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Land Park News

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Fairytale town presents Puppet Art Theater

See Page 3



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Local veteran to partner with Sacramento Public Library to offer art therapy program for female vets

By Monica Stark

The Sacramento Public Library and the Women's Veteran Alliance partnered up to offer female vets a 4-week virtual art therapy program, led by local art instructor and veteran, Deidre Trudeau. Participants will get to try out different media such as watercolor, pencil or collage while they have the opportunity to connect with other female vets. During the program Melissa Washington, a local representative from Women Veterans Alliance will share her story and resources available through the organization.

With the militant, regimented and left-brained lifestyles troops face while on duty, Trudeau argues for the importance of tapping into their right brains because a military lifestyle is "a far departure from the right brain thinker who is explorative and flowery and, and, and expressive. So I feel it's really important to help women tap back into the flower of themselves and the more the non regiment, non military militant aspect of their sensibility, their spirit, their psyche."

A graphic artist for over 30 years and a professional artist, Trudeau said the premise of the program is "100% around acceptance."

"Just coming to a place of acceptance in the very moment that we're in. I start them off with some really beautiful deep breathing exercises where there's a lot of imagining, I show them how our imaginations are so powerful," she said.

For example, she takes participants through a lemon exercise, leading them on to salivate and "feel the sourness of the lemon that doesn't even exist. It's just through their imaginations." She then amps their imaginations up towards imagining what they want for themselves in their lives, be it peace and calmness, a retreat for vacation. "None of that is any of my business. It doesn't matter, but I have them imagine these things."

Combined with meditative practices, the participants begin to imagine the colors, the fragrances as Trudeau helps them to hear the sounds and feel the things that they would feel if they were where they wanted to be, say a beach vacation with the ocean smell and the feel of a breeze in their hair. "By doing all of that our brain starts to make it real. Our brain starts to be convinced that that situation is a real thing. And therefore we subconsciously start working towards those goals."

So, what does that have to do with art? Trudeau says it's this: People have a personal demand on themselves for whatever it is they're trying to do and achieve. And if they think they're not creative, they close up. So she tries to say it's not about being talented. It's about doing and being and feeling and exploring.

"So I help to disarm that need to feel like they've got to perform right now and be talented at it. That's out the window: None of that makes any difference. What makes a difference is them learning to explore and to explore with the purpose of their own vibration. So if you know you're loving the color blue and you have your own reasons for it and you assign a fragrance to it."

She then has students move a pencil around a piece of paper, in different directions. At the end when they look at that paper, they start to get an idea of who they are, how they would express themselves if there were no rules and nothing mattered.

Trudeau describes the process as moving a pencil around a piece of paper, and finding out perhaps that "you're very very organic and flowery and have lots of circles and are light and gentle. You might find that about yourself."

But, she says, you also might find that you've got zigzags and you draw very dark and things are static and there's big open spaces. "All of those things say something about you and it helps you to identify the kind of energy you have while expressing without any demands on you," she said.

It's not about what's right or wrong, she said. "It just is what it is. And so that's why I really circle around the world word acceptance."

Akin to creating a looking glass with their fingers, the participants of the aptly-titled program, "Discovering the Hue of You," get to travel through this menagerie of doodling to find a place they like a lot. And, finally, participants draw that image on a separate piece of paper, which then becomes somewhat of a composition based on their sensibility.

For Trudeau, art therapy is her

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Puppet Art Theater Company at Fairytale town presents The Three Billy Goats Gruff

Puppet Art Theater Company presents the tale of The Three Billy Goats Gruff in the Children's Theater. This production starts with the classic race of The Tortoise and the Hare. Hare, super speedy; Tortoise, slow and steady. Who will win? The conclusion of the race takes place on the "Troll Bridge" waking up the Grumpy Old Troll. Then watch on as the Three Billy Goats find a way to outwit the Troll and get across the bridge so they can enjoy the field of green, green grass. Little Billy, his older sister Brittany, and their father Bruno all try to trip-trap their way across the bridge.

Tickets are $1 for members and $2 for nonmembers, in addition to paid park admission. Tickets can be purchased at the Fairytale Town Box Office or at the entrance to the Children's Theater 15 minutes prior to show time. All performances take place in Fairytale Town's indoor Children's Theater. Masks are required for all people over 2 years of age while inside the theater.



The approximately 20-minute shows are on Saturday, April 2 and Sunday, April 3 with showtimes at 12:30, 1:30, and 2:30 p.m.

