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VISUAL AND PERFORMING ARTS GALA SHOWCASED CKM'S TALENTED STUDENTS

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Winter is coming; winter is here

Game of Thrones inspires Parkside Community Church conversation on the role of religion in the show

By REV. BONNIE RAMBOB
Special to Valley Community Newspapers

The motif of a looming, long, dark, cold and people-starving winter permeates the psyche of the inhabitants of Westeros in the HBO series, *Game of Thrones*. And, with the winter comes the army of the dead, puppets of the diabolical Night King. As kings, queens, lords and ladies make their moves for more power, the whisper of a coming apocalypse haunts.

According to the show's prophets, this ominous end of the world promises to be so thorough, it will negate all of the brilliant strategizing undertaken on the way to claiming the Iron Throne. Those of us who watch the show, don't know the end of the story. All we know is that, in *Game of Thrones*, no person or House, no matter how powerful, is safe -- which makes it resonantly terrifying that only a few characters in the epic drama are actually paying attention. Will greedy, vengeful rulers lay aside their cravings for excess and revenge, listen to the harbingers of existential threat and unite forces to face the impending danger together? We hope so, but we don't yet know.

It's hard to say; but, perhaps the real-life experience of living in the shadows of a ticking Doomsday Clock makes *Game of Thrones*, according to *Time* magazine, "the biggest and most popular show in the world. An average of more than 23 million Americans watched each episode last season when platforms like streaming and video on demand are accounted for. And since it's the most pirated show ever, millions more watch it in ways unaccounted for. *Thrones*… airs in more than 170 countries. It's the farthest-reaching show out there—not to mention the most obsessed-about."

I was introduced to *Game of Thrones* by a member of the church that I co-pastor, Parkside Community Church. He asked for a church-sponsored conversation on the role of religion in the show. As a Christian clergy person, when a story collectively captures religious imagination, I feel it is my duty to know more. After binge-watching the first season, I told him-- I'm in.

For the past few months, I had the most fun I've ever had preparing to lead a religious/spiritual conversation. I paid close attention to the connections between *Game of Thrones's* religions and spiritualities and the tenets of progressive Christianity. Trust me, there is a lot to talk about – sin, confession, resurrection, light/dark dualism, polytheism, monotheism, ecclesiastical authority, and much more.

On Saturday, Jan. 27, a cadre of *Game of Thrones* enthusiasts (as well as some who were interested but not obsessed) gathered at Parkside Community Church (www.parksideucc.org) to enter the world of *GOT* as we made meaning through connections – connections between the storylines in *GOT* and our personal storylines and connections between *GOT* and the progressive Christian faith. The conversations were rich and deep. They left us paradoxically satisfied and longing for more.

Progressive Christianity (which is different from traditional Christianity) does not claim to have a clear vision of the future. The future unfolds as we co-create it. This understanding of the future gives us energy to collaboratively work hard to make the world a better place. However, we are still left with the uncertainty of how things will turn out. Humans have always turned to spirituality and ritual for help in facing the uncertainties in life. Each generation in each spiritual and/or faith tradition does this in its own way which makes *GOT* a powerful resource for faith communities today. The series illuminates timeless religious constructs in new ways, ways that are relevant. At Parkside, we can't wait until Season 8 comes out. When the winter winds blow in Westeros, we are looking forward to talking about what they might mean to us.

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Know your neighbor

Former Mayor Anne Rudin reflects on her life in politics

By LANCE ARMSTRONG



Photo by Lance Armstrong

Former Mayor Anne Rudin moved to South Land Park in 1958 and later served on the Sacramento City Council for 21 years.

Anne Rudin, a longtime resident of South Land Park, is best known in the capital city for her former service as Sacramento's first elected female mayor.

But many people are unaware that prior to beginning the first of her 21 years on the council, in 1971, Rudin had no interest in holding a political position.

"I had no interest in politics," she said. "I was a nurse. I never expected to get into the political field. I was persuaded (by the Citizens for Better Government) to run for the City Council. It took me six weeks to make the decision."

Rudin, who moved with her family to South Land Park from Riverside in 1958 and raised four children in this area, said that she attracted the attention of the Citizens for Better Government through her involvement with the League of Women Voters.

"I joined (the LWV in 1957) in Riverside, Calif., and I went through the chairs of that organization," she said. "When I moved up here (to Sacramento), the first meeting I ever went to was a League of Women Voters meeting.

"I found out it was the most satisfying thing I could do, because you learned about your city. You first have to do a 'know your city, know your town' study. You got to know what the government is all about in the town where you lived."

Rudin, 94, served as president of the Sacramento Chapter of that organization from 1961 to 1963, and president of the California League of Women Voters from 1969 to 1971.

In the Nov. 2, 1971 general election, which marked Sacramento's first district-based City Council election, Rudin defeated incumbent Peter Franchi for the District 4 council seat.

While serving on the council, Rudin established herself as a preservationist.

She was one of the council members who voted, in 1979, to have the then-119-year-old annex of the E.B. Crocker Art Gallery (today's Crocker Art Museum) restored, and saved from demolition.

Six years earlier, a local preservation movement resulted from the demolition of the cherished Alhambra Theatre on Alhambra Boulevard. Following a failed attempt to save the building and its scenic gardens, a Safeway supermarket and parking lot were constructed on the site.

Rudin said that her love for historic structures dates back to her early years of life.

"You know, growing up in Philadelphia, it used to be a real treat to go down to the areas where the old buildings are (located)," she said. "I hate to see old buildings torn down.

"Get rid of the termites and keep the old buildings."

Rudin added that one of her favorite historic structures in Sacramento is the old, beaux arts-style City Hall building at 915 I St., where she spent many years working on city issues.

"That's where I started out," she said. "My first office was in the old City Hall. I never was in the new City Hall. That was built later. It's a neat old building. I hope they leave it the way it is."

As a woman who enjoyed sewing, Rudin said that she also appreciated the location of City Hall.

"I used to make my own clothes, and I could never resist seeing something in the window of the fabric store," she said. "It was on 10th Street, between J and K (streets). I was always tempted by that store, whether I needed something or not. It was my candy store."

Rudin recalled being elected to serve as the city's mayor in 1983.

"It was the highlight of my life," she said. "I was the first woman to be elected by the people. We (previously) had a (female) mayor: Belle Cooledge. She was on the faculty at (Sacramento Junior College/now Sacramento City College). She was on the City Council, and at that time they did not elect a mayor independently. I was the first woman to be elected mayor independently."

