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Land Park News

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Local family to say goodbye to 67 years on Yale Street

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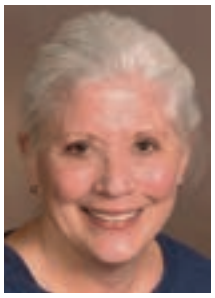
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THIS 'n' THAT

by Carol Bogart

A Sense of Wonder

I once read 'old' defined as those who "have outlived curiosity." I would add to that, "and a sense of wonder."

Some days, I will admit, I feel less … youthful … than before aging overtook assorted joints. Also, while I have no fear of death, I have next-to-zero tolerance for pain.

Consequently, I'd been in denial for a while about my failing bridge. The one that spans the gap where a lower right back tooth used to be. I had that one yanked at least 20 years ago after assorted unpleasant dental procedures failed to resolve a persistent ache. (Dentist #2 had to unpack and redo my root canal because Dentist #1 missed one root!) The tooth STILL hurt. I'd endured that ache for months.

"Just pull it," I told Dentist #2.

"Don't you want to give it a chance to calm down?" he asked.

Nope, I said.

Wish I'd known how much I'd hate the bridge.

Not giving that natural (more or less) tooth one more chance was a bad decision. The bridge always felt weird. Hard to clean underneath it. And, ultimately, wasn't great for what was left of the anchor teeth, gum, or supporting bone. In the last maybe three months, if I pushed that bridge with my tongue, it moved. The teeth were loose. REALLY loose. Pain began to radiate down my neck.

Oral problems can impact your health in general, I know. Time was up. The bridge had to go. Along with the two loose teeth that held it. (Interestingly, there are no obviously loose teeth on the other side. When someone says, "Keep your natural teeth as long as you can," might want to listen.)

Several years ago, my Fair Oaks dentist, Dr. Ramouna Karvar, a graduate of Tufts and skilled in many dental disciplines, rescued a tooth I'd been told could not be saved. "It does 70 percent of your chewing," a previous dentist told me, even though, he said, the 'only' option was to pull it.

At the time, my other chewing option – the stupid bridge – was still holding, but I didn't trust it.

Now, three years later, the bridge was loose. I trusted Dr. Karvar to take it out and yank the teeth. On the appointed day of, I shifted my focus from dental terror to the chickens inhabiting vegetation that borders the parking lot for Dr. Karvar's dental building. (Fair Oaks is famous for friendliness to feral chickens.)

They're very outgoing, these chickens. Clients feed them. People put out little bowls of water. On extraction day, I arrived early to look for chickens – two in particular that often greeted me.

The large red friendly rooster and his small white hen weren't under the pine trees, as they'd been the last time. I looked up in the trees. No chickens. Disappointed, I started for the stairs – and spotted them! The hen was pecking around in the dirt by the foundation vegetation. Her rooster was settled down behind it, fast asleep, soaking up the sun. To make sure a bird that was laying on its side had not expired, I spoke to him. He opened one eye, looked at me, shifted to a more upright position, and went back to sleep.

Delight replaced dental apprehension.

Well, I'll spare you the details of the extractions. As I write this, it was not quite five days ago. Days in which I've learned to keep physical activity to a minimum. Elevated blood pressure I was warned, and learned, makes it hurt more.

Although prolonged inactivity is not my strong suit, being still does make you notice little things. Last night, as the sunset faded, a shaft of light silhouetted dark branches outside my window. On my bedroom sill, a line of pale green bottles glistened!

Magical! Pain forgotten!

So that's the key, I think. To being both 'not old' and happy. A sense of wonder.

Have you ever lost three teeth next to each other all at once? Did you go with implanted bone and tooth implants? A partial? Or did you decide to live without them? Are you happy with your decision? These are questions Carol wishes she'd asked before opting for a bridge. She really would like to hear your story. Contact Carol Bogart at carol@bogartonline.com.

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2871 3rd Ave | $725,000

LAND PARK NEWS
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Cover by: Steve Crowley

Sacramento Botanical Gardens progress and updates

By Monica Stark

Sacramento Botanical Gardens founders Bruce Ritter and Linda Ching of South Land Park want to push the limits and give back to Sacramento with a public, large-scale botanical garden that they hope will not only be a place of respite and enjoyment for locals but a destination for travelers, as well.

To facilitate the materialization of their vision, in February of 2019, the couple formed a board of directors, including a financial director, Jesse Avitia; a landscape architect/head of American River College's Horticulture Department, Cielo Sichi; and Marlene Simon, the "Plant Lady," from Good Day Sacramento. They have formed a tax exempt non-profit and have received federal and state non-profit approval and have started a website, www.SacBo.org, and a Facebook page (Sacramento Botanical Gardens).

Their original excitement was fueled by an article in the Sacramento Bee which stated that the nine-hole Land Park Golf Course was not turning a profit. Because it already had rolling hills, big trees, parking, water, and a well, they began to envision a garden paradise in the perfect spot.



Photos by Monica Stark

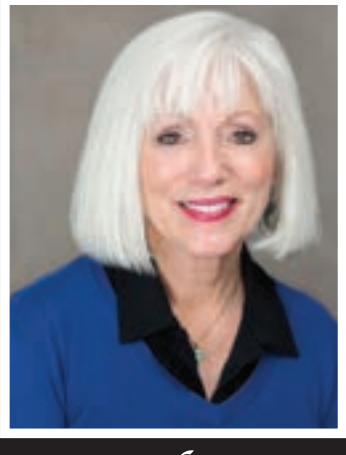
Linda Ching and Bruce Ritter relax in their backyard with their dog Kiwi.

On Jan. 15, the botanical garden's Board met with the Assistant City Manager, two zoo feasibility consultants and a financial analyst. They learned that the zoo expansion had the images and stories to move into phase two, looking for a physical space. The four sites that are being considered are expansion at the current Land Park site, the Bing Maloney golf course, the Arco Arena, and North Natomas Park. "We believe that a botanical garden is the best re-purposing for the old zoo site. A drawback to that site might be that we could not really access (plant things to grow) at the site before the zoo move disrupts the environment. Plant life could inadvertently be destroyed during the zoo move," says Linda.

Since Thanksgiving, they have met the founder of the Asian Pacific Islander American Public Affairs in Sacramento, C.C. Yin. As they envision having a wedding venue at the botanical garden, they hope to have a tour of the 40-acre Yin Ranch, an event center and wedding venue in Vacaville, says Linda. They have added the article published in the digital Asian Pacific Islander newsletter for January and February this year to their SacBo.org website.

They have met an artist and sculptor, who showed them what art can add to a beautiful garden. They also

see GARDENS page 11



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LAND PARK

Opportunity awaits in Land Park. This two bedroom home with great curb appeal, located on a Cul-de-Sac, needs TLC. Formal living room with fireplace, formal dining room with hutch, inside laundry area, tank-less water heater, central heat and air, attached single car garage, newer roof and large yard. Close to transportation and eateries. **2120 Bidwell Way $449,000**



LAND PARK

This beautifully rebuilt, four bedroom / three bath home, on a corner lot, is nestled on one of Land Park's prettiest streets. The formal living room has a fireplace, exposed wood beam ceiling and plantation shutters. Formal dining area opens to a spacious custom kitchen with marble counters, tile back splash, double ovens, gas cook top, stainless appliances, wood-paneled refrigerator and a large breakfast bar. There are two master suites upstairs boasting spacious bathrooms, sitting areas and walk-in closets. Two bedrooms and one full bath on the lower level. The large finished basement, with painted concrete floor, can be utilized as a game room and storage. Inside laundry room with sink, cabinets and walk-in pantry. Detached two car garage, low maintenance backyard with patio and fountain. The artistic landscaping wraps around the whole front and sides of the home. **1100 Teneighth Way $1,175,000**



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Local family to say goodbye to 67 years on Yale Street



Photos by Steve Crowley

The Gee family home at 1021 Yale St. is shown in this recent photograph.

