December 10, 2020 | www.valcomnews.com

Land Park News

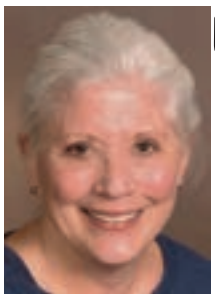
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YMCA Expanding Free Meal Sites For Kids During School Shutdowns

see page 5





THIS 'n' THAT

by Carol Bogart

For Cats that Love the Great Outdoors

For 13+ years, I've felt sorry for my Ricky. Unlike my neutered farm cats (that went outside as they pleased), Ricky, also neutered, has to settle for a sun-warmed spot on the bed, or a screened window I open for him.

This is not to say 'country' cats don't face their share of hazards. Night wanderers occasionally meet unhappy fates when glowing eyes aren't noticed by pick-up drivers. A hungry hawk is as likely choose an unwary cat as it is a rabbit. Raccoon hunters, who hunt at night, may set leghold traps, which can trap a cat. And, being the curious animals that cats are, they sometimes will jump into things from which they can't escape. Such as a house under construction. Or wind up in the mouth of a dog that dislikes cats. It's a dangerous world out there for kitties.

Even now, across the river near Land Park, people have seen a bobcat. A group of coyotes is sighted regularly by the Capitol. On the Sac State campus, a mountain lion was confirmed. The river, you know. Wildlife follows it.

Nonetheless, there are pluses to having an indoor/outdoor cat. Reduced need for a litter box, for one. Cats love to dig. They will happily fertilize your neighbor's flower bed. And yours.

Also, they are great climbers and love to sharpen their claws on trees. A plus. It spares your couch.

And then, there's this: Tired of bird seed scattered from a neighbor's feeder? Suspect it may attract rats and mice? Cats will reduce the rodent population. Also little frogs and lizards. And, their favorite, birds.

I live on Lighthouse. From my balcony one morning, I saw a kitty from across the street start to cross from our side. I shrieked just before it got thunked by a speeding Honda. From two blocks away, I heard the thunk. The driver heard it, too, and stopped, but kitty … startled but apparently not badly hurt … streaked back home. It survived. I guess it's why they say cats have nine lives.

Not all cats are as lucky.

At age 2, I learned that death was sad. We lived on a busy road in Olmsted Falls, a bedroom community near Cleveland. My mom's cat was an indoor-outdoor cat. Mom and I, one day, were headed back to the garage to get the car. My eyes fixed on our front lawn, I stopped. "Mommy," I said. "Nicky."

Nicholas Needlefoot King of the Cats (named for my favorite children's book) was halfway to the house from Bagley. One black foreleg outstretched toward the porch. His body still, not moving.

My mom ran to him. Gathered him up. Cradling him to her chest; she was crying. I'd never seen my mommy cry before. Seeing my wide, frightened eyes; Mom shook off her grief. She told me, "Wait right here," and took Nicky in the house. She came back out; we got in the car, and left. After a few minutes of silent driving, she said she'd placed Nicky in a shoebox. Nicky was dead, she said. A car had killed him. Crying again, she said, "When daddy gets home," she said, "he'll bury him." I cried, too. Dead meant sad.

Cats are very determined animals. They like it outside. It's their nature, having descended from jungle animals. I like the idea of catios. You can buy one online and enclose a window. But to enclose an entire patio? Wow! An exceptionally clever catio creator, Sacramento's James McBride, can add a door to a large screened in patio. Access for adding kitty's favorite hideaway, plus you can clean your gutter!

What a perfect Christmas gift for an indoors-only cat like Ricky! I rent, or I'd enclose my balcony! But if I owned a home with a patio, I'd do it in a minute. Imagine if you could enclose a tree. Add an old bookcase maybe. Cats love a nook and love to climb. Don't have anything suitable? McBride can build it.

Of course, you'll need a cat box now. But you can plant your flowerbed, and the songbirds will be happy.

Interested in a catio? For prices, email Sacramento artist James McBride at jamesmcbride1971@gmail.com. Questions, comments for Carol? Contact her at carol@bogartonline.com.



PHOTO BY JAMES McBRIDE

A 'catio' created by Sacramento artist James McBride. The cat's owner will add things for the cat to sleep and climb on.



PHOTO BY CAROL BOGART

Ricky, my Bengal, likes basking in the sun. If he had a catio, he could safely go outdoors.

Seasons Greetings!

Thank you for a Wonderful 2020!



Wishing you and your family a healthy, safe, and joyous holiday season and the best of everything in the new year!

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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
Graphic Design: ..... Gene Espinoza

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Vol. XXVIIII • No. 23
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Cover by:
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Doing What Doesn't Come Naturally: Senior Citizens Getting A Zing Out of Zoom



Public domain

By Ivy Hendy

When the state of California first began announcing their quarantine orders, organizers of the Renaissance Society, a seniors' life-long learning organization in Sacramento, started switching to a digital platform. Despite the fact that the majority of the 1,600 members are over sixty, Renaissance Society participants have been meeting in classrooms on the campus of Sacramento State University for the past thirty-five years. Now, the group would have to offer their extensive classes and presentations online. Were they up to the task?

