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Land Park News

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LOCAL ARTIST UNVEILS NEW MURAL AT 16TH STREET AND BROADWAY

SEE PAGE 3



Could the Sleep Train Arena be the next home for the Sacramento Zoo?

LAND PARK NEWS
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Cover by:
Jesse Vasquez



As the future zoo relocation planning and exploration continues to progress, the Sacramento Zoo has identified several potential locations; including Sleep Train Arena in Natomas.

The Zoo needs space to lead with animal welfare and fulfill the mission of "connecting people to wildlife through education and conservation." A location, like the former home of the Sacramento Kings, could provide the necessary space (and parking) that the zoo needs to meet the modern standards of an accredited facility.

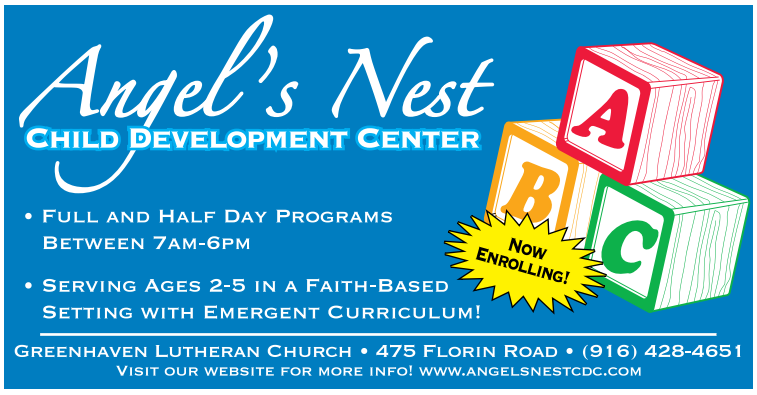
Potential experiences could include a safari lodge with nighttime dining that overlooks a kopje rock home to a pride of lions. A jeep safari could take you into a huge habitat surrounded by giraffe, zebra, rhinoceros and other African animals. An African forest could provide a much larger home for our troop of chimpanzees plus the return of gorillas to Sacramento.

The Zoo welcomes our community's feedback.

Visit saczoo.org/relocation for updates.

Source: Sacramento Zoo







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Local artist unveils new mural at 16th Street, Broadway

His future works to include mural of Tower Records founder

By LANCE ARMSTRONG



Photo courtesy of Jesse Vasquez

"Kumbaya Moment," a mural by Bryan Valenzuela, is located on 28th Street, between R and S streets.

Bryan Valenzuela, the artist whose works include a large-scale public art piece in the Golden 1 Center, recently completed a mural on the northeast corner of 16th Street and Broadway.

The mural, titled "Cool Water," is a simplified variation of a larger, six-panel mural that he had intended to create for another area.

Valenzuela described the meaning behind this mural, which he completed on Oct. 18.

"That mural had to do with our connection to the land and our connection to each other through cultivating land into food," he said.

"When I pitched it, it was in the summer, and so I picked the (panel) that was reflective of summer, of the element, water."

Featured in the work are two hands that are filtering energy into the water.

As a very active, professional artist, Valenzuela is continuously involved with artistic projects and has plans for several future art projects.

One of his most anticipated works is a mural of Tower Records founder Russ Solomon, who died last March.

Valenzuela said that project experienced a delay due to efforts to secure a site for the mural.

Although Valenzuela desired to paint his Solomon mural on a wall of the Tower Theatre building, he said that idea seemed to not "jive" with its owners.

Also considered was the wall of the building that includes his newly unveiled mural at 16th Street and Broadway.

Valenzuela said that it was ultimately decided that wall was not large enough for the Solomon mural.

"It's only 14 feet by 12 feet, and so, the developer asked if I would make something else (for that wall)," he said. "I know (the Solomon mural will be) at least two stories high and maybe 40 feet wide."

Valenzuela mentioned that an undisclosed location for the mural has been secured "near the Broadway corridor."

"An appropriate site to put that mural has been found and it has historic significance to Russ's life," he said. "But they're redeveloping that area and so the people who are involved with (the building) haven't started, and so the mural will be executed at the end of the construction, so it doesn't get marred or ruined."

Valenzuela said that plans to create a mural that would pay tribute to Solomon began shortly after Solomon's death.

While working with Solomon's widow, Patty Drosins, Valenzuela obtained a photograph that he would use as a source photograph for his mural.

"(The photograph) was one of Russ's favorite photos of himself," Valenzuela said. "All of my artwork utilizes text. My initial concept is to crowdsource the text to make sure that the drawing is composed entirely of words of how Russ's life and his life's work affected other people's lives."

Valenzuela stressed that his preliminary work for his Solomon mural will include significant research in order to capture the essence of Solomon, who he noted was "such a public persona."

Asked to speak about his life prior to becoming an artist, Valenzuela mentioned that he spent his earliest years in Orange County before moving with his family to Northern California.

After graduating from Oak Ridge High School in El Dorado Hills in 1996, he moved to Sacramento.

While attending California State University, Sacramento, Valenzuela played guitar and keyboards in the band, Call Me Ishmael.

After initially majoring in music, Valenzuela changed his major to studio art. He

see Mural page 10



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410 Elmhurst Circle $419,000



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Diamond Painting Class is offered at the Hart Senior Center



By Jan Dalske

Have you heard of Diamond Painting? It is an easy and enjoyable activity for crafters both young and old. It is based on the same concept as mosaics and paint-by-numbers. Diamond painting uses tiny "diamond"-like facets to create colorful designs and patterns for finished designs that sparkle.

Applying the diamonds is a simple three-step process that is meditative and relaxing, providing hours of enjoyment as you re-create your design. Diamond painting kits are available in a variety sizes and styles from simple to elaborate so crafters of all skill levels can find a project to enjoy.

When you are Diamond Painting you will need some basic materials. They include: Fabric printed with design chart, colorful diamonds, diamond applicator tool and a tub of wax. You should review your chart and the legend carefully before you begin. The packages of diamonds are labeled with the color name or number, but it might help to also label the bag with the symbol used for that color. This will help you quickly identify the correct color as you work.

Your fabric design chart should be covered with a protective plastic film. When you peel back this plastic film, the chart area will be sticky. It is recommended that you do not remove the entire piece of plastic at once. Instead, slowly peel back the plastic film as you work. If you take a break from your project, re-cover your work-in-progress with the plastic film to prevent your project from gathering dust or drying out and losing its stickiness.

It is easiest to start at the bottom of the design and work your way up. Your kit comes with a small tray to hold the diamonds as you work. This works great when you're working with one color at a time, which is recommended. If you prefer to work row by row, switching colors as you work down your chart, use small bowls or crafting tubs to keep the colors separated as you work. Make sure you label each tub with the color it contains.

When putting the diamonds in the tray or bowl, take the time to position the diamonds with the flat side down. The diamonds need to be in this position to use the applicator tool. To prevent your tools from drying out, wrap your applicator tool with plastic and securely close your wax tub between uses. If your wax dries out or you lose your applicator tool, you can also use a rhinestone applier, often found by the nail polish and manicure tools.

To get started you just dip the tip of the applicator tool into the wax. The wax will enable you to pick up the diamonds. Look at your chart and determine which color diamond to use. Press the tip of the applicator tool to the rounded side of the diamond. Pull back the plastic film to uncover the area you are working on and carefully press the diamond onto the symbol.

Simply repeat Steps 1–3 until your design is complete. After positioning the last diamond, lay the protective film over the top of the design. Using a rolling pin, gently roll over the design to secure the diamonds on the sticky surface.

Diamond painting designs are a great way to add a bit of pizazz to your décor. You may come up with ideas of your own, but here are a few options to get you started. You can frame your creation. The easiest option is to remove the glass pane from the frame as it will dull your design's sparkle.

