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Thrive in the  
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# Pocket News

VOL 33 • ISSUE 03

Bringing You Community News For Over 30 Years

FEBRUARY 9, 2024

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FESTIVAL CELEBRATES  
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## Rosie the Riveter Dinner Coming Soon



The Groove Thang Band plays a diverse mix of non-stop dance cover music. Photo courtesy of the Groove Thang Band

By Stephen B. Clazie,  
Sacramento Elks 6

**SACRAMENTO, CA (MPG)** - This May marks the 81st anniversary of Norman Rockwell's painting of Rosie the Riveter, featured on the cover of a 1943 issue of the Saturday Evening Post. It

remains the most well-known wartime image of Rosie the Riveter. Yet today, when people hear "Rosie the Riveter," Rockwell's painting isn't the one that comes to mind.

It is ironic that Rosie the Riveter is not often associated with a California girl. Also, it is a little-known fact that

the Rosie the Riveter World War II Home Front National Historical Park is located in Richmond, California, near San Francisco. The park preserves and interprets the legacy of the United States home front during World War II, including the Kaiser Richmond Shipyards and

the Victory ship SS Red Oak Victory. The construction of 747 ships during the war here is a feat not equaled anywhere else in the world, before or since.

Those Rosie the Riveters who worked in their overalls in the Richmond shipyards  
*Continued on Page 3*

## Bringing The World To Sac

Local Shop Lifts Up Communities from Across the Globe



From left: owners Josh Varner and Scott Farrell.

Story and photos by  
Kristina Rogers

**SACRAMENTO, CA (MPG)** - Stepping into Zanzibar, you are welcomed by meditating Buddhas, fierce dragons, and an array of tribal curiosities. The first thing to consider is which part of the world you visit

first? Morocco? Kenya? Mexico? Tibet? At last count, the store offers items from around 125 countries.

The name fits. "Zanzibar is an island off the coast of Tanzania in East Africa," explains Josh Varner. "The infamous Silk Road was the method

of transportation, but Zanzibar was the destination. Whatever needed: spices, lumber, dried fish. For centuries, the world stopped there."

Josh Varner and Scott Farrell have been business partners for 25 years. They lost the lease to their Midtown shop in

January 2020 and toured 87 buildings to find their "Goldilocks location" at 1315 Broadway. The space is 4,000 square feet and floor-to-ceiling international delights.

When I asked about the most unusual item they've sold, Scott replied, "The  
*Continued on Page 9*



## Presidential Primary Election Update

Ballot Drop Box  
and Vote Center  
Locations Posted

Sacramento County  
News Release

**SACRAMENTO COUNTY, CA (MPG)** - Voter Registration and Elections (VRE) has posted the list of Ballot Drop Box and Vote Center locations for the March 5, 2024, Presidential Primary Election on the website.

Vote by Mail ballots will be mailed to voters beginning Monday, February 5, 2024. Ballot Drop Boxes will begin opening Monday, February 5, 2024, and Vote Centers will begin opening Saturday, February 24, 2024. A complete list of Ballot Drop Box and Vote Center locations, their days and hours of operation, and an interactive map can be found at: <https://elections.saccounty.net/votecenters/pages/locations.aspx>

A QR code to the interactive map will be included in the County Voter Information Guide to replace the flat printed map. This simple change supports the County's GoGreen policy, is accessible to voters with disabilities and is fiscally responsible, saving the county over two (2) million pages of printed material and the associated mailing cost.

For more information, contact VRE at (916) 875-6451, email [voterinfo@saccounty.gov](mailto:voterinfo@saccounty.gov), or by using the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone).

### Key Election Dates

-Monday, February 5 - Mailing of ballots to all registered voters begins

-Monday, February 5 - Voted ballots may be returned in any of the Ballot Drop

*Continued on Page 6*



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## Captain Joseph House Foundation Holds Feb. 17 Informational Fundraiser at El Camino High

**Captain Joseph House Foundation News Release**

(SACRAMENTO, CA) (MPG) - Captain Joseph House Foundation, which opened in 2022, will share information about the development, growth and status of the Gold Star Family program on Feb. 17.

This is the first such presentation in a community with a donor-rich base of support, according to Captain Joseph House Foundation founder Betsy Schultz. The foundation is in memory of Special Forces Army CPT. Joseph Schultz, her son and an El Camino High School graduate. Joseph Schultz was killed in Afghanistan on Memorial Day weekend, May 29, 2011.

The nonprofit foundation's mission is to honor Fallen Heroes through remembering and caring for their Gold Star Families left behind, according to Schultz, a Gold Star mother.

Within days of her son's death, Schultz recognized that something was missing in the continuum of care for Families of our Fallen Heroes: the opportunity to bond with others experiencing a similar loss.

Forming the nonprofit Captain Joseph House Foundation, Schultz donated her large "bed and breakfast" to the organization and began converting it into a respite home for Gold Star Families.

Gold Star Families from every military branch and from every state in the U.S. may



**Joseph Schultz and his proud mother, Betsy Schultz, was taken in 2010 when the El Camino High graduate earned his Green Beret in North Carolina.** Photo courtesy of Special Forces Army CPT

qualify for the Family-to-Family respite program. A respite week, with up to three families meeting together, provides an opportunity for sharing a common love and loss, Schultz said. It is also a time to celebrate the life of one's hero and build new relationships that can last beyond the week at Captain Joseph House, located in Port Angeles, Washington.

There are no fees for the families, which includes roundtrip airfare, daily transportation, lodging, all meals and recreational activities. Volunteers, in-kind, discounted services and financial donations to the foundation made it possible to open the doors of the house to welcome Gold Star Families in 2022, Schultz said.

"Your donations have been sincerely appreciated," Schultz said.

"Fundraising will continue to ensure this opportunity will be available for Gold Star Families to participate in future years."

The Captain Joseph House Foundation's State of the Foundation is from 7 to 9 p.m. Feb. 17 at El Camino High School Center for the Arts, 4300 El Camino Ave., Sacramento. Doors open at 6 p.m.

Admission is \$25 per ticket and free for anyone 19 years old and younger. Tickets are available at <https://www.brownpapertickets.com/event/6232423> or <https://m.bpt.me/event/6232423> or at the door.

For more information, call 360-460-7848 or go online to [www.CaptainJosephHouseFoundation.org](http://www.CaptainJosephHouseFoundation.org) or [Facebook.com/CPTJosephHouse](https://www.facebook.com/CPTJosephHouse). ★

## Rosie the Riveter Dinner Dance Coming March 1st

*Continued from Page 1*

still liked to get all dressed up on Friday night to take a ferry to San Francisco. Being dressed meant high heels, a dress, gloves, and a hat.

Sacramento Elks Lodge No. 6 is hosting a themed 'Rosie the Riveter' dinner dance on Friday, March 1, 2024, and those 1940 "Rosies" would not believe how things have changed.

To honor our local and national women's accomplishments, Elks 6 is kicking off the month of March with a great World War II-themed dinner celebration for National Women's History Month starting at 5:30 p.m. to 6:30 p.m. with a no-host cocktail hour on March 1, 2024.

