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Land Park News

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Beyond Corn and Tomatoes:
Bonus Finds at the Farmers' Market

see page 7



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Letter to the Editor

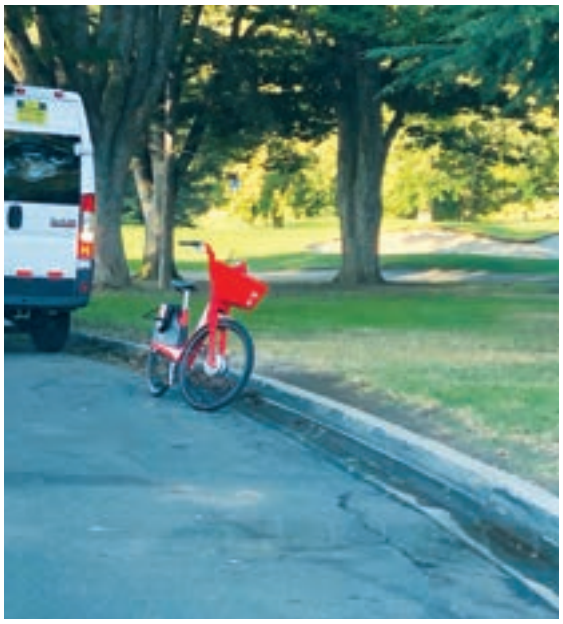


Photos by Stephanie Duncan

This bike was free-locked in the park at 13th Avenue and 18th Street



This Jump bike was found on the sidewalk at 4744 11th Ave.



This bike was found on Park Road, south of 14th Avenue

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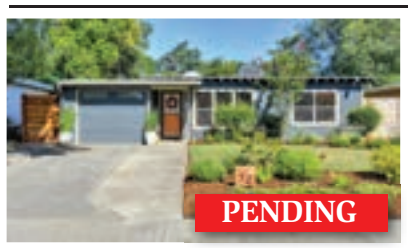
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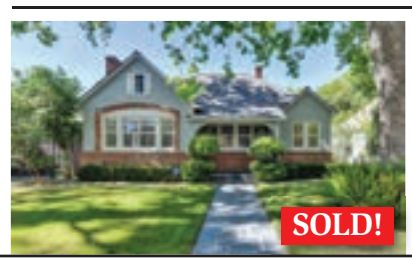
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Dear Editor,

At the first location, 4744 11th Ave., I was in the process if reporting the bike to Jump when the Jump van arrived. I asked the Fleet Team guy if he was picking the bike up because I was about to report it. He said he was only changing out the battery because the bike had been sitting for a while and the battery level is probably why people were not renting it. I let him know that he should take the bike since it was not properly locked at a bike rack or drop zone, but he refused to do so.

Later, I saw him at two other bike locations where he did the same and left the bikes free locked within William Land Park. He did, however, take a Jump scooter that was left near one of the bikes.

Is the City aware that Jump is purposely and knowingly leaving Jump bikes improperly locked? If so, is the City OK with this practice even though it goes against all the rules and educational information that the City has been disseminating?

I called Jump and let them know of this practice, but they had little response. Attached are photos of the bikes, of the Fleet Team member changing a battery, and video of the Jump Fleet Team member driving off and leaving a bike behind.

Sincerely,
Stephanie Duncan
Past-president of the Land Park Community Association

LAND PARK NEWS
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A Roarin' good time in '39: Southside Park was scene of centennial 80 years ago

By LANCE ARMSTRONG

This year marks the 80th anniversary of a grand, three-month-long, citywide celebration, which attracted many thousands of people to Southside Park and other parts of the city.

Known as the Sacramento-Golden Empire Centennial, the event was held to recognize the mid-August 1839 landing of Capt. John Augustus Sutter on the south bank of the American River, as well as the establishment of Sutter's Fort, and the Gold Rush era.

Planning for the event was launched a year in advance, and leading up to the centennial, Sacramento men began participating in the Whiskerinos of the World beard campaign, in which participants abandoned their razors and let their facial hair grow.

Two divisions were established for longest beard contests, which would be held on May 13, 1939. One division feted bearded men who were growing their beards before the announcement of the event, while another division featured men who were clean-shaven on the day the campaign began.

