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500-PLUS ROSE VARIETIES GRACE THE HISTORIC CITY CEMETERY

OPEN GARDEN EVENT BROUGHT 300-PLUS VISITORS See page 12

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Big Changes Coming Soon!



Photos by Lance Armstrong

Sacramento City Council Member Jay Schenirer, and his challengers, Tamika L'Ecluse and Joseph Barry, participate in a candidate forum on May 16.

District 5 City Council candidates discuss cannabis, traffic calming, more

By LANCE ARMSTRONG
lance@valcomnews.com

Sacramento City Council Member Jay Schenirer and his challengers in next month's District 5 primary election addressed a variety of local issues during a recent candidate forum.

This event, which was held at New Technology High School on May 16, was presented by the South Land Park Neighborhood Association, in partnership with the League of Women Voters of Sacramento County.

Among the questions asked of Schenirer and his challengers, Tamika L'Ecluse and Joseph Barry, pertained to complaints from neighborhood advocates who believe that the city has given too much attention and spent too much money on the downtown area at the expense of neighborhoods.

L'Ecluse agreed with those advocates and expressed her frustration with the Golden 1 Center.

"We were assured actually that we would not be paying for (this arena) and then we did," she said.

L'Ecluse added that public subsidies used for the arena should be used for city services such as new roads, bus lines and bicycle lanes.

Responding to L'Ecluse, Schenirer said that the arena has exceeded the city's expectations and will "pay off many times" what the city has put into it.

He also said it is important to place attention on the economic development of neighborhood corridors.

Barry said he feels that the city has invested in the downtown area to a degree

See Candidates, page 3



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Candidates:

Continued from page 2

that is unethical. However, he said there is a need to continue to undergo a certain degree of development in that area.

The candidates also spoke about how neighborhood groups could be more effective at City Hall.

Schenirer said that neighborhood groups are effective at City Hall and that he has successfully worked with such groups for seven years.

The incumbent also mentioned that the Del Rio Trail is something that a neighborhood group supports and has assisted in moving forward.

Barry said the he believes that the effectiveness of neighborhood groups has a lot to do with a councilperson's relationship with that group.

L'Ecluse suggested that neighborhood groups should bond together to become more successful.

The candidates were also asked what steps they would take to reduce the types of excessive speeding, reckless driving and other risky driver behaviors that have led to injuries and deaths along sections of Freeport Boulevard.



Tamika L'Ecluse addresses a local issue at the May 16 forum.



Sacramento City Council Member Jay Schenirer speaks to attendees of the May 16 candidate forum. The event was presented by the South Land Park Neighborhood Association, in partnership with the League of Women Voters of Sacramento County.



Joseph Barry is one of the two candidates who will challenge City Council Member Jay Schenirer in the District 5 primary election on June 5.

Barry called for more speed enforcement and improving pedestrian safety in that area.

As for L'Ecluse's approach to this issue, she said that she would work to bring more funding resources for improving safety in that area. She also expressed an interest in building and maintaining partnerships with organizations with interests in automotive traffic, bicyclist and pedestrian safety.

Shenirer spoke about the advantages that exist with the placement of creative signage, radar signs and the advancement of the city's traffic division.

He also said that it is important to find ways to reduce the speed of vehicles along Highway 160, which he noted was built as "a highway, not a street."

The candidates were also asked to address their feelings on the issue of cannabis businesses moving into Sacramento and causing commercial rent increases that have displaced some local businesses.

L'Ecluse mentioned her desire for the city to take action to prevent business displacement, as opposed to having the market dictate such outcomes.

Shenirer said that it is important to work on this issue "neighborhood by neighborhood," since each neighborhood is different.

Barry mentioned his belief that cannabis businesses should have the opportunity to have their place in the marketplace.

"I think it's important that we strike that balance," he said.

The candidates responded to a variety of other questions during the forum.

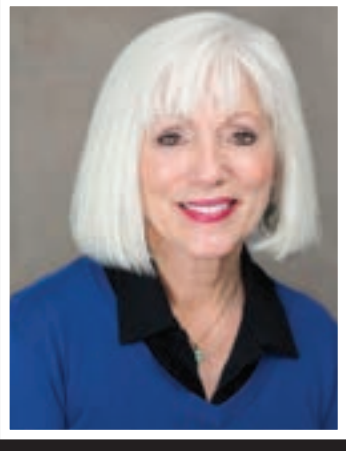
Joe Flores, vice president of the South Land Park Neighborhood Association, said that the candidates provided informative answers to the forum's mostly audience-driven questions.

"There was a very diverse mix of questions that were thrown at (the candidates) and their responses were fair," he said. "And you can tell what their values are in their responses to those questions and how they would enact policies going forward, and to advocate not only for us here in South Land Park, but for the district as a whole."

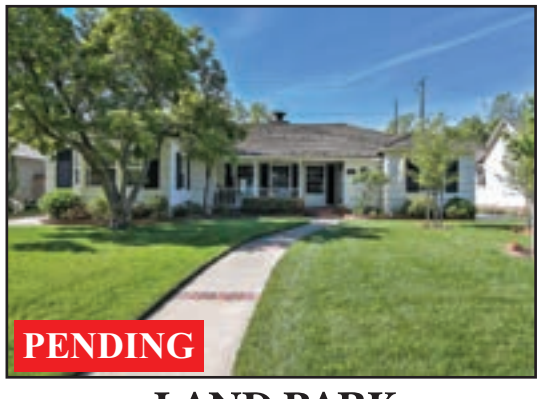
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Popular Alhambra Theatre documentary screens again

"Alhambra: Sacramento's Palace of Fantasy", the documentary about Sacramento's great, sadly lost, movie place will screen again in Sacramento for the many that could not attend the multiple sold-out premiere screenings earlier this year. Showing for a charitable cause once more, the movie, which was co-produced by Matías Bombal and Chad E. Williams, will be presented Saturday evening, June 2 at the Pioneer Congregational United Church of Christ's newly refurbished Fellowship Hall. Tickets are $20 per person, available in advance at the church office, 2700 L St., across the street from Sutter's Fort, Monday through Friday from 8 a.m. to 1 p.m. The telephone is 916-443-3727. Tickets will also be available at the door if the movie does not sell-out in advance. Part of the admission will benefit Pioneer's Social Justice Services. Matías Bombal and Chad Williams will attend in-person and take questions from the audience after the film. Can't make it on June 2nd? The movie's next stop is The State Theatre in Auburn on June 10, as the producers continue to seek a $30,000 underwriter to show the movie on KVIE Public Television, so that the region might see the movie for free.



This September, 1929 view of the garden entry to the Sacramento Alhambra Theatre was recently discovered in the collection of Sallyanne Ericksen. Never before published.



A November, 1968 color view of the Sacramento Alhambra Theatre by Dr. Robert Horton, never before published, donated to the production of "Alhambra: Sacramento's Palace of Fantasy" by Gretchen Steinberg.

