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Zoo relocation, expansion plan to be presented to City Council May 28

Proposed move to Natomas, future re-use of current zoo site discussed



Photo courtesy of Brandy Tuzon Boyd
The Sacramento Zoo has been located in William Land Park since 1927.

By LANCE ARMSTRONG

The Sacramento Zoo's future continues to be a topic of much interest for many people throughout the Sacramento region.

Last spring, the board of this city-owned zoo unanimously voted to relocate the zoo from its current, 14-acre site on the west end of William Land Park to a 50- to 60-acre site in an undetermined, different location in Sacramento.

The purpose of the move would be to house the zoo's current animals, as well as larger animals, and provide bigger living spaces for those residents.

On May 28, the zoo board will present their case for a new and expanded zoo to the Sacramento City Council. The meeting will be held in the Council Chamber, 915 I St., first floor, at 5 p.m.

A current page on the zoo's website includes the following words: "Are you a Sac Zoo champion? We need your support more than ever. In order to stay relevant and become a 21st century zoo, we must relocate.

"Write a letter/email (message) of support to your council member today. If you don't live within the city limits, we urge you to write to the mayor."

With the zoo board's desire to create a larger, 21st century-type zoo, one of the locations they are considering is the site of Sleep Train Arena, the closed North Natomas entertainment facility that was known for the majority of its years as ARCO Arena.

Attractive to the board is the arena site's ample parking and convenient freeway access.

Jason Jacobs, the zoo's director, told the Land Park News last November that limited parking availability is the number one complaint of the zoo's visitors.

The board set its goal to open at a new site by 2027, when the zoo celebrates its 100th anniversary.

Natomas resident Brandy Tuzon Boyd, who owns and operates the online news website, The Natomas Buzz, said that she organized a grassroots group that supports the relocation of the zoo to the former Sleep Train Arena site.

Boyd, who is also a member of the zoo, mentioned that she used social media to form her group, which is known as We Want a Zoo.

"When the Natomas site was identified by the news, I shared that information with my community via social media and there was a lot of support for (that proposal)," she said.

Boyd added that she is not interested in having the old Sleep Train Arena property used for the construction of housing and business spaces.

"The (Sacramento) Kings' proposal is to take the old arena site and build high-density housing and retail-commercial warehouse space," she said.

The group held its first public meeting last March and has since held another meeting, and provided presentations for community organizations.

Additionally, the group has an online petition with sig-

see ZOO page 3



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Cover by:
Steve Crowley

Zoo:

continued from page 2

natures of more than 1,200 people who support the proposal to relocate the zoo to the old arena site.

Boyd said that she and other members of her group plan to submit an updated list of signatures and make comments regarding the arena site proposal at the May 28 City Council meeting.

In advance of this meeting, the We Want a Zoo group posted a message on the social media site, Nextdoor.

The message invites the community to join them at the meeting.

"Please feel free to bring your family, friends and neighbors," the message reads. "Wear your WWAZ shirts."

The group also posted the following words on their Facebook page: "WWAZ will be in attendance to support the zoo and the feasibility studies, which have shown more than once that the best location for an expanded zoo within the city's limits is in Natomas."

Boyd said that the group will prepare their part in the May 28 meeting during their own public meeting, which will be held at the Sacramento Public Library's North Natomas branch, 4660 Via Ingoglia, on May 21 at 7:30 p.m.

With the zoo board's plan to relocate and expand the city's zoo, Mitch Rohrer, president of the Land Park Community Association, commented on the zoo's possible relocation and how the current zoo site could be used if the property becomes available for a re-use project.

"The (association's) board has not spent a lot of time, at the moment, evaluating the pros and cons of the zoo's move to another location, but we understand they're not able to have this robust of a zoo, including some of the larger animals today as they would be able to do in another location," he said.

"I'm not exactly sure at the moment what our position would be if the zoo were to leave or necessarily the pros and cons of the zoo leaving.

"However, I feel that if the zoo were to leave that we would want the land that they occupy now returned to open space as the remainder of the park is, unless, of course, the city or the zoo were to present an alternative idea that might be more appealing to our neighbors and our community in the area."

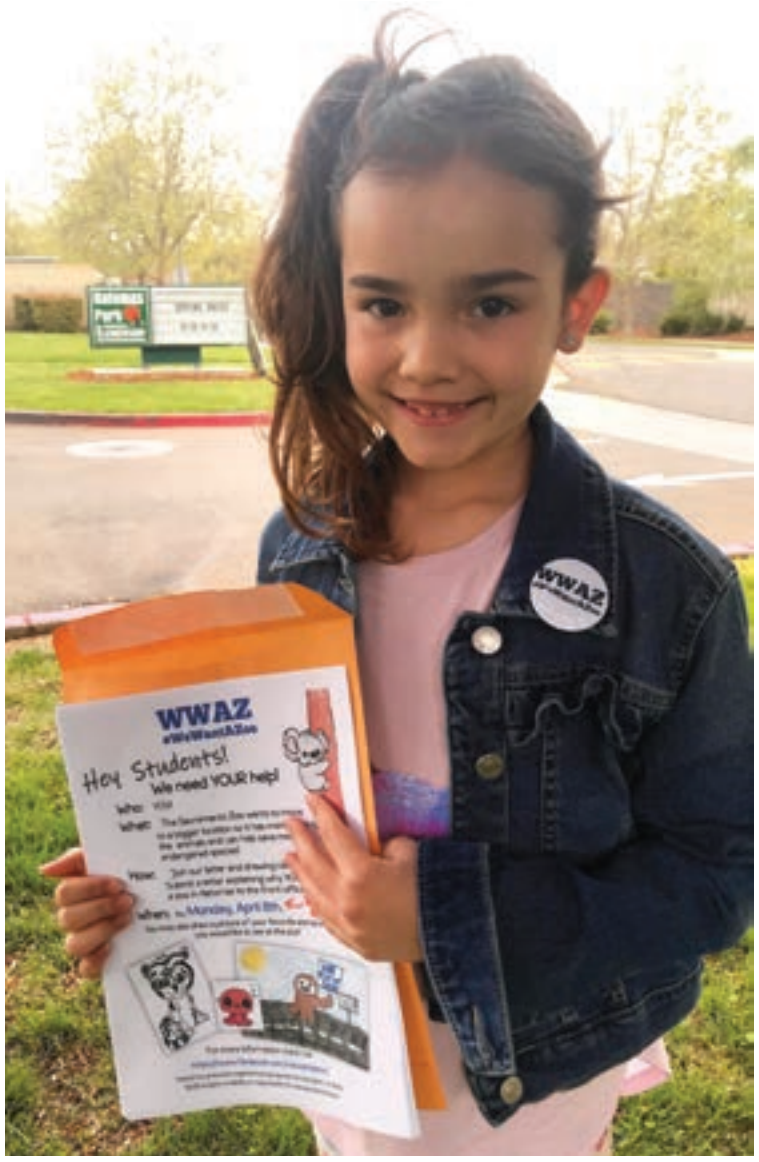
One re-use idea for the zoo site that the association supports is the placement of a botanical garden on the property.

Rohrer mentioned that some of the association's members and neighbors are concerned that the park's open space would be "eroded," if the zoo, Fairytale Town or Funderland were to further expand.

