

Contra Costa Youth Summit to take place March 16 in Pittsburg

By Eve Mitchell Contra Costa Times Contra Costa Times

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PITTSBURG -- Former 49ers center Jeremy Newberry, a 1994 graduate of Antioch High School, will be the keynote speaker at the 2013 Contra Costa Youth Summit.

Newberry's talk will include tips on how youth can stay focused and make sound choices in their lives.

"Jeremy has a no-nonsense way of talking," said county Supervisor Federal Glover, who sponsored the annual summit while on the Pittsburg City Council from 1996 to 2000, then relaunched it on a countywide basis in 2002 after being elected supervisor in 2000. "Being a local kid who made it big in the NFL by making the Pro-Bowl twice will help him connect with the younger generation."

The free summit, which includes a light breakfast and lunch, is geared to youths ranging in age from sixth grade through high school. It takes place March 16 from 8 a.m. to 3 p.m. at Los Medanos College in Pittsburg.

In addition to Newberry's motivational talk, there will be several workshops on subjects that include getting a job, how to apply CPR in emergency situations, avoiding gangs, benefits of attending a community college and starting a business.

During lunch time, there will be demonstrations of the Pittsburg Police Department's canine unit, a martial arts demonstration, music and dance programs, along with free manicures and airbrush tattoos. Three-on-three basketball, Pilates, a basic construction skills demonstration, and yoga will also offered.

Free bus transportation to the event from Central and West County can be arranged, but pre-registration is required. For information about West County pickup location and times, call 510-262-8800 and for information about Central County pickup location and times, call 925-335-8200.

Contact Eve Mitchell at 925-779-7189. Follow her on [Twitter.com/EastCounty_Girl](https://twitter.com/EastCounty_Girl).

If you go

What: Contra Costa Youth Summit

When: 8 a.m. to 3 p.m. March 16

Where: Los Medanos College, 2700 E. Leland Road, Pittsburg

Info: 510-262-8800 or 925-335-8200