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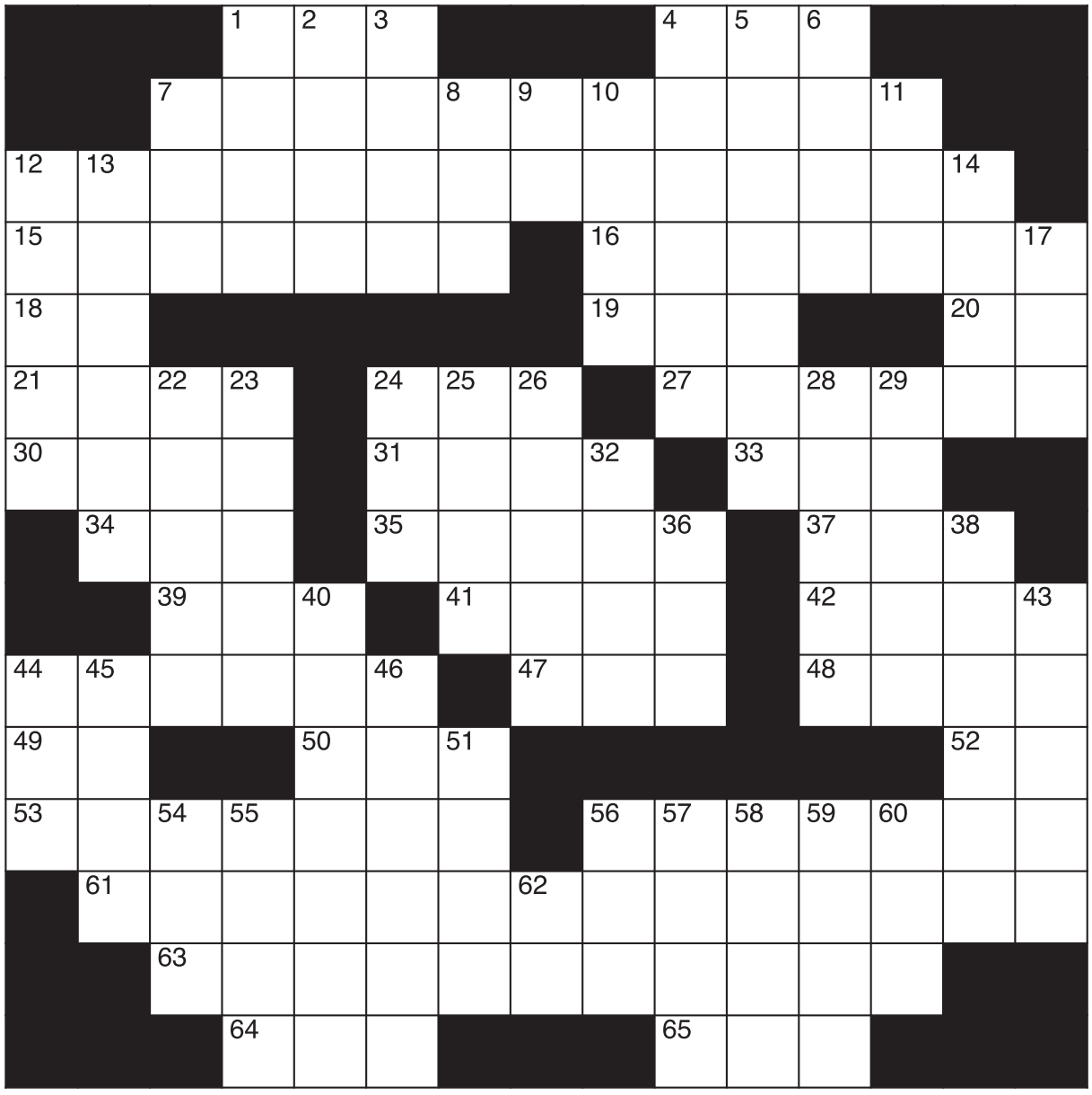
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CROSSWORD



CLUES ACROSS

1. Small lump
4. Helps little firms
7. A way of performing
12. Lawyers
15. Stirred up
16. Believed in
18. The Bay State (abbr.)
19. Makes computers
20. Sodium
21. As fast as can be done (abbr.)
24. Institute legal proceedings against
27. More compact
30. Ethiopian river
31. Quantitative fact
33. No (Scottish)
34. A concession of no great value
35. Tony-winning actress Daisy
37. More (Spanish)
39. Russian space station
41. Helicopter
42. At the peak
44. Makes ecstatically happy
47. Excellent
48. Material body
49. The Golden State (abbr.)
50. A unit of plane angle
52. Argon
53. Fancy
56. Fried mixture of meat and spices
61. How green plants use sunlight
63. Without wills
64. Unhappy
65. Meat from a pig's leg

CLUES DOWN

1. Mentor
2. Lyric poems
3. A dry cold north wind in Switzerland
4. Trapped
5. Used for road surfacing
6. Cuckoos
7. Prefix "away from"
8. Seth McFarlane comedy
9. Not out
10. "The Simpsons" bus driver
11. Popular HBO drama (abbr.)
12. Acclaimed Indian physicist
13. Removes
14. One-name NBA player
17. Revolutionary women
22. Smell
23. Ground-dwelling songbird
24. Midway between south and southeast
25. American state
26. Keen
28. Khoikhoin peoples
29. Int'l defense organization
32. Samoan money
36. A sign of assent
38. One from Somalia
40. Boat race
43. Trims
44. French coins
45. Indigenous Scandinavian
46. Flew alone
51. Loch where a "monster" lives
54. Japanese title
55. Pros and __
56. Present in all living cells
57. Something to scratch
58. Branch of Islam
59. Appear
60. Former CIA
62. Yukon Territory

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Sacramento City College opens new high-tech Makerspace for students



In a galaxy not so far away, Sacramento City College hosted the grand opening of a high-tech Makerspace on campus, packed wall-to-wall with cutting edge technology for students to use on various projects on none other than May the Fourth.

Funded through a grant from California Community Colleges, the Makerspace, located in rooms 108 and 110 of the Cosmo building provides a place for students to be creative, experiment, collaborate, innovate and bring their ideas to life. It teaches real-life applications of science, technology, engineering, arts and mathematics concepts.

The space also provides an opportunity for students to come together and learn from each other, said Makerspace Creative Director Michelle Zamora.

"The Makerspace is a collaborative space for people to come and share skills, and have their own set of skills, and learn how to work with other people," said Zamora, who is also a former student.

The grand opening included demos on heat-transferring images to T-shirts, sewing machines and crocheting, 3-D printing lightsabers, DJ-ing and podcast production, sustainable agriculture, liquid resin, CNC router, laser cutting, woodworking, soldering, motors and electronic builds.

Sacramento City College joined a statewide movement of makerspaces being established at community college campuses, securing a seed grant from the California Community Colleges' "CCC Maker" initiative to fund startup costs.

"Our goal has been to build a truly interdisciplinary digital fabrication lab and makerspace, accessible to all students, faculty, and staff," said Graphic Communication Professor Tom Cappelletti, who was instrumental in getting the Makerspace up and running. "With high tech equipment and traditional tools, we're striving to create a space to encourage exploration, tinkering, have hands-on workshops, develop new courses, to engage not just our students, but our faculty, to focus on project-based learning so our students will gain experience and develop critical thinking skills in a team-based, supportive, learning environment."

In an interview with the Land Park News, Cappelletti, who has been teaching at SCC since 2006, said he got a full release from teaching since March 2017 to transform empty classrooms into the workspace it has become. "I had a few faculty friends and we said, we gotta do this because everyone is busy, no one is going to do it. So they awarded us the money in the summer and the most you could get is $350,000 a year. That has to cover my salary, everybody's and all the machinery. We're like it sounds like a lot, but it's not. Considering this was just a classroom with chairs. It was nothing. So we had to do all this, order everything. We did do it and it was sort of like zero to hero."

Makerspace includes high end machinery, including a $25,000 laser cutter and $5,000 filtration machine. "It's like a robot., so you could put a piece of plywood on there and it will just cut it all out and you just pop it out like a stencil," explains Cappelletti.

One of the high-end machines at SCC's Makerspace is a unique piece of equipment called a SawStop table saw, "the only product out there that detects human flesh that literally stops in three one thousandths of a second. So if you threw your hand into that blade, it would cut it open but it won't just continue cutting," Cappelletti said. The saw features a $100 clutch mechanism that slaps the blade and shoves it under the table and destroys it. Cappelletti says the saw was almost legislated to be required on every table saw, as most injuries happen because people blindly push their hands into it. The SawStop costs an extra $1,000 but worth it, he says. "I'd pay an extra $1,000 for all my fingers."

