

JUNE 2021
FREE FOR
SUMMER

Congratulations!
Class of 2021
Ugly

CVCHS: Special Commencement Pull Out SEE PAGE 9



"LEGO MASTERS" Flynn De Marco and Richard Board won "Best in Show" and People's Choice Award for "California Dreamin'" creation

INSIDE THIS ISSUE

- **"Vax to Win" \$1.5 Million Vaccination Lottery**
- **Concord Council Chooses Three Cannabis Retail Finalists** pg.7
- **Naked Gardener: Garden Succulents Are Masters of Droughts**
- **TV's "LEGO MASTERS" Flynn De Marco to Teach Camps at Concord's Briks and Minifigs** pg. 18
- **Calendar of Events is Back!** pg. 13

PRSR STD
 ECRWSS
 U.S. POSTAGE
 PAID
 EDDM RETAIL

Local
 Postal Customer





BRING YOUR COSTCO, HOME DEPOT, LOWE'S OR OTHER CARPET OR FLOORING ESTIMATE IN AND RECEIVE A \$100 CREDIT TOWARDS YOUR FLOORING PURCHASE FROM US. (SEE OUR FLOORING STORE FOR DETAILS.)

OVERSTOCK CARPET SALE, CARPET TILE DISCOUNT, CARPET ROLLS, HARDWOOD FLOORING CLOSE-OUT, LAMINATE FLOORING PROMOTIONAL, CERAMIC TILE AND STONE, AREA RUG BLOWOUT
APPLIES ONLY ON NEW ORDERS AND SELECTED PRODUCTS



McCurley's
 Carpets • Hardwood • Laminate • Stone
 2395-J Monument Blvd., Concord
 (Next door to Harvest House Shaw Carpet)
 925-680-4433

Email: info@macfloor.com
www.MacFloor.com
 3191-J Crow Canyon Place, San Ramon
 (Next to Sprouts in the Crow Canyon Plaza)
 925-866-2200

Congratulations ★ Class of 2021!

★ *Patty's Original* ★
CHEEZOMBIES

★ Concord, CA ★

Buy Any Zombie - Get One Free Cheese Zombie!

Value \$2.99! Limit one per customer per visit. Original coupons only, reproductions will not be accepted.

Patty says Zombies are twice as good as you remember, because when you Buy One Zombie at Patty's Original Cheese Zombie, you Get Two!

Offer expires June 30, 2021

4115 Concord Blvd. #62 Concord (925) 446-6377

California is Giving Away \$116.5 Million in Gift Cards and Cash Prizes in “Vax for the Win” Lottery

Vaccinated Californians will have a chance to win part of \$116.5 million in cash prizes in June as state officials attempt to incentivize more residents to get their first shot, Gov. Gavin Newsom said.

The goal is to motivate roughly 12 million people who are eligible but not yet vaccinated, though the more than 20 million Californians already partially or fully vaccinated also are in the running for the most valuable prizes.

This includes 10 people who will win \$1.5 million in cash prizes each.

All Californians who get their first vaccine dose in the coming days will receive one of 2 million \$50 gift cards on a first-come, first-served basis through the state’s “Vax for the Win” program.

For all state residents who get vaccinated or have already been vaccinated, the state will hold drawings on June 4 and 11 to select a total of 30 residents to receive \$50,000 cash prizes.

On June 15, the state will hold a final drawing, in which state residents that have received at least one vaccine dose will be eligible for one of 10 \$1.5 million cash prizes.

Newsom touted that California now has the lowest COVID-19 test positivity and case rate of any state in the country, due in large part to the state administering at least one dose to 21.4 million state residents.

“We are well on our way of not only reaching that 70 percent (vaccinated) number that President Biden has advanced, but we’re on the way of doing that well before that Fourth of July date that he has set,” Newsom said.

“That said, we have seen a reduction in the number of people looking to get access to this vaccine,” he added.

In the last week, vaccines have been administered to some 1.9 million people across the state, down from the nearly 3 million people that were getting vaccinated per week at the peak of the state’s vaccination efforts.

Newsom added that a significant portion of those 1.9 million doses is also the second vaccination in a two-shot

VAX FOR THE WIN
California's COVID-19 Vaccine Incentive Program

OVER \$116 MILLION IN PRIZES

\$15 MILLION
10 GRAND CASH PRIZES OF \$1.5 MILLION
— SELECTED JUNE 15 —

\$50,000 FRIDAYS
CASH PRIZES FOR 30 WINNERS
— SELECTED JUNE 4 AND JUNE 11 —

Vaccinated Californians are automatically entered to win

\$50 INCENTIVE CARDS
Grocery or prepaid cards for 2 million new fully vaccinated people
— STARTING MAY 27, WHILE SUPPLIES LAST —

Learn more at covid19.ca.gov

series, further reducing the true number of residents that are seeking out their first vaccine dose.

“You can see that cliff coming in the next week or two,” the governor said.

Newsom added that the state’s drop off has not yet

been as steep as some other states that have begun offering incentives like cash prize drawings, free hunting licenses and vouchers for retail stores and restaurants to get more people vaccinated.

Newsom made a point that the vaccination drawings and cash prizes are not related to the California State Lottery and will be open to nearly all residents, regardless of immigration status, provided they are age 12 or older and that they complete their vaccination series.

A handful of demographics will not be included in the drawings, including people incarcerated within the state’s prison system, people who got vaccinated in the state but are not current residents and people who work at the highest levels of state government “like me,” Newsom said.

Should a minor win one of the cash prizes, the state plans to hold their winnings in a savings account until they turn 18.

In addition, the \$50 gift cards, which can be accepted as a general prepaid Mastercard or a gift card to grocery store chains owned by Kroger or Albertsons, will only be disbursed once an awardee has completed their two-dose Pfizer or Modern vaccine series or a single-dose Johnson & Johnson vaccination.

Gift cards will be reserved for those who get their first dose according to state officials. Awardees will receive a gift card code via text message or email 7-10 days after their final vaccine dose.

Residents who do not have a mobile phone, email address or permanent residence can contact (833) 993-3873, 7-10 days after their final dose, to request a physical gift card or coordinate delivery.

For the larger cash prizes, all residents who have been vaccinated will be automatically entered into the drawings. Winners will also be kept anonymous unless they allow their names to become public, according to Newsom.

“These are an opportunity to say ‘thank you’ to those not only seeking to get vaccinated as we move forward but also those who have been vaccinated since we first availed those opportunities a number of months ago,” Newsom said.

VISIT CONCORD
CONTRA COSTA COUNTY
BEER TRAIL

Contra Costa County Beer Trail
The ultimate, countywide guide for craft beer lovers

June 1–30, 2021

www.visitconcordca.com/cccountybeertrail



Who doesn't love a good beer?

Here's good news for craft brew lovers: the Contra Costa County Beer Trail has begun, to accompany the early season's longer, warmer days, running June 1-30.

Presented by Visit Concord, the new, expanded Beer Trail is the quintessential countywide guide to more than 40 breweries, tap houses, pubs, and beer-bar restaurants. With Concord as the central location, the trail spans up to 25 miles in each direction, including notable venues in Walnut Creek, Danville, Pleasant Hill, Brentwood, Martinez, and beyond.

Beer aficionados love to sample and discover new brews. The Beer Trail goal is to raise awareness for Concord's own great venues, as well as the bounty of venues that surrounds us. Promoting the region as a true craft beer destination will ultimately keep Concord in good company and help drive new and incremental business as well.

So how does it work? The best way to hit the trail is with the official mobile Passport. Just like our Taco Trail and Comfort Food Week passports, the CC County Beer Trail Passport enables you to easily access the full list of participating venues directly from your phone.

As you visit different locations, you can use the geocode check-in system to earn points towards the new, collectible black Beer Trail hat. Plus, all Passholders are automatically entered for weekly drawings and giveaways. To get your Passport, just visit our website at www.visitconcordca.com/cccounty-beer-trail/ and follow the links.



Will you become the Beer Trail Champion? Just as we crowned a Taco Trail Champion last fall, there will be a Beer Trail Champion as well. The beer fan with the most check-ins by June 30 will receive a super cool beer medal to wear proudly at all future beer adventures. We will also award the overall top visited venue with a cool beer trophy. So rally all your beer loving friends and support your favorites.

Make it social. As you discover a great new spot, or a stellar new brew, be sure to tell everyone online about it and tag us at #visitconcordca and #cccountybeertrail.

The Visitor Concord Center is also your Beer Trail headquarters this month. We have free Beer Trail maps and gifts for Passholders while supplies last. So come pick yours up and see us soon so you can **drink the good stuff, earn the fun stuff.**

Concord Visitor Center: 2151 Salvio Street, Suite T, Concord. Phone: 925-685-1182. Email: info@visitconcordca.com. Website: www.visitconcordca.com.



Shop Concord Gift Card program relaunched



The City of Concord and the Greater Concord Chamber of Commerce have relaunched the Shop Concord program to support the city's small businesses by encouraging residents to shop locally throughout this summer season.

The Shop Concord program will help increase sales for local businesses that have experienced significant setbacks during the pandemic while also benefiting consumers and providing a much-needed boost to the local economy.

Similar to the inaugural program last November, Shop Concord is relaunching thanks to a \$10,000 contribution from the City of Concord to supply a bonus gift card with every purchase, while supplies last.

Customers who purchase a \$50 e-gift card through Shop Concord receive a free \$25 e-gift card in return, which can be used for purchases at any participating business. Customers also have the option to purchase a \$20 e-gift card through and receive a free \$10 e-gift card in return. The bonus gift cards with purchase will run until the allotted \$10,000 is distributed.

The e-gift cards can be purchased on the City of Concord's Yiftee page, which includes a list of participating merchants. The cards purchased can be redeemed at any participating Concord business.

"As restrictions lift, businesses see light at the end of the tunnel," said Mayor Tim McGallian. "Shop Concord provides a direct benefit to our community, as we saw in late 2020. The collective wave of gift card purchases will go a long way toward helping our local businesses bounce back faster."

There is still time for local business owners to sign up to participate in the Shop Concord program.

Instructions for how to become a participating merchant are online at www.concordfirst.com/shopconcord.

YOUR PARTNER IN BUSINESS

GREATER



CONCORD
CHAMBER OF COMMERCE

concordchamber.com | (925) 685-1181
kcabral@concordchamber.com

Business Cards In 1 Hour!

925-825-4623

Call or Come in for details



UPS Store Digital Printing is the perfect solution for the small business that needs it now!

Flyers, Brochures, Presentation Materials, Posters, Letterhead, Postcards, Invitations, Banners, Menus, Newsletters, Calendars, Shredding

Fast, Efficient and Friendly

**Same Day Print Service
Notary Services
Mailboxes**

Livescans

available without appointment

Best Service in Town

Store Hours:

Monday-Friday 8:00am - 6:30 pm

Saturday 9:00am-4:00pm

The UPS Store®

Treat at Clayton Rd. Concord

4425-C Treat Blvd.

email: store0854@theupsstore.com



Concord City Council endorses naming park after Thurgood Marshall, Port Chicago sailors

By Tony Hicks

The Concord City Council threw its weight behind naming a future park in the former Concord Naval Weapons Station (CNWS) after Thurgood Marshall and the 50 sailors he represented who stood up to racism after the Port Chicago explosion in 1944.

The 2,540-acre park will take up more than half of the massive redevelopment effort at the 5,046-acre site, which would also include 13,000 units of housing and millions of square feet of commercial space.

Before becoming a Supreme Court justice, Marshall challenged Navy segregation policies by advocating for 50 African American sailors who refused to load ammunition onto ships in the weeks following the Port Chicago explosion.

Unsafe conditions led to two ships exploding on July 17, 1944, killing 320 men (two-thirds of them African American) and wounding another 390. The blast was felt as far away as San Francisco.

The dangerous task loading of weapons was done exclusively by African American sailors at the base and was supervised by white commanders, who frequently pushed sailors to work harder. The disaster killed 15% of all African-Americans killed during World War II.

The 50 African American sailors were convicted of mutiny after refusing to go back to loading ammunition at nearby



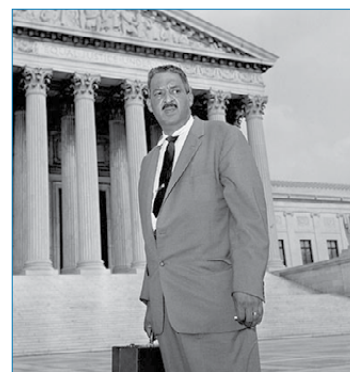
Mare Island in Vallejo in the weeks after the disaster, while white commanders were granted leave. The Black sailors were also tasked with cleaning up the aftermath of the explosion.

They contacted Marshall, then lead counsel for the National Association for the Advancement of Colored People (NAACP). Marshall sat in on the court martial proceedings and published a series of articles and spoke out against Navy policies. Though all 50 were convicted and sentenced to prison, Marshall's campaign was widely credited with President Harry Truman's decision to end segregation in the armed forces in 1948.

U.S. Rep. Mark Desaulnier, D-Walnut Creek, is requesting \$10 million in federal funds to build a joint visitor center

at the park featuring the history of the Port Chicago disaster.

The city is currently going through the process of finding a master developer for the CNWS project in place by August.



Thurgood Marshall, attorney for the National Association for the Advancement of Colored People, or NAACP, arrives at the Supreme Court in Washington, August 22, 1958. Marshall will file appeal in the integration case of Central High School in Little Rock, Arkansas. (AP Photo)



Jennifer Stojanovich

Realtor, Better Homes Realty

Seven Signs it is Time to Sell Your Home

Maybe you've been browsing real estate listings in your spare time and dreaming about buying a new home. But how do you know if it is the right time for you to sell your current home? While there is no one-size-fits-all approach, there are some telltale signs that the time is now. Here are seven of the most common signs that it is definitely time for you to sell your home.

1 You know you will make a profit. The best time to sell your home is during a seller's market. And we are definitely in a seller's market right now. There is a record-low inventory of existing homes for sale and huge buyer demand. When you put your home on the market now, you can feel confident knowing that you will most likely sell quickly and for a good price.

2 Your neighbor just made a killing on their home. When you are looking at homes for sale online, look at recently sold homes in your area as well. If there are other homes near you that are comparable in terms of size and amenities and they sold for a price you would be excited about, then now is a good time for you to sell, too.

3 You are feeling financially overextended. While making a big profit is a good reason to sell your home, wanting to get out from under that debt is also a sign that it is time to sell. The pandemic has created financial challenges for millions of Americans. Struggling to make your mortgage payments is a terrible feeling. If you are risking foreclosure, then now is a good time to sell your home and find something more affordable.

4 You need more (or less) space. One big reason that many people are selling right now is that they need more space. If you're now working from home, thinking about increasing your family or having an elderly relative move in, then you may need more space. Conversely, you may also need less space if your kids have grown up and moved away from home. If your current home no longer meets your needs, then that is a sign that it's time to sell.

