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Land Park News

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Sacramento Juneteenth Festival 2021 was a historic event

see page 3

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Cover by:
Antonio Harvey

What's Missing in the City's Plan for R1 Upzoning?

Jean Schaffer
Land Park resident

The City's proposed update to the General Plan is nearing the finish line, with the Council expected to vote in August and finalize by year-end. Due to Covid-19 isolation, many residents have not heard how the General Plan will impact their neighborhoods. The plan proposes eliminating single-family zoning (R-1) to increase Sacramento's density and to address housing affordability.

Eliminating R-1 zoning city-wide and up-zoning to R-4 will allow duplexes, triplexes, and four plex's to be built on any lot in the city "by right." In 2019, the State of California passed legislation to allow all single-family lots to have two Accessory Dwelling Units (ADU's) "by right." "By right" means building permits are issued without neighborhood input. These small units, also known as "granny flats," allow homeowners to either provide housing for a family member or add an affordable rental unit to their property. The new law took effect in January 2020, right before the Covid-19 lockdown. Now, the City is proposing to increase an ADU's size from 800 square feet to 1,200 square feet. With two ADU's, plus four units, up to six dwellings could replace one single-family home.

At the moment, the City's General Plan doesn't promise ample on-site parking. Theoretically, a six unit property could have twelve cars for one lot. New residents will have to compete with current neighbors for on-street parking. Imagine narrow residential streets clogged with cars on both sides, creating safety issues for children playing. Part of the rationale for eliminating parking requirements is to promote walking, biking, or transit. While that may work for some, older and disabled residents rely on their cars and accessible parking to get around.

Tree removal is another concern. The City's commitment to climate change is discussed often, yet multi-unit lots mean more concrete and fewer trees and green spaces. Our tree canopy helps reduce air pollution and cool our homes in the summer. Sacramento's tree canopy is valuable to livability for all and should be protected, not decimated.

A robust infrastructure is vital to a functioning city. How are aging water and sewer systems going to handle the demands of a larger population? These overburdened systems need upgrades and are not addressed in Sacramento's General Plan.

The City claims that densifying our neighborhoods will improve affordability. Vancouver, one of North America's most expensive cities, has up-zoned. Noted Land Use Planner and Professor of Architecture Patrick Condon said Vancouver's experiment with densification has failed. Formerly a proponent of up-zoning in Vancouver, he now says: "We have incrementally quadrupled the density of Vancouver, but we haven't seen any decrease in per square feet costs." He concludes NIMBYism isn't an obstacle but, "the global increase in land value in urban areas is the problem."

Notably, several American cities have recently tried densification; however, many have tied requirements for affordable housing to increased density. Sacramento's current General Plan has not made this connection. Currently, developers are not mandated to include affordable housing in their projects.

Homeownership is the American dream and a driver of wealth building. Yet this policy will convert many owner-occupied homes into multi-family rental stock. The recent uproar over gentrification in Oak Park and displacement of residents are brushed off. The lesson is pushing out long-time residents for market-rate housing in neighborhoods like Oak Park is not "progress." It's also the opposite of equity and fairness which our

see Plan page 8



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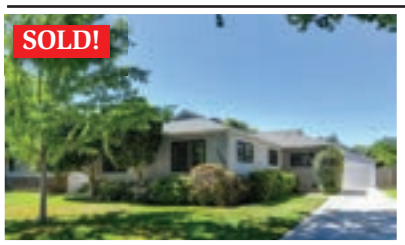


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Exquisite Spanish Beauty!



This finely crafted impeccably maintained 3 bed, 2 bath home will captivate you the moment you walk through the custom archway and iron gates into the Saltillo tiled front courtyard with water feature. Step through the handsome front door into a time and place of hardwood floors, soaring ceilings, hand hewn open beams, wrought iron, lovely niches and hand-set Malibu tiles around the fireplace. **3215 I Street • $885,000**

Sacramento Juneteenth Festival 2021 was a historic event



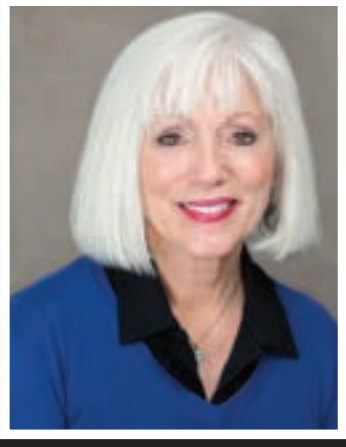




Photos by Antonio Harvey

Sacramento Juneteenth Festival 2021 was a historic event. Two days after being recognized as a national holiday, Sacramento's 18th annual Juneteenth Festival took place in William Land Park. Sacramento Juneteenth, Inc was presented with a resolution recognizing June 19th as National Freedom Day. The resolution was presented to Sacramento Juneteenth, Inc. by Mayor Steinberg and councilmembers Jennings, Vang, Valenzuela and Ashby. A special thank you to all the vendors, sponsors and attendees who supported the celebration of this momentous occasion in American History. We look forward to addressing more of the issues related to America's evil past. Addressing the past will prepare us for the future. Onward and upward toward the light. - Gary Simon



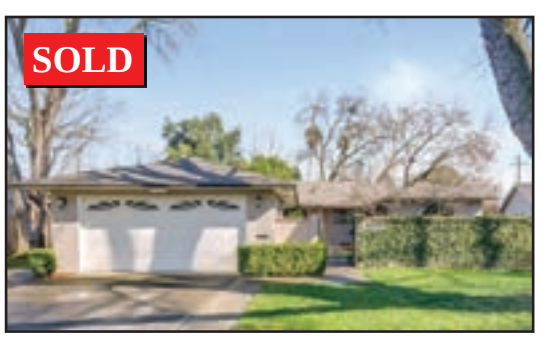


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landparkhomes.com



SO. LAND PARK ESTATES

A spacious treasure in South Land Park Estates! The front double doors surprise you showing off the wide entry and over-sized living room and dining area with beautiful hardwood floors, classic light fixtures and picture windows. Two entry passageways to the expansive new Chef's kitchen with island, comfort lighting, custom cabinets, over-sized farm sink, La Cornue stove plus extra oven and wet bar with wine refrigerator. This dream kitchen opens to a family room with fireplace, and slider to the covered patio and pool sized backyard / play yard, complete with bocce ball court. The master suite has substantial closets, and the master bath has a tiled stall shower. All hardwood floors in hallway and two bedrooms plus a classic hall bathroom with a shower over tub. The inside laundry room has an extra half bathroom with additional door to yard. A WOW sized two car garage and nicely landscaped front yard. This is a must see!
1412 Carrousel Lane



