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'Listening Chair' is longtime Balshor family treasure

'There's something magical about that chair,' says its longtime owner

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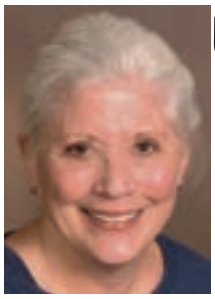
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THIS 'n' THAT

by Carol Bogart

Flu Shot-*Yes or No?*

There's a lot of … distrust … when it comes to flu shots.

Many – not some, MANY – are convinced the shot GIVES them the flu. Others are just anti-vaccine, period.

I understand.

I'm in no big rush to get the new-ish Shingles vaccine. Even though my cousin suffered terribly from Shingles. Actually, maybe that's why I'm, at best, on the fence. There are documented cases of people GETTING Shingles from the vaccine. Because it has 'weakened' live virus in it? I don't know. But, when any vaccine's 'new' – to me that means the jury's out on two things:

The FDA (which approves new medications) won't reeeeeeally know its side effects until the 'human trial' expands by millions.

The CDC won't know if it 'guessed right' on which strains to include in any year's flu shot until flu season ends, and it dissects multitudinous reports from doctors, clinics, emergency rooms, hospital admissions – and morticians. THOSE stats will tell it whether the latest flu vaccine was 'effective.'

A bit disquieting: Earlier this month the CDC admitted that last year's 'new' "trivalent (3-strains) vaccine" DID NOT WORK, and neither did 2017's 2-strains flu shot! People can be forgiven for having doubts.

That said, here's what's scary about saying 'no' to the 2019 flu shot. Flu came early to California, reports the CDC, adding that even a couple weeks ago, it was already 'widespread.' Four flu strains have been identified and they include the 2009 HINI (Swine Flu) virus. You remember THAT bad boy. In 2009 it killed three people in West Sac and sent many in Yolo to the hospital. Also circulating: the "Avian" Flu. BIRD FLU, folks. Remember back when health and government officials first started talking about Bird Flu – and said there was NO WAY to protect against it?! Homeland Security was warning that Bird Flu could be used as a weapon of mass destruction??!

Apparently, that bird flu stuff kickstarted research. It, and Swine Flu, are covered in the 2019 vaccine. Neither is the dominant strain now circulating. The CDC says it's 'too soon to know' if the "new" "quadrivalent (four strains)' vaccine will be "effective"

Here's my take.

I was holding my mother's hand in Intensive Care when she died of viral pneumonia in 1989. Did it start out as the flu? I don't know. She thought she had a cold. And neglected her own health to care for dad, who was fading fast from Alzheimer's. She was 78. She died of "pneumonia complications" – i.e. suffocation. She, I'm 100 percent positive, had never had a flu shot ever. Would a flu shot in 1989 have saved her? I don't know. I do know that not being able to draw a breath – even WITH a ventilator – is a terrifying way to die.

Getting pneumonia vaccines is, for me, a given. Do I trust flu shots? No, not much. Got the 3-strain vaccine last year. Still got the flu.

Whether you want to take a shot on this year's shot, well, that's up to you. But, since I'm not the youngest, plus have various 'high risk' health things going on, I got mine at West Sac Walmart's pharmacy. Quite the process, being okayed for the quadrivalent vaccine. I've filled out shorter forms before my surgeries!

Optimistically, I prefer to think the questionnaire reflects improved research at the CDC. Which now knows where it went wrong in '17 and '18. And does, in fact, have a vaccine for Bird Flu.

Ultimately, the worldwide flu shot goal is a 'universal' vaccine that protects against ALL circulating strains. That research, I've read, does look promising.

Here's my best advice: If you don't get the 2019 flu shot, stay away from sick people. Wash your hands a lot (especially in public bathrooms). Don't touch your face. And, if it's not a hassle, use disinfectant wipes on shopping cart- and door handles.

Quoting the California health department: "The flu isn't merely a winter cold. It is a serious, and very contagious virus that can be deadly."

Sadly true. Hard on a 3-year-old to lose his gramma. Miss you, mom.