5 You are tired of the maintenance. Some homes need more work than others. If you are getting tired of putting money into endless repairs and maintenance, then that is a sign it could be time to move on. Consider relocating to a home that needs less work, such as a condo or new construction home.

6 Your kids are getting ready to start school. If the schools in your district do not meet your expectations, then it is time to move. Focus your search on homes that are in good school districts so that you feel confident you are sending your kids to a high-quality public school.

7 You cannot stop daydreaming about a new home. Sometimes there is not necessarily a concrete reason that you want to sell your home. You may simply discover that you cannot stop daydreaming about living somewhere else. Perhaps you crave certain neighborhood amenities that you don't have in your current place, or you just need a change of scenery. Trust your gut, as this can be a strong sign that it is time to move on.

Compliments of VirtualResults.net.

YOU DESERVE *PERSONAL SERVICE!* LET US HELP YOU

WITH YOUR HOME BUYING OR SELLING NEEDS!



120 Forest Hill Dr. Clayton

Spectacular Peacock Creek home on a private resort style lot! 5 Bedrooms, 3.5 Baths, plus bonus room, approx. 3455sf on an approx. .33 acre lot! Corner lot features in-ground pool, spa, sports court & more!



1169 Saint Francis Dr. Concord

Sprawling Rancher in St. Francis Park! 3 Bedrooms, 2 Baths, approx. 1671sf on a BIG approx. .39 acre corner lot with an attached 2-car garage! Updated & upgraded throughout! Backyard oasis features in-ground pool & spa.



1849 Madison Ct. Concord

Desirable Bishop Estates! 4 Bedrooms, 3 Baths, approx. 2321sf on an approx. .18 acre lot! Downstairs bedroom & full bath. New carpet & interior paint! Large backyard perfect for entertaining!



5209 Jomar Dr. Concord

Spacious Concord Rancher! 4 Bedrooms, 2 Baths, approx. 2008sf on a .23 acre lot with an attached 2-car garage. Large level lot with large patio area.



6160 Center St., Suite E
Clayton, California



jenstojanovich@yahoo.com

Jennifer Stojanovich

Broker

(925)672-4433

925-567-6170 - cell

Cal BRE #01446062

www.jenniferstojanovich.com

georgevujnovich@sbcglobal.net

George Vujnovich

Broker

(925) 672-4433

925-348-5700 - cell

Cal BRE #00711036

www.georgevujnovich.com

LET'S HIT THE ROAD

rates as low as
2.99% APR*
for 60 months

AUTO LOANS

Safe for Adventure

Get out there and drive!

You can join!
For member information
or to apply online,
visit safeamerica.com.



SafeAmerica
Credit Union

safeamerica.com

*APR (Annual Percentage Rate) is best available; rate may be higher depending on factors such as credit history and amount financed. Rates for approved applicants will be disclosed in writing before applicant becomes obligated. Rates subject to change without notice. Payment sample: Pay \$22.00 per month per \$1,000 borrowed for 48 months at 2.99%.



INSURANCE

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



legalbriefs

by Douglas A. Prutton, Attorney
Personal Injury Labor & Employment Law
email: Doug@PruttonLaw.com

Made in China but Injured in Contra Costa

Linda "The Shopping Machine" Dwyer enters the lawyer's conference room with a large plastic bag under her right arm and a black pirate patch over her left eye.

"How can I help?" the lawyer (me) inquires.

Mary reaches into her bag and pulls out what appears to be a furry overweight mouse. "I bought this cat toy, but when I wound it up for my little Booger to play with, a spring came flying out and stuck me in the eye like a poison dart!"

"Ouch," the lawyer sympathizes, "may I see that please?" She hands him the toy and the box that it came in. He examines them and, shocking as it may seem, notices that the toy was "Made in China."

"You have a good case," the lawyer quickly concludes, "but I need to explain some things to you please."

"Your case is what is known as a 'products liability' case. Normally in cases involving personal injuries, the injured person has the burden to prove that the person or company responsible was 'negligent,' in other words, that the person or company did not 'exercise reasonable care,' or was 'at fault.'"

"In products liability cases this is often extremely difficult to prove. Just because a product causes an injury does not necessarily mean that someone was 'negligent' in making it. For example, in your case, just because the spring shot out of the toy does not necessarily mean that someone was negligent or at fault. The spring may have been just one of a million that the manufacturing machine did not install properly. Or maybe the spring came loose during its long journey from China."

California was the first state to change its laws to address this difficulty in proving negligence in products liability cases. In the famous case of "Greenman v. Yuba Power Products, Inc.," the California Supreme Court in 1963 ruled that manufacturers could be held liable for defects in their products without any finding of negligence or fault. This is known as "strict" products liability. The idea is that damages caused by defective products should be assumed by manufacturers, not innocent consumers, and that the cost of those damages should be spread among all consumers and through insurance.

The lawyer continued, "Products can be defective in two primary ways. First, they can have manufacturing defects meaning that something happened during the manufacturing process such that the particular product came out different than other products. It will be hard to prove

that your toy mouse had a manufacturing defect, but there is a second type of defect that applies well to your case. The law deems a product defective when it 'did not perform as safely as an ordinary consumer would have expected it to perform.' This is called the 'consumer expectations' test. Since a consumer would not expect a spring to come flying from a toy mouse, we should have no problem proving that the mouse was defective."

"Making matters even easier for injured consumers, over the years the law has imposed strict products liability on not just manufacturers of defective products, but on other companies within the chain of distribution, including retailers. So, for example, if you bought the toy mouse at PetSmart, we can sue PetSmart and we don't have to worry about locating, suing, and collecting from some Chinese manufacturer."

"So," the lawyer continues, "where did you buy the toy mouse?"

"I bought it from a Chinese third party seller on Amazon," Ms. Dwyer responds.

"That raises an interesting legal question," the lawyer nods. "Is Amazon like a retailer, a part of the chain of distribution of the toy mouse?"

Two very recent appellate court cases in California have concluded that Amazon can be sued for product defects even if Amazon did not manufacture or ship the product. However, at least two federal courts in New York have ruled that Amazon is not in the chain of distribution for products sold and shipped by third party sellers and, thus, cannot be held liable for product defects.

"The California Supreme Court has not yet decided this issue though, so in addition to making a claim against Amazon for your injuries, we will also make a claim against the Chinese manufacturer and perhaps other companies within the chain of distribution."

"Amazon will obviously be fighting hard to escape liability for defective products, and it should be interesting to follow how the law develops in this area. I can say from experience that suing Chinese manufacturers can be a real pain in the you know what."

"For example, to just serve the company, you must locate the company (no easy task), and then you must have the legal documents translated into Chinese and served on the company which can cost upwards of \$5,000.00 - just to get the company served! Anyways, you have a good case, and I would be happy to represent you."

Business Unusual

Small businesses tackle Social Media for Post-Pandemic recovery

by Sheri Nelson, The Local Shop



Small businesses know the meaning of resilience, and never has that been truer than this last year. Although, they have been dealing with a number of challenges for years, and typically without a lot of help. Tools like social media offer small businesses new, low-cost marketing opportunities, and with research showing that 72% of Americans are using some form of social media, it is where all businesses need to be.

Social Media does not have to be laborious or intimidating. The idea is to start with one simple platform and build from there. Here are four ways you can start connecting with customers on social media to create opportunities for your small business to thrive now.

Conduct Research. Find out more about your customers by attaching a survey or simply asking a question on social media. Surveys can easily be created on Google Forms at no cost. Posting a question is even simpler. What is their favorite craft brew? What big events are they attending this summer? What is their next home improvement project? What big family milestones are they celebrating this year? Are they looking forward to getting out or staying close to home right now?

Use this information to get to know more about those that follow you. Their answers may or may not bring immediate sales but it will help you build stronger connections with your online community.

Share Your Story. Another way to differentiate your business is your story. Share your journey on your social media. Why did you build your business here? What is the best part of your day? What local businesses do you frequent? What do you love to do

when you are not working? People will relate and connect with you and your business. Be professional but also personable. Why did you choose this profession? Is it something you fell into or has it always been a passion? Let them know the good and the bad because it is all relatable. (Tip: Make sure to tag the businesses you frequent or recommend. This is a meaningful way to show your support for fellow business owners.)

Promote Your Business. Bring your product front and center onto your business social media. Describe it as if you are sharing the info with a friend. Make it more conversational, and less of a sales pitch. (Use social ads for your sales needs.) Explain how your product makes your customer's day better. Show how your staff provides a great experience to everyone who comes into your location. Give your followers a tour of your store. People are more inclined to visit a place they feel they know, even online.

Provide Customer Service. Let your followers know that a popular product is back in stock or now in a different flavor, color or size. Post when you have last minute appointments available. Tell your followers the best hours to visit, where to park, or if pets are welcome. Here is your chance to make customers feel welcome and informed before they even step into your location.

Start small and build as you get more comfortable. But remember, social media is an opportunity. It is an avenue to start a conversation with your customers.

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

Cooler Gifts for Grads and Dads



925-270-3812

New Location!

1815 Broadway St.
Concord, CA

www.knifeandtactical.com

Perry's Knife and Tactical

The County's Largest Cutlery Store



NO FEES UNLESS WE WIN!

LAW OFFICE OF DOUGLAS A. PRUTTON

Personal Injury
Labor & Employment Law

Former insurance company and corporate lawyer, representing only employees and injured persons since 1982.

CALL US FOR A FREE
CONSULTATION

925-677-5080



pruttonlaw.com

1985 Bonifacio Street Suite 101 Concord email:doug@pruttonlaw.com

PAKMAIL

PACK IT SHIP IT CRATE IT FREIGHT IT

We Ship Anything, Anywhere!

Custom Crating & Packing, Domestic & International Shipping, Freight & Specialty Shipping, Packaging and Moving Supplies, Faxing & Photocopying, Mailbox Rental, Notary Public.

Live Scan Fingerprinting!

No appointment necessary.

Monday-Friday 9:30 a.m.- 5:30p.m.

Saturday 10a.m. - 3p.m.

649 Main St. Suite 102, Martinez, CA
(925) 228-6209

www.weshiptheworld.com

pakmail762@sbcglobal.net



David George THE NAKED GARDENER



Garden succulents tolerate California droughts

June marks the end of our Bay Area rainfall year, and the statistics are ugly. My naked garden has received only 42 percent of normal rainfall since July 2020, when this rain year began. Our puny rainfall follows another dry year in 2019-20, when we received just 57 percent of normal. Yikes! What's a naked gardener to do when both the heavens and East Bay MUD cut back on water supply?

A great answer may be succulents. These marvelous and beautiful freaks of nature have a number of drought tolerant and fire safe characteristics. Let's explore this large group of survivors in more detail.

First, succulents are a type of plant and not a biological species or family. There are over 10,000 types of succulents around the globe, categorized into hundreds of families. Even cacti are succulents. What distinguishes them is their ability to store large amounts of water in their roots, trunks, stems and leaves. When they are fully engorged with water, their plant parts look plump and soft to the touch. Succulents store more water than they need during times of heavy rainfall such as our winter months, then tap that stored water to survive drought times. It is impossible to set a succulent on fire.

As opposed to most of our garden plants, succulents prefer sandy, well-drained soil and low nitrogen conditions. They can survive months with little or no water, but if they use up all available water, they shrivel, darken, and turn paper-thin. They will appear dead but don't pull them out! They are just dormant and will spring back to life once water is restored. In May and June, most succulents reward gardeners



Succulents add interesting shapes and bright colors to your garden

famous local resident and gardener, Ruth Bancroft did. Her 2.5-acre dry garden at 1552 Bancroft Road in Walnut Creek is now open to the public and a great place to choose your favorites. Or visit their website



Succulents do well as container plants for tiny spaces

at www.ruthbancroftgarden.org. You can't go wrong with succulents when retooling your garden to tolerate our frequent California droughts.

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

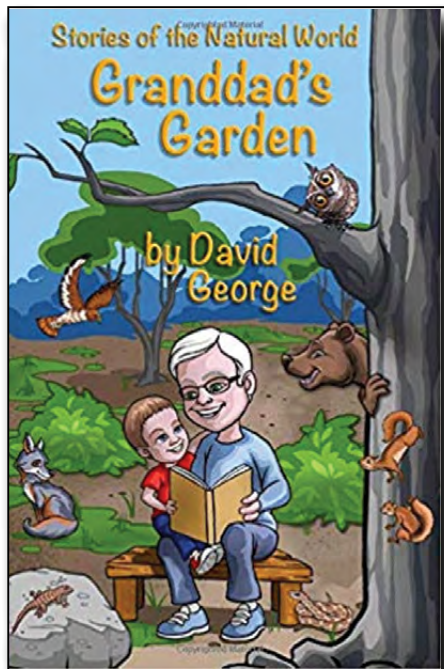


Hens and chicks (echeveria) are a popular variety

with sprays of brightly colored flowers on multiple long stems.

Succulents are easy to propagate. Their plump leaves can be detached and laid sideways on dry, loose soil. In a few weeks, tiny roots will form at the leaf-junction end and voila, you have a new succulent baby. Try it. Grow these marvelous bloomers in full sunshine in cool regions near the coast and in part to mostly-shade in hot areas. If your area endures freezing cold weather, plant them in pots and move them indoors during the coldest months. Most parts of Contra Costa though do not get that cold.

Some popular succulent varieties are hens and chicks (echeveria), jade plants, aloes, agaves, sedums, and mother-of-thousands. There are so many from which to choose that you could populate your whole garden with just succulents and not repeat a variety. That is what our



"Granddad's Garden: Stories of the Natural World" by Naked Gardener columnist David George. Amazon.com.

27th Annual Sculpture in the Garden
June 25 - August 29

Special Evening Summer Strolls
Live music & wine/beer available for purchase
Opening Members-Only Stroll - Fri. Jun. 25
Public Strolls - Thurs. Jul. 8, Jul. 22 & Aug. 12
5pm - 6:30pm or 6:30pm - 8pm
Tickets: \$20 Members / \$25 Non-members
Ruthbancroftgarden.org/sculpture2021
Viewing of exhibit included with general Garden admission during regular business hours.

RUTH BANCROFT GARDEN & NURSERY
1552 Bancroft Rd.
Walnut Creek

media sponsor **diablo** MAGAZINE diablogazette.com

Call me for results!

Carol van Vaerenbergh
Realtor® BRE#01221965
590 Ygnacio Valley Road,
Suite 105
Walnut Creek CA 94596
925.683.2568
carol.vanvaerenbergh@compass.com

COMPASS
compass.com

Delivering a modern real estate experience from coast to coast.

Pending in 1 Day

\$1,250,000 648 Mt. Duncan, Clayton

Stunning views of Mt. Diablo from the front porch and large side patio. Sit and enjoy its beauty. 5 bedrooms, 3 updated baths, RV access and 3-car garage. Beautifully landscaped. Just steps from open space trail.

Tracy Fletcher promoted to Executive Director at Ruth Bancroft Garden

The Ruth Bancroft Board of Directors has voted unanimously to promote RGB's Chief Operating Officer (COO), Tracy Fletcher, to the position of Executive Director, effective July 1, 2021.

