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Land Park News

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"The Opioid Epidemic: Don't Forget the Chronically Ill."



By TERRY MCSWEENEY

(Editor's Note: Terry McSweeney will host "The Forum on the Opioid Crisis" with the support of the Valley Community Newspapers on Saturday, Sept. 15 from 1:30-4:30 p.m. at the Pocket Library. September is Pain Awareness Month. This is part 3 in a series on various aspects of the opioid crisis.)

A few months ago I went to another forum on the opioid epidemic. I listened to the panelists to hear their viewpoints on the crisis. It was all very interesting, but one thing was lacking. During the intermission, I began a conversation with one of the panelists. I mentioned to her what I thought was lacking. I told her, " No one has mentioned those people who actually need the opioids to survive, the chronically ill." She said, "You are right." When the panelists reconvened each panelist reviewed their thoughts and that panelist added, "Let's not forget the chronically ill." An expert had to be reminded that the chronically ill are a very important part of the opioid epidemic that should not be forgotten. My mom is one of those chronically ill people that should be remembered.

It was 6:00 am on a Tuesday morning when I got the call from the assisted living facility where my 90 year old mom lives. Her caregiver told me that she had been up all night writhing in back pain. Her regularly prescribed medicine, 1000mg of Tylenol was not relieving her severe pain. They had to send her to the emergency room for a stronger treatment. When I got to the hospital, the doctor had tried a small dose of stronger pills twice, still no relief. Mom finally got a little relief when 2 doses of morphine were administered via IV, but she still was in a great deal of pain. The doctor then said she could go home where she would have to go back to her regular meds and get no relief at all. Mom kept moaning in pain as she was helped into my car. Her questions: "Are you sure I should be going home? How will I get through the pain? I can't move." When we arrived at her place, it took 2 caregivers helping me to get her into her apartment, while she was still writhing in pain. The doctor was limited in what he could do to help her by hospital policy.

A doctor rose to make a comment at the previous forum. No name was given or where he practiced because of the fear of losing his job. He said he was against his hospital's opioid policy. He wanted to be able to help those chronically ill people who came to him with guided opioid use, but he was no longer allowed to do so. It was important for him to keep his job so that he could help them in some small way even with the limitations.

Maggie Fox (NBC) wrote, "Pain patients beg the FDA (Federal Drug Administration) for more options, easier access to opioids, people with chronic conditions cope with prescription restrictions and limited alternative therapies amid the opioid crackdown." (Smith, E) She adds," Many chronically ill patients de-

See Opioid epidemic, page 13

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From park bathroom update to PG&E gas main update, LPCA meeting addressed local issues

By SALLY KING

The Land Park Community Association held their monthly meeting at 6:30 p.m. on July 18 at the Eskaton Monroe Lodge on Freeport Boulevard.

The meeting began with the introduction of the board members.

Board president Stephanie Duncan introduced the new owner of the Riverside Clubhouse, Bill Crawford. Crawford assured everyone the heifer cow is remaining on the roof of the restaurant and to keep with that theme, he is adding a couple of steak dishes to the menu, along with other items. He said he is looking forward to meeting the folks in the neighborhood.

Progress continues on new park bathrooms

Matt Reid, Steve Hansen's Chief of Staff updated the association on the progress of the new bathrooms at William Land Park, stating they will be ready to use by movie night at the park, which is scheduled for Aug. 3. Reid said the city council is having a meeting on housing affordability on Aug. 14 and all are welcome. It will be conducted in a workshop format. Reid announced the city is having a proclamation on July 31 at the park, in honor of the park's celebrated 100th birthday.

The city parks operations manager, Eugene Loew, introduced himself and happily explained there are new staff members and a new supervisor for William Land Park.

New arborist at the park

Loew also said they have a new arborist who is working on reforestation. Loew said the duck pond started getting very low on two different occasions. First there was an issue with the float valve not dropping back down into the water when the water dropped down. The second issue is not being able to turn on the float valve because the fastener to turn it on was stripped. That is going to be repaired within the next week. A board member brought up an issue, saying the walking trail is muddy and has standing water. Loew said he would look into this. Loew is also looking into the Lotus flower growth on the pond. A member of the board thanked the parks department for the recent cleanup of dead trees and other maintenance issues they are now addressing.

Pipeline update

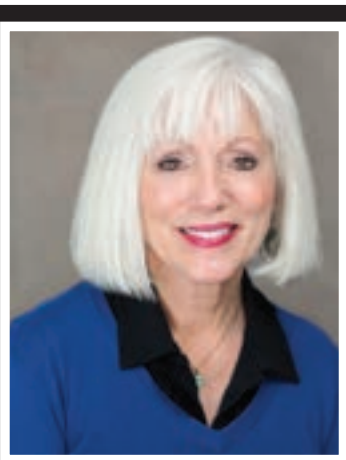
Sean Valdez, Sr. Gas Outreach Specialist for Pacific Gas and Electric Company gave an update on the gas pipelines being replaced in the Land Park neighborhood. Valdez said Teichert Construction has been hired to help them upgrade roughly 16,000 feet of PG&E distribution gas main. They are also relocating and replacing over 400 services. Valdez said if there are questions, they should contact him. Valdez explained they are moving the gas mains from the rear of the homes to the street. That makes it easier and safer if there are maintenance issues or problems with a gas line and will meet the standard that is now in place. Valdez emphasized he wants the neighborhood to know what is taking place. There are yellow whiskers that have been placed in the ground where the relocated meters are being placed. Valdez let everyone know that Fletcher's Plumbing and Brower Mechanical are helping with relocating the house lines and clearing the sewer lines, which has to be completed for safe replacement of the gas mains.

Making Broadway more walker friendly

A member of the audience, Kirk Vyverberg, wanted to share with the group, that he attended the meeting, 'Broadway Complete Streets,' which is starting in 2020. He said they are looking to make Broadway a safer street to walk and ways to make the street more aesthetic with trees and possibly mini pop-up parks.

