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Land Park News

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Joe Flores to become the first Mexican American president of the South Land Park Neighborhood Association

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Raley's advances plans to build new flagship store on Freeport Boulevard, groundbreaking set for May 9



Raley's and Preserve West Capital announced the progress of Raley's new flagship store and neighborhood retail center located at the corner of Freeport Boulevard and Wentworth Avenue.

The Park is being developed by Preserve West Capital and is a modern day "town and country" center, featuring a cluster of smaller buildings with abundant outdoor, gathering areas. The center includes a new Raley's Market. The new Raley's will be a state-of-the-art store, offering fresh grocery items, grab-and-go prepared foods, and a full-service deli, sushi and bakery department. This new store extends Raley's vision to infuse life with health and happiness and will offer an extensive variety of natural and organic products.

"With a strong history of serving this neighborhood, we are pleased to provide our customers with an enhanced food shopping experience and a brand-new store," said Keith Knopf, Raley's President & Chief Executive Officer. "We designed this store with the neighborhood in mind- offering specialized design features, fresh food offerings and personalized customer service."

The project includes an additional 44,000 square feet for other shops and restaurants. The center has secured tenants including Orange Theory Fitness, Pet Food Express Chase Bank, Supercuts, and CAMP 31, a restaurant operated by Moana Restaurant Group. Additional local and regional tenants will be announced at a later date.

With weather permitting, site prep work will begin later this month, into early April. Demolition of the remaining structures on the property will be completed first, followed by an official groundbreaking on May 9. The development will be complete and open to the public in early 2020.

Raley's store on Freeport will remain open during the transition and construction.



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Photo courtesy

Ohana Dance Group to hold open house, fun cultural activities for the family

By Monica Stark
editor@valcomnews.com



Ohana Dance Group, a local hula halau (school) that performs at many events in the community, will open their doors to the community to share the Hawaiian culture on Saturday, March 30 from 11 a.m. to 2 p.m. They will be sharing the Hawaiian culture with activities, demonstrations, basic dance steps, crafts and more. This is a free opportunity for community members to see an activity that is presently available in the South Land Park area. Ohana will also have Hawaiian crafts available for purchase. This is a free event and all ages welcome. Ohana is located at 6325 Belleau Wood Lane Suite 1B.

The open house will provide free activities for children and adults, including arts, exhibitions of dance, participation in basic dance steps, exposure to music implements and stories of Hawaii. There will be raffles, drawings, and light refreshments. Gourd art work will be available for sale. Hula demonstrations will consist of both kahiko (ancient, chanted with traditional implements) and `auana (modern, with recorded music) hula.

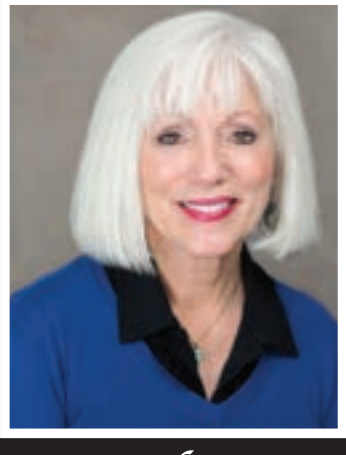
"Since hula is a form of communication, we will explain what the dances are about so attendees can appreciate the fuller meaning of the dances. We encourage the community to stop by and have some fun with us," says Ohana's Kumu Hula (teacher) Pat Ke`alaanuheaokalaua`e Toyama.

When Ohana first began in 2003, the focus was learning modern hula, and since then, they have expanded their repertoire to include a large number of hula kahiko, or traditional/ancient hula, as well as `oli, or chants. Ohana has have included implement-making, `ukulele classes, and exposure to various Polynesian dances.

"Our approach is a bit more serious than when we first began, because we delve more deeply into the culture and traditions of the past. We recognize our role in helping to preserve the Native Hawaiian culture through hula and its traditions, and to ensure they are passed on to future generations," Pat says.

Hawaiian stories, culture, and history have been largely passed on through hula and 'oli (chanting). Thus, as

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Charming Land Park home w/lovely gated courtyard and covered porch w/tiled entry. Amenities include 3 bedrooms and 2 baths, hardwood floors, spacious living room w/fireplace, updated kitchen/dining combo with granite counters, island and custom cabinetry. Bedroom w/built-in Murphy bed, master suite with fireplace, walk-in closet, bathroom with jetted tub and shower. Studio space behind garage with heater, wall a/c and full bath. New staircase leads to an additional game/storage room above garage.

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LAND PARK

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1755 5th Avenue $1,050,000



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COLDWELL BANKER
RESIDENTIAL BROKERAGE

Joe Flores to become the first Mexican American president of the South Land Park Neighborhood Association



By Monica Stark

On March 20, the South Land Park Neighborhood Association will host its annual neighborhood meeting at Pony Express School at 7 p.m.

It will essentially end the 3-year presidency of Brian Ebbert. The SLPNA board will vote their new executive team at the April board meeting. At that time, current SLPNA Vice President Joe Flores will officially become the next president, while simultaneously into his second year as the Chair of the Parks & Recreation Commission. He is the first Mexican American to hold these seats.

Living in a progressive community where the church on the corner makes national headlines, promoting the message of 'love ALL of your neighbors', becoming the first Mexican American Neighborhood Association President where African Americans and women have previously served, Flores says, is a reflection of how diverse our neighborhood truly is.

"At the Mayor's State of the City, he shared a story of past racism within South Land Park during a time that I wasn't even born yet," says Flores. "This is not the South Land Park I know of today. I love that I live in a neighborhood, where many cultures are celebrated and supported. Every Friday night, I enjoy dinner with my family, while mariachis play."

Last October, Barrio Café hosted a Día de los Muertos themed block party, where his 5-year-old son got his face painted like Miguel from Pixar's Coco. (Weeks) ago, my family enjoyed the fire crackers and Dragon Dancers at SF Supermarket in celebration of Chinese New Year."

Honored that both the SLPNA Board and Park Commissioners have chosen him to represent them due to his advocacy in South Land Park and across District 5, Flores says it is also a badge of honor to be the first Mexican American Chair of the Parks and Recreation Commission when he is in spaces where the topic of diversity is discussed. In fact, he wrote the City's benchmarks on diversity back in 2016.

