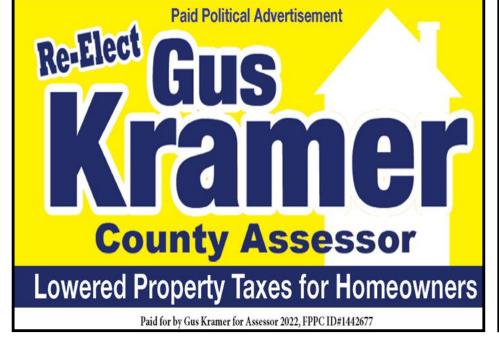


Local Postal Custome Concord Council Grants Concord First Partners till Jan 31 to Come up with NWS Development Term Sheet. pg.4
Hiking the Cataract Trail pg. 19 \* Ultimate Sports Connection \*
Bike Challenge Pg 13. \* Calendar of June Events Pg.5









## **Less Weeds, More Parades**



4th of July Parade courtesy clayton Community Library.

#### Weeds – It is that time of Year!

Recently there have been lively discussions in town about the state of landscaping and "weeds" in Clayton.
Know that the city public works staff are aware of the weed challenges this year (as well as last year due to the pandemic).
Excessive weed growth has been especially challenging for the past couple of years, since Clayton has prohibited the use of Roundup (and its primary ingredient, glyphosate). The city's current preemergent replacement for Roundup is an herbicide that is four times the cost of Roundup and not as effective. Therefore, more effort is required to remove most weeds (e.g., need to be hand-pulled or trimmed) which puts a strain on our small staff resources.

City staff is diligently working on the weed challenges in city rights-of-way and parks on a scheduled, sequential basis to address areas of most significant visual concern. Due to staffing challenges, the city continues to seek temporary workers and crews to help address these issues within reason and budget. However, it is noteworthy that, like everything else, costs for hourly labor are much higher than in prior years, and finding laborers is challenging.

At the initiative of Vice Mayor Holly Tillman, nine newly appointed residents have joined the Trails & Landscape Commission. I am impressed with this committee's diversity of experience and dedication to addressing our city's landscaping needs. Committee members have been walking our trails, viewing our medians, and communicating landscaping challenges with our public works staff. They are a forward-thinking group that

is focusing on developing an asset/ sustainability plan for the future of Clayton

#### Who Loves a Parade?

Clayton will have two parades on back-to-back weekends. On Saturday, June 25th central Contra Costa County celebrates its first-ever Pride Parade in Clayton. The parade is being brought to Clayton by a non-profit group known as Clayton Pride (www.claytonpride.com) in conjunction with Concord's Rainbow Community Center. It is anticipated that 350+ people and 40+ groups will be part of this parade including multiple non-profit organizations, small businesses, local and County dignitaries, and local churches.

After a 2-year COVID hiatus, the Clayton 4th of July Parade is back. I have missed the "Rockwellian" nostalgia of our 4th of July Parade tremendously. It brings back so many good memories of our town as I recall my own children in wagons and tricycles opening the parade with hundreds of other kids in the "Kiddie Parade" that begins the festivities. I am looking forward to seeing our stalwart entrants, including the Corvette club, Clampers Drill team, Dana Hills Swim Team and others.

Both parades will start at 10 am, in downtown Clayton, with the Master of Ceremonies being Clayton's own past mayor, and current Council Member, CW Wolfe. These will be fun and joyous occasions for the whole family and I hope to see you there!

Contact Mayor Peter Cloven at peterc@claytonca.gov or 925-673-7320.



# **Concord City Council Agrees to Extend Developer Deadline**

The Concord City Council will give Concord First Partners (CFP) — the Seeno/Discovery Homes-owned LLC it designated master developer of the former Concord Naval Weapons Station — an extension of its deadline to have a negotiated term sheet in place. But the council on May 24 denied CFP requests to amend the agreement to give them early property rights and reimbursement of costs should the deal

The night before the current deadline expired, the council voted 4-1 to extend the deadline until Jan. 31, 2023. Councilmember Carlyn Obringer voted against the extension. She said she didn't have faith CFP wouldn't present more demands down the line, risking taxpayers' money.

"There is a real trust issue; I hear it from my constituents every single day," Obringer said.

The city already granted CFP a onemonth extension. The company wanted an additional 90 days — to Aug. 23 — to complete a term sheet, a timeframe in which council members said they don't have faith would be enough to reach an agreement.

CFP also wanted to negotiate an early-stage "outline" disposition and development agreement (DDA) before land use planning and environmental review moves forward. It also asked for an "enforceable right in the CNWS property in the early-stage outline DDA" and the council to "reimburse CFP for certain expended costs should the city council fail to approve the future EIR (environmental impact report) and specific plan."

"That's off the table," said Vice Mayor

"That's off the table," said Vice Mayor Laura Hoffmeister.

CFP agreed to continue negotiations. Guy Bjerke, the city's director of economic development and base reuse, told the council progress has been made, but the term sheet would likely be done now if not for CFP's amendment demands

Staff recommended the council deny CFP's proposed amendments as not being in the city's best interests. The city didn't get the request until May 10, which staff said didn't allow enough time for review and negotiation. The fate of 5,046 acres on the city's northeast side has been one of Concord's biggest issues since the Navy abandoned the area in 1999. The Navy officially designated it as surplus and made Concord the local reuse authority for the site, of which 2,300 acres are targeted for 13,000 units of housing and millions of square feet of commercial space. The site will also be home to a new 2,540-acre East Bay Regional Park, named Thurgood Marshall Regional Park - Home of the Port Chicago 50, commemorating the nearby Port Chicago tragedy during World War II.
The city has been consistent in its demand the development includes more affordable housing than the state requires. It also wants a guarantee that local labor is used, which was a sticking point with its first master developer, Lennar Five Point. The company pulled out of the project in March 2020 when its initial exclusive negotiating agreement expired and its negotiations

By Tony Hicks, Bay City News

with local labor unions failed.





I am thrilled to say Creative Concord is finally here. We have been buzzing about it for a while now.

Nine of Northern California's top artists will bring their spectacular mural creations to life over two consecutive weekends this month.

The first round starts June 11 and features the works of Urban Aztec, Hyde, Felicia Gabaldon, Fernanda Martinez and Doran Dada. The next set with John Horton, Molly Devlin, Emily Ding and Arsensio Baca, happens the following

Each artist appears at a unique Concord location. Come watch them in action for this one-time-only experience and witness their amazing artistry.

Creative Concord also brings a series of fun, artsy events happening throughout the month in the form of community and local artist painting sessions, a pop-up dance, the Blue Devils, guided mural

The Head West maker's marketplace will also make its anticipated Concord debut in Todos Santos Plaza on Saturday, June 25. All events are free and open to the public. For a complete schedule of artist locations and Creative Concord events, go to www.creativeconcordca. com/schedule.

And don't miss the return of two Concord favorites: the Concord Crawl art & wine stroll presented by AAUW, and the Vette-O-Rama Car Show, both coming to Todos Santos Plaza on Saturday, June 18. For tickets and information, go to www.visitconcordca. com/events.

# The Cool Cats Come to Concord

Sustainable Concord Challenge

All these summer events coincide with Visit Concord's new campaign to raise awareness for environmental sustainability, and we are urging everyone to pitch in and help make Concord a cleaner, greener community. When people come together to celebrate, it usually means a lot of consumption -and lots of trash. Please do your part and plan ahead. Bring your reusable water bottles and bags, and separate trash from recycling in the bins provided. Take clean transportation if you can.

Our new program in partnership with Sustainable Contra Costa enables individuals and businesses to track their carbon footprint reduction efforts in real time. It is called the Sustainable Concord Challenge and we encourage all Concord residents and businesses to sign up. It's fun, easy to do and promises to make an impact. We love this city and want to keep it healthy and thriving for generations to come. Please check it out at www.cleanercontracosta.org/concord.

We thank you for your continued support of our great Concord restaurants, hotels and businesses and we look forward to seeing you out there all summer long.

The Concord Visitor Center is open and ready to help with free advice, maps, visitor guides, brochures, wearables and the latest "Things to Do" in Concord event listings card. 2151 Salvio Street, Suite T, Concord. Phone: 925-685-1182. Email: info@visitconcordca.com. Website: www.visitconcordca.com







Top: Mural by Emily Ding, 333 Arts Studio Oakland is indicative of the artistry to come to Concord murals. Scan the QR code to see more examples of extraordinary works from the nine participating muralists. Head West Marketplace begins June 25th and every third Saturday through December to Todos

# Tough on Crime Supervisor



- Quick Justice!
- Stop Smash & Grab Looting
- Stop Home Trespass
- Stop Vandalism
- Stop Car Break Ins
- Stop Shoplifting

- Mayor
- Vice Mayor
- Council Member 10 Years
- Citizens Police Academy
- Concord Leadership Academy
- President of Local Rotary Club
- President of Friends of Library
- 36 Years Small Business Owner
- County Economic Opportunity Council
- Married 48 Years, 2 children, 2 grandchildren

Paid for by Edi Birsan for County Supervisor FPPC 1439316

*Real* Leadership



#### By Deb Morris, PCFMA

Naturally sweet strawberries, blueberries, blackberries, and red and golden raspberries are abundant during the summer months. Whether you enjoy them in fruit salads, desserts, smoothies, or just eaten in hand, they are delicious with hefty nutritional value.

All berries are fragile and should be eaten as soon after purchase as possible. They do not ripen once harvested, so to make sure you are getting the best justpicked flavor, look for berries harvested at their peak of ripeness, as offered at local farmers markets rather than picked underripe to ship from outlying sources.

Have you ever noticed when you buy strawberries at the grocery store, they are still hard and white inside?

These have been picked too early and have not been allowed to ripen on the vine to develop their lovely, sweet flavor. The natural sugars are added towards the end of a berry's ripening so the later you pick them the sweeter the berries. Freshness is

**Strawberries:** Locally grown strawberries are the cultivated descendants of the original wild varieties.

Strawberries thrive along California's coast because western ocean exposure and Pacific winds insulate the fields from extreme temperatures and weather, providing ideal conditions for growing them year-round.

Varieties you will find locally include Frontera, Monterey, Albion, and others, each with slightly differing sweetness, season, and size.

**Blueberries:** Ah, blueberries, the wonder child of the berry world. Touted as one of nature's superfoods, they are filled with vitamin C, dietary fiber, manganese, and antioxidants.

Substances in blueberries called polyphenols, specifically anthocyanins, give blueberries their blue hue, are the major contributors to the antioxidant activity of blueberries.

The kind of blueberries you will find are the High Bush, which is the kind farmers cultivate, as compared to Low Bush, which are the wild variety.

Raspberries: Raspberries are the most fragile of all the berry varieties, but with their tangy sweet taste and health benefits, they are worth every little bite.

Varieties include red, black, purple and gold hues, with red raspberries remaining the favorite. There are many hybrids within these colors as well. Ask a farmer which is best for your usage.

Blackberries: Blackberries, like raspberries, are considered brambles. If you grew up in the Bay Area, you have driven by many bushes of wild Himalayan blackberries.

Most farmers consider these a nuisance because they tend to take over land by spreading everywhere through their roots and long brambles. Some of the varieties grown by berry farmers are the Navaho and the Triple Crown.

#### **Cherry Berry Jam**

- 2 cups cherries, pitted, coarsely chopped
- 1 cup blackberries, chopped 1-1/2 cups strawberries, hulled,
- chopped
- 2-1/2 cups sugar 1 package "Low or No Sugar
- Needed" pectin 3 tablespoons lemon juice
- 1/2 cup distilled water

Mix 1/4 cup sugar with 1 package low/ no sugar pectin; set aside. Put berries, juices, and water into a non-reactive pot. Bring to a boil. Add pectin/sugar mixture, stir well. Bring to a boil. Add remaining sugar, stir, bring to a hard boil and boil for 1 minute. Check for jell by cold spoon method (dip spoon into jam mixture and place in refrigerator for a minute or two to check for jell).

Fill sterilized jam jars. Wipe rims, add lids and rings and tighten. Place jars in boiling water bath canner and process for 15 minutes. Cool on counter and listen for lids to pop, meaning they have sealed. If you have some that did not seal, you can place in the refrigerator for later use.