Although the Sacramento-Golden Empire Centennial would not officially begin until May 12, 1939, the initial preliminary event of the celebration was held on Jan. 24, 1939, when a group of several hundred costumed whiskerinos from El Dorado County rode the 10-car Gold Discovery Special train from Sacramento's Southern Pacific passenger depot at 4th and I streets to Placerville, en route to Coloma. It was in the latter place where the group attended an event celebrating the 91st anniversary of James Marshall's gold discovery that led to the great California Gold Rush.

To prepare Sacramento for the centennial event, a citywide beautification program was launched. Included in that effort to enhance the city's appearance were cleaning up entrances to the city and planting trees.

Through a Congressional resolution, President Franklin D. Roosevelt was authorized to invite foreign nations to participate in the centennial.

One country that would officially join in the celebration was Switzerland. Sutter was a German-born Swiss immigrant.

As part of the event, people headed to Sutter's Fort for a variety of attractions, including an opening ceremony with speeches, band concerts, and actors impersonating Sutter and other pioneer characters.

The fort's museum remained open throughout the celebration.

Also drawing large crowds was a parade of youth dressed as cowboys, Indians and gold miners. The procession, which advertised for a cowboy contest and rodeo, began at the city plaza (today's Cesar Chavez Plaza) and made its way to 11th and K streets before returning to the plaza.

The centennial's attractions additionally included a public luncheon at the Hotel Senator, and a re-enactment of Sutter's 1839 landing. Sutter was portrayed by John McMahon, who had been acting as the captain for three months at Sutter's Fort.

Another featured attraction of the Sacramento-Golden Empire Centennial occurred on 12 acres at the south end of Southside Park's lake.



Photo courtesy of the Sacramento Public Library

This 1939 view of Roarin' Camp at Southside Park shows many people dressed in period attire.

That property was converted into Roarin' Camp – a composite re-creation of Mother Lode mining towns and Sacramento structures of the Gold Rush era.

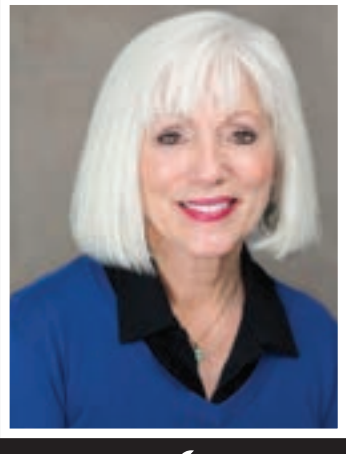
Open daily from 1 p.m. to 2 a.m. through Aug. 12, 1939, Roarin' Camp included a dance hall, assay offices, a bathhouse, a bakery, hotels, a firehouse, miners, gamblers, and vaudeville acts in the Eagle Theater and beer garden.

Horsemen portraying Pony Express riders of the early 1860s were also present.

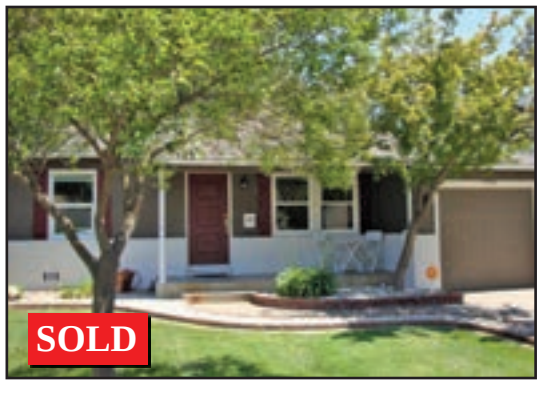
Altogether, Roarin' Camp had 50 buildings that were reminiscent of the days of 1849.

A preview for this attraction in the May 13, 1939 edition of The Sacramento Bee notes: "It is like opening a page of Bret Harte or Mark Twain to walk into Roarin' Camp. In the Red Dog Saloon, one might expect to see that lazy ruffian, Sam Smiley of Calaveras jumping frog fame, slouching over the bar, waiting to trim somebody on a sharp wager.

see SOUTHSIDE page 7



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Meals on Wheels seeks volunteer drivers



Photos courtesy of Meals on Wheels by ACC

Meals on Wheels by ACC volunteers are shown at one of the program's distribution centers.

