December 27, 2019 | www.valcomnews.com

Land Park News

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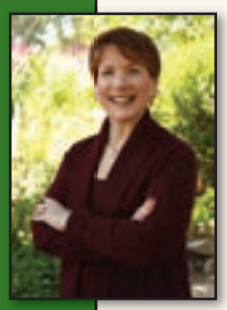
Swim with Santa at the YMCA

see page 8

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Editorial questions: (916) 267-8992

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Fleet Feet Sports:

Merry & Bright Holiday Lights Walking Tour

Photos by Stephen Crowley

Guides from Fleet Feet Sacramento led folks on a tour through the beautiful and festive streets of Land Park on the evening of Friday, Dec. 20. A little over two miles, the holiday lights walking tour lasted about two hours. Midway through walkers stopped to enjoy some hot chocolate.





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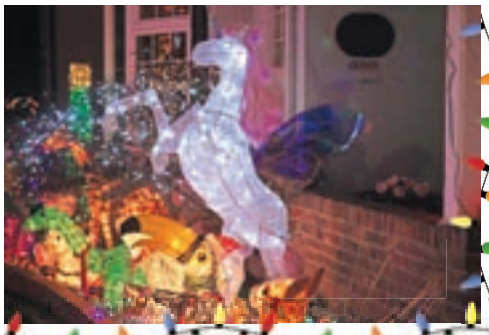
A cozy foyer welcomes you in and introduces you to the large living room with an inviting fireplace and lovely windows. Original hardwood floors throughout with a generous formal dining room and cute vintage kitchen and bath. Full light French doors from the back bedroom flow out to a wonderfully landscaped back yard with a delightful patio perfect for enjoying intimate dinners or entertaining with friends. Lengthy driveway with gate for privacy and a one car garage.
3225 Cutter Way | $464,990

Beautiful Bungalow in Curtis Park!



This lovely 2 bedroom 1 bath Craftsman style home is in great company on an excellent street and close to everything. Open living room with hardwood floors and a fireplace that looks on to the charming dining room complete with box beamed ceilings. Spacious updated kitchen with granite countertops, glass tile backsplash and stainless steel appliances. Updated Jack and Jill bathroom with separate tub and shower. Quarter basement with lots of storage.
2159 Portola Way | $455,000







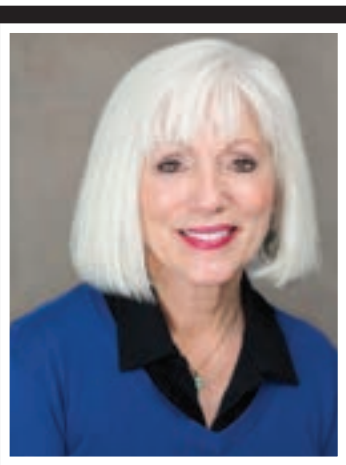












Sue Olson
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LAND PARK

This two bedroom cottage needs some TLC. It features a formal living room with fireplace, formal dining area and eating space in kitchen. Large bath with original tile, tub, and stall shower. Partial wood floors, floor furnace and window a/c. Inside laundry area with sink and attached single car garage.
893 6th Avenue $389,000



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Charming 2-bedroom Brick Tudor in Curtis Park. Formal living and dining areas, wood floors, fireplace insert, lovely arched window and plantation shutters. Custom kitchen cabinetry, tiled counters, lots of storage, gas stove, breakfast nook with original leaded windows. Amenities include central h & a, updated bathroom and 1/4 basement. Rebuilt garage with laundry room, full bathroom, stainless steel sink, European style h & a unit, pull down stairs to attic storage, Versa Lift that lowers items from attic area to garage floor or can be used as a work station. Great for hobbyists. Backyard patio, pergola, and freestanding spa. Walking distance to transportation and Gunther's Ice Cream. **2741 3rd Avenue**



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Strange BUT TRUE

By Samantha Weaver

• It was Nobel Prize-winning French poet, journalist and novelist Anatole France who gave the following sage advice: "Never lend books — nobody ever returns them; the only books I have in my library are those which people have lent me."

