July 23, 2020 | www.valcomnews.com

Land Park News

— BRINGING YOU COMMUNITY NEWS FOR 29 YEARS —



COVID-19-RELATED ORDER SHUTS DOWN LOCAL HAIR SALONS, BARBERSHOPS

SEE PAGE 2

ECRWSS EDDM
POSTAL CUSTOMER

PRSRT STD
U.S. POSTAGE
PAID
ELK GROVE CA
PERMIT NO. 16

Idelle & Rhonda
Your Premier Realtors
idelleandrhonda.com



Pristine in Land Park $1,050,000

IDELLE CLAYPOOL
916-730-8895
01097766

RHONDA HOLMEN
916-296-8886
01189785

LYON REAL ESTATE

COVID-19-related order shuts down local hair salons, barbershops

By Lance Armstrong
VCN Staff Writer



Photo courtesy of Torque Hair Shoppe

The interior of Torque Hair Shoppe at 3716 J St. is pictured prior to its recent temporary closure. The order will continue until the county's public health officer decides to lift it.

The state's recent spike in confirmed cases of the novel coronavirus (COVID-19) led to the mandatory closure of local hair salons and barbershops last week.

Sacramento County public health officials issued this temporary order on July 14, after Gov. Gavin Newsom mandated that these businesses temporarily cease their operations. The order will continue until the county's public health officer decides to lift it.

Sacramento County is one of 30 California counties that Newsom mentioned in his mandate during his July 13 press conference. This county is on the state's watch list of counties that have rising numbers of COVID-19 hospitalizations.

Newsom addressed the rise in COVID-19 cases during his press conference.

"We're seeing an increase in the spread of the virus, so that's why it's incumbent upon all of us to recognize soberly that COVID-19 is not going away any time soon until there is a vaccine or an effective therapy," he said.

In her July 14 order, Sacramento County Public Health Officer Dr. Olivia Kasirye stated that this county had 150 COVID-related hospitalizations on July 10. She also noted that 16% of intensive care unit beds are available in the county, as of press time.

"Private gatherings have been identified as a significant contributing factor to the increase in transmission," Kasirye mentioned in the July 14 order. "Given current rates of transmission and increase in hospitalization in Sacramento County, there is a need to reduce nonessential gatherings where mixing and disease spread occur."

Kasirye's staff reported that as of July 15, Sacramento County had 6,174 confirmed cases and 92 deaths since March.

Sacramento County's order, which also calls for the closure of places of worship and gymnasiums, left many hairstylists and barbers frustrated.

Hair salons and barbershops in the coverage areas of Valley Community Newspapers found themselves in familiar territory.

These businesses previously experienced a temporary closure during the government stay-at-home order that affected those establishments. Hairstylists and barbers were allowed to return to work in late May.

Those reopenings came with various requirements, including that both workers and clients must wear face coverings, a new smock or cape needs to be given to each client, and working stations and high-traffic areas must be sanitized on a regular basis.

East Sacramento

Jennifer Arrington, owner of Torque Hair Shoppe at 37th and J streets, and a licensed cosmetologist, mentioned that having to close her shop was financially challenging.

"It's been a hard struggle, I'm not going to lie," she said. "I've been in East Sac at this location where this barbershop is for 16 years and I've been licensed for 25 years and I've never had to go through anything like this.

"Barbershops, in general, don't operate on a high profit margin as it is. The money we make is month to month, it's day to day. So, it's not like we have a big reserve of funds just sitting and waiting to be used up."

see SALONS page 3



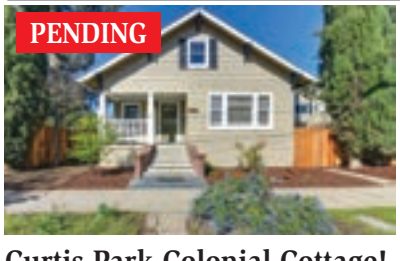
Steffan Brown
Your Vintage Home Specialist

STEFFAN BROWN
REAL ESTATE

916-717-7217
steffan@steffanbrown.com

COLDWELL BANKER REALTY
CalRE# 01882787

Oak Park Opportunity!



PENDING

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

Curtis Park Colonial Cottage!
2936 32nd Street | $624,950



PENDING

Only a block from the Park, this spacious 2 bed, 2 bath beauty has been charmingly updated and lovingly cared for and maintained. Gleaming hrdwd floors throughout, cozy gas fireplace insert in the living room and original built-in buffet in the dining room. Cook your heart out in the generous and open kitchen that has plenty of storage with quartz countertops and stainless steel appliances.
2749 7th Avenue | $649,950

LAND PARK NEWS
WWW.VALCOMNEWS.COM

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

The Land Park News is published on the second and fourth Thursdays of the month in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

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

Copyright 2020 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXVIIII • No. 14
1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by: courtesy of Anthony's Barbershop

Salons:

continued from page 2

Arrington mentioned that she is struggling with the decision that was made to order her business to be temporarily shut down.

"We're governed by the state of California to get that license (to work in a hair salon or barbershop)," she said. "We have to pass a test that basically ensures public safety, and it seems like that is being entirely overlooked over any of it.

"Our license is to not (spread) diseases, and it's for public safety. It doesn't mean like we have a license and we know how to cut hair. And we work with the state board all the time. We get surprise inspections. It's seems like our licenses are not being taken into account for what we do."

Pocket-Greenhaven

Brian Wong, owner of Passion Hair on Rush River Drive, also expressed concerns with his finances.

"I saved up a bunch of money," he said. "It probably will last a couple more months, but in order to last for my lease, which is another four years, I don't think that's doable. That's why I'm trying to at least get a job for like DoorDash or Postmates to at least pay for the rent."

Wong noted that his greatest frustration with the closure is having to pay rent on a shop that he is not able to use.

"It's not like there's a forgiven loan or anything, and if there is it's only accessible by certain people who have connections and everything," he said.

Wong described being caught off guard by the order to shut down his business again.

"I thought it was a joke," he said. "It's kind of like the boy who cried wolf. I was like, 'Is this real or is this fake? What's going on?'"

He added that because the order required immediate closure, he was placed in a position to quickly make phone calls to many clients who already made appointments.

"I had to manually call everybody to (say), 'Sorry, we're closing due to the governor's order,'" Wong said.

Land Park

Anthony Giannotti, owner of Anthony's Barbershop at 2408 21st St., told this paper that he was not surprised to hear about the government order to temporarily shut down his business.

"We had been kind of hearing rumors through the industry and out of the Capitol for a couple of days that we might be getting shut down again," he said. "Honestly, just looking at Newsom's guidelines and the way Sacramento County was kind of headed, it was kind of expected."

Giannotti explained that he is taking an understanding approach to the shutdown.

"I don't think there's a point in agreeing or disagreeing with (the order)," he said. "It is what it is. These are the powers that be.

"Yeah, there are other channels that we can use to put some pressure on the government, but in all reality, people are getting sick and dying, and that's a big concern. We're going to be stuck in this cycle. I think it's more important to try to deliver a health message to wear a mask and do what we can."

Giannotti added that the financial impact of running the business during the pandemic extends beyond the shutdowns.

"It's like a financial cliff," he said. "You can go from being fully booked one week to not even half booked the next week."

He also noted that a lot of people get scared to come into his barbershop.

"We do an abnormal amount of last-minute cancellations and no-call no-shows," Giannotti said. "I think people just hear a new report that comes out for the day and they get freaked out and they don't call and cancel, or they do and we don't have a chance to rebook."

Prior to the shutdown, barbers at Anthony's Barbershop were making about 65% of what they made prior to the pandemic, Giannotti noted.

Carmichael

Darryl Elam, owner of Darryl's Hair Studio & Spa, on Fair Oaks Boulevard, expressed his support of the recent county order that temporarily shut down his business.

"(That is) what we should have done – shut it back down again – because I thought we opened up too soon," he said. "Really, it's definitely hurting my business and everything else. But what can we do? We have to get this virus under control." Elam added that he is frustrated by the many people who do not face wear coverings or take any other precautions to prevent the potential spreading of COVID-19.

