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Land Park News

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The Sac Zoo Bunch

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Ms. Diana's Music Class performed classic Chinese standards at Belle Cooledge Library

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American flamingo hatches at the Sacramento Zoo!



A sixth American flamingo chick hatched the morning of July 30. The sixth flamingo is the last American flamingo chick hatch of the 2017 season.

The Sacramento Zoo is thrilled to announce the hatch of five American flamingo chicks. The eggs hatched between June 28 and July 18. The eggs were collected from the flock as they were laid and artificially incubated to ensure hatching success. Visitors can catch a glimpse of one or more of the flamingos daily at 10:30 a.m. at the Dr. Murray E. Fowler Veterinary Hospital.

Currently, the flamingo chicks are being hand-reared behind-the-scenes by the zoo's dedicated veterinary and animal care teams. Around-the-clock care for the chicks includes feedings, health checks, growth monitoring and regular exercise such as daily walks to strengthen their delicate legs. Once the chicks are large enough to thrive on their own, they will be introduced to the flock and live on the lake.

The Sacramento Zoo is home to 36 adult American flamingos. The last time a flamingo egg was laid and then successfully hatched at the zoo was in 1999. Prior to the recent hatchings, the zoo has hatched 28 flamingos in its 90-year history and has housed American flamingos since 1966. One of the original eight flamingos that arrived in 1966 still resides on the zoo's lake.

American flamingos, also known as Caribbean flamingos, are tall, large-bodied birds with long necks and small heads. The American flamingo is the brightest-colored and one of the largest of six species of flamingos and is native to South America and the Caribbean with a small population in the Galapagos. Flamingos lay their eggs on a muddy mound that the pair builds, and both parents care for the chick. Although adult flamingos are pink, the chicks hatch with white down that change to grey feathering prior to their adult coloration coming in. The birds' pink coloration comes from pigments in the aquatic organisms that they eat.

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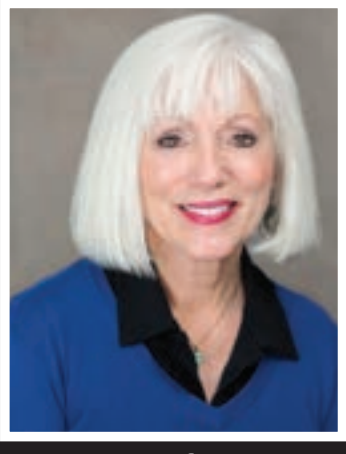
Faces and Places:

South Land Park National Night Out



Photos by MONICA STARK
editor@valcomnews.com

In celebration of community, South Land Park neighbors gathered at Alice Birney Waldorf Methods K-8 School on National Night Out, Tuesday, Aug.1. With entertainment inside the gym, provided by the Ohana Dance Group and iYa Taekwondo, folks got out of the heat and enjoyed the local talent. Outside, Barrio Cafe gave out free cookies and Scott's Seafood provided appetizers. The deejay handed out coupons for free 7-11 Slurpees and pizza slices. Folks at the Alice Birney table provided watercolor paint and paper for budding artists. Volunteers from the Del Rio Trail project shared details with the community about that. And staff from Sacramento New Technology High School promoted the school's achievements.



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South Sacramento joins in National Night Out

By BRUCE TRAN
Special to the Land Park News



To many people, participation is one of the key elements of a healthy and thriving neighborhood. Whether it's through social media or face-to-face interactions, many people in America are now attempting to reach out and make new connections to their community. On the first Tuesday of August, many people have made it a point to gather for their annual National Night Out events. The purpose of National Night Out is to raise and bring awareness to the police-community relationship. One of the many locations in Sacramento where such a gathering happened this year was the Fruitridge Shopping Center on Stockton Boulevard.

"My husband is a volunteer [and] I have a son that is a sheriff for Yolo County, [so] I believe in people giving back in their community," said Donna Shintaku, an attendee of the event. "That's the biggest reason why I want to support the community, I love Sacramento."

During this event, a Sacramento Police Department S.W.A.T Vehicle and K9 unit greeted the visitors. Area police officers and community leaders from the Stockton Boulevard Partnership and Fruitridge Manor neighborhood were also present. Sacramento City Council Member Eric Guerra came by to chat with the attendees and event organizers before leaving to visit other National Night Out locations. Under the summer sky, free ice cream was served to everyone.

"Your council members, your mayor, and everyone makes their rounds," said Vincene Jones, a member of the Stockton Block Redevelopment Community. "It's really a support for the neighborhood about crime. [National Night Out is about] getting to know your neighbors [and] looking out for each other."

Despite temperatures which passed 100 degrees, about two dozen people showed up at this particular National Night Out event. New people met each other and strangers become friends. It was not just a social gathering, it was also a discussion between law enforcement and community members. National Night Out aims to promote the police public image. With many visual examples of police brutality over the past years, organizers believe that part of the solution is to get people and officers enjoying ice cream together.

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Ms. Diana's Music Class performed classic Chinese standards at Belle Cooledge Library

By MONICA STARK



With a double harp, a flute and multiple zithers, students of "Diana's Music Class" performed Chinese classical standards to a room of Belle Cooledge Library patrons on Thursday, Aug. 3.

Students Zora, Sara, Tiffany Kong, Jolyn Kong and Zack are among eight young students in Ms. Diana Tang's Music Class.

On the double harp, Diana performed the "Song of Prairie", which describes the happy life of people; Zara performed two pieces on the double harp"Jasmine Flowers" which depicts the beauty of jasmine and "Little Girl Harvests the Mushrooms", a song that describes a happy country girl in her spare time; Tiffany also performed two songs on the double harp: the "Boat of Taiwu Lake" which is about people who enjoy their summer time by rowing a boat in Taiwu lake and she performed "Fishing Boat", a song that paints the portrait of a happy fisherman who has a great catch of fish.

On the flute, Zack performed the "Golden Peacock Light Dance", a song describing a happy bird dancing wildly.

Finally, on the zither, the students along with teacher Diana performed the "Sheep Herd Song", which describes the Shaolin temple monks practicing Kung Fu and are trained to be hard workers with the strengths of endurance, respect and self-determination; and the class also performed the "Strong Men Song" which depicts the characters of strong men in lion dance movements. (Team members in lion dance must balance their body as well as their minds. Lion dance is an excellent training for a person to balance the the physical and mental aspects of one's self.)

Ms. Diana teaches students of all ages. Besides children, there are four adults who take her class. Some of them work for hospitals and play music for their patients so they can heal faster. The class can be seen performing holiday performances at downtown churches on Thanksgiving Day and on Christmas. She is accepting students. For information, call Mike Tang at 402-3838.







Broadway Bridge on the horizon but where will it land in West Sac?

By MONICA STARK

Back in May, a big piece of local news was that Shell Oil Products was selling its West Sacramento refinery to the Port of West Sacramento. At a Broadway Bridge open house at Arthur Benjamin Health Professions High School on Thursday, July 27, city officials revealed that area is currently being thought of as a preferred crossing of the Broadway Bridge, connecting South River Road and 15th Street in West Sacramento to the Broadway corridor.

For about the next two years, the cities of West Sacramento and Sacramento are studying the environmental impacts of that location, as well as three other possible drop-offs (or alignments) into West Sacramento from Broadway. (*See sidebar for more information.*) In short, the alignments consider 15th Street in two spots and South River Road in three spots.

Hailing the Shell deal, City of Sacramento supervising engineer for the department of public works, Jesse Gothan stated: "To (West Sacramento's) credit, they have that deal with Shell. That's impressive to get that."

The Shell refinery, according to press materials last spring, is a "strategic parcel which is located at the crux of future traffic and bike/pedestrian infrastructure including: Broadway Bridge, River Walk trail extension, Modifications to 15th Street between Jefferson Boulevard and South River Road, including relocation of the railroad tracks leading to the Port of West Sacramento."

The demolition and clean-up of the six-acre Shell facility, which has been in operation since the 1940s, according to city of West Sacramento official press releases, sends "another strong signal to the real estate development community that the transition of the Pioneer Bluff district from legacy industrial operations to future riverfront mixed-use development continues to move forward." The agreement provides a framework for Shell to phase out operations and to clean up all contamination on the property under the supervision of the Regional Water Quality Control Board.

The Shell refinery aside, what about the others? Would those refineries be able to relocate? Those kinds of questions are currently being considered when weighing the options.

Engineers and scientists would do right by following science, not public opinion or politics, says Gothan.

Some of the feasibility issues other than the real estate of the refineries, surround habitat, whether there are tree impacts, impacts on the river way that are unique to one but not the other, if it's in a flood zone, if there's ground water contamination, impacts to mariners from the U.S. Coast Guard, where there are different utility lines that cross the river at one location versus another, and how West Sacramento can work around those existing utilities. The list goes on, and while the multiple sites are being considered for West Sacramento, Broadway is the only location on the Sacramento side. Long ago, Land Park residents as well as CalTrans vehemently opposed a crossing at Sutterville Road. Currently, the Land Park Community Association supports the Broadway Bridge and improvements on the street near Tower Theatre.

With the worst-case scenario of 2036 being the estimated time frame for the Broadway Bridge completion, if funding was at the fingertips of our local governmental agencies, the cities could get that $180 million bridge done between eight to 11 years.

Answering the questions — What are the potential cost increases for each of them? What are the schedule impacts for each of them? What are the environmental constraints impacts? — the two cities are embarking on a cost-benefit analysis of the alignments, explained Gothan.

"We're going to carry forward a few of the alignments to the full environmental analysis and that will probably take about 18 months to complete. So, upon getting the environmental approvals, then the team will be looking at securing future design funds."

Cities of Sacramento and West Sacramento have been planning a water front for quite a while. In 2003 a riverfront master plan was adopted for improvements on both waterfronts. In 2011, the cities adopted the Sacramento River Crossings study which looked at crossings at seven different locations. In 2014, the cities launched the I Street Bridge replacement project, which is the new bridge which connects Railyard Boulevard to C Street, and takes all the auto traffic off of I Street and puts it on this new bridge. Also that year, West Sacramento got funds to do a feasibility study for Broadway Bridge. It looked at several different alignments and some of the pros and cons. In 2015, West Sacramento got a $1.5 million Teichert grant to do the environmental reviews. The grant has a 50 percent match, so each city is contributing $750,000, of local transportation dollars to the overall budget of this phase.

The Broadway Bridge will be movable to allow boat passage and will carry cars, bikes, pedestrian traffic and accommodate future transit options, including a future streetcar alignment within the bridge itself. The project also includes installation of a bridge interconnect fiber optic line to allow the new bridge, and I Street and Tower Bridges to be operated by one system.

There have been some concerns for neighbors in Land Park regarding traffic impacting streets south of Broadway. Likened to the Freeport Boulevard Road Diet, which was officially completed last November, Gothan said Broadway improvements will make the area more bike and pedestrian friendly and that the city will be launching that project in September. "In the feasibility study, traffic doesn't really cut through Land Park. It's really the destinations of the central business district," he said.

