

JUNE 2019

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CVCHS: Special Commencement Pull Out SEE PAGE 11

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

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from the Publisher ~David King

A Generous Action, a Retraction, and BBQ Satisfaction

Last month we reported on two Nepalese cyclists who are trying to ride around the world to 150 countries in five years to promote blood donations for Red Cross, depending exclusively on the generosity, kindness, and donations of each community they visit to sustain the trek. Unfortunately, once arriving in San Francisco, their bikes were stolen. Sameer Devakota, owner of Momo 'N' Curry restaurant of Concord was treating them to authentic Nepalese meal and alerted Diablo Gazette of their plight.

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

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

Speaking of last month, we mistakenly stated that the new **1920 Barbershop** above Vinnies on Mt. Diablo St. in Concord was given their new salon space by American Kitchen Company with no lease. There is a lease, just not with American Kitchen Company. There's

no free ride for these gents, our mistake. To make amends, take \$5 off any cut or beard trim there. Refer to their ad on this page.

King of the County BBQ

Challenge and Music Festival Father's Day becomes a Father's Weekend in Martinez on June 15 and 16. If you think you make the best BBQ, put your skills to the test in the Backyard BBQ competition. This competition draws 30-40 local backyard BBQ teams over the 2-day event, each hoping to become "King of the County." Teams can cook ribs, chicken or chef's choice. To enter the competition download the BBQ

Challenge Application Packet at www.countybbq.com and submit it to the Martinez Chamber office at 603 Marina Vista Avenue, Martinez, CA 94553 or email info@martinezchamber.com

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



concord mayor
by Carlyn Obringer, Email: PutMAYOR@cityofconcord.org
in subject line CityCouncil@cityofconcord.org



Becoming the Autonomous Valley

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

Since its inception, GoMentum Station has aimed to help create living-wage jobs while developing innovative mobility options. In the long term, it is hoped that the development of CVs and AVs will reduce traffic congestion and advance traffic safety toward zero fatalities. In August of 2018, GoMentum Station was acquired by AAA Northern California, Nevada & Utah (AAA NCNU). This deal is critical to AAA NCNU's efforts to assist their automobile club members and the public in adapting to the fast-changing mobility landscape, while continuing to focus on traffic safety.


With GoMentum Station as the

catalyst, I was proud to help lead the effort to declare Concord a smart city via a City Council resolution passed in July 2017. The purpose of the resolution was to formalize what Concord is doing to develop into a smart city of the future, not only at the former Concord Naval Weapons Station, but in our existing community. I wanted to showcase that in addition to being the home of GoMentum Station, Concord is also sought after by delivery robot companies like Marble and Starship Technologies for testing. Our city continues to add fiber conduit as we implement Capital Improvement Projects all over town, since high-speed internet is critical to large and small businesses alike. In addition, Concord partners regularly with CCTA to pilot new technologies to help improve traffic flow and reduce congestion, and inform our transportation policy, regulation, and planning.

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

Photo: Honda AV demo at GoMentum Station courtesy Engadget

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THE LEGAL PAGE



legalbriefs
by Douglas A. Prutton, Attorney
Doug@PruttonLaw.com

Employment Law 101

Congratulations to all the graduates and their friends and families. Many graduates will soon transition from school to work, and so I thought I would provide a crash course entitled Employment Law 101.

The primary principle that overshadows much of employment law is that

employment is “at-will.” This means that an employer can fire an employee at any time, with or without notice, for no reason at all. An employer can walk into an employee’s office, tell her to leave, and when asked “why?” can say, for example, “I don’t know,” or “I don’t like your blue sweater,” or “it’s raining outside.” Of

course employers typically state a reason for firing someone, but because employment is “at-will,” it does not matter whether the stated reason is true. As an example, I may have a cashier from Wal-Mart in my office who says that she was fired for allegedly stealing from the cash register. She shows me a video proving that she did not take the money, that it was another employee. Her firing did not break the law because her employment was “at-will” - since Wal-Mart did not need a reason to fire her in the first place it makes no difference that the reason given was false.

There are exceptions to the “at-will” employment rule. Perhaps the most common exceptions are found in the civil rights laws which specifically forbid employers from firing or discriminating against employees because of their race, national origin, religion, age (over 40), disability, sex, etc.. These are known as “protected categories.” What many people misunderstand about discrimination is that there is no law that forbids discrimination in general. Employers are basically free to discriminate in the way they treat different employees so long as the employers are not discriminating against someone because she is in a protected category.

The same analysis applies to workplace harassment - there is no law that generally forbids harassment in the workplace, or a “hostile work environment.” The only harassment that is illegal is harassment based on race, sex, or one of the other protected categories. If workplace harassment (even if not based on a protected category) is so bad that an employee cannot work, many times the only remedy is for the employee’s physician to take the employee off work and to make a worker’s compensation claim.

“Retaliation” claims are analyzed in a similar manner. There is no law that forbids retaliation in general. An employ-

ee can only bring a retaliation claim when she has been retaliated against for taking some “protected activity,” like reporting sexual harassment, or workplace safety. Courts have developed a claim called “Wrongful Termination in Violation of Public Policy” that is similar. If an employment termination negatively impacts some public policy it will be deemed illegal. For example, if an employee is fired for going on jury duty, the courts will allow the employee to sue for wrongful termination not so much because the court is concerned about the employee, but rather because the court is concerned that the firing will impact the jury system.

The phrase “wrongful termination” has caused much confusion. There is no law that allows an employee to sue when her termination was “wrongful,” or where her termination was not fair, ethical, or moral. An employee can only sue when her firing violated some specific law and, thus, was illegal. I often meet with fired employees who have been treated unfairly or “wrongly,” but who nevertheless have no claim because of the “at-will” employment rule. I should note that employees who work for the government are treated differently because the state and federal constitutions provide them with “due process” rights, and employers cannot terminate union members without good cause because that is what union contracts provide.

Of course, there are many other areas of employment law, like wage and hour claims (overtime, meal and rest periods, minimum wage), leaves of absences (medical, pregnancy, etc.), accommodations for disabilities, etc., that go way beyond my little article here. While most employers follow the law, unfortunately some do not, and that is where the employment laws and employment lawyers like me offer assistance. Congratulations again to the graduates!!

How Personal Insurance Works

by William A. Hickey

Insurance has been around a while. The ancients had trouble with storms and pirates and thought they could obtain loans for the value of their cargo at higher interest rates with the understanding that if the cargo was taken, the entire loan would be forgiven. There were also agreements that split the cost of cargo overboard among all the shippers - a good deal for shippers whose cargo happened to be put near the edge of the deck.

Today, the more common homeowners and auto policies are not necessarily simple, but they have retained much of their older shape. While it is important to remember that, in the absence of regulation, these policies are not uniform, the below provides a “jumping off point” for understanding today’s policies.

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

First-party property coverage in a homeowner’s policy insures the homeowner for loss of or damage to their home, other structures and personal property. Let’s say a tree on your property falls on your house. You could make a claim on the property portion of your homeowner’s insurance. The liability coverage kicks in if, for example your tree falls on your neighbor’s house. The liability portion of your policy also covers you if your employee (maybe your gardener) damages your neighbor’s house while working for you. Medical payments coverage may also be attached to cover reimbursing your neighbor for necessary medical expenses arising out of the activities of you or your employee, as the insured.

Both property and liability coverages are subject to exclusions, which are often the subject of discussion when you apply

for insurance. Exclusions can be negotiable and are provisions written into the policy to “take away” coverages that the insurance company does not wish to cover (such as uninsurable risks, e.g. nuclear or pollution insurance); or coverage that you as the insured may not wish to have because it’s too expensive, less likely to occur, or maybe you’re simply willing to take the risk. If there are no trees on your property, perhaps you might try to negotiate a lower premium by adding an exclusion for trees.

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

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

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

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Selling a Home with a Pool

If you're selling a home with a pool, then you may be wondering whether it will help or hurt your home sale. Well, I have some good news for you. According to the National Association of Realtors, having an in-ground pool can increase your home's value by almost eight percent. When it's time to list your home with a pool, here's what you need to know to make the most of this feature.

Make it look inviting. If your pool has seen better days, then it probably won't appeal to a potential buyer. Spend time making cosmetic updates and repairs before you put your home on the market. Trim trees that hang over the pool and clean up the grout. Keep the water clean and maintained so that it does not encourage the growth of algae. Nothing is more off-putting than a pool full of green water. If needed, hire a professional pool cleaner to clean and maintain your pool while your home is on the market. If selling in the summer, have the pool open and ready for swimming so potential buyers can imagine how wonderful it will be to use.

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

Include all the necessary tools. Even if you're planning to move to a home

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

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

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

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

Courtesy of www.Virtualresults.net.



David George THE NAKED GARDENER

ECO-FRIENDLY HERBICIDES FOR DRY WEATHER

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

Roundup again. Thank you."

It's great to hear from you, Dennis. I am assuming you used supermarket vinegar at 5% solution with your Dawn dishwashing liquid?

I also performed some experiments of my own in my small vegetable patch. I sprayed a 20% vinegar solution (Eco-

Clean's Pure 20% Vinegar from Amazon.com) combined with 4 oz. of Mrs. Meyer's Clean Day Dish Soap (Trader Joe's), with NO salt added. I did not dilute the mix with water this first time to determine the result of a concentrated approach. The weeds and grasses died immediately. I could see them wilt before my eyes, faster and friendlier to the environment than with Roundup. My recommendation for readers though is to dilute your spray with water to a 5% vinegar mix by adding 3 cups of water to each cup of 20% vinegar. You'll get the same results at a comparable price point to Roundup Concentrate.

Another good reason to use the 5% solution is that the 20% solution spray stung my eyes and the fumes were tough on my lungs. While spraying, always wear eye goggles and a surgical face mask for



Weeds died almost immediately with an eco-friendly vinegar and soap solution as indicated by the brown plants.

to your weedy invaders.

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

Dennis C. of Clayton commented:

"Dear Naked: I just wanted to let you know I used your vinegar with the dish soap (Dawn) to spray around our house. It worked great. Everything I sprayed died. I am very pleased to never use

protection. And of course keep children and pets away. The fumes from the vinegar's acetic acid dissipate in a minute or so and only the weeds suffer from then on. Check out my photo of the treated and untreated areas. And don't forget to try boiling water on weedy driveway and sidewalk cracks, or pull weeds manually for fun and exercise.

Thanks for your feedback, Dennis. The rest of you, please email your results to me at NakedGardener@diablogazette.com. In some cases these may appear in future columns.

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VISIT CONCORD
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by Elaine Schroth,
Executive Director

Concord is Ready for the Summer

With Concord's inviting summer weather, there's plenty of incentive to get outside and enjoy it. So, if the kids begin to pout "Dad, there's nothing to do", enlighten them with this checklist of wonderful suggestions.

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

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

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

Concord is home to one of the largest bocce-loving communities in the

country. A perfect summer evening of Bocce is waiting for you at [John F. Baldwin Park](#) or [Newhall Community Park](#).

Mountain biking is an excellent choice on [Mount Diablo](#). The workout can be as easy or as intense as you'd like with various trails to choose. The payoff is immeasurable with vistas like no other.