# **Behind the Knocked Door**

It is now Silly Season, that period before an election when candidates are out knocking on doors after a pandemic hibernation period. In several of past events I have hit five to 6,000 doors in Concord which pale to the record held by Steve Weir in the last century when he may have hit 11,000 in his campaign for City Council. This is one of the reasons that running for office is the most expensive diet programs there is, I generally lose 20 to 30 pounds in a ground campaign.

All of us who go door to door have various stories and here are some of

## There is an Election? When?

There is an election on June 7. Everyone has been sent a mail ballot. It is a primary but can be final for some

I knock on a door and have a friendly conversation on their concerns and at the end they say, "Thanks, I got my ballot yesterday and I will put a sticker on it when I open it in October. Turns out they thought that because of Covid they were sending the November ballots out early.

#### Naked

People always joke about people coming to the door naked. It has happened to me three times in the prior elections but none this year. Oddly enough all three cases over a period of eight years were in the same neighborhood and about six blocks from each other. In the first case, clearly, they were expecting a romantic partner. Blushes all round, quick recovery and returning with robe a rational conversation occurred.

Second case, on a hot afternoon they had the front door open, and the screen door locked when I rang the bell. The bathroom was at the end of the hallway that led straight to the door. Fresh from a shower out they come to look through their peep hole, I guess, when after a few steps, reality sets in and a big Ooops! Once again blushes and recovery and a reasonable discussion.

Third case, I was knocking on a door where the kitchen window was next to it. Out comes a blast "Not interested" drawing my attention. Why is it that



situation are walking advertisements for the slogan "Keep America beautiful, wear clothes!'

#### Are You an Arab?

In a brutal campaign in 2012, there was a hit piece that was sent out which was interpreted that I was an Arab homosexual living in SF and lying about my name because I did not use my middle name (Ersalesi- which is Italian not Persian) and that my first name was Edi not Ed. Four times in one neighborhood the day it hit the mailbox; I was asked if I was an Arab. My first response was why does it matter? That got a door slammed in my face.

By the fourth time my response was "my grandfather was a baby orphan, maybe that is why he was raised in Italy." Ethnic questions, religion, race and gender are all prohibited to be asked when a City Council makes an appointment for a mid-term vacancy. But it certainly comes up repeatedly in door-to-door questions.

#### Dogs and Guns

While I have never had a gun pulled on me or pointed at me, I have heard of it happening. However, dogs are the more common encounter. Without a doubt the most aggressive dogs are the Chihuahuas who will not shut up when you are talking. Come on folks, we can get that kind of abuse in a normal city council meeting. Then again maybe it is just a preview of coming attractions.

This is the 'sole' opinion and experiences of Edi Birsan and not to be confused with any Clothing Optional Beach or Dog Park for vicious Chihuahuas EdiBirsan@gmail.com



campaigning

## **Massive Ultimate Sports Connection** Offers Full Reign of Gymastics and Tumbling for all Ages.

Abra Slater spent eight years as director at the Golden Bear Youth Gymnastics at University of California, Berkely. During that time, she grew the program form a \$500,000 annual deficit to a \$2 million annual program. Monica Subieta, who lives in Concord, was Director of Compulsory and Developmental Gymnastics there.

In January 2020, together they decided to branch out on their own and co-founded the massive 23,000 square foot Gymnastics facility, Ultimate sports Connection (USC), which opened in March of that year. They loaded the gym with all new equipment for all disciplines of gymnastics including

Vaults, Bars, Floors, beams, rope climb, trampoline and tumble track, foam pits,

One week later, the County issued a Shelter-in-place and squashed the dream for nearly two years.

Fortunately, with the help of the building property owner, and a handful of gymnast who followed them from UC Berkeley, they were able to hang on with a minimal of camps and Zoom sessions.

But now they are fully open with ageappropriate classes and camps for ages from just Walking to Seniors, including competitive teams.

Both Abra and Monica have spent a



lifetime in Gymnastics, performing, teaching and coaching. Monica received her B.S. in Sport Management from the University of Texas and brings a wealth of knowledge and expertise to Ultimate Sports Connection

(Cont'd on page 6 "Ultimate")

**June 3 - National Donut** 

**June 7 - Primaries. VOTE!** 

Junw 14 - Flag Day

June 19 - Father's Day

July 4 - Independence Day

## **FUNDRAISERS**

#### June 18



**Concord Crawl-AAUW Art and** Wine Walk. Stroll Downtown Concord around Todos Santos Plaza, enjoying fine wines, craft beers, and appetizers while viewing art for sale and meeting local artisits. Proceeds benefit AAUW Concord Educational Foundation. Tickets \$30 at Concord Visitor Center. or on Eventbrite.

#### **June 22**



Virtual BINGO June 22nd 7:00 to 9:30 pm

Join us for a fun evening playing BINGO on Zoom! Your choice of Gift card prizes only. Visit our website for more information.



Soroptimist International of Martinez's Fundraiser provides scholarships for women and girls in the community.

WWW.SOROPTIMISTMARTINEZ.ORG

## **EVENTS**

## **CREATIVE CONCORD**

June 11-12

**Creative Concord - Artist Mural** Painting Jam in the Park. Begins at 11AM - 4PM. Watch live as Nine artists paint murals on movable structures, DJ music Todos Santos.

**Mural Installations** 

Urban Aztec La Piñata. 2301 Willow Pass Rd., Concord.

Hyde Butcher Block. 2045 Mt. Dia-

Felicia Gabaldon - The Veranda (behind Old Navy) - 2001-2003 Diamond

Fernanda Martinez - Parkside Grill -1950 Grant St. Doran Dada - Gesinee's Alterations -

2355 Concord Blvd.

**Volunteer Painting at The Veranda.** 10am-2pm. Sign up to paint a mural with a lead artist. No experience necessary. A Creative Concord event. 2001 Diamond Blvd.

June 12

Photography Showcase - 1PM - 5 PM. Pop-up photography show featuring works by local artists Beardncam and Jerald Rivera among others. Caballeros Barber Lounge, 2075 Diamond Blvd. H190, Concord.

June 17 Mural instalations -

Emily Ding - Brenden Theatres - 1985 Willow Pass Rd.

John Horton - 2056 Colfax St., Molly Devlin - Baskin Robbins - 1924 Grant St.

Arsenoio Baca - Purple Kow - 1960 Concord Ave.

Head West Marketplace Curated marketplace featuring new, emerging, anestablished local brands of arts and craft. Todos Santos, Concord.

June 26

Blue Devils B Corps 12PM performs for a closing celebration of Creative Concord. 1PM-3PM Mural walking tours.

Walnut Creek Art & Wine Festival - Heather Farm Park. Live music, wine, craft brew garden, arts & crafts, kids area, internaitonal food festival and more.11AM-7PM; 11AM-6PM Sunday.

FARMERS' MARKETS

Concord Tuesdays, 9:00am to 2:00pm. Todos Santos Plaza, Concord Martinez Sundays, 9:00am to 2:00pm, 700 Main St.

Walnut Creek Kaiser 1425 South Main 10 a.m.-3:00 p.m. Rossmoor - Fridays 9:30am. to

1:00pm., Golden Rain Rd. Shadelands - Saturdays 9:00am.-1:00 pm. North Wiget Ln. and Mitchell Dr. Sunday 9:00 a.m. - 1:00 p.m. North Locust St.

#### **Ruth Bancroft Gardens**

June 17 - Sculpture in the Garden Opening Night. 5:30 pm-:30 pm. An after hours, exclusive first look at the sculptures from local artists against the backdrop of botanical excellence in the garden. Enjoy music, drinks and meet this artists. Show runs through August 27.

June 19 - Father's Day Yoga in the Garden 8AM-9AM. Celebrate Father's Day with Raga Yoga in the Garden for a guided session. Bring your yoga mats and dress comfortably. \$25 member, \$35 non-member.

June 24 The Walnut Creek Model Railroad Society - (WCMRS) operates the Diablo Valley Lines (DVL) model railroad, one of the largest exclusively HO scale model railroads in the United States. Enjoy several running model trains running through miniature cities and mountainous terrain. 8:00pm - 10:00 pm. 2751 Buena Vista Ave.

June 25 First Annual Clayton Pride

**Parade** The Clayton Pride Parade Team (community members) and Rainbow Community Center (www. rainbowcc.org) are pleased to announce the first Pride Parade in Downtown Clayton, 10:00.AM. Pride Parade application form should be submitted by June 11. ww.claytonpride.com.

June 11 Mt. Diablo Branch California

Writers Club - Hybrid meeeting. Betsy Graziani Fasbinder will present "How to Be the Best Ambassador for Your Book: Pitfalls to Avoid, Practices that Pay Off" at the in-person and Zoom meeting at Zio Fraedo's Restaurant, 611 Gregory Lane, Pleasant Hill. 11:00 AM - 2:00 PM. IN-person \$25, \$35 guest. ZOOM: Register online. Once registered, you

will receive a link to the Zoom meeting. (\$10 members/ \$15 guests) http://cwcmtdiablowriters.org/

#### June 18 Tri-Valley Branch of the California Writers Club (CWC)

Author Jim Grayson will present "Great Stories—How the Pieces Fit Together" at 2:00 p.m. Zoom as well as in person at the Four Points by Sheraton, 5115 Hopyard Road, in Pleasanton. Reservation deadline: Friday, June 17. \$14; nonmembers, \$18. CWC student members (ages 14-22), \$6; student nonmembers, \$10.

www.trivalleywriters.org.

July 7 SIR Branch #19 Monthly Luncheon

- Noon at the Greenery Restaurant in Walnut Creek with social hour beginning at 11 AM. Guests are welcome. SĬR is a group of mature men who enjoy various activities and each other's company. All are welcome. Activities include weekly golf, bocce, bowling, wine tasting, dining out, day trips and many others. If interested, visit us at www.sirinc2.org/ branch19 or call 925 338-1996.

## ARTS/THEATRE/ MUSIC

## **CONCORD PAVILION**

Tickets @ livenation.com June 11 - Chicago and Brian Wilson

June 14 - 5 Seconds of Summer **June 17** - AJR

June 22 - Santana & Earth, Wind, and Fire

June 24 - Nick Cannon presents MTV Wild N Out Live

Clayton Theatre Company's Summer Stage 2022 will be held July 11-15, 18-22, 10am-1pm for children ages 6-16 at Endeavor Hall 6008 Center St., Clayton. The show will be Scenes from "You're A Good Man Charlie Brown". Please visit www. ClaytonTheatreCompany.com for camp information. 925-334-0880

**Music and Market Series** 6:30PM - 8PM Todos Santos Park, Concord

June 9 - The Bell Brothers June 16 - Diablo Symphony June 23 - Fleetwood Mask June 30 - Orquestra Borinquen July 7 - AJA VU

#### PLEASANT HILLCONCERTS

SUNSET BY THE LAKE 6:00 P.M. - 8:00P.M. FREE. 100 Gregory Lane at the City Hall lake.

June 12 - Tom Rigney & Flambeau

June 26 - Frankie G & The Conviction July 10 - The Bell Brothers

July 24 - East Bay Mudd August 7 - Cut Loose August 21 - The Landbirds September 4 - The Big Jangle

**aRT COTTAGE** Through June 24 "Exploring My Mind and the World" - an aRT Cottage exhibit featuring the Concord Art

#### **MAIN STREET ARTS**

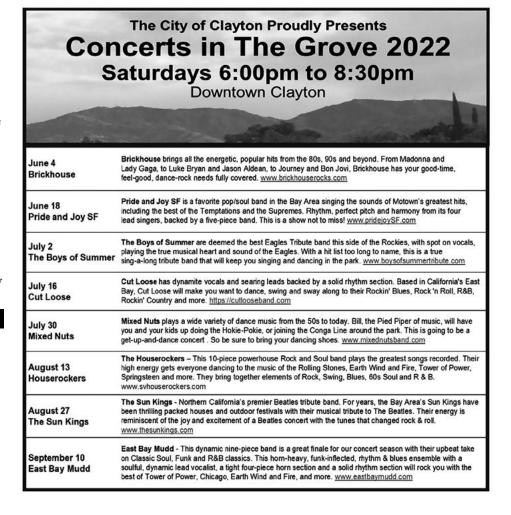
Through June19 Bay Area Studio Ártists (BASA) exhibit. From figurative to landscapes,

realism to expressionism, BASA has produced several collaborative works highlighting the contributions of notable individuals. This John Muir portrait, "Starry Range of Light", is the BASA collaboration featured for this show. 613 Main St. Martinez.

