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Chalk it Up!

30th anniversary went "around the town"

see page 4

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Fleet Feet announces mural and street art tours

By Monica Stark

Fleet Feet Sacramento invites the public to celebrate local murals and graffiti art with 2-hour walking tours. Guides will lead you on a tour to see some murals-in-progress (and some previous favorites) throughout Midtown, Downtown or the R Street Corridor. Be sure to bring your camera as you stroll the streets and alleyways in search of new-found-art. Enjoy the sights of the city, and discover Sacramento's commitment to urban art, and learn more about the artists who are literally painting our town. Each tour starts at 9:30 a.m. and will be about 2 to 3 miles in length. All tours are walking tours. Each tour is limited to nine participants. Social distancing will be in place and masks required for each participant. The cost is $20 (plus processing fee).

What follows is a Q and A with Event Director Kim Parrino.

VCN: Is this the first time Fleet Feet has hosted these events?

Parrino: We put together a Downtown and Midtown mural tour for the first time last August during Wide Open Walls.

VCN: What inspired Fleet Feet to hold these mural tours?

Parrino: We had such a fun time guiding the tours last year we wanted to do it again this year. In fact we expanded and added new murals to both our midtown and downtown tours.

Some of the new murals are from the 2020 Wide Open Walls event. There are so many murals in midtown especially along alley ways and the tops of buildings that we were investigating and learning about that we wanted to share these with the folks that took our tours.

We also love all the mural work around the R Street Corridor so we created a third area to tour the murals in that area. Downtown, we've expanded into Improv Alley which has several new murals for 2020.

VCN: How did Fleet Feet decide which murals to feature during this tour?

Parrino: We discovered last year that the people taking our tours could comfortably walk about 3 miles so we used that as our starting point and developed routes within that distance.

VCN: Tell us about the tour guide's interest and knowledge of the murals.

Parrino: We have several guides to support the tours that we offer. They can share the background of the artist say if they are local or have come to Sacramento from out of the country. Our guides can share the title of the artwork and any symbolism the artist is trying to convey. We have also studied what medium the artist is working in. Much of the artwork in Sacramento is done using spray paint however there are some murals that are quite detailed and the artists have gone in and painted with brushes. We've had the opportunity to talk with many of the

see MURAL page 3



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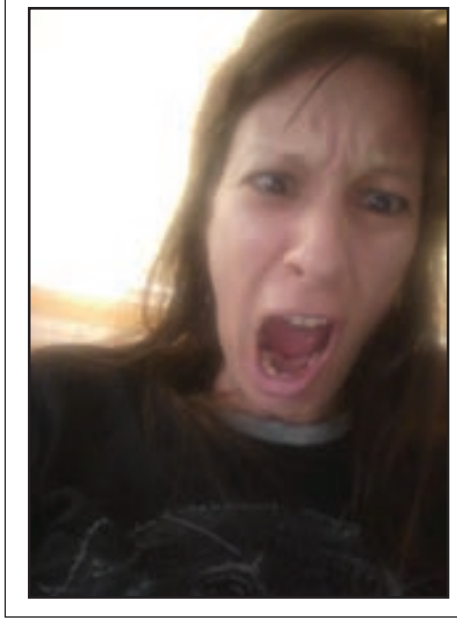
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Fabulous East Sac Tudor!



This 4 bed, 2.5 bath charmer will have you at 'hello' the moment you step into the cathedral ceilings in the living room perfectly framed by the finely handcrafted beams, the box-beam ceiling in the dining room and the lovely hardwood floors throughout. More than a show piece, this home was built for living, with an updated kitchen boasting quartz countertops and Viking stove that opens to a generous light-filled family room with massive sliders and windows bringing the outdoors in. **917 45th Street | $1,199,990**

Scary faces wanted



For Halloween editions of Valley Community Newspapers, I invite you, your kids, your friends, etc to send me a scary self portrait. I would like to make a fun collage. Here's mine to get started. My facial expression sums up my recent feelings, plus I am not wearing any makeup. Very scary. Send to vcneditor@gmail.com -Monica Stark

Mural:

continued from page 2

muralists as their artworks are "in progress" so we find out some wonderful backstory information not only about the mural but also about the artists themselves. This kind of personal information really makes the tours come to life.

VCN: Do you have a favorite Sacramento mural? If so, which one and why?

Parrino: This is really difficult to answer because there are so many incredible murals in Sacramento. One of my favorites is a mural that is currently in progress by Shonna McDaniels. Ms. McDaniels is also the founder of the Sojourner Truth African Heritage Museum here in Sacramento. She is a local muralist from Sacramento. I have been watching the progress over the past several days as she sketched out the wall that her mural is on. As the piece progressed I realized she designed the mural and brought in several other artist of varying ages to assist her. She brought in some young budding artists that were so proud to collaborate on this piece.

The title of the mural is: A Seat At The Table. The mural features a Black Southern Belle. The mural is a metaphor for being able to make a difference. It represents power, success, and empowerment.

After some conversations with the artist, she shared that "A Black Southern Belle is well defined as a hard-working woman, who holds value to what she is set out to be. She set out to build relationships among women who want the same thing: achievements and happiness. The essence of a Black Southern Belle is all about community, and a community of women that lead each other to prosperity and fruition."

This is a very powerful piece. I hope that many people can now come by 1403-19th Street to view it.

VCN: Will it be featured on this tour?

Parrino: Absolutely-we actually rerouted our midtown tour so we could include this spectacular mural.

VCN: Does Fleet Feet do these types of walking/tour events regularly?

Parrino: This is the second year we have put these tours together. The response has been so positive that we will be offering the tours through October this year.

VCN: Is there anything else you'd like to add?

Parrino: If anyone is interested in taking the tours they can check out the tour availability at this link: https://raceroster.com/events/2020/33998/wall-to-wall

Precautions we are taking:

* Safety first—All tours are limited to 9 participants plus one guide. Both the guide and all participants are required to wear masks during the duration of the mural tour. The tour group will be asked to practice social distancing. The guide will have a small microphone to be easily heard as they share details of each mural.