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

[Pickleball](#) continues to be dominant in Concord. This paddle sport, perfect for two to four players, is a combination of badminton, tennis and table tennis. Pickleball is an excellent way to get fit and be social. Courts are available throughout



town including Willow Pass Park and Pine Hollow Tennis Courts.

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

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

Indulge in America's past time and join [Concord Softball League](#) with men's, women's or coed leagues. Games are played at Willow Pass Park every night of the week, except Saturday.

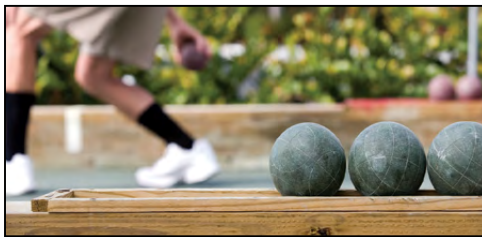
For those days that are a little too warm outside, bring the action inside.

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

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

Check [Visit Concord](#) and the [Concord Activity Guide](#) for more! Call [Concord Parks & Recreation](#) for more information on courts.

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



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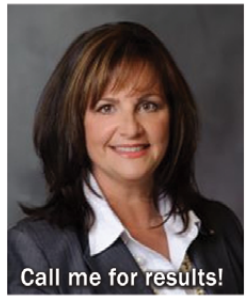
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Out to Lunch

MidiCi Italian Kitchen

by Richard Eber | photos by Eric Zhang

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

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

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



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

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

Their crust is covered by fresh marinara, chunky tomato, pesto sauces, or a white truffle topping imported from Naples. Most of their pizzas use a soft creamy pearl mozzarella. Their meatless Margherita which features fresh tomatoes, garlic, basil, parmesan, and extra virgin olive oil is exceptional as is the truffle, Prosciutto, and mushroom pizza.

In addition to Neapolitan style pizza, MidiCi offers a hand-rolled Calzone stuffed with similar ingredients. The Chicken Pesto and imported Spicy Sausage are two delicious standouts, but several other pasta dishes are available.

Their meatballs made with Angus Beef, are juicy and full of flavor served with Spaghetti and marinara sauce. These



same golf ball sized beauties can also be found in a meatball sandwich on house-baked Ciabatta Bread. Chicken Alfredo and Macaroni with three cheeses are popular request as well.

MidiCi has an extensive list of salads that can be easily split. From the leafy category is the Walnut and Gorgonzola served with tangy homemade dressing.

The Greek and Italian salads were also out of the ordinary featuring healthy amounts of kalamata olives. I especially liked their Caesar, mostly because anchovies were present, instead of being told this key ingredient was in the salad dressing.

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

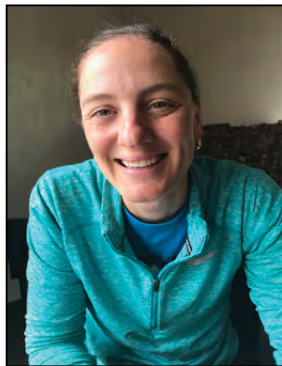
Perhaps the best small plate was MidiCi's homemade Garlic Bread baked in their special oven. It is thinner and crustier and not made with the traditional French bread we are accustomed to. It is a go-to item on their Five Dollar Happy Hour menu which is from 2 to 6 and from 9 to closing Monday thru Friday.

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

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

For the Ely's, MidiCi Italian Kitchen is a labor of love. Being opened until 10pm on weeknights and 11pm on the weekend, they take great pride in their creation. It will be interesting to see how the restaurant evolves soon.

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



Heidi Ely and her family own MidiCi's



NO-OVEN CHOCOLATE PEANUT BUTTER BARS

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

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

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

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

For the bars: Grease a 9-by-13-inch pan with cooking spray. Using a mixer, mix together the base ingredients, the butter and peanut butter until smooth. Stir in the powdered sugar a cup at a time. Mix well.

Add the vanilla wafers to a food proces-



sor and process until they are in crumbs. If you don't have a processor, then pour into a gallon size zip lock bag, seal and smash away with a rolling pin. Add the crumbs and mini chocolate chips to the peanut butter/butter/sugar mixture and mix until just combined. Spread it firmly into the pan and get ready for chocolate happiness!

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

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



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JOURNEYMAN'S JOURNAL
by Scott Feuer

TALES FROM THE TRAIL

Ohlone Wilderness

Spring Bling of Wildflowers

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

Managed by the East Bay Regional Park District, the Ohlone Wilderness Regional Preserve is an amazing 9,737-acre open space of remote mountains and canyons accessible only by foot or horseback along the Ohlone Wilderness Trail.

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

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

After saying our goodbyes, I shouldered my backpack and began the immediate ascent up the steep grueling trail. Through intense morning heat and very little breeze, I labored every step for the next couple of hours.

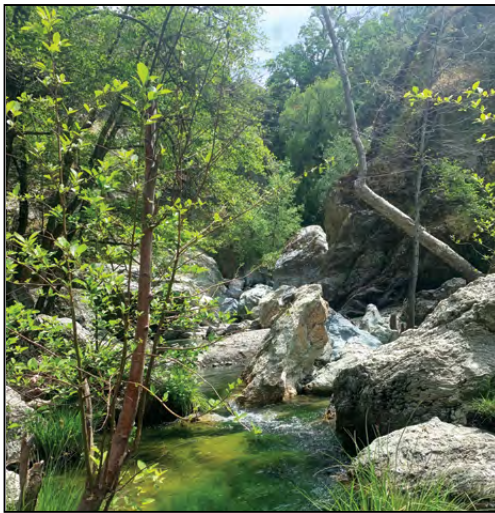
However, I was enjoying the solitude as I didn't see a soul, and the higher I went the more impressive the views. I was seeing an astonishing panorama of the windmill turbines spinning above Tracy, with Mount Diablo majestically towering over the East Bay and the daunting Ohlone Wilderness mountain range in front of me.

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

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

After a dose of energy bars and a fist full of trail mix, I gathered my strength and scrambled back out of the ravine towards the main trail. I startled a mature bobcat trotting along with a rabbit

in its mouth just a few yards ahead of me. The bobcat and I stopped dead in our tracks and stared at each other for a brief second before it darted into the scrub oak with his rabbit dinner. Thankfully it wasn't a mountain lion, or I may have been that rabbit. Although a magnificent sight, I was relieved, and pushed onward. By evening I reached Maggie's Half



Enjoying the nooks and crannies of "Little Yosemite"

Acre where I set up camp and enjoyed a peaceful sunset with a well-deserved meal of a homemade dehydrated casserole of rice, beans, and ground beef.

The second day was less strenuous with mostly downhill hiking. But first, I reached the top of Rose Peak, Alameda



Intense purple Lupine flowers in full spectacle around practically every bend.

County's second highest summit, which to my surprise was only 32 feet less in elevation than Mount Diablo's popular peak. Having a lot less people, it was easy to enjoy the incredible 360-degree views before heading out. I traversed

down the grassy uplands and started to see more and more day hikers as I got closer to the Sunol Visitor Center.

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

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



Popular Mission Peak with literally hundreds of people making way from Fremont to the summit.

At times, long hikes can seem quite uneventful.

Suddenly, I heard a distinct rattling sound which sent my heart racing. Startled, I zeroed in on a large coiled rattlesnake directly in front of me. Instinctively, I jumped backwards as adrenaline activated all my senses. A couple more feet and I would have tripped right over it. Thankfully, I heard its warning and averted a dangerous and potentially very painful situation. After a quick photo shoot, it slithered off down a hole and the encounter was over, but it left me somewhat jittery the last couple of miles to camp. I was happy to pitch my tent, cook some dinner, and settle in for a good night's rest.



The fog rolls in as the sun comes up. Waking up to a beautiful morning on the backside of Mission Peak.

trailheads.

I joined the mayhem for a short while but branched off to a more peaceful and less traveled side trail to reach my destination, the Stanford Avenue trailhead staging area. Mission accomplished!

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

amazing tapestry of colors and abundant wildlife found so close to the millions of people living in the valleys below. The Ohlone Wilderness Trail is certainly a long and challenging one, but the reward for Experiencing Mother Nature's spring bling was priceless.



Get out there and enjoy the spring bling while it lasts.

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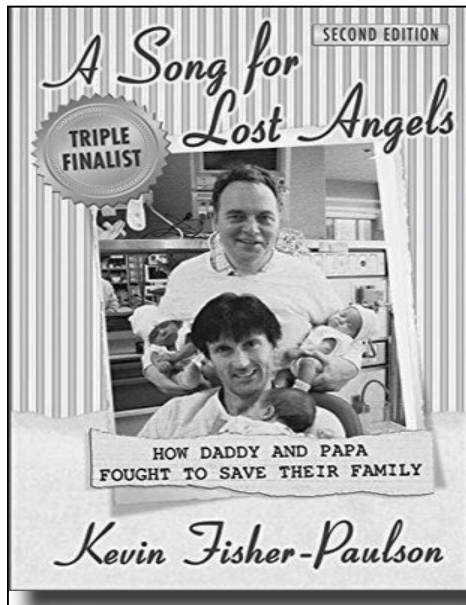


Jill Hedgecock's bookends
Author of *Rhino in the Room* www.jillhedgecock.com

A Song for Lost Angels: How Daddy and Papa Fought to Save Their Family

In honor of Father's Day, this month's pick is *A Song for Lost Angels: How Daddy and Papa Fought to Save Their Family* (2015, Two Penny Press, paperback, 222 pages, \$15.27) by Kevin Fisher-Paulson. His memoir embodies the extreme highs and lows of the fatherhood experience. After months of waiting to be chosen to care for a foster child, he and partner, Brian, received a call that three medically-challenged babies were in urgent need of a home. Kevin (Daddy) and Brian (Papa) embraced the challenge with open hearts. They took home two of the infants (Joshua and Vivienne), but Kyle's life was too fragile to leave the hospital. Daddy's and Papa's first glimpse of Kyle required them to dress up in surgical scrubs and enter the Intensive Care Unit where their new charge was on a ventilator, had needles in his arms to receive food, and was hooked up to a heart monitor. The inexperienced parents were thrust into a brand-new life that included the typical sleepless nights of infant care but with the added requirement of learning the technique of changing Kyle's external colostomy bag once the child was released from the hospital. Through Fisher-Paulson's excellent prose, readers experience the angst of waiting to find out if their foster son will survive an intricate surgery. Paulson's heartfelt words are guaranteed to make a lasting impression. Equally touching is how Kevin and Brian's friends and family come together to help them cope with a seemingly endless revolving cycle of feedings and diapers. Within the umbrella of a community's love, the three babies thrive.

On top of the daily care of the children, the two dads must make regular trips across the Bay Bridge into Oakland to allow a clearly unfit mother and the children's grandmother to visit the children. In one visitation, the mother is allowed (with the approval of a social services worker) to drive off without putting the baby in a car seat. During these mandated visitations, the



grandmother fails to follow Kyle's special dietary needs and the child is returned with diarrhea more often than not.

Despite the hardships, Papa and Daddy find joy in fathering these special needs children. The two Dads grow to love them as their own. And then the hammer falls. The memoir is more than the touching story of two men and their foster children, it tackles important social issues surrounding the inherent failings of the foster care system and everyday prejudices endured by gay men.