The new bridge will be defined as "neighborhood friendly" per the Sacramento Area Council of Governments.

Broadway Bridge alignments

The following options are being considered as drop-offs into West Sacramento from the Broadway Bridge. The cities of Sacramento and West Sacramento are in environmental review for each of these options.

Alignment A

On the West side of the river, Alignment A connects directly to Jefferson Boulevard via 15th Street. The primary constraints, or factors, for this alignment are to avoid the Shell tank farm and to maintain the existing 15th Street alignment at the 5th Street intersection. To accomplish this, on the east side alignment A must start angling away from Broadway several hundred feet east of the railroad tracks.

This serves to maintain adequate skew across the river. However, by doing so, it creates a significant skew at the railroad tracks and impacts the existing Chevron facilities on both sides of the tracks.

Alignment B

This alignment also connects directly to Jefferson Boulevard via 15th Street, but the 5th/15th Street intersection is reconfigured, which is consistent with the City of West Sacramento's circulation plans for Pioneer Bluff. Alignment B also avoids direct impacts to the Shell tank farm. By realigning 15th Street, the alignment is able to avoid impacting the Chevron facilities on the east side of the river. The skew across the railroad tracks is similar to that of Alignment A.

Alignment C1/C2

Alignment C connects directly to 5th Street several hundred feet south of the 15th Street intersection. At approximately 2,000 feet long, this alignment is the shortest and most direct. The specific connection point at 5th Street will be required to meet the City of West Sacramento's intersection spacing standards. By doing so, alignment C impacts the Shell tank farm. The alignment has two variations (C1 and C2). C2 aimed to optimize the bridge skew across the river and to minimize impacts to Phillips 66 facilities. An active Kinder Morgan petroleum line runs in the vicinity of Broadway and under the Sacramento River, which conflicts with alignment C2. Alignment C1 avoids the Kinder Morgan line, but also impacts Phillips 66 and creates a greater skew across both the river and railroad tracks.

Alignment D

Based on preliminary input and analysis, alignment D aims to balance the transportation benefits and impacts resulting from a new cross-river connection with the right of way constraints, and the real estate potential, for Pioneer Bluff, Stone Lock, and Southport.

At the time of writing this technical memorandum, only informal coordination has been initiated with the USCG regarding alignment D. Based on the USCG preliminary feedback, the movable navigation span for alignment D would need to be wider than the 170 feet proposed for alignments A, B, and C to enable tug and barge traffic to negotiate the river bend immediately downstream. To confirm the navigation channel required, the cities will need to submit a formal request to the USCG. This request will also subsequently be submitted to the waterway users for a 30-day comment and response period.

The project team has prepared preliminary cost estimates for alignment D to inform stakeholders and decision-makers of the potential cost implications of the longer overall alignment and wider movable span. A cost comparison table is included in the executive summary, and detailed assumptions are included in the Cost Estimate Technical Memorandum.

Alignment D impacts property owned by Ramos and Buckeye Terminals on the west side. On the east side, the alignment directly impacts Phillips 66 tanks south of Broadway and encroaches into Miller Park, requiring a significant configuration of the existing access to both the park and marina.

Sacramento comedian releases "Big Book of Jokes"

By MONICA STARK
editor@valcomnews.com

When he was just a wee lad, Robert Berry was the shy kind of class clown. Writing jokes on his homework for his teachers to read, while passing around joke books among his classmates, Berry shied from the spotlight of school-day showmanship. "I wasn't a noisy and boisterous class clown that wanted all the immediate attention. I was pretty shy in a lot of ways," he says today.

And yet, where are you likely to find him today? The stage.

From the Punchline to Laughs Unlimited, to dive bars like On the Y, as well as Bay Area venues and spots in towns like Gustine, Turlock, Mill Valley and Arcata, Berry has made a career out of performing those comedic one-liners, those groaners, those laugh-out-loud, out of left field cheese-ball jokes.

And now, this East Sacramento comedian has added another trick to his bag – a collection of sorts, a tribute to the dirty and tasteless joke books he grew up with. Aptly titled, "Robert Berry's Big Book of Jokes," the collection, is chock-full of nearly 1,000 jokes. If the Motion Picture Association of America were to give it a rating, they'd likely give it PG-13 or R rating.

Going old-school with this release, Berry and his wife put the books out in the mail themselves upon a customer's payment. With some good pre-order attention, the mom-and-pop operation sold about 80 copies before they came out. A biased friend endorsement goes as follows: It was the last time he ever saw his dad reading a book.

The book also provides an outlet for Berry to share his humor with friends who live afar.

Recalling a bit more of his school days and the beginning of performing in front of others, Berry said he signed up to try out for the school talent show as a violin player, but about an hour beforehand, he made the quick decision to tell jokes instead. He jotted some things down, to which he likens to material that Fozzie Bear from the Muppet Show may have uttered.

After one joke into the fifth grade performance, Berry panicked, cried and went home. It was many years before he tried that again. But his love of joke books never wavered. He'd memorize those jokes, shaping the kind of comedy he performs. Hitting up the local circuit for the last five years Berry has traveled, sharing one-liner after one-liner. He's also host to the weekly open mic at On the Y on Fulton Avenue.

A "great classic dive bar", On the Y is home to a "fun and different type of crowd," he says. "They're not the most polite, quiet crowd. It can get boisterous compared to a comedy club. On top of that, it's a different caliber of folks that come and perform there. A ventriloquist would show up, all kinds of stuff that's pretty silly. I went there for karaoke because one of my first loves is singing and I saw they had an open mic comedy night. I checked it out and gave it a try."

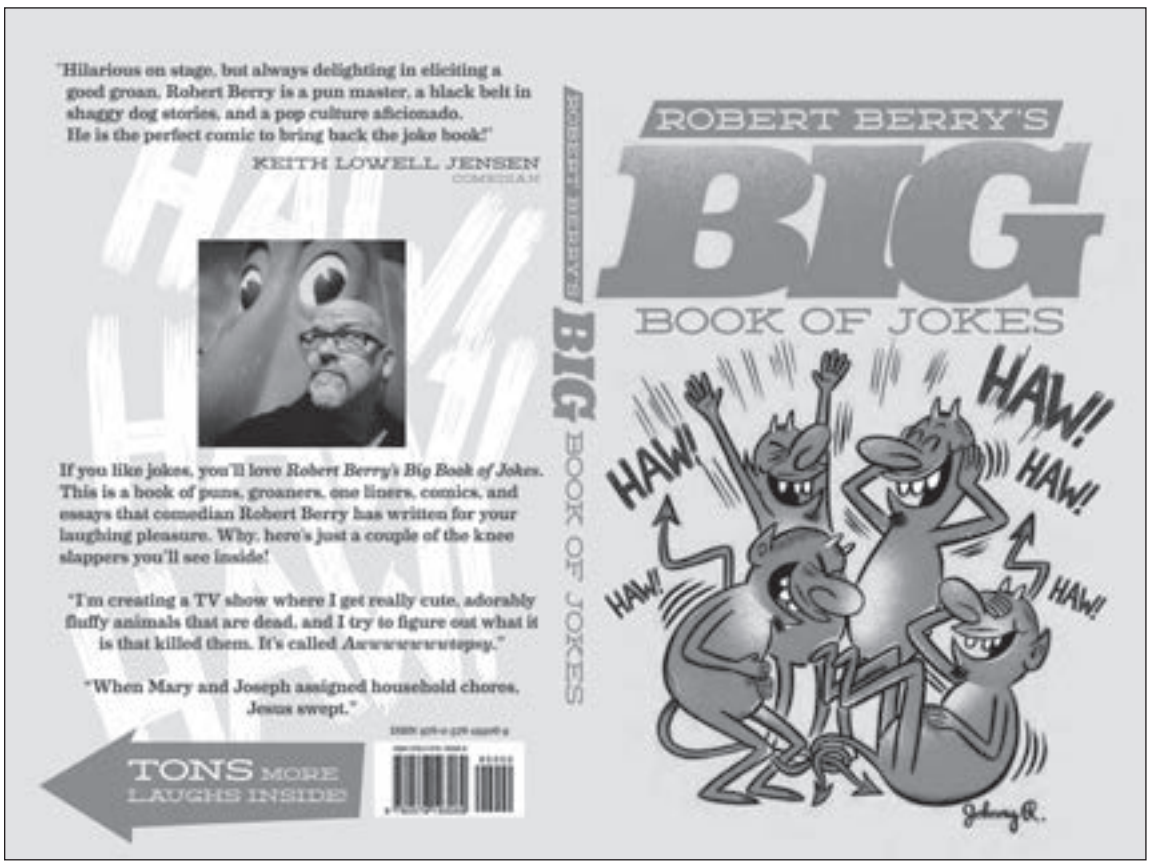
After the longtime host stopped running the open mic, Berry said he thought that was the perfect time to take it over. With 20 comedians a week, the open mic night starts at 8 p.m., with sign-ups at 7:30 p.m., on a first-come, first-serve basis. Karaoke starts at 10 p.m.

Asked if he ever tells a bad joke on purpose, Berry said, "Oh yeah! There's some jokes that are darling jokes to me and they're so stupid and the crowd will let me know that they agree with me. I love it when you tell a bad joke and the crowd just goes, 'awwwwwww, man', and shakes their heads. But, they're so appreciative in a way that there's no hatred there. They're just like, 'I can't believe that was the punchline' but it gets them. And I rather have that than silence."

Concerned about the audience reception, he says he's performed shows where tears were shed with groans mixed in. It's as if time slows, he says. "Sweat's drippin' out of your forehead and it's like the water faucets on and it's a slow torture."

Of his long drawn out jokes, Berry becomes the ghost of Jim Kerr, lead singer of Simple Minds. Satirical in tone, he sings, "Hey, hey, hey. Whoooo, whoooo, whoooo" as he introduces "Don't You Forget About Me", a song featured in the 1985 John Hughes Brat Pack movie, The Breakfast Club.

"It's so dumb, and it has such a big build up to get to that and you expect a tomato to come flying at your head. People will tell me how dumb that joke is and then sing it to me. It sticks with them. I've got a lot of jokes that are stupid and hard to forget."



In 2010, Berry moved to Seattle for about 10 months for a job, while his family stayed in Sacramento, but the job didn't work out and he came back home. In the interim, he frequented karaoke bars and got hooked singing along to The Violent Femmes, Prince, Queen. "I just enjoyed it. I was conscientious at the time to make my voice better, louder and clearer." That's why he enjoys hosting the show at On the Y. Berry says they have a great karaoke book there with thousands of songs, featuring some of the weirdest, most obscure stuff.

