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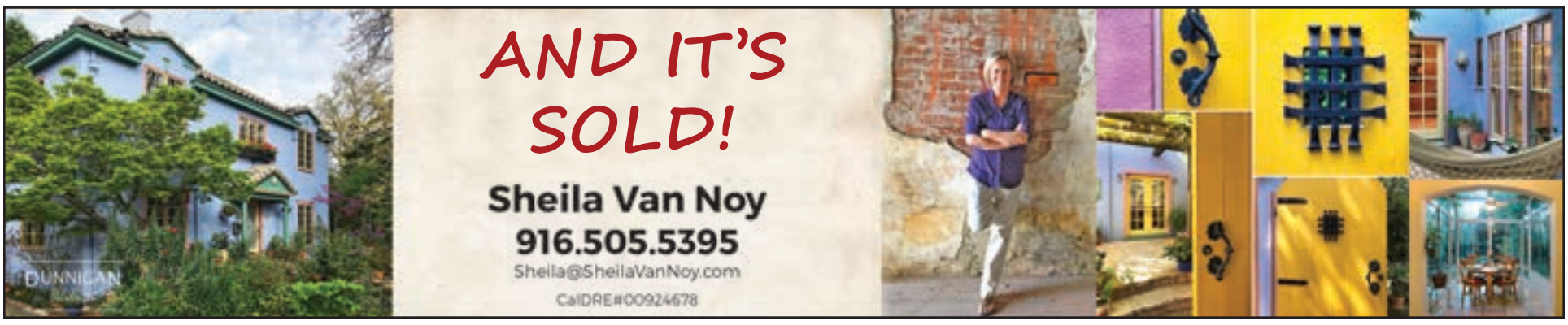
# Land Park News

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## SF MIME TROUPE RETURNS TO SOUTHSIDE PARK TO PERFORM A NEW MUSICAL

SEE PAGE 7

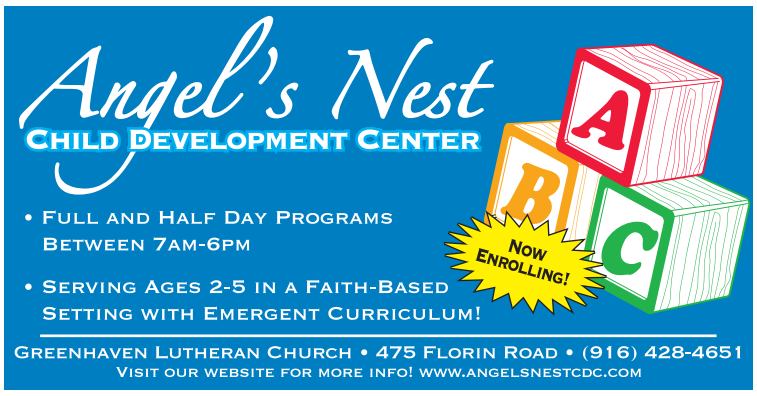



# Thank you, City Parks for jungle removal on Land Park Drive

**Dear Editor,**

City Parks has semi-completed their face-lift of the three green islands on Land Park Drive, between 8th and 11th avenues, west side of the street. As a Land Park resident, since 1983, I pushed and suggested to the parks department that these islands should reflect the same design, maintenance and upkeep as what presently exists in William Land Park. The six households behind the three green islands are not happy, as that was their curtain/jungle to not be seen and as a sound/sight barrier. But, I also pointed out that it lacks in Security and having eyes on the property, as what City of Sac and Sac PD acknowledge as Crime Prevention Through Environmental Design (CPTED). Thank you city Parks for the great Visual and Security Improvements at the three green Land Park islands.

-Art Taylor



# Sacramento Zoo offers behind-the-scenes tours



Have you ever wondered what it is like to hand-feed a bongo, prepare enrichment toys for Sacramento Zoo animals or help feed a snow leopard? Now is your chance! The Behind-the-Scenes Tour program take guests one step closer to the animals at the Sacramento Zoo. Get up close to the animals, visit behind-the-scenes areas not accessible to the general public, receive a guided walking tour from one of our educators and see what goes into the incredible care the animals receive every day.

All tours are guided walking tours. Read the safety information specific to each program on the ticketing purchase page. Zoo ad-

*see ZOO page 3*




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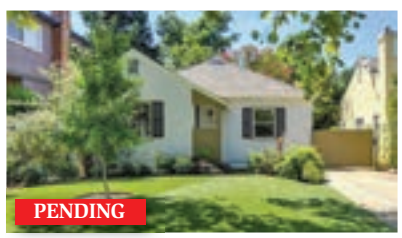
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**Cover by:**
**Mike Melnyk**





# Zoo:

*continued from page 2*

mission is not included. Zoo staff recommends arriving early to explore before your tour as you will not be visiting all areas of the zoo.

## AVAILABLE TOURS

***HOOVES AND HORNS:*** The animals roaming the savanna and forests of Africa are beautiful and fascinating creatures. This tour will take you behind the scenes of our hoofstock area to talk about the care and keeping of giraffes, zebras and bongos here at the zoo. You will get a guided tour of the area from a zoo expert. The most exciting stop along the way will be with an eastern bongo, a Critically Endangered species. Come nose to nose with a member of our bongo herd and get the chance to hand-feed this amazing animal! This is a tour you will not soon forget!

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**Sunday tours available in September**
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***REPTILE HOUSE:*** Calling all lovers of lizards, snakes and frogs! This tour will take you behind the scenes of our reptile house! From antivenin to turtle hatchlings and everything in between, you will learn about everything it takes to care for reptiles, amphibians and more! You will end your tour with a meet-and-greet with one of the reptile keepers and have the chance to meet one of our larger reptiles up close!