Current Executive Director, Gretchen Bartzen, plans to continue working closely with the Board on capital projects, major donors and foundations. She also plans to continue helping with events as needed by the staff.

Tracy joined the Garden as Office Manager in 2017, and later became Events Manager and then Sales Director. In 2019 Tracy became Chief Operating Officer, supervising all day-to-day operations at the Garden.

During Tracy's tenure as COO, she successfully oversaw many improvements to the Garden which resulted in annual visitors growing to over 25,000 from 52 countries.

Tracy implemented an expanded Nursery with many new varieties of rare plant offerings resulting Nursery sales doubling under her leadership. She also upgraded many benefits for members, including permanent 20% discounts on plants as well as preferred status at an expanded event schedule. In the two years with Tracy as COO, the Garden saw members grow from just under 2,000 to 5,500 today.

In her new capacity, Tracy will focus on improvements to the Garden to enhance the experience of members and the community. Amongst other efforts, she will continue to partner with the Garden Conservancy, preserve and protect the Garden's plant collection, and enlighten visitors on the benefits and joy of cultivating drought resistant landscaping.



"Our goal is to make The Ruth Bancroft Garden the best member value in the Bay Area and continue preserving Ruth's legacy and mission," Tracy said. "We want people to have fun when they come to the Garden. We want them to feel welcome with their family and kids and dogs. Plants are here for everyone to enjoy equally."





the concordian

by Edi Birsan, EdiBirsan@gmail.com

Smoke and Mirrors: Concord's Cannabis Selection

On November 8, 2016, the Control, Regulate, & Tax Adult Use of Marijuana Act. ("AUMA") was approved by California voters with the passage of Proposition 64.

Then on July 28, 2020, the Concord City Council approved the procedure, criteria, and scoring for a merit-based competitive process to review and select eligible applicants to apply for available City Cannabis Licenses for cannabis storefront retailers, non-storefront retailers, and microbusinesses with a storefront retail.

On May 25, 2121, Concord Council finally ranked the six finalist applicants and selected three who now have until July 13 to secure permits and other obligations as required by the City to open their cannabis establishments.

Smoke and mirrors generally refer to deception and deflection, but in the case of the Cannabis selection in Concord, the issues were real smoke and "mirrors" in the sense that they must reflect the priorities and concerns of the community and the Council.

The process leading up to this was a Request for Proposal (RFP) where applicants were asked to detail their location, site plans, economics, history, corporate structure, organization, and financial backing. Any contributions in terms of Community Benefits are to be paid 5% directly to the City General Fund as well as another 1% in lieu of giving directly to non-profits and related services. It was clear in the RFP that each would have to offer both the 5% and 1%.

Fourteen applicants responded and were then rated by a Third Party (a company called HDL) along a line of features detailed by the Council with points allocated for each category for a maximum total of 2000 points.

HDL would then detail the ratings, allow for an appeal process and the top six would go to the Council for interviews and the decision on who would get the three open licenses and who would be ranked and called upon should any of those three fail to complete the process on time.

I opposed the use of a third party, HDL in particular, and preferred the City do all the rating and the selection of the final six to be interviewed, but I was overruled 4-1.

Each Councilmember then watched the presentation of the six finalists and went over their written presentation. By protocol and restriction of so called Best Practices, we were limited to asking the exact same question to each applicant to avoid accusations or the appearances of giving some a softball question and others a hardball or a heated flaming cannonball question.

The questions had been discussed by the Council in the open and decided on as well as who would ask what. We wound up with eight questions, the last of which was a legalistic question that had to be answered yes or no, but it was a formality that they had to answer yes. Such is the legal beagle noise we must howl to on occasion in California.

Each Councilmember then brings to the discussion their own justification of their vote based on their priorities and the interplay with what was presented and what they look at for the benefit of the City.

By court ruling, we are prohibited from taking into account only the financial gain to the City as we are duty and sworn bound to make a decision based on the overall impact on the community.

Councilmembers reflected their priorities along the following lines:

Location: location relative to other applicants, location relative to neighbors;

Security at site: the site plan and impact on the immediate surroundings;

Market target and how you are to get customers (all opposed billboards);

Education of the community and customers on responsible use;

Pay of employees and how many;

Who would run what, local people and local hire and how would you do that;

What is their record of local hire at other locations of each applicant;

Financial backing and ability to deliver what they say they can do;

History of dealings with municipalities,

including various stressors such as the riots last year;

Compliance with state mandated Labor Peace agreements and labor relationships.

While some of us may have been tempted to delve into other important issues such as 49ers or Raiders, Giants or A's (which

would have revealed that there are actually some Rams and even DODGER fans in the groups), this fun was avoided, and we stuck with the professional focusing on the above points. (Booo*)

Public comment was a mixture of rah-rah for this one as well as "You have to be out of your mind to support this one" and "This one was incorrect saying 'x'."

It then came back to the Council for debate and decision. After getting a feel for a general consensus how we would rank them in isolation, we then moved to review and vote one by one for each of the six ranking choices with the final selection: (in ranking order)

- 1 Authentic (at the old Fitzpatrick Chevrolet north of Veranda)
- 2 Culture (at the 242 exit on Concord AVE where Big O is)
- 3 Coastal (at the north end of Park N Shop by Crawdads)

Now the race begins to get the formalities done, the permits and remodel of sites. The runner ups below will be called upon in order, if any of the three above fail to complete the process.

- 4 Embarc (on Willow Pass down from Park N Shop)
- 5 MMD (in Park N Shop several stores down from Coastal)
- 6 Element 7 (on Salvio opposite the Brendan Theatre and on the corner with Adobe Street).

Happy Happy, Joy Joy.

**The views expressed or attempted to be expressed or believed to be expressed are those of Edi Birsan and are not reflective of any organization or governmental body or soul and was not composed under the influence of any medicinal or otherwise chemicals.*



Briam Mitchell, CEO of the Shrine Group, rejoices in the successful grand opening of its flagship store. They also got the top nod from Concord City Council to operate in Concord.



computercorner

by William Claney, Tech Writer, Computers USA

Tech in
English

Penny wise and pound foolish, Colonial Pipeline disaster was my fault

When does security become a concern, before or after the hack? If you have been following the Colonial Pipeline disaster maybe you are wondering how a hacker could shut down a multimillion-dollar business with the click of a button. Most of all, I wonder why they paid the ransom in the first place. Is there not a better way to keep this from happening? By the way, who is to blame for the incident? Perhaps, I should say, who do we "shame" for this attack?

Colonial Pipeline

"Colonial Pipeline Co. last year did not undergo a requested federal security review of its facilities and was in the process of scheduling a separate audit of its computer networks when hackers hit on May 7." – Wall Street Journal

Who is to blame? TSA for not doing the security audit on time, i.e. the audit was over a year late, so the government said COVID was at fault. It could not schedule a meeting and failed to make a virtual meeting requested by management.

Where is the blame?

I know in this "woke" environment no one wants to offend and place responsibility on the person or persons that perpetrated the failure.

Well, I do. I am pointing fingers, but before I do, let me ask.

Is the IT department to blame for their failure to update the Colonial servers after the security breach from a known security flaw had been fixed nearly two years ago?

Could management blame itself for not putting a priority on managing their IT department and the government for missing their annual review?

I know whom I blame, and I know the easy fix. Let's see if you concur.

According to the WSJ, "Some lawmakers and cybersecurity experts criticized pipeline security standards after the Colonial hack - as many [auto] drivers panic-bought gasoline and caused supply shortages in some areas along the East Coast.

"While electric utilities face federal cyber requirements, mandatory audits and potential seven-figure fines for violations, regulators have taken a hands-off approach to pipelines and allow companies to set many of the terms of their own oversight.

"Some cyber experts say the voluntary compliance has contributed to uneven security investments by pipeline companies, which have digitized more of their systems in recent years to improve efficiency."

Were you aware Colonial paid in excess of \$4 million of ransom in Bitcoin to get their computers back online? That is the real crime. They paid heavily for their mistakes.

I put the blame squarely on management. It is their fault for paying the ransom, their fault for lack of oversight of their IT department, their fault for not spending a few (and I mean a few) dollars to avoid the problem, their fault

for not insisting that the government meet their responsibilities. Management is at fault, they failed to manage.

Wait, check that. It is IT's fault for not backing up the servers so they could restore the applications and data. IT failed to install simple software patches. They failed by not utilizing readily available software designed to seek out and report on security breaches. There are hundreds of applications designed to search for issues. Contact any MSP. IT people should not be your only source of expertise.

No, no check that again. It is the government's fault for failure to do their "oversite" reviews of critical supply chains.

Should we blame the hackers? No, good job fellas. You found the security flaws any good IT person should have found. The free hacking software is available on the Internet, and it runs on its own. The hackers did not do much really. Install it, run it, sit back and watch the fools pop up.

No, actually, it's my fault!

I am to blame for not contacting major companies to try and sell them a \$500.00 package that would have prevented the whole thing in the first place. There you have it - me.

This is your wakeup call now. If you manage a company and that company uses software or an IT department you need help, period. You could go invest in a Bitcoin now so you can pay the ransom later. Or better yet, contact a local MSP or computer professional, independent company to do a security review. Then go ahead and spend about \$500 and get your "stuff" together.

I dunno, there will always be those that are Penny foolish and pay the Pound (with Bitcoins). I hope that is not you.

** The English idiom "penny wise and pound foolish" is a popular saying that warns against safeguarding pennies while risking pounds. In other words, being stingy with small sums of money while being extravagant with larger sums. (The Pound Sterling is about \$1.41.)*



Computer Running Slow?



We make them fast.



ComputersUSA
5433 Clayton Road
Safeway Shopping Center
925-672-9989

In case you missed it...

Boating Season Begins, remember to wear life jacket, be safe.



It is officially boating season. Boaters are reminded to wear a life jacket, travel at safe speeds and carry a boater card.

"We want everyone to enjoy themselves....," said Contra Costa County Sheriff David Livingston in a statement. "By following the laws and rules and having proper equipment, you could help avoid an accident or tragedy."

Anyone 40 or under who operates a vessel propelled by an engine must have a California boater card issued by the state according to the sheriff's office.

All vessels, including stand-up paddle boards, must have a U.S. Coast Guard approved life jacket for each person.

Children under 13 must always wear a life jacket while aboard any vessel, unless they are surrounded by an enclosed cabin or bulkhead.

Travel at safe speeds. "Slow down in narrow channels and blind areas and navigate on the right side of the waterway," the sheriff's office said. "In crossing situations, the boat on the right has the right of way."

You must be at least 16 years old to operate a power boat or personal watercraft, and all persons on a personal watercraft are required to wear an approved life jacket.

Boats over 16 feet are required to have a life ring or square type 4 throwable flotation device which must be immediately accessible.

"The ABCs of Boating," a handbook of boating rules, is available from most boating shops. For more information on boating safety and the California Boater Card, go to <https://www.dbw.ca.gov>.

UC Davis research shows seaweed snack reduces cow methane emissions.



Posted on May 23, the headline says it all, but if you go to Claycord.com, you will see that readers had fun with this bit of news.

Martinez City Council looking to turn train depot into museum.

The Martinez City Council gave the go-ahead to start the process of making the old train depot into a museum. The city will negotiate with the Martinez Historical Society (MHS) to enter a lease agreement for the property at 601 Marina Vista Avenue. Currently the building is being used for storage for Amtrak, Alhambra High School and other local non-profit groups.

Built in 1877, the building needs massive renovations.

The historical society would use the 5,400-square-foot building as a nonprofit, regional museum and exhibition center.

The lease agreement could also include a provision to house the Joe DiMaggio "Joltin' Joe" boat display. MHS has approached the city about a lease that would span at least 30 years. Financial terms were not disclosed.

Concord raises \$114 million for citywide roadway projects.

The Concord City Council has raised \$114.3 million to pay for citywide capital improvement projects, primarily focused on addressing backlogged roadway maintenance and repair needs in the City.

The new funding was generated through a tax-exempt debt issuance rated AA by S&P Global (formerly Standard & Poor's). The debt bears a total borrowing cost of 1.88% and will be repaid over 20 years.

"The City has worked hard on fiscal stability over the last decade," said Karan Reid, Director of Finance. This borrowing provides significant funding to make a near-term impact toward addressing the City's deferred roadway and infrastructure maintenance needs and is made possible with the voters' passage of Measure V in November 2020.

Measure V is a one-cent local use and transaction (sales) tax that is anticipated to generate \$27 million annually. Measure V took effect on April 1, 2021 and supersedes the City's previous Measure Q sales tax.

The City's investments will start immediately with a citywide roadway base repair project this summer followed by significant investment in many of Concord's streets and roadways over the next three to five years.

PG&E to move its Concord, San Ramon satellite offices to Oakland.

PG&E announced an agreement to sell the company's San Francisco headquarters complex, which includes 77 Beale Street and 245 Market Street, to Hines Atlas US LP, a Delaware limited partnership, for \$800 million.

In keeping with commitments PG&E made last year, the company is seeking California Public Utilities Commission ("CPUC") approval to return the net gain realized on the sale to PG&E customers.

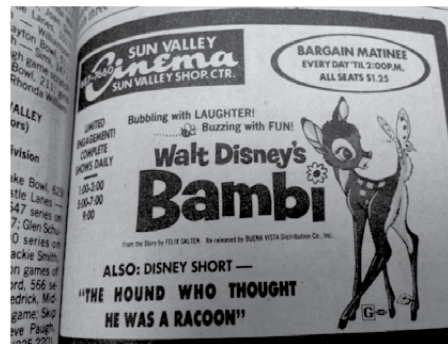
PG&E remains on track for a phased move into its new headquarters at 300 Lakeside Drive in Oakland, beginning in the first half of 2022.

PG&E Corporation Chief Executive Officer Patti Poppe said "This sale and relocation will achieve cost savings that directly help reduce customer bills."

PG&E also plans to consolidate its satellite office locations in San Ramon and in Concord into the new Oakland headquarters.

The Claycord Online Museum – Bambi at the Sunvalley Cinema in Concord

This advertisement for Bambi, which



was showing at the Cinema, was placed in a local paper in 1975. \$1.25 for a movie. Those were the days!

Items Edited. Items courtesy Claycord.com archives

The Beat of Diablo Raising Musical Kids

By Dave Hughes



When does a parent determine a child's interest in music and how do you develop it? There's little doubt that learning to play a musical instrument is great for developing brains. Science has shown that when children learn to play music, it can also aid in literacy, which can translate into improved academic results for kids.

I spoke with five local musicians with a combined 60+ years of experience teaching music to children of varying ages, who offered some useful advice for parents who suspect their child may have an interest, desire, or talent to pursue music.

Confirm and assess the interest

No one knows your child like you do. You will know if he or she is interested in learning or playing. If your child shows an interest, ask questions about their interest: what do they like about music; are they interested in playing an instrument? Be mindful to ensure you are not unconsciously imposing your desires upon them.