The \$45 per person dinner at 6:30 p.m. is being prepared by the Barone family, who have been doing Sunday breakfasts, Wednesday night dinners, and many outstanding special dinners at Elks 6 for over ten years. This WW II-themed dinner will feature meatloaf. Cathy Barone said, "I think many Rosie the Riveters made meatloaf for dinner after working in the factories all day!"

The Elks 6's dinner will also have mashed potatoes, green beans, salad, dinner rolls, coffee/tea, water, and chocolate cake for dessert. Vegetarian lasagna will be provided per request. The JFK Wrestling Team will be bussing tables, and they will appreciate your tips to support their activities. Tip jars will be on the tables.

John Stellmach, an Elks 6 member working with the JFK wrestlers, said, "We did a car wash at the Greenhaven Pocket Farmers Market to raise money to buy head protectors that cost \$40 for each team member." Julian Sarille, coach of junior Cougars, said, "We really appreciate all the support Yvonne York and Vic Cima with the Greenhaven Pocket Farmers Market at the Elks give the Cougar wrestlers. We are looking forward to the Rosie the Riveter dinner."

Rosies all over the world became famous during WWII. While our men were being drafted and sent overseas after the bombing of Pearl Harbor on December 7, 1942, the US homeland and financial economy still needed to be maintained.

Yvonne York, who is co-hosting the Elks 6 Rosie the Riveter dinner/dance along with Gina Skinner, said, "To do this, our government realized we had an untapped resource: our very own homemakers — grandmothers, mothers, wives, daughters, sisters! While men were normally considered the financial breadwinners for the family, it was the women who were the family's backbone, providing the day-to-day structure that supported the family emotionally,



**Julian Sarille, coach of Junior Cougars, is looking forward to being with some of his female wrestlers at Elks 6's Rosie the Riveter dinner.** Photo courtesy of JFK wrestling team

enforced family values, and basically, held it all together."

So the government put their propaganda machine to work, and that meant putting their women to work. If women could run the family, they obviously had assets and skills that could keep this country going while their loved ones — fathers, husbands, and brothers — were off on foreign soil putting themselves in harm's way, defending our freedom and supporting our democracy.

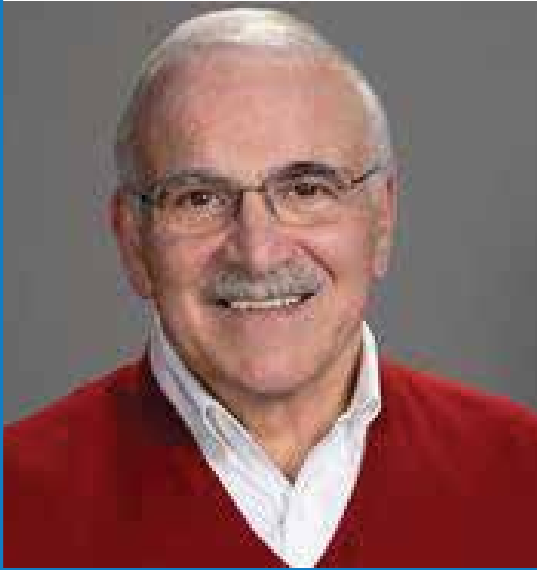
Gina Skinner, co-hosting with Yvonne on the Rosie the Riveter event, said, "During WWII, our women were not only put to work in traditional jobs such as educators, nurses, and office assistants, but they were also taught job skills normally held by men (mechanical, electrical, etc.) and put to work. Thus, Rosie the Riveter was born."

Yvonne said, "Come join Elks Lodge No. 6 in celebration of all the varied contributions women have made, not only here in America but also worldwide." Gina added, "After dinner, enjoy an evening with The Groove Thang Band. They play a diverse mix of non-stop dance cover music, including R&B, Funk, Motown, Disco, Smooth Jazz, Rock, and even some Country from the 70s, 80s, and 90s. The Groove Thang Band is undoubtedly the best "get-off-your-seat-and-dance" entertainment party cover band in Northern California and Nevada."



Tickets are on sale now. Contact Sacramento Elks Lodge No. 6 at 916-422-6666 or visit the lodge to purchase your tickets at: 6446 Riverside Blvd., Sacramento, CA 95831. For more information, contact Yvonne York at [yayork@gmail.com](mailto:yayork@gmail.com) or Gina Skinner at [hippiechicklette62@gmail.com](mailto:hippiechicklette62@gmail.com). ★


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LETTER TO THE EDITOR

Dear Concerned Citizens;

The City of Sacramento and the Youth, Parks & Community Enrichment Department (YPCE) continue to conduct business inconsistent with the betterment of the community and with tax payers who contribute tax dollars to Sacramento with 223 City Parks located on 4225.5 Acres of Land. Recently, on Jan. 1, 2024, local car clubs held an annual gathering, to celebrate a New Years Day in William Land Park's Panhandle area. As in the past, the organizers of this event did not secure the required permits, park use documents or pay the fees for the use of the entire Panhandle area for their New Years Day event. The YPCE overlooked this event and the required submission of documentation, permits and payments that this event required. <https://www.cityofsacramento.org/ParksandRec/Permits/Picnics>

Each year, this event continues to grow which includes many local visitors along with participants from other cities and states. There were hundreds of attendees to this annual/yearly car event in which many custom vehicles were towed, as they were beautiful 'show cars' and proudly built by their owners, costing hundreds and thousands of dollars. The event is also located adjacent to residences that overlook the Panhandle. These residences had to deal with the: Noise, Drug



& Alcohol Usage, Side Shows, Non-Permitted Amplified Sound/Music, Illegal Parking, Food Vendors, Lack of Restrooms/Toilets, Lack of Parking and hundreds of vehicles and event participants. With so many people and vehicles blocking egress, Emergency Vehicles would not have had immediate access in response to an emergency.

On January 23, 2024, the Sacramento City Council met, during which time, the Parks Department gave a full presentation on the status of our parks at the City Council meeting, for consideration of the 2024-2025 Sacramento YPCE budget. What was missing is the 'lack of fees, oversight and management' that the YPCE does not charge or manage for certain Park Permits,

Use Fees and Permit fees for some events that are overlooked, to include large events, such as the recent Jan. 1, 2024 Car club annual gathering. If the YPCE and City of Sacramento continue with 'selective event fees/NO fees', the City and YPCE will cut services and staff at our City Parks.

I am requesting that the City of Sacramento and YPCE manage the 223 City Parks as Assets, and as such, not be selective as to who or what is charged to those who want to utilize our City Parks. I also request that YPCE manage and recommend the size and type of event with the City Park, to make the event a success for both the participants and also for the community where the park is located.

Sincerely-A Concerned Sacramento Tax Payer and Voter ★

Sacramento Jewish Film Festival Celebrates 25 Years

March 9 - 24, 2024

The Jewish Federation of the Sacramento Region News Release

**SACRAMENTO, CA (MPG)** - Since 1997, the Sacramento Jewish Film Festival (SJFF) has presented the best films reflecting the rich cultural diversity of the Jewish experience. In 2024, the festival celebrates its SILVER JUBILEE, with 30 plus feature films over two weekends of live theatre and two weeks of films streaming online. The event will take place March 9 - 24, 2024.