Being a comedian is a weird existence, he says. "There might be five people in the audience staring at you and you just bomb miserably and you go home depressed. You can go from the extreme of having a giant crowd of people cheering and laughing through what you say to just complete silence and this gruesome gray fog that just hangs over you after you're done."

And that's what's great about performing comedy, he says. Any night could be either one of those things. After all, even the best comics in the world can bomb. "You grow from it and that's how you get better," he says.

Enjoying the performance of the "little quick jokes", Berry says it's great when you can get an audience behind that format, as most comics perform longer-form comedy. Comparing the two, he says, "If you got an hour to perform and you're doing little jokes that could be 120 jokes that you gotta tell (versus) six or seven longer bits of the traditional comedy form. It's different. So there are a lot more chances for people to laugh or not laugh when you're done. So, it's definitely a skill-building thing. Bill Cosby – the long form is his bread and butter; Rodney Dangerfield does the quick ones. I love them both, I just happen to be better at the quick ones. Just like some people can run a marathon better than a 100-yard dash. There's a silliness to the one-liners that you got to get into and you have to power through them. If you tell 20 jokes and some of them don't get the biggest laughs, you got to believe there's the best jokes that you're telling."

Asked about his goals and future projects, Berry says: "I'm an older comedian and there's a lot of young ones that are starting out. I turn 48 this year. So, my 20-year plan at this point is just being alive."

Find Robert Berry online at retrocrush.com. There you can buy a copy of his book and find more details and pricing information for the following shows:

You can catch Robert Berry live in comedic form on Aug. 16 at 8 p.m. at the Punchline (2100 Arden Way), Aug. 18 at the Blue Lamp (1400 Alhambra Blvd.), Aug. 30 at the Pizza Factory in Turlock (1050 W Monte Vista Ave), Sept. 1 at the Variety Club 582 Market St.) in San Francisco, Sept. 6 at Kozy Kar (1548 Polk St.) in San Francisco or at the Crawfish Fest at the Yolo County Fairgrounds (1250 Gum Ave., Woodland) on Sept. 9-10.

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Not your typical ballet

Capital Dance Project returns to The Crest with fresh programs

By LAURA I. WINN





Bean bags and toys for the audience one night and a hip hop artist on stage the next are not what you'd typically find at the ballet, but the August 25, 26 and 27 ballets at The Crest Theatre will not be your typical performances with your typical audiences. In partnership with the Sacramento Kings and the Kings Foundation, Capital Dance Project will present A Sensory-Friendly Performance on Friday, August 25 for families with special needs children, such as those with Autism. The following two days showcase the return of Behind the Barre: Made in Sacramento. Dancers will debut nine pieces created in collaboration with Sacramento artists, including painters, photographers and musicians.

For Friday's ballet, the bean bags and toys come into play in a planned safe space – a designated area children can retreat to if they need a break from the performance. If the music is too loud or overwhelming, children can slip on headphones and continue to enjoy the dancing in quiet from their seats. The idea is to make the theater welcoming to those who might not feel welcome at a live performance due to audience members who might shush them or sounds that might upset them, explained Alexandra Cunningham, co-founder of Capital Dance Project.

"It's important to us to be inclusive. Our job as artists is to make art accessible," said Cunningham.

That accessibility is part of CDP's mission to uplift the Sacramento community through performing arts – a mission established when the 2015 Sacramento Ballet season was cut short by three weeks and the dancers needed a way to pay rent. According to dancer and choreographer Christopher Nachtrab, the dancers had long talked about starting their own collective. The layoff "lit a fire under us and forced and us to put our money where our mouth is."

The dancers banded together, and Capital Dance Project, an independent, collaborative dancer-run company, took off at allegro speed. From marketing to managing and from costuming to choreographing, the dancers do it all. The collaborative effort allows dancers to showcase their many talents while also developing skills that will open doors for them when dance careers end "way down the line when our bodies are no longer willing," explained Nachtrab.

With sold out shows the last two years, the success of the CDP has been "surprising and amazing" Nachtrab said. This year the project had an open call for collaborative artists. About 30 Sacramento artists submitted applications and 10 submissions, including that of hip hop artist Paul Willis, were chosen.

Willis, whose rap and spoken word focus on empathy and adversity, said he wanted to be a part of Behind the Barre to raise the level of performance in the city while using hip hop as an educational tool. "I'm excited about bringing together these two art forms that are typically on opposite ends of the spectrum," he said. "The stereotypes or stigmas about ballet is that it is in the fine arts category and marketed to audiences that don't look like me or aren't representative of my community. I see this as an opportunity to build bridges and build up communities and relationships."

Willis has teamed up with dancer and choreographer Julia Feldman to create a 10-minute piece with music from his latest album, "The Guardian." Willis and Feldman's piece is part of an eclectic program that includes music from Jazz artist Harley White, Jr, world music group Sambandha and violinist Andy Tan with cellist Alison Sharkey. Visual artists, such as Sunya Whitelight and Raphael Delgado, will set the stage with lighting, props and backdrops.

"This is not your typical ballet," Cunningham stated. "This is not *The Nutcracker*. This is not *Swan Lake*. We're exploring different kinds of movement in a way that is edgy and fresh."

"We are taking away the stigma or stereotype of ballet and arts in general. Come to the show and you'll be surprised by what you see," added Nachtrab.

While Capital Dance Project currently operates as a summer program, the dancers hope to expand it in the future and possibly offer classes to special needs children. "We don't know where it goes from here, but we are going to push it to the next level and keep going forward, trying something new each and every time," Nachtrab said.

Tickets for A Sensory-Friendly Performance August 25 at 7 p.m. and Behind the Barre August 26 at 7 p.m. and August 27 at 2 p.m. are available at capitaldanceproject.org.

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Asian art now on display at the Crocker, docent discussed culture at area library

By LEIGH STEPHENS

On a breezy night at the Robbie Waters Pocket-Greenhaven Library, Paul Lee, a docent at the Crocker Art Museum, spun tales of connections between Asia and other cultures since ancient times. He said, "My goal is to introduce major pieces that show one world in art connections. Art tells stories."

Lee shared stories including the history of Buddhism and its influence on American pop culture and the Buddhism-Hinduism connection. He explained why the first Buddha images resemble Greco-Roman mythological gods and told the story of Japanese woodcut prints and their influence on one of the most popular art movements in Western art history.

The program took place in July in the library community room. Attending were approximately 50 people who support the arts and those who were eager to learn more about the Asian Art Collection at Crocker Art Museum. Two American Sign Language Interpreters were there for the hearing impaired in the audience. The program was part one, and part two will be Wednesday, Aug. 9 when Lee will discuss Asian ceramics. The Sacramento Library and Crocker Art Museum sponsor these events.

Lee began his lecture by running a padded mallet around the rim of a bronze "singing bowl," used to signal the beginning and end of meditation, and believed to be healing with it's harmonic overtones. A few of these bowls are pictured in art several centuries ago and are used in China, Tibet, Japan and Korea. The docent began by giving the background of the Crocker, the first and oldest (1885) museum in the Western United States. It is now one of the leading art institutions in California.

The museum, located on the corner of Third and O streets, has three connected buildings. The old building, an Italian-style, was once the mansion of wealthy state Judge Edwin B. Crocker. The mansion has been incorporated into the new design. The second building, the elaborate gallery, was designed by architect Seth Babson. Crocker commissioned the gallery to display his family's growing art collection. The third building is the 125,000-square-foot Teel Family Pavilion, opened in October 2010. This expansion more than tripled the size of the museum. The art collections range from California and American art, European art, international ceramics, Asian art, plus African and Oceanic art. The third floor in the Gallery holds the Asian art pieces.

Paul Lee showed slides to illustrate his discussion of what art tells us about history. The first human images of Buddha show remarkable resemblance to Classical Greek mythological images. The Central Asian conquests of Alexander the Great in the 4th Century BC influenced the synthesis of East-West art.

The origin of Buddhism points to one man, Siddhartha Guatama, the historical Buddha who was born in Lumbini – now present-day Nepal during the 5th Century BC. Guatama was a wealthy prince who renounced his family and began a sect that taught a way of living that helps eliminate human suffering. Many believe Buddhism is not a religion but a philosophy that shows the way to enlightenment by looking inside and changing one's thinking.

Key Buddhist concepts include the "First Noble Truth," which is "all life is suffering." Painful situations can be changed by changed thinking. Good situations also can cause suffering because we cling to them, yet all things change constantly. There is the belief that the cause of suffering is selfish desire. By meditation and working toward enlightenment, one comes to develop a non-attachment attitude. Buddhists believe in reincarnation, the belief that we are born again in a continuous life cycle.

Buddhism and Hinduism are two of the most ancient religions in the world today. Hinduism has been able to maintain it's culture for more than 3,500 years; Buddhism



for 2,800. Because Buddhism sprang from the culture and surroundings of India, there are many similarities between the two. Both movements are similar in that they share the belief in reincarnation; attachment to people, places, things or ideas lead to suffering; meditation is common to both because they believe truth and spirituality is inward; and both believe that everyone will eventually achieve enlightenment.

Practices of both Buddhism and Hinduism differ in a number of ways. Buddhism does not have rituals in the traditional sense, yet Hin-

See Asian art, page 22

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Sacramento Zoo celebrated their zookeepers last month



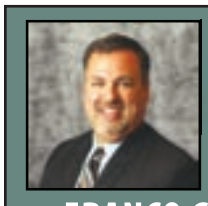
Can you learn the language of an animal that does not speak, spot an illness that an individual is hiding, get an orangutan to take his vitamin, or rake an exhibit when it is 105 degrees or pouring rain? The Sacramento Zoo's zookeepers can and do. During National Zookeeper Appreciation week (July 16-22), the Sacramento Zoo recognized the hard work, care, and responsibility zookeepers take on within this valuable profession. Amidst their passion for protecting animals and preserving wildlife, the responsibility our zookeepers take on is more than the day-to-day duties involving our zoo animals. It is important to highlight what it takes to be a zookeeper and the great contributions they are making to wildlife awareness, educational programs, scientific research, and the future care of the Sacramento Zoo animals.

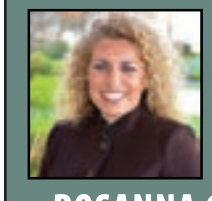
At the Sacramento Zoo, zookeepers share their expertise on animal maintenance, health conditions and care with visitors and are truly able to provide valuable information due to their educational background and experience. Zookeepers often obtain college degrees in zoology, biology, life science, animal science, wildlife management, or other fields related to animal management and get their foot in the door through volunteer work before landing a job in this profession. Their educational background and experience both play a valuable role in future research and continuous support in learning and providing better care for all animals in the zoo and their natural habitat. Zookeepers are not only involved in the daily care of the animals, but also work closely with veterinarians, take part in daily training and enrichment programs, network with zoos around the world, monitor dietary requirements for all the animals, all in order to continue making a difference in the lives of the animals they take care of.