"Are you signing your kid up for music lessons because you want him/her to explore his/her musicality, or because you are trying to check a box for college admissions?" asks guitar and vocal instructor Timothy Garry (Timmy G). "I am not interested in teaching the latter, and in fact you will crush your child's natural creativity and talent with such an approach," he cautions. "Let your child explore music and develop their skill at their own pace."

While that developmental journey may take your child down an unfamiliar road, proper professional guidance will ensure it is well-paved.

Piano instructor Sin Silver explains, "If your child has a good teacher, they will keep the lines of communication open with you about how to help and what is expected. You absolutely do not need to be musically inclined for your child to learn."

Garry underscores that once the exploration begins, the guessing part on how to proceed usually comes to an end, saying, "if the talent and interest is there, the passion will take over."

Do not rush them

Guitar instructor Nicholas Lyon-Wright urges not to start your kids too young. "Starting young is great if the inspiration is there because you get ahead of the game on some things, but I don't think it's great to force [music lessons] too much." He elaborates that the right time is "when you're excited and inspired by what you're learning; that, to me, is the best time to start learning music."

"I don't like to start kids too young

because I want them to feel super empowered and confident," says Silver. "I like to wait until they are 6 years old. Sometimes I will start at 5 if the maturity and concentration level is there."

Vocal instructor Nancy Lake stresses the importance of that maturity, adding that the student "be interested and ready to pay attention. Sometimes this means the student is 8, and sometimes it means they are 48."

Ensure an outlet

Performance adds another component in your young musician's development. It builds self-confidence and can even strengthen socialization skills. The personal joy taken from performance is often shared in communal ways.

"It's always best when there's a real love and enjoyment of singing [or playing] on the students' part, while also having a way to perform or share the music, whether in theater, choir, church, band, etc.," says Lake.

Share the enthusiasm

"Listen to your kids' music, play more music that you like, make music a part of daily life," says Lake. "There is nothing more positive and beautiful than sharing music with other people, especially your kids."

Talk to your kids about your relationship with music. Share memories you have of concerts you have attended, and - perhaps most invaluable- whatever music history you are familiar with.

"I've increasingly found that kids today know next to nothing about music history," laments Garry. "Kids need inspiration and heroes." That music history, even the somewhat recent, is loaded with iconic figures to keep your kids inspired.

Listening to music regularly, even if just in the background, is not as common these days in many households. "They need to listen to more music," says guitar instructor Vince Lay. "All of my students who do better than the average listen to music regularly."

If there is little music playing in your home, make efforts to change that. This does not mean you need to invest in a state-of-the-art home stereo system. Maybe you just play the radio more often or get in the habit of asking your smart speaker to play music (via streaming services) while doing household chores.

"The best thing you can do is listen to a lot of music at home and teach your child about the kinds of music you like. Inspire them. Don't make music a chore," adds Garry.

For complete interview go to www.sites.google.com/view/musickids.home.



CLAYTON VALLEY CHARTER HIGH SCHOOL

Congratulations Graduates!

CLASS OF 2021

Our Extraordinary CVCHS Seniors



CVCHS Principal Jeff Anderson

The entire Ugly Eagle community honors our graduating seniors and their families at the Concord Pavilion on this date, Thursday, June 3, 2021.

The end of the school year marks a special time celebrating individual achievements. Congratulations to our exceptional athletes, department scholars, and Altair award recipients.

Different than traditional valedictorian and salutatorian selections, the highest recognition a CVCHS student can achieve is the Altair award for Scholarship, Service, Leadership, and Grand Altair.

The four awards were established by the first graduating class from Clayton Valley in 1960.

Altair candidates are nominated by members of the Senior Class and a final decision is determined by a special committee comprised of student leaders and teaching staff.

This year's winners as nominated by their classmates are:

**Alexandra Arient,
Scholarship Altair**

**Melat Dibeculu,
Service Altair**

**Ravneet Kahlon,
Leadership Altair**

**Ada Fong,
Grand Altair**

While the 2020-2021 school year presented our graduating seniors with challenges and adversity, I want to extend my appreciation to our teachers, staff, and administrators as well as our governing board members. Each 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.

And finally, to our graduating seniors, I wish each one of you the very best to begin your new adventure and preparation for a great future. You will always be remembered for having the courage to be "Ugly Strong" and resiliency in your quest for a high school diploma.

**Congratulations Class of 2021!
You did it!**

Sincerely,

Jeff Anderson
Principal



Ada Fong, Grand Altair





CLAYTON VALLEY CHARTER HIGH SCHOOL

| | | | | |
|---|--|---|---|---|
|  ARIZONA STATE UNIVERSITY Arizona State University Matthew Andrade Lucas Westermeyer |  Channel Islands CALIFORNIA STATE UNIVERSITY California State University, Channel Islands Kennedy Littlejohn |  THE CITY UNIVERSITY OF NEW YORK The City University of New York Riley Funiestas |  DIABLO VALLEY COLLEGE Diablo Valley College Angelica Adin Christina Adin Ashley Adviento Mansur Akrami Kenneth Ardimer Angel Bellmer Sara Bettencourt Daniel Boakye-Akuaku Caleb Briscoe Alexandra Cataldo Melanie Cerron Paris Chandhar Suhaan Chandi Erik Christoffersen Lowen Cleofe Anne Cortes Jaden Cutliff Colin Dancel Jacob Davidson Vanessa Delatorre Patacsil Christian Escalante Gyssel Espinosa Jimenez Ryan Evans Parmis Farzanegan Kimberly Frias Carranza Shea Gallagher Constantine Golematas Kyla Guasco Joseph Hawk Darius Hopkins Jonathan Hyatt Casey Jones Genevieve Knight Mason Koski John Le Anthony Leontini Katherine Navarro Flores Sunnie Nevarez Brian Ngo Roop Nijjar Nawah Noor Yasmin Nunez EJ Oamilda Kyle Ohlendorf-Hawley Zahra Pavana Joey-Tai Phung Julia Reynolds Sophia Ringer Gabriella Rivas Jocelyn Ruiz Juliana Salas Briana Salcedo Myles Scull Natalie Seidt Noah Sonet Elijah Sosa Ryan Sparks Zachary Staley Kelsi Sullivan McKenna Suto Niya Taseva Jenna Thongnuan Kaya Twal Clayton Van Sickle Terrance Vandiver Pennelope Vega Ortiz Tyler Wallace Brenden Watada Lauren Wickham Zach Wickliffe Jordan Willett Joshelyne Zarate-Vela Sophia Zuniga Miller | |
|  AZUSA PACIFIC UNIVERSITY Azusa Pacific University Grace Pugh |  CALIFORNIA STATE UNIVERSITY Chico California State University, Chico Serafina Celentano Keara Comfort Sarah Emery Kelsey Reynolds Samantha Schauman |  COGSWELL COLLEGE Cogswell College JJ Foote | | |
|  BOISE STATE UNIVERSITY Boise State University Ian Alexander Molly DeSeelhorst Dylan Hartmann Roman Phillips |  CAL STATE EAST BAY California State University, East Bay Ruben Plascencia |  COLORADO CHRISTIAN UNIVERSITY Grace and Truth Colorado Christian University Elise Wakefield | | |
|  BYU HAWAII Brigham Young University, Hawaii Hannah Meine |  FRESNO STATE Discovery. Diversity. Distinction. California State University, Fresno Madison Caldwell |  Colorado State University Colorado State University Genesis Ramos | | |
|  BYU IDAHO Brigham Young University, Idaho John Simmons |  CALIFORNIA STATE UNIVERSITY FULLERTON California State University, Fullerton Phuong Nhi Dang Kaley Urias |  COLUMBUS STATE COMMUNITY COLLEGE Columbus State Community College Bryan Jay | | |
|  BYU BRIGHAM YOUNG UNIVERSITY Brigham Young University, Provo Tyler Habermeyer Rocky Lane Derek Xia |  California State University MONTEREY BAY California State University, Monterey Bay Aurora Arredondo |  CONTRA COSTA COLLEGE Contra Costa College Andrea Joy Bayot | | |
|  CBU California Baptist University Jordan Banda |  SACRAMENTO STATE California State University, Sacramento Alanna Alvarado Kate Boeger Suraina Nuxoll-Singh Ean Tsao Jaqueline Valdez Medel Chloe Wigton |  Cornell University Cornell University Frieda Nemon |  IRVINE VALLEY COLLEGE Irvine Valley College Olivia Jay |  MONTANA STATE UNIVERSITY Montana State University Annie Morris |
|  CAL POLY SAN LUIS OBISPO California Polytechnic State University, San Luis Obispo McKenah Alton Shiva Ananth Erin Blaettler Tyler Charbonneau Rochelle Cloven Kamryn Coyne Pahul Dhoat Samantha Haverty Kellie Hintzoglou Hailee Lam Tanner Maltbie Kylie Nielsen Alejandra Ponce Stephanie Ruzicka Jordan Skow |  CAMPBELL UNIVERSITY Campbell University Karla Castro |  CUESTA COLLEGE Cuesta College Jake Anderson Nicholas Uecker |  JOHN CABOT UNIVERSITY John Cabot University Rensina Salerno |  Olin College of Engineering Olin College of Engineering Daniel Jaramillo |
| |  CHAPMAN UNIVERSITY Chapman University Nolan Jensen |  DOMINICAN UNIVERSITY Dominican University of California Nisha Neelakandan |  JOHNSON & WALES UNIVERSITY Johnson & Wales University Audrey Carlson |  PEPPERDINE UNIVERSITY Pepperdine University Leonardo Rea |
| |  CITY COLLEGE OF SAN FRANCISCO City College of San Francisco Andrew Woolard Jr. |  GURNICK ACADEMY Gurnick Academy of Medical Arts Jennifer Pineda-Saucedo |  LOS MEDANOS COLLEGE Los Medanos College Miranda Fedrizzi-McGlasson Jake Kissinger Tyler Perkins |  Rocky Mountain College Rocky Mountain College Velvet Quinlavin |
| | |  HARVARD UNIVERSITY Harvard University Wai Yan (Ada) Fong |  MICHIGAN STATE UNIVERSITY Michigan State University Kassandra Goodrich-Morrison |  Saint Mary's College of California David Coleman Xochilt Delgado Shannon Johnson Mason Oakley |

CVCHS Salutes the Class of 2021!

| | | | | | |
|---|--|---|--|--|---|
|  SAN DIEGO STATE UNIVERSITY San Diego State University Colton Behmlander Isabella Castaneda Samantha Romero Rachel Shimberg Adam Smith Jenna West |  Tulane University Tulane University Susan Kresch |  UC San Diego University of California, San Diego Noah Atkins Eric Floyd Emily Giadone Ravneet Kahlon William Kates Veronica Tucker |  UNIVERSITY OF OREGON University of Oregon Sydnie King Blake O'Connor Jackson Vandegriff |  THE UNIVERSITY OF UTAH University of Utah Michael Cianfrano Ryan McNevin Alexa Oldham | |
|  SAN FRANCISCO STATE UNIVERSITY San Francisco State University Athall Abdiani Abraham Carino Ian Cortes Daniel Ochoa Grace Porter Rylie Velez |  United States Army Anthony Hall United States Marine Corps Rohan Mathew United States Navy Morgan Dietrich |  UC SANTA BARBARA University of California, Santa Barbara Kendall Albert Lainey Djajakusuma Melany Mihai |  UNIVERSITY OF SAN FRANCISCO CHANGE THE WORLD FROM HERE University of San Francisco Nicholas Carrasco |  UNIVERSITY of WASHINGTON University of Washington Annika Tuohey | |
|  San José State UNIVERSITY San Jose State University Mursal Hamidi Liam Nuval |  THE UNIVERSITY OF ARIZONA The University of Arizona James Brinkley Jr. Sydney Speer |  UNIVERSITY OF CALIFORNIA SANTA CRUZ University of California, Santa Cruz Miguel Narciso |  USC University of Southern California Pannam Dhoat Melat Dibeculu |  UTAH VALLEY UNIVERSITY Utah Valley University Thomas Wood | |
|  SB CC Santa Barbara City College Brianna De Luna Madison Mello Rachael Miller |  Berkeley UNIVERSITY OF CALIFORNIA University of California, Berkeley Shaina Bali Juan Blanco Emma Coflin Payamullah Erfan Megan Gherlone Aimen Jamshed Crystal Ong Haley Perry Raghu Sai |  THE UNIVERSITY OF CHICAGO University of Chicago Andrew McGallian |  UNIVERSITY OF THE PACIFIC University of the Pacific Olivhea Ross |  WASHBURN UNIVERSITY Washburn University Brenna Duggan | |
|  SANTA ROSA JUNIOR COLLEGE Santa Rosa Junior College Arianna Echeverria |  Berkeley UNIVERSITY OF CALIFORNIA University of California, Davis Shaina Bali Juan Blanco Emma Coflin Payamullah Erfan Megan Gherlone Aimen Jamshed Crystal Ong Haley Perry Raghu Sai |  UNIVERSITY OF GEORGIA University of Georgia Grace Smith |  UT DALLAS The University of Texas at Dallas Vaishnavi Thandapani |  Western Oregon UNIVERSITY Western Oregon University Sarah Anderson | |
|  SONOMA STATE UNIVERSITY Sonoma State University Kelsey Amundson Madelyn Daher Rhyann Furrer Olivia Tang |  UC DAVIS UNIVERSITY OF CALIFORNIA University of California, Davis Emily Combs Shelby Dioum Bianca Nocos Katelyn Pike Kevin Sturgill |  UNIVERSITY of HAWAII HILO University of Hawaii at Hilo Sierra Hall | And, congratulations to these additional members of the Class of 2021! | | |
|  SOUTHERN VIRGINIA UNIVERSITY Southern Virginia University Jack Simpkins |  UC IRVINE University of California, Irvine Kiana Fong Mylie Gardner Natasha Herrera Kelly Lam Keilee Tizon |  UNIVERSITY OF MICHIGAN University of Michigan Alexis Contreras | Jesse Adams Kelly Adams Leyla Isabel Aguilar Katelyn Anderson Sofia Angelo Kate Antonick Daoud Arakozie John Atoche Ana Bai Taya Bai Melina Baldovino Samantha-Mae Bangolan Edwin Botulanon David Beane Jordan Bender Kaylyn Body Tyler Boldischar Ethan Butler Alfredo Calangian Jr. Kirstin Chung Alexander Cuba Keaton Curtis Paris Darland Larisa Datu Eryssa David Ashley Davidson Isabelle Ashley De Guzman Alexis Camille De Leon Tayvion Dean Alexia Dextre Richard Dombrowski Cynthia Dong Garrett Doolittle Ruben Duenas Cole Feuer Chloe Flores Sydney Francis Justine-Roe Gallo Abraham Garcia | Izzak Garcia Mya Gartland Mark Gomez Alcantara Jose Gonzalez Julian Gonzalez Katherine Guertin John Gutierrez Keyrallos Hanna Garrett Hellstrom Izaya Heredia Bryan Hernandez Carrasco Maverick Hernandez Coronado Lizbeth Hernandez Reyes Mariana Herrera Bethany Hesseltine Caitlin Hewitt Brandon Hoover Anelise Hoppie Connor Hughes Long Huynh Lukas Iniguez Mark Kauffman Daniel Khalife Grace Kim Emily Kinney Robert Kirk Jonah LaVigne Nicholas Longman Max Loza Vega Matthew Lucero Martinez Clayton Mahloch Marisa Mancini Ana Martinez Hernandez Ineza Mbangukira Peter Michaels Andres Mota Castellano Kimberly Murray Taylor Nunez Mike Oatman | Eamon Olavi Zoe Ortaliz Erwyn Ortiz Perez Jesus Ovalle Peter Pagela IV Kaitlyn Perez Mia Pierce Emma Postlethwaite Dana Jamiee Prestosa Emma Radichkova Isaiah Rajeski Vinay Ram Julia Renomeron Bryan Rodriguez Lilian Ryan Allinson Sanchez Christopher Sarna Nicholas Schnaitmann-Haynes Dylan Seeley Rebekah Shenouda Cassandra Shoneru Gabriel Silberglitt Nicolas Silvani Delaney Stanton Alexander Stimac Jasmine Suarez Iseline To'oto'o Linnaea Tuthill Cecilia Vargas Elias Velete Harjee Virdi Andre Vojtenyi Stephen Whiffin Christian White Samyoh Worthy Yokabed Yonas Marielle Zapanta |
|  TCU TEXAS CHRISTIAN UNIVERSITY Texas Christian University Amanda Ward |  UCLA University of California, Los Angeles Adrianna Hoffman Avery Jackman |  UNLV University of Nevada, Las Vegas Kylie Ann Borja Tyson Vida | | | |
|  TEXAS TECH UNIVERSITY Texas Tech University Savannah Sprague |  UC MERCED UNIVERSITY OF CALIFORNIA University of California, Merced Samirah Allen Gisell Avila |  UNIVERSITY OF NEVADA, RENO University of Nevada, Reno Clara Alas Kylie Cathcart Ryan Gamez Lauren Luedtke Shelby Montgomery Abby Weeks Ava Williams | | | |

