

We Can Do This!

Social Distancing

Shelter-In-Place

A Plague Doctor

pg. 4

Photo by Micah

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Is it a Cold, the Flu, Or the Coronavirus?

COVID-19, struck in the middle of cold and flu season, leading people uncertain as to what their respiratory ailments indicate.

If you think you have been exposed to COVID-19 and develop any symptoms of

respiratory illness, call your health care provider. If you do not have a provider, call CCHS advice nurse at 1-877-661-6230 option 1

From Contra Costa Health Services.

SYMPTOMS	COLD	FLU	CORONAVIRUS
 Fever	Rare	Yes, often high	Yes
 Cough	Mild to moderate	Yes	Yes, typically dry
 Shortness of breath	Rare	Yes	Yes
 Fatigue, weakness	Mild	Yes	Yes
 Headache	Rare	Yes	Sometimes
 Muscle aches	Slight	Yes, often	Yes
 Sneezing	Common	Sometimes	No
 Sore throat	Common	Sometimes	Sometimes
 Stuffy or runny nose	Common	Sometimes	Rare



the concordian
by Edi Birsan, EdiBirsan@gmail.com

CRISIS TIMES - CRISIS DECISIONS

Two concurrent major issues were thrown at the City Council. One dealing with the development of 500 acres of the Concord Naval Weapon Stations 2,200+ acres remaining and the other, the Corona Pandemic. The Corona crisis overtook the decision on the demands of the Lennar Development team, and we had to deal with it within the full shadow of that threat.

Having already transferred over 2000 acres to the East Bay Parks which will give the community an unrivaled park in our backyard within our city limits, we had to face off a deadline of March 31st when the exclusive negotiation agreement would expire with the master developer, Lennar Concord, LLC, for the first bite of the base.

Lennar had described an impasse over labor agreements vs the Building Trades who were united in their support of their representative, the Building Council. Even though the Building Council openly stated in council meetings that they would consider everything on the table and had already moved away from the concept of 100% Union labor, which was their early expectation four years ago, negotiations had stalled.

The Council decided to go with city staff's recommendation that we not start pointing the finger as to who was negotiating in Good Faith or Bad Faith. After all, this was all done in separate and private negotiations over years. We also decided to not extend the Exclusive Agreement with Lennar another 120 Days beyond the March 31 deadline as

requested.

The Corona Virus crisis was met with the Council having to experiment with different ways of doing a virtual tele-video conference meeting given that the restrictions on that in the Brown Act were waived by the Governor.

The City Council was able to come to an emergency ordinance effective immediately to stop most evictions and to halt rent increases in many cases. We also stopped late fees.

It should be noted that nearly all Credit Unions and some major banks are offering a Skip Month on mortgages and some on other aspects on request. Check with your lender to find out what is available.

Furthermore, the Council put \$100,000 in to expand the Meals on Wheels coverage to stressed seniors and folks in Concord and another \$100,000 to get 10 rooms on priority for homeless families to get out of their surroundings.

Working on a larger plan, the County is taking the lead in homeless accommodations which may include opening the Fairgrounds for occupation by those tested positive and a separate area for those awaiting testing.

Crisis Times, call for Crisis Decisions and your City Council has already held two special meetings and stands to provide leadership in this stressful moment.

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CONCORD RESTAURANTS: TO-GO AND DELIVERY OPTIONS

The City of Concord, Concord Chamber of Commerce, and Visit Concord have partnered together to provide a list of open Concord restaurants providing take-out and delivery services to the community during the Shelter-in-Place enacted by Contra Costa County called #ConcordEats. The City of Concord, Concord Chamber of Commerce, and Visit Concord will share updated restaurant information on their social media platforms including Facebook, Instagram, and Twitter. The community is encouraged to share photos of take-out or delivered food and use #ConcordEats on social media to show support for Concord's restaurants. Please follow the social distancing guidelines while picking up take-out orders. The list of restaurants will be continually updated. To view the list of restaurants, please visit <https://www.visitconcordca.com/concord-restaurants-togo-and-delivery-options/>.

Restaurant	Phone	Take Out	Curbside	Delivery	Delivery Services
Afghan Cuisine	(925) 521-9000	Yes	No	Yes	DoorDash, Grubhub
Agave Grill & Cantina	(925) 676-5252	Yes	N/A	Yes	N/A
Alpine Pastry & Cakes	(925) 689-7220	Yes	Yes	No	N/A
Asia Express Chinese	(925) 609-7823	Yes	Yes	Yes	DoorDash & Uber Eats
Benihana	(925) 827-4220	Yes	Yes	No	N/A
BJ's Restaurant	(925) 849-1090	Yes	Yes	Call	N/A
Blaze Pizza	(925) 234-4706	Yes	No	Yes	DoorDash, Postmates
Brasas do Brazil	(925) 822-3474	Yes	No	Yes	Uber Eats
Bronze Buddha Thai	(925)-524-0768	Yes	Yes	Yes	Self delivery, DoorDash
Brothers' Chicken	(925) 765-6837	Yes	N/A	Yes	DoorDash
Buffalo Wild Wings	(925) 609-9784	Yes	Yes	Yes	N/A
Canasta Kitchen	(925) 882-3996	Yes	No	No	N/A
Capriotti's Sandwich	(925) 798-5516	Yes	No	Yes	Doordash
Chipotle Mexican Grill	(925) 969-7551	Yes	Yes	Yes	DoorDash
Cinco De Mayo	(925) 691-8855	Yes	Ask	Yes	DoorDash
Cinnaholic	(925) 826-5346	Yes	No	Yes	Uber Eats
CREAM	(925) 332-7363	Yes	No	Yes	Doordash, Uber Eats, Grubhub, Postmates
Dairy Queen	(925) 692-2100	Yes	No	Yes	DoorDash, Uber Eats
Dickey's Barbecue Pit	925-673-5306	Yes	Yes	Yes	Self (\$50 minimum), DoorDash, GrubHub, Uber Eats,
Diggers Diner	(925) 825-8958	Yes	Yes	Yes	DoorDash
Domino's Pizza	(925) 827-3030	Yes	Yes	N/A	N/A
Dunkin'	(925) 363-3454	Yes	Drive-thru	No	N/a
El Faro Mexican	(925) 827-0976	Yes	Yes	Yes	DoorDash
El Mariachi Grill	(925) 349-4482	Yes	N/A	Yes	DoorDash, Grubhub
El Pollo Loco Monument	(925) 375-1178	Yes	Drive - Thru	Yes	DoorDash, Uber Eats
El Pollo Loco - Clayton Rd.	(925) 969-9280	Yes	Drive- Thru	Yes	DoorDash, Uber Eats
Eureka!	(925) 265-2120	Yes	N/A	Yes	Uber Eats, Doordash, Grubhub, Postmates
Fire Wings	(925) 500-1419	Yes	No	Yes	DoorDash
Five Guys Burger & Fries	(925) 672-6030	Yes	Yes	Yes	DoorDash
Fresh Tray	(925) 691-0101	Yes	No	No	N/A
Fuddruckers	925-825-1443	Yes	No	Yes	Call for Info
Golden Corral Buffet and Grill	(925) 685-1002	Yes	Yes	No	N/A
Guacamole Authentic Mexican	(925) 689-4822	Yes	Yes	Yes	DoorDash, Uber Eats, Grub Hub
Guadalajara Grill	(925) 672-4430	Yes	Yes	Yes	(FREE delivery if you call the restaurant directly),
Habit Burger Grill	(925) 798-5285	Yes	No	Yes	Postmates, DoorDash, Uber Eats
Himalayan Cuisine	(925) 490-3344	Yes	No	No	N/A
Hot Dog Palace	(925) 798-5889	Yes	No	Yes	DoorDash, GrubHub
I Love Teriyaki & Sushi	925-680-0888	Yes	No	Yes	rubHub Uber Eats
Ike's Place	925-609-8811	Yes	No	Yes	GrubHub Uber Eats
iSLICE - New York Pizza	(925) 510-2904	Yes	No	Yes	GrubHub Uber Eats
Jamba Juice - Clayton Valley	(925) 672-4683	Yes	No	Yes	DoorDash
Jamba Juice - The Willows	(925) 969-9430	Yes	No	Yes	DoorDash, Uber Eats, Postmates
Kinder's Meats, Deli & BBQ	925) 825-2333	Yes	No	Yes	DoorDash
Ko Cups	925-914-9614	Yes	No	No	Yes
Koon Thai Kitchen	(925) 349-9498	Yes	Yes	Yes	Self DoorDash, Grubhub, Uber Eats, Postmates, EzyCater,
Krispy Kreme	(925) 363-4570	Yes	Yes	No	N/A
La Fritanguera	(925) 446-6141	Yes	No	Yes	DoorDash, Grubhub, Postmates, Ubereats
Lazy Dog Restaurant & Bar	925-849-1221	Yes	No	Yes	DoorDash, Grubhub, Uber Eats,
Lido Bar & Grill Clarion	(925) 270-3487	Yes	No	No	N/A
Luna Ristorante	(925) 691-4080	Yes	Yes	Yes	DoorDash, & others
Mercado del Sol	925-676-8837	Yes	No	No	N/A
Mikuni	(925) 265-7660	Yes	No	No	N/A
MOD Pizza	925-452-6190	Yes	Go station	Yes	DoorDash
Momo n Curry	(925) 349-9706	Yes	No	No	N/A
Momoyama Sushi	(925) 686-1888	Yes	No	No	DoorDash
Mountain Mike's Pizza	(925) 689-4965	Yes	No	Yes	Grubhub, DoorDash
Mr. Pickle's (Broadway St.)	(925) 270-3950	Yes	No	Yes	Doordash, Uber Eats
Naan N Curry	(925) 825-6226	Yes	No	Yes	DoorDash, GrubHub, Uber Eats
Next Level Burger	925) 215-7779	Yes	No	Yes	Doordash, Grubhub, Postmates, Uber Eats
Noodles & Company	(925) 691-3844	Yes	No	Yes	"Direct Delivery" through the Noodles & Company App
North Park Deli	925-687-3901	Yes	N/A	No	N/A
Panera Bread	(925) 693-9013	Yes	No	Yes	DoorDash
Parma Deli	(925) 685-5705	Yes	No	Yes -	Only for orders of 10 or more N/A
Patty's Original Cheese Zombies	(925) 676-1818	Yes	No	No	N/A
Perfect Brew and Juice	(925) 826-5185	Yes	Yes	Yes	(\$20 Minimum) Delivery via employees only
Restaurante El Salvador	(925) 680-6618	Yes	No	Yes	DoorDash
Round Table Pizza - Willow Pass	925-689-8900	Yes	Yes	Yes	Round Table Drivers
Round Table Pizza- Treat Blvd.	925-676-1818	Yes	Yes	Yes	Round Table Drivers
Salsa Mexican Grill	925-687-9300	Yes	No	Yes	DoorDash, GrubHub
Skipolini's	(925) 680-6888	Yes	No	Yes	Call to order
Splash Tea	(925) 349-9308	Yes	No	No	N/A
Starbucks - Clayton Station	(925) 672-8919	Yes	N/A	Yes	Uber Eats
Subway - Monument Blvd	(925) 689-8511	Yes	No	Yes	DoorDash, Uber Eats, GrubHub, Online
Sugar Plum Coffee Shop	925-689-1738	Yes	No	No	N/A
Super Duper Burger	(925) 483-2912	Yes	No	No	N/A
Taco Bell - Willow Pass Court	925-691-9500	Yes	Yes	Yes	GrubHub
Taqueria Autlan	(925) 332-5915	Yes	No	No	N/A
Teriyaki Plus	(925) 687-5555	Yes	N/A	N/A	N/A
Vineyard Chophouse	(925) 825-7700	Yes	No	No	N/A
Vons Kitchen	925-334-5323	Yes	No	Yes	DoorDash, Uber Eats, Grubhub, FoodJets
Yard House - The Veranda	(925) 602-0523	Yes	No	Yes	Uber Eats
Yum Squared	(925) 349-4343	Yes	No	Yes	Call to order



concord mayor

by **Tim McGallian**, Email: Put MAYOR in subject line CityCouncil@cityofconcord.org