For more information, visit fairytaletown.org or call (916) 808-5233.

Scout Night: Space Explorer

Calling all Girl Scout Daisies! Join us for an evening of fun and earn your Space Science Explorer badge on Thursday, April 7 from 5 to 7:30 p.m. This two-and-a-half-hour workshop will fulfill all badge requirements and include a snack break. Space scientists are people who study outer space—what's in the sky. In this badge experience, you can be a space scientist as you look at the sky and talk about what you see. Girls will receive a certificate and their badge at the conclusion of the event. $15 per scout, cost includes a snack and badge.

For more information, visit fairytaletown.org or call (916) 808-8884.

Spring Eggstravaganza

Join Fairytale Town for an egg-citing weekend featuring egg hunts, prizes, spring themed arts and crafts and more on Saturday, April 16 & April 17 from 10 a.m. to 3 p.m.

After the egg hunt, make your way to Mr. McGregor's Garden to redeem your eggs for a prize! Kids can choose from a variety of new prizes based on the number of eggs they collect. Please note: One prize zone visit per child and a maximum of 10 eggs can be redeemed.

Puppet Art Theater Company will also be on hand performing "Bunny Boot Camp" in the Children's Theater. Tickets are $1 for members and $2 for nonmembers. Show times are at 12:30, 1:30, and 2:30 PM. Puppet show tickets can be purchased at the entrance to the Children's Theater 15 minutes prior to show time. Masks are required for all people over 2 years of age while inside the theater.

Plus, visit with Peter Cottontail on the Mother Goose Stage from 10 AM – 3 PM. Professional digital photos will be available to purchase for $5 or take your own for free. Make spring-themed crafts, including bunny ears, from 10 AM – 3 PM. Spring Eggstravaganza is a special ticketed event. Tickets will go on sale March 1. Weather Permitting.

For more information, visit fairytaletown.org or call (916) 808-5233.

National Superhero Day

Calling all superheroes! Come dressed in your capes and masks for a day of fun at Fairytale Town, Thursday, April 28 from 10 a.m. to 2 p.m. Meet your favorite superheroes and complete a superhero craft activity!

Weekday admission is $7 for adults and children ages 2 and older. Members and children ages 1 and under are free. For more information, visit fairytaletown.org or call (916) 808-5233. Weather Permitting.



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"I dated Joan Didion," says Sacramento native

By LANCE ARMSTRONG

Editor's note: This is part three of a three-part series, with the first part featuring artist Wayne Thiebaud. This article and the series' second article are about writer Joan Didion. Both Didion and Thiebaud spent years living in Sacramento. They died two days apart in late December 2021.

Sacramento native Bob Weidner is one person who can speak with authority when it comes to talking about some of the early years of the late author Joan Didion. After all, he dated her before she became famous.

"I dated Joan Didion," he said in a recent interview with this paper. "(That was) from 1952 till 1956 or 1957, about five years."

Didion, who herself was a Sacramento native and a 1952 graduate of C.K. McClatchy High School, died of complications of Parkinson's disease at the age of 87 on Dec. 23, 2021.

In her post-Sacramento years, Didion would become renowned as a writer who, through her novels, essays and other writings, chronicled American society. References to her native city appear in some of those writings.

Weidner, 88, mentioned that both he and Didion were living in Sacramento and attending Sacramento Junior College – today's Sacramento City College – when they began dating.

"(His friend), Maurice (Read) and I belonged to a junior college fraternity and there was a dance coming up," he said. "My regular girlfriend was in the hospital (with a) bad back, and I needed a date, and Maurice was going out with Nancy Kennedy, who happened to be Joan's best friend at McClatchy (High), and for years afterwards.

"There's a sideline on that. She had a little brother, a brother a couple years younger than her who we called Tony Kennedy. He was later known as United State Supreme Court Justice Anthony Kennedy. So, anyway, I started going out with Joan then and went with her all the way through till graduating from (the University of California, Berkeley), both of us."

Weidner, a 1951 graduate of Sacramento High School, noted that while he and Didion were dating in Sacramento, Didion lived with her maternal grandparents near Sacramento Junior College.

"(Didion) lived with her grandfather and grandmother (Herman and Edna Jerrett) – her mother's parents – (at 2941 Highland Ave.) in Sacramento when I first met her, and that's where I always went to pick her up," he said.

He also recalled going with Didion to many local motion picture theaters, including drive-in theaters of that time.