You bet! The members of this large senior citizen's group were used to learning new things and educating themselves.

A big help was that the Renaissance Society community was already established and so once they had set-up tech support, they pushed each other to give Zoom, the video communications platform, a try. Right on cue, the Renaissance Society volunteer coordinators were able to recruit numerous members who were tech savvy and could offer technical help to others. Within a few weeks the group was transformed into a senior's organization able to meet the moment. As a result of the fast-online pivot, the members of this volunteer organization have been able to continue to offer dynamic learning experiences.

With their feet planted firmly on the ground, the coordinators of the Renaissance Society understood that for a while their heads must remain in the cloud. The covid pandemic has reshaped the world and the new normal includes Zoom, a cloud-based communication app that allows for the set-up of virtual videos/audio meet-ups, and other collaborative capabilities.

Going Remote Needn't Mean Being Cutoff

Of the nearly 13.8 million Americans over the age of 65, about 28% live by themselves according to the U.S. Department of Health and Human Services. There is always a possibility that seniors living alone may be susceptible to loneliness. But the feelings of loneliness are not limited to seniors who are single. The ramification of social isolation is an elemental problem spanning the ages. One of the most popular aspects of the Renaissance Society is that of going to their Friday on-campus classes taught by member volunteers. Talk to their members and you will find that it has been an exhilarating experience. This popular weekly event allowed seniors to not only attend Renaissance Society classes and presentations but also to have spontaneous, organic conversations with a variety of people who they might not have met any other way.

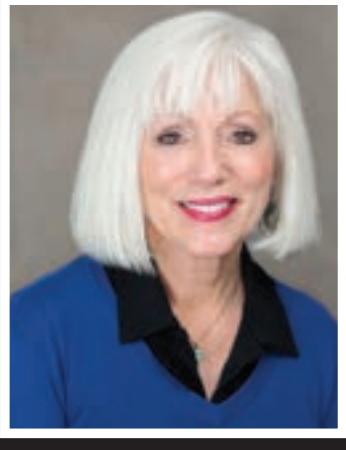
For senior citizens who were involved in these on-campus, life-long learning classes, the change to electronic at-home courses was as radical for them as it was for the younger students. At colleges that have gone remote like Sac State, there will now be a minimum of a year of online learning. Though this pandemic is a once-in-a-hundred-year event, it might be slow in resolving itself.

Fortunately, trying a hand at a Zoom meeting can have its own form of enlivening and uplifting reward. Not surprisingly though, the research into older people taking at-home classes electronically indicates that at first there is a reluctance to switch to virtual learning.

The Three Stages

Studies show that for people ready to take the plunge, there are three stages that they may go through as they process this new way to stay connected. The first stage is reticence about setting up Zoom for viewing a virtual classroom. The second stage is more hopeful as people get used to using Zoom at home and eventually like it. But in stage three, which comes 3 to 6 months later, many people start feeling isolated and missing some of the people they were used to being with. Ironically, some of the people who are missed are the ones who ruffled feathers and left people in a fit of pique!

see ZOOM page 4



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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.
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LAND PARK

Old World Charm is showcased throughout this beautiful Land Park Tudor. Vintage fixtures and hardware, Portuguese tiles, beamed ceilings and random plank floors have been treasured and preserved by the homeowners. Amenities include 3 bedrooms, 3 full bathrooms, 3 fireplaces and a 3-car garage. Both the formal living and dining rooms have beautiful original built-in cabinetry. Spacious kitchen has wood cabinets, tiled counters and built-in appliances. The upstairs study has built-in office cabinetry and a French balcony with a copper awning. The upstairs master bedroom has a spacious walk-in closet with separate water closet and master bath. French doors open up to a large brick patio for outdoor dining with friends. The private yard has a lemon, orange and camellia trees, a fountain, all accented by a vintage city street lamp. Lots of storage in home and garage. A Real Gem! There is a Contingent Offer on the property, but it is still available to show.
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Zoom

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Embracing the new electronic learning opportunity has proven fulfilling for the majority of the Renaissance members. For instance, it is possible with the basic membership fee to now sign up for many more classes and presentations. Also, the online format allows the physically challenged more freedom to participate. Discriminating factors such as physical appearance, hearing disabilities, race and gender are largely absent. The gist of the online courses eliminates most of the human foibles and interruptions focusing on the material at hand.

A New Routine

When this pandemic ends the coordinators at the Renaissance Society think that some members might still be nervous to return to the same on-campus routine. Preferred choices will differ, but there will be some who will want to continue with Zoom for their life-long learning experiences.

For senior citizens, the initial challenges of learning remotely are likely to get better with time; it can be expected that there will be more and more opportunity for high-quality experiences. Though electronic at-home learning won't stop the pitfalls of being around the pesky apparatuses of the bed, the refrigerator, and the television, being able to navigate the deep ocean of online courses offered by the Renaissance Society continues to open new doors and can be central to a new-found confidence.




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YMCA Expanding Free Meal Sites For Kids During School Shutdowns

New Site Opening at Sacramento Central YMCA

The YMCA of Superior California has expanded meal sites for children in the Sacramento community at the Sacramento Central YMCA.