Rudin added that she was also unique as a mayor at that time, because she took on that role as a full-time position.

"My predecessor was there only the day of the meeting," she said. "I began to go every day to City Hall, because people were calling me at home. People were calling me in the middle of the night for something that was happening in their neighborhood.

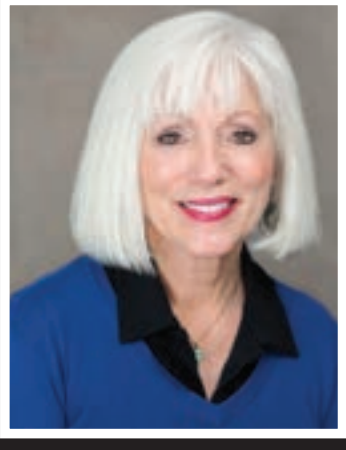
"Sometimes I had things baking in the oven and people would get me on the phone, and I had to hang up because something was burning."

Rudin said that she learned on the job that the mayor is a very powerful position.

"You could do almost anything as mayor, because you had staff to carry it out, and the city manager would do anything you wanted," she said. "I didn't have a lot of staff over at the old City Hall. My staff was just wonderful. In fact, I had to share some of my staff with other council members. We didn't each have our own staff. I'm glad I did it the hard way."

Rudin also provided her opinion on whether the city should have a "strong mayor."

See Mayor Rudin, page 4



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Photo courtesy of Anne Rudin

Sacramento Mayor Anne Rudin sits in her office at City Hall. She served in that position from 1983 to 1992.

Mayor Rudin:

Continued from page 3

"Oh, that's nonsense," she said. "I fought that when that was on the ballot. A couple of times I fought it, because I said, 'What can a strong mayor do that a mayor was unable to do?' You know what the strong mayor is? The strong mayor is the person who can appoint department heads. I didn't want any of that. That was the city manager's job."

Rudin, who gained a reputation as a community activist and a women's rights advocate, mentioned that she was dedicated to assisting other women in becoming involved in politics.

"I worked to get more women on boards and commissions," she said. "There were very few. I felt that more women should have opportunities to do things in the public light. I got a lot of women into positions, and more women began to run for offices.

"I know we've had more women (in political positions). I would like to see the number of women on the City Council equal in proportion to the women of the population."

Another issue that Rudin strongly supported was the regional light rail system, which was ultimately established in Sacramento in 1987.

In addition to her service on the council and with the League of Women Voters, Rudin was involved with the American Association of University Women, the KVIE Women's Committee and the Natomas Basin Conservancy.

Although much time has passed since her years of serving as the city's mayor, Rudin said that she is still recognized by people in the community.

"I see people (around the city)," she said. "I go to shop at Raley's. People will look at me and say, 'You look familiar. Are you a librarian? Are you a teacher?' And pretty soon I tell them who I was. I'll say, 'I was the mayor.' Oh, they will remember that. They recognize me. I used to be in the paper a lot when I was mayor. Anyhow, I've had a good life, very good life."

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Diverse Interests Converge at SacTown VegFest

By KERIN GOULD



A recent study titled "Top Trends in Prepared Foods in 2017" compiled by research firm Global Data noted a 500 percent increase in the number of vegans in the United States since 2014. This year's SacTown VegFest, held Jan. 27, has continued to grow, filling the ample space at Sacramento Charter High School with 50 vendors, animal rescue activists, environmental and gardening organizations, cooking demonstrations, food innovators, guest speakers, and much more. Visitors reflected the neighborhood's diversity and included families, students, vegetarian veterans and the veg-curious, and even a pet pig in an adorable sweater. Event organizer Glenn Destatte estimated the first Veg Fest attracted about 1,100 people, but this year he expected about over 3,000 people to attend.

While local entrepreneur Ilsa Hess, owner of Sacramento business Nacheez, passed out samples of her latest delicious dairy-free cheeses, other vendors had come from as far away as Southern California (yes, there was carpooling!).

Patrick Burwell of Cowhugger.com, a mostly online boutique featuring men's and women's non-leather shoes, wallets, purses, said that Sacramento needs more of these events, that the restaurant and shopping options were limited, compared to Southern California. "Getting more exposure to the vegetarian and vegan community, being able to showcase products like ours and the other vendors out here – I think it's awesome. It definitely needs more of this kind of events." Asked what he would say to other businesses regarding vegan and vegetarian options, he responded, "There's a demand for it out there! There are a lot of people out there looking to go cruelty free, plant-based, save the animals… It's about your health, about the environment. We really need to start protecting all those things, not just the one area people think about."

Stina Va, volunteer at Vegan Outreach in Davis, said, she loves "living a compassionate lifestyle and the idea of not harming creatures and people."

Asked if Sacramento was a good place to be a vegan, she said, "Yes! I just moved here last summer, and partly the vegan-friendly atmosphere of the restaurants was a big factor in why I decided to move here." Asked for advice for folks transitioning to a more plant-based diet, she suggested the many meat-substitutes if you "don't want to make a huge, radical shift." She emphasized that vegans don't eat just salads and suggested trying an easy, plant-based "chorizo" taco.

Outside in the garden, Edible Sac High student Sade Rogers, explained that the students cook healthy food from their garden and that their vegan pizzas have been very popular, so they decided to sell them at the VegFest. The pizzas featured caramelized onions and fresh greens, and were very reasonably priced. The student cooks and their mentors prepped them and baked them in their brick oven, barely keeping up with orders.

Asked if she thought this kind of cooking could be a career future for any of the students, Rogers said, "I do, I really do. I did my first vegan festival last year, and when Miss Karen (the program's teacher) told me, I said, 'I don't know. I never heard of vegan before. I don't think it's gonna sell.' Then when we got the hang of it, and it started to really come in, we actually made a lot of money last year. And everything we do is a fundraiser, we put money back into the program…I definitely think it does open up more business opportunities. There definitely need to be restaurants that are actually healthy, that don't just promote it and lie about it…Some of my family has had bad experiences with some restaurants."

