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The monumental task to count everyone

Starting March 12, households will begin receiving their 2020 Census invitation in the mail. The 2020 Census is your chance and legal obligation to participate in this once-a-decade count. The results will determine how much funding local communities receive for key public services and how many seats each state gets in Congress. Census data determines federal funding for more than 100 programs, including school lunches, highway construction, and education.

In addition to households, the Census Bureau will dedicate three days counting people in shelters, soup kitchens and mobile food vans, on the streets, and at non-sheltered, outdoor locations such as tent encampments.

Census takers will begin visiting college students who live on campus, people living in senior centers, and others who live among large groups of people.

All responses are based on where you live as of April 1, 2020. Once the invitation arrives, you will have three options for responding for your household: online, by phone, or by mail. Your information is

confidential. Federal law protects your responses, and your answers cannot be used against you by any government agency or court.

The Census does not include a question about citizenship.

In May through July, Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.

This is a great opportunity for those who need extra cash this summer. The Census Bureau is recruiting thousands of people for temporary jobs across the country for office and census taker positions.

The Concord Census office pay rate ranges from \$22.50-\$25 per hour. Hours are flexible. You must be 18 years of age. For more information call 925-349-1103 or go to www.2020census.gov/en/jobs.

United States
**Census
2020**



Bart's New Schedule Better for Concord Riders



BART has released a new train schedule which improves service to Concord riders. BART has been rolling out the new 775 Fleet of the Future trains and anticipates providing 10 car lengths for all Transbay train runs in the coming months. Trains that previously started and ended at Pleasant Hill will now continue service to the downtown Concord station. This will provide increased service for Concord riders during peak times in the morning and evening. Over the years, morning riders looking to target these short-run trains because they were less

crowded, shifted their origin station to Pleasant Hill. These riders may now opt to begin their trip at Concord once again. Concord parking doesn't fill up until about 8:30 a.m. Pleasant Hill will still be served by the same number of trains in the morning through 8:40 a.m., but many of them will no longer originate at the station.

To plan accordingly, please refer to the BART Trip Planner or the BART (Official) App. PDF's of the current schedule can also be found on the <https://www.bart.gov/schedules/pdf>

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The Journey-man's Journal

by Fran Cain

Getting to the destination can be half the fun of a vacation. As you plan this year's spring and summer jaunts, I found a trip to Bucks Lake in the Plumas National Forest via the Feather River Canyon to be a gorgeous and relaxing start to my excursion.

From the Bay Area, pick up Route 70 at Marysville and head towards Oroville. The USDA Forest Service named this stretch the "Feather River Scenic Byway," and it's a beautiful drive. During springtime, waterfalls cascade down the rocky cliffs along the road. You will travel through three impressive tunnels that were built as part of the Work Projects Administration in the 1930's. Arch Rock Tunnel, Grizzly

town dating to 1858, is the seat of Plumas County. It's walkable and charming with plenty of cafes and restaurants. I spent an hour or so exploring the wonderful Plumas County Museum, then stocked up on groceries and filled the gas tank before making the final 17-mile trek up Bucks Lake Road to the 5,456-foot summit.

The lodges, cabins and campgrounds fill up early at Bucks Lake, so I plan and reserve six months in advance. In early summer, there might be walk-ups available, but not past July 4th. I prefer the Lakeshore Resort for its dining, not to mention their happy hour is quite popular.

Once at Bucks Lake, I have a few favorite activities. First, there are the



Tobin Pulga Bridges intersect above Feather River

Dome Tunnel and Elephant Butte Tunnel were blasted through the rocky areas to form the road and are fascinating highlights of the route.

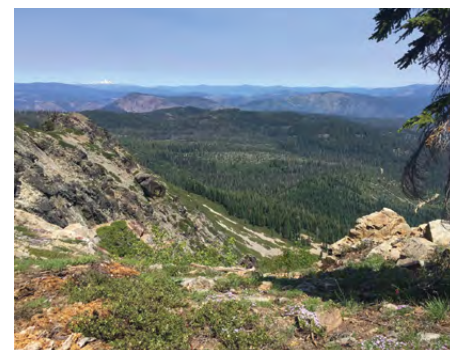
A historically significant area, this was the home of the Maidu Indians. It became a gold mining area in the 1850's after James Beckwourth discovered a pass from Sparks, Nevada to Marysville and led a wagon train through. 1,200 emigrants used the trail until the Western Pacific Railroad built the 927-mile Feather River route between 1906 and 1909. A fantastic railroad trestle, Tobin Bridge, intersects with the Pulga Bridge where they both cross the river.

Here, you have entered the "Stairway of Power". PG&E operates in this region through a descending "stairway" of powerhouses which utilize the water over and over for power before it flows on undiminished to other uses.

While I have not taken advantage of the hiking opportunities along the Feather River, the gold panning or the rafting and kayaking, there are certainly many opportunities for future visits.

I should note that Highway 70 passes through the fire perimeter of the horrific Camp Fire of 2018. The fire damage is still apparent along the drive.

Further along, Quincy, an old Gold Rush



View from summit of Spanish Peak at 7,000 ft. elevation reveals a snow-covered Mt. Lassen.

small beaches. This is a swimmer's lake since the water is exceptionally clean and gets comfortably warm by mid-summer. One afternoon, I rented a pontoon boat from Bucks Lake Marina with friends and coasted along the 17-mile shoreline, enjoying a picnic, sipping a beer or two, and stopping for a dip now and then along the way.



Grizzly Tunnel Dome

For more active days, I hit the Pacific Crest Trail (PCT). The trailhead is at Bucks Summit where there is plenty of parking. The approximately 5-mile hike into the Bucks Lake Wilderness Area to Spanish Peak has an elevation gain of about 1,500'. You should bring plenty of water because there are no services anywhere along the trail. The scenery is spectacular with everything from giant flower fields to lily ponds, to snow. I met and chatted with a few PCT thru-hikers, people hiking from the Mexican border to the Canadian border, or vice versa. They are easy to spot by the size of their backpacks, and occasionally their scent. Next time, I'll bring some protein bars to hand out, which I hear are always appreciated, and offer an opportunity to inquire with such interesting anecdotes as "where are you from?" and "what has been your scariest moment?"

Even in July you will find some areas

BUCKS LAKE

Getting there is half the fun

of snow in the shadiest spots on the trail. The amazing views from Spanish Peak, at 7,010 feet, are panoramic with showy, snowy Mount Lassen being the highlight. This magnificent vista is your reward for the work of getting there.

There is an easier, more shaded hike south from Bucks Summit. I was fascinated by markers for the California Trail placed by Trails West, a group who installs distinctive markers along the many emigrant trails leading to California and Oregon. They also publish guidebooks for the trails. The markers have quotations from emigrant diaries and journals spanning the period from 1841 to 1863. I tried to imagine what it might have been like more than 150 years ago taking a wagon train through this dense and rugged territory.

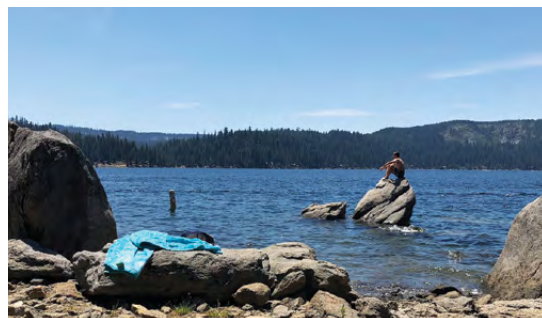
Winter is another story at Bucks Lake. Snow, snow, and more snow is the norm. There is snowmobiling, sledding and snowmen, but I'll stick with dining on the outdoor deck in the long, warm summer evenings watching the sun set over the water as the perfect end to a perfect adventure.

Recommended reading to help plan your trip:

<https://emigranttrailswest.org/trail-guides-for-purchase/california-trail-guides/5>

<https://plumascounty.org/Camping-Bucks-Lake>

http://www.buckslakeshore.com/Res_Bar.htm



<https://www.fs.usda.gov/recarea/plumas/recarea/?recid=32329>
<https://www.sierranevadageotourism.org/content/feather-river-scenic-byway-feather-river-canyon/siebdce57022f91805e>
<https://plumascounty.org/documents/Spec%20Tour%207.pdf>
<https://www.arcgis.com/apps/MapJournal/index>



Trail markers along the Beckwourth Trail display entries from emigrant diaries

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Jennifer Stojanovich

Realtor, Better Homes Realty

How to Price Your Home

Prep your home now for a Spring sale.

While it may feel like Old Man Winter is never going to leave, spring is just a few weeks away. The spring season is one of the best times of the year to sell your home. By getting yourself prepared during this time, you'll be ready to list your home at the beginning of spring. Here's what you need to do over the next few weeks to get ready.

Declutter your home. When the weather prohibits you from going outside, spend your time inside getting control of your clutter and depersonalize your space. By starting now you're giving yourself plenty of time to accomplish this task. Do you need some inspiration to get started? Then check out Marie Kondo's book *"The Life Changing Magic of Tidying Up"* or watch her show *"Tidying Up with Marie Kondo"* on Netflix.

Deep clean your home. This is one step that cannot be overlooked. Your home needs to be sparkling before any potential buyers drop in. Everything needs to be done, including shampooing the carpets, polishing the hardwood and tile floors, scrubbing the bathrooms and kitchen, cleaning the windows, and making sure you get into all the nooks and crannies. If the idea of deep cleaning your home is overwhelming, then hire a cleaning company to get the job done.

Make repairs. While cleaning, take note of anything that needs

repairs. This could include a leaky faucet, a tricky doorknob, or a hole in the drywall. Make sure all lights are working. Remember, home inspectors and potential buyers are going to be looking at everything in your home. Tackling these small repairs now will save you many headaches down the line.

Paint. A fresh coat of paint does wonders to make any room feel fresh and clean. Though you may love that bright blue paint in your master bathroom, you never know if it will suit the tastes of all the potential buyers who walk through your home. Now is a good time to repaint your rooms with neutral colors, like white, beige, or gray. Neutral colors allow buyers to more easily imagine themselves in the home.

Interview agents. Take time to research professional real estate agents in your area. Talk to friends and family to get recommendations then research them online. See what kinds of reviews they've gotten from other sellers, and whether they've had any disciplinary action taken against them. When you have a few agents that meet your criteria, schedule interviews with them. Ask them about their home-selling strategies, their fees, and if they can provide you with references. You'll get a good sense of which agent best suits your needs, and if their personality is a match with yours. *Courtesy virtualresults.net.*

First Tee teaches youths to do the right thing

First Tee is an international youth development organization, a 501(c)(3) nonprofit, dedicated to reaching youth ages 5 to 18 with the life skills common to the game of golf. The game of golf carries a rich tradition of good sportsmanship. There is no referee to call a penalty or interpret a rule. It is up to the player to do the right thing.

Imagine if more people played the game of life this way.

First Tee teaches life lessons reinforcing nine core values at ages 7 to 9: Respect, Courtesy, Honesty, Responsibility, Sportsmanship, Confidence, Judgment, Perseverance, and Integrity. From there youths begin to develop skills of self-management, goal-setting, conflict resolution, and more, all delivered in a seamless and

fun context of learning golf, taught with less talking and more doing.

Young people who stick with the program into their teens will find opportunities for national academies focusing on leadership, career exploration, and of course, golf. Education is encouraged and rewarded. Scholarships, both athletic (golf) and academic, are available.

Public is invited to their annual Mar Tee Gras Crab Feed on March 20 at the Clarion Hotel in Concord.

There you'll meet some of the First Tee coaches and hear the youth participants share some of their stories of First Tee. Registration is required by March 13 for the fresh crab order.

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NEWS & TALK

In case you missed it...

Bill introduced to expand enforcement power over PG&E

A group of state legislators announced the introduction of a bill that would give the state attorney general and local district attorneys the power to reprimand utility companies for failure to comply with safety regulations.

The Utility Accountability and Wildfire Prevention Act of 2020 attempts to hold utility companies like PG&E accountable when their equipment is found to have started a wildfire due to improper safety practices. Currently, only the California Public Utilities Commission has a similar authority.

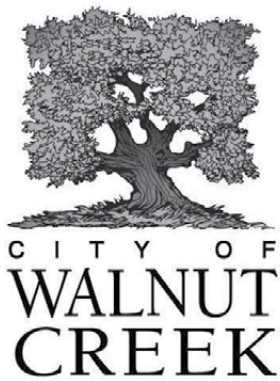
Under the bill, the state attorney general or a district attorney would have the authority to take utility companies to court and hold them liable for up to \$100,000 per day for each violation. Utilities could also be charged with criminal violations for failing to maintain proper safety standards.

Lawmaker proposes keeping toll bridges free for pedestrian and bicyclists

California Assemblymember Phil Ting announced he is proposing keeping Bay Area bridges free for pedestrians and bicyclists for another 10 years. Currently there's a ban on tolls for anyone walking or bicycling across any of the state's seven toll bridges that have sidewalk access, all of which are located in the Bay Area. However, the ban expires in January 2021.

In 2015, Golden Gate Bridge, Highway and Transportation District was considering a sidewalk fee for the more than 10,000 pedestrians and 6,000 bicyclists who cross the bridge daily.

AB 2674 is expected to be heard in committee in the coming months, Ting's office said.



Walnut Creek residents give city high marks in national survey

The 2019 National Community Survey results show Walnut Creek residents love their downtown, schools, open spaces and general quality of life, and don't like traffic congestion.

The National Community Survey was carried out in 240 U.S. cities in summer 2019. About 550 Walnut Creek households responded to the survey by the Colorado-based National Resource Center. Walnut Creek respondents said they are also pleased with their local government and city services, but find it difficult to drive around, park, use public transportation, bicycle around the city, or find affordable housing.

The survey addressed eight facets of local living — safety, mobility, natural environment, “built” environment, economy, recreation and wellness, education and enrichment, and community engagement.

