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Letters to the editor

Dear Editor,

My emotions have swung wildly over the past 3 months, sometimes hour-to-hour – despair, hope, disgust, profound sadness. I attempt to stay grounded not only emotionally but mentally. I strive to live in a state of gratitude and grace. I am open-minded, a lifelong learner, a seeker of truth, and never have these qualities been more important to me.

Mostly right now, I am angry. Instead of coming together against a 'common enemy', this virus has further polarized our beleaguered country. Name calling, shaming, even physical assaults have occurred. Those not wearing masks have been termed selfish, immature and irresponsible – my personal favorite was 'disease vector,' I guess like mosquitoes and ticks. People are COVID weary, edgy, reactive, and fearful. For the first time in history, healthy people have been forced to quarantine. I have questioned people's seemingly blind compliance and the ease with which they have given up so many of their civil rights.

Fear is an amazing way to control people. But fear, along with anxiety and social isolation, also suppresses the immune system. The Administration, struggling with an unprecedented pandemic, has been condemned at every turn. The alleged scientists, without any historical perspective, have speculated. Their models, projections and mitigations are educated guesses. And data now shows they have been way off. People continue to die each day from the flu, cancer, diabetes and host of other maladies. Nevertheless, the media has perpetuated the worst-COVID-scenarios, sometimes in spite of more accurate information. I am angry about the loss of precious lives, seniors dying alone because their loved ones were prohibited from visiting, masks inside-outside-in cars-walking-on bicycles – people who have chosen to re-breathe their own carbon dioxide over air that is cleaner now than in decades.

I am angry that people will line up to receive a vaccine, thus serving as the largest clinical trial in history. Thousands die each year from the seasonal flu and we've had vaccines every year. Vaccines aren't cures, they are prophylactic. My heart aches for all the losses that will never be counted – suicides, depressions, destroyed families and relationships, lost businesses and livelihoods that won't come back. While I honor people's choices, I can't help but ask what happened to common sense, to intellectual curiosity, to taking personal responsibility, to asking questions and critical thinking? Instead, we cast blame, criticize and judge, lash out at anyone who does not share our current world/political views. My fervent hope is that we WILL come back from this stronger, more conscious, more grateful, kinder and more compassionate. This is an opportunity for positive change because our country will never be the same.

Sincerely, Melissa Andrews
Sacramento

Dear Editor,

I'm a retired state employee who has lived in Greenhaven-Pocket for several decades. I didn't vote for Pres. Trump, and I'm not a Trump supporter. At the same time, though, I think on occasion-Trump has gotten some things right, despite many in the media and elsewhere not acknowledging that possibility.

Reading Pat Lynch's column in the May 22 Pocket News entitled "Covidiocy," I was disappointed to see she engaged in some of the same hate-filled rhetoric she accuses proponents of opening up the economy early of doing. Name calling ("covidiots" and "asshats"—really?) and implying Nazis, Confederate sympathizers, and alleged gun nuts dominate the ranks of those desiring the economy to reopen perhaps prematurely ("So that's the opposition") hardly is a constructive means of furthering the discourse in this area.

Yes, I believe it's time or maybe even past time in some jurisdictions to reopen the country, which is underway already in varying degrees everywhere, and not just because I need desperately to get a haircut! It's because if millions of workers are forced to remain inside any longer, serious and tragic social problems are likely to be exacerbated. Moreover, millions of small to medium businesses are threatened with disaster if they are not up and running as soon as practicable.

I doubt I'm the only person who thought the various stay at home orders would last just long enough to flatten the curve and prevent overwhelming the hospital system. The evidence suggests those goals were satisfied some time ago, including even in the New York Metro area, from where a disproportionately high number of viral infections originated. So to me, it is hardly surprising that many people, not just a few Nazis and Confederates!, might wonder why some arguably want the shutdown to continue seemingly indefinitely, despite evidence many already vulnerable people are suffering catastrophically and despite more and more evidence that being outside actually is a good thing. Skeptics on this last point should check the numbers of infections reported of homeless people in Hawaii and young beach goers in Florida.

Few got the pandemic right. A glance at statements made by WHO, Dr. Fauci, Gov. Cuomo and Nancy Pelosi among others persuades me that many people besides Pres. Trump at least until early March failed to comprehend the seriousness of Covid 19. However, that lack of prescience on the part of many, including at least one renowned medical expert who advised the President, hardly justifies "overcompensating" by bashing one side and suggesting the shutdown continue interminably.