When he first joined the board in 2016, he became the Communications Sub-Committee Chair, where he's in charge of all social media and email messaging platforms. Proud to have organically grow the number of subscribers to these feeds to keep our neighbors informed across all issues that affects our neighborhood, he also curates and publish the SLPNA Annual Newsletter. He's the man behind the whimsical fun neighborhood 'Yard of the Month' contests, where neighbors win South Land Park Business Area gift cards and social media postings. Last October, he cohosted the Reichmuth Park Disk Golf Appreciation Day to highlight the City of Sacramento multi-use Parks and its amenities. The Appreciation Day also sought to highlight what a successful example of an 'Adopt-a-Park' by a community group looks like. The Capitol City Flyers Disk Golf Club players are our extra eyes and ears at Reichmuth Park, and last summer, there were several trees that caught fire in the Nature Area, they were the first to run across to Fire Station 13 for the fire fighters to extinguish. The Sacramento Police Department released a report last October that indicated since the installation of the disk golf equipment, calls of service and other negative crime statistics have reduced, a direct a correlation to the many disk golfers that come and play at our park. "Changing the perception that Reichmuth Park is not safe has been rewarding," he says.

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Flores:

continued from page 4

Under Ebbert's tenure as President where he sought to raise SLPNA's profile, Flores plans to expand it and to permanently establish as an exemplary example of what a neighborhood association should be. During his vice presidency, he sought and created partnerships with other neighborhood associations including the Land Park Community Association and the Pocket Greenhaven Community Association. "Brian and I cohosted a Beer Summit at Giovanni's Pizzeria last year with the Presidents and Vice Presidents of the Hollywood Park Neighborhood Association and Golf Course Terrance Estates Neighborhood Association where we discuss our top three issues affecting our neighborhoods and to assist each other in our endeavors. Turned out, our adjacent three neighborhoods have more issues in common that we initially thought and that lead to partnerships to address them like the Freeport Boulevard Transportation Safety Committee with Hollywood Park. I seek to create new partnerships, for example an upcoming Coffee Summit with the new President of the Sierra Curtis Neighborhood Association to collaborate on co-hosting hiring events for our neighbors for the new Curtis Park Safeway grocery store and the upcoming flagship Raley's grocery store on Freeport Boulevard."

For years, the Del Rio Trial Project has been a positive catalyst project that has engaged neighbors where they have become knowledgeable on the many aspects of the process with City and State. "As we are headed toward the endgame of the project, I don't want to lose the momentum of our neighbors' engagement and to create and maintain new annual neighborhood events, for example the well-attended Block Party we hosted with Barrio Café last September. We are working with other South Land Park partners to host the next community Block Party this May and again in September," he says.

Asked about top issues facing the neighborhood, he says cannabis and the incoming businesses to the Industrial Park area of our neighborhood will continue be an issue as businesses begin to fully operate. "We will have to keep a vigil eye and respond to any unforeseen externalities of this emerging business and to also be ready to celebrate the positives as well."

Some cannabis business representatives have visited SLPNA Board Meetings and they indicated that they want a positive relationship with the neighborhood, and this will be an aspect of SLPNA to monitor their accountability, he says. He assures that SLPNA will continue to have open dialogue with the City to make recommendations and policy requests for the cannabis industry to operate within South Land Park appropriately.

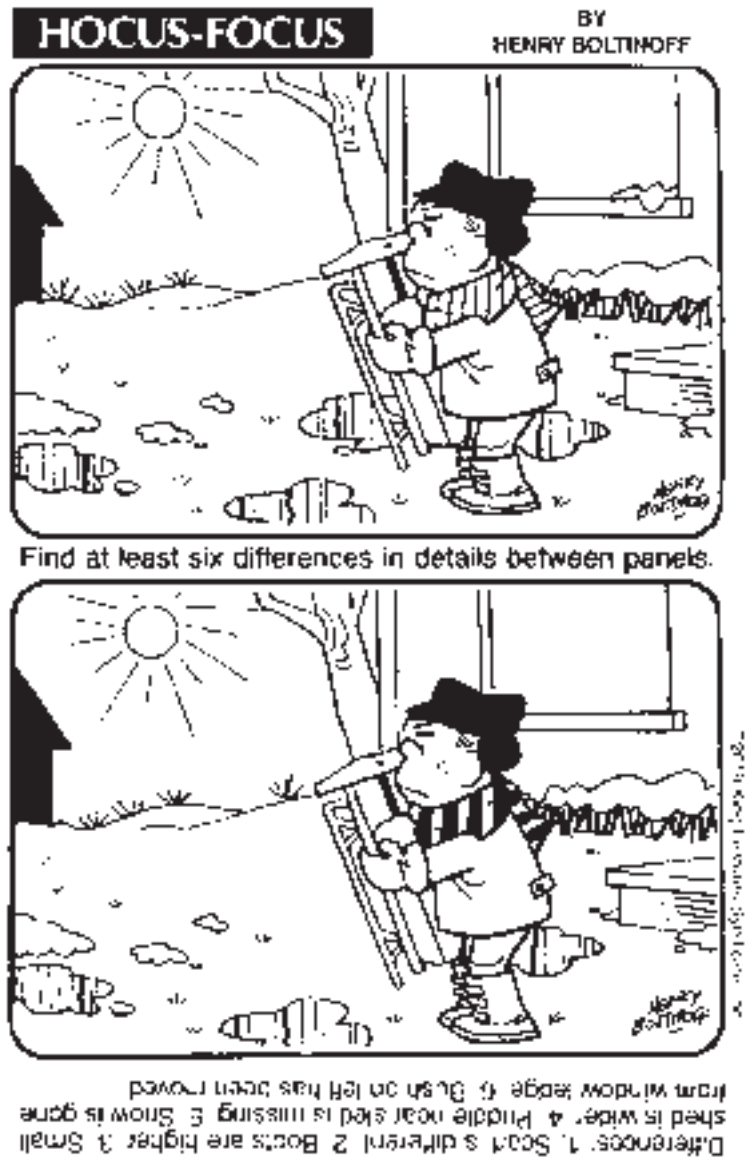
Coming up on May 17, the Belle Cooledge Library will host its annual family friendly Ice-Cream Social with free ice-cream from Vic's, a concert from famous children musical artist Asheba, and a movie at the park at sundown all to celebrate the kick-off of the Library's Summer Reading Program.

Later this year, the City of Sacramento Park's Department will open a Triple-R Adult Day Program at the former Jazzercise site in the South Hills Shopping Center for our older men and women to gather where they stay active, dance, enjoy each other's company while in a safe place. SLPNA will announce a ribbon cutting at a later date.

At this time next year, the playground equipment will have been replaced at Belle Cooledge Park and Flores looks to host a park beautification day to coincide with the new equipment install. Also at Belle Cooledge Park next year, in collaboration with Councilmember Jay Schenirer's Office and the Sacramento Library, the Parks Department will construct a mini outdoor concrete stage and seating area where library staff can host outdoor reading and performance events.

In short, Flores said, "It is an honor and a privilege to represent South Land Park where ever I go. It is not lost on me that we live in an area where there are public park spaces and facilities that are just walking distance or a short bike ride away to enjoy with our family: Belle Cooledge Park, Reichmuth Park, Argonaut Park, Charlie-Jensen Park, Belle Cooledge Dog Park, the Belle Cooledge Community Center and the Belle Cooledge Library."