Not every group tabling at the event was committed to a plant-based lifestyle, but

See VegFest, page 12

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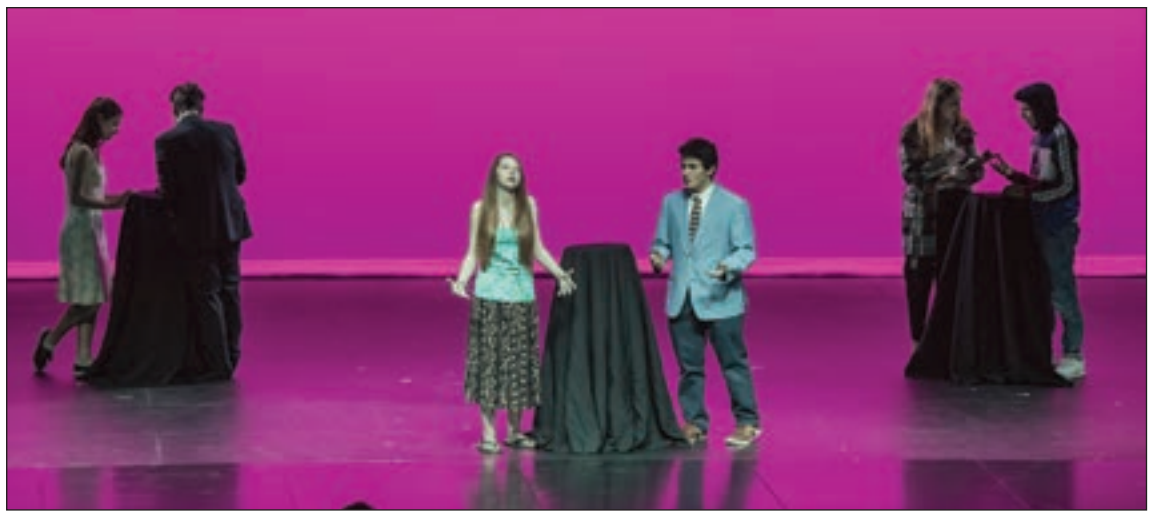
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Visual and performing arts gala showcased CKM's talented students, $23M auditorium

By JOE PERFECTO



Photos by Joe Perfecto

Daniel Baradat, seen with Bridget Shannon O'Neil, stars in "Countdown to Love," a comedic look at the travails of speed-dating.

Pablo Picasso once observed that "You don't make art, you find it." Finding art was no challenge for the roughly 500 attendees of C. K. McClatchy High School's Visual & Performing Arts Gala, as it was on display all around them—on walls, tables and easels, and through performances on the auditorium stage. Even the auditorium itself can be considered a work of art, thanks to a multi-million-dollar project that included restoration of 1930s Art Deco design elements (preserving the original stained glass windows and mosaic entry ceiling) and installation of nearly 800 plush seats, an HVAC system and a modern sound and lighting control booth.

The Jan. 20 event showcased the Visual & Performing Arts (VAPA) facilities, curricula and works of current and former McClatchy students and raised funds for the VAPA program through a silent auction of goods and services from some 20 local establishments, more than a dozen works by local professional artists and three dozen more by current McClatchy students. Among the "spotlight" items on auction were "Swell," a watercolor collage by faculty member Mollie Morrison; "Fish," a set of ceramics by Tony Natsoulas; "Pucci Pants," a lithograph by alumnus Mel Ramos; and "Celebração," an acrylic on canvas by Matt Trammel. Student works included 3D art, ceramics, digital media, paintings and photography. All pieces sold, with winning bids ranging from $10-1,000. Total receipts were estimated at about $20,000.

On the heels of a gym renovation and a new track and soccer/football field, the $23 million auditorium project is the third major investment the Sacramento City Unified School District (SCUSD) has made in the school that District board member Jay Hansen characterized as "a jewel" in the community. The projects were funded pursuant to bond Measures Q and R approved by voters in 2012, which allocated a combined $414 million for District facility maintenance and improvements.

The grand opening of the VAPA Center garnered congratulations from the State Assembly in the form of a Certificate of Recognition, presented at the Gala by Assemblymember Kevin McCarty. "We know too much in our public school system arts aren't what they used to be, and it's great to see the school district and leadership here stepping up to open this beautiful facility," he said. "As we see from the classrooms in the back, these students are going to have a cutting-edge opportunity, whether it's [in] photography, 3-D art, ceramic—basically the innovations of today that help the workers of tomorrow."

In Hansen's view, the investments in McClatchy are already paying off. "It's no coincidence that when we invest in our students, their performance excels," he said in his Gala address. "We built our new basketball gym, and our Lady Lions basketball team won the first state championship in our school district in its history of 160 years. We built our new track and cross-country facility, and our mens' cross country team just a short time ago won their division and advanced to the state championship for the first time in 60 years." He voiced similar expectations for the VAPA program: "We should be very excited to see what our McClatchy students are going to be inspired to produce by being able to have this amazing facility."

Given that the remarkable works presented on Gala night were produced by students using the old facilities at least in part, Hansen's optimism seems well-founded. The creations on display in the 2D/3D Art, Ceramics, Digital Art and Photography

See Gala, page 7

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Gala:

Continued from page 6

classrooms exhibited a range of insightful approaches to expressing artistic vision; in the new performance venue that Hansen said "exceeds any public auditorium in Sacramento," the inaugural program of four one-act plays, two dance numbers and a handful of orchestral selections was truly an artistic tour de force.

The student thespians exhibited remarkable stage presence, delivering credible, polished and masterfully executed portrayals of characters in a selection of intelligently-selected, clever and relevant works by David Ives. Timing was precise and dialogue was impeccably rendered. The musical performances that closed out the program attained symphonic perfection, with every musician and vocalist employing practiced precision with ample aplomb under the direction of maestro and McClatchy music instructor Jorge Muñoz and alumni guest conductors Nina Vigil and David Yamamoto. Given the professional caliber of every aspect of the production, it was difficult to believe that by and large it was run not by seasoned theatrical veterans but by high school students.

Conductors Vigil and Yamamoto are among many graduates who maintain bonds with the school, often remaining involved with the institution for decades. One such graduate among the many on stage that evening was Bill Hocking, class of 1974, the oldest of 30 alumni performing in the 90-member orchestra. Hocking comes from a long line of McClatchy students, beginning with his parents, who graduated in 1948; the last of his five siblings left the school more than three decades later. "From 1969 to 1981, we had [at least] one of my siblings here," he recalled.