For more information about the flu in California, go to www.cdph.ca.gov or www.flu.gov. To see which strains are currently 'dominant' by region in our state and nationally, go here: https://gis.cdc.gov/grasp/fluview/fluportaldashboard.html. Questions, comments, corrections? Contact Carol at carol@bogartonline.com.

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Cover by: Lance Armstrong

The Wong Family Benevolent Association Building on Broadway undergoes Retail Remodel

by James Peyton

The Wong Family Benevolent Association on 1702 Broadway and17th Street has looked about the same for the last 50 years. Like many others places on Broadway, and Sacramento, all that is about to change soon. There will be a total remodel, add-on, retail space, upper apartments renovation, and move for the association.

According to contractor Kevin Swanton, "The building is getting a complete renovation, the first floor will accommodate a tenant who would need an approximate 1600-square-foot area. The second floor is going to have four, one-bedroom apartments with full amenities, and a terrace on the roof of their building to enjoy cool nights of relaxation and a cocktail.

The rear building is going to be attached and house the Wong Family Benevolent Association Center on the first floor. The second floor will become two-bedroom apartments, with all the amenities and use of the terrace, the third floor will also have two apartments with the use of the terrace. The entire building will have used brick on all the exterior walls, with new energy-efficient windows, new doors, and new larger storefront windows to accommodate walk-in traffic. This renovation and new building will be ready by the middle of 2020."

I remember growing up, walking down Broadway passing the Wong building, time and time again. It looked almost exactly the same from childhood all the way till very recently.

A block to the east, there was a Mexican bakery on the corner of 18th, which is now New Helvetia Brewing Company. To the east, was the old veterinarian's shop, which has renovated into a new one. The building had a very familiar, almost unchanging aspect about it.

In the past, the apartments above the Wong Benevolent Association Building were a haven for newly arrived Chinese, while they were acclimating to the new culture, language, and environment. The society held their meetings and functions downstairs in the main part of the building. I remember the doors almost never opened to allow you a peek inside. There were a few miniature flags over the top of the Wong Benevolent Association sign, which hung in a window over the main metal door facing Broadway. There were horizontal strings, cords, or rope holding them up. I'm not sure if they were flags of various regions of China or national flags. It seemed a bit of a mysterious building that never changed. It was nice to see it stay the same for so long. The Chinese sign on the side of the building at 17th and Broadway says, from right to left, character by character, something like: Wong Last name family-root club.



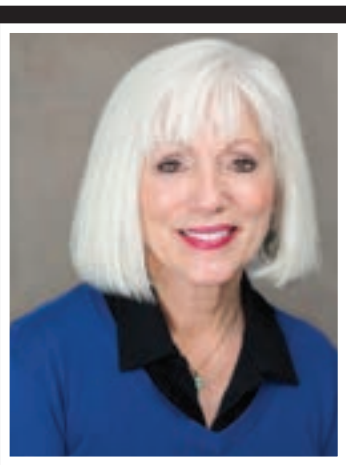
The building survived the fire next door in the Queen of Sheba Ethiopian Restaurant. Here are pictures of the building, as it looked for so many years, except for the gutted inside, which is undergoing renovation.

According to my research, the building itself appears to have been erected in 1920. Fred C. Warren owned the building in 1933 and 1934. In old City Assessor maps, the building was considered part of the "J.C. Carly Company Homeland" area near the G Swanston Park plot, Parcel number 009-0267-001-0006. Zelda W. Bronson owned the building in 1946 and 1947.

The Wong Family Benevolent Association bought the building in 1975. (06/04/1975 I believe) A grant deed from John C. Bronson and Zelda Bronson dated June 7, 1973, grants the building to the Wong Benevolent Association, probably in care of Ed Wong at 2319 K St. Don't you just love Sacramento history? The present lot is 4,851 square feet. I could not find any information substantiating that the building was a gambling hall in the 1930s or 40s.

The building survived the recent fire next door in the Queen of Sheba Ethiopian Restaurant.

https://www.flickr.com/photos/81110678@N06/



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‘Listening Chair’ is longtime Balshor family treasure

‘There’s something magical about that chair,’ says its longtime owner

By LANCE ARMSTRONG

A chair that is estimated as being about a century old sits in a small office inside Land Park’s Balshor Florist.