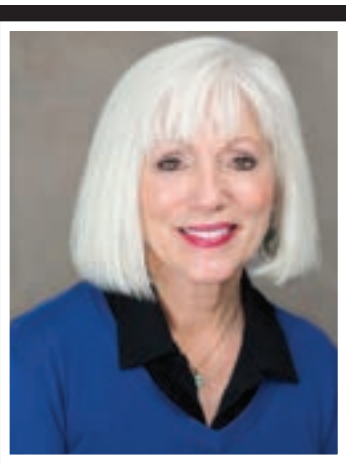
"They're just going to kill more people," he said. "It just doesn't make sense. And I don't see no other option, but to close down. It's going to hurt us all, but we have to deal with it."

Elam mentioned that with the economic impact that the recent closure will have on his business, he plans to seek financial assistance.

"I'm going to have to definitely apply for (assistance) and see where we go from there," he said.

Moving forward, Elam encouraged people to be safe to help reduce the spread of COVID-19.

"It's not going to get any better anytime soon, if we don't stay at home and keep our people safe," he said. "And one of the things that I would hate is to have an asymptomatic client to come into the salon and get us all infected."



Sue Olson
916-601-8834
sue@sueolson.net
CalBRE# 00784986
landparkhomes.com



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. **1120 26thAvenue**



LAND PARK

This One of a Kind Tudor features a mix of old-world charm and new construction. Vaulted ceiling in L/R w/ hand hewn beams, original crafted artisan stained glass, leaded windows, brick 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**



Teresa Olson
916-494-1452
teressa.olson@cbnorcal.com
CalBRE# 01880615
COLDWELL BANKER RESIDENTIAL BROKERAGE

FUNERAL DIRECTORY
Call Melissa at (916) 429-9901
www.valcomnews.com

Harry A. Nauman & Son
Dignity
FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

Strange BUT TRUE

By Lucie Winborne

• In July 1999, four ladybugs and their favorite food, aphids, were sent into space on NASA's Columbia space shuttle to research how aphids escaped the ladybugs without the aid of gravity.

• The first documented use of toilet paper comes from 6th-century A.D. China.

• There are more than 40,000 toilet-related injuries in the U.S. each year.

• The University of Liverpool Library reported that someone used a plastic-wrapped slice of "undetermined" cheese as a bookmark in one of its returned books. The library tweeted a photo of the offending item with the caption, "This is not a bookmark," prompting responses that ranged from "Well, not anymore after you removed it" to "No whey."

• When Benjamin Franklin invented his own harmonica, it became so popular in Europe that Mozart and Beethoven composed music for it.

• Research has shown that everyone has up to six doppelgangers. However, your chance of actually meeting one of your own in your lifetime is only 9%.

• Shoppers have proved willing to pay a premium for cage-free, organic or wild-caught ingredients. But can they trust their suppliers? Sure, with the use of a tracking device. ZhongAn Online, a Chinese insurance company, has outfitted more than 100,000 chickens with sensors uploading information such as how much exercise each chicken gets and what it ate. The company is also working on facial-recognition technology so consumers can one day ensure the organic chicken they saw on the farm is the one that ends up on their plate.

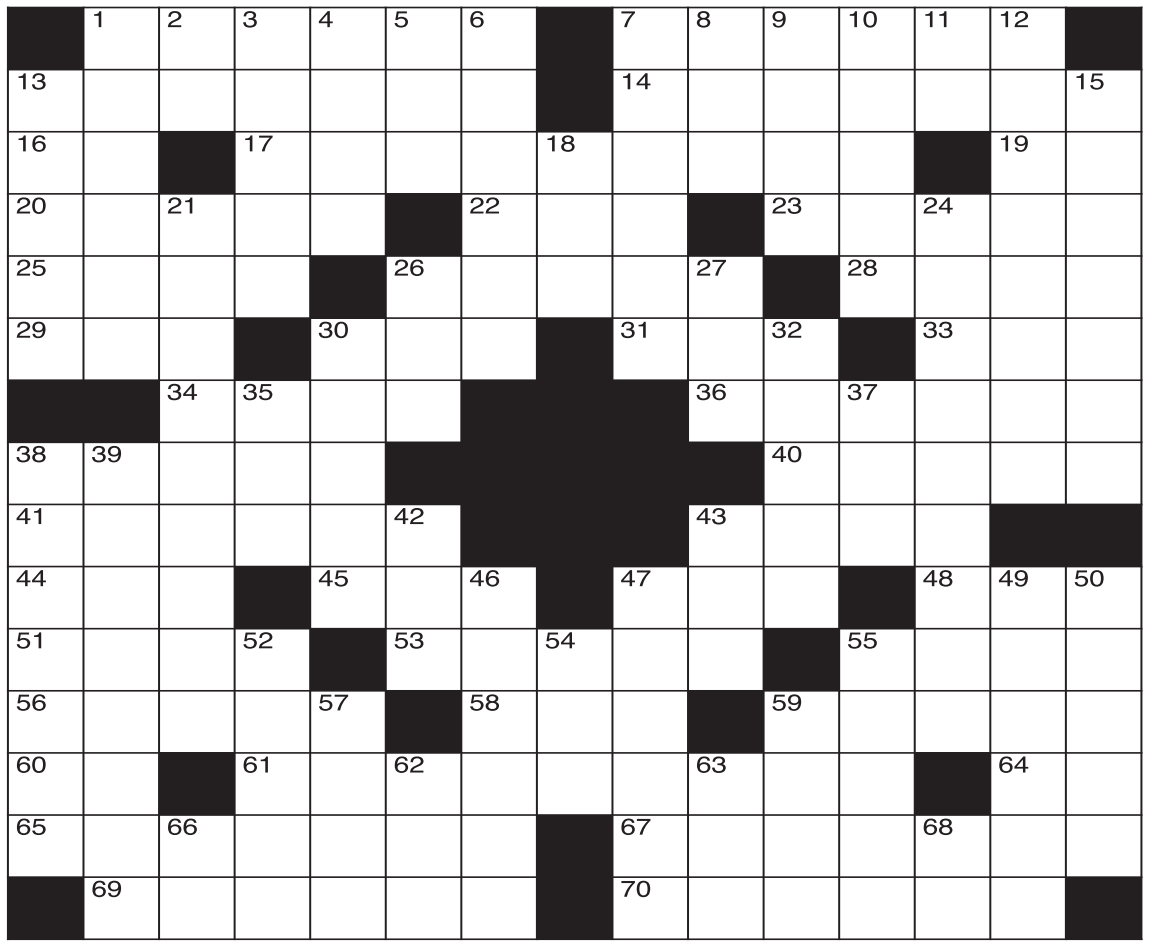
• In 1969, passengers on a hijacked plane thought they were on a prank-ridden camera show because "Candid Camera" host Allen Funt also was on board.

***

Thought for the Day: "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great." — *Mark Twain*

© 2020 King Features Synd., Inc.

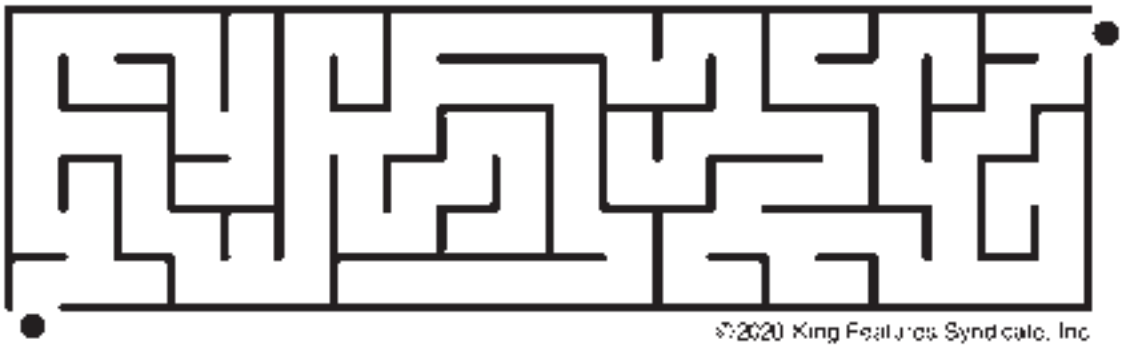
CROSSWORD



CLUES ACROSS
1. Slopes
7. Attacks
13. One who has left prison
14. Goes against
16. Atomic #37
17. Home of The Beatles
19. Mac alternative
20. A common boundary with
22. Fluid in a plant
23. Genus that includes scads
25. Longer of the forearm bones
26. Gradually disappears
28. AI risk assessor
29. Type of whale
30. Jaws of a voracious animal
31. Patriotic women (abbr.)
33. Ancient Egyptian God
34. Obsessed with one's appearance
36. Erase
38. A type of smartie
40. Nostrils
41. Influential French thinker
43. Popular K-pop singer
44. One point south of due east
45. Payroll company
47. Moved quickly on foot
48. Bar bill
51. An idiot
53. Indicates silence
55. Protein-rich liquids
56. Rhythmic patterns
58. Scatter
59. Belongs to bottom layer
60. Impulsive part of the mind
61. Carousel
64. Type of degree
65. Ornamental molding
67. Locks in again
69. Sounds the same
70. Come into view