LETTER TO THE COMMUNITY

Dear Concord Community,

I write you as your Mayor and on behalf of the full Concord City Council. During these unsettling times, we must come together and do what's best for our community as a whole. We understand that some of you may feel nervous, scared or frustrated. Rest assured that we are working hard to keep Concord safe, and that means making some changes to our daily operations.

As you know by now, Contra Costa County, along with five other Bay Area counties, has issued a shelter-in-place order from today through April 7. In order to "flatten the curve" of this growing public health crisis, we are being called to stay home and stay healthy. This means that we should only be going out to do the most essential things – shop for groceries or pharmacy items, go to medical appointments, and go to work (for those whose jobs are essential – i.e health care workers, first responders).

The City of Concord is implementing several changes to how we will serve our community during this unprecedented pandemic.

The City of Concord's City Manager and Department Heads are working together to find ways of continuing to provide essential services while doing our part to limit person-to-person contact and helping to reduce the spread of this deadly virus. The team is operating under three goals during this pandemic: Community Safety, Employee Safety, Delivery of Essential Public Services.

As of March, the City Manager has ordered the following changes to service delivery:

All City facilities will be closed to the public, including the Civic Center Campus (administrative building, Finance, HR and the Permit Center), all Community Centers, including the Senior Center, Police Department and the Public Works office. Some essential services will still be available over the phone or online.

City Administration - The Mayor's office and City administration building, including the City Clerk's office, will be closed. However, staff will continue to answer phones and emails. Call: 925-671-2489. Email: cityinfo@cityofconcord.org. City Council and Planning Commission meetings will continue via teleconference.

Finance -The Finance office will be closed to the public, but staff will continue to answer calls and email. People may apply for business licenses online here <https://renewbl.ci.concord.ca.us/>

Call: 925-671-3307. Email: BL.info@cityofconcord.org

Parks & Recreation- Baldwin Park preschool is closed.

Centre Concord and its preschool is closed.

Concord Community Pool is closed.

All park playgrounds and bathrooms are closed.

The Concord Skate Park is closed.

The Concord Senior Center is closed.

However, City staff will continue to facilitate the distribution of meals through the CC Café Senior Nutrition program. Meals must be ordered ahead of time. Concord's CC-Cafe registered participants need to call 925-825-1488 and leave a message, Meals-on-Wheels Diablo Region staff will respond to those calls.

Willow Pass Community Center is closed.

All events, classes, activities and indoor/outdoor facility rentals have been

cancelled through May 1.

People who visit Concord parks should adhere to the public health guidelines by maintaining social distancing of 6 feet. Full details about facility and program closures are located at www.cityofconcord.org/covid19. Call: 925-671-3404. email: concord.registration@cityofconcord.org

Permit Center & Building

Inspections - The Permit Center will be closed to the public until further notice. We will only be able to accept new applications online or via email at this time. People are welcome to research zoning and permit requirements through the City's online portal, Permit Pal: <https://permitpal.cityofconcord.org/> and Staff will continue to answer phones and emails. Call: 925-671-3152. Email: zoning@cityofconcord.org

At this time, the City will perform limited building inspections for occupied residential permits; please contact us for more information. For occupied commercial spaces, building inspectors will only perform essential inspections on exterior type of projects, new buildings and unoccupied improvements. Emergency inspections performed as deemed necessary by the Chief Building Official. Call: 925-671-3107. Email: inspectors@cityofconcord.org

Police Department- Public safety remains a top priority. The Police Department's community service desk and the records department will be closed to the public. However, people can still receive service by phone and email. When calling dispatch, you may be asked a series of questions to assess exposure risk. These questions will allow our officers to utilize the proper personal protective equipment to prevent the spread of COVID-19. When appropriate, reports may be taken over the phone to avoid unnecessary contact. If there is an emergency, we will continue to respond in the same expeditious manner necessary to protect lives and property. Call: 925-671-3220

Email: contactcpd@cityofconcord.org

Public Works - The Public Works office is closed, but our crews will be working throughout the community to continue essential maintenance efforts, including pothole repair, graffiti removal, sewer cleaning, streetlight repair, and more. Please report any problems through the Concord Connect app: <http://www.cityofconcord.org/199/Concord-Connect---Mobile-App>. Call: 925-671-3448. Email: public.works@cityofconcord.org

The City continues to monitor the COVID-19 situation and we will keep our community updated as things evolve. For updates about this evolving situation, please visit www.cityofconcord.org/COVID19.

Also check Contra Costa Health Service's website for the latest information about public health guidelines: <https://www.contracostahhealth.org/>

Thank you for your patience and understanding during this uncertain time. Together, we can help stop the spread of this virus and save lives.

Sincerely,

Tim McGallian
Mayor, City of Concord

[Updated from March 17, 2020]

Did someone call for the plague doctor?

On the cover, our photographer Micah captured a plague doctor at Ne-whall Park's water's edge, an ominous sight indeed.

A plague doctor was a medical physician who treated victims of the bubonic plague in the 14th Century. A plague doctor was specifically hired by a European city or town to treat plague patients, rich or poor, in times of epidemics. They were especially designed for the poor that could not afford to pay. Their contractual responsibility was twofold: to treat plague patients and to refrain from treating other types of patients, the latter provision representing an attempt to prevent the spread of disease from plague victims

to other patients via a shared physician. In many cases these "doctors" were either volunteers, second-rate doctors, or new young doctors starting a career. Plague doctors practiced bloodletting and other remedies such as putting frogs or leeches on the buboes (painful swellings in certain lymph nodes) to "rebalance the humors" as a normal routine. A plague doctor had to serve a long quarantine after seeing a plague patient in his plague doctor costume. He was regarded as a "contact" who by agreement had to live in isolation to be quarantined.



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8 Ways to Know You've Found the Right Home

When you begin your search for a new home, you may worry about how you'll know if you've found "the one." It's normal to feel anxious about the purchase. After all, buying a home is one of the biggest financial decisions you'll ever make. Being concerned that you're making the right choice is exactly how you should feel. But how do you know if you've found the right home for you? Here's what you should be on the lookout for when you're hunting for your new home.

You compare it to all other houses. Did you find a home early in your search that you passed up, but you keep thinking about? When you view other homes, do you compare it to this house? If so, that could be sign that this house is the one for you. Now that you've seen the competition, you can be more confident knowing that you've found the right house.

You're looking for reasons to buy it. When you talk about a home to other people, are you looking for ways to defend it? Do you find yourself looking for reasons that you should buy it? This could be a good indication that this is the right home for you. If you keep discovering things about it that you like, then maybe it's the one.

It's easy to envision living there. Can you imagine exactly where you'll put the sofa and how you'll arrange your bedroom furniture? Do you see yourself having movie nights in the finished basement or regular family dinner parties in the dining room? If it's easy to see yourself living there, then it's a good sign that it's the right home.

It reminds you of other homes you

love. Does the house take you back to times you've loved spending in other homes? Maybe the kitchen layout reminds you of grandma's house, or the family room is reminiscent of all those childhood days spent at your best friend's place. If a house reminds you of other homes you've loved, then perhaps you've found the right one.

You feel at home as soon as you enter. Does the home give you a good feeling as soon as you walk inside? Sometimes your gut knows more than your brain. If the house gives off a very welcoming vibe, then maybe it's telling you that this is your new home.

It meets your needs. When you began your search, you probably had a list of must-haves for your new home. Whether it's the number of bedrooms, the layout, or that great man cave, you know what your deal-breakers are. If the home meets most or all of your needs, then you can feel confident that you've found your new place.

It suits your budget. Does the home fall comfortably within your price range? That's a good sign. Being able to afford your mortgage will make you feel so much more at home. If a home is outside of your price range, then it's probably not the one you should buy.

You love the neighborhood. Lastly, do you love the neighborhood? Are you excited about taking your kids to the park, or having a date night at one of the local restaurants? Are the neighbors friendly? Your house is not an island, and loving the location is important, too. If you love the house and the neighborhood, then what are you waiting for? It's time to make an offer!

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Regency Woods - Views, Views, Views! Fantastic 4 bedrooms, 2.5 baths, den plus 2 bonus rooms, approx 2841sf, with a 3-car attached garage on a premium .21 acre lot.



Peacock Creek at Oakhurst Country Club! Exquisite Coronado Model with First Floor Master Suite & Premium Private Resort Style Lot! 4 bedrooms, 2.5 baths plus upper level Bonus Room, approx. 3307 sf with attached 3-car garage.



Diablo Downs! 4 Bedrooms, 3 Baths approx 2562 sf, plus 3-stall Barn, and in-ground Pool on a large .97 acre lot.



Mitchell Canyon Estates - Sprawling Single Story! 4 Bedrooms, 2 Baths approx 1964 sf on a large .28 acre flat lot with a sparkling in-ground Pool!