As President, he looks forward to expanding SLPNA's profile for our neighbors to the City of Sacramento, business community, elected officials, and community partners that the South Land Park area is "a destination neighborhood to live in, play in, shop in, dine in and work in." To our neighbors who live in the South Land Park Area, Flores urges you to consider becoming a member of the South Land Park Neighborhood Association to stay informed of the latest neighborhood news and issues that affect you. Also, if you would like to become a board member, contact him at JOE@SLPNA.org.



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Mayor addresses homelessness, economic development

By LANCE ARMSTRONG

Sacramento Mayor Darrell Steinberg last week shared his views on homelessness and economic development.

The mayor discussed these issues with the Pocket News in his office at City Hall on Feb. 27.

Steinberg, a longtime Pocket resident, commented on recently being appointed by Gov. Gavin Newsom to lead the new state commission on California's homeless crisis.

"I served in the legislature for 14 years and (co-)authored California's Mental Health Services Act – Prop. 63 (a 1 percent sales tax on personal incomes exceeding $1 million) – so the governor has asked me if I would lead a task force on addressing the state homeless problem," he said.

"Despite the fact that I'm busy, I'm not too busy to take on the statewide leadership, especially around an issue that is so important to the quality of life in our state, including Sacramento."



Photo by Lance Armstrong

Mayor Darrell Steinberg sits at his desk at City Hall following his Feb. 27 interview with Valley Community Newspapers.

The mayor referred to Sacramento's homeless crisis as the "single biggest threat to our quality of life."

"We are such a growing, thriving city (with) so much excitement, so many things going on, and yet we deal with this very significant challenge (of homelessness)," he said. "It's a challenge to our conscious, really, in addition to really being a public health and a public safety problem."

While Steinberg was making that statement, about 50 homeless people with tents, sleeping bags and other essentials were camped in front of City Hall, five floors below his office.

Steinberg stated that he "knows what works" in approaching the homeless issue.

"For the chronically homeless, it's a sort of consistent outreach," he said. "It is low-barrier triage shelters like the kind we have successfully demonstrated on Railroad Avenue (in the north section of the city). It's permanent supportive housing, it's mental health and substance abuse services, and then it's prevention and early intervention. People that are housed need to stay housed."

The mayor added that Sacramento has already helped hundreds of people get off the streets.

However, Steinberg added that there are thousands of homeless people in the capital city and tens of thousands of homeless in California.

Steinberg mentioned that he feels that City Hall's short distance from the state Capitol is advantageous.

"I'm going to have the advantage of good proximity to the Capitol," he said. "Maybe a little less sleep, but I'm going to take (this new role) on and see if I can help. Fundamentally, we need to approach (this issue) like the emergency that it is."

Steinberg also spoke about the issue of economic development with urgency.

"The voters of Sacramento passed Measure U (last November)," he said. " I led (that new sales tax) campaign and kind of came up with the idea to extend the existing half-cent to a cent and using the second half-cent for economic development, and specifically equity in economic development."

Steinberg stressed the importance of increasing Sacramento's economic base and becoming more than a city whose job base is dependent on government.

"It means clean energy, it means alternative fuels, it means health care, it means innovation, it means technology, it means food, (and) so much more," he said. "It takes intention and real resources to partner with the private sector and partner with the community and partner with the other public sector partners to actually make this economy more dynamic."

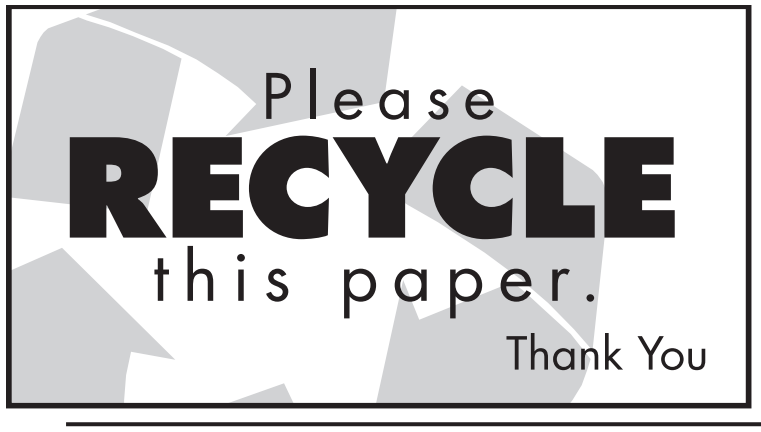
The mayor provided the example of Centene Corp., a major Fortune 100 health insurance company that was attracted to Sacramento.

"(That 2018 acquisition brought) 5,000 jobs," he said. "But it required us to partner with Centene. We offered a per employee incentive. (It was) a good, solid, public investment for the creation of jobs, and we want to be able to do more of that.

"We want to be able to invest in small business owners to help them grow their businesses in neighborhoods. We want to put real resources into these rundown commercial corridors that have so much potential and so much history."

Steinberg also stated his desire to create much greater workforce development opportunities for young people, and integrate those opportunities with their public education.

With his understanding that many workforce development efforts involve resources, Steinberg noted that he is calling for a major set of investments in the city's neighborhoods, especially neighborhoods that have "been left out for far too long."



Sacramento council member proposes temporary housing for homeless at Florin light rail station

By Margherita Beale

Hoping to move about 300 homeless individuals per year a step closer to permanent housing, Sacramento City Councilmember Jay Schenirer recently proposed a two-year homeless shelter in the northwest corner of the Florin light rail station parking lot in Sacramento.

The proposal is a response to Sacramento Mayor Darrell Steinberg's challenge to all eight city council members to find sites for 100-bed homeless shelters in each of their districts. According to Schenirer, the initiative's budget is somewhere in the $37 million to $40 million range, made up of a combination of city funds, state money and private dollars.

"I think that it's a really critical issue for the city and we need to deal with it and take leadership," said Schenirer. "If we can be successful, it will be worth it."

The south Sacramento lot is owned by Sacramento Regional Transit. The lot was purchased when the end of the light rail line was Florin, with around 1000 parking spaces to accommodate the originally anticipated traffic.

Since the light rail expanded to Meadowview and Cosumnes, the parking lot is no longer crowded. Schenirer said that on any given day, only about 100 spaces are used.

Only two of the space's 21 acres would be used to erect the proposed "Sprung" structure, a tent-like, fabric building that can be built in a matter of weeks. Sprung structures have been used in places like San Diego, where the Alpha Project's Temporary Bridge Shelter houses 325 people at a time.