By LANCE ARMSTRONG

Meals on Wheels by ACC is seeking volunteer drivers to deliver meals in the Pocket.

The program is designed to provide nutritious noontime meals and personal contact to homebound seniors, 60 years old and older, five days per week.

The drivers are being sought due to an increase in the need for the delivery of meals.

Each driver is required to use their own vehicle to complete their deliveries.

Although these drivers will not receive any hourly or salary payments, they will be reimbursed the state standard of 58 cents per mile for business miles driven.

Each route takes about one and a half hours to complete.

Drivers will begin those routes at a designated distribution center that is most convenient for them, such as near their homes or work.

After picking up meals at a center, drivers then use route sheets with the names and addresses of program participants to assist them with their deliveries.

The route sheets also include special details and/or instructions pertaining to certain individuals, such as a participant's hearing impairment.

There are currently about 55 senior participants who receive home-delivered meals in the Pocket area, and more than 40% of those participants are 80 years old or older.

Angela Roberts, marketing and outreach coordinator for Meals on Wheels by ACC, described the necessity of this program.

"About two-thirds of our home-delivered meal participants are 'nutritionally at risk,' which means they have challenges/barriers receiving proper nutrition, either for medically-based reasons – illnesses, conditions, underweight, etc. – or an inadequate dietary pattern (such as) only having one meal daily," she said.

The program's meals generally consist of a protein-rich entrée such as chicken or

see VOLUNTEER page 5

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Volunteer:

continued from page 4

meatloaf, vegetables, a healthy side dish, a salad, fresh fruit and milk.

Roberts noted that it is not only human participants who receive meals through Meals on Wheels by ACC.

"The other thing that a lot of people don't know about with delivering meals is that volunteer drivers also deliver meals to pets – dogs and cats – as well," she said. "That's called our AniMeals program. A lot of our volunteers enjoy feeding the friendly dogs and cats that are in the participants' homes."

Roberts added that food deliveries are only part of the importance of this program, as drivers build special relationships with the program's participants.

"It's really not just about the meal," she said. "It's (also) about the friendships and the daily (interaction). For a lot of the seniors, if not most of them, isolation and loneliness are really tough challenges.

"For a lot of our participants, the volunteer drivers are pretty much the only people they see in person. So, oftentimes the volunteer drivers are what we call the eyes and ears of the seniors we serve. (The drivers) are the ones that notice if there's anything wrong, if there is a situation in which the APS (Adult Protective Services) needs to be involved."

Roberts noted that the volunteer drivers also maintain high marks with the program's participants.

"In a recent participant survey, 92% of the homebound seniors we serve rate our volunteer drivers' professionalism and courtesy as excellent," she said.

Among the program's homebound participants who expressed appreciation for Meals on Wheels by ACC was Horace Tutt.

"Meals on Wheels enabled me to stay in my home and allow me to have well-balanced meals," he said. "The volunteers give me a reason to smile. They're always friendly, always courteous."

Sue Cox, another home-delivered meal participant, also praised this program.

"Meals on Wheels is my cavalry," she said. "They saved me from starving. The driver who brings me the meals is polite and makes my day."

Bonnie, who requested that her last name be withheld from publication, also spoke about the benefit of receiving the program's home-delivered meals.

"It's so nice to get a wholesome meal," she said. "I love this program, because I know the meals are healthy. And I love seeing the drivers. They brighten my day."

Meals on Wheels by ACC currently has 243 volunteer drivers who cover 34 routes throughout Sacramento County. On average, these drivers cover a total of about 2,600 miles per week delivering meals.

Although many of the program's volunteer drivers are retirees, college students, working professionals and military service members are also among those drivers.

In addition to home deliveries, the program serves no-fee meals through its All Seasons Cafés. There are 20 such cafés throughout the county.

To be served lunch at an All Seasons Café, interested cafe participants don't have to prove or show a need for assistance, as the cafes are open to everyone as long as they are over 60.

Although there is no mandatory charge to dine at one of these cafés, participants who have the means to contribute $3 per meal are welcome – but not required – to do so.