More than 90 percent of those surveyed rated Walnut Creek as an “excellent” or “good” place to live.

Nine out of 10 survey respondents gave positive ratings about their overall safety, the city's natural environment (cleanliness, air quality, open spaces, preservation) and its overall health and wellness.

“Ninety-one percent of residents in Walnut Creek believe the quality of life is excellent or good, which is almost unheard of in local government,” City Manager Dan Buckshi said. “We are the benchmark in terms of those ratings for other communities.”

City parks, recreation centers and programs and special events all scored at 86 percent or higher.

Not surprisingly, Survey scores on traffic- and transit-related issues, including traffic flow, travel by car or bicycle, public parking and public transportation all rated at under 50 percent among those surveyed.

“From my perspective, these are great challenges to have — it means Walnut Creek is in demand,” Buckshi said. “People want to be here, either to live, to visit, to shop, to dine and to work.”

The results are used by city staff to guide resources to “challenging” areas. Only a few areas rated lower in 2019 than in 2017, mostly those involving traffic and affordable housing.

Walnut Creek Police reminding community about Project Lifesaver

The Project Lifesaver program is offered to Walnut Creek residents who are caring for loved ones with Alzheimer's, dementia, autism, or other cognitive conditions where they are known to wander away from family and/or caregivers. 95% of Project Lifesaver participants who go missing are found within 30 minutes.

Citizens in the Walnut Creek Community can be fitted with a band that would allow police to track them should they become missing. The department is equipped with locating devices that utilize radio frequency waves to locate the transmitters. To participate in Walnut Creek Police Department's Project Lifesaver program, the person must:

- Live within incorporated Walnut Creek,
- Be diagnosed by a certified physician as having Alzheimer's, dementia, autism, Down's Syndrome, or a cognitive disorder where the victim is a known wanderer,
- Have a full time caretaker (or parent/guardian),

- Not have access to a vehicle and/or a valid Driver's License

The cost to participate is \$300.00 a year, and \$25.00 each subsequent year. There is a limited number of partial to full sponsorships available on an as needed basis if financial hardship exists.

Call 925-256-3583 or email Program Manager Lauren Gehring at Gehring@walnutcreekpd.com for more information.

Read these and more local stories at Claycord.com.



computercorner

by William Clane, Tech Writer, Computers USA

TECH IN
ENGLISH

Can you keep a secret?

Passwords are your secret keys to the world. They represent your private means to access credit cards, brokerage accounts, Internet sites and private files. This secret key is your protection against prying eyes, hackers and outright theft of your valuables. Passwords are a most important tool to keep your privacy protected.

A password is “A secret word or phrase that must be used to gain admission to something,” according to Wikipedia. Use passwords to verify that it is truly you that is asking for entrance and not some hacker, virus, or malicious player trying to gain access to your secrets. I know, I'm sounding elementary.

By now, you should know how to create strong passwords, not to reuse them, and change them often. One should keep in mind recent break-ins to data centers like Equifax that stole millions of login credentials (user names and passwords). If you are like me, you have dozens of passwords, have reused some of them on multiple sites, and didn't update them frequently.

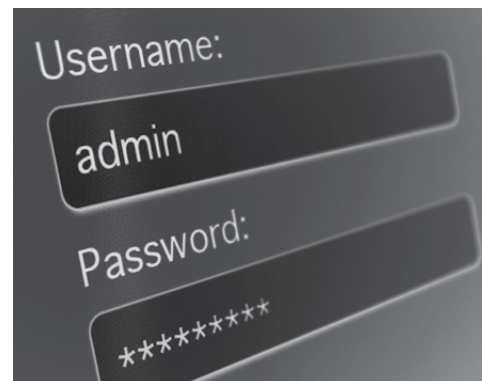
Hackers have evolved their break-in techniques. They are using computers to process millions of stolen passwords quickly. Their code and algorithms will crack your secrets and detect weak and reused passwords, and then they sell the information to other thieves who apply the hack to matching user names on other sites. Think of it this way, without a strong password for each site you visit, a hack attempt is already underway. If hackers find a match, consider yourself compromised.

It wasn't that long ago we recommended creating a password based upon a favorite activity like baseball to make remembering them easier.

For example, the password using baseball would look something like “B@ \$eBa11”. By now you know “Password, pa\$word, password” is an easy hack and should never be used again. So what do you do? You make complex passwords like “X4~?rqtz” they are complex and very safe and not hackable, but nearly impossible to remember.

Enter a great solution called a password manager that is for multiple devices like PCs, servers, tablets, laptops and smart phones. Password managers help you remember passwords to an unlimited number of web sites, computer and server logins, files and shared files. A good one will automatically fill in the username and password (aka your credentials) once you are on the site or file. A great one includes a recovery process should you forget the Master Password used to store your site passwords.

Best of all is the price. Simple password managers are priced anywhere from \$30 to \$70 dollars one-



time purchase and usable on one device like your smartphone or computer. More multifaceted password managers cost about \$50 to \$100 per year, used on multiple devices and have automated password creation.

The best password managers offered by MSPs (Managed Service Providers like ComputersUSA in Clayton, CA) include automated password changes; automated password creation, group access and denial should a worker leave your employ, work on multiple devices managed by professionals. For example, a group of your employees can have access to important web sites, or files without knowing the identity of the password. If a person in the group is no longer employed, the MSP manager can change the password for the group thereby deny access to the former employee.

In conclusion, if remembering and managing multiple passwords is a task, or if you are not creative with passwords that you can remember, then a password manager is your best solution. We recommend the best of the bunch called KeeperMSP. It is very easy to use, stores all your secrets, and it is inexpensive for a managed service. Depending on your needs, it ranges from \$4 to \$8 dollars a month, is fully managed, installed and setup for you. IN today's hacking environment, you may not be able to keep a secret, but MSPs can.

Now go do the right thing.

One Password to Remember them All



So many website passwords, how can you remember them all? - Yikes!

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By Corrine Bielejeski

Bankruptcy

Bankruptcy. It's a word that conjures fear and relief at the same time.

During the height of the recession, 15,000 businesses and families in Alameda and Contra Costa counties filed bankruptcy each year. Normal for our division is about 6,000 cases per year.

So, what is bankruptcy? Bankruptcy is a federal law that allows debtors to discharge (get rid of) debts, either through liquidating their assets or making monthly payments. There are many types of bankruptcies, but I will focus on the two types most frequently filed in our area – Chapter 7 and Chapter 13.

A Chapter 7 bankruptcy is used when a business decides to close or when an individual or couple cannot pay even \$100 per month toward their unsecured debt, like credit cards. A trustee sells anything not protected by state or federal law and uses that money to pay creditors. However, a couple can usually protect their normal household goods, their clothing, and \$30,000 worth of other assets. If a couple has equity in a house, they may be able to protect \$100,000 in equity, but will only be able to protect a few thousand dollars in their other assets. A Chapter 7 discharge will eliminate most credit card and medical debt, but it usually does not change your car, home, or tax payments.

A Chapter 13 bankruptcy is a repayment plan, where debtors pay 0-100% of their unsecured debts back pursuant to the plan they file with the court. This is most often used by debtors trying to catch up on their mortgages, spread out car payments, or repay taxes. This is also used by high income debtors to get on a combined payment plan, which may be less than the minimums they are currently paying. Lastly, if a debtor might lose something in a Chapter 7, like a house with a lot of equity, they will often file a Chapter 13 instead in order to keep it.

This over-simplifies the law, but hopefully gives you an idea of the different types of relief available. A good attorney will be happy to explain the different chapters and discuss whether a bankruptcy is a good fit for you.

Corrine Bielejeski, Esq. owns East Bay Bankruptcy Law & Financial Planning in Brentwood, CA. In addition to financial planning, she is considered a debt relief agent, assisting clients with bankruptcies under the United States Bankruptcy Code. She is a member of Contra Costa County Bar Association's Bankruptcy and East County sections as well as the Lawyer Referral and Information Service.

Grand Jury applicants sought

The Contra Costa County Superior Court is accepting applications for Civil Grand Jury Service for the Fiscal Year 2020/21 term. The Civil Grand Jury is made up of 19 members who serve for one year, July through June, to monitor, review and report on city and county governments, special districts and schools.

Jurors receive a stipend for attending full jury and committee meetings and are reimbursed for allowable jury travel. Contact the Office of the Civil Grand Jury at 925-608-2621 or visit cc-courts.org/grandjury for additional information and to obtain an application. Applications are due by March 13th.

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\$35 fee for referral and 30-minute consultation**the concordian**by Edi Birsan, EdiBirsan@gmail.com**Opening Public Comment**

On the Agenda at the City Council there is a specific place for public comment for items NOT ON the Agenda, and then on each Agenda item there is public comment on the specific Agenda items.

The intent of the opening comment, which is generally a 3-minute opportunity, is for the public to bring any matter within the jurisdiction or impact of the Council to their attention. However, it has been used to announce everything from coming cake sales for the Library to denouncing another local for crimes against humanity or outrages against small furry mammals.

Under the Brown Act from the middle of the last century (before even copy machines were invented) the City Council is PROHIBITED from discussing at that time with the public the content of their comment as well as taking any action on it unless the Emergency Action Protocol is initiated (done successfully once in this century that I know of). Sometimes the Councilmembers will tease the legal beagles ever watching by asking almost rhetorical questions such as: "When you say (insert subject here), are you talking about America now or the Reign of Genghis Kahn?" At most, the restrictions on action may be for the Council to ask staff to look into that and get back to the person.

However, it is a very important aspect

of our local democracy. But it should not be the only method that the public should avail itself in getting the attention of the Council and the city staff. I strongly urge all those who want to bring an issue before the Council to go through the service staff in the city on the matter and to contact a City Councilmember who can go over the item with you. As a Councilmember I want to discuss things with you, it is one of the reasons I run for the office, Councilmembers are just not allowed to do it in a City Council meeting unless it is on the Agenda specifically.

At some time in the future, we may get the Brown Act and the City of Concord's protocols to at least allow us to discuss with the public's future agenda items, but until then, we have to deal with what we have. Remember that the key to government is that they are either listening to you or someone else, so use your 3 minutes wisely and take the opportunities beyond that to get the matter the attention and discussion that you want.

[You are welcome to contact Councilman Edi Birsan at Edi.Birsan@CityofConcord.org, call 510 812 8180 or catch him hanging out regularly at Peet's Coffee at Oak Grove and Treat.]

California High School wins 39th annual Contra Costa County Mock Trials

The California High team beat Acalanes High in the final round of Mock Trials, inside the Bray Courthouse, in Martinez. Sixteen area schools battled it out over a four weeks alternating with prosecution and defense teams. No Mount Diablo Unified District schools participated. The teams presented the fictitious case: People v. Matsumoto. It featured the trial of Bailey Matsumoto, the founder of a technology start-up that develops autonomous trucks. Bailey is charged with the murder of his spouse, Taylor Matsumoto. The prosecution claims Bailey murdered Taylor and made it look like an accidental drowning. The defense argued that Taylor's death was not a murder but was instead an unfortunate accident.

California High School's Mock Trial team will now represent Contra Costa County at the California State Mock

Trial competition held in Los Angeles, March 20-22. The California state finalist team will then compete in the National Mock Trial Competition May 7-10, in Evansville, Indiana.

Approximately 65 Bay Area practicing and retired attorneys and sworn judges volunteered their time to serve as Mock Trial Attorney Scorers and Judges. Judge Barry Baskin, was on hand to address the large crowd with his accounts of this year's Mock Trials: "I and my fellow judges are so impressed with all of your skills...This gives us hope about the future of our courts."

Mock Trial is coordinated by the Contra Costa County Office of Education. The purpose of this program is to teach students about the law and the workings of the legal system.



Winners of the 2020 Contra Costa Mock Trial, the California High School Mock Trial Team, led by teacher coach Brian Barr and attorney coaches Larry Lowe, and Ken Mifsud represented Contra Costa County at the 39th Annual California State Mock Trial last March in Orange County, CA. Photo courtesy of CCC Office of Education.



**VISIT
CONCORD**
*A Northern California
Original*

by Elaine Schroth,
Executive Director

Concord's new Visitor Center



Visit Concord found the ideal space at Salvio Pacheco Square in the heart of Todos Santos Plaza for Concord's brand-new Visitor Center. The beautiful, Spanish-style building makes a great first impression while we welcome visitors and introduce them to our friendly community.

The center has been a dream since we launched in 2017 and I am happy to announce that our Grand Opening Day has finally come - Saturday, April 25th from 12pm to 4pm.

Since our move just before the holidays, the Visit Concord team has been working diligently with the Concord Historical Society, Concord Art Association, Save Mt. Diablo and East Bay Parks and Recreation to make sure the center is the most complete resource for local information. The Visitor Center will feature an interactive kiosk to help visitors plan their days, plus a variety of

displays, music, art, historical photos, meeting space, attraction and event brochures, local artisan goods, logo merchandise and more.

Locals will also find it convenient to stop in and learn more about Concord as they frequent one of the many downtown events at Todos Santos Plaza throughout the year.

This month during the Spring Brews Festival on Saturday, March 28 from 1-4pm, we will also host an open-house event called "Pints & Pups" in partnership with Dog Trekker. So, come on down and enjoy great beer, cute pups and a sneak peek of the new center before we officially open to the public.

We are so proud of the new Visitor Center and know you will be, too. Visit Concord is committed to the community here and constantly strives to find ways to help, support and grow our businesses, schools and organizations. If you have ideas you would like to share or are interested in partnering with us, please contact us at info@visitconcordca.com or call 925-685-1182.

Visit Concord and the Visitor Center are located at 2151 Salvio Street, Suite T, in Concord. Go to www.VisitConcordCa.com for more information on all events.

We look forward to seeing you soon.

We're Celebrating Our 20th Anniversary!