Zookeepers truly form a wonderful relationship with every single animal here at the Sacramento Zoo which is not only incredibly rewarding but helps them better able to teach them new behaviors to help take care of them better. Through positive training, the zoo has been able to have extraordinary events happen such as Joey the Chimpanzee's successful ultrasound examination, thanks to the regular positive training provided by the primate keepers.

Praising the work of the zookeepers, Tonja Candelaria, spokesperson at the Sacramento Zoo, said: "It's a really tight-knit, small world community that takes a lot of hard work to get into. Once they're here, the zookeepers are at the zoo on a daily basis, working in 106 degrees, working in the rain, working in the hail. Our zoo keepers spend more time here at the zoo with the animals that they care for than they do with their own families, so it's a tough job. It's full of a lot of hard work. But also, they need to know a lot, they have to basically talk to animals that can't talk to them in order to do their job."

On Thursday, July 20, some of the zookeepers participated in Zookeeper Olympics and zoo patrols witnessed zookeepers going head to head in fun and competitive relay activities (wheelbarrow pushing, running with baggies on their feet). In addition to the Zookeeper Olympics, the zoo celebrated its hard working and dedicated zookeepers with lunches, Marie's Donuts, gift cards, Zookeeper Olympics, and lots of love to the Sacramento Zoo's zookeepers.

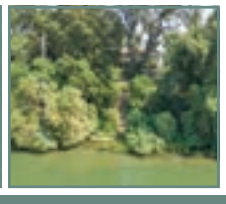

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Amanda Watters - If I could express anything to the public, I would want them to know how much we love and care for the animals. We lose sleep when they are sick, get teary when they become parents or achieve a goal. They are here to inspire people to care as much as we do. We believe, with your help, we can save these species!

Christa Klein - Christa has worked at the zoo since 2010, before that she volunteered at the Sacramento Zoo and Raptor Center while earning a degree in animal science from UC Davis. As a kid Christa was always drawn to animals and knew she wanted to dedicate her life to working with them.



Kate Gore - Kate has worked at the Sacramento Zoo for just over 10 years. She started as a relief keeper, working with carnivores, hoofstock, and reptiles for about four years, and then became a Primary Reptile Keeper. She a native of Sacramento, and has many memories of the zoo that helped guide her to her current profession.



Lindsey Moseanko - Lindsey has worked at the Sacramento Zoo for about 28 years. While she did not always know what she wanted to do, when Lindsay began volunteering at the zoo, she realized that was the career for her. Lindsay really enjoyed working with and taking care of animals such as elephants and hippos when they resided at the zoo many years ago. Quote: It is a privilege to do all I can, each day, to give my animals the best care I can to enrich their lives. I would like the public to know the amazing and beautiful place animals have in our world and the connection to what helps to make our lives deep and meaningful. Being a zookeeper is contributing to the many conservation programs out there to help keep these amazing creatures here on Earth and in our lives. I remember my first zoo trip as a child...that was when the magic happened for me. Now it is a passion to share these animals with our visitors and keep them always a part of our world.



Janine Steele - Primate keeper Janine Steele has worked at the Sacramento Zoo for over 15 years, and she has cared for everything from first-time mothers with their infants to geriatric animals. She stays up-to-date on the latest in zookeeping and primate knowledge by attending conferences and workshops. She also represented the Sacramento Zoo as a primate expert in China earlier this year.



Jason Skaleske - Jason can always be counted on for a can-do attitude and will put a smile on your face. He not only loves the animals he works with but loves taking time to answer guest questions about each individual. Jason is positive in all the roles he plays at the zoo, from mucking out the pond and unloading bales of hay, to handing out frozen treats on hot days.

Melissa McCartney - Prior to the Sacramento Zoo, Melissa was a zookeeper at both the Houston Zoo and Oakland Zoo. Working with Goody the reticulated giraffe to develop a support shoe and other means of treating her advancing arthritis has been one of the accomplishments that she is most proud of at the Sacramento Zoo. Melissa, like the other keepers, spends more time with the animals she cares for than she does her own family. Weekends, holidays...none of it means anything because the animals rely on her and the other zookeepers at all times to provide them the very best.

Tom Nakayama - Worked here 25 years as a relief keeper, and I started out as a volunteer and then had a job that was half records half keeper stuff. That job was cut from the City budget, then I returned as a relief keeper. In college I volunteered with the SPCA in Davis and volunteered as a keeper aide here. After graduation I had delivery driver jobs (which I really liked) then got the records job here. Wow, so many animals have come and gone. Everyone loved Baha, of course. Josie the chimp was a favorite as well. As for the current animals Blizzard is probably my favorite. I always thought I would work with animals in some way. Once I started volunteering here, it seemed like a natural fit. Thanks to a college career counselor for that. Besides, animals are much more honest than people! I suppose that it is rewarding, but not glamourous like people seem to think. That's for those folks at San Diego!!



Bill Bennett - Bill studied wildlife biology at Illinois State University. He has a true passion for wildlife and a respect for reptiles that only a herpetologist can understand. He bring education, experience, and a jovial atmosphere to the zookeeing team at the Sacramento Zoo.



Erik Bowker - Erik's favorite species at the zoo is the North American river otter. Looking back at his time at the Sacramento Zoo, one of his favorite memories is remembering the birth and cub years of CJ (Castro Jr.) the Sumatran tiger who now resides at the Los Angeles Zoo.

Kristene Hirsch - Kristene is a primary bird zookeeper. She knows everything about her feathered friends and spends countless hours working to improve their lives and educate guests about the importance of the various bird species. Kristene is filled with energy and dedication that drives her to work in the pouring rain and temperatures over 100 degrees, all to serve the animals under her care.

Matt Cline - Matt started in April 2015 as commissary (preparing diets for the day) and was hired as a full time keeper in February of 2016, prior to that he volunteered at the zoo. His favorite animals at the zoo are the river otters and their antics. He hopes to work at an aquarium one day.



Sadie Hutchison - Sadie has worked with everything from birds and hoofed animals to primates. Animals have always been a part of her life and she is humbled to be able to be a part of their care. Teaching visitors about these animals and why we should help save them in the wild is a rewarding experience and motivates Sadie to come to work every day.



Summer Copeland - Summer grew up with a variety of pets including snakes and a tortoise, but she always welcomed any opportunity to be around other animals. When she wasn't hanging out with sheep and horses on her cousin's farm, her family (also animal lovers) was visiting a zoo. At the Sacramento Zoo Summer spends her time rotating between and caring for all animal areas.



Bill Tabb - Bill has been at the zoo for over 30 years and has have worked in all areas of the zoo at one time or another. Some of his most memorable experiences at the Sacramento Zoo have been working on dioramas in the Reptile House after the zoo has closed for the day.

Part-time Keepers



Celina Barbero - Celina volunteered at the zoo and participated in other animal internships while obtaining a degree in animal science from UC Davis. Her favorite parts of being a zookeeper is hearing the excited squeals of the White-faced saki monkeys when she brings them their favorite treats of yogurt or applesauce.



Jessica Khuu - Jessica became a zookeeper to care for wildlife and to educate others about the importance of conservation. She notes that it is an amazing experience to share information about the animals you love and conservation goals that will make large impacts on the world. She also enjoys the fast-paced environment, teamwork, family-feel of this zoo.



Kelsey Oshimo - Growing up Kelsey attended my hometown zoo's zoo camp from kindergarten to senior year of high school and participated in their teen program. She found that her favorite days were "Keeper Days." She says that zookeeping is a super rewarding job. Not only is it physically challenging but you build relationships with the animals you work with and challenge one another through training, care, and enrichment.

Cody Watters - Cody grew up visiting to the Sacramento Zoo and gained a strong connection with animals because of his trips. As a zookeeper, he wants to inspire others to do their part as he does everything to do his. His number one goal is to provide the best care possible for the animals under his care.

Interpretive Center

Chris Llewellyn - Chris has worked for seven years in the Interpretive Center at the zoo and is an active volunteer at other animal conservation organizations. If you were to ask her what her favorite animal at the zoo is, she could narrow it down to three. Bateleur eagle, kinkajou and fruit bats.



Mike Owyang - Prior to his six years at the Sacramento Zoo Mike worked as an animal keeper, trainer, show presenter at a Bay Area theme park. The opportunity to work with and train a red panda, then traveling to Nepal to observe them in the wild has been a highlight of his career. Mike says that no zookeeper goes into the field expecting to become wealthy, but is richer for the experience.

Sam Curtis - Sam Curtis is a fan favorite at the Sacramento Zoo. As an education specialist in the Interpretive Center, Sam works with the animal ambassadors. He worked as a part-time employee at the zoo Center while working toward his B.S. in Evolution, Ecology, and Conservation. After receiving his degree Sam transitioned into a full-time employee.

Lara Kirkendall - Lara can often be seen representing the zoo on tv commercials and stage shows. She has worked at the Sacramento Zoo for 21 years, taking on a variety of roles over the years. Before the Sacramento Zoo she worked at the San Diego Zoo/ Wild Animal Park in a variety of positions. As a zookeeper and animal outreach manager she loves being able to share the animal world and all its intricacies with the public. The field of zookeeping has changed drastically over the past decade. Keepers are not janitors that just clean and feed the animals, but are college-educated scientists that work in the fields of genetics, conservation and research, making huge efforts to improve the environment and the natural world.

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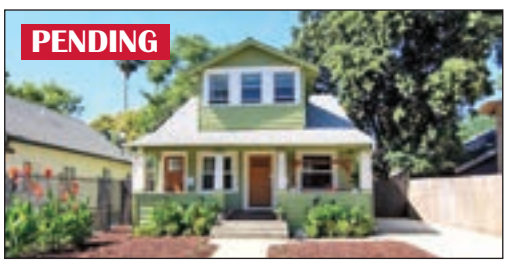
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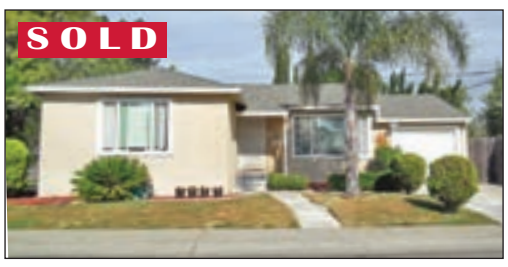
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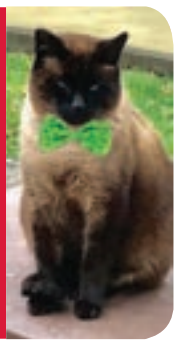
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Farm and Flavor: Tomatoes

By KERIN GOULD

At last, after weird weather delays, we reach the season of standing in the garden and sampling tomatoes right off the clean, astringent-scented plants that dye our skin chartreuse. Try it barefoot, touching the earth, eyes closed. Banish the winter of picked-green, gas-ripened, crunchy disappointments. Each tomato variety now packs a unique, sweet-acid balance, full of vibrant solar energy. Purple, pear-shaped Indigo Rose is sassy, while Black Cherry is practically savory, and the dense Italian varietal bursts with classic flavor that causes a flashback to childhood sandwiches eaten at picnic table by the lake. Some, like the tangy sungolds, rarely make it into the kitchen. I've been picking for a half hour, but my bowl is practically empty.