Per federal guidelines, a child must be present to receive a meal, however, requirements that the meals have to be consumed on site have been waived. These sites will operate curbside so that people will not have to leave their vehicles. During the coronavirus emergency, the YMCA of Superior California has served over 90,000 meals to children.

Meals will be prepared by the Elk Grove Unified School District. The YMCA is in the process of adding more sites in partnership with the City of Sacramento.

Each summer, the YMCA of Superior California serves more than 500 free lunches a day to youth at partner locations throughout our community, through our Summer Food Program.





YMCA Meal Sites:

Sacramento Central YMCA
2021 W St.; Monday through Friday, 12:30 to 1 p.m.

Congregation B'nai Israel
3600 Riverside Blvd.; Monday through Friday, Lunch 11 a.m. to 12:30 p.m. and snack 2 to 3:30 p.m.

Elmo Slider Clubhouse
7815 35th Ave.; Monday through Friday, noon to 1 p.m.

Maple Neighborhood Center
3301 37th Ave.; Monday through Friday, 10 a.m. to noon.

For more information, visit: www.ymcasuperiorcal.org/meals.

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Savor a Stout at Device



By Devin Lavelle

We are back with the second article in this series as we explore the many styles of beers out there to enjoy. As the weather gets colder, I always start to turn more to darker beers, so I asked our local expert, Pocket-resident and owner and brewer at Device Brewing, Ken Anthony to share his expertise on the world of stouts and porters.

Devin: Thanks again for taking the time, Ken. Let's get started with the basics, what is a stout? What is a porter? Why are they so much darker than most other beers?

Ken: Porters and stouts are ales, top fermented ale. They are not lagers, which we talked about last time. They use dark, roasted barley malts to achieve their dark brown to black color. This also imparts flavors that accompany these malts.

The stout porter, or what became the stout, is where you typically get higher alcohol – though there are lower alcohol stouts. Porters tend to be a little bit lighter in body, a little lighter in color. The porter tends to lean more towards black coffee, where the stouts become much darker in color, richer and more full flavored. There's a blurred and thin line that separates the two and I've seen stouts that should be porters and porters that should be stouts.

Today we're talking about stouts and porters. That is not a style where we're going to have 8 or 10 of them on the board, but what we have today is our Salted Caramel Porter on nitro, our Brits in Moscow Russian Imperial Stout, our Bourbon Barrel Aged Brits in Moscow and a fourth beer that I think is worth an honorable mention in this flight.

These were styles that started in the UK and were originally intended to be lighter in alcohol and then the stout porter came along, which became just stout. There are other variations, milk stouts, sweet stouts, oatmeal stouts and so forth.

Devin: Great, can't wait to try these beers!

Ken: Let's start with the Salted Caramel Porter. This is a robust … mmm, that smells good … this is a robust porter, which means it's a little higher in ABV, 6.3%. Almost any porter you will get locally will be a robust porter.

What's really nice about this beer is the milk chocolate you get right on the nose. You smell that it almost smells like a chocolate Easter bunny. You get the nice tight beaded head you get from nitrogenated beers. For the color, it is not quite black, it's an extremely deep brown. The notes are definitely in the brown range, more than the red range, more maple than ruby or garnet. Flavor-wise, it's not a sweet beer, the sweetness that you get on the aroma is not there, right, but the chocolate, coffee, molasses character comes in. But it's not over roasted, you have a very subtle roast character compared to an imperial stout. It has a little bit of a lingering bitterness on the back of the tongue. In terms of mouth feel, it's soft and creamy, from the nitro. It's medium bodied, doesn't weigh you down. You could drink a pint or two without it being fatiguing.

It's a salted caramel porter, so we had to add salt. We used a kosher pickling salt and borrowed a sophisticated scale and experimented with a range, from almost no salt to way too much salt before narrowing it down to just the right amount. It adds to the softer mouth-feel as well.

We also have the Kiss Me, dry Irish Stout, which we typically swap out on the nitro tap with the Salted Caramel Porter. It's really nice, a bit lower in alcohol, more of a sessionable pub stout.

And, of course, we use caramelized malt in addition to the roasted malts, which comes through. I think it's delicious.

Devin: Agreed. I enjoy it, like a Guinness, but more flavorful. What's next?

Ken: Let's move on to the Brits in Moscow Russian Imperial Stout. This is in the classic style brewed out of England and exported to Russia for Catherine the Second.

On the aroma, I get black coffee, dark chocolate, maybe even a touch of date or dried dark fruit in there. You'll notice in contrast to the porter, which had an off white head, this is a light brown. It has a persistent head.

This is a black beer. It's kind of amber, maple, copper in the highlights. It's amazing how not-black it really is when you look at it through a thin strip. This is medium to full bodied. This would have been full bodied 4-5 years ago, but with the advent of the pastry stout, where the finishing gravity is similar to the original gravity of our blonde ale, this would now be considered more medium bodied. Pastry stouts are sweet and cloying, viscous, this is not that.