## **Lesher Center for the Arts** 1601 Civic Drive ,Walnut Creek

**Through June 26 BEEHIVE: The 60's Musical** 

Celebrate the powerful female voices of the 1960's with such timeless hits as "My Boyfriend's Back," "Be My Baby," "Son of a Preacher Man," and "Me and Bobby McGee." Told from the perspective of six young women who come of age in this enigmatic decade, BEEHIVE takes us from their first Beehive Dance to the challenges we faced as a nation. For tickets and showtimes go to: www. lesherartscenter.showare.com



# PLANEWS & TALK

## In case you missed it...

Contra Costa Supervisors Approve 384-Unit Bay Point Development Near BART

The Contra Costa County Board of Supervisors approved a proposal for a 384-unit residential development on seven acres in unincorporated Bay Point on May 25.

Supervisors signed off on a master development agreement between the county and the developer, Pacific West Communities, on county-owned property, located between state Highway 4, Bailey Road, East Leland and Ambrose Park

Almost all the units will qualify as either extremely low income with 38 units at 30 percent of area median income, very low with 38 units at 50 percent, or low with 230 units at 60 percent area median income and 74 units at 80 percent.

The project would also include a county-owned library and approximately 11,558 square feet of commercial retail space, built in three phases.

## Gas For \$1.92 at Safeway in Pleasant Hill



Ahh, the good ol' days when you could fill your tank up for well under \$100. Courtesy of Claycord Online Museum.

Walnut Creek Extends Outdoor Dining Program, Permanent Program to be Considered

The Walnut Creek City Council unanimously voted to extend its pandemic-era outdoor dining program into the summer while city officials continue developing a permanent program.

The city launched the Walnut Creek Rebound program in May 2020 in an effort to support local businesses in the early days of the COVID-19 pandemic when indoor dining was still prohibited.

Since then, the city has extended the program in six-month increments, allowing restaurants to maintain their outdoor dining spaces in areas like former street parking spaces. The program has drawn widespread

The program has drawn widespread support from local businesses and from residents. However, some businesses have argued that the current parklets can obstruct their storefronts.

Vitality Bowls, a cafe on Locust Street, called for an end to the Rebound program because tented parklets operated by the cafe's neighboring restaurants, Limon and Broderick Roadhouse, partially block Vitality Bowls.

City Attorney Steve Mattas told the council that the city is attempting to address Vitality Bowls' concerns and similar issues in its permanent extension of the outdoor dining program. Mattas also argued that the city can alter the city's street system as it sees fit.

The council plans to consider a long-term outdoor dining program at its June 21 meeting, which would be implemented over the next year if approved.



## What's Under Construction on Evora Rd. Near Willow Pass Rd. in Concord?

The large building under construction on Evora Rd. near Willow Pass Rd. in Concord will be a private storage facility and a private museum, according to county records.

Records show the owner, Albert Seeno Jr., has stated an intent to utilize the warehouse for personal storage of artifacts and taxidermy. The facility will be about 90,000 square feet.

Mt. Diablo High School Grants Retroactive Diplomas to Japanese American Students Incarcerated During WWII

Marking the 80th anniversary of the year President Franklin D. Roosevelt ordered Japanese Americans into War Relocation Centers during World War II, Mt. Diablo High School granted retroactive diplomas to students forced to leave the school in 1942 during its Class of 2022 graduation ceremony at 7 p.m. on May 24 at the Concord Pavilion.

This historic effort came about due to the tireless work of Class of 1958 alumna Kimiyo Tahira Dowell and Ethnic Studies teacher Laura Valdez and her students, who lobbied the Mt. Diablo Unified School Board to confer the diplomas to former students or their families, based on a California law passed in 2003 that allowed school districts to retroactively grant diplomas to students who had not received them due to their incarceration during World War II. Dowell was herself incarcerated with her parents as a toddler.

Dowell, Valdez and her students pored over the school's 1942 yearbook and identified approximately 40 students who were sent to War Relocation Centers with their families.

Many of the former students are now deceased and those who are still alive are in their 90s.

BART to Launch Pilot Program for Pass Compatible with all Bay Area Transit Agencies

BART plans to launch a pilot program later this year to test the viability of a global transit pass compatible with every public transit agency in the Bay Area. The first phase of the pilot program

The first phase of the pilot program could begin as early as August and would offer up to 50,000 transit passes to students at San Francisco State University, San Jose State University, the University of California at Berkeley and Santa Rosa Junior College as well as residents of at least three housing developments run by MidPen Housing.

Transit fares would be free for those using the passes during the pilot program, according to Financial Planning Director Michael Eiseman.

The second phase, planned for early next year, would make transit passes available at up to 10 employers across the Bay Area, with a focus on employers in parts of the region with several transit options.

Eiseman estimated that on the program's current timeline and if the pilot program is successful, a potential permanent region transit pass could be made available when the next generation Clipper Card system launches, tentatively scheduled for the second half of 2023



# A Walk Through Time with Misty Bruns

# Henry Shuey and Sarah Stowe-162 years



It is thrilling to dig up (no pun intended) fascinating records of local history of those that help found our communities. In the Henry shuey/Sarah Stowe's case, records date back over 200 years ago to ties to the War of 1812!

Sarah Stowe was born in 1809. Her father was Cephas Stowe, and her mother was Sarah Copley Stowe. They lived in Hampden County, Massachusetts.

Sarah was the eighth cousin of Ulysses S. Grant, the 18th president of the United States.

Sarah Stowe married Henry Shuey on August 31, 1834, in Adams County, Illinois.

Henry was born in Montgomery County, Ohio on November 9, 1812. He was the son of General Martin Shuey and Margaret Shuperd Shuey. His father was made a general after serving with distinction in the War of 1812.

In April of 1860 (162 years ago), Henry left Quincy, Illinois or Bloomfield, Illinois (accounts vary) and headed west. He had been captain of the home guards in Bloomfield. And he was elected captain of the wagon train. The wagon train arrived six months later in Fruitvale (Oakland), California. The trip was undertaken in a Conestoga wagon pulled by oxen. (No word on the price of grass then.) It took six months to reach California. Sarah's daughter Margaret Luticia Shuey Huston was also in the wagon train together with her husband William Lee Huston.

Henry and his family stayed with his father, General Martin Shuey, who had arrived in California the previous year.



In the late 1860s, Henry purchased 130 acres located about a mile south of Walnut Creek.

Henry and Sarah's five surviving children were:

Josephus Martin Shuey. 1835 - 1894. Margaret Luticia Shuey Huston. 1837 -

Lucetta A. Shuey Steele. 1839 - 1914. William Henry Shuey. 1841 - 1881. Edward Irving Shuey. 1848 - 1927.

There was also a daughter who died under the age of 2. Her name was Sarah I. Shuey. She was born on May 30, 1845, and died on January 15, 1847. Her grave has not yet been found as of 2016. It is thought to be near Quincy in Adams County, Illinois. Sarah Stowe Shuey is mentioned several times in a booklet written about her granddaughter, Margaret Luticia Shuey Huston. The self-published booklet is entitled "A Tribute to a Pioneer Lady" by O. Mae Huston Willet Trager.

Sarah became ill in and passed away in Moraga Valley (now the town of Alamo) on August 31, 1868.

Henry still lived in the area and on the land when he died on October 18, 1884

A story of making life's journey through the eyes of not so long ago. A remembrance of the boldness of those that came across the plains of this country to live and build America and California.

Thank you to John D. Curtis on Find A Grave for the wonderful life story of Henry and Sarah





## **How to Know It's Time to Sell**

The real estate market over the past two years has certainly defied expectations. While the pandemic wreaked havoc on many other parts of our lives, it caused the real estate market to surge. For many reasons, more and more people decided that it was finally time to buy a home. However, there have been fewer people that have decided it is time to sell, so there are fewer homes on the market than there are buyers who want them. If you are a homeowner, how do you know if now is the right time to sell? Here is what you should ask yourself.

Does the market favor sellers? Now is a great time to sell because we are in a seller's market. This means that there are more buyers in the market than sellers, so sellers typically have the upper hand. When you sell your home in a seller's market, you will have a good chance of making a sizable profit on your home. With mortgage rates on the rise after record lows for the past two years, we may not have a seller's market for much longer. If you have been on the fence, then you should know that it is time to strike while the iron is still hot.

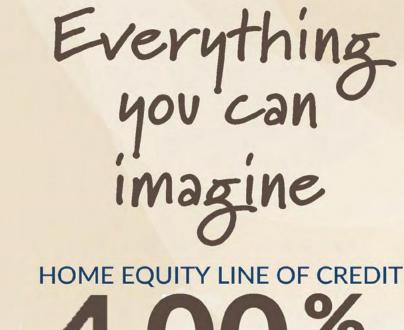
Are home prices rising? Another question to consider is home values in your area. Are they on the rise or are they falling? Obviously, it is best to sell your home when prices keep going up. If you are curious about home prices in your area, then search for recently sold homes online that are comparable to yours. How much are those comps selling for? If you like the price you see, then it may be a sign that it is time to sell.

Am I having trouble affording my house? It is a terrible feeling knowing that you are having trouble meeting your financial commitments. If your financial situation has changed in such a way that you are not able to pay all your monthly bills, then it may be time to sell your home. Selling now means that you can find a home that fits more comfortably in your budget so that you are not so stressed.

Does this home meet my current needs? People's needs change over time. Those features that you needed in a home when you first moved in may no longer be what you need now. Perhaps you had a growing family but now your kids are off to college. Or maybe you purchased your first home when you were single and now you need more room for the family you hope to have. Perhaps your job changed requiring a longer commute, or you want to live closer to family to care for an aging parent. If your home no longer meets your current needs, then that is often a sign it is time to sell.

Do I have enough equity? Finally, you should consider how much equity you have in your home when you are thinking about selling. If you sell soon after buying, then you may not have built up much equity in your home. That means you could lose money when you sell, or not have enough left over from the sale to fund the purchase of your new home. Let your equity help you make your decision about whether it is time to sell.

Compliments of virtualresults.net



4.00% APR





Quoted APR (Annual Percentage Rate) is variable and is based on the Prime Rate plus the applicable margin, may adjust monthly and is subject to change; is best available; rate may be higher depending on factor such as credit history and amount financed. All loans require SafeAmerica Credit Union membership in good standing and are subject to credit approval. Visit www.safeamerica.com for



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# YOU DESERVE PERSONAL SERVICE! LET US HELP YOU

WITH YOUR HOME BUYING OR SELLING NEEDS!



Fantastic Rancher with RV/Boat Parking! 4 bedrooms, 2 baths, plus attached office/bonus room with separate entrance. Approx. 2425sf on an approx. .5 acre lot with an attached 2-car garage! Park-like backyard features refreshing in-ground pool!



Rarely available Toll Brothers Home in Diablo Estates, built in 2011! Former Model Home with stunning upgrades & breathtaking views! 4 bedrooms, 3.5 baths plus den, approx. 3910sf on an approx. .57 acre lot with huge upstairs laundry room & an attached 3-car tandem garage!



Sensational Single Story in Desirable Dana Hills! 4 bedrooms, 2 baths, approx. 2325sf on an approx .24 acre lot with an attached 3-car garage! Updated kitchen and baths! Close to community pool and playground.



Spectacular "Nantucket" model Peacock Creek home! 5 bedrooms, 3 baths, plus den, approx. 3820sf on an approx. .25 acre lot with an attached 3-car garage! Gorgeous custom built-in cabinetry! Fantastic backyard with extensive patio & huge side yard!







jenstojanovich@yahoo.com Jennifer Stojanovich Broker (925)672-4433 925-567-6170 - cell Cal BRE #01446062 www.jenniferstojanovich.com georgevujnovich@sbcglobal.net
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The month of June is often the time for joining family and friends together in order to celebrate a commitment made by two people. Here are a few recipes you can serve at the myriad of parties that mark the occasion.

Start with bright green edamame hummus, spoon atop toasted pita bread and dust with rust-colored, spicy paprika. This appetizer is vibrant in both color and flavor.