Street is short on length, long on history

By LANCE ARMSTRONG

An era is nearing its end for the Gee family, longtime residents of one of the city's shorter lengthened streets: Yale Street.

Yale Street runs parallel to and just north of Broadway, from 10th Street to Riverside Boulevard.

After accumulating 67 years of memories on this street, the family has decided to sell their home at 1021 Yale St.

Joy J. Gee, who moved from the home last month, mentioned that her brother, Roy, owns the house and is preparing it for sale. She added that the home has already potential buyers.

Joy, who is a local artist, noted that she was not in the financial position to keep the home in her family.

"The family is selling the home and we couldn't afford to take it over, and we need to move on," she said.

But for Joy, moving on does not mean forgetting about her family's long history on Yale Street.

Because she moved into the 1021 Yale St. home when she was 1-year-old, her experiences at 1021 Yale St. date back to the earliest memories of her life.

Joy said that her family moved into the home in 1952 through the assistance of her great-uncle, W. Fong Yue.

"My great-uncle, Mr. Fong, he helped us get into that house, because we didn't have any money or anything," she said. "We're related to (Fong) by marriage, because his wife, Mrs. Fong, was a Wong (and) my mother, (Toy Fung Wong, is) a Wong."

Joy added that her great-uncle was a very notable man.

"Mr. (W.) Fong Yue was a community leader," she said. "He was a diplomatic ambassador to Taiwan."

Fong's former, Southside Park area house – known today as the Fong Mansion – is currently operated as the Inn & Spa at Parkside, at 2116 6th St.

Also of significant importance in Joy's family ancestry is her grandfather, Kee Gee, who she said was the first of her family to immigrate to the United States.

"I knew him for about five years and then he passed," she said. "He was born in (the 1800s)."

Prior to moving to their Yale Street home, the Gee family was residing in Broderick, a town that is now part of the city of West Sacramento.

In addition to Joy and Roy, the Gee family then consisted of their father, Feung Toon Gee, and their siblings, Joan and Joyce.

Feung Toon and Toy Fung, who were both immigrants from China, gained their American citizenship in 1965.

Joy's father came to the United States in about 1939, and was followed by her mother and brother in 1951.

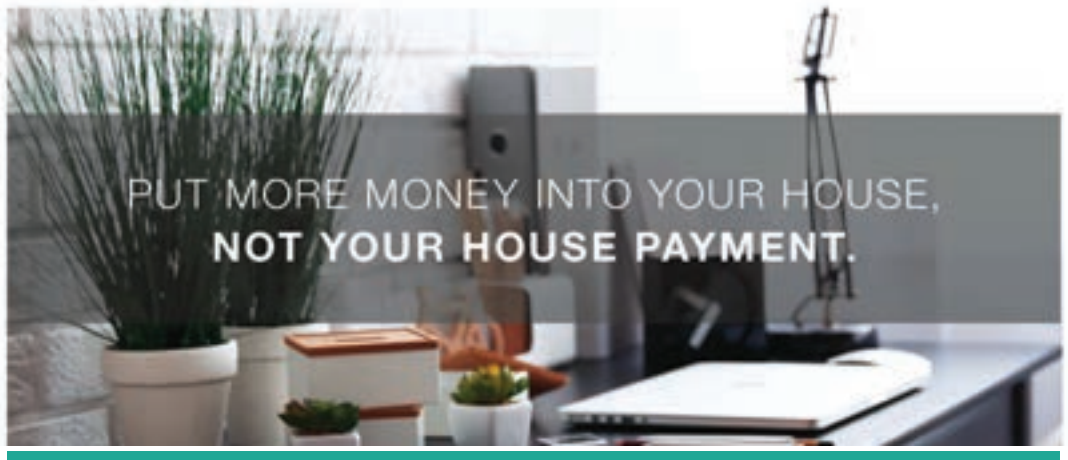
Joy said that members of her family came to America under "paper sons" papers that they purchased in China under the surname, Hom. Her father was known as Norman Hom.

"Hom was our surname until there was a statute of limitations," she said. "Five years, you could go to a lawyer and have you legally, without repercussions, change your name back to your true surname.

"All was pretty much forgiven, but under duress. You

see YALE page 5

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Yale:

continued from page 4

came because there was poverty. They called it 'paper sons.' In order to immigrate out (under a purchased legalized name), that's what paper sons referred to."

Returning to her memories of her early life on Yale Street, Joy spoke fondly about her public schooling years in Sacramento, when she attended William Land School (now William Land Elementary School), Lincoln Junior High School and Sacramento High School. She also received instruction in Chinese language and culture as a child at Chung Wah School during afternoon hours, after attending public school.

Joy specifically recalled the ethnic diversity within her elementary school. Her junior high school was also an ethnically diverse institution.

When she was about 10 years old, Joy worked her first job as a tomato picker and sorter in an agricultural field in Yolo County.

Among the people Joy recalled as her neighbors on Yale Street were Sam Pannell, who would later became a longtime Sacramento City Council member, and Maria Vasquez.

Joy also remembered a Japanese family with the surname, Honda.

"Lucille and Yasuo Honda, they were in the internment camps, but when they were out, they bought that house next door to us in that wonderful bungalow to the east of us (at 1027 Yale St.)," she said. "I grew up with Wayne and Marsha and Vicky Honda.

"Anyway, there was a slew of kids that grew up right down the street from me."

Joy added that the ethnic diversity of her street's residents also included two black families. The Herbert Smith family was one of those families.

"Mrs. Smith was (one of her) Girl Scout (leaders)," she said. "The other lady across the street, Mrs. Blanks, was my other Girl Scout leader."

Also among Joy's memories is the construction of the W-X Freeway.

"The freeway came in and knocked my cousin's house out," she said. "She grew up on a little street called Howell (Avenue). They had the best Halloween candy (at that house), but anyway."

Joy eventually graduated from Sacramento High School in 1968, and then headed to Sacramento State College – now California State University, Sacramento – where she earned a bachelor's degree in art 1973. Four years later, she earned a bachelor's degree in fine arts from Art Center College of Design.

With her education and experience in art, Joy built a notable career as an artist and an art instructor.

Before her recent move to midtown Sacramento, Joy spent about the past 15 years living in her childhood home on Yale Street, which now includes various historic homes, six town homes and a small, retail center. She resided in that home with her husband, David Conrad.

Joy told this publication that her former home and street have a history that dates back more than a century.

Research for this article shows that Yale Street dates back to the early 1910s.

While Yale Street is not listed as an existing street in the 1912 city directory, the 1913 directory lists six addresses on that street.

Two of the houses – at 2003 and 2005 Yale St. – are identified as vacant, while the street's original four houses are mentioned as the homes of grocer Alfred Schaden (2011), attorney Will J. Carraghar (2015), advertising agency owner John W. Morshead (2020) and Herman Stuckstede (2021), who managed A.P. Scheld & Co., a local dealer in wholesale and retail liquors.



Joy J. Gee stands in front of William Land Elementary School, where she was a student.

The 1914 city directory lists 13 Yale Street houses, of which five were vacant.

Among the newly listed residents in that directory was the Rev. Henry C. Funk, pastor of the First English Lutheran Church, in Sacramento. He began living at 2005 Yale St. as early as January 1913.