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Sac Ballet community thanked 30-year leadership of the Cunninghams at William Land Park gathering

By JOE PERFECTO

For Sacramento Ballet Co-Artistic Directors Ron Cunningham and Carinne Binda Cunningham, it's been a long, storied, highlight-filled career indeed. During their 30 years of leadership, they transformed a small, student-centered group into a world-class tour de force, broadening and strengthening its ranks and vastly expanding its repertoire. In their first 20 seasons alone, they added 17 full-length ballets, 18 Balanchine masterworks, 52 Sacramento premieres and 48 world premieres. They are known for their transformative choreography, one hallmark of which is the incorporation of children in a variety of works. Some of their stagings have become local standards; for example, for many Sacramentans, attending the Cunninghams' rendition of "The Nutcracker" at the Community Center Theater has become an annual holiday tradition. The company also extended its reach, performing in many other states and internationally; in 2007, the Cunninghams' "Cinderella" was the first American ballet to be presented in China. In that same year, Binda founded the School of the Sacramento Ballet. And the list goes on.

But the Ballet board's decision in 2017 to take the organization in a different direction—"to look to Sac Ballet 2.0," as board president Nancy Garton put it—brought down the curtain on this Pas de Deux that began three decades ago. As of July 1 of this year, Binda and Cunningham assumed the purely honorary designation of artistic directors emeritus.

In honor of the couple's countless contributions to Sacramento's artistic life, a group of about 200 gathered in William Land Park June 10 to afford attendees some sort of closure, to say their piece, to come together as a community. The uninitiated can be forgiven for thinking that this was a farewell party and that once the proceedings culminated with the presentation of the ballet's equivalent of a gold watch, the duo would execute a graceful en-pointe progression into the wings as the curtains fell, and exit, stage left to begin a quiet life of leisure on the sidelines of the arts scene. Not these bastions of ballet; their movement was more of an assemblé--a quick leap and a return to the fifth position, feet planted firmly on the ground and ready for the next step. Far from a farewell, the gathering marked not so much an ending of one era as a beginning of another, as Cunningham and Binda have made it quite clear that they intend to maintain active roles in the art of dance. Despite his 78 years, Cunningham dismisses the idea of retirement. He indicated that he might stage his ballets with other companies, after his great success doing so with "The Great Gatsby" in Dayton, OH last October. The couple may also continue to work in local circles. Whatever the case, there is more to come.



Photos by Joe Perfecto

Carinne and Ron react to an amusing speaker.

The gathering was a bittersweet affair in which many members of the arts community took the microphone to reflect, to reminisce, to express gratitude for the opportunity to have participated in various ways. Among them were students, parents, teachers, staff and others, and while the experiences and perspectives they shared varied somewhat, the common thread running through their remarks was, "Thank you." Binda looked back on what was but also forward to what might lie ahead.

"It's always been more than just about dance and building a fine ballet company and a school," she said. "It's been about individuals, it's been about children, it's been about community. It's been about creating a community for dancers to thrive, for children to flourish, and to celebrate our community together, through the arts. I believe that last week was maybe the hardest week I have ever experienced in my life to this point, knowing that we are in our final classes and final rehearsals and final run-throughs of something that we so love, but that was yesterday and the day before. While our future is still a little unknown—I can't say if it's going to be building a school or being allowed to serve the community through more outreach pro-

See Cunninghams, page 5





Cunninghams:

Continued from page 4

grams or even giving our dancers more opportunities when they're on their layoff periods by inventing venues and places and ballets for them to perform—if you're passionate about what you do, your work is not done, yet. This is a beautiful Sacramento evening in a beautiful park; next week will bring so much beauty to Sacramento with our dancers performing the beautiful works of George Ballanchine; so everything is looking quite beautiful in my eyes right now."

For Cunningham, the event was about giving thanks also. "There's a lot of people here—and I look out [at] all the faces—you know, you mean so much to me, and we've had so many interactions together, but really, we're thanking people for over 30 years. That's hundreds and hundreds and hundreds of people, many of whom could not be here today. So when Carinne and I say thank you, we're not saying thank you [just] to you, we're saying thank you to 30 years of people that we have had the privilege and honor of working with. So, simply—thank you."

As the gathering drew to a close, a token of the community's appreciation was presented in the form of a rendition by local artist Stephanie Taylor (who painted the Jack London mural on Beer's Books) based on a vintage photograph of the Cunninghams in a studio session against a backdrop of a wide mirror that reflects numerous dancers. The rendition will serve as a template for a mural. Former Ballet board member Beth Post introduced the work.

"We heard Carinne testify to the fact that there are over 40 artists who came to present works, but Ron and Carinne have staged either their own works or known classics like Giselle, Sleeping Beauty, Swan Lake.... Over 75 different ballets—that's an amazing amount of work and talent. And think of all the dancers who got to learn all that dance. In fact, over 320 dancers had the privilege and pleasure of learning from these people. In terms of outreach, the"ve put together over 15 programs, had contact—sometimes briefly, sometimes for 20-25 years—with over 250 organizations or schools; the



One attendee penned a touching card that read "Thank you for at least 7 years of the oppurtunity (sic) to be in the Nutcracker even in a wheelchair, it has been an awesome experience! -- Sarah Jane."

Shriners hospital has had dancers visiting them for over 25 years, four and five times a year. That's incredible. So if you think about the vision with 15 programs, and you think about the connection with 250 schools or organizations, what's the impact? I counted up the contact hours, and it's over a quarter million. That is a scale that's hard to represent, but I want to announce to you that we are doing our very best to give a tribute to Ron and Carinne in a manner that is of the same scale."

"This is a picture you may have seen many times of Ron and Carinne in their director's chairs—these very chairs that they have sat in for 30 years, and actually before that—and just a pinch of what it is they do with the reflection of the dancers," Post continued. "We are looking for a wall; we are hoping for a magnificent placement, but we're gonna make sure all of you know when it happens. Hopefully we'll have a painting party; definitely we'll have an unveiling."

That beats a gold watch any day.

During the gathering, the Cunninghams were perched on the selfsame chairs that will be depicted in that mural. From all appearances, that pair of seats—just like the Cunninghams—are going to be in service until that fateful day when they finally wear out. So, don't leave the theater just yet—the encore is about to begin.



Well-wishers wrote on note cards that were collected in a clear cube and presented to Binda.



Ron and Carinne mix with the crowd.

