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Land Park News

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Hollywood Park artist colors the sidewalks with fantastical chalk illustrations

see page 12

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Door to Door

Covidiocy

By Pat Lynch

Don't those people who protest that we must fully reopen remind you of the Virus itself? You've seen those electron microscope magnified pictures of Covid 19— bunchy in some parts, and stringy in others--kind of purplish-orange? Well, that's what the Open Up Now! crowd looked like. Their cars and trucks, festooned with flags, (some Confederate, some Nazi) made a creepy parade to our state capitol grounds where they practiced freedom of assembly and freedom to spread the killer virus. They rallied in many states. In Michigan they also brought, along with their guns, a noose and swastika emblems to the governor's office and to her private home. A noose.

I am no stranger to protest and have exercised it since the seventies when many thousands assembled to object to the Vietnam War, to march for women's rights, racial justice, and other causes. But I never brought a gun to a march, or a raft of guns with bandoliers, or automatic war weapons, never strutted into a state capitol armed to the teeth with smaller guns and knives jutting stupidly from my pretend combat boots. And a jillionaire cabinet member (today it's Betsy DeVos) never organized and financed any protest in which I participated.

So these are different times. These protesters seem more like a joke about themselves, as though they're unwitting actors in a drama written by a cruel satirist. They're all dressed up for combat, when what they truly want is for the bowling alley to open. They want the bars, the malls, the casinos, the midway, the salon, the barber shop, the massage parlor, the whole carefree circus of social commerce. Staying home all day and watching Fox News or Duck Dynasty reruns is boring.

And truly, we'd all like things to be put magically back the way they were: bustling, fun, social. But now it's not only Covid 19 that intimidates us. It's the Covidiots themselves. Who are they and what is Covidocy?

Here's a little breakdown for you.

Covidiots are, of course, people who practice Covidiocy. The "Co" means they cooperate with the virus. These people ignore scientists and spew unmasked trillions of virus particles upon the innocent, spread the disease and add to the body count.

Covidiousness (often called Cohidiousness). This is lying about the virus, its lethality, origins, treatment, body count, etc. These people resent their better-informed neighbors and leaders. One of them shot a security guard (yes, they bring those big boy guns everywhere). Another berated a shopper for wearing a mask. Another pushed a park ranger into a lake. One of them spat at a bus driver who asked her to wear a mask. There is another word for these particular Cohidious exemplars: asshats.

Covapidity. The Covapid are people who care only, and rather listlessly, for themselves. They don't follow the news, are tanned but otherwise vague, and congregate by the water in oiled clumps. They are not aggressive but are deadly vectors because their asymptomatic Covid 19 is aggressive.

Covid Beach Disorder. This is a fatal desire to lounge on shore with the Covapid.

Covid Bleach Disorder. These are the people who, inspired by the president's medical speculations, think drinking Lysol might cure the disease and clear the lungs.

Covidiquackery. Suggesting Covid 19 can be cured by taking Hydroxychloroquine. You should join a class action suit against Fox News if you tried this and, say, a carrot-shaped growth emerged from your ear.

Covidiocracy. This is the religious institutionalization of Covidiocy. It occurs when prominent big tent TV preachers prattle about the need to prematurely reopen the country and accept the consequent rising death toll. This despite their previously staunch "pro life" positioning. And tis despite grave disagreement from Dr. Fauci and multiple other accredited scientists and medical authorities. Catholic Cardinals Dolan and Burke recently these fundamentalists, another moral choice at odds with professed values. Pro life? Not so much these days. Seems they're "pro life" chiefly when it comes to controlling the reproductive freedom of females.

So that's the opposition. Our governor says, "the overwhelming majority (of Californians)… are doing the right thing." That's true, and we're that majority. We've got Covidia Anxiety and Covidia Fatigue, and we've retreated to save ourselves and protect others. It's not easy and not fun. But we're here, and we mean to survive. So we're following the guidelines, distancing, postponing, having parties on Zoom, staying home. We know what's required. We're not slamming around with guns and Dixie flags, trying to bully nurses, threatening officials, spreading pestilence with our flawed twaddle and our very breath itself.

And we'll be here to vote in November.

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E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

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Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
Advertising Executives ..... Linda Pohl, Melissa Andrews

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1109 Markham Way
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t: (916) 429-9901
f: (916) 429-9906

Cover Photo by:
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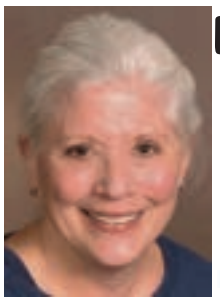


Beautiful and spacious 2 bed plus den, 2 bath Craftsman Bungalow on a huge lot with a brand new two-car garage and a 1 bed, 1 bath apartment above it. The classic home has gorgeous hardwood floors with inlays, built in buffet in the dining room, generous updated kitchen and baths, full laundry room, partial basement and a tankless water heater. Large deck off the back and a massive back yard with plenty of room for a pool or RV parking waiting for your creative touch or maybe another unit (buyer to verify)?
2936 32nd Street | $649,950

Storybook Tudor!



Original wood mullioned windows fill the home with light and highlight the beautiful hardwood floors with inlays, the marble tile fireplace and the lovely built-ins in both the living and dining rooms. Unleash your inner chef in the spacious kitchen with tons of storage in the shaker style cabinets, copious amounts of quartz countertops, marble tile backsplash, farm style sink and SS appliances. Both baths have been updated and the roof and exterior paint are newer (2016). **4910 7th Avenue | $474,990**



THIS 'n' THAT

by Carol Bogart

The Homeschool Blues

Is 'distance' learning working out – or is it like having homework ALL the time?