Cappelletti said it took six months for all the equipment to get shipped and afterward, an 8-week class was held in which the students had to invent something. "We had students inventing headphone things, new fidget spinner concepts, new wallet design, and a new phone holder that charges itself. They're just prototypes, but I was like 'that's pretty good' and none of you had design classes. But we just said let's get in here and make and we'll help you. Christian has developed his own cosplay outfits; he's built his own fantasy characters. He's made the suits and armor. He's 3-D printed buckles and swords and then took foam and handmade parts of it."

Out of the $350,000 budget, Cappelletti hired 20 employees at minimum wage for 10 to 15 hour work weeks. "I hired them in the beginning because it was just him and a couple of other faculty. And it's like if this is going to happen it's you guys at minimum wage." Their paychecks came at the efforts of Cappelletti's creative financing. "They set up my budget: $20,000 for this; $50,000 for that and it was an estimate and I was like I don't need $20,000 for travel. I needed it more for student help. I real-

See Makerspace, page 7

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Makerspace:

Continued from page 6

ized that's the best investment here. And, isn't it for them?"

As the students become empowered, some of them have stepped up, taking on projects big and small and helping others. "Most of the time, they're sitting in classes, just taking stuff in and maybe getting some projects. But here, they're like, 'I'm going to do this and I'm going to do that.' It's not even related to their classes. So it's like a hangout, build place."

Open to all students, Makerspace does require trainings on specific machines, unless students can prove their skills. "Like if someone comes in and they're a professional seamstress, I don't need to make them (take a training) but I need them to prove to us that they're somewhat qualified," Cappelletti said. For work on the wood shop machines, on the other hand, everyone must go through a general shop safety course. By the fall Makerspace will have a calendar of events and workshops.

Looking for donations for upkeep and improvements, Cappelletti said the SCC Foundation set up Makerspace with a donations page, akin to GoFundMe except they get 100 percent of the funds. "The school is going to work on an active campaign because they felt that if (people) were made aware of this place they'd contribute, and I thought we'd create a donor wall." He added Intel gave the Folsom Lake Makerspace $50,000. Situated at the edge of the Land Park neighborhood, many residents started their lives at SCC and Cappelletti hopes they'll see for themselves how valuable this program is. Representatives from Mayor Darrell Steinberg's office visited during the May 4 open house and U.S. Congresswoman Doris Matsui stopped by when they were just starting out, sharing her support. One of the Makerspace students hopes to secure $25,000 in donations next year, a feat Cappelletti says if successful the student may be recognized as a student ambassador.



At a glance:

On the Web: sccmakerspace.com

Equipment at SCC's Makerspace include:

Roland TrueVIS: Cut and print pretty much anything you can dream up with SCC's Roland TrueVIS SG-540" large format printer and cutter.

Universal Systems Laser Cutter: Plywood, acrylic, and similar materials can be cut with our single-beam laser-cutters.

3D Printers: Along with this core group of four Maker-Bots SCC has an total of seven 3D printers of varying capabilities that can fulfill a variety of prototyping needs.

4×8 CNC Router: Used for cutting various hard materials, such as wood, composites, aluminum, steel, plastics, and foams.

Heat Vinyl Transfer Fabric Press: This machine is used to transfer graphics onto fabric.

CNC Mill: CNC Mill performs the functions of both drilling and turning machines.

Vacuum Former: Used to form plastic into permanent objects such as turnpike signs and protective covers. Typical industry examples include kiosks and automated teller machines.

Saw Stop 10" Table Saw: Precision cuts for all your woodworking needs.

Vertical Band Saw: Precision cuts for all your metal-working needs.

Other Devices

Inside SCC's Room COSMETOLOGY 108 Flex Space

4 iMac design workstations outfitted with the latest design software

Canon PIXMA Supertabloid Inkjet Photo Printer

DSLR and Go Pro cameras with lighting, backdrop, monopod, and tripod kits

Canon Color imageCLASS color laser 11 x 17 printer

Xerox Work Center 6515/N Color Multifunction Printer

Two sewing machines

Green Screen

Hydroponincs

Button maker

Inside SCC's Room COS 110 General Fabrication and Prototyping

Computers with software for CAD/CAM

Juki industrial sewing machine

Juki industrial serger

10" Disk Sander/Belt Sander

Compound Milter Saw

Variable Speed Drill Press

Various assorted hand tools

Other small power tools such as cordless drills, rotary tools, jigsaw, staple guns, orbital sanders, and many more!

Design and Prototyping Software

CAD/CAM

AutoCAD (CAD and 3D Modeling)

Fusion 360 (3D Modeling)

3DS Max Studio (3D Modeling and Rendering)

EAGLE (PCB and Schematic Design)

NetFabb (3D Modeling)

Motion Builder (3D Animation and Virtual Production)

CREO 3.0 (3D Modeling)

MS Office 2016

Sketch-up (3D Modeling)

Unity 3D (Game Engine)

Modo (3D Modeling / Sculpting / Animation)

Adobe CC 2018 (Art and Graphic Design)

MakerBot (3D Printer Utility)





How much do you know about our homeless veterans?

By NORA FINCH

Excerpt from Dr. Edward Tick's book, War and the Soul (a well recognized Ph.D, Clinical Psychotherapist who has helped heal thousands of Veterans, and is also the Director of Sanctuary: A Center for Mentoring the Soul in Albany, NY)

"Post Traumatic Stress Disorder is a constellation of fixated experience, delayed growth, devastated character, interrupted initiation, and unsupported recovery. Many veterans who cannot get on with life are boy-men stuck in the psychic war zone, lost in an incomplete and horrific rite of passage. They remain in a state of shock because of what they have seen and are terrified for their lives. They struggle virtually alone, without a community to support their passage, asking questions such as "Why can't I be who I was before?" and "Who am I now?"

Dr. Tick has worked with veterans for over 40 years, and knows a lot about helping them heal. He believes PTSD is an identity disorder and that as a result of war's violence, causes the soul to flee and be lost for life. He has used his clinical expertise as well as many different healing traditions to successfully help thousands from around the world. Sound fascinating? Did you know something like this existed for our Veterans?

Did you know the current rate of suicides among Veterans in the United States is 22 a month?

Did you know that many aren't getting the medical care they need, resulting in new problems like lymphatic drainage problems, so their bodies aren't able to effectively eliminate waste and toxins?

Do you know that many of them are haunted in nightmares because the soldiers they killed were not given a proper burial and so were not able to pass on in peace?

These are just some of the unspoken stories we never get to hear about.

Now, do you think the above questions are important for us to know as a nation? Do you think we should try to help prevent more suicides? Do you believe we can?

Yes, yes, and yes are my answers. I can't think of something else that would unite a nation more than thinking about our veterans. Despite all of our differences, how and where we were raised, our social status, or the color of our skin; I think we can all agree we support these men and women who chose or choose to serve. Hands down these warriors deserve our support. Which is why I think this article needs urgent attention; and why I feel why we must insist change. We must insist change not only in our nation, but within ourselves.

So really, what gets us from thinking about wanting to make a difference, and actually taking action steps to change? How do we make our invisible dreams visible such as the MASH - V Medical Van and mobile showers proposed by America's Homeless Vets?

My answer: baby steps. With all our responsibilities, distractions, and sometimes high stress in life, I believe baby steps are really the most practical way to get started in changing anything in our lives.

With that being said; I've created three baby steps for this urgent issue regarding our Veterans.

1) Awareness. Educate yourself.

War affects all of us and those we love. We play a part in our people going to war, and remember everyone knows someone who has served. Acknowledge we can play a part in change but we need to first believe that we can, and realize we must change ourselves first.

2) Take action now by taking things into our own hands, we can't expect others to take care of us

3) Unite as a collective through love and support and believe with all our heart we are strong together, commit ourselves and our time, and never give up on dreams and important causes.

Accomplishing these three steps is a great start. Then, I will take action on my part being a voice for the warriors by writing this article and by spreading the word through the platform of my podcast (Rock your Life with Nora Finch).

