

JUNE 2020

Concord's Shelter in Place Ingenuity Goes Global

**Congratulations
Class of 2020**
Ugly

**CVCHS: Special
Commencement
Pull Out** SEE PAGE 9



Dunkin' employee Norma Valkenaar's idea, DIY Dunkin' Donuts Decorating Kits, with owner Matt Cobo

INSIDE THIS ISSUE

- **Concord Dunkin' Employee Idea is International Success**
- **Concord's 4th of July Virtual Parade**
- **6 Biggest Estate Planning Mistakes**
- **Beautiful Bandelier National Monument of Santa Fe**
- **The Internet is about to get a whole lot faster and cost less**
- **Chief of Police Chaplin Message to Walnut Creek**
- **Clayton's Secret Freewheel Pizza Co.**

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COVID-19 Special

Dunkin' Donuts Decorating Kits: from Concord to International Fame

By David King

Have you tried Dunkin's newest offering, the Dunkin' Donut Decorating Kit? If you have, you can thank Concord employee Norma Valkenaar. It was her idea.

While her story of DIY Kits creation has received plenty of national media attention, there has not been much fanfare for Norma locally.

A few weeks after Shelter-in-place was enacted, Norma's was hearing that her nephews were struggling with pandemic boredom. So, Norma asked her boss, franchisee owner Matt Cobo, whether she could bring home some donut rings, frosting, and sprinkles for her two young nephews to help entertain them. As the saying goes, "necessity is the mother of invention."

As a father of three, ranging from four to fourteen, Cobo understood the challenge parents are facing.

Cobo approved and was extremely interested in their responses. He realized that it might enliven sheltering-in-place for many families and that she was on to a big idea.

Valkenaar reported back that the experiment was successful.

"The reality of this experience has set in, and we know it's not going anywhere anytime soon," Cobo said in a press release regarding shelter-in-place. "Like most parents, we were looking for ways to

and tested them with his neighborhood. To share these kits and spread joy to others, Cobo's sister began dropping them off at doorsteps of friends and family members for a special donut dash surprise, texting them "You've been Dunk'd!" Crew members at all of Cobo's Dunkin' restaurants have been encouraged to surprise their family and friends with donut decorating kit drops to spread even more joy from a distance. The response was the same, elation.

Cobo then shared the idea to Dunkin' corporate, who embraced it.

Now priced at \$7.99 for four plain donuts and \$11.99 for nine, the kits include three different kinds of sprinkles and chocolate, vanilla, strawberry frostings.

"This is our small way of trying to



Zack, Nick, and Tyler of Concord were willing to do product testing for this story. Their reactions support the Dunkins' claims of universal kid enjoyment.



entertain our kids and bring a little levity to this situation."

Cobo then brought additional kits home

brighten someone's day," Cobo said. "The simple joy of getting to create your own donut can make kids light up, and if we can be a part of creating that moment, that makes us happy."

Now Dunkin' restaurants all over the USA have started selling donut kits. In a little more than a month, the product has been introduced to 3400 stores nationally, and is being rolled out to their international franchises as well. Dunkin' is in 36 countries.

Concord will forever be known as home of Tom Hanks, Jazz Records, De La Salle football, and DIY Donut Decorating Kits.

National Donut Day is Friday, June 5. Me, I think Norma Valkenaar and Matt Cobo should be named National Donut Day's Persons of the Year.



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View of the Valley

Photos by Micah



The staff at San Miguel Nursing Home in Concord celebrated National Nurses week by beating a Covid-19 fashioned pinata.



Volunteers at Clayton Valley Garden Club take a photo op after completing a very successful Online plant sale



Atlas Pavers in Concord hosts a food drive



What do you do sheltered in place for two months? Driveway chalk art perhaps.



The gentle wildlife, geese, turkeys, ducks and turtles grace the parks at Turtle Creek and Heather Farms.

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Chief of Police issues message to Walnut Creek community

Dear Walnut Creek Community,

I have been personally struggling with how to share my thoughts with our residents since George Floyd was killed on May 25. Dr. Martin Luther King, Jr., said "Our lives begin to end the day we become silent about things that matter."

It's important to say his name – George Floyd's life mattered. And now, this terrible event also matters, and none of us should be silent about it. His death at the hands of someone he was supposed to be able to trust is something I can't get out of my head. The despicable actions and images out of Minneapolis fill me with sorrow and disgust. And not just the action of the officer who took Mr. Floyd's life, but the inaction of the other officers who failed to perform one of the critical elements of our profession—as a first responder. We are supposed to run into danger to save others, not stand idly by as it happens. I am heartbroken for the loss of Mr. Floyd's life, the utter contempt for Mr. Floyd's dignity, and for yet another tarnish to law enforcement's badge.

Earlier this year, I launched a Walnut Creek Police Community Advisory Board, comprised of a cross section of 16 community members that I expect to provide me perspective outside of my law enforcement background, and help me see blind spots in how our Department operates. We met virtually for two hours last Thursday night, and although not on our agenda, I shared my raw thoughts on this atrocious incident with the Board members, and they shared their emotional ones with me as well. It was a reminder how important it is to have these discussions with your family, your friends, and in our community. I listened to and learned from the perspectives of each person, and was reminded how valuable it is to hear their voices.

I have been steeped in law enforcement, law enforcement culture, and have been a staunch supporter of all that is honorable in this profession for over three decades. I have faith in our Walnut Creek Police Department, in our people, and in our mission. I know how complex and difficult this job can be. I know how dangerous it can be. I also know what this job is not. It is not meant to be the exercise of power over another. It does not give us license to abuse anyone, especially people of color. People should not be in fear of us.

The killing of Mr. Floyd is a violation of all that is good in our profession. What we have seen is beyond debate. The blatant abuse of power is unacceptable to all of us, whether we wear a badge or not. We simply cannot stand for the mistreatment and evil we have all seen.

I support the right of all who want to peacefully protest this killing. Your Walnut Creek Police Department will ensure you have that right. We are on the same side. This travesty cannot be tolerated by any of us. This is not acceptable. It never will be acceptable.

Very respectfully,

Thomas Chaplin
Chief of Police



CLAYCORD NEWS & TALK

In case you missed it...

BART's projected budget includes more than \$100M in cuts
With substantial ridership and sales tax revenue losses due to the COVID-19 coronavirus pandemic, BART's current projected fiscal year 2020-2021 budget includes more than \$100 million in cuts while avoiding layoffs and furloughs, BART officials announced to the Bart board of Directors.

Labor spending, down \$35 million, and capital allocations, down \$92 million, took the two largest hits among the agency's planned expenditures. The addition of \$44 million in coronavirus-related spending brought BART's proposed expenses to \$915 million, a 10 percent drop from the preliminary budget.

The status of further budget cuts for BART as the pandemic continues are heavily dependent on federal funding support, according to agency officials. The cuts are not expected to continue to next year's budget, but that is also contingent on future federal funding. While a one-year hiring freeze for BART station employees and police officers is expected to save the agency about \$36 million, BART expects to receive a total of \$239 million in federal funding from the Coronavirus Aid, Relief, and Economic Security Act.

On Wednesday, BART General Manager Bob Powers called the budget "precariously balanced" and heavily reliant on the agency's allocations from the CARES Act.

The board must approve the budget by June 25. Fiscal year 2021 will begin July 1.

PG&E encourages income-eligible customers to sign-up for discounts

PG&E is encouraging qualified customers to sign up for the utility's California Alternate Rates for Energy (CARE) program that can save them 20 percent on their monthly energy bill.

More than 125,000 customers have enrolled in the CARE assistance program since the start of 2020, including more than 60,000 customers in April, more than triple the typical monthly enrollment, according to PG&E.

The upper limit of the income eligibility for one- or two-person households is \$34,480, with increasing limits depending on the size of the household.

PG&E officials said customers who are eligible can apply for CARE online.

Mt. Diablo Unified School District Board of Trustees fires Superintendent Dr. Robert Martinez



Just nine months after he was hired to lead the Mt. Diablo Unified School District (MDUSD), Superintendent Dr. Robert Martinez has been given 30 days notice that his employment agreement will be terminated "for convenience, without cause," according to the MDUSD.

The school board held a performance evaluation for the Superintendent during the closed-session part of their

Thursday night meeting, and when close-session ended, they announced all board members voted in favor of the termination.

Martinez' annual base salary as Superintendent was \$277,000, with a \$2,000 yearly stipend for his doctorate. He also received a \$300 a month reimbursement for automobile mileage. Martinez will receive 12 months annual base salary due to his termination, according to his employment agreement.

Before coming to the MDUSD in August of 2019, Martinez was Assistant Superintendent of the Fairfield-Suisun Unified School District.

State will need at least \$500M to ensure internet/tech access during pandemic, State Superintendent says

The state of California will need at least \$500 million to ensure all students across the state have Internet access and the technology required for at-home education during the COVID-19 coronavirus pandemic, state Superintendent of Public Instruction Tony Thurmond said Wednesday.

According to Thurmond, about 600,000 students in California are in need of a computer or tablet and as many as 400,000 students lack Internet access at home.

Thurmond said the state wouldn't discriminate in reaching that total, whether the funds came from a federal stimulus package or philanthropic Internet service providers.

"You can just break it down into small parts," Thurmond said in a Wednesday morning briefing on the so-called "digital divide." "That means 100 companies that make a commitment of at least \$5 million to help our students have the success that they need. We can get there in any different way."

Thurmond maintained that he expects the state's public schools to re-open for in-person classes in August and September with health and safety modifications like the use of face coverings, smaller class sizes and increased distance between desks to prevent the spread of the virus.

The state's Department of Education plans to announce its school re-opening plans in early June, according to Thurmond.

"We've got 10,000 schools (in California)," Thurmond said of the state's re-opening guidance. "There is no one size fits all. ... We've actually been talking with school districts about the guidance so that we can calibrate it with the work that they're doing, with the plans that they're making so that we also can address questions that they have."

VISIT CONCORD
A Northern California Original
by Elaine Schroth, CEO & President

The Concord village is very strong



Volunteers prepare carrots for distribution at the Food Bank of Contra Costa Solano. Photo courtesy of same.

The City of Concord proudly promotes itself as a family-friendly community, but the Covid-19 crisis has revealed the quality and durability of the fabric that makes up our tight-knit community. The people of Concord has shown unrelenting support of its first responders, essential workers, local restaurants and businesses, local charities, and of course, each other. Most of these efforts have been done quietly, with little to no fanfare.

For example, did you know that Concord hotels joined forces during the pandemic? They spent countless hours at various locations providing free breakfasts for workers, hosting blood drives, preparing meals for seniors and first responders, and opening their doors to medical professionals, essential workers and vulnerable city and county residents.

Local organizations who do so much for the community throughout the year have been especially stretched during this crisis.

Groups like Meals on Wheels continues to deliver more than 750 hot meals daily to homebound seniors.

The Monument Crisis Center provided groceries and supplies to families in need.

The Rainbow Community Center has been providing virtual services, support, and social connection for our LGBTQ community.

The Concord Chamber of Commerce team have been working non-stop to help local businesses secure emergency loans and employee resources.

Todos Santos Business Association worked diligently to promote small downtown restaurants and shop owners. We thank you all for all you do.

I am certain we all offer sincere gratitude to the essential workers who continue to serve our community every day despite the

risks. This includes our first responders, medical professionals, grocery clerks, USPS, restaurant workers, drivers and couriers, employees of hotels, banks and gas stations, the enormous army of volunteers, and everyone else out there putting themselves at risk to help others during this time. Your dedication and selflessness are truly humbling.

You have inspired us all to stay strong throughout these months and gave us comfort and pride knowing we live among the best of citizens.

In good times and in bad it really does take a village, and it is good to know that our village is strong. We have all come together for the greater good and we should be proud of ourselves and each other.

Now that we are starting to emerge from some of the shelter-in-place restrictions, we offer thanks to our local businesses for implementing the stringent safety and sanitation measures to keep us safe from the rapid spread of infection so that we can return to our lives with a more familiar normalcy. We are Concord.

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Jennifer Stojanovich
Realtor, Better Homes Realty

COVID-19 and Mortgage Relief

If you are a homeowner who is experiencing financial hardship because of the coronavirus, then you may be concerned about making your mortgage payments right now. It's important to know that help is available. The federal government and many private loan providers and servicers have plans in place to provide assistance to those who are struggling. Here's what you need to know if you find yourself in this position.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was created to help homeowners who have mortgages backed by the federal government. These include mortgages backed by Freddie Mac and Fannie Mae and those that are guaranteed by the FHA, VA, or USDA. This act ensures that you will not face foreclosure until May 17, 2020 unless the deadline is extended. Homeowners also have the right to request forbearance for up to 180 days, and then request an extension of another 180 days. You will be charged no fees, penalties, or interest during this time and no documentation of need is required. Though the CARES Act only applies to federally backed mortgages, many other loan providers and servicers are offering help as well.

If you don't know who owns your mortgage, then it may be difficult to determine what relief options are available to you. To find out who owns your mortgage, call your loan servicer and ask. You can find the contact information for your loan servicer on your monthly mortgage statement or in the payment

book they provide. Alternatively, you can look it up online at the MERS Servicer ID website at <https://www.mers-servicerid.org/sis/>. Here you can find out the name, address, and phone number of who owns your loan.