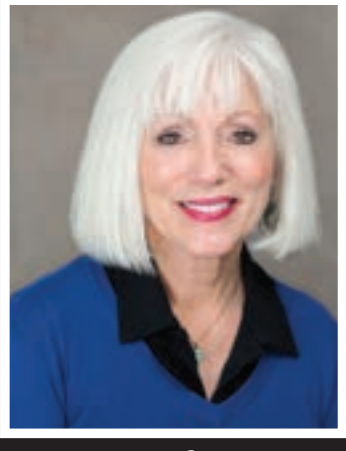
"One of our goals is to make sure that we have open space," he said. "If there was a way to do a botanical garden or some other smaller zoo or amenity that would preserve the nature of the park, and still provide access and open space, we would likely consider that, as well."

Rohrer added that the Land Park Community Association supports Fairytale Town's current, $6 million, half-acre expansion on property just east of its original footprint.

"We studied it carefully and feel that the impact of their expansion is not going to take away much in terms of the open space of the park," he said.



Ashley, a 9-year-old ambassador for the We Want a Zoo group, is leading a pro-Natomas zoo letter and picture drawing campaign at several Natomas area schools.



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Broadway-style circus tour debuts today at Vierra Farms





The Venardos Circus, a unique Broadway-Style Circus is coming to West Sacramento with 16 performances running May 8-19 at Vierra Farms, 3010 Burrows Ave., in West Sacramento. Created by former Ringling Bros. Ringmaster Kevin Venardos in 2014, the Venardos Circus wraps world-class animal-free circus acts into a Broadway musical-style format dubbed "The American Circus with the heart of a Broadway Show."

Guests can expect to be transported back in time to the center ring of a centuries-old tradition; but one that has been reinvented for the next generation.

With an amazing assortment of aerialists, acrobats, juggling, hand-balancing/contortion, comedy, daredevilry, magic, musical production and much more, this amazing Circus experience will truly delight adults and kids of all ages.

Circus proudly features its own custom-made big-top, a classic red-and-white striped tent, with an intimate feel and limited seating. The circus performers also are the crew in this 15-person traveling tour who are completely self-contained, much with the original circus tradition.

"Circus is part of America's cultural fabric and we want to keep that tradition alive for generations to come," explained Ringmaster Kevin Venardos. "We look forward to bringing our Broadway-style circus show to the Sacramento area!"

An interactive pre-show party begins one hour before each show time with opportunities to meet the cast, snap selfies and play games. Classic circus treats like popcorn, cotton candy, hot dogs, lemonade and more are available. The main event lasts approximately 90 minutes, with a brief intermission. Complete show schedule available at www.VenardosCircus.com.

General admission tickets are $25 for adults and $15 for youth under 12 years. Babes in arms are free with a paying adult (24 months and younger). Premium reserved seating is priced from $35 to $45.

Venardos Circus is offering a free ticket to moms who attend a show on Mother's Day.

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"Unlawful Assembly" Vacate the Premises: Homeless Camp is Closed and Cleaned up by the County of Sacramento

By Jan Dalske

I could hear the announcements being made from overhead helicopters before I could make out what they were saying. It was early morning and the city was on its way to work. They were telling the current occupants of the large weed covered lot on Stockton Blvd that they had to vacate the premises or be arrested. Later in the day they sent in foot officers armed with night sticks and weapons. Massive dumpsters were being dropped inside the fenced compound by the County of Sacramento. The Sheriff's Department had a line of their SUV's there to enforce their efforts to compel the current inhabitants of the 2.5 acres located on Stockton Blvd near Fruitridge Road to pack up their vehicles, any pets, and belongings and leave the area. Their helicopter announcements continued all day.

The campers were given notice to vacate the property by April 30th. On May 1st Sacramento County took action to enforce the order. The Sheriff's Department's officers were fully equipped with clubs and weapons to carry out their task. The camp has been emptied of its residents now and the clean-up is being completed. The County picked up any vehicles and took them away. But, the homeless who called the camp home are now back on our streets with only the belongings they could grab and carry.

This property was previously the site of the old San Juan Motel. For more than twenty years the vacant lot had been abandoned and covered with trash and overgrow trees, bushes and weeds. After the recession of 2008, there were several land parcels that were split up between the City of Sacramento and the County of Sacramento. This was one of those parcels. The Sacramento Housing and Redevelopment Agency had acquired the motel in 2008, as well as the adjacent vacant parcel, which was formerly the Park Villa Victoria Motel. The goal was to eliminate the blight that was created with the closing of these businesses.

A bill that was introduced in the Senate, SB 481, allowed Sacramento County to transfer the land to the City of Sacramento for less than market price. The price was $900,000 and there was a condition on the sale that specified the property be used for low-income housing. Senator Pan felt that "By developing it, not only do we create more housing for people, but it also helps the businesses in the neighborhood."

Sacramento needs low income housing as the median rents in the City have risen faster than any other metropolitan area in California. Studies show that the state will need from 1.8 million to 3.5 million new homes by 2025 just to keep up with the existing demand and expected grown.

When the bill was reviewed at the State Assembly, by the Housing and Development Community, members of the community and area property owners were supportive. There was no opposition at the hearing. Senator Pan stated "It was great to see so many groups and individuals come together with a creative solution that both addresses housing needs and fixes a blighted area of our community."

The Senator also added, "The vacant lot is a great location for infill affordable housing along a transit corridor." He continued "I was thrilled to be able to work with so many community partners to make it a reality." Councilmember Eric Guerra, of the City of Sacramento and Sacramento County were all in favor of this bill which would allow the City of Sacramento to unite the parcels to build affordable housing.

The Sacramento Housing and Redevelopment Agency was responsible for getting a project going on the site. But, nothing has been done except for the installation of a tall black wrought iron fence which separates the camp from the surrounding neighborhood. And now, the site has been emptied of its occupants. When will the project be constructed? Will any of the homeless people who were removed be able to live there? And, where will they be living now, on our city's streets?

The Day After at the Homeless Camp on Stockton Boulevard

There are just two Sheriff's Department SUV's parked in front of the gates to the property that is covered with leftover tents, clothing and other personal items of the homeless people who had been camping there and making it their home.

The Sheriff's Department has equipment there, cleaning up the leftover trash. The gates are only opened for the workers to pass in and out when needed. There are no more television station vans parked across the street recording the comings and goings.

But, there are still homeless people camped on Stockton Blvd for many blocks. They have nowhere to go. They remained on the streets overnight, putting up their tents wherever they could find a level spot. On Stockton Blvd, on the sidewalk to the left of the property, a charitable organization called "Reckless Charity Entertainment Inc." has tables set up.

They are supplying the homeless people with breakfast, lunch and dinner and set up directly to the left of former camp. They are also offering the campers socks, Chapstick, and sanitary needs for the women, and other items. The homeless have only to ask the workers for these items.

There is a large sign on display which reads "No Shelter, No Housing is a Death Sentence".

I heard rumors that there will be a lawsuit filed because of the actions of Sacramento County regarding their forced mass displacement of citizens and their property yesterday.

When you enter the gates of the property there is a small sign that reads "No Trespassing, Property of Sacramento Housing and Redevelopment" Call 916-440-1322 for Information.