Musical talent runs in the Hocking bloodline; Bill plays first trumpet ("When you hear the high trumpet notes, it's me"), a brother is a drummer, and sister Mary (class of 1979), a flautist, was on stage that evening alongside Bill. Although he didn't pursue a musical career, he's continued to hit a lot of high notes since his high school marching and stage band days, never losing interest in the instrument. "My mother wanted me to have music to fall back on, so I got my degree at American River College—played in the jazz band there," he said. "And then I pursued my regular day job. I didn't get really serious with it until 2000. So [for] 18 years I've been playing a lot around town." A seven-year member of the Sacramento Symphonic Winds, Hocking has performed at a variety of city functions, where he's doubtless encountered another alumnus, Randy Brink.

Brink, who graduated in 1980, was seemingly everywhere at once on Gala night, bouncing between greeting guests, checking on the green room, conferring with technicians, interacting with performers and coordinating with stage crew in his capacity of House Manager. A product of McClatchy's drama program, and well-known in the region for his long history of various types of community volunteer work (for which he received official recognition from the city council), Brink has much experience as a sound engineer, stage manager and certified stagehand and currently serves as president of sound operations—among other things—for Sacramento Kings games at Golden 1 Center.

From all indications, the evening was a smashing success. "I, and the parents on the Gala committee, thought it went great, especially since none of us has ever organized anything like that before," said photography/graphics arts instructor and Gala coordinator Aimee Thibedeau. "Everyone I spoke to at the Gala and since has showered us with compliments; (It's) wonderful to know that all our hard work went to having everyone have a great time and raising money for our students."

The public will have several opportunities to visit the revamped performance venue while that "new-auditorium smell" is still aloft, including an open house on March 22, the April 12 Festival Concert, the May 24 Awards Concert and "Legally Blonde: The Musical" that runs May 2-11.

The purpose of the VAPA program, per its Mission Statement, is to provide students opportunities "to explore the broad range of careers within the fields of art, entertainment and media; to understand the relationship between academic success and success in the workplace; and to develop the necessary skills to sustain a successful career in any chosen field." This comprehensive approach, as the long list of illustrious alumni demonstrates—among them, three city council members, two state senators, a U.S. Congressmember, the current state attorney general and a US Supreme Court Justice—is employed across McClatchy's curricula. This fact perhaps accounts at least in part for the sentiment behind the closing words of Hansen's address: "I don't know what championships you're gonna win or awards that you'll bring home…but I know that amazing things are going to happen as a result of what we've done here."

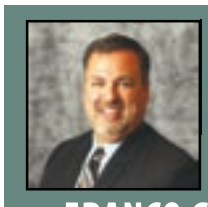


State Assemblymember Kevin McCarty presents SCUSD Board Member Jay Hansen with an Assembly Certificate of Recognition as Principal Peter Lambert looks on.

It seems reasonable that McClatchy's capital improvements, building on the fundament of sound educational practice and strong faculty, will further enable every motivated student's reach and grasp to race neck-and-neck toward ever greater heights of achievement—giving Hansen's prediction of "amazing things" a ring of truth.

During the opening remarks a comment was made, perhaps jokingly, that the next Greta Gerwig (actor, writer, director and Sacramento native) could be among the dramatis personæ who would take the stage that evening. If the ensuing performances were any indicator, that clearly was no joke. Mark these words: she's in there.

Information about all aspects of C. K. McClatchy High School is available at https://ckm.scusd.edu.


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Putting Colorectal Cancer behind by running in undies in William Land Park

Don't be surprised if you see people running around William Land Park in their "undies" on Saturday, Feb. 24. The Colorectal Cancer Alliance is sponsoring the 7th Annual Sacramento Undy Run Walk to help raise awareness of colorectal cancer. The event is a fun twist on a serious subject, as people are often reluctant or embarrassed to talk about colorectal cancer.

The Sacramento Undy Run Walk participants are encouraged to wear their "family-friendly" undies for this fun run. Colorful boxers and creative team names bring a light-heartedness to the seriousness of colorectal cancer. Each participant will receive a commemorative pair of boxer shorts and will have the opportunity to stroll through a gigantic inflatable colon.

This is a unique and creative way to learn all about colorectal cancer, which is one of the most preventable cancers, yet it is still the second leading cause of cancer deaths in the United Stated. Funds raised from the 2018 Sacramento Undy Run Walk will remain in the city with our local partner, California Colorectal Cancer Coalition (C4) as they continue making strides to end colorectal cancer in our lifetime. C4 works to eliminate disparities in screening and treatment of colorectal cancer in underserved populations. Colorectal cancer is the 3rd most common cancer and the 2nd most common cause of cancer deaths in California. Given that about 600 people develop colorectal cancer every year just in Sacramento County alone, and over 200 people die from it, a lot more needs to be accomplished to reduce the deaths caused by this preventable, beatable and treatable disease.

In addition to raising awareness of colorectal cancer, the Undy Run/Walk also honors all those who have lost a loved one to this disease and concludes with a special survivor ceremony honoring all those who have battled the disease.

Colon cancer survivor, Joanne Hufford, Sacramento resident, has been participating in the Undy Run Walk since 2013 when she was first diagnosed with colon cancer. "Words can't explain the emotions I had when I participated in my first Undy Run/Walk. Hearing the survivor stories and words of encouragement helped me feel stronger. I was so moved by all of the support, inspiration and kind words I received that I was able to triumphantly cross the finish line just three weeks after my colon cancer surgery!"

During the weeks prior to the Sacramento Undy Run Walk Joanne is often seen at her gym and various places around town wearing her boxer shorts to help promote this worthwhile event. Dare to be bold and hit the streets in your boxers or briefs!

Register for the Sacramento Undy Run Walk at fundraise.ccalliance.org/sacramento



If you go:

What: Sacramento Undy Run
Where: William Land Park
When: Saturday, Feb. 24; 7:30 a.m. race packet pick-up and on-site registration; 9 a.m.: 5K begins; 9:10 a.m.: mile fun run begins

Registration Fees:
5K Adult (14 and older) - $35 Advance/ $40 Race Day
5K Youth (6-13) - $30 Advance / $35 Race Day
1 Mile fun run (all ages, Children 5 and younger are free) - $30 Advance / $35 Race Day
Survivors register for free. E-mail specialevents@ccalliance.org for the registration code.