After you've determined who owns your loan, contact your loan servicer. Be aware that all loan servicers are experiencing high call volumes, so be prepared to wait on the line. If your loan is covered by the CARES Act, then alert the servicer that you are experiencing financial hardship as a result of the pandemic. If the federal government does not own your loan, then ask your servicer what options are available to you. This could include suspending or reducing payments, forbearance, loan modification, or waived late fees. Once you've determined what option best suits you, get it in writing so you know what the terms are.

Once you've secured your mortgage relief or forbearance, you should keep updated on what happens. Keep all records related to the relief and monitor your monthly mortgage statements for errors. If your mortgage payments are automatically deducted from your account, then make the necessary adjustments so you can avoid fees or other charges. Routinely check your credit report for errors and report them if you find any as they can negatively impact your credit score. You should also confirm with your servicer if your property taxes and home insurance will continue to be paid through an escrow account. If not, you will need to continue to make those payments.

(Courtesy virtualresults.net)



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David George

THE NAKED GARDENER

HOW MUCH WATER DOES A PLANT NEED?

No, I am not talking about busting the shelter-in-place with a beach bash, or skinny-dipping in granddad's crick when I was young. June is the month of Contra Costa's most intense solar radiation, and the month when growing plants need regular water. Along with sufficient nutrients from the soil and air, vegetables thrive in June with all the elements they need for success.

First a word about safety on hot days. Wear plenty of SPF 30+ sunscreen on your naked parts. You don't need to have old-guy skin like me to be vulnerable to

and fruit. The fruit body protects and nourishes seeds and seedlings, ensuring new generations of plants. Harvested fruits and veggies nourish us also in an eco-friendly way.

The hotter the sunshine, the faster the plant can produce new growth and flowers – up to a point. Above 86 Fahrenheit, it cannot move enough water through its system to keep up with the water lost from leaves. At this point, you'll see wilting which shuts down some of the water loss at the expense of leaves losing their form. But don't despair if your plants wilt during hot afternoons.

If they have recovered their form again by morning, they are getting enough water. If still wilted, provide more regular water to the soil around their roots until days cool off again.

The most frequent question garden center staff and master gardeners are asked during hot summer months is how much water does a plant need. The answer is, "just enough to allow it to grow and flower or fruit normally, but no more". Wasteful overwatering is NOT eco-friendly. Most vegetable plants and flowering annuals have shallow root systems, rarely deeper than 6-8 inches. This is the soil depth that must remain moist, but no more. To test, stick a long hand

spade or screw driver into

the soil near the drip line of the plant. You'll be able to see moist soil on the spade or screw driver to a point. If moist to 6-8 inches, your watering is sufficient. If you see dry soil before then, add a few minutes to your watering cycle or an extra day per week then test again.

Tomatoes and fruit trees are an exception, with deeper root systems well beyond other vegetables. They require less frequent but longer, deeper watering. Established tomatoes need to be watered only 2 times per week in summer, and fruit trees are happy with once every week or two, as long as

each watering is

longer, or until water pools briefly on the surface.

Stay safe on these hot summer days, keep your plants safe from harm, and enjoy the fruits of your labors during victory garden harvest season.

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

[David George is author of "Granddad's Garden – Stories of the Natural World." and Vice President, California Writers Club, Mt. Diablo Branch.]



Supplement irrigation with hand watering on hot days

skin cancer. Also, carry a reusable flask of cool water to stay hydrated whenever working in your garden. Even wind in shady spots can drain your body of essential water, but hot sun speeds water loss. Finally, wear a wide-brimmed hat to protect your face, ears, and neck from over exposure.

Vegetable plants absorb sunshine into their leaves to enable growth and maturation. Six or more hours of sunshine for vegetables is considered to be "full sun", four to six is "part sun", and under four hours of sun is insufficient for most

veggies. If your garden is sun-staved, talk to garden center staff about vegetable varieties that tolerate shade.

Water of course is a natural and crucial building block of life. Plants drink water from the soil and transpire this water into the air through their leaves to keep cool. The transported water also carries nutrients and minerals that the leaves combine with sunshine to make the plant's food – mostly sugars. This process is called photosynthesis. The new food is redistributed to growing nubs to grow more leaves and stems, then flowers



Leaves wilt under hot sun but will rebound in morning if they're getting enough water.



THE LEGAL PAGE



legalbriefs

by Jeffrey Hall, MBA, CPA, Esq.
Law Office of Jeffrey Hall, PC
Elder Law & Estate Planning

The 6 Biggest Estate Planning Mistakes

If you're like most people, you have the best of intentions with regard to how you want your estate distributed when you die, or your affairs handled should you become incapacitated. Unfortunately, without proper planning, your best intentions may not be enough. Here are six of the most common estate planning mistakes people make:

1 Doing it yourself. Bad Idea. It is tempting to try to save money by using a do-it-yourself online services, such as Robolawyer & Legal Zoom or just writing something up yourself, but these poorly drafted documents may only cost you or your heirs additional money in the end. It is impossible to know, without a legal education and years of experience, what the right legal solution is to any particular situation and what planning opportunities are available. If there is anything about a family situation that is not commonplace, using a DIY estate planning program means taking a **LARGE RISK** that can affect one's family for generations to come. And only an attorney can determine whether a particular situation qualifies as commonplace. The problems created by not getting competent legal advice probably won't be borne by the person creating the will, but they may well be shouldered by the person's children and grandchildren.

2 Failing to plan. The biggest mistake is failing to create a plan in the first place. Without an estate plan, your assets will be distributed according to the law in the state where you live. Usually, if you are married, your spouse is entitled to a portion of your estate and the rest is divided among other relatives. If you are single, your estate may go to your children, parents, or siblings. If you have absolutely no living relatives, then your estate will go to the state. This is probably not what you want to happen to your assets. In addition, without an estate plan, you have no way to name who will be the guardian of your children or who will act for you if you become incapacitated.

3 Not planning for disability. A properly drafted estate plan not only specifies what will happen to your

assets when you die; it also plans for what happens if you become incapacitated. It is important to have documents, such as a power of attorney and health care proxy, that appoint someone you trust to act on your behalf if you can't act for yourself. Elder law attorneys know the what Medi-Cal legal language is necessary to gift assets so that Medi-Cal doesn't recover against the estate upon death of the Medi-Cal applicant. LegalZoom has no clue about this.

4 Failing to fund a trust. Once you draft an estate plan, you aren't done. If your estate plan includes a trust, you need to actually fund the trust, by retitling assets in the name of the trust, or the trust will be useless.

5 Not checking your beneficiary designations. You should periodically review your retirement plan beneficiary designations to make sure they aren't outdated. Retirement accounts do not follow your will or trust—they are distributed according to the forms you fill out with the insurance company. You need to make sure you have named a beneficiary and the beneficiary is who you want it to be.

6 Not reviewing the plan. Once you've got an estate plan in place, it is important to keep it up to date. Circumstances change over time and your estate plan needs to keep up with these changes. Major changes that may affect your plan include getting married or divorced, having children, or experiencing an increase or decrease in assets. Even if you don't have any major changes, you should review your plan periodically to make sure it still expresses your wishes.

To ensure that you're not making these and other common estate planning mistakes, talk to a well-respected Elder Law Attorney.

Jeffrey Hall, CPA, JD is an experienced elder law & estate planning attorney. Visit his website for information at www.HallLawGroup.com or call the Law Offices of Jeffrey Hall for a free 15-minute consultation at 925-0230-9002.

The Foreseeable Renters' Crisis

By Yasenia Conde, Juris Doctor, Concord

Contra Costa County's moratorium on evictions directly caused by the COVID-19 coronavirus pandemic has been extended from May 31 until July 15, and starting soon will no longer allow businesses over certain employee and gross-receipt thresholds to defer rent payments.

The revised ordinance, approved by a 5-0 vote, narrows the definition of "commercial real property" to property where small businesses, manufacturers or nonprofit organizations operate. Such businesses must be independently owned, have 100 or fewer employees and have average annual gross receipts of no more than \$15 million over the previous three years.

On March 25, 2020 the City of Council of Concord adopted an eviction moratorium parallel to that of Governor Newsom. The city's eviction moratorium froze all rents due from residential and commercial tenants who were experiencing a substantial loss in household or business income caused by COVID-19. The moratorium also imposed a rent increase freeze for those properties not exempted under state law, AB-1482. After the Shelter in Place is lifted renters will then have 90 days to pay all back owed rent. So, what will this look like for renters once the Shelter in Place is lifted?

The average rent in Concord is about \$1,800 for a one-bedroom apartment. If a renter fell behind on rent for the month of April and May that would amount to \$3,600 of unpaid rent as of May 31, 2020. Then add the \$1,800 for June's rent which will become due the next day. Applying the rules of the city's moratorium the average renter who is freshly out of the Shelter in Place order who has not seen a full paycheck in months or one that was barely making ends meet will need to come up with \$2,400 in rent on June 1, 2020. In fact, \$2,400 a month is what the renter will need to pay for the next couple of months until her or she is caught up.

See the table below for an illustration of what this would look like.

To add to this is also the fact that many landlords will be able to legally raise as of June 1, 2020 to be effective July 1, 2020. Using the table laid out above if a renter receives a legal rent increase, that renter's monthly rent may be greater than the estimated \$2,400 that would be owed for the July and beyond.

The City of Los Angeles and San Jose for example have given its renters a full 12 months to catch up with rent.

The State has proposed a possible tax credit for landlords in lieu of evicting a renter that has not caught up with his rent. However, this is just one of many proposals that may or may not be passed.

The City has implied that it will piggy-back on whatever action the State takes next. The City does have "general police powers," to extend the re-payment time frame and to freeze all rent increases during this time. To the contrary we can expect a record number of evictions and rental vacancies in the city which can rapidly become distressed properties. Blight, as we all know, reduces local property tax revenues, attract crime, and diminishes surrounding property values. For Landlords a massive wave of evictions will in no way be profitable. Using the example above a Landlord could potentially be at a loss of about \$7,200 just in unpaid rent alone for the months of April to July. This is because even if the Landlord is able to evict a renter, the renter is still afforded time after the Judge's order to find a new place. Coupled with legal fees the Landlord's loss can be as high as \$10,000 per rental unit.

Update: With the moratorium on evictions extended to July 15th, the repayment plan interpretation would give the tenant up to a year to repay four months of missed rent.

Tenants Repayment Plan

\$1,800 + 1 st of 3 payments for April's rent.	\$1,800 + 2 nd of 3 payments for April's.	\$1,800 + 3 of 3 payments for April.	\$1,800 + 1 st of 3 payments for May's rent.	\$1,800 + 2 nd of 3 payments for May's rent.	\$1,800 + 3 of 3 payments for May's rent.
April's rent to be paid in 90 days.		Here the renter will be done paying April's rent.	Here the renter will start paying May's rent.		May's rent also to be paid in 90 days.
\$1,800 / 3 = \$600	\$1,800 + \$600	\$1,800 + \$600	\$1,800 / 3 = \$600	\$1,800 + \$600	\$1,800 + \$600
Total: \$2,400	Total: \$2,400	Total: \$2,400	Total: \$2,400	Total: \$2,400	Total: \$2,400

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www.DiabloGazette.com

Domino's delivers nearly 500 pizzas and 1000 masks to volunteers



In attempt to thank volunteers and essential workers and support local businesses in the most trying of circumstances, US Bank partnered with Domino's Pizza on May 12 to prepare a special thank you.

The effort is part of U.S. Bank's #Support Local campaign, where meals are purchased each week from a local restaurant and delivered to an organization or group of people making a difference. The campaign was created to support local business, like this local Domino's franchise, and thank those in the community who are keeping us safe.

Two hundred pizzas were distributed at a pop-up drive-thru at Domino's Pizza in Sun Valley Mall and given to volunteers and workers with Meals on Wheels, White Pony Express, St. Vincent de Paul, Coco Kids and Monument Crisis Center as they drove by.

Domino's Pizza baked, donated and distributed a total of 470 pizzas and 1,000 face masks to feed and protect the workers and volunteers.



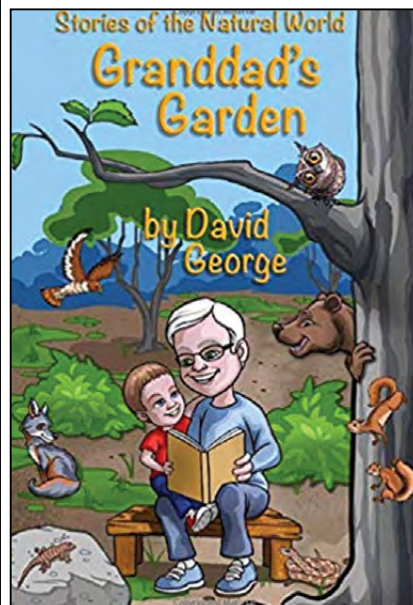
Franchise owner Dan Brumleve



Covid tests now available to anyone

Anyone living in Contra Costa County can now get a test for COVID-19 regardless of symptoms or the ability to pay. There is no up-front cost for testing. You do not need medical insurance to get tested, however, if you have health insurance, your insurance will be billed. You can get a test at sites around the county or by calling your healthcare provider. You do not need a doctor's note to schedule a test, but you must make an appointment. If you have any reason to think you need a test such as symptoms which can include cough, shortness of breath, fever, chills, fatigue, muscle ache, sore throat, headache, vomiting, nausea, diarrhea, recent loss of taste or smell, or confusion, call 1-844-421-0804

A screener will take the information necessary to begin the process. You will then get a call back to schedule an appointment. Test results are available in a few days. Drive-through testing sites are available in Antioch, Concord, Martinez, Pittsburg, San Pablo, San Ramon. In addition to making a phone appointment by calling 1-844-421-0804, you can register online for an appointment at walk-in testing sites: Brentwood, Pinole, Walnut Creek. For additional information, call Contra Costa County Health Service's COVID-19 Call Center at (844) 729-8410.