Here's a true story you may find helpful.

As a student, my ADHD son was easily overwhelmed. When he was a sophomore, he had what proved to be a last-minute geometry project that was news to me. Each day when Mike got home from school, we emptied his backpack. I'd seen no instructions for this assignment. I emailed his teacher, who'd included it in her Friday morning email to me. She told me this 'star' home project – assigned four weeks earlier – was due the following Tuesday (with Monday being MLK Day). A stroke of luck. We'd have three whole days to do it.

She promised she'd look in his desk for the materials and send them home with him that day.

I refrained from blowing up at him when he got home, and said, "OK, let's look at those instructions."

The kids were to use colored string and tacks to create a star, measure the angles, and write up their findings. I asked, "What color string do you want?" He said, "All of them." Noting his beleaguered expression, I left alone for Walmart. There, I bought corkboard in a frame. One of each color poster board. Multicolored string, a ruler, compass for measuring the angles, small sharp scissors, even a small crochet hook to help him pull the string. (Oxygen deprived at birth; Mike has trouble with his fingers.) Lastly, with some searching, I found a box of small tacks he could wrap the string around.

I'd tried to anticipated any and all excuses, such as, he was too tired to do it Friday because he'd been at school all day. When I got home, I set it all aside and made dinner.

Saturday, I laid it all out on the kitchen table in a way I hoped he'd find enticing. After I fed him, I sat him down. With grave misgivings, he took one look and said, "You got the wrong color poster paper.' I showed him he had six more to choose from.

He ran out of objections, and I said, "Let's pick your star," from drawings of several options. "I want to make the American flag," he said.

Hoo boy.

I said, "Sweetie, that's a great idea, but look how many stars that is. Since we're getting a late start on this, how about choosing a design that's simpler?"

He picked a single 5-pointed star.

"Perfect!" I said, and headed out to feed the animals.

An hour or so later, I came back. He was sitting at the table. He'd done nothing. I lost it. Frustrated beyond reason, I exploded: "JUST GET STARTED!"

He jumped up, ran to his bedroom and shut the door.



Photo Courtesy of Carol Bogart

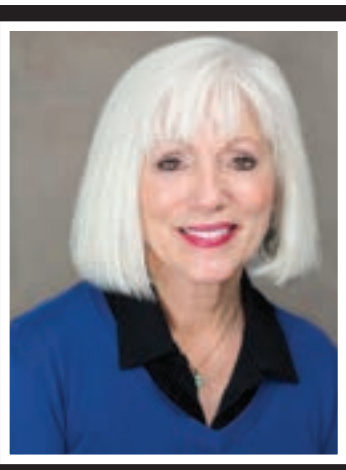
Mike, age 4 in this photo, and I often did fun outdoor stuff – prior to the homework wars.

After a brief struggle, I got control of myself, went to his room, and found him hunched, defeated on his bed. "Michael," I said gently. "What's the problem?" Tear-filled eyes met mine. Hopeful I might understand, he asked, "What does 'Get Started' mean?"

Of course! For any of us, tackling something new can be intimidating. We don't know how to do it because we've never done it before. Now add to that problems with focus and attention. Easily distracted. All the ADHD stuff. The trick is – start with what's easy for you and build on that.

I held him close, my eyes wet, too, and said, "Michael,

see THIS 'n' THAT page 5



Sue Olson
916-601-8834
sue@sueolson.net
CalBRE# 00784986
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ISLANDS AT RIVER LAKE

Enter The Islands at River Lake! Meticulous condition, large entry, high ceilings throughout. Living / Dining room combo opens to Kitchen featuring dining bar, walnut stained cabinets, stainless steel gas cook top, built-in oven, microwave and large refrigerator. Master suite has tub, stall shower, 2 glass bowl sinks and spacious walk-in closet. Second bedroom has walk-in closet and third bedroom has been set-up as an office / den opening to the front entry. Inside laundry room with newer washer / dryer, spacious two car garage and low maintenance backyard patio. **7927 Collins Isle Lane $475,000**



LAND PARK

This One of a Kind Tudor features a mix of old-world charm and new construction. Vaulted ceiling in L/R w/ hand hewn beams, original crafted artisan stained glass, leaded windows, brick fireplace and rich dark wood floors. Custom quality abounds in the wonderful Chef's kitchen with quartz counters, over-sized quartz island, breakfast bar, farm sink, six burner stainless cook-top / oven, microwave and built-in stainless refrigerator. Formal D/R opens to the kitchen, with adjacent F/R. Downstairs offers a master suite, laundry / mud room, 1/2 bath and 1/4 bsmt. Upstairs boasts three more bedrooms, one is an additional Master Suite w/ large bathroom, double sinks, marble floor / shower, walk-in closet and balcony. The other two bedrooms have hardwood floors and many windows. There is also a full bath w/ double sinks and a bonus study / sewing room. Backyard captures a beautiful Heritage Oak tree, patio and lawn area. Single car garage w/ attic storage and charming guest cottage. **2964 Govan Way $1,500,000**



Teresa Olson
916-494-1452
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Pet Friendly

Pancake Circus owners vying to keep a Sacramento institution alive

By LANCE ARMSTRONG

Nick Ruebel, co-owner of the Pancake Circus, told the Land Park News last week that he would like to set the record straight regarding the status of his business.

Ruebel, who has co-owned this circus-themed eatery at 2101 Broadway with his father, Naren Muni, since 2002, said that like many businesses, his restaurant has struggled since it was ordered to cease its indoor dining operations nearly two months ago.