A Song for Lost Angels was a three-time book contest finalist, achieving honors in the 2015 Benjamin Franklin Awards, the Independent Book Publishers Association, and the 2015 Next Generation Indie Book Awards. Kevin Fisher-Paulson is a columnist for *The San Francisco Chronicle*. He also contributes to KQED radio's "Perspective" series. Kevin and Brian are now married and they live with in San Francisco with their two sons, and several rescue dogs. He also serves as captain of the honor guard for the San Francisco Sheriff's Department. Infused with humor and inspirational friendships, *A Song for Lost Angels* is a perfect Father's Day gift.

movie review

Movie review by Jeffrey M. Anderson,
Common Sense Media

4 of 5 STARS
Rated R

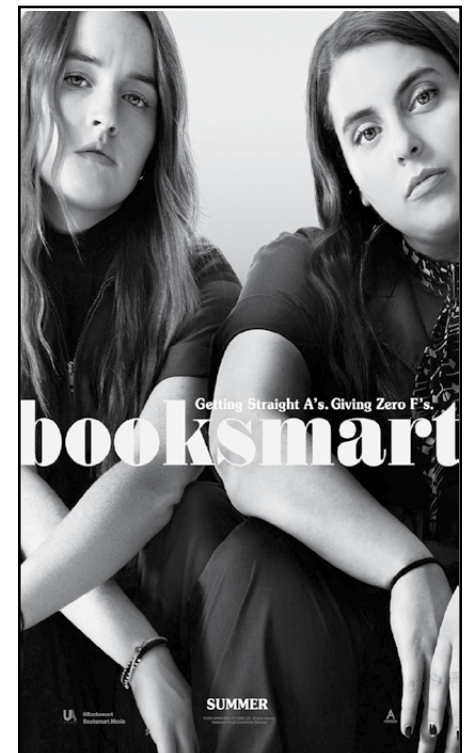


BOOKSMART

"Booksmart" is a delightfully intelligent, raucously funny coming-of-age comedy about two responsible high school girls (Beanie Feldstein and Kaitlyn Dever) who, on the last day of senior year, decide to go to a party. The movie has the potential to become a classic of the genre, but the mature material gears it toward older teens and adults.

In "Booksmart", it's the last day of high school for best friends Molly (Beanie Feldstein) and Amy (Kaitlyn Dever). They've spent the last four years working hard and preparing themselves for bright futures at the colleges of their choices. Then, shockingly, Molly discovers that many of their classmates -- who've spent their high school years having fun and partying -- have also been accepted into either top colleges or landed first-class jobs. Molly decides that, since she and Amy have missed out, they need to go to the biggest year-end party there is. The downside is that they don't actually know where it is. As they go looking, they wind up at a yacht party, a drama-club party, in a cab with their principal, and having more misadventures. But before the end of the night, they'll find even more than they were looking for.

This wise, funny, compassionate high school comedy succeeds wildly on almost all counts, thanks to its strong, lovable characters and fresh, bracing approach. The feature directing debut by Olivia Wilde, "Booksmart" recalls nothing less than John Hughes' classic 1980s movies, especially "Sixteen Candles" and "Ferris Bueller's Day Off" but without any of their dated, now cringe-inducing moments. Ironically though, its only flaw is inherited from those movies, in that the adult characters played by Lisa Kudrow, Will Forte, and Jason Sudeikis are shown as clueless or pathetic, although Jessica Williams rights the balance a bit as a cool teacher.



"Booksmart" has a modern-day, open-minded take on race and gender identification, and no character is stereotyped. While characters have crushes, the movie's goal isn't romance but rather the complexities of friendship and of life itself. Wilde's achievement could have been mainly character-based and dialogue heavy, but her work behind the camera is dynamic, exciting, and alive, incorporating musical numbers, singing and dancing, stop-motion animation, and some bravura camera moves and editing. For those currently in high school, and for anyone who remembers it, "Booksmart" has the potential to become a classic of the genre.

Cast: Kaitlyn Dever, Beanie Feldstein, Jason Sudeikis.
Director: Olivia Wilde

Award Winning Clayton Valley Dance Academy Celebrates 10th Year

Clayton Valley Dance Academy (CVDA) opened in 2009 and is currently celebrating their 10th year of sharing the joy of dance with our community. Owner Sarah Brinkman purchased the studio in 2017, having been a longtime dance instructor there.

CVDA offers dance classes for ages 2 through adult, with a variety of disciplines including Jazz, Tap, Ballet, Lyrical, Contemporary, Hip-Hop, Musical Theater and more. They also offer Adult Barre classes through a partnership with Fancy Feet Fitness. CVDA has produced award-winning Competition Company that travels throughout the state performing at various competitions and local venues winning several awards including "Studio of Excellence Award" this past year.

All dance room floors have a slip resistant dance floor and are raised and sprung for the dancers' protection. The dance studio also provides a comfortable waiting area for the parents and dancers to observe classes in progress.

Brinkman's experience as a school-teacher translates into a positive and



educational atmosphere where kindness and teamwork are paramount to developing passion for the art.

"We strive to provide the best quality education possible and treat all students equally," states Brinkman. "We aim to provide for all students with inspiration, wisdom and positive self-esteem in a safe

and supporting environment. I am so proud to have the best faculty in the area, all of which are experienced in dance education and have a passion for sharing the art of dance," alluding to assistant director, Mallory Clark.

They are now taking registration for summer classes and summer camps. For those interested in competition dance, auditions will be held on Saturday, June 8 at the following times:

"Mini's" Ages 5-9: 3:30 PM - 4:15 PM

"Juniors" Ages 10-13: 4:15 PM - 5:15 PM

"Teens" & Seniors: Ages 14-18: 5:15 PM - 6:30 PM

Tap Group Ages 11+: 6:30 PM - 7:15 PM

It is recommended to arrive 15 minutes early to complete the Audition Application. Auditions are closed to parents and observers. Dancers should be dressed in appropriate dance wear

including leotard, tights and booty shorts. Hair should be pulled back, preferably in a bun. Jazz, Ballet OR Contemporary shoes are required.

"At CVDA we are one competition team. Our company consists of different groups with different genres and levels. Dancers are placed in groups based on the needs of the instructor, skill level and ability." Dancers can be in multiple groups depending on the instructors needs.

In addition to meeting the age requirements, dancers will be required to attend 3-5 regional competitions, local performances and Disneyland performance depending on the group to which they are assigned.

Dancers must purchase one costume for each group they compete with. Only one costume will be purchased for the entire season per routine. Each dancer must also purchase a CVDA Team jacket to be worn at all events.

For complete information on competition team requirements, visit their website at www.claytonvalleydance.com.

Studios facilities are located in the Clayton Valley Shopping Center, 5416 Ygnacio Valley Rd., Ste. 60 in Concord.

calendar of events

June 16 Father's Day

FUNDRAISERS

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

OUTDOORS

Farmers' Markets

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

Martinez Sundays, 10am to 2pm, year-round, Main St. and Estudillo.

Walnut Creek Diablo Valley Farmers Market Saturday 9a.m. - 1 p.m. Shadelands Business Park, N. Wigett Lane and Mitchell Dr. Also, from

Contra Costa Certified Farmers Market - North Locust St between Giamona and Lacassie St. Sundays 9 am - 1 pm, Year Round, (925) 431-8361 <http://www.cccfm.org>

RUTH BANCROFT GARDEN

TEQUILA Y TACOS

JUNE 20, JULY 18, and AUGUST 15 5P-8P. "Happy Hour" after work. Unwind with friends the 3rd Thursdays of the month and celebrate summer at the Garden. Enjoy beer, wine and margaritas plus tequila tastings, food, music, dancing and fun on the new plaza.

June 26th: 5:30 - 7pm.



Grand Opening! New Coit Family, Visitor, and Education Center Ribbon Cutting Ceremony. 6pm, followed by time capsule ceremony and building tours.

THE VERANDA YOGA IN THE PARK

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

FITNESS FRIDAYS

9AM-10AM 2nd Friday of every month through September. **June 14, August 9, September 13.**

JUNE 16 & JULY 6

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

JUNE 6

WALNUT CREEK FIRST WEDNESDAYS Street festival- live music with Vybe Society, dancing, food trucks, wine and beer, Kids Fun Zone, interactive games and free prizes. 5:30pm-8:30pm, Cypress Street. Free admission.

JUNE 6-9



Wings of Freedom Tour - Buchanan Field Airport. Tour, take flight in, or pilot vintage WWII bombers and fighters. New, "Flying Tiger" P-40. Admission, \$15 Adults, \$5 children. Go to www.CFDN.org for times, flight reservations and pricing details.

June 15-16

King of County BBQ Challenge



and Musical Festival

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

June 20

Walnut Creek Uncorked

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

JUNE 29

BEAVER FESTIVAL



WORTH A DAM. 11am-4pm in Susana Park in Martinez. A nature festival featuring street chalk artist Amy Gallaher Hall of Napa, silent auction, wildlife and environmental exhibits, live music and more.

July 4

CONCORD INDEPENDENCE DAY CELEBRATION AT TODOS SANTOS CONCORD. 8:00 am Rotary pancake breakfast, and Kids fun run. 8:30 Stars and Stripes 5K Run/walk. 10:00 amnd Parade. At Mt. Diablo HS.; 4:00 pm Festival, 6:00 pm- 9:00 pm live music. 9:00 pm Fireworks.

July 13

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

CLUB/SUPPORT GROUPS' NEWS AND EVENTS

June 20

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

June 20

CONCORD NUEROPATHY SUPPORT GROUP: "Causes, Symptoms, and Treatment" will be discussed. Alayne Balke, speaker. First Christian Church 3039 Willow Pass Rd. Concord. For more information 925-685-0953 ask for Wayne.

July 13

11TH ITKFA CHINESE MARTIAL ARTS CHAMPIONSHIP

Centre Concord. The ITKFA - USA will donate 100% of the net proceeds to The Kung Fu Spirit Foundation. Finals at Clayton Valley Charter HS Theater at 6 PM. Tickets \$10 925-671-7100. www.ITKFAchampionship.com

FREE LEGAL WORKSHOPS

June 20 -Bankruptcy Clinic: 5:00 pm-6:45 pm. Pleasant Hill John F Kennedy university, 100 Ellinwood Way.

June 12 & July 10 -Civil Litigation Pro Per Clinic 12:00 pm - 1:00 pm: Martinez - Contra Costa County Public Law Library, 1020 Ward St, 1st Floor, Martinez.

June 27 & July 25-Family Law Workshop 6:00 pm - 8:00 pm. PittsburgContra Costa County Public Library, 80 Power Ave. Drop-ins welcome but RSVP if possible by calling 925-370-2540 or online at <http://www.cccba.org/community/calendar>.