If you have simple sewing skills, you can easily create a fabric wall hanging with your design. Pick out a coordinating fabric to create a border and backing for your project.

Depending on the size of your design, it could make a fabulous new accent pillow on a chair or sofa. Pick out a coordinating fabric to create a border and backing for your pillow and stuff with fiberfill or a pillow form. Please make note of the care instructions at the bottom of this article if using this option.

Finished diamond painting designs can also create unique and flashy school supplies, photo albums, and scrapbooks. Trim the finished design as desired and adhere to flat, smooth book cover with double-sided foam tape. You could also use hook-and-loop tape to make your diamond painting designs interchangeable! If your fabric becomes soiled while you work, you can clean it by gently wiping with a cold, damp cloth. Avoid scrubbing. Do not wash, iron, or dry clean.

The Hart Senior Center offers a class on Diamond Painting. Sabrina Stewart, Director-HSC states, "Yes, the class takes place on only one day, Friday, November 30th, from 2 pm to 4 pm. But, we might have more classes in the future. We are so excited to bring one of the first Diamond Painting classes to the Sacramento area and are pleased that there has been such interest in the new art form."

The Diamond Painting teacher is Hannah, and she wants you to know that "It is affordable and a relaxing art form. The finished product can add sparkle to your home or can be given as a dazzling gift". Registration begins on Monday, November 5th. The Class Fee is $10.

To sign up for an introduction to Diamond Painting at the Hart Senior Center, you must be 50+ to participate. The Hart Senior Center is located at 915 27th Street (between I and J Streets) in Sacramento, CA. You can call them at (916) 808-5462. The hours of operation are Monday through Friday: 8:00 am to 5:00 pm, Saturday: 9:30 am to 1:00 pm and Sunday: 12:30 pm to 3:00 pm.

You can view the Hart Senior Center News and Publications page for announcements on special holiday hours or closures. The Ethel MacLeod Hart Senior Center is the heart of operations for the City of Sacramento Older Adult Services division. In addition to providing a wide array of services, the center is a gathering place for people who come together to stretch their horizons.

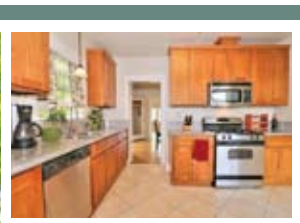
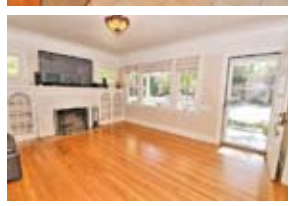
Sabrina, the Program Director, welcomes all seniors to "stop by and see what the Hart Center has to offer them. They will have fun, learn new things, make friends and discover the joys of life after age 50".

The Hart Center offers enrichment classes, fitness activities, social services and opportunities to socialize. All of these activities optimize the experience of aging. Membership is not a requirement before participation or registering for any of our classes or activities.


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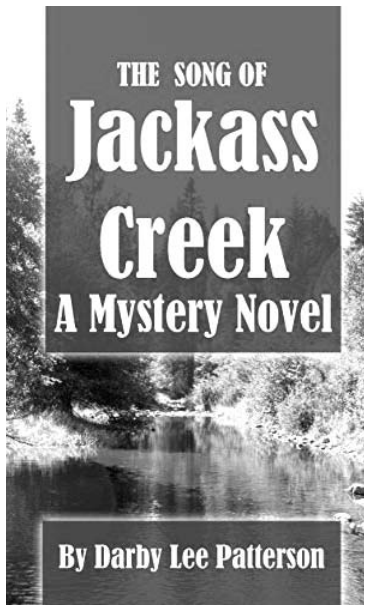
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The Song of Jackass Creek: New novel by former Valley Community Newspapers editor and longtime columnist released



By Monica Stark
editor@valcomnews.com

After 25 years as a journalist and former small town weekly newspaper owner Darby Patterson released "The Song of Jackass Creek," a story of a big city award-winning reporter who left a dangerous past only to encounter a story of a lifetime. When a battered body is discovered in Jackass Creek, Jesse Kilgore uses the skills he honed as an investigative reporter to help the town of Redbud come to grips with a brutal murder that's fed animosities between the local timber operation and environmental activists. The future of a young Native American accused of the murder hangs in the balance. Redbud's colorful locals consider how the politically charged killing might threaten their cherished mountain lifestyle and traditions.

A rather "gentle mystery" without the graphic violence that's so prevalent in today's mystery novels , "The Song of Jackass Creek" comes to life with character development and plot instead of "blood and guts." Some of the drama develops between environmentalists and the loggers. "Both sides of that debate have some truth on their side," she said.

With this book, Darby said, "I wanted, in some way, to relive the experience of being among people who valued their environment and respected each other – to celebrate them and their lifestyle that is still alive and well across America."

Having lived in a small town in the Sierras, with a population of 386 and having owned a weekly newspaper there, Darby said she could not get the character of those citizens of the mountain out of her mind. "It was such a unique experience to live among such diversity and acceptance. And there was something so entirely genuine about the people. I just needed to recall them in my story."

That said, most of the characters in the book are based on real people, from the jocular guy who owns prize mules to the boss at the sawmill and the female bartender who wielded a crowbar when necessary. "I just loved being able to tell the stories of extraordinary 'ordinary' people as a writer and publisher of the weekly newspaper I owned in the mountains. That was such a privilege," she said.

Other highlights of her career as a writer, include winning a journalism award for her coverage of the The Cleveland Fire up by Kyburz in the early 1990s for the Sacramento Union. "Writing about the courage of the firefighters and great losses to people who lived up there was an important highlight in my career."

As a very young person Darby read all of Agatha Christie's books, then moved on to popular mystery writers such as John D. MacDonald, Robert B. Parker, and English mystery writers like Dorothy Sayers. "I liked the big, best-selling authors until they took up the trend of featuring a lot of violence and graphic descriptions. I don't read them anymore, and my book is intentionally lacking those features," she said.

Longtime readers of Valley Community Newspapers may recall her column, Midpoint Missives. With that column, she said, "I could let go with my sense of humor and have lots of fun, plus cause occasional controversy."

Holding a high regard for the value of community newspapers, Darby said she was happy to contribute to Valley Community Newspapers. "It's privilege of being invited into the life of a neighbor, to tell their story – to do a community service."

Having lived in Sacramento for decades, Darby now lives near Sly Park.

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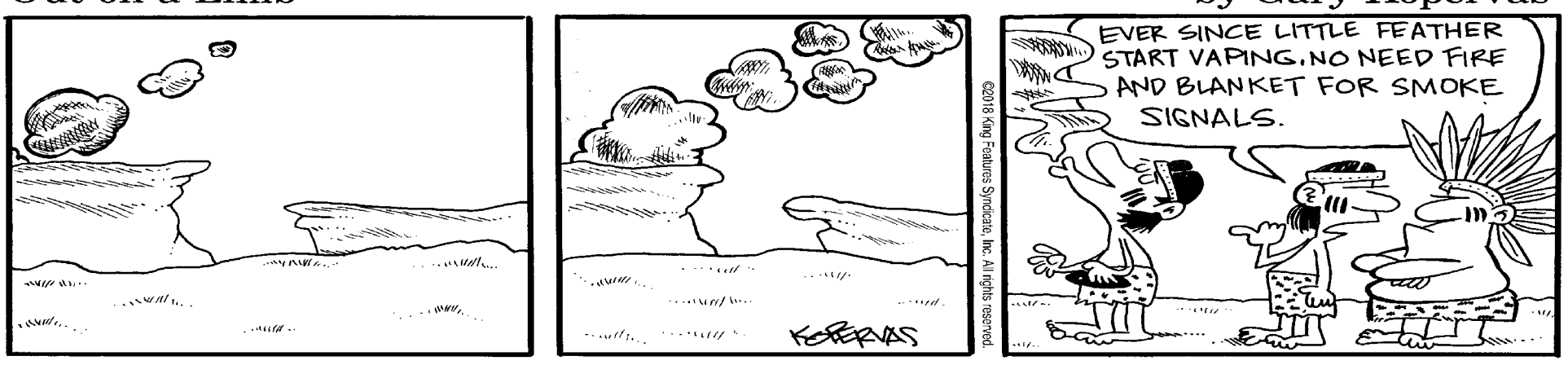
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Out on a Limb — by Gary Kopervas