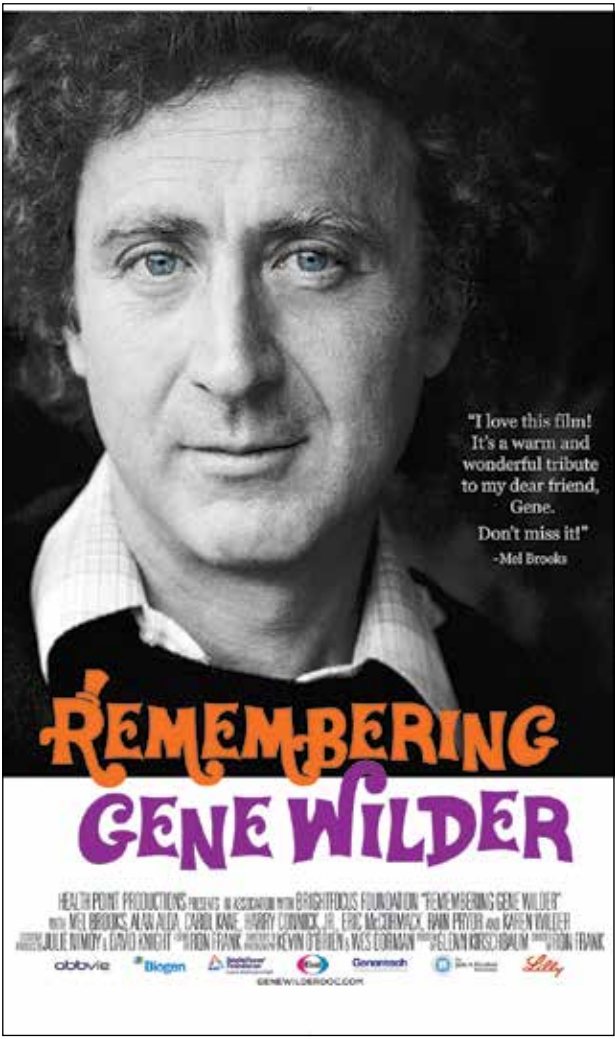
The variety of films include comedies, dramas, and documentaries from all over the world, plus Q&As, mini-concerts, special panels, and in-person receptions.

Opening weekend will be live on the big screen at the Veterans Memorial Theatre in Davis on Saturday night, March 9 and Sunday, March 10.

Closing weekend will be live in-theater at The Center at 2300 Sierra Blvd in Sacramento on Saturday night, March 16 and Sunday, March 17.

All-Festival Passes are \$150 and include all in-person films and streaming films, plus receptions and film chats. Weekend passes and individual film tickets will also be sold. The website will go live, and tickets and passes will be on sale on January 22, 2024.

Visit the festival website at <https://sacjewishfilmfest.org/> for a complete list of



**REMEMBERING GENE WILDER** celebrates the beloved star of classics such as "The Producers," "Blazing Saddles," and "Willy Wonka & the Chocolate Factory." Gene's life is brought to life through never-before-seen home movies and photographs, as well as the intimate insights of friends and colleagues including Mel Brooks, Alan Alda, Carol Kane, Harry Connick Jr., (Saturday night, March 16, at the Veterans Memorial Theatre in Davis.) Photo courtesy of Sacramento Jewish Film Festival

feature films, shorts, special events, ticket sales and sponsorship opportunities.

Questions? Call the Jewish Federation at (916) 486-0906 or email [jbirch@jewishsac.org](mailto:jbirch@jewishsac.org).

Facebook at: <https://www.facebook.com/SacJewishFilm>

Instagram at: <https://www.instagram.com/sacramentojewishfilmfestival/?hl=en>

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SJFF is a program of the Jewish Federation of the Sacramento Region.

The mission of SJFF is to showcase thought-provoking, entertaining films that inform, inspire, and celebrate the Jewish story for audiences everywhere. ★

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# Leafy Greens Thrive in the Winter

Story and photos by  
Mitch Barber

**SACRAMENTO, CA (MPG)** - Under the freeway at 8th and W streets, adjacent to downtown Sacramento, there is a bustling farmers’ market on Sundays from 8 a.m. to 12 noon. The freeway provides a concrete canopy to protect visitors from the rain in the wet months, and a shady refuge when temperatures creep toward 100 degrees.

This writer visited the Certified Farmers’ Market on February 4th. At a table close to the main entrance, next to the parking lot, sits a husband and wife pair, Dan and Renae Best. They operate and manage the market they said was founded in 1980.

Renae humbly boasted that the Certified Farmers’ Market is one of the largest in California, and that growers come from near and far — counties like Sacramento and El Dorado that are close by, and distant areas like the North Coast and Fresno.

When asked what was in season, Renae emphatically said “leafy greens,” which became the focal point of this article.

The first stall visited was the Salle Orchards tables where Billie Jean Salle greeted this MPG writer, standing behind a bevy of green leafy vegetables. She owns the farm in Wheatland with her husband of over 50 years, Nick, who happened to be born on the farm. Their children Nicole and Gene do the farming while Billie Jean displays the produce at the market.

Bille Jean explained the various ways to eat leafy greens — vegetables such as curly and dino kale, swiss chard, and cabbage — saying, “The possibilities are

endless.” There are cabbage rolls, soups, stews, vegetable lasagnas, and chips (like kale chips). Cats enjoy the produce as well; she mentioned that some customers make natural, nutritious cat food that includes leafy greens.

She said of leafy greens, “You can grow some of them year-round, when it isn’t hot. Heat makes lettuce bitter.”

Another vendor was Brent Levin who sells organic produce from Spreadwing Farm, a farm he owns with his wife and another couple. The farm is in Rumsey, a very small town in the Capay Valley. He was all smiles.

At the entrance of his stall were an assortment of kales for \$3 a bunch — dinosaur, red Russian, and white Russian kale. He said his favorite way to prepare them was simply cooking them in butter with garlic salt. He said other folks juice them.

He also sells head lettuces and cabbage, which is a disputed leafy green. He talked to customers and weighed produce while taking part in the interview.

And the farm’s name? It comes from a type of dragonfly: one of the female owners specializes in entomology. He got specific with the leafy-green growing season on his farm: November through April or early May.

Lettuce was \$3.50 per head, and cabbage was \$2 per pound. The different kales were \$3 a bunch.

Bargains were to be found at the Toledo Farms booth on the north side of the market. Juan Toledo, who owns the business with his father Federico Toledo, was selling heads of lettuce for \$1. They also sell dandelion greens, swiss chard and kale.

What does one do with dandelion greens? Juan said they



Cabbage for sale at the Salle Orchards stall.



Brent Levin stands at his Spreadwing Farm stall, ready to serve.



A variety of chards, and spinach on the right, at the Barbageleta Farms stall.

are good “juiced, roasted, diced up, and in salad.” He said people are split into “eat-it-raw” and “cook-it” camps.