**Thursdays: 1:30 p.m.,**
**Saturdays: 10:15 a.m.**
**45 minutes**
**For ages 5 and older***
**$75 per person**

***SNOW LEOPARD:*** Snow leopards are beautiful, fascinating and often elusive creatures. This tour includes learning about these animals and hearing about the quirks and personalities of each of the three snow leopards. Your guide will then take you behind the scenes to meet with a zookeeper to see one of the adult snow leopards up close and learn all it takes to care for them. You will end with an experience you will never forget: seeing a training session up close and possibly even getting a chance to assist with feeding one of the cats!

**Thursdays: 2:30 pm**
**For ages 5 and older***
**60 minutes**
**$300 per person**

For more information, visit saczoo.org

## Wishing Well®

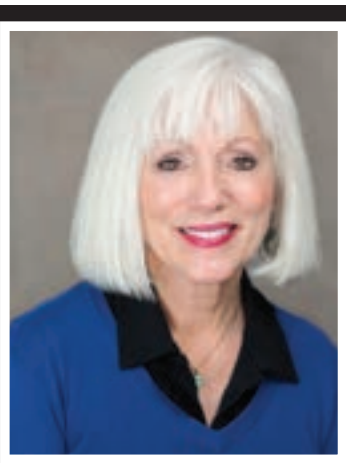
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# Local residents descend on DC for National Pancreatic Cancer Advocacy Day

June 24 and 25 marked Pocket resident Kathy Garcia's 10th Advocacy Day trip to Washington DC where she served as state leader for the California delegation of the National Pancreatic Cancer Action Network. "There were 650 volunteers attending Advocacy Day from all over the United States, we had volunteers attending from every state. This year we were thrilled to have 110 survivors in attendance. (We consider anyone living with or fighting pancreatic cancer a survivor)," Kathy says.

**What follows are some statistics on pancreatic cancer:**

Pancreatic cancer is the worlds toughest cancer.

Five year survival only 9%, the only cancer in the single digit survival rate.

Pancreatic cancer has moved from the fourth leading cause of cancer deaths to the third, and soon to be the second leading cause of cancer deaths. A number we cannot accept

An estimated 56,770 patients will be diagnosed with pancreatic cancer this year, 45,750 will die !!

No early diagnostic or detection tools

Minimal treatment options, most cases are caught very late at stage 4 !!

Symptoms are very very vague

**The advocates ask this year from the federal government:**

Support $41.6 billion for the NIH (National Institute of Health)

To include $6.5 billion to the NCI (National Cancer Institute)

Support a dedicated pancreatic cancer research program within the Department of Defense (DoD) for $10 million

Delegates asked personal representatives to join the " Congressional Caucus on the Deadliest Cancers"

13 congressional members from California have joined including California Congresswoman Doris Matsui and Congressman Ami Bera has agreed to join as well.

**The Pancreatic Cancer Action Networks mission is:**

To save lives, as we attack pancreatic cancer on all fronts, research, clinical initiatives, patient services and advocacy.



Photo courtesy

Shown from the left, Kathy Garcia, Magee Duke and Phyllis Katich

Our effort is amplified by a nationwide network of grassroots support

We are determined to improve patient outcomes and double the survival rate by 2020.

For more information on the services and support this phenomenal organization offers go to pancan.org

Or contact Kathy Garcia at kgarcia@pancanvolunteer.org





Stunning Little Pocket home featuring four bedrooms and 2.5 baths, living and family rooms, fireplace, dining room, wood floors and refinished detached 2-car garage. The upstairs master suite is spacious with a spa like bath and a bonus office or meditation room. The gourmet kitchen is updated and has plenty of room for entertaining. The backyard deck has views of the lush landscaping and sparkling pool. This huge .85 acre lot backs up to the Sacramento River, creating a resort atmosphere. Located walking distance to Land Park, shopping, restaurants and transportation, this Little Pocket treasure is the perfect place to call home.



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# Community comes together for Jay Jugoz

## Riverside Sports Bar owner, known for his St. Baldrick's fundraisers, has pancreatic cancer



Jay Jugoz gets knighted at a St. Baldrick's event.



Photos courtesy of Devin Lavelle

Jay Jugoz with Pocket Greenhaven Community Association board members, Devin Lavelle and Will Cannady

**By Devin Lavelle**

In the summer of 2017, Jay Jugoz opened Riverside Sports Bar few doors down from Grocery Outlet, finally putting the languishing space, once occupied by Pocket Bistro, to good use. It filled a big need in the Pocket, offering a comfortable place to gather watch the games, listen to live music, have a really good meal while sipping from a quality tap list. Many of our neighborhood have enjoyed good times there over the last two-plus years. Having lived in the Pocket as a kid, before his time in the military and then cutting his teeth in hospitality around the region, his experience and connection with the community are the perfect combination to run a great local business.

But simply filling a business need has never been enough for Jay. For years he's been committed to raising money to help kids. He's organized St. Baldrick's events for the last eight years, raising $30,000 to support St. Baldrick's Foundation's childhood cancer research. His events the last two years at Riverside Sports Bar have combined for nearly $20,000. Other projects have raised $16,000 for the Morton Golf Foundation for student athletes and $3,000 for the Sacramento County Sheriff's Toy Project. He has consistently gone above and beyond in supporting local community groups.

Fighting childhood cancers was always his greatest passion. As he shared in an interview this spring, "A lot of my family members have had cancer. My mom is fighting stage four cancer right now, another friend was just diagnosed. It has been hard for me and my family dealing with all of that. But even then, we can explain why adults get cancer, but we don't understand why children get cancer. Some kids even have cancer at birth. I have a daughter, I cannot even imagine what other parents have gone through, how hard it must be."