SO. LAND PARK TERRACE

Rare find in South Land Park! Nestled on a 0.32 acre lot, this home boasts 5 bdrm/2.5 bath. Enter through a private gate to an intimate interior courtyard, complete with fountain and patio. The double door entry, brings you to a welcoming foyer with mahogany inlay, highlighting the hardwood floors throughout. A wall of built-in bookcases graces the bright formal living room, which is centered around a gas fireplace. A Chef kitchen is distinguished by custom walnut cabinetry, stainless steel double ovens, warming drawer, and large island which overlooks breakfast area and built-in desk. Kitchen is supported by spacious pantry and laundry room. Beautiful beveled pocket doors lead to the family room with fireplace insert, and airy formal dining room. Bdrms boast large closets. Updated hall bath has double sinks, marble floor, shower and tub. Master bdrm with private en suite with walk-in closet. Extensive backyard, with patio, fountain, fruit trees and small guest cottage. **4231 Euclid Avenue**



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Police Logs

The news items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports. All suspects are presumed innocent until proven guilty.

FRIDAY, JUNE 18

(Traffic Stop - Gun Arrest): Broadway / Riverside Blvd at 7:43 p.m.

Officers conducted an enforcement stop on a vehicle. During the investigation, two firearms were located. An occupant was arrested for weapons violations.

SATURDAY, JUNE 19

(Assault - Investigation): 6800 Block of Harmon Dr at 9:39 a.m.

Officers responded to a report of an assault. The suspect vehicle rammed the victim's vehicle and then fled the area. The victim did not sustain any serious injury. A crime report was generated.

SUNDAY, JUNE 20

(Shooting - Investigation): 700 Block of Clipper Way at 11:13 a.m.

Officers responded to a report of expended firearm casings in the area. Officers conducted a canvass of the area for witnesses and additional evidence. A crime report was generated.

(Shooting - Investigation): Ames Court at 12:09 a.m.

Officers responded to a report of a parked and unoccupied vehicle that appeared to have been struck by gunfire. Officers located expended firearm casings in the area and conducted a canvass for witnesses and additional evidence. A crime report was generated.

TUESDAY, JUNE 22

(Assault - Investigation): 7400 Block of Greenhaven Drive at 2:27 a.m.

Officers responded to a report of an assault. The suspect assaulted the victim with a knife resulting in non-life-threatening injury to the victim. A crime report was generated.

(Disturbance - Arrest): 2nd Ave / 21st St at 3:32 p.m.

Officers responded to a report of a subject causing a disturbance in the area. Officers contacted the described subject who was found to have a felony warrant and was arrested.

THURSDAY, JUNE 24

(Brandishing - Investigation): 35th Ave / Riverside Blvd at 0920 hours.

Officers responded to a report of a brandishing of a firearm. The suspect brandished a firearm at the victim. Officers checked the area but were unable to locate the suspect. A crime report was generated.

(Assault - Investigation): 4200 Block of Autumn Sky Drive at 4:51 p.m.

Officers responded to a report of an assault. The suspect physically assaulted the victim resulting in minor injuries to the victim. A crime report was generated.

FRIDAY, JUNE 25

(Subject Stop - Arrest): X St / 5th St at 3:47 p.m.

An officer attempted to conduct an enforcement stop on a subject who was known to be on probation. The subject was in possession of pepper spray and appeared that he might use it against the officer. A less lethal option was used to take the subject into custody. The subject was arrested for resisting arrest and weapons violations.

(Vehicle Burglary - Arrest): Sentido Court at 12:33 a.m.

Officers responded to a report of a subject stealing parts from a vehicle. Officers located the described subject in a vehicle and conducted an enforcement stop. The subject was found to be in possession of the stolen property and was arrested.

SATURDAY, JUNE 26

(Assault - Investigation): 7200 Block of Franklin Boulevard at 3:13 p.m.

Officers responded to a report of an assault. The suspect assaulted the victim with a knife. The victim was transported to a hospital in stable condition. The suspect fled the scene prior to police arrival. A crime report was generated.



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Fairytale Town currently is having a membership sale. Become a part of the Fairytale Town family by purchasing a membership and get free admission for twelve whole months!

Plus, if you purchase or renew your membership through July 4, you get 3 months free. Annual membership is also a great value that typically pays for itself in a few visits. Your benefits begin the moment you join. A Fairytale Town membership makes a terrific gift, too!

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I Street Bridge Walkabout, Missing my Father





by Eddy Salmons

In this Walkabout, I visit the historic I Street Bridge. Built in 1911, it is a metal truss swing bridge that holds different memories for me as I am sure it does for many people who have lived in our community over the years. I have fond memories of fishing with my father under the bridge as we were trying to escape the late morning heat in the shade of this relic of yesteryear.

It holds different memories for me as I am sure it does for most people who have lived in our community over the years. I have fond memories of fishing with my father under the bridge as we were trying to escape the heat of the late morning in the shade of this relic of yesteryear. I cherish the conversations I had with my father about the people we had met and places we had been over the years. I would test him on names of people who had worked for him, and I would watch as he spun the Rolodex in his head and snap back with a "now you're talkin' son" and he would recall stories of the person, place, or people I had brought to his attention.

Traversing America as a youth was a great experience. I will forever be thankful to my father for the wonderful memories I have with him. We fished many lakes, rivers streams and creeks in this once great land. I am thankful I had the honor to spend that time with him. I was not always the best son to him when I was a teen, but now I understand why he never got rattled by my shenanigans. He had seen so much in WWII alone that he understood me a lot better than I had gathered being young and full of myself.

To reflect back on his life, I simply stand in amazement. He was a father, a friend, and a philosopher. He was a god and could be a devil at times. He was ahead of his time. He read Buck Rogers when he a boy on a farm in Arkansas. He told people that one day we could travel through space. No one believed him, of course. Seems like now people will believe anything, but the truth. He would do anything to help his neighbor. He was Cool Hand Luke and The Man With no Name. He was my dad.

In the end before he went to be the Lord, he was at peace. "I didn't create this world, I am only passing through." He would say to me. Then he would tell me, "take it easy greasy, you got a long way to slide." I use to laugh, but considering that his nephew and my brother worked for him at different times and I recall how greasy you would become working in aircraft engines, I can see where he might have got it from. I am thankful he was my dad.

see Bridge page 7



Bridge:

continued from page 6

I have added a few older pictures as well. I hope to bring you another story on this historic bridge in the future, and what will become of it. I am sure everyone knows it will be replaced sadly, but that is progress. Onward and upward. My cousin had a brother who dove off of this bridge as a teen in the 40s. He lost his life. Hit something under the water. It broke his neck and he died. That is another memory I have of this bridge. So, perhaps a new bridge is the answer. I have seen enough walls built in my life. I am rather fond of bridges. Something that brings us together to share life and experiences. But then again, I am an artist, photographer of sorts, and at times a dreamer. I believe we need more of them.