To most people, it appears as a basic, old, wooden chair of little value.

But those who know this chair the best tell a different story.

They recognize it as the “Listening Chair,” and speak of it as a special place to sit and talk about whatever is on their minds.

Marie Balshor and her late husband, Al, who founded the business in 1950, accumulated hundreds of hours in that small office, speaking to regular clientele and first-time visitors of their florist about non-florist related topics.

Individuals have sat in the old chair while sharing a wide range of personal details about their lives, and receiving free advice from Al and Marie, whose interest in their customers has extended well beyond selling flowers.

Since Al’s death in 2015, Marie has continued to spend time with customers as they sit in the chair, which has been located in the same spot in the florist’s small office at 2661 Riverside Blvd. since 1974.

It was in December of that year that Al’s mother, Grace (Secco) Balshor, died at the age of 92, and the chair made its way to the florist shop from Al’s childhood home at 315 U St.

During an interview with this publication last week, Marie, 91, spoke about the chair in a sort of revered manner.

“Many people have sat in that chair and told many stories, and we’ve listened to those stories,” she said. “And there’s something magical about that chair, because people that sit in that chair and have problems, they just open up about whatever is bothering them.”

She added that there have also been many occasions when people have sat in the chair and spoke about pleasant experiences and simple, everyday moments in their lives.

“The chair is available for anybody who wants to come in and just sit down,” Marie said. “There are many people who I just invite into the chair that I see there is a need, especially funeral people, if I see they’re up to it. I just give them words of wisdom from my perspective.”

A saying that Marie often repeats to those experiencing the loss of a loved one is “We are but a grain of sand. We’re just stepping through on a journey of life, and the good we do here counts for eternity.”

Marie recalled a time in 2004, when Sacramento Bee columnist Bob Sylva stopped by the shop to interview Al.

“I said, ‘Bob, Al is turning 80, and I wanted to know if you would do a story on him,” she said. “And he said, ‘A lot of people turn 80.’ But I said, ‘We have a Listening Chair’ in the office. And that’s what made him interested to come do the article.

“So, he walks in the shop and he says, ‘I’ve got 45 minutes to do this interview.’ ‘OK, come on in the office,’ (Marie replied). So, I sat on the stool and Al sits in his chair and Bob sat in the ‘Listening Chair.’

“(Bob) is halfway through (the interview) and he says, ‘By the way, where is the ‘Listening Chair’?’ And I said, ‘You’re sitting in it.’ And he stayed an hour and a half.”

During Marie’s recent interview with the Land Park News, Richard Carvalho stopped by Balshor Florist to sit in the “Listening Chair” and speak to Marie.

Carvalho, a 1959 graduate of Sacramento High School, worked for Balshor Florist for eight years before leaving the business in 1969. He later had a lengthy career with the Sacramento Fire Department before returning to the florist, providing occasional work for more than two decades.

While sitting in the “Listening Chair,” he also told the Land Park News about some of his memories of visiting with Al in his office.

“I used to (sit in the chair) and talk to Al,” he said. “I always knew in my heart and every other way, in my brain, that this chair meant something. It was always an important thing.”

Marie mentioned that she is not sure when the chair became known as the “Listening Chair” or who named it, but she said that it was named during its time at the Riverside Boulevard location of Balshor Florist. The business relocated from its original site at 730 O St. in 1972.

Marie added that the precise age of the chair is also something of lost history.

“I moved into the U Street house in 1946 and that chair was there (in the house’s kitchen),” she said. “Al, (who was born in 1924, didn’t) remember when it wasn’t there. But I don’t know exactly how old the chair is.”

However, it can be said assuredly that the chair was among the earlier pieces of the Balshors’ fur-

see CHAIR page 5

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Photo by Lance Armstrong

Richard Carvalho sits in the "Listening Chair" on Dec. 7, while spending time with Balshor Florist owner Marie Balshor.

Chair:

continued from page 4

niture in their U Street house. The family moved into that home in 1921.

"Grandma Balshor," as Al's mother was known by many people in her family, was the original person to offer the chair to guests for lengthy discussions.

Grace, who was born in Urrós, Portugal and came to the United States with her husband, Arturo, and two of their children in 1916, spoke little English.