• One-quarter of the city of Los Angeles is taken up by automobiles.

• Ancient Egyptian priests were bald. And not just on their heads — they would pluck every hair from their bodies, including their eyebrows and eyelashes.

• In many parts of Spain, Dec. 28 is traditionally observed as the Feast of the Holy Innocents. To celebrate, the young boys of a town gather together and light bonfires. One of them is designated as the mayor for the evening, and he goes about ordering citizens to do tasks such as sweeping the streets. Anyone who refuses is fined.

• The deluge of mail around the holidays has been an issue longer than you probably realize. In 1822, the postmaster of Washington, D.C., was disgruntled by the surge and complained about having to hire 16 extra mail carriers. He wanted a law to be passed limiting the number of cards a person could send.

• Have trouble remembering all the words to our national anthem? Be glad you're not Greek — their national anthem has 158 verses.

• If all the blood vessels in one human body were stretched out end to end, they would stretch all the way around the world.

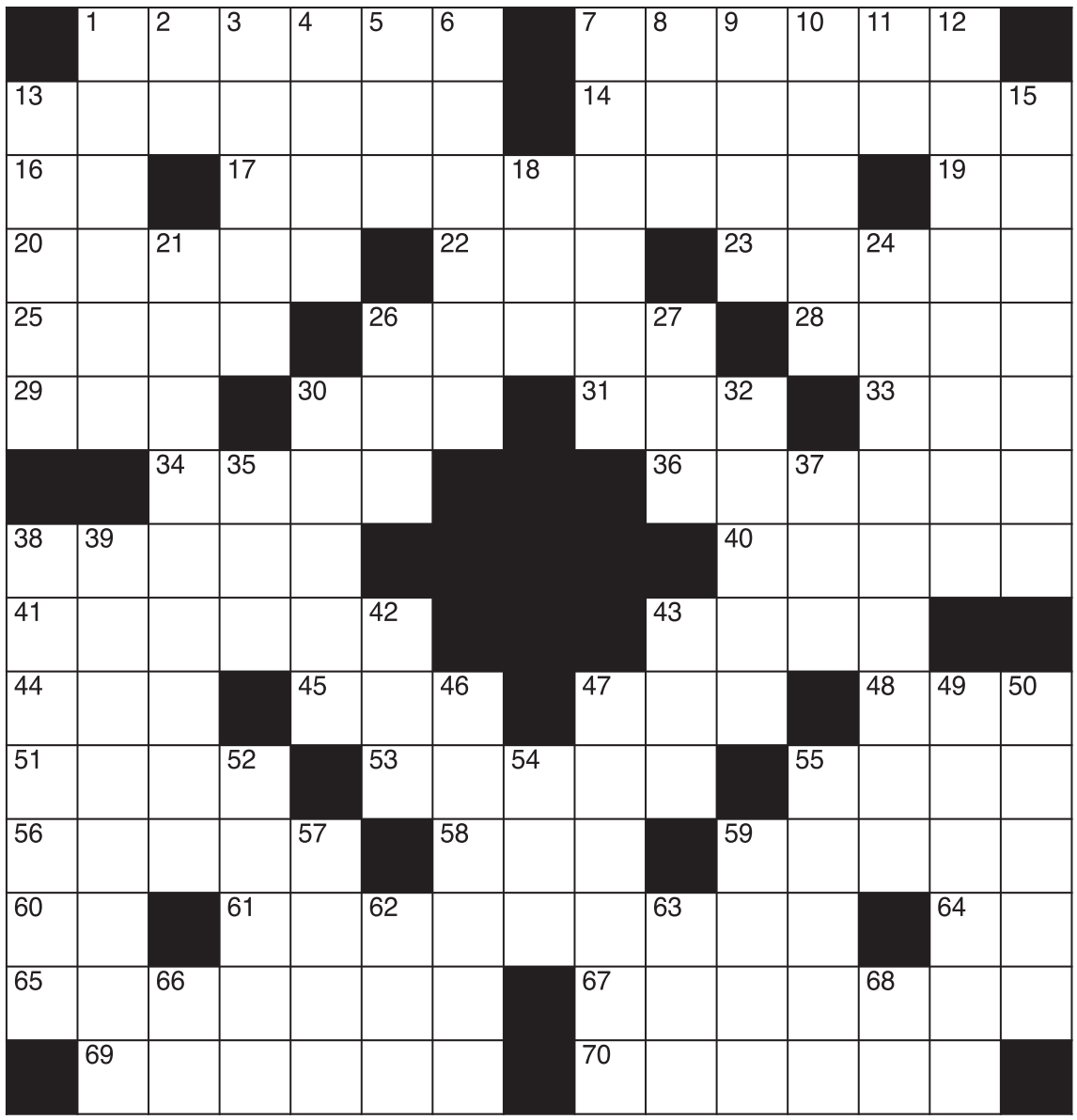
• The rivalry between those Ivy League giants, Harvard and Yale, is legendary. Not many people know, however, that Yale was founded by graduates of Harvard.