Tragically, cancer is fighting back against everything he's done to fight it. At just 35 years old, Jay was recent-

*see JUGOZ page 6*


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# Jugoz:

*continued from page 5*




File photos by Joe Perfecto

ly diagnosed with pancreatic cancer.

Jay's a fighter and he's going to fight hard to beat this terrible disease, both in his own body and as an advocate for children. But Jay also wants to make sure he can focus on the things that are most important to him during this fight.

He has a short list of things that mean the most to him that many of his friends and neighbors in the community are trying to help make a reality:

To take his daughter & family to Universal Studios --- a trip long planned, but delayed because of time and money;

To host one more toy drive for Shriners Hospital for Children benefiting the kids in the Sutter Oncology Unit where Jay currently receives his chemotherapy;

To live this time free of financial pressure; and

To be remembered for his true spirit of giving and goodness.

I think everyone who knows (and many who don't) have always been touched by Jay's generous spirit. I have – and knowing Jay is younger than I am and is also a father of a young kid really hit me hard. In his time of need, I hope we can be equally generous.

If you are able, friends of his have organized an online fundraiser to help facilitate time with his daughter and family. Donations can be made securely at this link: gofundme.com/f/jayswishlist

There will also be a toy drive and fundraiser at Riverside Sports Bar on August 18 from 3-8 pm. Guests are asked to bring new unwrapped toys that will be delivered to Shriners hospital for Children-Northern California & Sutter Hospitals oncology unit near Christmas time. Cash donations will also be accepted at the event and all tips will be donated to Jay's wish list fund. Donations will be accepted at Riverside Sports Bar ahead of the event.

# SF Mime Troupe returns to Southside Park to perform a new musical



Shown from left to right, Keiko Shimosato Carreiro (John Livesey), Michael Gene Sullivan (Benny Gunn), Lizzie Calogero (Jill Hawkins), Andre Amarotico (William Bones), Brian Rivera (L.J. Silver) in Treasure Island.



Photos by Mike Melnyk

Shown from left to right, Keiko Shimosato Carreiro (Livesey), Lizzie Calogero (Jill Hawkins) in Treasure Island.

Treasure Island - is it the mythical isle where untold wealth awaits marauding pirates, or the freezing cold, artificial island in the middle of San Francisco Bay awaiting cut-throat developers? Or is it both?

That's the question for Jill Hawkins, an under-secretary to an assistant director in the City's planning department when an old sea-dog of a developer drops anchor in her office, and drops a mystery in her lap. "Developers...they scour the map looking for cities with fat purses, ready to be plundered!"

Developers as pirates? That's what crazy old Benny Gunn says, too. "They'll swoop in like a hurricane, take it all, and leave ya to sink!" But what about the people - like the folks living out on the island? Or in Bayview? Or in any town or neighborhood so desperate for housing the politicians will sign any deal with any Corsair who come calling with a promise to build affordable housing? With rising tides and lowered expectations is an Island in the middle of the Bay the last hope for those pushed to the edge? Why has it been undeveloped for so long?

And who is the one-legged developer the old pirate warned Hawkins about with her dying breath?

The San Francisco Mime Troupe is celebrating their 60th anniversary of doing free political theater in Bay Area and Northern California parks. The Tony Award winning troupe opens their 60th anniversary season with a new musical, Treasure Island, a toxic tale of corporate corsairs, swashbuckling swindlers, and big buck buccaneers on the Bay. The troupe returns to Southside Park (6th and T streets) for a free performance on Wednesday, Aug. 14 at 7 p.m. Music starts at 6:30 p.m. While tickets are free, there is a $20 suggested donation.


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# Japanese food bazaar returns to the Buddhist Church of Sacramento for its 73rd year

By Joe Perfecto

Early August is here, and with it comes the annual Buddhist Church of Sacramento's Japanese Culture & Food Bazaar, a major attraction for those in search of a healthy dose of Far East flavor. The 73rd presentation will occur Aug. 10-11, and, like all the others since the 70s, offer a variety of authentic foods, souvenirs, displays, demonstrations and entertainment running the gamut from traditional dance and drumming to ikebana and calligraphy. Oh, and there's a rock band too for a bit of western seasoning to go with that poke bowl.

First held at the church's original location in Japantown at the central city's western end shortly after the end of World War II, the bazaar was initially a social event to afford members of the area's Japanese communities the opportunity to congregate and celebrate their traditional culture—with food as the main thrust. But shortly after the church moved in 1959 to the current location of 2401 Riverside Blvd., the event was enlarged. "Probably in the early 60s they decided to expand the scope to its current format and include games for the kids and cultural programs," said church spokesperson Erin Komatsubara. "We've had a variety of entertainment, from martial arts to a Japanese band."

The demographics of the throngs of attendees—many of whom doubtless return year after year—have similarly expanded over the decades to include many ethnicities. The audiences for the manifold displays and demonstrations of Japanese cultural aspects can thus be very diverse. This does not mean, however, that the programs are necessarily designed for "gaijin" (non-Japanese); because they are conducted or curated by experts, even the most culturally aware Japanese visitor is likely to learn something new.

"Our cultural programs are really a big draw, because chairman Molly Kimura, who was instrumental in [shaping] the bazaar, was very culturally involved," Komatsubara said. "She had done this for probably 50 years, and she had connections everywhere. Unfortunately she passed away, but through her efforts we're very lucky [to] have grand masters of, for example, ikebana, [and] we have the founding member of a classical Japanese dance school."