Theirs is an organic, family-owned farm in Lodi.

Next door was Barbageleta Farms, based in Linden, which is just to the east of Stockton. Martin and

Francisco Barbageleta were speaking Spanish when this writer approached — a customer was slinging the Spanish language, as well.

Martin explained that his Swiss chard that was a rainbow of colors is best steamed or boiled, and cooked with other things, like meat.



Spreadwing produce, from left, leeks, red Russian kale, dinosaur kale, and white Russian kale.



Juan Toledo, owner of Toledo Farms, stands behind his economically-priced produce.



Martin Barbageleta, left, and Francisco Barbageleta, right, stand in front of their company truck and farmers’ market sign.

He said that the current weather was conducive to chard growth and that it is too hot during the summer for it to grow well. He was selling leafy bunches of spinach, as well. Bunches of greens were \$3 and two for \$5.

Unfortunately, about 10 vendors canceled on February

4th, largely due to the high winds. Fortunately, the freeway’s columns serve as a wind break, as well.

Why not come out and shop on a Sunday in the temperate friendly confines of the Certified Farmers’ Market under the freeway? ★



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ABOUT TOWN

Lunar New Year Celebration  
Jan. 27

*Presented by The Creative Space at Old Town Plaza Elk Grove, Elk Grove CA*  
**Jan 27, 2024 at 10:00 am - 03:00 pm (Sat)**  
**Old Town Plaza Elk Grove, 9615 Railroad St., Elk Grove, CA 95624**  
Ring in the Lunar New Year! The Creative Space is partnering with the City of Elk Grove for this one day celebration. Not only will there be 50+ small businesses selling some seasonal products, but will also be performances!  
This is a FREE community event!!  
For more info, visit <https://www.facebook.com/thecreativespacesac/>

ARI Community Services Lunar New Year Celebration  
Feb. 3

*Presented by ARI Community Services at ARI Community Services, Sacramento CA*  
**Feb 3, 2024 at 11:00 am - 01:00 pm (Sat)**  
**ARI Community Services, 6270 Elder Creek Rd., Sacramento, CA 95824**  
Ring in the Lunar New Year! ARI is thrilled to start the year with its Lunar New Year celebration! See a lion dance, do crafts, and join all of the cultural fun!  
This is a FREE community event!  
For more info, please visit <https://www.facebook.com/AsianResourcesInc/> or contact (916) 454-1892.

Curtis Park Book Club with Crawford's Books  
Feb. 13, Mar. 12, Apr. 9

Curtis Park Book Club is back for 2024!  
Join Track 7 Brewing Company and Crawford's Books every second Tuesday of the month in the Curtis Park taproom for Book Club! Crawford's Books will be leading the discussion.  
Track 7 Brewing Company is located at Track 7 Brewing Co. - Curtis Park, 3747 W. Pacific Ave, Ste F,

Sacramento, CA 95820  
The event dates and times are: Feb 13, 2024 at 07:00 pm (Tue), Mar 12, 2024 at 07:00 pm (Tue), Apr 9, 2024 at 07:00 pm (Tue).  
Questions? Contact Crawford's Books at [sue@crawfordbooks.net](mailto:sue@crawfordbooks.net)

Black History Month Free Family Festival

Sunday, February 18 • 11AM – 3PM  
Crocker Art Museum - 216 O Street, Downtown Sacramento  
Free for everyone.  
Celebrate the richness of the African American experience with the Black History Month Festival! Enjoy live performances, creative art activities, thought-provoking poetry readings, and mini talks, and explore current exhibitions featuring the work of Black artists, Black Artists in America: Civil Rights to the Bicentennial, and Joyce J. Scott: Messages. Presented in collaboration with Shonna McDaniels, professional artist, teacher, and community activist, as well as the Founder and Director of the Sojourner Truth Art Museum.  
*Generous support for this project provided by Art Bridges.*

Your Elks 6 Lodge needs your help!

Help is needed in the office from 9 - 3 Monday through Friday to answer phones, sell event tickets etc.  
We also need help in the Rental office to answer the phone.  
If you can lend a hand even if it is half a day or one day per week, please contact me and I will get your information to the appropriate person.  
For questions or to volunteer call or send text message to Sue Hill 215-327-7712. .

Elk's Lodge Calendar of Events  
Elk's Lodge Sunday Breakfast

Every Sunday 8:30am - 11am  
Bring your friends and family  
\$15 tax included  
Best deal in town

Made to order Omelets or eggs any way you want. Bacon, sausage, potatoes, biscuits and gravy, pancakes, waffles, coffee large parties should call for reservations

Guest are VERY welcome!

**Water Aerobics,** Monday 10 am, Wednesday 2 pm

**Yoga,** Monday 12 pm, Wednesday 3:30 pm  
Lodge members free.

**Martial Arts,** Monday 5 pm

**Pickleball,** Mon & Wed 9 am-12 pm, Thu 4:30-7:30 pm, Sun 4-7 pm

To sign-up or confirm schedule, join playtimescheduler.com

**Improv Night,** 2nd & 4th Wednesdays, 6-8 pm

**Wednesday Night Dinner,** 5:30 to 7 pm

See above and [elks6.net](mailto:elks6.net) for weekly menu.

**Karaoke** Thursday 7 pm

Saturday 7:30pm  
**Friday Happy Hour** Friday 4-7 pm

Land Park Softball

Softball is back in Land Park and will now be a part of the Land Park Pacific Little League organization. LPPLL has been a pillar in our community since 1954 and is welcoming softball under their umbrella this SPRING!

Early Bird Registration is NOW OPEN!

Visit [lppll.com](http://lppll.com)/registration to register and learn more.

Sacramento Area Museums Showcase Region's Farm-to-Fork Roots All Year Long

The Greater Sacramento region is rich with popular museums and destinations that offer diverse and enriching experiences for individuals, families, residents, and visitors alike. Given the critically important role agriculture continues to play in the region, many local museums offer special exhibits, experiences and activations that highlight ever-enduring Farm-to-Fork connections. A sampling of some of the Farm-to-Fork offerings at

local museums includes the following:

**California Agriculture Museum** – Woodland is home to an entire museum focused on agriculture, filled with a unique collection of harvesters, wheel and crawler-type tractors, combines, trucks, art, artifacts, rotating interactive exhibits and much more. In all, the museum tells the history of Farm-to-Fork, dating back to the Gold Rush era and how the industry evolved from horse drawn to steam driven to fuel powered machines to harvest and transport California's bounty.

**California State Railroad Museum & Foundation** – A Fruit Growers Express refrigerated rail car is on permanent display inside the Museum's Roundhouse. Museum visitors can explore this historic rail car and exhibit, "Farm to Fork: A Public History," and learn about how refrigerated rail cars enabled California farmers, growers, and producers send farm-to-fork freshness all over the country. Visitors can step inside the historic Fruit Growers Express rail car to see how the ice-cooled rail cars transported produce and built an agricultural system that exports more wealth than the California Gold Rush. Plus, the popular weekend excursion train, Sacramento Southern Railroad – currently on pause due to an important rail repair project – runs on the historic Walnut Grove Branch Line. This rail line transported pears, asparagus, celery, seeds, and other products from the Delta communities to markets nationwide.