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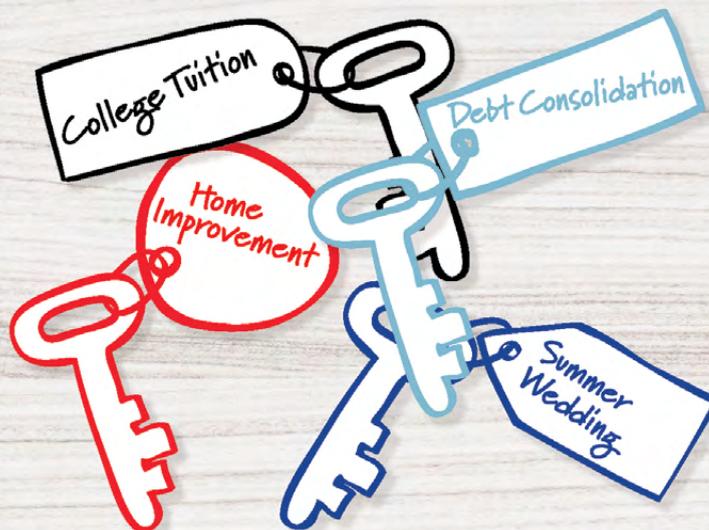
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BINGEWORTHY

Home Theater for the Sheltered-In-Place

With the theatres shut down leaving us hunkered down inside our homes, here are the current best things to watch, all are popcorn worthy in no particular order. Here are some of Netflix's best offerings to watch in April.

TIGER KING



Social media is all abuzz over this docudrama. A bizarre, true crime story you have to see to believe, "Tiger King" is a messy and captivating portrait of obsession gone terribly wrong. Among the eccentrics and cult personalities in the stranger-than-fiction world of big cat owners, few stand out more than Joe Exotic, a mulleted, gun-toting polygamist and country western singer who presides over an Oklahoma roadside zoo. Charismatic but misguided, Joe and an unbelievable cast of characters including drug kingpins, conmen, and cult leaders all share a passion for big cats, and the status and attention their dangerous menageries garner. But things take a dark turn when PETA's Carole Baskin, an animal activist and owner of a big cat sanctuary, threatens to put them out of business, stoking a rivalry that eventually leads to Joe's arrest for a murder-for-hire plot, and reveals a twisted tale where the only thing more dangerous than a big cat is its owner. Netflix, 2020 7 episodes

THE IRISHMAN



Proof that anything Robert De Niro, Al Pacino and Joe Pesci touch turns to gold: "The Irishman", which scored a Best Motion Picture nomination at the 2020 Golden Globes, details organized crime in post-war America through Frank Sheeran (De Niro), a World War II veteran who also happens to be a hustle and hitman.

BIG MOUTH

30 episodes over three seasons. The adventures of two teenage boys are spotlighted in this simplistic animation. Scatological humor belie its finely sketched characters and smart, empathetic approach to the messiness of adolescence. Poignantly

repulsive, "Big Mouth" confronts the awkwardness of adolescence with foul-mouthed glee and an added layer of maturity. Characters take on complicated issues with a gross-but-utterly-empathetic eye. Starring: Nick Kroll, John Mulaney, Maya Rudolph, David Thewlis

DOLEMITE IS MY NAME



Funnyman Eddie Murphy takes it back to the 1970s in his portrayal of comedy and rap legend, Rudy Ray Moore. While actors Keegan-Michael Key and Craig Robinson bring the laughs, Rotten Tomatoes confirms what many of us know to be true: Murphy is the real star, and is "just as bold, brash, and ultimately hard to resist as its subject."

CHEWING GUM

A British TV Comedy series about Tracey Gordon, a religious, Beyoncé-obsessed twenty-something who wants to have sex and learn more about the world is fast finding out that the more she learns about the world, the less she understands. Starring: Michaela Coel, Robert Lonsdale, Olisa Odele, John Macmillan

MARRIAGE STORY



Bust out the tissues: Scarlett Johansson and Adam Driver tell an all-too-honest story of a failed relationship in this Academy Award nominated film. But Laura Dern, who plays a divorce lawyer, really shakes things up in the midst of the drama, giving you much-needed moments of relief.

SCHITT'S CREEK



The uber-wealthy Rose family lose everything to a bad business manager and is forced to relocate to the tiny rural town they bought as a joke years prior. The family is forced to abandon their pampered lifestyle and move into adjoining rooms in the Schitt's Creek Motel, surrounded by wacky, small-town characters. Starring: Eugene Levy, Catherine O'Hara, Daniel Levy, Annie Murphy.

MYSTERY SCIENCE THEATER 3000: THE RETURN

(2017-2018) In this reboot of the cult classic, a human and two robots poke fun at cheesy sci-fi movies, 20 of them to be exact.



Jill Hedgecock's **bookends**

Author of *Between Shadow's Eyes*

www.jillhedgecock.com

THE TESTAMENTS

"The Testaments": The Sequel to "The Handmaid's Tale" (2019, Random House hardcover 381

pages, \$15.60) by Margaret Atwood continues the story of a dystopian view of the United States after a religious faction overthrows the government in Washington and creates a new regimen called "Gilead." Men are in charge of everything while women are relegated to proscribed roles. Commander's wives are high-ranking but aren't allowed to work. Handmaids are assigned the job to birth the Commander's children when his wife is barren. Handmaids' identities are stripped from them in Gilead; even their names are taken away and they become "Of (insert Commander's name)". The Aunts teach the Handmaids while Marthas are the servants for the Commanders and their wives. Lower status women are described as the EconoWives, low-ranking women in traditional roles, and rebellious woman become Colony workers who are relegated to dig up toxic waste (which is ultimately a death sentence). In essence, Gilead is a world that shifted sideways after a corrupt and self-serving leadership governs the United States. In the sequel, the Republic of Gilead is being overthrown. "The Testaments" picks up 15 years after the prior novel ends. Aunt Lydia, a leader of the Aunts, is a key character tying the two novels together. Agnes and the mysterious "Baby Nicole" complete the trio narrating the tale. Through these three characters, the corruption of Gilead and the valiant efforts of Canada to help the enslaved



women is revealed. Atwood delivers a compelling character study of Aunt Lydia and shows a fascinating contrast of how two young girls' temperaments were shaped by Gilead's oppression of females under the regimented religion versus the confident teen personality of a girl living in relative freedom in Canada. While the plot may seem depressing, the narrative of "The Testaments" inspires readers through the heroic actions of people who ran an underground railroad and the unlikely spies within Gilead that were instrumental in restoring the rights of women. "The Testaments" is a must read for fans of "The Handmaid's Tale" novel and the well-done HBO series.

"The Testaments" is #1 New York Times Bestseller, winner of the Booker Prize and Amazon Editor's Pick for the Best Book of 2019. Margaret Atwood, while best known for her 1985 novel, "The Handmaid's Tale" that was adapted to the highly successful MGM-HBO/Hulu television series in 2017 (4th season coming this fall), has more than 50 books of fiction, poetry, and essays. Her work has been published in over 40 countries. Her other award-winning novels include "Cat's Eye" and "Oryx and Crake", both shortlisted for the Booker Prize; "Alias Grace" which won the Giller Prize in Canada and the Premio Mondello in Italy; and "The Blind Assassin," winner of the 2000 Booker Prize. She attended Harvard in the late 1960s and received her Master's degree from Radcliffe College. Atwood serves as the VP for PEN International and lives in Toronto.

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farmerfresh

by Debra Morris, Pacific Coast Farmers Market
<http://www.pcfma.org/concord>

Farmers' Markets work to create a safe shopping environment

Amid the continuing safety concerns due to the coronavirus pandemic, some Bay Area farmers' markets have closed, but there are many that remain open because they are considered essential businesses.

Shoppers on food assistance depend on farmers' markets to purchase fresh quality produce each week using their CalFresh/SNAP benefits, especially with the Market Match program which doubles the amount they can spend on healthy foods.

It can be an alternative to the grocery store at this time as supermarkets sometimes do not have the stock available. Farmers' market products are also handled by fewer people (from the farmer to you) and as there are no small aisles and crowded check-out lines, social distancing is easier.

While shopping the farmers' market, we want you to feel as safe as possible by providing as many safety precautions at the market as we can.

- Eliminated food sampling of any kind.
- Farmers are encouraged to provide grab-and-go, pre-packaged produce so your purchases are easier to make.
- Farmers and producers have been informed on best practices of booth set-up to allow space between customers. The market managers are chalking the booth areas to reflect the 6-foot personal safety distance.
- We have added space between the booths, 10 feet wherever possible, and have reconfigured them so there is easier access and departure.
- There will be hand washing stations and hand sanitizer for customers

whenever possible.

- There are no longer any information booths to avoid people lingering. Please safely shop and then leave with your purchases.

Practicing social distancing takes everyone to participate for it to be effective. Please help by following these simple codes of conduct to help ensure the farmers' market are a safe place to shop:

- When you get home, be sure to thoroughly wash all fresh fruits and vegetables.
 - At the market, practice social distancing by maintaining 6 feet of space for other shoppers and allow others their space when shopping.
 - Minimize the size of your groups when shopping.
 - Wait outside the booth until it is free of other shoppers, then take your turn.
 - Wash your hands thoroughly and often for at least 20 secs.
 - Buy pre-bagged items whenever you can – farmers are preparing them ahead for you.
 - Wash your reusable produce bags between visits.
 - If you are sick, stay home and ask a friend or family member to pick things up for you instead.
 - Please, only touch fruit/veggies that you intend to buy or have the farmer pick out your produce for you.
- You will be updated on any changes to our farmers' market schedules through the market's Facebook pages and email newsletter or visit pcfma.org to find current market information.

Concord City Council declines to extend agreement with Lennar

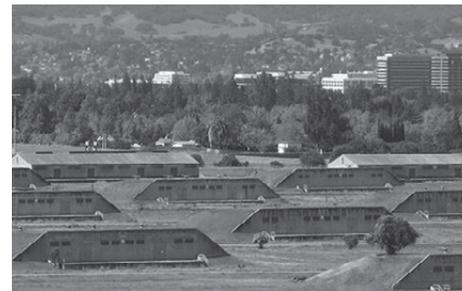
The Concord City Council met on March 24 via video conference to discuss its response to a letter it received in January from Lennar Concord, LLC, the master developer of the former Concord Naval Weapons Station.

Lennar posed four questions to the Council, including whether the City intends to extend its current exclusive negotiating agreement (ENA) with Lennar, which expires on March 31, 2020. The Council majority, on a 3 (Aliano, Birsan, Obringer)-2 (McGallian, Hoffmeister) vote, decided not to extend the agreement. The agreement is set to expire on March 31.

"Split decisions are always difficult," said Guy Bjerke, director of the Community Reuse Planning. "Concord will comply with the terms of our existing agreements with Lennar, and we will look ahead to how we can get this project moving again once our community gets through the COVID-19 public health crisis and the City better understands the pandemic's impact to the regional economy and the City's finances."

As part of its agreement with Lennar, the City will return unspent funds advanced by Lennar for the project.