***

Thought for the Day: "He who wants to grow rich in a year will be dead in a month." — *Spanish proverb*

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CROSSWORD



CLUES ACROSS

1. Recurring TV show
7. Throws out
13. Iberian Peninsula microstate
14. Gossip
16. Atomic #20
17. Ivy League institution
19. Of I
20. "He Is __!": Scripture excerpt
22. Musical genre
23. Heavy cavalry sword
25. Ancient Olympic Site
26. Satisfies
28. Popular flower
29. Shared services center
30. Drain
31. A way to attack
33. Urban Transit Authority
34. Spiritual leader
36. Postponed
38. N. American plant with edible purple-black berries
40. Gazes unpleasantly
41. Gets up
43. Capital of Ukraine
44. Returned material authorization (abbr.)
45. Golf score
47. Superhigh frequency
48. Swiss river
51. Felons
53. Succulent plants
55. Soluble ribonucleic acid
56. Deliberately setting fire to
58. Infamous singer Zadora
59. Anwar __, Egyptian statesman
60. Influential sports mag
61. Aromatic Mediterranean plant
64. Sixth note of a major scale
65. Unit of explosive power
67. Large watertight chamber
69. Popular street
70. A way of watering

CLUES DOWN

1. Mollusks
2. -__, denotes past
3. Anchor ropes
4. Large Middle Eastern country
5. To make a mistake
6. Ancient governor
7. Extents
8. Chinese surname
9. NYC subway "residents"
10. Essential oil used as perfume
11. A way to treat injuries (abbr.)
12. Session
13. Units of land areas
15. Goes over once more
18. Where wrestlers work
21. Italian islanders
24. Avenue
26. __ Adams, U.S. President
27. Rest with legs bent
30. Type of flour
32. The Golden State (abbr.)
35. More (Spanish)
37. Stinging, winged insect
38. The use of irony to mock
39. Arsenals
42. Pouch
43. 22nd letter of the Greek alphabet
46. Violent seizure of property
47. Restrict
49. Something comparable to another
50. Punishment device made from stems
52. Soul and calypso songs
54. Formerly OSS
55. Athabaskan language
57. __ bene: observe carefully
59. Six (Spanish)
62. Read-only memory
63. Chinese philosophical principle
66. American conglomerate
68. Tin

Sacramento Youth Band calls Parkside Community Church its new home





Story andd photos by Joe Perfecto

To paraphrase an old saying, "You can't keep a good band down." This is certainly true of the renowned Sacramento Youth Band (SYB), a 62-year-old non-profit institution that has missed nary a beat despite coping with battle-worn equipment (some dating to the band's founding) and recent setbacks.

For one thing, just a few months ago the band was facing the possibility of homelessness. Kennedy High's music department facility, SYB's rehearsal venue for the past five years, is slated for demolition, which prompted a search for new digs. As the group has an 18-year-long relationship with Parkside Community Church in South Land Park, they approached the church, which provided them with space. (Local residents have likely seen the SYB fireworks stand appear on the church grounds each June during that period.)

And then there was the theft of $3,000 worth of instruments, from a collection that was already stretched. Here salvation came via a GoFundMe account and other donations that actually raised more than was needed to restore inventory.