"We did the regular stuff (such as watching) movies at the Senator Theatre (at 912 K St.), Tower Theatre (at 2508 Land Park Drive, and) the Alhambra (Theatre at 1101 Alhambra Blvd.)," he said. "You know, regular things that you go to.

"Back in those days, occasionally, you would go into the snack bar at the drive-in (theaters), and once in a while there would be a Wayne Thiebaud painting for sale at the snack bar."

Weidner's recollection of viewing Thiebaud's artwork was timely, considering that Sacramento lost another one of its famous people, with his death last Christmas.

In addition to his memory of seeing Thiebaud's art in the theater's snack bar, Weidner also mentioned that both he and his brother, Edwin F. Weidner Jr., took art classes from Thiebaud in Sacramento.

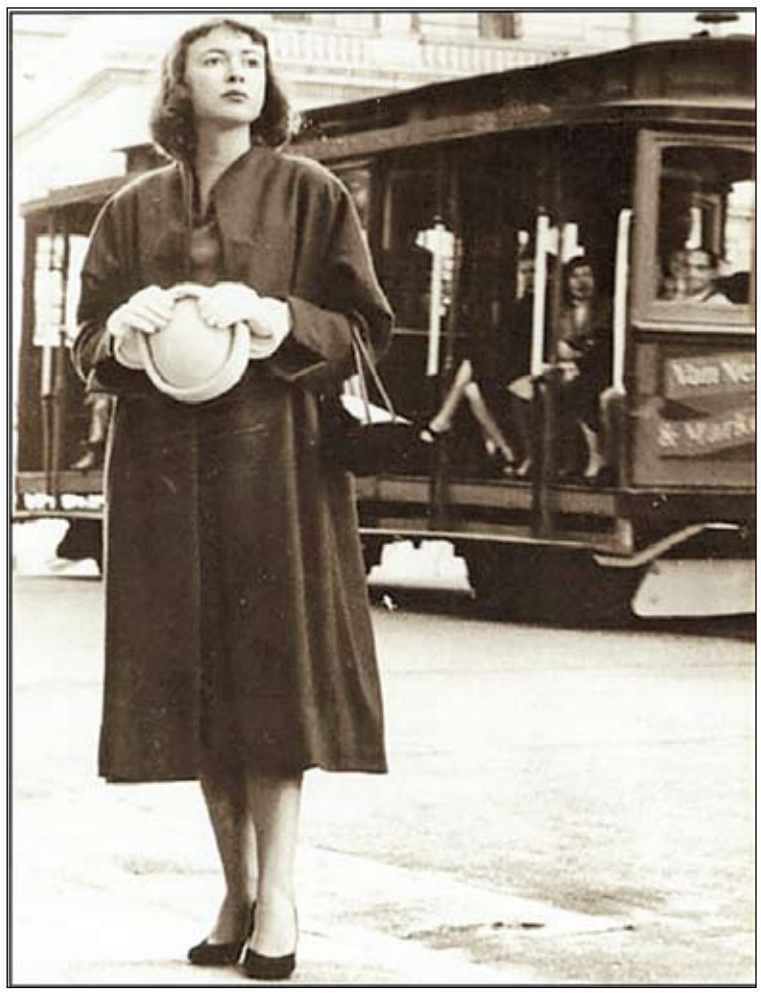
Returning to the main topic of Didion, Weidner briefly shared why he was drawn to his former girlfriend.

"We got along very well together, and I just liked her, that's all," he said. "That other girl got out of the hospital, but I stopped going out with her."

Recalling Didion's passion for writing, Weidner noted that she may have received much of her motivation to excel in writing through one of her teachers at McClatchy High.

"She told me that she had an English teacher at McClatchy that told her that she would never make it (as a writer), and I think that was one of her driving forces to show that he was

See DIDION on Page 5



Joan Didion stands near a cable car in San Francisco in 1956. This photograph, which Didion submitted to Vogue magazine, was taken by her then-boyfriend, Bob Weidner.

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Didion

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wrong," he said. "I don't know who the teacher was."