Nobody's perfect—not myself and not Pat Lynch. In recent months we've had to learn some painful lessons. On several occasions I have heard Dr. Fauci assert that Pres. Trump has listened to Fauci and in most respects taken the latter's advice. These facts taken together cause me to believe people can change as circumstances change, and that dialogue and vigorous disagreement can lead to beneficial results. On the other hand, painting with too broad a brush, as I believe respectfully Pat Lynch has done, and employing the use of name calling and bitter invective, as she also did in her column, risk interfering with accomplishing our goals and helping to end this crisis humanely yet expeditiously, despite what I assume are her good intentions.

Sincrely,
Michael Kappos

Dear Editor,

What a brave and terrific article by Pat Lynch. I think too many in the media are cowardly about the foolish, dangerous and dishonest Covid-19 deniers. Thank you for having the courage to print it.

Sincerely,
Carol Voyles

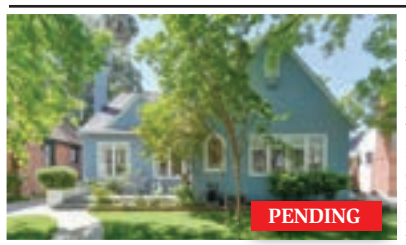


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Cover by:
Devin Lavelle

Revere Court Memory Care held a "Honk For Hugs" car parade







Photos by Stephen Crowley

Revere Court Memory Care held a "Honk for Hugs" is a car parade to show residents and team members how much they are loved and appreciated by families and neighborhood friends.

With the Coronavirus Pandemic in place Revere Court Memory Care has been on lock down with no visitors for more than five weeks now. Staff is working hard to keep residents and themselves safe and healthy. They have strict protocols in place for screening of staff and anyone who enters the building, sanitization and extra activities to keep residents engaged during this time that they cannot visit with their loved ones. They have been FaceTiming, Skyping and emailing families regularly as well as offering "Stop by And Say Hi" fence visits on scheduled days and times. Families have been very appreciative of this as it allows them the peace of mind that their loved ones are safe in Revere Court's care.

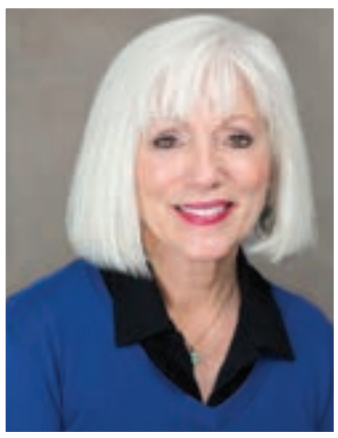
The staff are "Heroes" and RC would like to recognize them in many ways for the unselfish acts that they do daily for the residents' overall well-being. RC has put in place an "UP" Uplift Positivity Community Campaign where we are recognizing staff regularly with treats, positive affirmations, sidewalk chalk, posters, motivating wristbands, goody bags, meals, etc. This Quarantine Parade is another way staff has been recognized and joy brought to residents.

The parade began at 3 p.m. at the Revere Court circular driveway. Those involved in the parade had the opportunity to decorate their cars, make signs to show appreciation to staff who are working on the frontlines as well as put a smile on residents' faces. After the cars drove through the parking lot, the parade continued through the ACC Care Center parking lot and then on to Greenhaven Estates Assisted Living & Memory Care to brighten their day too. These are scary times right now and just a little bit of acknowledgment for those working on the frontline goes a very long way.









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SO. LAND PARK TERRACE

This large tiled entry opens to a Formal Living Room with fireplace and a large picture window that views the Backyard. Kitchen amenities include built in oven, microwave, electric cook top, tiled counters and a breakfast bar. Dining space is adjacent to the kitchen with a sliding door that opens to a patio and the backyard. Other features include three bedrooms, two baths, central HVAC, partial dual pane windows, and plantation shutters. Spacious yard has a pool, covered patio and garden areas. As the area model home, this garage was featured as a game room with a built- in bar. It now is a garage with a large laundry and storage including a pull-down ladder to a photographer's dark room in the attic. All visitors to the property are to sign the CAR PEAD form and the Coldwell Banker Realty COVID-19 Prevention Plan.

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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 replace and rich dark wood oors. 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 oors 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



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In memoriam: The Mayor Without A City: Willie DaPrato





Circa 1960 Wilie's Market

The American Heritage Dictionary defines the word HERO with three distinct Phrases. ONE: a man celebrated for his bold exploits. Willie ran his own businesses for over fifty years and he was bold enough to run for public office. TWO: A person noted for feats of courage or nobility of purpose.Willie went off to war knowing he might have to battle with his own cousins in Italy and as a business man he always put people before the almighty dollar. THREE: a person noted for special achievement in a particular field. Willie was president of several service groups as well as the Northern California Grocers association and he was elected mayor of West Sacramento, but sadly the city was not incorporated... hence his title was "Mayor Without A City".