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"Fibromyalgia Awareness: The Reality"

By Terry A. McSweeney





May is Fibromyalgia Awareness month, with special recognition on May 12th, Fibromyalgia Awareness Day. There are approximately 10 million people in the United States who suffer from this invisible disease, 80% are women and 20% are men. You probably know someone with fibromyalgia, but you don't even know it because many fibromyalgia warriors don't want to share this with anyone, because they don't want to be accused of being a hypochondriac, being lazy, or told to get over it. They would rather suffer in silence. I am a fibromyalgia warrior, and I do not believe that anyone should be made to feel this way just because our disease is not visible to the naked eye. "We are not invisible, why should our disease be?" (Fibromyalgia Ireland).

Those who suffer from fibromyalgia have a hyperactive nervous system. This is the basic definition. Our "fight or flight" response" is on constantly, it never stops. As Dr. Ginevra Liptan of the Frida Center for Fibromyalgia in Portland, Oregon says, " It is like a smoke alarm that goes off incessantly even though there is no fire."

When I was first diagnosed my doctor did the trigger point test. My doctor examined 18 tender spots across my body. She found at least 12 of them were very tender and therefore along with reviewing my recent medical history of constant daily headaches, irritable bowel syndrome, overactive bladder, tender to touch even with hugs, and sensitivity to sounds and smells, the conclusion was a diagnosis of fibromyalgia. In 2010 another group of rheumatologists put together new criteria for diagnosis. (Wolfe, 2011) Now to be diagnosed with fibromyalgia there are 4 major symptoms that the patient must have for at least 3 months. They are: widespread body pain, extreme fatigue, waking from unrefreshed sleep, and cognitive dysfunction. (fibromyalgia fog.) (Liptan, The Fibro Manual) It is important to remember the day a "fibromyalgia warrior" is diagnosed is not necessarily the day their fibromyalgia started. It actually takes years to get diagnosed, because once your doctor puts together your symptoms with the criteria for diagnosis, it may take years. It took at least 10 years of frustration for my diagnosis to become a reality and a relief for me. It is also important to remember that fibromyalgia varies from person to person, there is no one medicine, tool, strategy, or supplement that anyone with fibromyalgia can take. There is also no one doctor or alternative practitioner that treats fibromyalgia. I have been to many doctors for treatment including my primary care physician, cardiologist, neurologist, urologist, pain specialist, sleep doctor, ear, nose, & throat, naturopathic doctor, chiropractor, acupuncturist, self-myofascial release therapist, yoga instructor, pain psychologist, grief counselor, coach and dentist. With every doctor I have seen I have learned a lot, but they have also learned a lot from me, because I am determined to be my own best self-advocate.

I was diagnosed in 2007, 12 years ago. I have created my new normal, because after being diagnosed I realized that I could no longer live the life I had once lived. When I was diagnosed and the doctor said, "You have fibromyalgia." I cried with relief. I said, "You mean that I am not crazy?." What I was feeling both emotionally and physically was real. I felt validated, because when you have fibromyalgia most of the lab work and other tests come back reading, "normal." There is no accepted blood test or x-rays that definitively diagnose fibromyalgia. There is a blood test being used that claims to diagnose fibromyalgia, but it is not widely accepted by the medical community.

For those of you who don't have fibromyalgia, but know someone who does, for you to understand what it is like to live with fibromyalgia, it is important for you to understand how we feel. "Imagine having pain all over your body, being exhausted all of the time, having constant headaches and feeling like your mind is always in a fog. Together it is like the worst flu you have ever had, but it lasts forever. Now picture that no one believes you not even your doctor. That is what fibromyalgia feels like." (Pittsburgh Healthcare Report, Dr. Kevin White.) Remember "It is one thing to know the definition of fibromyalgia. It is another thing to show you truly understand."

Over the years since my diagnosis I have become an active advocate to help those with fibromyalgia become their own best self-advocates. I want them to know that they too can create their own new normal. To do that I have become a Certified Fibromyalgia Advisor, by graduating from the International Fibromyalgia Coaching Institute, I have made many speeches around the Sacramento area, taught classes at the Asian Community Center and the Sacramento Natural Food Coop, led the Sacramento Together Walk for Fibromyalgia Awareness for the last 3 years, created my own coaching business, "Fibromyalgia Pathways," and created the Sacramento Fibromyalgia Support Group. It is important for Fibromyalgia Warriors to know that there is a place where they can come out of isolation and be with those that truly understand their needs both emotionally and physically.

In honor of "Fibromyalgia Awareness Day" my support group and I would like to raise funds for research and education. The funds would be sent to the National Fibromyalgia and Chronic Pain Association, www.fmcpaware.org. Please help us raise funds so that more people become aware of our reality. For those of you who would like to attend our support group meetings, we meet on the 2nd and 4th Monday of each month from 4:30pm-6:30pm at Fitsom Studios, 2512 Franklin Blvd., Sacramento, 95818. The meetings are free and guests are welcome to join you. To donate to the NFCPA or to inquire about 1-1 coaching (free 30 minute consultation) please contact me at fibromyalgiapathways @gmail.com or call 916-204-7199. The website is www.fibromyalgiapathways.com where you can arrange an appointment as well.

"Don't judge a disability by its visability." (Spoonie Strong)

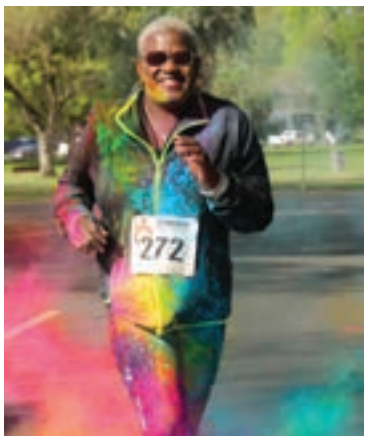
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Faces and Places: Holi Fest 5K Color Run

Photos by Stephen Crowley

The Holi Fest 5k Color Run & Walk, a five-kilometer, event was held on Saturday, April 20 in William Land Park. At each kilometer mark, Holi Fest 5k Color Runners and Walkers were doused from head to toe in a different colored powder. Participants wore white at the starting line and finished the race plastered in beautiful colors. Once the race was over, the fun continued at the finish holi festival, a larger-than-life party equipped with music, mantra chanting, yoga, dancing, photo ops, activity booths for kids, vendors, and more massive color throws.











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Carving out a new generation of wood artists: Pocket resident Joe You to showcase caricature woodcarvings at annual show



Photos by Monica Stark

Now the president of the Capital Woodcarvers Association, Pocket resident Joe You began woodcarving in 1991 after attending the group's fall show. One of 25 members of the Caricature Carvers of America, Joe was nominated by the only other California resident, retired UC Davis professor Bob Travis. "He encouraged me to continue carving. I always loved art. Even in college, high school, I took art classes. When I saw what you could do with wood, I was hooked."

By Monica Stark

Part clubhouse, all workshop. Stepping into the River Park backyard garage of Shirley Coffelt, 90, is a a woodcarver's playground. Surrounding a long table that extends much of the length of the workshop, finished pieces of wood-carved art, a library, and tools blanket the walls. In the back is a desk that's just for Shirley, and behind her a wood stove that burns the discarded wooden shavings on cold winter days.

Every Monday afternoon for about the last 25 years, anyone can drop in for a visit.