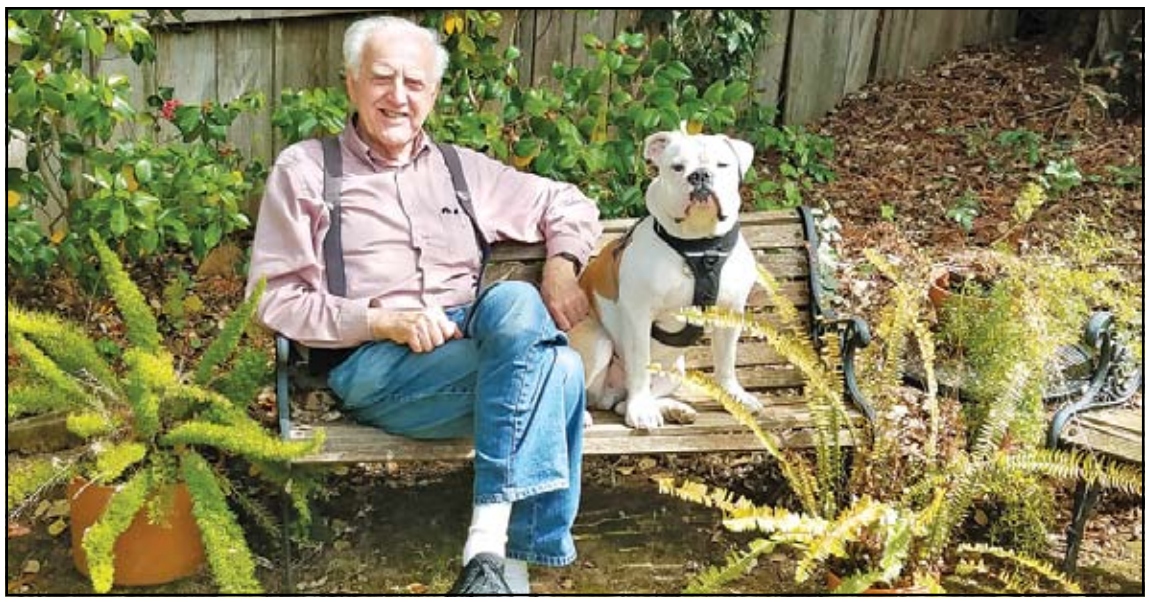
Both Weidner and Didion left Sacramento to attend the University of California, Berkeley, and Didion graduated six months ahead of Weidner.

"I had another six months to go, because I had been in the service, because that's when the Korean War started and we all had to go in the service," Weidner recalled.

It was around that time when Weidner and Didion began discussing their future together.

"Maurice married the girl that he was going out with, and Joan and I were talking about what we're going to do, and one of the options I had was I had a rich uncle who had a Lincoln-Mercury dealership in Bakersfield, and he had no offspring, and he was asking me if I wanted to take that over," he said. "Joan and I discussed that and we decided nobody wanted to live in Bakersfield."

Weidner also spoke about being a part of Didion's life in 1956, when she won a Vogue magazine essay contest, which would launch her career in the professional world of writing.



Bob Weidner sits in his backyard with his son's dog, Newman.

Photos courtesy of Bob Weidner

Her winning essay was called "Self-Respect: Its Sources, Its Power." For winning that contest, Vogue offered her a job at this New York-based fashion and lifestyle magazine.

"(Didion) was kind of not really the most brave person in the world, and she was a little reluctant to go back to New York by herself," Weidner said. "And I told her that if she didn't take that job with Vogue magazine that she would spend the rest of her life wondering what her life would have been like if she had gone and taken that job. So, she went and we kept in touch."

After having what he referred to as "a billion correspondence" with Didion, Weidner noted that his relationship came to an unexpected end.

"We had a billion correspondence up until that point – her in New York and me in San Francisco – and I knew she was coming back, which she had done several times, you know?" he said. "And I had seen her every time. Well, this time was different. She came back and I picked her up at the airport like I usually did. This time she told me that our relationship was over."

Weidner mentioned his belief that had Didion not won Vogue's essay contest, she would have likely become his wife.

"Well, yeah, we probably would have (gotten married), if she hadn't won that contest," he said.

Although Weidner mentioned that he was "kind of devastated" by the breakup, he added that his life moved forward with much happiness.

"Well, actually, it turned out that she did me a big favor, because I found the most wonderful woman in the world," he said. "I'm still married to her. Unfortunately, now, she has Alzheimer's (disease) and can't live here anymore. She's (in the) severe stages of Alzheimer's."

Weidner, who spent 29 years working for the State Farm insurance company and currently resides in Novato, married his wife, Brenda, on May 27, 1962, and they have two sons.