If you hate tomatoes, apply this scenario to plums, peaches or berries. But the bliss is genuine, exquisitely simple, and every cell in your body knows it is real, powerful food.

Lately, we live in a culture that devours the unreal, "alternative facts", baseless opinions, and attention-hungry exaggerations. Politics aside, if you are trying to verify health food information, this environment boggles the mind. Rare Siberian frisée kale will save your life!!!! All protein diet reduces fat and cures cancer!!! You've been eating tofu all wrong!!! The excessive exclamation points and sensational claims are dizzying. And the more serious our health issues, the more these dubious promises make us vulnerable. How do we know what is REAL?

First, who is your information source? Are they qualified experts or just selling you an exclusive and expensive new formula? Do they cite legitimate research? I'm not in the laboratory observing how anthocyanins and lycopene affect cancer cells, but when several researchers find cancer-fighting value in tomatoes, then I respectfully trust it is useful info.

Not all confirmation comes from a laboratory. Traditional Chinese Medicine, Ayurveda, and Traditional Indigenous Knowledge incorporate thousands of years of trial and error. In the ancient cities of Mexico such as Tenochtitlán, healers prescribed remedies with the condition that the patient had to report whether it worked. Results were recorded in Codices (that the Spanish tried to burn as witchcraft.) This is empirical study, science, not lore.

Many health-supporting foods that are tried and true traditions hold real value. Grandma eats nopal cactus for diabetes. Sounds weird. But probably her abuelita told her, because Mexican people have used this for centuries to counter the colonists' diet. Does this guarantee it will work for you? Of course not. But it has worked for generations.

We must also consider the risk of harm, even though whole foods retain nature's buffers to mitigate side effects. For example, grapefruit can conflict with some medications. Red grapes and red wine have wonderful nutrients, but if you have diabetes, they aren't really your friends. This is where it's a good idea to ask your doctor and/or pharmacist.

My hope is that, when you come across superfoods and trendy diets, you suspend belief or disbelief and research them. Listen to your common sense and your body's responses. Let's be open to information that can help, enjoy the optimism boost from finding new options to try, but let's also keep it as real as summer tomatoes.

What's in season in Sacramento: green beans, beets, corn, cucumbers, grapes, melons, okra, peppers, plums and pluots, squashes, and tomatoes.



Speaking of "tried and true" and keeping it real, I have THE gazpacho recipe from a friend from Seville in southern Spain, a flamboyant artist who is deeply attached to his hometown's festivals, arts and food. He was adamant about the ingredients and the order of things required to make it authentic. NO "inventing" other "new and improved" versions or vegetarian Gazpacho, because it already is. The important thing, according to Nazario, is to add white stuff, green stuff, then red stuff. So I've been faithfully following his instructions for the last 25 years, because, well, why mess with a classic from a land with sweltering summers? (Of course, you can adjust garlic, onion and vinegar amounts to your preferred taste.) It's hard to improve on something simple and real, refreshing and energizing, that can awaken a heat-stifled appetite and doesn't heat up the kitchen.

Gazpacho

1 thick slice of day-old French bread, torn into chunks (folks with diabetes or gluten intolerance can skip this)
1-5 cloves garlic
1/4 cup minced onion
1/4 teaspoon salt
4 cups cold water
1 cucumber, peeled and finely chopped
1 green bell pepper, chopped
1/4 cup olive oil
8 large tomatoes - peeled, seeded and chopped
1/4 cup wine vinegar

Instructions:

Put the bread, garlic, onion and salt in a blender and add a bit of water to wet the bread. Pulse the mixture so it chops, not too fine.

Add the cucumber, green pepper and olive oil. Pulse again.

Add tomatoes, and finally vinegar. Blend to desired consistency.

Adjust water, vinegar and salt to taste.

For more easy, tasty, healthy recipes, go to producewithapurpose.wordpress.com



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Life on Two Rivers:

Owling in the City

By ELLEN COCHRANE

Tucked into dense tree canopy or holed up in a palm tree, the urban owl is almost impossible to find in the day. Your best bet to see them is the magic, crepuscular hour—that faded, slate blue time at dusk and dawn. While more commonly encountered along the Sacramento and American Rivers, we do have three fellow travelers that share our city—the Barn, the Western Screech and Great Horned owls.

Owling is a full sensory quest. You can start on your block by noting white wash (droppings collected under a favorite roost) and listening for distinctive calls. One can go on line to hear the different calls and use the "Explore Data" feature of eBird (www.ebird.org) to locate owl sightings in the area. On eBird people post information on location, photos and even sound recordings and you can explore the site and see all the reports without joining. Look around the base of trees where you suspect there's a roost. If you're really lucky you'll find some owl pellets—coughed up remains of undigested bones and fur. Owls don't chew. They usually swallow prey whole and then regurgitate the remains.

As lords of the night, owls capture the imagination of many cultures. Wisdom, death, afterlife, medicine, luck, doom—powerful attributes were placed onto owls. According to the fossil record, they are one of the oldest groups of living birds and have lived with us and in our imagination since our beginnings.

Owl eyes are specially adapted for hunting low light. They are often very large, taking up as much as 30 percent of the skull volume (compared to about 1% for humans). The eyes are long tubes attached to the skull and they don't move in the sockets. This gives the owl its deep gaze that, along with up to 140 degrees of head rotation, has led to many myths of supernatural power and intelligence. However, in the scope of bird intelligence owls are not high on the list, but their senses make up for less brainpower.

Their main superpower, however, is their hearing. With asymmetric placement of the ears, a facial disc of feathers to funnel sound to those ears, and extreme acuity, some owls can locate and dispatch prey in total darkness. Specially adapted flight feathers allow nearly silent flight, which prevents alerting their prey as well as helping them hear the faintest noises from that prey.

Barn Owls

Miwoks believed that after death, the wicked were doomed to become Barn Owls.

Many of us have heard the long, eerie, raspy screech in the inky night. It's most common during the summer mating season and is meant to attract females or beg for food. In most neighborhoods this is the owl you're most likely to see.

This powerful night hunter does not hoot at all, and the blood curdling call must freeze the heart of nearby rats. It's a prodigious killer, able to hunt in the dark night with precision using hearing that can detect the minute sounds of rodents chewing and scratching.

These owls are adorned with a heart-shaped face with no ear tufts and light-colored feathers. They get their name from their love of barns and abandoned buildings for roosting. The happiest Barn Owl lives in an undeveloped habitat of open area that's not in the mountains and that's not too cold. But they are versatile. East Lawn and the Old City Cemetery, Land, McKinley, East Portal and Capitol parks often host some birds. They look for old tree cavities and structures that provide perches and dine primarily on small rodents. When these silent night hunters take flight there is often only a whisper of wings and a pale sail of body floating in the air.

Western Screech-Owl

Cherokee shamans believed Screech Owls can bring on sickness as punishment.

There is no hoot, and alas, no screech. This small, misnamed owl has a rich trilling whinny with the cadence of a bouncing ball – starting slowly and speeding up toward the end. You'll find it mostly in our river neighborhoods. It loves the heavy brush and is strictly nocturnal, hunting by looking more than listening. The best way to spot it is to learn the call. The sound is the key to seeing one.

These woodland owls are little, about the length of a red-winged black bird, with small ear tufts and yellow eyes. Like most owls, the female is slightly larger than the male. There are three different species with our Western Screech-Owl found west of the Rockies, the Eastern Screech east of the Rockies, and the Whiskered Screech, a mainly Central American species whose range barely reaches into southeastern Arizona.

They are cavity nesters and love old trees, abandoned woodpecker holes and empty crow or magpie nests. Their mottled gray plumage is perfect camouflage allowing them to easily blend into the grayish bark of oaks while they sleep through the day.

Great Horned Owl

Miwoks believed Great Horned Owl capture the souls of the dead and carried them to the underworld.

I heard the clicking first. It was dusk in East Lawn Cemetery on a hot August night. Quickly and silently, three large brown-gray owls floated above my head and disappeared into the urban canopy. I'd been owled. Great Horned. The clicking behavior was probably territorial. The parliament of owls was most likely a parent and offspring.

This is our neighborhood owl that hoots. Hoo, hoo, ha-hoo. The large ear tufts and blazing eyes mark this as a quintessential storybook bird. But don't mistake this animal as a benevolent, message carrying child's companion. This is an apex predator with very strong, fierce talons that can carry away rabbits and skunks. Rescued injured birds will often reek of skunk, the owl's favored meal. This bird has no natural predators and will eat anything from fish to small fox.

They are not as common in the urban area, but can be spotted in the larger parks and closer to the river. They hunt by scanning from perches or glide over areas searching for food. Sacramento's old growth urban canopy of mixed deciduous and conifer is perfect for nesting for the owl, but open areas provide the best hunting ground. They are found throughout North America in both low and high lands.

Sacramento Rats and Owls

This summer there was an uptick of rats on our block. Not only were they chubby; they were brazen—waddling across the telephone wires before sundown. These cretins destroyed my tomatoes. I'm surprised they don't travel with little napkins around their necks and cutlery curled in their tails.

The idea of rodent poison was ruled out. Most poisons kill rats slowly and they can crawl into hard to reach spots to die. (Like under your floorboards, or that great trumpet vine by your outdoor dining area.) More importantly for our natural neighborhood world, all who prey on them ingest the poisons that kill the rats. Owls, hawks, raccoons, dogs, cats, are killed by rodenticide. Typically, a rat won't succumb for a day or more to the poison and becomes easier prey.

Owls are my solution. A single barn owl can eat more than 1,500 rodents a year, and a nesting brood can scarf up to 20 a day. Owls, I'm inviting you in. The California State Fair had a demonstration owl box, and I researched them on line. It's not too hard to assemble and they are relatively inexpensive.

East Sacramento Preservation Neighborhood Group also understands that humans and owls form a healthy partnership. The group is fundraising for owl boxes to mount in McKinley Park. This is wise stewardship and supported by the neighborhood. Poisons are not preferable to control rat populations. Hopefully, Sacramento City Council will adopt a resolution banning the owl-killing rat poisons for sale in the city and promoting the use of owl boxes.

For more information about owl boxes and the problems of rat poison visit: http://www.raptorsarethesolution.org/

To help East Sacramento Preservation with the owl box project call (916) 457-2725 or email contact@eastsacpreservation.org.

To learn more about our owls, I recommend Field Guide to the Owls of California and the West by Hans Peeters.