Bob Erlenbusch, executive director of the Sacramento Regional Coalition to End Homelessness, said he welcomes the mayor's challenge and is glad Schenirer has stepped up, adding that he hopes other council members will do the same.

"I think there's a total of five who have stepped up but he's been the most aggressive about it," Erlenbusch said. "Over 17 years, we've lost 900 people experiencing homelessness so we should do everything we can to help lower the number of people who are dying in the streets of our community."

In order for the shelter to be built, Sacramento's RT board — which Schenirer sits on — will have to approve the proposed 30-month lease. After that, city council will have their chance to pass the proposal.

According to Schenirer, most of the concerns raised by the board about the shelter center around safety and security.

Schenirer said he and his staff have looked at 24-hour security, a fence to enclose the area and operating hours which would limit coming and going during the evenings.

Further concern stems from the location's proximity to Luther Burbank High School, half a mile away from the Florin light rail station.

Koriem Muhammad, a 17-year-old Meadowview resident and junior at the high school, said the shelter would make for a big improvement.

"One time over at school, me and my friends were just screwing around bright and early in the morning and we saw this homeless guy just walk into the bathroom. And it was just weird," said Muhammad. "I think just getting them away from the school in general will be a good idea."

In theory, the shelter would do just that. With a focus on welcoming homeless individuals who are seeking shelter in the fifth district, Schenirer says his "low-barrier" shelter proposal will be fully serviced, "health wise and mental health wise."

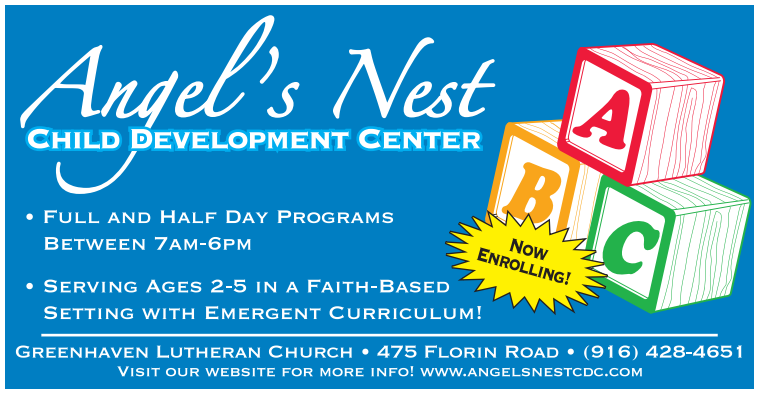
"We're not drug testing and people can bring their possessions and their pets," said Schenirer. "We're trying to have an open door so we can get these most vulnerable people indoors and get them on a pathway toward permanent housing."

Schenirer says that while many have a vision of individuals lined up seeking shelter, this proposal would entail recruitment through city health navigators and the Sacramento Police Department's IMPACT team, which provides outreach and engagement services throughout the city.

Schenirer said a community meeting will be held Monday before moving to the RT board for a decision on March 11. After additional community meetings between then and March 26, the proposal will move to city council.

"I would hope that I would have support," said Schenirer. "I don't think that it will be unanimous. I know that some of my colleagues on the board have expressed some concerns but I think that the steps that we've taken to mitigate those concerns will hopefully be enough."

Margherita Beale is a journalism student at Sacramento State. This article was written as a class assignment and has been reprinted with permission.





Ohana:

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a hula halau (school), she explains, it is their responsibility to ensure the history of Hawai'i is not forgotten, and to preserve traditional cultural practices and traditions so our past does not fade away.

"Through our teachings and performances, we hope to foster cultural understanding and diversity in Sacramento. We encourage others, especially our youthful audiences, to be proud of their ethnic backgrounds, to preserve their cultures, as we are doing, and to be accepting of others' differences," Pat said.

Beginner classes make learning hula, 'olelo Hawai'i (Hawaiian language), and other sacred traditions fun and approachable. Every class begins with an 'oli (chant) in which the haumana (students) ask permission to enter the halau (school).

"Hula basics come next, and things sure do heat up," Pat says. "We practice the myriad traditional steps in hula to the beat of an ipu heke (gourd drum). This is both educational and great exercise." Once basics are done, they begin choreography. In all of the classes, Ohana practices both hula 'auana (modern) and hula kahiko (ancient). Ohana's alaka'i (class leader) makes sure things stay fresh by working on a mix of both types.

Ohana does encourage note-taking, which many people wouldn't expect to be a part of a dance class, Pat says. "Because hula is storytelling, writing down the movements alongside the words and translation of a song helps us dance with authenticity and feeling, so you can have a better understanding of what you're dancing about. Since every class will include new choreography, we stress the important of attending class regularly. There is a commitment and discipline associated with being a member in a traditional halau. The fun, pilina (connection), and aloha present in every class make it worth the effort."

Proud and happy to share their aloha through dances and performances, all of which, Pat says, are based on education, blending real life stories of Hawai`i and its people within their dances. "We enjoy educating children and their parents, and other adults about Hawai`i at a variety of venues: local community libraries, schools, multicultural events, hospitals, and others. Our educational and interactive approach helps to encourage cultural understanding and diversity for both the Hawaiian culture and one's own culture," she says.

Ohana has been invited to perform and teach hula to the bloggers of Disney On Ice in Stockton and Sacramento in February. They're scheduled to perform at UC Davis this month, the Crocker Art Gallery for the "Night of the Museum" Event in April, and various libraries and festivals within and outside of Sacramento, as the year progresses. Visit ohanadancegroup.com to see a list of performances from the past five years.

Since Ohana's inception in 2003, the organization was deemed by the IRS and the State to be a non-profit entity and Pat underwent, and graduated from, a three-year, in-depth, hula training program with a cultural expert from Hawai`i, Kawaikapuokalani Hewett. Not only was Pat a member of a group of a dozen others from California, she managed the program, for which she is well respected. Ohana hasbeen recognized by the governor of Hawai'i in 2011 for educating Native Hawaiians and others who live away from Hawai`i, for preserving the Hawaiian culture and traditions through hula, and for being able to reduce cultural fragmentation as a result of being separated from Hawai`i.

Due to the group's adherence to authentic Hawaiian traditions and educational efforts, they have been, and continue to be, invited to innumerable events to share our knowledge and talents with the community.

"We continue to do our best to ensure that our beloved Hawaiian culture is not diluted or forgotten. As one of the most diverse cities in America, Sacramento is an ideal home for our halau that will allow our Hawaiian culture to flourish and grow," says Pat.



Yocha Dehe gift boosts Native American Studies scholarships

By Dixie Reid
Sacramento State

A $750,000 gift from the Yocha Dehe Wintun Nation will fund hundreds of student scholarships in Sacramento State's Native American Studies program.