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Thank you, Concord, for making us a success! -

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Clayton Theatre Company

**The
MUSICAL
COMEDY
MURDERS**

of 1940

by John Bishop

**MARCH 19
THRU APRIL 4**

ADULTS: \$25 / SENIORS: \$22 (62+)

YOUTH/STUDENTS: \$20 - (March 19 only, STUDENTS: \$10)

Tickets: www.ClaytonTheatreCompany.com or 925-222-9106

ENDEAVOR HALL - 6008 CENTER ST. - CLAYTON, CA



SATURDAY, MARCH 28TH @ 12-4PM
TODOS SANTOS PLAZA • CONCORD, CALIFORNIA

Proudly benefiting the Todos Santos Business Arts Foundation to support local music programs

Tickets are now on sale and are \$40 pre-sale or \$50 at the gate and includes commemorative glass.

DESIGNATED DRIVERS ARE JUST \$5 **21+ Event live music!**

PARTICIPATING BREWERIES

21st Amendment
Alameda Island
Alvarado Street
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Canyon Club
Canyon Lakes

Cigar City
Cooperage
Crooked Lane
Del Cielo
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Epidemic Ales
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Federation
Fieldwork
Founders
Ghost Town
Gilman
Heretic
High Water

Hop Dogma
Iron Springs
Laughing Monk
Liquid Gravity
Long Beach Beer Lab
Mare Island
Modern Times

Moonlight
New Glory
North Coast
Ocean View Brew Works
Perching Bird
Pizza Port
The Rare Barrel

RIIP
Russian River
Secret Trail
Seismic
Shadow Puppet
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Sonoma Springs
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Speakeasy
Steele & Hops
Three Weav3rs
White Labs Brewing Co.
+ MORE!

TICKETS AVAILABLE AT: thebrewingnetwork.com

DIABLO GAZETTE FUN ZONE

9 WOMEN WHO CHANGED SOCIETY

by Desiré Medlen, Historian

March is recognized as Women's History Month. It began as a local celebration in Santa as a "Women's History Week" celebration in 1978 during the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

After effective lobbying, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980 as National Women's History Week. Later, in 1987 Congress designated March as "Women's History Month."

In this spirit, here are 10 unheralded women I'm highlighting for their contributions to events in history and contemporary society.

Charley Parkhurst (1812-1879) Parkhurst was known for living as a man and became one of the finest stagecoach drivers in California. Parkhurst single-handedly defended her stagecoach and passengers against a pair of bandits, all while maintaining control of the horse team. From then on, robbers left her alone.

Ida B. Wells (1862-1931) marched in the Woman Suffrage Parade of 1913 alongside the white suffragists from Illinois, not in the back of the parade as she had been instructed to do.

Wells was a teacher, journalist, and activist in civil rights, the anti-lynching movement, and women's rights.

Tye Leung (1887-1972) was the first Chinese American woman to vote and occupy a government job. She was rescued from an arranged marriage by Donaldina Cameron at the age of 14 and subsequently lived at the Cameron house in San Francisco.

Audre Lorde (1934-1992) was a writer and poet that dealt primarily with civil rights and intersectional feminism. She wrote the line "Women are powerful and dangerous."

Alice Paul (1885-1977), a radical suffragist, chained herself to the White House gates and organized hungry strikes. Paul was one of the authors of the Equal Rights Amendment (ERA) - an amendment that is currently being ratified in America.

Lucy Stone (1818-1893) toured America giving speeches on women's rights. She drew as much notice for her speeches as she did for wearing visible bloomers (baggy pants under a knee length skirt). She was a well-known abolitionist and suffragist.

Marie Equi (1872-1952) was an early female physician who moonlighted as an advocate for women and the working class. Equi was given an award from the US Army for her rescue efforts after the 1906 San Francisco earthquake. In contrast, Equi was arrested several times due to her involvement with the labor movement and anti-World War I view.



Suffrage Procession (1917); photo courtesy National Women's History Museum

Jane Addams (1860-1935) opened the Hull House, the first social services home in America.

Addams was one of the first social workers in America. She, along with other college educated women, formed programs to help poor people find work and go to school.

Harriet Tubman (1822-1913) worked as a spy and nurse for the Union during the Civil War, yet never received a salary from the government as most operatives did. Tubman escaped and subsequently made some 13 missions to rescue approximately 70 enslaved people using the network of antislavery activists and safe houses known as the Underground Railroad.

Curry returns, limited edition Bobblehead unveiled

The Golden State Warriors haven't given Bay Area much to cheer about this season, however, the return of Steph Curry to the line-up has given fans some spark-joy.

Curry has played in only four games this year after breaking his left hand. Although the Warriors are out of playoff contention, Warriors coach Steve Kerr is looking forward to giving Curry the opportunity to gel with the Warriors current roster heading into next season. Curry has also expressed excitement to getting back to NBA action.

The National Bobblehead Hall of Fame and Museum unveiled an officially licensed, limited edition bobblehead featuring the Golden State Warriors All-Star guard dribbling

a basketball on the Golden Gate Bridge on his way to the Chase Center. The bobbleheads were produced for the National Bobblehead Hall of Fame and Museum by FOCO, an official licensee and manufacturer of Golden State Warriors and NBA merchandise.

Each bobblehead is individually numbered and are available through the National Bobblehead Hall of Fame and Museum's Online Store, <https://store.bobbleheadhall.com/collections/bobbleheads> for \$40 plus \$8 shipping.

The National Bobblehead Hall of Fame and Museum of Milwaukee, WI also produces customized bobbleheads for organizations, individuals and teams across the country.



WOMEN'S HISTORY MONTH

O	Z	N	A	I	C	I	N	H	C	E	T
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D	U	S	A	V	I	N	G	T	P	X	M
Y	E	Z	N	E	G	A	K	C	A	P	O
L	R	L	D	W	U	V	D	E	N	C	S
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P	Z	J	E	F	I	L	T	E	R	R	A
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S	X	N	R	U	T	E	R	G	P	L	W
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FAMILY
OWNED
COMPANY
FURNACE
AC

HEAT PUMP
AIR HANDLER

STRIP

VALVE

FLUE

FILTER

CIRCUIT

TECHNICIAN

PTAC

PACKAGE

SUITCASE

SUPPLY

RETURN

GRILL

WIFI

THERMOSTAT

ZONE

ENERGY

SAVING

Clean Air HVAC hopes you stay warm in February!
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Women's History Month



From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

President Jimmy Carter's Message designating March 2-8, 1980 as National Women's History Week

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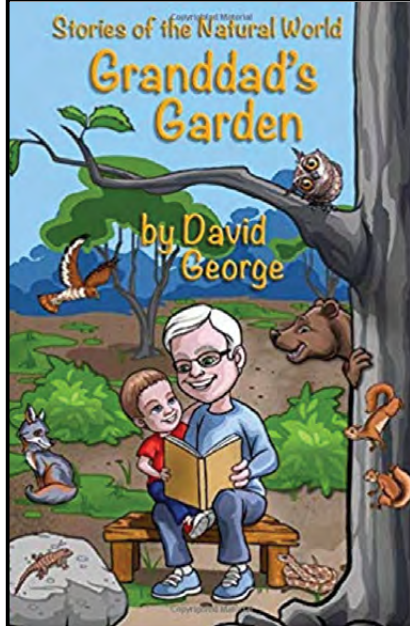


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Granddad's Garden

by David George



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Feel-good stories for troubling times.
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calendar of events

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FUNDRAISERS

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



MARCH 20
MAR TEE GRAS Crab Feed. 5:30p check in. Jambalaya/crab/dessert dash/silent auction. Clarion Hotel, Concord. \$75 per person, Child tickets available without crab. www.thefirstteecontracosta.org/crab-feed

OUTDOORS

MARCH 14
SAVE MOUNT DIABLO FREE GUIDED HIKES
Free. 4390 Morgan Territory Rd. Clayton. 9:00 AM to 1:00 PM. Join Save Mount Diablo Executive Director Ted Clement on a gorgeous hike around Save Mount Diablo's Wright Canyon property. See incredible views of rolling hills of Curry Canyon Ranch. Be sure to bring plenty of water, a snack, and dress in layers. Sturdy shoes or hiking boots recommended; hiking poles may be useful. 2.5 miles and 800 elevation gain. Heavy rain cancels.

Ruth Bancroft Garden

MARCH 11, 18
WEDNESDAY YOGA SERIES 9a.m.-10a.m. with certified yoga instructor, Kate Douglas. All levels welcome. 3 sessions. Price \$55/\$65

March 7
IKEBANA WORKSHOP: THE JAPANESE ART OF FLOWER ARRANGING-10:00 am - 12:00 pm. Suiei Sensei will demonstrate some basic ikebana techniques with branches and flowers that reflect the Ruth Bancroft Garden plant pallet. Class fee includes a ceramic container, pin frog and plant materials. Workshop \$70 members/\$75 non-members.

MARCH 14
Firescaping- Designing a unique garden with the Firescaping Guidelines

9:30 am - 10:30 am \$15 – \$20. Troy McGregor from Gondwana Flora will walk you through how to design a creative, functional and fire-safe garden using plants found at the Ruth Bancroft Garden. Plants, materials, and maintenance will all be covered in this class.

MARCH 21
Landscaping with Trees
Saturday, March 21 @ 10:00 am - 11:00 am \$10 – \$15. Learn all about finding the right tree for your space with Joshua Smith, horticulture instructor at Diablo Valley Community College. Set your tree up for success!

MARCH 28
11TH ANNUAL SPRING BREWS FESTIVAL 12N-4 p.m. 60 Breweries, Live Music, food. Todos Santos Plaza, Concord. Pre-Sale Tickets \$40, Designated Driver \$10. Must be 21 and over. <https://www.thebrewing-network.com/spring-brews-festival-2020/>

MARCH 28
Concord Visitor Center Open House. 12-4P. 12PM to 4PM. 2151 Salvio Street,

CLUB/SUPPORT GROUPS' NEWS AND EVENTS

MARCH 7
Free community showing of "Bully". 10:45 am for younger audiences, 12:30pm for PG-13 version. Kung Fu Spirit Foundation, 4700 Clayton Rd. Concord.

MARCH 7
SUMMER CAMP EXPO AND JOB FAIR



9 a.m.-12 p.m. at Centre Concord. Meet camp instructors at the Concord Parks & Recreation Department at 5298 Clayton Road. Explore half-day camps including sewing, ballet, movie making, cooking, flag football, and water polo. or full day themed camps with field trips and swimming. Also, 2-week preschool programs. 10% registration discount on many camps if you register at the Expo.

FEBRUARY 20-APRIL 2, CERT PROGRAM - APRIL 17 - 19: DISASTER PREPAREDNESS CERTIFICATION. Free. Learn how to protect yourself, your family and your neighbors in a disaster situation when you're on your own with no emergency services to help. The 20-hour course is one night per week for 7 weeks or one weekend at the Concord Police Department on Galindo Street. concordCERT.org 925-603-5933

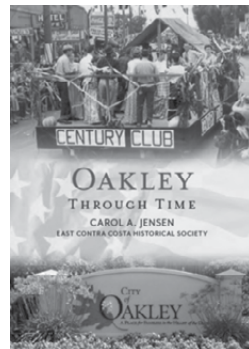
MARCH 14
Best-selling author, Penny Warner, Workshop on "Talking the Talk: How to Make Your Dialogue Sound Realistic" at the next meeting of the Mt. Diablo branch of the California Writers Club on Saturday, March 14, 2020, at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. She has published over 70 books and has won three Agatha Awards for Best Children's Mystery, and has over a half million copies in print worldwide. She child development at Diablo Valley College for over 35 years. Sign-in starts at 8:30 am. Work-

shop 9:00-12:00. Luncheon 12-1:00 pm. Registration is \$45 for CWC members, \$55 for guests. Reservations deadline: noon, Wednesday, March 11. To reserve, go to the CWC Mt. Diablo website at : <https://cwcmtdiablo.org/current-cwc-mt-diablo-meeting/>.

MARCH 19
Concord Historical Society's 50th Annual Membership Dinner. 5:30 – 9:00 PM Concord Museum and Event Center, 1928 Clayton Road, Concord. Englund's Catering will provide a delicious buffet of Chicken Marsala and Grilled Tri-tip with Sides and Desserts. No Host Bar – Open Seating \$50 per person. RSVP at www.concordhistorical.org by March 13.

MARCH 19
Neuropathy Support. Concord Neuropathy Support Group. 1:30 pm. 1st Christian Church. 3039 Willow Pass Rd. in Concord. Causes symptoms and treatments will be discussed. 925-685-0953.

MARCH 21
Oakley Through Time History talk and book signing at Campbell Theater. 636 Ward Street, Martinez, 3:00pm – 4:30pm with intermission. Presented by CCC Historical Society. Local historian and author Carol Jensen presents an illustrated talk about her new book which walks us through the history of this fascinating pioneer town. Free. RSVP is requested. Email: mkting@cocohistory.org or Call: (925) 229-1042
Tours of the County archives will be available from 10am – 2pm. A \$10 donation is suggested at the door. All proceeds benefit the preservation work of the Contra Costa County archives.



MARCH 21
WILDFLOWERS ON THE EQUINOX HIKE Free. 1901 Olympic Blvd Walnut Creek. 9:00 AM to 12:00 PM Fred Massell and Bennett Berke lead. Discover a green landscape, fantastic wildflowers, and enjoy panoramic views in canyons and on ridges. Wander through the oak woodlands on deer trails and fire roads, with frequent stops to enjoy and explore the woodlands, grassland, and chaparral of this diverse landscape. This is an easy to moderate hike with gentle hills. Dress in layers and wear sturdy boots or shoes; bring plenty of water, sunscreen, and a snack.

MARCH 22
Wedding Faire, Crowne Plaza, in Concord. 12p-4P.