Ellen Cochrane is a certified California Naturalist who lives close to the American Rivver.



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Sacramento's largest Japanese cultural & food bazaar celebrates 71 years



The Buddhist Church of Sacramento's Japanese Culture & Food Festival is a summertime tradition in Northern California. This annual event is on Saturday and Sunday, August 12 & 13, 11:00 a.m. – 8:00 p.m. both days.

Enjoy delicious, Japanese dishes, prepared right before your eyes. There will be everything from fresh fish-topped sushi, to our succulent teriyaki chicken, teriyaki beef sandwiches, Japanese pastries and more. There is something for everyone at this year's 71st annual Sacramento Buddhist Church Bazaar.

You can see fabulous performances by Japanese folk musicians, dancers and singers; hea thundering taiko drums; and experience Japanese musicians among other cultural entertainment. There will be ongoing-exhibits featuring bonsai or miniature tree exhibits, mataro kimekomi doll making demos, Japanese calligraphy, ikebana or flower arrangements and other demonstrations.

On Saturday evening, The East Wind Band performs, and is Northern California's premier funk, soul, R&B, and classic rock band. They have opened for Earth, Wind and Fire, Tower of Power, Hiroshima, Average White Band and other big-name entertainers.

Children's games and prizes are a must for the little ones, and there are home-made desserts, both Japanese sweets and good ole American cookies, pies and cakes.

After WW II, Japanese Americans and immigrants had to rebuild their homes, lives and communities after returning to the Sacramento area from their forced evacuation to concentration camps. In 1947, the Japanese Bazaar began as a festive, social event for the Sacramento Japanese residents celebrating food and friendship.

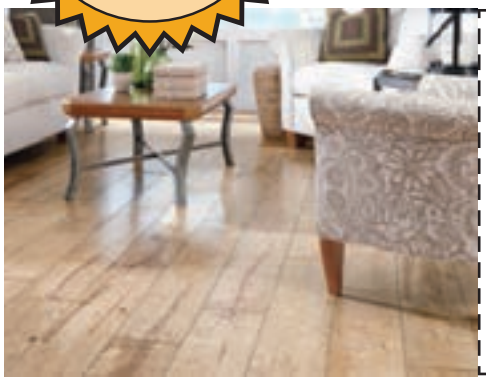
The Bazaar is a major fundraiser for the Buddhist Church of Sacramento. This event supports the many affiliated organizations such as Boy Scouts, Girl Scouts, youth sports programs, the Japanese language school, and youth and senior organizations.

It is free admission and free parking under the freeway, with a free, convenient shuttle bus that goes directly to the bazaar grounds every few minutes.

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Cook Realty Charity Golf Tournament celebrates 25th anniversary

The Annual Cook Realty Charity Golf Tournament will take place on Friday, Sept. 15 at William Land Park Golf Course with an all charity dinner and prize raffle to follow. Hundreds of guests and golfers take part each year.

Since inception in 1992 the Cook Realty Charity Golf Tournament has raised well over $400,000 for local charities. An important characteristic of this unique event is that over 90% of the earnings are turned over to several local non - profits, schools and churches.

Cook Realty Broker Trey Bonetti says the event is successful in raising needed funds for many local nonprofits and valuable community assets. "We've recognized how important these funds are and how many groups have come to rely on our help", said Bonetti. "We are extremely proud of the accomplishments of our agents and the part they play raising money for charity in a challenging economy."

Both Bonetti and Golf Director Ed Daniels know it doesn't happen without the help and hard work of vendors, merchants and service companies in the hundreds, from both within and outside the local real estate industry. "Each year we ask folks to donate time, money or goods and services and they respond overwhelmingly," says Daniels.

Jocelyn Yap, event treasurer, agrees; "We are very grateful to have the help and support of so many people, who in turn help and support so many others". "Our event is significant to so many people" says Yap.

Each of Cook Realty's agents play a part in securing ample gifts and prizes for the event dinner that evening. It is estimated the raffle helps to bring in as much as half of the total proceeds. "We have been so fortunate to be surrounded by so many fine business people in our community," says Realtor Meena Chan Lee. "Each year they are thrilled with the result of participating. The return on their investment exceeds expectations," said Chan Lee.

The late Charles Covey, then a Cook Realty agent, began the fundraiser in 1992. Each year an award is given in his honor to a community member who has exhibited selfless work and sacrifice on behalf of those less fortunate.

Cook Realty wants to thank past major sponsors that include Steve Larson of Farmer's Insurance, Bouey Termite and Construction, Ken Perry of State Farm Insurance, Property I.D. and Phillips Painting.

Other generous contributors have included Scott Filby of Guild Mortgage, Castro Insurance, Nathan Sibbet of Wells Fargo Mortgage, MetroList Services, Parker Development, Full Circle Home Inspection, Superior Electric, First American Home Warranty, Fidelity Home Warranty, Property I.D. , Affordable Trenchless and many more.

Play, donate or just come eat and enjoy the fun. Secure your spot at this year's Cook Realty Charity Golf Tournament, Dinner & Raffle. Contact Ed Daniels at 916-451-6702 for tickets and details.

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What's happening, Land Park?

THURSDAY, AUG. 10

FREE FAMILY-FRIENDLY COOKING CLASS ON BROADWAY: Oak Park Sol brings you a 1-hour FREE cooking class in the outdoor kitchen at Broadway Sol Community Garden from 5:30 to 6:30 p.m. Food Literacy Center volunteers will lead you through a fun, hands-on class with two recipes featuring seasonal produce. These classes are designed for families (make sure to bring the kids!!), but are also great for individuals. Everyone is welcome! Questions? Randy Stannard, (530) 204-8082, rstannard@oakparksol.org. Oak Park Sol is located at 3733 Broadway, Sacramento, California 95817

SATURDAY, AUG. 12

LEGO MANIA! – Like building with LEGOs? Join us for our monthly LEGO free-play afternoon! LEGOs and DUPLO LEGOs will be provided. Family/All Ages. Saturday, August 12 from 2 to 4 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

TEENAGE WASTELAND ART SHOW AT BARRIO CAFE: Students from area high schools will showcase their art at a special show at Barrio Cafe, 1188 35th Ave.

10TH ANNUAL THE FIRE SPECTACULAR: A festival dedicated to fire dance and fire arts suitable for all ages. Tickets available at sacredfiredance.com/FireSpectacular.html. 11 a.m. to 10 p.m.at the William A. Carroll Amphitheatre in William Land Park.

MUSICAL ROBOT – "If You are a Robot and You Know It," an interactive musical and storytelling performance designed to get kids and parents laughing. August 12 at 2 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SATURDAY, AUG. 12-SUNDAY, AUG. 13

8th ANNUAL SACRAMENTO BANANA FESTIVAL: The Banana Festival is multicultural extravaganza, featuring delicious foods from the Caribbean, Central America, Puerto Rico, Mexico, Africa and Pacific Rim cultures, as well as traditional festival foods, live entertainment including ethnic dancers; R&B, jazz, country and rock performers; fashion show; interactive hula hoop and hip hop stations; healthy cooking demos and culinary art for kids and families; crowd participation Zumba; community line dance and salsa lessons; arts and culture displays, crafts bazaar and vendor fair. Kid-friendly activities will include arts and crafts, face-painting, storytelling, banana split-eating contest, bounce houses and inflatables, carnival rides and more. The festival also will feature a Health and Wellness pavilion with free blood pressure, eye exam stations, and heart disease/breast cancer information, and an exhibit on the historical context and health benefits of the banana. Hundreds of free bananas will be given away to festival-goers.

Art Education is a huge part of the festival, with more than 10 free tables of art activities for children and families, including mural-making, collage-making, ceramic clay, sand art, art stamping, and much more. The festival will provide opportunities to more than 200 local artists in visual art (live art demos), performing art, music and dance to showcase their talents and provide artistic experiences to the community.

Also, this year, The Banana Festival and Banana Fest International Welcomes Johnstons Amusements. With over 50 thrilling Rides and Attractions to choose from, they are sure to bring the excitement and fun to the Banana Festival. Johnstons Amusements has stepped up to help the Banana Festival raise funds for the Arts. What would the world be without the Arts? Small rides $2; medium rides $3 and large rides $4. Please support this fundraiser and invite friends and family to do the same. For a list of all the entertainers entertainers and featured highlights, visit the Banana festival webpage at www.sacbananafestival.com and facebook page https://www.facebook.com/BananaFestival/

https://www.eventbrite.com/e/8th-annual-sacramento-banana-festival-funky-banana-festival-tickets-34874991037?aff=es2

Time: 10 a.m. to -7 p.m. on Saturday and until 5 p.m. on Sunday

Place: William Land Park, 3800 West Land Park Drive

THE BUDDHIST CHURCH OF SACRAMENTO'S JAPANESE CULTURE & FOOD FESTIVAL: The Buddhist Church of Sacramento's Japanese Culture & Food Festival is a summertime tradition in Northern California. This annual event is on Saturday and Sunday, Aug. 12 and 13, 11 a.m. – 8 p.m. both days. Enjoy delicious, Japanese dishes, prepared right before your eyes. There will be everything from fresh fish-topped sushi, to our succulent teriyaki chicken, teriyaki beef sandwiches, Japanese pastries and more. There is something for everyone at this year's 71st annual Sacramento Buddhist Church Bazaar. It is free admission and free parking under the freeway, with a free, convenient shuttle bus that goes directly to the bazaar grounds every few minutes.

WEDNESDAY, AUG. 16

ICE CREAM SOCIAL WITH THE GREAT SCOT – Come celebrate the end of Summer Reading at the annual ice cream social. Start the evening off by enjoying a magic show by The Great Scot, who will astound and entertain kids with illusions, magic tricks, audience participation, and humor. Then stay to socialize and enjoy free ice cream for everyone out on the patio. Wednesday, August 16 from 4 p.m. to 7 p.m. at Ella K. McClatchy Library, 2112 22nd St.