The organization comprises a number of component groups, such as a brass band, swing big band, traditional jazz band and a marching band that participates in many local parades. The groups featured in a given event vary depending on the nature of each performance, affording a variety of listening experiences. At holiday programs, such as that presented Dec. 7 at San Francisco's Ferry Building, it's mostly the concert and jazz bands that make the scene.

A brand-new addition to SYB's performance calendar was presented Dec. 15 at Parkside; the inaugural Holiday Music Fest opened with a bit of outdoor caroling in the brisk late afternoon air. Led by a handful of band members, a gathering of attendees sang old standbys such as "Rudolph the Red-Nosed Reindeer," "Santa Claus is Coming to Town" and "Frosty the Snowman."

Held in Parkside's fellowship hall, the main program opened with SYB's River City Swingers, who were followed by the senior and junior bands. An audience of about 100 enjoyed a number of traditional selections, with an occasional twist, such as "Deck the Hall with 'Bones and Saxes," a 2007 swing version of the Welsh melody dating to the 16th century that received its English lyrics 300 years later.

The Parkside concert joins SYB's lineup of fundraisers supporting the group's operation; others include the fireworks stand and an annual spaghetti feed. SYB has helped introduce many hundreds of youth to musical performance, some of whom have gone on to pursue careers in the field. Donations to foster this work are always welcome. SYB has an online presence at https://syb.myevent.com/ that offers information about the group and includes a PayPal link for contributions.



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Mural jazzes up the walls of the Fifth String Music School





Story and photos by Joe Perfecto

The corner of Franklin Boulevard and 4th Avenue, site of The Fifth String Music School and adjoining Side Door performance venue, got a little bit jazzier with the recent addition of murals of musicians on the walls of those businesses. Commissioned by 5th String owner John Green, the artwork hearkens back to 2009's Franklin Boulevard Urban Plein Air Project, in which 22 artists painted images—generally 24"x32"—on 22 commercial structures lining the section of Franklin from Broadway to just past Fruitridge Rd. The 5th String building, which at the time housed Tangent Gallery, was among that number. Its mini-mural is still there, to the left of the front door. The image's modest size and finely-detailed, realistic depiction of the adjacent convenience store stands in sharp contrast to the scale and style of the new work, which spans large areas of the walls on both the northern and eastern exposures, comprising eight figures and a stylized nameplate.

Ranging from relatively straightforward and full-bodied to highly abstract amorphous partial renderings of human forms and instruments,

see MURAL page 7







Mural:

continued from page 6

the figures employ undulating outlines and fragmented body parts to portray movement. The style struck this admittedly philistine reporter as reminiscent of Picasso, but Greg La Traille, the artist who brought the work to life, disagreed.

"Some people say it reminds them of Albert Hirschfeld, who put (the name) 'Nina' in every cartoon he did. Some people say it looks more like Kandinsky," La Traille said. "But better to look like Picasso than Hallmark Cards." Specific stylistic influences notwithstanding, the figures possess a lithe, vibrant quality. "These (figures) capture the essence of motion and music-making; they kind of look animated," La Traille said. "They're semi-abstract so you can recognize what they're about." As La Traille is accomplished in music as well as assorted visual media, the renditions of the figures are grounded in a deep familiarity with musical performance, which helps shape their expressive form and tone.

La Traille used pencil-on-paper sketches as roughing-out guides for marking pencil outlines on the walls, which he then overlaid with a paintbrush to form the basic shapes within which the interplay among a carefully-chosen palette of tints would impart depth and mood to each character. "They're basically black (outlines) on off-white walls, and the colors are pastels so as not to interfere with the lines," he said. For colors, he drew inspiration from 20th-century cartoonist Georges Remi, AKA Hergé. "I tend to like the colors that are found in [the] Tintin Belgian comic books," La Traille said. "The colors are mixed to make these pastels, and I use a dry brush technique to fade them out when I don't want them to mask details. I start with primary colors, and then I say I need an earth tone, I need a brown, I need a gray-green here, but always light so they won't interfere with the lines."