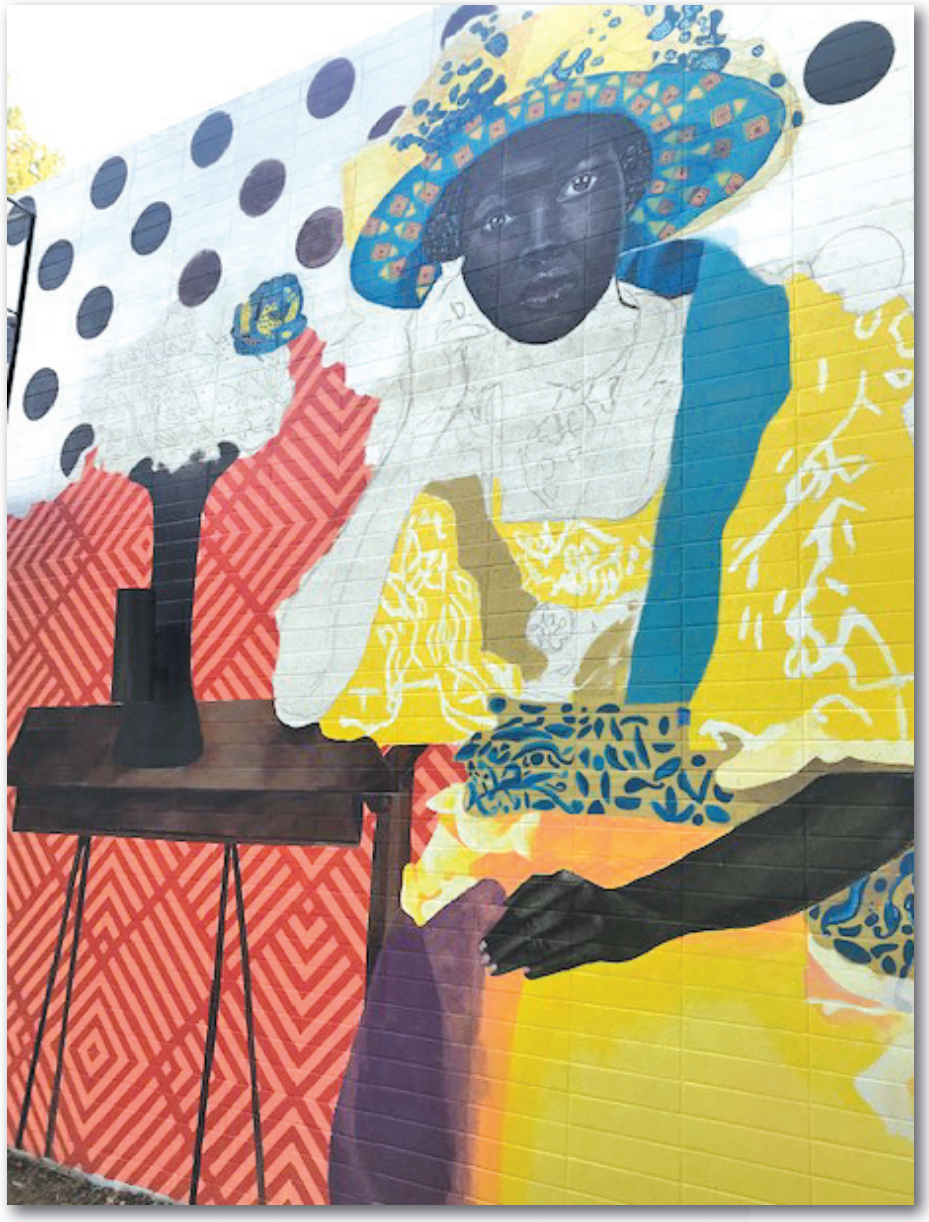
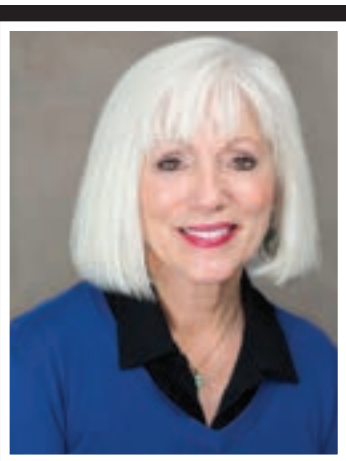


Photo courtesy

A mural titled "A Seat At The Table" by Shonna McDaniels is located at 1403 19th Street.



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LAND PARK

Charming remodeled Tudor in the heart of Land Park. Exterior has mature trees, stone paver driveway and iron gate. Features include dual pane windows, hardwoods, porcelain tile, stone and carpeting. Spacious and light-filled living room with fireplace. This leads to adjacent dining area w/ large windows and built-in hutch. Light and bright kitchen, custom white and walnut cabinets, granite counters and recessed lighting. Eating area has four large windows and separate breakfast bar. Mudroom with pantry, sink and wine fridge. Family room opens to kitchen with French doors to backyard. Two beds & full bath are adjacent to family room. Upstairs master suite plus two additional rooms, high ceilings, three wardrobe closets and a huge walk-in closet. Master bath includes over-sized shower, jetted tub, double vanity sinks and granite counters. Upstairs laundry has storage, granite counters and 1/2 bath. Lush backyard is beautifully landscaped with brick and flagstone patios.
1776 10th Avenue $1,240,000



GREENHAVEN

This home is in original condition and features a large tiled entry, formal living room with fireplace and vaulted beamed ceiling. Separate formal dining room, also with fireplace, opens to yard. Spacious kitchen with corian counters, dining bar and eating area that opens to yard and the family room. Family room has fireplace and a wet bar w/ refrigerator. Three bedrooms, two baths plus a den. Oversized master bedroom with large shower and great closet space. Backyard with covered patios.
6640 Havenside Drive $585,000



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Chalk it Up! 30th anniversary went "around the town"



By Monica Stark
Photos by Stephen Crowley

The 30th Annual Chalk It Up Chalk Art & Music Festival came to life Labor Day weekend on sidewalks, parking lots and driveways throughout the Greater Sacramento region.