Tribal Chairman Anthony Roberts presented an oversized check to University President Robert S. Nelsen and Annette Reed, professor and director of Native American Studies, at a luncheon Wednesday, March 6, in The WELL's Terrace Suite on campus.

Ceremonies will began with opening remarks and the check presentation. Native American Studies students spoke about the impact that scholarships have made on their education.

The Native American Studies Yocha Dehe Wintun Nation Scholarships are available to all undergraduate and graduate students, regardless of major. One of the requirements is for students to have completed a Native American Studies course during the year.

The tribe's gift will allow the program to offer minimum $2,000 scholarships to individual recipients each semester, a significant increase from the current $1,000 recipients may receive per semester.

A goal of scholarships is to encourage students to learn about and to gain a greater understanding of California's native people, Reed says.

"It's touching and powerful that a California native nation invests in and believes so much in the education of Sacramento State students that they make a donation with life-changing implications," Reed says. "We have students who are having a difficult time financially, so when that check comes in, they're able to get through the semester."

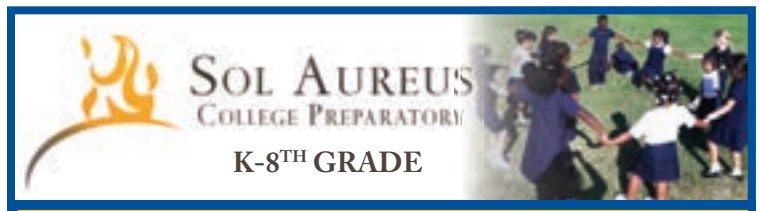
Students can minor in Native American Studies or pursue a Native American Studies concentration that will lead to a bachelor of arts in Ethnic Studies.

The $750,000 donation is not the first gift to Sac State from the Yocha Dehe Wintun Nation.

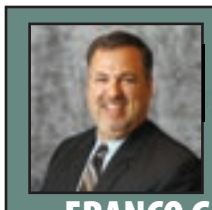
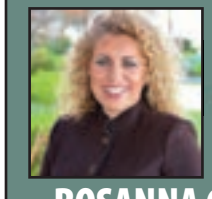
The tribe's involvement with Sac State dates to 2001, when the then-Rumsey Indian Rancheria of Wintun Indians of California helped with funding for the Californian Indian Conference held at Sacramento State. In 2006, the tribe gave $250,000 for scholarships and support to the Native American Studies program.

The Wintun people have made their home in California's Capay Valley for thousands of years. The tribe operates Cache Creek Casino Resort, the Yocha Dehe Golf Club, and the Séka Hills Olive Mill & Tasting Room, all near the Yolo County community of Brooks.

Dixie Reid is a writer in the office of University Communications.



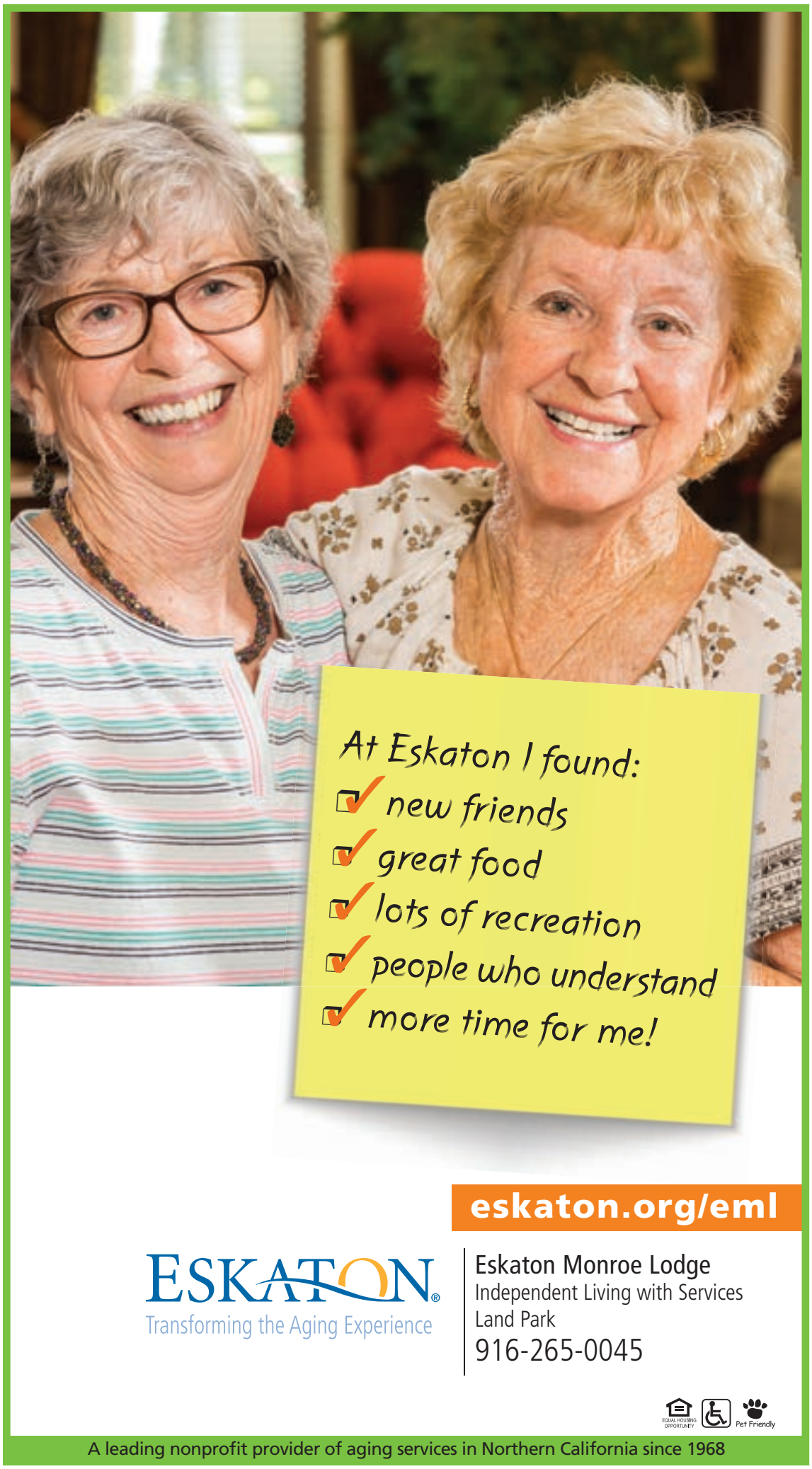
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McClatchy Wrestler Becomes Two-Time State Wrestling Champion



Photo courtesy of SCUSD

Tavi Heidelberg of C.K. McClatchy High School.

For the first time in C.K. McClatchy High School history, the school has a two-time state champion. This is after senior Tavi Heidelberg won the state wrestling championship for the second year in a row.