Now, on to the famous Sacramento men I'm talking about: America's Homeless Veterans. These are down-to-earth cool cats, extremely serious about pushing their dreams, 24/7. We both share the same dedication and passion to empower others; which is another reason why I am so passionate about helping spread the word regarding their current dream project.

The daily hustle of this unique team to lead the community into change is inspiring and is why they are the perfect example of showing our nation what it means to take things into own hands. Veterans themselves, this team is made up of Founder Randall Britt, Co-Founder Chris Cole, and James Wade Brooks, their Director of Urban Research.

These Unsung Heroes I call them, also have the help of community members, volunteers, and alumni who provide programs including vocational training, services and resources to help veterans transition back into civilian life. This includes placing them in permanent housing,

See Veterans, page 19





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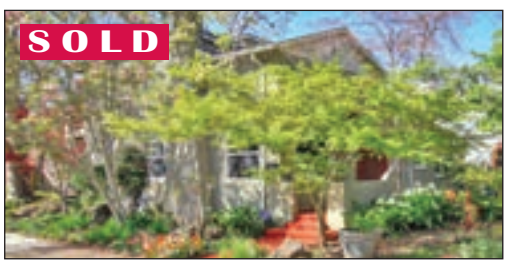


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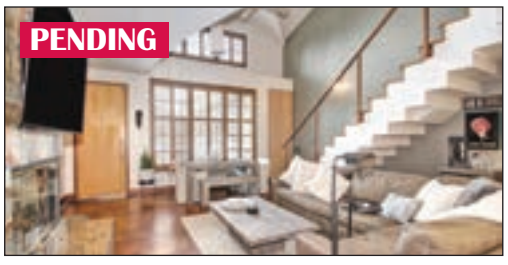
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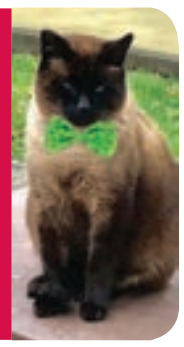
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History

HistoricOldCityCemetery.org

The cemetery was established in 1849 when Sacramento founder John Augustus Sutter, Jr. donated 10 acres to the city for this purpose. The grounds were landscaped in the Victorian Garden style popular at the time. In 1850, 600 victims of the Cholera epidemic that swept the city were buried in mass graves in City Cemetery. The remainder of the 800 to 1000 victims claimed by the epidemic was buried in the nearby New Helvetia Cemetery, also in mass graves. Because the New Helvetia Cemetery was prone to flooding, these graves were later transferred to City Cemetery. In 1852, a monument was erected to those who died. However the exact location of either burial plot is not known.

In 1856, the city engaged a cemetery superintendent and began to plan the grounds. In 1857, the gatehouse and bell tower were constructed. These were demolished in 1949 during the widening of Broadway.

Several fraternal groups purchased sections for their members including the Masons (1859), Odd Fellows (1861) and the Sacramento Pioneers Association (1862). The city set aside a section for volunteer firemen in 1858 and members of the Grand Army of the Republic in 1878.

The cemetery continued to acquire additional land through 1880 when Margaret Crocker, widow of Edwin B. Crocker, donated 23 acres to expand the grounds to 60 acres total.

The City of Sacramento owns the cemetery, which today encompasses 44 acres. In 1986, a group of residents were concerned by the lack of maintenance and ongoing vandalism and formed the Old City Cemetery Committee. In 1987, the committee became part of the Sacramento County Historical Society and in 2003, it became an independent organization dedicated to the preservation of the historic site.

It was declared a State Historic Landmark on May 5, 1957 by the State Historical Landmarks Commission. The cemetery was listed on the National Register of Historic Places in 2014.

To speak with the city offices responsible for Sacramento Historic City Cemetery call (916) 264-5621, Monday through Friday 8 am to 3 pm.

Discover California history. Discover Sacramento's old City Cemetery!

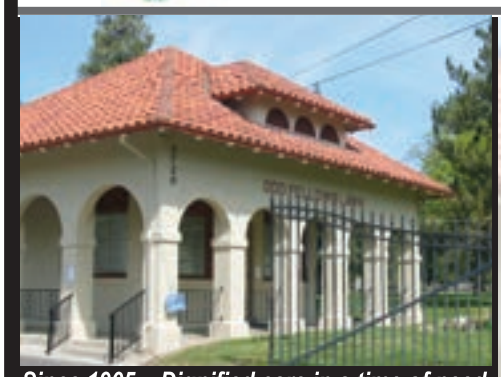
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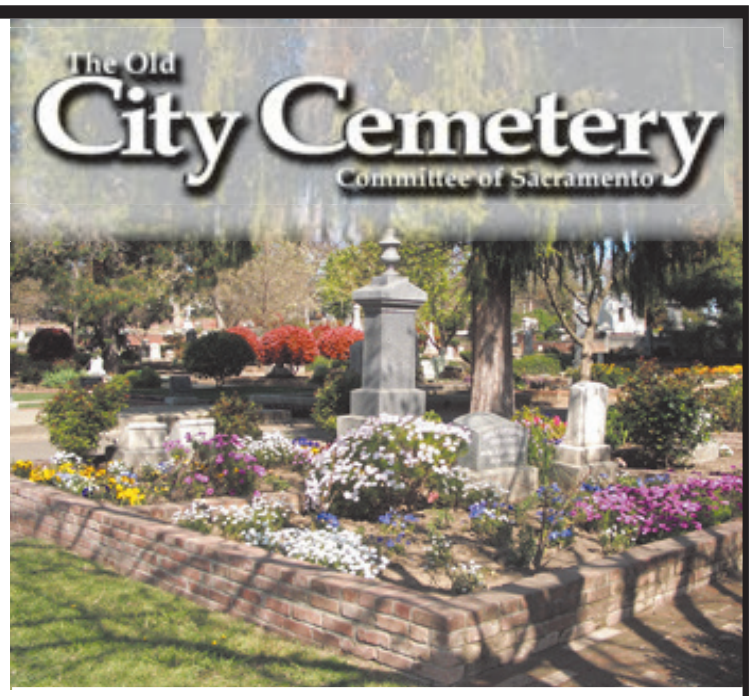
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June 10	Capitol Connections
July 8	Tourist in Your Own Town
August 4	As the Cemetery Turns
August 19	Sakura-Mento: Japanese-Americans in the River City - 1 pm
September 1	A Dozen Ways to Die: The Saga Continues
September 15	Medicine in the Old West
October 6	Haunted Sacramento
November 3r	Photography in Sacramento
November 10	Veterans of World War II

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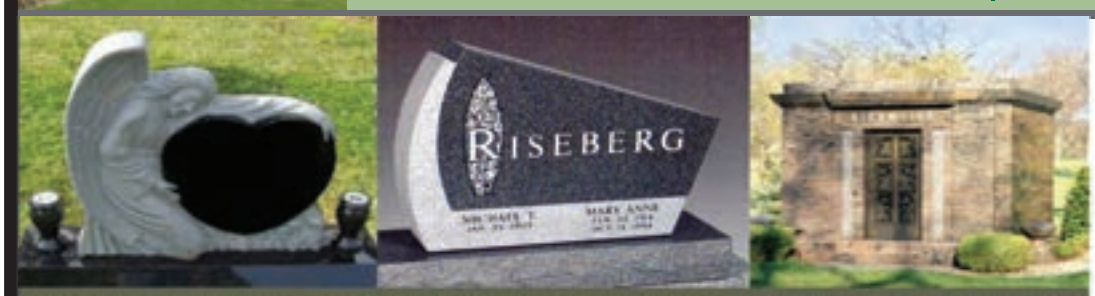
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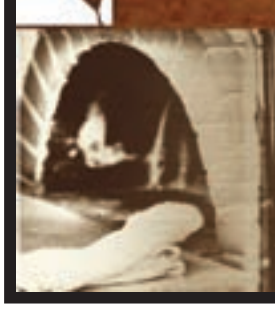
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500-plus rose varieties grace the Historic City Cemetery, Open Garden event brought 300-plus visitors

By JOE PERFECTO



Photos by Joe Perfecto

Framed by a trellis of pink Souvenir de Mme. Leonie Viennot roses from 1898, gardens Curator Anita Clevenger addresses the crowd on one of the day's garden tours. The white species at right has yet to be identified.