With Covid-19 restrictions on public gatherings, the festival transformed into Chalk It Up! Around The Town. In lieu of the annual art & music event held at Fremont Park in midtown Sacramento, Chalk It Up! All Around Town sought volunteer chalk artists dispatched to locations throughout the greater Sacramento region to bring their passion to the pavement all to increase support for critical Youth Art Education.

Working on a chalk portrait of his daughter, 14 year old Greta who started as a freshman at C.K. McClatchy this fall, artist Andy Huff brought new life temporarily to the pavement in front of Images Salon on Riverside Boulevard. His 22nd year participating in Chalk It Up, Huff said, "It's a little odd out here. There's not a lot of people, like normal, but it's been nice to do the thing, post pictures and all of that."Andy has been creating chalk portraits of his two children alternating years since they were babies and finds Chalk It Up as an event he can count on participating in. "For better for worse I haven't done much outside of this. Life is busy," he said. "I have this ability and it's nice to know at least once a year I'm going to go do something. Part of the cool thing is the interactiveness of it, though not this year. It's almost like a performance thing, than it is a visual art. People can interact with it, see you working." The Huff family has gotten to know the artists every year and have built a sense of camaraderie with each other. "It's so weird working by myself here," he said.

First established in 1991, Chalk It Up! is best known for the three-day chalk art festival held over Labor Day weekend. From Saturday to Monday, Fremont Park typically turns into an explosion of chalk art masterpieces, the best of Sacramento live music, interactive art activities and crafts for artists of all ages, local crafts, food and drink. The number of visitors to this free event has grown exponentially to over 60,000 festival attendees in 2019.

This year social distancing has been necessary in order to stop the spread of Covid-19, so Chalk It Up! Around The Town offered art fans, sponsors and just about anyone the unique chance to have a Chalk It Up! Art Masterpiece created at any location around town. The fees paid for these personal art creations will directly strengthen the mission of Chalk It Up! to empower and support the next generation of Sacramento artists through targeted art grants for young artists and the programs that inspire them.

Over on the steps of the CADA building on P Street, Nestor Mendoza chose to create a portrait of Winnie Harlow, a Canadian fashion model and public spokesperson on the skin condition vitiligo. "She's a woman of color and I really wanted to play up women of color can be beautiful. This is my painting titled 'Beauty in a Blue Dress.'" Based on an amalgamation of various photographs with a superimposed blue dress, Mendoza played up the blues for his piece, which was sponsored by the California Arts Council. At a past Chalk It Up! Event, Mendoza has portrayed Hispanic actress Florinda Mesa.

When he moved to Sacramento about five years ago, Mendoza said it was Chalk It Up! that got him back into art. "I'm 38 right now and I've only been doing art for five years. I was walking by. I saw this great event and I thought I could do it. The first few years weren't very good, but the more I do it, the more proud I am of my work," Mendoza said.

Sharing the CADA steps with Mendoza were Andrea Johnston and her adult daughter, Miya.

Andrea, a Sacramento native, has a decade of chalk experience, is an experienced artist and graphic designer shown by her close attention to detail. She portrayed a woman floating under the water draped in red cloth with a full moon shining brightly and stars swirling around. When looking to an image for inspiration, Andrea Johnston said, "She was just a woman floating under the water. There was a lot of beauty and calmness, but to me there wasn't quite enough story to it, so I decided what she needed was some juxtaposition, more to it... It seemed like a peaceful image, but yet it was someplace else," she said. So, she started to make it a bit other-worldly after taking inspiration from another image of the Milky Way. "I thought, 'Oh wow, that looks really cool' because the moon made sense as to what illuminated her and gave her that vibrancy," Johnston said. A friend came around and asked if it was similar to the movie, "Shape of Water", and Andrea said, "No, it's more like 'The Shape of Water and Space.'"

Around age 10, Miya joined her mother at chalk events. Andrea recalls Miya's first festival: "I had her do my border. I was doing giraffes. I thought she could just do my border, that would take her all day, but it took her 20 minutes."

But then Miya liked joining her mom, and as she got older, she was given more and more to do. "She really has quite a skill. Last year she did her first square. I've been amazed." Sponsored by Officer Henry Luckie Retired, Miya chalked up this dog who lives in Japan who she found scrolling through Instagram. "I found the account of the person who posts images of this dog. I really enjoy it because all the images are really cute and I decided to do this," she said.

Playfully adding rainbow hues throughout the officer's white fur, Miya said she learned to add lots of colors that you don't initially see in the image from her mom. "I learned to do that because it brings so much more life into the chalk art. It makes it look like it's actually there and real."

Over the past 29 years, Chalk It Up has supported K-12 art programs by awarding over 200 grants in excess of $100,000 to local youth projects and programs to benefit Sacramento Youth Art Education.

Past grants have been awarded to a wide variety of projects including: the creation of an art gallery at El Camino High; clay and glazes for the ceramics class at Will Rogers Middle School; a silk screen press for Sacramento New Technology High School; and the WaZoBia Arts project at Washington Elementary which introduced students to methods used in creating traditional African batik.

What about the music? Sacramento musicians supported Chalk It Up's mission by creating a 3-day live music stream of sets from their quarantine locations. Bands included Dog Party, Kevin and Allyson Seconds, Kepi Ghoulie, Honyock, Californios, Richard March, Jig Monkeys, Ryan Thompson, Gabe Nelson, Killer Couture, Jessica Malone, Mallard, Short Trip, Skyler's Pool, Jayson Angove, Girls Rock, Sam Elliot & Spiritual Disco, Sea of Bees, Landline, J Ross Parrelli.