Congratulations Class of 2021!

Your life is on **Center Stage**. **Leap** into the future, **Jump** on opportunities with a positive **Attitude**. **Tap** into your greatest potential and **Run** towards your goals! Now, **Hop** to it!



SUMMER 2021 Registration NOW OPEN!

Summer Dance Classes are a fun and creative summer activity offered in a variety of dance styles, from classical ballet to hip hop, tap, to jazz and contemporary. All ages 3 and up will enjoy 5 weeks of classes from July 5-August 7.

SUMMER CAMP

Summer Camps run Monday through Friday, two hours each day. Camps beginning July 5 and continue through August 13.

REGISTER NOW!

Space is limited

For more information, email us at:
5678@claytonvalleydance.com

925.524.0180

claytonvalleydance.com



Clayton Valley Dance Academy 5416 Ygnacio Valley Blvd. Ste 60, Concord



aquarianeranewageshop.com

METAPHYSICAL SUPPLY STORE
CRYSTALS, CANDLES, BOOKS, JEWELRY,
MAGIC GIFTS AND MUCH MORE!

ASK ABOUT OUR ENERGY HEALING SESSIONS!



VISIT US
2803 MAIN AVE.
CONCORD
925-270-3175

NEW STORE HOURS
11 AM - 7 PM EACH DAY
11 AM - 6 PM SUNDAYS
CLOSED TUESDAYS



Congratulations to All Our Graduates



concord mayor
Tim McGallian



On behalf of the City of Concord, I would like to extend my sincere congratulations to the Class of 2021! Your senior year has been unlike any other, and through your hard work and perseverance, you made it to the end of your high school journey.

But this isn't the end, it's just the beginning – that's why they call it a commencement.

Living through a pandemic has taught you to go with the flow, to adapt and deal with the challenges that come your way. This is a life skill that will serve you well as you begin the next chapter in your story.

As the proud parent of a graduating senior, I can tell you that – without a doubt – your family and

friends are so proud of you, and I hope you are proud of yourself and all that you have accomplished.

Take that pride, that feeling of possibility, and hold on to it as you embark on your next adventure.

On June 3, enjoy the experience of being together as a class one final time as you celebrate your graduation in person (!), and soak up the excitement. You have earned this celebration!

Congratulations, Class of 2021!

Tim McGallian, Mayor
City of Concord



clayton mayor
Carl "CW" Wolfe



"Do the Right Thing, because it's the right thing to do"

Congratulations CVCHS
Graduating Class 2021!

As Jerry Garcia said, "what a long, strange trip it's been."

Your four years have flown by and now you are ready to fly too! When you look back on your high school days, most certainly the pandemic will loom large in your thoughts. While it does not totally define you, it did, in the end, make you stronger. You now know that you can, and will, overcome any obstacle that life throws at you. You will be called upon many times in the future to "step up" and you will do so by summoning the internal strength that you gained during your high school experience.

Time marches quickly, so as you

navigate life's highway, take a few moments to enjoy the ride. Also, when you can, try to take a friend or two along with you. You may need them as well one day.

I envy you. So much ahead, so many new opportunities, so many challenges, so many more friendships to make and victories to gain.

Now, take a deep breath, put your head up, be confident, keep your eyes on the prize, and get out there!

"There is no living thing that is not afraid when it faces danger. The true courage is in facing danger when you are afraid, and that kind of courage you have in plenty." – The Wonderful Wizard of Oz



calendar of events

FUNDRAISERS

June 18

Rockin' Rainbow Special 8PM
Concord Couch Series - A Pride fundraiser benefitting Rainbow Community Center of Contra Costa County. Facebook Live!

JUNE 4-12

GARDEN GALA & ONLINE AUCTION

Online Auction begins Friday, June 4 thru Saturday June 12. View Online catalog of items to bid at <https://rbg.to/inauctions.com/gala2021/catalog>.

June 11 -Virtual Gala from 5 pm-6pm.

Proceeds benefit Ruth Bancroft Garden & Nursery

June 11

Trinity Center 7th Annual GALA Virtual Online

5:30P-7:00 PM. help inspire hope for people experiencing homelessness, hunger and the challenges of poverty. 925-949-872

OUTDOORS

Farmers' Markets

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

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

Walnut Creek

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

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

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

Orinda Saturdays 9am-1pm Orinda Way in front of Community Park

July 8, 22

Ruth Bancroft Garden's 27th Annual Sculpture Show and Sale. Evening Stroll 5pm-6:30pm. See the works of 24 area artists poised among beautiful garden plants. Live music beer & wine. Also two strolls on July 22 5pm-6:30pm & 6:30 pm-8pm.

JUNE 7

LINDSAY WILDLIFE EXPERIENCE

One and two-weeks summer camps for kids. Register Online at lindsay-wildlife.org

June 21

FIT4MOM Stroller Strides

9:30AM-10:30AM. Pleasant Hill Park, 147 Gregory Ln,

CLUB/SUPPORT GROUPS/ NEWS AND EVENTS

Family Caregiver Boot Camp

Personal Care, Physical Transfer Techniques, Self-Care

June 12, 9:30am-12:30pm

June 15, 10am-1pm

June 16, 5:30pm-8:30pm

Light refreshments will be available. For registration information, contact Ivanackeren@hillendale.net; 925.367.9002.

June 12

Mt. Diablo Branch California

Writers Club. Liz Tucker will present "Writing Deeper into Theme" This is a virtual meeting. 9:30AM -12:15. Liz Tucker is a two-time finalist with Glimmer Train's Short Story Award for New Writers. Her poetry and short fiction have been published in numerous literary magazines. Cost: \$5 for members, \$10 for guests. Website: <https://cwcmtdiablo.org/>

June 19

California Writers Club Tri-Valley Branch

"How to Map a Character's Transformation" Author Susanne Lakin.

Zoom meeting at

2:00PM. Lakin

will teach how

to create gradual,

believable

change. \$5

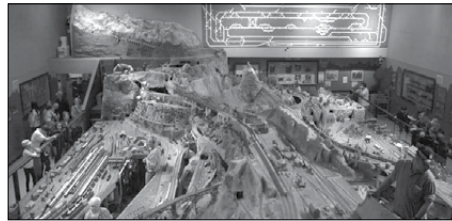
members, \$7

non-members.

students 14-22

\$3.

The Walnut Creek Model Railroad Society



Enjoy several running model trains running through miniature cities and mountainous terrain

Friday, June 18 8PM-10PM

SA-SU June 19-20 11AM-6PM

Friday June 25 8PM-10PM

SA-SU June 26-27 11AM-6PM

Located at 2751 Buena Vista Ave. Walnut Creek. (Admission): \$3.00 Adults - \$2.00 Children (6-12) / Seniors. FREE for kids 5 years and younger.

JUNE 26

Annual Compost Giveaway

9AM-1PM Diablo Valley College Lot 9 321 Golf Club Rd. Pleasant Hill

VISUAL ARTS/ THEATRE/MUSIC

JUNE 18-27

Diablo Ballet LOVE Stories virtual presentation. The final program of its 27th Season, featuring three ballets, including the romantic duet Carousel (A Dance) inspired by the Broadway musical by renowned choreographer Christopher Wheeldon. June 18-20 and June 25-27. TICKETS: \$30 per household through June 9, after the price goes up to \$35 per household. 925-943-7469, lesherartscenter.org or diabloballet.org

Thru June 25

aRT Cottage

"SLICE OF LIFE" Lamorinda Arts Alliance. - Tuesday - Friday 11am-5pm - Saturday 1-5pm; -Sunday & Monday closed. 2238 Mt. Diablo St. Concord www.artcottage.info.

CALL FOR ARTISTS

Land, Air, & Sea Scapes Submit work for July august 2021 show. Visit aRtcottage.info to register Online by June 25. All styles & medium welcome.

June 26

Competition Company Auditions, Clayton Valley Dance Academy 925-524-0180. 5416 Ygnacio Valley Rd. Ste. #60 Concord. www.claytonvalleydance.com

July 7-August 9

Summer Dance Classes and Camps. Registration now open. Ballet, Jazz, Hip Hop, Contemporary, Musical theater, Cheer, Tap, Pointe, Adult/pre-school Combo, competition. Age 3-Adult. Clayton Valley Dance Academy. 5416 Ygnacio Valley Rd. Ste. #60 Concord. www.claytonvalleydance.com

June 17

Happy Hour and Live Music

3:30 PM Byron Park, 1700 Tice Valley Blvd. Walnut Creek

June 28 - Jul 2

School of Rock Walnut Creek Beatles Camp

9:30AM - Jul 2 3:30 PM

345 Newell Ave. Unit C Walnut Creek ContraCostaSupermoms.com



Tech Wanted

Opening for permanent part-time computer tech.

Skills, skills, skills. Self-motivated Build, repair & onsite service work

Independent contractor or employee position.

Call Will:

925-672-9989

ComputersUSA, Clayton



HELP WANTED

PART TIME / FULL TIME
POSITIONS AVAILABLE
NO EXPERIENCE NECESSARY

WE HIRE CLEAN CUT, ENERGETIC,
SERVICE MINDED ADULTS 18+

COME IN FOR AN APPLICATION

4115 CONCORD BLVD. #62

CONTRA COSTA CRISIS CENTER

SUICIDE PREVENTION, RISK ASSESSMENT, & INTERVENTION TRAININGS

Free to the public

The **Contra Costa Crisis Center** invites you to participate in any of our upcoming online suicide prevention presentations and trainings, free of charge, through June 30, 2021. Made possible by Contra Costa County's allocation of Mental Health Services Act (MHSA) funding.

We are offering 1-hour Suicide Prevention Presentations, 4-hour Suicide Risk Assessment Trainings, and 6-hour Suicide Intervention Trainings. These trainings can help mental health professionals meet AB 2198 requirements for suicide prevention training. The Contra Costa Crisis Center is accredited by the American Association of Suicidology and is a member of the National Suicide Prevention Lifeline.

For more information or to register, visit our website or use this link:
<http://bit.ly/SPTtraining2021>

CEs available.



With help comes hope

Founded in 1963, the Contra Costa Crisis Center has provided crisis support for 58+ years, including 24/7 local Crisis & Suicide Hotlines, the 211 Information & Referral Line, and Grief Counseling.

We also answer local and national calls to the National Suicide Prevention Lifeline.

CONTRA COSTA CRISIS CENTER

For information or for support 24/7 for yourself or others
Call 211
or 1-800-833-2900
Text HOPE to 20121
www.crisis-center.org

Age has little to do with your aches and pains

By Carmela Lieras, NASM-CPT



"Stiff joints are just a part of aging!"

While this statement seems to make sense when it comes to aging and how our bodies start to feel, let me tell you why your aches and pains have little to do with your actual age but more to do with your brain.

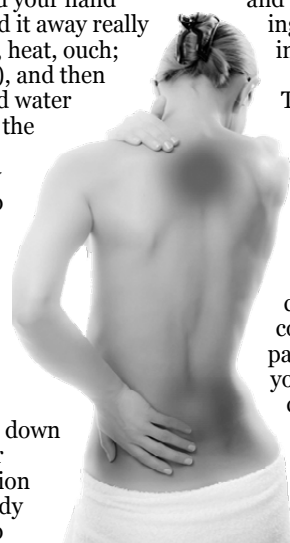
Your brain has one main job: keep you alive. It does this via a feedback loop where it receives input, interprets the decision, decides what to do with it, and then creates an output. What types of input am I referring to? Think of the five senses we learned about when we were younger: taste, touch, smell, sound and sight. Our brain receives input constantly throughout the day and then has to decide what to do with it. Have you ever burned your hand cooking (input: touch), pulled it away really quickly (interpretation: pain, heat, ouch; decision: move away quickly), and then immediately ran it under cold water or put ice on it (output: start the healing process right away)? If so, does it make sense how your brain was trying to keep you alive or at least safer in that moment?

Let's apply this stiff or achy joints every time you go up or down stairs. When you begin walking down the stairs, your brain receives input from your feet (touch) and if you're walking down bare stairs (uncarpeted) your brain is also receiving sensation of a sleek texture so it's already putting the brakes on to keep

you alive. Your brain is also receiving visual input as you walk down the stairs, as well as auditory input (are the stairs creaky?) Based on these three types of input, it must decide what to do to keep you safe. So, the output created is either pain or stiffness in your joints to SLOW YOU DOWN and keep you safe.

Yes, there could be other reasons why your knees or ankles hurt going down stairs that somewhat relate to age. You are likely sitting more now than you did when you were younger, or you do not exercise as much as you used to. However, for the most part, whenever you feel pain or discomfort, I want you to understand that your really smart brain is trying to get you to pay attention and do something different. Whether that means being intentional about standing up more during your day and getting more steps in or working on the mobility of your joints instead of stretching.