In many ways Willie was not just a person, not just another pretty face. Willie may have been more aptly characterized as the symbol of a generation, a generation of young people--born during a period of severe economic depression, matured during the greatest armed conflict the world has ever know and after returning home from war, flushed with victory ,faced the future with an exciting spirit of inspiration, anticipation, hope and adventure.

Willie and hundreds of thousands like him fled the cities of their childhood to carve out a new way of life for himself and his family.

Willie became a part of the development of West Sacramento--who among us does not remember the Westmore subdivision, the coming of the freeway, the construction of the barge canal, the development of the port, the unification of the school district---all in all the struggle to fulfill our destinies.

In the beginning there was mama and papa DaPrato --over from Italy and then there was Willie. He was raised in Sacramento's North Beach"Little Italy--48th and M streets. Willie received his formal education by attending El Dorado Elementary School, Kit Carson Jr. High School and graduating from Sacramento High. However, his most valuable education, came from the school of hard knocks which made him streetwise.

Willie stared his professional career early in life working at odd jobs for pocket money and to help his family. In 1938 he began working part time for Louis De Fazio in Louie's market at 48th and J streets. While in high school, he continued to work for Louie until 1942. In 1943, Willie went to war and served in the European Theater of Operations as a member of an anti-aircraft unit in the U.S. Army. After his service in the Army Willie returned working for Louie.

Willie's association with Louie led to a partnership in 1949 in the purchase of the West Sacramento Market on 15th and Virginia streets. The store was nestled in a complex of commercial buildings that included the Rainbow Market, Dr. Watt's Soft Drink Factory, West Sacramento Land Administration, the post office, library, old fire station, and an old store (which became Peterson's, then Gormans and Beers Cleaner).

In 1949, Louie died and Willie became partners with Louie's son Bill until 1953 when he became the sole owner. In 1958, the historic old West Sacramento gave way to progress and was replaced with a modern building on the same site and WILLIES MARKET came into being.

Willie's family grew. He married Mary Helen Keller and later adopted her son Michael. They had Steven in 1950, Billy in 1953 and Jimmy in 1960. Not only did his family grow but Willie himself was beginning to emerge into the community leader which he eventually became. Willie's restless energy, contagious enthusiasm, and leadership qualities soon earned him the trust and respect of many people with whom he came in contact. Willie was active in community and professional organizations and inevitably occupied positions of leadership. Willie was in too many groups to mention but his Easter egg hunts, pancake breakfasts all in partnerships with service groups were so important to him.

Many people consider him the godfather of the West Sacramento Little League. When problems with finding the right lot was lost in an election and he made it happen. He was the initiator for the first 4th of July celebration.

Willie sold the market in 1979 and after a short retirement went into the restaurant business. His first venture was with Babe and Mario Luigi at Espanol on Folsom Boulevard. He was there for seven years. He then became a managing partner at the Sloughhouse Inn. It was during this time that he married Louise Harris and lived in Davis California for 30 plus years until her death. All those years were happy with traveling and being part of a new family.

Willie moved into his sister Gloria's home in Sacramento for the next five years. They spent most Friday nights at the Club Pheasant visiting with friends and getting free drinks from all the customers who told him they owed it to him for stealing candy at Willies Market. Willie always had his heart in West Sacramento.

Willie will always be missed. He spent 95 years here and his park near the market he built will ALWAYS be a reminder of the man, the Hero we all just called WILLIE!

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CKM 1970 50th reunion postponed until 2021

The 1970 class of CK McClatchy Senior High School has postponed its 50th class reunion, due the pandemic outbreak of coronavirus.

The class consisted about 600 graduating seniors about 25 to 30% of those of Japanese-American sansei, and is one of the largest number of graduating class after WW11.

Committee members include Bruce Muramoto, Alumni President, Ronald Sanui, Senior Class President, Nancy (Tsukiji) Reuter, Randall Ishida, Gary Roberts, and Joyce (Lang) Leary, board members. The future 50 plus event will be held sometime in 2021. For further information contact chairperson Page Yarwood, at pageyarwood@yahoo.com, or co-chairpersons Christy Ground at cittabchristy@gamail.com, or Gary Grayson at GJGrayson@aol.com.

The members are asking classmates to update their street address and email address and know if any whereabouts of other members and those who have passed. See you in 2021.

How to prepare for a big alligator arrival to the Sacramento Zoo





By Jason Jacobs

Despite our closure over the past two months there have been several new additions to the Sacramento Zoo. The most exciting is the transformation of our front pond habitat to house a group of alligators.

The zoo's pond is divided into two sections; the larger of the two continues to house our flock of Caribbean flamingos while the lower section formerly housed several species of waterfowl, including a lot of what we at the zoo call "free-loaders." These birds included hundreds of wild mallards that made the zoo their home.