David George's debut book.

Granddad's Garden
Stories of the Natural World.

Feel-good stories for troubling times.
Available now on Amazon.com.



Cooling Tips to Survive Summer Heat

Don't wait to call your doctor or 9-1-1 if you experience any of these WARNING SIGNS of heat related conditions, such as heat exhaustion or a heat stroke:

Headache	Nausea/Vomiting	Dim/Blurred Vision	Profuse Sweating	Exhaustion
Dizziness	Hot Dry Skin	Cold Damp Skin	Muscle Cramps	Fainting

Heat Strokes can be life-threatening and can come on quickly

TIPS TO PREVENT heat-related symptoms

- **Drink water:** Sip all day; don't wait until you are thirsty. Avoid alcohol, caffeinated beverages, sugary soft drinks and full-strength fruit juices.
- **Limit physical activity** and wear a hat outside, preferably with a wide brim.
- **Keep shades drawn and blinds closed**, but windows should be slightly open.
- **Open windows to cooling breezes in the evening**
- **Keep electric items** turned off, lights low and avoid using your oven or clothes dryer.
- **Do not just rely on fans;** if the temperature is 90 degrees or above, fans alone usually cannot protect against heat-related illness.
- **Take baths, showers, or find a pool to swim in;** bathe in tepid water, use cool towels.
- **Wear loose-fitting cotton clothing** that is light-colored and lightweight.
- **Use a sunscreen of SPF 30 or higher** when outside
- **Eat light foods** high in water content: fruits, salads, and soups.
- **Don't wait in or leave infants, pets, elderly or disabled persons unattended in cars** or other vehicles for **any** length of time, even with windows cracked. Within minutes the temperature will become dangerously high and serious injury and/or death will result.
- **Bring pets indoors or ensure they have shady spots** to protect them all day.
- **Make sure pets have plenty of fresh water** that will stay cool all day
- **Develop a "buddy" system;** keep in contact with your family & friends at least twice a day
- **Talk to your doctor about medications;** you may need to alter medications or dosages, but under no circumstances should you change your medication on your own.
- **Use air conditioning & be prepared for power outages**

For further information, please call Information & Assistance at 1(800) 510-2020 (from within Contra Costa County, using a land line) or (925) 229-8434 (when using a cell phone or from outside Contra Costa County)

Revised 05/26/20

Out to Lunch

Clayton's Hidden gem: Freewheel Pizza Co.

by Richard Eber

Located in an alley way behind the Safeway at Clayton Rd. and Ygnacio Valley Rd., (5433 Clayton Rd., Suite A-1 to be exact) sits an unlikely new retail establishment. Despite many local restaurants folding during the Covid-19 Pandemic, Freewheel Pizza Co. is prospering since it opened in February.

With a sign barely visible on a service road catering mostly to delivery and refuge trucks, Randy Martin's 900 square foot commercial kitchen is bursting with activity. Working alone, except for a little help from family members, he prepares approximately 40 pizzas from scratch each day which he sells out and then closes.

With marketing limited to a Facebook page, word of mouth has kept his small operation working at near capacity. Patrons must order on their web site www.freewheelpizzaco.com or Door Dash delivery service. Pick-ups are limited from between 4 - 7pm Tuesday thru Saturday.

With minimal marketing support and no visible location, how is Randy Martin able to be successful? The answer is simple. His product is superior and unique from all others. Once people (especially those of Italian descent) try Freewheel, they get hooked on the quality.

For Randy, it all starts at Farmer's Markets and in his own backyard where he sources produce. Sausage and deli meats come from the East Coast.

Inside Freewheel's kitchen, pizza dough ferments for between 48 and 72 hours. It is then baked at 575 degrees for 7 minutes in a Moretti-Forni custom oven resulting in a flavorful crust that is airy and crispy.

As for the sauce that adorns the dough, two are offered. Those with white sauce is comprised of ricotta cheese, fresh cream, red onion, garlic, and rosemary.

It is put on sparingly to avoid soggy that plagues many other pizzas. Their red sauce is made with similar care. Special whole tomatoes from Stanislaus Foods are pureed with garlic, olive oil, and spices to make a zesty base.

This is where things get interesting for Randy. On each pizza, depending on variety, he uses several different cheeses to create distinctive taste profiles. Fresh mushrooms, vegetables, and meats complete his culinary concerto. Topped with truffle, olive oil, and sometimes arugula, pizza is Randy's artistic canvas.

Prior to opening Freewheel Pizza Company, in 2016 Martin started Vineyard Crust Co., a renowned mobile artisan wood-fired pizza company. It specializes in catering in Napa-Sonoma for events at wineries and outdoor venues in the area. Before coming to California, Randy was a stockbroker and a derivatives broker on the Philadelphia Stock Exchange (PHLX) for a decade. While living in Philadelphia, he received training at a culinary school where a popular but pre-celebrity Bobby Flay was known to drop by and give instruction.

With such a diverse background that



Randy Martin presents the Sonoma Market, asparagus pizza fresh from the oven.

includes Philadelphia, where he grew up, and influences from Brooklyn, Italy, and the wine country, the flavor profiles served at Freewheel are unique for the Clayton resident. In tasting Martin's delicacies, my favorite was his Sonoma Market, an asparagus pizza featuring roasted Meyer lemon, fontina, manchego, and truffle oil. However, every bite of the portabella and sausage was quite delicious and distinct.

If these combos are not exotic enough Martin offers a Figgy Piggy pizza recipe that comes over from his Sonoma catering company. This features Char Sui Bacon, fig jam, fontina, gorgonzola, and arugula, with a balsamic drizzle. For vegetarians, Free Wheel has a menu item that is completely plant based including the faux cheeses they utilize.

On one of my visits, he bestowed on me some sourdough French bread that had come fresh out of the oven. I brought it home and shared with my wife and daughter's family. My son-in-law loved it saying that the taste reminded him of old San Francisco quality he tasted as a kid from the Parisian Bakery on Evans Street.

Randy hopes to incorporate the sourdough as a regular menu item in the future. His patrons are also asking if his Sunday meatballs can be available more often along with additional calzone offerings.

Often, he is asked if Freewheel will expand their operations into a more traditional restaurant setting, with longer hours and possibly a dine-in option for clients in the near future. To this Randy shrugs his shoulders saying, "I would really like to expand with a bakery, but this will all take time. For now, all we want to do is provide a quality product and see where that takes us."

So Randy Martin, the pizza man, with vintage 78 albums playing rock music in the background, happily plies his trade for a devoted customer base that is happy his pizza creations came into their lives.

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Your savings insured to \$500,000 per account. By member this institution is not federally insured, or insured by any state government.



computercorner

by William Claney, Tech Writer, Computers USA

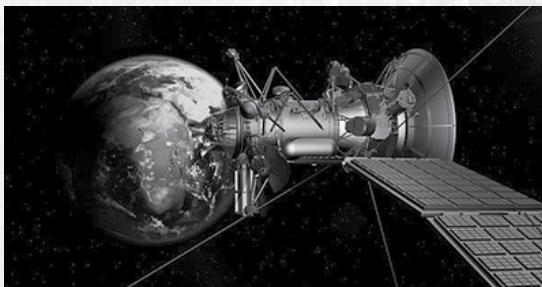
Tech in English

A new Low Earth Orbit internet offers gigabyte speeds, low price

Ever heard of these guys, Elon Musk of SpaceX, or Tim Cook from a little, known company called Apple, Inc.? Well, if you don't know them by now, you're about to get intimate because they are creating a new faster Internet in the sky, and it's almost done. I wonder, are they adversaries or friends?

This new Internet is in space right now with thousands, yes thousands of LEO (low Earth orbit) satellites in orbit now and many more approved for launch to support their network. These satellites will cover the globe with wacky-crazy-insane high speeds, everywhere coverage, and no need to deal with a phone company, no weird equipment and, not to mention a low-low price. Oh, woops, I mentioned a low-low price.

Musk and Cook are the visionaries of our time. At least for now, these two are not adversaries but rather they oppose the existing establishment. Internet providers like Comcast, AT&T, Dish, DirectTV, Wave and the rest will be chasing these two for a decade. It will be like the Coyote (phone company) chasing the Road Runner (Musk and Cook), always chasing, never catching.



Internet prices have risen to insane prices exceeding \$100.00/month in most cases and these two are talking about prices under twenty-bucks.

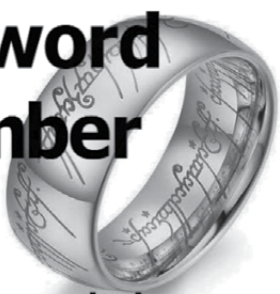
The LEOs, thousands of them, will communicate directly with your cell phone, tablet and home/office computers. Because the LEOs are close to Earth they can provide faster service. There is a typical delay in geosynchronous satellites in high Earth orbit (GSL). This delay is about three seconds to reach the satellite and three seconds back to reach you, so 6 seconds round trip. This delay time is latency. The LEOs communicate in about one-two seconds round trip. This speed is on par with regular Internet latency experienced now with most landline or WiFi Internet providers but the

difference is the LEOs have a huge broadband vs. landline or WiFi based systems. So, get ready for gigabyte speeds, not kilobyte or megabyte speeds, and low prices. That means speeds 1000x faster – it's the reason Wile can't catch the Road Runner.

The adversarial relationship between Wile, the phone company, and Elon and Tim, the Road Runners, is going to be big. Really big. For example, one of the benefits of speed is downloading an entire movie in about two minutes.

So go do the right thing. What do you think? Call me 925-672-9989 to express your view.

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925-672-9989

By the way, what does the E. stand for?

The E. in Wile E. Coyote is for Ethelbert and he is the adversary for Bugs Bunny and the Road Runner. I'll bet you didn't know that.

Did you know the only speaking part Wile had was with Bugs Bunny. In the desert there was a door (no house, just a door) and Wile knocked on it, Bugs answered, and Wile said, "Allow me to introduce myself. My name is Wile E. Coyote, Genius. (Ed: I love this part.) I am not selling anything nor am I working my way through college, so let's get down to cases: You are a rabbit, and I am going to eat you for supper. Now, don't try to get away! I am more muscular, more cunning, faster, and larger than you are, and I am a genius, while you could hardly pass the



entrance examinations to kindergarten. So, I'll give you the customary two minutes to say your prayers." (How weird, I have this memorized.)

Advanced Driver Assist Systems: Safer vehicles but higher maintenance costs

By Andrei Obolenskiy

One of the most beneficial and confusing systems for consumers and automotive professionals are the new electronics being installed in modern vehicles. They are poised to become more universal as the technology becomes less expensive, and reliable. Pressure from safety groups and increased understanding of the benefits of ADAS systems will eventually push them onto even base models of newer vehicles. Manufacturers are already voluntarily installing ADAS components known as forward collision warning, lane departure assist, blind spot warning. However, what is confusing is all the different names given to these systems, and the different software protocols used to control them.

The added safety these systems provide will reduce accidents, and make the roads a safer place for all of us, but there is a dark side to this new technology. The lack of a universal protocol, names of the different systems, and how they are diagnosed will prove to be very costly for consumers.

Many industry groups are coming together to adopt standard testing and naming of these systems. JD Power, AAA, Consumer Reports, and the National Safety

Council have banded together and found a single ADAS system can have upwards of 30-40 different names. Of course, this is confusing to consumers.

The goal is to have standardized window stickers, and transparency. These industry groups are also pushing for all vehicles to have forward collision, and auto emergency braking as a standard feature.

Down the road as vehicle systems become more complex, these systems will require recalibration when performing even routine repairs at your local shop. Alignments, and windshield replacements are just a few minor repairs that require recalibration on many vehicle models. Additionally, when in an accident, these systems will need to be repaired, re-calibrated and tested before getting your vehicle back.

The added benefits will come with more complexity, but the added safety on the road is the ultimate benefit. These systems save lives.

Clayton's Giovy Webb graduates from Yale, joins Microsoft

Clayton women's softball sensation

Giovy Webb has graduated from Yale University, class of 2020.

And like all commencement ceremonies for the class of 2020, it too was virtual. Giovy received a bachelor's degree in Ethics, Politics & Economics (EP&E), an applied honors major, and a minor in Geology & Geophysics Energy Studies.