MAY 9
Pleasant Hill Garden Study Club 50th Annual Plant Sale 9 a.m. to 2 p.m. at Winslow Center, 2590 Pleasant Hill Road in Pleasant Hill. Sale features local hardy perennials, colorful annuals, heirloom vegetables, common and unusual herbs, inviting succulents, house plants and a "Garden Shed" section selling gently used yard and garden-related items. Contra Costa Master Gardeners will be on hand. For more information call 925-323-9314 Or visit www.phgsc.com

ARTS/ THEATRE/MUSIC



FEBRUARY 4-MARCH 13
VALLEY ART GALLERY "Joel Summerhill's Wild Jazz 5". Joel Summerhill, noted East Bay water colorist. Valley Art Gallery. 1661 Botelho Drive, Suite 110, Walnut Creek.

MARCH 15



he Real Irish Comedy Fest 7:30 PM Come get a blast of blarney and Irish laughter just in time for St. Patrick's Day. The Real Irish Comedy Fest showcases the best blend of Irish Comedic talent, accents included and are coming to Walnut Creek for one night only. Margaret Leshner Theatre, 1601 Civic Drive, Walnut Creek.

MARCH 19 - APRIL 4
CLAYTON THEATRE COMPANY- "THE MUSICAL COMEDY MURDERS OF 1940" by John Bishop. March 19th-April 4th. \$20-\$25 Endeavor Hall 6008 Center St., Clayton www.ClaytonTheatreCompany.com or www.brownpapertickets.com 925-222-9106

MARCH 20-21
Coppélia performs by Diablo Ballet. at the Leshner Center for the Arts, 1601 Civic Drive in Walnut Creek. Performances: March 20 at 6:30 pm Saturday, March 21 at 2 pm and 6 pm TICKETS: \$15-\$52 925-943-7469; lesherartscenter.org, diabloballet.org

MARCH 26
Jazz Room 2020 Series. Roberta Downey, Anne Sampson, Jennifer Lee, and Eve Marie Shahoian. Ruth Davies on Bass, Carol Alban and Nancy Tyler on flute. Village Theatre 233 Front St. Danville. \$25. \$30 at door Eventbrite.com

MARCH 28
VALLEY ART GALLERY "Cheers to Color," opens. Our 71st Spring Show. Some 300 fresh pieces are included, representing the best from the best of East Bay artists – with all work available for sale or rent. Opening Reception Saturday, March 28: 3 - 5 pm. Valley Art Gallery 1661 Botelho Drive, Suite 110, Walnut Creek.

CONCORD PAVILION
May 2 Femme It Forward
May 15 Brad Paisly World tour
May 27 Journey/ Pretenders
June 5 Alanis Morissette/Garbage/Liz Phair
June 6 Steely Dan/Steve Winwood
June 12 Chicago/Rick Springfield
June 14 Spirit/Chris Tomlin
June 24 Santana/Earth, Wind & Fire
July 17 Incubus/311
Aug 1 Megadeath and Lamb of God
Aug 14 Back Street Boys
Aug 27 Maroon 5
Sept 8 Black Crowes
Sept 15 5 Seconds of Summer

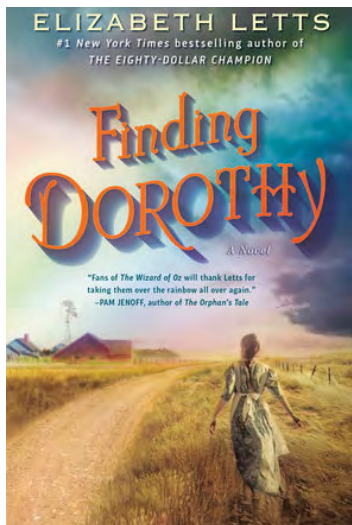


Jill Hedgecock's bookends

Author of *Between Shadow's Eyes* www.jillhedgecock.com

FINDING DOROTHY

"Finding Dorothy" (2019, Ballantine Books, hardcover 368 pages, \$15.69) by Elizabeth Letts takes readers through the remarkable life of Maud Gage Baum, the wife of Frank Baum who authored "The Wizard of Oz." The story shifts between two critical time periods. A major part of the book describes Maud's early life and progression into her married years. The story is intermixed with chapters depicting the experiences of an elderly and widowed Maud in the late 1930s as she visits the Hollywood movie set during the filming of the iconic "Oz" film. From New York, to South Dakota, to Michigan, readers are transported across the American Frontier. They also get a glimpse of the early days of Hollywood as movie studios establish themselves during the infancy of this industry.



"Finding Dorothy" shows Maud's unconventional childhood upbringing by suffragist Matilda Joslyn Gage. Her mother's moxie allowed Maud to develop into a free-spirited young woman willing to rebel against social norms expected of ladies in the late 1800s. Because of her mother's involvement in the woman's movement, coupled with resentment by the male population at Cornell University, Maud proves ill-suited for the collegiate life. Matilda's dream of having her daughter go into the legal or medical profession is not to be. After Maud meets her college roommate's cousin and falls in love, she marries in 1882.

Maud goes on the road with Frank's acting troupe. But when Maud becomes pregnant with her firstborn, the two settle down where Frank takes a job selling oil. Lean times befall the young couple. Hoping for a better life, this resilient woman and Frank join Maud's sister in

South Dakota. Here, Maud endures the hardships of prairie life. Over the years, times were often challenging for Maud, but her love for Frank sings through the pages.

The other half of the story shows Maud navigating her way through Hollywood sets, developing a friendship with Judy Garland, and helping to influence decisions that made "The Wizard of Oz" a timeless classic.

Reading "Finding Dorothy" is like a treasure hunt. Sprinkled throughout the pages are the origins of Dorothy and Auntie Em and so many other references to the wonderful world of Oz. Meticulous research and surprising twists propel this story onward even for folks less familiar with the movie. Fans of "The Wizard of Oz" will delight as they learn inspiration for the scarecrow, the Emerald City and other aspects of the timeless tale.

"Finding Dorothy," is a Publisher's Weekly bestseller, a Target Book Club pick, a Library Reads

selection, and Midwest Connections selection. The "Eighty-Dollar Champion" was a #1 New York Times bestseller and was awarded the 2012 Daniel P. Lenehan Award for Media Excellence from the United States Equestrian Foundation and is under development as a feature film at MGM Studios. "The Perfect Horse" won the 2017 PEN USA Award for Research Non-fiction and a #1 Wall Street Journal bestseller.

Elizabeth Letts is #1 New York Times bestselling author in both historical fiction and non-fiction genres. She is also the author of two novels, "Quality of Care" and "Family Planning," and an award-winning children's book, "The Butter Man." Letts majored in history at Yale and in both her fiction and non-fiction she is known for her deep and detailed research. She splits her time between Southern California and Northern Michigan. Follow her on <http://www.elizabethletts.com/>

movie review

by: Tara McNamara, Common Sense Media



This is family friendly adaptation of Jack London's classic 1903 novel, "THE CALL OF THE WILD" is set in the Yukon during the 1890s Klondike Gold Rush. Starring Harrison Ford, it's a simpler, somewhat sanitized take on the book -- which makes it more appropriate for younger viewers -- but the themes and messages of London's story are still as crisp as a Yukon sunrise.

The story centers on a St. Bernard/Scotch Collie dog named Buck who was stolen from his family and sent to work as a sled dog. When experienced outdoorsman John Thornton (Harrison Ford) comes across the ill-treated Buck, the man saves the dog's life, and they go on the adventure of a lifetime together through some of the most beautiful terrain in the world.

Literary purists may find this take on London's classic a bit too much of a departure from the novel, but for families, it's a beautiful film about the rough and rewarding path that is life. More than a century after London wrote his tale of a spoiled dog who's abducted to work in the Yukon, audiences don't need coaching to understand that mistreating animals is wrong, and filmmakers are very unlikely to put images of animal cruelty on the big screen. But at the same time, the "emotional dog movie" has become its own genre of late, with Hollywood releasing two or three films a year that use canines to teach us how to be human. Unlike most of those other films, "The Call of the Wild" gives us a hero dog who doesn't die, thankfully. And there's so much to be gained from the lessons Buck learns, lessons that

could be unfamiliar to some of today's more insulated kids: Life is unfair, but if you lean in rather than check out, you'll conquer its arduous but rewarding journey.

In fact, life at the turn of the 20th century was so different from life in 2020 that the film provides for thoughtful conversations with kids about issues both moral and factual. On the other hand, kids might tell you all about the gold rush, if it's something they've learned about in school. The fact that the film relies on computer-generated animals is also worthy of examining. The movie industry has been woken up to the idea that using animals in TV and films may not be ethical: Even when they're treated well, humans are still forcing animals to work without their consent. Since "The Call of the Wild" is about dogs being forced to work, sometimes under brutal, life-threatening conditions, it was a good call to use computer-generated creatures rather than face allegations of hypocrisy. Yes, you may be constantly aware that these dogs aren't the real deal, but they're so expressive, and they can wordlessly communicate with the audience. Ford, on the other hand, is as authentic as they come. In playing John Thornton, he's given us the guy we believe him to be: a little cranky, a little wise, and a whole lot of wonderful.

Cast: Harrison Ford, Karen Gillan, Dan Stevens
Director: Chris Sanders

Rated PG

The Faces of Gitchee Goomee

Canadian artist, Spike Mills, who's known for his "Gitchee Goomee" wood carvings that are inspired by the original Ojibwa tribe name for Lake Superior - Gitchee Gumee (shining big water).

Mills grew up on the Canadian side of Lake Superior. As a young child, out on the lake, he would always see faces in the bushes along the beach. One can imagine how unnerving that would be for a small child; however, Mills literally faced those fears and began creating faces out of the clay from the beach. When he was 10 years old, he had whittled his first face on a piece of driftwood and told his parents then that he would grow up and start a business and call it "Faces of Gitchee Goomee". And here he is today.

Mills just completed a workshop at the Concord Colab at Salvio Pacheco Plaza on Feb 29 as part of a Leap Year event. Mills also conducts clay workshops and gitchee goomee paint workshops. Items are miniature gitcheegoomees, necklaces, small and large indoor/outdoor planters, totems and wall art.

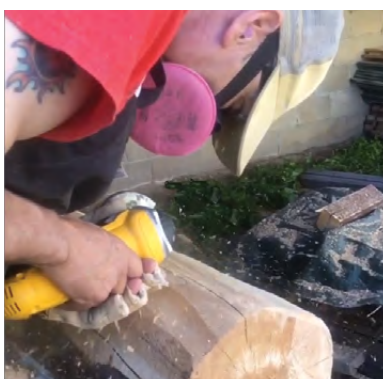
All are quite stunning.

Spike Mills is in the Bay Area through April 8 and will be exhibiting at the Visit

Concord's new Visitors Center's Open House on March 28 from 1-4.

Fortunately, you will probably already be there. That is the same day as the Spring Brew Fest at Todos Santos.

Maybe after you getcha brew you can getcha gitcheegoomee too!





The remarkable radish

Usually lost in the shuffle among other more prominent vegetables are the remarkable radishes. As children, we remember little red orbs of piquant and crunchy slices in our salads, but today's radish is much more than an added afterthought.

First cultivated in China, the root crop was a common food in Egypt long before the pyramids were built and was popular in ancient Rome as well. Radish crops spread through the Northern Hemisphere and into Europe in the 1500s and had reached Massachusetts by 1629.

Radishes come in a plethora of different colors, shapes and sizes and are grown year-round. Along with the purple, red, and white varieties in the familiar round shapes, there are long and narrow red-and-white two-tones, a white round with pink interior, and even deep purple ones with lavender interiors. Try some of these varieties next time you're up for something different:

Watermelon Radish: Resembles the fruit it was named after with brilliant pink flesh and pale green exterior and mild flavor.

Daikon Radish: Large white radish that resembles a big carrot with mild flavor and crisp texture.

French Breakfast Radish: An elongated version of the standard round red, with strong to medium sharp flavor.

White Radish: White round version of the standard red, but larger in size with a sharp flavor.

Black Radish (Spanish Radish): Black exterior that surrounds a snowy white flesh. Varieties in both round and long, narrow versions.

Black radishes are sharp tasting when raw.

Green Meat Radish: A radish with both green



flesh and exterior. Elongated shape, medium to sharp flavor.

Esquivel Farms from Watsonville, J&M Farms out of Gilroy, Swank Farms in Hollister, Urban Edge Farm in Brentwood, FT Fresh Produce of Fresno, are some of the nearby farms that bring radishes fresh from the fields to the farmers market each week.

Radish Salad

4 cups radishes, thinly sliced, the more varieties the better*

1 thinly sliced sweet onion or 1 spring onion with chopped onion tops

2 tablespoons rice vinegar

2 tablespoons extra virgin olive oil

1-1/2 teaspoons honey, agave syrup, or other sweetener

Garlic salt and fresh ground pepper, to taste

Place radish and onion on a serving dish and season with remaining ingredients. Toss, serve, enjoy!

*Watermelon, daikon, Black Spanish, White, Red, others.



David George

The Naked GARDENER

Clayton Valley Garden Club goes naked!

I enjoyed a lovely visit with the Clayton Valley Gardening Club (CVGC) the other day. President Linda Cruz led me on a tour of their annual plant sale staging areas located on two acres of rural land just west of the Clayton Town Center. As we strolled through their potted plants and working tables, we discussed how the Club had gone naked, by using natural composting, eco-friendly pest and weed control, and recycled water for irrigation.

Gardening Club members are busy this time of year propagating new plantings from existing parent bushes, and growing starter vegetables from seed.



CVGC barn owl's new family home



CVGC succulent plants for sale

no water from the Contra Costa Water District to maintain their plantings. They bring "gray" water from their homes in reusable containers for some of the new plants. They also truck in over 500 gallons at a time of free Central Contra Costa Sanitary District recycled water from a distribution facility in Martinez. Pipes were installed at the garden club site to carry recycled irrigation water from on-site storage tanks to both the hoop house and chicken wire structures. The CVGC pays NO water charges and conserves precious drinking water for the rest of us.