I hope you have enjoyed the pictures as much as I have taking them. I would like to thank my wonderful editor Monica Stark and the News-Ledger for giving me the opportunity to bring you these pictures. I hope all the dads out there had a great Father's Day.



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EQUAL HOUSING OPPORTUNITY Pet Friendly

Plan:

continued from page 2

city leaders often contend is their end goal.

Adding to the challenge of gentrification is the current money-making trend of a "renter society model." Property Investors use new funds designed to buy up residential real estate around the country. Struggling home buyers are competing with cash-flush hedge funds and outside investors for homes. Fundraise, backed by Goldman Sachs, is one fund recently formed to purchase residential real estate and flip to nationwide rental stock. D.R. Horton, a national homebuilder, recently built a rental-only subdivision in Conroe, Texas, and auctioned it off to investors. Horton says it booked about twice the expected profit by selling this subdivision to investors instead of home buyers. Horton plans to continue this lucrative new strategy.

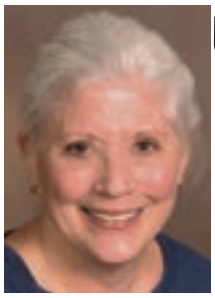
I'm not here to vilify property investors. Real estate development is a profit-driven business. The real question is, why is the City of Sacramento allowing them so much power? The General Plan is supposed to be modified to fit Sacramento's unique needs. It can be changed to hold developers accountable and offer affordable housing options, and homeownership, for all of our neighborhoods. Sacramento City must address all of these problems in the current General Plan and work with us to ensure a better outcome.

The City claims that most of the multi-family units will be clustered in Downtown and Midtown. The truth is, density from R1 upzoning can impact all of our neighborhoods and aged infrastructure three to six-fold. While we may acknowledge Sacramento has a housing problem, the current General Plan seems to be a drastic experiment with no guard rails to protect neighborhoods and residents.

The City appears to be taking a "one size fits all" approach instead of reviewing how to help residents with affordable options available right now. Homeowners can already build two ADU's on their property. Many are discouraged from building these granny flats due to the high price of fees and permits. If our City Council and Mayor are committed to affordable options, why can't they push to cut these fees and permit costs? The benefit could mean homeowners gain additional income while providing affordable housing for others. It would also remove the power of large, out-of-town property investors to turn some neighborhoods into "renter societies."

Recently, the Land Park Community Association sent a letter expressing support for the General Plan, with proposed modifications. The suggestions included boiler plate safeguards such as parking, set back requirements, and height restrictions with transition zones adjacent to commercial corridors. None of these recommendations were accepted by the City.

I care about livability in all our neighborhoods, and now is the time to act to protect them. What can you do? Go to www.savesacramentoneighborhoods.org and sign the Petition to the City of Sacramento. Contact the Land Park Community Association: landuse@landpark.org, and let them know you are opposed to eliminating R-1 zoning in the City's proposed General Plan. Speak out now to protect our quality of life in Sacramento and all our neighborhoods.



THIS 'n' THAT

by Carol Bogart

Greening Up the Brown Thumb

The response from helpful successful gardeners was swift in coming when my woe-is-me garden column published. It was very fun reading their suggestions. Being Covid-fearful, I'd gotten a late start on my garden (at least a month behind other gardeners at my complex). May 1 (our garden contract deadline), I put in two rows of bean seeds (green and yellow), three smallish tomato plants, two larger ones. And crossed my fingers.

Existing strawberries .. well. I should have watered earlier. A couple days ago I gave my only two small vine-ripened berries to Lydia (my save-the-duck neighbor who also gardens). The next day, another friend, Tanya, gave me a large ripening tomato. She told me that, in Russia, there's a saying: If you give a friend your first harvest, your next harvests will be better. I think that's lovely!

For me, more than half the fun of gardening is giving stuff away and I'm always quick to share -- with other gardeners; people from the neighborhood who stop to chat; other tenants.

Two weeks ago I cut back my rosemary (an eight year old plant that is prolific). I gave some away right then. The rest I spread out on a beat up table that mysteriously showed up out there. 'No chemicals, organic, help yourself' I told my garden friends as it was drying. Since all of them grow tomatoes, I'll give my surplus to a veteran who just moved in with his wife and assorted others. I used to use Sluggo to get rid

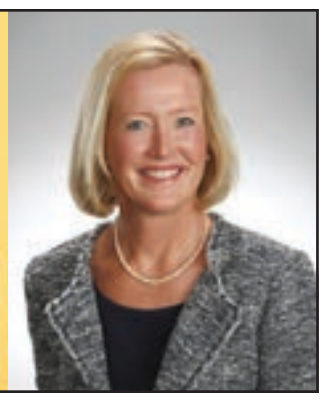
see Thumb page 17



PHOTO BY CAROL BOGART

My second 'crop' of roses. The flower seeds I planted … well. Birds? Snails? I don't know.

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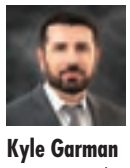
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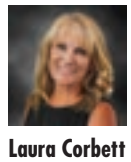
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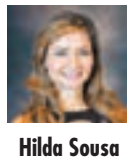

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ONLINE OFFERINGS

Concerts

BOB AND KATHY RAWLEIGH



Aug 10, Tuesday, 6:00-7:00p. The musical duo of Bob and Kathy Rawleigh has captured the hearts of residents at the ACC Care Center for years. Their upbeat and soulful repertoire spans decades. Join them via YouTube, Facebook, and Zoom as they make their debut for the residents of ACC Maple Tree Village.

MAELEY TOM AND TONY WATERFORD



Sep 16, Thursday, 6:00-7:00p. Before the pandemic, they performed at ACC Care Center and other ACC events. Now Maeley Tom and Tony Waterford are bringing their music to the outdoor courtyard of ACC Greenhaven Terrace. Their show will feature music from the Carpenters, some country music, pop, and R&B. Watch it live on YouTube and Facebook!

SOLUNAIRE

Sep 30, Thursday, 7:00-8:00p. Back by popular demand, SoLunAire condenses a wide array of musical styles and genres into a captivating melding of Bluesy-Jazzy-Hawaiiana-Americana. Join Carla Fontanilla and her fellow musicians for an outdoor performance that will also be livestreamed.

Special Events

ACC VIRTUAL OPEN HOUSE

July 22, Thursday, 1:00-2:00p. Learn about our new classes and workshops. Meet our dedicated instructors and staff. Producer Ted Fong will take you on a guided tour of ACC's studio and show you how we produce our online programming for YouTube, Facebook, and Zoom.