Wrestler Cristina Santoyo advanced to the finals at 235 pounds, but was no match for Tavi Heidelberg in a 10-1 win by the McClatchy standout student-athlete. The win took place this past weekend at the CIF State Wrestling Championships in Bakersfield. Congratulations Tavi on making history!

Source: SCUSD.edu

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Jaguars temporarily off exhibit for habitat enhancements

The Sacramento Zoo is excited to announce that the resident jaguar pair, Sasha and Tikal, will be receiving an exhibit renovation and additions to their living space!

The renovations, which are currently underway, will take place in phases over the coming weeks and months. The improvements will include necessary structure upgrades including a roof replacement, tree removal and trimming, various horticulture upgrades, a long-awaited repair of the river, water system and fountain and more.

As a conservation organization, the zoo has plans to repurpose large trees removed from the exhibit. We are hoping to upcycle trees and other material into playing, climbing and lounging structures for the jaguars and other animals within the zoo.

Other potential improvements are being explored throughout the duration of this project. Phases of work are expected to be done this spring and summer with the animals off exhibit during active work.

Once completed, visitors can look forward to a much-improved visual experience. The overgrown foliage will be thinned to provide better viewing and connection with the jaguars in their habitat.

"We are very happy to continue our commitment to improving animal habitats and guest experiences throughout the zoo. These improvements are only possible with the incredible support we have from the community," says Director of Animal Care Matt McKim.

Note:

-As the project progresses, there will be periods when guests will not be able to see the jaguars at all

-The jaguar exhibit and Rare Feline Courtyard are currently closed

-Tree work inside the exhibit may impact visitor traffic in the surrounding area at times

-There will be well-marked construction areas throughout the duration of the project

-Project timelines are tentative and aim to balance existing zoo projects and upgrades

-Please stay tuned and visit the zoo often for updates on the phased renovation to the jaguar exhibit and to enjoy more than 450 other amazing animals that call the Sacramento Zoo home.

The Sacramento Zoo participates in the Association of Zoos and Aquariums Jaguar Species Survival Plan. Jaguars are an endangered species with estimates indicating that only approximately 15,000 still exist in the wild; however, their numbers are rapidly decreasing as a result of habitat destruction and illegal fur trade. In appearance, jaguars are often confused with leopards – both cats have a similar brownish/yellow base-fur coloring that is marked distinctively with spots – the jaguar's spots are rosettes, which are spots within spots, making them slightly different. Jaguars are also stockier and have larger heads and shorter tails than leopards. They weigh 80-130 pounds and can live approximately 11 years in the wild and up to 22 years in human care.

Source: Sacramento Zoo



Photo courtesy of Sacramento Zoo

Jaguar Sasha

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Faces and Places: Camellia Festival



Photos by Stephen Crowley

The 95th annual Sacramento Camellia Show was held at the Elks Lodge, 6446 Riverside Blvd. on Saturday, March 2 and Sunday, March 3.

see Camellia page 13



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Camellia:

continued from page 12









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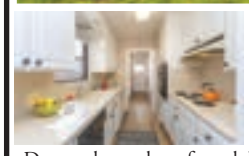
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Conservation in action: Hopping to it to save frogs





By Laurel Vincent

The Sacramento Zoo supports local and global conservation efforts, including one of our 2018 Quarters for Conservation recipients: foothill yellow-legged frogs. This species has seen a remarkable decline in numbers in recent years and is now a candidate for federal protection under the Endangered Species Act.

The objective of this conservation project is to restore and save a native California species and give it legs to thrive and repopulate in the wild. Through this conservation initiative, the Sacramento Zoo is helping with a population enhancement project in the region to increase population size and hopefully restore this species. Individually, we are working with the Rock Creek-Cresta Foothill Yellow-legged Frog Technical Group to restore foothill yellow-legged frog populations in the Plumas and Butte county areas of the Feather River; which is the only place in the world this species inhabits. This project is vital because the species is croaking in record numbers due to human habitat encroachment in important breeding sites. Without our intervention, this native species would become extinct in a matter of years.

Courtney Silver, a member of the Rock Creek-Cresta Foothill Yellow-legged Frog Technical Group said, "with the help from funding from the Sacramento Zoo we have been able to raise tadpoles into adulthood in protected cages in their native habitat and then release them to join the existing populations in hopes that they reach breeding age and can increase their population size. Without this funding, our project would not have been possible."

In addition to monetary support, the Sacramento Zoo has sent staff volunteers to participate in restoration and conservation fieldwork. In the field, volunteers and program leaders are using a simple method of restoration: laundry baskets topped with mesh, secured with paperclips, and filled with rocks and tadpoles, submerged in the rivers which these frogs inhabit. The stones lining the baskets provide weight to keep the incubators submerged as well as a natural food source for the tadpoles because of the algae supply they provide.

Last year, two zoo staff members, including myself and a zookeeper, traveled to Butte County's Feather River to lend a hand in restoration, tracking, inventory and release of hundreds of foothill yellow-legged frogs. Our early morning started with a cold swim across a particularly fast-running portion of the Feather River off Highway 70, just below the Poe Dam. Once across the river, the zoo team and Colin Dillingham, a district wildlife biologist for Mt Hough Ranger District in the Plumas National Forest, started inventory on the tadpoles and frogs. We inventoried the frogs in each basket, collected the ones that were of appropriate size (full legs and minimal tail), replaced the rocks for a fresh food source, and released the frogs in two portions (about a mile apart) of the Feather River.

Because of conservation in action, we have been able to help the Rock Creek-Cresta Foothill Yellow-legged Frog Technical Group raise 1,000 tadpoles into adulthood. The Sacramento Zoo and its staff are dedicated to funding and supporting local and global conservation efforts such at the Rock Creek-Cresta Foothill Yellow-legged Frog Technical Group.

Source: Saczoo.org



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The Dad Navigates Troubled Waters: Please Pass the Cinnamon



We ran out of spices recently, so I stopped at the store on my way home. I was exhausted from my day and rushing to make the train. I went to the bulk section and filled a container with what I thought was cinnamon. Instead, it was cumin. Even though I laughed at myself, I had a pretty horrific memory from the time when KD was a toddler.

Before KD (our now 11 year old son) was born, Captain Mommy (my wife Stephanie) and I were all set to do things our way. We took those parenting classes where they teach you how to use a sling and co-parent peacefully. We had the cloth diapers. We were planning to do a water birth. We didn't find out his gender. We had a birthing coach. Etc.

And then everything went sidewise. He spent 20 days in the NICU, came home on oxygen, etc. It was not what we expected, at all. We were in parenting hell, and just did our best to survive. The cloth diapers turned into all-purpose rags. He had pretty intense pulmonary challenges, so he didn't sleep. I spent most nights in the steam with him.