Although some of the CVGC structures physically exclude pests, the Club also employs a family of barn owls and local cats for rodent control. The barn owl family has lived for generations on the property but were recently evicted from the old farmhouse attic. Linda and her garden club members came to the rescue by installing an owl house that sits on a tall pole to provide a new home for the owls. Success! The barn owl family adopted their new residence and now scan the area for rodents and other pests every night. If we are kind to our natural predators, they will return the kindness by helping control our garden pests.

Linda showed me around their outdoor facilities while we talked about eco-friendly gardening techniques. What first caught my eye was a fully enclosed plant house, where chicken wire has been used on all four sides, as a ceiling to prevent bird attacks, and even underground to ward off gophers. Other large canopies had been erected to protect tender seedlings and heat-sensitive succulents from direct sun.



CVGC hoop house

The CVGC sells over 1,000 vegetable and landscaping plants each year to the community as their one big fundraiser. The 2020 plant sale will be held in Clayton's Endeavor Hall parking lot the day before Mother's Day, Saturday May 9th. Support the Clayton Valley Gardening Club by purchasing some of these fine specimens. The Central Contra Costa Sanitary District Recycled Water distribution center is located at 5019 Imhoff Place in Martinez, next to the Hazardous Waste Disposal Station. Check their web site for hours of operation: <https://www.centalsan.org>.

Email your comments and questions to: NakedGardener@diablogazette.com



CVGC recycled water storage system

A "hoop house" had been built by club members out of PVC pipe and roofed in thick cold and sun-guard sheeting.

The Clayton Valley Garden Club utilizes four composting bins to cook their own rich compost for their plantings. They also use a vinegar and dish soap spray to control nearby weeds, as well as string trimmers for larger areas. They do not use chemical herbicides because of the nearby creek, and for the health and safety of their members.

I found it fascinating that the Club uses

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Views of the Valley Photos by Micah



Cover Photo: Savvy Girls Scouts set up at Salvio Pacheco Square outside Hop Grenade. Judging from the stack of cookie boxes, it looks like they were prepared for a big sales day. Pictured: Front row, Juliana and Kimee. Back row: Nadia Isabelle, Kaitlin, and CeCe.



Luna Ristorante celebrated its 20th anniversary on February 13th with wine, appetizers with much fanfare in downtown Concord.



Students explored robotic surgery systems with hands-on demonstrations at San Ramon Medical Hospital.

City of Clayton's announces Concerts in the Grove 2020 schedule

Clayton has announced its line-up for the 2020 summer concert series Concerts in the Grove beginning Saturdays, May 9 from 6:00pm-8:30pm. PAs in the past, concerts will run alternating Saturdays through September 12.

The 2020 series features several tribute bands Forever Rod, (Rod Stewart), Rockin' Down the Hiway, (Doobie Brothers and Steve Miller), Caravanserai (Santana), Stealin' Chicago (Chicago), Night Moves/Creedence Classic Revival (Bob Seger and Creedence Clearwater Revival).

There are four returning bands from 2019 and the season concludes with highly popular East Bay Mudd.

Save the calendar on this page. For more band information, go to www.ci.clayton.ca.us or www.claytonconcerts.com.

Donations given at each event are the primary source of funds for the next year's "Concerts in The Grove." Donations and sponsorships are still being accepted. Become a 2020 Season Concert Patron for \$100 and get a custom hat. Contact julie_pierce@comcast.net by April 10, 2020 about becoming a \$500 Concert Banner Sponsor. Tax deductible donations may be sent to Clayton Concerts in The Grove c/o City of Clayton, 6000 Heritage Trail, Clayton, CA 94517.



Photo: Pleasant Hill Library Leung's White Crane Lion Dancers performed in celebration of the Lunar New Year at the Pleasant Hill Library on February 10.



Princess Leia stares down Transformer Bumblebee at the East Bay Comic-con comic book and fantasy show at Crowne Plaza in Concord on February 9.

The City of Clayton Proudly Presents Concerts in The Grove 2020 Saturdays 6:00pm to 8:30pm Downtown Clayton	
May 9 Forever Rod	Forever Rod From southern California, It doesn't get any better than this. Pitch perfect, flashy Rod, backed by acoustical, nylon-stringed classical guitars and mandolin replicates Rod Stewart's sound and is fronted by a lead singer that looks like and delivers like only Rod Stewart. Bring your dancing shoes! www.foreverrod.com
May 23 Night Moves / Creedence Classic Revival	Night Moves/Creedence Classic Revival is a six-piece band with a high-energy performance of two amazing tribute bands in one. They will take you on a ride through the rock and roll classics of Seger and CCR that drives crowds of all ages to the dance floor. www.ccsseger.com
June 6 Brick House	Brick House brings all the energetic, popular hits from the 80s, 90s and beyond. From Madonna and Lady Gaga, to Luke Bryan and Jason Aldean, to Journey and Bon Jovi, Brickhouse has your good-time, feel-good, dance-rock needs fully covered. Come throw your hands in the air and dance all night with the band! www.brickhouserocks.com
June 20 Pride and Joy	Pride and Joy is a favorite pop/soul band in the Bay Area, singing the sounds of Motown's greatest hits, including the best of the Temptations and the Supremes. Rhythm, perfect pitch and harmony from its four lead singers, backed by a five-piece band, will keep you on your feet all night. This is a show not to miss! www.pridejoy.com
July 4 Rockin' Down the Hiway	Rockin' Down The Hiway —It's "Miller Time" with Doobie's hits! Enjoy Steve Miller's "Fly Like an Eagle," "Jet Airliner," "Livin' In The USA," "The Joker," and Doobie's classics like "Rockin' Down the Highway," "Listen To The Music," "China Grove," "Long Train Running" and all the rest. These two legendary acts helped to define "the San Francisco Sound" of the late 60s and early 70s—all performed live by one great band. www.rockindownthehiway.com
July 18 Caravanserai	Caravanserai - This outstanding Santana tribute band meticulously re-enacts the wide repertoire of Santana material that includes well-known songs as well as some of the more obscure B-sides that never made the charts. Dance along as Leo Herrera does the honors on guitar, while a full band, including horn section, completes the Latin rock sound we've come to know and love. www.santanatributeband.com
August 1 Stealin' Chicago	Stealin' Chicago - Stealin' Chicago celebrates the best of Steely Dan and Chicago from "Reelin in the Years" and "Hey 19" to "Saturday in the Park" and "25 or 6 to 4," performing the music with pure love for the harmonies and classic horns of the original recordings. www.stealinchicago.com
August 15 The Cocktail Monkeys	The Cocktail Monkeys bring high energy and serious fun to each and every performance playing classic rock, modern pop & R&B covering artists such as: Blondie, David Bowie, Rolling Stones, Heart, No Doubt, Maroon 5, Queen, Pink, Stevie Wonder, Aretha Franklin, Bruno Mars, Elle King, Katy Perry, Joan Jett and many more. It's no doubt there is something for everyone—a memorable experience. www.thecocktailmonkeys.com
August 29 Apple Z	Apple Z - This powerhouse band delivers great dance and rock classics covering the 60s through today's top 40. Enjoy the sounds of the Rolling Stones, Beatles, U2, The Police, Lady Gaga, Maroon 5, Bruno Mars, and current hits. With killer vocals, musicianship and tight harmonies, they "wow" all audiences. www.applezband.com
September 12 East Bay Mudd	East Bay Mudd - This dynamic nine-piece band has been thrilling audiences for years with their upbeat, powerful take on Classic Soul, Funk and R&B classics. This horn-heavy, funk-inflected, rhythm & blues, ensemble will rock you back to the best of Tower of Power, Chicago, Earth, Wind, & Fire, and more. With a soulful, dynamic lead vocalist, a tight four-piece horn section and a solid rhythm section, this band is a great finale for our concert season. www.eastbaymudd.com

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frugelegance

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

Wine crates make chic organizers

We are so excited to share with you one of our favorite upcycle projects, wood wine crates that we turn into chic home organizers. It is an easy transformation. Simply add wheels and a handle pull. These Frug-Elegance style organizers are perfect for the pantry, a toy room, and a home office. I'm sure you will find other places in your home as well.

Items you will need: 1 Wood wine crate, 4 wheels, 1 drawer pull handle, and Small, thin screws (thicker screws will crack the wood of the wine crate).

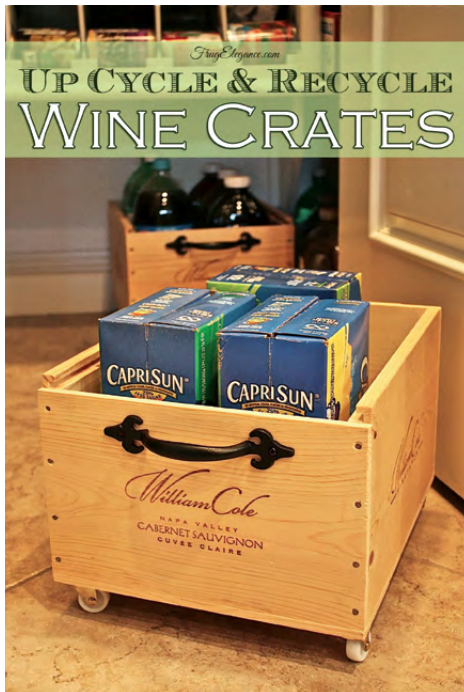
Simply screw the wheels and drawer handle in place. Whew! You are almost done.

Take a black sharpie marker and color the screws to hide them on the drawer handle.

They look great naturally, but an optional upgrade can be made using paints or paint markers.

Wine crates are made with a wood that is thin, so we wouldn't recommend storing super heavy items in them. Though, we are using one for soda bottles and juice boxes and another to store cookbooks, and they are maintaining perfectly. You may choose to fill them with some special goodies to make an awesome housewarming gift.

Wine Crates are so beautiful. Reusing them in other ways feels so



much better than putting them in the trash.

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



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by FROgard www.aRtCottage.info

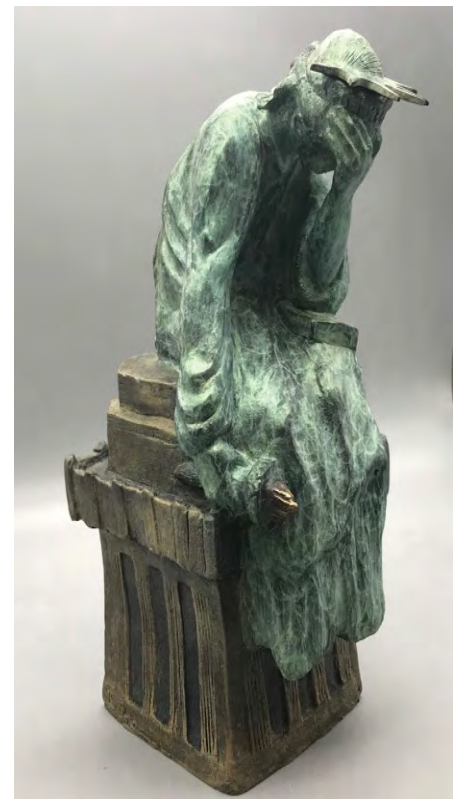
VIEW POINTS

An exhibit by 9 women artists

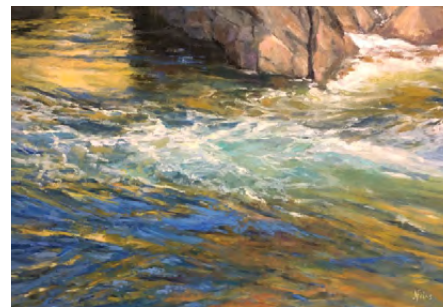
The March and April Exhibit is up and running at the aRt Cottage Gallery. This is an all-woman show with nine participating artists. They are - Judy Miller, Judy Feins, Carla W. Gelbaum, Jill Landau, Danugole Rita Kuolas, Linda Yoshizawa, Margaret Lucas-Hill, Pat Prosek and Susan Erickson. I cannot think of anything more appropriate for the aRt Cottage at this time as it is Women's History Month.

The exhibit includes a variety of work from silk painting, wood block prints, bronze sculpture, acrylic, and more. I know you will enjoy the eye candy. Artists will be present to explain their work on March 7th from 2 to 4 at the free Open House and Artist Reception. This is a good time to view some beautiful work and find out from the source how it was made. There will be live music and refreshments. We hope you will take some time to enjoy meeting the artists and allowing them to explain their work.

aRt Cottage is located at 2238 Mt. Diablo Street in Concord. For more information go to artcottage.info.



Judy Miller



Judy Feins



Susan Erickson

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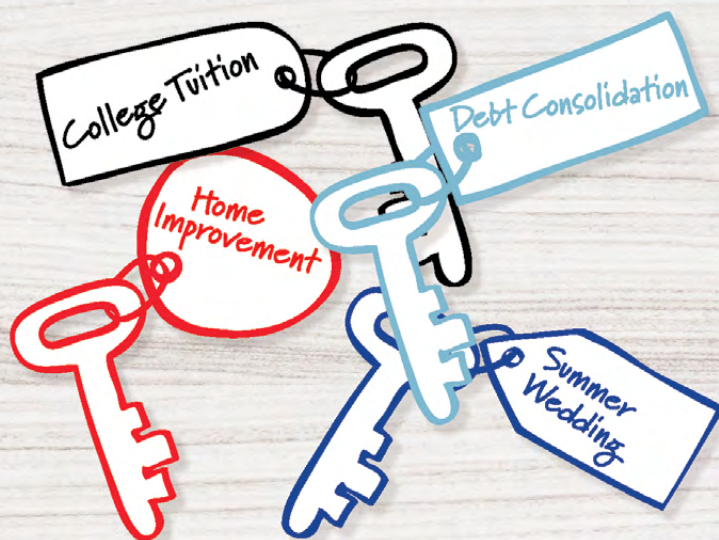


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Out to Lunch

Manakish.