"Despite this setback, our vision for the redevelopment of the former Concord Naval Weapons Stations remains clear," said Mayor Tim McGallian. "This future community will feature thousands of new homes, successful businesses, parks, open space, a tournament sports complex, and a campus for higher education. It



just looks like our path forward will be different than we expected."

In addition to declining to extend the ENA, the Council also voted to respond to Lennar's letter by indicating the following:

1. Council unanimously determined that given the City was not a party to the negotiations they were not in a position to determine whether Lennar satisfied the "good faith" clause of its agreement, requiring Lennar to negotiate in good faith with the labor unions.
2. A Council majority expressed their desire that labor agreement negotiations be held exclusively with the Building Construction Trades Council and not with individual trades or unions. Vote: 3 (Aliano, Birsan, Obringer) -2 (McGallian, Hoffmeister). The two opposed cited the wording of the adopted ENA for their position.
3. Council unanimously confirmed that the Term Sheet with Lennar establishes the sole expectation for prevailing wages in any future Disposition and Development Agreement between the City and Lennar.

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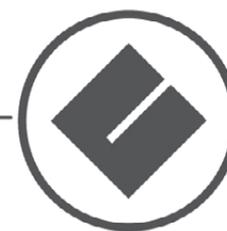
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Make your own toilet paper and 9 more things to do while sheltered-in-place



by Jill Hedgecock

The mandated shelter-in-place is necessary to protect our at-risk community and keep ourselves healthy. It also may leave people with an abundance of free time. Here are a few suggestions to embrace the opportunity to learn new skills and connect with friends and family in brand new ways.

1) DIY Toilet Paper and Hand Sanitizer. Learn how to make key things currently in short supply in grocery stores. Toilet paper can be made from everyday items. Start with non-glossy paper



(32 sheets computer paper, 8 large sheets of newspaper). Soak paper in a bathtub or bucket to remove ink. Submerge soaked paper with leaves and grass into a large pot and simmer for 1 hour then bring to a boil for 30 minutes (add water as needed). When done, drain. Mix in 4 tablespoons baby oil to the pulp. Place pulp on a towel and flatten with a rolling pin, remove lumps, then add a second towel, a board, and a heavy object for 30 minutes. Flip over and remove bottom towel and allow to air dry. Lastly, cut into strips. (https://www.ehow.com/how_4514690_make-toilet-paper.html).

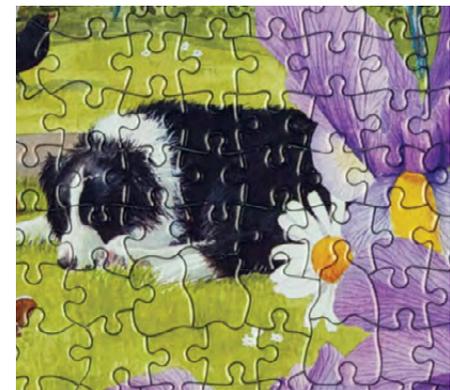
Hand sanitizer requires only two ingredients: ¾ cup of rubbing alcohol and ¼ cup of aloe. Cut 4 large aloe leaves from plant base and place cut side down to drain for 10 to 15 minutes. Rinse and dry the drained leave, then cut the skin away to get to the gel. Rinse the gel and combine with alcohol into a sprayer. For more details: (<https://www.ruralsprout.com/aloe-vera-gel/>).

2) Explore Nature. From hiking

to gardening to birdwatching, there are many ways to connect with nature. Bay-nature.org's Trailfinder program lists the walking distances and difficulty of local hikes. Do you prefer to stay home? Pull up those pesky weeds and plant veggies in the backyard. While you are outside, take time to watch birds flitting from branch to branch. It's nesting season for many birds too, so close your eyes and listen to the males serenading potential mates.

3) Photo Albums and Scrapbooks: Take a Walk Down Memory Lane. Photos are a portal to the past. They can cheer us up as we recall happy times with loved ones. Pictures can also be a window into the lives of our ancestors' lives and an opportunity to create a family tree.

4) Meditate and Yoga. Participating in free on-line meditation (<https://www.onlinemeditation.org/>) or online yoga classes (<https://www.doyou.com/>) are a great means to reduce stress and anxiety and decrease insomnia in these troubling times. Yoga also strengthens muscles and improves digestion.



5) Board Games and Jigsaw Puzzles. From tried-and-true options like Candyland, Scrabble and Monopoly to popular trending games like Catan and Ticket to Ride, board games are a great activity to pass the time. Jigsaw puzzles and other games boost critical thinking and improve memory.

6) Keep a Journal. For some people, key historic moments in their life were where they were during 9/11 or when they learned Kennedy died. Local folks might consider the earthquake of 1989 transformative. For the younger generation, shelter-in-place because of the Coronavirus may be their only first-hand experience of a major historical shift in the world. Journaling is a healthy activity to document your feelings. It is also a way to record history. In the future, terms such as social distancing may be the norm, but identifying the origin of this concept in 2020 due to the pandemic might be a revelation to future generations. You may want these notes to include in a memoir in the future or to help your grandchildren understand how everyday people were affected by the virus outbreak.

7) Learn a New Language. Better yet make it a group effort. Participate with a free program like duolingo (<https://www.duolingo.com/>) and then practice with friends or family members.

8) Go on a Cooking Adventure. Have you found yourself purchasing unusual items due to bare grocery shelves? Consider it a chance to try new recipes. Google several unusual ingredients and see what recipes pop up. In addition, if you have any vintage cookbooks, check out how food preparation has changed between then and now.

9) Read the Classics or Just Read. Is reading War and Peace on your bucket list? Maybe you want to dive into The Call of the Wild before seeing the movie. Or perhaps there are contemporary books on your nightstand you've been wanting to read. This is a good time to support local indie bookstores such as Flashlight Books that are able to process online orders (www.flashlightbooks.com). Reading lets you escape into a whole different world—not a bad thing right now.

10) Reduce Clutter. Studies have shown a connection between messy rooms and lack of sleep. Not convinced? Read The Life-Changing Magic of Tidying Up by Konodo then tackle those closets. Sort the items into five piles: trash, recycle, donation, store elsewhere, or return to closet. Keep things that give you joy and get rid of the rest.

We know many have plenty of spare time, so this month we offer not one, but two word-search puzzles to pass the time courtesy of our friends at Clean Air HVAC in Pleasant Hill. One is a list of famous women in history, many of which you read about in last month's edition of the Diablo Gazette. The second puzzle we hope puts you in a positive frame of mind for Spring.

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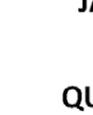
CHARLEY PARKHURST



IDA WELLS



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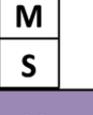
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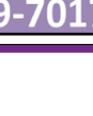
MARIE EQUI



JANE ADDAMS



MARY QUEEN OF SCOTS



HARRIET



LONG WOMEN HISTORY



MARIE (CURIE) ANNE FRANK ROSA PARKS (MATA) HARI



LOVE MOM



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F	M	A	K	E	A	W	I	S	H	V	X	K
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DANCE

IN THE RAIN

SING

IN THE SUN

SHOW

YOUR HEART

HUG

A FRIEND

SURPRISE

A LOVED ONE

TURN UP

THE MUSIC



PERFORM

A RANDOM

ACT OF

KINDNESS



TAKE A CHANCE

MAKE A WISH

EMBRACE

LIFE

FULL CUP

HOPE

EYES

BE FREE





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David George THE NAKED GARDENER

UC Master Gardeners The Ultimate Community Resource

Yikes! What can you do and where can you go during a COVID-19 shelter-in-place? I know – into your own garden. Here’s your chance to work on those long-overdue outdoor projects: build or refurbish those raised planting beds, weed the back lawn, install garden paths, and fix those leaky irrigation systems. No sense in moping indoors, worried about getting sick. There are no coronaviruses lurking in your backyard. Get to work.

Speaking of projects, the UC Master Gardeners of California (and all around the country) have been here to advise us how to grow more perfect gardens for 40 years now. I recently had the honor of interviewing Jill Cordry, president of the Contra Costa Master Gardeners program. She helped me understand their role in our communities, and what they are doing every day to support our gardening and produce growing efforts.

“We are a link,” Jill began, “between the University of California researchers and Contra Costa County communities. Our mission is to communicate research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices to our residents. Everyone in the program is a volunteer, except the one county coordinator.”

How do Master Gardeners provide this knowledge bridge?

“Our popular Growing Gardeners classes teach residents how to start and successfully grow vegetables at home. Four Saturday sessions cover soil testing, plant parts, pests, and everything else they need to know to build a successful vegetable garden. Our ‘Ask a Master Gardener’ program provides certified master gardener booths to Farmers Markets throughout the county. They answer questions each week from the public who drop by and provide literature and guidance that address their specific problems. Got gophers? Ask a Master Gardener.”

“We also staff a Help Desk that answers calls and emails from worried garden-

ers and landscapers, (925) 608-6683 or ccmg@ucanr.edu. All information is up-to-date, non-commercial (unbiased), and research-based and originates from



Jill Cordry, President
Master Gardeners of Contra Costa

University of California experts. Our three demonstration gardens in Richmond, Walnut Creek, and Antioch are open to the public during growing season for demonstrations of advanced growing techniques and to answer the public’s questions. The Walnut Creek garden contributes tons and tons of fresh produce to the Monument Crisis Center for distribution to needy families. We also provide local speakers for libraries and gardening programs, support local community gardens and VA centers,

and run yearly master gardener volunteer training courses, which will be offered on Saturdays for the first time beginning in October.”

Jill explained that master gardeners contribute hundreds and sometimes thousands of hours to these programs. Wow, that’s a lot of volunteer service to the gardening community. What upcoming events should our residents know about?

“Well, due to the current coronavirus restrictions, we’ve had to cancel our popular Great Tomato Plant Sale this year. But we have over 25,000 seedlings that we were preparing for the big sale looking for a good home. So, we will be donating these seedlings to the public. Gardeners can sign up for vegetable seedlings on our web site, then pick them up at a reserved time at Our Garden Walnut Creek off Ygnacio Valley Road.”

Free plantings? Yay! Go to: www.ccmg.ucanr.edu to build your order list, to sign up for quarterly master gardener emailed newsletters, link to their Facebook page, or to follow their Twitter feed, @cocomguc. The web site also provides further details about master gardener programs and classes. Thanks, Jill and thanks to all the generous master gardeners for lending their time and guidance to help us become successful eco-friendly gardeners.