Consider the *rose*. No flower embodies as much symbolism or plays as deftly on the emotions. It resides as an archetype in the human psyche; the mention of its name universally evokes in the mind's eye a quintessential, slender-stemmed raspberry-hued bloom to which the age-old line of verse "*Roses are red*" makes timeless reference.

But Anita Clevenger, curator of the rose garden at the Sacramento Historic City Cemetery, would be quick to point out that roses cover a wide gamut of hues across the rainbow, from white through yellows, pinks, buff, purple and even green, with many sporting blends or striations of colors. Only three colors are not found in nature. "None is a *true* orange," Clevenger said, "(and) there is no such thing as a blue rose—it is genetically impossible." A so-called a "black" rose is usually an ultra-dark red. To produce a true black, blue or intense orange rose, dye must be used.

At the Old City Cemetery Committee mid-April presentation of the 23rd annual Open Gardens event held at 1000 Broadway, attendees got an eyeful of the brilliant botanical canvas known as the Historic Rose Garden in peak bloom. Some of its brush strokes, in the form of 800 potted rose plants propagated from among the garden's 500-plus varieties, were offered for sale at a handful of tables nearby for $15 each. The garden is historic as it is located in a cemetery dating from 1849 that conforms to Victorian-era garden design, and is populated primarily by varieties popular in that period, which spanned roughly 1840 to the early 1900s.

Most varieties, some of which were highlighted during rose garden tours led by Clevenger, are old, rare or both. The oldest known variety represented in the garden is the European *Rosa canina*; while the specimen reportedly was collected in Virginia no later than 1737, the variety itself was known at least by the early seventh century. The rarest, according to Clevenger, is a specimen of the white *Rosa banksiae var. normalis* that has climbed a pine tree to a height of six stories. The variety was introduced from China in 1796; this specimen was collected at a ranch near Davis and the only other known example of this specific strain is at the UC Davis Arboretum.

Although most of the varieties on site have been identified, more than 150 have yet to be pinned down. These floral John Does are assigned "study names" based on collection site, such as "Car Wash Rose" (from a San Andreas car wash), "Coulterville Red," "Baretta Street Amber" and "Baretta Street Bourbon." As these and many other study name varieties no longer exist at the collection sites and are not currently known to grow elsewhere, an undetermined number of cemetery specimens are probably unique. The garden occasionally repatriates rare varieties. "We have been called a 'living library' of roses for our work

See Roses, page 13

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Roses:

Continued from page 12

in preserving these roses and making them available to replace in the locations where they have been lost," Clevenger said. Varieties are also shared with collectors and other public gardens.

Now entering its 27th year, the Historic Rose Garden was established in 1992 by Barbara Oliva, who served as curator until shortly before her death in 2015. Most of the garden's initial collection of about 100 bushes comprised specimens of vintage varieties collected at historic gold rush sites throughout California by former Huntington Library and Gardens rose expert Fred Boutin. "Fred was interested in the roses that had survived from the pioneer days, that had been brought—perhaps by wagon train—by the settlers, or that were sold in the nurseries in Victorian times," Clevenger said in the 2012 documentary *Cemetery Rose*. The ensuing decades brought great expansion through donations of hundreds of species, a growing volunteer pool and lots of research on found varieties that are now identified. All that work has garnered worldwide recognition in the form of two prestigious awards; the garden was one of the two inaugural Great Rosarians of the World (GROW) Garden Hall of Fame inductees in 2009, and in 2015 it became the 14th garden in the U.S. to receive the World Federation of Rose Societies' Award of Excellence.

"There are other heritage rose gardens in the U.S., some of which are much bigger than ours," Clevenger said. "However, we are the only one that focuses on found roses from historic sites in California and beyond, is located in a historic cemetery of the era of the roses and is cared for primarily by volunteers. Many people visit from around the world, often saying that our garden is on their bucket list."

Every Open Garden event has featured a tour of the rose garden and sales of specimens propagated from same. Over time it evolved to include two rose garden tours, a history tour, sale of rose-related merchandise such as aprons and T-shirts and an expanded number and variety of roses on offer. This year's event, which was extended to two days, had about 325 attendees and sold 600 of the 800 propagated roses on offer. A "flower-sitting" service known as the "Rose Hotel" was conveniently located near the garden tour start point to enable participants to drop off their bloomin' purchases for safekeeping during their floral excursions.

OCCC is a volunteer-run group, its operations conducted in conjunction with City staff. This permits proceeds from sales of roses and associated paraphernalia—which this year grossed upwards of $9,000—to go strictly toward operational costs of the cemetery's three gardens (Historic Rose, Perennials, California Native Plants), such as irrigation system maintenance, purchase of roses and companion plants, fertilizer and mulch, educational materials, garden tools and other supplies. The OCCC also allocates funds for the repair of monuments and plot surrounds, as maintenance of the cemetery in toto comes under its charter.

Many of the attendees who purchased plants are experienced gardeners, and under their care their potted cuttings will bloom into show stoppers. But what about those who are neophytes, drawn to the event by a fledgling interest in floral cultivation and the rose's eternal allure? Fortunately, raising roses doesn't take an inordinate level of skill; chances are good that cuttings kept moist and out of direct sunlight will thrive. Among the easiest rose types to grow in the local climate are Tea, Polyantha, Hybrid Musk—especially the Sally Holmes—and ever-blooming China.

Others, such as the once-blooming Old Garden Roses, are particularly challenging even for experts.

Whatever the species, successful propagation involves a number of jobs, including fertilizing, deadheading and pruning. No idea where to begin? No problem. OCCC offers budding rosarians a propagation crash course as part of an annual workshop, the next one being Sept. 8; there's also always room for more participants on the group's propagation team at Cosumnes River College. Meanwhile, there are plenty of opportunities for on-the-job training through volunteering; volunteer days are held at the cemetery on Tuesday and Saturday mornings. There's also Deadheading at Dusk on June 4, a maintenance activity that runs from 6 p.m. until dark. "This is a great opportunity to help remove spent flowers and tidy up the garden during the evening when the gates are usually closed to the public," said Clevenger.

Volunteers of all experience levels are welcome to join the Historic Rose Garden's core group of about 30 regulars at any time and for any duration; no minimum commitment is required. Prospective volunteers can get more information about work opportunities and cemetery events from Clevenger at 916-715-7294 and by visiting www.cemeteryrose.org and checking out the group's Facebook page at https://www.facebook.com/historicrosegarden.



Rose garden tour attendees browse the many types of roses for sale propagated from a number of the cemetery's 500 varieties; each plant sold for $15.



Snow leopard cub born



The Sacramento Zoo has a new resident – a male snow leopard cub. This was the first pregnancy for the cub's five-year-old mother, Misha, and six-year-old father, Blizzard, and the first snow leopard birth at the Sacramento Zoo since 2006.

Misha gave birth to two cubs on May 6. Mother and cubs were and are closely monitored over a closed-circuit video system. Several days after birth, one cub began to decline in health and passed away. Initial exams indicate the cub suffered from severe birth defects, including a cleft palate. A full necropsy (animal autopsy) is being performed at UC Davis School of Veterinary Medicine.

Misha and the remaining cub continue to be closely monitored by staff through closed-circuit video. The pair are being housed in an off-exhibit maternity den where mother and cub can bond and allow for proper nursing and care in a quiet space.