A 2016 graduate from Carondelet High School Giovy was selected as star scholar from ABC-7 which awarded her a \$1000 scholarship.

Giovy graduated Yale with honors while playing softball for the Ivy League and the Peruvian National Softball Team (she has dual citizenship). She participated in the 2019 Pan-American Games and Tokyo 2020 Olympic Softball Qualifiers with Team Peru.

As for her next stage in life, "I accepted an amazing opportunity with Microsoft

as a Data Scientist," she said.

Nobody is prouder of Giovy than her family. They recall the early days from the day they drove Giovy to Clayton Valley Little League tryouts when she was just six years old to play T-ball. Giovy's parents recognize that all the life-lessons learned through the sport of softball has been key to Giovy's accomplishments off the field. They believe her drive, resilience and work ethic will continue to be key to her continued to success.

Congratulations Giovy and thank you parents sharing her success with us.





CLAYTON VALLEY CHARTER HIGH SCHOOL

Congratulations Graduates!



Clayton Valley Charter High

Scheible Says...

Executive Director Jim Scheible

Our Extraordinary CVCHS Seniors



Thomas Cook



Carolyn Maynard



Melvin Brown



Allison Liu



Joseph Soberon



Jordan Frost



Edgar Castenada

2020 has not been a year any of us envisioned. A global pandemic interrupted each of our lives. For our graduating seniors, traditional recognitions and celebrations were canceled or altered to ensure student health and safety. Like many things in life for teenagers, this seemed unfair. But, in spite of the challenges, the Class of 2020 rose to the occasion and made the best of its circumstances to make a

Because of COVID protocols, this year's Senior Awards Night took a different approach to honor seniors for their academics, community service, along with their athletic and leadership achievements. CVCHS hosted the invitation-only event and lived-streamed the ceremony so our school community could cheer on each of our extraordinary seniors. The in-person ceremony was watched online by over 500 families and can be viewed on the CVCHS website.

Together with Principal Jeff Anderson and our department leads, I was proud to participate in our annual recognition ceremony and to showcase our graduating seniors who have invested so much time and effort into their high school careers as they prepare for what's next. In addition to their individual commitment to academic success, these students represent the best of our school's community.

Different than traditional valedictorian and salutatorian, the highest recognition a student at CVCHS can achieve is one of the four Altair awards: Scholarship, Service, Leadership, and Grand Altair. The four awards were established by the first graduating class from Clayton Valley in 1960. The selection of Altair candidates is made by members of the Senior Class and a final vote is made by a special committee comprised of student leaders and teaching staff.

I'm very proud to honor this year's Altair's as they exemplify the very best at CVCHS. This year's winners as nominated by their class are: Allison Liu, Scholarship Altair; Carolyn Maynard, Service Altair; Melvin Brown, Leadership Altair; and Thomas Cook, Grand Altair.

June marks a special time of the school year here at CVCHS. Congratulations to our Altair award winners, exceptional athletes, department recognition winners and the entire Class of 2020. Well done! We look forward to honoring you on the stage at our diploma ceremony on June 2nd and 3rd.

Our students and parents are to be praised for continuing their great learning experience with such purpose – especially in this unprecedented time. I commend our Governing Board, school administration as well as our tremendous teachers and staff. All of them go above and beyond every day to ensure CVCHS offers a dynamic education that leads our students to the colleges and careers of their dreams. Every member of the CVCHS team is an essential worker and I know our families agree with this.

Finally, to our graduating seniors, I wish each one of you the best as you begin your new adventure and preparation of a great career. We all will miss you greatly as will your peers. You will always be remembered for having the adversity to be "Ugly Strong" and we look forward to seeing your spirit one more time as you cross the stage.



Parents and students rally to support Clayton Valley's charter renewal



Clayton Valley Charter students celebrate their college choices with a Commitment Parade.



Homecoming King Nick Muller and Queen Sam Handler



CIF Division 2-AA Football State Champions



CLAYTON VALLEY CHARTER HIGH SCHOOL

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ARIZONA STATE
UNIVERSITY
Arizona State University
Josh Kiyoi



Baylor University
Kevin Pineda-Vizcaino
Carson Sumter

BIOLA
UNIVERSITY
Biola University
Darby Dresdow
Ashley Sabas
Liam Tinder
Emma Willis

BYU
BRIGHAM YOUNG
UNIVERSITY
Brigham Young University
Camille Callahan
Kennedy Short
Dallin Sorensen
Madelyn Vines

Cabrillo College
Cabrillo College
Cole Schadek

CAL POLY
SAN LUIS OBISPO
California Polytechnic State University
San Luis Obispo
Maxwell Clement
Steven DePaschalis
Jayson Downs
Sarah Grigsby
Kaitlyn Jones
Olivia Kreamer

CSU Channel Islands
CALIFORNIA STATE UNIVERSITY
California State University, Channel Islands
Hannah Crookes

CALIFORNIA STATE UNIVERSITY **Chico**
California State University, Chico
Cole Burton
Riley Christiansen
Mason Covalt
David Doigny
Emily Edwards
Leilani Fabrique
Halie Fink
Isabella Garcia
Nicole Giorvas
Katherine Harkness
Rayshawn Howard
Shane Jensen

CALIFORNIA STATE UNIVERSITY **Chico**
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Michael Mann
C.J. Miller
Clare Phifer
Abby Ramirez
Joseph Wheeler
Eric Zimmer

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California State University, East Bay
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Nicholas Myers
Ryan Pierce
Mariana Smith
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Kayla Concepcion
Jennifer Gomez Villanueva
Jordan Martin
Heidi Taylor

HUMBOLDT STATE UNIVERSITY
California State University, Humboldt
Edgar Castaneda

CALIFORNIA STATE UNIVERSITY **LONG BEACH**
California State University, Long Beach
Ashara Armbrust
Lucas Calica
Athena Marquez
Dawson McDonald
Kennedy Murphy
Anahi Porras-Guaderrama
Hillary Portugal
Nghi Tieu

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CALIFORNIA STATE UNIVERSITY LOS ANGELES
California State University, Los Angeles
Samuel Arseneau

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CSUN CALIFORNIA STATE UNIVERSITY NORTHBRIDGE
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Emily Gallagher
Eloisa Hernandez

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Isabella Jimenez
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Cascadia College
Emmeline Adams

CWU Central Washington University
Central Washington University
Alexandra Roth

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Chapman University
Grant Feuer
Erasmia Reynolds
Grace Wenger

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Alham Kazimi

College of San Mateo
College of San Mateo
Kavika Baumgartner
Rayshawn Jackson

Colorado State University
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Anthony Abramov
Cauley Schulz
Lexie Solari

CONCORDIA UNIVERSITY IRVINE
Colorado State University
Jackson Nosrati

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Contra Costa Medical Career College
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Aaliyah Adams
Shawn Agbayani
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Elisabeth Alviar
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Aminata Barry
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Cameron Bellesorte
Mario Bermudez
Gabriel Boston
Jack Bowen III
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Mia Bustamante
Nathan Butterfield
Alexys Canas
Kayla Cardona
Estevan Carretero
Araceli Carrillo Medrano
Bretten Casagrande
Celeste Castillo
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Robbie Chyr
Isabel Collins
Lizbeth Jayne Columna
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Aaron Escobar
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Anna Fidler
Clayton Ford
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Logan Gallagher
Sierra Garrett
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Vitaliy Gusenkov
Elijah Hafiz
Noah Hai
Mackenzie Haley
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Jacob Harmer
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Zachary Heckenlively
Allie Heinz
Dylan Hemus
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Devon Hughes
Madison Hull
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Alex Jinkerson
Trinity Johnson
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Angela Kaplan
Kolby Kawalkowski
Mo Kazemi
Morgan Kelly
David Khashabi
David Kundel
Jose Laverde
Connor Lawson
Zachary Lawson
Ariane Lazaro-Punzalan
Ethan Le
Giordano Leber
Sophia Leighton
Emma Leong
Toshio Longley
Laura Lopez
Adrian Lopez Jimenez
Matthew Loui
Tyler Loui
Thomas Low
Derek Luedtke
Jayme Luttrell
Hansun Ly

Aaron Mah
Ariana Malek-Asghar
Alexandra Martinez
Pablo Martinez
Rachelle Martinez
Darien Masoli
Nicholas McBride
Johnny McCluhan
Jessamyn Medina
Mikayla Medrano
Sarah Melancon
Melissa Metrock
Jaden Miller
Jhaneza Caitlin Mitra
Nadeem Mohiuddin
Nathan Molina
Madison Moore
Enrique Morales
Brandon Morris
Maria Mota Castellano
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Fernando Munoz
Matthew Murphy
Michael Nelson
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Kevin Ramos Ortiz
Lance Redeker
Dylan Richmond
Zoe Robertson
Celeste Rodriguez
Julian Rodriguez
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Kira Stokes
Daniel Tam
Israel Torres
Selena Torres
Crystal Lynne Tranate
Kalani U'u
Maxfield Underwood
Lynn van Vemden
Saarah Vanegas
Jocelyn Villatoro
Lily Villicana
Taylor Vitug
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DOMINICAN UNIVERSITY
Dominican University of California
Jenl Kristen Ang
Tristel Arugay
Connor Barnes
Ysabelle Cuestaquiao

EMORY UNIVERSITY
Emory University
Luxe Langmade

GRAND CANYON UNIVERSITY
Grand Canyon University
Kelsey Nichols
Rance Taylor

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
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Fashion Institute of Design & Merchandising
San Francisco
Angely Alas Moraga

HAWAII PACIFIC UNIVERSITY
Hawaii Pacific University
Katherine Marshall

CVCHS Salutes the Class of 2020!

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 IBEW Electrician Apprenticeship Isaiah Gibson	 MERRIMACK COLLEGE Merrimack College Casey Barnes				
 IRVINE VALLEY COLLEGE Irvine Valley College Rian Harold	 MICHIGAN STATE UNIVERSITY Michigan State University Giselle Castaniada		 Unitek COLLEGE Unitek College Savannah Boone-Tallent	 UC MERCED UNIVERSITY OF CALIFORNIA University of California, Merced Rosie Kiyemba Christian Velmonte	 University of San Diego University of San Diego Hannah Ysabel Fumar
 LANEY COLLEGE Laney College Alexis Greer	 MILLS Mills College Rachel McCreary	 SAN FRANCISCO STATE UNIVERSITY San Francisco State University Oscar Andrade Martinez Alexa Avelar Kaila Chea Natalie Foster Anthony Garcia Joshua Gonzalez Daniel Hernandez Christine Lao Marwa Miry Stephanie Rodriguez Martin Romero	 UNIVERSAL TECHNICAL INSTITUTE Chosen by Industry. Ready to Work. Universal Technical Institute Everett Cofer	 UC RIVERSIDE UNIVERSITY OF CALIFORNIA University of California, Riverside Jessica Oledan Ryan Rickard	 UNIVERSITY OF SAN FRANCISCO CHANGE THE WORLD FROM HERE University of San Francisco Jerome Andrew Faustino
 LAS POSITAS COLLEGE Las Positas College Vincent York	 NEW YORK UNIVERSITY New York University Chloe Pearson		 THE UNIVERSITY OF ARIZONA The University of Arizona Kristin Alich Melvin Brown III Lucas Lauricella Caleigh Olgeirson Miranda Romo	 UC San Diego University of California, San Diego Christine Deng Emma Kelly Alexander Leong Caroline Maynard Nicholas Ratto Joseph Soberon Zoe Zacharakis	 UNIVERSITY OF THE PACIFIC University of the Pacific Isella Beltran Chase Graves Matthew Hayes Telly Hill
 Lewis & Clark Lewis & Clark College Alison Ewing	 THE OHIO STATE UNIVERSITY The Ohio State University Sarah Dorfman	 San José State UNIVERSITY San Jose State University Austin Rickenbacher Justin Ruhl Sydney Tran	 Berkeley UNIVERSITY OF CALIFORNIA University of California, Berkeley Arleth Avila Annjali Bali Thomas Cook Nelly Elahmadie David Lee Parisa McGahan Nithya Ramasubramanian Lauren Utne Ryan Watada Emma Wilcox	 UC SANTA BARBARA University of California, Santa Barbara Olivia Bolton Jack Garner Makenna Hornsby Maria Shapiro	 THE UNIVERSITY OF UTAH University of Utah Sara Cademartori Alexa Frost Connor Johnson Kieran Moss
 LOS MEDANOS COLLEGE Los Medanos College Brook Arcanin Ashley Beite Logan Brandt Stewart Brown Issac Burton Crystal Conner Andrew Corbin Felicia Davis Bridgette Edwards Nicolette Ferguson Hayden Grewe Aiyana Griffith Seth Gwynn Emma Jecker Devyn Lewis Xander Medina Emily Nanez-Delgado Nixon Quilao John Saylor Manpreet Seroa Kaylyn Siino Devon Voight Nathan Withrow Nathan Withrow Alyssa Wright Marc Andre Zarate	 Oregon State University Oregon State University Jason Reeg	 SIERRA COLLEGE Sierra College Gabrielle Mazzuca	 SONOMA STATE UNIVERSITY Sonoma State University Alyssa Amundson Jason Drollinger Asia Perez	 UC DAVIS UNIVERSITY OF CALIFORNIA University of California, Davis Bogdan Balytsky Sarisha Bhalla Taro Carrasco Jannah Marie Castro Jeizel Angelica Faustino Zahraa Jamshed Jake Khalilieh Marilyn Marbella Haley Morrison Marc Sandoz Ximena Villagran	 UNIVERSITY OF VIRGINIA University of Virginia Suzane Choi
	 Pacific University Oregon Pacific University MariaLuisa Ramirez			 UNIVERSITY OF CALIFORNIA SANTA CRUZ University of California, Santa Cruz Gianna du-Long Sarah Ellis-Falik Dillon Noronha Joshua Xavier Tancio Sarah Ellis-Falik	 UNIVERSITY OF WASHINGTON University of Washington Ryanne Boland
	 PAUL MITCHELL schools Paul Mitchell School Morgan Pacini	 TCU TEXAS CHRISTIAN UNIVERSITY Texas Christian University Kaitlyn Dunn	 UC IRVINE University of California, Irvine Hannah Bey Rachel Dong Jordan Frost Mina Gardizi Camille Jones Allison Liu Christina Muller Juliette Musante Jessica Ogu Diana Rivera Tien Tran	 University of Colorado Boulder University of Colorado at Boulder Tori Borges	 UNIVERSITY OF WYOMING University of Wyoming Mana Taimani
	 SAINT MARY'S COLLEGE OF CALIFORNIA Saint Mary's College of California Himali Behal Corrie Broadwell Edward Curley Andrea Drenik Bailey Drenik Sam Handler Dmitri Lukach Jared Ralleta Dominico Russo	 United States Military Sebastian Chaloner Jackson Gwynn Anthony Hughes Bradley Kosin Dominic Wales		 University of Nevada, Reno University of Nevada, Reno Mackenzie Cummings Kyree Despanie Aaron Dotson Joseph Duckart Reese Elzey Caella Hetherton Madeline Lawrence Ethan Pacak John Parker Tamara Richardson Saad Ahmed Sheikh Cydney Walker	 WASHINGTON STATE UNIVERSITY Washington State University Dominic Devenzenzo Brenden Jin
 MARQUETTE UNIVERSITY Marquette University Nolan Crua	 SAN DIEGO MIRAMAR COLLEGE San Diego Miramar College Isaac Ceja				 WESTCLIFF UNIVERSITY Educate. Inspire. Empower. Westcliff University Ashlyn Slagle
					 WOODBURY UNIVERSITY Founded in 1884 Woodbury University Eric Villicana