In response to the coronavirus (COVID-19) pandemic, Sacramento County public health officials, on March 19, issued a stay-at-home order, and called for the closure of all nonessential businesses. However, restaurants were allowed to remain open, but could only offer to-go and delivery food.

Under that order, Pancake Circus has experienced a significant loss in its business income.

But Ruebel stressed that his business, which is one of Sacramento's restaurant institutions, is not in dire straits, as many people have been led to believe.

"The way some of the other articles were worded, it sounded like we were going under," he said. "We aren't going out of business today or tomorrow. That's not the message we were trying to put out there.

"The message we were trying to put out there is that like a lot of businesses, we are very slow right now. And (that loss of income) does have an impact on our viability. But we aren't at that point yet."

Ruebel stressed that the response by the government to shut down restaurants due to the pandemic has definitely had a significant impact.

"Up until the other articles came out, we were very slow," he said. "We weren't getting a lot of take out and to-go business."

Ruebel added that a certain attitude by some people toward spending money at his eatery followed the order, and could have significantly affected his business's financial stability.

"What I have heard a lot is what a lot of people believe is 'Oh, well, my $10 or $13 doesn't really make a big difference,'" he said. "But in any business, every little bit of business makes a huge difference. If you have 100 people that think that way about their $13, that's $130. It all adds up."

He also speculated that many people believed his pancake eatery was no longer in business.

As of the deadline for this article, Gov. Gavin Newsom had not given a date for when restaurants would begin to allow indoor dining.

Despite Pancake Circus' decrease in business, Ruebel mentioned that there are some positive notes.

"For positive notes, we have a lot of our regulars coming by and saying that they miss us and they definitely want to come in more," he said.

Ruebel added that many customers also mention that

see PANCAKE page 5

Pancake:

continued from page 4

they are planning to return to his eatery, and are eager to "sit down and eat."

"That's always positive, because you know that once you are allowed to open, then you'll have people back in," he said. "It's just really a matter of when.

"Now that we're starting to see a lot more cars on the road, it tells you people are tired of being stuck at home. And there's a lot of misinformation in the news, in my opinion, and hopefully everything starts to calm down soon, and we start to get businesses reopened."

Ruebel said he can only speculate when his business will reopen its doors.

"Well, there's no official word on a date when we can reopen and there's no official word on what restrictions are put in place," he said. "We've heard a lot of speculation around the 27th of May, with limited capacity, either 50% or 25% of our capacity. Twenty-five percent would be extremely detrimental to the amount of business that we could do."

Ruebel also commented on the concept of being required to use reusable, single-use menus in his restaurant.

"You're going to have to use single-use menus that you throw away after each customer uses it," he said. "Everything is a cost. A cost, a waste, so many different things." But on another positive note, Ruebel said that he has a lot of longtime, loyal customers who probably wouldn't need to grab a menu to place their orders.

"Most (of those customers) don't even look at a menu," he said.

Additionally positive for Pancake Circus is its gradual rehiring of its employees.

"We had laid off the entire staff (of 13 workers)," he said. "We have started to bring people back now, because we are at a business level that we need some people there.

"Two of us alone can't do it. So, we are bringing staff in. We've brought back six or eight (workers) so far. So, that's where we are right now."



Photo courtesy of Pancake Circus

Pancake Circus, pictured at night, is located at 2101 Broadway. This longtime operating, circus-themed diner is currently open for take out or delivery orders from 8 a.m. to 1 p.m. daily.

Keeping tradition alive

Ruebel mentioned that it is important to him to keep the Pancake Circus in business.

He also expressed a desire to maintain the classic atmosphere of this restaurant's building.

"People always ask, 'Why don't you do upgrades or renovations?'" he said. "You know, part of the charm of the place is the 1960s vibe. The place isn't the same without that 1960s feel. It wouldn't be the Pancake Circus without (that) feel.

"We're working hard to keep (this) Sacramento staple alive, but with that said, you have to see a light at the end of the tunnel. You have to see a time when you can reopen. You can't lose money every day and do it forever."

Pancake Circus is currently open for take out or delivery orders from 8 a.m. to 1 p.m. daily. Orders can be placed by calling (916) 453-3322 or through the website, www.pancakecircus.net.

THIS 'n' THAT:

continued from page 3

I'm so sorry." How often had I told him just get started? How often had his teachers?

Exhausted, we agreed to 'get started' Sunday.

After church and lunch, we sat down together at the table. I said, "Start with this. Remove the plastic from the cork board." He did that. I said, "Now pick your background color." He chose black. "Now," I said, pointing to the array of tools I'd purchased, "cut the background paper to fit the corkboard." He figured that out all on his own. He used the ruler. Attached it with the tacks.

Sunday after church and lunch, we sat down again, and reread, together, the instructions for the star. First, he drew it out on paper (he's always liked to draw) and cut it out. Then, placing it where he wanted it on the corkboard, he used tacks to mark the points.

Monday, he started with the string. I left for work but said I'd call to see how he was doing. I did. Hyperfocused now on his project, Mike said, "Mom! I'm busy! You're distracting me!"

After work, I found Mike waiting for me at the door, eager to show me his large finished star: black background, pale wood frame, multicolored string 5-pointed star. And, on the table, the star's angles, measured and put on paper. Until one corner started to unravel a couple years ago, the 'star' project was on my wall.

So, confidence. Instill confidence in the child and the child develop confidence to try new things. Incremental learning is the key. By tackling that project one increment at a time, Mike got it done. And most importantly, learned that he could do it!

Thanks to the pandemic, all of us, kids and adults, are under a lot of stress. We don't know when, if ever, things will get back to 'normal'. Kids are finishing out the school year at home, not in the classroom. Covid-19's 'curve' will dictate whether California schools will open as early as July to help students make up for lost learning time.