VISUAL ARTS/ THEATRE/MUSIC

VINNIES BAR

AND GRILL LIVE COMEDY NIGHTS, 3rd Mondays every month. 7:30 PM to 9:00 PM Top Bay Area comics. Free show -- No cover, no minimum. 21+. Full bar and restaurant. Mean Dave hosts, 3rd Monday every month h.. 2045 Mt. Diablo St. Concord June 17; July 15; August 19

CONCERTS BY THE LAKE

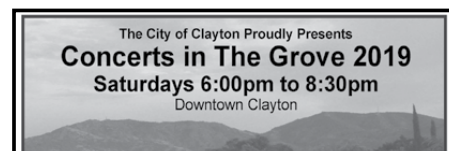
Enjoy live music by the lake at Pleasant Hill City Hall 100 Gregory Road from 6-8. p.m. Produced by the Civic Action Commission. June 9 - Unauthorized Rolling Stones June 23 Midnight Flyer

JAZZ ON TUESDAYS

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

CLAYTON THEATRE COMPANY

Summer Stage Camp 2019. July 8-12, 15-19, 22-25. Performing-"School House Rock Live! Jr." Register Now! www.ClaytonTheatreCompany.com 925-222-9106



June 8 Mixed Nuts variety form 50s to today. mixednutsband.com

June 22 the Boys of Summer, Eagles tribute band. boysosummertribute.com.

July 6 Pride and Joy Pop/soul Motown hits. pridejoy.com

July 20 Club 90 dance music of 90s club90band.com

August 3 Apple Z Dance and rock classics facebook.com/applezband

August 17 Night Moves/ Creedence Classic Revival ccseger.com

August 31 Cut Loose Rockin' blues, R&B rockin' country cutlooseband.com

September 14 VYBE Society 10 piece band of musicians from major label bands vybesocietyband.com

MUSIC AND MARKET SERIES

6:30-8PM AT TODOS SANTOS PLAZA, CONCORD

JUNE 6 - Steve Lucky & the Rhumba Bums

June 13 - Soul Power, Big funk Dance

June 20 - Native Elements

June 27 - East Bay Mudd

JAVA & JAZZ SERIES AT THE CONCORD HISTORICAL SOCIETY

June 22, July 27 and August 24.

10:00 am - 12:00 pm. Concord Historical Society hosts coffee, pastries and a morning filled with all things jazz. \$5 Donation admission per session or \$12 for all three. All proceeds benefit the Concord Historical Society. Receive a complimentary logo coffee tumbler with each ticket purchase. 1928 Clayton Road, Concord.

June 28

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

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Congratulations Graduates!



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

Honoring Our Graduating Seniors

Can you believe it – another amazing year completed! The final weeks of the school year are always a special occasion considering the culmination of months of hard work and the acknowledgement of successes achieved. I salute all our CVCHS students for the road we traveled together.

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

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

Stefan is looking to major in either Biochemistry or Business Management. He is seeking to pursue a career in the pharmaceutical industry or professional sports marketing. He credits personal growth and leadership skills serving as vice president for two CVCHS clubs – American Red Cross Club and California Scholarship Federation. However, Stefan admits that being a big brother to his 9-year-old sister, who has mild cerebral palsy, is his greatest achievement. “Being placed into a position of authority with the CVCHS clubs has increased my level of maturity because of those responsibilities and expectations placed on me,” says Stefan.



Stefan Jones

Zohal wants to be a physician’s assistant. She started volunteering at Kaiser Permanente which spurred her enthusiasm toward a career in the medical field. Zohal is now a volunteer director and has received two distinguished honors – “Recognition of 100+ hours of Volunteer Service at Kaiser Permanente” and “Recognition of 200+ hours of Volunteer Service at Kaiser Permanente.” Additionally, she was honored with the “President’s Volunteer Service Award.”

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

On June 5th CVCHS will see approximately 450 graduates walk the stage,

all of whom have a success story of their own like Stefan and Zohal. Each year, prior to graduation, CVCHS seniors are honored for their academic, community service, athletic and leadership achievements. Scholarships and award winners are announced at Senior Awards Night.

Together with Principal Jeff Anderson and other department staff, I was proud

to participate in our annual recognition ceremony and to showcase our graduating seniors who have invested so much time and effort into their high school careers as preparation for future success. In addition to their individual commitment to academic suc-

cess, these students represent the best of our school community.

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



Zohal Zafari

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

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

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




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



Clayton Valley Charter students make their college choices on Commitment Day.



CLAYTON VALLEY CHARTER HIGH SCHOOL

 <p>ARIZONA CHRISTIAN UNIVERSITY Arizona Christian University Deanna Canesa</p>	 <p>CAL POLY SAN LUIS OBISPO California Polytechnic State University San Luis Obispo Calan Brown Leslie Cortes Sanchez Brandon Cuneo Justin Emery Ryan Gregerson Nicholas Harrison Georgia Moraes Sydney Skow</p>	 <p>CARRINGTON COLLEGE Carrington College, Sacramento Caroleann Gebhardt</p>	 <p>CITY COLLEGE OF SAN FRANCISCO City College of San Francisco Parker Allen Patrick Davis Cade Young</p>	 <p>COSUMNES RIVER COLLEGE Cosumnes River College Andrea Marquez</p>	 <p>Fresno City College Fresno City College Jacob Sartorio</p>
 <p>ARIZONA STATE UNIVERSITY Arizona State University Cade Behmlander Jake Brennan Shane Hopfner Russell Martinez Aubrey Nicole Navarro Sinjin Speer Jessica Verderame</p>	 <p>CalPolyPomona California State Polytechnic University, Pomona Matthew Alcasabas Hayley Davies</p>	 <p>CWU Central Washington University Central Washington University Giovanna Gonzalez Kaylie Hartvickson-Krupa</p>	 <p>College of DuPage College of DuPage Sadaf Shekib</p>	 <p>DOMINICAN UNIVERSITY OF CALIFORNIA Dominican University of California Victor Gonzalez</p>	 <p>Fullerton College Excellence. Elevated. Fullerton College Christian Flaminio</p>
 <p>AZUSA PACIFIC UNIVERSITY Azusa Pacific University Isayah Burnett Matthew Hintzoglou Christian Seeley</p>	 <p>Chico California State University, Chico Benjamin Iskin Jordyn Jennings Mary Mitchell Daniel Ward</p>	 <p>City College City College, Fort Lauderdale Pauaea Aumua</p>	 <p>Colorado State University Colorado State University Molly Etkin Sean Malley</p>	 <p>EMBRY-RIDDLE AERONAUTICAL UNIVERSITY Florida Embry-Riddle Aeronautical University Florida Carlos Orantes Embry-Riddle Aeronautical University Worldwide Michael Tranate Jr.</p>	 <p>GONZAGA UNIVERSITY Gonzaga University Gabrielle Duran Kaylie Quesada</p>
 <p>BENTLEY UNIVERSITY Bentley University Anthony Vizental</p>	 <p>CAL STATE EAST BAY California State University, East Bay Alaysia Mitchell</p>	 <p>DVC DIABLO VALLEY COLLEGE Diablo Valley College</p> <p>Sami Abas Hamidi Dylan Abbas Luisa Camille Aguilar Tammim Akrami Cassidy Anderson Connor Anderson Isabella Arredondo Natalie Artiga Jacob Arviola Skye Aven Jacob Bamer Kyle Barry Zahir Bassa Caitlin Biles Sara Blanco Riley Bluth Charles Bornemann Reagan Bowerbank Gabriel Bowman Daniel Brown Lael Burk Haley Callaghan Seydi Camey Gil Lillian Campos Jason Cannedy Oliver Castellanos Padilla Justin Chan Eshaan Chandi Zackary Clemons Lance Jacob Columna Hannah Concepcion Cooper Dadami Madison Dadami Leianna Depe Ernesto Diaz Mariah DiLelio Melvin Doolin Agustin Duenas Cheyanne Eggum Scott Ellison Noah Engineer Analysa Espinoza Kavah Fahim Jacob Faleafine Fady Fargala Christian Fontecha Nicholas Forbes Matthew Gabler Patrick Gamez Giselle Garcia Derrek Gardner</p> <p>Alyssa Gentry Jarrod Ginette Alexandra Gonzalez Madilyn Greene Kayla Guzman Anney Hall Kathryn Hangen Levi Hanson Tristan Haynes Jesus Hernandez Jimmy Hernandez Xavier Hernandez Kelsey Hill Hannah Hoffmeister Makenna Holmes-Joseph Kyle Huynh Taylor Ingebretonson Stephanie Keeler Chahadi Kemel Kripa Lamichhane Jaiden Lassair Paige Lawson Fiona Leber Olivia Linkhart Logan Littlefield David Llata Sierra Lofgren Logan Loftin Jessie Lopez Nicole Lovos Daniella Lozano Erick Luengas Emily Lyons Quintin Madahar Hamed Mahmoud Kalli Malnick Gabiella Mancini Ashley Martell Gabriel Martin Kalin Mason Tamara Mason Alejandro Mata Espinoza Ian McIntyre Victoria McIntyre David McNulty Maya Michta Zahra Mojaddidi Ava Molina Victoria Mullinax Jack Murphy Mikayla Nackord</p> <p>Nicholas Norris Nnamdi Nwakor Joshua Orozco Emely Ortiz Perez Jean Oviedo Charles Pesmark Lauryn Pike Jason Prachar Madina Rahimy Mohammad Rahimy Cyrus Rajeski Jon Ritz Hannah Rocheleau Donna Roden Alfredo Rodriguez Byron Rodriguez Javier Rodriguez Raymond Rosales Andres Rubio Bryan Ruiz Taylor Rustrum Isabella Santos-Hutalla Ashlyn Scott Alex Silva Amrita Singh Lindsey Smith Emran Solyman Isaiah Sosa Kyle Sparks Manuel Suarez Cardenas Artemiy Tabankov Massihullah Taufiq Jessica Teach Hannah Tierney Jose Torres Trinity Tourady Romeo Traylor Anthony Trimble Jackson Trimble Carina Twal Kelli Uemura Grecia Urtusuastegui Paulina Vaclav Jayden Van Keppel Anna Velez Elizabeth Waite Miranda Wiggerhauser Allisyn Willer Isabelle Wilson Alexa Woods</p>	 <p>Embry-Riddle Aeronautical University Worldwide Michael Tranate Jr.</p>	 <p>GRAND CANYON UNIVERSITY Grand Canyon University Justin Dietrich Alle Nichols</p>	
 <p>BERKELEY CITY COLLEGE Berkeley City College Alexandra Wegner</p>	 <p>FRESNO STATE Discovery. Diversity. Distinction. California State University, Fresno Nicholas Myers</p>		 <p>Laney College Camden Grant Priest Preston</p>		
 <p>BOISE STATE UNIVERSITY Boise State University Alyssa Dern Michaela Ellis Bonnie LLata</p>	 <p>FULLERTON California State University, Fullerton Chrystina Heuerman Braulio Martin</p>		 <p>Lewis & Clark Lewis & Clark College Annalisa Keneipp</p>		
 <p>BOSTON UNIVERSITY Boston University Trevor Bluth Katrina Chavez</p>	 <p>LONG BEACH California State University, Long Beach Sarah Kidd Dallin Porter</p>		 <p>LOS MEDANOS COLLEGE Los Medanos College Adriana Aguilar Omaid Ataie Brian Avila Heredia Dylan Brimmer Hannah Kaye Burton Josue Carranza Marquez Ceballos Kimberly Cerron-Calderon Glorianna Escobar Tyler Ferrara Cooper Gardner Arturo Hernandez Diaz Bradley Hull-Warrenburg Ashley Hunt Alyssa Jecker Ishika Johal Joshua Johansen Tyler Krieg Kimberly Lechuga Ortega Arielle Elizah Lepana Emilie Martin Jackeline Martinez Barron Marcus Martinez Zackry Martinez Ndahiro Mbangukira Daniel McCurdy Romen Merritt Macey Morano Justin Nguyen Thao-Tien Nguyen Cameron Northington Andrew Novinger Shaila Grace Panaligan Erik Rosales Jeryn Williams</p>		
 <p>BYU BRIGHAM YOUNG UNIVERSITY Brigham Young University Alicia Lane</p>	 <p>MONTEREY BAY California State University, Monterey Bay Skylar Aldridge</p>				
 <p>BYU IDAHO Brigham Young University - Idaho Danielle Cordova</p>	 <p>SACRAMENTO STATE California State University, Sacramento Alantis Allen Angelee Dubnoff Adeleke Fashola Doris Hernandez Jimenez Emily Kinsey Krysten Lee Zephaniah Moliga Kylee Rinaldi David Tejeda Gallegos Jr. Arcarlin Valerio-Mora</p>				

Congratulations to the CVCHS Class of 2019!

