinez found itself at the center of controversy over some furry neighbors nobody expected. A pair of beavers had moved into the creek downtown and started building a dam to raise their family. Fears that the dam would cause flooding spurred a plan to trap the critters, but residents objected—and how. Soon nearly every paper and news channel were talking about the controversy. The beaver bruhaha even made it to national news. Defenders guessed the beavers would be harder to kill after residents threw a party for them, and in 2008 the first Beaver Festival was born.

Now in its 12th year, it has grown to be one of the biggest wildlife events in Northern California, drawing conservation and nature groups from more than five bay area counties. Live music, children’s activities, nature exhibits, a silent auction and beaver tours have made this a popular favorite for nature lovers. This year, artist Amy G Hall from Napa will be once again be sharing her talents with a 2-day chalk mural showing beavers and the wildlife they sustain in the central plaza. Amy will begin her piece on Friday and finish at the event so crowds can observe here creation unfold in the central plaza.

The 12th Annual Beaver Festival will be held in downtown Martinez in the historic Susana Park on Saturday June 29 from 11am-4pm. Exhibitors at the event include Native Bird Connections, NorCal bats, the Marine Mammal Center and the many local wildlife organizations. Children will be invited to participate in a treasure hunt to find the “Lost Key to the Waters”. They say when life gives you lemons you should make lemonade, but when life gives you beavers you should celebrate with a dam good festival like this.

Festival organizer Heidi Perryman can be reached at (925) 228-3590 nitzbeavers@mail.com https://www.martinezbeavers.org. Heidi Perryman, Ph.D. President & Founder Worth A Dam. www.martinezbeavers.org

This year, artist Amy G Hall from Napa will be once again be sharing her talents with a 2-day chalk mural showing beavers and the wildlife they sustain in the central plaza. Amy will begin her piece on Friday and finish at the event so crowds can observe here creation unfold in the central plaza.

Let’s Get Grilling

What could be better for Father’s Day than an outdoor gathering of family and friends grilling up a special meal for Dad of fresh meats, vegetables and fruits. Here are a few suggestions from Concord’s Farmer market.

The weather is perfect for grilled grass-fed lamb or beef with succulent yellow and green summer squash, bell peppers, and juicy peaches and nectarines to add to your grilling recipes.

Toss some sliced zucchini and thick slabs of eggplant on the grill; or drizzle with olive oil, wrap in foil and grill; or cut veggies in chunks and slide onto a skewer for veggie kabobs. Marinated or not, the natural flavors of the produce will be enhanced by grilling—peaches and nectarines become sweeter, zucchini and tomatoes become more savory. You don’t need much seasoning, either. Salt and pepper and a little olive oil are great for vegetables, or a bit of brown sugar for fruit—or grill with no seasoning at all. The natural flavors of locally-grown fruits and vegetables will shine through.

Pick up a rack of ribs or some ground beef to toss on the grill. Get some gorgeous fat peaches and nectarines to add to the fire. Gather up a peck of peppers both bell and hot peppers ideal for grilling. So many of our farmers have fantastic summer produce arriving this month that you will want to try it all. They bring what they grow so you know you’re getting the best.

Grilled Peaches
2 peaches, pitted but not peeled
2 tablespoons brown sugar
¼ teaspoon ground black pepper
1 tablespoon melted butter

Place peaches cut side down on lightly oiled grill. Cook on indirect heat for about 3-4 minutes; turn over and drizzle with melted butter, sprinkle with pepper and brown sugar. Cook another 5 minutes. Serve with ice cream or whipped cream. Serves 2. (Recipe: Debra Morris, PCFMA.)

Here’s to good summer eatin’ fresh from your local Farmers’ Market.

Conserve Moisture Insulate Plants Control Weeds

Mixed Mulch $41

DiabloMulch.com 925-326-1814
Complimentary Energy Assessments Available

The City of Concord has partnered with Rising Sun Center for Opportunity to help Concord residents conserve resources, address economic inequality, and foster a sustainable world by working to address the triple bottom line - people, planet, and pathways. Local nonprofit Rising Sun does this by providing "earn-and-learn" opportunities for local youth ages 15-22 who provide no-cost Green House Calls to single-family residences throughout the community. During one Green House Call appointment, a resident may receive, at no cost:

- A resident energy assessment;
- Installation of efficient LED light bulbs, showerheads, and faucet aerators;
- Installation of Advanced Power Strip® (approx. $50 value);
- Toilet leak detection test; and
- Information about BayREN’s (Bay Area Regional Energy Network) Home+ program that offers up to $5,000 in financial assistance and cash rebates for home energy improvements.