But that did not matter, Marie noted.

"She knew some English, but everybody understood her, because she had this magic about her," she said. "People fell in love with her.

"All the neighbors knew that Grace Balshor had (that) chair and they knew she was a woman of great wisdom. They respected her, and they would come to the house and go straight to the kitchen, sit on the chair, and grandma would give her advice on whatever problems they had."

Marie mentioned that the chair received at least five or six coats of paint during its time in the U Street house.

"Grandma was always painting it," she said. "When we acquired it, there was a place that strips paint right next door to our shop, and they took all the paint off, and brought it back to its natural (wood appearance), and it's been natural ever since."

As an old chair, it has its own sound, which Marie described as music to her ears.

"It has a marvelous sound," she said. "It creaks. If they're sitting very still, there's nothing. But if they move a little bit, oh, it just creaks. They'll say, 'What's that sound?' I'll tell them, 'Oh, that's the magic of the chair.'"

Marie added that in order to last so many years, the chair has undergone a lot of repairs.

"We've used nuts, bolts, screws, wires, everything in it (to keep it together)," she said. "But the chair is still there and it's sit-able."

And having the chair ready for people to sit in is extremely important to Marie.

"I get very annoyed when I come into the shop and there's something on top of it," she said. "I want that chair always to be available for anybody that wants to come in and just sit down."

At the conclusion of her interview, Marie summarized the chair, which she referred to as "a very prized possession."

"This chair has served much a purpose in so many lives," she said. "Not everybody has a friend that they can talk to, and this 'Listening Chair' is a welcoming chair for everybody to sit down, and we will always listen to whoever wants to sit in that chair. It is a listening-welcoming chair."



Photo by Lance Armstrong

The "Listening Chair" has seated many guests during its 45 years at Balshor Florist.

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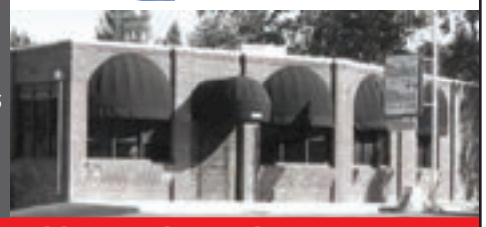
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Former Gov. Newton Booth is among historic figures interred at city cemetery



Photo by Lance Armstrong

The final resting place of former California Gov. Newton Booth is located just inside the entrance of the Sacramento City Cemetery at 1000 Broadway.

He was a cousin of Abraham Lincoln's assassin

By LANCE ARMSTRONG

The 170-year-old Sacramento Historic City Cemetery is the final resting place of former California Gov. Newton Booth, one of the city's most notable historic figures.

This 31.8-acre pioneer graveyard at 1000 Broadway is the city's oldest existing cemetery.

Newton, who was born in Salem, Indiana on Dec. 30, 1825, was raised by his Quaker parents, Beebe and Hannah (Pitts) Booth. His father was born in Connecticut and his mother was a native of North Carolina.

When he was 20 years old, Newton graduated from Indiana Asbury College – now DePauw University – a Methodist institution in Greencastle, Indiana.

After working in his father's store in Terre Haute, Indiana, Newton studied law in the office of the prominent attorney William Dickson "W.D." Griswold (1815-1896), who was a good friend of President Abraham Lincoln.

In 1849, Newton passed the Indiana bar and became a partner with Griswold in his law firm, and also earned a master's degree at Indiana Asbury College.

Traveling with Walter W. Reynolds, a businessman from Terre Haute, Newton made a journey to California, arriving in San Francisco via the Panama route on Oct. 18, 1850.

Shortly thereafter, Newton arrived in Sacramento City – as Sacramento was then known. But with the city's cholera epidemic occurring at that time, he fled to Amador County.

The epidemic, which took the lives of hundreds of residents, reportedly ended in three weeks.

Newton returned to Sacramento in February 1851 and joined Charles Smith in the operation of a grocery business, known as Smith & Booth, on J Street, between 4th and 5th streets.

This business was preceded by Forshee, Booth & Co., which was founded by John Forshee, Job F. Dye and Newton's cousin, Lucius Anson Booth, in the spring of 1850.