Some early references to the street recognize its name as "Yale Court."

One such reference – a 1920 Elliott & Huston real estate advertisement published in the Oct. 2, 1920 edition of The Sacramento Bee – invites potential homebuyers to check out the "Yale Court bungalows: The best home buys in Sacramento."

Excerpts from that advertisement read: "One of the most reliable builders in Sacramento built these homes and stands behind them with a positive guarantee as to workman ship and material. The price of these homelike bungalows is $5,250.00 for 5 rooms and $5350.00 for 6 rooms, and is based on building costs one year ago. It would cost $500.00 more to duplicate them today."

The first city directory to recognize the existence of the Gees' then-future Yale Street home is the 1920 directory, which refers to the house as "vacant."

An advertisement for the house in the Sept. 13, 1920 edition of The Bee reads: "For rent, furnished room in new, modern home. Suitable for one or two gentlemen. Pleasant location. Nice garage. 1021 Yale St."

The 1921 city directory refers to the home's occupant at that time as Mrs. Deloma (Delonia) Dougal.

Other residents to live in that home at different times included Mabel Dougal, Charles Lux Bowman, Ralph E. Burke, Ida Burke, and M.C. Stagner.

Based on research for this article, it appears that the last person to own the 1021 Yale St. home before the Gee family moved there was Ralph E. Burke.

Joy mentioned that as the day approaches when her family will no longer own a home on Yale Street for the first time in nearly seven decades, she is maintaining a positive outlook.

"I'm embracing the future and the present," she said. "It's been hard, but I think life is what you make of it. Considering the history and the background of what my people, my family and other generations (experienced), I feel that I'm very lucky, and there's more to come."



Locals share a personal story for National Blood Clot Awareness Month

By Pam Silva, Patrick Harbison and Peggy Pellón



Photo courtesy

John Silva with dog Cheney

It was Labor Day morning 2017 when we got the dreaded phone call, the one no one wants. "John died." "What, where, when, how, what are you saying?" It can't be true, not John Silva a resident of East Sacramento, who was 37 years old and loved life as no other, who brought only joy to his parents, spouse, family and friends.

Witty, intelligent and fun-loving, John was a leader and a friend, someone who really wanted to make a difference in this world and his community. He did more in his 37 years than most do in a lifetime – through his fundraising efforts for various charities, scholarships for high schoolers who might not be able to attend, a Big Brother who mentored a young boy into adulthood or just being a caring friend – our world needs more people like John.

When no one knew what caused his tragic, sudden death, the autopsy soon gave answers: Pulmonary Embolism due to severe thrombosis of the right leg fibular vein. The blood clot broke off from the fibular vein in his leg and traveled to his lung, he collapsed and never regained consciousness.

We believe, if only John had known the risks and symptoms, his death from a blood clot could have been prevented. That is why we – a best friend, favorite aunt, and mother-in-law, have come together to do what we can to bring awareness throughout our community to save lives.

This month is National Blood Clot Awareness Month, "Stop the Clot." As outreach volunteers, we have partnered with the National Blood Clot Alliance utilizing their information along with the Center for Disease Control and Prevention, so the public can have a better understanding about blood clots – the signs, symptoms, risk factors and preventative measures. Blood clots can affect anyone – children, women, men all ethnicities. No one is immune.

Each year, according to the NBCA and CDC, nearly one million people suffer a blood clot and 100,000 people will die form the event. More people lose their lives to blood clots than AIDS, breast cancer and motor vehicle accidents combined. Even though the students continue to show that fewer than one in four people have any recognition f blood clots or their signs and symptoms. Without this knowledge, people may not receive help until it is too late, like our John.

The National Blood Clot Awareness Alliance promotes awareness about blood clots through the "Stop the Clot", Spread the World Campaign. "We can all come together to aid the NBCA's vision: "A future in which the number of people suffering and dying from blood clots in the USA is reduced significantly."

Please do yourself a favor and become informed, go to the National Blood Clot Alliance website and review the risks, symptoms and prevention of blood clots www.stoptheclot.org .

Pam Silva is John Silva's aunt; Patrick Harbison, his best friend; and Peggy Pellón, his mother-in-law.

Recognize the signs and symptoms: Blood clots can be safely treated

DVT (Arm or Leg): If you experience any of these, call your doctor as soon as possible

-Swelling of your leg or arm

-Pain or tenderness not caused by an injury

-Skin that is warm to the touch with swelling or pain

-Redness of the skin with swelling or pain

PE (Lung): If you experience any of these seek medical attention immediately

-Difficulty breathing

-Chest pain that worsens with a deep breath

-Coughing up blood

-Faster than normal or irregular heartbeat

Understanding blood clots

Blood clots can affect anyone and blood clots can be prevented. On average, one American dies of a blood clot every six minutes. A blood clot in one of the large veins, usually in a person's leg or arm, is called a deep vein thrombosis or DVT. When a blood clot like this formsm, it can partly or completely block the flow of blood through the vein. If a DVT is not treated, it can move or break off and tavel to the lungs. A blood clot in the lung is called a pulmonary embolism or PE, and can cause death and requires immediate medical attention. Blood clots do not discriminate by age, gender ethnicity or race. Blood clots can affect anyone. Three major risk factors are: cancer, hospitalization and surgery, and pregnancy. Other risk factors include: birth control that contains estrogen, hormone replacement therapy that contains estrogen, trauma (particularly when the vein is injured), immobility or sitting for long periods, being overweight, a family history of blood clots, and smoking.

High risk

Hospital stay, major surgery, such as abdominal/pelvic surgery, knee or hip replacement, major trauma (auto accident or fall), nursing home living, leg paralysis

Moderate risk

Older than age 65; trips over four hours by plane, car train or bus; active cancer/chemotherapy; bone fracture or cast; birth control pills, patch or ring; hormone replacement therapy; pregnancy or gave birth; prior blood clot or family history of a clot; heart failure; bed rest over three days; obesity; genetic hereditary or acquired blood clotting disorder.

What is the treatment for blood clots?

The primary treatment is medication that prevents abnormal clotting, known as an anticoagulant or "blood thinner." Blood-thinners increase the time it takes for blood to clot. They stop new blood clots from forming and keep existing clots from growing larger. They do not dissolve a clot. However, by preventing clots from getting bigger, they allow your body's own clot busting system time to dissolve existing blood clots. Blood-thinners may be given as: a pill by mouth, an injection into either the skin or a vein.

Blood clots can be prevented. Know your risks and recognize signs and symptoms. Tell your doctor if you have risk factors for blood clots. Before any surgery, talk with your doctor about blood clots. See your doctor as soon as you can if you do have any symptoms. To learn more about blood clots and to spread the word, visit stoptheclot.org/spreadtheword

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Volunteering Heartfelt Love: Meals on Wheels volunteers brought cheer with homemade valentines



Story and photos by Sally King

Looking into the room busy with friendly voices, glitter, glue and paper, there was a feeling of joy. Young, old and in-between folks were busy making Valentine Day cards for those who have lost most of their mobility and are not able to leave their homes.

Meals on Wheels sponsors this annual event and it has always been successful. Jackie Patricquin, a case worker, said around 120 folks participated in this fun and creative card making event this year. She said the cards will be delivered beginning a few days before Valentine's Day.

Victoria Cristobal, a Volunteer Services Specialist for Meals on Wheels said they deliver around 2,000 meals per day and each person will receive a Valentine card. She said it has a big impact on people.