THE HISTORY OF ACC

July 26, 2:00-3:00p, moderated by May O. Lee and Jean Shiomoto; August 23, 2:00-3:00p, moderated by Peggy Saika; September 27, 2:00-3:00p. moderated by June Otow and Hach Yasumura. These presentations are the first in a year-long series that will explore ACC's 50-year history. The roots of ACC date back to the late 1960s when members of the Sacramento Asian community created programs to address the needs of minority communities, eventually leading to the founding of ACC in 1972.

A CONVERSATION WITH DALE MINAMI



Aug 12, Thursday, 2:00-3:00p. In the early 1980s, attorney Dale Minami headed up the legal team that overturned the 1942 federal conviction of Fred Korematsu, the civil rights activist who objected to the internment of Japanese Americans during World War II. Join Sacramento broadcaster Tom Nakashima as he talks to Dale about Korematsu v. United States, which is widely considered as one of the worst and most racist Supreme Court decisions in American history. Learn about Dale's upbringing and how he became a civil rights hero, the co-founder of the American Asian Bar Association, the recipient of dozens of awards and recognitions, and a mentor to so many API judges.

ACC SHOW AND TELL: ZERO-EMISSION VEHICLES



Sep 1, Wednesday, 11:00a-12:00p. Automotive reviewer Keith Turner will be at ACC and take you on a tour of the latest electric vehicles on the market today. Our cameras will follow him inside the BMW i3, the Tesla Model 3, the Nissan Leaf, and a hydrogen fuel cell vehicle from Hyundai. Keith will also talk to EV car owners Titus Toyama, Jeri Shikuma and Dave Lin about their experiences. It's a fascinating look into the future of cars that everyone will enjoy.

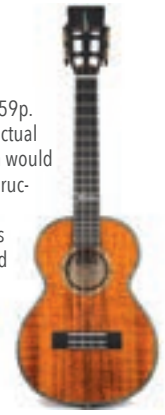
THE MYSTERY OF WILLMINA SLOPPYE



Jul 28, Wednesday, 2:00-3:00p. In 1932, Sacramento resident Willmina Sloppye wrote and copyrighted a love song that got lost for more than 60 years. Her granddaughter Jeanne McGrath discovered the music in the 1990s but never had a chance to hear it. Jeanne's daughter, Kathryn McGrath, brought the song to ACC social worker, Soojin Yoo, hoping that someone at ACC could sing it for Jeanne who is now 89 years old and has Alzheimer's. Join host Mary Nakamura as she explores the life of Willmina Sloppye and her secret musical talent. Mary's guests will be Jeanne McGrath, Kathryn McGrath and James Scott, the archivist from the Sacramento Public Library. You'll see Jeanne's and Kathryn's reaction as they hear Willmina's music for the very first time.

Music

BEGINNING UKULELE WORKSHOP



Instructor: Carla Fontanilla
Jul 14-Aug 18, Wednesdays, 4:15-4:59p. This six-week workshop will cater to actual first-time players. Method instruction would be offered, i.e., uke history, uke construction, tuning, right& left hand playing positioning, simple strum techniques & patterns, the most basic chords, and the simplest songs.

BEYOND BEGINNING UKULELE WORKSHOP

Instructor: Carla Fontanilla
Jul 14-Aug 18, Wednesdays, 5:00-6:00p. This six-week workshop is keyed to experienced and advancing beginner players doing play- and sing-alongs with introduction and demonstrations by Carla to somewhat complex strumming techniques & patterns, chord family progressions, scales, melody construction, and key transpositions.

ACC MUSIC MAKERS

Host: Mary Nakamura
Aug 18, Wednesday, 11:00a-12:00p. In this episode, we will get to know two longtime volunteer musicians, Bill Wong and Randy Chinn, who have shared their love of music for many years with residents at the ACC Care Center and other senior residences.

Language

MANDARIN CHINESE (BEGINNING)

Instructor: May Cheung
Jul 6-27, Tuesday, 10:00-11:00a. Learn the phonetics of Mandarin Chinese using Hanyu Pinyin. Upon completion, students should be able to grasp the basics and have a better understanding of the forming of sounds. Through pronunciation drills, single and compound words are introduced.

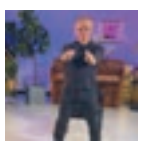
Fitness

MUSIC & MOTION



Instructor: Rowena Alberto
Jul 1-29, Thursdays, 11:00a-12:00p. This exercise program starts with slow music for stretching, followed by more lively music with easy steps and moves in sitting and standing positions.

TAI CHI FOR THOSE W/ LIMITED MOBILITY



Instructor: Robert Nakashima.
Fridays, 11:00a-12:00p. Designed to serve the needs of students with a variety of mobility issues, including those living with chronic health conditions, this class will focus on developing a complete, individualized Tai Chi practice that can be enjoyed seated or standing, as conditions allow.

ZUMBA GOLD - NEW!



Instructor: Linda Taylor.
Tuesdays, 10:30-11:30a, Zumba is an exercise fitness program that combines Latin and International dance rhythms and physical fitness moves. Zumba Gold is a low-impact, lower intensity version with modifications for active older adults and beginners.

MOVIN' ON

Instructor: Joaquin Ngarangad.
Fridays, 1:00-2:00p
This class will consist of warmups and low impact cardio dances to disco, rock, Motown and hip-hop music. Dress in appropriate workout attire and shoes. Have a bottle of water handy and a regular non-wheeled chair for stretching.

GENTLE YOGA



Instructor: Jeani Kim-Slesicki
Tuesdays, 1:00-2:00p. This beginner to intermediate level yoga class, which includes breathing exercises and meditation, will focus on balance, circulation, stretching and strengthening from standing/seated Hatha Yoga poses. Props, such as bolster, blocks, strap, towel/blanket, are recommended, but not required to participate.

YOGA BODHISATTVA



Instructor: Joaquin Ngarangad
Mondays, 11:00a-12:00p. For beginning and intermediate levels, this holistic experience benefits the body, mind, and spirit. Techniques for stretching and strengthening are explored through the sequential poses associated with breathing. Dress in appropriate workout attire and have a yoga mat, blocks, straps, large towel and/or small pillow.

Cooking Demonstrations

TIRAMISU DESSERT DEMO

Instructor: Susan Peruzzi
July 15, Thursday, 4:00- 5:00p.



We will be making everyone's favorite Italian dessert, Tiramisu. The name means "pick me up" because each Lady Finger cookie is dipped coffee and liqueur before being smothered in a Creme anglaise-Mascarpone mixture and topped with dark cocoa powder.