CDC projections are for a second, deadlier wave this fall. Testing positive for antibodies may not mean that we're immune. A third of us likely are asymptomatic carriers. Some young healthy people in their 20s who test positive for the virus are having sudden strokes; half are dying.

In West Sacramento, according to Yolo County's virus Dashboard (based on, as of 4/28/2020, limited testing), the age group consistently Covid-19-affected is not old, sick elders. It's people ages 55-64. Countywide, the 25-34s are about even for infection with those 85 and over.

Are you and your kids on stress overload? Take a break. Stick a face covering in your pocket (for when you can't avoid getting too close to others) and head outside. Scientists say the virus dislikes heat and sunshine, plus the fresh air will cheer you up.

For 5 p.m. daily updates to Yolo County/West Sac's Covid-19 numbers, search Yolo County Covid-19 Dashboard. Questions, comments? Contact Carol at carol@bogartonline.com.

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Distance learning proves successful for St. Robert Catholic School



Photos courtesy of St. Robert Catholic School

A teacher works with a student through St. Robert Catholic School's distance learning program.

By LANCE ARMSTRONG

Faced with the novel coronavirus (COVID-19) pandemic and school closures, local schools have turned to distance learning to educate their students. And one of the city's first schools to offer this mode of instruction was Hollywood Park's St. Robert Catholic School.

Exactly one month prior to Sacramento City Unified School District's April 13 shift to the distance learning program for all of its schools, St. Robert replaced their physical classrooms with their virtual, internet-based classroom instruction program.

With the families' association with St. Robert Parish, COVID-19 has also affected in-person church services. The congregation last held services in their church building on March 18.

Two days earlier, St. Robert began its distance learning instruction.

Samara Palko, principal of this pre-kindergarten through eighth grade school, noted that the process of transitioning to distance learning was advanced through a collaboration of teachers and parents.

"At (that) time, our teachers had not been trained in distance learning, so what really happened was best practices and excellent teaching strategies kicked in and a lot of collaboration," she said. "There were a lot of staff members that knew a little bit more about technology and how to use and facilitate it for distance learning.

"There were also some parents that were able to help us as their (work) positions are in those tech fields. So, with the teachers that had some background knowledge, and the parents that had some background knowledge, they were able to (collaborate)."

Palko described St. Robert students as having an advantage in the process of integrating into the distance learning program.

"Every student has been exposed to technology at St. Robert and every student signs an agreement of proper usage at St. Robert," she said. "So, when this went home, students already had some background knowledge on how to use the device and they had already used these programs in the classrooms in a variety of ways."

In preparation for the transition to online learning, every household that did not have a Chromebook or computer was lent a Chromebook. The school lent out about 35 Chromebooks.

Ninety percent of the families already had access to the internet, while the other families acquired access to available free internet service.

During their first week home, St. Robert teachers began using the online services, Google Classroom, SchoolSpeak and Zoom, to work with the school's students, which number about 220.

To replicate the in-class experience, the online school days are held Mondays through Fridays from 8 a.m. to 3 p.m. These hours include breaks and do not feature continuous instruction.

However, teachers are available to the students during those hours, and often work additional volunteer hours.

Because of the absence of the in-person classroom experience, teachers are dedicating more of their days to students, Palko said.

Also similar to the in-person classroom experience, students turn in homework assignments. But a different approach is their use of Google Classroom to turn in assignments. That medium is also used for teachers to send assignments to their students.

Because St. Robert understands that homework assignments can cause undue stress for the students during this stay-at-home order, the students are not penalized for turning in homework assignments late.

Palko mentioned that in converting their lessons to online instruction, the school's teachers had to restructure their curriculum to utilize the most essential information.

"Basically, teachers broke it down to essential, what's suggested, what are things kids could do other than math, reading, (English, language, arts)," she said.

Palko also noted that religion was maintained in the curriculum, since St. Robert is a Catholic school "first and foremost."

St. Robert's distance learning approach is meant to provide quality instruction that will allow the students to transition well into the following school year, Palko explained.

"It is meant to provide that continuity, so that students don't have gaps come next school year," she said. "So, I was very clear in explaining our process with them, how every staff member at St. Robert is pushing in to support students.

"I also let parents know, very honestly, that this is a learning curve for everybody – for teachers, for students, for them."

Another element of St. Robert's approach to distance learning is its desire to replicate the campus experience online. The curriculum even includes physical education instruction.

Through its online experience, St. Robert uses an education achievement specialist that mostly assists small groups of primary students or individual

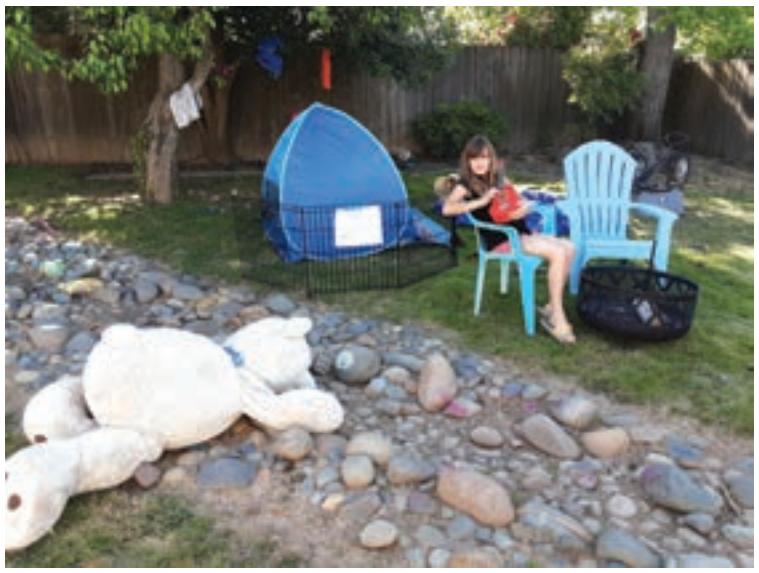
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An old-school approach to homeschooling during the pandemic with a dash of modernity

By Monica Stark



Photos by Monica Stark

Sophie's perfect vacation is camping. She set up the campground in the backyard. Beware of bears.