**Sacramento Children's Museum** – Young visitors hungry to learn about fresh food have a variety of options at the Children's Museum, including at the miniature Leo's Market and Leo's Food Court (a miniature market of food carts), about bees and honey with the in-house beehive, and an interactive train table highlighting Sacramento's agricultural landscape in miniature, complete with mini livestock. Plus, the Children's Museum will be

at the Farm-to-Fork Festival (September 22-23) sharing vegetable stamp printing with visitors.

**SMUD Museum of Science & Curiosity** – MOSAC's interactive exhibits bring the story of water to life, demonstrating how our region is working together to conserve this natural resource for now and future generations. The "Water Challenge" exhibit lets museum visitors actively shape a watershed's flow, create a tune for saving water at home, and choose between local or non-local foods to buy based on how everyday decisions impact conservation efforts — all while learning about the environmental footprint along the way.

**Utility Exploration Center** – The City of Roseville's Utility Exploration Center (UEC) is a testament to the region's commitment to sustainable living and resource conservation. Nestled in the heart of a region renowned for its Farm-to-Fork movement, the UEC acts as an educational hub, encouraging residents and visitors alike to delve into the intricacies of energy and water conservation, waste reduction, and sustainable practices. By fostering an understanding of how we use and preserve resources, the UEC underscores the importance of our agricultural roots.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at [www.Facebook.com/SacMuseums](http://www.Facebook.com/SacMuseums), follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org).

Friends of Sutter's Fort Announces Discounted Admission Rates

SACRAMENTO, Calif. – Friends of Sutter's Fort, in partnership with Sutter's Fort State Historic Park, is proud to present a series of family-friendly events and activations this fall highlighted by holiday themed movies, an

all-ages concert, and adventurous self-guided evening tours by flashlight or lantern light.

For those interested in visiting inside Sutter's Fort State Historic Park (that is open from 10 a.m. to 5 p.m. daily), all Fort admission fees will be waived for the duration of a major roof replacement and seismic stabilization project that is currently underway. Visitors can observe the rehabilitation project firsthand and tour the Central Building, which remains open.

*Friends of Sutter's Fort*

*Friends of Sutter's Fort is a 501c3 charitable foundation. As a state park cooperating association, we collaborate with California State Parks at Sutter's Fort State Historic Park to preserve and protect historic structures, and artifacts, and to engage visitors of all ages. For more information, please visit [www.suttersfort.org](http://www.suttersfort.org)*

Elks 6 Lodge Winter Blast  
February 24, 2024

Last year was a sellout - You don't want to miss this great event.

Tickets will go on sale in the office by 12/10.

Online ticket sales will be available soon, watch for the announcement.

Note the 5\$ savings for tickets purchased by February 3.


Bunny on the Green  
Saturday, March 24th, 2024

Late morning/early afternoon, exact time to be determined.

Location: William Land Park Golf 1701 Sutterville Road.

Families are encouraged to come and meet The Easter Bunny for the 2nd Annual Bunny on the Green. It is free to visit the Bunny and take photos. There will also be a childrens' Easter Bonnet contest and putting activities. Guests can purchase food and mimosa's for the adults. More details to come soon.






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[www.recsac.org](http://www.recsac.org)

Saint Anthony Parish

660 Florin Road • 428-5678

Sunday Masses: 8:30 and 10:30 a.m. and Saturday Vigil 5:00 pm

Daily Mass: 8:00 a.m Monday through Friday • [www.stasac.org](http://www.stasac.org)

Greenhaven Lutheran Church


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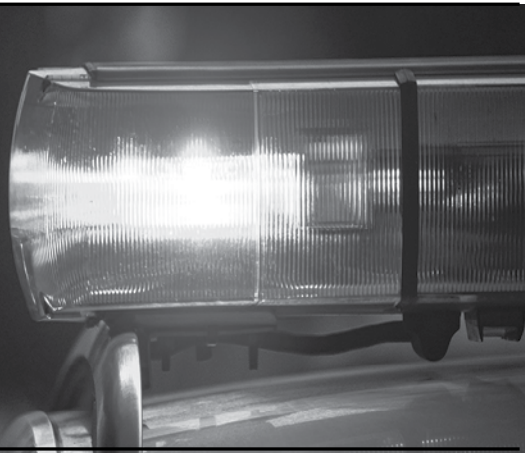
Bible Study & Sunday School 9:00 a.m.

Worship 10:15 a.m.

[www.greenhavenlutheran.org](http://www.greenhavenlutheran.org)

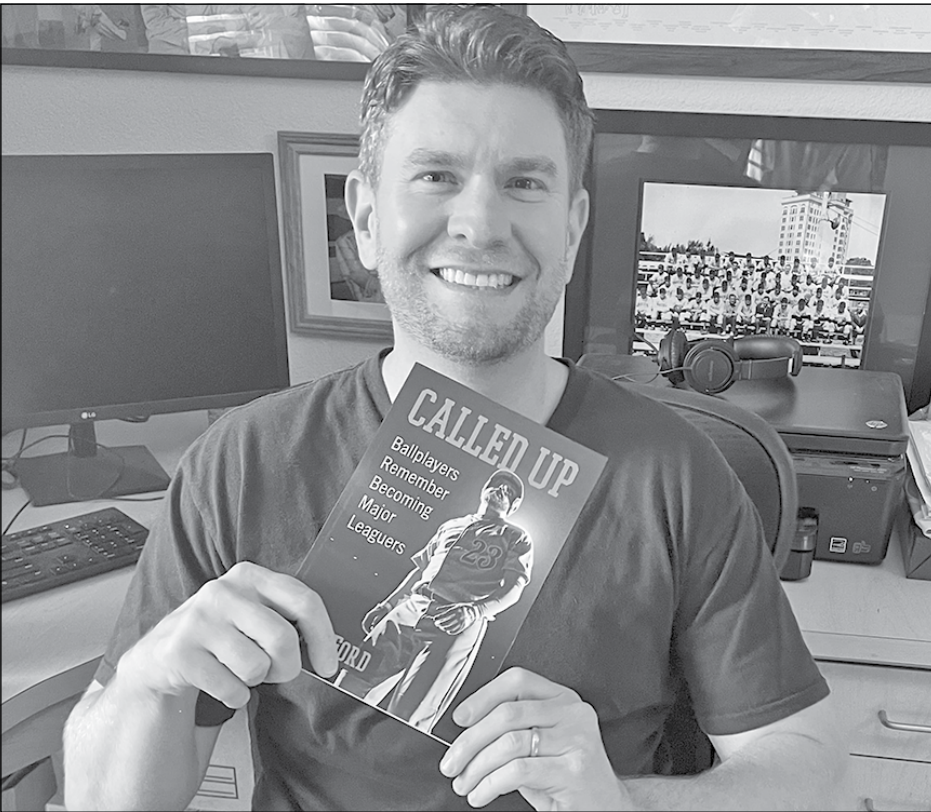
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# Local Author Calls Up Baseball Fans with New Book



**Zak Ford, author of Called Up: Ballplayers Remember Becoming Major Leaguers.** Photo courtesy of Zak Ford

By Tamara Warta

## NORTHERN CALIFORNIA (MPG)

The San Francisco Giants baseball team clearly has countless fans across Northern California, and have inspired many young baseball players to dream of going on to the Major Leagues themselves. One of those dreamers was Zak Ford, who grew up in the 1980s and 90s — the heyday of Candlestick Park.