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Coping with COVID fatigue 2.0: Tips for processing wildfires, smoke, blackouts and more

Psychologist offers emotional triage for COVID fatigue – the disaster version

By UC Davis Health

It just keeps getting worse. While the world fights COVID-19, California and the West are on fire and smoke often turns the sky a chilling, glowing red. People are forced indoors. We're facing blackouts, heat waves, windstorms and evacuations. Plus, flu season waits at our door.

How does anyone cope? You'd like to step outside and scream, but you might choke on smoke or spread the coronavirus without your mask.

"We may feel like the world is broken," said Kaye Hermanson, UC Davis Health clinical psychologist in the Department of Physical Medicine and Rehabilitation. "Or that we're in a horror movie. The world is just piling on."

So how do we shore up our mental well-being as we face down the multiplying stresses of natural disasters, social and racial pain, economic fear and COVID-19, the worst pandemic in a century?

One start is to remember that we're all feeling the strain. "What we're dealing with now was unfathomable to us nine months ago," Hermanson said. "Who isn't feeling some level of helplessness or exhaustion?"

Where is the stress and COVID fatigue coming from?

Every direction

It helps to remember that people experience two kinds of stress that affect our mental well-being and physical health – intense stress and prolonged stress. "We've been feeling both for months," Hermanson said.

And there is research that defines the stages of communal reactions to the stress from disasters. Right after a disaster, we tend to bond as a community with a sort of heroic spirit. Think back to the first weeks of the stay-at-home orders when everyone waved to everyone.

"The heat and fires and smoke are not just new disasters, they've taken away some of our coping mechanisms … It feels like we keep coming up with coping solutions, then something shuts the door on them."

Eventually, we get exhausted and wonder if things will ever get better. That's the disillusionment stage, when the heroism is replaced by frustration. That defines a lot of reactions around Memorial Day, when people just bailed on COVID-19 cautions. The predictable result was a surge in cases and the renewal of our coronavirus restrictions.

"That made it hard for some people to cope, because it felt like there was no end in sight," Hermanson said. "Now, the heat and fires and smoke are not just new disasters, they've taken away some of our coping mechanisms when we feel like we can't be outdoors. We can't go for a walk. We can't sit with a friend in our yard. There is so much we can't do."

This piling on can lead to what she called a "learned helplessness" and depression. "It feels like we keep coming up with coping solutions, then something shuts the door on them," Hermanson said. "You try and you try and you try, but nothing seems to give you the relief you're looking for."

There's one more reason the stress is piling up. Blame it on the calendar.

"With each season, there's another new loss," she said. "Summer is ending and we're feeling like we never got to decompress. Now school has started, with all the anxiety that's bringing. Next, here come the holidays. I was in the store thinking, 'What's going to happen to Halloween?'" (For the record, Los Angeles County cancelled it with a Trick-or-Treat ban. More are likely to follow.)

COVID fatigue 2.0 triage

"With everything people are facing now, sometimes the best strategy is to just do the little things you need to do to survive," Hermanson said. "When we feel like there is so much we can't do, we have to shift our focus to what we can do."

Some of her suggestions:

Take it day by day, or moment by moment: "Don't look too far down the road," she said. "Realize you will have good days and bad days, or good moments and bad moments. Realize these things can come in waves. It's OK to say, 'Right now, it's bad.' Just hang in there and ask, 'What can I do to help feel better, or less bad?'"

Be compassionate with yourself: Don't expect perfection and don't wallow in mistakes or missed chances. "Nobody prepared us for this," Hermanson said. "There wasn't a class in high school called How to Get Through a Pandemic. We're all making this is up as we go along."

Be creative about finding things to look forward to: It could be a walk (when the smoke clears), or finding repeats of a TV series you love, or, as in Hermanson's case, gathering a group of friends for a Zoom trivia night. "We write down our answers then show them. There's a certain amount of honesty involved," she said. "We have to remember the purpose is to have fun, not to win."

Find reasons to laugh: "There is a healthy physical reaction to laughing," Hermanson said. "If nothing else works, put on your favorite comedy."

Exercise: "It's still the No. 1 best thing we can do for coping," she said. "It releases endorphins and gets some of the adrenaline out when the frustration builds up. Just go for a walk, if you can. If the smoke is bad, exercise indoors. Pull up a yoga or workout video. It helps so much."

Look back, but carefully: "Don't think all the way back to last summer and those weeks you spent at the lake," Hermanson said. "But think about the past few months. We've really come a good distance. If you had told me in March what we were about to go through, it would have felt overwhelming. But think about how far we've come. Look at all the things we've managed. Look at how resilient we're becoming."

COVID fatigue 2.0 recovery – talk with someone

The barrage of stresses on top of the pandemic can make people feel helpless if they don't use coping techniques.

"Just saying it out loud is important," Hermanson said. "Find the right places and times, but do it."

Talking with family or a friend can be a big help. And sometimes people would like something more and want to talk with a trained counselor.

"Getting started with counseling can feel daunting or even more stressful," she said. So, her advice is to drop into a virtual group session.

"You can just listen and get a sense that you aren't alone," Hermanson said. "Or you can speak up when you're comfortable."

A number of organizations offer group sessions for their employees, including UC Davis Health through its Academic Staff and Assistance Program. Some public sites with groups or referrals include the U.S. Substance Abuse and Mental Health Services Administration and the Sacramento branch of the National Alliance for the Mentally Ill.

COVID fatigue 2.0 recovery – cut back or avoid social media

Seriously. Psychologists have said for years that seeing the fantastic adventures of other people can make us depressed about our seemingly simple lives. In this era of COVID-19 and piled-on disasters, social media can also prompt new layers of anger, resentment and stress.

"If we see someone out at a party not wearing a mask, it makes us angry, and maybe even jealous," Hermanson said. "Or we can get caught up trading posts with angry people who are just trying to get a reaction. Instead, try using your social media just to connect with friends, and avoid surfing and finding posts that will make you miserable. Who needs that?"