Tim Tyler Ph.D
Attorney at Law

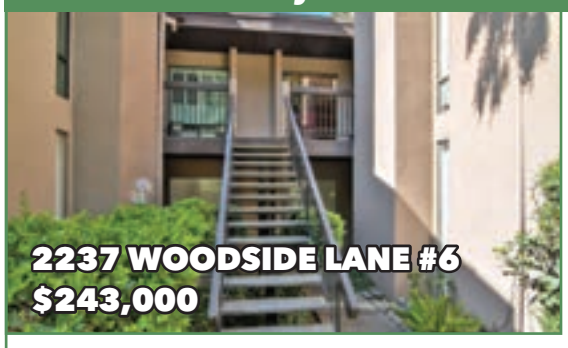


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Stabilizing Colonies: SSPCA offers free spay/neuter program for feral cats

By LAURA I. WINN

At 6 months of age, a feral cat can have her first litter. Two to three weeks after giving birth, she can go into heat again. Then she may have as many as three litters each year for the rest of her life – litters that birth their own litters as the cycle continues. The feral cat population is a "big problem" in Sacramento, said Andrea Stetars of the Sacramento Society for the Prevention of Cruelty to Animals (SSPCA), but it's a problem with a workable solution: TNR, which stands for trap, neuter/spay and release.

Since June 2007, the low-cost Sunday Feral Cat Clinic at the SSPCA has spayed or neutered over 28,000 felines, and now through the rest of 2018, all Sunday clinics are free. Sacramento County, Sacramento City Animal Services, private donors, and Coalition for Community Cats have covered the $17 cost for these services, which are available by appointment-only. In addition to the sterilization surgery, these cats receive vaccines for rabies and FVRCP, as well as flea and ear mite treatment. The cats' ears are tipped to mark them altered.

After their appointments, the cats are released back into their colonies. Releasing the cats is an important step because it prevents colony vacuums – environments with resources, such as food, water and shelter – that suck in new colonies of cats when the original colonies are removed. The TNR Program stabilizes the colonies, and they eventually shrink over time. Such colonies are found all over the Greater Sacramento Area and have "hot spots" in highly populated areas, and areas with high resident turnover, such as apartment complexes and student housing, explained Setars, who serves as the TNR Program Coordinator.

When the SSPCA first started the Sunday Feral Cat Clinic, it was only available once per month, and the vet saw just 20 to 30 cats at a time. Now in its 11th year, three vets spay or neuter 100 to 150 cats each Sunday, or as many as 600 cats a month. Those high volume numbers are not necessarily due to an increase in feral cats, but rather a greater awareness of the problem and an increase in resources.

"Awareness is a good thing, whether it makes life harder for us or not," said Kay Schlegel, who runs the nonprofit Coalition for Community Cats. She and her team of about 10 to 15 volunteers man the first Sunday clinic of each month, in addition to covering all of the costs. From 7 a.m. to 5 p.m., the volunteers check in cats, transport them for shots, observe the cats after surgery, and then discharge them back to their trappers.

Susan Heaton is one such trapper. At any given time, she has as many as 14 traps in her backyard and others on loan. She trains volunteers how to safely trap and handle cats to prevent injury to the cats and to themselves.

"I try to help everyone that comes my way – teaching people the ropes, helping them get vouchers and space in clinics," she said.

In addition to the Sunday clinic, the SSPCA accepts trapped ferals at its spay/neuter clinic Monday through Saturday for a cost of $50 for a female and $35 for a male. Coalition for Community Cats provides volunteers with vouchers to help cover the cost of this first-come, first-serve option.

Heaton and a group of about 20 other dedicated volunteers utilize both options in the TNR Program. While the volunteers are always busy, Heaton said they become swamped in the summer when kitten births spike. "We're killing ourselves trying to make a difference," she said. "We're overworked and overburdened."

When trappers find kittens, they or other foster volunteers try to rehabilitate them for adoption, but this requires a lot of time and effort, and it is not always possible. Kittens born in dirty colonies often suffer disease and die.

It's that suffering that motivates the feral cat community to continue to help. "We feel the heartache of these cats that continuously breed. We see kittens at risk, mothers at risk. We see the fighting of the males for procreation, and we just can't stand it," explained Schlegal, who along with everyone at her nonprofit is unpaid. Private donors and a yearly walk-a-thon fund their work.

Stetars credits volunteers like Schlegal and Heaton with inspiring her work at the SSPCA. "They are such a force and a champion, a truly overlooked part of our community."

The SSPCA and Coalition for Community Cats are always looking for more volunteers, but most importantly, they stress the need for everyone to follow a simple rule with all cats, feral or domestic: If you feed it, fix it.

For more information on TNR in Sacramento, visit sspca.org/feralcats, coalition4cats.org or sacferals.com.

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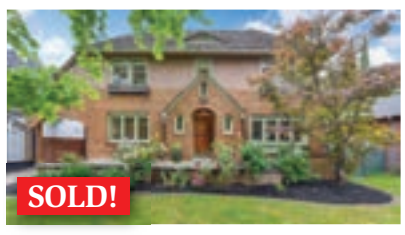
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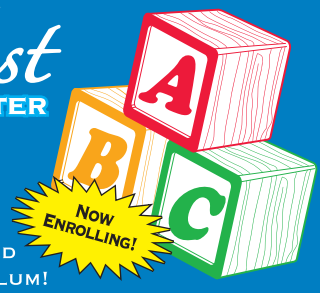


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Harmony Support for Caregivers continues to grow its success serving the community

One year ago, Valley Community Newspapers covered the newly formed Harmony Support for Caregivers, a ministry of River's Edge Church. The effort has been so successful serving 68 caregivers since its inception with community resources, homemade cards/gifts, home visits and telephone calls made by trained volunteers. Harmony has reached out to area churches to help them create or improve their ministries to caregivers. The current churches involved are River's Edge Church, Faith Presbyterian and St. Anthony's. The founder of both Harmony Support for Caregivers and this newly formed consortium of churches named Pocket Caregivers Ministry Partnership (PCMP) is Beth Hieb, MPH. Beth has 12 years experience in government funded agencies administering caregiver support programs.

Caregiving has gained national attention with "52 million caregivers (or one out of every five households) are involved in caregiving to persons aged 18 or over.18 [Updated February 2015] – Family Caregiver Alliance.

Beth noticed in her field experience the caregiver and the care recipient becoming socially isolated especially from their churches. Many churches do not have an effective way to keep in contact to support them. Beth brought this message to her church; River's Edge and started the ministry in January 2017.