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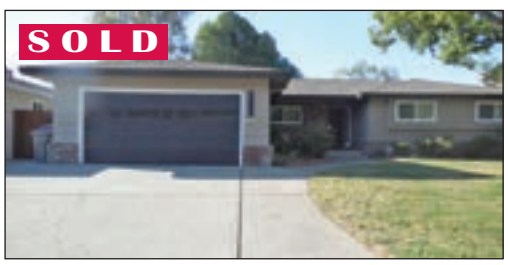
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FARM AND FLAVOR

By KERIN GOULD

That huge, blood-orange moon rising behind the skeletal trees, lighting up dark fields where dry grasses give way to green and frost is sparkling on the icy fabric that protects tender winter row-crops… almost makes these chilly temperatures picturesque and charming. The chickens get extra insulation in the hen-house. The citrus trees get covered to keep them from dying of frostbite. Tender young plants are nibbled by hungry sparrows. The cabbages and broccoli, tough as they are, stop and wait for a warmer day to get back to growing.

Indoors, seed catalogs cover the kitchen table, a perennial sign of absurd optimism and renewed ingenuity. After last year's extreme summer, where the number of days over 104 degrees overwhelmed many plants and the UV rays were at 10 on a scale of 10 far too often – enough to scorch my nylon clothesline to glittery powder at times – "extreme" has become the new "normal". So seed selection now focuses on heat tolerant, disease resistant, and drought tolerant tough-guy plants. A row of wind-blocking plants has been started to reduce erosion and evaporation. Shade cloth made some difference in plant survival last summer, so a couple of rolls are in the shed at the ready, and seed starting will be farmed out to a friend's greenhouse for babysitting until the plants are fierce enough for whatever comes along weather-wise.

Small, agile farms can respond this way to dramatic, unpredictable climate change or "global weirding" (and if anybody still doubts the seriousness of it, just ask a farmer.) Large, monocropping farms face a harder and more expensive challenge. In Florida, where citrus trees were hit by hurricane Irma and now freezing temperatures, growers are expecting the lowest harvest in decades and a loss of trees for future crops. In an article by Kevin Hecteman in the Daily Democrat, last year's tomato crop in Yolo County yielded about 10.5 million tons, much lower than the 2016 crop of 12.5 million tons, and farmers were paid a lower price as well. What a rotten deal!

Where will our food come from in the future and what will it cost? Will it take more energy to grow food – for example hothouses in winter and shade structures with fans in the summer? We'll need more renewable energy! What forms of farming should we be supporting, as consumers, to ensure we have affordable, fresh and delicious produce in the future? How do our food choices affect climate change? I am shamelessly biased when I recommend we eat locally and seasonally, and that we support small and diversified farms. But in 2013, the United Nations Commission on Trade and Development (UNCTAD) consulted with 60 experts who recommended small, sustainable, natural and organic systems as more able to feed the world while decreasing farming's contribution to climate change.

So, as I spend extra time babying my plants this winter, rolling with the weather drama as we go, adjusting my chores to the quirky wetness or temperature changes, I expect 2018 will be a year of resilience and determination, and hopefully a few wise or lucky choices. As the days get a little longer and brighter, that inexplicable optimism rises again…

What can we cook with seasonal veggies to fortify us, to make us feel resilient, determined, wise or lucky and maybe even a little optimistic? Black eyed peas turn up in many new year's dishes, reputed to bring good luck, and we all need some fresh greens at this time of year, so…

Black-eyed peas, Fresh Greens, and Pasta

Why this is healthy: Beans bring the fiber, potassium, folate, vitamin B6 but also keep your colon clean. The protein-fiber balance is a big help for regulating sugars too. Leeks and garlic offer allicin, great for your cardio-vascular system, has anti-microbial power, and may fight both cancer and the common cold. Greens are loaded with anti-oxidants, calcium and iron.
Why this tastes great : Garlicky taste balances the mellow beans and fresh greens.
Why this is easy: One pot, a little chopping, stir, serve.
Featured ingredients: Black eyed peas, leek and garlic, greens
Secondary benefits: High in protein, low in fat!
Season: Fall and winter
Note: If you have trouble with beans causing gassiness, add one leaf of the Mexican herb Epazote - it's nature's Beano.

Ingredients
2 Tbs. olive oil
1 large leek, quartered, white and light green parts chopped (2 cups)
2 cloves garlic, minced (2 tsp.)
a pinch each of parsley, sage, rosemary and oregano
8 oz. kale or collards, tough stems removed, leaves cut into 2-inch pieces (4 cups)
4cups diced tomatoes
diced green chiles to taste
¾ cup dried black-eyed peas (soaked over night)
1 qt. low-sodium vegetable broth
¾ cup farfalle pasta
optional (vegan) Parmesan cheez

Directions
1. Heat oil in large pot or Dutch oven over medium heat. Add leek, and sauté 5 to 7 minutes, or until soft. Add garlic and herbs, and sauté 1 minute more. Stir in kale, and cook 5 to 7 minutes, or until leaves are wilted, tossing occasionally.

2. Add diced tomatoes, diced chiles, black-eyed peas, vegetable broth, and 7 cups water; season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 40 to 45 minutes. Stir in pasta, and cook 7 to 10 minutes more, or until pasta is al dente and black-eyed peas are tender.

For more recipes, articles, resources and a photographic farm tour, visit: producewithapurpose.wordpress.com



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VegFest:

Continued from page 5

overlapping interests brought in groups concerned with the environment, reducing plastic waste, and even generating energy right at the gym. Jamaar and Julian Powe and Mwangi Staley were promoting their organization, Green Tech, which has the youth building gardens and planting vegetables like cabbage and peas. They are learning about hydroponics, and Mwangi talked about their system's fish: "They eat up the food and poop, and it's actually good for the plants!" Asked what they think about eating more produce, Mwangi replied hesitantly, "Me, myself, I'm a meat-lover a little bit. But occasionally I would eat vegetables. We made a lot of stuff [at Green Tech] and it was good...We made our own kale chips and those were pretty amazing." What does it take to get these young men to eat a vegetable based meal? "I'll eat a salad," the Powe brothers concurred. How about a vegetarian lasagna? The three colleagues agreed, "If it tastes good I'll eat it."

Mwangi said he "tried an organic wheat cupcake with tomato and no sugar and it wasn't too bad. It was new to me, though." Is it just that this doesn't taste like Mom's cooking? Yes, they all admit. "It's still good though!"

Certainly, plenty of people were trying new flavors, from non-dairy ice creams to Ethiopian food, to Vegan fried "chicken" and non-dairy Mac and Cheese, special croutons, kombucha, hummus, and non-dairy butter – and the lines were long at each food location. What more can a Veg Fest ask for than folks who are willing to try new options?