Introducing "Starboard"... the intergalactic fort. Sophie was really great at finding materials to use. Her main goal was to have a fort to sleep in as part of her fort building family project.

No alarm clocks, no rushing to school or work. I have somehow managed to tell my daughter, Sophie, that cuddles until 9 a.m. are required. And that we have ALL DAY to do the things we need to do. We don't need to adhere to any 9 a.m. to 3 p.m., schedule, but the daily cuddle fest is required. Above all, I want her to have good memories of this pandemic. Of course, she misses her school and friends and she's definitely not learning as much from me as she does her beloved teacher. She's been writing letters to those she misses. She steals my phone for hours at a time to talk with her best friend. It's as sweet as an experience as it can be. I am grateful for the job and school flexibility. So many parents are stressing out because of all the Zooming that has to be scheduled for. I am sad for children who have to spend hours a day in front of a computer screen.

The digital divide has long existed prior to the pandemic, but what school closures have shown school districts is how tech equity is needed at home. Fortunately, the school district has provided Chromebooks to those who need them and they are a big help, however, I have heard from some families how difficult it is to do the distance learning because they can't afford the high-powered wifi that other families are accustomed to.

There are other ways children can learn the standards required by schools.

While my second grade daughter attends a Title 1 school where more than half of the students are on free or reduced lunch and many have needed to pick up Chromebooks provided by the school district, the curriculum at least for the younger grades includes very limited amount of "Zooming" or distance learning. Each day her teacher provides a 15-minute math lesson and has worksheets that go along with it. Besides that, daily book reading and writing is required. Again, not too much time is spent behind the computer.

But what really sets her school apart are weekly family projects that require creative thinking, creativity, teamwork and maybe even some blood and tears. The first said project was fort building; the second, imagication (imagining a perfect vacation and bringing it home-bound); the third was an animal project and this week we're making an art display in our front yard out of materials found in the natural world. With these projects, students had to collect all their materials from their quarantined home, write them down the list of materials, tell a story about their creations and draw what it looks like. While they are family projects, they are child led and directed. She's my boss and I am her worker bee and also her photographer. I have enjoyed photographing the projects and sharing them with other parents and children in the class. Truly, the community has tried to stay together as much as possible under these strange times. The crossing guard at the school has fallen ill and students have knitted squares that the handwork teacher sewed together into a quilt. She then delivered to it to him and shared a video of his reaction. Touched by how many hands went into the quilt, he said he didn't realize he mattered that much.

This quarantine situation has highlighted the love that was already in our community. Seeing the video and photos of the crossing guard brought tears of joy and love to many of those who have seen it.

Remember parents: You are your child's first teacher, after all, and don't forget to treat yourself just as kindly as you do your precious students.

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Sacramento "chalkboard house" delivers ongoing uplifting messages



Photo by Jami Richmond-Moore

Courtesy of Kelly Richmond-Moore

Additional photo from over the years at the "Chalkboard House"

For the last four years, the Richmond-Moore family of River Park has delivered an uplifting or relevant message to the neighborhood on a giant chalkboard to those who drive by. Updated every couple of weeks, this particular message is, as Kelly Richmond-Moore says, "deep and subjective as it plays into the human spirit needing to hold on to something beautiful, even in times that beauty seems to be fleeting." Shown is daughter Haley, 12, and son Kellen, 6. Not pictured is Kelly's wife, Jami. "They now see what the chalkboard means to the neighborhood, so this has become an on-going family project that we continue to want to do together." The "chalkboard house" is located at 5301 Monalee Ave., 95819.
-Monica Stark



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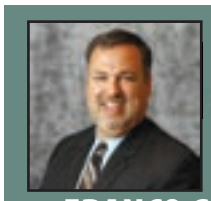
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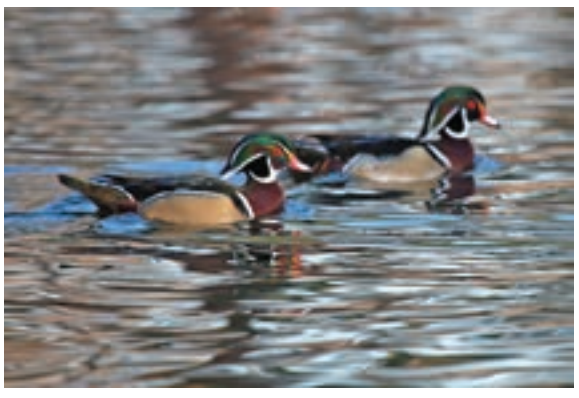
Wood ducks make McKinley Park home