Congratulations Class of 2020!

Your life is on **Center Stage**. Now, **Leap** into the future, **Jump** on opportunities with a positive **Attitude**. Run for your goals, don't **Trot**, and **Tap** into your greatest potential!



We Are Re-Opening! Beginning June 15 SUMMER DANCE CAMPS 2020

Summer Dance Camps are a fun and creative summer activity offered in a variety of dance styles, from classical ballet to hip hop, and appeal to children of all ages and levels. Morning and afternoon camps run June 15 through the end of August.

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Congratulations to All Our Graduates



concord mayor
Tim McGallian



On behalf of the City of Concord, I would like to extend my enthusiastic congratulations to the Class of 2020!

While I know you didn't imagine spending your last few months of school taking online classes and missing your daily interactions with your friends and teachers, living through this moment in history has surely taught you much more about life than you could have imagined.

As tough as these last few months have been, you have learned about your own resilience – your own ability to adapt to a new situation that is strange and sometimes scary.

Through the uncertainty, you had to keep going. You had to get up every day and work hard – to study, to complete your assignments, and

to ultimately reach the finish line.

You did it! As you reflect on this, you can do so knowing that you have the ability to handle whatever comes your way.

As you begin your next journey in life, whether you're headed off to college or the world of work, please take a moment to really celebrate your accomplishments. Though you may not have had a traditional graduation ceremony, you have certainly earned the accolades. Be proud of yourself and trust that no matter the challenge, you have what it takes to succeed!

Congratulations, Class of 2020!



clayton mayor
Julie Pierce



Congratulations to all our Class of 2020 Clayton graduates! We are so proud of you!

You have persevered through adversity. You have missed many of the iconic moments that traditionally mark your senior year. You have missed special recognition events and had "drive-through" signing days. You have missed sports and club activities. Through it all, you have faced these obstacles with fortitude and resilience. You have found new ways to celebrate.

You have embraced the challenges and learned new ways to socialize

and study. You are prepared for a brand-new future and we look to you to guide all of us in that direction.

Whether you are going on to college, the military or directly into the work force, we wish you all the best and the Clayton community is here to cheer you on! whatever you do, stay in touch with your special friends and keep family members close. You have made your parents, grandparents, and friends proud. You have made the Clayton community proud. Wherever you go, know that Clayton will always be "home."



Assembly
California Legislature
TIMOTHY S. GRAYSON
ASSEMBLY MEMBER, FOURTEENTH DISTRICT

Congratulations, Class of 2020! Celebrations of your accomplishment may look different than we all would like, but it in no way diminishes all you have achieved. Every one of you overcame significant challenges to achieve graduation. Whether it was balancing schoolwork with extracurricular activities, holding a job after classes, helping to take care of a younger sibling, or dealing with pressures of social media, you overcame all obstacles in your way. You can enter into the next chapter of your life knowing that you closed this one by learning how to persevere.

Because of the current times that

we are in, your passage into this new phase of life comes with a bit more uncertainty than those of graduating classes before you. I'd encourage you to not be afraid of this uncertainty, but to lean into it and look for ways that you can make a difference in your community. Connect with your friends and neighbors, become civically engaged and be a voter, and lean on your family and loved ones when you need support. Your future remains bright, and countless successes and celebrations still lay ahead for you. Congratulations on this achievement, and may you experience many more.



Ruby Dooby Do to the Rescue

KODA

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

Thirteen-year-old Koda is a gentle giant weighing in at 92 lbs. He's described as having two wonderful sides to himself: mild mannered Clark Kent and Let's go! Captain Adventure! Balls and water are not his thing, but

walks very well be his reason for existence.

Koda is:

- Great with older mellow dogs; snarky with smaller and hyper dogs; okay with cats
- Takes treats from hand very gently
- Requires a low-protein diet to keep his kidneys healthy
- Loves to chew on raw-hide bones, bully sticks, and real bones
- Will do best in a household with other kind, active, mellow dogs
- Loves walks and adventures
- Good on leash
- Housebroken
- A connoisseur of belly rubs and ear scratches

Koda is neutered, current on vaccinations, heartworm negative, and microchipped. His adoption fee is \$200. For more information about Koda, contact Dave at david.c.ely@sbcglobal.net or 415-686-4248 (text or call). GGLR was established in 1986 and places about 250 labs per year. They are a non-profit/tax-exempt 501(c)(3) organization. The all-volunteer organization has no offices or overhead, so all direct donations go directly to shelter fees and medical care (shots, microchipping, spay/neuter) for labs in need. Other options to help GGLR include purchasing lab-inspired shirts, bags, bottles, scarves, and magnets (<http://labrescue.org/store.html>).

Pawsitive News. Does your dog need to go to the vet? Here are some tips to make the trip safe and minimize your potential COVID-19 exposure. Call ahead and ask for curbside service if the vet isn't already routinely doing this. Because you will need to hand your dog's leash or carrier to veterinary staff, wear a face covering, and come only close enough to hand off your dog quickly to the staff.

Bone to Pick. When people are out of work,

pets often are seen as disposable. Many people fearing the animal will be put to sleep think taking them to a rural area and re-leasing them is a better solution. However, abandoned dogs and cats are more at risk of dying or becoming injured. It is much better to surrender your beloved pet to an animal shelter or rescue. Many shelters

have been having low cost "clear the shelter" adoption events. If you love your pet, don't abandon it to the streets. Domestic animals are ill-equipped to survive without their human caregivers. If you can no longer care for your pets and can't get temporary help with them from friends and family, shelters are a humane option. Feeling stressed due to the pandemic? Remember there are many health benefits to owning pets such as decreased blood pressure, increased serotonin and dopamine levels that encourage feelings of calm and wellbeing, and reduced depression. Are you now inspired to adopt a dog during COVID? First, take a step back and think about what happens when you go back to work. Have you considered the cost? Expect to spend around \$100 per month for pet-related expenses, more if you will need to hire a dog walker. Does a dog still fit your lifestyle over the long term? If you get a puppy, have a plan on how you will socialize your new charge. Thinking twice? Consider fostering or dog-sitting during the pandemic.

Many pet rescues have been forced to cancel critical fundraising events. Adoption events have also been canceled due to shelter-in-place requirements, reducing opportunities for animals in need to meet potential adopters. You can help by donating to local shelters and rescues. If you don't have a special rescue in mind, put in your zip code in this link: <https://www.petfinder.com/animal-shelters-and-rescues/search/> and Petfinder will give you a list of organizations.

[Editors Note: Ruby Dooby Do is Concord's Instagram celebrity with more than 131,000 followers. [Instagram.com/rubydoobydo](https://www.instagram.com/rubydoobydo). Special thanks to Jill Hedgecock, author of "Between Shadow's Eyes." www.jillhedgecock.com.]

ARE YOU READY FOR SOME DINING? KNOW THE RISKS, BE AWARE

By Erin Bromage, PHD

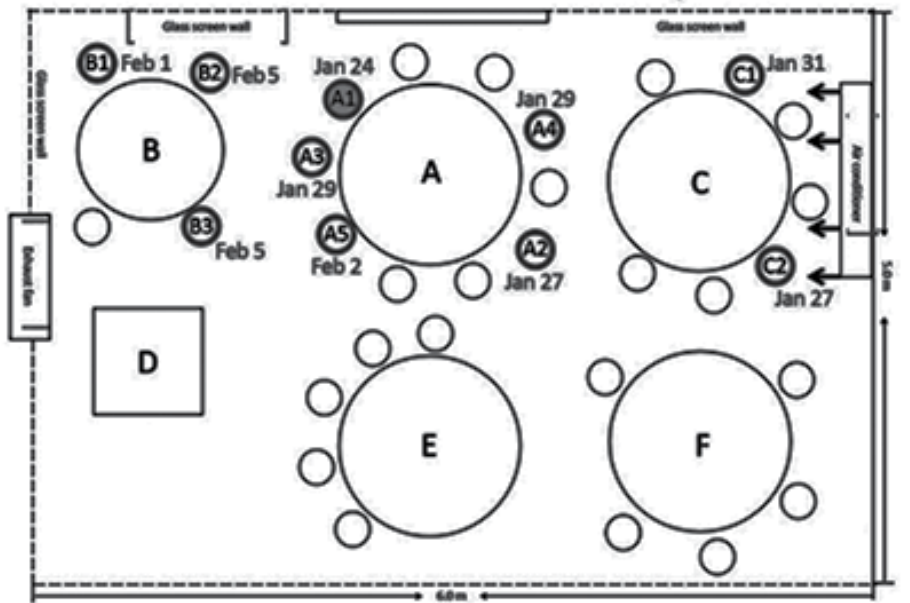
Where are the personal dangers from reopening? Most people would say cruise ships. But you would be wrong. Ship outbreaks, while concerning, don't land in the top 50 outbreaks to date.

Ignoring the terrible outbreaks in nursing homes, we find that the biggest outbreaks are in prisons, religious ceremonies, and workplaces, such as meat packing facilities and call centers. Any environment that is enclosed, with poor air circulation and high density of people, spells trouble.

Some of the biggest super-spreading events are:

- Meat packing: In meat processing plants, densely packed workers must communicate to one another amidst the deafening drum of industrial machinery and a cold-room virus-preserving environment. There are now outbreaks in 115 facilities across 23 states, 5000+ workers infected, with 20 dead. (ref)
- Weddings, funerals, birthdays: 10% of early spreading events
- Business networking: Face-to-face business networking like the Biogen Conference in Boston in late February.

As we move back to work, or go to a restaurant, let's look at what can happen in those environments.



Some really great shoe-leather epidemiology demonstrated clearly the effect of a single asymptomatic carrier in a restaurant environment (see above). The infected person (A1) sat at a table and had dinner with 9 friends. Dinner took about 1 to 1.5 hours. During this meal, the asymptomatic carrier released low-levels of virus into the air from their breathing. Airflow (from the restaurant's various airflow vents) was from right to left. Approximately 50% of the people at the infected person's table became sick over the next 7 days. 75% of the people on the adjacent downwind table became infected. And even 2 of the 7 people on the upwind table were infected (believed to happen by turbulent airflow). No one at tables E or F became infected, they were out of the main airflow from the air conditioner on the right to the exhaust fan on the left of the room.

[This is an excerpt from Dr. Erin Bromage's blog. Dr. Bromage does not claim to be an expert in coronaviruses, medicine, or preparedness. He has a PhD in Microbiology and Immunology from James Cook University, Australia and is an Assoc. Prof. of Biology at the University of Massachusetts Dartmouth; tracking and researching infectious diseases and host immune responses of animals. www.erinbromage.com.]