Residents are encouraged to sign up for a no-cost Green House Call. The effort offers valuable work experience for local youths, an opportunity for residents to save money on utility bills and help protect our environment by reducing greenhouse gas emissions. Appointments are available from July 2 through August 9, 2019. The program is eligible to single-family residences and two- to four-plexes.

To inquire about job opportunities or to sign up for a Green House Call, please call (510) 665-4300 or visit Rising Sun’s website at www.risingsun.org/ghc. Rising Sun is a local nonprofit that operates job training and employment programs for underserved youth and adults to address climate change and economic inequity. Green House Calls are supported by California utility customers like you and administered under the auspices of the California Public Utilities Commission, so take this opportunity to make your ratepayer dollars work for you with energy efficiency services that help you save on your utility bill. For more information, visit http://www.cityofconcord.org/energy.

Buyers, It's Your Time

More homes are on the market, interest rates remain low, there's room for more negotiation, and it has become easier to sell your home and buy another! It's buyer time.

Have you noticed more open house signs on four days and weekends, and real estate signs on every corner? And homes are continuing to pop up. This is the sign that things are swinging in the buyer's direction.

A ready-to-go buyer, with loan in place, down payment funds ready and flexibility on terms and timing, will find this a good time to more aggressively negotiate in their favor. The home that everyone wants will likely still have multiple bids, but unlike years past, the terms are becoming much more palatable and easier for the buyer, even those with less than "all cash" offers, to be the winning bidder.

If you must sell to buy, some sellers are considering a contingency on you getting your home sold, if, your home is ready to go or already on the market, preferably with interest rates (as of this writing) in the 4% range, the payment savings is substantial. Additionally, things like buyer closing costs credits and concessions can be negotiated more aggressively than in recent years.

Remaining flexible is key to a double transaction from one home to the next. There are things the seller may need that if you can provide them, may allow more flexibility for you in an area where you need some accommodation. A win-win negotiation in these cases is the most successful transaction. Surprisingly, most homes close at or on time and/or within a short variation. It is amazing when you think about all the moving parts and parties that must perform for that to happen. Being reasonable and flexible will help; and always, always have a Plan B. (I am the Queen of Plan B).

Cooperative effort in a double transaction is key as there are likely four sets of sellers, lenders, appraisers, Realtors and others who must work in concert for the good of all. It is important to keep a cooperative mindset, and if all parties are on board, there is nothing that can’t be worked out. Sometimes how the parties handle the transaction is more important than a higher price.

The key here is to employ a great Realtor team, with vendor, lender and escrow teams that work together to get to your goal. Believe me, the team your Realtor puts together on your behalf can make all the difference to a successful purchase. For example, recently, we just secured a 14-day closing with a 5% down purchase, which would not have been possible without a terrific lender and the backup team. Experience and skill count in real estate when it’s your stress on the line.

Terrylynn Fisher, Broker, #1 in Units sold in 2018, Dudum Real Estate, DRE#01882902, Senior Real Estate Specialist (SRES), Awarded 2018-5 Star Professional. For a Buying or Selling Plan, call 925-876-0966, info@BayStage-Sell.com, DRE#00615420.
Contra Costa Canal and the year, the focus is on the water infrastructure that brings water to the faucet. Children ages 8 to 18 are encouraged to illustrate the importance of water and be featured in our 2020 calendar! In addition to being featured, winning artists receive a $50 gift certificate to an arts supply store and framed artwork with a certificate of appreciation from the District. The contest—which is open now and runs through June 28—is designed to challenge local youths to think about the importance of reliable tap water. Children are encouraged to illustrate the benefits of the canal, recreation along the canal, how to stay safe along the canal, or any other aspect around this critical piece of infrastructure. Entries will be screened by Contra Costa Water District staff and posted online for a public vote. Winning entries will be announced in August.

To participate in the contest, children must be between the ages of 8 and 18 years and reside in the Contra Costa Water District service area, which includes Antioch, Bay Point, Clayton, Clyde, Concord, Martinez, Oakley, Pacheco, Pittsburg, Port Costa and portions of Brentwood, Pleasant Hill, and Walnut Creek.

All submissions must be original, unfolded artwork on a single horizontal 8.5-inch by 11-inch piece of paper. Digital reproductions will not be accepted. Acceptable mediums include pen, pencil, crayon, chalk, charcoal, marker, paint, or watercolor. All entries must include, on a separate piece of paper, the child’s name, age, city of residence, a parent or guardian’s name, email address and a phone number.