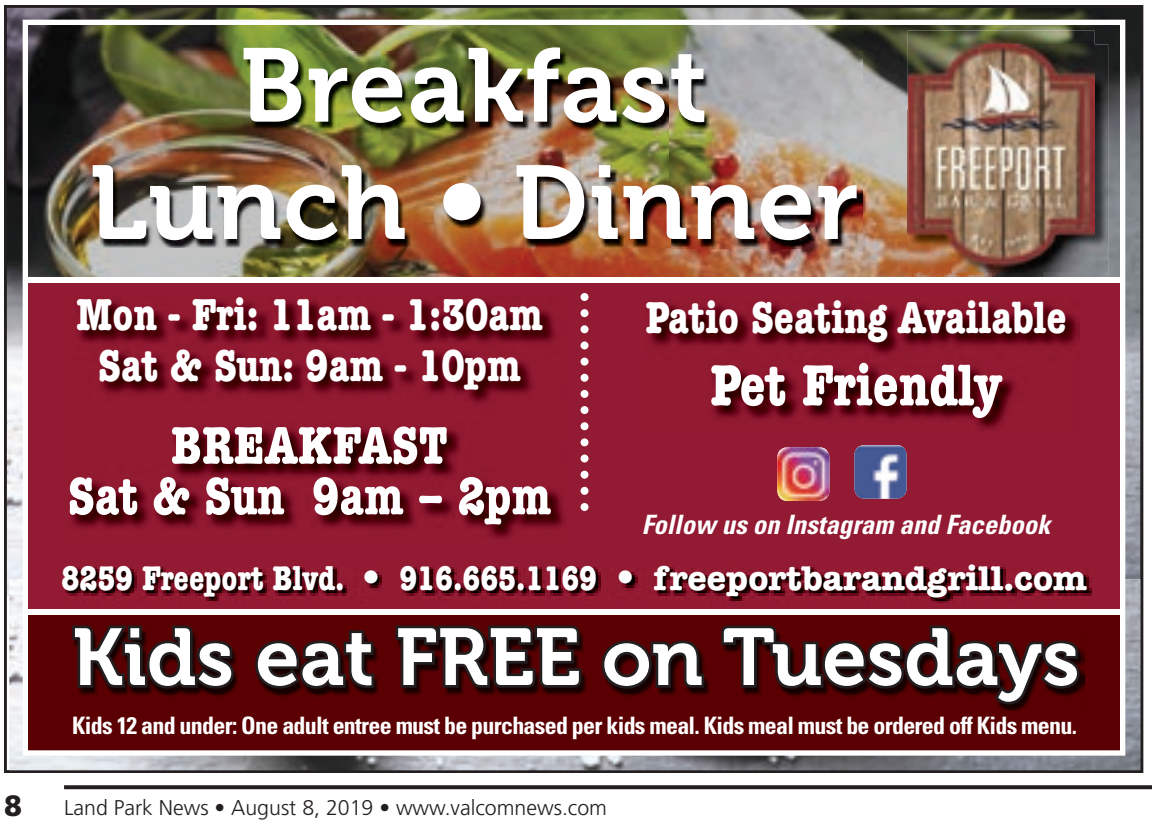
Although food still plays a major role, on balance it's these programs that set this bazaar apart. "Japanese bazaars are a dime a dozen, to be honest with you, in the Sacramento area," said Komatsubara. "There's big ones and there's small ones—and we all support each other; we always want each church to do well. [But our] cultural programs differentiate us from a lot of other bazaars. We have static displays of flower arranging—ikebana—and demonstrations of how to make Japanese dolls. Those dolls are beautiful; the amount of attention to detail is pretty crazy—I would never have the patience to do that. We have calligraphy demonstrations—they'll do your name for you; even if you're 'John Smith' they can do that. We have Japanese dance, folk dances from Okinawa and the taiko drummers."

The common thread running through every aspect of the bazaar is the authenticity with which Japanese traditions are represented. The food, for example, is no different from what can be found "in-country"—it's "absolutely true to form," said Komatsubara. "[It's] all homemade from scratch, just like grandma used to make. They make it old-school." (The only exception is the teriyaki beef sandwich, which is as popular as it is non-traditional.) While the ingredients are prepped in advance, the dishes are freshly made. This is critical for dishes such as Karen Adachi's award-winning udon. "They don't make it in advance and have it sit there. Hot noodles are not good that way."

Not only is the cuisine genuine, it's maintained a consistency over time. "They pretty much stick to the same recipe year after year in the tempura booth, in the curry booth...." Komatsubara said. "The woman who just retired last year had been [running the tempura booth] for 50 years. Many of the chairpeople [and their core crews] have been doing it 20, 30, 40 years. And, boy, are they possessive of their booths, their equipment, their recipes." She recalled one such sushi shogun. "My grandmother chaired sushi for decades. It was her way or the highway; Grandma Kobayashi ran that place like a drill sergeant. She had her recipe, and a specific rice that she ordered, a specific vinegar.... Actually, it was pretty humorous."

Among the food options, perhaps the most popular is the teriyaki chicken. This might be considered the Bazaar's unofficial trademark dish since it produces most of the sweet, pungent and dense smoke that permeates the surrounding blocks over the Bazaar weekend each year—although the teriyaki beef sandwiches contribute a little fumigatory output of their own. Rounding out the beef and poultry options are sesame chicken over rice, tempura (battered, deep-fried shrimp and veggies) and curry beef over rice. Japanese curry is thicker and sweeter than its Indian and Thai counterparts, and comes in three level of spiciness. Be forewarned that the default is spicy, so

see BAZAAR page 9






# Bazaar:

*continued from page 8*

more sensitive palates should specify a preference.

There was talk of gyoza (fried dumplings stuffed with pork and cabbage) and takuyaki (cooked wheat-flour balls filled with octopus and possibly tempura, pickled ginger and green onion) being available, but this was not confirmed by press time.