These are great ways to start. The best way to decrease outputs such as pain or stiffness is to improve the quality of your input. So, find a cheap handheld massager with heat and vibration settings on Amazon and use it on your legs, arms, or pretty much anywhere you can reach daily as long as it's comfortable and does not create pain. By doing so you are providing your brain with new input that can wake up areas of your body that need a little "spark". You can also use a dry brush, foam roller, or simply use your own hands and massage or gently rub your achy areas.



A WALK THROUGH TIME

with Misty Bruns

Bridge mascot Rags dies 63 years ago

Beneath the Vallejo bound bridge on-ramp from downtown Crockett sits a monument to Rags, a neighborhood dog.

When the 1958 span of the Carquinez Bridge was being built, workers were befriended by Rags. The black-and-white mutt often followed them onto the bridge. One night, workers accidentally locked Rags on the bridge, and he fell to his death.

The marker is a favorite with Crockett residents and with folks on road rallies or scavenger hunts.

During construction of the Al Zampa suspension span, the marker was dug out and housed at the Crockett Museum. It was recently reinstalled.

I found this memorial and story on Find a Grave website.

"Many Crockett citizens are familiar with the story of 'Rags.' Rags was a mongrel, medium-sized black and white dog owned by Mr. and Mrs. Benjamin H. Zuppan of 615 First Avenue. Their garage was rented to the Peters Company of Vallejo, one of the builders of

the second Carquinez Bridge.

Rags became the unofficial mascot of the bridge workers. He would go to work with them daily, eat with them and then return to the Zuppan's at night. Towards the end of construction, the bridge workers would even take Rags to the vet. I guess you could say Rags was an adopted member of the bridge company.

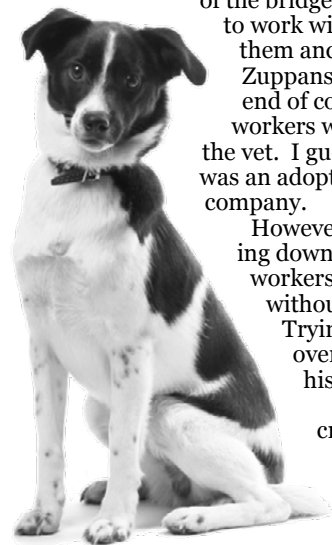
However, one day after watering down the bridge cement, the workers closed the bridge gate and without knowing, locked Rags in.

Trying to escape, Rags jumped over the side of the bridge to his death.

Distraught bridge builders created a simple but heart-felt monument: a 2-foot by 2-foot concrete square with RAGS spelled in metal letters, and "bridge mascot"

scrawled beneath, probably with a stick. The bridge workers erected this tomb under one of the bridge columns, marking the grave of Rags."

The story is from: Crockett and its People by David Billeci (© 1991 by the Crockett Improvement Association) on pp. 42-43.



EMOTIONAL HEALTH

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

There is more to physical pain than you think

When you try to ease physical pain do you limit treatment options to over-the-counter medications or a doctor's appointment?

Did you know that there are two components to pain—physical and psychological? That is especially true for acute and chronic pain.

Some people in chronic pain feel the psychological component creates the larger part of suffering. For example, you may get a migraine headache and take medication for pain relief. When you experience a recurring pattern to the migraines, you begin to worry and anticipate the next cycle. This anticipation creates anxiety and tension that exacerbates your pain with the next migraine.

Health experts say if anxiety and tension carry on for too long, it can weaken your immune system. In an interview "The Biology of Belief," author Bruce Lipton explained that with chronic fear, "we are shutting down the maintenance of the body, which opens us up to infections and inflammations."

People with chronic pain sometimes identify with their pain. Their daily life often becomes focused on pain, which detracts from the ease and joys of life.

Medicine addresses the physical but not the psychological aspects of pain. A variety of ways exist to address the psychological dimensions of pain. One effective method is hypnotherapy. We know this because Holly has successfully conducted numerous hypnotherapy sessions for pain management, and Bill has engaged in self-hypnosis to reduce pain.

These hypnotherapy and self-hypnosis techniques are not intended to replace medical care, but as adjuncts to medical treatments. It is critical that you have your pain symptoms checked by a medical practitioner before you use hypnosis for pain management so that you do not inadvertently mask symptoms that need medical attention.

What may seem counterintuitive to chronic pain sufferers is that with hypnosis you go into pain and transform it. Often by going into the pain, the cause of your "disease" is identified. Your biggest problem may be your inability to be at ease, especially

ly with psychosomatic pain.

The following examples show how hypnotherapy can be effective for pain relief. To maintain anonymity, we have changed certain details. Holly worked with a man who struggled with chronic shoulder pain since he was 16 years old. When he became a massage therapist, it got worse. Nothing a medical professional did could reduce his pain.

Holly guided the man into a hypnotic regression session where he recalled a car accident when he was a young boy that caused trauma to his shoulder. Since the pain was temporary, he had forgotten about the incident. However, movements he made during his summer job spontaneously re-triggered

unresolved trauma, and his massage work aggravated it further. Uncovering the unconscious trauma of the accident and releasing the energy tied up in the shoulder completely relieved his pain.

Another one of Holly's clients had a breast enhancement. Although she was pleased with the cosmetic results, the procedure created chronic pain and she became suicidal. She believed that vanity ruined her life and became angry and tense, unable to relax and heal. Holly guided her through symbolic drawings that not only lowered her pain threshold but uncovered the psychosomatic source of her pain—her resentment, anger, and hopelessness over having the procedure performed. As she gained that realization, her chronic pain healed.

To further explore the use of hypnotherapy for relieving pain listen to Holly's "Becoming Pain Free" CD in her Health and Well-Being Series available on Amazon.

If you would like to seek professional help from a qualified hypnotherapist, choose someone with whom you feel comfortable. A well-trained hypnotherapist allows flexibility in their approach so they can match their client's needs and responses. Many hypnotherapists are available online or in-person. Teaching professionals often have interns who charge minimal amounts.

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



Salvation Army floored by Rotary Clubs and local businesses

By Roget Ghawi

Concord's Salvation Army needed to redo the floors in three of their rooms to prepare for their upcoming community events. When Brad Prescott and Gary Collins from the Concord Rotary Club heard of the need, they stepped up to organize the supplies and labor needed to pull off the job. After Gary got the word out, various businesses and Rotarians jumped in to help install new floors.

During the project, the leaders of the Concord Rotary Club and the Concord Salvation Army agreed that this collaboration marks the beginning of a partnership between the two organizations that will serve to make a greater impact on the surrounding community according to Rotary President Michael Barrington.

So thanks to all of you that helped make this happen: Gary and his team at



Windows & Beyond, Bryan Keding from Floor Coverings International, NARI of Diablo Valley and Contra Costa Business Referral Network (BNR), Roget and the team at Home Quality Remodeling, the Rotarians from the Concord, Pleasant Hill, and Walnut Creek Rotary clubs for their hard work and purchasing all the flooring materials.

Out to Lunch

Patty's Original Cheese Zombies

Old School Grab 'n' Go



By David King

With hundreds of Seniors throughout the School District graduating, what better restaurant to feature than the one created from the lunchrooms of Mt. Diablo Unified School District (MDUSD).

Patty's Original Cheese Zombies bakery is a nostalgic grab 'n' go tribute to school-age memories of a warm, buttery, cheese-filled bread roll - Cheese Zombies, the King of Comfort Food for those who grew up in the MDUSD.

Best of all, as it did in those days, Zombies still represent the best meal value in town starting at just \$2.99 for a Cheese Zombie.

While Patty's Original Cheese Zombies is a family-owned bakery in Concord that opened in 2013, the recipe itself has been in the district since 1963.

Zombies were originally created by two women, Decla Phillips and Helen Beloc, bakers for Mt. Diablo High School.

Every morning the school bakers would prepare 144 pounds of dough. They would roll the dough out into large sheets and let it rest, which would allow the dough to relax, thus making it easier to stretch and fit the baking pans. A layer of American cheese was put over the dough and then the layer of cheese was covered with another layer of dough.

Bakers would then crimp the edges with a special tool to prevent the cheese from bubbling out of the sides while baking.

This was very time consuming and a labor-intensive process for a brunch item that had to be ready for hungry students at 9:30 AM.

But with a little creativity and ingenuity, Decla and Helen created the cheese zombie that we know today. Although they were never recognized for their re-creation of the cheese zombie, their method was soon adopted by all the Mt. Diablo District schools as well as schools in Napa and in states as far away as Idaho and Texas.

The zombie served at schools today is not what it once was. The method is the same but due to new government school lunch guidelines, the recipe now must include oats and wheat.

However, Patty's Original Cheese Zombies still offers old school zombies served just the way you remember them.

Though they offer many creative zombie ingredients for breakfast and lunch. Breakfast items include such traditional combinations as Sausage Gravy and Biscuit, or Bacon, Eggs and Cheese, Ham/Cheese/Jalapeno.

The lunch menu introduces many varieties: Pizza, BBQ Chicken, Pastrami and a few of the favorites. But it is the original

cheese zombie that has the MDUSD alumni running to their door.

Patty's was opened by Patricia "Patty" May and her son Robert in the Dana Plaza Shopping Center on Concord Blvd. at Landana.

Patty had worked for the MDUSD for over 15 years, six as a baker's trainer. Most of her time was spent at Clayton Valley High before it became a Charter School. She has always had a passion for baking, even as a child.

At age eleven she started baking under the tutelage of her mother and grandmother. After high school she felt herself gravitating toward the food service industry, but marriage and children put that on hold.

Fast forward almost twenty years and the youngest of three sons was off to school, she applied and was hired by the School District Food Services Division, and so began her career with the cheese zombie.

Robert, her eldest son, always knew his mother's passion was to bake. He has watched her work over the years and takes great pride in everything she bakes.

Robert remembers when he was in the third grade and his friend was caught trying to sneak a zombie out of the cafeteria. His friend's explanation was his mom wanted to recreate the recipe at home. The third grader was onto something. As simple as it sounds, cheese zombies are not that easy to make. The challenge is keeping the cheese inside the roll.

Thus, the idea of Patty's Original Cheese Zombies was born.

If you have not had a zombie since your school days, it is about time you do. If you have never had a zombie, then it is about time you start. And if you are in a hurry, it is about time you go for a zombie meal. This is grab-and-go at its fastest.

So, graduates, if you begin to miss those lunchroom days, just remember... there's a Patty's Original Cheese Zombie in Concord to comfort you.

Excerpts and edited from "The History of the Cheese Zombie" as reported in The Concord Historian, May 2014.



USE CONCORD CONNECT APP TO REPORT FIREWORKS

As we get closer to July, and the state frees up all activities, remember this, California is a tinder box brought on by consecutive drought years and a very dry winter this year. Our fires don't just burn, they rage out of control. Yet, despite these warnings, many will succumb to the urge to ignite fireworks.

If you can hear them go off, realize you are being endangered.

Remember, all fireworks (even those labeled "safe and sane") are illegal in Concord and all of Contra Costa County (except for permitted professional displays). This includes bottle rockets, roman candles, firecrackers and sparklers. Sparklers can reach 1,000 degrees Fahrenheit and account for most fireworks-related injuries to children age 5 and under. Fireworks are dangerous and cause fires, which can result in severe injury and even death, as well as costly property damage.

Concord Municipal Code 15.70.020 states that it is unlawful for any person to possess, transfer, manufacture, offer for sale, use or discharge any fireworks (except for permitted, professional displays). There is a fine for violating this code, which can increase up to \$500 for each violation.

The number of calls to the Concord PD Dispatch Center this time of year can cause phone lines to become so tied-up that those in need of immediate police or medical help are delayed in getting assistance. Therefore, please do not call Concord PD to report fireworks unless

they pose an immediate threat to life or property and you are able to provide a specific location where they are being set off. Instead, community members are encouraged to report fireworks through the Concord Connect App, which will be actively monitored for enforcement on a non-emergent response basis.

Concord Connect can be easily accessed by both web browser and the Concord Connect mobile App. However, it is easier to use via the Concord Connect mobile App.

To report fireworks using the App on your smart phone:

Open the "App Store" on your phone and download the "Concord Connect" App.

Click on "Make a New Request." Click on Fireworks Reporting.

To report fireworks using the web browser:

Go to the City of Concord website and click on "Report a Problem."

Under "Report Online", click on "Concord Connect App".

Click on Fireworks Reporting.

****Important**** When selecting drop down responses, be sure to click back on the box with your selected response to "enter" the response and proceed to the next drop down.

The City of Concord, and Contra Costa County appreciate your cooperation in this effort and look forward to partnering with you to keep Concord safe!



CA Lic #FD1006

OUIMET BROS.  **CONCORD FUNERAL CHAPEL**

Burial | Cremation | Catering

Providing funeral home, burial, and cremation services for Concord for over 60 years. Our friendly and professional staff is at your service - 24/7.

Call Us: 925-682-4242

Keith Collins - Managing Partner
Founders
John & Sharon Ouimet
Don & Bea Ouimet

4125 Clayton Road
Concord
925-682-4242
fax 925-6682-4281

ouimetbrothers.com

DIABLO GAZETTE FUN ZONE

The Concord 4th of July Fireworks are back for 2021

FIREWORKS

Load up your family and friends in your car and join us at the Concord Pavilion for the largest fireworks display ever seen in Concord, presented by Marathon Petroleum.

This drive-in style event will feature Pyro Spectacular's award winning Fireworks show set to music.

General Tickets will go on sale starting June 4th at 12:00 pm. Tickets are \$25 per vehicle.*

On the day of the event, gates will open at 7:00 pm and fireworks will begin at dark. Cars will be parked every-other space. If you have multiple vehicles please arrive together.

We will be following all State and local county Health Orders at the time of the event.

We look forward to everyone joining us to celebrate the 4th of July in Concord this year.

"Although we will not have a parade downtown or Online, this will be the largest fireworks display in all of Contra Costa County," promises Concord Mayor Tim McGallian.

**Standard Vehicles only, subject to the legal occupancy limit per vehicle.*



Illustration by Sarah Szelig, 2017

SUMMER BIKE CHALLENGE

Explore your town from the seat of a bike!

2021

Antioch | Brentwood | Clayton | Concord | Danville | El Cerrito | Hercules | Lafayette | Martinez | Moraga
Oakley | Orinda | Pinole | Pittsburg | Pleasant Hill | Richmond | San Pablo | San Ramon | Walnut Creek

Enter to win an iPad in the Grand Prize Drawing

By Marie Arce, Member, Advisory Committee, East Bay Regional Parks District

Looking for free summertime recreation and fun for the whole family? Check out 511 Contra Costa's Summer Bike Challenge. From June through August, riders of all ages can explore their hometowns on two wheels. Simply bike to each destination and cross off the squares as you go. Pick up free prizes on select dates, take weekly Bonus Challenges, and enter the iPad Grand Prize Drawing. The Summer Bike Challenge is free for people of all ages.