Zoo staff was looking to make a more exciting first impression for our guests, so about a year ago after consulting with expert colleagues, we made the decision to start the process of converting the lower pond to an exhibit to house alligators.

The species we decided to focus on was the American alligator. The decision process was rather easy. Globally, there are 23 species included in the order Crocodylia often referred to as crocodilians. This order includes the alligators, crocodiles, caimans and gavial. The majority of these species are found in tropical areas and only two are found in habitats where temperatures fall below freezing: the American alligator and the Chinese alligator. The two species of alligator are very different; the Chinese alligator is a Critically Endangered species that is found in eastern China and numbers less than 200 individuals in the wild. Reaching lengths of less than five feet, this is one of the smallest species of crocodilian and is known for its reclusive behavior. Many zoos throughout the world have devoted considerable resources to breeding this animal, so there is a stable and thriving zoo population. The American alligator grows considerably larger than its Chinese cousin. American alligators can reach 13 feet in length and are perfectly adapted for Sacramento's climate. You might be surprised to learn that the American alligator's range includes Florida and Louisiana but also more northern states such as Virginia, Georgia and other areas within the southeast that receive cold winters. The American alligator goes into hibernation during the winter and as long as their body slows down, they do not eat over the cold months. Their large size and adaptability to our climate made the American alligator our choice to bring to Sacramento.

American alligators are also a conservation success story. At one time, poaching led to a decrease in their population and the alligator was listed as an Endangered species. Conservation measures in the 1960s included commercial captive-farming of the species which allowed wild populations to begin to increase. The plan worked so well that in 1987 the U.S. Fish and Wildlife service announced the status of the species to be recovered. The population of American alligators within the United States is now estimated to number in the millions.

Before the arrival of the alligators, there was a lot of preparation needed to transform the lower pond to house the gators. First and foremost, the pond's liner had eroded over the past 30 years. A new durable liner was selected that weighed several thousand pounds. Anthony Bailey, our facilities director, led his team to shape the liner and shift it in the perfect position to start the process of building the pond. It took well over a dozen facilities employees just to move the bulky liner. A new pump and filter system were also added to the pond to recirculate the water and clear debris. The facilities team also started the fabrication of safety barriers. A simple fence that was used to contain the waterfowl was not enough to keep the toothy alligators inside their new habitat and away from our guests. Alligators have been known to climb a straight six-foot chain link fence, but as they get older and heavier their climbing ability diminishes. The facilities team fabricated a fence that is placed at an angle inside the perimeter. The cantilever design prevents an alligator from climbing out.

While work was going on in Sacramento, a team of three zoo staff traveled to Florida to learn more about caring for alligators. They visited the Everglades Alligator Farm in Homestead as well as Zoo Miami. Alligators are managed much differently than other large and potentially dangerous animals, and our staff would have to learn how to work around these animals. For instance, veterinary procedures would require Animal Care staff to physically restrain these large animals. This includes working in a team using ropes to safely restrain a large alligator for inspection or perhaps transport. Our team spent several days learning these techniques in Florida so they could teach others here in Sacramento.

Just obtaining the alligators was also going to be a major task. Within the state of California, the possession of any species of crocodilian is highly regulated. The zoo's Animal Care team worked with California Department of Fish and Wildlife to ensure the exhibit would meet permitting requirements for holding American alligators. The strict regulations are due to the fact that if alligators were to get loose within the state of California, they could potentially establish an invasive population which would be detrimental for our local ecosystem. California might no longer be known as the Golden State but perhaps the Gator State.

Jason Jacobs is the Executive Director of the Sacramento Zoo.

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Cosumnes River College gears up for 50th anniversary celebration



Photos courtesy of CRC

Cosumnes River College is shown from above in 1973.



A bird's eye view of the campus is shown in 2014.

College began instruction in September 1970

By LANCE ARMSTRONG

At this time a half-century ago, dust was in the air, as construction workers were diligently working toward the completion of the first phase of Sacramento's newest institution of higher learning: Cosumnes River College.

This fall marks the 50th anniversary of the opening of the college, and celebratory events are already being planned.

Those attractions will begin with a kickoff event this September, followed by an alumni reunion, a Native American Heritage Week celebration and more. The kickoff event will include a program with local officials and the opening of a time capsule, with 25-year-old contents.

Michele Steiner, CRC 50th anniversary co-chair, told the Pocket News that much anticipation surrounds the upcoming anniversary.

"It's a very exciting time for us at Cosumnes River College," she said. "Knowing that we're hitting our 50th anniversary, that we have made just leaps and bounds providing educational resources to the members of the south Sacramento and Elk Grove communities (is special).