After about a month, he came off oxygen but was still sick. We had three more visits to the ICU. When he got a little older and started eating we just grabbed whatever we could through the haze of sleep deprivation. And as long as he didn't complain, food didn't matter. My favorite moment is the day I reached to put cinnamon into his applesauce and instead put in cumin. Since he gobbled it down and didn't complain, it was a win.

Moving forward, KD's "special needs" lasted until he was 4-5. We had moments of hell, but they subsided. Now his health is normal.

But what happens for a family with a number of kids when a child's special needs persist long-term or develop later? Whether it's a child with Down's Syndrome or is autistic or a kid with an eating disorder or who is cutting repeatedly, appropriately, more parental resources go to the more needy child and, out of necessity, less to the others.

Children aren't stupid; when they recognize that their parents aren't around and/or emotionally available, they know they'll have to work to get the attention they need and deserve. Although there are a number of strategies kids use, these are the ones I see most frequently. The uber-responsible kid (typically the oldest) who tries to pick-up the slack by cooking, cleaning, and "parenting" younger siblings. They want to be recognized for their help. Instead, parents often feel reassured that things are under control and keep their focus on the more needy child.

Other kids act out by failing their classes, getting "caught" using drugs, and/or by being particularly defiant. It may not be their preferred method, but some attention is better than none. As you can guess, it backfires. Instead of getting love, affection, interest and concern, the little emotional energy their parents do have is spent on anger, yelling and punitive consequences.

Perhaps most difficult to spot are the kids who, on some level, recognize that their parents have little to give them and disappear, instead of being demanding. Rather than giving the love and attention they deserve, the stressed parents figure they must be OK and continue taking care of the more needy child.

Then one day you have one of those "wait, I'm a good parent who's supposed to act differently" moments and realize that your parenting is out of balance and your other children need more. That's not to say that you'll be able to do anything differently. But here are a few questions for you to consider?

Do you both HAVE to go to all of your child's appointments? Instead, can you divide and conquer? If you don't divide and conquer, what little things can you do so that your other kids know you're thinking of them? Are you spending regular, one-on-one time with the other kids, when the crisis subsides? What are you doing to take care of yourself physically and emotionally? Are you depending on your friends/family for support with watching the kids and getting time for you as a couple? Are there other, healthy adults (e.g. coaches, scout master, teachers, club moderators, etc.) available to help "parent" your other kids? Are you pointing your kids toward these activities? Are you preaching to your kids the importance of being kids, not parents, and send them to places that support this (e.g. summer camp)? Do they visit relatives in areas away from home? Would you consider having your child see a therapist?

No-matter what strategies you use for coping with being a parent of a special needs child, his or her birth and upbringing will throw the delicate balance of a family into a destabilizing blender. Things won't be "normal." But there are things you can try. After all, we can only do the best we can do.

Until next time.

Steve is a Marriage and Family Therapist who specializes in working with teens and parents, in Midtown. His website is www.rivercitycounseling.com, and he can be found on Facebook at River City Counseling and Twitter @rivercitysteve.

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SATURDAY, MARCH 16

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POP-UP ART LABS: Food, art, music and more. Free for youth and families. For ages 13 and up, in the back art studio.2574 21st St, Sacramento, California 95818

SATURDAY, MARCH 30

OHANA DANCE GROUP OPEN HOUSE - Ohana Dance Group is a local halau that performs at many events in the community. Ohana will open their doors to the community to share the Hawaiian culture. The Halau will be open from 11 a.m. to 2 p.m. They will be sharing the Hawaiian culture with activities, demonstrations, basic dance steps, crafts and more.This is a free opportunity for community members to see an activity that is presently available in the South Land Park area. Ohana will also have Hawaiian crafts available for purchase. This is a free event and all ages welcome. 6325 Belleau Wood Lane Suite 1B, Sacramento, CA 95822

SATURDAY, APRIL 6 TO SUNDAY, APRIL 7

BONSAI SEKIYU KAI: 42ND ANNUAL SHOW will be held at the Sacramento Buddhist Church, 2401 Riverside Blvd. Hours are 10 a.m. to 4 p.m. with a demonstration at 2 p.m. each day by Yuzo Maruyama. Free Admission. Amenities include refreshments, light snacks, door prizes, raffles and a silent auction. Member and vendor sales of plants and bonsai-related items will also be available. For more information contact Bonsai Sekiyu Kai at bonsaisekiyukai@gmail.com

SATURDAY, APRIL 13

LAND PARK ANNUAL EGG HUNT & HAT PARADE Saturday, April 13th from 9:30-11am at Crocker/Riverside Elementary. 2970 Riverside Blvd. Bring your basket and a decorated hat or bonnet to this fun family event. Kids will enjoy music, face painting, games, and egg hunts separated by age group.

COMMUNITY FORUM: FAST TRACK TO CARBON ZERO: On April 13, 350 Sacramento will host a Community Forum: Fast Track to Carbon Zero, to inspire attendees to expand their ideas of what is possible in the transition to carbon zero. Climate change is the biggest challenge of our lifetime!! We need to speed up the transition from fossil fuels to a sustainable future to achieve carbon zero within the time frame scientists tell us is required to stay below 1.5 degrees Celsius. With a federal government actively hostile to the climate, the real action is now at the local level. Cities are where innovation and creativity can make a huge difference, transforming urban landscapes into low-carbon, highly desirable communities. Sacramento, the capital of California, can be a leader in this exciting and ambitious effort. Come to this Community Forum and learn how we can get the carbon out and create a thriving Sacramento region. Details: 9:00am–4:00pm; Where: Sacramento City College Performing Arts Center (3835 Freeport Blvd, Sacramento); Who: General public, students, professionals, decisionmakers—all are welcome. Cost: Recommended: $5 – $15 sliding scale; includes lunch. No one turned away for lack of funds. Panel discussions to highlight current progress in the region and ideas for transformative change. Interactive break-out groups to offer next steps for attendees. Please register today to help us plan. Cost is a sliding scale ($5–$15) based on what you can afford (donations welcome!). Lunch is included. Scholarships are available; no one will be turned away for lack of funds. Sacramento City College, Performing Arts Center, 3835 Freeport Blvd. Sacramento, CA 95822

SATURDAY, APRIL 13-SUNDAY, APRIL 14

CEMETERY EVENT – OPEN GARDENS & ROSE SALE: The Old City Cemetery Committee presents the Historic Rose Garden's annual plant sale and tour event on Saturday, April 13 from 9:30 a.m. to 2 p.m. and Sunday, April 14 from 11 a.m. to 2 p.m. (tour and sale only) at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. The sale features over 500 rose plants propagated from our rare and historic rose collection. On April 13, there will be tours of the Historic Rose Garden (at 10:30 a.m. and 12:30 p.m.), a history tour (at 11 a.m.), a silent auction, and sale of rose-related merchandise. Rose sales continue on April 14 from 11 a.m. to 2 p.m., with a rose "Walk and Talk" tour at 1 p.m. The Historic Rose Garden, winner of multiple international awards, will be at peak bloom and many flowers will be blooming in the California Native Plant and Hamilton Square Perennial Plan Gardens. Visitors will be surrounded by color and fragrance amidst our lovely Gold Rush garden cemetery. The combination is not to be missed! Details are at cemeteryrose.org. The cemetery is located at 1000 Broadway, Sacramento. There is free street parking on surrounding streets. For more information, call 916-448-0811.