CLUES DOWN
1. Speak rapidly
2. Trauma center
3. River in W. Africa
4. Ancient Greek district
5. Bulgaria's monetary unit
6. Children's ride
7. Absorbed liquid
8. Markets term
9. Retail term recording sales
10. Automaton
11. Spanish form of "be"
12. Divide
13. Malaysian sailing boat
15. Writers
18. Cool!
21. Popular tourist attraction studio
24. Sets free
26. An enthusiastic devotee of sports
27. Unhappy
30. Alternate term for Holy Scripture
32. Influential French scholar
35. What thespians do
37. Local area network
38. Free from contamination
39. Coastal region of Canada
42. Sun up in New York
43. High schoolers' exam
46. Fathers
47. Call it a career
49. Suitable for growing crops
50. Rose-red variety of spinel
52. Orange-brown in color
54. Lowest point of a ridge between two peaks
55. Late TNT sportscaster
57. A way to wedge
59. Cold, dry Swiss wind
62. Hockey players need it
63. Something highly prized
66. Atomic #45
68. Top lawyer

Kids' Maze



Crossword Puzzle Solutions page 14

You Can Still Dine Al Fresco!

By Devin Lavelle

Keep on supporting our local restaurants, please … and now you can do it outside!

It's been incredible to see how much our community has stepped up to support our local restaurants keep their doors open during COVID. It's about more than just food – restaurants are a cornerstone of our community. They are where we come together and where we get away. They are where we celebrate and sometimes where we mourn. They are an indelible part of so many of our experiences and memories, the community wouldn't be the same without them.

And, of course, their rules under COVID have changed again. With Governor Newsom's latest orders, restaurants that had recently re-opened for dine-in may no longer serve customers in-doors. For most local restaurants, that means reverting to take-out and delivery-only.

For a few of our local restaurants, though, they are able to stay open for outdoor dining on their patios. As the Governor said, "this doesn't mean restaurants shut down. It means we're trying to take activities, as many activities as we can, these mixed activities, and move them outdoors, which is a way of mitigating the spread of this virus."

I have long bemoaned the lack of outdoor dining opportunities in the Pocket. I have a dream of someone someday opening a rooftop dining area in the Grocery Outlet center, overlooking Lake Greenhaven. Maybe someday …

But in the meantime, neighbors looking for a great al fresco meal have several local options.

Ken from Device tells us, "We have two covered patios with tables spaced to keep everyone at least six feet apart and have two expanded patio areas with additional seating, fully meeting the requirements of social distancing. The breezeway gives a really nice delta breeze in the afternoon. With full shade, even the hottest days are pretty comfortable out there. Even when everything was open, they always filled up first. People seem to really enjoy it!"

Vientos Mexican Cocina at Riverlake Village has also expanded their already large patio, with shaded seating to the East of the restaurant, facing Greenhaven. I recently enjoyed a Carne Asada Torta on the patio and felt very well-spaced from the other customers.

Tamashii Ramen, the Pocket's newest restaurant in the Nugget center, is also open for outdoor dining. Lucas says, "We are serving at our patio. Everyone is welcome to order and enjoy our ramen and sushi on our patio. We have five tables outside provided by our landlord."

At A Taste Above (across from Bel Air), Rich tells us, "We are working on expanding the patio so we can provide limited outdoor seating by the end of July. We have been asked daily if we can provide seating for guests to enjoy their meal, beer/wine or Gunther's Ice Cream. Tables will be spread apart and sanitized frequently by our staff to ensure everyone is protected. Until then, we are still accepting phone-in orders for curbside delivery, walk-ins (mandatory face covering enforced) and of course the three delivery platforms can also be utilized." (Grubhub, DoorDash and Uber Eats)

Ken from Device wanted to emphasize the support local businesses have been receiving. "It was really great to see how quickly the CA Department of ABC processed our application to expand our patio. They have been working very hard to provide regulatory relief to help license holders during this time."

And everyone wanted to drive home how grateful they are for our community's support during these difficult times.

As Rich from A Taste Above says, "We'd like to thank all the supporters throughout the pandemic; without them, A Taste Above would not be able keep the doors open."

Or Tamashii's Lucas said, "It is very important for us to keep serving our community during this rough time. I hope everyone is safe and healthy. We will see everyone soon."

And Device's Ken, "It's been very rewarding to see the ongoing support of our community. We are doing everything we can to continue operating while keeping the public health as a priority."

Your Pocket Greenhaven Community Association is also doing everything it can to help support our local businesses. Keep up with the latest info on restaurant openings at pocketgreenhaven.org/restaurants.



Cathay Bank

Unleash business opportunity

Imagine what's next for your business with our Onward & Upward solutions:
Promotion period: July 1 to December 31, 2020

Open an **Advanced Business Checking** account and for the first 6 months:

Enjoy a **$0 monthly maintenance charge**[1] and waived fees for **2 incoming wires per month**[3]

Open a **Commercial Analysis Checking** account and for the first 6 months:

Earn **50 additional basis points** above our standard earnings allowance[2] and waived fees for **2 incoming wires per month**[3]

Plus, Onward & Upward customers can take advantage of these additional benefits:

- **A checking starter kit**, which includes starter checks, deposit slips, and an endorsement stamp, at no cost
- **Business debit card**
- **Business Online Banking service**, including mobile access, bill pay, and deposits, at no cost
- Complete suite of **treasury management solutions**[4]

Also ask about our Merchant Services limited time offer[4] **for even more savings.**

Berkeley Richmond 510-526-8898	Cupertino 408-255-8300	Dublin 925-551-8300	Fremont 510-624-8800	Millbrae 650-652-0188	Milpitas 408-262-0280	Oakland 510-208-3700
Sacramento 916-428-4890	San Francisco 415-398-3122	San Francisco Clement 415-831-1288	San Jose 408-238-8880	San Jose Brokaw 408-437-6188	Union City 510-675-9190	

See important offer details below.

1. Offer valid for Advanced Business Checking only. Account must be opened during the promotion period with new money only. Advanced Business Checking: $3,000 minimum opening deposit. $15 monthly maintenance charge and monthly activity fees may apply. $3,000 minimum balance required to waive monthly maintenance charge (waived for first six months after opening). Activity fees still apply.
2. Offer valid for Commercial Analysis Checking only. Account must be opened during the promotion period with new money only. Commercial Analysis Checking: $200 minimum opening deposit. $18 monthly maintenance charge and activity fees apply, which may be fully or partially offset by earnings allowance. The earnings allowance rate consists of 3 tiers and is determined by the bank. Balances maintained in the account will determine the tier used to calculate allowance. Ask a Relationship Banker for details.
3. Offer valid for customers opening new Advanced Business Checking Account or Commercial Analysis Checking during the promotion period. The fee will be credited to the account in which the wire(s) are received. The incoming wire fee waivers are up to $120 for six months.
4. Fees may apply for services. Ask a Relationship Banker for details. Cathay Bank reserves the right to withdraw these offers at any time.