"I know that the vast majority of our students are from this area, whether it's Elk Grove or the south Sacramento-Pocket area. Just knowing that we have (served) these areas at large is very important to us."

Roots of the college

The decision to build a college in the south part of the county emerged in the mid-1960s.

Steiner noted that on Feb. 17, 1965, talks began on a potential location for a south area campus.

With three colleges planned for the region, Dr. Bill Priest, superintendent of the then-newly formed Los Rios Junior College District – today's Los Rios Community College District – mentioned on Aug. 17, 1965 that the south area campus "may have top priority." He supported that statement by noting that Sacramento City College had surpassed its theoretical capacity, and enrollment was increasing at American River Junior College – today's American River College.

During the following year, the district's three new, proposed campus sites were revealed.

The future, yet then-unnamed south area college was identified as being located along the extension of Center Parkway, north of Calvine Road. The other campus proposals were sites in the Folsom and Natomas areas.

Naming the college

Efforts to name the college began in the fall of 1967, before ground was broken for this project.

Suggestions were solicited and received from residents of the district.

A committee consisting of citizens from south Sacramento and Elk Grove took on the task of selecting one name from a list of 18 possible names for the college.

Besides Cosumnes River College, other names considered for the then-future south county institution were John Sutter College, Jared Sheldon College, Prado Vista College, Prairie College and Elk Grove College.

On Oct. 3, 1967, the committee narrowed the list down to Cosumnes River College, Prado Vista College and Elk Grove College.

Those suggestions were presented to the Los Rios trustees during their Oct. 18, 1967 meeting.

In attempting to name the college, the trustees reached a deadlock on the Cosumnes River and Elk Grove names.

Ultimately, the board settled on the name, Cosumnes River College.

Among the objectors of the name, Elk Grove College, was Trustee Mark Sullivan, who felt that the institution should not be named after a specific community, considering that the student body would consist of students from various communities, including the Pocket.

The site of the college lies in Sacramento, as opposed to the nearby then-town, now-city of Elk Grove.

On a further point regarding the topic of location in relation to the selected name, the college property lies closer to the Sacramento River than the Cosumnes River.

As for the name Cosumnes, The Sacramento Bee, in its Oct. 19, 1967 edition, notes: "The name, Cosumnes, means "Salmon People," and it was given to the river by the Miwok Indians. John Sutter gave the word its present spelling, changing it from its earlier version, "Cossomnes."

Construction begins

The district's trustees authorized the preparation of working drawings for the first phase of the 150-acre campus on April 17, 1968. That approval set in place initial work on the site during the summer of 1968, followed by the beginning of construction in January 1969.

This more than $7 million phase included the library, physical education building, a swimming pool and locker building, an automotive shop and a manufacturing processes building.

The architects for the first phase were Starks, Jozens, Nacht & Lewis, and Lionakis & Baumont, and the building contractor was the Baldwin Contracting Co.

Completion of the original campus plan was then scheduled for 1985.

Construction full speed ahead

The California Community Colleges Board on Nov. 19, 1969 issued a report in which they recommended that the college be "developed to full capacity as rapidly as possible," due to an expected greater number of students.

At that time, it was planned for the college to accommodate 1,800

see COSUMNES page 7

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Cosumnes:

continued from page 6

to 2,500 students upon the completion of its first phase in September 1970. It was then planned that the second phase would be completed in 1976.

Opening day

The long-awaited opening day of the college was Sept. 14, 1970.

In its Sept. 16, 1970 edition, the Elk Grove Citizen reported the college's opening day figures as 1,710 day students and 268 students registering for night classes. A report two days earlier in The Bee mentions the same number of day students.

An update in The Bee a week later recognized the completion of two blacktop parking lots, concrete walks and blacktop streets.

The article notes that students "can enter all buildings without wading through dust in summer or mud in rainy weather."

In a temporary arrangement, the offices of President Oliver Durand, the registrar, the dean of instruction and other administrators were located in the auto shop building.

Their permanent offices would be within the campus' three-story library building, which would open in November 1970.

Continued growth

Among the buildings that were constructed following the completion of the first phase of the campus were the business/social science classroom building in 1975, the cafeteria/college center in 1990 and 1991, the visual and performing arts complex in 1995. The latter project completed the campus' original facilities master plan.

Since that time, the college added the Elk Grove Center outreach location at 10051 Big Horn Blvd. in Elk Grove, the on-campus Winn Center for Construction and Architecture, and the art gallery.

Construction is currently underway on the existing college center, which will increase its size to more than 30,000 square feet.

All student services and the president's office will be housed in this expanded center, which is scheduled to open this year.