Seniors who are interested in dining at an All Seasons Café are encouraged to call the respective café location that they would like to dine at, so that the café coordinator can obtain an accurate count of how many meals to serve.

A full list of café locations can be found on the website, www.mowsac.org.

Meals on Wheels by ACC serves nearly 500,000 meals per year, about 273,000 of which are delivered to homebound seniors. The remaining meals are served at All Seasons Cafés.



Photos courtesy of Meals on Wheels by ACC

The program provides nutritious noontime meals for homebound seniors, 60 years old and older, five days per week.

Kevin McAllister, executive director of Meals on Wheels by ACC, explained the importance of the drivers and other volunteers of this program.

"Our volunteers are amazing, because without them we wouldn't be able to meet our mission to serve seniors in need throughout the county," he said. "We rely on volunteer drivers who provide homebound seniors healthy meals and friendly visits."

Those interested in becoming volunteer drivers, can call the Meals on Wheels by ACC office at (916) 444-9533 or send an email message to volunteer@mowsac.org. Additional information on this program can be found on the website, www.mowsac.org.

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Tomato Vinaigrette

This summer's-end salad dressing starts with a whole tomato, which lends body and richness.

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- *1 small shallot*
- *2 tablespoons olive oil*
- *1 tablespoon red wine vinegar*
- *1 tablespoon balsamic vinegar*
- *1 teaspoon sugar*
- *1 teaspoon chopped fresh oregano leaves*
- *2 teaspoons Dijon mustard with seeds*
- *1/4 teaspoon salt*
- *1/4 teaspoon ground black pepper*

Peel tomato. Coarsely cut up tomato and shallot. In blender at medium speed, blend tomato, shallot and remaining ingredients just until smooth. Store in refrigerator for up to 2 days. Makes about 1 cup.

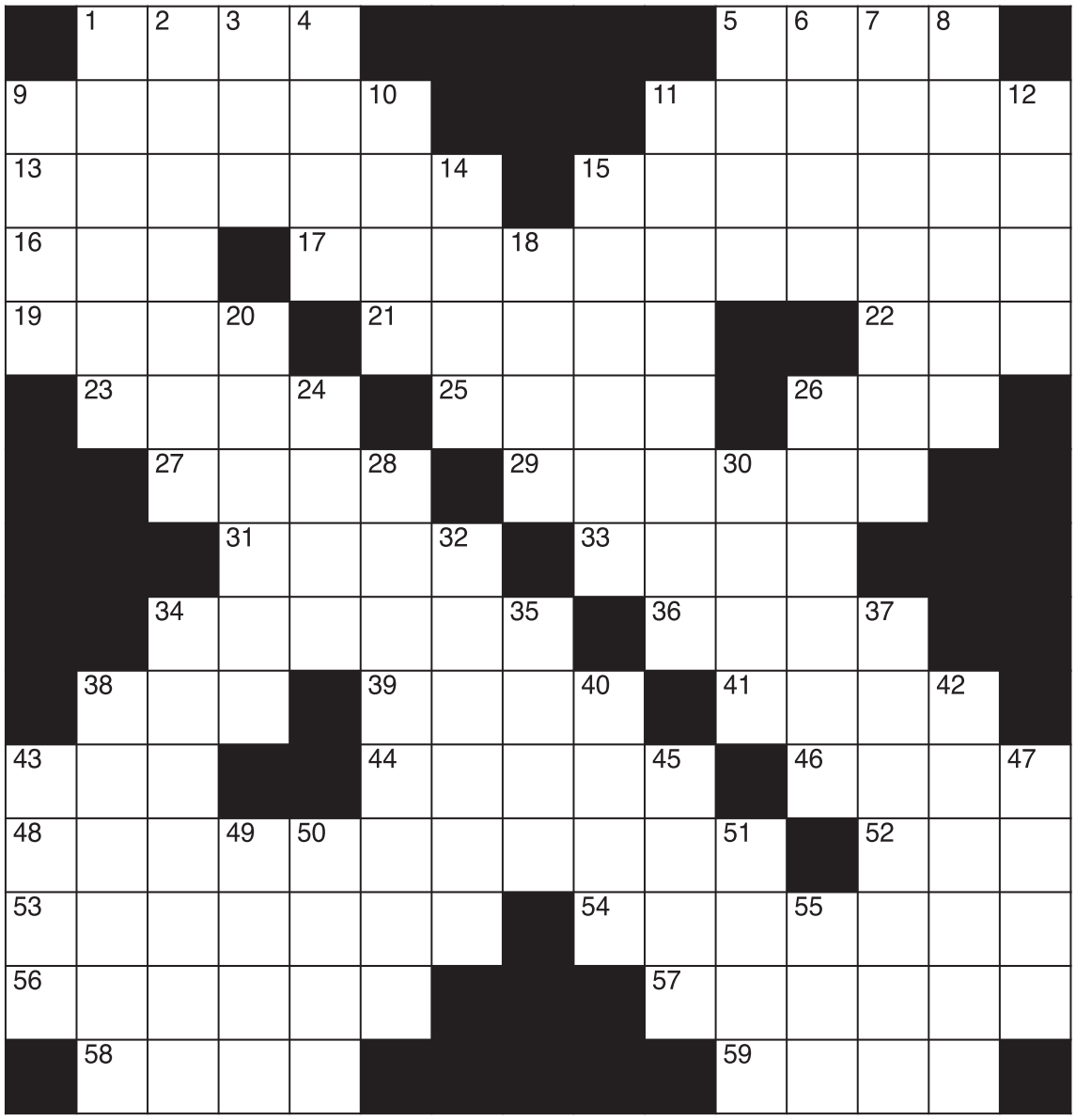
• Each serving: About 20 calories, 2g total fat (0g saturated), 0g protein, 1g carbohydrate, 0mg cholesterol, 50mg sodium.