Reflecting on having dated a woman who achieved great fame as a writer, Weidner noted that he read nearly every book written by and about Didion.

"Well, obviously, she's terrific, and an interesting thing for a guy like me – who is now living 3,000 miles away from Joan for 50 years or whatever the heck it is, because she's so famous – I know what she's doing all the time," he said. "So, I was able to keep up with her life. Of course, she had no idea what was going on in mine, I don't imagine."

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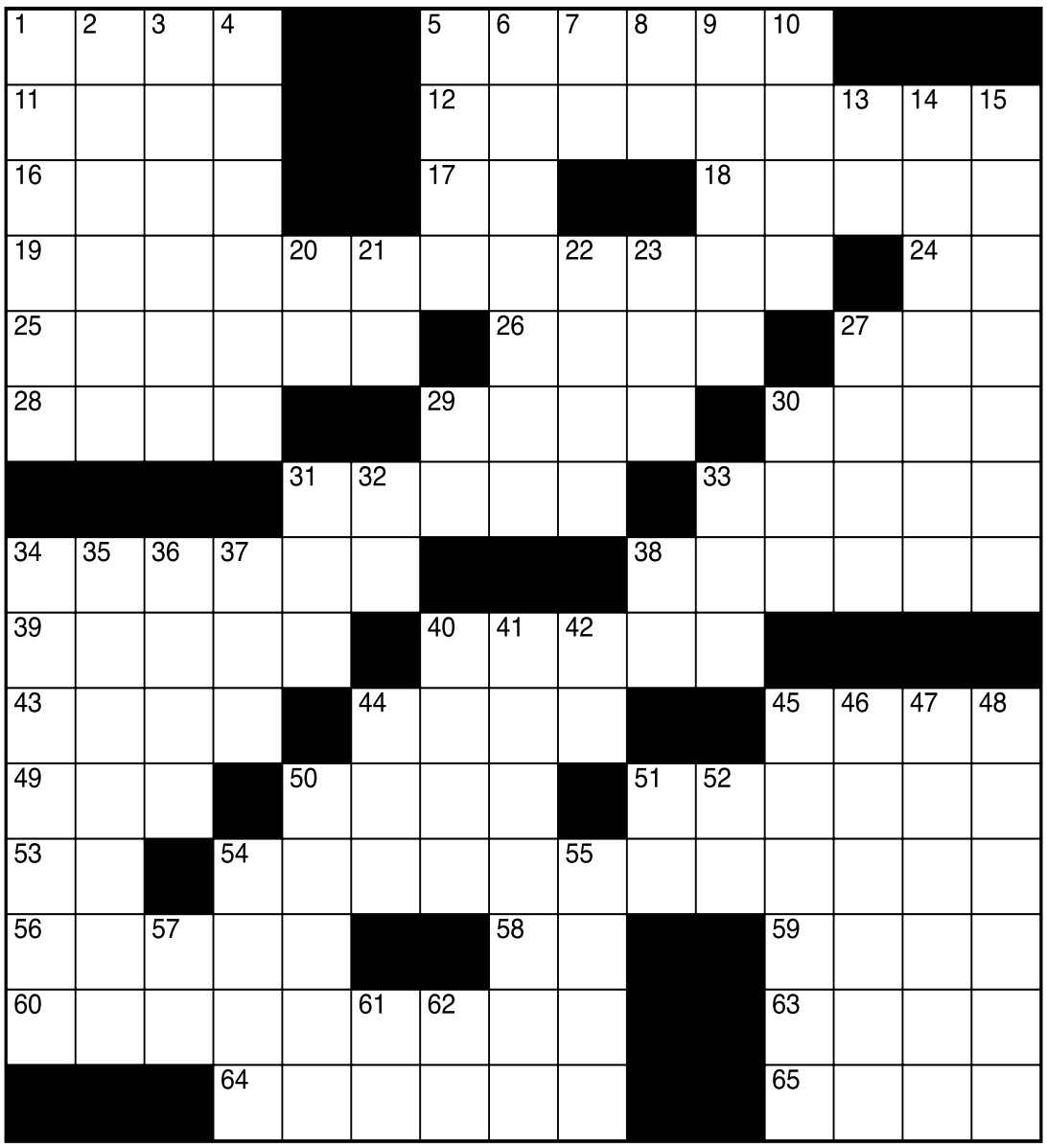