Scan QR code to follow our WeChat account

Follow us

MEMBER FDIC EQUAL HOUSING LENDER

cathaybank.com | 800-922-8429

MKT8018-E (07/20)

Buddhist Church Of Sacramento Bazaar – At Home Edition



For the first time since its founding in 1947, the Buddhist Church of Sacramento's 74th Annual Japanese Food and Cultural Bazaar had to be cancelled due to the COV-19 pandemic. The annual bazaar has grown to be one of the largest Japanese cultural events in the Sacramento area, featuring a variety of food, cultural exhibits and demonstrations, and games for the kids. The event is the church's major fundraiser of the year, and the proceeds support the many programs and activities offered at the church, as well as its general operating expenses.

In the spirit of the annual bazaar, the church will be hosting a livestreamed telethon event, the "Bazaar-At Home Edition" on Facebook on Saturday, August 8, 2020 from Noon-5:00 pm.

This live event can be viewed on the Buddhist Church of Sacramento's Facebook page (@ buddhistchurchofsacramento). The program schedule will be posted on the church's website (www.buddhistchurch.org) and on Facebook. Viewers can tune in to the program any time during the five-hour period. Donations can be made through mail (Buddhist Church of Sacramento, 2401 Riverside Blvd, Sacramento, CA 95818), online (www.buddhistchurch.org), or by calling in during the telethon at (916) 446-0121.

In addition to accepting monetary donations, we will also be selling commemorative t-shirts, aprons, and decals. These items will be sold in limited supply on a pre-order basis only. The merchandise can be ordered on-line at the Betsuin's website at www.buddhistchurch.org until Saturday, August 15, 2020. After that date, the merchandise will no longer be available for purchase.

Featured below are some of the performances/demonstrations that will be included in the program:

Living Art of Bonsai: Heritage Trees - Lucy Sakaishi-Judd, retired high school teacher/coach of Roseville High School District, and member of the Sacramento Bonsai Club (president), Sekiyukai, Satsuki Aikokai, American Bonsai Association, and the Sierra Bonsai Club, will give a virtual tour of the beautiful bonsai collection that she and her late husband Gary Judd developed. In this presentation, Lucy will focus on "Heritage trees"; those trees she and her late husband cared for, that were from collections of others who they have known together. Bonsai has given them pleasure in enjoying a hobby together, continuing a legacy for others, teaching/learning enthusiasm for the art, and friendships around the world.

Koyasan Spirit of Children Taiko – This children's Taiko group was started in July of 1993 to transmit the legacy of Japanese culture to children. The group is sponsored by the Northern California Koyasan Temple. Emphasis is placed on discipline, focus, individual growth and working with and showing compassion for others. The group has been performing widely for the community, such as the Crocker Art Museum, Relay for Life and CSUS Japan Day, and their favorite performance venue, the Sacramento Buddhist Church Bazaar.

Bunka Shishu – Bunka is a form of Japanese embroidery, using special thread and needles. This art was originated in Japan in the early 19th Century and was introduced to the USA after World War II. Bunka is considered artwork, rather than clothing adornment. The Sacramento Buddhist Women's Association (SBWA) meets weekly to create beautiful art, and the participants include both men and women. SBWA member Jane Komure will narrate as instructor Kirby Fukushima demonstrates the art of Bunka.

Vocal Performances by Merv Maruyama – Merv Maruyama, originally from Fresno, moved to Sacramento about 4 years ago from San Francisco where he had lived for over 25 years. He is a member of the Los Angeles-based Grateful Crane Ensemble, a theater company performing plays and musical shows to tell the stories of the Japanese American experience. He has also appeared in productions at the Asian American Theater Company in San Francisco, San Jose Civic Light Opera and the National Asian American Theater Company in New York. Merv has appeared in over 20 productions at East West Players in Los Angeles.

Sacramento Chapter of Ikebana International - Two members of the Sacramento Chapter of Ikebana International will present and describe Ikebana floral arrangements. Ikebana is the art of Japanese flower arranging which began in the 13th century in Japan and continues currently with the development of many different schools of Ikebana. Ikebana International's theme is "Friendship Through Flowers" and is an organization which presents demonstrations from various schools of Ikebana as well as Japanese cultural programs; in this presentation, Jane Suiei Naito and Helen Kosoku Tashima will present their arrangements from the Sogetsu School of Ikebana, a modern school established in 1928 in Japan. These Ikebana arrangements will include both natural and unconventional materials.

(website - http://www.ikebanasacramento.org; Facebook: IkebanaInternational-Sacramento)

Satsuki Ina - Writer, activist, and psychotherapist, Satsuki Ina, has spent her professional career seeking to understand the long-term impact of collective and historic trauma. She was born in the Tule Lake Segregation, a maximum security American concentration camp during WWII. She is Professor Emeritus at California State University, Sacramento, and currently provides consultation to organizations and communities addressing collective and intergenerational trauma. She is co-organizer of Tsuru for Solidarity, a grassroots coalition formed to protest current policies that echo and reverberate the racism and hate so resonant of the historical Japanese American incarceration. She has produced two award-winning documentary films about the Japanese American incarceration experience, Children of the Camps and From A Silk Cocoon. Her upcoming book, Be Strong. Don't Cry will soon be published by Heyday Press.

Kendyl Ito - We're excited to announce one of our performers at "Bazaar-at Home Edition" is Broadway performer and longtime church member Kendyl Ito. Kendyl has been in several prominent productions in her young career including "Soft Power," Public Theater, NYC; "Matilda," National Tour; and "A Chorus Line" directed by Baayork Lee. More information at KendylIto.com.

Shuji Calligraphy – Shosui Shodo Kai - The form of Japanese calligraphy has a long, rich

see BAZAAR page 7

LYON REAL ESTATE
www.GoLyon.com
Bruce Reddick
916-919-7338
CalDRE# 01814263



Lakefront Views From Nearly Every Room



4 Bedrooms | 3 Bathrooms | 3,274 Sq.Ft.
788 Still Breeze Way | $1,050,000

Hospice Makes a Difference in Many Peoples' Lives

By Jan Dalske

My neighbor's mother was 96. She appeared to be in good health for a woman of her age. But, as we all know, appearances could be deceiving. She had multiple illnesses and took over 23 prescriptions daily.

She had diabetes which required blood sticks four times daily, as well as multiple shots of insulin. Her health was not great but she was alert and active at an age when most seniors are in much worse shape. Her daughter got advice from her mother's doctor to put her mother under hospice care. This made me curious to see just what hospice was and what services they offered their clients. This is what I found out.

Hospice care is designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible.

Hospice is on call twenty four hours a day.

There are four levels of hospice care, as defined by Medicare, to meet the varying needs of patients and their families. These four types of hospice include routine home care, continuous home care, general inpatient care, and respite care.

There are signs that your body could be shutting down. You could have different sleep-wake patterns, little appetite and thirst, fewer and smaller bowel movements and less pee with more pain. There could be changes in blood pressure, breathing, and heart rate.

Body temperature ups and downs that may leave their skin cool, warm, moist, or pale.

So, what exactly is hospice care? Well, unlike the other types of medical care that are out there, hospice care focuses on caring for a person who has a terminal illness as opposed to trying to cure them. While working with those who are terminally ill, hospice workers focus on providing them with pain management. They also strive to set them up with the emotional and psychological support they need during their final months, weeks, and days.

Hospice care is a concept that's still in its infancy compared to many other forms of medical care. The first hospice facility opened in London in 1967, and it took until 1974 for one to open in the U.S. But since then, hospice care has grown in popularity among many American families. More than 1.5 million people utilize hospice services every year with more than 40 percent of the deaths in the U.S. taking place while a person is taking part in a hospice care program.

So, what exactly is hospice care? Well, unlike the other types of medical care that are out there, hospice care focuses on caring for a person who has a terminal illness as opposed to trying to cure them.

While working with those who are terminally ill, hospice workers focus on providing them with pain management. They also strive to set them up with the emotional and psychological support they need during their final months, weeks, and days.

Hospice doesn't include the placement of feeding tubes, or any other steps taken to prolong life at this stage of care. However, patients who already have a feeding tube in place may benefit from hospice services. Sometimes, very close to the end of life, patients may choose to have feeding tubes removed.

Hospice is not for people who are dying. Hospice is for people who have a limited life expectancy. Hospice is for patients whose condition is such that a doctor would not be surprised if the patient died within the next six months.