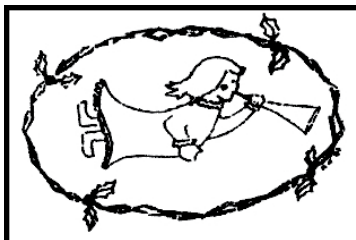
Know your neighbor: Richard Davis, Congressional Gold Medal winner







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By Peter Rabbon
Special to the Land Park News

Richard Davis, a Greenhaven-Pocket resident since 1978, is a veteran of the United States Marine Corps, CPL (1943-46), and as a Montford Point Marine, a recipient of the Congressional Gold Medal, the highest government honor that can be awarded to a civilian.

Since the American Revolution, Congress has commissioned gold medals as its highest expression of national appreciation for distinguished achievements and contributions. Each medal honors a particular individual, institution, or event. George Washington was the first recipient of this honor. Another group to receive this honor in 2012 were the Montford Point Marines who served between 1942 and 1949 and fought in WWII.

In June of 1941, President Roosevelt issued Executive Order 8802, banning discriminatory employment practices "because of race, creed, color, or national origin" by Federal agencies and all unions and companies engaged in war-related work. This included the United States Marines Corps who up to this time had excluded African Americans from joining.

The Executive Order banned discrimination but it did not ban segregation. Thus was born Montford Point, the marine recruit training camp built specifically for African-American men. The camp was located about 2 miles from a main marine all-white training facility, Camp Lejeune, near Jacksonville, North Carolina.

Richard Davis, a 17-year-old 1942 high school graduate, born and raised in Los Angeles (Compton), was drafted in September when he turned 18 and became part of the first group of young black men inducted into the Marine Corps.

When he reported to the Pacific Electric Station, he was directed to a separate room, and was not part of the young marine inductees headed to Camp Pendelton. Rather he boarded a train with other black men to Montford Point, North Carolina. He was just starting his journey to learn about racism and segregation.

They had sleeping berths until they reached Texas. At that point, he learned about the "law of the land" and was removed from the car with sleeping berths and placed into an open coach. When they changed trains in Washington DC, in the terminal he saw signs above the drinking fountains and restrooms, marking indicating which were for whites and for blacks. This was his first trip outside of California and it was becoming a revelation. Living in California all his young life, he was exposed to racism but he had never experienced segregation. It was a shock to learn this was "the law". Trains, restrooms, water fountains, buses, what was next?

What was next? Six months of boot camp at a segregated training camp built specifically for blacks, the Montford Point camp. In hindsight, Richard says the extraordinarily strict discipline he learned in boot camp served him well to survive and succeed not only his military service but also his professional and personal life after his discharge.

Rich remembers going into Jacksonville on his first liberty and the proprietor ordered him out of the store and called law enforcement. The Military and local police arrived. The MP from Camp Lejeune convinced the local police to not take Rich and his cohorts to the local jail. The following day at Camp Montford Point, the marines were instructed, for their own safety, not to go into town.

After boot camp, Rich was assigned to the Fleet Marine Force, 7th Separate Infantry Battalion, 5th Ammunition Company starting his Asiatic Pacific tour of duty for two years involved with the handling and management of ammunition. Locations included Guam, Okinawa, Palau, and the Hawaiian Islands. Throughout the tour, he was still in a segregated company.

After WWII ended and his company was going to be disbanded, Rich tried to join USMC Marine Air Wings, but they were not accepting blacks, so Rich decided it was time to rejoin civilian life.

Once a civilian in California, Rich happily blended back into life without segregation in southern California. He started working part time and attending school. Thanks to the support from the GI-Bill, he ultimately graduated from Pepperdine University in 1952. Thereafter, his 35-year professional career focused within education as a teacher, administrator, and counselor and education consultant. Rich retired from the Sacramento Office of Education in 1986.

Today, Rich enjoys retirement with his wife Dolores of 71 years and having frequent family trips and dinners with his three daughters, Marilyn, Jackie, Sandy, and his grandson Alex, all who live in the Greenhaven-Pocket neighborhood. Occasionally, as he looks at his Congressional Medal of Honor showcased in their living room, he reminisces about his time with the Marines, thinking about how tough those days were, but how it shaped his life and values, and unknown to him at the time the groundbreaking that was occurring.

Polish those rhinestones! It's time for country dancin' at the Sacramento Elks Lodge

Bia Riaz
bia@valcomnews.com

In response to rave reviews from last year's first country western dance, The folks at the Elks Lodge #6 (Sac 6) are excited to present their second annual Throw Down at the Sac 6 Hoedown, on Saturday, Nov. 17. This year's event will be bringing back all your favorites: delicious southern dinner from award winning chefs, creative cocktails, line dancing, country western themed DJ spinning favorite danceable tunes, and unique prizes featuring a silent auction, including a trip to the CMA in Nashville with all the frills.

Dr. Kelly Byam, Doctor of Veterinary Medicine and owner of Abel Pet Clinic, and Chairman of the event reported, "Last year we were entering new territory and it was very exciting but a bit overwhelming. We had never hosted an event like this before and we weren't sure what to expect, however, everyone really enjoyed the event and we received a lot of positive feedback, so we're bringing it all back!"

Building on the success of last year's event, the Elks made arrangements to offer some very unique auction items for guests to enjoy, including a bucket list vacation to the CMA Awards in Nashville, trips to an 18th century Italian villa and farmhouse, Austin City Limits festival package, and a romantic getaway to Maui. All will be up for auction at the Hoedown on Saturday, November 17. Featured items will also include exquisite, limited edition artwork with a country twang, signed sports, entertainment and country music collectibles, fabulous designer jewelry & ladies accessories, unique home décor, and much more. All proceeds from the auction will benefit the work of Sac 6 Elks. "We are a nonprofit organization dedicated to helping our community, providing in-home rehabilitation for disabled children, sponsoring scouting, youth scholarships, drug awareness and veterans assistance," stated Kelly.

Kelly was also excited to report the return of their famous pit crew, Gina D'Arcangelo and Jack Simmons. Gina and Jack are renowned competitive chefs and have won first place at the State Fair barbecue competitions. This year they will feature a full country themed fried chicken dinner, mac and cheese, coleslaw, collard greens, cornbread and dessert.

After dinner, guests can enjoy line dancing lessons with Geri Shapiro, a Pocket resident who has been teaching Line Dancing in her native Hawaii for many years. "For those who want to brush up on their line dancing skills before the event, on Sat, Nov 10th, the Elks will present a free preview of the line dances Geri will be teaching. Hoedown practice will be from 1-2 pm Sat, Nov 10th, and there is no charge for the Hoedown practice session. We will also have DJ Patrick Contreras returning, who normally plays for the two-stepping crowd at Stoney's Rockin Rodeo," stated Kelly.

VIP experience begins with early admission at 5 p.m. on Saturday, Nov. 17 and a complimentary "watermelon shot" (with or without vodka) VIPs will also receive reserved preferential seating around the dance floor and priority dining, as well as a swag bag and one free ticket for the Elks Sunday Breakfast ($10 value).