Educating 14,500 students per year

Cosumnes River College's continued growth has resulted in its ability to educate more than 14,500 students per year and offer about 175 degrees and certificates across 50 different occupational and transfer program areas.

In addition to academic courses and programs, the college offers support services designed to assist students in achieving academic success, including the Student Success and Support Program, counseling and career services.

Celebrating the past, planning for the future

Steiner mentioned that the college is both organizing a celebration of its milestone anniversary and planning for its future.

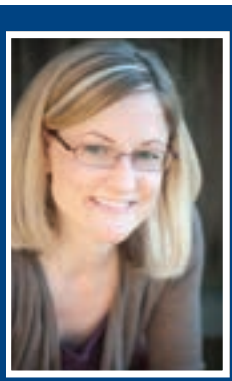
"I think it's important to really just show our longevity and just really celebrate where we've been and where we're going," she said. "Our theme for this year is 'Paths Forged, Futures Discovered,' and we really want to highlight what we have done to really work with our community to determine what that educational path is for them and help them achieve it."



A student walks along a sidewalk at the college in 1970.



The campus' library is pictured in 1970.



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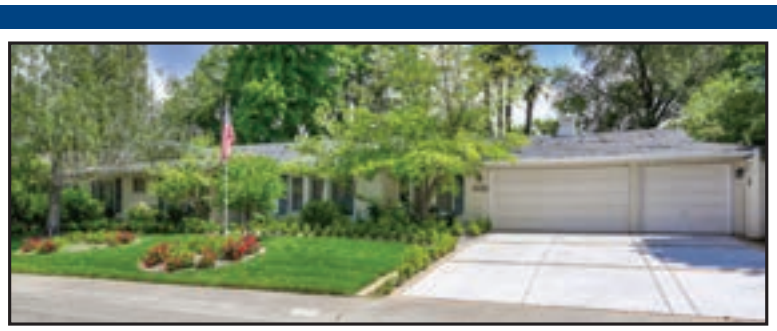
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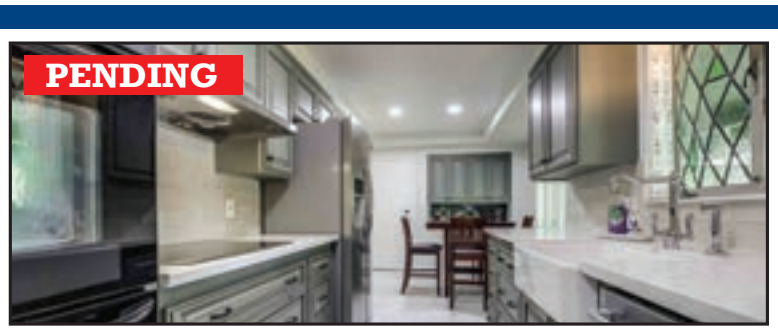


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CLASS OF 2020

South Command is Served at Device



Device's owner Ken Athony loads the car trunk full of meals for the south command of Sac PD.



One of the many food items offered at Device.

Story and Photos by Devin Lavelle

Last month, our local Device Brewing Company, in partnership with Councilmember Rick Jennings, said thank you to our local police officers, serving up lunch and dinner to the men and women who keep South Sacramento safe.

"We served our Cuban Sandwich with mojo roasted pork, coppa ham, Genoa salami, Provolone cheese, pickles, house-made aioli on a butter toasted and pressed Italian roll as our feature dish. Other dishes that were popular that day were Poached Shrimp and Seafood Louie Salad, Authentic Philly Cheesesteak, and our House-Made Black Bean Vegan Burger," Device owner and brewer, and Pocket-Greenhaven neighbor, Ken Anthony said, "totaling more than 40 pounds of meat!"

The gesture was greatly appreciated, as South Command's Captain Green tells us, "As a Police Department it is so important that we serve our business community. As a result of the COVID-19 pandemic, the Device Brewing Company took the opportunity to serve the Police Department. The Device Brewing Company provided a meal for every one of our South Command officers who were working on April 20th [(80 meals total)]. This very generous and thoughtful gesture was greatly appreciated by all of our staff. We cannot thank Device Brewing and their staff enough for this incredible showing of support. We are so fortunate to serve such an incredible community."

It's not only an incredible community, but an incredibly connected one, as Ken learned, "Our Restaurant Manager's brother is Sergeant for the Sacramento PD."

Device was excited to partner with our local Councilmember to make this happen. "This all came about when Councilmember Rick Jennings office reached out to me to see if we would be interested in feeding our local police department. We jumped at the chance!" said Ken.