Submissions can be mailed, or hand delivered to CCWD Calendar Contest, 1331 Concord Avenue, Concord, CA 95420.

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Amy’s Kitchen Expanding to Walnut Creek

Amy’s Kitchen is planning to expand to Walnut Creek at the corner of Second and M. Main with the addition of a drive-thru restaurant and released their first renderings of the proposed building. Amy’s Drive Thru is not your typical fast-food restaurant. It offers veggie burgers, shakes, French fries, pizza and burritos — all with gluten free and dairy free options. Amy’s Kitchen, a pioneer in the organic food movement. By creating and maintaining strong relationships with local farmers and suppliers, Amy’s uses organic ingredients and local sources whenever possible. Its restaurants not only prioritize the quality of the food but also ensure it is affordable and sustainable for the environment. All packaging is compostable and biodegradable, aiding in Amy’s goal of contributing zero waste to the planet. The proposed restaurant would be built sustainably with key features including the use of upcycled materials, a living roof, and solar panels. Amy’s also intends to pursue LEED certification for the building.

Panera Bread Coming to Clayton Valley Shopping Center

Panera Bread is planning to open a restaurant in the Clayton Valley shopping center on Ygnacio Valley Rd. in Concord. The location will be directly across from Round Table Pizza, just two doors down from Wing Stop, on the Ygnacio Valley Rd. side of the center. It’s currently the location of a shop, gift store, children’s Section with a 30-foot behemoth store features a coffee bar. They’re expected to open in November or December.

Virtual Private Networks (VPN) Keep Communications Private on a Public Internet

Is someone eavesdropping on your Internet communications? Are you concerned that your banking records, private emails, and account numbers are secure and safe? Well, if you think you’re being hacked, you wouldn’t be alone. Many people feel their computer communications are being hacked. So, what should you do about it; how do you make certain no one is peeking?

If you are like so many people these days, perhaps you are feeling that your data is being compromised every time you’re on the Internet. The cure may be a VPN. A VPN, Virtual Private Network, is a secure way to communicate from one computer to another across the Internet. Essentially it hides your communication by encrypting your messages to make them private on a public Internet. The VPN signal piggybacks your information on a public network and makes it secure. Everyone that has the Internet in their home or office that is secured by a typical Internet Service Provider (ISP) like AT&T, Comcast, Wave, etc. is on a public Internet.

VPNs have been around a long time in the business world. The software that runs a VPN was once exclusively on servers and the clients of a server. A new technology twist recently developed has made VPN available to the general public. According to Wikipedia, the world’s largest online encyclopedia, “A virtual private network extends a private network across a public network, and enables users to send and receive data across shared or public networks as if their computing devices were directly connected.”

According to CNET, an online tech news company, the best VPN services are ExpressVPN and NordVPN among others. The technical aspects are not important here; for example, you don’t care if your information is going to the cloud and the recipient is also on the cloud to complete the connection. What is important is both the sender and the recipient need a high speed Internet service, a subscription to one of the VPN providers and a high performance computer on both ends for this to work correctly.

The monthly charge is under five bucks per user, again not important, and worth repeating, you need a very fast Internet and computer to make it work. The VPN service will slow a regular computer to a crawl. So, if you’re concerned about privacy, hide the bullet, get a fast computer, a fast Internet service, and a subscription to a VPN account.

A Youtube video of the rescue is available on the Claycord.com archives. May 18 post.

A new SSD will cure your slow computer!

Electronic Solid State Drives (SSDs) are faster than mechanical Hard Disk Drives (HDD). Boost overall performance by 100% or more.

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Half Price Books Moving into The Willows, Barnes & Noble Opens in Veranda

After Half Price Book Store was recently kicked out of Todos Santos Plaza, they have announced that they’ll be opening in the former Aaron Brothers building in the Willows Shopping Center on Diamond Blvd. They’re expected to open in November or December.

But that just half of the story. Barnes & Noble has opened its new prototype store in the Veranda, The 12,200 square foot behemoth store features a coffee shop, gift store, children’s Section with a LEGO® activity table.

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Retired Cop Offers SCAMS and FRAUDS Prevention Class

An 86-year-old Clayton man is befriended by a 26-year-old woman that he meets through a Concord Lucky Store “friendly” checker. They then become involved and marry, convincing him to seal the records of their marriage. She convinces him to invest into her interior design business. In time, she steals $460,000 from him. His family learns of it too late; his money is gone. She had no such business. The woman was arrested, convicted and ordered to pay restitution of which she only paid $36,000 and is jailed.