Mt. Diablo Branch California Writers Club meets June 13

The Mount Diablo branch, California Writers Club, June, 13, 2020 meeting via Zoom will feature Kevin Fisher-Paulson discussing "With a Trowel Not An Ax: The Gentler Way of Editing." The meeting will begin at 12:30 for online sign-ups.

He will discuss how inside of every writer there is a seed of a great poem or prose. He will offer suggestions on Mt. Diablo Branch California Writers Club Meets June 13 on how to grow tomatoes with a pumpkin seed, discuss how grammar is more important than you think, and how to kill your darlings, and make courageous friends. Using gardening metaphors, he'll explain the basics of solid editing.

He's a columnist for the San Francisco Chronicle, and serves as a Chief Deputy for the San Francisco Sheriff's Depart-

ment. He earned a degree in American Studies from the University of Notre Dame. His book, "A Song For Lost Angels", was published by Fearless Books.

His new book, "A Song For Lost Angels" and "How We Keep Spinning" is published under his own imprint, Two Penny Press, Fearless Literary <http://www.fearlessbooks.com/literary.html> and Amazon.

All are invited to attend the Zoom presentation, and a donation is respectfully requested for our community outreach, the annual Young Writers Contest, open to all Contra Costa middle school students. Please access our web address to sign up for the meeting and to optionally donate.

Free event. Registration required. <https://cwcmt Diablo.org/current-cwc-mt-diablo-meeting/>

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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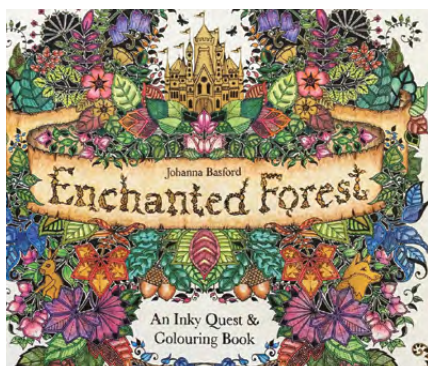




A different kind of Book Review: Adult Coloring Books

Adult coloring books became a trend back in 2015 and a resurgence in sales has been noted since the COVID-19 shelter-in-place left many with an abundance of spare time. Maybe the activity takes adults back to a happy childhood, or maybe it's just fun. Coloring books can tap into a dormant artistic part of the adult personality without requiring any drawing skills. There are many types of drawing tools: colored pencils, markers, felt or gel pens or plain, old crayons. Multiple sizes of tips may be needed; fine-tipped are especially useful for detailed patterns.

Not all coloring books are created equal. For starters, there are many types, including geometric, floral, animal, nature, pattern and zen-doodle. Some coloring books even include hidden objects such as "Enchanted Forest: An Inky Quest and Coloring Book" (Activity Books, Mindfulness and Meditation, Illustrated Floral Prints) (2015, Laurence



King Publishing, 84 pages, \$9.99). This book features 20 removable pages with images of owls, unicorns, hot air balloons, birdhouses, and even a magic castle.

If you are just starting out, some things to consider when buying a coloring book include the thickness of the pages (to avoid bleeding through), whether the pages are double-sided and perforated, and whether you want detailed pictures, less complicated patterns or a mix.

The New York Times bestselling coloring book, "Adult Coloring Book: Stress Re-

lieving Animal Designs" (2018, New Castle P&P, 108 pages, \$5.54) features over 50 unique one-sided coloring pages of animal patterns. Each page was especially designed for stress relief and to be used by adults at any skill level. Over half a million copies sold of this popular coloring book. It has been featured in USA Today, Forbes, TIME, and Oprah Magazines.

If you'd rather try copying a pre-colored page, "Thomas Kinkadee's Disney Dreams Collection Book 2" (2019, Andrews McMeel Publishing, 42 pages, \$12.74) features 16 paintings presented in color along with black line art of the same image. This deluxe poster book

contains 16 large, 11 x 14 easily removable coloring pages, printed on bright white, high-quality card stock. Each image is suitable for framing.

Another option is to download free coloring book pages from: <https://adultcoloringworldwide.com/free-coloring-pages/>

Coloring might seem like a solitary activity, but before COVID, some people turned it into a social event by hosting coloring parties. Even now, there are a variety of online adult coloring groups, particularly on Facebook. "Angie Grace Coloring" (<https://www.facebook.com/Angie-Grace-Coloring-Books-518771528224534/>) and Facebook.com/AngieGraceColoringBooks-FanParty/, "Adult Coloring Worldwide" (<https://www.facebook.com/groups/adultcoloringworldwide/>), and "Coloring Books for Adults," (<https://www.facebook.com/groups/ColoringBooks-ForAdults/>) are some of the most popular. Give these coloring books a try and discover your inner artist.



Original image on left, coloring on right by Deborah Lyons, member of Adult Coloring Worldwide Facebook group.

frugelegance by Carol and Randi



CONGRATULATIONS to all the graduates of 2020! We are celebrating our beautiful graduate with personalized centerpieces. The sky is the limit for decorating your own centerpieces. Just remember, you don't have to be a crafter and you don't have to spend a lot of money for them to look good. You don't even need to spend a lot of time making them. Remember, we like things easy and affordable, FrugElegance style.

Items needed:

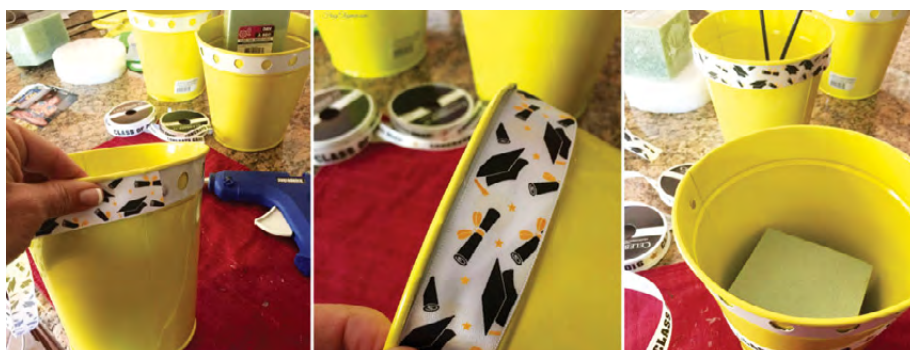
- Colorful buckets and pinwheels (Dollar Store)
- Graduation ribbon and foam blocks (from a craft store)
- Graduation ducks (Dollar Store or Online)
- Sand (from a Hardware store or Dollar Store); Optional: instead of sand, use soil from the yard (FREE)
- Optional: assorted photographs and/or personalized messages and sayings
- Glue (We use a glue gun)



For personalizing, we chose the school colors, green and yellow, and assorted pictures from over the years of

the soon to be graduate.

We used a glue gun to attach and secure our graduation themed ribbon around the can. Tie the ribbon to the pinwheels and place the green foam block inside the can. That will hold our flower pinwheels in place. The foam block keep things secure from wind but if you prefer to leave out the foam block, that is totally



ok. We fill each can with sand to give a finished look as well as weight to prevent it from blowing over. We also use the sand for summer home decor (makes perfect fill for vases, candle holders, etc.) so we purchased a larger bag for the economy. A graduation rubber duck makes the perfect finishing touch. We bought several and placed them all around the yard too since they're so cute. Our ducks came from the local dollar store, but we did see some pretty cool ones Online that light up at Oriental Trading Co., and at a great price. We hope all the graduates have a wonderful celebration and wish you all the very best as you turn the page and continue onto your next chapter.

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.

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

ZUCCHINI	PEACH	SUMMER
TOMATO	CHERRY	FARMERS
PUMPKIN	APRICOT	ENJOY
CANTALOUPE	PLUM	SUN
WATERMELON	APPLE	WATER
PEPPER	ORANGE	SOIL
SPINACH	PEAR	SPECTACULAR
CORN	STRAWBERRY	
PEA	SUN TEA	
BEAN	NECTARINE	
	GRAPES	



Buckets, foam block, pinwheels, and graduation decorative ribbon...and some rubber ducks.

Clean Air Hopes You Have A Jazzy June!

925-689-7017

Relieving Pandemic Pain

by Lisa Vonnegut, CSCS



Are you in pain? Have you noticed a new injury or issue since the beginning of the quarantine? Or perhaps a chronic issue has returned to plague you?

Get ready for some neuroscience. Being quarantined has meant a drastic reduction in the sensory input we receive from being out in the world. Some people are calling this “skin hunger”. There is a neural explanation for this phenomenon. The primary sensory cortex in the parietal lobe of the brain processes sensory input so that the frontal lobe (executive functioning) can make decisions about how to keep you safe. In order for your brain to produce high-quality decision making, you need to have good sensory information. With limited information, the frontal lobe is likely to set up protective safeguards. In other words, if the world “feels” scary, then it makes sense that you should be anxious, depressed, and alert to react from a perceived attack. Your movements become protective and defensive - in other words, tight.

Take vision, for example. Most of us are now restricting our eye movements to the size of a screen for a much greater part of the day. After a while, our eyes “forget” that they can move beyond that limited space and our world becomes myopic. Our shoulders pull forward to get closer to the screen, we slump forward, making it more difficult to breathe deeply. Our posture, gait and eventually, all of our movement compresses closer to our midline: flexed forward, turned in. The brain sees this as an expression of the startle reflex, further reinforcing the idea that we

should be alert to threat. No wonder your back/neck/knee/etc. hurts. What is there to do? Add sensory stimulation to your day.

Use a handheld massager or a body brush on your skin. Do this several times a day.

Try differentiating between various smells in your household (Is this oregano? Or basil?).

Experiment with different flavors in your cooking. Add novel spices to your regular meals or try a new recipe.

Set a timer on your computer and take 60 seconds to look up and out. Focus on something across the street. Take a pencil and follow the tip with your eyes in a big circle—

one larger than your computer screen.

Move your body. Move your feet, ankles, knees, hips, pelvis, spine, neck, shoulders, elbow, wrists and hands. Every joint in your body has receptors that give

your brain a wealth of information (and information equals less threat which equals better movement). Stand up, breathe deeply, open your arms wide and pull your shoulders down and back. Extend your spine and open your arms to counter the “forward and inward” pull.

And most of all, get outside. Feel the summer breeze, the sun on your skin, and the smell of last night’s rain. Let your eyes look

at expansive views and help your nervous system remember that the world is big and beautiful. Remember that you are part of it. You might notice that you feel better.

[Lisa Vonnegut is a trainer and coach specializing in neural performance and wellness. She is a partner of Bay Functional Fitness and founder of Body Synergy Fitcation. Follow Lisa: @body-synergyfitcation and PM your health and fitness related questions to her.]



Stimulate yourself with a wellness shot with cayenne, lemon juice, and fresh ginger.



Use a body brush and hand held massagers are the tools for sensory stimulation each day.

EMOTIONAL HEALTH



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

Disruption is an opportunity for beneficial transformation

Disruptions in life can force us to follow paths we might not otherwise take, sometimes leading to profound and beneficial changes. We all can name things we want to do when the risks of the coronavirus have passed. We miss getting together with family and friends, eating out, going to church, the movies, theater, sporting events, and our work.

Are there routines we have suddenly learned to live without? Some of our clients believe so and certain organizations, large and small, are discovering new economies to their operation – for example, commuting.

Not all commuting is necessary. Significant reductions in stress and health benefits can arise from non-commuting lifestyle changes. In the Bay Area, foregoing commuting to work can save an average of two hours each day depending on your distance.

Some who were able to work from home successfully now recognize how effective they have been in a virtual work environment, while recapturing two personal hours.

Bill (Yarborough) was flying out-of-town most weeks while working for Bank of America. But when the 2008 Financial

much easier to plug in virtually. Members have found it easier to stay connected to organizations and activities through virtual ways and presume they will continue to do so after the pandemic.

As a result, some social organizations are exploring the possibility of allowing members to engage either way, in person or virtually. And one thing is for certain, more people have learned how to engage online and feel comfortable doing so.

Shelter-in-place has provided many people with time to experiment in new arenas. Some have discovered creative pursuits such as painting, writing, or embarking on online educational courses covering topics they have always wanted to explore. Others have used the opportunity to de-clutter or start those digital family photo albums they have put off for years.

Has the pandemic made you become more conscientious about your eating habits and physical activity? Self-improvement seekers have started an inner journey of meditation and mindfulness, creating an inner peace their previous lifestyle never provided. Such practices can lead to greater mental clarity, allowing them to better recognize habits to keep, discard, or start. Any of these adventures can create



Crisis occurred, his travel was curtailed to two flights a year, providing him more time to spend with family and engage in exercise and hobbies. This change improved his emotional and physical health, and he continued his lighter travel schedule until his retirement.

Bank of America was able to tighten its belt while enduring a recessed economy.

Working from home has been so successful for Twitter that CEO Jack Dorsey has made it a permanent option for his employees.

When one considers the benefits of no longer commuting to work and/or flying round the country, they appreciate the extra time they have to spend with their family, walk outdoors, engage in hobbies or creative pursuits, and other self-care activities.

People who found it cumbersome to attend social clubs, service clubs, churches, and other such activities have discovered an easier way to engage. Several organizations, now conducting their activities via Zoom or other virtual services, have noticed an upswing in attendance, particularly from those who seldom attended in the past. Without the need to dress up and drive to events, these individuals find it

a heightened sense of well-being and a powerful determination to continue them going forward.