Councilmember Jennings reflected, "During this time when many of us are staying home to flatten the curve and minimize risk for ourselves and our families, our public safety officers are continuing to go to work each day, bravely putting their safety on the line even more than usual to keep us all safe. I was proud to sponsor meals from Device Brewing for all 3 shifts of SPD officers as an expression of our gratitude for their service. Thanks as well to Device Brewing for working hard all day to prepare and deliver the meals!"

"Sacramento Police serve us every day, so it was an honor to serve them for a change. It's important to remember that without law enforcement, there would be lawlessness. Regardless of the inherent danger, the police continue to take to the streets to serve and protect. For that, we're grateful," Ken reflected.

The next time you're picking up dinner or local craft beer, say thanks to Device for taking care of the people who take care of us!

Great Plates Delivered

Device, along with Promenade neighbor A Taste Above, is also working with the City of Sacramento on the Great Plates Delivered program. Funded primarily with FEMA disaster relief funds, the program will provide three healthy meals per day from local restaurants to isolated seniors. Seniors earning less than $74,940 (or $101,460 if married) with difficulty preparing meals and who are not receiving other nutrition assistance should call 311 to inquire about participation.

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Missing the in person connection: Belt promotion done drive-thru style at iYa Taekwondo brought up many emotions







By Angela Wood
Special to Valley Community Newspapers
Photos by Stephen Crowley

We miss our students so very much. We do not have enough words to properly convey it, but big, ugly Grey's Anatomy crying sums it up quite nicely. We miss our kids, their siblings, parents, grandparents, aunties, uncles, and others who have become extended iYa Family who show up to support our students. We miss hugs and hi-5's. Ms. Angela misses Nerf gun "target" practice. We miss the breeze of a stampede of our students running laps. We miss watching their beautiful Poomsae in person. We miss cheering our students on while they spar. We miss seeing the look in their eyes when it clicks and they realize they DO have confidence in what they're doing and know they're doing it well. We miss our Team iYa: Mr. Joseph Rivera, Mr. Thao, Ms. Nou, Ms. Ger, Mr. Kevin, Mr. Adam, and Mr.Kwenn. Friday, April 24, was so emotional for us. We knew it would be. It made our hearts overflow. We were so happy to see everybody! Our students and families came by the school to pick up your new tips, belts, and uniforms (for those promoting to Red/Black, which is Junior Black Belt) drive-thru style. It was the best day! Congratulations to all of our students. Our belt promotion was just beautiful as always. The parents were able to be a part of the ceremony assisting as we normally do and they even held the boards our students break. They did great! Our students are pretty amazing! Our families have been absolutely fantastic. These times are a little crazy, but they are showing up and putting the work in. We are so proud of them. We have all had to adapt, figure our new ways to do everything. Distance learning for schoolwork is one thing; but, figuring out how to effectively teach Taekwondo via Zoom, that was a whole new experience for all of us. There was some uncertainty at the beginning. Would our students be able to do this, would our teachings lose something not being taught in person, would this work out for all involved? We were going to teach whether we had one, some, or all of our students.

Ms. Xai has been phenomenal during this time. She underwent yet another cancer related surgery towards the end of January. She was planning on slowly coming back, giving herself time to recover. She literally bounced back from this surgery. If you know her, you know that is her energy! She had only been back fully to teaching a couple of weeks before the shelter in place was ordered and we had to figure out how best to serve our students, try to give them some normalcy by teaching on the regular, and keep connecting with our families. She has been the only instructor teaching all of the classes day in, day out. We'll be glad when the restrictions are lifted and it's safe for our other instructors to come back, but for now we are going to do what we need to do; teach Taekwondo and continue to connect with our students. Her dedication to our students is unparalleled. She is the Wonder Woman our students need, especially now.

Angela Wood is a clerk at iYa Taekwondo, which is located at 7385 Greenhaven Drive #1. For more information, call 916-382-9058.





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Bringing the outdoors to your living room:

Sly Park educators create YouTube videos during pandemic

By Monica Stark

The team of educators at Sly Park are bringing the outdoors to your living room with virtual field trips of the grounds. Known as "science camp" in Pollock Pines where about 8,000 local fifth and sixth graders escape to for five days with their classmates, Sly Park has been a bit quiet lately due to the stay-at-home orders and educators miss the face to face interaction with their students. But they are dedicated to science education and appreciation of the outdoors.

At Sly Park, students normally learn about the forest ecosystem and how important conservation is for our future. Even though Sly Park is temporarily closed, teachers have provided the following science-based video lessons, which run about 15 minutes long and will continuously add one shorter 3- to 5-minute video per week.

Dave "Gio" Giordano and "Wild" Ginger Schlavin, two mainstays of Sly Park, are seen on video walking through the woods conversing about ecology and what actually lives in the forest.