The three figures on the Franklin Boulevard exposure incorporate guitar-like elements. "They really don't depict any real guitar," La Traille said. "They are symbolic of stringed instruments. And they have five strings, because this is the 5th String." In a nod to the Side Door, two figures have blue heads. "They play a lot of blues in there."

The five figures on the Side Door wall are a bit more varied in form—several of them heavily abstract—and feature a saxophone and several stringed instruments. The leftmost is a folk guitarist, rendered in gorgeous tonality ("summer colors" per La Traille) and graceful curves, that's readily recognizable although the figure takes a little anatomical liberty. "There's actually three legs here," La Traille explained, "[because] she's moving, strumming. She's sort of prancing." Next is a male figure plucking a lilac-and-mustard upright bass—again, also fairly straightforward. But with the exception of a bluesy sax player (whose lines are ultramarine blue rather than black), things get a bit wild from here. Next to the bassist is a partial, arguably human shape made mostly of squiggly lines and just hints of tints, somewhat resembling a Rorschach blot in that it's open to interpretation. "She could be a guitarist, or she could be about to kiss a scared turtle," La Traille said. But it's actually a violinist. "And she—you can tell the gender, by the way—she is no color, except for her lips are red and her tuning pegs are red," he said. In this sort of head-and-shoulders line art image, the face is represented at the top, and the tuning pegs, bow and strings are lower down. Hands are not shown but motion depicted in the strings suggests the instrument is being played.

The most obscure is the image at far right, composed primarily of one continuous, meandering curved line that is intersected by a sort of Nike Swoosh stroke. Reminiscent of a bow and arrow, this minimalist depiction of another violinist heavily blurs the boundaries between player and instrument and is difficult to adequately describe.

The murals can be seen at 2900 Franklin Blvd. More examples of La Traille's work are available at https://www.greglatraille.com/.

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Faces and Places:
Swim with Santa at the YMCA



Photos by Stephen Crowley

Children brought their wish lists and joined Santa for pool-side pictures and a swim in the YMCA's indoor heated pool on Friday, Dec. 13. Additionally, children got to enjoy a sweet treat in Santa's Village while Mrs. Claus read her favorite holiday stories. Children also had the opportunity to make some Christmas ornaments in Santa's workshop with Santa's elves and played reindeer games.





























Riverside Sports Bar may have ownership change

By Joe Perfecto

Riverside Sports Bar, the popular Greenhaven pub that opened just over two years ago on the former site of Pocket Bistro, may soon be changing hands. As reported in the Aug. 2 Pocket News, Riverside co-owner Jeremy "Jay" Jugoz was diagnosed with stage four pancreatic cancer earlier this year, and despite chemotherapy the prognosis is dim. Although co-owner Mike Deniger stated he will also cash out his share, chances are that the bar will continue in its present form as at least one bar employee will reportedly be among the new owners.

Not a traditional restaurant or a bar either, the vibe at Riverside Sports Bar can be described as somewhere in between. Located in the Grocery Outlet shopping center, the bar held a ribbon cutting ceremony on Aug. 4, 2017 featuring live entertainment by bands, Second Chance and Crossman Connection.

In past years Jay has hosted shave-a-thons for St. Baldrick's, a nonprofit that raises money for children's cancer research. Inspired to host the events because many of his family members have had cancer, Jay has stated it's been difficult for him and his family who's had to deal with it over the years. Before opening the Riverside Sports Bar, Jay was a full-time bartender at the Wrangler Bar in Elk Grove.



He also served at De Vere's downtown and tried to recreate the vibe. He started running Spartan a few years ago when he learned that his mom had cancer.

Jay grew up playing on Greenhaven Soccer teams and has said the neighborhood has always been a part of him and that by opening up Riverside Sports Bar, it was kind of a homecoming and he wanted to bring the only sports bar and grill to the area.

Riverside Sports Bar is located at 6401 Riverside Blvd. near Grocery Outlet.