THURSDAY, AUG. 17

MOVIES AT THE CEMETERY: The Old City Cemetery Committee is pleased to present its latest fundraiser Movie Night in the Cemetery from 7 to 10 p.m. The committee will show "The Sacramento Picture", which showcases historic film clips from the city's archives, most unseen since they were originally captured. The selections consist of dramatic news footage, rare home movies, vintage educational programs, and kitschy promotional films that capture Sacramento during the 20th Century. The film, created and edited by Matías Bombal and Chad E. Williams, includes commentary from local experts and longtime citizens who provide insight into the history of our city and the everyday lives of Sacramentans. Highlights include a 1920 Sacramento Senators baseball game; the city's commercial and architectural core, J and K streets, documented during several eras; the redevelopment of the West End in the 1950s and 1960s; and shots of parades, river recreation, school activities, and man-on-the-street interviews. The noted California showman, broadcaster and former movie palace manager Matías Bombal is known for his love of cinema, from its beginning to the arrival of wide-screen films. He reviews current cinema at Matías Bombal's Hollywood and for Valley Community Newspapers. Matías is a member of the Sacramento Press Club, and presenter of movie classics at theaters throughout the region. Bombal can also be heard on KAHI Radio, reviewing movies on the Thursday evening news and "Poppoff" on Fridays every week. Chad E. Williams is an award-winning producer, artist, sound engineer, editor, author, and musician based in Sacramento. The event starts at 7, with a rare sunset tour of the Cemetery and its residents led by docent Eric Bradner, followed by the film, hosted by filmmaker Matias Bombal. Tickets available on Brown Paper Tickets. Attendance limited to 75 warm bodies. Arrive early, street parking is limited. For more information, call 916-448-0811. Sacramento Historic City Cemetery, 1000 Broadway, Sacramento, California 95818

DEL RIO TRAIL OFFICE HOURS MEETING: Calling all neighbors, cyclists, walkers, runners and trail goers! Join us for the Del Rio Trail Office Hours meeting on Thursday, Aug. 17. At this drop-in style meeting, the technical experts from the project team will be available to talk one-on-one with members of the community about their questions, suggestions and comments related to the Del Rio Trail Project. There will be no formal presentation; you are invited to "drop in" when it is convenient for you! The Del Rio Trail Project Office Hours Meeting will be held from 5 to 7 p.m. at New Technology High School Library, 1400 Dickson St.; visit cityofsacramento.org/DelRioTrail for more information.

SATURDAY, AUG. 19

MOVIE NIGHTS IN THE PARK, FEATURING MOANA: Steve Hansen and District 4 invite you to a free showing of Moana at William Land Park. Movie starts at dusk. The Land Park Community Association will be co-sponsoring the August 19th event featuring Disney's "Moana". The association will also be collecting blankets, sheets towels, pet beds, unopened pet food, and monetary donations for the Front Street Animal Shelter.

SUNDAY, AUG. 20

FOOD TRUCK MANIA: Monthly food truck event with kids zone and live music from 4 to 8 p.m. in Village Green of William Land Park (Freeport & Sutterville); www.sactomofo.com. Sponsored by the Land Park Community Association.

SACCIRQUE PARK TAKEOVER: This is a great opportunity to meet and greet, skill share, play and eat! This will be a freestlye skill-share jam; full of acro-yoga, hand balancing, flow arts, juggling, slacklining and more! Look for the Sac Cirque Banner and easy up! This is not an official SacCirque performance but an opportunity for artists to connect. What to Bring! Yourself, Your Props, Food! This will be a potluck style event.
Sunday, August 20 at 1 PM - 4 PM
Southside Park 8th Street; 2115 6th Street, Sacramento, California 95818

THURSDAY, AUG. 24

NEIGHBORHOOD KNITTERS – Do you have knitting projects you need to finish? Do you enjoy a little conversation with your knitting? Join our knitting group, learn some new tricks, and share your knowledge with others. We welcome all ages and skill levels. Thursday, August 10 and Thursday, August 24 from 2 p.m. to 3:30 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

SATURDAY, AUG. 26

COLLEGE ADMISSIONS PROCESS A-Z: Certified college consultants from AP College Consulting will give an in-depth presentation on the college admission process from 5 to 6:30 p.m. at the Belle Cooledge Library, 5600 South Land Park Drive. High school students and parents are invited. This is a free event. For more information, contact sarah@apcollegeconsulting.com

FAIRYTALE TOWN CELEBRATES 58th BIRTHDAY WITH TALES AND ALES BREWFEST FUNDRAISER: Fairytale Town will celebrate their 58th birthday with Tales & Ales Brewfest Fundraiser on Saturday, Aug. 26, from 5 to 9 p.m. The event is an all-ages fundraiser featuring beer tastings, food trucks, and live music by AKAlive. The highlight of the evening will be tastings from 24 craft breweries based in Sacramento and beyond. Guests will be given a Red Solo Cup to use throughout the evening to sample tastes from 2 Towns Ciderhouse; Alaskan Brewing Co.; Auburn Alehouse; Ballast Point Brewing Co.; Deschutes Brewery; Dust Bowl Brewing Co.; Fort Rock Brewing Co.; Fountainhead Brewing Co.; Hemly Cider; Heretic Brewing Co.; Hoppy Brewing Co.; Lagunitas Brewing Co.; New Helvetia Brewing Co.; Oak Park Brewing Co.; Porchlight Brewing Co.; Pyramid Brewing Co.; Sactown Union Brewery; Six Rivers Brewery; Small Town Brewery; Strad Meadery; Sudwerk Brewery; Tilt Brewing Co.; Two Rivers Cider Co.; and Wildcide Hard Cider. AKA live will perform a high-energy set of cover songs throughout the evening. Four food trucks -- Bella Familia Wood Fired Pizza, Chando's Tacos, Slightly Skewed, and Squeeze Inn -- will be onsite with food and beverages available for sale. There will also be a raffle running throughout the evening, including a Disneyland vacation package. "Tales & Ales is a unique all-ages fundraiser celebrating not only our 58th birthday but Sacramento's active craft brewing scene as well," said Kathy Fleming, executive director of Fairytale Town. "Plus, it's a great opportunity for all of our adult fans to visit Fairytale Town. We often hear from guests who have fond memories of visiting Fairytale Town as children and want to visit again but are unable to do so without children." Advance tickets are $30 for adults and $5.75 for children ages 2-12. Fairytale Town members receive $5 off per adult ticket on advance tickets, and member children are free. Day-of tickets are $40 for adults and $10 for children ages 2-12. Children 1 and under are free. Tickets are available at fairytaletown.org or (916) 808-7462. Located in William Land Park in Sacramento, Calif., Fairytale Town opened to the public on August 29, 1959, when it was dedicated as a gift to the children of the Central Valley by the City of Sacramento, the Junior League of Sacramento and other community and business leaders. Fairytale Town remains the only literacy-based park that serves children in this region.

Proceeds from Tales & Ales will support Fairytale Town's programs and park improvements. For more information, visit fairytaletown.org or call (916) 808-7462. Tales & Ales is sponsored by Brown Construction, Now 100.5, KNCI 105.1, and Yelp Sacramento.

19TH ANNUAL RACE FOR THE ARTS: 5K Run/Walk and Kids Fun Run raising funds and awareness for California nonprofit visual, performing, cultural, literary arts organizations, and school music, drama, literary, and art programs.
http://www.raceforthearts.com/ 8-11 a.m. throughout William Land Park

SATURDAY, SEPT. 2 AND SUNDAY, SEPT. 3

CAMELLIA KOI CLUB'S 2017 KOI SHOW "A TASTE OF EXCELLENCE": An educational and fun event featuring pond builders, fountains, landscape and other vendors, artists and beautiful Koi to purchase or just to admire. Qualified judges are on hand to explain how Koi are judged. The purpose of the Camellia Koi Club is to promote, create and enlarge the hobby of keeping, breeding, appreciating and exhibiting Koi. This show is one way we can accomplish that.
Saturday, Sept. 2 from 11 a.m. to 5 p.m.; Sunday, Sept. 3 from 11 a.m. to 3 p.m. The Old Sugar Mill, 35265 Willow Ave., Clarksburg. Free Admission – Free parking; www.camelliakoi.org

SUNDAY, SEPT. 17

4TH ANNUAL GOLF TOURNAMENT: The Hornets Policy & Politics Alumni (HPPA) Chapter of the Sacramento State Alumni Association invites you to the 4th Annual HPPA Golf Tournament. Come out and play 9 holes with your fellow Hornets on Sunday, September 17, at William Land Golf Course, 1701 Sutterville Road. 9:30 a.m. Registration, 10 a.m. Shotgun Start. Golf carts are available to rent. Tournament limited to 9 teams of four. For more information, please contact info@hppa.org. All sponsorships include entry for four golfers. 9 a.m. to 2:30 p.m.
- Green and Gold, $1,500 Event Presenter
- Hole in One, $750 1st or 2nd Hole and Contest Sponsor
- Birdie, $500 Sponsor a Hole of Your Choice
- Fore, $250 Sponsor a Foursome
- Single tickets $50

Registration Deadline:Friday, September 15, 2017 2:00 p.m. (CST)
For ticket information, visit online.sacstatealumni.com

SATURDAY, SEPT. 23:

DEAF AWARENESS DAY AT THE SACRAMENTO ZOO: The Sacramento Zoo will hold a special day for our deaf and hard of hearing community sponsored by NorCal Services for Deaf and Hard of Hearing from 9 a.m to 4 p.m. The zoo will have ASL interpreters on site for the event. There are limited facilities for service animals. Please call 916-808-5888 in advance for service dog information. 3930 West Land Park Drive, Sacramento, CA 95822.

See more What's Happening page 21

What's happening, Land Park?

MONDAY, SEPT. 25

SENIOR TEA AND TOURS AT THE SACRAMENTO ZOO: This senior-only program features a group led by docents on a tour of part of the zoo from 9 a.m. to noon. You'll hear about where the Sacramento Zoo has been and where they're going. During the tea break you'll be treated to ice tea, lemonade, water, tea sandwiches, salad, and cookies. Senior Tea and Tours programs start at the front gate of the zoo. 3930 West Land Park Drive, Sacramento, CA 95822.

FRIDAY, OCT. 20 AND SATURDAY, OCT. 21

LANTERN TOURS 2017: You're invited to the annual October evening tours with Victorian-era costumed actors for "Wild Rides" through the tombstones at the 2017 Lantern Tours of the Sacramento Historic City Cemetery presented by the Old City Cemetery Committee. Four tours per night are available on Oct. 20-21 and Oct. 28 at 7 p.m., 7:45 p.m., 8:30 p.m., and 9:15 p.m. On Oct. 27, two tours are available at 8:30 and 9:15 p.m. On a lantern-led tour through Sacramento's past, guests will meet some of the cemetery's eternal residents who will share stories of adventure and misadventures on the water, across the prairies, on trains and through Gold Rush streets. A stage show will feature riverboat entertainment at the tour's midpoint, and you will encounter riverboat gamblers and enjoy period music. Along the way, you will encounter some ghostly – or is it ghastly? – spirits. It will be a lively night in the cemetery!
Tickets for this fundraiser are $35 and available only through http://www.brownpapertickets.com/event/3034629. Price includes the tour, entertainment and light refreshments. Proceeds benefit cemetery preservation and maintenance, and other programs of the Old City Cemetery Committee. **Tickets will go on sale Sept. 1.** For more information, call 916-448-0811 or 916-264-7839. The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento. The Sacramento Historic City Cemetery is located at 1000 Broadway, Sacramento.