HAVE WOK, WILL TRAVEL
Instructor: Chef David SooHoo
Aug 25, Wednesday, 11:00-12:30p.



There's more to stir frying than meets the eye. Award-winning chef David SooHoo will show you the open flame, electric, and wok techniques he's used for more than 50 years. He'll share uplifting stories from Chinese cooking during the gold rush in the 1850s to his recent restaurants and his job as personal chef to hotel magnate Barron Hilton. Tasting and Q&A included.

SUSHI MAKING FOR BEGINNERS



Instructor: Koichi Mizushima
Sep 2, Wednesday, 11:00a-12:00p. Koichi is returning to ACC with another practical and entertaining cooking demo. Learn how to make a few different styles of traditional sushi rolls, like California Rolls and Kappa Maki Rolls. Koichi will explain some basic techniques for making sushi at home.

Especially for Caregivers

FAMILY CAREGIVER SUPPORT GROUP
Jul 14/Aug 11/Sep 8, 2nd Wednesday, 12:00-1:30p
Jul 22/Aug 26/Sep 23, 4th Thursday, 6:30-8:00p
If you are an informal family caregiver in need of support while going through this difficult journey, join us in our monthly support group meetings. For more information and registration, please contact Soojin Yoo, MSW, Social Worker (916) 503-5386 or email syoo@accsv.org.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
Presenter: Alzheimer's Association Staff
Aug 25, Wednesday, 2:00-3:30p.



This workshop provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

Health & Wellness

LEARNING ABOUT SOCIETY FOR THE BLIND
Instructor: Shari Roeseler, Executive Director, and Kathleen Shevlin, Senior Outreach Manager, Society for the Blind
Jul 1, Thursday, 1:00-2:00p. This workshop will provide an overview of the history and services of Society for the Blind, as well as provide an overview of the leading causes of blindness and low vision.

MEDITATION AND SOUL HEALING
Instructor: Dennis Shimosaka
Jul 6-27/Aug 3-31/Sep 7-28, Tuesdays, 6:00-7:00p. We are focusing on easy meditation and healing practices using Tao Calligraphy tracing to remove the negative Chi (ancient Chinese wisdom) energy and promote increased health and reduce anxiety, pain, and stress.

CALIFORNIA HOPE
Presenter: Ken Brand, Peer Counselor, CalVoices
Jul 19, Monday, 2:00-3:00p. Cal Voices Crisis Counseling Program is part of the larger CalHOPE CCP. CalHOPE is California's response to the COVID-19 Pandemic and other disasters. We are part of a network of organizations and individuals trained to provide virtual support to Californians experiencing stress, anxiety and/or trauma because of the current pandemic.

AVOIDING CHRONIC DISEASE THROUGH PLANT BASED EATING
Presenter: Robin Withrow-Wong, MS, RDN
Sep 2, 9, 23, 30, Thursdays, 2:00-3:00p. This workshop is comprised of four 1-hr sessions in which we teach participants easy ways to incorporate more fruits, veggies, whole grains and legumes into their daily diets to reduce risk of developing chronic diet related disease such as cardiovascular disease, diabetes and high cholesterol. The sessions will provide actionable tips and valuable information. The final session will be a cooking demo showing how to cook without oil and how to prepare a simple, quick, no-meat meal.

Other Workshops

YOUR LIFE STORY–AN INTRODUCTION
Facilitator: Lora Connolly
Sep 8, Wednesday, 2:00-3:00p. This one-day session is an introduction to Writing Your Life Story workshop. This session is meant for individuals who are not already participating in the Writing Your Life Story Workshop but considering joining. It will provide an orientation to the Guide that will be used over the 14-week Writing Your Life Story sessions.

WRITING YOUR LIFE STORY WORKSHOP
Facilitator: Lora Connolly
Sep 15-Dec 15, Wednesdays, 2:00-3:00p.



Writing Your Life Story is a guided workshop that helps you write about important events, relationships, and experiences in your life. Each week focuses on a theme like family, school days, important relationships, your life's work, and your evolving values, goals, and beliefs. Participants can either download the Your Life Story Writing Guide from the link provided after registering or pay a $10 materials fee to the instructor who will mail you a printed copy via the U.S. Postal Service.

Finance

WILLS AND LIVING TRUSTS 101
Presenter: Alyssa Chow, Attorney-at-Law
Jul 12, Monday, 4:00-5:00p
Aug 25, Wednesday, 4:00-5:00p (Repeat)



During this workshop, we will discuss the differences between Wills and Living Trusts, and how these documents may help you leave clear instructions for your loved ones to follow upon your passing or if you become incapacitated during your lifetime.

For nearly 50 years, ACC has helped older adults stay healthy and active in the community. Visit us at accsv.org.

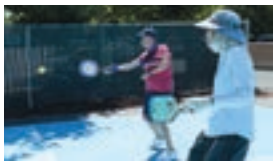
UNDERSTANDING RMDS (REQUIRED MINIMUM DISTRIBUTIONS)
Presenter: Mark Pratt, Financial Professional, Pratt Financial & Insurance Services
Sep 16, Thursday, 2:00-3:00p. Tax law modifications have changed the way that we need to take Required Minimum Distributions (RMDs) from our retirement accounts, as well as how they will impact our beneficiaries. This will be a discussion on what these changes are as well as ways to be proactive in dealing with these changes.

SMUD AND PG&E ASSISTANCE PROGRAMS AND RESOURCES
Presenters: Leslie Adorno De Chacing, Community Outreach and Relations, SMUD and Susan Sarinas, Program Manager
Jul 13, Tuesday, 2:00-3:30p. Come learn about SMUD's Special Assistance Discounts and Energy Saving Programs for Older Adults. This workshop will help you to connect with our programs and services and other helpful community resources that can help save money and energy in the home. We will talk about special limited COVID relief programs in the community for people that may be behind on their bills. You will also learn about the CHANGES (Community Help and Awareness of Natural Gas and Electricity Services) program and how ACC can provide help with PG&E's discounts and special assistance programs, including the Arrearage Management Plan (AMP), a new program that will forgive past due unpaid utility balances for low-income consumers.

IN-PERSON OFFERINGS

All participants must show proof of vaccinations. Everyone entering one of ACC's buildings must wear face coverings over their mouth and nose. Social distancing guidelines will be followed. Pre-registration required. NO Drop-ins. Call (916) 393-9026 Ext. 330 to register for outdoor classes.