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Produce with a Purpose: Handmade Holidays

By Kerin Gould

Once a growing-season, I ask my wonderful neighbor, Dave, to come over and till a couple of garden plots. It's a clean slate for new plants. I wish I could go no-till, but the Bermuda grass is relentless. The tractor is big and loud and diesel-scented. He loves his machines and knows how to maneuver and maintain them, doing a lot of the mechanic work himself. I don't possess these skills, probably couldn't even point out the carburetor in my riding mower (my only gas-powered tool), but in return for the tractor work, I can cook homemade treats.

My main tools are the broadfork, the wheel-hoe, a battery-powered weed-whacker, and the Japanese hand-hoe. I bend a lot, get my hands in the dirt and feel the soil structure, look at which bugs and how many earthworms are present, and close-up check for pests and little predators and interpret different holes in the leaves. Cabbage worms will go away in winter, but the sparrows will eat any green leafy crop, if they are hungry. I have a homemade pest-repellant recipe I use to give my cabbage-family plants a fighting chance, but picking off worms also helps. I won't ever just spray some toxic stuff on there.

It's more work. But it's personal. It's quiet. It's tactile. It takes a serious scrub to get the soil out of my skin. Organic farmers who don't use mass spraying to get rid of weeds and pests have to do this close-up work by hand. This extra labor is part of why organic strawberries and greens cost more. But on the other hand, pickers aren't getting exposed to toxins. Worth it!

As a person who does a lot of chores by hand, I want to encourage folks to consider handmade gifts this season. Just like the farm chores, they require genuine engagement and visceral interaction, even – dare I say? - love. I often wish I knew how to knit, but honestly, nobody wants a misshapen, irregular mess of a scarf. My niece, on the other hand, is talented with the needles, and I love wearing a big, earthy-colored scarf she made. I'm not recommending we all sew our own clothes and mill our own wheat and become an Amish community, but I am all for specialness and realness when it counts.

What if you really aren't artistic? What if you regularly burn the holiday cookies or can't decorate to save your life? Honestly, my decorating skills would have shown up on that now defunct web site "Regretsy" (Google it) or on Pinterest as a tragic, cautionary tale to others. At my house, we've gotten around that by cutting out cookies in a sweater shape and making ugly-sweater cookies to decorate.

Let's say you are artisanally challenged, over-worked or uninspired…There are so many outstanding local artists, crafters, and makers out there and fairs going on at the Crocker, the State Indian Museum, and many more, where the quality is exceptional and the ideas unique. Ideas are the hardest part, aren't they? Of course there are those craft items that are a bit cheesy, too, and there's a gift recipient for that genre on your list, ironically or unironically.

Farmers' markets have gift ideas this month too. Fill up a local treats gift basket for somebody! We revive our connection to other human beings by patronizing local growers, makers and creators, and we can find gifting freshness rather than stale box-store burnout, generic gift cards, and click-click-clicking our way through big shopping sites. And we boost our local economy when we buy from local makers.

Even if you aren't a great cook or decorator, you may be roped into a cookie exchange, need a hostess gift, have to bring something to a work party, need to thank a neighbor for tilling your field, and you don't want to embarrass yourself or just give up and buy something. I have you covered! This is stupid-easy, madly-tasty, secretly healthy, vegan and gluten free. Option one is to make these and put them into paper candy-cups and then put an assortment into a festive gift tin. A second option is to pre-make the basic truffles and then put out little bowls of toppings for people to make their own, sort of like a flight of wines/craft project. Either way, people will be delighted with your handmade delights and amazed at the quality and deliciousness. You can do it!



Rich Chocolate date Truffles

Ingredients for the truffle base:

- 1 1/2 cups of dates
- 6-8 tbsp cacao (unsweetened, of course) adjust to make a workable consistency
- 3 tbsp of grated coconut.

Pre-soak the dates and chop a little if needed. Use a food processor or immersion/stick blender to grind the three ingredients into a paste, going little by little, so you don't overheat your blender. The mixture should be about thick cookie-dough consistency, firm enough to hold the round shape. Form little spheres with a melon-baller. Roll in coating until well covered. Serve in festive paper candy cups.