OVEN & GRILL

by Fran Cain

I grew up in an area with a large middle eastern population. But for more than 30 years I've been unable to find the same type of food here in the Bay Area that I learned to love back on the East Coast. When I saw the signs for Manakish on North Main and Geary in Walnut Creek, I immediately wanted to check it out. I had to wait a while for the opening of this new restaurant, my curiosity killing me. Billing itself as Mediterranean or eastern Mediterranean comfort food, it is a combination of some of the best middle eastern cuisine.

New to me is the pizza known as Manakish, for which they are named. There are a variety of offerings, such as cauliflower eggplant or tri-tip. Since shawarma is a favorite of mine, I tried the chicken shawarma manakish (\$13.50 for a 10" pie, plenty for two people). It may look like a pizza, but don't be fooled. It has a pita-like crust, soft and luscious similar to Indian naan but with the little crunch of traditional pizza dough. It is layered with hummus, chicken shawarma, drizzled with tzatziki and topped with perfect cubes of cucumber, tomato, and onion, pickled radish and the surprising pickled cucumber giving a little explosion of flavor with each bite.

The spices used in savory middle eastern cooking, nutmeg, cloves and cinnamon, usually associated with sweet desserts in American foods, were pleasantly present in the manakish. Those genuine flavors brought back fond memories.

The dough is pliable enough to easily fold and eat by hand without dropping the rich toppings. It is presented on a paper lined tray, or in a pizza box for takeout.

The baba ganoush (\$5.00), a roasted eggplant dip, is garlicky but not overpowering goodness. Topped with fresh tomato and a drizzle of olive oil to finish it off, it can be scooped up with the wedges of baked pita which are served alongside in a little paper bag.

Perfectly perfect, the well-balanced tabouleh (\$5.00) is wholesome finely chopped parsley, onion, tomato, bulgur wheat and lemon juice salad. The flavors were exactly what I craved, and as I

remembered they should be. Completely authentic and spot on.

Rice pudding parfait (\$5.00) is creamy and not too sweet, with lovely hints of vanilla to tickle the taste buds. It is topped with some lightly crunchy strips of phyllo dough, dried apricot and peanuts with a little honey.

Though the topping was tasty, I would have been just as happy without it to interfere with the delicate consistency of the pudding.

The savory borek is layers of light and crispy phyllo dough filled with spinach and feta, lightly topped with cheese. A modest square serving is \$5.00. It is flakey and flavorful, and I could have eaten a much larger portion, though I'm sure the calories in buttery

phyllo warrant caution.

This is wholesome, healthy eating. There are plenty of vegetarian options. I found the flavors satisfying, the food fresh and high quality, the service friendly, the wait reasonable.

The dining area is small and bright, but the outdoor seating is inviting and there are ample heat lamps available in the oasis-like setting. The steel legs (beams) on the high-top table are knee bangers, and I have

bruises on both knees to prove it. I'm concerned about the amount of plastic used, even in some of the eat-in options.

The owners of Manakish, Adam Taleb and Feras Gaban, are two young entrepreneurs, both emigrants from United Arab Emirates who met in the United States while in college. They

recognized the need for

good quality middle eastern food in our area. They advertise on Facebook where there are links to professional videos that will make your mouth water. It did mine. I can't wait to try some of the other offerings which include lentil soup, regular and jalapeño hummus, fatteh bowls of either rice or mixed greens with shawarma or cauliflower eggplant, walnut baklava and other desserts such as pistachio cake and saffron orange cake.

Parking is a bit tricky. I saw people walking to the restaurant, so I knew it had to be good...and it was. Give Manakish Oven and Grill a go at 2905 N. Main in Walnut Creek. www.mankishoven.com.



Chicken shawarma manakish



Tabouleh





Ruby Dooby Do to the Rescue

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

Holly is an affectionate black-and-white, approximately 1-year-old female American Staffordshire Terrier. She was brought into the shelter with a mangled rear leg after being hit by a car. The leg was too damaged to save but having only three legs hasn't slowed her down one bit. She is super sweet and will make a perfect family dog. Her adoption fee is \$125.

Holly is good with dogs and kids, not good with cats, leash- and crate-trained, housebroken, and playful and sweet.

If you're ready to show this 40-pound wiggle worm that her missing limb only adds to her charm, contact Underdog at adopt@underdogca.com for questions or fill out an application:

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

Three-legged dogs can live long, happy and healthy lives with a few minor adjustments to their home and care. Providing raised water and food bowls, placing throw rugs on slick flooring such as wood, tile, or linoleum, and purchasing a soft elevated dog bed so that she can easily get up are some helpful ways to make Holly's life easier.

Holly is being fostered through Underdog Rescue, a 501 (c) (3) non-profit organization. Underdog's mission is to save shelter dogs that are out of time or that require rehabilitation prior to adoption. Underdog is a non-profit group that operates on donations and maintains a wish list with Amazon: www.amazon.com/gp/registry/wishlist/2R1518QUC44OV/ref=cm_sw_su_w.

A Bone to Pick: Peanut butter is a common treat for dogs. It can be a fun activity to fill a Kong with this sticky stuff to provide your dog with wonderful entertainment or use it to get your dog to swallow medication. However, some brands (such as Go Nuts, Co. and Krush Nutrition) of peanut butter and other nut butters (almond butter) add an artificial sweetener called xylitol. Xylitol is harmless to humans which absorb the chemical slowly, but xylitol can be absorbed entirely in 30 minutes in dogs. This rapid assimilation into the canine's blood causes a surge in insulin, often causing hypoglycemia. Symptoms of exposure include vomiting, lethargy, loss of coordination, and seizures. Puppies are particularly vulnerable. Please check the ingredient label to see if the food contains xylitol or glucose alcohol before giving your dog this treat. Don't assume that natural or organic on the label means there is no xylitol. Other foods or products that may also contain this potentially lethal substance to your dog include sugar-free snacks, toothpaste, mouthwash, deodorant,



mints and other hard candies, and gum. With early diagnosis, veterinarians can properly treat your pet. When in doubt about what to

do if your dog has eaten xylitol, either rush it to the vet or contact the ASPCA Animal Poison Control Center which can potentially provide life-saving information at 888-426-4435. Put this number into your cell phone contacts. It could mean the difference between life and death for your pet.

Pawsitive News: Veterans in California no longer pay pet adoption fees at public animal

shelters after Senate Bill 245 was signed by Governor Gavin Newsom in August 2019. To be eligible, former military personnel need to present a current and valid driver's license or identification card with the word "VETERAN" printed on its face. California is home to 2 million military veterans. Those who struggle to cope with Post-Traumatic Stress Disorder (PTSD) could benefit from an animal companion. Thanks to this bill, adopting a dog or cat is all the easier for our honored service people.

The strain of Coronavirus that has resulted in over a thousand human deaths worldwide is not contagious to dogs.

Great news for the bonded Chihuahua pair, Jack and Sally, of TriValley Animal Rescue that were



:Julie adopts Jack and Sally

featured in January's Ruby_dooby_do column. They have been adopted together by Julie and her family from Rocklin.

Editors Note: Ruby Dooby Do is Concord's Instagram celebrity with more than 111,000 followers. [Instagram.com/rubydooby_Do](https://www.instagram.com/rubydooby_Do). Special thanks to columnist Jill Hedgecock. Her novel, "Between Shadow's Eyes," features Ruby on the cover. www.jillhedgecock.com.

Holly

ARF adoption stars: Geary and Twilight

Geary: One-year-old Geary is an active boy who is always ready for the next adventure. He is well aware of his good looks and is a total charmer. He is looking for an active household where he can be stimulated both mentally and physically daily and would even make a great second dog. The adoption fee for puppies (<6 months) is \$300, for adult dogs is \$250, and for senior dogs (7+ years) is \$125. This includes a discount on the first six-week session of a manners class.



Twilight: Eight-month-old Twilight is a cute little girl that's all dressed up in her tuxedo to make a grand entrance into her forever home. This little furball is a bit on the hesitant side at first, but all it takes is some petting and neck scratches and she'll be your best friend forever. She has a sweet purr and shows when she's happy by rolling on her side and 'making biscuits.' She also loves chasing around stuffed mice and other cat toys and doing a little bit of exploring. She's a super sweet kitty and a delight to be around. Twilight is positive for FeLV (Feline Leukemia Virus), and should only live with dogs, other FeLV+ cats, or other non-feline animals. FeLV is only contagious to cats; it is not contagious to humans, dogs, or other non-cat animals. The adoption fee for kittens (<6 months) is \$125, \$200 for 2 kittens, for adult cats is \$75, \$100 for 2 adult cats, and for senior cats (7+ years) is \$50.

(ARF), 2890 Mitchell Drive, Walnut Creek, during adoption hours: Noon to 6 pm Wednesday & Thursday, Noon to 7 pm Friday, and Noon to 6 pm



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Tucked away down a private lane sits a Beautiful Single Story home in Desirable Colony Park. This 4 bedroom/ 2.5 bath is a light, bright, open floor plan with high ceilings. Kitchen has a large island with seating perfect for entertaining, gas stove, wine fridge, quartz counters, access to deck. Family room off kitchen with fireplace. Large Great room is ideal for entertaining! The master Suite features a gorgeous updated bathroom with deep tub, quartz counters, dual vanities, barn doors to shower and 3 closets! Bamboo flooring, inside seasons, deck, and dog run. Conveniently located near trails, shopping and Bart.

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Politics make strange bedfellows

[Publisher: “Inside the Secret Service-A Former Agent’s Stories” is about the life experiences of Eric Enos, a Concord resident who spent several years as a Secret Service agent during the terms of President Clinton, President Bush, and President Obama.

Two high profile stories being followed in the daily news currently is the race for the Democratic Presidential nomination and of the trial of Harvey Weinstein over the sexual assault and rape charges brought against him. On February 26, the NY Post reported that Federal Election Commission filings show the disgraced movie mogul bundled \$1.4 million for Clinton during her presidential bid in 2016 and handed her another \$73,390 dating back to her 1999 New York Senate run.

That report reminded me of a Hillary Clinton fundraising encounter Former Agent Enos shared with the Diablo Gazette in the January 2017 issue that I thought I would run again.]



Harvey Weinstein and Hillary Clinton in 2004 /Photo: Getty Image

In early August 2000, I was detailed to the First Family in Martha’s Vineyard where the Clinton’s were vacationing. Most of the week included leisurely activities. However, one scheduled event of importance was a fundraiser for Hillary Clinton’s senate campaign hosted at the home of Harvey Weinstein, producer and co-founder of Miramax Films. The \$15,000 per couple catered dinner would be attended by ‘A- list’ celebrities and entertainers. The setting was on the back lawn of Weinstein’s estate which was nestled in a forested area and backed up to his own small private beach.

After bomb sweeps were completed, agents were given their posts. I was assigned to Weinstein’s private beach located directly beyond the back lawn where the event was to take place. My assignment was to maintain the integrity of the beach area, ensuring that no unauthorized persons entered the event from the water or beach. A no-fly zone (routine wherever the president is located), a marine craft, and water activity restriction were also in effect. A Coast Guard vessel was positioned about 150 yards offshore, and local law enforcement vessels were also present on the water to help enforce this restriction.

The First Family was scheduled to arrive at 5:30 P.M. and depart at 9:30 P.M. We were notified via the Command Post that the First Family was running late and that their actual arrival time was now unknown. Guests mingled in the backyard after having gone through security checks, apparently not bothered by the delay.

One of the guests, a male wearing a gray sports coat and jeans, walked to the edge of the lawn, and stood at the top of the stairs overlooking the beach. I was about 70 feet from the stairs and noticed him looking at me at times. However, whenever we made eye contact, he would quickly look away. This went on for a couple of minutes. Finally, he said in a somewhat timid voice, “Excuse me, uh, is it okay to come down here?”

“Sure,” I said.

Once on the beach, he acted a little fidgety and nervous. He would walk around a bit, look down, move sand around with his feet, then look over at me. When I made eye contact, he would immediately look down again and pick up a shell or two (the small beach was loaded with scallop shells. I had a few in my pocket that I was bringing home to my 2-year old son). Then he would stand back up, mosey around some more, slide more sand around, look at me, then immediately look down and pick up more shells.

Slowly, he made his way a little closer to where I was standing. Who is this guy? I had the feeling he wanted to talk to me or ask a question, but maybe was uncertain if it was okay.

Sure enough, when he was maybe 20 feet from me, he asked, in an almost apologetic manner, “Excuse me, I don’t mean to bother you, but can I ask you a question?”

It was kind of funny, but I could appreciate his uncertainty. I smiled, “Sure. I’m just standing here making sure a dolphin doesn’t jump out of the water and attack somebody. What’s up?”

I guess he figured I didn’t bite so he walked over and started talking rather excitedly. “Man, this is cool. I see your guys all over the place, even out in the trees. I’ll bet you have guys in the water, huh?”

I pointed to the Coast Guard vessel and told him we had agents on board.

“Cool! I’ll bet you have sensors in the water that detect motion,” he pried.

I didn’t reply to that one. He then extended his right hand and said, “Hey, I’m John.”

“Nice to meet you, John.” I introduced myself as I shook his hand. John told me he was tired because he had just flown in from Chicago where he had been filming nightly from 6:00 P.M. to 6:00 A.M. He said Harvey Weinstein called him and invited him to the event saying he would have a good time.

For the life of me I couldn’t figure out who this guy was. He had to be a “somebody” in the entertainment business to have been personally invited by Weinstein. His wide-eyed curiosity and

timid demeanor threw me. I figured he must work behind the camera.

John asked me several questions about my job and how I liked it. I told him I loved the job but that it was tough being away from my 2-year old son.

We visited for about 5 minutes, when a very attractive young woman walked from the party over to the beach steps. She looked over at us, and like John before her, seemed unsure if she was allowed on the beach. John asked me if it would be okay if she came down. I told him the beach was open to the guests.