The latter two named men retired on Dec. 1, 1850, and Forshee joined Reynolds to establish Forshee & Reynolds, a general provisions, groceries and liquors business at 80 J St., between 3rd and 4th streets.

By December 1852, following the city's great fire of that year, Smith & Booth was known as Booth & Co., and was operating in a brick structure at 38 K St., between 2nd and 3rd streets. Lucius Anson Booth (1820-1906), a New York native who came to California in 1849, joined the business around that time, and remained a partner in that establishment until 1862.

Also associated with Booth & Co. at various times were Cyrus T. Wheeler (1825-1892), T.L. Barker (of San Francisco), and brothers Theodore P. and Daniel W. Kleinhaus.

Like Lucius Anson Booth, Barker departed from the business in 1862, at which time Joseph Terry Glover (1832-1886), of San Francisco, became a partner in the firm.

Alongside Newton's grave is the final resting place of his wife, Octavine C. Booth (1833-1907), who he married on February 9, 1892. She was the former Mrs. Joseph Terry Glover.

In addition to Newton's name, the large monument at the gravesite includes Wheeler's name. He is also buried at this site.

Also interred in the Booth plot is Glover's mother-in-law, Eliza Payne (1810-1873); his sister-in-law, Julia E. Dunn (1839-1923); and his brother-in-law, William Henry Payne (1848-1919).

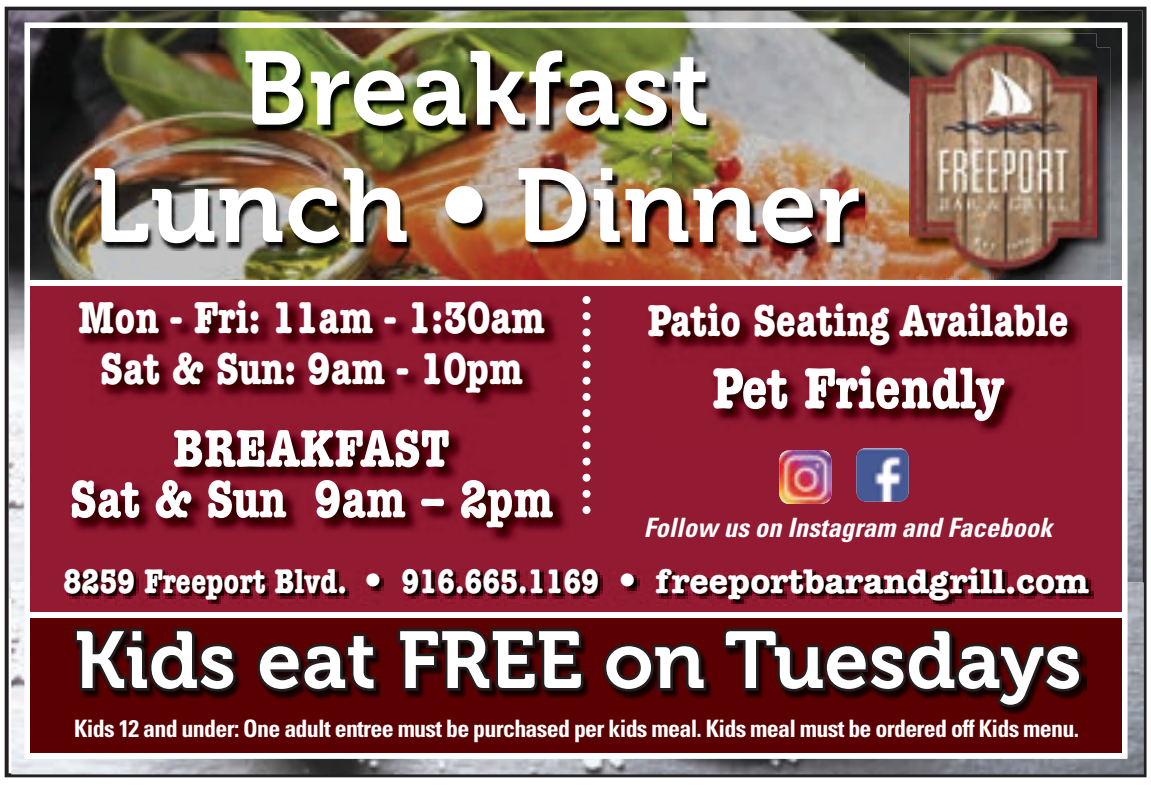
Research for this article revealed that Newton resided at 3rd and K streets in at least 1855, and then returned to Indiana, and joined in a partnership with attorney Harvey David Scott in 1856.