Coating options:

- grated orange zest
- chopped roasted almonds
- chopped hazelnuts
- chopped walnuts or pecans
- cinnamon and chili
- sesame seeds
- more coconut
- smashed candy canes if you don't have a problem with sugar
- whatever you like!



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What's happening, Land Park?

2020

SUNDAY, JAN. 5

HUMANITARIAN CRISIS FOR IMMIGRANTS - CONTINUES: Find Out What You Can Do. Act Your Conscience. Learn about the appalling conditions of confinement for migrants and refugees. Hear Anna Molander Hermann give an eyewitness account of the situation in San Antonio, and from other advocates working to support asylum seekers, immigrants and the children and families in Northern California and in detention camps.

- The Refugee and Immigrant Center for Education and Legal Services (RAICES)
- Abuelas Responden, the Sacramento Overground Railroad
- NorCal Resist
- SacACT (Area Congregations Together)

Find out about volunteer opportunities and how you can help.
January 5, 2020, 3:00 p.m. – 5:00 p.m.
Congregation B'nai Israel, 3600 Riverside Blvd.
RSVP by December 30, 2019, is suggested. $5 donation at the door appreciated. For more information, contact info@ncjwsac.org or RSVP online on the events page of www.ncjwsac.org.
"Humanitarian Crisis for Immigrants – Continues" is a part of the Speakers Series Call to Action presented by National Council of Jewish Women (NCJW) Sacramento. Next event is GUN VIOLENCE PREVENTION on March 1, 2020, Find Out What You Can Do. Act Your Conscience.

WEDNESDAY, JUNE 10

20TH ANNUAL DIVERSITY EMPLOYMENT DAY CAREER FAIR AND ROUNTABLES: From 11 a.m. to 3 p.m. at the O'Club at The Lions Gate Hotel Conference Center, 3410 Westover St., McClellan. The ongoing mission is to provide the most candidates from the city, county and state's diverse communities. With the understanding that diversity is a good business strategy, the opportunities for employer and candidates are endless. The diversity event is the most significant career fair presented today. Its outreach includes multicultural, veterans, women, LGBTQ, mature workers and people with disabilities. Each employer is actively committed to getting America back to work, diversity and equality in the workplace. The event features the "The Diversity Spirit Achievement Award" presented by the Diversity Recruiters Network and The Diversity Practitioners Roundtables. For more information, visit facebook.com/citycareerfair and www.citycareerfair.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.

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.

Chapa-De Indian Health April Moore Memorial Scholarship Now Accepting Applications for 2020-2021 Academic Year

Chapa-De Indian Health is excited to announce the April Moore Memorial Scholarship is now accepting applications for the 2020-2021 academic year. The scholarship is open to American Indian students currently attending or planning to attend college or a technical, trade or vocational school. Applicants should be in or from Placer, Nevada, Sierra, Sacramento and El Dorado Counties in California. The winner is chosen by the Chapa-De Board of Directors each year.

The $1,000 annual scholarship is offered in recognition of long-time Chapa-De Board President April Moore. Moore dedicated her life to advancing American Indian people and served on the Chapa-De Board of Directors for 26 years.

Scholarship applications are due by February 28, 2020. Winners are announced in May 2020. The Chapa-De Board of Directors selects a new recipient each spring, applicants are encouraged to re-apply for each year they meet the qualifications.

To qualify, applicants must;

Have a minimum cumulative GPA of 3.0

Be American Indian/Alaskan Native; for the purpose of this scholarship this is defined as being eligible for services at Indian Health Service (IHS) Clinics

Plan to pursue vocational training or a college degree

Have attended school in Placer, Nevada, Sierra, Sacramento or El Dorado counties

Submit all required application materials by February 28th

View the application for a full list of scholarship details and requirements: chapa-de.org/download-forms/.

Chapa-De Indian Health (Chapa-De) is a 501(c) 3 non-profit organization that was established in 1974 and operates community health clinics in Auburn and Grass Valley, California. Chapa-De offers comprehensive primary medical care, dental and orthodontics, behavioral health counseling, psychiatry, nutrition and health education, prenatal care, pharmacy, and optometry services.

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What's happening, Land Park?

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 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.



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