Cristobal remembers last year a gentleman called her in tears, telling her this was the first time in his life he received a Valentine card and how meaningful it was. "The love he felt was overwhelming," Cristobal said. "You could feel in in his voice."

Angela Roberts, the Marketing and Outreach Coordinator for Meals on Wheels said she advertises the card making event on Facebook and Next Door. She tries to get a head count ahead of time so they can have enough supplies ready. "These events are nice because it gives families and working folks a chance to get involved and meet their neighbors while having fun and being able to volunteer," Roberts explained. "It's not just volunteer driving."

"It's nice to give back to those who don't receive Valentine cards, said Amanda Huange, a 17-year-old from West Sacramento, who was invited to join her friends to make cards. "I'm having a lot of fun."

There were Meals on Wheels café volunteers making cards too. There are twenty locations where folks can drop in for a free meal and the opportunity to meet new people.

Rhonda Halushka and her friends from the Franklin Japanese Methodist Church, who run one of the café 's at the church on Wednesdays had a table where they were busy using their creativity to make special cards.

In another room, Girl Scout Troops 741, 435 and 429 were busy designing cards.

The Executive Director for Meals on Wheels, Kevin McAllister said events like this create great social interaction and provides a way to get to know others in the community. McAllister said not everyone is aware of the All Seasons Cafés that serve hot noontime meals to seniors 1-5 days a week. The only requirement is that you must be 60 years old or older. McAllister said some of the café's provide Bingo for folks who enjoy games.

For those interested knowing more about the Meals on Wheels program, you can visit their website at www.mowsac.org.

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Raley's new Freeport Boulevard store set for April opening

Store under construction on former Capital Nursery property

By LANCE ARMSTRONG



Photo by Lance Armstrong

Nick Knoble, an electrician with Barnum & Celillo Electric, Inc., carries metal pipes in front of the future Raley's store on the former site of Capital Nursery, on Freeport Boulevard.

Raley's new Freeport Boulevard store is scheduled to open in April, a spokesperson for the store told the Land Park News last week.

"We're targeting April (for the store's opening)," Raley's spokesperson Chelsea Minor said. "At this point, I do not have a definitive opening date.

"The way that we work in line with our construction team is essentially as soon as they hand the keys over to us, that's kind of the time frame that we know we can turn it, merchandise it and put our finishing touches on it and then announce (an opening) date."

Minor added that Raley's plans to announce an opening date for the new store in the next three to four weeks.

Construction began on that supermarket at 4690 Freeport Blvd. last spring.

The new store, which is nearing completion on the former grounds of Capital Nursery, is a replacement store for the "flagship store" at 4850 Freeport Blvd. in the Hollywood Plaza Shopping Center. Groceries have been sold at the current store since December 1958.

Minor noted that the project has not experienced any major construction delays.

"It's usually about nine to 12 months, depending on the time frame," she said. "(There were) no significant issues in terms of delay, other than a little weather here and there."

The new, 55,000-square-foot store is located on a 9.9-acre site, while the current, 60,000-square-foot store sits on a 5-acre site.

Minor mentioned that although the new Raley's building is slightly smaller than the old building, the new store is technically the same size in terms of its use of space.

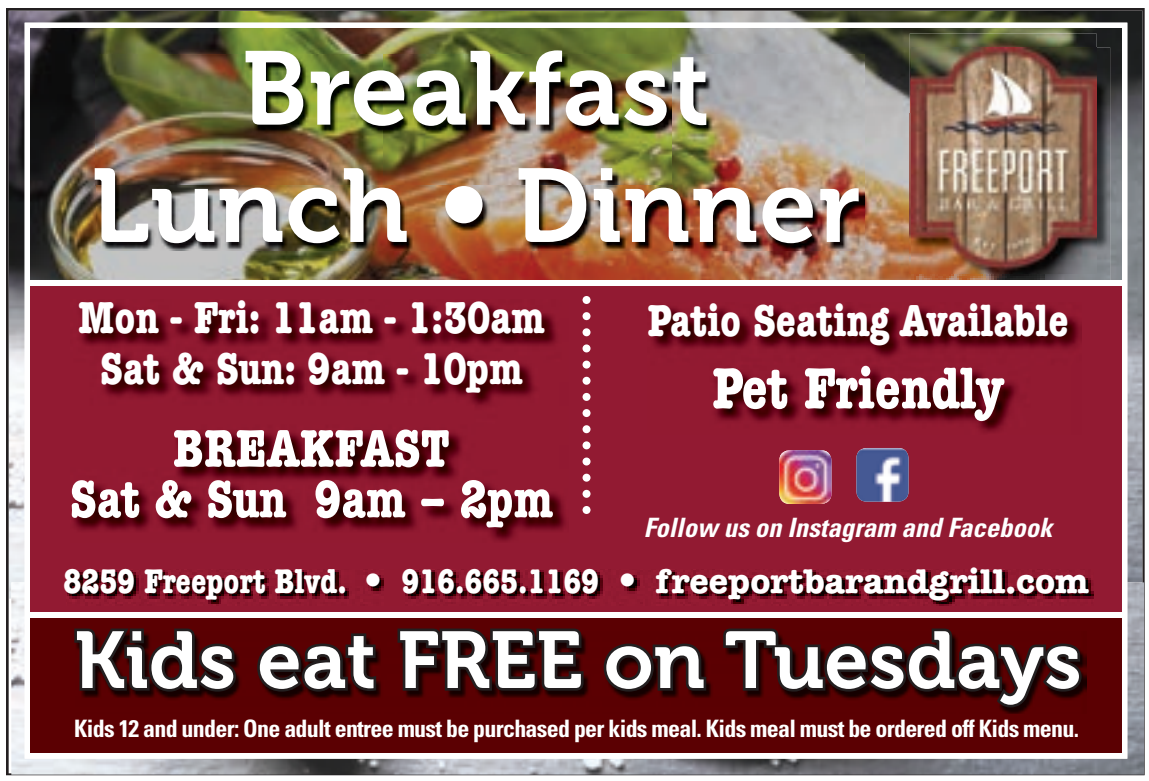
"Actually, (the new store is) a little bit smaller, but I would argue that we are using the space more efficiently," she said. "So, if you think about that store, we actually had a smaller footprint and expanded it, which is, hence, why we have two different sized roofs in that location."

A portion of the new building will be two stories tall. That section allowed for the creation of a mezzanine level that will serve as a gathering spot, where customers can sit, eat, socialize, work on laptop computers or have small, business meetings.

The new Raley's store will be the anchor of a larger, 108,000-square-foot, multi-tenant retail development, which will be known as the Land Park Commercial Center.

The site includes six, small, commercial pad buildings, ranging from 6,000 square feet to 12,000 square feet. The property also includes

see RALEY"S page 9





Raley's:

continued from page 8

457 automobile parking spaces and 68 bicycle parking spaces.

Among the businesses that plan to operate in the new center are Orangetheory Fitness, European Wax Center, Starbucks, Supercuts, Sourdough & Co., The Habit Burger Grill, and Jamba – formerly known as Jamba Juice.

Another business, Pet Food Express, could potentially open in the center sometime in March, Minor noted.

The pre-existing Bank of America building will remain on site, and a new Chase Bank will open on the same property.

As for the new supermarket, Minor mentioned that Raley's plans to continue to provide food offerings that customers are accustomed to finding at the current Freeport Boulevard store.

"We have past data and sales information," she said. "We know what our customers like (at that store). It's not a guessing game. We can be pretty definitive in our offerings. So, customers can expect (traditional items at the store)."

She added that the new store will feature noticeable changes to the food service department.