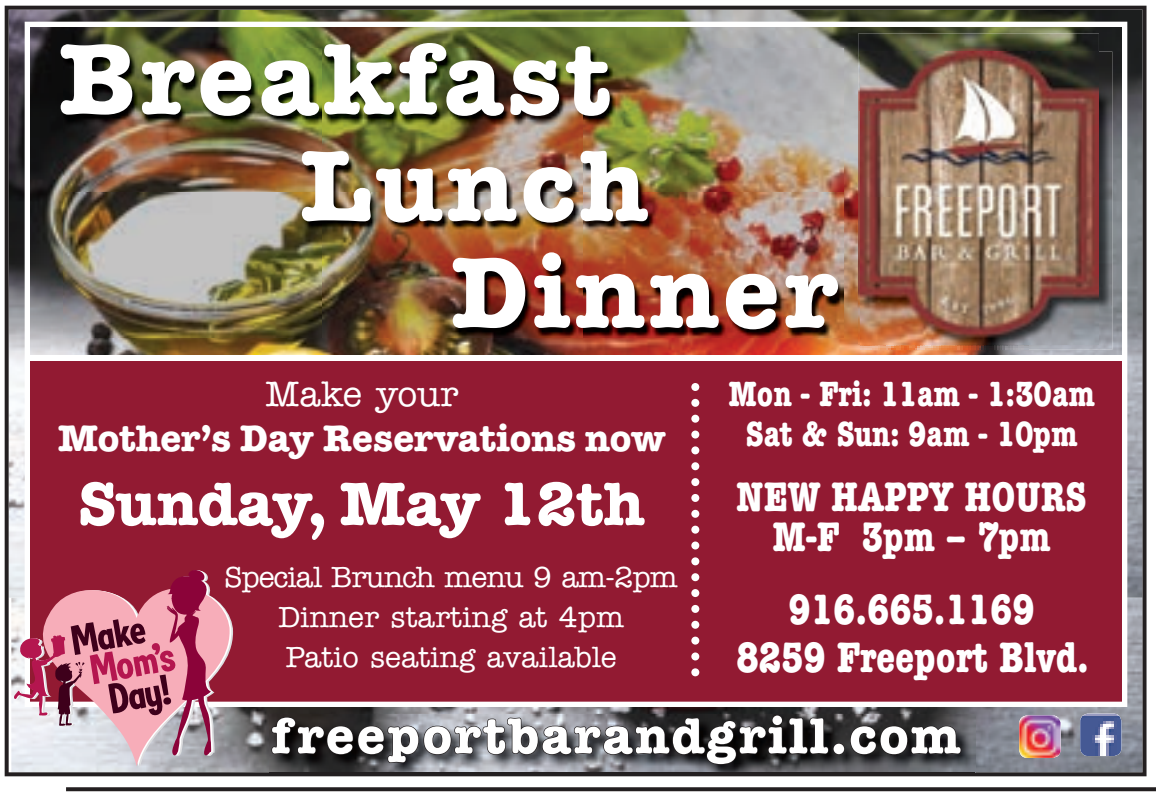
They carve, and talk, and have cookies and anyone who stays past 5 p.m. can partake in a potluck. Shirley laughs: "I think they are better carvers than they are cooks."

Right when you walk into the workshop, a wooden sculpture of Noah's Ark with animal caricatures greets you, along with a blue ribbon from the Capital Woodcarvers Association. Inspired by a piece in Woodcarving Illustrated Magazine, Shirley challenged folks from her Monday gatherings to create the animals while she worked on the boat. Proud of her "more boat-like" ark, she said, "It has scuppers and the other people didn't put scuppers on theirs. Can you imagine if it rains, where does the water go? It's got to have scuppers."

The six-month project was the second version of Noah's Ark that she completed. The first somehow got auctioned off at a show. "I thought it was put in for judging," she said. With it out of her possession, she decided on making a different one with the help of her woodcarving friends who each have a place at the table. "John sits there; Alice sits there; Mike sits there; Alison sits down there. They all have their spots. When a new person comes in and sits in their spot, we have to ask them to move."

But the catch: At your first visit, Shirley asks you to join

see WOODCARVING page 9





Woodcarving:

continued from page 8

the Capital Woodcarvers Association. As Debora Remington, the club's publicity chair, puts it: "(Newcomers) are tolerated as a visitor twice." At a whopping $25 a year, membership to the club not only gets you into the weekly gatherings at Shirley's, the dues provide ongoing meetings the second Wednesday of each month for business and carving from 10 a.m. to 1 p.m. at Woodcraft, 9523 Folsom Blvd.

The meetings provide free carving education. At her first meeting, Debora was instructed to carve the end of a piece of wood into a ball. "They said carve everything away that is not a ball and you end with a ball." After success with that seemingly difficult task she was then asked to put the ball into a cage and have it roll back and forth. To her surprise, she completed the challenge.

"All people in the group: They help you. It's almost like free training. They do it out of generosity for the art … You outta check them out," she says. "You'll meet these amazing old people. They are old," Debora said.

At 61 years old, Debora is "the little one in the group" who has been put in charge of publicity because of her relatively advanced tech skills. She started a MeetUp and a Facebook group. "We're just trying really hard to get people to become woodcarvers," she said.

In agreement, club secretary and master bark carver Alison Cook says,"As people get older and die or quit, there aren't a lot of young people that come along. That's why there's Debora's effort to get more people involved. We get them (the younger generation) and they really get into it; they just don't think about it. They think about electronics."

Bridging that disconnect is what events like the upcoming annual show will attempt to accomplish.

The collective of woodcarvers will join gourd carvers at an annual show at the Scottish Rite Masonic Center (6151 H St.) on Saturday, May 18 from 9 a.m. to 5 p.m. and Sunday, May 19 from 9 a.m. to 4 p.m. The entry fee is $5, good for both days. Throughout the years this show has provided a venue for woodcarvers of all abilities and experience levels to exhibit their work and gain important feedback by entering their carvings in the competition. Entries vary from world class to novice. There are approximately 70 categories of wood carvings that are judged by the California Carvers Guild. In recent years, gourd artists whose beautiful work in seven categories, has added greatly to the show experience.

The two-day event will also include demonstrations and children's activities such as soap carving.

The art form Debora notes is actually very convenient and those who practice want to keep the art alive and are happy to share their love with newcomers. "To wood carve, you could do it anywhere you go. When I met this community of people, they are so kind and so funny and so good. They welcomed me with open arms. This is a great group of folks."

Now the president of the Capital Woodcarvers Association, Pocket resident Joe You began woodcarving in 1991 after attending the group's fall show. He bought a book, knife, a strop and some basswood and carved by himself for three years before joining the CWA in 1994 and his woodcarving improved.

Joe loves caricature carving not only because he has always enjoyed a good laugh and working with wood, but because it allows him to express his creativity in facial and body expressions. There are no limits to the amount of creativity in caricature.

"I like the cartooning part because it's more whimsical. I have a lot of leeway ," Joe says. I can carve someone with a crooked nose, or a flat nose or whatever, lots of hair, little hair. So that's kind of the thing that I do."

About seven years ago, he realized that creating faces is the hardest thing to do, not just in woodcarving but "probably in sculpting, painting, everything."

"I've been obsessed about faces for about the last five years," says the artist whose job it is to look at teeth all day as a dentist in Elk Grove.

Joe's woodcarvings now begin as an idea, then a sketch. From a sketch Joe will work up a clay model with a wire armature. A pattern, is made from the clay model and then band-sawed out. From there the carving begins.

Many of his pieces are carved out of one piece of wood.