There are rules for hospice. A doctor must certify that a patient meets all of these requirements: A fatal medical condition for which the patient is not seeking curative treatment. An expected prognosis of six months or less. Assisting the patient and family members with the emotional, psychosocial and spiritual aspects of dying.

The medical definition of Hospice care: Care designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible.

Do you know someone who was just diagnosed with a terminal illness? If so, you should know that you're not alone. Studies have shown that more than 40 percent of people have had either a close friend or family member diagnosed with a terminal illness over the last five years. You should also know that there are steps you can take to make your friend or family member's life as comfortable as possible moving forward. Knowing when to put someone in hospice care is one thing you can do to help someone who is suffering.

It's not always easy to put a loved one into a hospice. But it's often the best thing for their physical and mental well-being. While working with those who

see HOSPICE page 15

Bazaar:

continued from page 6

artistic history and Shosui Shodo Kai of Sacramento has been proud for many years to be a part of the Sacramento Buddhist bazaar. Shosui Shodo Kai, started by Mrs. Etsuko Wakayama in 1979, is a program that includes the writing of kanji (Chinese characters), kana (a developed style for poetic writings), penji (Japanese handwriting) and sumie (ink wash painting). Presently, the head instructor is Mrs. Harumi Hashimoto, with Yumiko Kitade as assistant instructor. Mr. and Mrs. Isamu Kobata are penji instructors. The tools used in Japanese calligraphy are the brush, ink, ink stone and paper. Known as the Four Treasures, these four calligraphy tools help each individual to write gracefully, develop respect for the art form with the hope that can be an invitation to a finer aesthetic viewpoint for each student.

Kimekomi Dolls – The original Kimekomi Doll was first made by Tadashige Takahashi who served for Kamigamo Shrine in Kyoto 280 years ago. The doll was made of willow tree twigs found near the Kamo River. Takahashi dug some shallow grooves of kimono seams and pushed pieces of cloth from the costume of Shinto priest. Most Mataro dolls are modeled from the Heian Period to the Edo Period. Modern style dolls and animals are available. Masanori (Isako) Wasano, director of the Northern California Shibu-Chapter Mataro Miyabi Kai will provide a demonstration of Kimekomi Dolls. Isako is an Executive Member of the Mataro Doll Craft Academy (Tokyo, Japan), an inductee of the 2011 Japanese Culture Hall of Fame in Northern California, a senior instructor for Kimekomi Doll classes in the San Jose and Sacramento, and class advisor in Stockton, Watsonville, and Monterey.

Sacramento Taiko Dan - The Sacramento Taiko Dan was founded in 1989. Its diverse membership is drawn together by a shared passion for taiko, a modern percussive art form with roots in Japanese culture and traditional performing arts. For more than three decades, the group has brought a dynamic mix of thunderous sound, toe-tapping rhythms, intricate choreography, and boundless joy to audiences throughout California, and as far away as Canada, Europe and Japan. Sacramento Taiko Dan has been performing at the Buddhist Church's Annual Bazaar and the California State Fair for decades.

YEE LAW GROUP

Your Lawyer Should Know As Much About You As They Do About the Law... Talk to Mike Yee

ESTATE PLANNING & PROBATE

Practice Areas:

- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession



Mike Yee

Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.

Call 916-927-9001 for Free Consultation

mylawyersllp.com *See our awesome reviews on:* yelp

4010 S. Land Park Drive, Suite B, Sacramento 95822

Covid-compliant 'Burner' art event allows guests to drive-thru

Whimsical installation art, mutant vehicles, and firey dance performances will be right out the window as Sacramento Valley residents by the car-load visit The Mine Shaft in Rancho Cordova for "Summer Spark drive-thru."

The two-night multisensory art experience inspired the annual counter-cultural event Burning Man takes place July 24 and 25 from 7 p.m. until midnight. Advanced per vehicle tickets are $20. Drop-in tickets are $30. The unlimited visit "arts supporter" pass costs $100.

"This is our attempt to tweak what we do to give guests this amazing experience -- inspired by Burning Man -- without leaving their vehicle," said Ed Fletcher, president of Sacramento Valley Spark, the organization behind the event. "The pandemic has been rough on many people. This is not a 'back to normal' event but will be two nights the region will soon not forget."

The drive-thru format, strict physical distancing, and mask use will be employed to minimize health risks. Guests will not leave their vehicles once inside the experience, including ordering and receiving food from on-site food trucks.

"It's the same concept as driving through a holiday light display or visiting a haunted house," said Tiffany Allen, a longtime Sacramento event producer.

"In addition to collecting some amazing art previously displayed at Burning Man, we're funding original art from some of the region's top artists working in light, kinetic, and installation art," said Allen.

"To Bee or Not to Bee," a 15-foot long honey bee is among the artwork curated for the event. The piece by Mr. and Mrs. Ferguson Art of Livermore was one of more than 400 on display at Burning Man in 2019 and one of 75 partially funded by the Burning Man Project that year.

With Burning Man canceled this year, local burners, lead by the non-profit Sacramento Valley Spark, have turned their attention to creating this unique experience.

"While adding food trucks isn't in keeping with the ethos Burning Man, we wanted to provide this amenity since for many people nights out are few and far between," said Fletcher. In keeping with the goal of making this a no contract visit, guest will order food with an app while in line and have their food delivered without leaving the queue. Confirmed food trucks Azteca Street Tacos and Drewski's Hot Rod Kitchen.

Summer Spark is supported by a grant from the City of Rancho Cordova's Community Enhancement fund. The grant has allowed us to pay artists at a time they really need it, said Fletcher. The City of Rancho Cordova's Comunity Enhancement Fund is supported by a ½ cent sales tax approved by Rancho Cordova voters in Nov. 2014. In 2019, the city approved 50 community projects totaling $2.1 million.

Sacramento Valley Spark is a 501(c)3 nonprofit inspired by the "10 principles of Burning Man." The organization is also working with the City of Rancho Cordova to create a one-year temporary art park at the Mine Shaft site.

While The Burning Man Project has endorsed the Playa Art Park project, it is not specifically endorsing the drive-thru event. A team of flow arts performers will be spinning LED and fire throughout the event.

7707 Rush River Drive,
Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

Monthly Caregiver Educational Zoom Workshop Series

"Caring for Caregivers through a Pandemic"

Tuesday's:

Workshops will be held-July 21st, August 18th,
September 15th, October 20th, November 17th & December 15th at 2pm.

Presented by: Julie Interrante, MA

Being a caregiver in the midst of a pandemic has proven more than challenging. It is stretching the limits of our ability to be calm, to be patient, to trust, to sleep and more. Living in the time of pandemic

Please RSVP for Zoom info At
916-392-3510

CHC CHANCELLOR HEALTH CARE, LLC

Residential License #: #342700005
Day Club License #: 347001342

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

Garden guru shares advice on gardening with children

By Monica Stark

Plant whatever brings you joy. I read that book and I like the title, but the very idea is problematic since planting anything is wrought with the opposite of joy – horrible sinus pain.

Give me my Benadryl, a glass of wine, draw a bath and I'll see you in the morning.

When toilet paper became a rare commodity due to the corona, I freaked out and became a TP hoarder. I even joked on Facebook about how I use a roll a day to keep the boogers at bay. I had folks volunteering to make me hankies!

Sometimes my allergies actually make me sad because I want to be *that* mom, the one with the beautiful victory garden tended to with help from her 8 year old daughter. You, know, *that* Waldorf mom who also likes crafts and could sew her own darn hankies (and Covid-19 face masks, which could also be helpful with the allergies when gardening, I suppose). When I think of my dear mom friend (and friend in general) Sara Bailey I have an image of her wearing her gardening shoes, hat and gloves while her two children play in the dirt and watch the grass grow. She is *that mom* who plants joy at school. She's also my friend whose children sewed me some hankies and gave me a packet of harvested sunflower seeds. Sunflowers do bring me joy. She must have known. Afterall, Sara has two children and runs the garden program at our children's school.

Over the phone she explained the Mexican Sunflowers are easy to grow; even children have success with them. Excellent.