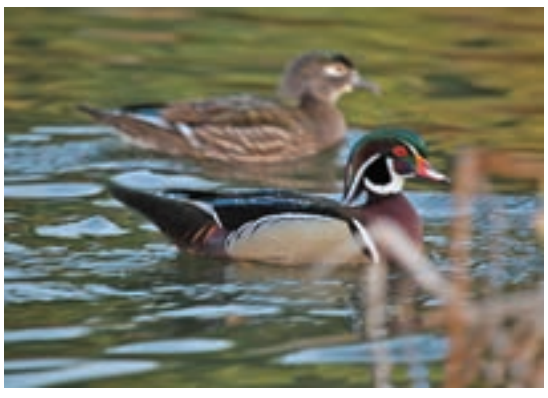


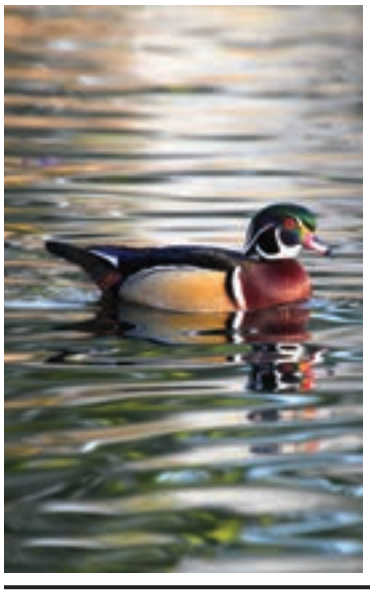


Photos by Stephen Crowley

Over the years, wood ducks have made McKinley Park Pond home.These photos were taken in 2012.







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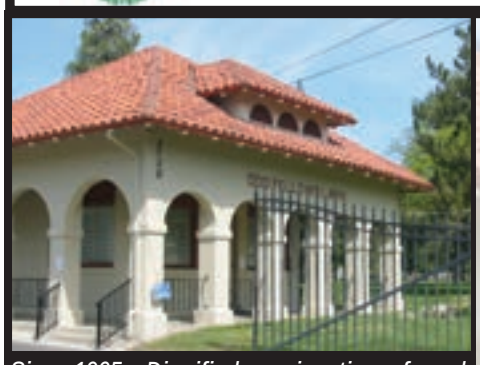
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Hollywood Park artist colors the sidewalks with fantastical chalk illustrations



By Monica Stark

Touched by the creative genius of Nixy Cane, sidewalks in the Hollywood Park neighborhood have come alive with chalk portraits of mythical creatures and fantastical displays of flowers and scenes from the likes of childhood favorites such as "The Little Prince", and "Lady and the Tramp."

When shelter-in-place was enacted, like many of us, her life changed. She was laid off from her job as an educator at Applied Behavior Consultants, Inc., and she began missing her students, and particularly missed reading to them. To stay connected with children, she began a virtual storytime, reading books by favorite authors Audrey Wood and Dr. Seuss. "It's been nice. My niece really likes it," she says. Neighbors have donated some books to be read during the online storytime. When the ABC school reopens, Nixy will have a bunch more books to bring to work with her.

But she needed to give to the community something more and she needed an excuse to get outside.

Having spent her formative years living in the neighborhood only to return after her father passed away, Hollywood Park has been Nixy's home for the long haul. But it took the affects of the shelter-in-place order to get her out of her shell and talk with her neighbors. "I'm actually saying 'hi' to people."

"For Easter, we did a big Easter egg thing, and that was really fun, and I wondered if anyone wanted any

see CHALK page 13

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Chalk:

continued from page 12

chalk art." So, she put out the ask on Facebook and to her surprise had about 40 people respond.

A former nanny for 11 years, Nixy's big heart bleeds for children and parents during this pandemic. "I can't imagine how scary it has to be to have to explain what's going on, why people can't see their friends and all that. Also for people in general, people living by themselves. There are people who don't have a family that they're quarantined with. I hope (the chalk art) helps people get out of their house the same way it helps me get out of the house."

It has.

Responding to people asking for the locations of her work, neighbors then go on bike rides to go see it. "It makes me really happy," she said.

One of her pieces, a scene from the Little Prince, includes a quote that speaks to the patience needed to weather the storm of this pandemic to enjoy better times ahead. Writes Antoine de Saint-Exupéry, "Well, I must endure the presence of a few caterpillars if I wish to become acquainted with the butterflies."

Financially fortunate that her husband has a good job, Nixy does these chalk art projects as well as creates birthday messages for friends and neighbors free of charge. She encourages artists in need of financial support to take up these chalk art activities. "This could be an easy way to make some money and make people happy," she said.

Always an artist, Nixy, whose real name is Roxanne Parker, has spent many years with family at the annual Chalk it Up festival and has collected a lot of chalk over the years. More recently, she has gotten donations for the chalk art, and has also been excited about things that neighbors have been giving her for trade, including wine and plant starters.

On her birthday, April 26, about 10 neighbors, who she's done chalk art for, biked by her house to wish her a happy birthday. "They sang me 'happy birthday' and I cried so much. It was the best thing ever. I was totally overwhelmed. It was so sweet. It kind of feels like Burning Man in a weird way."

Referring to one of her favorite festivals held annually in August in Nevada's Black Rock Desert (though not this year), Burning Man adheres to 10 principles, including radical inclusion, gifting, decommodification, radical self-reliance, radical self-expression, communal effort, civic responsibility, leaving no trace, participation, and immediacy.

"I have been feeling a ton of them in my community," Nixy said. "For me this is the gifting part – people participating in trading things. People posting, 'Oh my God, I need yeast,' and someone saying, 'I got some of that.' Burning Man isn't happening this year, but it kind of is. In my head, I am going to turn Hollywood Park into Burning Man and they don't even know it yet. I am all riding around on my Burner bike."

Come August, there's going to be something crazy happening at the Parker house for sure. Her husband might make a burning man man or get a pirate ship on their lawn. Stay tuned.