COVID fatigue 2.0 recovery – bring back the communal bond

As we get stressed and emotionally exhausted, it can be harder to be compassionate toward others. But research shows that helping another person has a good impact on our own mental well-being.

"Sometimes, we can help ourselves as much as we help someone else," Hermanson said. "It makes us feel good about ourselves and it reminds us that we aren't helpless in the world. There are things we can do."

"If you had told me in March what we were about to go through, it would have felt overwhelming. But think about how far we've come. Look at all the things we've managed. Look at how resilient we're becoming."

We can also try to rekindle the pandemic's early-stage communal bonding. "Start by being the one to wave," she said. "I find I'm constantly smiling at people and wondering why no one smiles back. It's because they can't see me smile through my mask, so I have to remember to be more demonstrative."

It's also possible fewer people wave now because seeing everyone in masks makes the world feel impersonal, the way it feels when we're driving.

"So maybe make that a small project," Hermanson said. "Just keep waving to people. Maybe we'll all feel better."

Try to stay positive

"I've been telling myself that we've been given a lot of opportunities to build resilience, and we will be incredibly resilient when we come out of this," Hermanson said. "I know there will still be days when we pull the covers up over our heads, but there will also be days when we'll laugh with our friends."

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THIS 'n' THAT

by Carol Bogart

We ALL 'See Color'

First let me say, never in all my life have I used the 'n' word. NO ONE in my family ever has. I was raised to, as Martin Luther King, Jr., said, judge people on the content of their character. NOT the color of their skin.

The first time, in my lily white upbringing, I ever saw a 'person of color,' I was very small. Curious about it, but knowing it was 'rude' to notice, my small self tried to be what we now call 'politically correct.' I was staring at her, though. Unoffended, she smiled at me. Stumped for what to say, I said, "I like your tan."

Unless we're blind, how can we NOT see color? To say we don't is, well, a lie. Thankfully most, or at least many, of us agree that diversity is a GOOD thing. Variations in skin color and other differences, such as the shape of our eyes, are just genetics. That our brain reacts to 'differences' in our environment is, I suspect, rooted in 'the survival instinct.' Take a walk in the woods. When birds detect a 'foreign' presence' – they go silent. A large animal with teeth may attack. Our default is: This isn't me. This isn't my 'pack.' This is 'other.' And it may hurt me. It's a fear response.

Sadly, that fear response is present in ALL races, and bad things happen. Here's a story:

In 1979, in Atlanta, the mayor, Maynard Jackson, was running for reelection. His opponent was white. Jackson was much respected and admired throughout the city. His reelection seemed to be a slam-dunk. Nonetheless, the black police chief drove slowly through the city's Grant Park neighborhood with a bullhorn. He raged: "Vote right. Don't vote white." Perhaps he feared that if the white candidate won, the new mayor would replace the less-than-popular police chief. NOT because he was black, but because of soaring crime and murders in black neighborhoods in Atlanta (then dubbed America's "Murder Capital").

Various things have been tried to right 'racial inequity' in housing. Section 8 vouchers, for example. And busing low income kids to 'better' schools (i.e. in predominantly white neighborhoods). The success of such programs has been uneven. In large measure, I think, because whatever the shortcomings of a family's 'home' neighborhood, like attracts like, and home is home. Adults may be living with family. Kids want to go to school with the kids they know. It's natural. It's nature. Financially successful people of color live wherever they want. Having money makes color differences disappear. And, typically, these homeowners are just as interested in protecting property values as are their neighbors. A note: I'm guessing no one would object if Harry and Meghan moved in next door.

Here's the moral to the story: To make things better for 'underprivileged' kids of ANY color, we should shift our focus to adding 'privilege' to their 'home' neighborhoods and schools. When Denver added a Montessori public school to a predominantly black neighborhood and made enrollment open to any Denver family. White parents enrolled their kids in droves.

That all animals, including humans, are initially distrustful of the unfamiliar was evident when I had a pond. I bought a bunch of ducks. Domestic ducks – the all-white kind – and also Mallards. As a group, they waddled to the pond. Once there, though, the Mallards stuck with Mallards, white ducks with white. During mating season, they co-mingled. Some of the ducklings were black and white. Things changed. The entire group swam together. All fear of the unfamiliar gone.

At this juncture, let me share that, in my view, George Floyd's no hero. Lionizing him does a disservice to the many people of color who: marry the mother of their 6 year old; don't try to use money they know is fake; aren't high on drugs when they're arrested; don't claim they're claustrophobic to gain exit from a squad car, then claim they can't breathe and lay down on the street. The guy's brother admits Floyd was asthmatic. He was 6'6", built like a linebacker, to the cop's, what, 5'10"? And, as it's turned out, a carotid choke hold is STANDARD training for many police departments. Plus, what the cop told Floyd is true: If you can talk, you can breathe.

Now I'm not an apologist for a cop who, with his wife, now stands accused of tax evasion as well as 2nd degree murder in George Floyd's death. But I AM saying, when the trial gets underway, I'm betting there's a lot more to this story.

For 17 years, the cop moonlighted at a Latino dance club where, on "urban (largely black attendance)" night, 12 times, Floyd was the bouncer. Was Floyd a 'gentle giant' when he broke up fights? Fights so heated the moonlighting cop used pepper spray and called for backup? The club manager claims they didn't know each other. Really? How do you miss George Floyd? Or a white security guy using pepper spray on an all-black crowd?

This same cop, who had his knee on George Floyd's neck, stopped other officers from intervening. As taken from bodycams, he told them, "He's in delirium." You don't suppose he could see from Floyd's eyes that he was high on something? The 'something,' according to the autopsy, being Fentanyl? With still traces of meth left in his system? How many times, do you suppose, do suspects in custody claim they're sick or the cuffs are hurting them, just to get a chance to, for example, grab a stun gun pointed at them? And let's not forget. These two had a history at that club.