Pastor Mike Higley, senior pastor states, "Pastors are not trained to think of the caregiver as part of their ministry. Until Beth brought it to my attention, I was unaware of the needs of the caregiver and did not realize we had over 40 caregivers in our congregation."

Harmony has used unique approaches to reach the caregivers and has sent over 500 homemade cards to the caregivers. These cards have extended the efforts of Harmony's 8 member team between the phone calls, e-mails and home visits to send a tangible message of support decreasing the caregivers' sense of isolation and



increasing the connectivity with their church. Harmony's most recent outreach was health/wellness packs which included a handout on self-care, protein shakes, bottled water, stress ball, foot soak, granola, homemade card and painted rock. These gifts provided the caregiver small ways to begin their own self-care. The health/wellness packs were delivered to caregiver's homes or place of business by a team member. It is not enough to tell a caregiver to take care of herself/himself. Harmony helps them to begin to think of their own individuality by providing community resources available for respite and is able to provide free massages to a limited number of the caregivers. A Harmony team member is a licensed massage therapist.

These ideas and others are brought to PCMP at its quarterly meetings. All of the 3 current churches involved exchange caregiver success stories, ideas, resources and education to put into practice in their own churches. Pastor Jim Zazzera from Faith Presbyterian stated at the last quarterly meeting, "As a result of my involvement with PCMP, I find that I'm a lot more sensitive to caregiving needs around me." Another member expressed, "I wish I'd have had this kind of support when I was a caregiver."

If you are a church in the South Sacramento/Pocket area and are looking to create or improve your outreach to caregivers in your congregation, you can contact Beth Hieb at beth@recsac.org for more information.

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Names (and slogans) mean a lot. A new baby, Theo, came to our block. Theo will fit right in with his generation of kids. His name is in the top fifty preferred boy names of 2018. The top ten boys names are Jackson, Liam, Noah, Aiden, Lucas, Casen, Grayson and Mason. (Yep, Casen, Grayson and Mason—they could grow up to be a law firm, or a rap group). The top ten names for baby girls are, Sophia, Olivia, Emma, Ava, Isabella, Mia, Aria, Riley, Zoe and Amelia. Name preferences sweep through the Zeitgeist every few years or so and it's hard to keep up. It seemed only yesterday that everyone was called Montana, Kane, Dakota and Cade. But now there's a new surge. These name swings are national. Disney has inspired some, notably, River, Willow and Storm (No, not Stormy). But speaking of Stormy, the name, Donald, appears to have plunged. "The popularity of baby name "Donald" is falling dramatically," says the Salon website. This seems strange because you'd think that Trump's base would fervidly reproduce batches of little Donnies, or Don-Dons, creating a Trump Bump in the birth rate. But it hasn't happened. Maybe they realized he wants to eradicate their maternity coverage.

Anyway, chosen names and designations say more about the choosers than the named. When a city has a nickname or slogan it's not like naming a baby. It, A: arises from the people's observations of the city's quality, or, B: it's part of a deliberate re-branding that strives to associate people and places with products. Sacramennto used to be identified as the City of Trees. This accounted for much of its allure. Now some promoters want us to call it the Farm to Fork Capitol. Farm to Fork. That's a giant step backward. Into a cow pie. We've struggled for recognition as a culturally hip urban center (trees are hip, and show ecological awareness) and they want Farm to Fork, a phrase that evokes a rustic, small town sensibility. At least "City of Trees" is a City.

There's an online petition where fraught Sacramentans may protest the fork-to-face rural slogan and stand up for our City of Trees. I'm going to sign it because I've been to farm towns. I don't mean picturesque foothill towns like Sutter Creek, I mean treeless, scraggly drive-throughs baking under the sun. This is not the Sacramento aesthetic. We are a diverse mix of people and in our long summers we thrive in the shade of our beautiful trees. Finally, "Farm to Fork" has no poetry (it has alliteration but that alone is not poetry). City of Trees, like the City of Light, or the City that Never Sleeps, or the City of Angels, evokes a poetic image that arises naturally from the city's core identity. It's not a slogan superimposed by marketers. Don't you wish we could all vote on these things before signs go up showing us grinning and waving forks?

In England there's a "Names, Not Numbers" symposium that claims to stand up for "individuality in a mass age." This is a good illustration of the renaming excitement. Some people with ordinary names feel their sparkling uniqueness is submerged in a swamp of Johns and Janes. But you can change your name to Eucalyptus Snowdrop and still have nothing fascinating to say. You can change your name and wear startling outfits and still be dull as toast when you opine. The trick is to be authentic. If Eucalyptus is funny or inquisitive, she'll do fine. But if she's spent too much time thinking up her new name, she'll be as flat and empty as she thought her old name was.

Now to nicknames. Princess Di's nickname was Dutch. Uppercrust east-coast nicknames are Buffy and Skipper. And Scooter. A famous Scooter, Lewis "Scooter" Libby, was recently pardoned by Trump. Scooter worked for former Vice President Dick Cheney and leaked the name of CIA under-cover agent Valerie Plane, thus imperiling her life and mission. A federal grand jury convicted Scooter of "perjury, obstruction of justice" and "making false statements." No one knows yet what lofty position he will hold in the present administration.

Once nicknames arose organically from a person's traits, like, Blondie, or, Brainiac. But now you can order up nicknames from multiple nickname websites. Maybe Eucalyptus Snowdrop could shop for a nickname just as she spent hours researching a new birth name. Here's a few of the purportedly cool

See Door-to-Door, page 11

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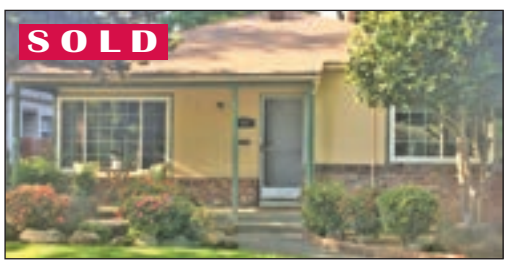
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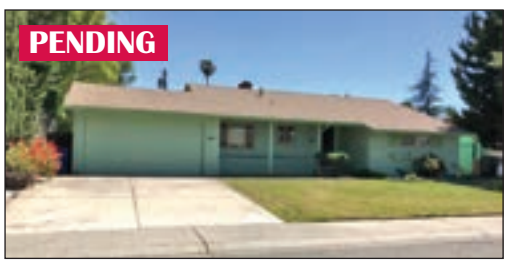
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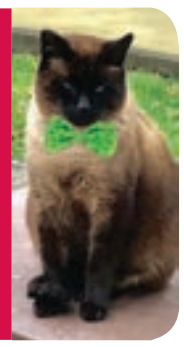
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Sacramento RiverFest/Seafood &Barbecue Festival set for Aug. 18

By JOE PERFECTO

Music of the blues persuasion and the wafting aromas of barbecued goodness will fill the air over Miller Park during the annual Sacramento RiverFest/Seafood & Barbecue Festival on Aug. 18. A celebration of smokin' sound, fantastic food and the regal Sacramento River, the RiverFest will feature a variety of top chefs, caterers and food trucks dishing up delectables; more than 20 acts will take to the stage, spanning a range of genres including blues, country, jazz, rock and zydeco.