If you'll notice, there's a nice bitterness on this beer. We actually put more hops in the boil than in some of our IPAs. It keeps it from being too malty, keeps it well balanced – but, even with the higher IBUs, the perceived bitterness is not there, like it would be in a lighter beer.

see STOUT page 7

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Stout

continued from page 6

On the flavor, I always get dark chocolate and coffee. No ashtray, no burnt character, not astringent. In beer judging, we compare astringency to the feeling of putting a teabag in your mouth. (If you don't know the taste, feel free to taste the flavor of a teabag the next time you make a cup of earl gray tea.)

It's just a very well balanced beer.

Notice as it warms, the complexity of the flavor starts to come out a little bit. These are best at a cellar temperature of 50-52 degrees. As they warm the complexity of the flavor starts to reveal. It's not practical to serve our beers at different temperatures, but the good news is, if you serve a beer cold, you can wait. What I like to do is let a stout sit a little bit, cup your hands around, so it warms from your hand temperature, that's why we serve them in a snifter glass.

Devin: It really is amazing how much those few degrees can bring out new flavors. I'm getting giddy, thinking about what's coming next.

Ken: Yes, moving on to the bourbon barrel aged Brits in Moscow. This is a treat, we don't always have it.

From an appearance standpoint, everything is identical to Brits in Moscow, because it's the same base beer. What we do is, we've taken this beer, fermented it, then racked it into Heaven Hill fresh dumped bourbon barrels. There's still that bourbon residue in there and there's the char on the inside of the barrels, because they fire those barrels. When you smell this beer, if it doesn't smell a whole lot different, we're doing it wrong. What do you get on the nose?

Devin: Bourbon!

Ken: Bourbon! It comes through, almost a sherried bourbon. We put it into the barrels, typically we try to get at least six months of contact time. It depends on when we need it. We find that within 2-3 months the majority of the improvement has been achieved. To be honest with you, after 6 months, we don't see any actual improvement in the quality of the product. If anything we're just taking our chances with something going sideways.

Let's try it.

It just puts a smile on my face to drink that. We're sitting out here on a cold, November afternoon. We've been kicked out of our indoor dining, it's cold. And this is exactly the kind of beer I want to drink right now.

The bourbon adds a very very distinct, oaky, but not over smoked flavor. Definitely the flavor of the bourbon, which draws its flavor from the barrel. It bumps the alcohol up a bit, one, from the bourbon that extracts from the barrel and two, you lose volume from the evaporation process as it sits over time. I guess they call that the Angel's share, right.

Yumm.

Devin: You said you Heaven Hill barrels, why did you choose them?

Ken: In addition to Heaven Hill, we've also used Wild Turkey and Jack Daniels barrels in the past. We think Heaven Hill makes the best product. We don't know which whiskeys came out of them, but they make some really high end products. We found Wild Turkey was a little harsh, which makes sense because it's a harsher whiskey, while Jack Daniels is a more

see DEVICE page 12

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Arden Fair Partner, Retired Pediatrician has Enjoyed a 'Blessed' Life

By LANCE ARMSTRONG

At 91 years old, longtime Sacramento area resident Dr. Dennis N. Marks has lived a rich life of satisfaction and adventures.

Well-known and respected by people in the Sacramento area and beyond, Dennis gained notoriety as a partner in the ownership of Arden Fair and Market Square shopping centers and as a pediatrician in the Sacramento area for 30 years.

Dennis is also recognized for his kindness as a philanthropist who has supported various local organizations, including local hospitals and service organizations for the developmentally disabled. He has additionally contributed greatly to Cristo Rey High School in Sacramento.

Dennis began his life's adventures in the presence of his immigrant parents, Nicholas and Anastasia Marks, who came to this country from the Greek island of Cephalonia in the 1920s, in search of a better life.

Nicholas was the first to arrive in the United States. He later returned to Greece looking for a woman who would marry him, yet stay in her homeland to care for his father. That woman, Anastasia – aka "Tasia" – would later join Nicholas in America.

Nicholas and Anastasia both settled in New York City, after entering America through Ellis Island.

While living in New York City, Nicholas operated a small coffee shop in a ground-floor storefront and lived in a residential space above that business.

In running his coffee shop during the Depression, Nicholas saw firsthand the struggles of many people in their community, explained Steve Marks, who was the second child to be born of Dennis' four children.

"I remember, (Dennis) used to tell us stories about his dad having tabs for his customers that went on forever," he said. "You know, just a cup of coffee or a little bite to eat or something. 'Could you put it on my tab?' I don't have any (money)', (customers would say). Whether (Nicholas and Anastasia) got paid back or not was another story."

Although not by his choice, a few years after arriving in America, Dennis' father had his surname changed, from Marcopoulos to Mark, during the process of applying for his citizenship. He later added the "s" to create the more common surname, Marks.



Photos courtesy of Marks family

Dennis and Nancy Marks have been married for 68 years.

By the age of 5, Dennis was full of enthusiastic energy with his childhood goal of becoming a medical doctor, Steve told this publication last week.

"(Dennis') dad (would say), 'Denny, why don't you go out and play with the kids? Go out and have some fun,'" he said. "He would be up in his room, working with his science kit on experiments. He would wave off his relatives and his parents and he would say, 'My day for fun will come.'"

In addition to Dennis, Nicholas and Anastasia had a daughter named Claire.