"I think where you will see the most change is in our food service department, which will be enhanced to really match the changing evolution of our customers (who are) interested in our grab-and-go items that you can take home and quickly prepare and put fresh on the table," Minor said.

Also included in the new store will be a specialty counter with offerings such as sushi, a meat carving station, a gourmet salad bar and a hot food bar.

The store will additionally include a tasting room for either food samplings or beer and wine tastings.

As a tribute to the new store site's history, the old Capital Nursery sign will hang on the back wall of the store.

Raley's also plans to pay tribute to its former site through the relocation of its large, iconic advertising sign, which stood near Freeport Boulevard since 1958.

The sign recently made news when it fell during an attempt to move it from the historic store's property.

Minor mentioned that the sign was not damaged beyond repair.

"We did have a bit of a faux pas, but nothing that we can't fix," she said. "What ended up happening is the joints in which they connect their machinery to had rusted from the inside-out, and we couldn't tell. That was the kind of the challenge that happened.

"The biggest worry, of course, was that the actual lettering of the Raley's logo was impacted. It was not, so we're thankful the integrity is completely there."

Minor added that the iconic "Rx" sign at the top of the Raley's sign was removed prior to this incident, and was thus not affected.

Western Sign Co. is currently repairing the sign, which Minor noted will probably be placed at the new Raley's site in mid-March.

Another attraction at the soon-to-be-opened store will be indoor and outdoor seating areas, Minor noted.

"The hope is that you'll even have more opportunities to stay and linger and have a coffee with a friend on a Sunday morning or just stop by and have dinner at the store in the evening," she said.

The outdoor seating area will include fire pits.

Minor mentioned that as the new store edges closer to its opening, the community's anticipation and excitement for that store continues to increase.

"We have been humbled by the response, interest, excitement that has come from the residents in that area," she said. "It is very clear they are committed and they are excited just as much as we are to bring this new store.

"As I often say, 'This community deserves this store.' So, we're very grateful for their ongoing support and patience through this process, and seeing it come together is really, really exciting."

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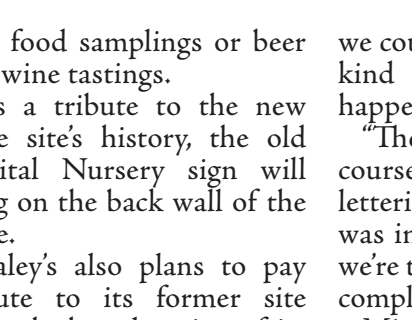
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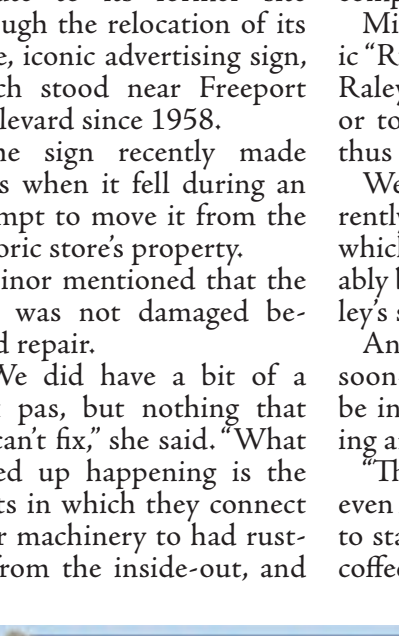
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Sacramento County Crowns 2020 Poetry Out Loud Winner

C.K. McClatchy High School Student Wins Competition

Eden Getahun from C.K. McClatchy High School, in the Sacramento City Unified School District, is the winner of the 2020 Sacramento County Poetry Out Loud competition. She took first place from a field of 12 competitors during the Sacramento County finals, held Thursday, February 6, at Rosemont High School in Sacramento.

Amorri Lee from John F. Kennedy High School, in the Sacramento City Unified School District is the Sacramento County runner-up. Ms. Getahun will represent Sacramento County in the State Finals, March 15-16, in Sacramento.

The Sacramento County Poetry Out Loud competition encourages high school students to learn about great poetry through memorization, performance, and competition. The program provides students with the opportunity to perform poetry in English classes. Modeled like the National Spelling Bee, the Poetry Out Loud program began in local high school classrooms, with winners advancing to school-wide, then regional competition. Schools countrywide are participating in regional competitions.

2020 Poetry Out Loud Participants

- Eden Getahun - C.K. McClatchy High School (Sacramento City USD)
- Amaya De La Cruz - Capital Christian School
- Geoffrey Muller - Cornerstone Christian School
- Alicia Hernandez - George Washington Carver School of Arts and Science (Sacramento City USD)
- Sumayyah Khan - Heritage Peak Charter School
- Enviey Hicks - Inderkum High School (Natomas USD)
- Amorri Lee - John F. Kennedy High School (Sacramento City USD)
- William Clement - Kit Carson International Academy (Sacramento City USD)
- Koriem Muhammad - Luther Burbank High School (Sacramento City USD)
- Ifuy Ifyefobi - Pleasant Grove High School (Elk Grove USD)
- Miryam Leaderman-Bray - Rio Americano HS (San Juan USD)
- Allisen Joyce - Rio Linda High School (Twin Rivers USD)

Sacramento County's Poetry Out Loud program is supported by the Sacramento County Office of Education (SCOE), California Poets in the Schools, and the Poetry Foundation. This activity is funded by the California Arts Council, a state agency, and the National Endowment for the Arts, a federal agency.

Arden and Land Park residents named United Way's Women United Members of the Year



Rocio Cepeda-Espinoza of Arden

Tracy Sambrano of Land Park and Rocio Cepeda-Espinoza of Arden were named United Way California Capital Region's Women United Members of the Year at a recognition event held at Antiquité Maison Privée in Midtown in December.

Sambrano and Cepeda-Espinoza were honored for their commitment to United Way's Square One Project that ensures local students graduate from high school prepared for success in college and beyond.

Sambrano is area manager for Enterprise Rent-A-Car and has been a member of United Way's Women United action group since 2009, working to help local foster youth succeed in school and career.

"I am honored to be given this award and to be part of an organization and a group of women that are as passionate as I am about helping our foster youth successfully transition out of the care system into life on their own," Sambrano said. "I look forward to our members growing and enabling us to reach even more foster youth."

Cepeda-Espinoza is a virtual sales operations director for Nationwide and has been involved with United Way since joining Nationwide in 2004. She became a Women United member in 2015.

"I am naturally drawn to agencies that serve women and children," Cepeda-Espinoza said. "I am honored – this award recognizes not only my passion and commitment to the community but the pride I have in working for a company such as Nationwide that values commitment to community as much as I do."



Tracy Sambrano of Land Park

Gardens:

continued from page 3

met with Catherine Ithurburn, Executive Director of Ronald McDonald House Charities. She gave them a tour and gave some Board advice: Board members may have talent in areas different from what they did at their jobs, so embrace those skills.

Bruce spoke on January 8 at the East Sacramento Chamber of Commerce luncheon. Council Member Jeff Harris pointed out that all great cities have botanical gardens. He said it is time that Sacramento join the ranks of great cities, and he hoped that the business leaders would support a botanical garden.

On Jan. 17, Linda received encouragement from two of the three remaining city council member offices with whom they have not officially met to set up appointments. She also met with TJ David and his wife, Gloria Villalobos, who led the eight-year charge to put the International World Peace Rose Gardens in Capitol Park. TJ, Bruce, and Linda had a brainstorming phone call. As a result, they are exploring the possibility of obtaining State support for a Capital garden.