The lineup includes bluesmen Mr. Fillmore Slim and Two Buck Chuck, R&B artist Dee Dee Simon and rising Country star Lea Sweet; local acts include the Free Wheelers Cello Band, the Zach Waters Band and harmonica master Ro Harpo.

Commencing at 2 p.m. will be the Battle Of The Blues Bands, a competition open to all groups, solo musicians and singers; contestants will vie for the honor of being crowned "King Of The Blues" by popular vote.

For children, a dedicated "Kids Fest" area will offer fishing lessons, frog jumping, games and rides.

Hosted by Sacramento Black Expo and presented by Rick Warren Media, the RiverFest is a fund raiser benefiting the non-profit Youth-On-The-Move educational organization.

Advance general admission is $10 and does not include parking or seating; a $20 VIP ticket includes parking, reserved seating near the main stage and VIP tent access. General admission is $15 at the gate; VIP tickets are only available in advance. Children aged eight and younger are admitted free.

Gates open at 11; the festival runs from noon-6. Visit https://www.facebook.com/events/198185397697325/ for details and a link to the ticketing site.



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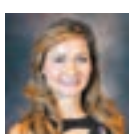
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Continued from page 8

girl's nicknames found online: Shadow, Moonshine, Sphinx, Claws, Bon-Bon, Subzero, Wind, and Statue. Here's boys nicknames from the same site: Boomer, Mammoth, Saber-tooth, Crusher, Bomber, Rocket, Cannon and Trigger. Ready-made nicknames for all. Take your pick. It probably shouldn't escape us that the boy's list is a tad more explosive than the girl's.

Finally--last names. I was surprised to learn that my own last name, Lynch, has become controversial. A school board in Portland, Oregon, recently voted to remove the name, Lynch, from three elementary schools named after a local Lynch family that donated generously to them. The name is also, of course, commonly associated with lynchings and crazed, grizzled cowboys in movies shouting, "Git a rope." Now some ardent Oregoneons are actually urging Lynches to change their last names altogether. When I first heard about this, I volunteered to change my name to Pat Noose. My brother, Danny, said he'd change his to Danny Lethal Injection.

We were merely trying to be flip, a proclivity amongst the more nervous Lynches. And we do take seriously the horrific racist legacy of the word. We take it seriously, but not personally. Should people named White change their names? Because whites were the lynchers and currently the racist villains in the USA are white. But not necessarily Whites. Not all white Whites are white racists. And so it is with Lynch. There is a John Lynch, born into slavery, who got himself elected a U.S. Congressman. I hope he is part of my Lynch heritage because he lived till 92 and kept his edge the whole ride.

If we Lynches changed our last names we'd create horrendous legal confusion with our identification, licenses, wills, passports, contracts—all the tonnage of paperwork that marks one's passage through life. So I thought maybe I could change my first name instead. I'd change it to, Don't. Then I'd be, Don't Lynch, a nice instruction upholding due process. But, Don't, is a problematic first name. What if I got married again? "I, Don't, take thee for my lawful, wedded spouse," simply doesn't sound enthusiastic. So this Lynch name controversy remains a knotty problem. I can't repeat here the new first name my brother chose for himself.

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Opioid epedemic:

Continued from page 2

prived of the tools to manage their pain have felt so desperate. (Fox). Sadly many of them are making the choice to commit suicide." Recently my friend said her doctor was going to cut her opioid use in half. She shook her head in desperation and said, "Without these meds I might as well kill myself." Fortunately with love and support she did not, but we can no longer take the chance that millions of the chronically ill will follow through and commit suicide, we have to encourage legislators and other leaders and organizations to never forget the chronically ill. One of those leaders, FDA Commissioner Scott Gottlieb, M.D. "The FDA remains focused on striking the right balance between reducing the rate of new addiction by decreasing exposure to opioids and rationalizing prescribing, while still enabling appropriate access to those patients who have legitimate medical need for these medicines." (7/9/18) We need to be the voices for the chronically ill and make sure they are not forgotten.

If you know any doctors, legislators, nurses, caregivers, chronically ill patients, and others that have had experience with the opioid crisis including those addicted or their families, who might be interested in being a panelist, call or text Terry at 916-204-7199. Also, if there are any medical marijuana experts who have experience with cannabis aiding in the elimination of opioid addiction, who might be interested in being a panelist, contact Terry or Monica (916-267-8992).

Terry McSweeney is a Certified Fibromyalgia Advisor, Graduate of the International Fibromyalgia Coaching Institute, Founder of "Fibromyalgia Pathways.com," Founder of the Sacramento Fibromyalgia Support Group, Member of Leaders Against Pain in conjunction with the National Fibromyalgia & Chronic Pain Association, and Chairperson of the Sacramento Together Walks for Fibromyalgia Awareness held each May.