Ford not only enjoyed cheering from the stands at many a Giants game growing up, but he also heralded from some pro-ball genetics. His great-uncle, Larry Powell, pitched in 14 professional seasons in the 1930s through 1950s. He was picked up by the Boston Red Sox out of spring training, but was released two weeks later. Powell was then signed by the Boston Braves, but again was released — this time after only one week. His MLB dreams died without ever stepping into a game.

Ford grew up knowing of Powell’s experience, but never asked him how that journey felt. Instead, Powell — who struggled to hit .200 throughout his own Little League years — decided to write about baseball instead.

Ford’s book, *Called Up: Ballplayers Remember Becoming Major Leaguers*, may not include Larry Powell’s perspective, but it does delight readers with 109 stories of MLB players reflecting upon the moment they were called up to the big leagues. Written in a first-person narrative, it’s a human interest book that will obviously be enjoyed by baseball fans, but written with such skill that it will also draw in readers that have limited knowledge of the process and history of the game.

“It really captures the

feelings and emotions of becoming a MLB player,” says Ford. “To be able to capture 109 stories about the achievement is something I’m very glad of being capable to do.”

Out of the 109 featured in the book, about 10 of them are local to the Sacramento region — those that either came out of the area, and reside in the Sacramento region now. Ford himself grew up in the Rancho Cordova area and now lives in Cameron Park. He works in workforce development policy, which aims to improve outcomes for people with disabilities. He was also a member of the Folsom-Cordova School Board from 2010-2018.

Ford clearly has a passion and enthusiasm for people and bettering the world around him, but the world of baseball — and later writing about it — has always captured him.

“I’ve always been a fan of baseball dating back to when I was a 7- or 8-year-old kid,” says Ford. “I kind of realized that I was going to have to choose a different avenue for me to find my niche in the game and decided to pursue writing. I’ve basically been doing it as a hobby since I was a teenager. One of the goals I’ve always had was to write a baseball book, and now at 45 [years old] I’ve achieved it.”

To write the book, Ford interviewed former MLB players for about two and a half years. When asked what stories really stuck out to him, Ford took a thoughtful pause to answer.

“All of these players had to exhibit extreme dedication and perseverance to meet the goal of becoming a MLB player,” he said. “All of them are

great inspirational stories. I grew up a Giants fan, and I was able to capture the stories of some of the guys who came up with the Giants during the time I was a young baseball fan. Those are the stories that stick out to me.”

Sean Estes, who is now active with Giants broadcasts, is one example of a player that shared his story of being a number one pick.

“It took him four or five years to reach the major leagues,” Ford recalls. “He was up in the major leagues for the majority of the next 12 or 13 years.”

The lesson to be learned? Never give up on your dreams.

“There are many stories that show ups and downs, that show hardship and overcoming adversity. It’s an inspirational book about going through that journey and showing dedication and perseverance,” said Ford.

Since his book’s publication, Ford has done virtual presentations for baseball groups, as well as a local book signing. He’s also working on a second book. Potentially entitled *Next Up*, the new manuscript will focus on MLB players’ lives in the normal workforce outside of baseball — perhaps disproving the belief that all MLB players retire wealthy.

“The vast majority of them need to have jobs after their playing careers,” says Ford.

“There are players that have had pretty big challenges trying to find what’s next, while others have that hustling mentality they picked up in baseball that serve them well after their playing days. That scrappy mentality has paid off.”

It has paid off for this successful local author as well. You can keep up with Zak’s career by visiting his website, zakford.com. ★



*Spiritual Care*  
**BY NORRIS BURKES**  
“How many of you remember the first time you saw a black person?” asked my sociology professor in my freshman class at Baylor University.

Several students answered with stories about the first time they saw a black person walking beside the road or working in their backyard.

I was shocked. But I really shouldn’t have been. It was 1975 and my southern friends had enjoyed school holidays for “confederated heroes,” yet not for Abraham Lincoln.

As a Californian, I was out of my element, but I counted myself lucky to be free of their racist upbringing. Or was I?

With the beginning of Black History Month we might find how confessing our own history can provide insight into understanding racial issues.

As a boy growing up in the San Francisco Bay Area, my skin was as white as the fog that shrouded my hometown hills. But it was mostly the fog of my family’s southern roots that made me “color blind” to other races and cultures.

It was from the distant listening post of my Richmond, Calif., home where I began hearing the cries of social change, muffled and off-key.

In 1967, I started fifth grade with the announcement that our school, Balboa Elementary, would soon receive our first black students.

Few of my classmates said anything, holding our comments for the playground, where we assembled around

# A Dream For All

Keith, our class troublemaker. Keith seemed to always be fighting someone on the schoolyard. It was even rumored that he was once suspended for hitting a teacher.

He persuaded us that we needn’t fear these black children — as long as “us white kids stick together.”

“Don’t anyone talk to them,” he commanded. We agreed. We’d follow our appointed leader and stick together.

“If they cause any trouble,” Keith said, slamming his fist into his palm, “we’ll show them who really runs this playground.”

We weren’t just counting on Keith; we were counting on our geography too.

For you see, while many U.S. towns were segregated by only railroad tracks, Richmond was segregated by a freeway. And with the district out of money for bussing, we thought our school would be safe from integration.

And it would have been — except for one thing.

“The tunnel,” as the kids called it, was a darkened pedestrian walkway under our freeway that reeked of urine and was paved with broken soda bottles..

Located only a few hundred yards from our playground, the tunnel was forbidden territory. All of our parents warned that none of us were to ever cross through the tunnel that connected the black community to the white one.

So, one September morning in 1967, as troop strength in Viet Nam approached 500,000, a small group of 10-year-old soldiers in the war on prejudice emerged from the tunnel. They carried the look of a scraggly group

of Pop Warner football players returning to a halftime deficit — overwhelmed both by the size of the field and the stakes of the game.

Among those kids were Deborah, Agnes, Geoffrey and Gregory. I still remember their names because that was the first time I truly “saw” a black person.

Usually my columns work toward a dramatic climax, but the most dramatic thing in today’s story is that nothing happened. No drama. Nothing

Keith didn’t beat anyone up. Nobody rioted or protested. We just had life happen right amongst us. Agnes stole my pencils, but Deborah stole my heart. Gregory beat me out on the history quizzes. Both he and Agnes easily beat me in the 50-yard dash.