General admission tickets for $20 are available at the Lodge by calling 422-6666. Individual VIP tickets for $35 or reserved table of 10 tickets for $300 are available on Eventbrite.

For more information about the event or Sac 6, please contact The Benevolent and Protective Order of the Elks by phone at 422-6666, by email at lodge@elks6.com or visit elks6.com. The Sacramento Elks Lodge #6, is located at 6446 Riverside Blvd.

For tickets: https://www.eventbrite.com/e/sac-six-hoedown-vip-admission-tickets

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There's a new dance venue in town for country dancers

Camp Pollock considered to be a perfect spot for the Sacramento Country Dance Society



By Monica Stark
editor@valcomnews.com
Photos by Stephen Crowley

Common lore among English country dancers is that their favorite pastime began in the 1600s when English society got bored with complicated and difficult-to-learn formal dances, the kind of display dances for couples to show off. So, they started dancing country dances for light relief, explains Chris Ratekin, English dance committee chair for the Sacramento Country Dance Society, a local group that added Camp Pollock as a monthly dance venue. "Country dances were simple dances done by country folk and had to be easy because country folk didn't go to dance lessons, and couldn't read dance books or anything else for that matter," Ratekin said.

These country dances proved very popular, Ratekin explains, and soon, professional dancing masters got into the act, and started inventing and publishing more complicated "country dances". "These were no longer dances of the country folk, but were danced only by the educated classes of English society. If you have seen any of the Jane Austen movies, such as 'Pride and Prejudice' or 'Sense and Sensibility', you have seen English country dancing."

American Contra dancing, and traditional American square dancing, evolved from these "country dances", Ratekin explains. "Today, many new dances and tunes are being written in the same style."

At events hosted by The Sacramento Country Dance Society, dancers enjoy a mix of old and newly written dances. Unlike many dance communities, this group has its own house band whose musicians play many musical styles in a variety of groups; for English Country dancing they come together as "Quite Carried Away" and include Dick Holdstock on octave mandolin and banjo, Susan Jones on concertina, Arlene Jamar on piano, Jane Kostka on whistle, Martin Lodahl on viola da gamba, and David Wright on fiddle and mandolin.

"Music is very important. We always feature live music," Ratekin said.

Meanwhile, a rotating list of callers, "some of the very best callers in the United States", not only to teach each dance, but provide prompts throughout the dance—much like a square dance—so that dancers don't need to memorize anything. They've selected callers with particular skills in working with new dancers for the group's new Camp Pollock events, which are held on the third Sunday of each month from 2 to 5 p.m., preceded by an introductory lesson at 1:30 p.m.

"A hidden gem, right in the center of things," Camp Pollock with its dance floor, good acoustics and not to mention country feel, was chosen as an additional monthly location for those reasons and because the core group of dancers simply wanted to dance more often. "I just find the music and dancing joyful, so much so, that it always makes me smile. Some people come to our dances for the social aspect; dancing is a very social activity, and our group is there to have fun. We laugh a lot," Ratekin responded when asked about her favorite part of English country dancing.

The Sacramento Country Dance Society has been sponsoring American Contra dances for more than 30 years. About 16 years ago, a number of dancers and musicians who had enjoyed English Country Dancers in other communities came together to form

see Dance page 9



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Dance:

continued from page 8

a monthly dance in Roseville, under SCDS sponsorship. The dancers love the dancing, and the musicians love another excuse to play beautiful music. Now we're thrilled to be expanding our offering by adding a second monthly dance in central Sacramento. The group is very informal—no memberships, and the only requirement is interest in the dance. And the snacks at the break are an added draw," Ratekin said.

New Sacramento English Country Dance details:

The Sacramento Country Dance Society is adding a second monthly English Country Dance on the third Sunday afternoon of each month at Camp Pollock, 1501 Northgate Blvd. Lovely hall and floor, easy parking, and on the American River Bike Trail. This is in addition to the long-running dance in Roseville that continues on the first Sunday afternoon of each month at the Polish-American Hall. Beginners welcome, no partners necessary, always live music. Times for both dances: 2-5 p.m., preceded by an introductory lesson at 1:30 p.m. Details about both dances, including callers, music, locations, and date changes, can be found at sactocds.org/english-country-dance/

Cost: $10 for adults; $8 for college students with ID; $5 for dancers under 18; $25 maximum for families (cash or check). All proceeds go to hall rental, the caller, and band members.

What to wear: Comfortable, casual clothes are fine. Many women prefer full skirts. Clean, non-marking shoes with no or low heels are best for the dance floor and for your feet!



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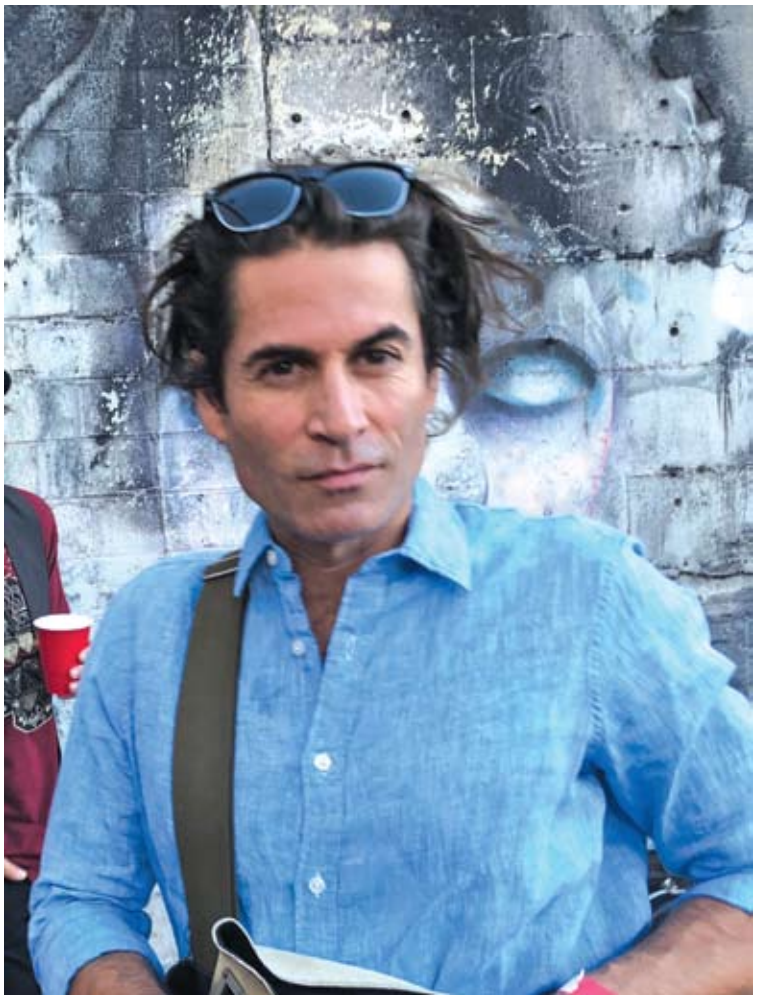


Photo courtesy of Bryan Valenzuela

Bryan Valenzuela recently completed a mural on the northeast corner of 16th Street and Broadway.

Mural:

continued from page 2

earned a bachelor's degree in the latter field in 2003.

Valenzuela stated that he is considered a late bloomer as an artist.

"I literally didn't pick up a pen to draw anything until I was in college," he said.

Following his graduation from college, Valenzuela acquired work at the Crocker Art Museum as an art preparator.

Valenzuela describes the year 2014 as a turning point in his career.

"I won a grant, and that's sort of what has propelled me into not having to have a day job," he said. "It was leading up to that and I was showing more, and I was really like honing my craft and really just like carving out where I was going.