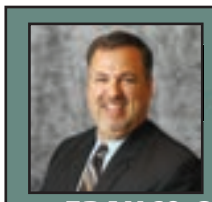
Joe has always enjoyed art and has taken many classes including: art classes at UC Davis, portrait drawing, Chinese brush painting, calligraphy, stained glass, cartooning, and pottery. Joe encourages the little one to appreciate and participate in art by being an Art Links volunteer at his children's school for over 10 years.



One of 25 members of the Caricature Carvers of America, Joe was nominated by the only other California resident, retired UC Davis professor Bob Travis. "He encouraged me to continue carving. I always loved art. Even in college, high school, I took art classes. When I saw what you could do with wood, I was hooked."

The only way you get into the club is when someone dies, creating an opening in the club. "I'm 66. I'm probably younger than the average guy in there. Most of them are pretty old because you have to carve for a long time for the experience."

To see incredible wood and gourd carvings, you won't want to miss the annual show. at the Scottish Rite Masonic Center (6151 H St.) on Saturday, May 18 from 9 a.m. to 5 p.m. and Sunday, May 19 from 9 a.m. to 4 p.m. The entry fee is $5, good for both days.



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Raley's officially breaks ground on new store in Land Park

More than 100 community members & residents are expected to join the celebration

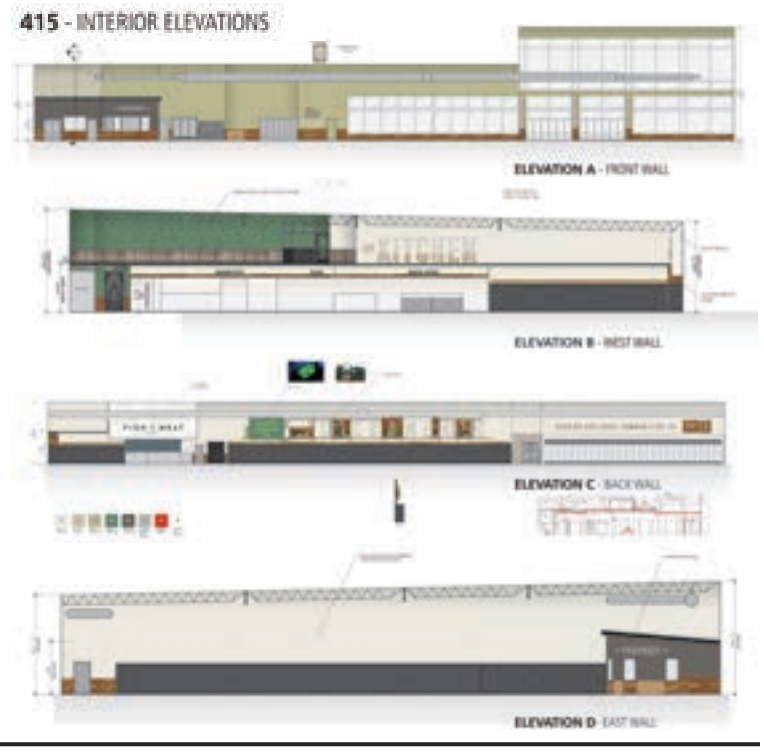
Raley's will officially begin the construction of their new location on Freeport Boulevard (replacing the existing location) today with a ceremony that begins at 8:14 p.m. Raley's invites the public to the official groundbreaking. The event will include speakers, an official groundbreaking ceremony, along with a first look at new features in the new store, 4690 Freeport Blvd., which is located one block from the current location.

This new store, which will spread 55,000 square feet, will replace the current location, which has served the community for 60 years.

"This store features an architectural style that acknowledges the design attributes of one of the most desirable areas in Sacramento, Land Park. The majority of homes in old Land Park were built in the 1940's. The architectural style varies from Spanish to Tudor, to contemporary but all showcase a clean contemporary presentation," said Raley's spokesperson Chelsea Minor .

The store will be a modern day grocery experience, with expanded food service offerings and a wonderful place to gather with friends, family and neighbors.

Additional project designs include a mezzanine, referred to as "Loft at the Park," which will offer comfortable seating overlooking the entire store and window seating as well.



CKM students hosted discussed on school district budget

By Monica Stark

In light of another impending one-day teacher strike on May 22 and talks about state receivership threatening the Sacramento City Unified School District, CK McClatchy students hosted an afternoon with area trustee Lisa Murawski in the school library after school on Wednesday, April 24.

Topics included discussions on the deficit, what state receivership would entail and how a compromise would be reached. The district needs to cut $35 million over the course of two years.

Murowski insisted that negotiations regarding teachers health plans could balance the budget. "We could do a other plan that is less costly if groups are willing to negotiate on those. That could protect the other stuff."

(Editor's Note: Mayor Darrell Steinberg, who negotiated the contract for the 2018/19 year has since stated that even if the parties were to agree to health care savings over the remaining weeks of the contract, those savings could not be realized retroactively. Instead, he has since called for a parcel tax in 2020. In 2016, a $75 per year parcel tax for six years was defeated by about 1 percent of Sacramento County voters.)

One student at the forum asked what the long-term solution to the budget crisis is, and Murowski said part of that conversation surrounds how to get more resources into our schools. She had a conversation with County Supervisor Patrick Kennedy on possible partnerships between the county and the district on behavioral health resources at the schools.

A CKM senior Doris Cruz said she and her peers are worried about what's going to happen to the next generation. Cruz said if she was the superintendent of schools, she would cut her paycheck in half. "I know he earned that pay grade, but no one needs that much money, so I would definitely started on lowering that. Also, I would not allow bonuses because administration allows themselves bonuses, so I feel that is not necessary at the moment."

Cruz said she came to school on the day of the April 11 strike. Describing the situation, she said,""It was chaotic. I was told there was going to be subs, that there were going to be more organized. It was not like that. They had us sign our names on a piece of paper for attendance. Everybody was wandering around. No classrooms were open. Admin were here having a meeting about what they're going to do. I left. I was just wasting my time here. So I just went home."

Regarding state receivership, Murowski said if the district gets taken over, essentially with state receivership, the district would get a large "payday" type of loan and the district would be run by a trustee for eight to 10 years. "I can't say what that trustee would do, but I can say that if that trustee they wouldn't necessarily care about our community. That's a person who has no accountability to our decisions."

Calling it a loss to our local democracy, Murowski said that the state receivership trustee would likely further cut programs. And regarding the negotiated contracts, she said those still hold but can change. "They'd do whatever is necessary to get to fiscally sustainable," she said. She said that generally during state takeovers, people lose faith, move out of the district.

"I don't want anyone to think that state receivership is for sure, going to avoid it to our utmost," she said.

Parent Phoebe Gay Austin said her biggest fear if the state does take over is that we're sending the wrong message to all the students we educate in this district. "There are tools available and compromise is a real important part of life. And, as adults who are teaching and overseeing our children's education, if there's an impossibility of reaching a compromise, it sends a terrible message to our kids," she said.



The third interim budget report will be discussion at the Serna Center on May 18. On Thursday, June 6, a budget will be proposed. And, on Thursday, June 20, a final budget will be represented.