Choose a beverage that is a little sweet but has a kick of acid to complement the spicy, tangy flavors in the hummus. Most commonly made in Sweden, elderflower syrup gives you a floral, sweet base from which you can make alcoholic or non-alcoholic beverages. You can buy the syrup at IKEA stores or Online.

As a first course, or main dish, Chicken Caesar Salad can be prepared ahead of time and tossed together at the last minute. It is sure to please a crowd.

A sparkling rosé made from pinot noir grapes has a bright strawberry freshness with an earthy undercurrent that pairs well with the umami flavors in the dressing.

Produced in many regions, it is particularly good when made in Germany. Look for it under the name spätburgunder. The bubbles cleanse the palate and continue the celebratory feel of the party.

At the end of the meal, remember the number one rule for pairing wines: the food should never be sweeter than the wine. If the dessert is very sweet (like most wedding cakes), skip the wine and brew up some coffee.

#### So, go on. Pair Up!

Maria Terry is a Certified Sommelier and Wine Educator in Northern California. www.LaSommelierre.com

## **Elderflower Soda**

#### **INGREDIENTS**

- 2 ounces. vodka (opt.)
- 1 splash bitters
- 1 ounce elderflower syrup
- 1 lime, juiced
- Soda

## DIRECTIONS

Shake with ice and strain into a highball glass. Top with soda.

Yield: 1 drink

## Wedding Season

#### **Edamame Hummus**

#### **INGREDIENTS**

12 ounces shelled, cooked, and cooled edamame (look for in frozen foods)

1/4 cup diced onion
1/2 cup tightly packed fresh cilantro or parsley leaves

1 large garlic clove, sliced

- 1/4 cup freshly squeezed lime or lemon juice
  - 1 tablespoon brown miso
  - 1 teaspoon kosher salt
- 1 teaspoon red chili paste
- ¼ teaspoon freshly ground black pepper

5 tablespoons olive oil

#### **DIRECTIONS**

Place the edamame, onion, cilantro, garlic, lime juice, miso, salt, chili paste and pepper into the bowl of a food processor and process for 15 seconds. Stop to scrape down the sides of the bowl and process for another 15 to 20 seconds. With the processor running, slowly drizzle in the olive oil. Once all of the oil has been added, stop, scrape down the bowl and then process another 5 to 10 seconds. Taste and adjust seasoning, as desired. Store in an airtight container for up to 5 days.

Serve with toasted pita chips. Cut store-bought pita bread rounds into eight triangles. Drizzle with olive oil and sprinkle with Kosher salt. Bake at 275° for 10-15 minutes and dust with spicy paprika.

Yield: 2 cups, appetizer for four

## Herb's Caesar Salad with Chicken

#### **INGREDIENTS**

## **Dressing:**

1/2 cup olive oil 1-2 cloves garlic, chopped 1/2 tsp. Dijon mustard 1/2 lemon, juiced 1 anchovy filet

Salt and pepper (to taste) Croutons (optional) 8-10 cups Romaine lettuce Parmesan cheese (to taste) 2 pounds seasoned, grilled, sliced chicken breast

#### **DIRECTIONS**

Blend dressing ingredients. Cut up lettuce into bite-sized pieces and toss with dressing. Season with salt and pepper. Add cheese and croutons and toss. Top with chicken.

Make your own home-made croutons by cutting up dense bread, drizzling with olive oil, and sprinkling with kosher salt. Bake for 15-20 minutes at 275°.

Yield: about four servings

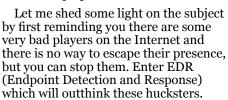




## **We've Got Trouble**

"Trouble, oh we got trouble, Right here in River City! With a capital "T," that rhymes with "P," And that stands for Pool, that stands for pool..." ([sic] "The Music Man" – Mandy Patinkin). Surely, we have trouble with all the new tech scams popping up everywhere. We need to fight back with EDR.

While pool playing is an evil subject in "The Music Man," circa 1999, the real source of malevolent acts today is on the Internet. The frauds, infections and swindles are more prevalent today than they have ever been. Your regular anti-virus cannot keep up.



Current anti-virus uses "definition" files to compare signatures against a variety of virus and malware threats. Hackers know these definitions, defenses and can defeat them. Hackers use specially designed software to break into your computer and compromise your defenses.

Thousands of these definition files will take gobs of time to scan and sort for possible infections. By the time, your scan is complete any infection has had time to take over your computer. You are too late. The pool table is already in River City.

Enter EDR a completely new way to defend yourself against nefarious infections. EDR is artificial intelligence (AI) that can outwit hackers within an instant. EDR never takes a break from protecting your computer files. It is always running and hunting for computer suspicious code or dormant Trojans set to run later. It does not rely on downloaded definitions but, rather, patterns of misbehavior garnered from millions of computer hours of threat evaluation and learning. EDR summons the power of other endpoints

(computers and networks) to analyze and eliminate threats before they occur.

Computers USA, under the moniker of CUSA Care, uses both Bitdefender EDR and SentinelOne EDR; these are rated the best in the business worldwide. Both Bitdefender and SentinelOne will find and mitigate any threat; however, SentinelOne has an additional feature,

a backup plan. Should someone or something penetrate this protection due to human error or curiosity, there is a rollback feature to revert files to pristine condition. A must have for business and Internet transactions like banking, brokerages

and credit card shopping. (Have you ever wondered why your credit card keeps being hacked?)

EDR is pretty cool, huh? If you are concerned about your security, call us. 925-672-9989, we do all the work, you have the peace of mind you want.

Now go do the right thing. Call us, and step-up to superior protection. Plans start under \$10.00.



#### ("Ultimate" from page 4)

with complementary experience in show teams, acrobatics, pre-school and recreational gymnastics.

If you are new to gymnastics, USC hosts Super Saturdays for ages 4-12 two hours of fun filled organized free play and no membership is required. The facility is also available for birthday parties.

This is a beautiful place that promises to be Safe, sanitized and professionally supervised. Learn more about the staff and activities and course fees on their website ultimatesportscommection.com.

Or, drop in at 1150 Concord Ave., Suite 150, in Concord.









## CLASS OF 2022

Executive Director
Clayton Valley Charter High School



Scholarship Altair - Sianah Britto



Service Altair - Nicole Omori



Leadership Altair - Lily Wilcox



Grand Altair - Isabella Monet Mendoza

Congratulations to the Class of 2022! We look forward to celebrating our graduating seniors and their families at the Concord Pavilion on Thursday, June 2, 2022.

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

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

The four awards were established by the first graduating class from Clayton Valley in 1960. Altair candidates are nominated by members of the Senior Class and a final decision is determined by a special committee comprised of student leaders and teaching staff.

CVCHS wishes each of our graduating seniors the absolute best to begin your new adventure and preparation for a great future. You will always be remembered for having the courage to be "Ugly Strong" in your quest for a high school diploma. Congratulations Class of 2022!

## Scholarship Altair - Sianah Britto

The Scholarship Altair is awarded to the student selected from the top six seniors and are judged by not only the grades a student has received, but the difficulty of his/her coursework. Sianah will be attending University of California, Berkeley.

## Service Altair - Nicole Omori

The Service Altair is awarded to the student who best exemplifies the virtue of selfless giving. Students who are given this award volunteer their time and effort, not because it is expected of them, but because they possess integrity and commitment to the greater good of the school and the community. Nicole will be attending University of California, Davis.

## Leadership Altair - Lily Wilcox

The Leadership Altair is awarded to the student who is able to motivate and encourage others to reach for a goal while exercising one's own efforts to do the same. True leaders are respected not because they have titles, but because they have character that is honest and the confidence that compels others to follow them. Lily will be attending California Polytechnic University, San Luis Obispo.

#### Grand Altair - Isabella Monet Mendoza

The Grand Altair is awarded to the student who has a 4.0 GPA or higher and represents all three areas: Scholarship, Leadership, and Service. Isabella will be attending University of California, Berkeley.

Dave Fehte









CONGRATULATIONS



# HOME OF THE ugly EAGLES!





#### BOISE STATE UNIVERSITY

Ryan Bomar Anthony Proia Aly Spitzer Jake Stahl **Brooke Townsend** Drew Warner

## BYU IDAHO

Mary Hacking Yasmin Swingler

## BYU

BRIGHAM YOUNG

Abigail Chase Nathan Hacking Mark McDonald

## CAL POLY HUMBOLDT

Allison Chapman



Robin Norton-Westbrook

## CAL POLY

SAN LUIS OBISPO Darya Aleali Camila Balmaceda Ava Dodson Giovanna Fielding Nathaniel Little Christian Martinez Morgan Perkins Jake Reeves Abi Silberglitt Taylor Suggs Lily Wilcox



Jocelyn Lopez Orellana

## CALIFORNIA STATE UNIVERSITY

Garrett Alton Karla Duenas Jeffrey Ellis Lucila Iraheta manda Meverso Brooke Morrison Michael Musante Megan Shipstead **Grace Totton** Ava Whitehead



Samantha Co **Emily Morrison** 



Ashleigh Christy Phoebe Constantino Kennedy Covalt Samantha Edwards Benjamin Goldman **Brooke Halliday** Adam Kaci Gabriel Merritt Darel Njajou Tchikamgoua

## LONG BEACH

Kaitlyn Allen Roan Gonzales Bach Nguyen

## CAL STATE LA

Eliana Perez



Jameson Woodworth



Gianna Rossetti Srisubiksha Velappan

Rosa Padilla

## Casper College

Jessica Knox







Joel Cardoso **Quincy Lockett** 



Colorado State University Ian Kelly



Jordan Bolden



DaVaa James

## DIABLO VALLEY COLLEGE

Davonne Aaron Ryan Akram Lezette Alejandro Rebekah Alvarez Jenna Anderson Alondra Andrade Joseph Armenta Landen Auld Richard Azucenas Brian Bacigalupi Andrin Bautista Andrew Bayot **Taylor Beite** Owen Brown Ignacio Bruno Ethan Byrne-Escobar Ambar Campos Alexis Cantero Gonzalez Corey Carpenter Alexander Cebalo Sarah Celis Cifuentes Justin Chea Jason Chew Jalen Christensen Phillip Cosentini Maile Couch Alyssa Cruz Yazan Daher Janae Davila Rafael Diaz Ethan Dimitri Zhenaleigh Doldol Andrew Dona Carrick Duggan Kira Dyer Justina Early Mason Engineer Davin Fabrizio Jayson Frigard Maylin Funes Adriana Gentry Michael Gius Aaron Gomes Nadia Gomez Aileen Gonzalez Danilo Gonzalez Alejandra Gonzalez Limon Claire Gueco Adriana Gutierrez Chloe Guzman Matthew Harrison

Andrew Karmann Anthony Karmann Cody Kopfelt-Watson Caleb Krainock Kathryn Kraithong Connor LaCasse Sabrina Lewis Gabe Lopez Gabriel Luk Vanessa Macedo Prado Nathaniel Mandas Marc Shawn Manuel Teodora Marquez Jese Martinez Ruben Martinez Grayson McDonald Ajay Mendoza Angelina Mercurio Andrew Michel Sydnie Mitchell Andrea Mitsanas Josh Molina Katarina Moncada Jacob Monchez Christopher Montano Kenna Moran Zoe Morrison Cody Muders Sofia Navarro Ortega Jaedon Norori Hector Ochoa Carlos Olaizola Luke Oliver Allison Pamer Trinity Park Anika Pavana Seth Salceda Jon Carlo Salinas-Tognetti Antonio Sanchez Armeet Sandhu Jessica Schaefer Ivan Shapiro Antonio Simeone Tre'Vone Simon Kylie Simpson Jagroop Singh Puneet Singh Michael Tamori Safiullah Taufiq **Alex Thomas** Luke Thomas Michaela Tierney

Dallon Townlin Jessica Tran Enzo Villar Franzine Ysabelle Viray Andrew Wan Adrian Weber Jordan Webster Lily Webster Haley Wilson Jordan Wintermute Noah Yonemura Zahra Zafari

## **FRESN@STATE**

Megan Harrison

Jenelle Henderson

Jaden Holmes-Joseph

Robert Hoppie

Collin Howison

Vincent Hurtado

Vinny lachella

Cesar Ibarra

Zain Ibrahim

Bashir Jamshidi

John Jarnagin

Sophia Johansen

Maurice Jorge

Discovery. Diversity. Distinction. Malik Bashala Zachary Jenkins





INDIANA UNIVERSITY Ryan Ross



## **JOS MEDANOS** COLLEGE

Gregory Bryant Issabella Burton Alex Bush Jessie Campos Dominic Cesario Sydney Fedrizzi-McGlasson Ileanna Garcia Etzon Gonzalez Dane Jorgensen Noelle Mixon Joseph Mleczko Audrey Parco Zarin Shujayee Jaxson Trotter Alysa Vassallo Samir Zabihullah Jason Zimmer