Veterinary staff performed a brief neonatal exam on May 10. At that time the cub weighed 1.35 pounds and showed normal signs of growth and development including a strong heart and lungs. Dr. Jenessa Gjeltema, Associate Veterinarian who performed the exam said, "I was pleased by how robust and vibrant the cub appeared at its first evaluation, and we look forward to seeing how he continues to grow and develop."

Through consistent video monitoring, veterinary and zookeeper staff have observed that Misha is exhibiting exceptional care of her cub and displaying positive maternal behaviors at this stage.

Misha and the cub will remain off exhibit until later this summer when the cub is routinely leaving the nest area and coordinated enough to navigate his habitat and make his public debut. The Sacramento Zoo will continue to provide updates on the progress of the zoo's newest resident.

This breeding was carefully planned and recommended by the Association of Zoos and Aquariums Snow Leopard Species Survival Plan. Any snow leopard birth is significant due to the species' declining population in the wild.





Setting the record straight on Freemasonry:

Local Masonic lodge to screen new documentary at the Scottish Rite Temple

By JOE PERFECTO

Here's a bit of trivia bound to foil even the likes of Jeopardy! mega-champ Ken Jennings. It might appear under the category of "Obscure Connections," with the clue being, "Winston Churchill, Walt Disney, Enrico Fermi, Ben Franklin, J. Edgar Hoover, Harry Houdini, Jesse Jackson, Douglas MacArthur, Thurgood Marshall, Harpo Marx, Wolfgang Amadeus Mozart, Roy Rogers, Franklin D. Roosevelt, John Steinbeck, Mark Twain, George Washington, John Wayne and Steve Wozniak all have this in common."

OK, it would take a really large card for all that verbiage, but never mind—that catchy Final Jeopardy! tune is playing, and time is running out. Still stumped? Here are a few hints. Aprons. Thirty-three degrees. The letter "G." Square and compasses. And the correct response: "What is Freemasonry?" This, by the way, is a question few people can adequately answer; despite a roughly 600-year history and 6,000,000 members worldwide (with perhaps 1/3-1/2 of them in the U.S.), the purposes, activities and rituals of the society are still mired in mystery for most.

This is no surprise, as the Freemasons do not engage in solicitation of new members; interested parties are either invited by members to join or else apply of their own accord. The fraternity widely—but wrongly—considered a "secret society" is in a sense secretive in that only members may attend its meetings, and there is a body of ritual secrets (e.g. signs, passwords, hand clasps) that are only revealed—a few at a time—to members as they advance in rank (from 1st to 33rd degree), and that members must swear to not reveal to those of lower rank. The aim, say the Masons, is not so much to withhold these secrets from non-Masons (a number are known to outsiders, in fact) but to emphasize the importance of personal integrity. As 33rd degree Mason and historian Brent Morris told CBS' Sunday Morning, Masons aren't worried about their secrets being public knowledge per se.

But Freemasons are by no means reclusive; rather, they are quite well-known—at least their works are—via such philanthropic institutions as the Shriners component, which operates pro bono children's hospitals, and whose members have graced many a 4th of July parade with their go-kart antics and by hanging off a paddy wagon whilst in Keystone Cop regalia, tossing the occasional local politician in the wagon's slammer.

The group's history is both long and brimming with internal rifts and schisms at both local and international levels, persecution by the Catholic Church (which condemned it in 1738, and still does) and other religions due to its alleged "deistic" nature, and widespread public misconceptions about exactly what Freemasonry is, including the common conflation with the "Illuminati" conspiratorial construct (doubtless due to Freemasonry's large number of prominent, powerful members) in which a covert society plies its machinations at the highest levels of most governments, industries, et al. with an ultimate goal of world domination—a "new world order."

Master Mason Johnny Royal decided to set the record straight by telling the whole story cinematically,

See Masons, page 16

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Contact Melissa at 916-429-9901

Masons:

Continued from page 14

or at least as much of it as restrictions allow. In 2010 Royal embarked on a seven-year project to produce a 90-minute documentary on American Freemasonry titled "33 and Beyond: The Royal Art of Freemasonry"; last year's Friday, Oct. 13 San Francisco debut kicked off a national tour that includes a May 31 7 p.m. screening at a local Masonic site, the Sacramento Scottish Rite Temple. The 90-minute film features temples and individuals from across the globe and glimpses of the Masonic realm not otherwise available to non-Masons. Presented by Woodland Masonic Lodge #81, the screening will include an appearance by Bruce R. Galloway, Most Worshipful Grand Master of Masons in California, and writer/director Royal will host a Q&A session; the $20 admission includes a souvenir Masonic coin.

This is no amateur flick; among the production crew were Sean Beavan (known for work on Nine Inch Nails and Marilyn Manson tracks and David Lynch's Lost Highway), Jason Pachomski (Bates Motel; Hand of God) and Zach Brinkerhoff (Thor; X-Men First Class). A teaser can be viewed at https://youtu.be/xBBWc-3MrsfM and at www.theroyalartmovie.com, the latter providing more information and the means to order a DVD; tickets are available via http://bit.ly/Freemasonry33.

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Faces and Places:

Sacramento Earth Day 2018

Photos by STEPHEN CROWLEY

Around 150 organizations and businesses exhibited a vast array of practical information, goods and services that cultivate a healthier and more sustainable way of living. Sacramento Earth Day, held at Southside Park on April 22 included music, local artists, delicious plant-based cuisine, educational opportunities and fun activities. This community event is the largest Earth Day celebration in the Sacramento region, hosted by The Environmental Council of Sacramento (ECOS).







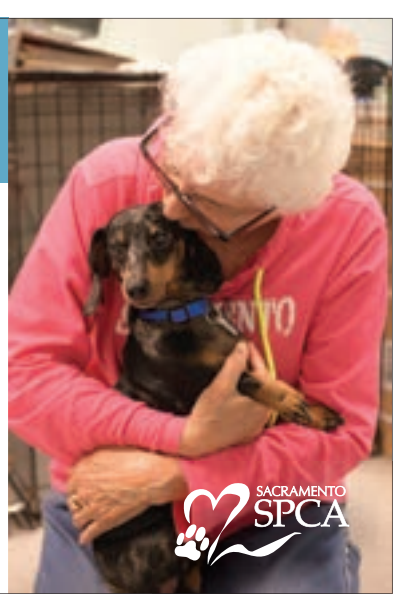
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What's happening, Land Park?



THURSDAY, MAY 24-SATURDAY, MAY 26

CELEBRATION OF INTERNATIONAL HERITAGE BREED WEEK: At 11 a.m. and 1 p.m., Fairytale Town will hold daily up-close introductions with its Heritage and rare breed animal family. Meet the animals and hear from our animal keepers about what makes them unique. Heritage Breeds Week activities are free with paid park admission. Weekday admission is $5 for adults and children ages 2 and older. Weekend admission is $6 for adults and children ages 2 and older. Members and children ages 1 and under are free. What are Heritage Breeds? Heritage breeds of domestic livestock are breeds that were originally raised by early settlers before industrial agriculture became common practice. Around 200 breeds are listed on The Livestock Conservancy—an organization working to protect livestock and poultry from extinction—and most breeds are facing extinction. The Conservancy hosts International Heritage Breeds Week to raise awareness about endangered heritage breeds of livestock and poultry in America.

Fairytale Town's Heritage Breed animals include:

Eeyore is a Miniature Sicilian Donkey, and his breed is listed as Watch. Around 10,000-15,000 currently reside in North America. Miniature donkeys were imported to the United States in the 1920s as draught animals to carry heavy loads on farms.

Mopsy is an American Chinchilla rabbit, and her breed is listed as critical. Her breed dates back to 1924.

Salt and Pepper are Southdown (or babydoll) sheep, and their breed is listed as recovering. They were originally from Sussex in Southeastern England. Southdowns were introduced to North America around the 1700s. They are primarily used for their fleece (wool).