Floyd's family said he'd moved to Minneapolis from Texas to 'start fresh.' He was in his 40s. Start fresh from what? Did he have a record? Is it politically incorrect to ask?

Yes, it was poignant when, dying, he called out, "Mama. …. Mama." Floyd's brother told CNN she'd died two years earlier. I like to think that, as he died, he saw her. Arms outstretched. I also like to think his little girl will benefit from the "Go Fund Me" page the family set up for, they said, her 'college fund.' In the first two days it raised $2+-million.

This skepticism is my instinct as a long-time reporter. In my first job as an editor, I supervised eight reporters. The best of them was Ricky. During our daily 1-on-1, he shared with me that, in his view, ALL white people are racists. As evidence, he said that whenever he passes a white woman on the sidewalk, she tightens up her grip on her purse.

I felt guilty because I do that, too, but have since realized: It's not because someone's black. I do that with anyone who might do … what? Who knows? I also automatically lock my car doors at stoplights. ALL stoplights. For Pete's sake. I was a crime reporter! I know bad things can happen, and they do.

Conversely, the other day at Petco, my elderly self parked in handicapped parking, I was struggling to straighten out my bent front license plate. A car pulled into the space beside me. A young black man got out. Smiling, he approached me. I smiled and said, "This always happens when I go to Quick Quack." He said, "Me, too," and bent to help me.

Lionize THAT man. HE deserves it. Lionizing a George Floyd does a disservice to the vast majority of all people of color who have nothing to fear from the police because they don't break the law. Regardless of financial status, they make a positive contribution to the world we live in. Applaud and honor them. Meantime, let's pledge to do a better job identifying the troubled kids in troubled families. Kids of any color. Make school a positive place for them, in hopes they'll grow up with their self-esteem intact.

Today's too often destructive protests prove how MUCH we need police. Instead of counting on the 'Brothers in Blue' to 'weed out' bad cops, let's give police MORE money. And use it for mandatory PTSD screening – at hiring, annually, and especially if an officer is forced to shoot someone, or watches her/his K9 die in the line of duty, or her/his partner. Many cops are former combat veterans. I've seen for myself sometimes terrible things a police officer sees, to be forever etched in memory.

Carol Bogart strongly supports those who protect and serve. She also believes everyone should be treated with respect. Before she had Mike, she tried to adopt a little boy. 4 years old. Black. The male black social worker who came to do the home study sat her down and told her, not unkindly, "We don't adopt black boys to white parents. They don't teach a black child what to expect from police officers and how to act." That was in 1982. Carol's mother often told her unruly daughter, "If you look for trouble, you will find it." George Floyd did. God rest his troubled soul. Questions, comments? Contact Carol at carol@bogartonline.com.

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In Memoriam: Dr. Denny Anspach, MD 1934-2020



Dr. Denny Anspach M.D., a highly esteemed member of the California State Railroad Museum Foundation Board of Directors, passed away on Sunday, September 20, 2020 at the age of 86 after a long battle with cancer. A passionate rail enthusiast, Dr. Anspach was instrumental in the vision for and creation of the California State Railroad Museum that opened in 1981.

Born in Chicago in 1934, Dr. Anspach was a graduate of Stanford University medical school, a retired radiologist in Sacramento (which included serving as Chief of Radiology at Sutter General Hospital), and Arden Park resident for 50+ years. While growing up in Chicago, Dr. Anspach had a fascination with railroads from a young age and was committed to preserving their legacy over the course of his entire lifetime. After relocating to Sacramento, Dr. Anspach hosted a historic dinner in 1970 for California Governor Ronald Reagan aboard the Gold Coast, an occasion designed to win the governor's support for what would one day become the California State Railroad Museum. Ronald Reagan would later turn the first shovelful of dirt to signify the start of the construction of the museum.

"There is no question that we would not have the California State Railroad Museum without Dr. Denny Anspach, he was truly the 'Founding Father," said Cheryl Marcell, President & CEO of the California State Railroad Museum Foundation. "He was my guide, my historian, and my counselor in all things as I stepped into the role of President & CEO of the Foundation. I cherished our long breakfast meetings at The Sutter Club, our travels throughout the country and enjoyed listening and learning. He would often say that we shouldn't get bogged down by policies and procedures and if it was the right thing to do, we should just do it! He will forever be remembered for his passion and his dedication and we are all better human beings by knowing Dr. Denny Anspach."

Dr. Anspach was also the founding president of the Sacramento Trust for Historic Preservation and was the primary author of the nearly 200-page "California State Railroad Museum: Recommendations for Planning & Development" that was published in 1972 and served as the master plan for the world-class museum. He served as the unofficial but effective custodian of many prized locomotive and was instrumental in the relocation of the Gov. Stanford, the Central Pacific railroad's first locomotive that remains on display in the Railroad Museum. He was honored to serve as master of ceremonies for the grand opening of the California State Railroad Museum (that coincided with Railfair '81) at the Old Sacramento Waterfront.

"Dr. Denny Anspach was a public servant not by vocation but by advocation," said Ty Smith, Museum Director for the California State Railroad Museum. "Over the last three years, I had the great pleasure of traveling, laughing, and learning with him. I came to understand that, although he had many interests, three things animated his life: his family, his work as a medical doctor, and his stewardship of the California State Railroad Museum. I intend to honor his legacy by putting my maximum effort into ensuring that the Museum will continue to help people imagine their futures, by understanding our collective past. Dr. Anspach has passed, but his good work is forever enshrined in the Museum and the community."

In 2014, the national Railway & Locomotive Historical Society presented Dr. Anspach with the prestigious Gerald M. Best Senior Achievement Award, named for the famed railroad historian. Up until his death, Dr. Anspach remained active on the Board of Directors of the California State Railroad Museum Foundation, an organization he helped to create, and served on its executive committee. He is survived by his wife Rev. Diane Wenthe, daughter Carolyn Smith and son-in-Law Kenneth Smith, son David Anspach, granddaughter Anna Smith, grandson David Smith, and brother Dr. William Anspach. At the request of the family and in lieu of flowers, any remembrance donations should be made to the California State Railroad Museum Foundation. Click here to make a memorial donation.