## Menlo College

Danae Aburto Morgan Barnes

## MICHIGAN STATE

UNIVERSIT Luke Maynard



MISSISSIPPI VALLEY STATE

Niamey Guillory



Janelle Bullis Joey Dern



MONTEREY PENINSULA Mikayla Ligon

NEW MEXICO TECH Joseph Bell





Ohio Wesleyan University Samantha Frary



Spencer Cichurski Jenna Cooper Jacob Krieg Natalie McKinley Abby Myers Julia Stranko



Gwyn Sturgeon



Laine Moraes

Rochester Institute of Technology

Ayanna Broome



Adrian Cardona Jacob Cortez Jadyn Camille Hernandez Summer Neal Rosa Rivas Angela Solis Perlita Winfrey



Ian Callais Rebekah Holder Lilly Underwood Brandon Valerio Barajas

## SAN DIEGO STATE UNIVERSITY

Valeria Gutierrez Camarillo Aidan Hopfner Jada Lew **Emily Moss** Jordan Schmitt Alysa Singson **Gracie Suggs** Josh Sullins Mia Tolentino Xander Vivo



Sadaf Abdiani Edith Campos Norori Kyra Casas Julianna Castro Makaella Cherepy Andre Dargani Grecia Davila Isabella Ibalio Aiden Walker Martin Metry



Julian Chavez John Easterly Kaden Hafiz Killian Pollock



AWRENCE

Daniela Perez





Jenna Beronilla Maddelyn Brigance Jianna Cereghino



Elizabeth Amos

Stanford University Jason Shin



Dom Rodriguez

TEXAS A&M NIVERSITY Hunter Bock



Zaire Childs



**Daniel Calles** Logan Chew Joseph Noguera Sanchez Penelope Pineda Aguilar



Madeline Magnus Daniel Tarquino



Tariq Adams



Oliver de Assis



Diego DeTrinidad Eduardo Hernandez Gianna Jennings Shane Nelson DeShun Palmer



Roplan



## UCDAVIS

UNIVERSITY OF CALIFORNIA

Alexander Akl Zachary Allen Carole Basil Marie Blackard Felix Castro Zackary Chau Mallory Dean Leighton Helfrick Hope Maldonado Andrew McCann Nicole Omori Malea Seljuk Morgan Streeter Elijah Vu Bailey Weidner



Taylor Clark Garima Gill Chappie Lisle Alliya Jan Quilon Henry Sanchez Taleeb Weaver

## UCLA

Shreya Chauhan Eve Hawah Opeyany Helen Rivera Jordan Woolery Zameer Zalmaiyar

Molli Bluth Amira Muhammad Darren Ochoa Simone Robea

Jacqueline Alday Jara Dioum Declan McGahan Zen Van Dusen

## UC San Diego

Noah Robinow

## **UC SANTA BARBARA**

Taylor Benke Kayla Blatt Isabel Cherwin Jillian Chrobak Noellani Garcia Matthew Oswald Adam Rychtecky



Emma Gius Devin Kelly **Emily Storn** Meaghan Vargas Karina Suvorova



UNIVERSITY OF DALLAS Andrew Dombrowski

UNIVERSITY of HAWAI'I

## HILO

Kimberly Loomis

#### UNIVERSITY of HAWAI'I

MĀNOA Iris Ets-Hokin Rose Ets-Hokin Jade Leavenworth Ava Minamihara Max Oviedo Amaia Perez



University of Missouri Sofia Lovelace



James Cancilini Ryan Emoto





Juan Basilio Xander Nacionales

# Matteo Mitchell





## W

UNIVERSITY of WASHINGTON Angela Bamford





Halle Cohen Jacob Hood



Bailey Kessinger

#### AND, CONGRATULATIONS TO THESE ADDITIONAL MEMBERS OF THE CLASS OF 2022!

Kalesita Alatini Sarah Alvarado Karen Alvarez Viramontes Nico Alvizuri Arthur Ashley Julian Aung Angelo Baglieri Ramon Bailey Jr. Damian Barajas Abby Bennett Marcos Berumen Riley Bischoff Logan Borjesson Payton Borst Jeremiah Boston Madison Broshar Alfonso Buendia Brenden Bush Atlas Byers Adam Chavez Julianna Chavez Gianna Cicala Kian Connors Bryan Cordova Éric Cortez Madison Curtis Jeremiah Dargan Jacob Daysh Carson DeVera Gianna Diaz Shalimar Dusich Sara Escobar David Espinosa James Evanson Micah Fisher Diana Frias Savannah Galvond Dylan Gillespie Nicholas Giorvas

Braeden Langell Nyla Latchison Erik Lewis Samuel Mackey Yadiel Margarito Villa Joseph Martinez Kiana Martinez Lisette Martinez William McAdam Ayla McAleenan ustin Mitchell Anthony Montoya Cole Murphy Nathan Myers Alevtyna Nichols Aidenn Nicholson Christian Nomellini Alexis Oakley Adam Odrzywolski Aaron O'Kelley Mawhan Olavi Humberto Parra Armando Parras Oliario Parras Anthony Pita Cristian Ponce Lorenzo Quinones Mehria Rahimi Coby Reyes Reno Riekki Angelo Rodriguez Wyatt Rustrum Jose Sandoval Cruz Sophia Schirato Jameson Scott Jenessa Sebastian Taquan Shabazz-Harris Catherine Shuey Noe Simeon Dominick Smith Maci Sorensen Dominic Spivey Jayden Strong Samantha Thompson Nikki Warford Merrick Weiner Alessandra Winters Rahsaan Woodland II Brayden Zumalt

1101 ALBERTA WAY, CONCORD, CA **LEARN MORE @ WWW.CLAYTONVALLEY.ORG** 

Gabriel Gonzalez Isela Gonzalez Prado

Justin Gray

Colby Grewe

Misha Gusenkov

Tre Haygood

Andrew Hollars

Austin Hollars

Kimberly Holt

Leland Johnson

Sarandon Kamrud

Ty Kerkhoff



CAPITOL OFFICE 021 O STREET, SUITE 7520 SACRAMENTO, CA 95814 TEL (916) 651-4007

51 MORAGA WAY, SUITE 2 ORINDA, CA 94563 TEL (925) 258-1176

## California State Senate

SENATOR STEVEN M. GLAZER SEVENTH SENATE DISTRICT



ELECTIONS & CONSTITUTION/ AMENDMENTS SELECT COMMITTEE ON

AGRICULTURE
EDUCATION
GOVERNMENTAL ORGANIZATIO
INSURANCE
JOINT LEGISLATIVE AUDIT

June 2nd, 2022

Dear CVCHS graduates,

I send my sincere congratulations to the Class of 2022. Over the duration of your time in high school, you have faced many challenges. Adjusting to a new environment, juggling extracurricular activities, and navigating distance learning are just a few you may have confronted.

Despite all of that, I want you to take the time to appreciate all you have learned and conquered over these pivotal years – it is important to appreciate coming together, in person, to celebrate the hard work that has led you to this very moment.

As a generation of students who have faced unique circumstances, I want you to remember how COVID taught all of us to look at things differently, change long- standing approaches of how we achieve our goals, look out for one another, and how this historical moment forced the world to be innovative beyond what we thought was possible.

As we move into a post-pandemic world, these skills that you have gained, in addition to your own experiences and cultural backgrounds, will serve you with the knowledge and tenacity to become our future leaders.

Again, I extend my sincere congratulations to all of the 2022 graduates and wish you much success. Your futures are bright. Your graduation from Clayton Valley Charter High School is only the beginning of the achievements you will accomplish!

Sincerely

Steven M. Slager

STEVEN M. GLAZER State Senator, 7th District







June 2, 2022

Clayton Graduates,

Congratulations on your Graduation! You did it and you have a right to be proud of your accomplishment. Just think of the challenges that you have already overcome. Your class started normal, then went to online learning during a pandemic, and then back to "normal". What an amazing and turbulent experience to live through right in the middle of your High School years. With the curve balls that have already been thrown at you these past four years, you are ready for the next adventure.

As you look at your Senior yearbook and get it signed by your friends, be sure to look back at your freshman yearbook and look at how far you have come - both mentally and physically. Remember the nervous and awkward first day of school, and then look at the changes in the person that you have become. And you know what? The next four years will bring about similar changes and challenges as you continue your journey.

In the end, never lose your inner 4-year old voice; that voice that keeps asking the question "why?". For it is in your asking questions and always being curious that you will continue to learn. For in focusing on learning, rather than succeeding, you will be able to assess the world around you and figure out where you can make a difference. Follow your dreams and do not be afraid to try new things, for it is in our failures that we learn the most. I wish you all the utmost happiness and success!

Sincerely,

## Peter Cloven

Mayor

City of Clayton

## **Summer 2022**

Class and Camp Registration
NOW OPEN!



SPACE IS LIMITED! Register online: CLAYTONVALLEYDANCE.COM





Dance Academy

June 30 - August 6
Closed week of July 4

CLASSES AND CAMPS for ages 2.5 - Adults





Scan for summer

Scan for summer

Email or call today to register for our 6-week Summer Classes and Camps. We can't wait to dance with you!

925-524-0180 5678@claytonvalleydance.com

Clayton Valley Dance Academy 5416 Ygnacio Valley Rd. Ste 60 (in the Clayton Valley Shopping Center) Concord



# DIABLO GAZETTE FUN ZONE

## SUMMER BIKE CHALLENGE

The 2022 Summer Bike Challenge will get you outside and on the move. Throughout summer, you will bike to points of interest featured on your city's gameboard, visit our in-person prize events, and share your pictures in our online Photo Gallery. Weekly Bonus Prize drawings and an iPad Grand Prize add to the fun. The Summer Bike Challenge is free, fun, and healthy – the perfect summertime activity for people of all ages.

#### Here's How it works:

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

To register and get full details, list of prizes, your gameboard and maps, go to www.511cc.org/sbc



**E-BIKE Rebate Program**Buy a new e-bike and apply for a cash rebate of \$150-\$300!





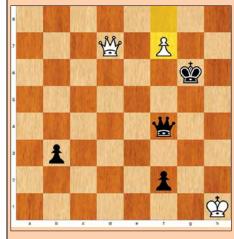


## **Chess with Yoo**

Composed by Christopher Yoo, 15, Grandmaster Dublin, Calif.

Christopher says this may be the 'easiest' one yet. By easy I think he means solvable by human beings. :)

#### White to move and draw.



## SOLUTION:

1. Qd3+

Preparing to meet Kxf7 with Qxb3+ and setting up another nice idea.

...K07

A: 1...Kxf7 2. Qxb3+ Kf8 3. Qa3+ Ke8 4. Qa8+=

B. 1...Kh5

2. Qg3+!

Playing for stalemate!

2. Qc3? Kf8! 3. Qc5+ Kxf7 4. Qxf2 Playing for stalemate,

but... 4...Qf6!-+ Black dodges the stalemate and secures

himself a winning endgame, as the pawn on b3 is too

strong.

2...Qxg3 3. f8=Q+ Kxf8 Stalemate!

"Journeys" exhibit at the aRt Cottage featuring these and other works from the Concord Art Association.



Renaye Johnson, "Cactus in Bloom," acrylic



John Nakanishi, untitled, acrylic on canvas and wood.



iPad Grand Prize

ALTAIR **BACHELORS** HONOR CAP MASTERS CLASSMATE **PROUD** COLLEGE **SCHOLAR DEGREE SCHOOL DIPLOMA SENIOR DOCTORATE SMART EDUCATION STUDENT GOWN** SUMMER **GRADES** THESIS GRADUATE **TASSEL** 



**TEACHER** 

In Theaters

by Colleen Gonzalez

## The Unbearable Weight of **Massive Talent**

## The trailer for this movie promised something so unique, I knew I would

need to see it. A movie with Nicolas Cage playing Nicolas Cage? What kind of meta, trippy, wild ride is this and is Nicolas Cage really the main character? Well, yes, he is.