As a student at New York City's Stuyvesant High School, Dennis maintained his childhood dream.

Following his graduation from that institution in 1945, Dennis began attending Columbia University, taking many units year-round, and playing in the band. He also purchased his own sound system and worked as a disc jockey.

Six months shy of his 19th birthday, Dennis began his studies at the institution known today as New York University School of Medicine. He graduated from that place at the age of 21.

Dennis' next venture was to seek out an internship, which he found at the Hospital of Saint Raphael, in New Haven, Connecticut.

It was during that internship when Dennis decided to become a pediatrician instead of an obstetrician.

In a ceremony held in New York City, Dennis married Nancy Stewart on Oct. 18, 1952.

In 1954, during the Korean War, Dennis joined the Army and practiced medicine.

During part of his service, Dennis was stationed in Japan.

Steve, who is a 1975 graduate of Rio Americano High School, pointed out that he was "made in Japan," but born in America.

Following Dennis' service in Japan, he was transferred to California, where he had a temporary assignment in the outpatient department of the Oakland Army Base.

For his last two and a half months in the Army, Dennis worked a permanent assignment at the Letterman Army Hospital at the Presidio of San Francisco.

During that time, he sought out a quality place to practice. He decided on Sacramento, arriving there in October 1956, and paying $16,950 for a tract home in the Garden of the Gods neigh-

see RETIRED page 9

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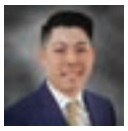


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Photos courtesy of Marks family

1. Dennis Marks and his sister, Claire, are pictured in the 1940s. 2. Dennis Marks presents a minnow he caught in about 1947. Later in his life, he obtained his commercial fishing license and sold fish that he caught to his friends and neighbors at discounted prices. 3. Dr. Dennis N. Marks interacts with a young patient at his office during the early part of his career as a pediatrician.

Retired

continued from page 8

borhood on the edge of Sacramento and Carmichael.

Dennis would eventually spend 30 years working in pediatrics at his office on Professional Drive, just north of Arden Way. He retired in 1986.

Sharing that office with Dennis for the majority of his time was Ernest J. Petrulio, a pediatrician who was previously stationed at Mather Air Force Base. Petrulio died at the age of 79 in 2008.

Among Dennis' accomplishments in life was working with Nancy to create a residential care facility for the developmentally disabled. Nancy had grown up with a brother who was severely developmentally disabled, and her family moved from place to place whenever her brother was relocated to a different facility.

The facility, which was known as Laurel Hills Developmental Learning Center, was established as a 76-bed center, with five patients, at Garfield and Madison avenues in 1965. It remained in operation for 20 years.

Steve spoke about that facility, which became a leader in its field.

"My folks, in the early 1960s, they came up with this concept of 'Let's create a residential care facility for the developmentally disabled where there won't be any age limits,'" he said. "You can come as an infant in the nursery and you can stay until you're old and gray, if that's what's in your best interest."

While serving as the director of Laurel Hills, which offered independent living arrangements, Dennis wrote on the topic of teaching developmentally disabled persons. His essay appeared as a section in the 1967, New York Times best-selling, self-help book, "I'm OK – You're OK: A Practical Guide to Transactional Analysis."

Dennis' best-known investment is Arden Fair. He purchased this shopping mall with his friend, the prominent businessman Morton

see PEDIATRICIAN page 13



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Clarksburg Lights Feature Nearly 100,000 Lights and Over an Acre Trees Wrapped in Lights

Photos by Monica Stark

Clarksburg Lights does not disappoint. These photos are from one house located at 52607 Netherlands Ave. Bring any and all canned and packaged food items for the Yolo Food Bank to place in a bin at the front of their roundabout driveway. All proceeds go to the homeless and people who cannot afford food.

The front portion has over 100,000 lights, with a few themed lands (North Pole, Tree Central, O Holy Night, and the Whimsical Forest. Landscaped with over 100 trees all wrapped in lights, this is something you won't want to miss. The set-up takes close to 100 hours to set up. Lights turn on every night at 4:30 p.m. through New Years Eve. This year, they have added a 40-foot mega tree and lights all the way down the driveway -- 650 feet long! Reservations not required.