Refreshments include boba (a bubble tea named for the tapioca balls it contains), iced tea, soda, shave ice (snow cones), draft Asahi Super Dry and Sapporo Premium and bottled Sho Chiku Bai Classic Junmai sake (served chilled).

While attendees nosh on their chosen repast, those seated at the tables under the huge tent in the main plaza may observe how well suited the church grounds are for the Bazaar. The seating area—known as the parking lot during the rest of the year—is surrounded by many of the attractions, including the stage, bar and some food vendors, and off the southwest corner a corridor serves as an ersatz Ginza lined with food and other vendors as well as a way to access another dining area, games area, display/demonstration sites and the temple. Just to the left of the mouth of the corridor is the information booth and kids' game zone. This is not entirely by accident; although the main church structure was built in 1959, later additions were designed to accommodate the festival. "In maybe the early 70s we built the cooking area with the Bazaar in mind," Komatsubara said. "[That's] where they make the tempura, where they have the woks, and the chicken teriyaki where the barbecue is. There are two kitchens outside."

As the Japanese people are known for meticulous engineering and design, it's no surprise that the layout of vendor booths is also identical every time. "Every piece of lumber is marked, so they know where each piece goes."

The booths likely most popular with youngsters house the kids' games, which this year include Add 'Em Up, Dime Toss, Ring Toss, Skill Ball (the latter three familiar to anyone who's visited a carnival or fair) and Tic Tac Toe. There's also a Fishing Booth, a particularly charming game involving a short pole with a large-jawed binder clip at the end of its line. The line is cast over a low wall, behind which an attendant will attach to each clip a little paper sack containing small toys, to be "reeled in" by a stoked young angler.

One booth that tends to attract a sizable crowd of all ages is the large Food Wheel game,

*see BUDDHIST page 10*



File photo by Lance Armstrong

Members of Sakura Minyo Do Ko Kai (Japanese Folk Song and Dance Society) perform at the 63rd annual Sacramento Buddhist Church Cultural and Food Bazaar.

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# Buddhist:

*continued from page 9*

located inside the main church structure. Akin to roulette, it involves an old-school upright wheel of fortune. Participants purchase tickets bearing numerals corresponding to those on the wheel, and win various ethnic dry goods when the wheel stops on their numeral. (Fans of this game will be happy to know that although it was not slated for operation this year, according to Komatsubara it received a last-minute reprieve.)

The outdoor stage will feature five acts, listed below in chronological order; one group will perform on both days and one will appear twice on Sat.

Sakura Minyo Doo Koo Kai (locally-based Japanese Folk Dance group)—Sat. 11 a.m.

Koyasan Spirit of Children Taiko Group (drumming)—Sat. 1 p.m.

East Wind Band (locally-based old-school funk, soul, R&B, classic rock)—Sat. 6-6:45 and 7:15-8 p.m.

Na Aikane (ukulele group with hula dancing; affiliated with the Sacramento Buddhist Church)—Sun. 11 a.m.

Sakura Minyo Doo Koo Kai—Sun. 1 p.m.

Sacramento Taiko Dan (internationally-touring drumming group)—Sun. 3 p.m.

A world-renowned act that has opened for countless big names across the globe, East Wind is especially popular; impromptu mosh pits regularly form at the foot of the stage during their sets.

Two other musical programs will be presented in the Hondo (main chapel) on Sat. At noon, yukata-adorned members of Hokka Minyo Tanoshimi Kai, a Lodi-based group, will perform folk songs and dances that employ traditional Japanese instruments. A koto (Japanese harp) concert will span a gamut from traditional Japanese to contemporary jazz at 2 p.m. On Sun. in the Hondo at 2 p.m., the Azama Honryu Seifu Ichisenkai USA group under the directorship of Kinuko Mototake will perform classical Okinawan dances and songs using authentic instruments while wearing native attire.

Also taking place in the Hondo are an introduction to Shin Buddhism on both Sat. and Sun. at 4 p.m. and a bonsai demonstration Sun. at noon.

There are three static displays accessible from 11 a.m. to 5 p.m. on both days. Ikebana, the art of flower arranging, will be featured in the Kaikan (assembly room). In the Main Chapel Back Room A, examples and demonstrations of the art of calligraphy will be provided by students of Nihon Shuji Kyoiku Renmei, led by instructor Harumi Hashimoto. In the Main Chapel Back Room B, visitors can view a collection of exquisitely-detailed handmade dolls (Mataro Kimekomi) crafted by students of Masanori Isako Wasano sensei (teacher).

Events are scheduled to permit visitors to experience the full range of performances, demonstrations and displays and still have time to chow down, play the games and visit without really missing anything.

The church seems to have hit on a winning formula given the impressive numbers of attendees the Bazaar typically sees. And while the possible downside is that parking anywhere the church is extremely tight as a result, a large lot is available under I-80 at 8th and W Sts., and several shuttles stop at both spots every few minutes. Thus, this Bazaar offers a maximal cultural immersion experience at small-to-moderate expense and with minimal hassle. It's about as close as one can get to experiencing Japan without leaving town.

During a happenstance encounter at last year's Bazaar, an old gradeschool classmate perhaps said it best: "Never forget where you came from." Thanks to events like the annual Bazaar, the ancient ways of the Land of the Rising Sun are in no danger of being forgotten any time soon.

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# "Raising our Voices Together as One" Unity Concert Planned for August 18th



By Jan Dalske

Raising our Voices Together as One" Unity Concert is planned for Sunday, August 18th. There will be two shows, one at 3 pm and another at 6 pm. The event brings together hearts and voices from all across the Sacramento Interfaith Community to celebrate diversity and unity.