 LOUISIANA STATE UNIVERSITY Louisiana State University Emma Skow Logan Sumter	 SANTA BARBARA CITY COLLEGE Santa Barbara City College Jake Johnston Leah Nelson	 SONOMA STATE UNIVERSITY Sonoma State University Rosalie King Austin O'Connor	 United States Marine Corps Sean Curran Kade Daggs Kegan Martin Reynaldo Rodriguez Abigail Taylor	 University of California, San Diego Ryan Diaz Micaela Rodriguez Kristian Shin Uyen Tran	 UNIVERSITY OF THE PACIFIC University of the Pacific Trevin Blaylock Imrat Kular Julienne Maxine Paredes Haley Reese-McCoy Reese Romero
 LOYOLA UNIVERSITY NEW ORLEANS Loyola University New Orleans Christopher Clarke	 SAN DIEGO MIRAMAR COLLEGE San Diego Miramar College Jeremy Jusuf	 St. Paul University - Iloilo Katriel Segovia	 United States Navy Maci Briscoe	 University of California, Santa Barbara Kristina Algas Logan Fong Kyle Gregerson Archana Neupane Kieu Pham Aliyah Sarna	 THE UNIVERSITY OF UTAH University of Utah Brianna Allen Natalie Baptista Thomas Conger Maxwell Cursi Ethan Emoto Jackson Hubbard
 MAKE SCHOOL Make School Tristan Fossan Diyar Kudrat	 SAN DIEGO STATE UNIVERSITY San Diego State University Abigail Anderson Ronald Bolden III Camille Cline William Greer Samuel Kelete Liam Mason Noah Schipper Logan Sherman	 Syracuse University Syracuse University Kristen Wallace	 Berkeley University of California, Berkeley Kaitlyn Chiok Kenneth Guan	 UNIVERSITY OF CALIFORNIA SANTA CRUZ University of California, Santa Cruz Erin Levy Jennifer Satow Teresa Skillman Rebecca Snyder Kaylie Walker	 UNIVERSITY OF WASHINGTON University of Washington Patrick Gillespie
 Merritt College Brionna Sommers	 SPAI SAN FRANCISCO ART INSTITUTE San Francisco Art Institute Angelina Salas	 TCU TEXAS CHRISTIAN UNIVERSITY Texas Christian University Aurora Carlson	 UC DAVIS UNIVERSITY OF CALIFORNIA University of California, Davis Grace Adams Alyssa Arino Juliet Beach Julia Deely Itzel Garcia Gonzalez Megan Hatanaka Jessica Hevener Catherine Wang-McGloin Kaiona Watanabe Zohal Zafari	 UNIVERSITY OF HAWAII MANOA University of Hawaii at Manoa Arianna Estrada	 Utah State University Utah State University Jenna Simpkins
 MILLS Mills College Sofiya Erlikh	 SAN FRANCISCO STATE UNIVERSITY San Francisco State University Mariam Abdiani Salma Blanco Kaila Celestial Monica Flores Huete Antonio Indindoli Khayla McKenzie Shabnam Miry Rebecca Mitchell Madeline Murphy Jerome Andrei Padilla Mia Propersi Alexander Stavrev Jogre Suasin Jr. Arezo Taibzadah Justin Wolfe	 THE AMERICAN ACADEMY OF DRAMATIC ARTS, WEST Natalie Aliano	 UC IRVINE University of California, Irvine Elizabeth Benavidez Morales Sydney Caulder Kylie Chung Angela Do Kylie Halliday Stefan Jones Luke Paschall Adin Singson Sarah Stahl Poinciana Zhang	 UMBC University of Maryland, Baltimore County Niklas Weigelt	 UTAH VALLEY UNIVERSITY Utah Valley University Elizabeth Simmons
 Montserrat College of Art Montserrat College of Art Bailey Suggs	 NORTHERN ARIZONA UNIVERSITY Northern Arizona University Eric Blaettler	 THE UNIVERSITY OF ARIZONA The University of Arizona Annika Ward	 TUSKEGEE UNIVERSITY Tuskegee University Devell Barner Jr.	 UNIVERSITY OF NEVADA, RENO University of Nevada, Reno Elizabeth Bear Charles Easterly Taylor Foster Taylor Hansen Kody Li	 WASHINGTON STATE UNIVERSITY Washington State University Daylon Hicks Hannah MaGee Luke Mingham
 Oregon State University Oregon State University Thomas Kearney	 San José State UNIVERSITY San Jose State University Mark Alvarez Melissa Cark Raymond Francisco Elias Haider Natalie Kapfenstein Sophia Kennedy Dylan Lewis Gina Meyer Sanjar Mohammad Ewaz Alexander Price	 United States Air Force Ronald Cataldo III Kalob Chandler Dennis Curran Jr Raymond Ford	 UCLA University of California, Los Angeles University of California, Los Angeles Shayan Asemi Lea Chinn Kyleigh Jai Colchico Anya Holbrook Dustin Mitchell Raydon Padua Cameron Reynolds Brian Tangsombatvisit Rainey Williams	 UNIVERSITY OF OREGON University of Oregon Kaitlyn Bamford Owyn Elento Zachary Storn	 WAYNE STATE UNIVERSITY Wayne State University Nicholas Stelchek
 Portland State UNIVERSITY Portland State University Alicia Todaro	 Reedley College Reedley College Ryan Carrasco	 United States Air Force Academy Cade Carter	 UC MERCED UNIVERSITY OF CALIFORNIA University of California, Merced Garrett Mak	 University of Portland University of Portland Emillee Jean Rabago	 WESTERN WASHINGTON UNIVERSITY Western Washington University Ingrid Shipstead
 ROBERT MORRIS UNIVERSITY Robert Morris University, Pennsylvania Torin Neal	 Santa Clara University Santa Clara University Andrew Hevener	 United States Army Jehric Eugene Oblanca Charles Shuey	 UC RIVERSIDE UNIVERSITY OF CALIFORNIA University of California, Riverside Bianca Haas Nathaniel Nicolas Ashleen Randhawa	 UNIVERSITY OF SAN FRANCISCO CHANGE THE WORLD FROM HERE University of San Francisco Domenic Pallotta	 WESTMONT Westmont College Mackenzie Tobin
 SAINT MARY'S COLLEGE OF CALIFORNIA Saint Mary's College of California James Beard Jose Haro Jr. Makayla Prince	 SETON HALL UNIVERSITY Seton Hall University Zachary Cegielski	 United States Coast Guard Alberto Lara Jr. Thomas Mann	 UC SANTA CRUZ University of California, Santa Cruz Bianca Haas Nathaniel Nicolas Ashleen Randhawa	 USC University of Southern California Carol Alata	 WILLIAM JESSUP UNIVERSITY William Jessup University Lorenzo De La O

Congratulations Class of 2019!

Now, **Leap** into the future, **Jump** on those opportunities, have a positive **Attitude** and take **Center Stage**, run for your goals, don't **Trot**, and **Tap** into your highest potential!



SUMMER CLASS SCHEDULE 2019

Summer Session Dates: July 8th – August 17th

Sign up TODAY for our 6-week summer dance class session. Keep your dancers moving and grooving this summer with our fun-filled dance classes for all ages and levels. No recital, no costumes, just fun and learning! Priority registration for Fall classes to all enrolled summer students! Make sure you get the classes you want in September!

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CONGRATULATIONS to CVCHS Class of 2019!

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Congratulations to All Our Graduates



concord mayor

Carlyn Obringer, Email: Put MAYOR in subject line CityCouncil@cityofconcord.org



Happy Graduation Day! A big congratulations to each and every one of you on achieving this special milestone! High school graduation is an important moment in a young person's life--the first of many! You are a credit to the Concord Community and have proved that you are brilliant, able and ambitious. I wish you nothing but the best as you begin the next stage of your life, wheth-

er it's heading into the workforce, pursuing higher education, or a combination of both. I look forward to seeing what you will do next and hope that the Concord Community will always hold a special place in your hearts and lives. To quote Dr. Suss, "You're off to Great Places! Today is your day! Your mountain is waiting. So...get on your way!"



clayton mayor

Tuija Catalano
<https://ci.clayton.ca.us>



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

Work hard and don't give up. Great things in life rarely come without effort. Don't let others tell you what you can't do, but instead set your own goals and go after them.

Find your passion and be the best you can be. Success can be defined in many ways but define yours based

on studies and pursuits that bring you joy.

Volunteer for your community, not because you have to, but because you want to. Great communities like Clayton exist because of the collective efforts by people who contribute their part for the benefit of others and the common good.

Last but not least, in the words of Mark Twain remember that: "Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."



what really matters

by Dan Ashley, ABC-7 News Anchor

Commencing with the Next Phase of Life

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

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

small way. I would like to offer the following pieces of advice to this year's graduates:

-Work hard—nothing worth having or achieving comes without sacrifice and sweat

-Enjoy the journey- if you don't, the destination will not be worth reaching

-Be honest- try to conduct yourself like your mother is watching everything you do and you won't go wrong

-Be generous- life has a way of rewarding those who help others

-Be optimistic- even in the tough moments, try to look on the bright side and believe things will improve

-Be loyal- to your family and to your friends

-Be nice- why be any other way

I cannot say that I have been all of those things all the time, but I can truthfully say that I have always tried.

This is such a special and exciting time for high school graduates and **What Really Matters** is that we celebrate their achievements to date and help them on their way to the next chapter in their lives.

A Father's Tale: DNA Lies

by David King

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

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



Eric and Brenda had been dating for roughly eight months before he sensed that she and Steve seemed to have a special connection. When asked, she denied there was anything unseemly between them, no affair. However, at a party, Eric caught them in a compromising position. Brenda confessed to the affair, but said it was over, and she had decided that Eric was who she wanted. Eric passed on the idea and they split amicably.

After that, there was no communication between them for two years. Eric had met another that he was preparing to marry as his life was moving forward nicely. One day, Eric received a letter in the mail (this was the 90's, no e-mail yet). The envelope included a photo of a two-year-old girl that bore some resemblance to Eric. The letter stated that Brenda and Steve had married and as far as Steve was concerned, Steve was the father of the girl in the photo. Brenda, on the other hand, wasn't so sure, and was proposing to have a paternity test to know for certain.

However, she also pointed out that since she didn't have health insurance when she gave birth, she had a \$10,000 hospital bill that she can't pay because they had both been unemployed. Brenda proposed that if Eric pay the bill, she would assume he was not the father and not hold him responsible for being involved with the parenting of the daughter.