How to Play:

1. Register & play for free! You'll be entered in the iPad Grand Prize drawing.
2. Select your city below and download your gameboard.
3. Bike to as many squares as you can June-August. Can't bike to certain Squares? Substitute any square with a bike-able destination of your choice.
4. Collect prizes at in-person events, find details on your gamecard.
5. Complete Weekly Bike Ride Challenges, sent to your inbox, for chances to win extra prizes every week.

Ready to roll? Visit 511cc.org/go to get started.

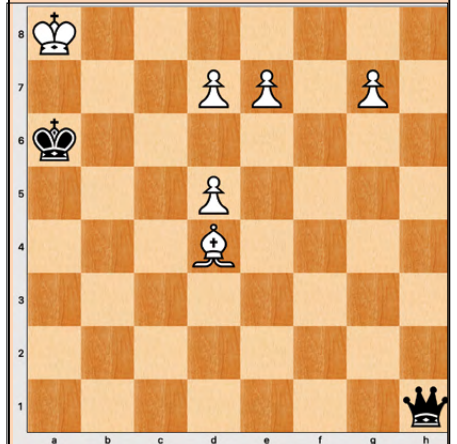


Chess with Yoo

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

Underpromotion

White to move and win. This is pretty difficult, even with the hint, which you can find below the diagram.



Hint: The theme of this study is "underpromotion," which means promoting a pawn to a piece other than a Queen.

Solution:

- 1.g8=B!! White needs to avoid stalemate.
1.g8=Q? Qxd5+! 2.Qxd5= 1...Qb1 2.d8=N! We need to stop the mate now! 2...Qb4 Setting up one more trap... 3.e8=R!
3.e8=Q? Qb7+! 4.Nxb7 3...Qb7+ 4.Nxb7 This is not stalemate because we promoted to a rook!

An endgame study with all three underpromotions!

4th of July
Celebrate Concord
2021 Fireworks Celebration
www.ConcordJuly4th.com

JUNE 18TH
8PM

CONCORD COUCH CONCERTS'
ROCKIN' RAINBOW
SPECIAL

A PRIDE FUNDRAISER BENEFITTING
RAINBOW COMMUNITY CENTER OF CONTRA COSTA COUNTY

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | U | F | M | T | C | O | B | N | C | E | I |
| L | R | I | L | I | D | A | E | E | Y | H | T |
| P | W | U | N | O | R | E | A | D | C | T | R |
| S | O | C | I | B | G | K | C | R | L | A | E |
| A | I | H | E | S | A | I | H | A | I | B | C |
| P | N | C | S | T | E | H | D | G | N | N | N |
| A | U | T | R | A | V | E | L | P | G | U | O |
| E | L | L | A | B | E | S | A | B | M | S | C |
| G | N | I | H | S | I | F | Y | L | F | A | O |
| B | M | I | L | C | K | C | O | R | N | Y | C |
| C | O | N | V | E | R | T | I | B | L | E | N |
| R | I | V | E | R | R | A | F | T | I | N | G |

BARBECUE
BASEBALL
CYCLING
CONCERT
RIVER RAFTING
CONVERTIBLE
FLY FISHING
ROCK CLIMB
SUN BATHE

BEACH
CAMP
CRUISE
GARDEN
GOLF
HIKE
PICNIC
SHOP
SWIM
TRAVEL



Word Search Plus

For more fun, we made our word search a wee more challenging. We have hidden a code that will reveal the name of a renowned location in the Bay Area.

Clue:

This special day in June was first celebrated in 1938 in Chicago and is a sweet tribute to women volunteers who served the battlefield during WWI.

Hint:

Circle all the words from the list in the puzzle. Search words can be found in any direction. The remaining unused letters form an anagram. Unscramble those letters to reveal the answer. Solution on page 20.



theRIGHTmove

by Terrylynn Fisher, Broker Associate
www.BuyStageSell.com

The everlasting value of a Senior Real Estate Specialist

When thinking about a remodel, or replacing carpet or flooring, it entails moving furniture and/or partially moving out of a room or the house for the project to get completed. Easier said than done.

When getting ready to move, we become herculean in our thought process about what we want or can take on; or as my husband would say, "is this something I want to put my back out doing?" His criterion is that if it is going to jeopardize the golf game, he is not going to do it himself.

We have begun to have a lengthy list of "helpers" for such things as cleaning gutters, so as not to get on ladders, or move heavy objects or repairs that a professional can complete in reasonable time. (Bob's experience is that he can call the guy to fix what he breaks fixing the "thing" or just call the professional to start with. Sound familiar?)

Oh, my goodness, I am assuming you now know we are over 55. I think as we get older and realize that the fun things in life are not so much fun if we do not have our health or our knees or back in good shape. Age changes how we view those "projects".

As a Senior Real Estate Specialist (SRES) one of our specialties is move management for those 55 and over. Finding ways to assist folks with their move, is one of the more rewarding add-on services we provide. Of course, you do not have to move to find these services valuable. The best carpet cleaner is my guy, hands down.

The Senior Real Estate Specialist has the experience and resources to plan and

execute a move or project to its completion. As the purging, packing and moving are important, often overlooked, who is going to put the bed up when you get there, and find the sheets so you can sleep at the end of the day? Will your cable be hooked up and the TV working? Such things as this that can go by the wayside with the overwhelm of moving without the guidance and resources of a Senior Real Estate Specialist.

We also offer Probate and Trust resources for our clients who have parents or loved ones that have passed on or are moving to assisted living or other situations. We know the Realtor who can provide the Value Letter for the Court or Trust Attorney, the accountant who does the probate final tax return, or the attorney that files the probate in a timely manner. Whatever the need, we can help find answers to some of the questions that come up before we want to have to deal with them.

My Slogan, "Realtor as Resource," goes for all of life's circumstances. From young to old, we have amassed the experience and the resources to ease the transition of moving, whether forced or planned.

Terrylynn Fisher, Senior Real Estate Specialist (SRES), Probate Certified, DUDUM Real Estate DRE#01882902, For Probate questions, an aggressive Selling Plan or Buyer Strategy for any phase of your real estate life, call 925 876-0966, info@BuyStageSell.com. DRE#00615420.

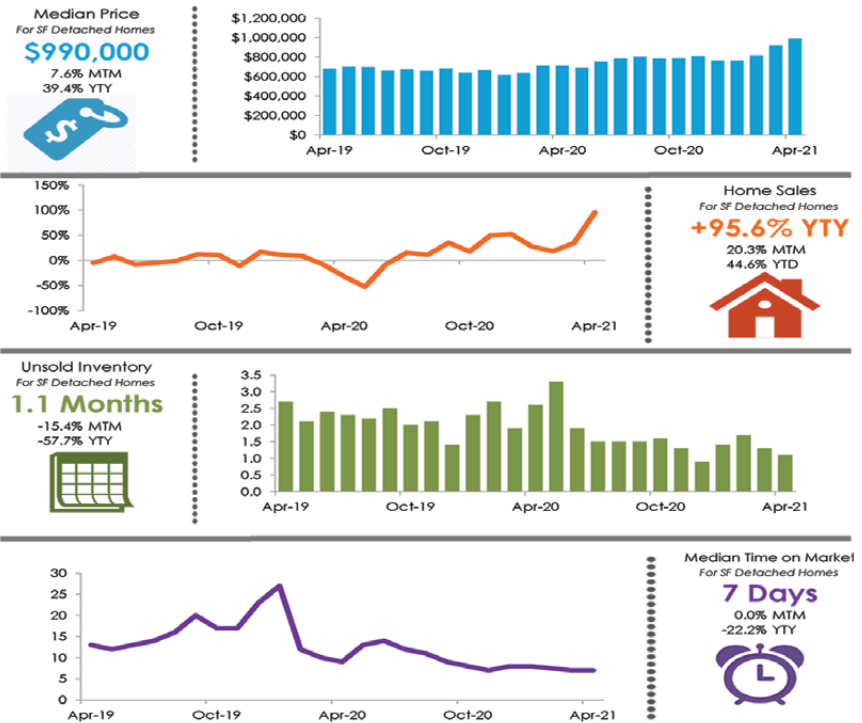
How's the Market?

Provided by Terrylynn Fisher, Realtor® - Read my article on this page!



CALIFORNIA ASSOCIATION OF REALTORS® Research & Economics
Contra-Costa County Market Update

Trends At A Glance For April 2021



Terrylynn Fisher

REALTOR® | CRS, SRES, CSP Elite Agent

925.876.0966 | DRE# 00615420

Info@BuyStageSell.com | BuyStageSell.com

Consult with me Early, so we can Plan, Budget and Strategize!

I have not and will not verify or investigate information provided or supplied by third parties.



aRt Cottage

by FROgard www.aRtCottage.info

Summer Art Class

Summer at aRt Cottage... Life is good and we are exploring it with some new activities!



Local Concord artist, Pat Viera, will be sharing her talent in a new patio workshop, "Create an Artful Collage," on Sunday, June 13th from 1-4pm. Participants will make a beautiful horse with Pat's hand-painted papers. She sold nine of her collage artworks in our "All Creatures Great and Small" earlier this year. We still have a few openings - call us ASAP to reserve your place at Pat's collage table. Class includes 3 hours of art instruction, all the supplies to make your masterpiece, plus refreshments.

If you'd like to learn how to work with clay to create a small sculpture, or how to paint a portrait of your favorite pet with acrylics on canvas, we provide all the materials you need for a private or semi-private class each week.

Custom art classes for adults are always on the menu. Explore drawing techniques with graphite, watercolor pencils or pastels. Some of our students are working on landscapes from photos of favorite places they have visited, while others are putting their spin on works from the masters. It is always



good to learn something from Van Gogh or Renoir.

We even have a plein air group that set up their easels in the gardens to paint outdoors twice a week! Beginners are welcome to come and try out something new.

Our current "Call for Artists" runs through June 25th for our July/August show - Land, Air & Sea Scapes. It is open to all artists, beginners as well as professionals, and exhibits at aRt Cottage are never juried. Visit the "Next Show" page on our blog (artcottage.info) to learn more and submit your work online.

We're here to help you explore your innate creativity. So why not try something new this summer? Come visit, take a class, volunteer, enjoy the gardens, pick some flowers, bring a bag lunch and explore the art we have to offer in and around the gallery. There is never an entry fee. The capital R in aRt Cottage stands for you and me - it's "R" cottage!



**Trusted.
Proven.
Essential.**

MDRR is a proud partner with the communities we serve and support.



MDRR is a trusted partner to the communities we serve. We made a promise to support them by participating in events, educating our children, and making our communities a better place to live.



www.mdrr.com

CA License #1007759



A Father's Dream
20% Off
any service


ampmtreeservice.com
WE GO OUT ON A LIMB FOR YOU DAY AND NIGHT

925.497.5787


Tree Trimming & Pruning
Tree Removal
Yard Overhaul

Stump Grinding
Firewood Delivery
Emergency Services

FREE ESTIMATES



MT. DIABLO SELF STORAGE
 4901 Ygnacio Valley Rd Concord, CA 94521
 Self-Storage Made Easy & Affordable




WE SELL BOXES

(925) 685-2222
 Fax: (925) 288-0669

From Walk-in Closet to Large House
How Much Storage do You Need?

Attn: Summer Movers! Low Inventory - Limited Units Available!



RENT NOW!

CHECK WEBSITE for Rates on All Sizes

COVID-19 UPDATE:
Contact-Free Rentals Available!

mtdiablostorage.com

| Small Units | Medium Units | Large Units |
|-------------------------|--------------------------|--------------------------|
| 5x5 | 10x10 | 10x20 |
| Starting at \$90 | Starting at \$225 | Starting at \$330 |

Letter to the Editor

Camp Manzanar Internment

Your article in April 2021 regarding Tule Lake Internment Camp ("Shouldn't Jean Yokotobi be angry?") reminded me of an early childhood school friend I lost to an internment camp during World War II.

In November 1941, my mother enrolled me into kindergarten just after my fifth birthday. The pre-school location was in South Los Angeles between Long Beach and San Pedro and boasted numerous Japanese families, some of whom owned and operated rather large strawberry farms in the Rolling Hills area, the northern side of the beautiful Palos Verdes Peninsula.

I sat next to a lively Japanese girl in the classroom, and we instantly became friends. Unfortunately, in just a few weeks, Japan bombed Pearl Harbor. After that day, December 7, 1941, the girl no longer came to school.

I asked my teacher what had happened to her, but my teacher would only say, "She can't come to school any longer. She is a 'Jap.'"



I was told the U.S. Government had shipped her and her parents to Camp Manzanar which is about an hour west of Death Valley National Park. This was an internment camp set up strictly for incarcerating Japanese American citizens and Japanese immigrants ineligible for citizenship during the war.

We would travel by bus at least twice each year to visit my grandfather who lived in Bishop, California. One of the bus stops along the way would be in front of the Camp Manzanar. Each time the bus paused at the entrance to the camp, I would see numerous Japanese adults hanging on to the barbed wire that kept them imprisoned and several children in the background. I would search for my kindergarten friend behind the high fence but to no avail.

Today, at age eighty-four, I vividly recall those days in kindergarten with my Japanese friend and the confusing circumstances that caused her to disappear. I never saw my friend again and I often wonder what happened to her. - **Franklin Burroughs, Walnut Creek**



Camp Manzanar, Photos: Wiki Commons

"LEGO MASTERS" Flynn De Marco to teach summer camps in Concord

LEGO enthusiasts have a treat in store for them this summer. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

Most of the camps will be teaching about using gears, gravity, motors and understanding the meaning and function of various LEGO parts.

De Marco and his partner, Richard Board, competed last year on the reality TV show "LEGO MASTERS", then in its first season. Ten teams competed over seven weeks, demonstrating their creativity and technical knowledge of LEGO building to the themes and specs offered by the show's host, Will Arnett.

While De Marco did not win, the duo missed the finals by a respectable two episodes.

You do not need to be a LEGO enthusiast to enjoy the show and appreciate the creative, artistic, mechanical, and techni-

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.

cal knowledge of the contestants. "LEGO MASTERS" competitor Flynn De Marco will be teaching LEGO building camps and classes at Concord's Briks and Minifigs store starting in June.



Above- "Crypt" ; below -Unkitty Diner"



"Snake Queen" won Best in Show and a People's Choice Award at Bricks By the Bay, a LEGO fan convention in Santa Clara and a People's Choice Award at Bricks LA.

cal knowledge of the contestants.

While one might assume such masters have spent a lifetime growing up with LEGOs, De Marco confesses he has only been building for five years. De Marco got involved with LEGO when he became bored with television. Having grown up with comic books, and specifically an X-Men fan, when Demarco saw a LEGO X-Men vs. Sentinel LEGO kit, he bought, built it and the rest is history, albeit a very short one.

But that is good news for anyone who feels they missed out of their LEGO years. It is never too late to start.

De Marco and Board also host a YouTube channel called "Tricky Bricks" three days a week. Producing those shows is much different than the production of a network reality show.