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



Ask A Master Gardener Booth. -Photo- Linda Jaskolski



2019 Walnut Creek Great tomato plant sale

photo: courtesy Fletcher Oakes

Celebrate Earth Day by reading to your kids

By Jill Hedgecock, author of *Rhino in the Room*

2020 marks the 50th anniversary of Earth Day, an annual event that is now celebrated on 22nd April every year globally. Despite its current international reach, Earth Day’s roots are local. The first celebration occurred on March 21, 1970 when the idea was launched by peace activist John McConnell at a UNESCO conference in San Francisco. The theme of Earth Day 2020 is that it is the responsibility of every individual across the world to take steps for climate change control.

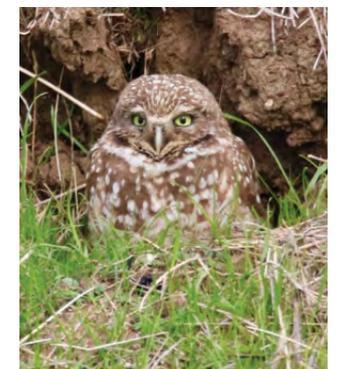
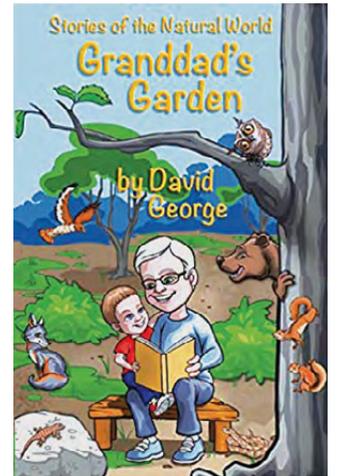
David George, Diablo Gazette’s Naked Gardener columnist, has recently published a “climate lit” novel complete with illustrations by Inky Inkster-Gabor. “Granddad’s Garden” is a collection of nature-based stories designed to be read by a parent or grandparent to their learning-to-read age kids and grandkids. The modern-day fables feature furry fox kits, owls, turkeys, coyotes, frogs, snakes, and mockingbirds as they encounter challenges and threats and learn how to survive, which provides comparable lessons for children growing up in today’s world.

One nature-inspired story teaches about habitat destruction. In “The Owl who Couldn’t Give a Hoot,” how people destroy the land of our woodland animals to build their own homes is described. The lesson embedded in the story is that humans can be the creatures’ voices for positive change.

“Good Stewart” I think best captures the spirit of Earth Day,” says George. “Its theme is taking action every day in small ways to make a big difference.” David hopes that his book will inspire the young and old alike to love and embrace nature in all its forms.

“Even the squishiest worms, the bugs in our soil, or the darkest rainstorms are essential parts of the planet’s cycle of life,” he says. “We can learn valuable lessons from observing, talking about, and just being out in nature.”

Because of the Coronavirus Covid-19 outbreak, many Earth Day activities have been postponed or cancelled, but reading at home and outdoor activities with loved ones can be great ways to have fun, educate children, and bring families closer together. On this 50th anniversary of Earth Day, take the time to discover new adventures in your own backyard, woodland parks, or the beach, then celebrate your relationship with the natural world by reading to the future stewards of this planet. Available at Amazon books (<https://amzn.to/2WgSF3O>)



Save Mount Diablo signs agreement to protect Smith Canyon recreational gateway to Curry Canyon

In March, Save Mount Diablo (SMD) has successfully entered into a purchase agreement to buy and protect 28.73-acre Smith Canyon for \$650,000, east of Clayton. It could be a recreational gateway to Curry Canyon from Morgan Territory Road if the purchase is completed. The nonprofit land conservation organization is working quickly to raise funds because the purchase must be completed by early April. It is one of several properties Save Mount Diablo hopes to protect with the final \$2 million in fundraising of its \$15 million Forever Wild Capital Campaign.

“The Smith Canyon property is an incredible recreational gateway to the magical Curry Canyon on the east side of Mount Diablo,” said Ted Clement, SMD’s Executive Director.

“How often do you get to save an entire canyon,” said Seth Adams, SMD’s Land Conservation Director. “Smith Canyon is lovely. It’s one main lushly wooded stream canyon with several smaller drainages rising to ridges on either side and toward a small peak on our neighboring Curry Canyon Ranch.



Save Mount Diablo staff and others gather in Smith Canyon, a natural recreational gateway to Mount Diablo State Park.

The money that Save Mount Diablo must raise for this proposed acquisition project will be part of the organization’s Forever Wild Capital Campaign. This campaign has an ambitious \$15 million goal to help Save Mount Diablo expedite its land acquisition efforts while also giving the organization the resources to steward and defend its conserved lands in perpetuity. To date, almost \$13 million has been raised against the \$15 million goal.

CLAYCORD® NEWS & TALK

In case you missed it...



Congressman Mark DeSaulnier remains in critical condition

Congressman Mark DeSaulnier remains in critical condition following his hospitalization to treat complications of pneumonia from a traumatic rib fracture that occurred in a fall during a run.

The following information is from the family of Congressman DeSaulnier:

"We've been amazed and moved by the outpouring of support, prayers, and love from everyone who cares so deeply about our dad. We can't thank you all enough. It's a testament to him that even at this difficult moment, so many people have taken the time and effort to reach out on his behalf.

"At this point, our dad remains in critical condition in the ICU. The doctors are hopeful that he remains stable, but he has much improvement to go. He has devoted his time, energy, and his life to the citizens of California, and we hope that you will all continue to lend him your support while giving him the quiet he needs as he continues fighting the good fight."

Pet owners urged to plan for care of pets in case of hospitalization

Animal shelters in Alameda and Contra Costa counties urged pet owners to develop an emergency plan in the event they are hospitalized with the coronavirus and cannot care for their pets.



That could leave hundreds of pets needing care when their owners are hospitalized.

Pet owners are advised to make an emergency kit with food, at least two weeks of required medication and other necessary supplies such as a travel kennel or crate.

Pet owners should create a written emergency plan, including their name and contact information, their pet's feeding schedule, vaccination and veterinarian information and any relevant information about medications and instructions for treatment.

Pet owners should also find a temporary caregiver among their family, friends, neighbors, pet sitter or local pet boarding facility.

Animal shelters from the two counties warned that public shelters are not equipped to handle a large influx of pets needing long-term care.

Beware of fraudulent charities during Coronavirus Pandemic

State Attorney General Xavier Becerra warned Californians to beware of fraudulent charities during the COVID-19 coronavirus public health emergency. "Do your research before donating," Becerra said in a consumer alert.

Genuine charities and telemarketers soliciting donations in California must be registered with the Attorney General's Registry of Charitable Trusts, which can be viewed online at www.oag.ca.gov/

charities.

The online registry can be used by the public to research whether a charity is genuine, how it spends its donations and how much goes to overhead and employee salaries.

Becerra urged Californians not to give out personal information by phone, to be cautious of fraudulent "look alike" websites imitating real charities and to be wary of telemarketers.

"Give to organizations you trust," he said. Anyone who is aware of a charity scam can file a complaint on his office's website at oag.ca.gov/report.

Mt. Diablo State Park closed to vehicular traffic until further notice

Mt. Diablo State Park is now closed to vehicular traffic until further notice. California State Parks has taken this temporary safety measure to reduce crowds and help prevent the spread of the coronavirus.

All museums and visitor centers, and campgrounds in the state parks system are also closed until further notice.

Contra Costa County will cancel some late payment penalties for property taxes

The Contra Costa County Treasurer-Tax Collector's Office is reminding homeowners of the April 10 property tax delinquency deadline and said it will cancel late payment penalties and interest for people affected by the novel coronavirus.

The Treasurer-Tax Collector's Office doesn't have the authority to extend the deadline but said it will waive penalties for late payments if a taxpayer can document that the outbreak is hindering their ability to pay their property tax on time.

"Beginning April 11, we will make available online a penalty cancellation request form specifically related to the coronavirus," Treasurer-Tax Collector Russell Watts said in a statement. "The penalty cancellation process will require documentation about how the taxpayer was impacted by the virus from reduced hours, layoffs, business closure, hospitalization or other circumstances that prevented timely payment."

Homeowners who are able to pay their property tax on time should do so online at <https://taxcolp.cccounty.us/taxpaymentrev3/lookup/>, or by calling (925) 957-5280 or by mail. Walk-in payments will not be accepted as the Treasurer-Tax Collector's office is closed due to the Bay Area's shelter-in-place order. Information on property tax installments and frequently asked questions can be found at cctax.us.

Multiple banks offering 90-day grace period for mortgage payments

Gov. Gavin Newsom announced that multiple major banks will offer a 90-day grace period for mortgage payments in light of the COVID-19 coronavirus outbreak.

The grace period applies only to homeowners making mortgage payments to Wells Fargo, Citi Bank, JPMorgan Chase and U.S. Bank, according to Newsom.

State legislators praised Newsom and the banks for negotiating the grace period but called for a similar grace period for tenants across the state who pay rent.

"Families should not lose their homes because of COVID-19," Newsom wrote in a Twitter post. "Very pleased that Wells Fargo, Citi, JPMorgan and US Bank have agreed to a 90-day grace period for mortgage payments for those impacted by #COVID19. A big sigh of relief for millions of CA families."



Ruby Dooby Do to the Rescue

DOLLY

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

Four-year-old Dolly has been through a lot. This sweet, 35-pound female Formosan Mountain Dog/Heeler mix was found living on the streets on the cusp of death. Her eye couldn't be saved, but her loving spirit remains intact. She would do best in a quiet home with a gentle-mannered owner. Dolly is:

- Good with dogs and kids,
- May not be good with cats,
- Leash-trained and trustworthy off-leash
- Housebroken,
- Frightened by loud noises,
- Polite and smart,
- Snuggly, playful, and spunky
- Not suitable for apartment life



Dolly is spayed, vaccinated, and microchipped. Her adoption fee is partially sponsored. To meet this loving dog and find out if you are a good match for each other, fill out an adoption application: <http://lovesecondchances.org/applications/adoption-application/> (allow a few days for review).

The mission of San Ramon-based Love & Second Chances (LSC) is to help death-row, abused, and neglected dogs find forever homes. This foster-based rescue was founded in 2012 and operates both a local and international program. Their team consists of compassionate individuals who embrace the rescue's motto: "No one said it would be easy, they only said it would be worth it." LSC is always looking for fosters who are interested in opening their homes to their rescues and they also welcome donations: <http://lovesecondchances.org/donate/>. Another way to help is to share images of Dolly on social media. Sharing saves lives!

A Bone to Pick: Tens of thousands of pets have been abandoned in China either due to the hospitalization of their owners or government lockdowns of areas as a result of the coronavirus outbreak. Some dog owners in Beijing and Shanghai have placed face masks for their pets based on a mistaken belief that pets could catch the virus. Authorities in the province of Zhejiang may have instigated or perpetuated this myth when they announced dogs caught in public would be put to death. The World Health Organization has stated that Coronavirus Covid-19 is not spread to humans by companion animals and your dog is not at risk from the disease.