PICKLEBALL (OUTDOORS)
Leaders: Sunny Jung, Jeannie Fong, Gary Elias Berg
Jul 6-27/Aug 3-31/Sep 7-28, Tuesdays, 9:00a-12:00p
Jul 7-28/Aug 4-25/Sep 1-29, Wednesdays, 9:00a-12:00p
July 2-30/Aug 6-27/Sep 3-24, Fridays, 9:00a-12:00p



Pickleball is a cross between tennis, badminton and table tennis. It is fun, easy to play, and a great way to exercise. Loaner paddle and ball provided.

PICKLEBALL CLINIC FOR BEGINNERS
Leaders: Sunny Jung, Jeannie Fong, Gary Elias Berg
Jul 19, Monday, 9:00a-12:00p
Aug 16, Monday, 9:00a-12:00p
Learn the fundamentals of the fastest growing sport for seniors. The clinic will be outdoors. Tennis or court shoes required. Limit: 8 players.

AQUA AEROBICS
Instructor: Joaquin Ngarangad
Jul 7- 28, Wednesdays, 9:30-10:30a
Aug 4-25, Wednesdays, 9:30-10:30a
Aqua aerobic exercises will enhance your cardiovascular fitness, improve your muscular endurance and overall strength. The water provides buoyancy and, therefore, less stress on your bones, joints and muscles. New students may require instructor's approval BEFORE sign–up. Pre-registration is required. Swim attire and water shoes are required. Sunscreen, hat and sunglasses recommended. Priority given to GT residents. Limit: 10 students. REGISTRATION DEADLINE 7/1/21. Priority given to ACC Greenhaven Terrace residents. Held at ACC Greenhaven Terrace (1180 Corporate Way).

SWIMMING (BEGINNING)
Instructor: Lorna Fong
Jul 12-26, Aug 2, Mondays, 10:00-11:00a (Time subject to change.)
Jul 15-29, Aug 5, Thursdays, 10:00-11:00a
This beginner swimming class consists of eight 1-hour sessions. It will teach basic water skills and simple swimming strokes that will give you confidence in the pool and improve your overall fitness. Limit: 6 students. REGISTRATION DEADLINE 7/1/21. Priority given to ACC Greenhaven Terrace residents. Held at ACC Greenhaven Terrace (1180 Corporate Way).

DRONE PHOTOGRAPHY & VIDEO (INTRO)
Instructor: Jeff Jong
Jul 13 & 15, Tuesday & Thursday, 10:00-11:00a. Basic introduction and demonstration of drone photography and cinematography. This class will be conducted outdoors on ACC's backyard grounds.

CANE-FU: SELF DEFENSE FOR PEOPLE WITH VISION LOSS
Instructor: Shari Roeseler, Executive Director, Society of the Blind, Aug 19, Thursday, 1:00-2:00p. Many older adults, especially those with vision loss, feel particularly vulnerable. Often times they think the white cane or any cane makes them a target. In this workshop, participants will learn how to use their white cane or any cane as a tool for self-defense. This class is open to anyone, not just those with vision loss. Limit: 12 students.

HOW TO TAKE BETTER PHOTOS (BASIC)
Instructor: Jeff Jong
Aug 17 & 19, Tuesday & Thursday, 3:00-4:00p. Simple non-technical strategies to make your photographs better, right now. Cell phones, cameras, etc. will do for this hands-on course. Basic composition, storytelling, and street photography concepts and methodology will be covered. This class will be conducted on ACC grounds and computer lab. Limit: 2 students. REGISTRATION DEADLINE: 8/6/21

PHOTOGRAPHIC EDITING, USING PHOTOSHOP ELEMENTS (BASIC)
Instructor: Jeff Jong
Sep 14 & 16, Tuesday & Thursday, 3:00-4:30p. Basic editing and touch up techniques to make your photos sparkle, restore older images, fix minor errors, etc. Bring in a couple of your pictures that you would like to see modified. This hands-on class conducted in ACC's computer lab will cover techniques such as cropping, color adjustments and enhancements, touch ups, etc. that you can use. Limit: 2 students. REGISTRATION DEADLINE: 9/3/21.

A MATTER OF BALANCE
Coaches: Kerry Kashiwagi and Susan Sarinas
Sep 24-Nov 12, Fridays, 10:00a-12:00p. A Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. This 8-week, award-winning program can help participants to view falls and fear of falling as controllable; set realistic goals for increasing activity; change their environment to reduce fall risks factors; and promote exercise to increase strength and balance. Limit: 6 students.

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Happy Hour set for July 29 at the Sacramento Zoo



There will be a 21+ Happy Hour event on Thursday, July 29 from 5-8 p.m. at the Sacramento Zoo. Dance and groove to a fun mix of covers from Sacramento favorite, Cover Me Badd. Take a free ride or two on the Conservation Carousel and enjoy the sights and sounds of the zoo at night. We will have a variety of tasty "pub food" as well as boozy slushies, wine, beer, cocktails in a can, and non-alcoholic beverages for purchase the night of the event. Don't miss this unique, adult-only evening at the Sac Zoo (no one under age 21 will be admitted). Tickets are limited, but the fun won't be! Get the gang together and reserve your tickets today: www.saczoo.org/happyhour

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Eye on Productive South Sacramento from the twice-daily San Joaquins Train

By Alex Kenefick

Before the pandemic, I sometimes traveled to Stockton and Modesto for work meetings. I'm looking forward to the resumption of in-person meetings because I had a lot of fun traveling down the San Joaquin Valley using the San Joaquins train. Before the pandemic, there were two round-trips per day. I would usually get on board before 7 a.m. and grab a coffee from the snack bar before the train even left the station.

When leaving Sacramento, the San Joaquins train first heads east on the levee that forms the northern border of downtown and midtown. Next, we roll past the Globe Mills lofts, through the Blue Diamond factory, and past the old B Street Theatre location. Then, as we transition to rolling along the Elvas tracks, I can see backyards in River Park and Sac State; then, the train speeds up dramatically as it heads along the tracks south to Stockton.

We whip across Power Inn Road, past the Food Link warehouse, and then I intently start to focus my eyes at the factories we're passing on the left side of the train. We're going to go past my favorite factory: the Seimens Mobility plant.

Siemens is a German company that set up shop here in Sacramento in the 1980s. They built SacRT's light rail cars, and over the last 40 years, they just kept making light rail trains alongside heavier, long-distance locomotives and passenger cars.

As I have hurtled past the railyard adjoining the Siemens factory at about 80 MPH, I've seen light rail cars in various states of assembly with all kinds of paint on them -- destined for transit agencies all over the country.

A couple of years ago, I sneaked a peek at sleek trains in a rainbow of colors built for the new Florida passenger railroad (which was initiated by Virgin Rail, but is now called "Brightline") and the all-electric Amtrak Cities Sprinter to use on their Northeast Corridor, an electric line that runs from Boston to Washington, D.C. It's exciting to think that new trains are built here in Sacramento for use in areas that have a much more robust passenger rail system than we do here in California.