An article in the Nov. 16, 1857 edition of The Sacramento Bee refers to Newton as a former Sacramentan who was engaged in the practice of law and had spent the past summer traveling through Europe.

He returned to Sacramento in about 1860, and campaigned for Abraham Lincoln in his run for president. Lincoln served as president from 1861 to 1865.

Newton was also on the general committee of the gubernatorial inauguration ball of Leland Stanford (1824-1893), who served as California's 8th

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Cemetery:

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governor from Jan. 10, 1862 to Dec. 10, 1863.

In 1862, Newton was elected to serve as a state senator, during which time he was a supporter of causes of the Central Pacific Railroad. He would eventually become opposed to the railroad's power over the state's economy.

In his private life, Newton was an avid reader, and as a book collector, he established possibly the grandest private libraries in California. His favorite topics were history, politics and literature.

Combining his knowledge and opinions, Newton became a noted public speaker, focusing on literary topics and politics.

Sacramento city directories from 1863 to 1866 list Newton as a resident of San Francisco.

From about 1867 until the time of his death in 1892, Newton lived on Front Street, between J and K streets.

On Sept. 6, 1871, Newton was elected as the 11th governor of California, serving in that role from Dec. 8, 1871 until Feb. 27, 1875, when he resigned after being elected to serve in the U.S. Senate.

Newton did not run for re-election as a U.S. senator, and he continued that service until March 3, 1881.

Although he was nominated by the Greenback Party to run as the U.S. vice presidential candidate running mate of the 85-year-old presidential candidate Peter Cooper in the 1876 election, Newton declined that invitation.

Cooper, who was instead paired with Samuel F. Cary, eventually lost the election, with Rutherford B. Hayes becoming the 19th president of the United States.

On a trivial note, Newton was a cousin of Abraham Lincoln's assassin, John Wilkes Booth (1838-1865), and an uncle of novelist Booth Tarkington (1869-1946).

Newton was a bachelor for his entire adult life, with the exception of the final five months of his life when he was married to the aforementioned Octavine C. Booth.

It is unknown whether Newton ever fathered a child.

The Bee, on Aug. 17, 1892, ran an article titled, "Was it his child?," in which it was speculated that Emma (Smith) Sterrett could have been his daughter.

The article notes that shortly after he arrived in California, Newton fell in love with a woman named Emily Putnam and at one point they were to have been married.

Putnam instead married a man with the surname, Smith, in 1856, and that marriage ended in a year.

Although Emma was born during that marriage, Newton insisted that she become known as Emma Booth upon her 15th birthday.

Newton also assisted both the mother and daughter with money, entrusted a woman to care for Emma after her mother's death in 1875, and left a considerable amount of funds in Emma's name in his will.

Newton died in Sacramento at the age of 66 on July 14, 1892.

Following Newton's death, Octavine lived in Margaret Crocker's 3rd and O streets house, which she leased.

A report about Octavine's death in the Oct. 15, 1907 edition of The Bee notes that she died in New York, but intended to "end her days in Sacramento, but death prevented her (from) carrying out her wishes."

A celebration of Newton's life was presented, in 1895, through the following words of James Budd (1851-1908), who was then serving as California's 19th governor: "No one citizen of this commonwealth was ever held, and deservedly so, in higher regard than Newton Booth.

"He was a man of the people and for the people, always against the encroachments of corporate power, he was ever found battling for the rights of the oppressed.

His monument is in his record, and his name a synonym for honor, truth and justice."

Despite the many years that have passed since Newton's death, he is well memorialized in Sacramento, with a neighborhood and historic district named in his honor in the area of the former Newton Booth School at 26th and V streets.