As Glenn Destatte pointed out, the plant-based diet promoted at Veg Fest interconnects with Sacramento's Farm to Fork movement and concerns for the environment and climate change, local eating and vegetable gardening, farm workers' well-being, health, and animal welfare. By informing Sacramento about the benefits, he hopes to inspire "More people adopting a whole food, plant-based lifestyle, which is healthier for everybody."

It looks like there's room for this movement and this event to grow!

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Yoga inside the library

Yoga Moves Us nonprofit adds library yoga to its free indoor sessions

By MONICA STARK
editor@valcomnews.com

With a love of sharing the practice of yoga to all in the community, Yoga Moves Us added free yoga sessions to the Colonial Heights and Ella K. McClatchy libraries.

Uniting neighbors, surrounding yoga studios and teachers to a practice that is proven to create a healthier lifestyle, Yoga Moves Us continues its McKinley Park sessions on Saturdays from 9 to 10:15 a.m., making that the longest running class that continues to grow in attendance each year. Now averaging 90-120 yogis every Saturday, it is also the only park class that is offered all year, as class is moved inside to the Clunie Center during the winter.

The library collaboration began with the inspiration to provide more year-round classes that didn't have to end in the winter months, explained Jany Slay, Yoga Moves Us outreach program coordinator. And, with similar core values of community, health, service and connection, Slay says both the libraries and Yoga Moves Us strive to support our neighborhoods with programs that enrich the quality of our lives. "Working together strengthens that goal. Together we are stronger," Slay says.

Similarly, Ella K. McClatchy Library Branch Supervisor Sheri Garcia, "We're committed to providing unique opportunities, but also to find new ways for people to reconnect with the library — and what better way is there to engage the community than in the consideration of their good health? We're inspired by the community's desire to better themselves, but what we look forward to the most is showing them our collection on yoga and how they can expand their practice with the library."

Offered at all of the classes, All Levels Vinyasa Yoga benefit beginners and long time practitioners alike connecting individuals with their community, breath, and mind, Slay explains. "The physical poses are a part of yoga too but is not the main reason most yoga teachers choose to share yoga with others. Our teachers are mindful to offer a space to others that will leave them feeling strong, restored, and part of something greater. The physical poses are a part of yoga too but is not the main reason most yoga teachers choose to share yoga with others. Our teachers are mindful to offer a space to others that will leave them feeling strong, restored, and part of something greater."

Slay started as a McKinley Park assistant in 2016 and started teaching for them shortly thereafter. With a love of practicing outdoors and being surrounded by fellow yogis,getting involved with Yoga Moves Us has been most gratifying, Slay says. In 2015, before she became a volunteer, she had a life-changing moment. It was at their 108 sun salutation summer fundraiser at the State Capitol where they had teachers from various studios teaching and Dwight Armstrong from Solfire shared his story of how yoga saved his life. "His bravery to share his struggles and victories brought me tears and I will never forget that feeling of hope and inspiration it left in me. That feeling, to me, is what yoga is about and it is what fuels me to share the powerful benefits of yoga to as many people as possible."



Photos by Jany Slay

Yoga Moves Us has started offering hour-long vinyasa yoga classes at Ella K. McClatchy Library on Thursdays at 6 p.m. All classes are free.

Yoga Moves Us started in the spring of 2015 as non-for profit organization with the mission to create stronger and healthier communities through yoga. The nonprofit had its largest expansion in 2016 when groups branched out to parks in Davis at the Community Park, Roseville at Maidu Park, and Folsom at Lions Park, according to Slay. Those park classes are seasonal and typically run April through September every Saturday 9 to 10:15 am. We also began a Sunday class at Tahoe Park in Sacramento and an indoor class at the River City Food Bank every Wednesday 6-7 p.m.

In 2017, Yoga Moves Us launched Midtown Yoga - MiYo - for short - as a collaboration with the Midtown Association. "It was our first outdoor evening class at Fremont Park every Tuesday and Thursday 6-7 p.m. and we are excited for season two in the spring. This was also the year that we began to look into libraries as another place to grow," Slay explained.

Further explaining the beginning of the collaboration between the libraries and Yoga Moves Us, Slay explained that Zuda Midtown had graduated several yoga teachers that were eager to teach and Kellie Conway was one of them. "She reached out on the Oak Park Neighborhood Facebook Page looking for a community space and was soon connected with Vanessa Centeno at the Colonial Heights Library. It was a few months after the Monday evening Colonial Heights launch that I was reminded of the charming Ella McClatchy Library on 22nd and U streets and approached the supervisor, Sheri Garcia, about yoga. The second story space is ideal for yoga and we launched on the first Thursday of this New Year. Both library classes are 6-7 p.m."

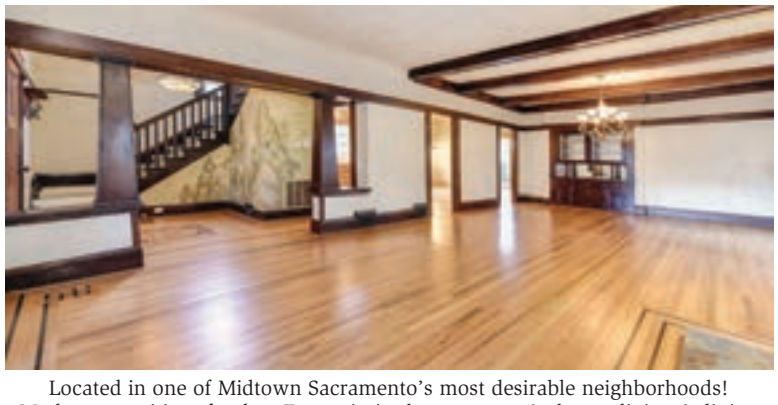
Slay says while many long-time Yoga Moves Us regulars attend the library classes, she has also noticed many new faces. "We are very excited to be able to reach more and more people with the library classes, especially first-timers and beginners," she says.

See Yoga, page 15

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What's happening, Land Park?