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CLUES ACROSS

1. Babies' eating accessories
5. Charge on a coat of arms
9. Set of five
11. California town
13. One who cites
15. Elected official
16. Japanese delicacy
17. Couldn't be happier
19. Enormous
21. Hunter's tool
22. Georgia rockers
23. Cold wind
25. Beginner
26. Where you sleep
27. Without
29. We all have them
31. Spoiled
33. Platform
34. Drama and horror are two
36. In abundance
38. Turf
39. Inventor Musk
41. Negative answers
43. French river
44. Saps of energy
46. Type of sandwich
48. Sets apart again
52. Engage in a contest
53. Sufferings
54. Freestanding sculpture
56. Digs into
57. Fish have them
58. Speaks
59. Storage unit

CLUES DOWN

1. Spread over
2. Dyes
3. British thermal unit
4. Small city in Maine
5. Having an affection for
6. Welsh for John
7. Plays that ridicule
8. Not of your right mind
9. A way to get there
10. Hideaways
11. Relating to neurons
12. "Family City USA"
14. Proof of payment (abbr.)
15. Flew high
18. Wreaths
20. Got rid of
24. Shortly
26. Confer
28. Monies given as support
30. German electric car
32. Objects of an earlier time
34. Flat-bottomed boats
35. Small waterbird
37. Willingness to please others
38. Military actions
40. Brooklyn hoopsters
42. Took to the seas
43. Romanian city
45. What the sun eventually does
47. Titans' DC Dean
49. Resentful longing
50. Ceases to live
51. Pouches
55. Humbug

Beyond Corn and Tomatoes: Bonus Finds at the Farmers' Market

By Kerin Gould

Although Sacramento has many year-round farmers' markets, in the middle of summer, we tend to get motivated to get out there more, answering the call of the fresh, sunshine-infused tomatoes and sweet, tender corn, and luscious fruit that far surpass anything in a grocery store. But it's easy enough, in any season, to overlook some of the lesser-known attractions at our markets.

Usually, right at the entrance, you can find a booth that allows EBT card users to get vouchers or tokens to shop with, so they can get the freshest food with their benefits at the same time they are spending that money with local businesses. In addition, during summer months, the Market Match program matches up to $10, making the trip to the farmers' market a great deal. Also at the entrance you may find activists of all kinds, if you need a spirited debate, and an assortment of musicians.