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Rascal named Ugliest Dog at Doggy Dash

Photo courtesy of Dane Andrew / Total Entertainment News

Rascal was named the Ugliest Dog Winner a third year in a row at the Ugliest Dog Contest held at Sacramento Society for the Prevention of Cruelty to Animals annual Doggy Dash, held on April 27 in William Land Park. Rascal has won an unheard of, record setting eight times in different Ugly Dog contests. Owned by actor, Dane Andrew of Sunnyvale, Rascal and his owner have been seen on America's Got Talent, Animal Planet and have a new movie, "The Adventures of Skanky Doo" not to mention a new music video "You Bring Me Luck" by Athena. In one of these photos, he's seem with on-air radio personality Monica Lowe of 93.7 The River.





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Fairytale Town Summer FunCamps 2019

Fairytale Town offers 27 exciting and educational weeklong summer camps for children! Morning sessions from 9 a.m. to noon are offered for children ages 4 – 6 and ages 7 – 9. Each camp is designed for a specific age group and features a unique theme, including visual art, animals, gardening, puppetry, literature, theatre arts and more. We encourage you to find a camp designed for your child's age. Unfortunately we are unable to make exceptions regarding age groups.

An Afternoon Adventures session from noon to 4 p.m. can be added to a morning session to create a full-day camp experience. Afternoon Adventures are offered for ages 4 – 9 and feature a supervised lunch and recess time followed by more curriculum-based, open-ended activities, dramatic play, story time and more.

An early drop-off option has been added this year for parents or guardians needing to drop off their child before the 9 a.m. camp start time.

Please note: Children must be preregistered for FunCamps in order to attend; registrations are not available the first day of camp. All Fairytale Town FunCamp registrations are taken online only. Please review the Waitlist Information and Cancellation Policy.

For more information, please contact the Education Department at (916) 808-8884 or education@fairytaletown.org.

-FunCamp fees and registration

-Morning Session Only: $145 per child per weeklong session

-Morning Session & Afternoon Adventures: $340 per child per weeklong session

-Early Drop-Off: $45 per child per weeklong session

Member discounts are available. See a chart of member prices for 2019 FunCamps.



2019 FunCamp Schedule

Morning Sessions for Ages 4 – 6

Camp Kaleidoscope: June 10-14
9 a.m. to noon
This camp introduces art and basic color concepts to beginning, budding artists. Campers participate in a wonderful week of art projects featuring drawing, cutting, pasting, and painting in a relaxed and colorful environment. Topics explored include primary and secondary colors, drawing, color mixing, and patterns.

Little Ranchers: June 10-14
9 a.m. to noon
Get a taste of Ranch life and help with the daily regimens that keep our friendly flock of farm animals fit and healthy. Campers will have plenty of hands-on contact with our fuzzy, furry barnyard buddies, learn historical information, and participate in related hands-on activities. Please note: Campers will have direct contact with Fairytale Town animals and animal feed. Some children may be allergic to the natural oils found in animal fur/hair and feed. Waitlist Only.

Nature Detectives: June 17-21
9 a.m. to noon
Explore a new world and go on a real adventure! In this camp, kids will transform into Nature Detectives and enjoy a week of nature crafts, magical fairy gardens, messy mud pies, wildlife tracking, and more. At the end of the week children will be sworn in as official Nature Detectives. Please Note: This FunCamp will take supervised adventures outside the Fairytale Town gates in William Land Park. Waitlist Only.

Camp STEAM: June 17-21
9 a.m. to noon
Science, Technology, Engineering, Art, and Math—also known as STEAM! Campers will tackle a new subject each day with hands-on activities and meet women and men working in STEAM careers from our region.

Scales & Fairytales: June 24-28
9 a.m. to noon
FunCampers will combine up-close reptile interactions with children's books about the animals they get to meet. Kids get access to Fairytale Town's educational fleet of reptiles—including Simon the Blue Tongue Skink, Milton the Monitor Lizard, Blackbeard and Maleficent the bearded dragons, and more—and learn all about what makes these reptiles unique through

see FUNCAMPS page 14



FunCamps:

continued from page 13

stories, crafts, and games. Please note: Campers will have direct contact with Fairytale Town animals. Some children may be allergic to the natural oils found in animal fur/hair and feed.

Storybook Stage: June 24-28
9 a.m. to noon
Every story needs someone to tell it! Campers will help bring beloved tales to life and create new stories of their own, complete with props and sets. Our storytellers will experience the magic of theater, develop performance skills, and practice stage basics through hands-on games, activities, and crafts.

Super Senses: July 8-12
9 a.m. to noon
Explore each of the five senses (hearing, seeing, touching, tasting, and smelling) in this FunCamp. Campers will have fun exploring a new sense each day! Play hands-on sensory games like sound-effect bingo, what's in the box?, blindfolded taste-tests, and guess that sniff.

Music Makers: July 8-12
9 a.m. to noon
Kazoos, maracas, and cereal box guitars! Campers will explore music and get to meet some professional musicians for a summer sing-a-long to remember. Basic music principles and a bit of music history will be covered along with music related arts and crafts. At the end of the week parents and loved ones are invited to a concert put on by the campers. No previous musical experience required.

Little Ranchers: July 15-19
9 a.m. to noon
Get a taste of Ranch life and help with the daily regimens that keep our friendly flock of farm animals fit and healthy. Campers will have plenty of hands-on contact with our fuzzy, furry barnyard buddies, learn historical information, and participate in related hands-on activities. Please note: Campers will have direct contact with Fairytale Town animals and animal feed. Some children may be allergic to the natural oils found in animal fur/hair and feed. Waitlist Only.

Innovation Station: July 15-19
9 a.m. to noon
Creative thinking skills abound in this FunCamp designed to let kids' imaginations run wild. Campers will take part in a collaborative week of building with different recycled materials. A tower made of cardboard tubes? Pool-noodle playhouse? Who knows what the campers will come up with, but it will certainly be fun! Discover the magic that happens when you mix imagination, cardboard, recycled materials, and duct tape. Waitlist Only.

Dino Detectives: July 22-26
9 a.m. to noon
If you love everything about dinosaurs, then this is the camp for you! Discover how paleontologists learn about these ancient reptiles by investigating real fossils and replicas. Campers will excavate fossils, make their own fossil cast and dig in to what it takes to recover ancient dinosaur fossils! Meet real living Fairytale Town animals and explore the unique characteristics that help them survive and link them to the dinosaurs of the past. Please note: Campers will have direct contact with Fairytale Town animals and animal feed. Some children may be allergic to the natural oils found in animal fur/hair and feed. Waitlist Only.

Paint, Draw, Create: July 22-26
9 a.m. to noon
This art FunCamp has it all! Campers will explore an assortment of media, including painting, printmaking, and clay with an added investigation into 3-D art and art history. This camp is specifically designed for the young artist who wants to try it all!

Science Explorers: July 29-Aug. 2
9 a.m. to noon
Climb on the Magic School Bus with Ms. Frizzle and get lost in the solar system, dive down to the ocean floor, explore inside the human body, travel back to the land of the dinosaurs, and go inside the earth. Campers will explore a new science subject each day through the beloved children's books series The Magic School Bus. Waitlist Only.

Express Your Mess: July 29-Aug. 2
9 a.m. to noon
Dive your hands into ooey-gooey slime, oobleck and so much more! Campers will enjoy a range of hands-on activities with the goal of making a creative mess. Express Your Mess will teach campers about tactical and visual senses. Each day's experiments will be connected to children's literature in this messy hands-on week of sensory make-and-take fun.