About 1 million animals each year are abused because of domestic violence at home. There is often a common connection between battered women and dog abuse. 71% of pet-owning women entering shelters reported that their batterer had injured, killed or threatened family pets for revenge. If someone is hurting you or your pet, help is available. Concord's emergency shelter is located at 2047-A Arnold Industrial Way and Walnut Creek's Center is located at 1300 Boulevard Way, both facilities are open M-F 8am-4 pm. 24-Hour help is available: Call 211 or text "HOPE" to 20121.

Pawsitive News: Did you know your pet has a carbon footprint? Celebrate Earth Day by becoming a "Green" Pet Owner. Plastic can take 400 or more years to biodegrade. When picking up after your animals, use biodegradable poop bags such as Doggy Do Good bags (<https://amzn.to/2TStT8E>). Be aware that some manufacturers that claim their poop bags are compostable/biodegradable do not meet acceptable standards. Make sure the bags meet ASTM D6400 USA requirements. And speaking of plastic, consider purchasing pet toys made of recyclable plastic such as those made by West Paw Design (<https://amzn.to/2WbIspv>). Leashes and collars made of hemp are more sustainable than those made of natural fibers such as hemp and when thrown in the washing machine, they won't release microplastics. Some pet food companies such as sustainable pet foods (<https://www.sustainablepetfoods.com/>) package their products in compostable/biodegradable bags and stickers and seed paper labels. Ready to go all-green as a pet consumer? Check out these guidelines to become a zero waste dog owner: <https://www.sustainablejungle.com/zero-waste/zero-waste-dog/>

Are you going to plant new greenery for Earth Day? If so, learn those that are dangerous to your pets. The following link includes lists of plants toxic (such as ivy) and safe choices (begonias, and asparagus ferns) to dogs: <https://topdogtips.com/plants-toxic-to-dogs-safe-for-dogs/>. Also, gardening fertilizers and pest control chemicals should always be kept away from your dog too.

Another simple green thing to do is avoid filling up landfills with old towels and bedsheets. Instead, donate them to animal shelters and pet rescue organizations.

And don't forget to go outside and celebrate Earth Day by taking your dog for a walk!

Editors Note: Ruby Dooby Do is Concord's Instagram celebrity with more than 116,000 followers. Instagram.com/rubydooby__Do. Special thanks to Jill Hedgecock, Program Coordinator, Mount Diablo Branch of the California Writers Club for her help in translating canine for this article. www.jillhedgecock.com.

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

Shelter-in-place only a delay as market is still strong

Given where we are, “shelter-in-place,” fighting a pandemic, I’m sure you don’t need to hear one more time about washing your hands and social distancing. We are all getting all of that from other sources. My expertise for the past 40 years is real estate. Maybe not now, but rather when we all feel safer, the question will come up as to how all of this affects the real estate market. At the moment, we (Realtors) are considered a nonessential service. The closing of escrows and ongoing escrows can be completed, but we’ve been mandated by our State and local Association of Realtors NOT to show homes, do broker tours and/or open houses. Virtual showings might be happening, but I caution you to be careful about offers at a time when people can’t sufficiently investigate properties or see competition prior to making those offers. It could create chaos (or regret) later for the buyer and seller.

With 2008 recession still in the forefront of our memory, many worry that it will be a 10-year cycle before the market recovers. Is this anything like that? I don’t believe it is. My experience of the Northern California real estate market is that it is usually last to go into a recession and first to come out.

But don’t take my word for it. Dr. Marci Rossell, leading Real Estate Chief Economist says the effects of this will be more like the 9/11 recovery of about two months. Similarly, going into 9/11 we were in a robust economy, and 9/11, much like this, didn’t originate inside real estate as the 2008 recession did. On the other side of this, the shortage of homes will still be a reality and interest rates are likely to still be low.

Chief Economist Laurence Yun, National Association of Realtors agrees and adds there will be more people working from home, so we may actually begin to see more

people wanting to search for different homes to fit their lifestyle a little better.

“Half of Americans don’t have any exposure to the stock market, so they’re just looking at the low mortgage rates,” Yun says. “It will be a delayed Spring buying season, into Summer and Fall. Even if it takes a little longer to contain it (virus), there is such a solid fundamental for the real estate market, things will play out very well over the long haul.”

Economists look at the data, past, present and try to predict future. In some ways, what we believe is a self-fulfilling prophecy. But experientially as a full time working Realtor in the local market, there was a strong demand for housing a couple of weeks ago, and that is just postponed during this medical crisis, the demand is there for our homes, neighborhoods, schools because the interest rates make it more attractive to own than to rent. The American resilience will get us through this, and the American Dream of home ownership will continue after this. We are going to be ok.

So, if you are thinking of buying or selling, prepare by getting your home ready, making the list, checking it twice, and setting up things for when you can be social again. I predict it’s going to be a good summer for selling. And buyers can use the time to clean up credit, get loan applications in and wait for the dust to settle. Until then, be well.

Terrylynn Fisher, Broker, Dudum Real Estate, DRE#01882902, Senior Real Estate Specialist (SRES), awarded a 5 YR-5 Star Professional, and achieved Top 500 Brokers in the nation in 2019. She’s got the experience... For a Buying or Selling Plan, call 925 876-0966, info@BuyStageSell.com. DRE#00615420

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

While we are doing our part and spending more time at home, we find ourselves cooking more. The stores can’t seem to restock bread fast enough, so this easy-to-make dough comes in real handy.

How easy? The dough recipe contains only two ingredients, Self-Rising Flour and plain Greek yogurt. We prefer using Fage 0% Plain Greek Yogurt. There is something about the consistency of that yogurt that causes the bread to come out fluffier than when we try other brands.

You can make many different items with this versatile dough: bagels, rolls, pizza crust, breadsticks and more. But we will use it to make a batch of warm fluffy bagels. For toppings we will need 2 egg whites, Trader Joe’s Everything Seasoning, and some roasted sesame seeds.

We use a KitchenAid mixer with a bread hook attachment to mix equal parts of the flour and Greek yogurt. You can knead the dough by hand, but it is so much easier to use the mixer. After ingredients are thoroughly mixed, let the dough stand for approximately 5 minutes before shaping into bagels. You will probably want to coat your hands with flour to help keep the dough from sticking to them.

For each bagel, form a small ball. Then roll each ball in your hands into a strip of dough, or sausage shape approximately 1” thick by 6” long. Join the ends together to form the bagel shape. Place bagel dough into a donut baking pan (or on a parchment paper lined cookie sheet). When all bagels are formed, brush with egg whites and sprinkle desired toppings.

Our favorite topping is a combination of Trader Joe’s Everything Seasoning and Roasted Sesame Seeds.

Bake in a 400° preheated oven till golden brown, approximately 18-20 minutes. Delicious when served warm. Or, store in the refrigerator until ready to use. We are not fans of them straight out of the refrigerator, but they toast beautifully.

We hope you love this recipe as much as we do. Create and play with the recipe to make all your favorites. We even made our own hot dog bagel bites (our version of pigs in a blanket). YUM!

Now is a perfect time to give this simple recipe a try. I guarantee you will come back to it again well past the shelter-in-place.

Carol and Randi, the FruGirls, are local home stagers and decorators. You can also find them blogging about many other ways to live an elegant life for less, online at www.frugelegance.com.



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Views of the Valley

Photos by Micah



A special performance of India's ancient dance, Bharatanatyam, at the Pleasant Hill Library.



Participants enjoyed an evening of art at a Painting With a Twist fundraiser to benefit the Veteran Love Foundation at the Pleasant Hill Library



This Plague Doctor was relaxing at Newhall Park. That's a good sign, right?



Councilmember Caryln Obringer enjoyed reading "Horton Hears a Who" to Ms. Beth Miller Bremer and Mr. Eric Vandetta's first grade classes at Wren Avenue Elementary on March 2 in honor of Dr. Seuss' birthday. March is designated as National Reading Month.



Kudos to Brooke Tompkins Director of School Dining Services and volunteers who organized free breakfasts and lunches to be passed out to students K-12 during the COVID-19 school closure. Chrome books to assist students with at home Online studies during the shutdown were being passed out in the multi-use room.

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aRt Cottage goes virtual reality

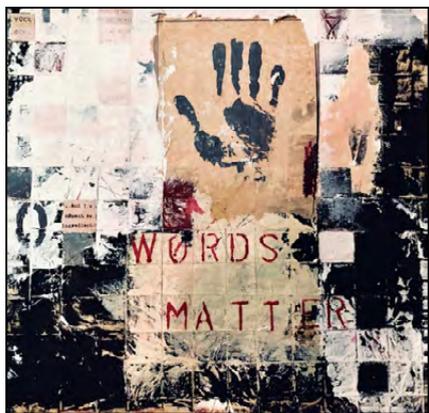
I am amazed how businesses with a little creativity can still operate via the internet. That is also true of the aRt Cottage. We are now able to take you on a virtual tour of our current exhibit, thanks to my webmaster, Lisa Fulmer.

Go to artcottage.info and click on the YouTube logo in the sidebar. There is a beautiful film, of each room (gallery) as Lisa takes you on a 3-minute tour complete gallery background music. Each artist is featured with titles and prices of their work. Purchasing is easy if you chose to do that. PayPal is available. Pickup will be arranged in a "to go" special no contact way. If you have questions simply call me at (925) 956-3342 for anyone with questions.

The art displayed on the video has a close-up and the all the information you need. Take the tour as often as you like, when you see something you really like, just pause the tour. What a fun way to see the aRt Cottage.

The wisteria is in full bloom and is so fragrant. If you chose to walk by the cottage, take a deep breath and enjoy the scent of this 50+ yr. old wisteria plant

that surrounds the cottage. My heart aches for what is going on in the world, but I try to watch less TV, make more art, write more real letters, and keep in touch with neighbors, family and friends. We will all be out and about again greeting each other with smiles and sharing conversations.



Words That Matter, Roberta Welburn-Milstead

As of the time I am writing this article, aRt Cottage still plans to have the May through June Exhibit. ABSTRACTLY SPEAKING 2020 will feature these six artists Katie Korotzer, Lynn Glenn, Pamela McCauley, Jan Lainoff, Roberta Milstead, and Valerie Corvin. More information will be out early in May. Art lovers

stay tuned.

As soon as the shelter in place is lifted, I am looking forward to having the students back for fun classes and the art enthusiasts back for tours of this beloved place. The gardens are in full bloom and I miss all of you who have come in and been so supportive in the past nine years I have been here. Soon we will have artist receptions, music, conversation, and tours enjoying local art and artists again. Until then, please keep in touch via email frogard2000@gmail.com and check out our tour at artcottage.info

Out to Lunch

Exceptional Afghan Cuisine

by Richard Eber

Every blue moon or so, a new local restaurant opens up that has the creativity, elegance, and taste, not seen elsewhere. Such is the case with Afghan Cuisine at 2995 D Monument at Oakmead Dr., in the former Monument Grill location.