The California State Railroad Museum Foundation recently commissioned the creation of a bronze bust in honor of Dr. Anspach that will be put on display at the museum in the near future.

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Higley to conclude longtime service as local church's pastor



Photos courtesy of Mike Higley

River's Edge Church is located at 6449 Riverside Blvd.

By LANCE ARMSTRONG

Mike Higley, longtime pastor of River's Edge Church, is stepping away from his service at this Pocket area place of worship.

Higley became the lead pastor of this church in June 2005, when it was known as Riverside Wesleyan Church.

He told the Pocket News that his decision to depart was made, because he believes that the church needs a "new voice."

"I just know that God has clearly told me that I'm not supposed to be the next voice," he said. "The church needs a new voice to take it into the future, and I'm very clear about that. For me, it means leaving the church completely and hoping that God leads me somewhere else (to serve as a pastor)."

He added that although his next pastorship will likely be in a different state, he will "not be a stranger," considering that he has children and grandchildren who live in this area.

Higley's last day as the lead pastor of River's Edge Church will be Oct. 11.

If he has a new pastoral assignment at that point, Higley and his wife, Robin, will leave Sacramento five days later.

Reminiscing about his early days of serving as this church's lead pastor, Higley said that he and his wife quickly fell in love with the church and the community.

"The church needed a pastor at that time and I got to be the one, if you will, that God selected and to enjoy the ministry of the people of the church, as well as the great community, in which we fell in love with very quickly," he said. "This community is full of some amazing people."

Prior to beginning his service at this church, Higley resigned from his pastorship at a church in Tucson, Arizona.

Altogether, he lived in Tucson for 32 years, 14 years of which he spent as a pastor of one church.

Higley spent the earliest years of his life in his birthplace of Escondido, and Yreka.

In 2005, Higley submitted his resume to fill a nearly yearlong vacancy, which occurred with the departure of Pastor Steve Forsyth.

Higley said that he was surprised to receive a call that the church was interested in his service, considering that a month had gone by before he was contacted for an interview.

Higley additionally noted that the transition from the church in Tucson to this Pocket area church was interesting, since the community of the Tucson church was much different.

"I came from an area in Tucson and a church that was primarily in a lower income area to a church that is in the Pocket area, which is very affluent," he said. "The adjustment initially was I've got to learn how to redo some of this."

Fortunately for Higley, he realized that the ministry is basically the same wherever he serves.

"It doesn't much matter," he said. "But it was a little bit different. People here were equally as loving, but they had the means to do what they wanted to do. In Tucson, where we were, people didn't have that kind of means. They didn't travel out.

"On Sundays, they went to church. Here, they go to Tahoe or they go to the Bay Area, and you wonder, 'Hey where are they at?' So, we had to adjust that and kind of learn how to do ministry again. That didn't take very long."

Higley recalled serving as the lead pastor when the church's name changed.

"Riverside Wesleyan Church, that was the name," he said. "(It is) a good name, but the word Wesleyan doesn't give us any (description), unless you're a denominational person. It doesn't give you a whole lot of understanding of what that means. So, a few years back, we changed that name to River's Edge Church – though we're still a part of the Wesleyan movement."

Membership in this church, which prior to the COVID-19 pandemic had about 350 members, consists mostly of members within a 5-mile

see CHURCH page 11

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Local gig workers participated in No on Prop 22 rally on Labor Day

By Monica Stark

Cars decked out in No on Prop 22 signs caravanned from West Sacramento to the State Capitol on Labor Day morning. Dubbed the "Sick of Greed! Labor Day Caravan – No on 22", the caravan sought to honor gig economy workers by urging the public to vote "no" on the App-Based Drivers as Contractors and Labor Policies Initiative, which is on the ballot for the November 3 general election.

Fabrizio Sasso, the executive director of the Sacramento Center Labor Council of the American Federation of Labor and Congress of Industrial Organizations, said traditionally on Labor Day, the AFL-CIO holds a number of events, but because of the pandemic affecting everyone they decided to do a socially distanced caravan. "We are working with the folks on No on 22 because it is the most dangerous proposition on this year's ballot and we felt it was appropriate to let people know that they need to vote No on 22 and Labor Day is a perfect day to get that message out," Sasso said.

A "yes" vote determines app-based transportation (rideshare) and delivery drivers as independent contractors and adopt labor and wage policies specific to app-based drivers and companies.

A "no" vote opposes this ballot initiative, meaning California Assembly Bill 5 (2019) could be used to decide whether app-based drivers are employees or independent contractors. According to Ballotpedia,

"AB 5 established a three-factor test to decide a worker's status as an independent contractor. The three-factor test requires that (1) the worker is free from the hiring company's control and direction in the performance of work; (2) the worker is doing work that is outside the company's usual course of business; and (3) the worker is engaged in an established trade, occupation, or business of the same nature as the work performed."

On August 10, 2020, the Superior Court of San Francisco ruled that Uber and Lyft violated AB 5 and misclassified their workers. On August 20, the California First District Court of Appeal stayed Superior Court Judge Schulman's ruling from taking effect.

"Prop 22 basically allows Uber, Lyft and Doordash not to pay overtime, pay sick leave, or pay into the unemployment insurance. It's harmful for the state of California that they are not paying their fair share of taxes and so because of that, people have to vote 'no'," Sasso said.

"We shouldn't be making special rules of fewer enforceable labor laws that makes the working conditions and the work that these workers are doing, contributing to the billions of dollars of profits to these companies and they are not giving back. They are spending $100 million on this proposition and that money is better spent on their employees to make sure they have health care, paid sick leave and overtime and they have a flexible schedule as well," he added.