This movie is about Nicolas Cage on a bit of a downturn. He is in therapy with his teenage daughter, he got passed over for a movie role and he is having money problems. The viewer will need to suspend belief here. We do not know if these things have happened to the real Nick Cage, so you will just have to go

Cage is going through a challenging time and is desperate enough to take an offer of one million dollars to attend a birthday party of a super fan in picturesque Mallorca, Spain. When he arrives, he meets Javi Gutierrez (Pedro Pascal), his number one fan. Javi wants to hang out and, more importantly, have Cage read his screenplay. Javi seems like a nice enough guy and Cage genuinely enjoys his company until he is contacted by two FBI agents (Tiffany Haddish and Uko Rayinhalta) who tall him Javi is a Ike Barinholtz) who tell him Javi is a much sought-after drug lord and they need Cage's help in apprehending him.

While using savvy ideas he picked up from his many movie roles, Cage begins to help the FBI. As the stakes rachet up, the mission becomes more dangerous. and he finds himself torn between the person the FBI says Javi is and the one he is bonding with.

Agreeing to do this movie says a lot about Nicholas Cage as a person and actor. Many actors fight their public persona. While Cage has won an Oscar, he is better known for his grandiose, over-the-top performances. Cage completely embraces this role and is



definitely in on the joke, which makes this a fun, crazy and surprisingly solid action picture with many laugh-out-loud scenes.

Pedro Pascal, as Javi, is up to the task of sharing the screen with Cage. The best scenes are their hilarious conversations, insane antics and growing fondness for each other.

It is probably safe to say everyone has seen a Nicolas Cage movie and although I have seen my fair share, I was worried I may not get some of the references. While I am sure many went over my head, I caught enough to feel included and still found it easy to follow the storyline.

If you are feeling like you are sick of the same old thing, give this one a try.

**Rated R -** violence, language and drug

## Crush



High School student Paige (Rowan Blanchard) is applying to CalArts and struggling with what to portray as her "happiest moment" for her application.

If that is not stressing her out enough, someone starts leaving graffiti all over school and since she is known for her artistic abilities, the principal thinks it

Paige convinces the principal to let her join the track team, where she believes she can snuff out the real graffiti culprit and avoid expulsion. Paige also realizes being on the track team is a solid move because it will look good on her transcript and she can be closer to her long-time crush, Gabriela (Isabella

Once Paige is on the team, though, the coach wants AJ (Auli'I Cravalho), Gabriela's twin sister, to help bring Paige up to competition level. Gabriela **Streaming on HULU +** 

has always been a popular girl at school, whereas her sister AJ is considered mysterious and aloof. It comes as a surprise to Paige to find herself connecting with the reserved

If you recall the 2010 film, "Easy A", this movie has a similar vibe. Sex and sexuality are discussed openly and although the humor is quite saucy, it ends there as the physicality is quite chaste. The main character is merely looking for her first kiss.

The teens also exchange sarcastic jabs with their parents and educators. This is made easier by the fact that Paige's mom is played by double entendre queen, Megan Mullally, and the track coach is comedian, Aasif

The quips fly fast and even the graffiti is entertaining because they all include snarky or cute puns. While the supporting cast is a bit one dimensional, Paige and AJ are interesting main characters with problems many of us can relate to: struggling to find your place, living in the shadow of a sibling and trying to find the person that gets

This movie is light and sweet and may leave you basking in the feelings of your current crush or remembering one from long ago.

Not Rated - Language, teen drinking and drug use



Sci-Fi

## **Summer Reads for All Ages**

**READY PLAYER ONE** 



(Young adult to adult) by Ernest Čline (Ballantine Books, 2011, 386 pages) is an entertaining dystopian novel set in 2045 that follows Wade Watt's endeavor to solve a series of riddles in a virtual reali-

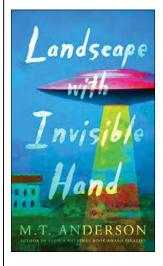
ty game. His goal is to claim the infamous Easter egg which holds the promise of vast wealth.

Wade lives in a trailer in the "stacks" of futuristic Oklahoma City with his awful aunt. He spends most of his time in a virtual world called the Oasis, created by James Halliday. Halliday's love of 1980s pop culture and arcade games features prominently in Wade's quest for the egg. Cline sprinkles in teen angst and a romantic edge when Wade (who resides in the Oasis anonymously as his avatar Parzival) finds himself both infatuated with, and shortly thereafter, in direct competition with avatar Art3mis (Samantha), at the first of the three gates of the egg hunt. However, these two and several other individual gamers soon discover they must band together to keep the egg out of the hands of the evil Innovative Online Industries (IOI).

High stakes and a likable protagonist will keep readers turning the page of this sci-fi tale.

In addition to being a #1 New York Times Bestseller, "Ready Player One" was named a Best Book of The Year by Entertainment Weekly, the San Francisco Chronicle, and the Chicago Sun-Times. The 2018 film adaptation, where Cline served as a co-screenwriter, was directed by Steven Spielberg. Ernest Cline is a self-described geek who is an internationally best-selling novelist and screenwriter. His other books include "Armada and Ready Player Two", a sequel to "Ready Player One." His books have been published in more than 50 countries.

## LANDSCAPE WITH INVISIBLE



(Ages 13 to adult) by M.T. Anderson (Candlewick Press, 2017, 159 pages) brings art and aliens together in a creative tale of human survival on Earth after post-colonization by the vuvv. The vuvv had promised humans a

world where they could use the vuvv's advanced technology and people would not have to work anymore. When a promise sounds too good to be true, it usually is.

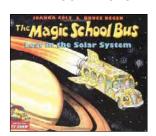
Such is the case for budding landscape artist, Adam, and his family. Unfortunately, the vuvv's Co-Prosperity Alliance created a caste system where humans who worked directly with the vuvv prospered, but where most people lost their jobs and now have no way to support themselves.

Worse, the vuvv's ships created a toxic environment of bad air and water.

After Adam's dad skips out on the family, Adam steps up to provide an income for his sister and mother by recording romantic 1950s era social media episodes with newfound love, Chloe. But after he and Chloe break up and the vuvv sue him for a breach of contract, Adam must win an artistic competition to save them all from financial ruin. But the day the contest winner is to be announced, Adam falls deathly ill.

Readers will find themselves rooting for Adam until the very last page in this book filled with satire and heartbreak. A movie starring Brad Pitt based on "Landscape with Invisible Hand" is in pre-production. M. T. Anderson is the author of "Feed" which was a finalist for the National Book Award, a Boston Globe-Horn Book Honor Book, and the winner of the Los Angeles Times Book Prize for Young Adult Fiction. The first volume of his "Octavian Nothing" saga won the National Book Award and the Boston Globe / Horn Book Prize. Both volumes of that two-part series were Printz Honor Books.

#### THE MAGIC SCHOOL BUS, LOST IN THE SOLAR SYSTEM



(Ages 6 to 9) written by Joanna Cole and illustrated by Bruce Degen (Scholastic Press, 1992, 40 pages) is the story of

yet another foiled class field trip where Ms. Frizzle and her magic school bus save the day. In this book, the bus transforms into a spaceship where her students explore the solar system, learning about the various planets in our solar system as well as the scientific principle of gravity and its effect on the human body.

It is quite the educational and fun read. Before her death in 2020, Joanna Cole wrote more than 250 children's books. She worked on the "Magic School Bus" series for over 20 years and was the recipient of the National Endowment for the Arts Foundation Award for Outstanding Service to Public Education.

## EARTH TO CLUNK



(Ages 4 to 8) written by Pam Smallcomb and illustrated by Joe Berger (Dial Books, 2011, 40 pag-es) is the humorous tale of a young boy who becomes a reluctant pen pal to an alien

named Clunk. To make his point that he is not interested in being friends, he sends Clunk his annoying sister. Clunk responds by sending him a Zoid that follows him everywhere. But when Clunk stops sending him packages, the boy misses Clunk.

Young readers will by delighted by the surprise ending. "Earth to Clunk" was awarded the 2012 Golden Duck Award for Picture Book and the 2012 Wanda Gág Read Aloud Book Award. Pam Smallcomb is the author of four other picture books, including "I'm Not, The Trimoni Twins" and the "Shrunken Treasure", "The Last Burp of Mac McGerp", and "Camp Bucca-



# **Government Intrusions on Personal Liberty**

We Americans, Democrats and Republicans alike, are well-known for our love of freedom and liberty.

Thomas Jefferson articulated this spirit with these famous words in our Declaration of Independence: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

After the American Revolution, America was suddenly presented with the challenging task of forming a new nation from thirteen different independent colonies. How could an effective government be created without imposing oppressive shackles upon its people?

The United States Constitution was the answer. But the inherent friction between the role of a government and the liberties and freedom of its people is never-ending.

This friction between government and its people has come front and center in recent years. The covid pandemic has called into question how far the government can go in requiring that people wear masks and receive vaccines. People have protested loudly that such mandates are an over-reach by the government, an unnecessary impingement on personal liberty. Other people have countered that the mandates are necessary for public health and welfare.

We learned that the U.S. Supreme Court in a leaked draft opinion is likely to overturn Roe v. Wade, and permit governments to outlaw abortions. The right-to-life people argue that such governmental restrictions are necessary to protect unborn children, while the right- to-choose people counter that such restrictions are a government overreach interfering with a woman's unalienable right to choose.

Ironically, many of the same people who oppose mask and vaccinemandates, support government restrictions on abortions, and vice versa.

A recent court case in California illustrates this complicated conflict over how far a government can go in limiting personal liberties to advance societal goals. The City of San Francisco in 2020 brought lawsuits against about 30 well-known drug dealers who operated in the

Tenderloin. The City initially sought an order from the court, a "preliminary injunction," barring the drug dealers from entering the Tenderloin (a 50-block area). Four of the defendants, who lived in Oakland, fought back arguing that such an injunction would impede their constitutional right to travel. In other words, the drug dealers were arguing that the government was infringing on their personal liberties.

The judge in San Francisco hearing the cases agreed that drug dealing in the Tenderloin was a serious problem and accepted that the defendants had been arrested many times for drug dealing there. However, the Judge concluded that the injunction sought by the City went too far – he denied the City's request for the injunction.

The City appealed to the First District Court of Appeal in San Francisco and that Court just recently upheld the Judge's ruling. The Court of Appeal noted that people have a constitutional right to move and travel. Any limitations on that right must be "narrowly tailored" to address the specific wrongdoing involved. The appeals court concluded that blocking the defendants from entering a 50-block exclusion zone 24 hours per day was not a narrowly tailored injunction.

The appeals court noted that the City's request for a neighborhood-wide exclusion zone was unprecedented under California law. Reading between the lines though, the appeals court seemed to be telling the City attorneys that the injunction they had sought was just too broad, that they should go back to the original Judge and seek something less expansive.

Every freedom must have limits. The First Amendment protects our freedom of speech, but you cannot yell "fire" in a movie theater. How to define those limits is a delicate balancing act. It is normal that people will have different opinions on where to draw the line, on what is and what is not a "narrowly tailored" limit on personal liberty. What is important, I think, is that people listen to each other and respect each other's opinions.

Be careful about making broad proclamations – the arguments you make today might one day be used by drug dealers.

# Shop Concord 5.0 Relaunches Yiftee Gift Card Program for the Summer Season

The City of Concord and the Greater Concord Chamber of Commerce are relaunching the popular Shop Concord program to support the city's small businesses by encouraging residents to shop locally over Memorial Day weekend and throughout this summer season. T

he Shop Concord program will help increase sales for local businesses while also benefiting consumers and providing a boost to the local economy.

Shop Concord is relaunching thanks to a \$10,000 contribution from the City of Concord to supply a bonus gift card with every purchase.

While supplies last, receive a free \$50 Shop Concord bonus card with every

original \$100 gift card purchase, a free \$25 Shop Concord card with every \$50 gift card purchase, or a free \$10 Shop Concord card with every \$20 gift card purchase. Gift cards can be used for purchases at any participating business. The bonus gift cards with purchase will run until the allotted \$10,000 is distributed.

"After many successful Shop Concord programs, I am delighted to see ongoing support for local businesses," said Mayor Dominic Aliano. "Relaunching the program this season will continue to build on this momentum and support the prolonged growth of our local economy."