Among the fruit and veggie vendors you may also find folks selling local and organic rice, artisanal cheese from small dairies, honey, dried fruit and jams, and locally grown and pressed olive oil. Since the California law on cottage industry food products has become more sensible, all kinds of barbecue sauces and salsas are on display at different stands, and I recently purchased elderberry syrup – as much for the flavor as for the anti-flu benefits. Another delightful product found at some markets is local wine. I mean local, as in Sacramento County! Tasting is even available in some locations.

You will also find fresh eggs, and fortunately most of the ones at the market are "pastured" eggs. That means the hens are outside during the day, foraging, enjoying the sun and fresh air and living very much like my pet hens. No nasty de-beaking for pastured hens, as they have room to move and so don't hurt each other. The yolks from pastured eggs are deep orange, and the flavor and texture are noticeably superior. Kind and healthy treatment of animals benefits us too.

If you happen to be food-shopping for an occasion or just need a splash of color in your life, you can find gorgeous flower arrangements here, some premade and ready to pop into a vase, and some mix-and-match, with the florists creating a spectacular bouquet before your eyes. House-plants and garden plants, herbs starts and even fruit trees have their own area at several markets, and you can even find specialty plants like succulents or the super-food moringa. You can locate the lavender stand by using your nose to sniff out their sachets, pillow-freshening spritzers, and bulk lavender. But my favorite stop is with All Things Wild, where they sell native and drought-tolerant plants like incense cedar, ceanothus, elderberry, and a variety of sages.

A few farmers' markets include craft sales in a special area, but other markets' policy is to give the farmers your full shopping attention, without distractions. After all, they work especially hard to deliver locally produced goodness to you. One last thing to keep in mind: please make sure you support certified farmers' markets. That title means that the growers have been inspected to verify that what they sell in the market is only what they are growing themselves. There are no re-sellers at these markets, just growers and makers, bringing you the best our region has to offer.

Southside:

continued from page 3

And in El Dorado, Roarin' Camp's gambling hall, the illusion is so real that the face of the suave John Oakhurst is expected behind a faro table or roulette wheel."

On its first day alone, 14,227 people visited this attraction.

A couple of C.K. McClatchy High School grads in their 90s fondly recalled Roarin' Camp last week.

One of those alumns is Dick Ryder, who graduated from this Land Park institution in 1947.

Ryder described Roarin' Camp as having had the appearance of an old-time movie set.

"The Roarin' Camp was really a roarin' camp," he said. "They really had it fixed up just like (it) was in the days of 1849.

"It was better than the State Fair, actually, as far as the action, as far as male Sacramento was concerned. It was well promoted and there was really (a town there).

"It was like Sacramento's World Fair. It was our centennial of Sutter's arrival in Sacramento when he built the fort and all."

Ryder also commented on the whiskerinos.

"I wasn't capable of being a whiskerino, unfortunately," he said. "I was about 10 years old. But my dad (Clark Ryder) was a whiskerino, and every (adult) male member of society in Sacramento was a whiskerino."

Ryder added that during his youth, he was hopeful that an improved Roarin' Camp would be built in 1949 for the 100th anniversary of the founding of the city of Sacramento.

"I figured, 'This is pretty good practice for 10 years from now,'" he said. "But they didn't have a celebration 10 years (later). I was always looking forward to it. If the Roarin' Camp was so good, how come we didn't have a better one coming up in 1949?"

Also reminiscing about Roarin' Camp was Joanne (Diepenbrock) Nelson, a 1944 McClatchy High graduate.