Owned and operated by Muhammad Hanif and his brother, this niche eatery features homemade cooking for every dish they serve. Even the Afghan style Farmers Cheese, accompanied by raisins as an appetizer, is produced in house.

This gem offers the best Afghani style dishes in Concord since Zalla moved to Danville a few years ago. It puts together a unique fusion of Mediterranean and Middle East cooking styles.

If you are unfamiliar with the menu, a good place to start is by ordering Mantu, the national dish of Afghanistan. It consists of succulent dumplings that are stuffed with either butternut squash or ground beef.

Mantu has similar characteristics to Italian raviolis. They are covered with a white sauce that features onion, saffron, cumin, chili peppers, yellow lentils, and other assorted spices. Chaka yogurt binds it together creating creaminess and tang which makes their Mantu signature menu items.

When it comes to the main course, Afghan Cuisine offers various kabobs featuring Beef, chicken, or lamb with each seasoned in their own special marinade. The chicken consists of thigh meat marinated in lemon, garlic, saffron, cumin, and paprika. The beef is prepared utilizing coarsely ground shaped balls full of Afghan spices. These along with the lamb were equally superbly cooked. Afghan meats are traditionally grilled well-done, so it is important to stipulate what level of doneness one desires when ordering. I prefer medium rare.

All of their Kabobs are certified Halal, which is the Arab version of being Kosher. Note, in adhering to Halal standards, they do not offer alcoholic beverages. This is a bummer because a cold beer pairs well with Afghan foods.

Accompanying the Kabob's are complex rice dishes. Their Palow rice is cooked in a lamb broth with vegetables and spices. The Qabeli has bits of lamb among the rice topped with shredded carrots, raisins, and almonds. My favorite was the Narunj style that has the distinct flavor of orange peel and almonds. Plain basmati rice (Chalow), accented with saffron, is also available.

For vegetarians and the rest of us there



friend who consumed it without remorse. True to the homemade culture of the restaurant, the desserts at Afghan Cuisine are a revelation. During multiple visits, I sampled several versions of Baklava which is freshly prepared each day. Their Baklava creations had a distinct taste of pistachios, walnuts and almonds

In addition, a cream roll is served with a similar taste one might find in an Italian Cannoli. I barely got to try this dessert as most of it was inhaled by my



Lamb, chicken and beef kabobos

Their desserts are a wonderful finale to a satisfying gourmet experience.

To accompany these rich foods, Afghan Cuisine offers several authentic non-alcoholic drinks for their patrons. The "Dough" is a salty yogurt concoction with cucumbers and mint. I also tried the pink tea with cardamom bits and the traditional Chai. For me these are an acquired taste for which I will experience on subsequent visits to the restaurant.

Afghan Cuisine is a special place that deserves to be placed in a small group of top tier restaurants in Concord, Walnut Creek, and Pleasant Hill. Muhammad tries very hard to please his customers and is constantly surprising them with new dishes and specials that make coming to visit there a special treat to look forward to.

Rated 4 1/2 of 5 stars on Yelp, this gem is truly a rare find and welcome addition to Concord's exceptional assortment of international dining options.

They are normally open 7 days a week from 11 am to 10 pm. Catering services are also available. During the shelter-in-place, call for take-out and curbside pickup starting in early April. 925-521-9000.



are several menu options. Noteworthy is Sabzi which consists of sautéed spinach in olive oil accented by green onions, garlic, and parsley. I have a weakness for this dish as it reminds me a bit of what was once served by the iconic Original Joes in San Francisco.

In addition to the Sabzi, Dawl made from lentils as a base along with special herbs and spices, comprises traditional Afghan faire. Another vegetarian selection is Borani Barjan that features sliced eggplant cooked in a special spiced sauce. Normally, I'm not a fan of this purple vegetable, but I was impressed how good Muhammad's creation tasted.

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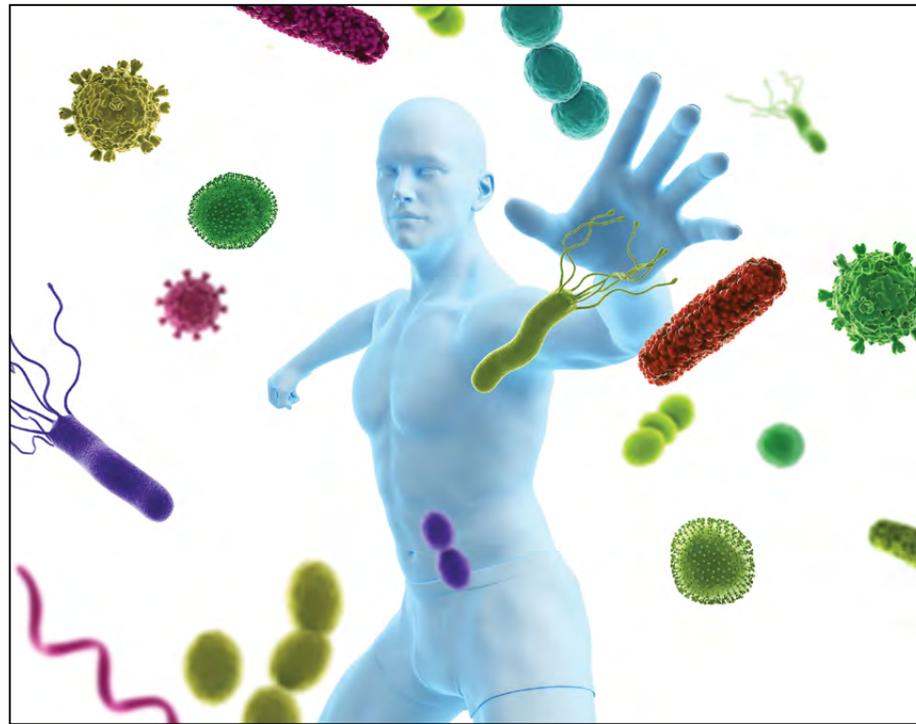
Tips to Boost Your Immune System During the Coronavirus Pandemic

Have you found yourself consumed with the latest news on the coronavirus and its economic impact? Are you experiencing such symptoms as sleepiness, forgetfulness, a short-temper, binge-eating, and a feeling of being overwhelmed? Health experts say if anxiety and fear carry on for too long, it can weaken your immune system and make you more susceptible to the very virus you want to avoid. The Biology of Belief author Bruce Lipton in a recent interview explained that with chronic fear “we are shutting down the maintenance of the body, which opens us up to infections and inflammations.”

That’s not to say you should ignore the news. It’s important to keep up with media reports of the evolving pandemic and follow the safety recommendations and requirements of your local, state, and national health agencies. Clearly, you don’t want to infect yourself with COVID-19—or infect others—and you want to know what to do if you feel symptoms. But excessive panic, like the virus, can be contagious.

So, it’s important to maintain your emotional health when hearing scary reports that could impact you and your loved ones. In this article we provide some tips to lower your stress level and boost your immune system in various areas of your life, including behavioral, environmental, mental and emotional, and spiritual.

One key behavioral step to strengthen your immune system is to avoid bad sleep habits. If you watch the news along with having coffee and caffeine just before bedtime, it may not be conducive to restorative sleep. Likewise, anxiety triggered binge-eating, particularly of sugar and carbs, or excessive alcohol consumption can weaken your immune system. Changing such behaviors is not always easy, but there are helpful tools such as Emotional Freedom Technique (EFT) that could help you address the anxieties underlying your behaviors. EFT involves tapping on body pressure points to get release from negative emotions. It’s an easy method to learn, and there are many sites on the internet that demonstrate its use. We’ll highlight additional techniques below.



The coronavirus may also have had a significant impact on your daily environment. You could be more isolated now or suddenly have begun working from home alongside your school-aged kids. So, if you’re suffering from cabin fever, worrying about your job, or need to escape the household hubbub, consider spending some time outdoors. According to health experts, a walk-in nature, a nearby park, or even in your neighborhood shouldn’t present risks if you practice social distancing. Sunlight can strengthen your immune system and time away in calming surroundings can give you resiliency. Other techniques that can provide relief from environmental stress include listening to peaceful music, exercising and/or stretching, or just finding a quiet place to regenerate.

On the mental and emotional front, it’s important to balance the negativity of pandemic news with positive feelings and thoughts. After watching the latest coronavirus updates, it might be good to switch channels and watch comedies or uplifting movies and TV shows. If your thoughts stay stuck in negativity,

read an inspirational book or engage in creative activities, such as completing a jigsaw puzzle, gardening, cooking, or engaging in artistic pursuits, such as painting, writing, or quilting.

A daily practice of gratitude may also help. At bedtime, review the events of the day that brought you joy, no matter how small. Our minds are geared to watch out for threats, but with practice, we can train our minds to notice joyful moments as well. And if you’re feeling isolated, reframe it. Try to view it as a positive retreat to refresh and reinvigorate yourself through trying out something new—or a time to get all those chores done.

Spiritual rituals in your life can help you connect to something greater by prayer, watching church services, or reading religious and sacred works. Practices such as meditation, yoga, and mindfulness can help boost your immune system and have a powerful revitalizing impact when you need it most. There are countless stories of individuals who rose above hardships when connecting with a power greater than themselves.

We are all unique and may need different strategies and paths to cope with the current times. We’ve provided examples here, but there are many other possibilities. And, if you find yourself compulsively obsessing beyond what you can handle, consider professional help. A professional practitioner can use hypnotherapy, teach self-hypnosis, EFT, and other healing modalities to help guide you through tough times. Teaching professionals often have interns who charge minimal amounts and you can work with them through facetime and other venues without an office visit.

We look forward to discussing further emotional health issues in future columns. If you have questions, please reach out to us via the contact information on our websites: Holly at www.hypnotherapytraining.com or Bill at www.billyarborough.com

Shelter-in-place and Thrive

By Lisa Vonnegut, CSCS

Shelter-in-place is new territory for most of us. It’s difficult to predict how the initial novelty of this situation might degrade into boredom and chafing at our restrictions. As we face the reality of weeks at home without the demands or structure of work, school or social commitments, having a game plan can make the difference between coping and climbing the walls. Here are a few tips to help everyone shelter in place and thrive.

Stress management. Uncertainty promotes anxiety. So does the prospect of time at home with small children and no playdates. Or the financial stress of unexpected job loss or unpaid time off. A self-care routine is vital to keep stress at bay. Identify things that nourish your spirit and adapt those activities to your current situation. There are online classes and apps for meditation and guided visualization. Other items on this list might also help.