She underestimated Eric. Although overwhelmed with this potentially life-changing surprise, he said instructed that she take the test, and if he is the father, he would be involved to whatever extent it requires.

A week later, Eric received another letter. This time from an attorney confirming that in the event that a test determines that Eric is the father, legal arrangements will be made for appropriate child support payments for past and future.

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

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

25 years later, with both kids in college, Eric received a Facebook message from an unknown woman who said, "Hi, my name is Michaela, I am 27 years old, I live in Oregon, and I have reason to believe you are my biological father. I would like to talk to you."

Was this a scammer? He checked Michaela's profile and went through her

friends list. His heart stopped. In the list he saw her, the mother, Brenda, the person he dated 29 years ago.

Eric still had the letter and DNA test confirming he was not the father.

"I never save anything over five years, but this was such a life changing wake-up call, I kept it as a reminder to make better decisions in life," Eric said.

Over messaging, Eric informed the girl of the paternity documents and told her the story and apologized for her probable

disappointment.

"Yes, I know those stories," she responded. "and I am familiar with the DNA test. I still need to talk to you."

So they got on the phone, and Michaela proceeded to

tell Eric that the letter and documents were forged. The attorney was a friend of Brenda's. The tests didn't say what they were hoping for, (that Steve was the father) and did not want the results to break up their marriage, so they elected to forge the results and remove Eric from their life.

To confirm this version of events, Eric called the DNA lab for the original documents. However, they informed him that they could not provide him those results because they don't keep records beyond 25 years. Even if they had them, Eric would not be entitled to them, since he wasn't the one who was tested.

So, Eric and Michaela agreed to have their own test. The results confirmed the probability of paternity is 99.997%. Eric was the father!

He was overcome with a deluge of emotions. The ramifications of having to reveal this truth to his family and friends evoked anger, embarrassment, shame, loss, victimized, yet also stunned with guarded happiness.

What were his options? Could he sue? Deny and ignore it all? Or, choose to love and catch up on the loss and build a long-term meaningful relationship with his new daughter. What would you do?

A local attorney, with 30-years specializing in paternity testing and suits offered her opinion. 1) You don't owe anybody any money since the child is over 18. You are not the legal father. You are only the biological father. Steve assumed being the legal father when he signed the birth certificate.

2) Suing would be unwise. You have no damages. You feel betrayed, but the courts don't care about your feelings. They only care is if there has been financial damage. 3) Since there are no records, fraud couldn't be proven either. Even with records, there was no way of proving who committed the forgery. Lastly, even if there were legal consequences, Eric would have to decide if it were worth pursuing. It would be damaging to the mother, a contentious drawn out battle for months perhaps years, and in the meantime, he would likely lose any relationship with Michaela.

"I chose love, truth and honesty, and have begun building a meaningful relationship with my new daughter," John said. The family has been notified.

They met in Oregon in an all-day emotionally draining gathering. There were tears, they hugged, and laughed, and drank, and compared habits, tastes, personality, body nuances, and an overall baring of souls.

Eric invited her to Concord. They took her to the Clayton Art and Wine Festival and went sailing on the bay. They planned to see each other every month. He agreed to treat her with the same parental promises that he has offered his other two kids: Unconditional love, their first car, paid college tuition, \$10,000 for a wedding, down payment support on their first home purchase, and an equal share in a trust fund.

Welcome to the family. Happy Father's Day.



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the concordian

by Edi Birsan, Email me: Put EDI in subject line CityCouncil@cityofconcord.org

Laws, Values and Power

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

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

On the other hand, people have a compelling need and desire to organize themselves and their surroundings as societies, and under the guise of organization, people always seek ways to control other people. Thus, people create societal laws, which are generally a reflection of society's values at the time these laws are created. And unlike the laws of nature, adherence to these laws are something that people can control. Violation of these laws usually results in various consequences, sometimes gruesome (think "cruel and unusual"), to those who are apprehended. The nature of these consequences is generally dictated by the same people or organizations that created them.

One interesting aspect of these laws is that they usually change over time, often as a result of difference of opinion among various competing or opposing members of the society.

Another interesting aspect of these laws is that people have often sought to bolster the validity of their values and laws by bringing in a divine ally. I once asked a rabbi why little Jewish boys are circumcised, to which he answered: "God said it, so I believe it." There have been a huge number of "divine alliances" such as this

throughout history. The details of these "divine alliances" are almost never in agreement by members of competing societies and have led to numerous religious wars throughout history.

In fact, to avoid such a clash over religion, some modern day entities, such as the founders of our own nation, have attempted to exclude the possibility of such a single divine alliance by refusing to establish a government based on religion, i.e., they created a government based on the principle of a separation of church and state. Nevertheless, there are those in our society who will still sneak in a 'God Bless America' here and there, our pledge of allegiance still contains the phrase "one nation under God", and our currency still contains the phrase "in God we trust".

While some feel that these phrases are perfectly acceptable in today's America, others perhaps are hoping that the lack of a common definition of this "God" will allow those with a different idea of "God", or even those who do not believe in any god, to not be offended by the use of these phrases.

Our city was named Concord, implying that its citizens are in "concordance" with one another's values. One family's values may include no alcohol, another family may not eat pork products, another family may disdain the use of cannabis, while some may abhor same sex loving relationships (in public or in private).

The problem comes in when we want to tell others what they can or cannot do; that is, when we attempt to force others to adhere to our own values. For this reason, we must all be very careful in the application of power in areas where there are conflicts in values. While we are often asked by our leaders to at least tolerate such differences in values, it is far better that we learn to respect them.

Nevertheless, there will never be a time when society's laws are like the laws of science, unchanging, inviolate, and all powerful. At least we can hope.

6th CVHS Athletic Hall of Fame Ceremony

A full house of 150 guests were in attendance for the 6th Clayton Valley Charter High School Hall of Fame Ceremony at The Shadelands Art Center in Walnut Creek on May 3rd. Twelve new inductees were honored.

Coach : George Smylie . Community Service : Pat Middendorf. Individual Ath-

letes: Gary Logsdon '65 , Bruce Kopitar '77, Warren Turnage '78 , Benson Jones '98, Natalie Nelson '00 , Katie Cadera (Webber) , Lindsay Nelson '03. TEAMS: 1978 Boy's Wrestling (HC Bill Smith) , 1979 Girl's Volleyball (HC Gary Gardner) 1999 Boy's Swimming (HC Matt Chamberlain) .



L/R- Natalie Nelson, Benson Jones, Pat Middendorf, Lindsay Nelson, Katie Webber Cadera, George Smylie

ITKFA Chinese Martial Arts Championship Returns to Concord

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

This event aims to promote friendly competition and martial arts spirit in an exciting atmosphere. "To preserve the integrity of traditional kung fu" is our common goal and the ITKFA mission statement. Traditional martial arts teach the importance of respect, discipline, confidence, self-defense, integrity and perseverance.

The tournament is sponsored by Visit Concord, Tiger Claw and Kung Fu Tai Chi Magazine. The last competition of the day will be for the 3-Star Grand Champion. This will be an elite competition with martial artists who are in the advanced or expert divisions. In order to qualify,

they will have had to won three 1st places in hand form, short weapon and long weapon. Those that qualify will then compete against each other for the Grand Champion title.

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

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

For more information, please check out the website at www.ITKFAChampionship.com and www.facebook.com/ITKFAChampionship or call 925-671-7100.

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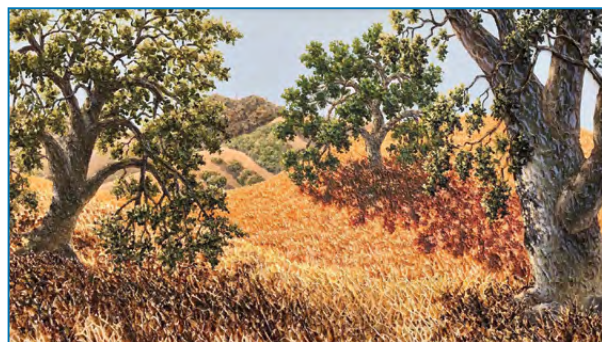
We have been blessed with lots of rain this past year so for the month of June, the aRt Cottage is celebrating WATER. All rivers and streams eventually go to the ocean. A call for artists was put out and the response for our water theme was fantastic! Many "new to aRt Cottage" artists took the plunge and are exhibiting this month. Some of them have never exhibited. We are happy to welcome them and give them our support. If you are looking for a friendly place to exhibit your work, come by and check out this quaint, local art gallery in the heart of Contra Costa County. There are many seascapes to check out along with rivers and marshlands. Some of these will be familiar to the viewer, Ocean Beach, Marsh Creek, Martinez Marina and more. The



Stone's Throw From The Golden Gate by Judith McCall

mediums to create these masterpieces range from oil, acrylic, ceramic, photography, collage, digital art, and more.

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



Marsh Creek Afternoon by Dick Reeves

When you recycle please remember...



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Did you know that when you place soiled items in your blue recycling cart, those items are **NOT** recyclable and could potentially contaminate your entire cart?



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Thanks for reading the Diablo Gazette



frugelegance

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

Father's Day Gift Basket Ideas

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

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

For the Dad that loves wine (or beer):

Accompany a bottle or two of his favorite wine with a plastic wine tumbler glass, engraved wine glass, gift card, and wine accessories. You could go even larger and add in a wine tasting trip.

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

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

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



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

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

If you want to spend more, shop at your favorite higher end retailer such as Pottery Barn, Williams Sonoma, and/or Nordstrom, just to name a few. Here's the bottom line. Who wouldn't love an assortment of goodies? Made with love is the best gift ALWAYS.

Carol and Randi, the FrugGirls, are local home stagers and decorators. You can also find them blogging

about many other ways to live an elegant life for less, online at www.frugelegance.com. FrugElegance is where Frugal and Elegance come together.



Concord's July 4th Festivities

Concord Councilman Tim McGallian has been busy organizing this year's 4th of July festivities. The day will start off at 7:30 AM at Todos Santos Park with a Rotary Pancake breakfast. At

8:00 AM, the Stars and Stripes Kids Fun Run begins, followed at 8:30 AM by the Stars and Stripes 5K Run/Walk. Then at 10:00 AM everybody should find a spot around the park for the Independence Day Parade. The theme this year is "All About Jazz", a salute to Concord's 50th Anniversary of Jazz.

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

After the parade, families should head over to Mt. Diablo High School for the kids' carnival and enjoy face painting, carnival booths, bounce houses, food and other exhibitors.

At 4:00 PM the festival gates open also at Mt. Diablo High School. Highlights include two live bands. The 562nd Air force Band begins at begins at 6:00 P.M.



and at 7:30 P.M. it is The Big Jangle, a tribute band to Tom Petty all things jangly. Fireworks will begin at 9:00 PM. McGallian

claims it will be at least 20 minutes of pyrotechnic ooohs and ahhhs.

Billed as Concord's Hometown picnic, we certainly wish to thank all the organizers, volunteers, and sponsors who help fund the day's events. For more information and updates go to www.ConcordJuly4th.com.

(Illustration by Sarah Szeliga)



The Festival Martinez Never Wanted

12th Annual Beaver Festival

by Heidi Perryman, Ph.D.