Maddie is a Scottish Highland Cow. This breed is unique for their small size, two coats of long wavy hair, and gentle nature.



SATURDAY, MAY 26

MILE TWELVE AND NORTH COUNTRY BLUE: At The Side Door, Saturday May 26th at 7 p.m., Mile Twelve and North Country Blue. An evening of high energy Bluegrass music.$20 at the door or on line at www.thesidedoor.com.

TUESDAY, MAY 29

CALIFORNIA RELAY: This workshop will discuss the California Relay service that is available 24/7 at no cost and allows individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking to make and receive phone calls. There will be demo phones available to show you what the phones look and feel like; also, the instructor will discuss the benefits of California Relay and answer any questions you may have. Free of charge and pre-registration required. Class will be held Tuesday May 29, 2018 from 100-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

SATURDAY, JUNE 2

CEMETERY TOUR – SYMBOLOGY & SUPERSTITION: The Old City Cemetery Committee presents a history tour letting visitors in on the cemetery's secrets hidden in plain sight on Saturday, June 2, at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway. The Old City Cemetery is filled with the symbols of a time long past, but what do they mean? Is there more to a lamb, a broken bud or an urn than meets the eye? Come join us as we attempt to unlock the secrets hidden in plain sight and take a look into Victorian mourning culture. Widow's weeds not required.

CLOSING RECEPTION FOR BROWN GIRL RESIST!: Brown Girl Resist! is a powerful display of resistance and rebel art that echoes the voices of revolutionary women of color. This solo art exhibit will feature recent politically-charged artworks by Nisha K. Sethi that showcase South Asian and Brown women at the forefront of the social justice movement, breaking through boundaries and shattering stereotypes such as the model minority myth. Brown Girl Resist will also feature Nisha's ongoing series of hand-painted signs inspired by protest signage of the 1960's Civil Rights Era as well as hand-cut collages, mixed media pieces, and screen printed poster art. Brown Girl Resist! Is a calling to all women of color to unite, engage, and activate. It is a seed of empowerment that encourages women to disrupt the system, chant down patriarchy, and destroy white supremacy. Exhibition on display:
May 12th – June 2nd. Cosing reception: Saturday, June 2nd, 5 pm – 9 pm. Free and open to the public! Sol Collective is located at 2574 21st St.



SATURDAY, JUNE 2 and SUNDAY, JUNE 3

PUPPET SHOW: THE THREE LITTLE PIGS: Puppet Art Theater Company presents the tale of The Three Little Pigs. Three pigs strike out on their own looking to have fun and adventures. But first, they must build houses for themselves. Straw, sticks, bricks, and a huffing and puffing Big Bad Wolf add up to hilarity and mayhem in this adaptation of the classic story, The Three Little Pigs. Tickets are a $1 for members and $2 for nonmembers, in addition to paid park admission. Tickets can be purchased at the Fairytale Town Box Office or at the entrance to the Children's Theater 15 minutes prior to show time. All performances take place in Fairytale Town's indoor Children's Theater. Showtimes are 12:30, 1:30 and 2:30 p.m. Performances are about 20 minutes long. Fairytale Town is located at 3901 Land Park Drive

WEDNESDAY, JUNE 6

SOL VOLUNTEER ORIENTATION: Summer is around the corner and Sol Collective has a wide variety of volunteer opportunities for youth and adults. Come be a part of the collective! Gain a better understanding of community-based programming and explore arts and media while making a difference in our community. Volunteers provide support with Sol Collective programming, events, art creation and installation, community festivals, social media, Sol Store vending, and more. Youth volunteers under 18 years of age must have permission from parents or guardians. To be eligible to be a volunteer you must fill out the volunteer application. Please fill out the online application prior to attending this orientation. http://www.solcollective.org/volunteer-inquiry/ The orientation will be held from 6 to 8 p.m. at Sol Collective, 2574 21st St.

SATURDAY, JUNE 9

CEMETERY TOUR: MUGWUMPS, KNOW-NOTHINGS & DOLLY VARDENS: The Old City Cemetery Committee presents a history tour of 3rd Party movements just in time for the June primary, starting at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway. California has had plenty of fascinating 3rd Party movements, most splintered off from existing parties. You may be surprised at the level of popular support for their more questionable platforms. Learn about the rapid rise and fall of the Know-Nothings, how the Workingmen's Party helped write the state constitution and elected a mayor, examine just how progressive the Progressive Party was, and meet local members of the Socialist, Greenback Labor, and Prohibition Parties. The cemetery is located at 1000 Broadway, Sacramento. There is free street parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.

SUNDAY, JUNE 10

CEMETERY TOUR – CAPITOL CONNECTIONS: The Old City Cemetery Committee presents a tour of the cemetery's political history at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway. Mark the June primary and prepare for the November general election by learning about political office holders who have been permanently "pigeon-holed" here in the Historic City Cemetery. Whether the primary results left you cheering or demanding a recount, the cemetery counts among its residents no fewer than three governors, as well as other city, state and federal government figures, and even (the son of) a founding father! The cemetery is located at 1000 Broadway, Sacramento. There is free street parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.



SUNDAY, JUNE 10

THANK YOU PARTY: Ron and Carinne Cunningham have selflessly dedicated 30 years to the Sacramento community as Artistic Directors of the Sacramento Ballet. During their three decade tenure, they have transformed the Sacramento Ballet into a professional company of international renown, touched the lives of countless Sacramento children through their production of Ron Cunningham's "The Nutcracker," and given thousands of community members the opportunity to see a ballet performance for the first time thanks to their wide reaching and impactful dance outreach programs. Now is your chance to thank them for their dedication to Sacramento! This event is free, open to the public, and family-friendly. Refreshments, cake, and an honorary ice cream flavor by Vic's Ice Cream Inc provided. 5:30-8 p.m.; Land Park Village Green. On the corner of Sutterville and Freeport Boulevard. Photo by Jay Mather.

FRIDAY, JUNE 15-SATURDAY, JUNE 16

FAMILY CAMPOUT AT FAIRYTALE TOWN: Friday, June 15 at 5:30 p.m. - Saturday, June 16 at 7 a.m.

Spend the night under the stars at Fairytale Town! This exciting overnight adventure includes exclusive play time inside Fairytale Town, a theater performance, arts and crafts, a scavenger hunt, fun games, and bedtime stories! Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Family Campouts are a special ticketed event. You can register at http://fairytaletown.doubleknot.com/OpenRosters/ViewActivitySpaceAvailable.aspx?classificationID=51244&orgkey=2219

Tickets for adults are $30, children (2-12 years.): $25. Children 1 and under: Free. Fairytale Town members receive $5 off per adult and child ticket. Fairytale Town is located at 3901 Land Park Drive.

SATURDAY, JUNE 16

FRONT STREET SHELTER BREWFEST: The inaugural Front Street Brewfest (Hosted by Friends of Front Street 501c3) will take place Saturday, June 16 from noon to 5 p.m. at the Front Street Animal Shelter 2127 Front St,. There will be a block party celebration to benefit the animals of Front Street – Highlights include SactoMoFo Food Trucks, 30+ regional breweries, access to the California Auto Museum, live local entertainment, and games. What's included: unlimited beer tastings, free admission to the California Automobile Museum. All proceeds benefit Friends of Front Street Animal Shelter federal tax id# 68-0477042. Tickets: early bird $30 | after may 15th $40 | non-drinker $10; 21 and older event. The mission of the Front Street Animal Shelter is to model regional leadership in saving the lives of stray, abandoned, and abused animals. No pets allowed [service animals OK] - this is a fundraiser for the animals of Front Street Animal Shelter.