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WILDLIFE CARE VOLUNTEERS CRITICAL: The non-profit wildlife rehabilitation group has taken in over 1,000 birds and small animals in May that need a real friend. Thousands more are coming in July. Volunteers to help care for and feed injured and orphaned wildlife give them a second chance to live. Wildlife Care Association of Sacramento has a variety of roles including that filled by volunteer Dave Gish. As a community volunteer he's given over 1,600 hours and logged hundreds of miles returning over 500 creatures to the wild in releases across the Sacramento region since 2016. WCA volunteers like Dave return wildlife to the area it came from originally on release back to nature. Volunteers have fed, raised and rehabilitated wildlife while others from across the community staff the Hotline, manage the office and keep the WCA facility up and operating thru the busy season. Dave Gish also volunteers as a facility gardener working to maintain the grounds when not on the road to release rehabilitated wildlife back to nature. Wildlife Care volunteers provide 98% of the critical skills needed to keep these heroes of wildlife on track. Working with skilled animal care staff and our community volunteer coordinator it's the people from across the region from all walks of life that make the difference in life or death for wildlife. By taking in thousands of creatures to live again and return to the wild, the WCA heroes of nature help keep the balance in our environment to preserve our quality of life. Volunteers are the most critical part of the mission to save wildlife across the Sacramento region that began more than 45 years ago. Visit volunteer@wildlifecareassociation.com to take part in saving wildlife! If you find wildlife injured, orphan or displaced by human activity call the Wildlife Care Association of Sacramento Hotline at 916-965-WILD.

FRIDAY, AUG. 10

WHAT ARE PALLIATIVE CARE AND HOSPICE?: Learn about palliative care and hospice services and how they can improve the quality of life for someone with a chronic illness or a life-limiting illness. Free of charge and pre-registration required. Class will be held Friday August 10, 2018 from 1:00-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

SATURDAY, AUG. 11

THE 11TH ANNUAL FIRE SPECTACULAR: The Fire Spectacular is quite literally Sacramento's hottest festival of the year. A festival dedicated to fire dance and fire arts suitable for all ages. For 2018, come take a walk on the wild side with an evening of exciting entertainment suitable for all ages. The event will celebrate its 11th year with Fire Dancing, Contortion Acts, Juggling, and more. In addition, there will be unique food, vendors, and for the first time, adult beverages. 2018's event invites you to Take a Walk on the Wild Side with an evening of exciting entertainment suitable for all ages.
Pre Sale – Online Only
General Admission, Adult, $15.00
Gate Sales
General Admission, Adult, $20.00
General Admission, Ages 9-18, $10.00
General Admission, Ages 8 and Under, FREE
GA, Family Pack: 2 Adults + 2 Children, $35.00
Workshop Only, 3-6 pm, $15.00
Workshop + General Admission, 3-6 pm, $20.00
The Fire Spectacular will feature world class, fiery, hot, entertaining show that will leave you on the edge of your seat. This year's show will include fire eaters, fire dancers, fire breathers, Aztec dancers, LED Light Show, and so much more…
Some performers include: Obsidian Butterfly, Sacred Fire Dance, Doc Vikram, Fire Pixie, Up In Smoke, Kathy Barker, Linda Michelle Hardy, Phalkor's Fire, Danza Azteca Xiuhtecuhtli, The Great Richy Bee, Science Wizard Party, Deaja Girl on Fire & The Inverted Gentleman

SATURDAY, AUG. 11- SUNDAY, AUG. 12

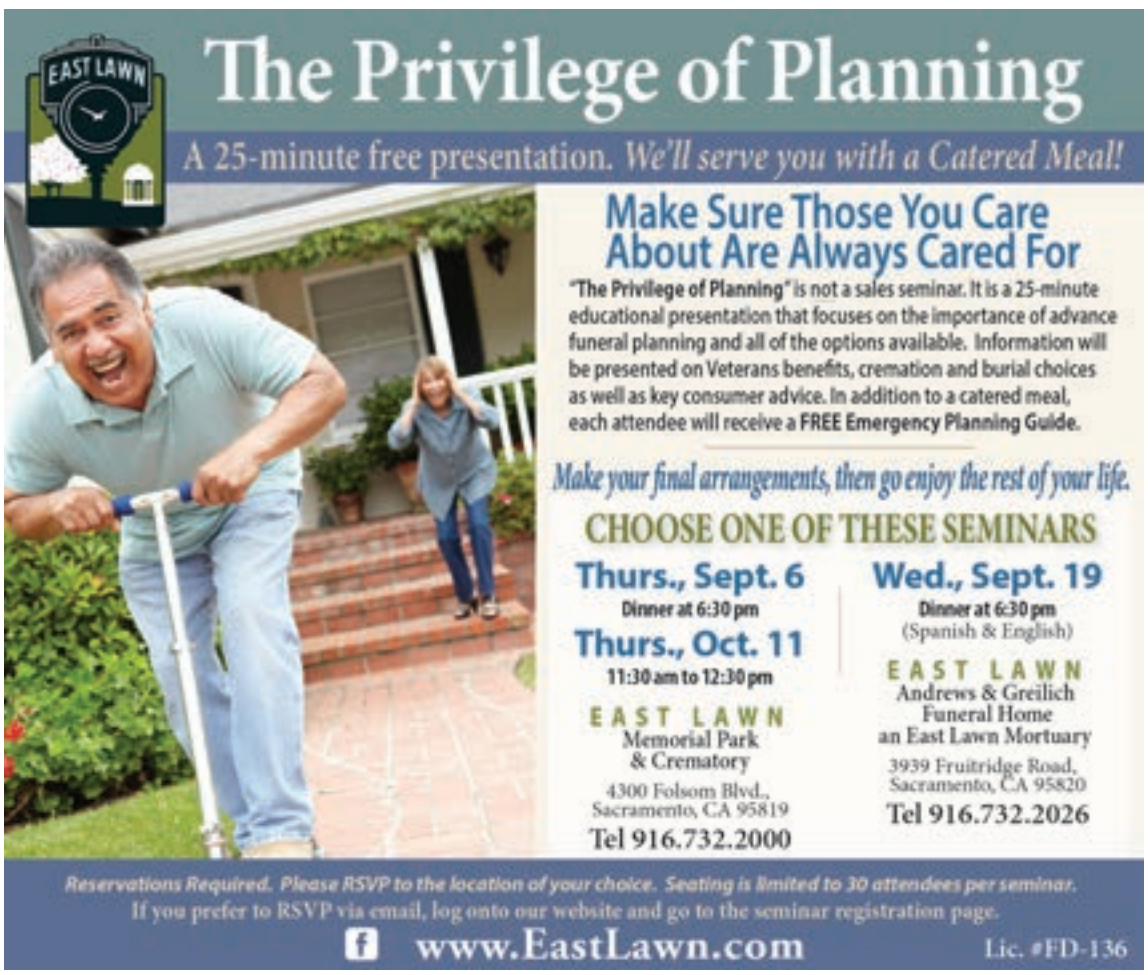
9TH ANNUAL SACRAMENTO BANANA FESTIVAL Aug. 11-12 at William Land Park: The 9th Annual Sacramento Banana Festival: 'Jazz-A-Peel,'is a two-day, family-friendly festival featuring multi-cultural fun for all ages, live entertainment, interactive exhibits and vendor marketplace celebrating the different cultures in Asia, Africa and the Americas that use the banana as a source of food, art and culture. The event features: Delicious Homemade Banana Cuisine; Live Entertainment on 2 Stages with Vivian Lee, Harley White, Cynthia Douglas, Virginia Ayers Dawson, Patrick Riley Band, Ray Obiedo Band, Splodeyheads, Sandy Crossman, Don Gato Latino Band and Sofar Sounds; Youth Talent Show; Morning Zumba; Banana-Eating Contests; Little Miss/Mr. Banana Pageant; Ethnic Dancers; Afrikan Marketplace; Food Trucks and Fashion Shows.
Highlights & attractions
The 2018 festival is themed "Jazz-A-Peel," and with many classic jazz performers on the entertainment schedule.
WHEN: Saturday, August 11, 10 a.m. – 7 p.m.
Sunday, August 12, 10 a.m. – 5 p.m.
WHERE: William Land Park, 3800 Land Park Drive
COST: $10 at gate, $8 students/seniors; Kids 5 & Under Free; Advance Tickets at http://www.sacbananafestival.com/
Banana cuisine includes Banana Beef Tacos, Banana Guacamole, Banana Rum Beignets, Banana Kabobs, Banana Chicken Sliders, Banana Funnel Cakes, Banana 7-Up Floats and more
Banana Pancake Breakfast
Design Showcases by Gerry Simpson, Carlo Vontee'Augo, Saturday & Sunday, Aug. 12-13
Ethnic Dancers, community Zumba, Banana-Eating Contests, Little Miss & Mr. Banana Pageant, Banana Limbo, Afrikan Marketplace, more
For Kids: Live, kid-friendly entertainment and activities, including Banana Soap-Making, Magic Show, Arts & Crafts, Storytelling, Face-Painting, Kiddie Rides & Inflatables
MORE: Sacramento Banana Festival was established in 2009 as a community celebration of arts and culture and as a fundraiser for the National Academic Youth Corp., which serves some 15,000 Sacramento-area youth and adults annually with arts education and cultural awareness programming. For more information about the Sacramento Banana Festival, visit http://www.sacbananafestival.com/