Breaking down the word "ecology" they discuss that eco means habitat or surroundings and ology (study of). Put together, ecology is a study of home, the earth. But it's not just studying our home, as Wild Ginger says, "Ecology investigates the independence of living things. It's discovering how one part of the system is connected to everything else." Gio explains as ecologists they first ask questions, make observations, and then they investigate what they are curious about.

In their video on forest ecology they talk a lot about the structure and function of things in the forest, as they invite the viewer to make observations with them and to collect data.

While the films are site specific, showing off the forest at Sly Park, the educators to give viewers the skills no matter where they are be it at a nature walk at the American River Parkway or inside an apartment in the city. So, they invite viewers to look for things inside the house as well. In the video, Gio asks students to look at a pair of scissors. He asks, "What's the structure? It has two holes. What's the function of that? Open and close. We obviously want students to be out in nature as much as possible. We want students to be doing sci-

see OUTDOORS page 15

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SCOE Releases "Cooking in the Classroom" Culinary Video Lessons

Series Features Focus on Math and Science in the Kitchen

The impact of school closures in response to the 2019 Novel Coronavirus (COVID-19) has kept students and families at home for months. To keep culinary students learning and engaged, the Sacramento County Office of Education (SCOE) has produced a series of video cooking lessons to help keep their culinary skills sharp.

In this video series, SCOE culinary instructors Stephen Hazelton (Leo A. Palmiter Jr./Sr. High School) and Carissa Jones (El Centro Jr./Sr. High School), take students step-by-step through family-friendly recipes designed to try at home. During the lessons, both chefs use scientific terms and explanations of various ingredients and processes. They enforce math skills by weighing, measuring, and calculating ingredients and portions. On a special culinary section of the SCOE website there are recipes and handouts to accompany the cooking lessons. The website is:http://www.scoe.net/cooking.

- Chocolate Chip Cookies—Investigate effects of leavening, emulsification, and the Maillard Reaction.
- Corn Tortillas—Learn about masa harina and nixtamalization.
- Pizza—Learn about activation and fermentation as you make dough.
- Ricotta Cheese—Find out about lactose, whey, and curds.
- Wonderful World of Eggs—Discoveries about coagulation, emulsion, nappe, and more.

Due to the school closures related to COVID-19, SCOE is providing a collection of resources as a public service for students, families, and school districts. The collection includes remote learning resources by subject and a growing catalog of SCOE-produced supplemental enrichment videos. New videos are being added regularly and many are also being broadcast on cable television by SCOE's partner, the Sacramento Educational Cable Consortium (SECC).

Outdoors:

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entific inquiry in nature, but we also want them to gain their skill set if they don't have the option to be outdoors."

Every student is a scientist and when they leave they Sly Park they can continue doing science for the rest of their lives. "You don't have to be doing it for a living. But to enjoy science and to appreciate science. Whatever job you end up doing in your life, you can still appreciate science. You can still believe in science and also nature and the outdoors. Conservation is such a big part of it. We want our students to know the open space exists and we have to continue protecting our open space and that is all a part of our experience," he said.

The videos the educators have made feature the following topics and you can find them on YouTube by searching for Sly Park and topic (ie: Forest Ecology):

Creek Ecology—Understanding how the health of a watershed can be determined by examining the macroinvertebrates that exist in the water.

Forest Ecology—Learn to identify decomposers, understand their function, and how they contribute to the forest.

Survival by Design (Thermal Dynamics)—Gain an understanding of the different kinds of heat transfer, and learn what attributes aid in heat retention if you ever get stuck in the forest and need to build a shelter.

During these virtual field trips, veteran Sly Park teachers actively engage students, encouraging them to make their own observations in their own backyards.

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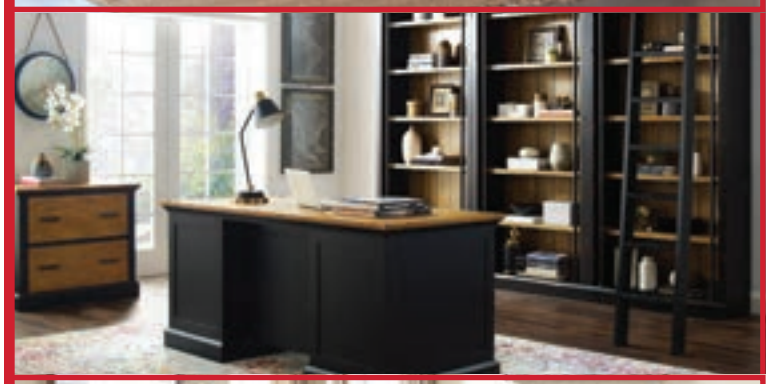
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