Helping others. The loneliness of social distancing can be mitigated with the recognition that we are coming together as a community. An elderly couple next door might need a few groceries or a single mom down the street might need a few minutes to herself. We can maintain a physical distance while still connecting with one another.

Exercise. If the weather is nice, go for a walk. If you need to stay indoors, look for streaming yoga, Pilates, dance or bodyweight workouts. Moderate movement provides an antidote to stagnation, stimulating your body and your brain.

Learning. Your mind needs stimulation as much as your body does. Watch that documentary you’ve been hearing about. Take an online class. Teach yourself to juggle, draw, or play chess, or read that biography that’s been on your Kindle for years.

Tracking your food. It’s tempting to sit on the couch with a bag of chips and make a few hours disappear with Netflix. There’s nothing wrong with this (in moderation) but an extra handful of snacks here and there can add up without you noticing. Journaling what you eat will help prevent overindulging and make sure you’re getting enough of each macronutrient, as well. My Fitness Pal and Chronometer are good online resources.

Escape. Books, movies, music, and other forms of entertainment will help take your mind off the restrictions. Think about that book at the bottom of your nightstand. Isn’t it a good time to pick it up? Connect with your friends and play a game online or do a family puzzle.

Routine - Maintain a normal routine (or at least a routine) as best you can. Wake up and go to bed on time. Shower and dress for your day. Keep meals and exercise plans consistent. Insert a little structure to avoid the uncertainty of long hours to fill.

Most of all, keep perspective. Temporary measures are designed to protect our community, not drive us apart. With a little common sense and a good plan, we can thrive together, on our own.

Lisa Vonnegut is a trainer and coach specializing in neural performance and wellness. She is a partner at Bay Functional Fitness and founder of Body Synergy Fittation. Do you have a question for Lisa? follow Lisa: @bodysynergyfittation and PM your health and fitness related questions.



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Concord hires new Police Chief

Concord City Manager Valerie Barone has hired Mark Bustillos to serve as the City's next Chief of Police. Bustillos will replace retiring Chief Guy Swanger.

Bustillos comes to Concord from the San Jose Police Department, where he

has served for 27 years, most recently as Deputy Chief of the Bureau of Administration.

During his tenure with the San Jose Police Department, Bustillos had responsibilities in all aspects of running a department, including patrol, investigations and administration. In his recent role as Deputy Chief, he managed a team of 420 employees, sworn and civilian. Concord's Police Department has 154 sworn personnel and 57 civilian staff.

"Right now, the men and women of the Concord Police Department are doing an outstanding job while working in very difficult circumstances, and I intend to step in and continue the leadership that Chief Swanger has shown," Bustillos said. "I am looking forward to getting to know the community and working with the men and women of the Department in building community relationships. We will get through the COVID-19 health crisis and continue our mission to keep the community safe..."

The City of Concord issued a community survey to ask residents and members of the business community what they are looking for in their next Chief. More than 350 people responded and said their top two desired traits are: "Knowledge of and experience with policing best practices for solving problems and enhancing public safety;" and "Ability to integrate and build relationships throughout the whole Concord

community, becoming an active member of the community." The input from this survey helped guide the recruitment and selection process.

Bustillos was born and raised in San Jose. He attended public high school in San



Jose before obtaining his Bachelor of Arts in International Relations from Stanford University and his master's in public policy from Claremont Graduate University. He is also a graduate of the Police Executive Research Forum's Senior Management Institute for Police.

Bustillos joined the SJPD in 1992. His assignments included Patrol, Narcotics Enforcement, Mobile Emergency and

Response (SWAT) and the Field Training Unit. In 2002, Mark was promoted to the rank of Sergeant, serving in patrol, and later in the Office of the Chief-Internal Affairs and the Special Investigations Unit.

He was promoted to the rank of Lieutenant in 2008 and in 2011, to the rank of Captain and served as the Division Commander in the Foothill and Western Divisions prior to being assigned to oversee the Bureau of Investigations.

In 2016, he was promoted to Deputy Chief and oversaw the hiring of 300 recruits as well as the Police Academy, Records and Communications division.

In his spare time, he likes to umpire baseball and assist non-profits with getting first generation children to college.

The community is invited to watch the swearing-in ceremony on April 6, at 8 a.m. on Facebook Live, through Concord TV or via the City's website.

legally yours

Contra Costa County Bar Association
Lawyer Referral & Information Service www.cccbba.org

By Carole Lucido, CCCBA Communications Director

Legal issues are never easy, but with new procedures at the court, shelter-in-place orders and fewer opportunities to speak with an attorney – coupled with unprecedented stress and anxiety -- the chance to resolve your legal issue may seem pretty slim.

The Contra Costa County Bar Association has compiled a resource page for the community that includes specific documents that discuss the Coronavirus situation in Contra Costa County. The web page includes links to health orders along with detailed questions and answers about activities that are allowed and not allowed. Users will also find a list of community food and nutrition resources complete with hours food is available, addresses and eligibility requirements. Find the page at <https://www.cccbba.org/emergency-resources-for-the-community/>

The Community Clinic Consortium has provided information on health care, education, financial help, immigration issues and even special hours for seniors at grocery stores.

Answers to questions from employees and from employers can also be found as well as updates from the California Employment Development Department.

Taking care of your emotional health is also a concern and is addressed by a comprehensive document from the Centers for Disease Control and Prevention.

Dealing with Legal Issues Under COVID-19

Lawyer Referral Service

The Contra Costa County Bar Association has operated a low-cost Lawyer Referral and Information Service since 1978. It continues to operate during the COVID-19 crisis.

To find a lawyer, use the online form at www.cccbba.org or call the CCCBA Lawyer Referral Service and explain the legal issue to the Lawyer Referral Specialists. They will then contact appropriate attorneys and set an appointment by telephone. A nominal fee of \$35 covers the referral and an initial 30-minute consultation with the lawyer.

The 30-minute consultation may provide the information the client needs to move forward. When more guidance is necessary, the client may choose to hire the attorney on a limited scope basis for specific tasks. In complex cases, the client simply hires the attorney to handle the entire matter. However, clients are under no obligation to hire the attorney. Make sure you discuss the attorney's fees if before you choose to hire one.

The CCCBA website provides tips to prepare clients for their first 30-minute consultation to get the most information out of your session.

The Contra Costa County Bar Association was established in 1934 and serves members of the legal profession as well as the community. Visit the website at www.cccbba.org for more information.

Laboratories ordered to report comprehensive COVID-19 testing results to local authorities

On March 24, the Public Health Officers of Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara, with the City of Berkeley ordered laboratories that test for COVID-19 to report all results of tests for all residents of each jurisdiction to the ordering health care provider and the appropriate state and local health officials.

Labs were reporting only positive results, making it difficult for public health officials to know how many people are being tested overall. The new order requires laboratories to report all positive, negative, and inconclusive results, plus information that allows health officials to better locate the person tested. The more comprehensive data will improve health officials' understanding of the rates of infection and the location of possible infection clusters.

The growing availability of testing through commercial and academic

laboratories also expands the overall testing capacity. Because of the limited capacity of public health laboratories and the absence of further reporting requirements of private laboratories, the current percentage of cases that are detected through testing reflects only a small portion of the total number of people infected in our jurisdictions.

The Bay Area's total count of confirmed COVID-19 cases is more than half of California's case count.

"By sharing high quality test result data at scale, state and local health authorities can better track COVID-19, predict its spread, and better focus public resources to end this global pandemic," said Dr. Tomás Aragón, Health Officer, City & County of San Francisco.

For more information about COVID-19 activities in Contra costa go to www.coronavirus.cchealth.org.

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Closed CVCHS still serving students, families and the community

Everyone faces adversity at some point during their life – whether it’s at home, work, or a personal challenge to overcome. But none of us could ever imagine the unforeseen magnitude of the coronavirus pandemic (COVID-19) and its impact on our loved ones, friends, neighbors and in our daily lives.

American novelist, James Lane Allen, said it best: “Adversity does not build character, it reveals it.” Here at Clayton Valley Charter High School, I’ve been humbled to witness firsthand the resilience our students, families and staff exhibited every day since this crisis hit us.

Serving our students and families

Upon notice of our school’s closure, our teachers, counselors, custodians, staff, coaches, food service staff and administrators stepped up. Without hesitation, the entire CVCHS team demonstrated an incredible spirit and dedication to our students’ success. With our school closure announcement coming on Friday, March 13th, our team went to work immediately to provide structure and protocols for our distance learning and student support programs to ensure our 2,200 plus students did not fall behind. This allowed us to have learning in place by Tuesday, March 17th for all our students along with the accompanying supports to work towards success for all.

As we move forward, CVCHS is working with our teaching staff to ensure high academic expectations remain in effect to support our students’ academic progress. It is important that all our students stay in an engaging, productive routine, completing course work and communicating with their teachers online.

In our first week, CVCHS checked out 230 Chromebooks (laptop devices) to our students so they can continue learning re-

motely from home. We are also ensuring all families are connected to the Internet and utilizing our state-of-the-art online curriculum platforms. This was a massive undertaking and involved staff and parent volunteers to make it happen.

Serving our Community

CVCHS is also contributing to the community during these challenging times. As we all know, medical professionals and local hospitals are desperately in need of basic supplies. In response, our Science Department donated 66 pairs of safety goggles (100% of our supply) and CVCHS sent over 1,100 N95 respirator masks to Contra Costa County hospitals.

CVCHS’ Food & Nutrition Services program is providing free meals for all CVCHS students and for any child in our community. All meals are served between 9:00 AM and 12:00 PM Monday through Friday and include an entree, fruit, vegetable, and milk. In the first eight days, almost 2,700 meals have been served.

While all our school-related activities, events and athletic competitions have been postponed, it’s important to note that the spirit of our school community still thrives. CVCHS is committed to continuing to provide academic and social-emotional support to students and families during our closure and we look forward to celebrating our seniors in the coming months.

As I have emphasized in our communication with our students, families and staff: we will get through this. This is a challenging and surreal episode in each of our lives. We must remain hopeful and know that together we will grow stronger through this adversity. I cannot wait to be back to normal at CVCHS and see all our students and staff together and thriving on campus. We are Ugly Strong.



WWW.CLAYTONVALLEY.ORG

Ugly STRONG



Providing free, nutritious meals for community kids



Teaching students using Distance Learning



Donating safety equipment to local hospitals



Families supporting students learning from home

Clayton Valley thanks our amazing community of teachers, staff, families, students, and volunteers who inspire us each day to be UGLY STRONG!

Why Age 7 is the Right Time to See an Orthodontist

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



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