FRIDAY, OCT. 27 AND SATURDAY, OCT. 28

LANTERN TOURS 2017: You're invited to the annual October evening tours with Victorian-era costumed actors for "Wild Rides" through the tombstones at the 2017 Lantern Tours of the Sacramento Historic City Cemetery presented by the Old City Cemetery Committee. Four tours per night are available on Oct. 20-21 and Oct. 28 at 7 p.m., 7:45 p.m., 8:30 p.m., and 9:15 p.m. On Oct. 27, two tours are available at 8:30 and 9:15 p.m. On a lantern-led tour through Sacramento's past, guests will meet some of the cemetery's eternal residents who will share stories of adventure and misadventures on the water, across the prairies, on trains and through Gold Rush streets. A stage show will feature riverboat entertainment at the tour's midpoint, and you will encounter riverboat gamblers and enjoy period music. Along the way, you will encounter some ghostly – or is it ghastly? – spirits. It will be a lively night in the cemetery!
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SATURDAY, OCT. 14

HAWAIIAN STYLE TEXAS HOLD-EM TOURNAMENT FUNDRAISER FOR LOCAL CHARITIES: Tourna-



Photo by Andy Pischalnikoff
The Obsidian Butterfly fire troupe will celebrate fire in all its artistic forms with fire breathers, fire eaters, fire dancers, fire hoopers, and more on Aug. 12. It's the 10th annual fire spectacular which includes hours of the hottest performers.

ment is being played on Saturday, Oct. 14 at Swallows Nest Country Club, 2245 Orchard Lane, 95833. South Sacramento Rotary's Satellite Club is hosting this event. Come to play or just cheer on your favorite player while enjoying some good food and great fun, HAWAIIAN STYLE. Beginners welcome! There will be a practice table for those who arrive early. One lucky winner will take home the grand prize valued at $500! Your participation will benefit worthy Sacramento non-profits supporting women and children. From 5 to 6 p.m., come for the drinks, practice table, and buffet. From 6 to 10 p.m. is playtime and from 10 to 10:30 p.m., prizes will be awarded. Players are $80 per person; spectators, $20 per person. Bring friends - RSVP and sign up online at Checks to be made out to Rotary Club of South Sacramento Foundation. Provide checks to your Rotary contact or mail to: Rotary Club of South Sacramento Foundation, 6191 South Land Park Drive, Sacramento, CA 95831. The Rotary Club of South Sacramento Foundation is a 501(c)(3) charitable organization (Tax ID # 68-0234137), and your contribution is tax deductible to the extent allowed by law. Must be 21 years or older to attend. Tickets are non-refundable. Tickets may be transferred to individuals over the age of 21; contact information for transferred tickets must be provided to Rotary no later than Oct.9 for tickets to be honored. And don't forget to wear your best island casual!Each ticket includes one drink coupon and dinner buffet. Players receive chips, and the opportunity

See Events, page 22

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Asian art:

Continued from page 9

duism has a strict caste system and believe that only the Brahmin caste can achieve enlightenment. Buddhists do not have gods, yet Hindus have scores. The Hindu Trinity consists of Brahma, the Creator; Vishnu, the Preserver; and Shiva, the Destroyer. When Buddhism was introduced to Hinduism, some groups added Buddha as one of their many gods.

Throughout the Asian centuries Buddhism developed many sects with added beliefs. One interesting addition in Eastern Asia was Guan Yin, the goddess of compassion and mercy. Guan Yin was a bodhisattva as venerated by Mahayana Buddhists. Thousands of art images show Guan Yin representing the feminine side of life.

Pop culture has adopted Hinduism philosophy in films. For example, *Star Wars*, *Batman*, and *Interstellar* each are based on the ideal of a universal super-consciousness that transcends space and time where all human life is connected. The movie *Avatar* is another example. In the 1960s after the Beatles came in contact with Hare Krishnas, a number of George Harrison songs reflect the Hindu beliefs: "My Sweet Lord," "Living in a Material World," and "Hare Krishna" are a few.

Discussing the East West connection, Paul Lee says that many do not know that Impressionist artist Vincent van Gogh was greatly influenced by Japanese art. Lee showed slides of the Japanese style of the "floating world" representing the "suffering world" and a van Gogh painting that was an almost identical image. Lee discussed Chinese and Japanese woodcut prints that differ from western woodcut prints.

How fortunate we are to have the Crocker Art Museum, a gem of art history right in our midst: all kinds of world art forms representing centuries of creative works. In addition to the different collections, the new addition, the Teel Family Pavilion, houses a restaurant and conference rooms for workshops, performances, school educations programs, and other community participation programs.

The museum docent training program educates volunteers who in turn give tours of the museum but also give community outreach events such as the one Paul Lee gave. Admission fee to the Museum is nominal. Why not treat the family to a day at the Crocker and support this amazing jewel in our midst!

Events:

Continued from page 21

to purchase additional chips during the event. https://info.3marketeers.com/rotary-club/texas-holdem-night

ONGOING

YARD DUTY HELP: Alice Birney Waldorf ek-8 is looking for two campus supervisors. If you are available in the middle of the day and are interested in making a few extra dollars while helping at school or know someone who is, contact principal Mechelle Horning at mechelle-horning@scusd.edu. There are two shifts available. Shift 1: Monday through Friday 9:45 to 10:45 for morning recess and 11:45 to 1:15 for lunch duty and recess. Shift 2: Monday through Friday 11:45 to 1:15 for lunch recess and Monday through Wednesday and Friday from 2:05 to 2:30 and 1:05 to 1:30 for crosswalk duty.

OFF THE GRID FOOD TRUCK EVENT: Every Thursday evening, Off the Grid is hosting a weekly food truck and music event from 5-9pm. Mark your calendars for this fun, family-friendly event on 15th Ave near Land Park Drive! Visit https://offthegrid.com/events/ for vendor details. Corner of 15th Ave. and Land Park Drive.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

MCCLATCHY CLASS OF 1967 50-YEAR REUNION: The 50th reunion for McClatchy graduates will be held at Scott's/Westin Hotel on the Sacramento River, $75 per person until August 1. Details at: http://www.1967mcclatchylions.com. Call Bob Sertich at 441-0657

LAND PARK VOLUNTEER CORPS WORK DAYS: Help the corps with various work projects in William Land Park after a very wet winter.. First Saturdays of the month from 9 a.m. to noon. Meet at the Base Camp located in the picnic grounds directly behind Fairytale Town.

FAMILY FRIDAYS AT BELLE COOLEDGE LIBRARY: Spend some family time together this summer at the library with Family Fridays! Each Friday, in the Community Room there will be board games, cards, Wii gaming, arts and crafts, toddler toys, and a reading nook! This is a Summer Reading Challenge: Read by Design event each Friday from 3 to 5 p.m., 5600 South Land Park Drive.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY: Every first Tuesday of the month from 11 a.m. to 5:30 p.m., the book sale features books for all ages. Support your local library and pick up some great reads! All proceeds from the sale benefit library programs. The Friends Bookstore will be open regular hours. The sale is held at the entrance to the library. 5600 South Land Park Drive

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY – Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

HOMEWORK ZONE AT BELLE COOLEDGE LIBRARY – Teen and adult volunteer homework coaches will be available to assist students in grades K-8 with homework assignments. Please note: Homework Zone ends on June 8, 2016. Space is available with coaches on a first-come, first-served basis. Wednesdays from 4 p.m. to 5 p.m. and Thursdays from 3 p.m. to 5 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

BELLE COOLEDGE LIBRARY PRESENTS SING ALONG WITH MISTER COOPER – Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive.

FAMILY STORYTIME AT ELLA K. MCCLATCHY LIBRARY – Every Tuesday at 10 a.m. for books, songs, stories and fun. Miss Lindsey and her guitar always make this storytime a fun event. Everyone is welcome to stay for our STEAM stay and play activity of the day. Recommended for ages 0-5. Every Tuesday from 10 a.m. to 11 a.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.





SF Mime Troupe returns to Southside Park on Aug. 20 with production of WALLS

Who offers free Musical Political Theatre in the park for 58 years? The SF Mime Troupe.

WALLS, a production this year by the SF Mime Troupe, asks the question: How can a nation of immigrants declare war on immigration? The answer: FEAR!

L. Mary Jones (Velina Brown) knows all about fear. As a top agent for I.C.E. - Immigration and Customs Enforcement - she knows how to stoke fear to keep her country safe. Fear of people like Bahdoon Samakab (Rotimi Agbabiaka), a Somali refugee escaping oppression, fear of Cliodhna Aghabullogue (Lizzie Calogero), an Irish woman yearning to be American, and fear of Zaniyah Nahuatl (Marilet Martinez), whose family comes from... here. As a foreigner in a land her people have worked for thousands of years suddenly Zaniyah is a criminal, an illegal, a "bad hombre." What part of herself will this American give up to pass as "American?" Will she? Can she? Should she? Can someone leave part of themselves behind without losing their mind? And is it better or worse that she crossed the border to find Agent L. Mary Jones - the woman she loves?



Photo by Mike Melnyk; mike@mikemelnyk.com

From the left Marilet Martinez (Zaniyah Nahuatl), Rotimi Agbabiaka (Bahdoon Samakab), Velina Brown (Shopper), Lizzie Calogero (Shopper) in WALLS.



Photo by David Allen Studio; DavidAllenStudio.com

From the left, Velina Brown (L. Mary Jones), Rotimi Agbabiaka (Bahdoon Samakab), Lizzie Calogero (Cliodhna Abhabullogue), Marilet Martinez (Zaniyah Nahuatl) in WALLS.

WALLS is written by Michael Gene Sullivan.
Music by Michael Bello. Lyrics by Piero Amadeo Infante .
Directed by Edris Cooper-Anifowoshe. Ass't. Director Rotimi Agbabiaka.
Music Director Michael Bello.
Mime Troupe performers Rotimi Agbabiaka, Velina Brown, Lizzie Calogero and Marilet Martinez.
Musicians: Patrick Byers, Andrew Niven, and Daniel Savio
Catch the show at Southside Park on Sunday, Aug. 20 at 5 p.m., music starts at 4:30 p.m., 6th and T streets. Ticket info: Free of charge, donations accepted.



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Side Chair $159



46” square counter height 531418
Pedestal Table $679 reg $749
Barstool $269



32”x 79” counter height 942253
Trestle Table $859 reg $979
Barstool $219



44”x84” w/2-12” leaves 491067
Trestle Table $1099 reg $1199
Upholstered Chair $219 Ladder Back Chair $179

Choose from Over 100 Dining Sets



42” x 76” w/2-15” leaf 599824
Trestle Table $1229 reg $1369
Side Chair $189 Arm Chair $219

Naturwood HOME FURNISHINGS

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916-351-0227

Mon – Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

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*Sale applies to all indicated items except “Special Buys” and all “Clearance”. Allow time for delivery on some items. Some items are limited to stock on hand. All measurements are approximate. Sale ends August 16, 2017.