Also a community seed-sharer, Sara saved seeds from last year's harvest, including Mexican Sunflower, to basil, squash, pole and bush beans beans, making for neighborly exchanges during the quarantine. "Some were from seeds I saved and some were from friends and family that we exchanged with. I planted so many seeds, so I had so many to share. It was one thing we could do – share. That was like 'elevendy' years ago. It feels like 400 years ago we were planting seeds."

Her expertise working with children in the garden has grown over the years. Sara says Soil Born Farms in Rancho Cordova has helped instruct grown-ups, like herself, on how to explain plants to them. She learned that teaching kids how their hands are tools and how they can use them in the garden have born fruitful results. And, planting different size seeds requires specific handling; you can plant that one seed with your finger. "Otherwise you end up with 4 million seeds all over the place, which happens anyway, and that's totally fine. That's all part of it," she says.

If you actually want to get some gardening done, Sara recommends having a clear plan and supplies at the ready. That said, sometimes it's best not to have a plan and be more open-ended and ask them to use their senses to see what's there. "That doesn't have to be so structured. It's a balance of figuring out what needs to get done and what makes sense to do with kids and just having it really planned out."

Bringing her to a total let-go of control, Sara said gardening with children will never be the way you planned it in your head no matter how much planning you do. So much of it is going with the flow. For instance, when they ask questions, she doesn't always answer them. Rather, she lets their curiosity stay in that zone and asks them what they think.

While children at the school always ask to grow carrots, Sara advises against it. "It's not that I don't do carrots with kids – they're just hard. They don't germinate really easily and they take forever to grow." On the flip-side, radishes although aren't typically a crowd-pleasing vegetable, Sara likes to plant them with children because of how quickly they germinate. "In a short amount of time, you will have radishes, which is not a thing kids necessarily love. If you cut them up and offer them to a bunch of kids, and a couple of them like them, then more kids will try them. They are just fun to do because they happen really fast."

Additionally, she says sweet peas are fun and any type of squash are great because they grow really fast. Sometimes things in school gardens you have to think about because things like summer squash and tomatoes do most of their growing in the summer when kids aren't there. On the other hand, pumpkins are great if someone on campus can do the watering over the summer. So, in theory when the kids return to school, they have pumpkins.

One of her favorite things to plant with children is borage, an annual that re-seeds itself easily. "They have awesome purplish blue flowers on them and you can pop the flower off; it's edible and tastes almost like a cucumber. Some people make tea with them. They don't take up a lot of space and they're super fun. That's one people don't know a lot about and they're cool."

Sara says that when she's at school she notices big differences in some children's behavior when they get a chance to go outside. "When you're at a school in your classroom, these walls are around you. Outside, you get to see a different part of kids. There are kids if you are sitting next to them and not looking at them and you're just digging in the dirt together, they will talk to you. You could spend a lot of time in the classroom with them and not ever hear from them directly. The garden is a really safe place for kids to be who they are. There is something for every kid. There's something that they're good at. There are some kids that are really great at ripping out weeds, some who like heavy lifting, and there's things that are more finesse like weeding in between the teeny tiny flowers."



Ada Bailey, Sara Bailey's daughter

Sara says there's a place for everybody in the garden. Perhaps there's hope.

HOW TO GET A CALIFORNIA STATE JOB

Consultation includes a comprehensive analysis of your experience and education in order to direct you to exams and the state jobs that go with them.

Email or call Michelle Allen with your questions.

EMAIL: michelle.allen2@sbcglobal.net
PHONE: (916) 457-1630
WEBSITE: michelleallencaliforniastatejobs.com



Michelle is a former long term state employee, regular instructor for Sierra College, lecturer for multiple universities, veterans groups, one stops, job fairs, and arbitrator for BBB.

PACT keeps the 4th festive for local seniors



GREENHAVEN ESTATES
Assisted Living & Memory Care

Enriching the Lives of Seniors in the Pocket Area for 30 Years!

- Rates Starting at $2995.00
- Assisted Living with Personalized Care
- Dedicated Memory Care Neighborhood
- Chef Prepared Cuisine
- Life Enrichment Program & Daily Activities
- Active and Engaging Lifestyle
- One Bedroom Residences, 600 sq. feet
- Two Bedroom Residences, 900 sq. feet
- Memory Care, Private and Shared

Virtual Walk Through Tours Available! Make Your Appointment Today!

For more information and our Response to COVID-19, Please visit our website at www.greenhavenassistedliving.com and Facebook at Facebook.com/GreenhavenALMC/

(916) 427-8887

7548 Greenhaven Dr. Sacramento CA 95831

greenhavenassistedliving.com

Lic# 347005239

By Devin Lavelle

We all understood but were saddened when the Pocket 4th of July Parade had to be canceled due to COVID-19. I think we all know that gathering in large groups was just too big of a risk to take right now.

We also recognize that COVID has impacted many of us in very different ways. Some have been hit hard economically; others have been sick or seen loved ones suffer through the disease. Our elderly neighbors, who are most at risk to COVID, have been hit particularly hard. Gratefully, outbreaks have not occurred in our local senior centers at the time of writing. However, the seniors who live there, who are already at great risk of isolation, have been cut off from the world around them even more because of COVID.

The Pocket Area Churches Together stepped in to this void, organizing a parade of over two dozen decorated cars on a tour of ten local senior facilities on July 2nd. (The 2nd was chosen to work around staff at the facilities who had planned much deserved time off over the holiday.)

Rich Fowler from the organizing committee described their goals: "We wanted to communicate that the elderly people who have been quarantined and alone for months now. They are our moms and dads, aunts and uncles, brothers and sisters...and we who are a part of the faith community wanted to communicate to them that they are not alone, that they are not forgotten, and that they are important to us. In addition, there are hundreds of men and women who are workers in these facilities who are taking care, day after day, to make sure those in their care do not catch the deadly COVID-19 coronavirus. We wanted to communicate to them that we know they are there, and we are grateful for their dedication and care."

In addition to Rich from St. Anthony Parish, the planning committee included Jane Owen and Vicky Chastain from Faith Presbyterian, Beth Hieb from River's Edge Church and Sydney Schumaker, an incoming junior at Christian Brothers High School.

It wasn't an easy process. Sydney tells us, "We had several weekly meetings to organize it. We carefully planned a route to make it as easy as possible to keep the group together."

Driving in the middle of the parade, I can tell you it was a challenge keeping together through the many red lights, slowed by the work SMUD is doing in the middle of the neighborhood.

Nonetheless, everything really came together when we gathered in the parking lot behind Faith Presbyterian. "That morning was great. We got there early, but people were already there even earlier, lining up, decorating their cars, saying hi to everyone they knew. It was fun to see the community together for such a good cause. There are so many people who want to do this and are willing to come together early in the morning," Sydney recalled.

From there, we were off, heading north on Florin before visiting The Meadows at Country Place and Eskaton Care Center at Lake Greenhaven. A large crowd had gathered along to watch the parade loop through Eskaton's parking lot. Next we headed down Riverside to The Waterleaf (plus a quick wave to their neighbors at VCA Greenhaven!). Valine Court was packed with enthusiastic residents, waving enthusiastically as we went by. After a loop around South Land Park, we returned down Riverside to Greenhaven Place and saw a seemingly endless collection of small groups pop up throughout the parking lot behind the facility. After a slow trip through a one-lane Florin, we made the route of ACC facilities starting with Greenhaven Terrace, then their new Maple Tree facility and ACC Care Center on Rush River. (Watch out for the folks at ACC Care. They have squirt guns and they aren't afraid to use them.) Just past ACC Care, we looped through the Revere Court parking lot before using the Rush River/Windbridge circle to turn back around before finishing at Greenhaven Estates.

Sydney recalled, "The elderly folks seemed to be enjoying themselves. They were waving and smiling. One ACC facility even had squirt guns out, they really seemed to enjoy it."

And from what the staff tell us, they did really have a great time.

Casey Simon from Revere Court Memory Care said, "We appreciate the PACT team for taking the time to celebrate our HEROES and residents here at Revere Court Memory Care! They did a great job decorating their vehicles & showing their love and compassion to us! Our staff work hard daily to keep a smile on our residents faces, even more so during this pandemic, we appreciate the acknowledgment and effort that the PACT team showed us with a wonderful, fun car parade!!!"