The initial Shop Concord program launched in November 2020, with 978 e-gift cards purchased for a total of \$31,020 in value. Now, with four programs launched in the past two years to show continued support for the local economy, the total amount of gift cards purchased is more than \$120,000 in value.

"The Shop Concord program has been an overwhelming success since it was originally launched in November 2020 to support our local business community that experienced significant setbacks due to the pandemic," said Melissa Rea, Director of Operations & Marketing, Greater Concord Chamber of Commerce. "

This season's program launched over Memorial Day weekend. The Chamber partnered with the City of Concord for the new round of the Shop Concord program, expecting to build on the program's success from previous years. "This program will inspire a new wave of support for our local business community, and we are thrilled we can continue to support our business community in this way."

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

The digital nature of the gift cards

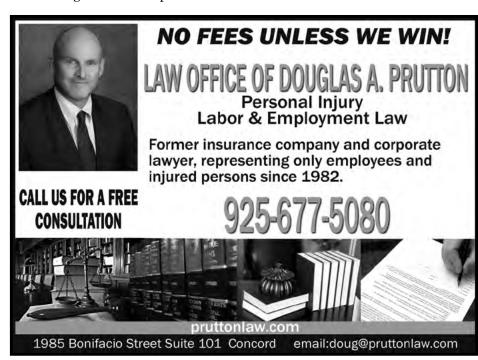
allows customers to split the original and keep the bonus portions for themselves or gift to others via text or email.

"Shop Concord has been a huge success for our store," said Gary Ray, Owner, Black Diamond Games. "Customers

have embraced the gift cards and are planning larger purchases around them. The cards have been great in getting customers back in the store." There is still time for local business owners to sign up to participate in the Shop Concord program. Instructions for how to become a participating merchant are online at www.concordfirst.com/shopconcord.

Businesses can continue to sign up for Shop Concord even after the initial launch, so customers are encouraged to check back frequently to see the expanding merchant list. To stay up to date on all the latest news and resources available, follow the City of Concord on LinkedIn, Facebook, Instagram, and @CA\_Concord on Twitter. Contact: Robert Carrera Economic Development Specialist 925-671-3018 robert. carrera@cityofconcord.org Melissa Rea Director of Operations & Marketing 925-685-1181 mrea@concordchamber.









# Ruby Dooby Do to the Rescue

# **MISO**

Ruby Dooby Do is Concord's Online celebrity with 1.8 M TikTok followers, 1M FB, and 295K followers on IG. Column by Jill Hedgecock.



Miso is a14-year-old Shih Tzu mix. She came to Tails of Gray Senior Dog Rescue when her owners were suddenly unable to care for her. This sweet girl was already blind when she entered the rescue, but eye removal also became necessary. She has been learning how to use pee pads, but she will require continued patience and understanding as she learns housebreaking skills in her new home. Miso is a homebody but would likely enjoy a carry-walk around the neighborhood to learn the new sounds and scents of her new home. Miso is:

- Affectionate
- Happy exploring the backyard
- Good with other dogs
- Good with cats

Miso's ideal placement is a quiet home without young children, perhaps with a companion canine as she gets along great with her foster doggy siblings of all sizes. Her adoption fee is \$200. However, her fee is waived for senior citizens.

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

#### Diggin' It

**Take Fido Camping.** Campgrounds often allow leashed dogs, and this is a great activity for pet owners to explore the great outdoors together. However, study up on the rules because dogs are not always allowed on the hiking trails. For a successful experience, plan ahead for times when you need autonomy like when your cooking or setting up camp. A

around a picnic table leg can work but be aware it can become a trip hazard. A soft travel crate might be a handy option. Locking your pooch in the car might not be a safe option in warm weather. Cable tie-outs can work, but if your dog is a barker, you might annoy those in neighboring campsites. Other things to consider are packing your dog's vaccination papers, any medications and poop bags. Bringing their dog bed might keep them calm and reduce the possibility of nighttime barking. Other items that may come in handy include a bucket, towel, dog shampoo, and a dog first aid kit.

Water Dog Paradise. The East Bay has several options to take Fido on a summer swimming adventure.

Point Isabel Dog Park in Richmond allows dogs to roam off-leash and is free of charge. Poop bags and a water fountain are added amenities for your dog's aquatic adventure.

Lake Del Valle in Livermore (7000 Del Valle Road) also welcomes dogs. This five-mile-long lake meets the definition of doggie heaven for pooches that love to romp in the water. There is a \$6 entrance fee and an additional charge of \$2 per dog

## **Bone to Pick**

Rattlesnake Bite Response. As the weather warms, there is an increased chance of your dog encountering a snake. If your dog has been bitten by a rattlesnake, act quickly to remove you and your pet from striking distance. Do not apply a tourniquet or try to suck the venom out. Instead, call your vet for help. If you are out hiking, ideally you will want to carry your pet to the car and keep the wound below their heart level.

Antivenom is available and your pet will most likely survive, but only if you get to the animal hospital in time.

If your dog is inclined to investigate wildlife and you frequently hike in rattlesnake habitat, you may want to consider taking your dog through rattlesnake aversion training.

Tennis Ball Hazards. Be aware that tennis balls can pose a hazard to dogs that love to shred and/or eat the fuzzy or rubber shell. Not only can the pieces pose a choking hazard, but sometimes they can cause an intestinal blockage that requires surgery. Heavy rubber balls, especially those designed for powerful chewers, may be a better toy choice.

## 

# ARF ADOPTION STARS Willie & Snoopy

Looking for a furry friend? Visit arflife.org to view all of ARF's adoptable animals or read more about ARF's adoption process. .arflife.org.

## Willie



One-year-old Willie is a dog who's smart, loyal, and ready for adventure! This curious, friendly boy loves hiking, playing, training, and leaning into his favorite people in the hopes of scoring a few pets. If you lead an active lifestyle and are looking for a superstar companion, Willie is your guy! He has a positive history with other dogs and currently weighs 51 pounds.

ARF adoption fees: \$250 for an adult dog, \$350 for a puppy (<6 months), \$125 for a special-needs dog, \$175 for a special-needs puppy (<6 months), and \$125 for a senior dog (7+ years).

## **Snoopy**



Seven-year-old Snoopy is a beautiful and soft gal who starts out a tad shy, but warms up quickly to your gentle advances! She loves petting and the company of her trusted friends. Snoopy is ready for a family to call her own. Bonus: her adoption fee has been prepaid by a generous donor.

ARF Adoption fees: \$100 for an adult cat, \$150 for a kitten (<6 months), \$150 for two adult cats, \$250 for two kittens, \$50 for a special-needs cat, \$75 for a special-needs kitten (<6 months), and \$50 for a senior cat (7+ years).



Our Live Chat feature on our website gives our customers real-time answers without having to pick up the phone. We help over 450 customers quickly and efficiently through chat each month!





# Summer Eco-Friendly Bug Control



Eco-friendly pest control. Insect repelling smoking coil, Patriot mosquito magnet, mesh tent, and bug zapper racquet.

June in the garden marks the end of spring and the beginning of summer. The warming afternoons and mild (50 F. and above) nights allow veggies and ornamentals to grow non-stop. Water requirements rise as the sun's radiation increases, and all-natural naked gardeners run (rather than walk) to keep up with the requirements.

If you grow berries like me, you are already harvesting the early fruits of your labors. But the BIG harvest season is still a month or so away.

Did you know that plants produce all the food they need for themselves? If your packaged fertilizer advertises "Plant Food", it is a lie.

The nitrogen-rich food you buy at your favorite garden center feeds the microbes and micro-small creatures in the soil that then produce nutrients the plant roots absorb for the photosynthesis process to manufacture the plant's own food. Wouldn't it be wonderful if our arms and legs could produce veggie burgers and quiche for our growing stomachs?

What many naked gardeners notice the most though is the increase in annoying flying (and biting!) insects. Flying bugs explode with rising temperatures and the relatively lush plant conditions.

Mosquitos, biting gnats, small but aggressive canyon flies, and the everabundant house and green-bottle flies pester weekend BBQ's and deckside meals. What can we do to control these obnoxious, unwelcome dinner guests without the use of poisons and sprays that can sicken us, our children, and our pets?

As the UC Integrated Pest Management website (ipm.ucanr.edu) and public TV's Joe Lamp'l says, "Seek to use the least toxic method first." First, protect yourself. Before dinner or outdoor time, make sure your exposed skin areas are protected by a 25% DEET pump spray or rub on product. DEET does not harm the environment and has proven to be effective for over 70 years.

Then, adorn your patio table with an inexpensive insect repelling smoke coil. After it is lit, the coil will produce an aromatic bubble of protection around you and your guests for 4-6 hours.

If flies are an issue, water-based fly traps are effective, but since they smell unpleasant, hang them 30+ feet away from your guests.

The Patriot mosquito magnet will suppress those blood-sucking pests, as well as CO2-seeking canyon flies.

For food protection, Target sells a square mesh tent to place over your meaty or other vulnerable dishes to exclude flying pests.

We employed all these protections together recently to protect a gathering of friends and did not experience a single flying pest the whole evening. And we did not poison our local environment or sicken our natural insect predators either. Plus, our guests did not need to lather up with insect repellant. If all these eco-friendly protections still allow an occasional pest near you table, inexpensive bug-zapper rackets electrocute those suckers, flies and gnats with great fanfare. Your guests will love you and enjoy the show at the same time!

Email with your questions at NakedGardener@diablogazette.com. In some cases, these may appear in future columns.





## 7 Reasons Every Homebuyer Needs Owner's Title Insurance

A client, Vicki, recently asked me if they needed to get Home title Lock (as advertised on the radio where a guy says he "can forge your deed and steal your house.") Have you heard it? To be certain, I verified this with my Old Republic Title Company. They said that their title insurance does protect for a forged deed.

If Vicki is wonderingabout this, I suspect others are too.

Buying a home is an exciting and emotional time. To help you buy your home with more confidence, make sure you get owner's title insurance. Here are seven reasons why it is so important for

1. Protects your largest investment. A home is probably the single largest investment you will make in your life. You insure everything else that's valuable to you—your life, car, health, pets, etc., so why not your largest investment? For a one-time fee, owner's title insurance protects your property rights for as long as you or your heirs own your home.

2. Reduces your risk. If you're buying a home, there are many hidden issues that may pop up only after you purchase your home. Getting an owner's title insurance policy is the best way to protect yourself from unforeseen legal and financial title discrepancies. Don't think it will happen to you? Think again. Unexpected title claims include:
-- outstanding mortgages and judgments, or a lien against the property because the

seller has not paid his taxes -- pending legal action against the property that could affect you -- an unknown heir of a previous owner who is claiming ownership of the property

3. You can not beat the value. Owner's title insurance is a onetime fee that's very low relative to the value it provides. It typically costs around 0.5% of the home's purchase price.

. Covers your heirs. As long as you or your heirs own your home, owner's title insurance protects your property rights

5. Nothing compares. S Homeowners insurance and warranties protect only the structure and belongings of your home. Getting owner's title insurance ensures your family's property rights stay protected.

6. Eight in 10 homebuyers agree. Each year, more than 80% of America's homebuyers choose to get owner's title insurance.

Z. Peace of mind. If you're buying a home, owner's title insurance lets you rest assured, knowing that you're protected from inheriting any existing debts or legal problems, once you've closed on your new home.

The moral of the story is when you refinance, buy or sell, ALWAYS get title insurance! It's the right move.





## **YOUR NEIGHBOR'S SHOES**

by Michael Barrington, www.mbwriter.net

## **Organ Man Realizes Pipe Dream**



Jack Bethards has built and maintained some of the world's most infamous and largest pipe organs.

Bethards lives in Pleasant Hill, a Bay Area native and originally from Santa Rosa. He holds both a Bachelor' and Masters' degree in Music from UC Berkeley. As a young man, he became a professional musician working with various groups and bands, at the Santa Rosa symphony orchestra and later as manager of the Oakland symphony. As a child growing up he was always musically inclined, played in the school band, and became fascinated with organs, big ones, after watching an old 8mm movie on their history and construction. In between playing trumpet with his friends on weekend gigs and going to school, he repaired and fixed a broken Wurlitzer organ in the local Santa Rosa theater. He asked the manager if he could work on it and after at first refusing, the manager finally agreed. Bethards took books from the library, studied the mechanics, and fixed it. He was in Junior High at the time!