"It appears that the powers that lead Sacramento's vision of the future are realizing that other big cities nationwide have botanical gardens and that this is our time. Our first (SMART) specific, measurable, attainable, relevant and timely goal is to find a site for the botanical garden," says Linda.

On Feb. 5, Bruce and Linda attended the Impact Foundry's WHAT IF conference at McClellan Park. They initiated contact again with Sac State representatives, talked to Team Giving, SMUD, the Golden One, Tri Counties Bank, and Golden Pacific Bank.

On Feb. 6, Bruce and Linda spoke to the Natomas Chamber of Commerce Board. They have a meeting scheduled with their sixth city council member in March.

Asked last year if he had a preferred location, Bruce said, "The reality is I want the place the city is willing to give me. Where the city wants to put it, that would be my favorite place."

The couple spoke with a representative at the Houston Gardens where they are converting a golf course into a botanical garden and opening this fall. "(Our contact said) the garden was a big part of Houston being named as one of the best cities to visit in Harper's Bazaar magazine. Houston used the fact that they are growing almost to Chicago size, and it is an embarrassment that they did not have a garden," Linda said. "We suspect that this idea is going to help us, also." Houston Gardens was required to raise $20 million in order to receive the land lease, but that they raised over $38 million, starting with a few passionate plant lovers, a grassroots beginning.

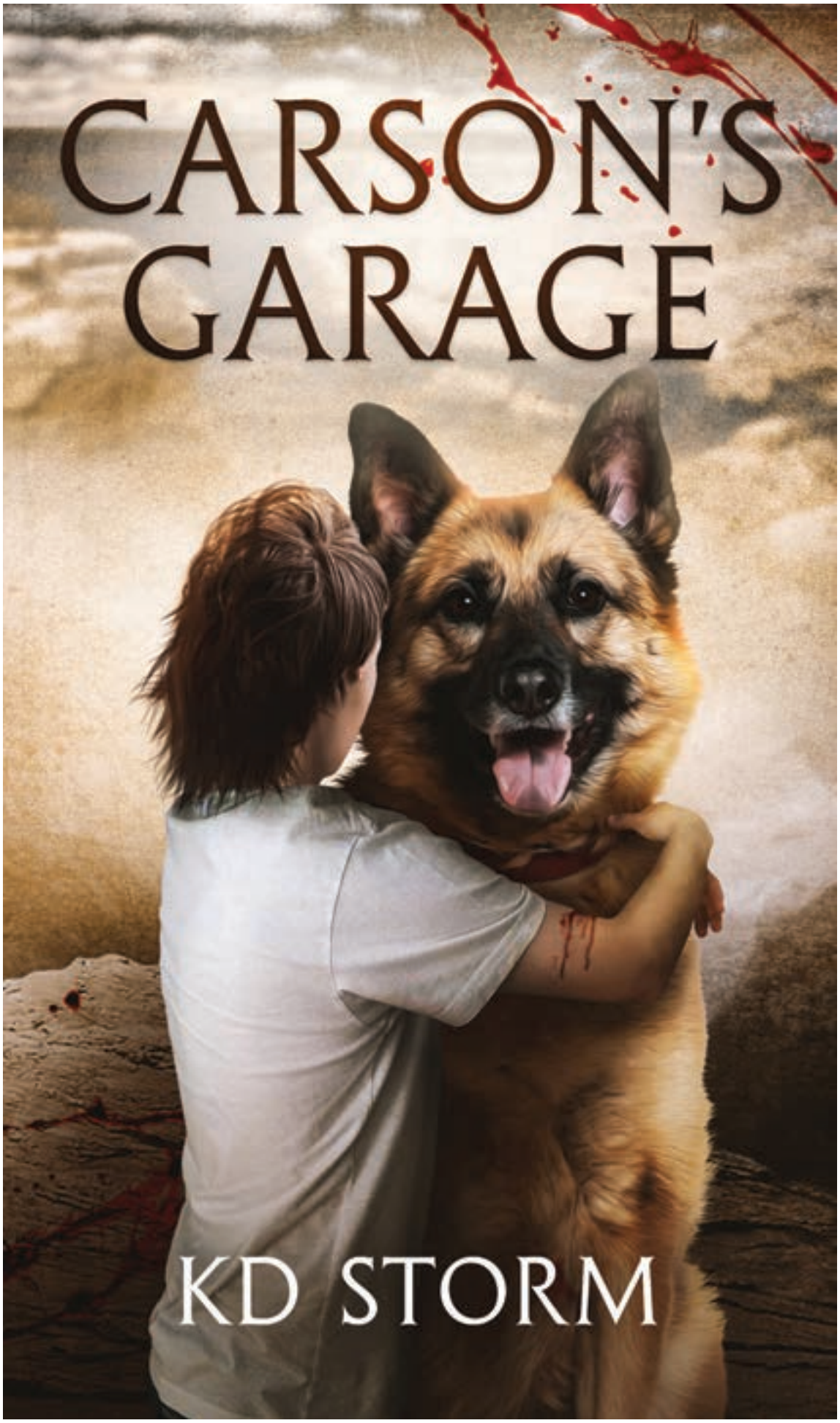
"I hope we can generate as much interest and excitement so that we can have a garden that is truly representative of our position on the world stage, as the capital of California," Linda said.

Garnering grassroots financial support they hope with the thousands of gardeners in our city, people will contribute to their "Donate a Latte per Month Club", whereby $5 gets taken out of your account each month and goes to the general fund. "If we get 10,000 people doing that, this amounts to real money. I figured at the end of the year that they get a coupon for coming into the botanical garden's coffee shop and getting a free latte," adds Bruce.

Financials aside, the biggest hurdle is finding a place to put in a breathtaking garden. In conclusion, as Linda says, "99% of the people we have talked to are supportive of the concept of bringing a botanical garden to Sacramento. We hope that your office will become our advocate to turn our dream into reality."

Payments are accepted through Pay Pal if you're interested in donating to the Sacramento Botanical Garden nonprofit 501(c) 3. For more information, visit www.SacBo.org or email info@sacbo.org.

Former sports writer releases first novel



By Monica Stark

Going by the pen name KD Storm, former local sports writer, Khaled Dastagirzada, just released his first self-published novel, "Carson's Garage."

Set in a small Kansas town, "Carson's Garage" is a tale of friendship and sacrifice between a teenage boy and his best friend, Sparky. A dark force causes Sparky to do the unthinkable, and Tommy has to figure out how to protect and hide his friend from the townsfolk. A thrilling drama with a touch of horror, the novel is geared toward anyone who likes to read, from ages teen and above. An entertaining story with readers clamoring for a sequel, KD Storm hopes to see "Carson's Garage" on the big screen, and a readership anticipating for a sequel.