SATURDAY, JUNE 23

A MIDSUMMER NIGHT'S DREAM & CRYSTAL ICE CREAM FANTASY: Shakespeare's popular fairy-themed comedic play comes to life at Fairytale Town, along with all-you-can-eat Crystal ice cream! Join us for a magical midsummer's eve featuring multiple ice cream tasting stations, live entertainment, hands-on activities, an enchanted marketplace and more! Celtic band Stepping Stone will perform throughout the evening on the outdoor Mother Goose Stage, and Shakespeare Lite will present Pyramus and Thisbe from A Midsummer Night's Dream in the Children's Theater at 6, 7 & 8 PM. Theater performances are free but seating in the theater is limited. Sample delicious Crystal Creamery ice cream flavors at stations around the park. Pick up dinner from one of our featured food trucks or the Dish & Spoon Cafe. Bottom's Up Tavern will be open with wine and beer available for purchase. Renaissance or fairy themed costumes for the whole family are strongly encouraged. Check out our Pinterest board for costume inspiration.

PLEASE NOTE: - This is a special ticketed event.
- No outside food or drink.
- Fairytale Town will be closing at 2 PM the day of the event in order to prepare for the evening's festivities.

TICKETS: Advance Tickets (May 1 - June 22); Adults: $15; Children (2-12yrs.): $7; Children 1 and under: Free

Fairytale Town members receive $3 off per ticket;

Day-of Tickets (beginning June 23):

Adults: $20; Children (2-12yrs.): $10; Children 1 and under: Free; No member discount

SPONSORED BY:Crystal Creamery; KVIE Public Television; Mix96Sac; Now 100.5 fm

SATURDAY, AUG. 25

RACE FOR THE ARTS IN WILLIAM LAND PARK: Grab your running shoes, friends, family, coworkers, neighbors and join the fun! Race for the Arts is for everyone the serious runners (5K timed by B-tag) and for the casual runner/walker. Run, walk, jog or jeté along the racecourse in Sacramento's shady William Land Park. Entertainment throughout the racecourse and a FREE Arts Festival – What's not to love? Come out for the Race and stay for the Free Arts Festival with food, hands-on booths and plenty of entertainment. Race for the Arts raises funds and awareness for ALL California nonprofit visual, performing, cultural, literary and culinary arts organizations, and school music, drama, literary, art and culinary arts programs. They receive 100 percent of pledges designated to them. 7 a.m., registration (or register at http://www.RacefortheArts.com); 8:10 a.m. Kids Fun Runs; 8:35 a.m., 5K Run/Walk; William Land Park, Sacramento (across from

Continued on page 19

What's happening, Land Park?

Continued from page 19

Sacramento Zoo and next to Fairytale Town). Cost: $15 - $35 (cost varies, depending on age and date of entry). A 20 percent discount for teams of 10 or more. Registration includes event T-shirt, refreshments, and exclusively designed socks by Trumpette. FREE Arts Festival. Information, visit www.raceforthearts.com

ONGOING

SOL KIDS DAY! EVERY SECOND SUNDAY OF THE MONTH: From 2 to 4 p.m., families are welcome to enjoy a day of cultural arts, crafts, and music., Sol Kids Day provides different hands-on arts and health activities every Second Sunday like nature creation labs, healthy snack assembly stations, yoga for kids and everyone's favorite, slime-making. Engaging performances for kids include hip hop theatre production, beat-making workshops, and guest appearances from some local unicorns and magicians. Sol Kids Day also hosts a gently used toy/clothing exchange every month as well! Sliding scale donations. No one ever turned away for lack of funds. Funded in part by the Cultural Arts Award Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento. Sol Collective is located at 2574 21st St, Sacramento, California 95818.

LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include:
1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus.
2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding kennels and groomers require this vaccine for services,
3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats,
4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years.
If you are 65 or older, vaccinations are free! The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

LADIES GOLF CLUB IN LAND PARK: Did you know there is a women's golf club that regularly plays at William Land Park? Women can discover the joys of golf, build new social relationships and get fit the fun way by joining the William Land Women's Golf Club. This 9-hole group meets Thursday mornings. It's open to women of all ages and golf abilities. Questions....or want more information....please call 916-422-0831 or email gretjen@comcast.net

MUSIC AND MOTION AT BELLE COOLEDGE LIBRARY: Rowena Alverto brings exercise classes for seniors with a combination of yoga, tai chi, zumba, for seniors on Wednesdays from 8:30 to 9:30 a.m. $5. 5600 South Land Park Drive.

BELLE COOLEDGE LIBRARY VIDEO GAMES AND VIDEO GAME SYSTEMS DRIVE: The Belle Cooledge Library is looking for video games and working game systems for our afterschool teen space program for next year. If you have any video games or working game systems that you would like to donate please bring them to the Belle Cooledge Library and we will provide a tax receipt. What is Teen Space? Join other area teens in our community room for our afterschool Teen Space! Hang out, geek out and mess around with friends and snacks! Seriously, what could be better? Teen Space occurs weekdays from 3 - 5 PM (except Thursdays 1:30 - 5 p.m.), is free, and open to teens between the ages of 12 - 18. (During the school year) All Library programs are free and open to the public a library card is not required! Belle Cooledge Library is located at 5600 South Land Park Dive. Library hours are Tuesdays noon to 8 p.m.; Wednesdays and Thursdays 10 a.m. to 6 p.m.; Fridays 1 to 6 p.m. and Saturdays 10 a.m. to 5 p.m.

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

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.

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.

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.

Veterans

Continued from page 8

as well as helping to provide food and shelter. They also offer a membership Sponsor a Veteran and family program so they can save up to 50 percent off things they purchase.

Along with the above, let's not forget to mention, they also work closely with the veterans to help them find solutions to deal with many of the mentally challenging hardships alongside having become homeless, PTSD issues, and losing their families.

Yes, while all of this is what makes them remarkable, along with the amount of time and dedication they've put in over the last 8 years; what makes them truly extraordinary is their ultimate vision for Summer 2018, that I believe our community needs to know about to facilitate it's urgency.

What is it exactly?? It will bring the exam room to the Urban Environment providing superior, advanced immediate care to the Veteran community.

It is a Super Bad, Advanced, Medical Vehicle called, The MASH-V.

How rad will this be to see on the road???

Where veterans can have access right there to immediate medical care. No more waiting six months or any longer!

Exciting right? Oh, but you need to know, they just lost their funding. (Go online to Covered California to learn more about that there).

So, how can we help them fund this $200,000 vehicle?

1) Buy as many $100 River Cats game tickets as possible this Memorial Day at Raley Field, (and receive an AHV shirt)
2) Just donate online now, www.ahvets.org
3) Become a sponsor, which helps you and them and us!

Let's be a part of this!

Do you want to be part of a movement that helps decrease suicide rates? Do you think this health based approach (in Randy's words) is an excellent idea, as do I, to help unite us?

If this were you not getting the medical care you needed, would you be willing to sit and wait for months or years expecting others to take care of you, or would you take matters into your own hands?

Would you want to feel the love and support from those in your community?

Let's begin creating our new realities regarding our impact and influence in our nation, by hitting a home run this year (like Randy of AHV says), at this Memorial Day event!

Let's get our nation and Veterans that awesome MASH-V vehicle! Wouldn't you love to see it on the road and know you were apart of making it possible??

Let's envision a country focused on self preservation, optimal health, and let's add to that list, inner character. Let's leave behind the nation who just focuses on physical beauty, drama, material gain and possessions, greed, power, jealousy, and competitiveness...

United, we are stronger.

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Check out the AHV Storyteller episode titled "Sacramento's Unsung Heroes" available now. Please contact Randall Britt for more details here: rbritt@AHVets.org

Nora Finch is a Pennsylvania raised farm girl, who is a 17 year practicing Wellness Educator/Skin Specialist in the Arden area. She airs a podcast called Rock your Life out of Sol Collective, an Arts, Culture, and Activism Center. She strives to educate others in all areas of wellness including how to stay mentally fit. You can email her, norafinch@nsati.com, or you can find her on her wellness page Fb.com/norafinch.nsati







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