Art in Nature: August 5-9
9 a.m. to noon
Join us for a week full of art projects inspired by Mother Nature! Campers will explore nature in an artsy week of fun to create masterpieces with flora and fauna. Artists will be drawing, cutting, pasting, and painting while using the outdoors as tools and inspiration. Parents and guardians are invited to the "Outdoor Art" reception on Friday where campers will showcase their nature art pieces.

Little Chefs: August 5-9
9 a.m. to noon
Little Chefs will dive into the world of cooking! In this fun-filled week, campers will learn the fundamentals of cooking and good kitchen practices. They will have fun making pasta from scratch and trying different recipes each day. Join us on Friday for a feast made by the chefs. Please Note: Campers will be working with a variety of foods. Please ensure to list any food allergies during registration. Waitlist only.

Storybook Science: August 12-16
9 a.m. to noon
Discover the science behind our favorite stories! Gravity had a lot to do with Humpty Dumpty's great fall. Was Merlin the Magician really magical? Or maybe he was a scientist? One of the Three Little Pigs knew that a brick house would withstand all that huffing and puffing. Campers will dive into stories and conduct their own hands-on experiments to test the science behind their favorite stories.

Dance Around the World: August 12-16
9 a.m. to noon
Learn different dances from around the world! Campers will twirl, twist, and tap through different countries and will get to meet different multicultural dancer groups and watch them perform. No dance experience is required to enjoy this global adventure. On the last day of camp, parents are invited to join in the fun during a dance showcase.

Morning Sessions for Ages 7 – 9
Map Quest: June 10-14
9 a.m. to noon
At the heart of every child is an adventurer! Campers will discover the adventure that awaits them as they blaze trails through Fairytale Town and William Land Park on the hunt for treasure and fun. Campers will not only learn to orient a map, use a compass and follow a trail, but they will become cartographers and make their own maps, hide treasure and challenge others to find it. Please Note: This FunCamp will take supervised adventures outside the Fairytale Town gates in William Land Park.

Dance Camp: June 17-21
9 a.m. to noon
Fairytale Town presents a Dance FunCamp that emphasizes creative movement onstage and off. Dance Camp includes many different styles of dance, from ballet and hip-hop to jazz and interpretive. Campers will choreograph, costume, produce, and perform dances and meet professional and youth dancers in our community.

Food, Fun and Fairytales: June 24-28
9 a.m. to noon
Fairytales have common themes of magical creatures, heroes, villains…and food! Campers will become magical chefs as they taste their way through different stories. Learn about "curds and whey," discover why Goldilocks ate so much porridge, recreate the gingerbread house from Hansel & Gretel and more in this tasty week of Food, Fun and Fairytales. Please Note: Campers will be working with a variety of foods. Please be sure to list any food allergies during registration.

Jr. Animal Keepers: July 8-12
9 a.m. to noon
Calling all animal lovers! This FunCamp will focus on the different animal members of Fairytale Town's

see SUMMER page 17

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Check out the Home Improvement Guide Call Melissa at 429-9901 for ad rates.

Summer:

continued from page 14

family and how the Animal staff keeps them healthy. This week is packed with fun special visits with our animal ambassadors, helping with their care and feeding, keeper talks, and animal enrichment opportunities. Please note: Campers will have direct contact with Fairytale Town animals and animal feed. Some children may be allergic to the natural oils found in animal fur/hair and feed.

Drama-Rama: July 15-19
9 a.m. to noon
Fairytale Town presents a theatre arts FunCamp that emphasizes creative playmaking onstage and off. Drama-Rama! Includes all aspects of theatre, from acting and script-writing to costume design and set/prop construction. Campers will write, design, produce and perform short plays and skits in this fast-paced, fun-filled week.

Farm-to-Fork Fun: July 22-26
9 a.m. to noon
Sacramento is America's Farm-to-Fork Capital! From poultry to produce, campers will discover where their food comes from in this fun week of following food from farm-to-fork. Campers will plant, tend, harvest, and cook food straight from the Fairytale Town garden and learn about eating healthy and local through a variety of cooking techniques. Please note: Campers will have direct contact with Fairytale Town animals and animal feed. Some children may be allergic to the natural oils found in animal fur/hair and feed. Campers will also be working with a variety of foods. Please ensure to list any food allergies during registration.

Clay Creation: July 29-Aug. 2
9 a.m. to noon
Campers will become potters, sculptors, and animators in this week of exploring different kinds of clay. Working with sculpture, clay animation, and wheel-thrown pottery will encourage kids to expand their imaginations and express their creativity. Parents are invited to visit the pop-up gallery on the last day of camp to view all the clay creations.

Jr. Beekeepers: August 5-9
9 a.m. to noon
Did you know that Fairytale Town has beehives and sells honey? In Junior Beekeepers, campers will be introduced to the bees that call Fairytale Town home. Children will get to safely view the bees and learn about their lifecycles, how to care for hives, harvesting honey, and the important role they play in our ecosystem. Please Note: Campers will visit the hives at a safe distance. Some children may be allergic to bees.

Comic Connections: Aug 12-16
9 a.m. to noon
The perfect FunCamp for budding artists who want to draw, draw, and draw some more! Campers will learn how to create characters, write dialogue, and develop a basic storyline. Exciting hand-on activities and fun drawing games will build upon the children's prior knowledge and skills to show them how fun art can be! Campers will have the option to create their own comic book or a free-standing art piece to display in a "Comic Book Convention" at the end of the week.

Afternoon Adventures for Ages 4 – 9
June 10 – August 16 (no camp the week of July 4th)
Noon to 4 p.m.
Ages 4-9
Keep the fun going all day long by enrolling in Afternoon Adventures! After the morning session, students will enjoy a supervised lunch and recess time followed by more hands-on activities, dramatic play, story time and more! The open-ended activities ignite imagination and creative thinking. Curriculum-based activities and themes vary each week, so campers can enroll in multiple weeks. Please note: Campers need to bring their own lunches or pre-purchase meal-deals from the Dish & Spoon Café. Also note that Afternoon Adventures will have children ages 4-9 years old together. Camper must be enrolled in a Morning Session to enroll in Afternoon Adventures.

Early Drop-Off
June 10 – August 16 (no camp the week of July 4th)
8 to 9 a.m.
Ages 4-9
Need to drop-off your child before 9 AM to get to work on time? An early drop off time is available this year! Add the Early Drop-Off option to your FunCamp order, and you can drop off your children anytime between 8 and 9 AM. During the Early Drop-Off hour, children will enjoy free playtime and open-ended activities until the morning session begins.

For more information about FunCamps, email education@fairytaletown.org or call (916) 808-8884.

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What's happening, Land Park?

THURSDAY, MAY 9

FREE PHONE AND PG&E BILL REVIEW CLINIC: Are you paying too much for your phone and PG&E services? Bring your questions and a recent phone (landline or wireless) or PG&E bill for a free review. ACC will explain your charges, identify fraud, or save you money. Class will be held Thursday May 9, 2019 from 2:00p-4:00pm at ACC Senior Services 7334 Park City Drive. For more information, call Susan Sarinas (916) 393-9026 ext 339 or www.accsv.org.