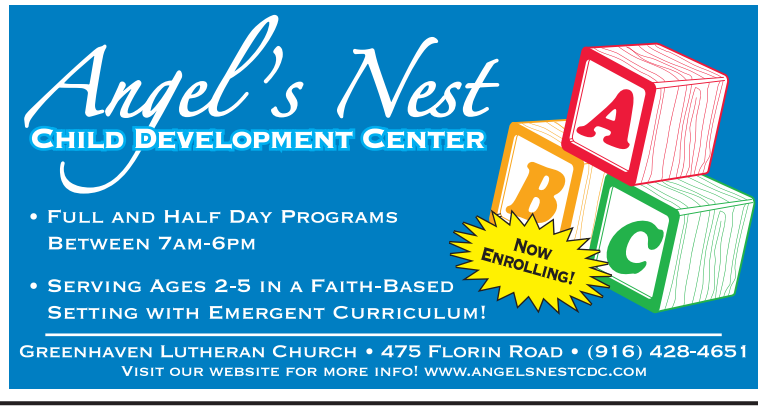




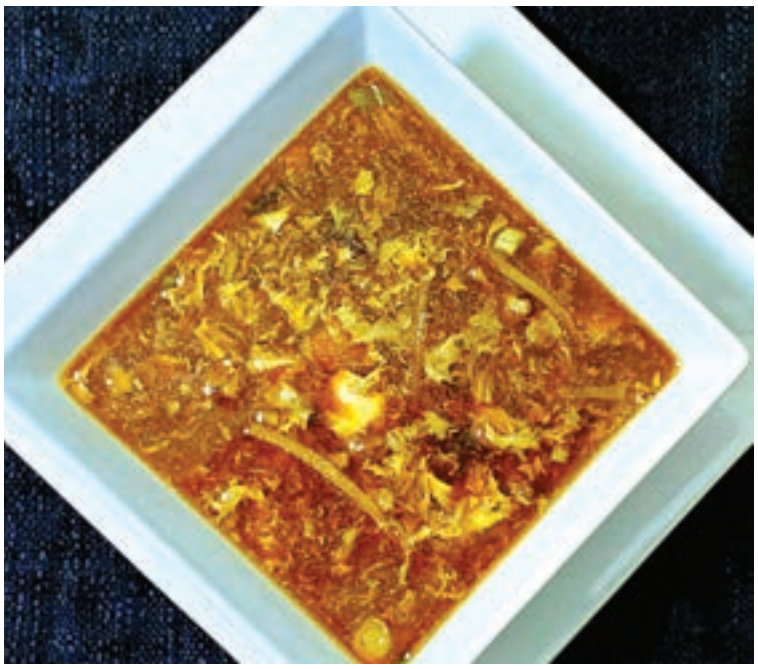








Soup Weather Is Here, So Please Dine Local





By Devin Lavelle

As the weather gets colder, this is both a wonderful opportunity to explore the many great soup varieties our local restaurants offer – and a really critical time to support our local restaurants, as they try to survive on just takeout and outdoor dining during a long, cold winter. Now if you are just here for a friendly reminder to #DineLocal, #TakeoutPocket and #Eat91Six and for some great soup options at local restaurants, feel free to skip to the end. But if you have a moment and would like to read some romanticized reminiscences of great experiences with soup, I invite you to read on.

When I was a kid, my family's go-to restaurant was a Chinese restaurant. In some places, it was called Daniel's Palace, and in others, Daniel's Place. We simply called it Daniel's. Daniel was a nice man and for several years, his kids swam on the same swimming team as I did. His Mongolian beef and dry-braised green beans remain the standard these personal favorite dishes are measured against. But what I remember most was when my family would go there during the winter months. Whenever the cold would creep in, the best cure we knew was Daniel's Hot & Sour Soup. Time and again, every time I was sick, it was the warmth of Daniel's soup that comforted me – kicked up by that sour tang that really felt like it opened everything up. Still today, all these decades later, it is hot and sour soup that I yearn for whenever congestion sets in and I need to remember that comforting warmth.

Memories like that, to me, speak to why it's so important to support our local restaurants. They aren't just another business, they are a place where we make memories as a family. They're where we go to celebrate our biggest achievements and our greatest joys. But they are also where we go when we are down, when we're sick, when we need comfort; serving up chicken soup for both the body and the soul.

With our region's return to purple, our local restaurants will have to forego indoor dining for the foreseeable future, likely for most of the winter, relying on outdoor dining when weather allows. Mostly takeout will keep them going.

So if you are able, please support our local restaurants, order a burger or a steak, a pasta dish or a rice dish, a salad or maybe try out a soup! There are a huge range of offerings across our local restaurants.

Hot and Sour Soup is available at New China and Beijing Garden. Wonton Soup (and its kicked-up cousin Wor Wonton) is another favorite offered at both full service Chinese restaurants as well as Chopsticks Express and A Taste Above Café. Great as a starter or a warm lunch!

If you're in the mood, explore the variety of flavors, some subtle, others dramatic, offered by the world of ramen. Rich and meaty? Spicy? Creamy? Garlicky? Fishy? Whatever your preference, I guarantee Ramen House Tenjin, Tamashii Ramen, Banzai and Edokko have a flavor that suits your palate. They do a great job separating the broth, noodles and other ingredients, so you can combine everything at home and enjoy perfectly prepared noodles, meats and veggies without overcooking from prolonged time in the hot broth. It's also fun leaving the restaurant with a huge grocery bag full of different containers, that all make up a single entrée!

If you prefer a more personalized flavor, try out the Pho at Pho Boc Hoa Viet. Vietnam's national dish starts with a delicate beef broth, rice noodles and your choice of meat, typically thin sliced to cook in the broth itself. Add fresh garnishes including basil, cilantro, radishes, chilies or lime and your favorite condiments like hoisin sauce, soy sauce, fish sauce, Sriracha, and chili paste to make a dish that is perfectly unique to you.

Also not to be missed are Tom Kha and Tom Yum from Sai Varee. Tom Kha features a light coconut broth brightened by lemongrass and lime juice, while Tom Yum is the Thai version of Hot and Sour soup.