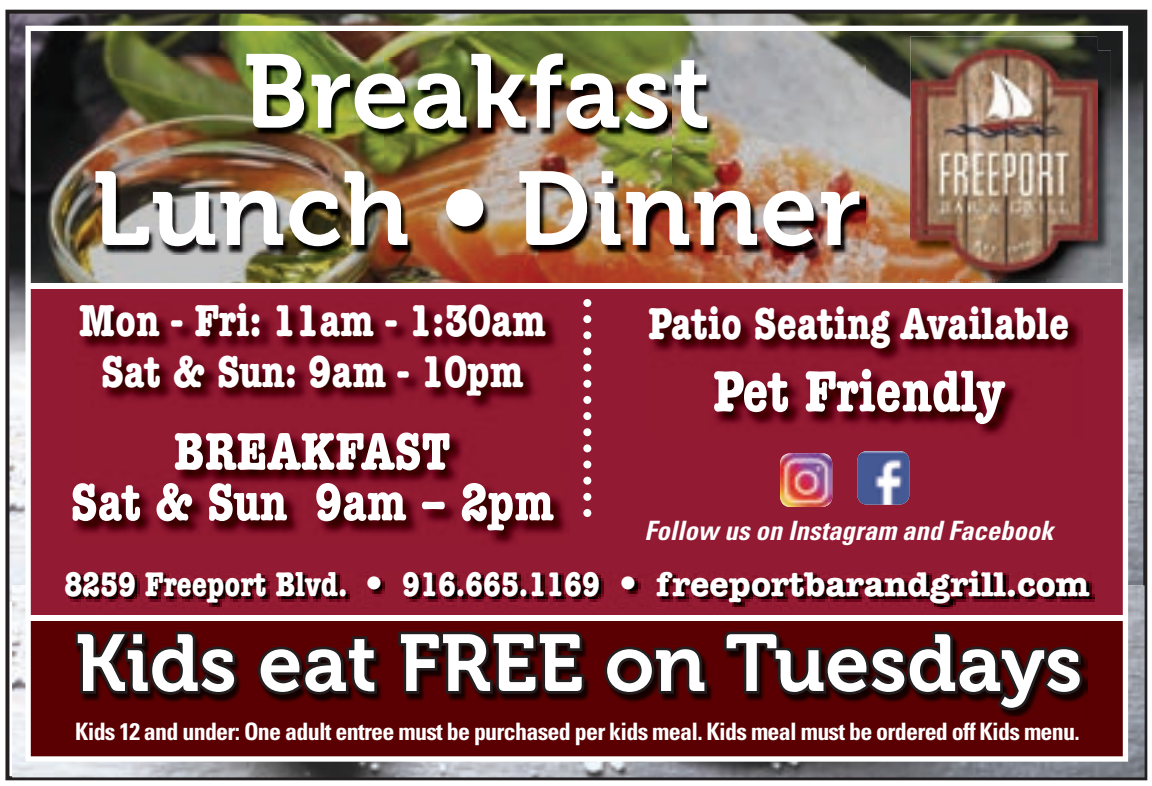
"I do remember going in there," she said. "Everybody was dressed up in their '49er clothes, and having fun. I remember my parents (Joseph and Ann Diepenbrock) took me. I think my mother even made me a dress that was long and old-fashioned with long sleeves.

"I was about 13. I was in 7th grade (at California Junior High School – today's California Middle School). One thing I remember is one of my friends (Irene Veress – later Irene Raymond) that I had just met was there (at Roarin' Camp) with her sister and her brother-in-law. They were older. I remember it was just so much fun to see her (at that centennial attraction)."

With the Sacramento-Golden Empire Centennial nearing its conclusion, a historical pageant known as The Dawn of Gold was presented on Aug. 9 through 12, 1939.

Held in the venue known today as Hughes Stadium, the pageant, which had a cast of about 2,000, portrayed such history as Sutter's landing, the raising of the Bear Flag, and the story of the Donner Party.

Following the pageant, the final attraction of the centennial – a theatrical performance – was held in Roarin' Camp. The show began at midnight in the Eagle Theater.



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July 30 Groundbreaking Held for Caltrans I-5 Corridor Enhancement Project



Shovels ready for groundbreaking at the July 30 ceremony for the I-5 Corridor Enhancement Project.

By Patricia A. Clark

"This project needed to think big," Caltrans District 3 Director Amarjeet Benipal exclaimed to the assembled crowd at the Groundbreaking Ceremony for the Interstate 5 Corridor Enhancement Project on July 30. Mr. Benipal acted as the Master of Ceremonies for the one-hour ceremony, held under Highway s 50 at the corner of 6th and X Street to take advantage of the shade on the warm July day.

The scope of the project runs approximately 15 miles, from one mile south of Elk Grove Boulevard to the American River Bridge crossing near downtown Sacramento. The $370 million project will rehabilitate 67 lane miles of the roadway, relieve congestion through the addition of 23 lane miles of High Occupancy Vehicle (HOV) lanes, replace the outdated pedestrian overcrossing between Fruitridge and Sutterville Roads, construct two new sound walls, install new fiber optic lines and extend some entrance and exit ramps.