SACRAMENTO CAPITOLAIRES GEAR UP FOR ANOTHER YEAR OF SINGING VALENTINES: Valentine's Day is approaching fast and the Sacramento Capitolaires would like to give you the opportunity to book your Singing Valentine early. Last year was a busy year for the Capitolaires and members want to make sure that you have the chance to get your orders in if you are planning to order a Singing Valentine for your loved ones or friends for 2018. A Singing Valentine includes two love songs by a quartet, a silk rose, a box of chocolates, and a personalized greeting card. The Capitolaires are members of the Barbershop Harmony Society and were chartered in 1946. The barbershop quartet can perform Singing Valentines anywhere in the greater Sacramento area. Book early by finding the Singing Valentine Page at capitolaires.org

THURSDAY, FEB. 8

BOY SCOUT DAY: Show your Boy Scout and Cub Scout pride on Boy Scout's 108th birthday at Fairytale Town! Wear your uniform when you visit Fairytale Town and receive one free child admission with one paid adult admission! Weekday admission is $4.75 for adults and children ages 2 and older. Members and children ages 1 and under are free. For more information, visit fairytaletown.org or call (916) 808-7462. 10 a.m. to 4 p.m., 3901 Land Park Drive.

SATURDAY, FEB. 10

SI SACRAMENTO SOUTH CRABFEST: The Soroptimist International of Sacramento South chapter is hosting its annual CrabFest Fundraiser on Saturday, February 10th, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd., Sacramento. All-you-can-eat crab, pasta, green salad, French bread and butter……as well as sodas, beer and wine for purchase. Doors open at 6PM. Your $50 ticket helps fund awards, scholarships, and grants to women and children's organizations in our local area. In addition to all-you-can-eat crab there will be Silent and Live auctions for goods and services including a Dessert auction! Our exciting Golden Ticket opportunity is available for only $25, allowing the lucky winner to select the Grand Prize from 6 choices. Choices range from a weekend in Pajaro Dunes to a 4K Quadcopter Drone to iFLy Indoor Skydiving to 49er tickets, and more! Only 100 Golden Tickets will be sold, and winner does not need to be present! Meal and Golden Tickets must be purchased in advance, so please call (916) 548-3754. The mission of the Soroptimists is to improve the lives of women and girls through programs leading to social and economic empowerment.

PEACE, LOVE AND PUPPIES AT PANAMA: Panama Pottery partnered with Front Street Animal Shelter for rescue dog adoptions from 10 a.m. to 4 p.m. at 4421 24th St, Sacramento, CA 95822.

SACRAMENTO POLICE OFFICERS' ASSOCIATION 1849 FOUNDATION 2ND ANNUAL POLICE CHARITY BALL: The Sacramento Police Officers' Association (SPOA) 1849 Foundation presents their 2nd Annual Police Ball, Saturday, February 10, 2018 at the Kimpton Sawyer Hotel, 500 J Street in downtown Sacramento. The evening is from 6:00 p.m. until Midnight and will feature dinner, no-host bar, music, dancing, a silent auction and a live auction. The public and law enforcement personnel are welcome to attend. Tickets are now limited, so be sure to pick yours up soon. Discounted hotel rooms are available at the Kimpton Sawyer Hotel, subject to availability. Celebrity Emcee for the evening is Scott Moak, "The Voice of the Sacramento Kings." The Celebrity Auctioneer is Robi Quick, Field Emcee for the FC Republic Professional Soccer Team. The 1849 Foundation seeks to enhance the relationship between the Sacramento Police Family and the community in which they serve, through scholarships, crisis relief, team athletics and its rich history with planning underway for a "Sacramento Police Department Museum." The SPOA 1849 Foundation is a 501(c)(3) tax exempt, charity organization. Federal Tax ID Number: 35-2278731

MONDAY, FEB. 12

TOASTMASTERS VALENTINE'S DAY POT-LUCK: Brush up on your public speaking skills and bring a dish to share. Prepare a speech to deliver in a safe environment. Free event, 7 to 8:30 p.m. at the Eskaton Monroe Lodge, 3225 Freeport Blvd. For more information, contact mikenerby@gmail.com or call Mike at 847-5409. klassytalkers.toastmastersclubs.org.

FAIRYTALE TOWN OPEN ON LINCOLN'S BIRTHDAY: Fairytale Town will be open on Lincoln's Birthday for the school holiday from 10 a.m. to 4 p.m., weather permitting. Holiday admission is $5.75 per person. Children ages 1 and under are free. For more information, visit fairytaletown.org or call (916) 808-7462. Address: 3901 Land Park Drive.

THURSDAY, FEB. 15

INTRODUCTION TO SUNYATA MEDITATION: Meditation has been proven to improve a person's mental and physical well-being. This introductory workshop will show you some simple techniques which will enable you to obtain the benefits of meditation. A few Qi Gong exercises will supplement and enhance the meditation session. This beginning workshop does not require any prior experience or knowledge of meditation. Bring a yoga mat. Classes are held every third Thursday of each month. Pre-payment of $15 for three classes and pre-registration required. $7 drop-in fee or for a single class. Second class will be held Thursday February 15, 2018 from 4:30-5:30pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

SATURDAY, FEB. 17

CEMETERY TOUR – AFRICAN-AMERICAN HISTORY: The Old City Cemetery Committee presents a tour that celebrates the contributions of historic African-Americans in Sacramento, starting at 10 a.m. at Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Free born or slaves, slavery was not born in them. Celebrate the contributions of Sacramento's African-American community as they struggled to gain a foothold in a dynamic and often hostile environment, and meet barbers, doctors, caterers, soldiers, singers, pastors, and others who settled the frontier. The cemetery is located at 1000 Broadway, Sacramento. There is free street parking nearby. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.

Grown-Up Coloring CluB - Join us for an hour of relaxation and meditative coloring activities. Materials provided, but please feel free to bring your own. February 3 & 17 at 3:30 p.m. at Belle Cooledge Library, 5600 South Land Park Dr., Sacramento.

MONDAY, FEB. 19

FAIRYTALE TOWN OPEN ON PRESIDENT'S DAY: Fairytale Town will be open on Presidents Day from 10 a.m. to 4 p.m., weather permitting. Holiday admission is $5.75 per person. Children ages 1 and under are free. For more information, visit fairytaletown.org or call (916) 808-7462. Address: 3901 Land Park Drive.