Parker began doing a storytime to stay connected with children. At ABC, Parker runs the "story station" and decided she was going to read a bunch of books to kids online. A fan of children's author Audrey Wood whose books including The Napping House, Piggies, Heckedy Peg, Parker appreciates the illustrations by Wood's husband Bruce Wood. Hollywood Park

see ILLUSTRATION page 14



Photos courtesy of Nixy Cane

Nixy Cane's chalk art have colored the sidewalks of Hollywood Park. She enjoys doing these projects for friends and neighbors. She also enjoys biking around the neighborhood on her "Burner" bike.







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Illustration:

continued from page 13

When Feeling fairy queens, wildflowers, dinosaurs, a sea-faring cat, and mermaids. scenes from genius Roxanne Parker, whose moniker "Nixy Cane" is used has been a way to connect with her neighbors.

The original post, I just asked if anyone wants some chalk art, just write me and then I realized I needed to say more than that because I was getting so many replies. Have a notebook and writes the requests in the order that she gets them.

Have Special requests for mothers day, birthdays, if in advance I can do that otherwise I have offered to do some birthday signs for kids that are not in the neighborhood on cardboard and then paint them do acrylic more than chalk art.

While she has done commissioned pieces of chalk art but will have to wait until I am done doing the chalk art stuff. "Right now, for me, it's more important to give things for the community. If people want to donate art supplies, they can. I don't really want to get bogged down doing work work right now. That's not why I am doing it.

Favorite little prince and his flower... put a quote on there.

How you have to be acquainted with caterpillars to meet the butterfly that's kind of like this situation. This situation is really horrible and if meeting my community comes out of it though I wouldn't have put myself out there it's like the positive I am getting out of quarantine.

Also have a birthday card group which I would love other neighborhoods to start doing because people are having a hard time celebrating birthdays making lists for your neighborhood so people know when people's birthdays are. It's really easy to make a card dand drop it off.

Just hope it makes people who have lots of chalk to do the same thing.

If interested in Nixy's chalk art? Email her at Nixycane@gmail.com

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Coronavirus reminds older county residents of polio epidemic

Locals share memories of the epidemic

By LANCE ARMSTRONG

As the novel coronavirus (COVID-19) pandemic continues, some of Sacramento County's elderly residents are reminded of another disease that caused great fear in the lives of millions: polio.

For decades, polio severely worried parents, as this infectious viral disease, which was also known as "infantile paralysis," mostly affected young children, causing muscle weakness, paralysis, and in the most severe cases, death.

Although COVID-19 has different symptoms and complications than polio, the two diseases have similarities, as both have caused great panic, and infected and killed many people. And like the novel coronavirus, polio spread while having no known cure.

The nation's first polio outbreak occurred in Vermont in 1894, and caused 18 deaths and 132 reported cases of paralysis.

Like COVID-19, the disease spread throughout the country and caused many thousands of people to become infected.

Among the most known examples that polio could affect adults came in 1921, when then-future President Franklin D. Roosevelt was diagnosed with polio at the age of 39.

In the late 1920s, a mechanical respirator – nicknamed the "iron lung" – debuted. The machine was used to help with the breathing of polio patients with paralyzed muscles in their chests.

Polio reached an epidemic level in the United States in 1952, as about 58,000 new cases were reported, 3,145 people died from the disease, and 21,269 people were left with mild to disabling paralysis.

During the following year, Dr. Jonas Salk, an American medical researcher and virologist, announced on a national radio show that he successfully tested a vaccine against poliomyelitis, the virus that causes polio.

Salk's vaccine was introduced in 1955.

A plan to give the "Salk Vaccine" to 17,000 first and second graders in Sacramento County was initially set for April 18, 1955. But due to some early complications with the effectiveness of the vaccine, it was not until the following month that the county's schoolchildren were first vaccinated.

Upon the recommendation of the National Foundation for Infantile Paralysis, a two-shot program within the first month, followed by a third shot about seven months later, was instituted.

The national program to vaccinate schoolchildren led to a drastic decrease in the number of polio cases.

There have not been any natural occurring polio cases reported in the United States since 1979.

Such a statistic does not remove the memories of this disease, which 90-year-old Elk Grove resident Arnie Zimbelman said he remembers well.

"I remember how bad it was at the time," he said. "We used to go around selling little 'wipe out polio' stamps. It's pretty well wiped out, isn't it?"

Zimbelman, who moved to Elk Grove in 1956, recalled one of his friends who was a polio survivor.

see POLIO page 19



Photo courtesy of Museum of Medical History

An "iron lung" sits on display at the Sierra Sacramento Valley Medical Society's Museum of Medical History in Sacramento.