As this short, bespectacled, energetic man, his face in a constant smile, gave me a tour of his factory in Benicia, his passion was evident. We were standing in front of an almost finished massive organ with its 3,000 pipes towering up almost fifty feet. "I have built even bigger ones than this," he said nonchalantly. "This is going to a church in Texas. It will take us a week to disassemble it. We'll ship it and then my team will go there and rebuild it on the site. And that could take us about a month." I could see the craftsmanship but also hear the pride in every word.

Bethards is the owner of Schoenstein & Company, the oldest and largest organ factory in the Western states. It has been building organs for five generations and started in the Black Forrest of Germany in the mid-19th century and in 1877 came to San Francisco. Bethards wanted to buy the corporation in 1976 but while the owners while willing, asked that he wait one year, they wanted to celebrate their centenary! He became the owner the following year.

He is the past president of the Pipe Organ Builders of America, a member of the International Society of Organ Builders, and serves on the advisory boards of several organ preservation societies. He is in constant demand as a lecturer and speaker and regularly contributes articles to professional journals. He is an expert concerning Romantic organ building in France, Germany, England, and the USA.



Jack Berthads builds pipe organs in his Benecia warehouse before sending his crew to rebuild them on location such as (above) The Church of Jesus Christ of Latter Day Saints, conference center, Salt Lake City, UT and (below) Fordham Univeristy, New York, NY.

His company with eighteen employees, not only custom designs pipe organs, but they also do restoration, maintenance, and refurbishing. Among his clients are the Kennedy Center in New York, the National Shrine in Washington DC (the largest church in N America), the Smithsonian Institute, and the symphony orchestras of Boston and Cleveland. They designed and built the organ for the Julliard School of Music in New York, Melbourne Town Hall in Australia, and Newcastle Town Hall in England. More locally they maintain organs at the Legion of Honor, Grace Cathedral, and the San Francisco symphony.

Seen by millions of people all over the world, Bethards' company maintains the famous pipe organ in the Mormon Tabernacle in Utah. In 2003 they designed and built the organ for the Mormon Conference Center which can accommodate 21,000 people and from which the 350 voice Tabernacle Choir gives their Christmas Concerts. The organ has over 7,000 pipes—some of them among the largest in existence.

And this man is your neighbor!





## **Neuroplasticity:**

# It is Time to Upgrade the Mainstream Narrative on Pain and Performance

Brain plasticity...

By Jessica Raaum Foster, NeurologyofPresence.com

We have made gigantic leaps in our understanding of how the brain works in the last 20 years, but while that advancement in knowledge has improved

how we manage and treat neurological disorders, it has barely begun to impact our daily lives.

The fact is that many of us are "stuck" with ailments and limitations that could be easily resolved if we just applied a little science. It is my personal mission as a Neuro Performance Coach to make sure everyone receives this information.

There are three key takeaways from cutting-edge neuroscience that I want everyone with a body to understand:

1 We can now intentionally stimulate various parts of the brain to impact pain and motor control in ways we never thought possible! For example, if I am trying to improve a client's ability to squat, we may benefit from stimulating the vestibular system (the organs in your ear controlling balance) first. "Warming up" the vestibular system, perhaps with some gentle head nods prior to squatting, often will improve strength and agility during the moment.

2 Because of the interconnectedness of our nervous system, the cause of a particular pain or performance limitation may be a functional deficit in

a seemingly unrelated part of the brain or body. For this reason, I take each of my clients through a full "Neural Flow." This is a body-wide list of neural assessments

to "mine" the nervous system for potential deficits before we begin working towards their goals.

Because the brain is a "use it or lose it" machine, applying some basic "neural hygiene" habits to our lives could go a long way in improving our quality of life, especially as we age.

Once you understand how large an impact your eyes have on your brain, making sure your eyes are functioning

optimally should become a priority for all of us.

Understanding and applying these three points have made an enormous difference in both my own life and the lives of my clients

Hopefully, it will inspire you to learn more about how neuroscience can help you get out of pain and improve performance.

Jessica Raaum Foster is a Neuro Performance Coach. www.NeurologyofPresence.com, IG: @JessicaRaaumFoster, FB: @NeurologyofPresence NeurologyofPresence@gmail.com



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By Jill Hedgecock

## JOURNEY-MAN'S JOURNAL Waterfall Heaven: Hiking **Cataract Trail**

Over the years, my husband and I have explored hiking trails all over the Bay Area, including Mount Tamalpais. Off and on for the last eight months, we have been roaming Bay Area hills and mountains to train for a 13-mile hike to the summit of Mount Diablo. In mid-April, we happened upon a hidden gem full of natural wonders in the Bay Area hiking scene: Cataract Trail.

Cataract Trail is part of the Mount Tamalpais Watershed located on the north slope of the mountain near Fairfax, about an hour's drive from Concord. It connects to a network of route options. Starting at Alpine Lake, the trail provides a great cardio workout with its many stairs and steep grade. It is also possible to begin at Rock Springs Trailhead off West Ridgecrest Road for a less strenuous route.

While many hikers choose to navigate the 2.8 mile out and back route to Cataract Falls, we opted for a 7.7-mile loop. We stopped for lunch at the Laurel Dell Picnic Area about 0.4-mile climb from the main waterfall. Shady picnic tables amidst the soothing ambience of a flowing creek provided a perfect setting for outdoor dining. After lunch, our route brought us by more water bodies: Hidden Lake and a return to Alpine Lake.

Mount Tamalpais Watershed is managed by Marin Municipal Water District. Swimming (human and dog) is prohibited because the water resources are used as drinking water. However, be sure to bring along plenty of drinking water. Dogs are allowed on Cataract Trail but must remain leashed.

We reconnected to Cataract Trial, giving us a total elevation gain of 2,175 feet.

Although the trail is challenging from Fairfax-Bolinas Road with a climb of about 1,100 feet in less than a mile, the magnificent beauty of the area, coupled with the constant soothing rush of water, makes the trek well worth the effort.

Wandering the pristine forest and waterways, I could envision how the Coast Miwok once lived on this land around 10,000 years





before Spanish settlers arrived in Marin, hunting small animals and deer, collecting acorns and gathering medicinal and edible plants. History buffs may want to look at an old aircraft engine in the creek, just before the Ray Murphy Trail Bridge. This relic was the outcome of a

midair collision between two

U.S. Navy fighter aircraft on October 4, 1945.

Our hike took us through a variety of habitats. Cataract Trail with its flowing creek supports mossand lichen-covered rocks, tall redwoods, and lush plant understories, but as we trekked east, the flora changed to dense stands of Douglas fir which transitioned to manzanita bushes.

Hazards to watch out for include slippery stairs, rocky trails, and poison oak. Given the unstable footing and steep grades, using hiking poles is highly

As we descended toward Alpine Lake, we encountered purple and yellow Douglas irises and the red spiked flowers of Warrior's plume, a medicinal plant that often attaches to the roots of manzanita and madrone.

Human disturbances along the trail make the likelihood of spotting deer and other mammals low, but bird life is abundant. During our trek, we were serenaded by mewl-like calls of an owl, "bouncing ball" outbursts of a wrentit, and the chattering of jays. On several occasions, we observed the flashes of the white tail feathers of dark-eyed juncos in the

Parking passes (\$8 per car) are required for all vehicles entering the Mt. Tamalpais Watershed via Sky Oaks Road off Fairfax-Bolinas Road. It is possible to park for free at Rock Springs Trailhead and complete the downhill hike first then returning via a less strenuous uphill climb.

The timing of our hike could not have been better. The area had experienced a late April rain the day before, and water flows were in peak form. We passed at least seven watertalls, crossing several wooden bridges during our hike. However, even in the drier seasons, this trail is reported to offer a shady haven with a flowing creek, and in the autumn, the bigleaf maple creates a landscape of beautiful fall colors.

Under the shadows of towering redwoods and an understory of green ferns, the red-earthen path guides hikers to breathtaking views of multiple waterfalls cascading over moss-covered rocks. This trek has now jumped to the top of my list of favorite Bay Area hikes.

Jill Hedgecock has degrees in the Biological Sciences and Environmental Management.









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# Advice for High School Graduates

By Julie Ross

I want to take this opportunity to impart words of wisdom to our community's graduating seniors. I know none of you stooped to plagiarizing from the Internet during your high school career, so I will do that for you here, in this article.

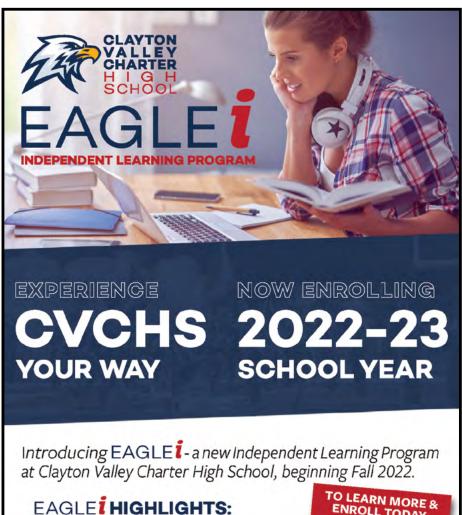
In the course of an Internet search, I came across a list of 100 pieces of advice

an economics teacher put together for his students. I am repeating my favorite 25 from among these, because it is way easier than coming up with my own list.

The 25 pieces of advice I have selected carry the list's original numbers. To see all 100 pieces of advice, just type "economics teacher advice" into your browser and you will be provided several links to the full list. Here we go:

- 1. There are plenty of ways to enter a pool. The stairs is not one of them.
- 4. If a street performer makes you stop walking, you owe him a buck.
- 6. When entrusted with a secret, keep it.
- 8. Just because you can doesn't mean you should.
- 11. If you're staying more than one night, unpack.
- 17. Never lie to your doctor.
- 24. Don't linger in the doorway -- in or out.
- 29. Never eat lunch at your desk if you can avoid it.
- 33. It's never too late for an apology.
- 34. Don't pose with alcohol. It's unbecoming.
- 38. Never push someone off a dock.
- 39. Under no circumstances should you ask a woman if she's pregnant.
- 41. Don't make a scene.
- 44. Don't gloat.
- 46. Make time for your mother on your birthday. It's a special day for her, too.
- 47. When opening presents, no one likes a good guesser.
- 49. Give credit. Take blame.
- 50. Suck it up every now and then.
- 52. Don't stare.
- 55. If you've made your point, stop talking.
- 59. Thank the bus driver.
- 74. Be a good listener. Don't just take your turn to talk.
- 77. Carry your mother's bags. She carried you for nine months.
- 85. Don't litter.
- 93. You are never too old to need your Mom.

There. What else could you possibly need to know? I wish the best of luck to every one of you, whatever path you have chosen. Onward!



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# "Journey" Exhibit Instant Success for Attendees and Artists

aRt Cottage is proud to announce that there were three sales at the opening reception in May of the current exhibit, 'Journey – Exploring My Mind and the

This is indicative of the quality of pieces on display from the California Arts Association during this show. These artists and their "Journeys" exhibit have a lot to offer.

Two collages by Pat Viera sold to a newcomer who visited that day. Pat's collage work is unique, made with her own hand painted paper. She incorporates soft edges by tearing her paper instead of cutting with scissors. After directionally tearing her pieces, some of the torn edges are carefully painted on the edge and placed into her composition. The paint on the edges gives the piece an illusion of depth. Congratulations to Pat.

Pat Viera's studio is on Grant Street above Baskin Robbins where she can be found most days creating new works, teaching, or giving demos.

The third piece sold was an expressive acrylic abstract by Sharon Petersen. Sharon a well-known watercolor artist has successfully transitioned into acrylic while incorporating some mixed media in her creations.

Last year at the de Young Museum, Sharon was recognized for her newfound talent and sold one of her first acrylic abstracts.

This show before it ends June 24. It will be followed by The Contra Costa Plein Air Exhibit, curated by Nancy Roberts.

I am happy, content, and have immense pride in this community of artists. What a wonderful place to work and live. Yes, I love Concord and my

aRt Cottage is located 2238 Mt. Diablo Street, downtown Concord.

Images: Top -Blue", colored pencil collage; by Pat Viera; "Face 3", colored pencil collage by Pat Viera; "Journey Home", acrylic by Sharon Petersen.