An elderly woman in Houston loses her life savings and everything she has when she falls victim to a grandparent scam. She is too embarrassed to tell her family or friends and commits suicide.

Randy Horton, Concord, is a retired Emeryville police sergeant with 31 active years on the job. He has seen the scams and the victims that lost their money from frauds including his friend from Clayton mentioned earlier. Since his retirement, Horton has discovered that hundreds of millions of dollars are lost every year due to scams, cons or frauds including estimated $143 million dollars in 2018 based on the looking for love scam. Now, he wants to get the information out to people on how to avoid becoming victim.

For the past three years he has been giving classes at the Concord Senior Center on how to protect oneself from Scams, Cons and Frauds. He does not get paid, nor does he want to be. Horton still has that “Serve and Protect” mantra instilled in him.

He developed an interactive class including handouts which is available to any community based or company organization at no cost to them. During the class the attendees are taught how to recognize various scams including Imposter scams, Identity theft, Charity Fraud, Health Care scams, Tech Support scams, Grandkid scams, IRS Imposters, Robo-Calls, and more. He will break down the anatomy of the scam, how it works, how you should respond, and who to report to.

“Being informed is a great defense,” says Horton. “Seniors tend to be most vulnerable.” The next scheduled class is at the Concord Senior Center at 2727 Parkside Circle on June 20th at 1:30 PM lasting about 90 minutes. The administrative fee for the class is $7 for Concord residents and $12 for non-residents. Sign-ups and further information regarding the class can be obtained at www.concordreg.org, or by telephone at (925)471-3320. Requests for free community or organizational based classes can be made to Randy Horton at email address rhorton522@aol.com.

Bingo is Saving My Father’s Life

by Fran Cain

After talking to friends and family about elder care, and doing the research, I was able to find help in the form of an in-home care program. Since my 98-year-old Dad, Pete, is legally blind, he cannot leave home, cook, or shop without assistance. He would be afraid of going to assisted living and he never wanted to live in California, my home.

When we met Maria, from the beginning, I felt my mother was looking out for us from above. Maria was the perfect fit for my father, and she was the best communicator I could have wished for. As it turned out, we were the perfect fit for her as well.

Maria is young and full of life. She’s like a wave coming onto the shore bringing fresh energy with every surge. She took my grieving father into the sunlight with long drives on back country roads, picnics beside lovely waterfalls, and Bingo. I never imagined that my father would want to play Bingo. Yet there is no resisting Maria when she gets an idea. Seems the senior center in town runs Bingo every Thursday.

But Dad can’t see. No matter. There are large format cards for people with low vision.

But Dad can’t hear. Not a problem. Maria sits beside him and if he can’t keep up, she is watching his cards as well as her own. After a few weeks at the senior center, folks told Maria about Bingo at Heritage Village that takes place on Fridays. And the people there told Maria about Bingo at Grace Manor on Tuesdays. On special occasions, bingo is held at the Woodbury Senior Center.

Maria brings his special chair and his special cushion. She bundles him up in winter if the heat in the hall drives on. She is the best “Nanny” or “Mama” or “Mother.” She is like a professional nurse and a social worker all rolled into one. She even comes to see Dad at home. She pushed Dad to join us for dinner out. She is his personal caregiver, his personal shopper, his personal mom.

She’s like a wave coming onto the shore bringing fresh energy with every surge. She took my grieving father into the sunlight with long drives on back country roads, picnics beside lovely waterfalls, and Bingo.

Dad is doing ok. He has settled into this new life he never saw coming. My mother was considerably younger than Dad, but he outlasted her. Sometimes I joke that he may outlast me. Thanks to Maria and Bingo, he just might. He may be nearing 100, but he acts like he’s...O 75.

Happy Fathers Day, Dad.
“Jaws” and other WWII Historic Aircraft Coming to Buchanan Field

In honor of WWII Veterans, the Collings Foundation “Wings of Freedom Tour” is bringing extremely rare bomber and fighter aircraft to Concord’s Buchanan Field Airport from June 6 through June 9. This is the 30th year for the historical tour. It’s newest and perhaps coolest attraction is the P-40 Warhawk “Jaws” fighter, well known for serving with the Flying Tigers in WWII. It will be flying into Buchanan Field Airport along with a vintage Boeing B-17 flying Fortress, “Nine O Nine,” B-24 Liberator “Witchcraft,” the B-25 Mitchell “Tondelayo” bombers and P-51 Mustang “Toulouse Nuts” fighter on Thursday June 6.