"Winning that grant was sort of a boon to what I was doing and that obviously kind of snowballed into other things."

During the following year, Valenzuela won Best in Show for his artwork at the California State Fair. This award-winning, medium-sized piece, "Bitter Sweet Sanctuary," was recently sold to a private collector.

In 2016, Valenzuela received a $350,000 commission to create a large-scale artwork consisting of 400 blown-glass spheres above the escalator on the west side of the Golden 1 Center.

Known as "Multitudes Converge," the work represents the confluence of the Sacramento and American rivers.

Valenzuela explained that an odd part about working on that project was that it was his first professional sculpture.

"It's kind of amazing to have the first (professional) sculpture that you ever do be like gigantic," he said. "It's filling up a whole cavernous room.

"I was put on the short list of five other artists for that particular site. I got on that based on all the two-dimensional work that I do, but the space sort of called for something different. I didn't feel like I could put a bunch of drawings on the wall."

Valenzuela spoke about the symbolism of that work.

"For me, at least, it was reminiscent of the idea of what was happening in the city at that point, which was a lot of people were coming together to create this really large arena in order to boost the economy (and) boost the culture of our city," he said.

As part of the Wide Open Walls mural festival in 2017, Valenzuela painted a mural on 28th Street, between R and S streets, near the Sacramento Natural Foods Co-op.

Valenzuela described the mural – which is titled "Kumbaya Moment" – as making a statement regarding the political struggle facing America.

"Basically, there's a tug-of-war between two sides where the rope is fraying in the middle," he said. "In the background, there's a magnetic field of blue on the left side and a magnetic field of red on the right side. They're sort of clashing into each other."

He added that this action is basically tearing America's culture apart.

"To the detriment of both sides, no side is going to win at this point," he said. "So, I feel like that's sort of a call for unity or like a recognizing of what we're doing to each other, and trying to get back on the page of being not only a whole country, but a whole like human race.

"We have such differing ideas, but none of those things are going to take us into the future, if we keep pulling each other apart."

Valenzuela said that his efforts to continuously excel in art and complete projects in his field keeps him extremely busy.

"People ask you what you do, and then I say, 'Oh, I'm an artist,'" he said. "People give me those responses like, 'Oh, man, you've got a fancy-free life. You can do whatever you want.' But that's not true. I work so hard.

"I probably work harder than most people who have a legit day job. I've been known to work anywhere from 12 to 18 hours a day, and sleep little for long periods of time in order to get a certain project done."

But Valenzuela stressed that he is not complaining.

"It's great," he said. "I love it. That's what keeps me going."





Photo courtesy of Jesse Vasquez

This close-up view of Bryan Valenzuela's new mural, "Cool Water," shows the many words that were used to shade portions of this work.



Photo courtesy of David Wakely Photography

Bryan Valenzuela's 400-sphere sculpture, "Multitudes Converge," hangs at the Golden 1 Center. The work represents the confluence of the Sacramento and American rivers.

Peace, Love and Puppies

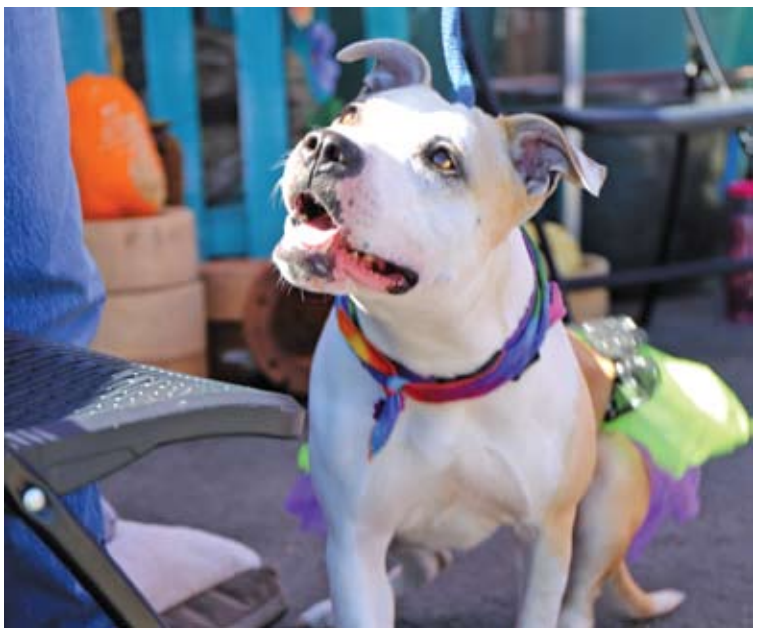
Photos by Stephen Crowley

Panama Pottery celebrated Halloween on Saturday, Oct. 6 with a puppy adoption with Front Street Animal Shelter. Also joining in the fun were folks from Fountainhead Brewing Company, Two Rivers Cider Company, Sutterville Bicycle Company, Sac Fire Station 12, DDSO Short Centers, Project Mimosa, and neighborhood artists. Panama offered 25 percent off of all garden pots.











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LIFE IN THE VILLAGE

By JAN DALSKE
Land Park News

NEW SCHOOL YEAR 1956

I was seven years old, and starting the second grade. And, I had a brand new teacher, Mrs. Quackenbush. My little sister Linda was going to start Kindergarten this year, so she could walk with us to school in the morning. Rodney, Timothy, Linda and I all got ready for school and walked there together. The minute we got there, our brothers took off running to find their friends. We usually left home early enough so that we had some time to play before the school bell rang.

I walked with Linda to her Kindergarten class, and stayed there until the bell rang for me to go to my classroom. She seemed to be okay. Our mom had told us to make sure that she was okay with being left in a new classroom without any family members. I think that Linda already had met some kids that she knew from our neighborhood and she was talking to them. So, I guess she was okay. I would come back at lunch time and walk her home to our mother. Our mom had three children, Rita, Wayne, and Sandra, to take care of, so she could not leave the house to go to school and pick up Linda.

I hurried along with Linda holding my hand. She was very excited about her first day at Kindergarten and was chattering about her new friends all the way home. As soon as I dropped her off at home with my mom, I rushed back to school so that I could have a little time to play during our lunch hour. And, then, I had to go to my classroom and find my lunch also. Being a big sister was a lot of responsibility. And, I knew that my parents expected me to do special things for them, and they always trusted me to do them.

Second grade was going to even better than first grade. I already knew a lot of the kids in my classroom. But there were also some new ones. I will have time to get to know them. After all, we would be together for the whole year. Being in second grade was much better than being in first grade. We studied different books, and learned how to spell different words. The books we were reading had new words that we did not know. We had to learn to spell the words and learn what they meant. And, the books were divided into chapters. Our teacher gave each of us a dictionary, so we could learn about the new words.

School was fun and it was really nice to learn new things every year. I wondered how smart I would be when I went through all of the classes at this school. This school was from kindergarten to sixth grade. They called it an elementary school. Our next school would be a middle school, and then the next school, when we were teenagers, was called a high school. I could see why the school in between, was a middle school, but I wondered why they called the last school a "high" school. I guess I would find out someday.

see Life page 18

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Mass murder and American history

By Robert C. Koehler

"Screw your optics, I'm going in."

This is bigger than hate, this latest mass shooting at the Tree of Life Synagogue in Pittsburgh, in which, oh my God, 11 more innocent souls died at the hands of a homegrown terrorist.

The president's anti-immigrant tweets may have been in grotesque synchronicity with the killer's: "Many Gang Members and some very bad people are mixed into the Caravan heading to our Southern Border. . . . This is an invasion of our Country and our Military is waiting for you!" And they no doubt fed the climate in which Robert Bowers acted, but this is bigger than Donald Trump. He may be the trigger, but the weapon has been ready and waiting for a long time.