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

Now in its 12th year, it has grown to be one of the biggest wildlife events in Northern California, drawing conservation and nature groups from more than five bay area counties. Live music, children's activities, nature exhibits, a silent auction and beaver tours have made this a popular favorite for nature lovers. This year, artist Amy G Hall from Napa will be once again be sharing her talents with a

2-day chalk mural showing beavers and the wildlife they sustain in the central plaza. Amy will begin her piece on Friday and finish at the event so crowds can observe here creation unfold in the central plaza.



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

Festival organizer Heidi Perryman can be reached at (925) 228-3190 mtzbeavers@mail.com <https://www.martinezbeavers.org>. Heidi Perryman, Ph.D. President & Founder Worth A Dam. www.martinezbeavers.org

photo: A rendition of this year's chalk art mural to be created at the Beaver festival.



farmerfresh

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

Let's Get Grilling

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

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

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

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

Grilled Peaches

- 2 peaches, pitted but not peeled
- 2 tablespoons brown sugar
- 1/4 teaspoon ground black pepper
- 1 tablespoon melted butter



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

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

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JULY 4TH FESTIVITIES

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8:00 AM Stars and Stripes Kids Fun Run
8:30 AM Stars and Stripes 5K Run & Walk
10:00 AM Parade

MT. DIABLO HIGH SCHOOL
4:00 PM Festival
6:00 PM Live on Stage: The 562nd Air Force Band
7:30 PM Live on Stage: The Big Jangle
9:00 PM Fireworks

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For details, visit ConcordJuly4th.com

Complimentary Energy Assessments Available

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

During one Green House Call appointment, a resident may receive, at no cost:

A home energy and water efficiency assessment;

Installation of efficient LED light bulbs, showerheads, and faucet aerators;

Installation of Advanced Power Strip* (approx. \$50 value);

Toilet leak detection test; and

Information about BayREN's (Bay Area Regional Energy Network) Home+ program that offers up to \$5,000 in financial assistance and cash rebates for home energy improvements.

Residents are encouraged to sign up for a no-cost Green House Call. The effort offers valuable work experience for local youths, an opportunity for residents

to save money on utility bills and help protect our environment by reducing greenhouse gas emissions. Appointments are available from July 2 through August 9, 2019. The program is eligible to single-family residences and two- to four-plexes.

To inquire about job opportunities or to sign up for a Green House Call, please call (510) 665-1501 ext. 300 or visit Rising Sun's website at www.risingsunopp.org/programs/ghc.



Rising Sun is a local nonprofit that operates job

training and employment programs for underserved youth and adults to address climate change and economic inequity. Green House Calls are supported by California utility customers like you and administered under the auspices of the California Public Utilities Commission, so take this opportunity to make your ratepayer dollars work for you with energy efficiency services that help you save on your utility bill. For more information, visit <http://www.cityofconcord.org/cyes>



Buyers, It's Your Time

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

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

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

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

Remaining flexible is key to a double transaction from one home to the next. There are things the seller may need that if you can provide them, may allow more flexibility for you in an area where you need some accommodation. A win-win negotiation in these cases is the most suc-

cessful transaction. Surprisingly, most homes close at or on time and/or within a short variation. It is amazing when you think about all the moving parts and parties that must perform for that to happen. Being reasonable and flexible will help; and always, always have a Plan B. (I am the Queen of Plan B).

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

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

Terrylynn Fisher, Broker, #1 in Units sold in 2018, Dudum Real Estate, DRE#01882902, Senior Real Estate Specialist (SRES), Awarded 2018-5 Star Professional. For a Buying or Selling Plan, call 925 876-0966, info@BuyStageSell.com. DRE#00615420



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Water Awareness Youth Art Contest

HEY KIDS! Did you know that the water in the Contra Costa Canal is the source of the water you drink in your home and school?

Last year's Contra Costa Water District's Water Awareness Youth Art Calendar Contest was such a hit that they are doing the contest again for the 2020 Calendar. Several winners came from Concord. This year, the focus is on the Contra Costa Canal and the

water infrastructure that brings water to the faucet.

Children ages 8 to 18 are encouraged to illustrate the importance of water and be featured in our 2020 calendar! In addition to being featured, winning artists receive a \$50 gift certificate to an arts supply store and framed artwork with a certificate of appreciation from the District.

The contest—which is open now and runs through June 28—is designed to challenge local youths to think about the importance of reliable tap water. Children are encouraged to illustrate the benefits of the canal, recreation along the canal, how to stay safe along the

reproductions will not be accepted. Entries must be hand drawn. Acceptable mediums include pen, pencil, crayon, chalk, charcoal, marker, paint, or watercolor. All entries must include, on a separate piece of paper, the child's name, age, city of residence, a parent or guardian's name, email address and a phone number.

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

Like our water, here is some background to help get your ideas flowing. Challenge yourself to learn about the Contra Costa Canal. We're looking for entries that illustrate: The Contra Costa Canal, benefits of the canal (water supply, water quality, recreation), how to stay safe around the canal, and why it's important to keep the canal free of pollution.

The 48-mile canal transports water from the Delta and Los Vaqueros Reservoir to water treatment plants. It takes this long journey so that the water you get from your tap to drink, bathe, cook, and so much more is clean and reliable.

THINGS YOU NEED TO KNOW ABOUT THE CANAL: The canal brings freshwater from the Delta to treatment plants. The canal supplies water for people, businesses, and firefighting! The water in the canal is fast and dangerous.



FOR YOUR SAFETY: No climbing the canal fence. No fishing in the canal. No swimming in the canal.

If your entry is selected as a winner, you grant Contra Costa Water District a royalty-free, nonexclusive right, in perpetuity, to: Use the artwork in its calendar and other print publications. Use the artwork in its internal and external communications, including, but not limited to, websites, advertising, presentations, and printed and digital materials. Use, in connection with the contest, the artist's first name, city of residence and age. Winning artwork will be credited in the calendar with the artist's first name, city and age. Retain a digital copy of the artwork.

Questions? For a contest overview and complete contest rules, visit ccwater.com/calendarcontest or contact osymonds@ccwater.com.

(2018 Winning entries: "The Watering Can" by Reagan, Concord. "Please Don't Pollute" by Katelyn, Concord. "Turn Off Sprinklers" by Ivana, Concord.)



PLAY A GAME? HOW MANY WORDS CAN YOU FIND?



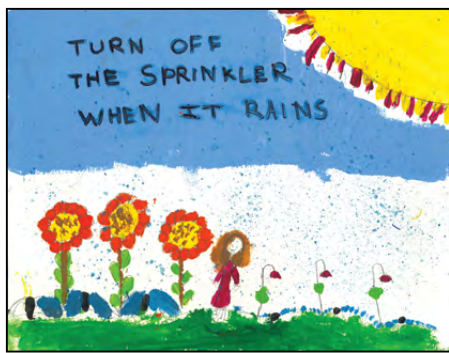
Find as many words (four or more letters) as you can BUT, your words MUST INCLUDE the MIDDLE LETTER.

There are 11 possible words. Check your answers below.

Puzzle courtesy of www.BooksNPieces.com

Puzzle Answers

- kobs bees
- ubde obese
- jobs boxes
- busk bouse
- bosk jukebox
- 11 letter word: jukeboxes








canal, or any other aspect around this critical piece of infrastructure.

Entries will be screened by Contra Costa Water District staff and posted online for a public vote. Winning entries will be announced in August. To participate in the contest, children must be between the ages of 8 and 18 years and reside in the Contra Costa Water District service area, which includes Antioch, Bay Point, Clayton, Clyde, Concord, Martinez, Oakley, Pacheco, Pittsburg, Port Costa and portions of Brentwood, Pleasant Hill, and Walnut Creek.

All submissions must be original, unfolded artwork on a single horizontal 8.5-inch by 11-inch piece of paper. Digital

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X	G	Y	P	P	A	H	X	I	S	E	H	E
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- ATHAIR  TAD
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WATER AWARENESS YOUTH ART CONTEST

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Deadline to enter: June 28



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CLAYCORD NEWS & TALK

In case you missed it...

Amy's Kitchen Expanding to Walnut Creek



Amy's Kitchen is planning to expand to Walnut Creek at the corner of Second and M. Main with the addition of a drive-thru restaurant and released their first renderings of the proposed building.

Amy's Drive Thru is not your typical fast-food restaurant. It offers veggie burgers, shakes, French fries, pizza and burritos — all with gluten free and dairy free options. Amy's Kitchen, a pioneer in the organic food movement.

By creating and maintaining strong relationships with local farmers and suppliers, Amy's uses organic ingredients and local sources whenever possible.

Its restaurants not only prioritize the quality of the food but also ensure it is affordable and sustainable for the environment. All packaging is compostable and biodegradable, aiding in Amy's goal of contributing zero waste to the planet. The proposed restaurant would be built sustainably with key features including the use of upcycled materials, a living roof, and solar panels. Amy's also intends to pursue LEED certification for the building.

Panera Bread Coming to Clayton Valley Shopping Center



Panera Bread is planning to open a restaurant in the Clayton Valley shopping center on Ygnacio Valley Rd. in Concord. The location will be directly across from Round Table Pizza, just two doors down from Wing Stop, on the Ygnacio Valley Rd. side of the center. It's currently unknown when they plan to open, but the new signs are up!

Bald Eagle Soaring Through Mt. Diablo State Park (PHOTOS)

A gorgeous bald eagle was spotted



flying through Mt. Diablo State Park. Peter Rafter shared the photos he captured near Chase Pond. In the late 1960s and early 1970s, fewer than 30 nesting pairs remained in California—all above Shasta Lake.

Turkey Spotted Relaxing Outside of Subway Restaurant

No story here, just a great photo



captured by Claycordian Peter Avery.

Injured Hiker from Concord Meets Contra Costa Sheriff's Office STARR 3 Helicopter Crew That Rescued Her

A woman from Concord who was injured while hiking met the STARR 3 helicopter crew from the Contra Costa Sheriff's Office that rescued her. In late April, Noni Turner of Concord and her son Frank went for an afternoon hike in the Las Trampas Regional Wilderness area.

While in a creek bed in a steep ravine, Noni somehow lost her balance and fell backwards on her back and head and suffered serious injuries. Frank called 911 on his cell phone. That call went to San Ramon Valley Fire dispatch which requested Contra Costa County Office of the Sheriff STARR 3 helicopter.

STARR 3 arrived within minutes and quickly located Noni approximately two miles up a trail. Noni was in an area that was not accessible to rescue vehicles. The terrain was steep, wet and muddy.

STARR 3 landed nearby and set up to short-haul Tactical Flight Officer Deputy M. Ireland, Flight Rescue Technician T. Murphy, and Sergeant R. Borkert to the victim's location for a medical evaluation. This was one of most technical short-haul rescues ever conducted by STARR3, the Sheriff's Office said.

Pilot J. Meyers had to insert the air crew into a small space in a steep ravine that was filled with tall trees.

Noni was in severe pain and unable to move on her own. She was stabilized and packaged in the ARS (Air Rescue Systems) bag. She was then sort-hauled to San Ramon Valley Medic #31 in the parking lot of Rancho Romero Elementary School in Alamo for further medical treatment. She was then transported to the hospital.

"I can't express how amazing it was," said Noni. "Every time I hear a helicopter, I thank God for them and bless them."