JAPANESE CULTURAL & FOOD BAZAAR: SACRAMENTO, Calif. – The Buddhist Church of Sacramento's Japanese Culture & Food Bazaar is a summertime tradition in Northern California. This annual event is on Saturday and Sunday, August 11 & 12, 11:00 a.m. – 8:00 p.m. both days. Enjoy delicious Japanese dishes, prepared right before your eyes. There will be everything from fresh poke bowls, succulent teriyaki chicken, teriyaki beef sandwiches, sushi, and more. See performances by Japanese folk musicians, dancers and singers. You can hear the heart-pounding taiko drum concerts and other cultural entertainment. There are ongoing-exhibits featuring Japanese handmade-doll demonstrations, Japanese calligraphy, and Japanese flower arrangements. On Saturday evening, The East Wind Band performs, and is Northern California's premier funk, soul, R&B, and classic rock band. They have opened for Earth, Wind and Fire, Tower of Power, Hiroshima, Average White Band and other big-name entertainers. Children's games are a must-play for the little ones, and there are homemade desserts, Japanese sweets and good ole American cookies, pies and cakes. After WW II, Japanese Americans and immigrants had to rebuild their homes, lives and communities after returning to the Sacramento area from their forced evacuation to concentration camps. In 1947, the Japanese Bazaar began as a festive, social event for the Sacramento Japanese residents celebrating food and friendship. The Bazaar is a major fundraiser for the Buddhist Church of Sacramento. This event supports the many affiliated organizations such as Boy Scouts, Girl Scouts, youth sports programs, the Japanese language school, and other youth and senior organizations. It is free admission and free parking under the freeway, at 8th and W Streets with a free, convenient shuttle bus that goes directly to the Bazaar grounds every few minutes.

SELF DEFENSE FOR ALL: ESCAPE TO GAIN SAFETY: Back by popular demand -- an updated awareness preventive workshop on how to escape from situations that may cause harm. This 4-session workshop will demonstrate techniques that may prevent you from becoming a victim. No prior experiences required.This is an active participation workshop for all ages--so wear comfortable clothing and rubber sole shoes. Pre-payment of $40 or $15 drop-in per class at the door .Pre-registration required. Class will be held Saturdays and Sundays starting Aug 4,5,11, and 12, 2018 from 1:00-3:00pm at ACC Senior Services 7334 Park City. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

See more What's Happening, page 15





What's happening, Land Park?

TUESDAY, AUG. 14

ELDER ABUSE: Join the Victims of Crime Resource Center to learn more about Elder Abuse. Learn the various types of elder abuse, such as physical, financial and emotional, how to protect yourself fromaym it and the various legal protections available. Learn about the Victim Compensation Program and other programs that may assist crime victims. Free of charge and pre-registration required. Class will be held Tuesday August 14, 2018 from 10:00-11:00am at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

THURSDAY, AUG. 16

CHICKEN ADOBO: With its sauce of vinegar, garlic and soy sauce, adobo is the hallmark dish of the Philippines. Learn the cooking techniques in creating this delicious dish. Served with rice and a fruit salad. Prepayment of $16 and pre-registration required. Class will be held Thursday August 16, 2018 from 11:00a-12:00pm at ACC Senior Services 7334 Park City. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

FRIDAY, AUG. 17

DIABETES ACADEMY EDUCATIONAL SERIES: This workshop deals with the topic of diabetes. There will be a discussion on lifestyle modification, motivation, stages of life change and setting goals. Free of charge and pre-registration required. Class will be held Friday August 17, 2018 from 3:00-4:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

SATURDAY, AUG. 18

SACRAMENTO RIVERFEST SEAFOOD FESTIVAL: From noon to 6 p.m., The Sacramento Black Expo presents Sacramento RiverFest Seafood Festival at Miller Regional Park, 2701 Marina View Drive. Tickets are available by Eventbrite. General admission seating bring your own chairs. No barbecue. Enjoy a full day of music, Seafood, Barbecue and exhibitors at the Annual Sacramento RiverFest & Seafood & Barbecue Festival at beautiful Miller Park located right on the Sacramento River. Listen to over 20 different bands and entertainers while eating Seafood and barbecue from some of the best chefs, food trucks and caterers in the country. Bring your lawn chairs and enjoy a big day of family fun. Fishing lessons for the kids, frog jumping, blues, country western, jazz, and concerts all day. Just $10 per person in advance and $15 at the gate.