In his introductory comments, a jubilant Mr. Benipal emphasized that the project planning benefitted from numerous partners, including local agencies. He expressed thanks and appreciation to all of those individuals and agencies that took an interest in moving the project forward.

Among the speakers, Susan Bransen, Executive Director of the California Transportation Commission (CTC), noted that the existing pavement is 44 years old and original to when the freeway first opened in 1975. Ms. Bransen also noted that this stretch of I-5 sees about 150,000 vehicles through the corridor each day, including about 15,000 trucks. Exemplifying the values of the SB 1 program, she itemized the various sources of funding for the project including $48 million from SB 1, $280 million from the State Highway Operation and Protection Program (SHOP), $33 million from Sacramento Transportation Authority's Measure A funds, and $8.5 million from Sacramento Area Council of Governments (SACOG). She closed by saying that the CTC sees this as a "transformative project" with noticeable improvements in safety, rehabilitation, and congestion relief.

Beaming with a broad smile, U.S. Representative Ami Bera shared his view that infrastructure investment is good for communities. "This is a smart project," Bera said. Bera represents the 7th House District in California and lives in Elk Grove.

Other dignitaries speaking at the event included David Kim, Secretary of the California State Transportation Agency, Assembly member Jim Cooper, Steve Hansen, City of Sacramento Councilmember District 4, Darren Suen, City of Elk Grove Councilmember District 1, Vince Mammano, Division Administrator Federal Highway Administration, and Brent Newman, California Highway Patrol (CHP) Chief Valley Division.

Secretary David Kim said this project will be the largest highway project in the Sacramento area since I-5 was originally completed back in 1975.

Brent Newman, the CHP representative, highlighted safety concerns in his speech. This stretch of I-5 sees large numbers of both local and long distance motorists, he began. Safety benefits from the project will include improved response time for CHP, less accidents due to potholes and deteriorating pavement, and improved real-time traffic information from the new fiber optic cables that will provide better information to dispatchers, Newman said. Specifically calling out an incident many readers will remember, Newman recalled that it was approximately one year ago that large chunks of deteriorating pavement formed massive holes in the freeway in the northbound lanes near downtown, creating huge traffic jams and requiring days of emergency repairs.

The rehabilitation project is scheduled to last 3 and one-half years, wrapping up in December 2022. Caltrans District 3 Public Information Officer Dennis Keaton commented that most of the traffic-interfering work will not begin until next year, with this fall devoted to preliminary preparations like drainage and electrical work.

Granite and Teichert Construction Companies, who were awarded the bid for the project, said they plan to recycle the existing concrete pavement on site to provide environmental benefits. The new pavement is expected to have a 40-year life.

The Casilada Way Pedestrian Overcrossing, between Fruitridge and Sutterville Roads, needs to be replaced with a similar structure that meets current American with Disabilities Act (ADA) standards. The existing structure has a steep grade that is non-compliant. The proposed replacement structure has an attractive design, unlike the plain existing overpass. The two new sound walls will be built on the west and east sides of the freeway just south of Pocket Road. This includes the South Pocket neighborhood on the west side. These areas do not currently have sound walls and, in South Pocket's case, the neighborhood association has advocated for a sound wall since 1994.

South Pocket Homeowners Association's Treasurer Sue Ruiz recalled, "When my family moved here in 1995, we heard about how the sound wall was imminent. Now, as a member of the South Pocket Homeowner's Association Board, I am closely watching the progress and advocating for it as I know it will significantly benefit our neighborhood. It cannot come too soon!"

Following the ceremony, dignitaries with shovels turned over a small mound of sand established for the event, and then participated in a host of media interviews. To stay informed about the project, you have many choices. You can follow Caltrans District 3 on Facebook or Twitter. Currently, there is a project page located at the Caltrans Public Website under District 3 at http://www.dot.ca.gov/d3/projects/ , including weekly roadwork schedules at http://www.dot.ca.gov/d3/roadwork/ and the latest news at http://www.dot.ca.gov/d3/press/ .



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What's happening Arden-Carmichael?

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.RacefortheArts.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.

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.





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