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FACES AND PLACES:

Women's March 2020

Photos by Monica Stark

About 10,000 people marched for the rights of women through the streets of Sacramento, starting at Southside Park and ending at the State Capitol on Saturday, Jan. 18. While sharing the message of gender equality, other issues were protested at the march, including: farmworkers rights and a Driscoll fruit boycott, climate change, as well as the importance of racial inclusivity at the women's march.













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See important details below.

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1. To receive the gold-plated rat figurine offer, a new personal or business CD account must be opened during the promotion period for a 12-month term with funds not currently on deposit at Cathay Bank. Offer may apply to renewal of an existing CD with a minimum of $20,000 new money added to the CD. New money does not include funds from a Cathay bank account closed within the previous 10 days. Early withdrawals are subject to penalty. Fees could reduce earnings on the account. Refer to additional disclosures received at account opening for complete terms, fees and conditions. One gold-plated rat figurine per qualified account and household. Cannot be combined with any other offers. Not available with online account opening.
2. To receive the Ceramic Rat Money Bank, customers must open a qualifying Checking, Savings, CD or IRA account with new money. Ask a Relationship Banker for details.
3. Value of any gift received will be considered as reportable income for tax purposes in the first year the account is opened. A 1099-INT statement for the gift amount (including tax) will be issued. Gift images are for illustration only and may not be 100% representation of the actual gift. Gifts available while supplies last.

Cathay Bank reserves the right to withdraw these offers at any time.

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What's happening, Land Park?

SATURDAY, MARCH 7

NINTH ANNUAL SOROPTIMIST CRAB FIESTA FUNDRAISER: Sacramento-area residents, business leaders, and community advocates for women and girls who are looking to enjoy a night out with a delicious full course crab dinner, bid on the chance to win exciting raffle and auction prizes and, importantly, support a worthwhile cause at the Soroptimist International of Sacramento INC. ninth annual Crab Fiesta. This annual fundraiser supports programs, scholarships and grants that provide women and girls with access to the education and training they need to achieve economic empowerment. It will be held Saturday, March 7, 2020 from 5 to 10 p.m. at The Annunciation Greek Orthodox Church, 616 Alhambra Blvd. Soroptimist International of Sacramento, Inc. is proud of its 97-year history and many accomplishments in the Sacramento community through the club's signature Dream programs. These programs provide training and resources that help women and girls in our community reach their full potential and live their dreams. The programs include Dream It, Be It – a career mentoring and life skills program for girls at SAVA Charter High School in Sacramento; Live Your Dream – cash awards for women head of households entering the workforce, college or job training; Dream Scholarships – approximately $20,000 in annual college scholarships for deserving women; and, Dream Grants – support for community organizations aligned with the Soroptimist mission. Recipients for 2020 include Single Mom Strong Empowerment Center (Citrus Heights) serving single mothers and Court Appointed Special Advocate's (CASA) program for adolescent girls in the juvenile justice system. Early Bird Tickets are $65; Prices increase February 14th to $70. Tickets can be purchased at www.crabfiestasac.org. The ticket includes a margarita, chips & salsa and a delicious salad, pasta and crab dinner.

SUNDAY, MARCH 15

SAKURA MATSURI: 3RD ANNUAL FOOD & SHOPPING FAIRE: Do you like to eat and shop? Then you will not want to miss the 3rd Annual Sakura Matsuri Food & Shopping Faire on Sunday, March 15, 2020 at the Buddhist Church of Sacramento, 2401 Riverside Boulevard, Sacramento. The Shopping Faire will be held in the indoor gym from 10:00 am-3:00 pm and the Food Faire will be held from 10:30 am to 1:30 pm (or until sold out) in the outdoor courtyard. The shopping faire features a variety of vendors (handcrafted items, jewelry, clothing, and more), as well as a food court of Asian cuisine (teriyaki beef sandwiches, chicken bento boxes, spam musubi, tuna poke, vegetable bowl, somen salad, "Japanese Hot Dogs",and more). To guarantee your order, some food items can be ordered in advance before March 1st. Limited quantities of these and other food and products will be available at the Faire as well. Pre-order forms can be obtained at: www.buddhistchurch.org under the Special Events section. For further information, contact the Buddhist Church at (916) 446-0121.

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.

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.







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