SATURDAY, MAY 11

BOOK SIGNING – A.J. PERRISH: Crawford's Books invites you to a book reading, discussion, Q & A and book signing with local author, A.J. Perrish from 1 – 4pm. His new book, The Wars Within tells the story of a veteran returning home from war and the many challenges he faces as a civilian. A.J. is an expert on PTSD, overcoming adversity, suicide prevention, and proactive leadership. A.J. has spoken to many organizations including military and veteran groups, mental health professionals and groups, colleges and students, school districts, communities, non-profits, and churches throughout the country. Crawford's Books is located at 5301 Freeport Blvd., #200, Sacramento. For more information, call 916-731-8001 or visit us at www.CrawfordBooks.net.

SATURDAY, MAY 18

LOCKE ASIAN PACIFIC STREET FESTIVAL: Gala event featuring lion dance and martial arts, cultural entertainment, arts and crafts, vendor booths, food, raffle prizes. Come visit the only surviving rural Chinese town in the U.S. Suitable for families and children. Free admission and free parking. Hours are 11 a.m. to 5 p.m. The festival will be held in historic Locke, 13916 Main St. Walnut Grove. Sponsored by the Locke Foundation. www.locke-foundation.org. For more information, contact (916) 776-1684 or email lockefoundation@frontier-net.net.

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.

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



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What's happening, Land Park?

their healing. Feel free to call My Sister's House for more information: 916-428-3271.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

FAMILY FRIDAYS AT BELLE COOLEDGE LIBRARY: Spend some family time together this summer at the library with Family Fridays! Each Friday, in the Community Room there will be board games, cards, Wii gaming, arts and crafts, toddler toys, and a reading nook! This is a Summer Reading Challenge: Read by Design event each Friday from 3 to 5 p.m., 5600 South Land Park Drive.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY: Every first Tuesday of the month from 11 a.m. to 5:30 p.m., the book sale features books for all ages. Support your local library and pick up some great reads! All proceeds from the sale benefit library programs. The Friends Bookstore will be open regular hours. The sale is held at the entrance to the library. 5600 South Land Park Drive

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY – Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

BELLE COOLEDGE LIBRARY PRESENTS SING ALONG WITH MISTER COOPER – Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive.

FAMILY STORYTIME AT ELLA K. MCCLATCHY LIBRARY – Every Tuesday at 10 a.m. for books, songs, stories and fun. Miss Lindsey and her guitar always make this storytime a fun event. Everyone is welcome to stay for our STEAM stay and play activity of the day. Recommended for ages 0-5. Every Tuesday from 10 a.m. to 11 a.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

THE FORUM: HEALING PATHWAYS PSYCHOLOGICAL SERVICES: Every Thursday from 5:45 to 7 p.m., the community is welcome to the Sierra 2 Center, 2791 24th St., to participate "CONVERSATIONS ON THE EDGE!" The forum provides a framework for investigating human nature. FORUM IS NOT THERAPY, it is a ritualized form of communication designed to enhance transparency, growth, and community. A Way of Group Communication and Being in Community through a Culture of Non-Violence. Tamara Intentional Community and Forum Founders Sabine Lichtenfels and Dr. Dieter Duhm define one aspect of community as living truthfully with each other and this is the cornerstone of our peace work. Another aspect of having a culture of non-violence is ending the war between genders, by letting go of fear in the humanistic love we share with and for one another, despite our gender differences and the complexities brought to our gender identity. These definitions embody what it means to be in Forum, including transparency with our felt experience and what is alive in us, psychologically and emotionally. Participants connect through their own self awareness and through a willingness to share it with the group. They may wish to do this non-verbally, with active or passive facilitation, through a poem, dance, or whatever moves you! The Forum will be held in the Garden Room. Donations are encouraged to cover the cost of room rental.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH MEETING: The club welcomes women and girls to the club's lunch meetings on the second and fourth Tuesday of the month from 12:15 to 1:30 p.m. at the Aviators Restaurant, at Executive Airport, 6151 Freeport Blvd.

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

ACC PRESENTS 'BODY WISDOM BREATH AND MOVEMENT': Perform easy to follow seated and standing exercises for health and well-being. Most movements are based on eastern techniques for relaxing and re-energizing the body. Use simple Qigong postures to stimulate vitalizing "Chi". Discover the joy of self-massage and acupressure. Slow down with guided imagery and meditative breathwork. Improving your health and be simple and fun. Pre-registration and Pre-payment of $20 @ $5 per class required. $7 Drop-in rate per class. Class will be held from 8:30 to 9:30 a.m. at ACC Senior Services, 1180 Corporate Way. For more details, call (916)393-9026 ext 330, www.accsv.org.

ACC PRESENTS YOGA-NEW: This yoga class introduces the Iyengar method of hatha yoga. Basic standing, sitting, forward extension, introductory inversion, and restorative postures will be taught. This class will build upon prior class and will use props to assist the students. You will need a yoga mat and possibly blocks, belts and blankets. Pre-payment is $6 per class or $8 drop-in rate. Pre-registration required. Class is now held from 7 to 7:30 p.m. at ACC Senior Services, 7334 Park City Drive. for more details, call (916)393-9026 ext 330. www.accsv.org

BABY/TODDLER STORYTIME -- Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive early or stay late for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.
KNIT TOGETHER -- Love to knit? Want to learn? Join the library for expert advice, great conversation and more. All crafters are welcome--not just knitters! Every Friday from 1 to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

COMMUNITY DAY AT THE SACRAMENTO ADVENTURE PLAYGROUND: All ages are invited for a day of play at the Sacramento Adventure Playground! Children get to create their own play structures and spaces by re-purposing everyday items such as cardboard boxes, plus household wares, natural elements and unexpected items. The Playground is a fun and safe environment where children can use their imagination and creativity to direct their own play! Community Days also feature special activities and craft projects. Families are requested to wear closed-toe shoes and clothes that can get messy. The event will take place rain or shine. Admission to the Sacramento Adventure Playground is free. Featured activities include: Box forts, mud play and slide, sand play, bike riding (bring your bike and helmet!), craft projects, bubbles, painting. While the Sacramento Adventure Playground's regular operating hours are designed for ages 7-15, the Playground opens up for children of all ages to come and play on Community Days. Advance registration is not required. Community Days are held on the second Saturday of the month (except December and January) from 11 a.m. to 3 p.m. at 3301 37th Ave.
NATURE EXPLORERS AT THE SACRAMENTO ZOO: The Sacramento Zoo and the Sacramento Library in an open play environment, the last Saturday of the month anytime between 10 am to 2 pm. Near the playground, there will be storytime, playing, and exploring the wonders of the natural world with a new topic each month. For more information, call 808-5888; 3930 West Land Park Drive.
WELLS FARGO WEDNESDAY AT THE SACRAMENTO ZOO: Thanks to Wells Fargo, the first Wednesday of each month in 2017 is Wells Fargo Wednesday. Up to four children ages 2-11 receive free admission to the Sacramento Zoo with a paid adult.

TECHNOLOGY HELP – Are you curious about eBooks but not sure how to get started? Is your tablet or eReader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McClatchy Library and meet with a Technology Assistant. Sessions are first come, first served and last 30 minutes. Adult. Every Wednesday from 2 p.m. to 3 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

INTRODUCTION TO COMPUTER: This class is designed for beginner or students with limited or no experience with computer. Learn about computer hardware, system components, software and more. Pre-payment of $30 and pre-registration required. Class will start from January 16 thru 25, 2018 on Tuesdays and Thursdays from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.







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