WEDNESDAY, FEB. 21

ALHAMBRA: SACRAMENTO'S PALACE OF FANTASY TO PREMIERE ON FEB. 21 AT THE TOWER THEATRE: The Center for Sacramento History, in partnership with Matías Antonio Bombal, Chad E. Williams and executive producer Wendell Jacob, are proud to present the world premiere of ALHAMBRA: Sacramento's Palace of Fantasy at the Tower Theatre (2508 Land Park Drive) on Wednesday, Feb. 21, 2018. Screenings will take place at 7 p.m. and 8:20 p.m. Over a year in research and production, using multiple assets in the collections of the Center for Sacramento History and the community, this documentary examines why the Alhambra Theatre (1927-1973) captured the imagination of all who entered and how its demise still sparks controversy nearly 50 years later. Advance tickets are $30 each and available online only at www.centerforsacramentohistory.org. With limited seating available, tickets are expected to sell-out quickly for this fundraising event. The 55-minute documentary film ALHAMBRA: Sacramento's Palace of Fantasy is highlighted with compelling interviews, pictures and newly-found movies that tell the story of Sacramento's beloved and lost Alhambra Theatre, a 1927 million-dollar temple to movies, music, and art for 46 years. The film's trailer can be viewed at https://vimeo.com/242839790. Funds from this event will go toward preserving and making available the moving image collections held by the Center. For more information, please visit www.centerforsacramentohistory.org.

HIMALAYAN HEALING BOWLS: For centuries, the harmonics of Himalayan Singing Bowls have been used to create physical and mental health. You will be introduced to several bowls and learn how to play the bowls to get the greatest benefits such as relaxation and a balance and calmness into your life. Pre-payment of $20 and pre-registration required. $25 drop-in fee. Class will be held Wednesday February 21, 2018 from 1:30-3:00pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

See Events, page 15

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If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
www.EastLawn.com

Events:

Continued from page 14

LAND PARK COMMUNITY ASSOCIATION MEETING: Wednesday, February 21st, 6:30pm- Community Meeting at Eskaton, 3225 Freeport Blvd.

THURSDAY, FEB. 22

TAKE CHARGE OF YOUR PHONE SERVICE: Knowing about your phone service options can save you money, help you avoid telephone fraud and ensure that you get the service that is right for you. Learn about discounted local home service and types of telephone fraud. If you have questions about your current services, bring copies of your phone or PG&E bills. We will also review various utility assistance program available. Pre-registration required. Free of Charge. Class will be held on Thursday February 22, 2018 from 2:30-3:30p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

SATURDAY, FEB. 24

UNDY RUN IN WILLIAM LAND PARK: Don't be surprised if you see people running around William Land Park in their "undies" on Saturday, Feb. 24. The Colorectal Cancer Alliance is sponsoring the 7th Annual Sacramento Undy Run Walk to help raise awareness of colorectal cancer. The event is a fun twist on a serious subject, as people are often reluctant or embarrassed to talk about colorectal cancer. The Sacramento Undy Run Walk participants are encouraged to wear their "family-friendly" undies for this fun run. In addition to raising awareness of colorectal cancer, the Undy Run/Walk also honors all those who have lost a loved one to this disease and concludes with a special survivor ceremony honoring all those who have battled the disease. Event details: 7:30 a.m. race packet pick-up and on-site registration; 9 a.m.: 5K begins; 9:10 a.m.: mile fun run begins. Registration fees: 5K Adult (14 and older) - $35 Advance/ $40 Race Day; 5K Youth (6-13) - $30 Advance / $35 Race Day; 1 Mile fun run (all ages, Children 5 and younger are free) - $30 Advance / $35 Race Day; survivors register for free. E-mail specialevents@ccalliance.org for the registration code.

MONDAY, FEB. 26

CHOOSING AND TRAINING HELPERS FOR YOUR FUTURE NEEDS: Choosing someone to help with your daily needs and finances in life is a big decision. At this legal workshop, we willl discuss how to choose an agent to make health care and financial decisions for you and the duties and responsibilities that they will have. A licensed professional fiduciary will join in the discussion. Pre-registration and pre-payment of $3 required. $5 drop-in fee at the door. Class will be held on Monday February 26, 2018 from 3:00-4:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

TUESDAY, FEB. 27

DIABETES ACADEMY EDUCATIONAL SERIES: Second workshop in a series of three workshops dealing with diabetes. This workshop will focus on lifestyle modification, stages of changes and setting smart goal on diabetes. Pre-registration required. Free of Charge. Class will be held on Tuesday February 27, 2018 from 4:00-5:30p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

WEDNESDAY, FEB. 28

FINANCIAL LITERACY FOR WOMEN: This informative workshop highlights the unique financial challenges women face and provides a forum to share their insights and wisdoms in small groups. Through case studies of women at major stages in their lives and their common financial challenges, the workshop offers strategies for establishing and maintaining financial security. Pre-registration required. Free of Charge. Workshop will be held on Wednesday February 28, 2018 from 6:30-8:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

WEDNESDAY, MARCH 21

LAND PARK COMMUNITY ASSOCIATION MEETING: Wednesday, March 21st, 6:30pm- Annual Membership Meeting and Board Elections. Elected public officials will also be present to provide updates to the community. Location TBA

Yoga:

Continued from page 13

Looking forward for new ways and spaces to offer yoga in our communities, she says current goals are around finding ways to better serve current students and teachers in the long term with additional hopes of expanding to the Bay Area.

Yoga Moves Us indoor sessions

Yoga At The Library – Colonial Heights

Yoga Moves Us hosts an hour long weekly vinyasa-style yoga class at Colonial Heights Library every Monday, starting at 6 p.m. No experience necessary; this is an all levels class. Extra mats available. Colonial Heights Library is located at 4799 Stockton Blvd.

Yoga At The Library – Ella McClatchy

Yoga Moves Us hosts an hour long weekly vinyasa-style yoga class at Ella K. McClatchy Library every Thursday, starting at 6 p.m. No experience necessary; this is an all levels class. Ella McClatchy Library is located at 2112 22nd St.



Photo by Kellie Conway

Yoga Moves Us has started offering hour-long vinyasa yoga classes at the Colonial Heights Library on Mondays at 6 p.m. All classes are free.

Yoga at River City Food Bank –

Every Wednesday night at 6 p.m. at River City Food Bank is located at 1800 28th St.

Yoga In The Park: McKinley Park – Every Saturday indoors through March 24, outdoors afterward

Every Saturday at 9 a.m., this is an all-levels class and everyone is welcome. Bring a mat, bring some water, and bring a friend. Extra yoga mats will be available. Location: Inside the Clunie Center.

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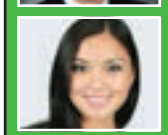
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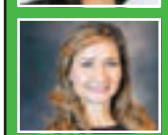
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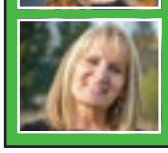

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