CLUES ACROSS

1. Remain as is
5. Functional
11. News magazine
12. Popular treat
16. Area units
17. Artificial intelligence
18. Marten valued for its fur
19. Forms of matter
24. Home of the Dodgers
25. Bordering
26. Part of the eye
27. It might be nervous
28. Visualizes
29. Crest of a hill
30. Measures engine speed (abbr.)
31. Tears in a garment (Br. Eng.)
33. Not easily explained
34 Song in short stanzas
38. Detonations
39. Intestinal
40. EU cofounder Paul-Henri __
43. Balmy
44. New Mexico mountain town
45. Gobblers
49. Insecticide
50. Golf scores
51. Has its own altar
53. "Pollock" actor Harris
54. Being livable
56. NHL play-by-play man
58. "The Great Lakes State" (abbr.)
59. Unpainted
60. Swam underwater
63. Native American people
64. Containing salt
65. Exam

CLUES DOWN

1. Small bone in middle ear
2. Long, angry speech
3. Move out of
4. Male organ
5. Two-toed sloth
6. Making dirty
7. Article
8. Oil company
9. Emits coherent radiation
10. Amounts of time
13. Unit equal to one quintillion bytes (abbr.)
14. Forbidden by law
15. Drains away
20. Not out
21. Sea patrol (abbr.)
22. Bird genus
23. Gratuity
27. __ and feathers
29. Spiritual part of an individual (ancient Egypt)
30. Hot beverage
31. Pouch
32. It followed the cassette
33. Large northern deer
34. Ones who offer formally
35. Famed genie
36. Bequeathed
37. Skeletal muscle
38. Atomic #56
40. Silk garment
41. They deliver the mail
42. Equally
44. Check
45. Light-colored breed of hound
46. Drug that soothes
47. Railroads
48. Most slick
50. Jacket
51. A radio band
52. Hello
54. His and __
55. Supporter
57. Popular software suite (abbr.)
61. Railway
62. NY coastal region (abbr.)

Therapy

Continued from Page 2

safest place and the course helps participants find theirs. It helps them to reignite their creative chamber."There have been billions of people on our planet and there probably will be billions more but there's only going to be one of you. And so this helps us focus on the gem and jewel view, and that's why I call it "The Hue of You".

Registration via Zoom is required.

Visit https://us06web.zoom.us/meeting/register/tZYoduyorTkuGdUhuQRM0pW5UehQ9aUnyqEa to register.

The first 20 people to register will receive art supplies, available for pickup at your closest Sacramento Public Library location.

The start time for the Female Veterans Art Therapy Program is 4 p.m. on Thursdays March 3, 10, 17 and 24.



1. Name the World Golf Hall of Famer, known as the "Queen of American Golf," who won six U.S. Women's Amateur Championships from 1922-35.
2. Pitcher Carl Erskine threw two no-hitters and won a World Series during the 1950s as a member of what team?
3. Name the Pro Football Hall of Fame wide receiver for the Indianapolis Colts who set a record (since broken) for catches in a single season with 143 in 2002.
4. What variation of bowling is similar to ten-pin bowling but has shorter pins, a smaller ball and bowlers rolling three balls per frame?
5. The boxer known as Kid Gavilan, who held the undisputed welterweight title from 1951-54, hailed from what Caribbean nation?
6. What was the name of the hockey exhibition team formed by Wayne Gretzky during the 1994-95 NHL lockout?
7. What two college football teams played in the Nov. 19, 1966, "Game of the Century" that ended in a 10-10 tie?

Answers

1. Glenna Collett-Vare.
2. The Brooklyn Dodgers.
3. Marvin Harrison.
4. Duckpin bowling.
5. Cuba.
6. The Ninety Nine All Stars.
7. The Michigan State Spartans and Notre Dame Fighting Irish.

"The Big Hysto": Local mover and shaker takes on racial medical malpractice with fibroid documentary

By Monica Stark

Local fibroid survivor Melissa Muganzo Murphy suffered cystic acne, uncontrollable weight gain, and heavy period bleeding just thinking they were rights of passage into womanhood. It wasn't until a Black nurse practitioner pulled her aside after a medical appointment to tell her that she has fibroids and that she could help and that the doctors wouldn't tell her this because she is Black. "That's when I realized I was one of many who were victimized by the racial bias seeped into our medical sytem's history," Muganzo Murphy said.

Now 10 years in the making, a documentary about Black uterine health and medical injustice masterminded by Muganzo Murphy inspired by her own journey and those of countless others, titled The Big Hysto, will premiere this July, National Fibroid Awareness Month. The trailer has recently been released in time for Black History Month.