Mekela Edwards, a former teacher and driver for Lyft and Uber, said she stopped driving in March due to having asthma. "With Covid, I would have a 15 percent chance of dying," she said. Complicating the matter is the fact she never received the two weeks pay that was promised to her. "I applied for that but never received any of that. I know other people who actually got sick and they were having trouble with it as well. They made it really complicated to apply anyway... I know the CEO of Uber, Dara Khosrowshahi, brags about it."

Because of the high unemployment rate, looking for work that will keep Edwards safe right now has been a challenge. "And, we don't know when this pandemic is going to end," she added. "In San Francisco, their largest market, the customers are working from home now and so the demand isn't as high. Even Uber staff who work at their headquarters are working from home now. It's hard to maneuver in a place like that. I think about going back to work but at this time, it's just not safe enough and it's not profitable enough."

Erica Mighetto said the protest denouncing Prop 22 held significance to her because it was on Labor Day, 2019, that she received a 60-day notice to vacate her apartment in downtown Sacramento. Since last November, she has been living in her car and storage unit. As a driver and organizer, Mighetto has been meeting drivers at the airport and talking to them about their stories. "I am not alone. There are a lot of drivers who are living out of their cars. It's very clear when you approach their vehicle at the airport who is."

"So, I am here today because I don't want to see any more drivers like myself be driven into homelessness and I think prop 22 could be devastating to drivers and I want to make sure they have the protections that they deserve."

Common stories she has heard from fellow drivers include regular pay cuts. ""We know when the app asks us to update, that's a pay cut... They are constantly moving the goal post. We are constantly working longer and longer hours so that we can get a bonus but that's really just a guarantee that you are going to net minimum wage so they are going to force you to work more and more hours just so that you can get by at this point," she said.

Mighetto said there was this time last year where she had to work 60 hours a week in order to pay her rent and it's really tough. "That's kind of the common thread. Lots of pay cuts and lots of moving of the goal posts and no reimbursement for expenses," she said.

"Your vehicle gets worn and you are having more and more of these maintenance issues and they are cutting your pay and you are needing a new battery. In my case last year I needed a new clutch. So the longer you drive rideshare, the more you see it's not equitable for drivers at all," Mighetto said.

West Sacramento City Council Member Martha Guerrero took her West Sacramento mayoral campaign to the streets on Labor Day in support of the No on 22 crowd. "Any worker who is willing to put all the hard work in to get the job done right for their employer needs to be provided with wages and benefits and support whether it be pension or any plan or long term. I don't think it's fair for any employee to not have holidays, paid sick days. I don't think it's fair for any of them to be without that support and independent contractors don't receive it," she said.

Guerrero highlighted the privately-run Via program that was supplementing West Sacramento's public transit and YoloBus. "All of those workers were not receiving any benefits and those are our public taxpayer dollars and I believe that the citizens that are putting money in for public dollars, it should be known that they are going to be helping the workers," she said.

"The workers don't have any health insurance and they'd be getting sick. They were transporting children, transporting the elderly. And, what happens to a worker when they are not taking care of themselves? They're going sick on the job and they don't have any sick time."

She said that the owner of Via did not resist the implementation of AB5 and asked for additional support from the city, including a revision of the contract so that the council could reincorporate the additional financing needed for him to provide the additional benefits. "I was supportive of that but the mayor decided not to re-open the contract. So it really made a hole for the owner to be able to provide support for his workers," she said.

As a privately-run business that relies on public support, Guerrero said the situation appears deceptive. "It's deceiving because they put the West Sacramento logo on the door of the Via vans. None of them are city employees; it's just a city owned van," she said.

Edwards is a part of a group of 15 female drivers who act as a support for each other. "We meet every Tuesday on Zoom. We definitely are still supporting and discussing each other and talking about the pros and cons of the proposition. The only pro that I see is that they are still promising flexibility, but other than that nothing in the bill will protect us from what's on the books right now which is ab 5, which they are not following," Edwards said.

She added that she believes the most important thing supporters can do right now is protect gig economy workers. "We should just be treated better. We are essential workers. We offer things that help this economy move. We deliver groceries. There are just so many cracks," Edwards said.

Church:

continued from page 10

radius, but includes members from West Sacramento, Elk Grove and Rancho Cordova.

Higley described River's Edge Church as a very community-minded church.

"We recognize that we need to serve the community," he said. "It's not just the invitation to come to the church, but to be a part of the things that happen out in the public schools or out on the back lawn of River's Edge, where we do our Harvest Festival or helicopter egg drop." The church also participates in levee or park cleanup, and assists with the annual 4th of July Spirit of the Pocket Parade.

While speaking about the Pocket area, Higley expressed gratitude with the opportunity he had to meet people from outside of the congregation.

"What sticks out to me is the involvement I got to have in the lives of the people within the community," he said. "Not all of them come to my church at all. We realized earlier on that the Pocket community is a very unique spot. So, we got to be part of people's lives from other churches, we got to know people who were business owners.

"I've been really blessed to personally know all the city councilmen during my tenure, from Robbie Waters, Darrell Fong, and, of course, the City Councilman Rick Jennings now. They're friends of mine. Just having that opportunity to be that involved in things that happen in the community, you don't get to do that very often. But, again, that's the uniqueness of the Pocket community."

Higley mentioned that although he is ready to serve a different congregation in a different city, he will miss his current congregation.

"You always do (miss the congregation) when you move, in particularly here," he said. "We love the church, we love the people here. That's the interesting thing when you're called by God to leave, you don't always have a choice. So, in my case, God made it very clear.

"But the people are our friends, they're family. We love them desperately and we'll miss them incredibly. But we also get to see them on social media and stuff like that and we'll be able to make new friends without losing old friends."

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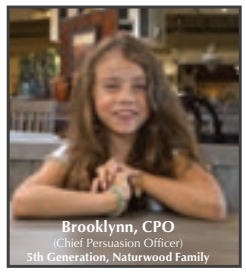
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