Scott Okamoto from ACC Maple Tree Village added, "The parade was fantastic and is was a great start to our residents' 4th of July weekend. We shared a video on our Facebook page and Instagram account. As residents were coming back into the community, we heard comments like 'that was fun' or 'did you see the old cop car?' Staff especially loved the golden retriever popping out of the window! Residents here at ACC Maple Tree Village were waving their Americans flags proudly as each car passed by."

It really meant a lot Scott, "Knowing the 'random strangers' in the community are thinking about us, wanting to express their love and support of residents and staff is invaluable to the heart at times like this. If feels like a warm hug to heart to know that our community is standing behind us, sending love and caring wishes our way as we all battle against COVID-19 and its isolation together. As much as we do as a company to support our residents, it adds an additional layer knowing that the outside community's support is there as well. Having the community social distance, wear masks when in public, practice proper hand washing and all additional protocol help us to protect our residents that much more. The more we can join together in fighting COVID-19, the more we can help protect each other and protect our community of Greenhaven and Pocket."

It was a great morning for everyone involved. As Sydney said, "It felt really good seeing all the smiling faces, the people in the cars, the healthcare workers and all of the residents. It's really fulfilling to see it all come together."

Faces and Places: Fourth of July neighborhood fun

Photos by Elizabeth Wong

Covid-19 did NOT STOP our neighborhood in the Pocket from celebrating with fireworks!



Auntie Mollie & Eliz (lawn chairs)



Hula Smiles (sparklers & "Tiny Bubbles")



"Lights of Freedom" lined up on sidewalk



Flag flying over rice crispie

Crawfords Books

New | Used | Trade



Open for browsing

Curbside pickup available

Tuesday-Saturday,
10am-6pm

5301 Freeport Blvd. #200 Sacramento CA 95822

www.crawfordbooks.net | jcrawfordbks@comcast.net

916.731.8001

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

GUTTER CLEANING

Prime Quality Maintenance

- **GUTTER CLEANING**
- **Window Cleaning** (inside/out/screens washed)
- **Pressure Washing** (all surface areas)
- **Junk Removal/Hauling**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured

CSL# 996271



Call or Text Jesse: 916 417-4231

CALLING ALL PROVIDERS OF... HOME IMPROVEMENT SERVICES

ADVERTISE YOUR BUSINESS IN THE NEW YEAR!!!
FOUR NEIGHBORHOODS, ONE PRICE
AFFORDABLE | CONSISTENT PRESENCE

REACH YOUR TARGET MARKET

FREE AD DESIGN

CALL MELISSA TO SCHEDULE YOUR AD NOW!



916.429.9901

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 213-3740

Neil McIntire — C.S.L.# 394307

HANDYMAN



D&H Service

Office: **916-428-5907**
Cell: **916-206-8909**

25 years of experience

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

HANDYMAN

Summer Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING/SHRUB REMOVAL
- PRESSURE WSHING

CALL LESTER
(916) 838-1247
LIC# 128758/REF

Pressure wash your driveways clean! Your decks too!
Clean out your garage! Replace tt old lawn too!
Hard work-not a problem!



SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 20 YEARS*

HANDYMAN

FREEDOM HANDYMAN SERVICE

I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Disposals & Air gap replacement - Demolition
Sprinkler repair & New Valves - Carpentry - Electrical
Plumbing - Sheetrock - Ceiling Fan installation
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL! **Call Eric (916) 470-3488**

PAINTING

GARY'S PAINTING

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

CSL #734323

FREE Estimates!

McClatchy '67

(916) 725-8781



Call 916-429-9901

Our Readers Need Your Service!

It Pays to Advertise!

Advertise your service in this section, today!



Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

CSL# 432951



- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp

(916) 591-5056

PLUMBING

Mack's Plumbing

Repairs - Replacement - Service

916 761-5780

License # 784099

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

TILE WORK

NIETO's TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TILE WORK

BAXTER TILE

EXPERT INSTALLATION REMODELING & REPAIR

Ceramic • Marble • Granite • Floors • Counters • Walls

42 Years Experience • FREE Estimates

916-213-4669

License #668100

Advertise

your company ONLINE, today!

Call 916-429-9901 for more information.



CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
37 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

Please RECYCLE this paper. Thank You

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 37 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

HANDYMAN

CLEAN-UP SPECIALS!
SUMMER Yard Clean-Up Special – Yard clean-up. Rain gutter cleaning, pressure washing/ power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **22 yrs. exp. Specials for seniors. Licensed**

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

Do you enjoy making people smile?

Do you want to work with people who care? Are you ready to join a team that makes a difference every day? If so, you may be interested in becoming a caregiver!

Stop by Today!

www.reverecourt.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

HANDYMAN

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock,Plaster, Stucco, Repairs and Remodeling, you name it! **Lic# 908942. Call Steven at 230-2114.**

TAX PREPARER

#1 CONCIERGE TAX PREPARER
37 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

YOUR AD HERE

RESERVE YOUR SPACE IN THE CLASSIFIEDS! CALL 916-429-9901

Check out the Home Improvement Guide
Call Melissa at 429-9901
for ad rates.

www.valcomnews.com

Kennedy High School Teacher Honored by the Special Olympics of Northern California





Sacramento City Unified Teacher Chloe Stidger was honored by the Special Olympics Northern California (SONC) for her efforts to go above and beyond for students and encouraging an environment of inclusion and acceptance. Stidger is a Special Day & Autism Teacher at John F. Kennedy High School (JFK) and was honored alongside five other teachers in Northern California.

"Chloe has been tireless in ensuring that all students receive access. Her work with the Special Olympics is testament to her commitment, and she deserves every bit of this award. She has been essential in changing stereotypes and improving trajectories. I could not be prouder," said John F. Kennedy High School Principal David Van Natten.

JFK starts the year with soccer and has become a Championship School for Inclusion in Sports through the Special Olympics Soccer events hosted at JFK. This event allows the school to meet, and recruit general education students who want to compete side by side with us for other sporting events like basketball. Students practice together at lunch and during their P.E. classes.

"The students, and staff believe that Special Education students are so much more than their 'label.' It means that we are working hard to include not just the Special Needs students but we are including the General Education students into our world and fun," said John F. Kennedy High School SDC/Autism Teacher Chloe Stidger. "Sports brings everyone together and once you are on the court or field it's all about winning, team, working together, and fun. Through sports we are finding a common ground. I want this program to grow and become the norm across SCUSD. I want all schools to have the amazing success we have experienced in breaking down walls and setting a new climate for all in an inclusive environment."

The program brings students together and everyone, no matter who they are or the challenges they face, is included. They are breaking down stereotypes and doing it in a fun setting.

"Ms. Stidger has gone above and beyond during soccer and basketball seasons. This past season, their basketball team was able to recruit the most peers that the program has ever seen, bringing a new level of inclusion to campus," said Sacramento City Unified School District Superintendent Jorge Aguilar. "She was instrumental in ensuring that there were enough participants for the first basketball clinic with the Sacramento Kings, bringing a group of 20 students on a public transportation trip that took some serious planning to pull off."

Ms. Stidger and her team at John F. Kennedy High School consistently go above and beyond to serve their students. From working with leadership and other students, to creating a school-wide R-word campaign, to serving as a community sports coach, she is committed to ensuring her students have the best opportunities both on and off the playing field. The selected teachers were nominated for the recent 2019-2020 season.

SONC recognizes the contributions of partnering special education, adapted physical education (APE) and other teachers and administrators for their outstanding efforts in impacting the lives of students with intellectual disabilities.

PUZZLE SOLUTION

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

Hospice:

continued from page 7

are terminally ill, hospice workers focus on providing them with pain management. They also strive to set them up with the emotional and psychological support they need during their final months, weeks, and days.

Additionally, hospice workers are capable of providing the families of those who are terminally ill with support throughout the process. They can show people how to properly care for their loved ones while offering up grief support and counseling services to them.