Every mass shooting happens in a context, and every mass shooting cries out that we must examine the social infrastructure of dehumanization and violence.

"Yet this too needs to be contextualized as a current manifestation of the racist foundations of our country," Rabbi Michael Lerner wrote the day after the murders, reminding us of such matters as slavery, Native American genocide and the wars of the last half century.

"This pattern of violence and demeaning of 'the Other' has become so deeply embedded in the culture of the U.S. that only a true consciousness transformation will undermine its prevalence in both major political parties."

"Screw your optics, I'm going in."

These are the words I can't get out of my head — the killer's final post on his social media platform before he took his guns and headed off to the Tree of Life Synagogue. This is war talk — or rather, the pretend war talk of a boy playing with guns . . . a boy who has become an adult and now has real guns and a "real" enemy — the immigrants swarming into our country, aided by the Jews — and he's about to leap to glory and save his people.

Maybe the problem of American violence begins here, in the fantasy of armed rescue and armed salvation. In this fantasy mindset, the default plot device of ten thousand mediocre movies and TV shows, the only consequence of violence is that it eliminates the bad guy.

Boyhood is all about glory, but boys grow up and learn a deeper reality — unless they don't. And American militarism requires that Americans stay in their early adolescence psychologically, making a shift not in their understanding of other people but only in the weapons used against them. Beyond the entertainment industry and the gaming industry is the Department of Defense, which sustains itself by recruiting children before they grow up and teaching them to hate — and kill — the Other. The United States Army actually has a website devoted to hooking kids as young as 13. It's called America's Army, a gaming website with the message that war is awesome.

As I wrote some years ago, the site is "the very essence of America's own arrested development: We command the world's largest arsenal and throw our weight around with an adolescent swagger. Neocons famously declared 'high noon' with Saddam Hussein. If militarists had to face long-term or even short-term accountability for the damage they wreak, war would be obsolete in an eye blink."

And war always, always, always comes home. Indeed, its consciousness pervades the social order. It grabs a mind and won't let it go.

And those who want to wage war on their own, without the inconvenience of having to follow someone else's orders, are free not merely to define their own enemy but also to assemble their own stash of weapons and, when they are ready, "go in" and wreck some lives. This is America, where we have the freedom to kill one another.

And . . .

This is the clincher. We are not allowed, in any official way, to be aware of this. While we pour maybe as much as a trillion dollars a year into Things Military, the amount of money devoted to research into the causes of social violence is, by congressional edict, zero. This has been true since 1996, when Congress, at the intense urging of the NRA, passed the Dickey Amendment, which in essence cut off any federal funding for research into the causes of gun violence.

Specifically, this piece of legislation, part of the federal government's 1996 omnibus spending bill, bans at the Centers for Disease Control and Prevention from using any federal money to conduct research that "may be used to advocate or promote gun control" — which is a built-in catch-22. Because research into gun violence is likely to reveal the need for gun control, the research cannot be federally funded.

As the New York Times pointed out: "The result is that 22 years and more than 600,000 gunshot victims later, much of the federal government has largely abandoned efforts to learn why people shoot one another, or themselves, and what can be done to prevent gun violence."

And this is the context in which politicians peddle fear and war. Fear of immigrants is hardly new, hardly the invention of Trump. It has long been a component of American racism. As Trump threatens to dismantle the 14th Amendment and sign an executive order terminating birthright citizenship (an election ploy as the midterms grow nearer), we might want to reflect on good old Executive Order 9066, which Franklin Roosevelt signed in 1942 — and just like that, with a stroke of the pen, forced some 117,000 Japanese-Americans into concentration . . . excuse me, internment camps for the next three years.

We could also remember all the European Jews who were not allowed into the United States as they tried to flee Hitler, as we reflect on the nation's moral shortcomings. This history, so lacking in official atonement, is available to anyone who wants to project blame on a specific Other. Indeed, there is no nationalism — white or otherwise — without an Other to fear and, every so often, kill.

"Screw your optics, I'm going in."

The mass shootings will continue. We all know that. And we can't undo our history. But we do have a choice: We can face it squarely and look beyond it, toward love, toward forgiveness, toward an understanding of our presumed enemies. When we do so, the hard part begins. We also start understanding ourselves.

Robert Koehler, syndicated by PeaceVoice, is a Chicago award-winning journalist and editor.

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Bellacera Androvich Fine Arts Presents: The Return of the Art Party

By Jan Dalske

Bob Androvich is known for his successful Sacramento Land Park Gallery. And now, he has teamed up with artists Joseph Bellacera and Paula Bellacera to provide another way to exhibit and experience great regional fine art. The exhibition space will be in the Bellacera's spacious home studios, which are located in West Sacramento.

Bellacera Androvich Fine Art presents The Return of the Art Party. This exhibition will feature a baker's dozen of the region's best painters and sculptures. It will take place on the second Saturday, Dec. 8 from 1-6 p.m. at 2910 Allan Ave. in West Sacramento. The exhibition will continue until Dec. 16 by appointment only. Call 916-224-6793 for more information.

Paula Wenzl-Bellacera, a Sacramento native, met her now-husband, Joseph Bellacera, almost 20 years ago through the regional art scene where both had been showing their artwork in Sacramento galleries.

At that time they were both painting and photographing regional landscapes. Joseph was particularly noted for his portrayal of tumultuous skies. Paula, on the other hand, focused on Sacramento iconic structures. Now their artwork has moved in different directions, Joseph creates colorful abstracts about light, color, and pattern, and Paula is a ceramic sculptor creating whimsical animals full of personality.

Bob Androvich creates digital montages that he claims are the result of his being mesmerized by images from TV, magazines, and a career in digital printing. National Geographic magazine images were part of his original inspiration which has expanded to using images from Renaissance art, an 1849 French medical atlas, advertisements for luxury goods, and so much more. His work always surprises and delights.

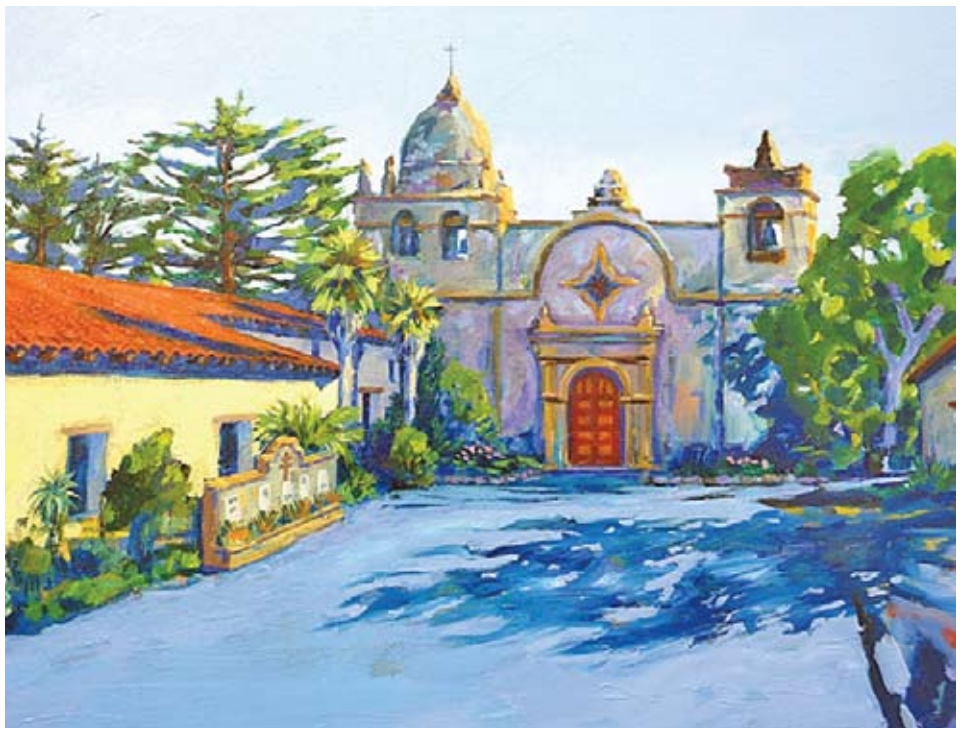
This exhibition features artists using a wide variety of media and include painters (Michelle Andres, Joseph Bellacera, John Krempel, Bob Miller, Anthony Montanino, Myron Stephens, and Leslie Toms), sculptors (Paula Bellacera, Marc Cardinet, and Frankie Hansberry), along with collage artist Bob Androvich, photographer Richard Turner, and fine art basket weaver Jeanne Oster.