This once a year event will take place at St. John's Lutheran Church located at 1701 L Street in Sacramento, CA. They had a sold out inaugural performance in 2018. The Unity Concert is led by the acclaimed Choral Director Steven Johnson. He is the Choral Director for the Sacramento Gay Men's Choir St. John's Lutheran Church.

This concert officially launches Habitat's Build for Unity Project. This project is a community and multi-faith collaboration piloted in Sacramento which has not spread nationwide and seeks to bring people together of all different creeds, colors, and communities to break down barriers and build homes and unity. The concert is free to attend, family friendly and open to the press and public.

Piloted in Sacramento by Habitat for Humanity in Greater Sacramento in 2016, Build for Unity is an interfaith build which seeks to bring people together of all different faiths and background to come together to break down barriers and build homes and unity. The pilot Build for Unity Project brought together 180 different faith organizations and individuals from across the Christian, Muslim, Jewish, Buddhist, Sikh, and non-denominational faith communities to build two homes side by side in North Sacramento. Since the pilot Sacramento project, "Build for Unity" initiatives have sprouted all across the nation in over three dozen cities from Los Angeles to Houston to New York City.

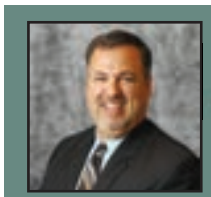
"Regardless of the division that so often continues to dominate our world's narrative, it is our greatest hope that the Unity Concert, as well as the entire Build for Unity Project, will serve as a convener for healing, celebration, and unity in our Sacramento community." Says Habitat for Humanity Sacramento CEO, Leah Miller. "Following the recent attacks on the Tree of Life synagogue in Pittsburg and growing national rhetoric which continues to divide us, Habitat looks forward to bringing people together through Build for Unity for all different faiths and backgrounds to break down stereotypes and division and build homes, community and hope in our greater Sacramento community and beyond."

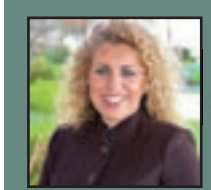
Habitat for Humanity of Greater Sacramento is celebrating 33 years of building hope and homes in Sacramento and Yolo County. Since its inception they have provided critical repairs to dozens of senior and Veteran homeowners to help them stay in their homes and age with dignity. You can find out more about their work and how to volunteer on the website: www.habitatgreatersac.org

This event is free and family friendly. Their goal is to raise awareness and support for the "Habitat for Humanity Build for Unity" project. You can learn more about the project or find out how to get involved by visiting this website: HabitatGreaterSac.org/BuildforUnity.

Are you a singer? Are you interested in joining the Community Interfaith Choir? Space is limited. You must be available for rehearsal on all of the following dates: July 31, 7-9 pm, August 14th from 7-9pm, and August 17th from 10 am to 12 pm.

For more information, please contact Kaitlyn Bathke at KBathke@HabitatGreaterSac.org



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# What's happening, Land Park?




SF MIME TROUPE PERFORMANCE AT SOUTHSIDE PARK:

## FREE MUSIC AT NOON CONCERTS

Free music will be offered at Westminster Presbyterian Church at Noon on Wednesdays. Westminster Presbyterian Church is located at 1300 N St., Sacramento. For more information, call 916-442-8939. Upcoming concert information and "printed" programs can be accessed from: www.musicatnoon.org

**Aug. 14** CAP RADIO Host Baritone Kevin Doherty and Friends
**Aug. 21** Kevin Sun Performs Piano Classics
**Aug. 28** Classical Guitarist Jon Mendle
**Sept. 4** Cellist Joanne Wright and Friends
**Sept. 11** Flutist Alice Lenaghan and Pianist Jana Olvera present Keys and Breeze
**Sept. 18** Chamber Music Society of Sacramento
**Sept. 25** Violinist Paolo Reyes plays Brahms 1st Violin Sonata, Ravel Tzigane, and more
**Oct. 2** Flutist Cathie Apple and Friends
**Oct. 9** Bay Area Pianist Thomas Hansen
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**SATURDAY, AUG. 10 and SUNDAY, AUG. 11**