She came down and walked over to us wearing a simple, yet classy dress. She did not appear to be wearing makeup, except maybe very soft lipstick. I was struck at how naturally pretty and wholesome she looked. I thought I recognized her, but when John introduced her to me as “Annette” I realized I didn’t know who she was either. She too was very friendly and unpretentious. The three of us continued to visit for a few more minutes before saying our goodbyes. John and Annette then walked away to rejoin the party. Me, I remained at my post on the beach.

Finally, at 7:00 P.M., the presidential motorcade arrived. None of the party-goers seemed the least bit upset that the President and First Lady were an hour-and-a-half late to their own \$15,000 per couple party/fundraiser. From a security standpoint, the event went off without a hitch. The President and First lady both spoke and thanked everyone for their support. Carly Simon and Jimmy Buffet sang. At one point, The President accompanied Buffet on the saxophone.

The Clintons didn’t leave the party until almost 1:00 A.M. As I was leaving, I saw John talking to other guests. I hit him on the back as I walked past and said, “Hey John, nice talking with you. Take care.”

He turned, called me by name, and said, “Nice talking with you. Thanks. Be safe, man.” Nice guy, whoever he is, I thought.

On the drive back to our hotel, the other agents and I debriefed, discussing the night’s event. Other than the late arrival and very late departure, things went smoothly. I mentioned that only two

party-goers, some guy named John and an attractive girl named Annette, ever came down to my area on the beach. One of the agents asked me if the guy was wearing a gray sports coat. I said he was.

The agent then said, “Dude, that was John Cusack and Neve Campbell!”

“No way.” Then it dawned on me that although I had heard of John Cusack, up until that time, I hadn’t seen him in a movie and didn’t know what he looked like (after this it seemed as if I saw him all the time in magazines and movie trailers, including the one for the movie he was filming in Chicago, called “High Fidelity”) I told the guys I recognized the girl as Neve Campbell, but when Cusack introduced her to me, it sounded like he said her name was Annette. Then I realized that he must have said, “This is, uh, Neve.” (which, with an earpiece in one ear, sound to me like Annette.)

By the time we got back to our hotel, prepped our gear and got to bed, we were lucky if we got three hours of sleep before having to get up, grab a Power Bar and/or some fruit, and catch a private boat at 6:00 A.M. en route to Nantucket for further Clinton assignments. That’s the way the entire week-long detail went, late arrivals, late departures, little sleep.

The following week, I was in Los Angeles working an intelligence assignment at the 2000 Democratic National Convention. During some down time, a couple agents and I, along with our LAPD counterparts, went into Japantown for a quick dinner. Across the street from our restaurant, Pamela Anderson was filming a scene for her film Barb Wire. Okay, I didn’t recognize Cusack and wasn’t 100% sure about Neve Campbell, but believe me, I had absolutely no doubt about Pamela Anderson. I guess it’s true, politics makes strange bedfellows.

[For the record, Hillary Clinton stated on the record she was “shocked and appalled at Weinstein’s behavior” and pledged on CNN in 2017 that \$13,000 would be contributed to a women’s organization.]



John Cusack and Neve Campbell October 2001. Photo by Ron Galella/Ron Galella Collection

Microplastics are everyone's problem

by Jill Hedgecock

Plastic is everywhere. Plastic film keeps our food fresh. Microbeads are found in cosmetics, toothpaste, laundry soap, and dishwashing detergent to improve product performance. Polymers can be found in our bottled drinking water and synthetic clothes. Plastic does provide benefits to society, but new research is uncovering a hidden environmental problem. Petroleum-based plastics can take 500 years or more to biodegrade. Microplastics (defined as tiny particles less than five millimeters) are released to the environment in wastewater. Plastic trash can also break into tiny pieces over time. Fishing equipment is also affecting our oceans. About 640,000 tons of fishing gear are lost each year. It is estimated that 46% of ocean plastic is from fishing nets.

A three-year study of microplastic pollution in San Francisco Bay was completed in 2019 by the San Francisco Estuary Institute and the 5 Gyres Institute.

It was found that 38% of topmelt and anchovy fish sampled from the Bay had eaten microparticles. The number of microparticles in fish from San Francisco Bay were found to be greater than the levels in Tomales Bay fish.

There are no known health impacts to humans from eating these rice-sized pieces of plastics, but there are many health benefits to eating fish. However, ocean creatures are being impacted. Heather Loso, an environmental risk assessor who presented a poster on the harmful impacts of microplastics during the National Society of Toxicology and Chemistry meeting in November 2018 in Sacramento found that some species are more likely to be harmed by plastics.

"Recent studies on microplastics found that exposure to certain plastic polymers caused toxic effects in fish and shellfish," says Loso. "Examples of these effects include reduced reproductive success and abnormal development in certain species of aquatic organisms."

Every year, regional wastewater contains 7 trillion tiny pieces of plastic which equals about 1 million pieces for every man, woman and child in the Bay Area. Simple behavior changes will help fix the problem. And without major behavioral

changes by everyone, more plastic will be released into the environment because everyday activities contribute to the problem. Many microplastics come from our laundry. For example, one fleece jacket can shed up to 250,000 or more microfibers in one washing. Even a pair of nylon socks may release 136,000 microfibers. You can lower your microplastic footprint by buying cotton clothing, choosing the delicate wash setting and the cold water wash cycle, and using liquid detergents that don't contain oxidizers. Dryer lint should be put in the trash and not down the drain.

Because larger plastic items degrade to microplastics, keep reusable cloth grocery bags in the car and avoid using plastic single-use grocery bags (in many cities you will have the bonus of not paying for a bag).

Consumers can lower their plastic waste by buying a reusable straw which can be carried around in a toothbrush holder and rinsed out at home. Beeswax cloth can be used to cover food instead of plastic wrap or food could be stored in reusable Tupperware. Read the label on cosmetics to see if they contain microplastics. If polyethylene or "polypropylene" are listed as an ingredient, microbeads are present.

A few trash services may allow clean plastic film curbside recycling (bread plastic bags, clean sandwich bags, etc.). The small loose plastic film must be secured and sealed in a larger plastic bag. To learn more about plastic film recycling option, go to plasticrecycling.org or plasticfilmrecycling.org. Consider switching over to compostable plastic cups and break out the silverware instead of plastic forks and spoons the next time you host a party.

A measure may be on the November ballot to curb plastic use. The California Recycling and Plastic Pollution Reduction Act of 2020 has two goals. First, it provides CalRecycle, an organization tasked with overseeing waste handling,



It is estimated that 46% of ocean plastic is from fishing nets as exhibited in this image taken at Martinez Regional Shoreline. photo by Jill Hedgecock.

with the authority to require producers of single-use plastic packaging to minimize pollution from their products by switching to reusable, refillable, recyclable, or compostable packaging and food ware by 2030. Second, the Act would establish a Plastic Pollution Reduction Fee on producers of all single-use plastic packaging and single-use plastic food ware of \$0.01 or less per item. The initiative is at the signature collection stage and must collect 960,000 signatures by April 21, 2020 to qualify for the ballot. Contact your legislators and urge them to support SB54/AB1080 the California Circular Economy and Plastic Pollution Prevention Act. <https://secured.surfrider.org/action>.

Jill Hedgecock is an author and an environmental consultant with a master's degree in Environmental Management. She will be speaking at the Mount Diablo Audubon Society meeting on March 5th on microplastics from 7:00-7:25 p.m. The Camellia Room at The Gardens at Heather Farm, 1540 Marchbanks Drive, Walnut Creek, www.jillhedgecock.com.



Research at Lake Tahoe is finding microplastics in one of world's clearest lakes. UC Davis Tahoe Environmental Research Center Staff Researcher, Katie Senff, is studying how microplastics are impacting the beaches along the shoreline of Lake Tahoe. photo credit: UC Davis

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Boomers find ways to live longer in their home

For many, the decision to move comes on as an awareness that something is no longer right or fitting about their current living situation. Other than a job transfer, another example is one of renters who face rent increases year after year and want more stability and control over their living expenses. On the opposite side of the spectrum is an elder, or boomer who no longer wants to have to navigate stairs or handle the upkeep of a home and/or yard. For families with children, pets and/or parents perhaps moving in or out, the move to more space, more yard or perhaps less yard, makes sense depending on the circumstances. Sometimes mobility or illness makes a move necessary, sometimes it's just time to move upward or out, as life changes.

Whatever the reason, there are things to consider when navigating a move. One, does it make financial sense? Down payments as low as 3.5 to 5% are common as are \$0 down payments for veterans. If you own, is there enough equity to sell and purchase another property? The calculation can be an awakening of what you want vs what is doable, but in all cases, it's worth exploring. There are many buyers we've put into homes that thought they didn't have enough down payment or their credit needed to be improved or the payments would be too high. At the very least finding out the details helps you plan for the future if you aren't quite ready now.

For the move up client, if it's just about housing expense, exploring whether a

refinance at an interest rate of around 3% to 4% to lessen the burden and allow you to stay in your current living situation might be the way to go. Or, a refinance could provide funds to add an in-law unit or an ADU (accessory dwelling unit) to your current property.

When getting a loan, your credit score matters. A 650 might get you a 1% higher interest rate (example 4.25%) and payment on a new mortgage vs. a 720 score could get you 3.25% interest which lowers the payment (example only).

Rather than guess, allow your lender to run a credit report. If there are minor things that can be fixed, do so, before you have to write an offer. It can raise your score into the lower interest rate range and save you thousands on a mortgage. It can jump your price range up to something in better condition for the same payment. It's well worth monitoring your credit for this purpose. Options are the name of the game. Talk with your trusted Realtor to find those buying and selling options and see if it takes you where you want to go, or stay.

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

Local volunteers prepare Sunday dinners for at-risk seniors

by Justin Barker



A team of parishioners from Saint Bonaventure Catholic Church in Concord volunteer four times a year to assist in making Sunday dinners possible for up to 50 at-risk seniors at the Saint Mary's Center in Oakland.

The Saint Mary's Center is a non-profit organization that strives to improve the quality of life for struggling seniors. One of the Saint Mary's Center's traditions is hosting "Sunday Dinners."

"Saint Mary's Center started serving their Sunday Dinners in 1973 in response to the need identified by West Oakland residents to provide a meal for the elderly on Sundays, when neighborhood stores and restaurants were closed. More than 40 years later, volunteers still bring dinner on Sundays for our senior participants" said Julie Merrill, staff member at Saint Mary's Center. Merrill explained the primary clients served at the Sunday Dinners are Oakland's homeless and low-income seniors (55+). In 2019, the Saint Mary's Center provided 52 Sunday dinners, serving an average of 40+ guests.

"The Saint Bonaventure community has been supporting the Saint Mary's seniors for 20 years. Each year, the dinner co-coordinators select four dates for that year from the available dates published by the Saint Mary's Center", said Lori Neely, who helps organize and lead the team of volunteers from Saint Bonaventure. Neely explained, "Prior to each dinner, we place a spot in the weekly church bulletin asking the Saint Bonaventure parishioners for donations." Donation items include cakes, cans of coffee, and bingo prizes (socks, soap, shampoo, toothpaste, etc.).

From a small kitchen in Oakland's west side, the smell of home-made Bolognese sauce and fresh baked garlic bread carries in the air. Kitchen staff donned in chefs'

aprons hustle in making final preparations before doors open and the anticipated 50 diners arrive for dinner.

While that scene may resemble a trendy Oakland restaurant on a busy Friday night, it is a Sunday afternoon in the kitchen at the Saint Mary's Center. The kitchen staff are the contingent of volunteers who dedicate their time and energy to make the Saint Mary's Center's "Sunday Dinners" possible.

The parish puts together a team of volunteers who perform the full breadth of tasks involved in a successful dinner, including setting tables; cooking; plating; serving; bussing; and dish washing. And of course, no dinner ends without dessert, a variety of homemade cakes prepared by parishioners.

Neely shared, "It's very rewarding to provide a great meal to a wonderful group of seniors. It warms our hearts to be able to provide them with a filling meal that they definitely enjoy. The homemade salad dressing with the garlic bread is the best, and our cooks have a delicious recipe for pasta sauce. And it's so gratifying seeing the seniors struggle to decide which yummy flavor of cake to select," he added.

Merrill explained that beyond a hot-meal, Sunday Dinners "provide an opportunity for fellowship; a warm, dry respite for those living outdoors; and an opportunity to connect with other clients and volunteers at Saint Mary's Center and learn more about our program and services."

Thank you to all the volunteers.

To learn more about the Saint Mary's Center, contact (510) 923-9600 or visit stmaryscenter.org

Photo: St. Bonaventure volunteers ready to prepare dinners for at-risk seniors at St. Mary's Center.

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EMOTIONAL HEALTH

By Dr. Holly Holmes-Meredith, D. Min., MFT, Board Certified Clinical and Bill Yarborough, CHT and Certified EFT Practitioner

Still time to achieve your new year's resolutions

Have your New Year's resolutions lost steam or wilted away altogether? According to a study cited in Psychology Today, less than 20% of Americans considered themselves successful in keeping their resolutions two years later. That's not an impressive record for an annual tradition that dates to ancient Babylonia.

So, does your resolution to lose weight by utilizing traditional techniques of avoiding temptations, tracking progress, or rewarding success need an extra boost? If so, we'd like to introduce you to a few techniques that could prove helpful. Although we'll stick with weight loss in this article, these tools may also help to overcome

such addictions as smoking, drug use, excessive alcohol consumption, and others. Some of these techniques you can use yourself, while others need a trained practitioner.

First, a little background about us in this inaugural column:

Dr. Holly Holmes-Meredith is a licensed marriage and family therapist and Board Certified Clinical Hypnotherapist, and, as Clinical Director of the HCH Institute in Lafayette, she is a practicing psychotherapist, hypnotherapist, trainer, teacher, and author.

Bill Yarborough of Clayton is a Certified Hypnotherapist, EFT (Emotional Freedom Technique) practitioner, trauma survivor, and author. You may recall reading about Bill's childhood MK-ULTRA traumas in previous issues of The Diablo Gazette. Holly is one of the therapist who helped him on his healing journey.