For more information email Bellacera Androvich Fine Arts at BAFAexhibits@gmail.com or visit

www.BAFAexhibits.weebly.com.

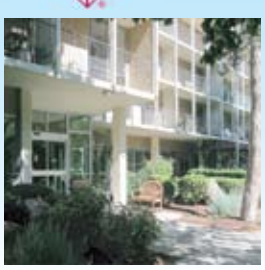


Leslie Toms, "Fall Color - Rossi Vineyard", oil on linen, 12" x 16"



Anthony Montanino, "Carmel Mission", Oil on Canvas, 18"x24"

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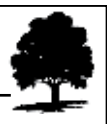
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FARM AND FLAVOR

THE SEASON FOR SWEETS



By Kerin Gould

A Native American elder once told me that the reason so many people consume so much sugar and have type II diabetes is that life isn't as sweet as in the days of his youth. I wonder if that is because we are caught up in more acidic and bitter events, these days. Watching the news sure leaves a bad taste in one's mouth. A recent World Economic Forum report and an article by professor Carol Graham of the Brookings Institution concur that, while the U.S. economy seems to be thriving and growing, happiness and our social fabric may be at stake as well as health and even longevity due partly to the ravages of despair. Sounds like our diet: we are (collectively) overweight and undernourished.

But what if we acknowledge and respond to this other craving for sweetness, not just processed sugar? We can spot sugary junk-food almost anywhere, so why not seek the other kind, the little life-candies?

Right now, for example, I can smell the recently picked pineapple quince, great fat fruit produced by a skinny little tree on its first attempt at fruiting. It struggled to hold it all up, but now its fragrant, floral-smelling fruit is waiting to be cooked.

Fall sunlight glows on my orange feral cat who is the de facto "barn cat", as he hints that he'd like a meal this evening. I can't touch this kitty yet, but I can just feel the sun-on-fur sensation in my mind. The autumn sun/breeze combination is pretty good on my own skin, too.

Outside my window two flickers are playfully flirting and chasing each other around, occasionally dropping a feather for me to collect. Meanwhile the crows and magpies line up on the fence to get their peanuts and have their own party.

With cool nights, all three of my dogs fit themselves into one big bed like jigsaw pieces, no grumbling or growling. Sweet!

Canning and dehydrating projects put up summer sweetness for colder months, while providing a sense of satisfaction and a little food security just by sitting there on the shelf, ready when needed.

My big red hens scratch happily in fallen yellow leaves.

The acrid arguments over pumpkin-spice-everything can be hushed with truly rich and delicious pumpkin recipes – thai curry with pumpkin and coconut milk, gnocchi, creamy soups, roasted fall veggie combos, low/no-sugar pumpkin bread, pumpkin flan, etc., the REAL stuff!

Soon the last winter squashes will be picked and cured before turning them into savory-sweet dishes, the sweet potatoes will be dug up, too, and then the end-of-summer turnover will make a clean slate for rows of winter greens. I guess that's bitter-sweet – goodbye to summer, but hello to cool season plants.

Real, unadulterated, fresh-pressed cider. Enough said, right?

And it's time to get out those favorite sweaters and bundle up in a knitted hug. Then go outside at night and check out those crisp, brilliant stars. Breathe in that smoke-free, almost peppermint-y air.

The addictive properties of processed sugars may have warped our taste-buds and our cravings, just as our harried, hustling, lifestyles may have caused us to rush past moments of pure deliciousness happening right around us. We can take back that genuine sweetness by being a bit more mindful about what nourishes us, both food-wise and mentally/spiritually/emotionally. Don't we all crave real connection, real food, and real quality time? Treat yourself!

Are you watching your sugar intake for health reasons? Try some of these natural substitutions. Once they break down in your system, sugars are essentially the same, but unlike refined sugars, these have redeeming qualities such as fiber, anti-oxidants, vitamins and minerals. Do your research to see which fit your health needs and your recipes best.

Honey: ½ - ¾ c
Reduce by ¼ c
If there's no other liquid, add 3tbsp flour
Reduce baking temp by 25°

Maple syrup: ¾ c
Reduce by 3 tbsp
Add ¼ tsp baking soda

Date sugar: 2/3 - 1c
Burns easily, doesn't dissolve

Stevia: 1tsp – 1/3 c
Add 1/8 c
Adjust as you experiment

Molasses: ½ c
Darker flavor

Piloncillo/rapadura: 1 c
Darker flavor

Coconut Sugar: 1c
Darker flavor, not great with lemon recipes.
Coarser – let dissolve in liquids.

For more information on eating to support your wellness and for stupid-easy, madly tasty, secretly healthy recipes, visit http://produce-withapurpose.wordpress.com



What's happening, Land Park?

SATURDAY, NOV. 10

READ TO A DOG- Looking for a fun way to boost your child's reading skills while making new friends? Kids are invited to read aloud to trained therapy dogs, provided by Capital Therapy Dogs. Participants may bring their own books or borrow one to read aloud to their new furry friends. School-Age. Saturday, November 10 from 11 a.m. to 12 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

BIRDHOUSE DECORATING FOR KIDS- Come join us and put your artistic and decorating skills to use! We will provide wooden bird houses for each participant and have paint and decorating materials for you to make your own birdhouse masterpiece. Limited to the first 20 participants. School Age. Saturday, November 10 from 2-3 p.m. at Ella K. McClatchy Library, 2112 22nd St.

REAL ESTATE CLINIC: Are we experiencing a turn in the real estate market? Home prices are dropping and interest rates are still at historic lows. Now appears to be a much better time to be a home buyer. Come to the monthly (second Saturdays) real estate clinic hosted by J Crawford's Books and Lyon Realtor, Julie Scheff, #01815983. You'll be invited to explore ways to capitalize on your home buying experience, discover great neighborhoods with price tags starting at $300,000. A mortgage loan officer will be on hand to answer your questions. Second Saturday Real Estate Clinic: Saturday, November 10, 10:30 a.m. to noon. For questions, please call 916.508-7350.

SUNDAY, NOV. 11

CEMETERY TOUR – Veterans of World War II: The Old City Cemetery Committee presents a tour of Sacramento's war past at 11 a.m. At Sacramento Historic City Cemetery, 1000 Broadway. Sacramento was a busy place during World War II. From our military bases, busy manufacturing and agricultural industries, to scrap and blood drives, you couldn't get away from the war effort – even in the internment camps. Meet the local men and women who served in World War II. Special guest: James Scott of the Sacramento Public Library, co-author of World War II: Sacramento. The cemetery is located at 1000 Broadway, Sacramento. There is free parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.

WEDNESDAY, NOV. 14

LPCA NOVEMBER MEETING: The Land Park Community Association will be having its November Community Meeting on Wednesday, November 14th at 6:30pm. The location is the California Middle School Auditorium (1600 Vallejo Way). The main presentation will be on the William A. Carroll Amphitheatre renovation in William Land Park. The designer will be present, along with Councilmember Steve Hansen's office, to provide information on the renovation and answer community questions.