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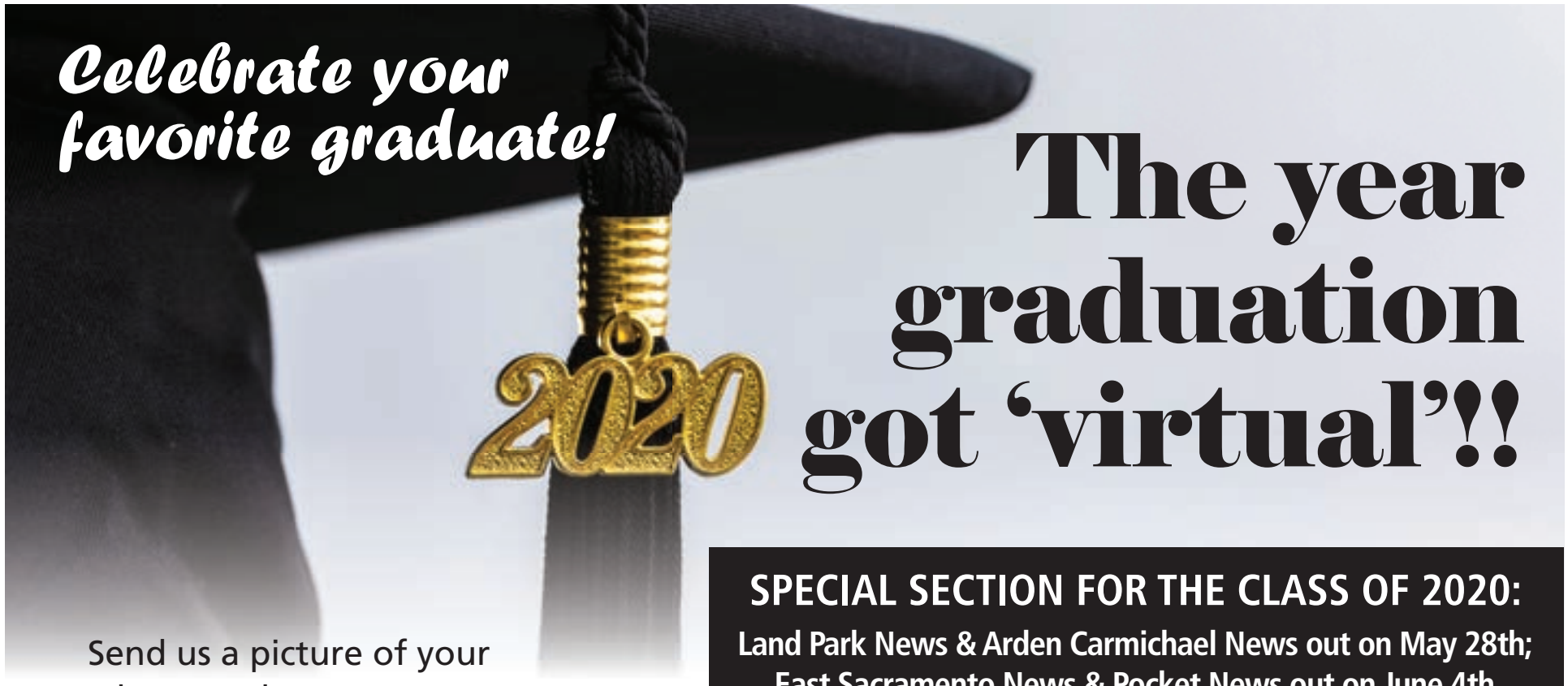


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Polio:

continued from page 17

"I remember Dick Lichtenberger," he said. "He had polio as a kid and went to Shriners Hospital, and he was thankful forever after, because they got him back on his feet."

Melba (Ledbetter) Mosher, who attended Sacramento College (today's Sacramento City College) in the 1940s, recalled an incident in which her family feared that she had become infected with polio.

"I was born in 1927 and I had a really high temperature as a (child), so my family was just really very upset," she said. "My mother was thinking polio, but I hadn't been any place. But because of my temperature, that was a big fear, definitely."

Riverside-Pocket area native Dolores (Silva) Greenslate, 95, noted similarities between the fear caused by polio and the fear caused by COVID-19.

"Polio was something new to us, too, because we hadn't had anything like this before," she said. "And now with this coronavirus, it seems like it is repeating itself. We've never had anything like it. Right now, it is affecting everybody, every darn person.

"When you had infantile paralysis, it scared you. And people are panicking about this (COVID-19) and we were panicking about polio. We were so afraid that we were even afraid to talk about it, and if it hit us, what would we do?"



Photo by Lance Armstrong

Dolores (Silva) Greenslate recalled the fear caused by polio during her youth.

Learning:

continued from page 6

students with reading and language arts.

The school's classroom aides also provide one-on-one online support to students, in response to teacher or parent recommendations.

Palko said that St. Robert is fortunate to have maintained the assistance of the school counselor, Seymour Morgan, who works with the students two days per week and shares age-appropriate speaking points, including how to manage stress.

Palko also speaks to students online, delivering messages on a daily basis.

Additionally, both she and Anthony Jackson, director of advancement, and teachers have communicated with parents by phone for a variety of reasons.

Palko mentioned that it is important for the school to maintain communication and transparency through the distance learning experience.

"The goal is no student falls through the cracks, no family is left to fend for themselves, (and) every family feels like they are being taken care of by the staff at St. Robert Catholic School," she said.

In addition to their online classroom work and homework, St. Robert students engage in a social experience through their student council, Palko noted.

"Our student leaders, seventh and eighth graders, they have planned spirit weeks each week that we've been at distance learning," she said. "So, these students have provided student leadership to keep that school spirit going and break up the monotony of being at home."

These activities have included Crazy Hair Day, Crazy Hat Day, and Your Favorite Character Day.

Students have also shared photographs of themselves with their pets, been challenged to baking, cooking and fitness contests, and sung "Happy Birthday" to other students through Zoom.

Palko said that it is important to her to recognize that St. Robert's "school spirit has not been lost."

But most importantly, Palko noted, St. Robert maintains its approach to providing quality instruction in a faith-based learning environment.

"Everyone is still working 100% to make sure that we're meeting the needs of the students and of their families," she said. "(That achievement) is very vital to St. Robert Catholic School.

"So, I think what we're doing is authentic and it's true to our mission and it shows that we are family, because we really do care."

Planning ahead with a positive outlook, St. Robert has scheduled an on-campus summer school program, as well as a distance learning option tailored to students with specific academic needs. The summer session is scheduled for June 1 through July 17.







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