We want to emphasize that the techniques we're suggesting here are not for severe, life-threatening addictions such as anorexia and bulimia. These require medical attention. But if you suffer from overpowering cravings that cause binge eating, then you may want to consider such tools as hypnotherapy, self-hypnosis, EFT, and parts therapy. Parts therapy uses hypnosis for inner resolution when different parts of our subconscious have conflicting influences on our thinking, emotions, and behaviors.

When using any of these approaches, it's best to address the needs and anxieties that underlie your destructive eating patterns. For example, your problem may not be so much binge eating but low self-esteem. It is estimated that around 50 million Americans suffer from low self-esteem in any given year, often resulting in eating disorders, such as a carbohydrate or sugar addiction.

To overcome work-related low self-esteem, Bill used EFT. It is a form of energetic healing that involves tapping on pressure points on the body to get

release from negative emotions or traumas. Bill found that when he used EFT to reduce his work-related stress, it provided a significant side benefit—decreasing his tendency to binge eat while anxious, which gave him greater control over his diet. EFT is an easy method to learn, and there are many sites on the Internet that demonstrate its use.

Sugar and carbs can cause inflammation, which could contribute to health issues as people age. Holly has a good example, but to maintain

the anonymity of her clients, we have changed the details. A man who was prediabetic came into her office for sugar cravings. He was a car mechanic, and every afternoon he took a break from work by going to a nearby 7-Eleven buying a candy bar. Because of his prediabetic condition, he realized it was unwise to continue this pattern. With EFT he reduced his

cravings and now he just takes a walk around the block instead. He changed a daily, harmful habit into a positive one.

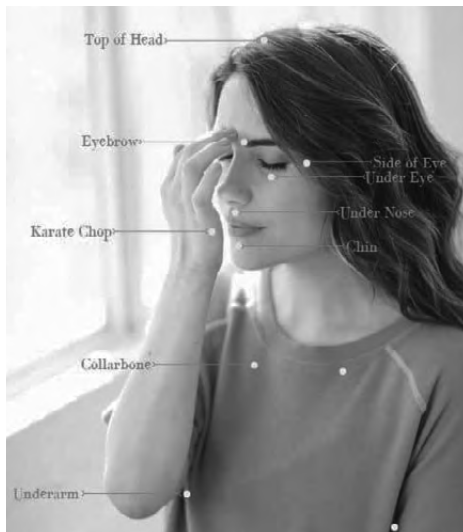
Other tools can also help you reframe and manage emotional eating whether it's created by boredom, anger, anxiety, loneliness, and other disruptive feelings. Self-hypnosis is an excellent tool to reinforce new, healthy behaviors as opposed to addictive ones. It guides you into a relaxed state where you are more susceptible to embrace desired behavior changes.

Similarly, hypnotherapy combined with parts therapy can help negotiate resolution between conflicting parts within you. For example, a part of you may not want to lose weight due to hidden fears that becoming more attractive might heighten jealous reactions in your partner. In a hypnotic state, a therapist can help you negotiate between the parts of you that don't want to change vs. the parts that do.

The American Journal of Clinical Hypnosis found that hypnosis has a strong success rate. In a study, hypnosis treatment was used with clients suffering from alcohol, cocaine, and marijuana addiction. After the one-year follow up, hypnosis treatment showed a 77% success rate.

Of course, we are all unique individuals and may respond differently to various treatments, so a professional practitioner can help you explore these alternatives. We know doing so costs money, but teaching practitioners often have interns who charge minimal amounts to work with clients using multiple healing modalities.

We look forward to discussing emotional health and further healing techniques with you in future articles of this column. 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



EFT Tapping points. Courtesy of "The Chalkboard Magazine." Photo Credit: Samantha Klose.

The Dao of fitness: choose the middle path

by Lisa Vonnegut, CSCS

We all have that friend who, after talking about getting fit for years, has really done it. She flexes her newly lean physique, drinks kombucha at your cocktail date, and discusses how "everyone" should "just do" whatever it is she's done. Like any religious fundamentalist, she preaches her newfound piety for (insert-method-here). Odds are high she will lose her devotion, morphing back to her previous state (if not a little worse for wear) faster than the change occurred. To be truly effective, changes need to be sustainable. When converting to a new fitness religion, consider an Eastern approach: the Dao of Fitness. Walk the middle path and embrace the Three Treasures: Compassion, Moderation, and Humility.

Compassion. Creating a new habit takes tremendous energy. Your nervous system is designed to keep you *exactly* as you are, so overcoming inertia takes commitment and consistency. Setbacks are inevitable; the key is not to let them derail the process. Did you oversleep and miss a workout? Perhaps more rest was what you needed. Craving sugar? Perhaps you're low on fuel and craving a doughnut means you need more carbohydrates and fat. It's never a good idea to ignore and disparage the messages your body sends. Compassion and understanding will facilitate a new appreciation for and better connection to your unique needs.

Moderation. The faster you make a change, the less likely it is to stick. Fitness fads prey on your vulnerabilities and make

empty promises that could ultimately be detrimental to your health. Stick with slow, steady progress. If you were previously sedentary, workouts 3-4 days a week will give you results. If you enjoy daily workouts, mix up your routine and pace high-intensity workouts with active rest. Eat enough so that you have energy, a strong immune system, and feel resilient to injury. Indulge occasionally. Practice simplicity as the absence of excess.

Humility. Find a happy medium between ego and self-deprecation. Recognize that there will always be someone more ideal than you think you are. At the same time, validate your own accomplishments. Can you do more than you used to? Are you feeling stronger and more energized? Did you stick with your plan for a day/week/year? Ask for help when you need it. Allow yourself to feel like a beginner, even if you think that you "should" know better.

The philosopher Lao Tzu said, "The journey of a thousand miles begins with one step." Avoiding the glamour of the fast fix is difficult when others preach the transformation of the latest trend. But when embarking on your own fitness pilgrimage, remember the Middle Path provides steady forward movement.

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 FitCation. Do you have a question for your trainer? Follow Lisa: @bodysynergyfitcation and PM your health and fitness-related questions.

Patterns on a Prayer Rug

Franklin Burroughs of Concord has recently published his autobiography called "Patterns on a Prayer Rug." Burroughs, a former adjunct professor at JFK University in Concord is retired these days. In 2018, Burroughs shared excerpts of his interesting life with the Diablo Gazette. He wrote about his extraordinary escape out of Iran during the Islamic Revolution and offers a first hand account of that harrowing moment in his life.

Burroughs lived in Iran for 15 years. He loved the old country as he refers to it, and is fascinated with its rich history. He is of Iranian decent, but was an American citizen while in Iran. He married, lived and worked in Iran as the Executive Director of the U.S.-Iran Chamber of Commerce. His office overlooked the US Embassy directly across the street.

Burroughs enjoyed his personal contact with the Mohammed Reza Shah Pavli. Even though the US put the Shah into power, by the late 70's, the Shah was sensing a cooling of relations. He had asked Burroughs to intervene. Burrough's mission was to fly back into the US, meet with President Carter on the Shah's behalf and state that he was ready to convert his government into a constitutional monarchy. But it was too late.

Carter backed out of the meeting, and Burroughs received what would be considered a scolding from the State Department for getting involved. Burroughs returned to Iran only to witness the US Embassy be overrun by Islamic Revolutionaries a few weeks later.

They had taken 52 American diplomats and citizens and held them hostage for 444 days. Burroughs watched it all unfold from his office window.

Fortunately, his secretary helped him escape from his building and go into hiding. Or so he thought. The British Secret Service had found him within a couple of weeks. Now it was the US that needed his help.

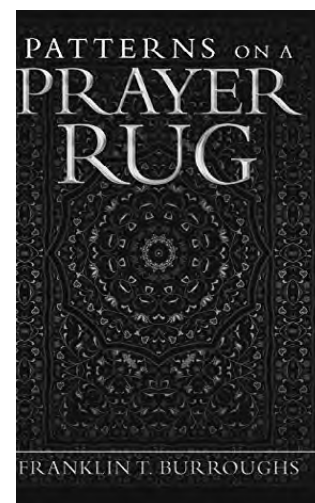
Other excerpts told of his ordeal with how he eventually escaped the country, and restarted his life back in the US, from scratch, but with no support from the United States government.

Burroughs has had an interesting life and has interacted with several high level officials. But as he tries to convey in his introduction Online, it's

his love of Iran and its history for writing the book.

"Suspend any assumptions we may have developed while viewing the country as an Islamic Republic or dictatorship and focus on its ancient and rich culture," Burroughs says. "The vignettes that comprise "Patterns on a Prayer Rug" recall some of my experiences while living in the country for 15 years but have no particular theme. They do, however, focus on happenings which shaped my intellectual landscape regarding Iran and the Iranian people."

Diablo Gazette is pleased to see another contributor to this publication have their literature marketed. We wish him success in "Patterns on a Prayer Rug". Available Online at Amazon Books and Barnes and Noble. Kindle is \$3.99 and paperback is \$19.99. We wish it success.





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

Clayton Valley volunteers make the difference

One of Clayton Valley's greatest assets is our family support system. This includes parents, grandparents, alumni and community members actively involved in the success of each student.

Many schools nowadays must raise their own funds for activities and supplies that once were considered basic necessities. Volunteers are essential to organizing and chaperoning these fundraising events and extracurricular activities. We are grateful for our volunteers who offer a tremendous amount of enthusiasm and who support us with countless hours and resources here at Clayton Valley.

Multiple parent-led organizations provide specific financial, volunteer and family communications which directly impact our athletic, music and other academic programs. The volunteers who manage these organizations go to great lengths to create a welcoming environment for who wish to help the Ugly Eagle community.

One such volunteer is Dawn Schadek. Dawn is president of our Parent Faculty Club (PFC). PFC provides financial resources and volunteer support for numerous student activities including Campus Beautification projects, LINK Character Ed, Senior Activities, Freshman Summer Transition, Bridge to Success scholarships and Sophomore Challenge Day.

"[With] a child that graduated from a small private middle school, our family was intimidated by the size of Clayton Valley. We joined PFC to stay connected to our children and the school. It's been amazing working with the school administration and other families to advance countless student programs," Dawn said.

One such PFC program is the Bingo Night

fundraiser coming Tuesday, March 31 from 6pm-9pm at the Oddfellows Hall. Tickets include six bingo sheets, food, water/soda, a chance to win cool prizes, and an evening of fun, all for just \$25. To pre-purchase your Bingo Night tickets or learn more about PFC, please visit: www.cvchspfc.com.

Extraordinary volunteers Scott and Sandi Floyd, co-presidents of the Clayton Music Boosters also shared their perspective on their involvement with Clayton Valley:

"Leading this organization, it has been a privilege to support an annual music program with fundraisers that benefit their activities and travel performances, as well as increase awareness for high school music programs. Partnering with our music director Chance Krause, it truly takes all of us [volunteers] working together with the school administration and the community, and of course, donations to pull off these wonderful programs".

"Lights, Camera, Auction" is the Music Boosters annual fundraiser benefiting the entire music program. Sax Ensemble, Symphonic Band, String Orchestra, Chamber Orchestra, Wind Ensemble, and Jazz Band will be performing movie-themed music at the Perera Pavilion/Pleasant Hill Community Center on Saturday, March 14. All are invited to enjoy the entertainment and silent/live auction, an amazing dinner, and an exciting dessert run. To pre-purchase your "Lights, Camera, Auction" tickets or learn more about Music Boosters, please visit: www.claytonbands.org.

As we head into the final stretch of the 2019-20 school year, I encourage all families to participate in our upcoming fundraising activities, athletic competitions and music showcases. Our family support system makes Clayton Valley a great school and we are grateful for the volunteers who tirelessly serve our students.



PFC volunteers organize CV fundraisers and student programs such as bingo Night on March 31st at Oddfellows Hall.

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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(925) 689-9350 4501 Cowell Road, Concord

Yellowjackets are back

Act now to reduce the risk of bites and stings

It's only February, but yellow jackets are back. They live right under our feet and when we least expect it, they bite and sting repeatedly.

So far this year, the Contra Costa Mosquito & Vector Control District has received 11 requests for ground-nesting yellowjacket service. That is more than any of the five previous years.

Over the last five years, the number of requests the District has received for ground-nesting yellowjacket service has increased steadily, with a record-breaking number of requests in 2019.

According to Sheila Currier, the District supervisor who oversees the District's ground-nesting yellowjacket program, "Yellowjackets will hunker down over winter and wait for warmer weather before they come out to look for new nest locations. A very cold winter can help reduce the population; however, this winter has been mild. It appears as if the ground-nesting yellowjackets are getting an early start, but it's too soon to tell if this momentum will continue all year long."

Contra Costa County residents can reduce the risk of these biting and stinging insects by

Setting out traps now in an effort to catch the queens before they have a

chance to start building a new colony.

Hang traps away from where people and pets like to be. The best locations are high in trees at the edge of your property.

Use fruit juice in the traps for the next couple of weeks because the queens can be attracted to the juice.

Around St. Patrick's Day, start using the pheromone insert that is usually sold alongside reusable traps in home and garden stores. The insert will attract worker yellowjackets to the trap by mimicking their own hormones.

If you are seeing

yellowjackets coming out of a hole in the ground on your property, or out from under a bush or other ground-level vegetation, please mark the nest by placing a tool or other marker as close to the nest as you can safely. Also, draw a simple map of your yard pointing out the location of the nest, and tape the map to your front door or gate. Then call the District at 925-685-9301 or visit the District's website to request ground-nesting yellowjacket service at <https://www.contracostamosquito.com/>

Once you've requested the District's ground-nesting yellowjacket service, be sure to leave the nest alone. The nest must be dry and untreated when the District technician arrives to inspect the nest. The District does not make appointments. A technician will arrive to provide service usually within five business days.



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