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*10TH ANNUAL SACRAMENTO BANANA FESTIVAL:* Sacramento Banana Festival will celebrate its 10th anniversary The San Francisco Mime Troupe is celebrating their 60th anniversary of doing free political theater in Bay Area and Northern California parks. The Tony Award winning troupe opens their 60th anniversary season with a new musical, Treasure Island, a toxic tale of corporate corsairs, swashbuckling swindlers, and big buck buccaneers on the Bay. The troupe returns to Southside Park (6th and T streets) for a free performance on Wednesday, Aug. 14 at 7 p.m. Music starts at 6:30 p.m. While tickets are free, there is a $20 suggested donation.constructing, in partnership with Sprouts Farmers Market, a 750+-pound banana pudding, believed to be the largest banana pudding ever created in the state of California. When completed, the pudding will use more than 300 bananas and serve 500 people. The multicultural festival will return to William Land Park on August 10-11, 2019. The event will once again feature a variety of home-made banana foods, youth arts and performances, live entertainment for all ages, and local exhibitors presenting everything from handmade banana soap to living banana trees. The festival will kick off at 8 a.m. Saturday, August 10, with the Banana Me Crazy Stroll 5k fun run/walk, hosted by Sacramento Banana Festival and Correctional Workers Who Care. Prizes will be awarded to the runners/walkers with the best banana-themed costumes. Headlining the main stage will be the popular Gregangelo's Velocity Circus, dazzling visitors with costumes and acrobatics, incorporating the arts, technology, astrophysical concepts and cultural diversity in its performance. Also featured will be Jambalaya, a Sacramento band performing Afrobeat, Samba-house and Afro-Latin style music, and a fashion show spotlighting the couture of local designers as well as banana-themed hair and make-up styles. Guests looking for an interactive experience can participate in community salsa, line dancing and drumming led by expert instructors Headlining the Children's Stage will be the Fratello Marionettes, performing'Aladdin,' adapted from "The 1001 Arabian Nights." Seniors from the Knitwits knitting group will offer hands-on knitting and crochet lessons for kids and youth. Other fun for kids will include interactive digital animation with the Martin Luther King Jr. Public Library, activities provided by the Crocker Art Museum's Block by Block program on Saturday, Dr. Paul Morehouse's "Music Means Me Jam Session," and a kids' jazz band session with Harley White Jr., as well as the annual Little Mr. and Miss Banana Pageant, banana split eating contests, kiddy rides and bounce houses. Also on display will be winning entries from the annual shoebox float and Carmen Miranda hat contests as well as art by local youth. Tickets to the Sacramento Banana Festival are $10 for adults at the gate, $8 online; $8 for youth ages 6 to 17 and senior adults at the gate, $6 online; children age 5 and under are free. To purchase tickets online, visit https://whoozin.com/BananaInternational. Proceeds from the festival support the work of the National Academic Youth Corps, which provide arts and cultural education to some 12,000 area youth annually, as well as other local non-profit organizations that participate. The Sacramento Banana Festival would not be possible without the support of our generous sponsors, including Sprouts Farmers Market, Sacramento Metropolitan Arts Commission, Sierra Health Foundation, Corrections Medical Facility, SMUD, Crocker Art Museum, Black Corrections Workers, Lyons Real estate, and Sacramento Magazine.

**TUESDAY, AUG. 13**

*HOW SAFE ARE YOU ONLINE:* Many activities, such as shopping and banking involve technology. Since it is a part of our lives, it is crucial to use technology as smart as possible. This presentation will provide an overview on how to be safe online. We will discuss common internet scams and how identity theft occurs online. We will provide tips on how to stay safe online and as well as resources for identity theft victims. Pre-registration is required. Free of charge. Class will be held Tuesday August 13, 2019 from 11:00a-12:00pm at ACC Senior Services 7334 Park City Drive. For more information, call Susan Sarinas (916) 393-9026 ext 339 or www.accsv.org

**WEDNESDAY, AUG. 14**

*SF MIME TROUPE PERFORMANCE AT SOUTHSIDE PARK:* The San Francisco Mime Troupe is celebrating their 60th anniversary of doing free political theater in Bay Area and Northern California parks. The Tony Award winning troupe opens their 60th anniversary season with a new musical, Treasure Island, a toxic tale of corporate corsairs, swashbuckling swindlers, and big buck buccaneers on the Bay. The troupe returns to Southside Park (6th and T streets) for a free performance on Wednesday, Aug. 14 at 7 p.m. Music starts at 6:30 p.m. While tickets are free, there is a $20 suggested AUG 17

*INTRODUCTION TO INDOOR CANNABIS GROWING FOR PERSONAL USE:* From 4 to 6 p.m., the Yisrael Family Farm and WOC (Women of Color) Canna invite you to learn to indoor grow your own cannabis plants for your personal use. California law permits you to grow up to six cannabis plants for personal use. Through this class you'll learn different grow set-up techniques, preparations, and growing from the seed to vegetation stage of growing cannabis. Learn proper feeding, plant maintenance, transplanting, and how to keep your plants healthy and strong. Each participant will take home a DIY guide with easy to follow steps and resources. Class instructor, Tiffani Sharp, is the CEO/Founder of WOC Canna. WOC Canna provides business equity opportunities to women of color from communities adversely affected by the criminalization of cannabis. Tiffani Sharp is also a licensed attorney with a specialization in International Law and is currently pursuing a certificate in Cannabis Law for the purpose of serving Sacramento communities. She has spent over 20 years advocating for the rights of the underrepresented. Also an herbalist for over 20 years, Tiffani utilizes cannabis for therapeutic healing and is an indoor grower of cannabis. For tickets, visit www.brownpapertickets.com; 4505 Roosevelt Ave.donation.

*MEDITATION: CHINESE, TIBETAN & HINDU:* Learn how to use Taoist Healing meditation, Tibetan Sound meditation, and Hindu Breath meditation, to reduce blood pressure, support heart & immune system health and balance brain chemistry. Prepayment of $20. Drop-in $25 at the door. Pre-registration required. Class will be held Wednesday August 14, 2019 from 1:30p-3:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

*ART OF GATHERING: BAGS & TAGS:* Experience the art of gathering as you get hands-on with "A Makers Studio " DIY decor and enjoy meaningful conversation and connection. Learn how to make beautiful hand-made gift bags and tags using gel inks.Class includes all materials to complete this project. Pre-registration required. $7 payable to Natalie Wyatt and $3 payable to ACC. No refund or credit. Class will be held Wednesday August 14, 2019 from 6:00p-7:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

**SATURDAY, AUG. 17**

*SACRAMENTO ZOO ICE CREAM SAFARI:* Saturday, August 17, 2019 at 5 PM – 8 PM; Sacramento Zoo, 3930 West Land Park Drive. For tickets, visit www.saczoo.org.