But in some cases, necessity has led to some valuable and unexpected work insights. For example, Holly’s team of therapists have discovered that virtual therapy sessions can be as effective as in-person. They have also discovered that training sessions and group therapeutic workshops can yield successful results, especially when leveraging Zoom technology to facilitate breaking into subgroups. More startlingly, her team has learned that the hands-on, energetic healing technique of Reiki can be effective using visualization in virtual settings.

So, despite our recent hardships, we can gain positives from our pandemic experiences, such as a more balanced non-commuting lifestyle, new ways to stay socially connected, transformative personal habits, and expanded workplace practices.

If you have questions or comments, please reach out to us via the contact information on our websites: Holly at hypnotherapytraining.com or Bill at bill-yarborough.com.

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Unable to open, Mission Church still changing the world one person at a time

By Justin Barker

Rachel Johnson, who, with her husband Tyler Johnson, founded Mission Church, based in Walnut Creek.

"When the shelter in place was announced, we had less than a week to move all of our gatherings online. We have an amazing team that learned new technology and worked around the clock to make that happen," Pastor Rachel explained. Pastor Rachael admitted that it was important for Mission Church to abide by the shelter in place order as a way to honor the hard work and sacrifice of the many nurses, doctors, law enforcement personnel, and other first responders in their community.

Now that Mission Church has overcome the hurdle of bringing their services to an on-line platform, the challenge at hand is staying connected to members virtually. There are limits. "We're not wired to fully connect digitally. So much body language and non-verbal communication is lost over a Zoom session."

Even so, the Church has maintained its priorities, but their methods have changed drastically. "Our vision has always been to change the world one person at a time. One kind act at a time, one conversation at a time, one sacrifice at a time, caring for one orphan at a time. We want to care for and love people the way Jesus would. Whether digital or in person, we think that vision works now more than ever as we are working to keep our community connected and cared for."

Pastor Rachel emphasized that Mission Church is committed to serving the practical and spiritual needs of the community throughout this crisis. Mission Church has started a COVID-19 relief fund to give financial resources to those who may be hurting. "The generosity has been overwhelming. People are sacrificing to take care of each other and loving their neighbors the way Jesus would."

She recalled the instance wherein a single mother who needed food and other things was supported by a prayer group that swiftly came to her, including prayer.

"These are the kinds of people that make up Mission Church."

Currently, the Mission Church has embarked on a "grocery shopping" project, wherein members grocery shop for "at-risk" individuals in the community so they do not have to subject themselves to any risk while grocery shopping. There were more volunteers than there were those that needed help. "How amazing is that!"

Additionally, Mission Church is working on two other projects: one in which Mission Church is making care packages for new moms who have given birth during the pandemic; and one in which they are delivering food to essential workers from favorite East Bay restaurants.

Pastor Rachel sees a silver lining in all this.

"Life can be so numbing with constant business, entertainment, and all the other

more sinister things we use to numb ourselves from asking the big questions in life: Why am I here, what is my purpose, and is there a Creator? I think we are all better when we sit with those big questions and really process them. We have that time right now." According to her, some people are doing just that.

"We've seen people really lean into what matters most in this season: their family, their community (virtually, of course), and their faith in Jesus."

While Governor Newsom has stated that churches can open albeit with stringent restrictions such as only 25% of capacity or 100 people, whichever is lower, and one-way aisles, Contra Costa County has yet to follow suit as of this writing.

Until they do, Pastor Rachel commented, "I am counting down the days when I can hug all those I love again."

Speaking with Pastor Rachel's was refreshing to say the least. As I ended the interview, she offered this final words of encouragement. "We love the East Bay and have been so inspired by the resilience of our community and the stories of generosity that we've heard inside and out of our church. We are going to get through this together and come out better and stronger on the other end, with a deeper conviction about what's important to us as humans - family, community, and faith in God."

To get involved or for more information on the Mission Church go to <http://missionchurchca.com/care>.



The Battle to Sell Produce

By David King

Lawmakers across the state continue to weigh the pros and cons of reopening farmers' markets, even though they have been declared essential businesses. It is still up to individual cities and counties to make the final decision on whether to reopen, leaving us with a patchwork of opened or closed markets. This is why many of the farmers' markets in some communities have been reopened while others have not. Concord has made Todos Santos Park off limits this year for these events

Traditionally, many farmers' markets have been a community gathering place, a place to bring people together, where families and friends grab a quick lunch and sit down to enjoy music, entertain the kids, talk to their local farmers, grab some fresh produce, and watch cooking demonstrations. Social distancing guidelines for customer safety have ended this for now. It is a place to get your produce and leave quickly. But farmers' markets are resilient and have adjusted to current conditions.

While farmers' markets enact changes to meet the demands of current laws and conditions, they are focused on providing California's small farms with a direct-to-consumer outlet to help them sell their harvest. Farmers' markets provide an essential source of income for farmers. They ensure that fresh healthy foods are available to the community. There are a lot of empty grocery store shelves right now with the disruption of food transport systems, exposing the fragility of the industrial food supply chain, so buying local is even more important now.

The value of supporting local food systems has become vividly apparent during this time. Many shoppers have mentioned how grateful they are that farmers' markets have reopened. Farmers' markets and



Pop-up produce stands sell strawberries, cherries and mangos reportedly from Mexico.

to 2pm, each offering the first hour dedicated to seniors and those at risk.

In Concord on Tuesdays there are cherries from Gotelli Farms out of Stockton; stone fruit from Diaz Farms out of Fowler and J&J Ramos Farms in Hughson; eggs from Great Valley Poultry out of Manteca, cut flowers from Sunrise Nursery; summer veggies from J&M Farms in Gilroy. In Martinez on Sundays are cherries from Gotelli Farms in Stockton; stone fruit from J&J Ramos Farms in Hughson and Ken's Top Notch in Fresno; cheese from Achadinha Cheese; olive oil from Atlas Peak in Napa; and veggies from Tu Universo Farm in Watsonville.



Vendor at Pacific Coast Farmers Market sells produce from California farms.

the farmers they serve will surely make it through these tough times.

An alternative is the neighborhood pop-up produce stands. Although the City requires them to have a Sellers Permit, it is uncertain if there is anyone to enforce that requirement, especially during lock down. According to a spokesperson from the West Coast Farmers Market, it is believed they do not have permits.

"The produce comes from Mexico into Oakland center who hires workers to set up stands across the Bay Area with the familiar umbrella and table set up. The produce is packaged as California Strawberries and Cherries, and Coast Tropical mangos," he stated. I purchased a box of strawberries (of exceptionally large fruit) and some cherries, both were delicious.

The Concord Farmers' Market is at a new temporary location at Concord High School parking lot, every Tuesday, 9am to 2pm, The Martinez Farmers' Market is open 9am

With summer just around the corner and everyone getting ready for grilling season, here is a simple fresh recipe to try.

Grilled Sweet Peaches

2 large peaches or nectarines
1 teaspoon olive oil
1 tablespoon brown sugar

Cut peaches in halve, remove pit. Do not peel. Brush cut surfaces with olive oil. Grill cut side down for about 5 minutes. Turn peaches over and sprinkle with brown sugar; cook another 3-5 minutes. Remove from grill, plate and sprinkle with more brown sugar if desired.

[Portions of this article has been provided by Pacific Coast Farmers Market. bottom photo by PCFMA.]

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JOURNEY-MAN'S JOURNAL

by Fran Cain

Bandelier National Monument Santa Fe, New Mexico

With Shelter-in-place restrictions beginning to loosen up, maybe vacation plans can be salvaged this year after all. The SIP experience reminded me of a pre-pandemic vacation I took that you may wish to put on your traveling radar, especially if you are an art and anthropology enthusiasts.

Living inside a rock may not sound romantic, but the idea is certainly fascinating. (Well, unless SIP has given you a case of cabin fever). From the moment I first heard that ancient civilizations lived in crevasses of rock walls, cliff dwellings, I knew I had to see it for myself. I needed to travel no further than New Mexico's Bandelier National Monument for the experience.

The flight from San Francisco International Airport to Albuquerque is a quick 2-1/2 hours. From Albuquerque, it's only a 40 to 45-minute drive to charming and rustic Santa Fe whose building code is based on the ancient pueblo adobe style. The main square in Santa Fe is a mecca for art and culture. The city is lined with almost 300 art galleries, many of them within walking distance of the square. In fact, the New Mexico capitol building known as the "roundhouse", houses an amazing art collection, free and open to the public.

On day two, the 40-mile drive to Bandelier National Monument took only another 45 minutes. From May to October, you must take a shuttle bus from White City. In March, I was able to drive into the park. The cost is \$25/vehicle, or free a National Park Pass.

A small visitor center was designed after a Puebloan village and built by the Civilian Conservation Corps during the Great Depression. An excellent exhibit on the ancient Pueblos who lived here from 1150 to about 1600 AD includes dioramas illustrating Pueblo life and farming techniques. These people had previously lived in the Four Corners area at Chaco Canyon in northwest New Mexico, another area worth visiting. Living conditions had deteriorated there, likely from drought, and forced migration to a more hospitable environment close to the Rio Grande at Bandelier.

Exploration of Bandelier starts out the side door of the visitor center. I followed the Main Loop Trail (1.2 miles round trip) along Bean Creek past an excavated kiva, a large meeting place, which served as the center of religious and political life.

The structure was built below ground level and covered by a roof (now gone). It was accessed by a climbing down a ladder into it. Kivas were the center of the community and are still in use today in the pueblos throughout New Mexico.

The path continues and passes through the Tyuonyi, a two-story storage area for food comprised of more than 400 rooms. Although in ruins, the structure gives a good idea of how

sophisticated and organized the people were.

A well-groomed path leads towards a vast wall of cliffs dotted with holes. The cliffs are made of volcanic rock. Eruptions of the Jemez Volcano over a million years ago left thick layers of ash up to a thousand feet thick. The ash settled and compacted into a soft rock called tuff. It has a swiss cheese appearance caused by wind, rain and frost which eroded holes in the tuff.

Because the tuff was soft, the Puebloans enlarged the holes to create cavates, small carved-out-alcoves in the tuff used for their dwellings.

Some sections of the trail are



Entrance to a dwelling

somewhat steep and narrow. Some areas have handrails and stairs carved into the rock. As I approached Long House, an area where homes were built at the base of the cliffs, many petroglyphs, drawings carved into the cliff face, were easy and fun to pick out. People stayed here in the summer and lived in the warmer cavates in winter.

The dwellings were accessed by ladders. Today the park service maintains quite a few and encourages visitors with good health and knees to participate. I was happy to oblige, despite my own rickety knees. Near the beginning of the trail are short ladders. I called them

training ladders for what comes later. The cavates are large enough for someone short like me to stand up in, although taller people might want to watch their heads. Two or three people can fit inside at one time.

Alcove House, a huge cave, is a half mile further. As warned on the notice sign at the base, the cave is a 140-foot vertical ascent from the canyon floor. Reachable by four wooden ladders and stone stairs, it is not for the faint of heart, nor those with vertigo. I thought twice, then was on my way up. I had come too far to miss



Cliffs made of volcanic ash left eroded holes the Pueblans carved into dwellings.

this. And it was worth the climb.

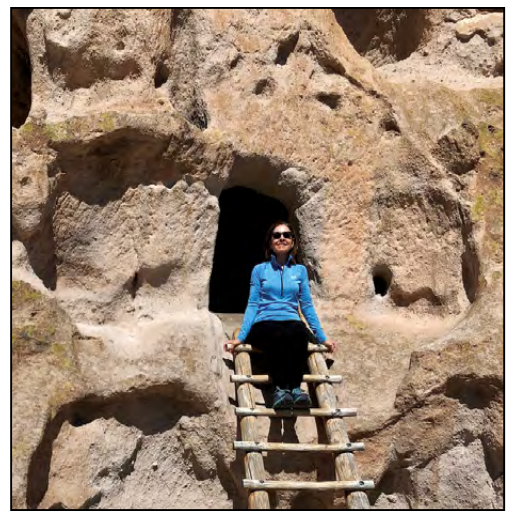
Housing structures in the cave, no longer visible, accommodated approximately 25 inhabitants. Another kiva is located in the front. I tried to imagine what it must have been like living up there, negotiating that climb in all kinds of weather. I admired the incredible views of the valley, took photos, and started the steep descent. For me, this was more nerve wracking that the ascent.

Safely at the bottom, I took my time meandering back to the visitor center, listening to wild turkeys and enjoying the mild March weather. When I finished, I had some time to spare. Since it was a short drive to Los Alamos, also known as America's Atomic City, the home of the atomic bomb, I decided to go visit the museum. It was a grim reminder of our past, and while it wasn't a happy place, it was very informative, not to mention

weird being in the same room as replicas of "Big Boy" and "Fat Man", the nuclear bombs dropped on Japan in August 1945.