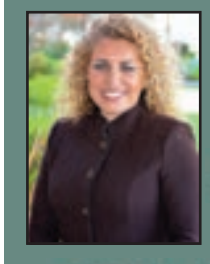
Or, if you're not in the mood for Asian cuisine, Vientos offers Albondigas. If you've never had this Mexican comfort food, you're in for a treat. Think vegetable soup with a cumin and cilantro kick, plus lots of delicious little meatballs. Herbaceous, but not spicy, it's great as a starter or served with tortillas and rice for a whole meal!

Whatever flavor you're in the mood for, our local restaurants have the perfect soup to warm you up this winter. Enjoy!



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United Way Launches Shine Your Light Campaign to Encourage Local Residents to Give and Volunteer

At the end of a year that has been dark for many communities across the country, United Way California Capital Region is asking residents across the region to join its Shine Your Light holiday campaign, which includes opportunities for community giving and safe volunteering during the holiday season. Visit YourLocalUnitedWay.org/Holiday-Giving.

"This is a year no one will forget – a year filled with deep pain, division and hardship," said Stephanie Bray, president and CEO, United Way California Capital Region. "Children are being asked to attend school virtually and help younger siblings. Parents have lost jobs that support their family's needs. Neighbors are struggling to stay afloat while small businesses close around them. During this dark year as we enter the holidays, we are asking residents across the greater Sacramento area to join our Shine Your Light campaign by contributing to our nonprofit partners' gift drives, volunteering and making financial donations."

For the Shine Your Light campaign, United Way has gathered the needs of nearly 50 local nonprofits across the region on its website, including which need clothing, blankets, shelf-stable food, hygiene items, winter items, holiday gifts, gift cards and volunteers this holiday season. Shine Your Light participants also can make a financial donation to United Way California Capital Region to help lift up neighbors who are struggling, including children, foster youth, students impacted by COVID-19 and families trying to make ends meet. As part of the campaign, United Way's Women United action group that supports local foster youth is matching new donations to the group until they reach $35,000, giving donors the opportunity to double their gift.

"In these difficult times, your gift can be a much-needed light in someone's life during the holidays and in the months to come," Bray said.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation, visit YourLocalUnitedWay.org.



Photo courtesy

United Way volunteers wrap holiday gifts for local foster youth as part of a past volunteer experience. United Way's Shine Your Light holiday campaign this year will allow for social distancing while still providing opportunities for people to donate gifts for people in need, make donations and volunteer through the end of the year.

Device

continued from page 7

budget product. We just got in a new shipment of Heaven Hill barrels, so once this keg runs out, we'll have more in the late winter.

Devin: Can't wait for that! So I noticed you only have two stouts on the board, what's coming next?

Ken: Ok, so I wanted to throw a curveball in here, which is more for fun than anything else. In the midst of trying stouts and porters, we could try a Cascadian dark ale, otherwise known as a black IPA. This is Hop Creeper, it was our special release Halloween beer.

Just like a porter or a stout, this Cascadian dark ale is made with ale yeast and uses roasted malts to achieve this very, very dark, rich color. One might argue that the Cascadian dark ale is a hoppy, robust porter. Now again, I'm just kind of romanticizing the style. Obviously the level of bittering would take it out of the guidelines for a robust porter, but for fun, why not?

On the aroma, I get the roasted malts, but what else do you get?

Devin: The hops.

Ken: Bigtime hops, right? You get pine, a little bit of resin. The roasted notes are in there, but the hops are way out in front. On the appearance, you notice we have a nice off-white head, a persistent head. Significantly lighter in color than our porter, but at a glance it looks like a porter. I see an Amber undertone.

Let's go to flavor. So I get some roast, some hop bitterness, the hop flavor, evergreen, pine, cedar. That's coming from Simcoe and Cascade hops, very Pacific Northwest, very characteristic of the style.

What's interesting about Black IPAs was they were very popular in 2012, 2013, 2014. They've fallen out of fashion since then, but people still ask us to brew them all the time.

Not overly bitter, not lingering. But what I do get is that mid palate back of the tongue bitterness, piney. Very dry, it finished out very low gravity.

It's very good. Not a porter, but one could certainly argue in a court of law that this is a robust porter with a lot of hops.

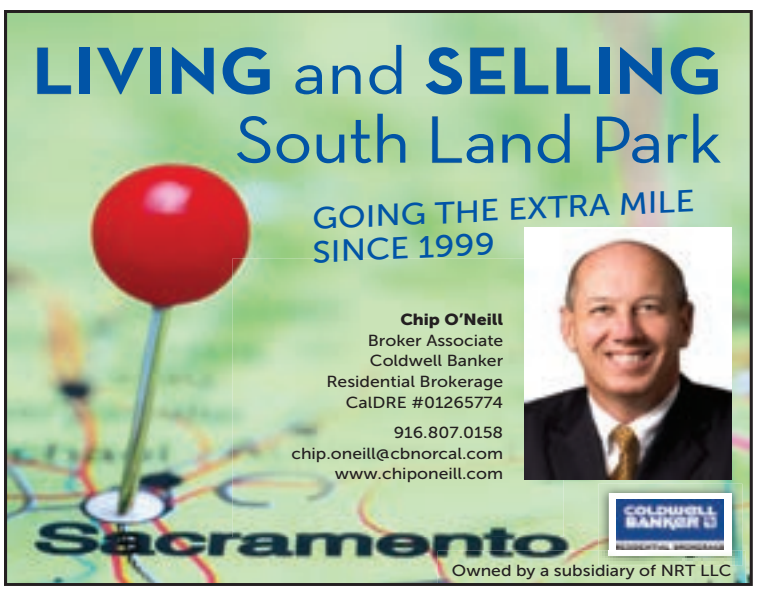
In general, these beers are appropriate year round, but really start to shine in the colder months. As we hunker down for the winter, people want a little bit more body, more complexity, comfort. I believe stouts and porters provide just that.