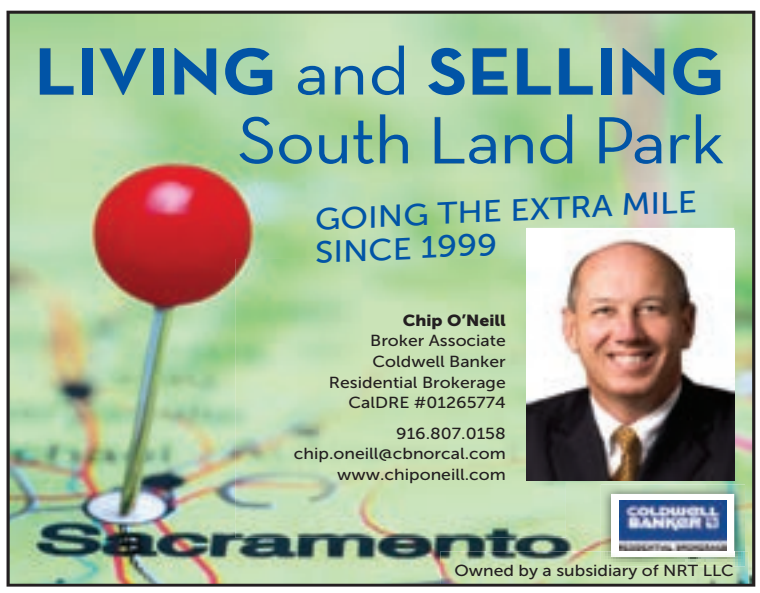
Writing runs through KD's veins and mixes with his blood. He says he's been writing since he was a young teen. "It is more than a hobby; it is a passion. Becoming a published author is a dream come true, and it's the first step in a series of goals I have; the ultimate goal is to have one of my stories turned into a blockbuster hit on the big screen," he said.

While this is his first book to be published, he has written a couple others from start to finish. "There was something about this book that interrupted the process of completing the other two. It took me two years to finish this book, including going through the entire indie-author process, with many stops and starts. If I give just a half hour a day to my craft, I can publish two books a year.," he said.

The KD alias tells a little bit about Dastagirzada, the author says. Plus, it's beneficial for marketing. "After reading Stephen King's 'On Writing', I've become a tad worried about fame. Unfortunately, there are a lot of people who take harsh stances against one's writing, plot, characters, or anything else they may misinterpret."

Asked about some of the most interesting sports stories he wrote as a young local journalist, KD recalls the piece, "Angels In The Outfield", which highlighted Angel Cardenas who became a local television newscaster and who played football and baseball during their high school years together. The story was about angels in the outfield helping the River City High School varsity baseball team win games. "My imagination was in full swing on this story, which contained

see NOVEL page 13



Novel:

continued from page 12

coaches and players who gave suspicious answers about why the Raiders were unbeatable. There was even a suspicious Area 51-type building on campus that housed River City High School secrets, including answers to why the Raiders were really winning," says KD.

Surprisingly, the local author doesn't possess many fond high school memories, because he "hated" it. "School went way too slow. It took forever for the bell to end class, but that bell merely sent us on our way to the next class. Graduation was a relief. Then came college, and time began slipping away. Time went so fast, before I knew it, I'd graduated from college. I couldn't believe it. Then, it was my 10 year high school graduation anniversary, then 15, and then 20. I'm 41 years old now. If I could give my teenage self advice, it would be to make some fond memories. Enjoy school, or whatever it is you're doing, otherwise it will literally become a waste of time. If you're going to do it, do it well. Slowing down and smelling the roses has a deep meaning, and it means to be involved with what's around you."

Despite all that, one of his fondest memories was becoming the Badminton champion of his gym class. "Success feels great, especially when other people cheer you on and are a part to witness it," he said.

KD has advice for those who are interested in someday becoming an author.

"To the young, dream of something and shoot for your dreams. If you miss, at least you'll land among the stars (Les Brown). Days and years are going to pass by whether we stay on the sidelines, or jump into the arena (Theodore Roosevelt). Before we know it, we will be married, have kids, and get old. The biggest regret you will have, guaranteed, is wishing you've given life more than you did; letting life simply pass. Time is a gift, use it; don't squander it.

"To those a little older, it's never too late for anything, and that's not just a saying. As long as there's breath in your lungs, some energy in your feet and arms, and sanity in your brain, you can strive for whatever you want. I almost gave up, thinking that people in my field usually hit massive success by now. But, it's not about success, it's about doing what you love. Once I realized that, I gave up on the results, although I still hold onto the dreams. Regardless of the outcome, I'm living it up as best as I can. We aren't responsible, nor do we have any control over the end product, only the journey."





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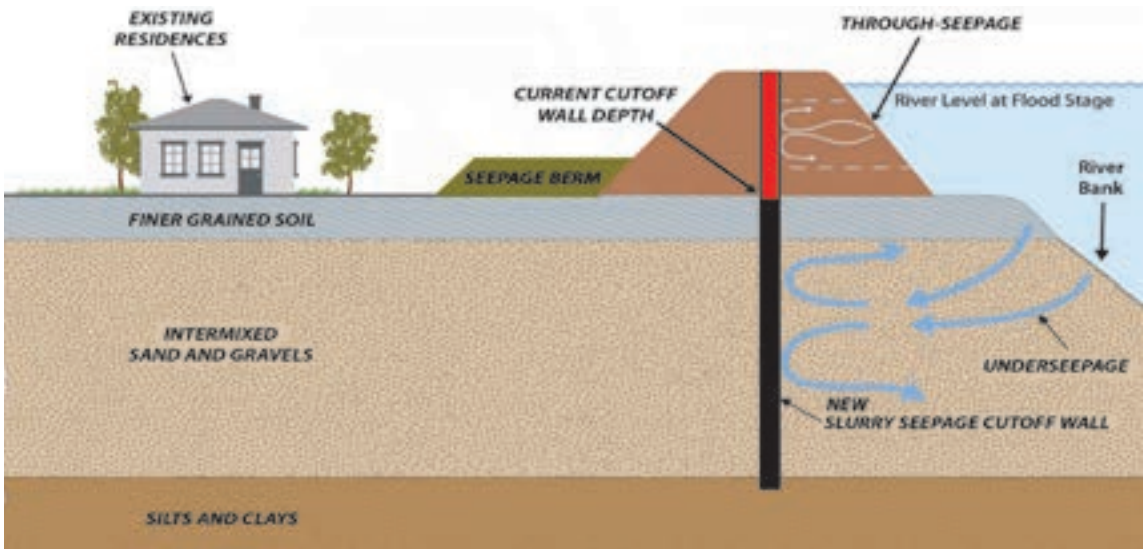
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Levee Rehabilitation Construction to Start with a March 12th Public Meeting



Depiction of the new slurry seepage wall that will be constructed starting March/April 2020.



Slurry wall construction using a backhoe along the north bank of the American River in 2013. The same method will be used on the Sacramento River levees.

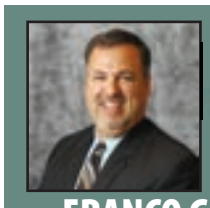
By Pete Rabbon & GariRae Gray

This is the second of two articles whose purpose is to keep the neighborhoods informed of the impending improvements on the Sacramento River east levee.

As previously reported in the January 17th edition of the Pocket News, the levee improvements this Spring and Summer will consist of the construction of a new slurry wall within the levee. This slurry wall will prevent seepage under the levee that, under the worst scenario, could lead to levee failure and flooding of the neighborhoods. The work consists of about three miles of slurry wall, up to 135' deep, constructed vertically through the levee. The construction stretches from the downtown area to nearly the Water Tower and is divided into five locations, with the majority of the work being in the Pocket-Greenhaven neighborhood.