SUNDAY, AUG. 19

CEMETERY TOUR – SAKURA-MENTO: JAPANESE-AMERICANS IN THE RIVER CITY: The Old City Cemetery Committee presents a tour of Sacramento's rich Japanese-American past, starting at 1 p.m. at the Sacramento Historic City Cemetery, 1000 Broadway. By 1910, Sacramento had become the 4th-most Japanese-populated city in California and had a thriving Japantown. That all changed with World War II. Hear the amazing story of Japanese-American immigrants' battle to overcome discrimination. We'll tell you about the farmers, the merchants, and the soldiers from the 100th Battalion and 442nd Infantry Regiment, who fought to free Europe while their relatives were in camps back home. 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.

SATURDAY, AUG. 25

RACE FOR THE ARTS IN WILLIAM LAND PARK: Grab your running shoes, friends, family, co-workers, 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 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

TALES & ALES BREWFEST FUNDRAISER FOR FAIRYTALE TOWN: Fairytale Town welcomes you to celebrate their 59th anniversary from 5 to 9 p.m., as local craft breweries will be on-site pouring unlimited tastes of their beers. You can also enjoy live music on the Mother Goose Stage. Kids can enjoy complimentary root beer floats and hands-on activities in the Root Beer Float Garden in Mr. McGregor's Garden. There will also be a raffle with exciting prizes.Local food trucks will be onsite with food and beverages available for sale. Featured food trucks include: Culinerdy Cruzer, Chando's Tacos, and Cecil's Taste. Tales & Ales is an all-ages fundraiser and proceeds will support Fairytale Town's education programs and park improvements. VIP Tickets include early admission at 4 p.m., specialty brews and refreshments, and one commemorative cup.
Please note: Tales & Ales is a special ticketed event, and tickets will go on sale July 1. No outside food or drink. Fairytale Town will be closing at 2 p.m. the day of the event in order to prepare for the evening's festivities. Tickets prices are as follows: Advance tickets (July 1-Aug. 24): Adults VIP: $75; adults general admission: $30
Children (2-12 years): $6; children 1 and under: free; Fairytale Town members receive $5 off per adult ticket, and member children are free. Day-of Tickets: Adults general admission: $40; Children (2-12 years): $10; Children 1 and under: Free
No member discount. Fairytale Town is located at 3901 Land Park Drive.

SATURDAY, AUG. 25-SUNDAY, AUG. 26

TASTE OF SOUL SACRAMENTO: Taste Of Soul Sacramento is a two day event taking place at Southside Park in Sacramento on August 25 & 26 from noon to 7 p.m Saturday artist Line-up: 112, Temptations, Switch, Larriah Jackson, Next Phase, Sunshine Anderson and more! Sunday's artist line-up: Lyfe Jennings, Abrique B., Rome, Slave, Lakeside and more!
Must have a seperate ticket for each date. Come hear some good soul filled music and have a great time with your friends and family. Take a stroll in Vendor Row, we are sure you'll be impressed by great desserts and food as well as some top notch artwork, soaps, handmade gifts and much more! A raffle will take place on both dates.Full bar will be available to those 21+. TICKETS: Free for children 10 and under (If an adult purchases a Preferred Seating ticket and they have a child coming that's under 10 years old, a seat will need to be purchased for that child in advance)
$25 General Admission advanced ticket purchased before July 15, 2018
$35 General Admission advanced ticket purchased after July 15, 2018
$65 Preferred Seating advanced ticket purchased before July 15, 2018 (seat in section in front of stage, two drink tickets and event Tshirt)
$75 Preferred Seating advanced ticket purchased after July 15, 2018 (seat in section in front of stage, two drink tickets and event Tshirt)
FAQ'S:
No outside food or drinks permitted
No INS and OUTS permitted
No oversize umbrellas permitted
No Canopy (pop up tent) permitted
No Drugs permitted
Must have valid ID for 21+ beverages
https://www.eventbrite.com/e/taste-of-soul-sacramento-tickets-44908590804?aff=efbeventtix

HIGH COUNTRY BRINGING TRADITIONAL BLUEGRASS TO THE SIDE DOOR: High Country celebrating their 50th anniversary as a band will bring the traditional sound of bluegrass to The Side Door, August 25th at 7:00. Doors open at 6:00pm $20 at the door. www.thesidedoor.net. Since 1968, High Country has earned its place as the West Coast's premier traditional bluegrass band. Strongly influenced by the classic styles of Bill Monroe, Flatt & Scruggs and the Stanley Brothers, the band's blend of banjo, mandolin, fiddle, dobro, guitar and bass.

WEDNESDAY, AUG. 29

MEDITATION: TIBETAN, CHINESE & HINDU: Meditation has been used for thousand of years to balance mind and body and improve health. Learn various types of meditations that may reduce blood pressure, support heart & immune system, and balance brain chemistry. Pre-payment of $20 or $25 drop-in at the door. Pre-registration required. Class will be held Wednesday August 29, 2018 from 1:00-2:30pm at ACC Senior Services 7334 Park City. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

FRIDAY, AUG. 31

PROTECT YOURSELF FROM FRAUD: As the state's financial services regulator, Department of Business Oversight is responsible for consumer protection involving companies and individuals selling financial products. Learn how to protect yourself from financial fraud and scams. Free of charge and pre-registration required. Class will be held Friday August 31, 2018 from 1:00-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

FRIDAY, SEPT. 7

LANDLORD-TENANT PRESENTATION: As home prices increases and rents continue to rise, many people including seniors and low-income are having difficulty obtaining or maintaining safe, affordable housing. During this presentation, a LSNC advocate will discuss basic landlord-tenant law, focusing on tenants' rights, requesting reasonable accommodations or modifications due to disability and the unlawful detainer process. Free of charge and pre-registration required. Class will be held Friday September 7, 2018 from 1:00-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

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.

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