*INTRODUCTION TO INDOOR CANNABIS GROWING FOR PERSONAL USE:* From 4 to 6 p.m., the Yisrael Family Farm and WOC (Women of Color) Canna invite you to learn to indoor grow your own cannabis plants for your personal use. California law permits you to grow up to six cannabis plants for personal use. Through this class you'll learn different grow set-up techniques, preparations, and growing from the seed to vegetation stage of growing cannabis. Learn proper feeding, plant maintenance, transplanting, and how to keep your plants healthy and strong. Each participant will take home a DIY guide with easy to follow steps and resources. Class instruc-

# What's happening, Land Park?

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**SATURDAY, AUG. 24**

*RACE FOR THE ARTS 5K:* Celebrating 21 years, Race for the Arts 5K, Kids Fun Runs and free Arts Festival is filled with food, fun and entertainment. The event starts at 7:30 a.m. . Race for the Arts is a nonprofit organization that raises funds and awareness for California nonprofit performing, literary, cultural and visual arts organizations and for school music, drama, literary and art programs. It's fun for the experienced runners and the casual walkers with entertainment (on racecourse and on stage), food for sampling and food for purchase (Pizza Rock and T&R Taste of Texas BBQ) & hands-on booths all make it more than a run, it's an experience. Teams of 10 or more receive 20% discount. For more information, visit www.RaceftheArts.com or email sriceecp@aol.com

*FAIRYTALE TOWN TALES & ALES BREWFEST FUNDRAISER:* All-ages birthday fundraiser featuring local craft breweries, food trucks, and live music from 5 to 9 p.m.. Proceeds will support Fairytale Town's education programs and park improvements. Fairytale Town is located at 3901 Land Park Drive. For more information, visit http://bit.ly/fttTalesAles

**SUNDAY, AUG. 25**

*CURTIS FEST ARTISAN FESTIVAL:* The 13th Annual Curtis Fest will feature over 75 local artisans under the beautiful canopy of trees at Curtis Park from 10 a.m. to 4 p.m. Artists and makers include painters, sculptors, textile artists, and wood workers. Live music, food trucks, a kids Zone and a pet refreshment station makes this a great way to finish out the summer. Applications to vend are now open at https://sierra2.org/cf2019vend/

**WEDNESDAY, AUG. 28**

*ART OF GATHERING : DOG TREAT JAR:* Experience the art of gathering as you get hands-on with "A Makers Studio " DIY decor and enjoy meaningful conversation and connection. Learn how to make a dog treat jar or a child's snack jar. Class includes all materials to complete this project. Pre-registration required. $7 payable to Natalie Wyatt and $3 payable to ACC. No refund or credit. Class will be held Wednesday August 28, 2019 from 6:00p-7:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

**SATURDAY, OCT. 12**

*C.K. MCCLATCHY CLASS OF 1979 40TH REUNION:* It will be a fun night with old friends, remembering the good old days, and making new memories. The reunion is open to all CKM alum and guests are welcome from 6 to 11 p.m. at Fat City Catering: 1015 Front St. in Old Sacramento, 95814. The event is for ages 21 and older. Tickets are $60 each until Sept. 12, 2019; $65 after that. For questions and to receive the reunion Evite, email: CKMLions79@gmail.com

**ONGOING**

*ACC FAMILY CAREGIVER SUPPORT GROUP:* Are you caring for a loved one? We understand that caregiving comes with the joy of giving back but many challenges as well. Please join us in our support group meeting and share informational/emotional support and guidance with other caregivers and staff. Meetings are held on the second Wednesdays from 12:00p-1:30p and the 4th Thursdays from 6:30p-8:00p at ACC Senior Services 7334 Park City Drive. For more information, please contact Soojin Yoo, MSW at (916) 393-9026 ext 336 or www.syoo@accsv.org. .accsv.org.

*INTRODUCTION TO SUNYATA MEDITATION:* Meditation has been proven to improve a person's mental and physical well-being. This introductory workshop will show you some simple meditation techniques which will enable you to obtain the benefits of meditation. A few Qi Gong exercises will supplement and enhance the meditation session. No prior experience or knowledge required. Bring a yoga mat. Classes are held the third Thursday of each month. Pre-registration required. $18 for three classes or $8 drop-in fee at the door. Class will be held the third Thursday of each month from 4:15p-5:45pm at ACC Senior Services 7334 Park City Drive. For more information, call Susan Sarinas (916) 393-9026 ext 339 or www.accsv.org

*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.


News from the Food Closet

South Sacramento Interfaith Partnership invites you to join us at our



ICE CREAM SOCIAL & OPEN HOUSE

Members, friends, volunteers, staff and supporters of SSPI are invited to share in this great time of fellowship and appreciation.

Free will donations to support SSIP are greatly appreciated

When: Saturday, August 24th, 2:00 - 4:00pm
Where: Bethany Presbyterian Church Fellowship Hall, 5625 24th Street, SSIP will be open for tours





# Dine in Style SALE

## All Dining is on Sale!*



40" x 80" w/2-16" leaves
Table $839 reg $949 | Side Chair $149 reg $169
Server $839 reg $939 | China $1299 reg $1459
471467



42" round
185223
Pedestal Table $299 reg $349
Side Chair $89 reg $349



32" x 79" counter height
942253
Trestle Table $859 reg $979
Barstool $219 reg $239



Brooklynn, CPO
(Chief Persuasion Officer)
5th Generation, Naturwood Family

"Come get your perfect dining room!"



40"x 80" w/2-16" leaves
839493
Leg Table $699 reg $799
Side Chair $149 reg $169 | Server $1229 reg $1349

Choose from Over 100 Dining Sets



40" x 75" w/2 20" leaves
876648
Leg Table $1049 reg $1149
Side Chair $179 reg $199

Naturwood HOME FURNISHINGS

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Mon – Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

www.naturwood.com

*Sale applies to all indicated items except "Special Buys" and all "Clearance". Allow time for delivery on some items. Some items are limited to stock on hand. All measurements are approximate.
Sale ends August 15, 2019.