"We were happy they were there to help," said Frank. "We were impressed and grateful for their professionalism and the attention they paid to me and my mom."



computercorner

by William Claney, Tech Writer, Computers USA

Tech in English

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

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

If you are like so many people these days, perhaps you are feeling that your data is being compromised every time you're on the Internet. The cure may be a VPN.

A VPN, Virtual Private Network, is a secure way to communicate from one computer to another across the Internet. Essentially it hides your communication by encrypting your messages to make them private on a public Internet. The VPN signal piggy-backs your information on a public network and makes it secure. Everyone that has the Internet in their home or office that is provided by a typical Internet Service Provider (ISP) like AT&T, Comcast, Wave, etc. is on a public Internet.

VPNs have been around a long time in the business world. The software that runs a VPN was once exclusively on servers and the clients of servers. A new technology twist recently developed has made VPN available to the general public.

According to Wikipedia, the world's largest online encyclopedia, "A virtual private network extends a private



network across a public network, and enables users to send and receive data across shared or public networks as if their computing devices were directly connected..."

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

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



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

photo/video credit: Contra Costa County Office of the Sheriff



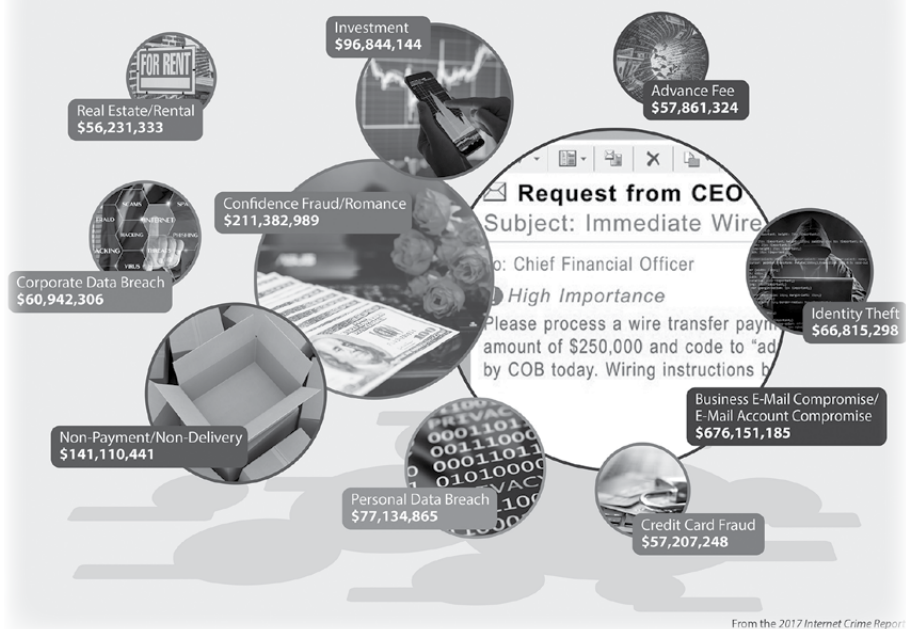
Half Price Books Moving into The Willows, Barnes & Noble Opens in Veranda

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

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

Retired Cop Offers SCAMS and FRAUDS Prevention Class

Top 10 Crime Types Reported to IC3 in 2017 (by Victim Loss)



From the 2017 Internet Crime Report

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

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

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

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

He has developed an interactive class including handouts which is available to any community based or company organization at no cost to them. During the class the attendees are taught how to recognize a scam, how to react to a scam and how to report a scam. An integral part of the instruction is the “Anatomy of the Scam” since most scams are predicated on the same actions and reactions. They are based in fear. That something bad will happen if you don’t respond. Also, learn how to stop a majority of those irritating Robocalls.

Everyday across the United States people are scammed by imposters usually posing as legitimate entities requesting immediate attention by them or face a harsh outcome. Fixes for your computer or it will crash, a lawsuit by government agencies or you will be sued, or relatives in trouble needing ready cash or they face jail are just a few of the scams. Scams cover virtually any and all subjects and continue to morph to match the changing times. During different periods of the year certain scams are in high gear, such as the IRS imposter scam at tax time or the charity scam at Christmas.

A scam affects everyone. Even a fellow

officer’s relative was conned out of her house by someone using a real estate scam. The scammers are good at what they do. It is their job. They say they are going to help you with a problem, and it will only cost you a minimal fee...at first.

Horton’s “Scams, Cons, and Frauds” class teaches how to recognize various scams including Imposter scams, Identity theft, Charity Fraud, Health Care scams, Paying too Much scam, “You’ve Won!” scams, Tech Support scams, Grandkid scams, IRS Imposters, Robo-Calls, and more. He will break down the anatomy of the scam, how it works, how you should respond, and who to report to.

“Being informed is a great defense,” says Horton. “Seniors tend to be most vulnerable.” The next scheduled class is at the Concord Senior Center at 2727 Parkside Circle on June 20th at 1:30 PM lasting about 90 minutes. The administrative fee for the class is \$7 for Concord residents and \$12 for non-residents. Sign-ups and further information regarding the class can be obtained at www.ConcordReg.org, or by telephone at (925)671-3320. Requests for free community or organizational based classes can be made to Randy Horton at email address rhorton522@aol.com

Bingo is Saving My Father’s Life

by Fran Cain

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

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

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

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

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

Maria brings his special chair and his special cushion. She bundles him up in winter if the heat in the hall isn’t high enough and in summer if the air conditioning is too high. His buddies and the old ladies seem to enjoy seeing Dad even though he can’t always see who’s talking to him at first. In fact, he has a regular crew of friends now that meet at each Bingo location, no doubt encouraged by



Maria. Winning is the cherry on top. He wins often enough to be thrilled and keep his bag of coins replenished, but not so often that he expects it.

After a long afternoon of Bingo, Maria gets my pooped Dad home where he naps until the millionaire show, as he calls it, comes on. Maria sits by his side and together they play along. When Maria leaves for the evening, Dad lays down and takes a longer nap. He wakes in time to eat the dinner she has left for him before settling into his chair for Wheel of Fortune. By the time I call, the baseball game is usually in the second or third inning.

So begins my nightly ritual of checking on Dad before his bed time.

“Yello.”

“Hi Dad. How are you?”

“I didn’t win at Bingo today.”

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

Happy Fathers Day, Dad.



Royal Tea

Entertainment by Special Blend Singers!

Saturday, July 27, 2019
10:30 am - 12:30 pm
at Concord Senior Center
2727 Parkside Circle
Concord, CA

Dress as your favorite Royal!

Tickets: \$29 Adult, \$12 (<13), \$5 (<5), \$260 for table of 10
 Register concordreg.org #109362 or call 925-671-3320 email concordsc@cityofconcord.org
 Menu: Scones, tea sandwich, spinach ball, chicken salad crustini, variety of desserts.

"Jaws" and other WWII Historic Aircraft Coming to Buchanan Field



In honor of WWII Veterans, the Collings Foundation "Wings of Freedom Tour" is bringing extremely rare bomber and fighter aircraft to Concord's Buchanan Field Airport from June 6 through June 9.

This is the 30th year for the historical tour. It's newest and perhaps coolest attraction is the P-40 Warhawk "Jaws" fighter, well known for serving with the Flying Tigers in WWII. It will be flying into Buchanan Field Airport along with a vintage Boeing B-17 flying Fortress, "Nine O Nine", B-24 Liberator "Witchcraft", the B-25 Mitchell "Tondelayo" bombers and P-51 Mustang "Toulouse Nuts" fighter on Thursday June 6.

For \$15, \$5 for children under 12 years, you can explore each up close and tour through the inside of the aircraft. For a once-in-a-lifetime thrill, you can fly in, or even take the controls of some of WWII's most successful aircraft. A 30-minute flight on either the B-17 or B-24 are \$450 per person. B-25 flights are \$400 per person. Or, get some "stick time" at the controls of world's greatest fighter P-51 for 2,200 for a half hour and \$3,200 for a full hour. For this, you must call in for reservations 800-568-8924.

The B-17 is one of only nine still in flying condition in the US while the B-24J

is the sole remaining example of its type in the world. The B-25 is best known for being used in the daring "Doolittle Raid." The P-51 Mustang was awarded the prestigious Grand Champion award for restoration.

These bombers were the backbone of the American effort during the war from 1942-1945 and were famous for being able to sustain damage and still complete the mission. The P-51 was affectionately known as the bombers "Little Friend," saving countless crews from attacking axis fighters.



The rarity of the B-17, B-25, B-24, and P-51 - and their importance to telling the story of WWII is why the Collings Foundation continues to fly and display the aircraft nationwide.

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

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

See their ad on page 2.



Ruby Dooby Do to the Rescue

Delilah

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

Five-year-old Delilah is an adorable Chihuahua terrier mix. This nine-pound sweetie-pie is dog friendly, cat friendly and even fine with the parrot in her foster home. Delilah is also comfortable around older children. An independent pooch, she is content to do her own thing. Hanging out with her family is one of her favorite activities. Delilah is learning how to play and loves to sit in your lap and cuddle. Whether going for walks or going with the flow, this sweet girl is up for whatever. Delilah will make a great companion for a variety of living situations. She is up-to-date on her vaccinations and spayed.

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

To meet Delilah, submit an application. Her adoption fee is \$250. If you have questions contact Underdog at adopt@underdogca.com. Underdog Rescue will contact you to chat more about the dog:

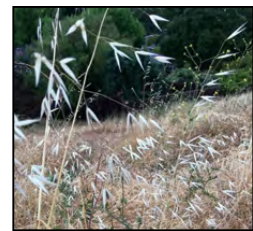
<http://form.jotform.com/underdogca/dog-adoption-application>

Dog Bites "Pawsitive" News: Pet Appreciation Week is June 2-8, 2019 (First full week in June). ARF's Bark at the Park will take place on Friday, June 21 at the A's game. Bring your dogs. The A's will donate a portion of the dog tickets to ARF and other animal charities. (<https://www.mlb.com/athletics/tickets/specials>). June 21st is also Take Your Dog to Work Day. Don't miss out on next month's fun: The Town of Moraga's 4th of July Celebration will include a Dog Parade at 9:00 a.m. Dogs must register to participate in the parade at the bandshell (<http://www.moraga.ca.us/dept/park-rec/july4>).



A Bone to Pick: Foxtails (arrow-shaped stickers) are prevalent in the wild grassland areas of California, especially in summer. Head shaking, sneezing, and gagging are tell-tale signs of foxtail invasion.

Left untreated, foxtails can penetrate ear drums, cause lesions and, in rare cases, paralysis. Long-haired and working dogs that like to sniff



may be particularly susceptible. Brushing your pets immediately after their walk and checking in-between toes and foot-pads are good preventative measures. To further protect your pet, OutFox® Field Guard (\$46) is an option to protect your pet from inhaling or picking up foxtails in their ears (<https://www.outfoxfordogs.com/product/outfox-field-guard/>).

[Editor's Note: Rubydooby_do is Concord's Instagram celebrity with nearly 81,000 followers. [Instagram.com/rubydooby_Do](https://www.instagram.com/rubydooby_Do). Column written by Jill Hedgecock, her novel, *Between Shadow's Eyes* that will be released later this year will feature Ruby on the cover. www.jillhedgecock.com.]

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