Hospice care is available at home for those families who don't wish to put their loved ones into a hospice facility. But in many cases, it becomes too difficult for families to care for their loved ones on their own, which is when a hospice facility can come in handy. Hospice care is available to those of all ages and has proven to be extremely beneficial to those who take advantage of it. It's designed to ensure that your close friend or family member is well taken care of towards the end of their life. There are ten signs that your loved one needs Hospice Care. Despite the many benefits that come along with hospice care, there are still some families that are hesitant about using it. They don't want their terminally ill friends and family members to feel as though they're giving up on them.

It's natural for families to feel this way. But that shouldn't stop you from considering when to put someone in hospice. It could improve their quality of life dramatically and allow them to enjoy the time that they have left rather than suffering.

1. They're Almost Always in Pain. There are a lot of terminal illnesses that force people to live with persistent pain. Terminal conditions like pancreatic cancer, Lesch-Nyhan syndrome, and more can make it virtually impossible for people to move around throughout the day. They can also take a toll on a person's mental health and make them feel miserable just about all the time. Hospice care can help these people manage their pain more effectively. Hospice workers specialize in figuring out why a person is in pain and showing them what to do to take care of it. It's not always possible to eliminate pain with hospice care. But most people can make improvements with their pain within just a few days.

2. Take Regular Trips to the ER or Hospital Does it seem like your loved one is always checking in and out of the hospital for one reason or another? You should speak with their doctor about what you can do to prevent some of the issues that are taking place. In some cases, your loved one might not be taking their medications as instructed (more on that later), or they might not be taking good enough care of themselves at home (more on that later, as well). But either way, you need to do something to prevent your loved one from checking into and out of the hospital all the time. And a hospice care facility might just do the trick. A good hospice care facility will give your loved one the long-term care they need to manage their terminal illness better. It'll increase the chances of them staying out of the hospital for long stretches of time.

3. Can't Take Care of Themselves Anymore There are a bunch of daily tasks that people need to be able to do to live at home on their own. They must be capable of: eating, bathing, dressing themselves, using the bathroom, walking and more. When your loved one is initially diagnosed with a terminal illness, they might be able to do all these things with ease. But over time, they could start to struggle with one or all of them. And it'll begin to affect their health. If, for example, your loved one isn't bathing on a daily basis anymore, they'll make themselves more susceptible to certain infections. They'll also likely suffer from different skin conditions as a result.

Hospice care centers can help those with terminal illnesses to take better care of themselves. From eating regular meals to take baths every day, you'll sleep better at night knowing your loved one isn't suffering needlessly because they can't do daily tasks anymore.

4. Forget to Take Medications Hospice care workers will not recommend new medications for people to try to combat a terminal illness. Your loved one's primary doctor is in charge of doing that.

However, workers can and will encourage your loved one to take their prescribed medications regularly when watching over them. This will prevent your loved one from forgetting to take their medications and suffering because of it.

Taking medications might seem like a no-brainer to you, especially if those medications are helping keep your loved one alive. But believe it or not, about 50 percent of people with chronic conditions fail to take their medications as prescribed.

You can prevent your loved one from falling into that category by entrusting a hospice care worker to make sure they take their medications. It'll stop them from suffering any more than they have to.

5. They Slip and Fall As we mentioned earlier, the pain associated with some terminal illnesses can make it just about impossible for some people to get around. They end up spending entire days in bed or in a chair because their pain won't allow them to stand up and walk.

The pain can also lead to slips and falls. It can cause injuries to occur and, in some rare instances, it can even lead to death.

If your loved one is over the age of 65, potential slips and falls should already be on your radar. Approximately 40 percent of the fatal injuries involving those over 65 are the result of slips and falls.

But you need to be especially mindful of slips and falls involving people with terminal illnesses. They're often at an increased risk of falling and hurting themselves due to their pain. A hospice care facility can reduce the risks associated with them moving around.

6. Losing Weight at a Rapid Pace Have you noticed that your loved one has lost a ton of weight in recent weeks? It could be due to the medications they're taking to the terminal illness that is wreaking havoc on their bodies. There is also a chance that they're not eating enough and losing weight because of that.

Whatever the case, your loved one's rapid weight loss should concern you. It could cause them to become very weak and make it even more difficult for them to live a somewhat normal life. By looking into your hospice care options, you can help them maintain a healthy weight. That alone could improve their life by leaps and bounds.

7. Also Losing Their Mental Abilities Those with a terminal illness will often lose more than just weight. They'll also start to lose their mental abilities in some cases.

This can, as you might imagine, affect them in all kinds of ways. It will: Cause them to become confused at certain times of the day, Make it even more difficult for them to carry out daily tasks, Impact their ability to stay on top of their medications

If your loved one appears to be struggling to keep things together mentally, it might not be long before it's impossible for you to give them the care they need. You'll need the assistance of a hospice care professional to guide the way.

8. Constantly Dealing With Infections Seniors are more susceptible to infections than the rest of the population.

Part of it is because many of them suffer from several different health conditions at once. All of those conditions can attack different parts of their bodies and make it difficult for their immune systems to stave off infections. But part of it is also because many of them don't take good enough care of their bodies. They don't bathe themselves properly and don't move around enough, which leaves them open to infections.

If your loved one is dealing with lots of infections on top of their terminal illness, it's going to wear their bodies down over time. It's also going to force them to spend more time in the hospital than they want. By taking them to a hospice care facility, you can eliminate at least some of the risk of infections setting in and allow them to stay a little bit healthier.

9. Struggling to Sleep Older adults should be getting anywhere from seven to nine hours of sleep every night. But some studies have suggested that up to 50 percent of them struggle to sleep at night.

Has your loved one told you that they can't sleep well anymore? It could be a result of their constant. There are some medications that can also cause insomnia.

When you place them into hospice care, someone will work with them to figure out why they struggle to sleep so much. A hospice worker will contact their primary doctor and come up with a solution to this problem.

10. Living With a Very Low Quality of Life It's often hard for those living with a terminal illness to find joy in life. Amongst all the problems that the terminal illness causes and the grim outlook for their future, people have a tough time seeing the positives day in and day out.

If your loved one doesn't ever seem happy, hospice care might be able to change their outlook on life. It'll remove some of the pain they're feeling and give them the comfort they crave. And it could very well restore their quality of life and make them feel alive again for the first time in a long time.

Understanding When to Put Someone in Hospice Is Important

The idea of hospice care might seem scary, both to you and to your loved one. Initially, it might feel like you and your loved one are both giving in to the harsh reality that comes along with having a terminal disease.

But look at it another way. Hospice care can actually give your loved one their life back in many ways and let them enjoy life while they still can. You need to understand when to put someone in hospice and make the decision to do it before it's too late.

Faith Presbyterian Church

OPENING FOR CHILDREN'S MINISTRY

Position available for Children and Family Ministry *(full-time)* - Faith Presbyterian Church, Sacramento, CA. Contact Brett Shoemaker for a complete job description at bshoemaker@faithpresby.org

Bedroom sale

ALL BEDROOMS ON SALE*



$799 reg $869
QUEEN STORAGE BED
$999 KING STORAGE BED
Nightstand $169
Dresser $549
Mirror $99



$839 reg $959
QUEEN SLAT BED
$949 KING SLAT BED
Nightstand $419
Chest $899



$899 reg $999
QUEEN PANEL BED
$999 KING PANEL BED
Nightstand $399
Chest $899



$1099 reg $1249
QUEEN STORAGE BED
$1379 KING STORAGE BED
Nightstand $439
Chest $1169
Dresser $999
Mirror $229





Brooklynn, CPO
(Chief Persuasion Officer)
5th Generation, Naturwood Family

$999 reg $1149
KING PANEL BED
$779 QUEEN PANEL BED
Nightstand $399
Chest $999
Dresser $999
Mirror $149



$1169 reg $1299
QUEEN STORAGE BED
$1349 KING STORAGE BED
Nightstand $359 Chest $799
Dresser $989 Mirror $199



Naturwood®
HOME FURNISHINGS

12125 Folsom Blvd.
Rancho Cordova
916-351-0227
www.naturwood.com

Mon 10am – 8pm
Tue – Thu 10am – 6pm
Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

*Sale applies to all indicated items except all "Clearance" and "Special Buys". Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sizes and colors are approximate.
Sale ends 7/26/20