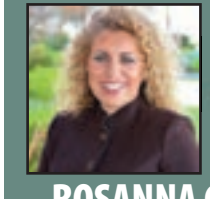
The public saw the first significant evidence of the levee improvement effort during February. Between the Pocket Canal and River Garden Court (north of the Water Tower), twenty-one (21) trees were removed from the top 50% of the levee. The top 50% of the levee will actually be removed to construct the vertical slurry wall, which is why those 21 trees needed to be felled. After the slurry wall is constructed, the top 50% of the levee will be replaced. Also, to allow access for the heavy equipment, an additional forty-four (44) were trimmed as their branches extended over the top of the levee. To mitigate this permanent impact, the Sacramento District of the U.S. Army Corps of Engineers (USACE) will be creating a mitigation zone near Stone Lakes-Beach Lakes area, which is adjacent to Interstate 5 and west of the Sacramento Regional Sanitation District Treatment Plant.

see LEVEE page 17



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Levee:

continied from page 14

So what comes next for construction of the slurry walls? The time is approaching for the actual slurry wall construction. The USACE awarded the construction contract on February 14, 2020 to Maloney-Odin JV (MOJV) – a joint venture between Maloney Construction and Odin Construction. Maloney Construction, headquartered in Novato, California specializes in levee remediation and slurry walls. Odin Construction Solutions, located in Rocklin has significant experience working with the USACE on levees in Northern California. The past levee projects included slurry wall construction on Yuba River levees protecting Marysville, Feather River levee repairs in Sutter County, and Natomas levee improvements.

Louay Owaidat, Odin President and MOJV Manager says, "The biggest challenge for this project will be coordinating with the community and local stakeholders to minimize impacts on traffic. We want to keep the public safe from a major flood event without too much effect on their daily lives. A second challenge is the contract schedule constraints. We will be managing multiple crews and working six (6) days a week to bring this project to its proper conclusion on time under a very precise schedule." The construction is scheduled to start this spring and must be completed by October 31, the official start of flood season.

This work will make our neighborhood safer from flooding, but it also means the neighborhood will have to tolerate some temporary impacts during construction. This creates many questions for the neighborhood residents, such as:

Will the whole levee from downtown to the water tower be closed during construction phase or just the sections where the slurry wall is being installed?

According to the USACE website, Riverside Blvd and Pocket Road will be the primary roads used by the trucks hauling out the old levee material and bringing in slurry wall and new levee material. How will the contractor mitigate the traffic impacts?

Garcia Bend Park will the construction staging area for the Pocket section of the levee project. The park will be open but the back parking lot next to the levee will be closed to visitor parking. Will there still be adequate parking available for people using the park?

Will the entrance to Garcia Bend be impacted by the numerous trucks hauling construction materials in and out of Garcia Bend?

What if an unexpected storm comes before October 31st? How will rain impact the construction schedule?

If the re-paving of the bike trails is delayed by rain, will the re-paving be completed as soon as weather permits, or delayed until Spring 2021?

In a concerted effort to keep the neighborhood informed, in November 2019, the Pocket-Greenhaven Community Association met with the USACE to request that the USACE to hold a public information meeting prior to the levee construction. Such a meeting has been scheduled by the USACE and will include the construction contractor, Odin. The meeting will provide a forum where these and many other questions will be answered.

The USACE has scheduled the public meeting for March 12th, from 5PM-7PM at the Elks Lodge #6 (Emblem Room, 6446 Riverside Blvd.)

The PGCA has been working with the USACE to adjust the meeting start time to 6PM, which would allow more working Pocket-Greenhaven residents to attend. However, as of the publish date of this article, the USACE maintains the start time of 5PM.

Tyler Stalker of the USACE Sacramento District Public Affairs Office stated, "Keeping the public informed of our construction activities is a high priority." To that end, the USACE has established a website for regular project updates, and an email update link is available on the website. The USACE webpage is http://www.sacleveeupgrades.com The email update link looks like this: ."

Pocket-Greenhaven residents are encouraged to subscribe to updates via that link and/or contact the Tyler Stalker if they have questions about the project or the public meeting. He can be contacted at spk-pao@usace.army.mil or 916-557-5100.

The Pocket-Greenhaven Community Association will also be tracking the USACE construction updates and will post such information on their website: www.pocketgreenhaven.org.

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What's happening, Land Park?

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.

FRIDAY, MAY 8 AND SATURDAY, MAY 9

SACRAMENTO CITY COLLEGE VOCAL & CHORAL PROGRAM PRESENTS: SWEENEY TODD - IN CONCERT: Join the Sacramento City College Choral and Vocal Program as they present a concert version of the beloved musical Sweeney Todd. Immerse yourself in music and story, with more than 60 performers, comprised of students from the Sacramento City College Vocal and Choral Program. This performance will include a professional chamber orchestra, live sound engineer, and full stage lighting, and SCC's renowned choral ensembles. Performance is on Friday, May 8 and Saturday, May 9, at 7 p.m. in the Sacramento City College Main Theater (PAC 150). Admission is $15. Tickets are available at https://sweeneytoddspring2020.eventbrite.com

THURSDAY, MAY 15

SCC ARTIST'S RECITAL: A recital to showcase our student mentors and advanced music majors at Sacramento City College. Join our talented students for an evening for art songs and solo works. This recital is free to the public, and will be held in the Little Theater (PAC 106) from 7 to 9:30 p.m. Admission is free of charge. For reservations, visit: https://artistsrecitalspring2020.eventbrite.com

TUESDAY, MAY 19

SACRAMENTO CITY COLLEGE MUSIC DEPARTMENT OPEN HOUSE: The SCC faculty and students invite you to come and explore the Department of Music at Sacramento City College for an evening of food, fun, and community at our annual open house, from 6:30 - 9:30 p.m., Sacramento City College, 3835 Freeport Blvd. The event will feature activities and entertainment appropriate for all ages including: live music, student performances and fin activities for both kids and the young at heart! The entire department will be open to explore. They invite you to look back on the past years' creative projects and give you an exclusive sneak peek of future plans. You are also invited to celebrate the accomplishments of our graduating music students so don't miss out on the opportunity to recognize their achievements as they move on to the next steps in their music careers.

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

7707 Rush River Drive, Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

Revere Court Day Club

From our home-made food from the Alzheimer's Cook book to the color schemes that we have chosen to activities that stimulate-everything we do has been studied and designed specifically for someone dealing with memory loss.

Revere Court Day Club program is designed for those who need assistance and supervision while their family members are at work or are in need of a respite for a day. Nestled on 3 1/2 acres of serine gardens and walk ways our participants engage in physical and recreational activities, enjoy meals and snacks, and socialize with friends throughout the day in a comfortable and spacious clubhouse setting. Activities include but are not limited to exercise, sing-a-long, trivia, arts & crafts, and musical entertainment. Revere Court is also Music & Memory Certified & we are involved with Artisan Mind-an art program designed for those with a memory impairment. Families can choose the time that works in their schedule, day club hours are 8:00 AM to 6:00 PM Monday through Friday.

The Day Club services include the following:

- Stimulating daily activity program
- Nutritiously balanced meals, snacks and special diets
- Assistance with ADL's
- Assistance with medication administration

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Revere Court Memory Care offers a Day Club, Respite & Residential Care for those with a memory impariment, also offering Support Groups and Monthly Seminars for caregivers and loved ones.

What's happening, Land Park?

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. Preregistration 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.

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.

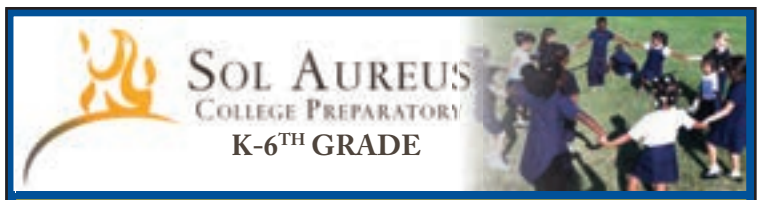
SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

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.



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LEATHER-MATCH: This term is used to describe an upholstered product where a portion of the product is real leather but the back, sides and less visable parts are constructed of an artificial material, usually vinyl. It is matched to look like leather.

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