No drama until that first Thursday in April 1968. Sometime after the evening fog returned to the Richmond hills, a friend came over to tell me he’d just heard that Martin Luther King had been assassinated in Memphis

Now, almost fifty-five years, it seems to me that in the end, our little school became part of King’s dream as it was “...transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers.”

That’s my history. What’s yours?

*Please email me so I can add you to my weekly column email. My books can be purchased on my website [www.thechaplain.net](http://www.thechaplain.net). Comments are received at 10556 Combie Rd Suite 6643 Auburn, CA 95602 or by email [comment@thechaplain.net](mailto:comment@thechaplain.net) or at (843) 608-9715.* ★

# Belle Coolidge Library Will be Closed Temporarily Starting February 20



**Belle Coolidge Library.** Photo courtesy of Belle Coolidge Library

## Sacramento Public Library News Release

### SACRAMENTO, CA (MPG)

The City of Sacramento will be replacing the stucco and tile on the exterior of the Belle Coolidge Library building. We hope to

reopen in May.

Your holds will be available at this location through February 16. They will be transferred to Martin Luther King, Jr. Library after that date. You can cancel your hold by logging into your

account online or calling 916-264-2920 for assistance.

While Belle Coolidge Library is closed, please visit us at any of our other library locations.

Thank you for your patience. ★

# Presidential Primary Election Update

## Ballot Drop Box and Vote Center Locations Posted

Continued from Page 1

Boxes located throughout the County  
-Monday, February 19 - Close of voter registration for this election. Voter registration forms must be postmarked by this date or delivered to the VRE Office at 7000 65th Street, Suite A, Sacramento 95823 by 5:00 p.m. Online voter registration must be completed before midnight on this date at [www.registertovote.ca.gov](http://www.registertovote.ca.gov)  
-Tuesday, February 20 – Conditional

Voter Registration (VBM) begins  
-Saturday, February 24 – 11 Day Vote Centers open  
-Tuesday, February 27 – Last day a Vote by Mail (VBM) ballot can be mailed to you. After this date, VBM ballots are only available at the VRE office or at any of the 90 Vote Centers  
-Saturday, March 2 – All Vote Centers open throughout the County  
-Tuesday, March 5 – Election Day ★

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# VOTE EARLY! AVOID LINES



## March 5, 2024 Presidential Primary Election

## Vote Early and Vote by Mail.

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- You should have received your official ballot in the mail.

### You can return your ballot starting February 5<sup>th</sup>


- By mail, no postage necessary
- At a Ballot Drop Box
- At a Vote Center (starting February 24<sup>th</sup>)

You can find a full list of Ballot Drop Boxes and Vote Center locations in your County Voter Information Guide, in your mail ballot packet, or at [www.elections.sacounty.gov](http://www.elections.sacounty.gov)

### Vote Early! Vote by Mail.


### Update your language preference

Every registered voter will receive an official ballot in the mail containing contests, candidates, and voting instructions in your preferred language. If you prefer your ballot and voter information in Spanish, Chinese, or Vietnamese, update your language preference online by scanning this QR code or call (800) 762-8019.




### The Presidential Primary is Party Specific

During the March 5, 2024 Presidential Primary Election voters will nominate one presidential candidate from each party to run against each other in the November 5, 2024 General Election. To vote for the presidential candidate you want in the primary election, ensure you are registered with your preferred party by visiting [www.elections.sacounty.gov](http://www.elections.sacounty.gov) or calling our office at (800) 762-8019.



If you would like to change your party, reregister at: [registertovote.ca.gov](http://registertovote.ca.gov) or scan:

Visit [www.elections.sacounty.gov](http://www.elections.sacounty.gov) or Call Toll Free (800) 762-8019





# Bringing The World To Sacramento

## Local Shop Lifts Up Communities from Across the Globe

*Continued from Page 1*

most interesting was a lion’s hairball, which was three centuries old. The Masai of East Africa use it as a talisman for good fortune.” He grinned, “These are extremely rare, but lions are just big cats when it comes down to it.” (And to think we are throwing our cats’ hairballs away!)

Josh pointed to a decorative wooden longhouse door from Papa New Guinea. “In this tribe, the men stay in a giant hut on stilts with this door as the only entrance. The tribes’ precious treasures and loot are stored there. When invaders stick their heads in the large hole, they got whacked and dragged inside.”

Typically, most shoppers are just searching for a unique gift, and that’s an easy sell. Prices vary from pocket change to investment. Scott and Josh are connected to over 2,000 artisans across the globe whom they visit regularly.

Scott explained: “If you point to anything in the store, we can tell you who made it and show photos and video of their process.” They work with individual artisans, small family workshops, cooperatives, and women’s groups. Quality and fair trade is a top priority. “Others come to these artists wanting things cheaper; we want things better,” explained Varner. “If they spend twice as much time making the product, we’ll pay more.” Some of their artists are world-famous, with pieces in the Louvre



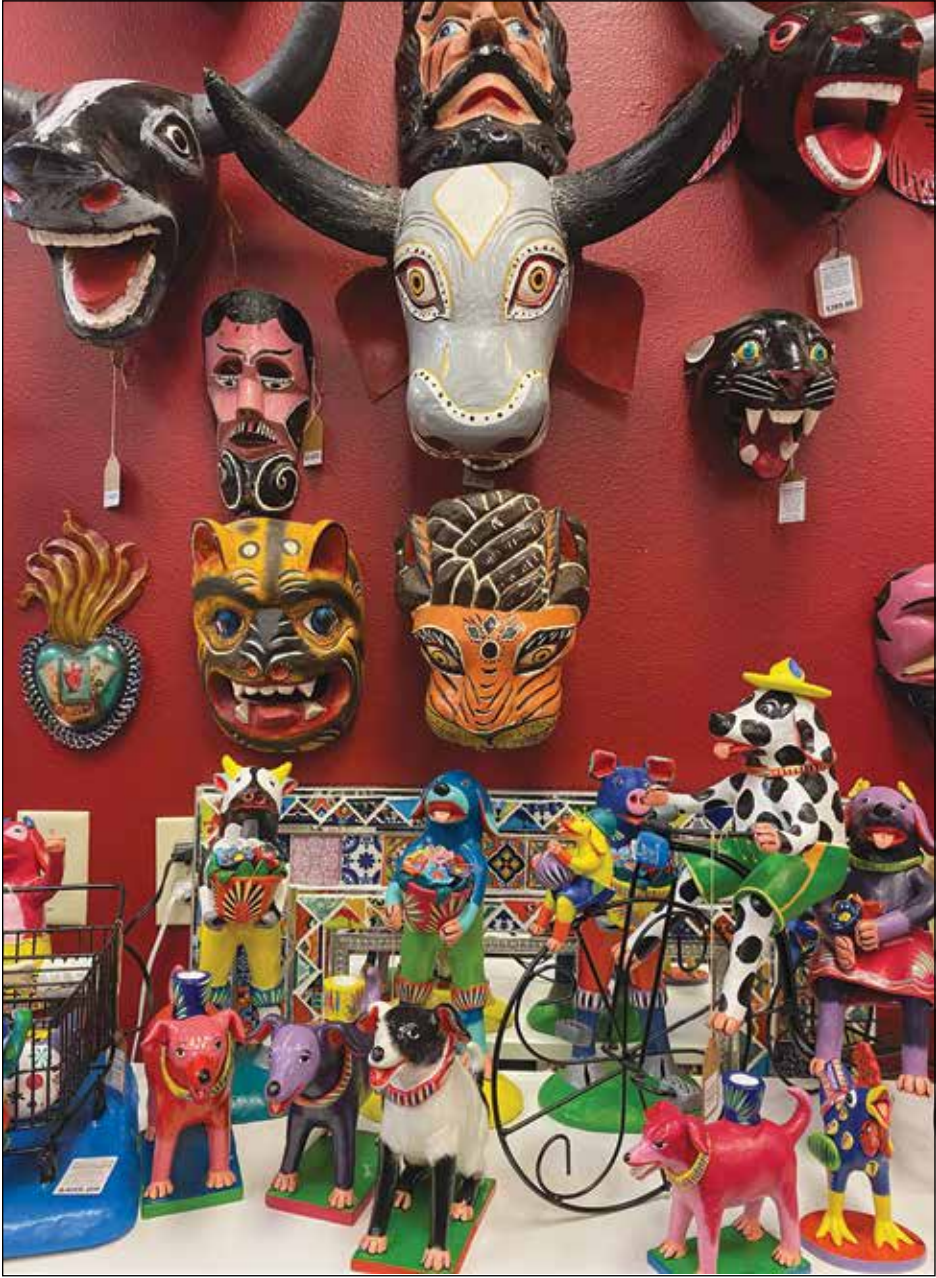
Wooden longhouse door from Papa New Guinea.