"LEGO Masters" was produced in Los Angeles. To accept the in-





Jill Hedgecock's bookends
Program Coordinator, Mount Diablo branch of the California
Author of *From Shadow's Perspective*
www.jillhedgecock.com

BORN A CRIME

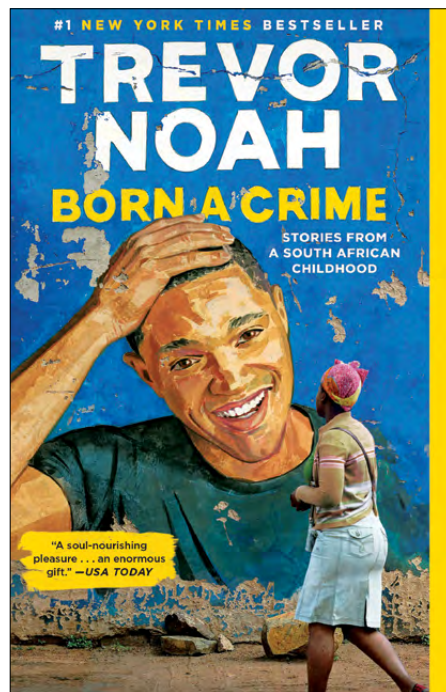
"Born a Crime: Stories from a South African Childhood" (One World, 2016, 264 pages, paperback, \$7.21) by Trevor Noah is a recounting of Trevor's childhood growing up colored in apartheid South Africa. Born to a black South African mother of the Xhosa tribe and a white Swiss father, Trevor's heritage as colored during apartheid made his birth a crime. Hence the title of his memoir.

This collection of short stories is as much an homage to his mother as it is a window into a boy muddling his way through uncertain times. Sweeping in content, Trevor describes his "naughty" behavior, his lackluster romantic life, and his abusive stepfather. In fact, the title of this book could easily be changed to "Born a Survivor."

Given his disadvantaged beginnings, his success here in America is a glowing example of The American Dream. Noah figured out early on how to conform to his surroundings. He learned how to use his prowess as a runner to become popular when he did not fit in at school. He lived in junkyard cars, subsisting on caterpillars while his stepfather drank away the proceeds from a failing business, and he used his multi-lingual talent to survive a stint in jail.

Through it all is his mom, a no-nonsense, driven woman determined to raise her son to be strong. Patricia's tough love approach might seem harsh, but Noah manages to see the underlying love and devotion his mother holds for him. Her undying faith in multi-religious groups means Trevor spent many hours in church. It also results in 9-year-old Trevor being thrown from a moving vehicle. Trevor doesn't mince words and no topic is off limits. From politics to racism to abusive relationships, Noah lays it all out.

"Born a Crime" is a #1 New York Times Bestseller, and was named one of the best books of the year by USA Today, the San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist. There is also a version of "Born a Crime" adapted for young readers called "It's Trevor Noah: Born a Crime: Stories from a South African Childhood." The book received the Thurber Prize for American Humor as well as two NAACP Image Awards, one for Outstanding Literary Work by a Debut Author and another for Outstanding Literary Work in the Biography/Auto-Biography category. The Audible edition,



which is performed by Trevor, remains one of the top-selling, highest-rated, and most-commented-on Audible performances of all time. "Born a Crime" has sold over 1 million copies across all formats.

In addition to being a best-selling author, Trevor Noah is the host of the Emmy® and Peabody® Award-winning "The Daily Show" on Comedy Central. Noah has also hosted his own late-night talk show, "Tonight with Trevor Noah." He has written, produced, and starred in 11 comedy specials. He was the subject of David Paul Meyer's award-winning documentary film "You Laugh But It's True" which tells the story of his remarkable career in post-apartheid South Africa. "Born a Crime" will be adapted to film through Noah's own production company, Day Zero Productions.

Many of the stories may seem preposterous, but there is an honesty in the story-telling that readers will find themselves thinking that this is just too bizarre not to be real. Noah manages to balance darker moments with humor. This is one of the best memoirs I've ever read and I highly recommend it.



frugelegance
by Carol and Randi
frugelegance.com

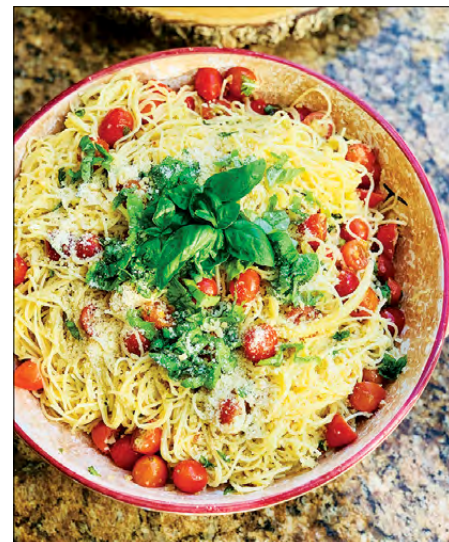
Summer Pasta with a No-cook Sauce

Now that it is warming up and our fresh veggies and herbs are planted, it reminds us that it is just about the time we like to take out one of our favorite go-to summertime recipes. We hope you like it as much as we do. It is a super easy to make pasta dish with a no-cook sauce that is light and yet filling. It is perfect for summer. The fresh veggies, olive oil and fresh herbs all come together so beautifully. Every bite is full of flavor.

We like to make the no-cook sauce hours in advance and then simply cook the pasta closer to dinner time.

Ingredients

- 4 pints cherry tomatoes, halved
- Olive Oil
- 2 tbsp minced garlic (approx. 6 cloves)
- 18 large basil leaves, cut into thin long strips (julienned)
- 1/2 tsp crushed red pepper flakes
- kosher salt
- 1/2 tsp freshly ground black pepper
- 1-point dried angel hair pasta
- 1-1/2 cups freshly grated Parmesan cheese, plus a little extra for serving



hours.

Just before you are ready to serve, boil a large pot of water with a splash of olive oil and 2 tablespoons salt to and add the pasta. Cook al dente according to the directions on the package (approx. 2-3 minutes). Drain pasta and add to the bowl with the cherry tomatoes. Add the cheese and some extra basil leaves and toss well. Serve in big bowls with extra cheese on each serving.

This dish makes a great side dish or it may also be served as the main course. For a main course, simply add a protein of your choice: Chicken, Fish, Tofu. we recommend you make extra because the leftovers are mouthwatering delicious-YUM.

We found this recipe on the Food Network. You can find a link to the original recipe on our blog. Plus, more great summertime recipes. Let us know any awesome changes you make to the recipe. We love changing things up every so often. But one thing for sure, this recipe is a great one just the way it is too. Enjoy.

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



Directions

Combine the cherry tomatoes, 1/2 cup olive oil, garlic, basil leaves, red pepper flakes, 1 tsp salt, and the pepper in a large bowl. Cover with plastic wrap and set aside at room temperature for about 4

Views of the Valley



Concord Mayor Tim McGallian demonstrates how to get free ice cream with a coupon obtained by getting vaccinated by June 5 in a county wide vaccination promotion.
Photo by Micah



Pelicans at the Martinez shoreline. Photo by Bill Nichols



Diablo Gazette's Jill Hedgecock captured these beautiful glass-blown sculptures at the Chiluly Museum in a recent visit to Seattle. If you're looking for a new hobby, Glass Hand Studio in Alameda has begun private lessons for up to 3 people per class. Sounds like fun. prax@glasshand-studio.com

Below: Black Diamond Mines staff ready to host the new "Coal Mine Experience" that will take visitors back to the 1870s-era coal mine, complete with sights and sounds. Every Saturday and Sunday for ages 7 and up. Photo by: Interpretive Student Aide Isabella Gonzales

The Super Flower Blood Moon seen in the sky on May 26 in the Bay Area early Wednesday is a rare astronomical trifecta: a full moon, a total lunar eclipse and a supermoon. Photo courtesy Charles Lindsay Photography.



Sarah and Bob Rodenburg, owners of Rodies in Clayton, just love to fish at the world class cutthroat trout destination, Pyramid Lake. Sarah hauled in a 25" and Bob a 24" cutthroat trout, which they had for dinner.



Ruby Dooby Do to the Rescue

Sammy



Sammy is a 15 pound, 14-year-old Miniature Pincher. He came to Tails of Gray Rescue after his mom could no longer care for him due to her own health issues.

Sammy can be particular about who he lets touch him. A quiet home without young children, and ideally without slick surfaces due to some mobility issues, is best. He is currently recovering from a bacterial skin infection that requires medicated baths (which may or may not be needed in the future to prevent reoccurrence). He's fine in the bathtub and seems to enjoy his shampoo "massage".

Sammy:

- Is loving
- Is housebroken
- Is good with other dogs
- Sleeps in an open crate at night
- Likes to snuggle on the couch
- Enjoys short walks
- Requires some medications

Sammy does take a few medications for pain every day. One is by prescription and costs approx. \$40 month and the other is available from Amazon and costs approx. \$30 for a 3-month supply. The \$200 adoption fee for Sammy helps cover vaccinations, spay/neuter surgeries, microchipping, and medical/health expenses incurred while readying him for adoption.

Tails of Gray, a 501(c)(3) nonprofit organization located in Clayton. They offer a safe and loving sanctuary for senior dogs regardless of breed, health or ease of placement. You can also support Tails of Gray by buying their dog art at: <http://www.tailsofgray.org/>

A Bone to Pick

"Biodegradable" Poop Bags. Ecologically-minded shopper beware! Truly biodegradable bags are typically made from corn starch and vegetable oil. However, plastics that are "oxo-biodegradable" are often mislabeled as eco-friendly with claims that they decompose naturally in the environment. What actually happens is that chemical additives break down the plastic into smaller fragments creating microplastic pollution. These supposed biodegradable bags aren't much better for the planet than a regular plastic bag. It's important to look at labels to find sustainable poop bags. MOKAI Compostable and Biodegradable Dog Poop Bags, Pet N Pet, and Give a Shit are good alternatives. They may cost more

than standard bags, but the minor price increase is a small concession compared to the thousands of years it takes for plastic to break down.

Pawsitive Patter

Concord-based National Institute of Canine Service and Training (NICST) provides a vital service for a vulnerable sector of our community. NISCT is an expansion of the Diabetics For Dogs (D4D) Program. Their First Response Dog Program provides canine companions that provide comfort to those who serve us during times of crisis and emergency.

There are three different types of First Responder service dogs. The Partner Service Dog is an Americans with Disability Act (ADA) accessible dog trained to perform tasks that help strengthen the mental health and overall well-being of a First Responder.

The Team Dog is a non-ADA accessible dog trained to provide comfort and support for first response teams at their facility.

A Buddy Dog is a non-ADA accessible dog trained to provide comfort and support for a First Responder at home. First Responder dogs can applying deep pressure therapy or cuddling upon cue or and help their human navigate crowds. They may also be trained for a range of additional skills, like getting help, sweeping a room, or finding an exit.

During last summer's firestorms, D4D dogs provided comfort to local firefighters. To learn more about NICST or make a donation, visit www.ourdogssavelives.org/.



Hollis, a D4D canine companion provides comfort to a first responder. Photo courtesy Yellow Neener Photography.

[Ruby Dooby Do is Concord's international social media celebrity with more than 194K followers at [Instagram.com/rubydooby_do](https://www.instagram.com/rubydooby_do), 125.5K Facebook followers and 1.6 M Tik Tok followers. Special thanks to Jill Hedgecock, author of "Between Shadow's Eyes" and "From Shadow's Perspective" whose book covers feature Ruby, for this column which helps rescue at-risk animals. www.jillhedgecock.com.]

ARF Adoption Stars Bobby & Sarah

by Cole Kuiper

Looking for a furry friend during this trying time? Good news — ARF is now offering a no-contact virtual adoption process! If you see an animal you're interested in on our website, just fill out an online inquiry form. Once your inquiry has been received, you will be added to our virtual adoption queue.

Bobby



Ten-year-old Bobby is a sweet, mellow old man. He enjoys spending his time relaxing outside and getting lots of pets from his favorite people. He gets along well with other calm dogs but mostly likes to roam around. Bobby would do well in a quiet home where his easy-going demeanor will fit in perfectly. He has a positive history with other dogs and currently weighs 42 pounds.

The adoption fee for puppies (<6 months) is \$350, for adult dogs is \$250, and senior dogs (7+ years) and special needs dogs are 50% off the adoption fee.

Sarah



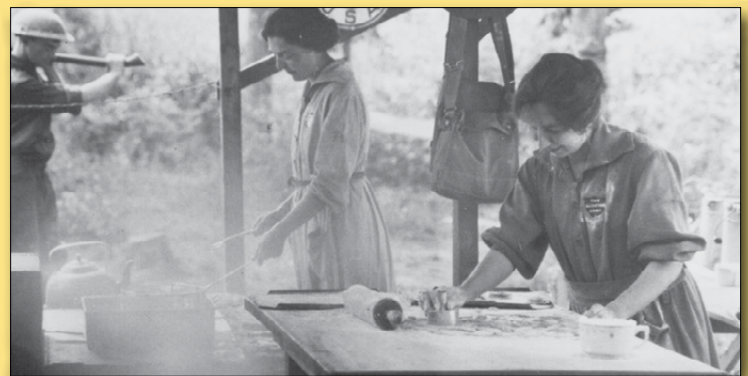
Eight-year-old Sarah can't wait to shine bright like the star she is in her new forever home. When she's ready for human time, she will come by for affectionate cuddles and purr up a storm before being on her way once again to discover the feline world with her curious nature. She is a bit timid to start when in new places, but comes out of her shell to reveal a glowing personality. Sarah's adoption fee has been prepaid by a generous donor.

The adoption fee for kittens (<6 months) is \$150, for adult cats is \$100, \$25 off each for multiple cats/kittens, and senior cats (7+ years) and special needs cats are 50% off the adoption fee.

Answer from pg. 16 WORD SEARCH PLUS

NATIONAL DONUT DAY

In 1917 France, during WWI, two Salvation Army volunteers, Ensign Margaret Sheldon and Adjutant Helen Purviance began frying donuts in soldiers' helmets near the front lines. Nicknamed "Donut Lassies," the women who served donuts to troops are often credited with popularizing the donut in the United States when the troops (nicknamed "Doughboys") returned home from war.



Once You Dig In You're Family!



Best Breakfast Place In Town



CONCORD CALIFORNIA

Concord | 1895 Farm Bureau | 925-825-8958

ORDER ONLINE AT:

WWW.DIGGERSDINERCONCORD.COM

NEW MENU ITEMS AVAILABLE!



LUNCH/DINNER SPECIALS!

50% OFF
Entree With Purchase Of Equal Or Lesser Value

Valid After 12pm Please. One Per Table.
Not Valid With Any Other Offers. Expires 7/5/21

FREE Kids Meal!

With Purchase Of Regular Entree

Valid After 12pm Please. One Per Table.
Not Valid With Any Other Offers. Expires 7/5/21