Back in Santa Fe, I found artisans selling handmade wares, pottery and jewelry in the shade of the Palace of the Governors where the Native American Vendors Program operates. This is a good way to meet the

artisans of various pueblos throughout New Mexico and buy products directly from. I purchased a small piece of traditional black on black pottery from Marvin & Frances Martinez from the San Ildefonso Pueblo. Some Pueblos welcome visitors, but it is best practice to check first before going.



Tyuonyi



Below, Alcove House. Above Kiva inside an Alcove House. Right, Alcove house as seen from below.



Fat Man, atomic bomb

I rounded out my awe-inspiring trip to New Mexico with a walk through the Georgia O'Keeffe Gallery which was exhibiting many of her best works. She is one of my favorite artists.





the concordian

by Edi Birsan,
EdiBirsan@gmail.com

There is no classic car or Corvette display in Todos Santos over Father's Day. Gatherings are of smaller settings. Sure, some families may gather here and there but gone are the surprise flights and long-distance visitations. As school systems have successfully done with graduation ceremonies, families improvise alternative celebrations with backyard BBQs, take-out meals, dancing, played games, and other intimate outdoor gatherings. Such is the nature of Covid-Father's Day Present.

For me it is an awkward time anyway, as my Dear Ole Dad (stepfather) had passed away almost 50 years ago, and he was not into the holiday. My daughter's birthday party always took preference over a Father's Day especially when they fell on the same weekend. Distance separates me from my son-in-law who is in the army. I look forward to a baseball game, or some such event with my son, but not this year.

Covid stories overwhelm us each day making it more awkward for many families dealing with the stress of confinement, sudden and massive disruption of jobs, house security, adherence to safety responsibilities for oneself and of others, news of unthinkable losses of lives, and the uncertainties of what the next day or weeks will hold. Are there lessons going forward to minimize such social casualties?

COVID GHOSTS OF FATHER'S DAY PRESENT AND FUTURE

Enter Covid Father's Day Ghost Future. Stores will have their Plexiglass shields; they will be a permanent feature of preparedness. We will see people every day wearing masks, not in fear of Covid, but as a society we begin to copy the Asian habit of when you are under the weather with a cough or a cold, you will wear a face mask

as a courtesy to those around you. We may see attendance policy adjustments at both schools and businesses as people take contagion risks more seriously to protect others of their ill health.

(Gone are the days of the parental attitude

of "If you can walk, you can go to school." I had quite a few years of 100% attendance, but I must have been a walking petri dish of colds every winter. I apologize to all those that I must have infected especially the teachers as some of my test papers were disgusting.)

Thinking of the loss of 100,000 in less than two and a half months, this is the least we can do to honor their passing. I shudder to think of those that will be gone next Father's Day. We all can do more than just hope we can share the day with our children and our parents next year, we will have to work at the discipline and new habits that will get most of us through to that Father's Day ball game. See you then, kids.

...



Illustration of Edi Birsan's "Ghost of Covid Father's Day Future and Plexiglass shields..." Who remembers the "Cone of Silence from the TV show 'Get Smart'?" "Would you believe" this year's Covid protections "missed it by that much."

2020 ROP Students of Excellence award winners

The ROP Students of Excellence awards acknowledge the outstanding work and commitment of high school students in our Regional Occupational Programs (ROP), a part of many high schools' Career Technical Education (CTE) program and supported by the CCCOE's College and Career Readiness department.

These students were selected by their teachers to recognize their outstanding achievements. The ROP Students of Excellence selection committee was amazed by the caliber of applicants. Twenty-four students are each receiving a \$400 scholarship and six students are being recognized as nominees with a \$50 gift card.

These ROP students are involved in courses from Culinary Arts to Civil Engineering, Careers with Children to Construction Technology, Law Enforcement to Graphic Arts, and many more. Students participate in a variety of work-based learning activities as they gain valuable experience in potential career pathways. CCCOE's ROP Students of Excellence program is sponsored by Chevron and Phillips 66. Their generous support allows us to recognize the accomplishments of these talented and dedicated students.

Congratulations to these winners from our immediate area:

CONCORD

Clayton Valley Charter High School
Andrew Arthur McGallian, Civil Engineering Architecture

MARTINEZ

Alhambra High School
Mason Canton, Construction Technology

PITTSBURG

Pittsburg High School
Caitlin Baio, Broadcast Journalism
Jesus Barragan, Art of Video
Deepika Rani, Graphic Arts

WALNUT CREEK

Las Lomas High School
Raishma Anwar, Medical Technologies

The following nominated students will receive \$50 gift cards:

DANVILLE

Monte Vista High School
Brendan P. Leahey, AP CS A, Java
Alexander P. Oshima, AP Computer Science

MARTINEZ

Alhambra High School
Danny Leidich, Construction Technology



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The Pulse of Concord

by Edi Birsan

There has been a lot of talk about the Shelter-in-Place policies as well as what we know about each other in the midst of this pandemic. On the current survey of the "Pulse of Concord" there is a focus on Covid-19 so that we can find out about what we are perceiving and experiencing. These are some of the questions that are being asked and I would appreciate it if you would take the time to answer them and get your friends and contacts to also take it so we can expand the sample size and maybe learn a little more about where we as a community see each other.

In no special order here are some of the questions:

Do you know someone personally who has had Covid 19 and how many?

Do you know someone who has lost their job because of Covid 19?

Do you approve of the Shelter in Place for March, in April, in May by Contra Costa?

Do you approve of the way the State Government has responded?

Do you approve of the way the City/County has responded?

Do you approve of the way the Federal Government has responded?

Would you go to a major sports event stadium in September if there was no special distance requirements?

Do you think the Winter of 2020=>2021 is going to be worse or less than what we already have gone through?

Do you think that the economy will be better or worse next year?

Landlords who get a postponement of their mortgage payments (basically extending the mortgage by the months not paid) should have to do the same for the tenants.

Have you been tested for Covid and what are the results?

Do you believe that the Shelter in Place should be removed and left up to the individuals and the businesses to deal with what restrictions they want to self impose?

Do you agree that the no eviction order should be removed?

Have you received a waiver or postponement of your rent/mortgage/car payment?

The city and county are paying between \$3000 and \$4000 a month per room to house and feed homeless in 153 rooms in Concord. Is this acceptable for as long as the Shelter in Place is in effect?

Should non-US citizens receive medical aid and covered by Shelter in Place aid?

Do you believe that the government and the media reaction to the pandemic was excessive and over stated the severity of the crisis?

We are currently at 231 responses and the more we get the better idea we have of what people are experiencing and their views of what they have gone through and expect in the future.

Please take the brief survey online at (www.PulseOfConcord.com).

Thanks for your cooperation.



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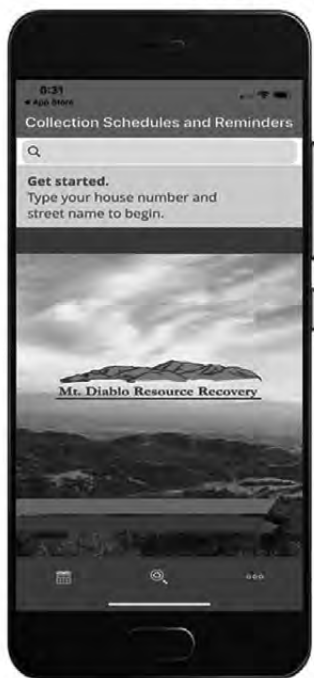
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CONCORD'S JULY 4TH CELEBRATION VIRTUAL PLAN



Coronavirus is not going to stop the July 4th celebration. Concord Mayor Tim McGallian announced during his Saturday morning virtual Townhall that Concord's 4th of July Parade is going virtual and citizens are encouraged to participate and be a part of the experience by building and submitting a video of your own 4th of July float. Virtual floats can be submitted by both local organizations

and individual families/households. Entry is FREE! Your float can be a car or truck float or even a wagon. Build it, then create a video of it "parading" down your street. The video submissions will be compiled into one seamless virtual parade and aired on Concord TV. The 2020 Virtual Parade entry form and video upload can be found Online at www.concord-july4th.com. Submissions must be made by June 19.

You can catch all the days event on Concord TV or streamed live on the City of Concord's Facebook page.

5:00 pm The Best of Past Parades
6:00 pm Virtual Neighbor Parade
7:30 pm Local Music
9:00 pm Patriotic Tribute



aRt Cottage

by FROgard www.aRtCottage.info

ART IS ALIVE AND WELL IN VIRTUAL REALITY

aRt Cottage has adjusted to living virtually with much help and cooperation from our webmaster miracle worker. She has put us in a virtual reality.

In the last few months, some of us are enjoying the "old ways" of doing things. I have seen friends giving home baked goods to neighbors, gardening, making artistic cards with actual handwriting and sending via mail, even making their own face coverings.

But, at the same time, we have plunged into living virtually. We visit online, have group meetings via zoom and telephone conference and learned how to order food online and have Door Dash bring it over.

aRt Cottage has also taken the plunge. Our current show, "Abstractly Speaking 2020" is online and can be viewed by going

slide presentation. Each artist is speaking directly to you about the work you are viewing when you click on the image. I just learned that this is called a "voiceover." Neither the artists nor I knew how to put this together, but we have all become much more computer literate through these times. "Abstractly Speaking 2020" runs online through the end of June.

If you should come by to visit the aRt Cottage, you will still find the "View Points" show on display. This show is physically in the gallery and can be viewed in person if you are wearing a face

covering and practice social distancing.

In July and August, aRt Cottage will feature Lamorinda artists with their "Summer Fun" show. This show will be open to the public. More than likely social

be in effect.

September and October will feature Martin and Jerry (Twins of a different Mother). Martin's work consists of 2D painting in acrylic and oil. He will have some abstracts as well as landscapes. Jerry will be coming from New Mexico and display his Native American ceramic work. Jerry "harvests" his own clay to make his creations.

November and December will once again be time at the aRt Cottage for our Annual Craft Sale. Local artists will receive a "call for art" and be given every opportunity to make sales at our annual event.

So, you see, aRt Cottage is alive and well. We have found ways to adjust and make things work and do it with JOY in our hearts. On the journey we made new discoveries, new friends, and found new ways to make our lives work by being creative and happy. Love each other and stay healthy.



The show "View Point" may be toured through June at the aRt Cottage. Face mask and social distancing required.

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- Community Theatre Room





theRIGHTmove
by Terrylynn Fisher, Broker Associate
www.BuyStageSell.com

Real estate remains stable

"Uncertain times" they say. I can't speak for other industries, but having been a Realtor for decades, through lots of ups and downs, I predict we will come out of this with a healthy real estate market. Beyond the statistics here are the actual facts of what occurred in our local cities since the SIP (Shelter in Place).

This year, there were fewer homes on the market due to COVID-19 since real estate

difference from each other.

In the Bay Area, the demand remains strong and there is still a shortage of homes. Those that waited to come on the market will soon come on and we will move forward getting people into homes. And so it goes, just as it always has.

Priced at market value, homes in good condition sell, often with multiple offers and at or over asking prices. If properties need work, and/or are priced outside the market, they will sit longer, receive lower offers and sell for less.

In any market, you must price according to these factors to receive top dollar. Of this I am certain.

# of Pending Sales	April, 2019 vs April, 2020	Price/sq. foot
Clayton	16 6	UP 10.4%
Concord	112 51	DOWN .05%
Walnut Creek	61 31	UP 1.5%
Pleasant Hill	33 18	UP 12.8%
Martinez	49 18	UP 8.1%
Lafayette	85 37	UP 1.7%
Orinda	23 8	UP 8.9%

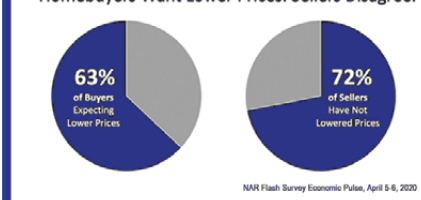
Terrylynn Fisher, Broker,
CRS, Marketing and Negotiation Expert,

was not considered an essential service, and NOT because of anything related to the real estate industry. We were not allowed to show/sell homes unless remotely. Would buyers have bought sight unseen? Some did. And those homes that did sell, sold at higher prices than 2019. That's hardly the depressed market predicted by some.

So, now that the SIP has been modified to allow showings of occupied and vacant homes, May's statistics will be improved over April. And, in all but one city, there was a price increase over 2019, even in the middle of the pandemic.

What does this tell us? That the real estate market was put on pause, not by the market itself, but outside forces. When reopened, it will take up where it left off. Months or years from now, this Covid quarter in the statistics will be isolated with the before and after, likely showing little

Homebuyers Want Lower Prices. Sellers Disagree.



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Ygnacio Center gets environmentally refreshing makeover

Tenants and their employees at the Ygnacio Center office building at Ygnacio and Main St. in Walnut Creek will have a nice surprise once they return to work. Environmental Foresight was charged with renovating the main office plaza to create an outdoor work environment for meetings, events, and café style lunch breaks. Coincidentally it's a perfect location to social distance and get some fresh air during the workday. Together with Form4 Architects, Kier & Wright engineers and Novo Construction, Environmental Foresight transformed this office plaza into a dynamic space with edgy cantilevered bench seating niches and contemporary shade sails juxtaposed with a generous space for movable café style table and chairs. (photo: Upper left: before. Upper right: after. Lower photo, from opposite direction).



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