and Smithsonian.

The owners are also sticklers about no child labor, but support youngsters learning a trade, which is different. Varner said, “One of my most prized possessions is a piece of Mexican folk art by a 4-year-old. Her parents are master artists. It was the first thing she made, and now she’s in

her early twenties and a famous artist in her own right.”

Life-long friendships are formed by helping, too. They support programs that teach tribes how to dig wells and get micro-loans for new businesses. During the pandemic, they continued to trade with over 250 families in Mexico and



Artisan creatures from Mexico.

over 300 jewelers from India when other income sources dried up.

I’ve been a fan of Zanzibar for some time. Where else can you try out various Tibetan singing bowls? Or enjoy an array of creatures in eye-catching hues by the Indigenous Zapotec Indians of Oaxaca, Mexico? The store carries incense and

stone bracelets to every size of fanciful Day of the Dead skeletons. A large off-site storage unit allows the owners to frequently freshen up the shop with something new.

Right now, their biggest challenge is competition from online shopping. Josh explained, “We noticed sales dropped in the Summer of 2022.

We’ve lost about 40% to 80% in the last 18 months. This is sad because people don’t know where their merchandise comes from. Sure, it’s cheaper, but that means it comes at a cost to someone.”

Shoppers need not worry about humanely sourced global treasures when they visit Zanzibar. ★



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Voter Registration and Elections Update

Sutter's Fort to Light Exterior Walls in Recognition of Key Dates in 2024

My Voter Portal

Sacramento County News Release


**SACRAMENTO COUNTY, CA (MPG)** - Voter Registration and Elections is excited to introduce My Voter Portal (MVP) to access your voter registration record, view your ballot status and voting history, access accessible election materials, view your County Voter Information Guide, obtain information regarding the current election, find Vote Center and Official

Ballot Drop Box locations near you, and so much more!  
Visit the My Voter Portal link and check it out on the Sacramento County website.  
If you have questions or need help, contact VRE at (916) 875-6451, email voterinfo@saccounty.gov, or use the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone). ★

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Midtown Association News Release

**SACRAMENTO, CA (MPG)**  
- In partnership with California State Parks and Sutter Health, the Midtown Association is proud to announce plans to light the historic exterior walls of Sutter's Fort State Historic Park in recognition of key dates in 2024. The iconic walls of Sutter's Fort State Historic Park will be lit from sunset to sunrise on key dates in colors reflective of and appropriate to each occasion.  
2024 Dates for Special Exterior Lighting of the Exterior Walls of Sutter's Fort:  
February 2-4: Black History Month  
February 9-12: Heart Health Month  
March 29-April 1: National Doctors Day  
April 7-10: World Health Day/World Health Worker Week  
April 22-25: Earth Day  
May 1-3: Asian American and Pacific Islander Heritage Month  
May 5-7: Missing and Murdered Indigenous Persons Awareness Day  
May 10-12: National Nurses Week  
June 7-10: PRIDE Month  
June 19-21: Juneteenth  
August 9-12: International Day of the World's Indigenous People  
September 16: 916 Day  
September 20-23: National Hispanic Heritage Month  
October 4-7: Domestic Violence Awareness Month  
October 14-17: Indigenous Peoples' Day  
October 18-21: Breast


Lights on the exterior of Sutters Fort. Photo courtesy of Midtown Association

Cancer Awareness Month  
October 28-30: National First Responders Day  
November 1-3: National Native American Heritage Month  
November 8-11: Alzheimer's Awareness Month  
In 2023, new exterior lighting around Sutter's Fort was installed to improve the visibility and increase security in the area. The project also helps to amplify and "shine a light" on the reinterpretation of the history of Sutter's Fort, which is part of a key initiative underway throughout the California State Parks system.  
"In 2020, California State Parks committed to making Sutter's Fort a more inclusive and truthful historic site," said John Fraser, Capital District Superintendent for California State Parks. "This 2024 lighting awareness campaign is another important way we can show that Sutter's Fort serves all people."  
The area around Sutter's Fort State Historic Park is one of the most significant green spaces in the central city, and is in close vicinity to upcoming development projects, hotels, and Sutter Health hospital, totaling approximately 7,000 nearby residents.  
"Celebrating our 100-year legacy of providing care, Sutter Health is dedicated to the health and well-being of the communities we serve," said Ryan Loofbourrow, Government Affairs Director of Sutter Health, Valley Area. "We applaud efforts large and small that raise awareness to important causes or dates that deserve recognition and reflection."  
This new installation at Sutter's Fort adds to a list of lighting projects throughout the district led by the Midtown Association to light up Midtown parks and other key areas in the grid with a goal to help activate spaces, beautify our city with innovative lighting strategies, and increase safety and visibility.  
For more information about the Midtown Property Business Improvement District (MPBID), please visit [www.exploremidtown.org](http://www.exploremidtown.org). ★




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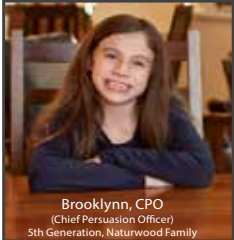
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\*Since the State of California requires that tax be paid on all retail sales, we reduce the purchase price by an amount equal to the tax on the reduced purchase price except "Special Buys", all "Mega Clearance", Serta Arctic and iComfort products. Offers not available in conjunction with any other promotion, discount, or financing. Offers not available on previous purchases. Sale ends 2/25/24.