More recently, I've seen many "Charger" locomotives Siemens has built for delivery to midwestern regional Amtrak routes, and to Caltrans, which bought the locomotives for the San Joaquins, Capitol Corridor, and Surfliner services that the State funds.

I understand that the new, sleek locomotives will lead matching sets of Siemens-produced passenger cars (also built at the plant right here in Sacramento) on the San Joaquins trains soon. And I've just recently heard from the Rail Passengers Association that Siemens is building new locomotives for Amtrak's long-distance trains, replacing 25-year-old GE-built "Genesis" locomotives. The new diesel ALC-42 locomotives will be capable of traveling at 125 miles per hour and have 90% fewer emissions than the locomotives they are replacing. Better yet, the Sacramento Siemens plant is solar-powered.

A Google Maps search for "Seimen's Mobility" shows the factory's location on the east side of the tracks to Stockton, at 7464 French Road. Several pictures of the Siemens-built trains are viewable from the map listing.

I hear that the San Joaquin trains to Sacramento were canceled during the pandemic. Here's hoping that the trains are re-instituted soon so I can get my trainspotting fix.

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CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to water quality.
Each number corresponds to a letter.
(Hint: 3 = **A**)

A. **18 3 23 19 11**

Clue: H2O

B. **25 24 8 23 3 12 22 8 3 8 23**

Clue: Polluting substance

C. **9 3 25 23 19 11 22 3**

Clue: Microorganisms

D. **2 22 5 23 19 11**

Clue: Removes impurities

Answers: A. water B. contaminant C. bacteria D. filter

WORD SCRAMBLE

Rearrange the letters to spell
something pertaining to water quality.

I R S A N

Answer: Rains

Guess Who?

I am an actress born on August 5, 1997 in Tennessee. I appeared in commercials for Mattel, Kidz Bop and Hasbro as a child. I rose to stardom playing in a Disney production and other projects by the company. I also sing and won a Radio Disney Music Award.

Answer: Olivia Holt

WATER QUALITY WORD SEARCH

S	D	D	D	R	G	H	O	M	E	T	S	Y	S	O	C	E	N	K	L
U	C	A	G	R	Y	N	H	C	N	A	W	X	H	T	Z	S	H	X	A
A	I	E	M	C	A	E	I	O	W	I	H	S	I	K	C	A	R	B	C
S	Z	P	Y	H	R	I	I	R	L	F	K	A	R	A	O	P	E	N	E
K	H	H	Z	I	H	T	N	D	O	D	E	M	I	A	L	C	E	R	B
L	X	W	R	R	A	N	L	A	T	T	Y	H	U	R	F	W	C	C	C
C	W	F	E	G	L	I	Z	P	G	N	I	P	B	U	E	G	T	F	T
L	B	T	I	L	F	R	X	B	K	E	E	N	P	O	R	T	Z	L	P
C	A	R	R	E	N	R	A	B	I	O	K	U	O	P	Y	B	C	B	A
W	R	K	B	T	N	E	M	T	A	E	R	T	L	M	N	O	K	A	U
I	F	S	E	L	C	I	T	R	A	P	F	F	C	F	O	G	R	G	B
W	H	T	Y	B	W	X	G	I	H	G	C	H	D	P	F	I	O	X	O
M	A	C	L	S	G	W	S	D	G	M	E	S	G	L	H	E	B	W	X
C	B	A	X	A	K	E	M	C	H	M	S	C	C	F	P	B	L	A	Y
P	I	P	N	L	D	L	A	C	I	G	O	L	O	C	E	N	A	S	G
X	T	M	S	I	W	I	R	C	R	U	N	O	F	F	F	I	G	T	E
Z	A	I	M	N	W	C	A	F	T	I	I	X	Y	L	P	E	S	E	N
L	T	E	U	I	E	L	I	I	S	T	N	E	I	R	T	U	N	L	I
R	N	Z	G	T	S	E	W	I	P	O	L	L	U	T	E	D	P	D	H
T	Y	I	S	Y	R	E	Z	I	L	I	T	R	E	F	X	A	A	E	P

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BACTERIA
BIOMONITORING
BRACKISH
CHEMICALS
DRAINAGE
ECOLOGICAL
ECOSYSTEM
EFFLUENT
FERTILIZER
HABITAT
IMPACT
IRRIGATION
NUTRIENTS
OXYGEN
PARTICLES
POLLUTED
RECLAIMED
RUNOFF
SALINITY
SEDIMENT
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Thumb:

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of snails .. until I read that to a Mourning Dove, snails are a delicacy. Sluggo is supposed to be safe for pets. I don't know about wild birds. So now, I pick the snails out by hand and throw them across the fence.

Although I use no chemicals of any kind, I'm careful to wash off any that might be used by landscapers hired by the complex. I worry they use RoundUp on weeds and grass that sprout in the garden's pathways. This, as we now know, is not ideal – for plants or people – as RoundUp's been linked to assorted cancers.

The thing is, too, on breezy days, it drifts. So, since I suspect I've lost more than a few plants to RoundUp; the day after the landscapers are in the garden area I hose down the outside of my box, and snip yellowing leaves of plants I think got hit. If I do that when the rest of the plant's still green, sometimes I can save the plant because the root's OK. Right now, I'm trying to save my jalapeno pepper.

So, short version (which, as we all know is not my strong suit), I'm pretty excited about the successes in my garden despite assorted heat waves!! Four times my chives have brightened up the flavor in my Ramen soup!! I'm just sorry I can't share any with the other gardeners because they're not interested. Tanya, being polite, declined, saying only, "I grow what I like." Lydia shook her head and told me honestly, "My mother not feed me that," viewing with suspicion this plant she didn't know.

I nodded because I get it. My mother described me as 'persnickety'. She used to frown and say, "You don't know what's good" or "All the more for me." My taste buds matured over time although my ADHD tongue still rebels at certain textures. Offered a food that I don't know, my knee jerk is "I won't like it." I like chives but don't eat soup every day. My Spanish speaking friend from across the street stopped a minute as she passed by. She accepted my gift of just-picked chives. Yay! (It made me happy.)