SATURDAY, APRIL 20

SCNA'S ANNUAL SPRING EGG HUNT will be held Saturday, April 20. It will begin with the traditional pajama parade at 9:30 a.m. at the north end of William Curtis Park. Parade goes will wind the streets to Curtis Hall at the Sierra 2 Center where children can enjoy a variety of crafts and activities. Bunny photos will be available with suggested donation of $5. The Egg Hunt will follow on Sierra 2 Green at 10:30 a.m.

SATURDAY, APRIL 20 AND SUNDAY, APRIL 21

SPRING EGGSTRAVAGANZA AT FAIRYTALE TOWN Join Fairytale Town for an egg-citing weekend featuring egg hunts, prizes, spring themed arts and crafts and more! Egg hunt times and areas are separated by age group. Please check back for details. (One egg hunt per child).
Egg hunt times and areas are separated by age groups as follows: (One egg hunt per child). Non-Walkers on the Mother Goose Stage Lawn at 10, 11 AM, 12, 1, 2 & 3 PM
Ages 1 – 3 on the lawn behind the Shoe Slide at 10:15, 11:15 AM, 12:15, 1:15, 2:15 & 3:15 PM
Ages 4 – 6 in Pooh Corner at 10:30, 11:30 AM, 12:30, 1:30, 2:30 & 3:30 PM
Ages 7 – 12 on the lawn behind King Arthur's Castle at 10:45, 11:45, 12:45, 1:45, 2:45 & 3:45 PM
After the egg hunt, make your way to Mr. McGregor's Garden to redeem your eggs for a prize! Kids can choose from a variety of new prizes based on the number of eggs they collect.



Fairytale Town announces photo contest

In celebration of the 60 years of family fun at Fairytale Town, the children's amusement park in William Land Park has announced a photo contest. Ending on March 20 at 11:59 p.m., the grand prize winner will receive: a Fairytale Town Membership at the Mother Goose level (admission for four to 12 months), a Humpty Dumpty plush doll, a photo featured on Fairytale Town's social media accounts and email newsletter, a photo featured in the biannual newsletter. Ten runner-up winners will receive a family pass to visit Fairytale Town (admission for four).

Simply, enter your photo, have friends and family vote on your photo. And, the photo with the most votes will win.

https://woobox.com/3nh5t3

What's happening, Land Park?

Puppet Art Theater Company will also be on hand performing Bunny Boot Camp in the Children's Theater. Tickets are $1 for members and $2 for nonmembers. Show times are at 12:30, 1:30, and 2:30 PM. Puppet show tickets can be purchased at the entrance to the Children's Theater 15 minutes prior to show time. Plus, visit with Peter Cottontail on the Mother Goose Stage from 10 AM – 3 PM. Get a printed photo for $5, or take your own photo. And make spring-themed crafts, including bunny ears, from 10 AM – 3 PM.
Are you a Fairytale Town member? Check out the Members-Only Spring Eggstravaganza on April 19! Please note: Spring Eggstravaganza is a special ticketed event.
Tickets are on sale now. Online advance ticket sales end Friday, April 19 at 11:59 PM.
Advance Tickets (March 1 – April 19):
Adults: $7; Children (2-12yrs.): $7; Children 1 and under: Free. Fairytale Town members* receive 50 percent off tickets
Day-of Tickets (April 20 & 21):
Adults: $10; Children (2-12yrs.): $10; Children 1 and under: Free. Fairytale Town members* receive 50 percent off tickets
Helpful Tips: Allow extra time for travel and parking. Bring a basket for collecting eggs. Peter Cottontail will be hopping down the bunny trail promptly at 3 PM. The line may close early to accommodate all guests.
Members: New this year: A Members-Only Spring Eggstravaganza on April 19.
Fairytale Town is located at 3901 Land Park Drive.

SATURDAY, APRIL 27

LAKE WASHINGTON SAILING CLUB OPEN HOUSE: Free Sailboat rides and fun for all! Come to the Lake Washington Sailing Club's Annual Open House on Saturday April 27, 2019, from 10:30am to 3:30PM. In addition to sailing, there will be fascinating displays of sailing activities and sailing related organizations, food and refreshments for sale and fun activities for kids. The club is located at the end of Boathouse Rd at the Port of Sacramento in West Sacramento. Check our website for directions: http://www.lwsailing.org.

SUNDAY, MAY 19

THE 18TH ANNUAL A TASTE OF LAND PARK, Sunday, May 19th from 4-7pm. More information and ticket sales coming soon. Attendees can enjoy beer, wine, food, art, and live music. Land Park Community Association members will receive early admission.

ONGOING

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA South Sacramento Support Group: Every second Thursday of the month from 1 to 2:15 p.m., Location: Asian Community Center (ACC), 7334 Park City Drive, Sacramento, CA 95831. This support group is free to those who are living with Parkinson's Disease, their family and caregivers. The group shares information to help each other and provide guest speakers who can assist with physical and mental challenges in daily living.

ADULT AND TWEEN/TEEN BOOK CLUBS AT CRAWFORD'S BOOKS: Crawford's Books is hosting a monthly adult book club on the first Thursday of the month from 6:30- 7:30 p.m. They also host a tween/teen book club every other month. This group convenes on the 1st Saturday of EVEN months from 4 to 5 p.m. Light refreshments are provided. For more information and the list of books that will be discussed, please visit crawfordbooks.net. Crawford's Books is located at 5301 Freeport Blvd., #200, Sacramento. For more information, call 916-731-8001.

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 pastime 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.

KLASSY TALKERS TOASTMASTERS provides a supportive, positive and fun learning environment in which every member has the opportunity to develop communication and leadership skills. The club welcomes the public to check out the club on Mondays (except holidays) from 7:15 – 8:30 p.m. at Eskaton Monroe Lodge, 3225 Freeport Blvd.

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.

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

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

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





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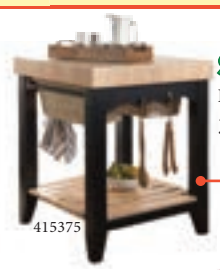
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