SATURDAY, NOV. 17

SACRAMENTO MG WALK: Participants affected by myasthenia gravis will gather to celebrate the lives of MG patients, physicians and caregivers, and walk to raise awareness and funds to support the Myasthenia Gravis Foundation of America (MGFA) at the Sacramento MG Walk on Saturday, November 17 at William Land Park. Check-in is at 9 a.m. followed by the walk at 10 a.m.

Funds raised by the MG Walk Campaign are vital in making the MGFA's vision of "a world free of myasthenia gravis" come to life. The National MG Walk Campaign is celebrating our 8th year of raising funds and awareness for the MG Community, having raised over $5.5 million dollars since our first Walks back in 2011. Funds raised from the MG Walk help support research initiatives, advocacy efforts, programs and services, and resources for those living with MG and their families. What is Myasthenia Gravis (MG)? MG affects people of any age, race or gender. The most common form of MG is a chronic autoimmune neuromuscular disorder that is characterized by fluctuating weakness of the voluntary muscle groups, and can affect muscles that control eye movements, eyelids, chewing, swallowing, coughing and facial expression as well as the arms and legs. MG can also affect breathing. About the MGFA: The MGFA is the only national volunteer health agency dedicated solely to the fight against myasthenia gravis and to serving patients with MG. With monies raised from the MG-Walk, the MGFA is committed to finding a cure for myasthenia gravis and closely related disorders, improving treatment options and providing information and support to people with myasthenia gravis through research, education, community programs, and advocacy. To learn more about what you can do for MG Awareness, visit the MGFA website at www.myasthenia.org and the MG Walk website at www.MGWalk.org.

LIVE WILD ANIMALS WITH WILD THINGS ANIMALS RESCUE- Come celebrate the anniversary of the McClatchy Library with Wild Things Animal Rescue! Wild Things will bring an assortment of wild birds, reptiles, mammals, and other wild rescue animals for us to see, tell us about each one and their original habitats, and even let us pet some of these incredible animals. Family/All Ages. Saturday, November 17 from 12:30-1:30 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

CEMETERY TOUR – FALL COLOR IN THE ROSE GARDEN: Old City Cemetery Committee presents a final rose garden tour for the year featuring fall color, starting at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Join Historic Rose Garden curator Anita Clevenger for "Fall Color in the Rose Garden." Enjoy late blooms, brilliant foliage and a variety of colorful rose hips (fruit) in our pioneer garden cemetery. You'll see,

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Life:

continued from page 12

On the way home from school we all took our time walking. We were in no hurry. When I got home I always had to help my mom with special jobs around the house. She was busy all day with three little children, and when Linda came home at noon, she had four children to take care of. She was very tired. So, I always helped her with whatever she asked me to do. Sometimes, it was easy things like picking up the laundry from all of the bedrooms and taking it out to the garage where the washer and dryer were located. Sometimes, I would watch one or two of the little ones, and play with them.

And, I always had to set the table for dinner. Sometimes I asked Linda to help me. She could put the silverware and napkins on the table. Since I was only in second grade, I did not have any homework to do. But, I would have liked to tell my mother about what we were doing in second grade, and that would have to wait until the little ones were tucked into bed later on. Sometimes I thought my mother had too many children to take care of and that she could not spend time with the older kids like she used to do. But, I guess that all of us needed her. And, the little ones needed her more than the older ones. We could take care of some things all by ourselves. And, the little ones were too young to do anything alone.

What's happening, Land Park?

sniff, examine and learn about the wide variety of roses in our award-winning rose garden. The Sacramento Historic City Cemetery is a place where gardens grace graves, time stands still and history lives. Meet inside the front gate. Rain cancels. For information, call 916-715-7294. The cemetery is located at 1000 Broadway, Sacramento. There is ample free street parking on surrounding streets, with limited parking within the cemetery. For more information about the cemetery, call 916-448-0811.

SATURDAY, DEC. 1

2ND ANNUAL DANDELION ARTS AND CRAFTS SHOW (formerly the APCC Dragon Arts and Crafts Fair) Sponsored by the Sacramento Senator Lions Club, 9 a.m. to p.m. Sacramento Buddhist Church 2401 Riverside Blvd Sacramento, CA 95818. Free parking and admission. All profits from this event will support various community projects. For information about how the organization serves the community, visit, www.SacramentoSenatorLions.org, and for event information, email SenatorLionsEvents@gmail.com

IOLA ROSE BAND TO PERFORM AT THE SIDE DOOR: Sacramento area band, Iola Rose, performs an eclectic mix of American Roots, Alternative Folk/Rock/Country, Hawaiian, Blues and Jazz originals and covers. Strong harmonies and instrumentality, including guitar, ukulele, violin, and blues harp, are the band's hallmark sound. The band will perform at The Side Door, 2900 Franklin Blvd., from 7 to 10 p.m. Band members include Bonnie Brown - born Honolulu, HI; Carla Fontanilla - born Waipahu, HI; Susan Johnson - born Thief River Falls, MN; and Tina Macuha - born Sacramento). Bonnie & Susan have performed together for over 40 years in at least 10 different bands, of special note was Prima Donna, an all-girl Top 40 Rock band that did 3 USO tours in the 1980s. They've collaborated on over 300 original tunes during this time. Carla has played uke since age 4 under her Dad's tutelage. She currently plays lead guitar & uke for Iola Rose, her jazz uke trio, SoLunAire & Hawaiian band, Ho'opili. Tina Macuha has been on Sacramento TV and Radio for over 25 years and best known for being on Good Day Sacramento. She loves writing lyrics and creating songs with the Iola Rose band members.

ONGOING

AUTO MUSEUM DEBUTS ALL-NEW EXHIBIT: HITTING THE ROAD: ROAD TRIPPIN' THROUGH THE YEARS: The California Automobile Museum is proud to present a new exhibit titled Hitting the Road: Road Trippin' Through the Years" that is on display until Feb. 25, 2019. The exhibit allows guests an opportunity to explore the historic American past-time of traveling with family and friends. Depending on age, race, and financial status, experiences and memories of road trips differ dramatically. The goal of this exhibit is to explore these differences along with how the automobile and road trips changed American culture, and also helped to shape entire industries.

The exhibit will showcase the heyday of road trips in the '50s, '60s and '70s as well as take a look at how the experience has changed over time. Museum guests will learn how different Americans experienced life on the road. For instance, the exhibit demonstrates how some families were squished into a station wagon on the way to the lake while others traveled in a cozy camper bound for Yosemite.

As part of this nostalgic exhibit, a number of iconic cars will be on special display, including: a 1952 Dodge 2-door Sedan, 1964 Ford Falcon Deluxe Wagon, 1953 Kaiser Traveler, 1956 Chevy Bel Air Wagon, 1959 Shasta Airflyte trailer, Custom 1972 Toronado RV, 1972 Oldsmobile Vista Cruiser Wagon, 1966 VW EZ Camper with tent canopy, 1955 Harley-Davidson Panhead, 1976 BMW R100/7, 1930s home-built tear-drop trailer and 1962 Ford Falcon Squire Wagon.

The Hitting the Road exhibit is free with Museum admission: $10 for adults; $5 for youth ages 5 to 17) and free for children ages 4 and under. For more information about the special exhibit or the California Automobile Museum in general, please call 916-442-6802 or visit www.calautomusem.org.

YOGA MOVES US CLASSES – Free indoor community yoga classes on Thursday evenings. Classes are 60 minute vinyasa style all-level yoga classes taught by local registered yoga teachers. Bring a mat, a water bottle, and a friend! Every Thursday from 6 to 7 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.







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