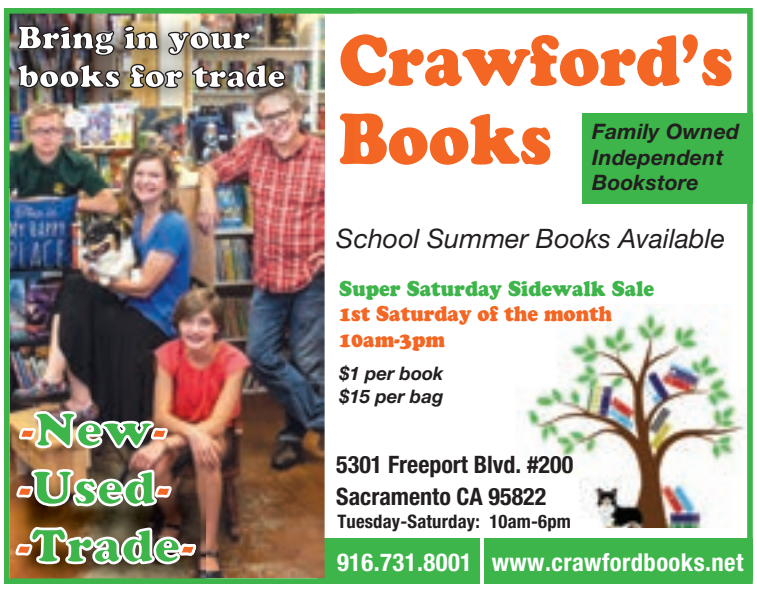
By the way, did you notice a new brand of Ramen soup Walmart sells has replaced Maruchan? Initially, being the persnickety creature that I am, it upset me. But turns out the chicken flavored vegetarian is really great! (Especially with fresh chives.)

Carol says, if you aren't growing chives or don't know someone who is, Walmart and maybe Raley's sell packaged fresh chives in the produce section (plain chives). You can grow plain, garlic or onion chives at home easily. Carol grows both plain and onion. Questions, comments? Contact Carol Bogart at carol@bogartonline.com.



PHOTO BY CAROL BOGART

My first handful of yellow beans. The new Ramen soup at Walmart works with my chives.



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"Downtown Dollars" e-gift card program unveiled to support local businesses and spur retail recovery

A new "Downtown Dollars" e-Gift Card program offers a way for the community to shop local and help to spur more retail recovery throughout downtown Sacramento. "Downtown Dollars" e-gift cards can be purchased in amounts as low as $25 and volume discounts are available. Currently, more than 25 businesses are participating in the new program with many more expected to join in the coming weeks.

"Downtown Dollars" can be used for dining, shopping, entertainment, professional services, and much more. Perfect as gift ideas for families and friends, employers welcoming back their staff, weddings, birthdays, graduations, corporate gifts, or special occasions (or everyday shopping needs), "Downtown Dollars" lets recipients explore and spend in Downtown in their own way. "Downtown Dollars" are available for purchase now and never expire.

"After a grueling 18 months filled with a series of extraordinary challenges, we're excited to launch a program that makes it easy for customers to support our amazingly resilient businesses," said Michael Ault, Executive Director of the Downtown Sacramento Partnership. "Everyday purchasing decisions are powerful. This new program is a great way to make it easy to give the gift of Downtown and spend local."

For those looking to contribute to the local downtown business community they love with a bigger impact, sponsorships and bulk e-Gift Card purchases are available. For more details about the new program powered Mastercard/Yiftee and/or to purchase "Downtown Dollars," visit www.GoDowntownSac.com/downtown-dollars.

"Downtown Dollars" participating business include:

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With the relaunch of its USA Rail Pass, Amtrak is introducing a new and affordable way to take a multi-segment train journey across America. This new offering allows customers to take up to ten rides to see the country and explore sights at many of Amtrak's 500 destinations. Now through June 22, the USA Rail Pass is available for $299, a savings of $200 off the regular $499 price. Customers taking advantage of this special introductory offer will pay less than $30 per ride for ten travel segments over 30 days.

To make the experience as seamless and touch-free as possible, customers can purchase the USA Rail Pass on Amtrak.com and start building their itinerary on the website or on the Amtrak app. By leveraging the app, customers can also access their ticket, check train status and get boarding information prior to departure.

"We want to offer customers a truly unique way to travel this summer," said Amtrak Executive Vice President and Chief Marketing and Revenue Officer Roger Harris. "With the new electronic

see Amtrak page 19

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New local home sales ease back in May, but still above the monthly average

By John Firth

New home sales in the Sacramento region eased back during May from the frenetic pace reported during the past 12 months, but still were well above historical averages for the month, the North State Building Industry Association reported.

During May, area builders reported selling 570 new homes in the greater Sacramento region, including Sacramento, Placer, Yolo, Sutter, Yuba and Nevada counties. That is the lowest number since November, when 523 sales were reported and down sharply from the 760 sales reported in April, said Michael Strech, the BIA's president and CEO.

"Despite the modest drop-off in sales last month, the demand for new homes in our region remains incredibly strong," Strech said. "Sales during the month were far above the 448 builders have seen on average during May since 1997, and historically, March and April have been the strongest months for sales, which then gradually fall off through the rest of the year.

"It's also important to note that last month's sales were higher than all but one May's figures since 2006 and that year -- 2019 -- was a five-week month." Sales that month totaled 585.

Strech said that even as pandemic restrictions are easing, many buyers are still looking for homes that provide the space and amenities they need, and today's new homes -- particularly in the Sacramento region -- meet those needs.

Still, builders are seeing headwinds, including the high price of lumber, other supply chain constraints and now a growing concern about available lots in the region as builders have ramped up production. It can take years to get government approvals to build new communities which hinder builders' ability to keep pace.

In addition, he said the excessive fees charged to builders in the Sacramento region mean some communities simply aren't feasible.

"The fee study we released last week shows that government fees average $95,000 per home in our region, which is $40,000 more than comparable fees in the Central Valley and the Inland Empire region in Southern California. These other jurisdictions have cracked the code and everything should be on the table. We will work closely with local officials around the region in the months to come to find ways to reduce these fees and still ensure that new communities include needed amenities."

John Firth writes for The Write Stuff Communications on behalf of the North State Building Industry Association.

Amtrak:

continued from page 18

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USA Rail Pass is available for travel in Coach class—featuring wide, reclining seats with a big picture window, ample legroom, and no middle seat. A travel segment occurs when a customer boards and disembarks one of Amtrak's scheduled services. If the trip involves making a connection, customers will use two segments of the USA Rail Pass. Upgrades to Business Class and private room accommodations are not available at this time. Amtrak Guest Rewards members will earn two points per dollar spent on each USA Rail Pass following travel on the first segment. Additional restrictions, terms and conditions apply. Learn more at Amtrak.com/USARailPass.

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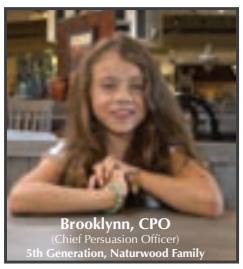


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