For $125, $25 for children under 12 years, you can explore each up close and tour inside of the aircraft. For a one-time lifetime thrill, you can fly in, or even take the controls of some of WWII’s most successful aircraft. A 30-minute flight on either the B-17 or B-24 are $450 per person. B-25 flights are $400 per person. Or, get some “stick time” at the flight controls of world’s greatest fighter P-51 Mustang and P-51 - and their importance to telling the story of WWII is why the Collings Foundation continues to fly and display the aircraft nationwide.

Tour times are Thursday, June 6 from 12:00pm to 5:00 pm, and Friday through Sunday, from 10:00 am to 5:00pm. Flight experiences are normally scheduled before and after the ground tour times above.

These aircraft are unique treasures of aviation history and will be located at the main ramp at Buchanan Air Field, 45 John Glenn Drive in Concord. www.collingsfoundation.org. See their ad on page 2.

Ruby Dooby Do to the Rescue

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

Five-year-old Delilah is an adorable Chihuahua terrier mix. This nine-pound sweetie-pie is dog friendly, cat friendly and even fine with the parrot in her foster home. Delilah is also comfortable around older children. An independent pooch, she is content to do her own thing.

Hanging out with her family is one of her favorite activities. Delilah is learning how to play and loves to sit in your lap and cuddle. Whether going for walks or going with the flow, this sweet girl is up for whatever. Delilah will make a great companion for a variety of living situations. She is up-to-date on her vaccinations and spayed.

Delilah is being fostered through Underdog Rescue, is a 501(c) (3) non-profit organization. Underdog’s mission is to save shelter dogs that are out of time or that require rehabilitation prior to adoption. Underdog is a non-profit group that operates on donations and maintains a wish list with Amazon: https://www.amazon.com/gp/registry/wishlist/2R698UC440V/ref=cm_sw_r_wishlist_p_1TbyvbKQHBC5S.

To meet Delilah, submit an application. Her adoption fee is $75. If you have questions contact Underdog at adopt@underdogca.com. Underdog Rescue will contact you to chat more about the dog:

http://form.jotform.com/underdogca/dog-adoption-application

Dog Bites “Pawsitive” News: Pet Appreciation Day is this month: June 21st is also Take Your Dog to Work Day. Don’t miss out on participating. ARF’s Bark at the Park will take place on Friday, June 21 at the A’s game. Bring your dogs. The A’s will donate a portion of the dog tickets to ARF and other animal charities. (https://www.mlb.com/athletics/tickets/specials). June 21st is also Take Your Dog to Work Day. Don’t miss out on next month’s fun: The Town of Moraga’s 4th of July Celebration will include a Dog Parade at 10:00 a.m. Dogs must register to participate in the parade at the bandshell (http://www.moraga.ca.us/dept/park-recreation/dog_parade.html).

A Bone to Pick: Foxtails (arrow-shaped stickers) are prevalent in the wild grassland areas of California, especially in summer. Head shaking, sneezing, and gagging are tell-tale signs of foxtail invasion. Left untreated, foxtails can penetrate ear drums, cause lesions and, in rare cases, paralysis. Long-haired and working dogs that like to sniff may be particularly susceptible. Brushing your pets immediately after their walk and checking in-between toes and footpads are good preventative measures. To further protect your pet, OutFox® Field Guard ($46) is an option to protect your pet from inhaling or picking up foxtails in their ears (https://www.outfoxfordogs.com/product/outfox-field-guard/).

Editor’s Note: Rubydooby_do is Concord’s Instagram celebrity with nearly 81,000 followers. Instagram.com/rubydooby_do. Column written by Jill Hodgecock, her novel Between Shadow’s Eyes that will be released later this year will feature Ruby on the cover. www.jillhodgecock.com.
It’s senior living at its finest! Oakmont Senior Living has two luxury communities in the Concord area, featuring functional floorplans and elegant design, not to mention all the amenities you’ve come to expect. From gourmet dining and concierge services to spa treatments and housekeeping, our attentive staff will cater to your every need, leaving you to enjoy life to the fullest.

Care services are available 24-hours a day and appropriately tailored to suit each resident’s needs. Enjoy peace of mind knowing our attentive staff will be there when you need them most.