Cheers!

Devin: Cheers! Thanks for the great beers and the education.

I'd encourage readers to pick up some of these in cans or growlers to sip on, they'll really come to life while reading this article.

And please keep on supporting all of our local restaurants so they'll still be there when we can come together again after COVID.





Sacramento Self-Help Housing's Free Renters Helpline Continues to Experience Spike in Tenant Calls & Remains Open to Help

Sacramento Self-Help Housing's free Renters Helpline continues to experience a significant uptick in calls, and remains open and staffed with experts available to help with potential renter discrimination, tenant/landlord disputes, education on new laws about rent increase and "just cause" evictions, and temporary moratoriums due to COVID-19.

On average, the helpline typically receives just over 700 calls per month. However, from March through October during the COVID-19 pandemic began, calls to the Renters Helpline have increased and averaged 775 per month (March through October 2020). The top three reasons callers reach out to the Renters Helpline do so for help with the following: 1) end of the tenancy and evictions 2) rent increases, and 3) property maintenance.

During this challenging time, the Renters Helpful is an especially important resource for tenants as it provides an education in tenant/landlord issues and questions, which is critical due to AB 3088, the COVID-19 Tenant Relief Act of 2020. While the new law is designed to protect tenants from evictions if they have COVID-19 related economic impacts and cannot pay rent, it is complex and can be difficult for individuals to understand. The Renters Helpline can help residential tenants understand the intricacies and ensure they are complying with the law to avoid unnecessarily evictions. For instance, if AB 3088 is not extended, many tenants will be facing evictions as of February 1, 2021 if they did not return the Declaration of COVID-19 Related Financial Distress to the landlord or failed to pay 25 percent of the rent from September 1, 2020 through January 31, 2021.

Originally launched in 2016, the helpline is made possible through a collaboration with Project Sentinel, and Legal Services of Northern California (LSNC). The free service provides tenant education on their rights, and dispute resolution services for residents in unincorporated Sacramento County, and the cities of Sacramento, Rancho Cordova, Elk Grove, Citrus Heights and Folsom. Experienced Tenant Advisors deal directly with concerns regarding landlord/tenant disputes and help to refer fair housing issues to the appropriate agency.

The Renters Helpline is one of a variety of programs offered by Sacramento Self-Help Housing, a non-profit 501(c)3 agency celebrating 20 years of service that is dedicated to assisting those who are homeless or at risk of becoming homeless to find and retain stable and affordable housing. To help solve the ever-increasing number of homeless men, women and families in Sacramento County, Sacramento Self-Help Housing continues to accept donations to assist with the transition of their clients from the street and onto a path of sustainable independent permanent housing.

The Renters Helpline is available at 916-389-7877 Monday through Friday from 8:30 a.m. to 5 p.m. For more information about the Renters Helpline, please visit www.rentershelpline.org; for general information about the organization or other programs offered by Sacramento Self-Help Housing, please call 916-341-0593 or visit www.sacselfhelp.org.

Pediatrician

continued from page 9

Friedman, during the real estate depression of 1975.

Friedman died at the age of 80 in 2012, and Dennis is currently a partner in the ownerships of both Arden Fair and the adjacent Market Square at Arden Fair shopping center.

His community involvement and other activities have also included coaching Little League baseball teams, traveling and spending time as a commercial fisherman, photographer, straight-line painter, slalom water-skier and snow skier.

Also a part of Dennis' life has been his longtime membership in the Carmichael Presbyterian Church.

Steve, who referred to his father as a "renaissance man," marveled at his father's drive to assist others and the many activities he became involved with during his life.

"We all refer to him as the renaissance man," he said. "I don't think I could be any more proud of anybody (than his father). I mean, I'm proud of my kids, but he's just so beautifully unique."

Currently residing in their longtime home in Carmichael, Dennis and Nancy have four children, eight grandchildren and six great-grandchildren.

Dennis, whose voice has softened to a slight whisper in his advanced years, was asked to summarize his life experiences, many of which occurred right here in the Sacramento area.

"I'm blessed and thankful," he said. "Thankful for my childhood, thankful for my dear wife and our family, our friends, my work and partners (and) traveling. I'm just thankful for my life – all of it."



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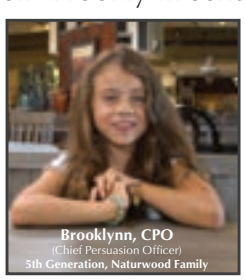
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