The documentary includes interviews with 15 Sacramento natives and transplants who have their own stories about medical malpractice, today. While it features their journey to joy, journey to freedom, their journey to family in 2021, it also chronicles the malpractices and the horrors along the way, as Muganzo Murphy says, "So that people can see this is not right."

While the documentary is groundbreaking in approach, the experiences for those people who have been suffering the whole time are not. Perhaps therein lies some beauty, however, as Muganzo Murphy explains: "These stories will be like me to my auntie, to my grandmother, to my neighbor, to my daughter, to my cousin, to -- It's a huge conversation that's happened for generations, and we just didn't say

See Hysto on Page 8



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Hysto

Continued from Page 1

anything because we didn't trust the doctor. So we'd rather not go to the doctor, which is harmful because then you're missing all these preventative steps that could, you know, basically intercept the harm."

One of the stories, as retold by Muganzo Murphy, includes a cast member who, in their 20s, was having a really hard time with fibroids and was given two options by the doctor -- to either deal with it or get a hysterectomy, an irreversible process. The patient opts for the removal and then later found out there are other treatments available. Identifying as trans, the patient, 26, was assumed to not want to have a child in that way at some point in their life. "So there's this misgendering. There's sexism. There's medical malpractice. Injustice is happening because of the black body, right?"

She said that while the patient was able to have two children via their partner, there was still "guilt and shame" that they felt for having the procedure done.

Muganzo Murphy's experience differed in that she wanted a hysterectomy at age 23 but was denied the procedure by two female doctors who couldn't believe that she didn't want to ever have children of her own. The first doctor had a 9-month-old baby at the time and Muganzo Murphy felt their deep connection to their child, however they had personalized that moment and recognized her suffering. Also, they didn't ask crucial questions like: Are you in a relationship? That is an agreement with you wanting kids in the future, right? Does your partner have children? Are you in a relationship where sex is penetrative? She said they assumed that when she marries her husband, he'd be upset that she can't have children. "It's ageism, layered with heterosexism and racism. And it's all very layered," she said.

The suffering was intense. When she got on birth control, she bled for eight months straight, changing tampons every 30 minutes. She couldn't cough or sneeze or laugh. An entertainment dancer, a cheerleader, a choreographer trying to figure how she'd perform her two-hour show with that going on, Muganzo Murphy would ask herself how she'd be able to get through all that. "(My) acne was out of control. Headaches were out of control. I'm anemic. I mean, I was gaining weight out of it. It's horrendous, right?" she said.

The nurse-practitioner who guided Muganzo Murphy suggested a vegan diet and cutting out sugar to rid her body of the fibroids. So she did and her bleeding went from eight months to two days and without any cramps. "When I went vegan and I eliminated sugar, no more cramps," she said. "And this whole time I have been told that cramps were a rite of passage. No. Cramps are a sign that you have a uterine illness going on." She said the hormone-ridden foods that are common in our diets coupled with sugar are like a "buffet" for the fibroids.



Instead of saying cramps are showing you a problem, Muganzo Murphy says that instead the industry pushes Midol to end them. "Big pharma always gives us capitalism. So we're going to capitalize on your pain, which is really your body telling you it's (expletive) up. And you start to recognize that patriarchy and racist practices happen over the female body and reproductive organs."

An expert on racial medical malpractice, Last year Muganzo Murphy was named the USA Fibroid Centers inaugural west coast ambassador and wrote on Aug. 26, 2021 in an article titled "You're welcome: Why we all owe Black wombs a round of applause" and published on LinkedIn that according to USA Fibroid Centers, "1 in 8 womb holders will experience uterine health trauma in their lifetime and 1 in 3 of those people will be Black-identified. (Yeah, the same people who sacrificed their livelihood to ensure we all could celebrate life today.) This means that while Black wombs are disproportionately impacted by this issue, all communities are susceptible to the residue of unjust medical practices that began in the 1800s. Racial undertones impact all of us and have generational rippling effects on all genders, races, and nationalities."

For many years Muganzo Murphy wouldn't wear white pants and opted for a lot of black to hide any blood, but she proudly wears white now. "Someone asked me, 'How did you wear white pants after Labor Day?' And I told him this whole reclamation that I'm on because I've worn black for so long."

Follow Muganzo Murphy on her website: muganzoentertainment.com/

Puzzle Solutions

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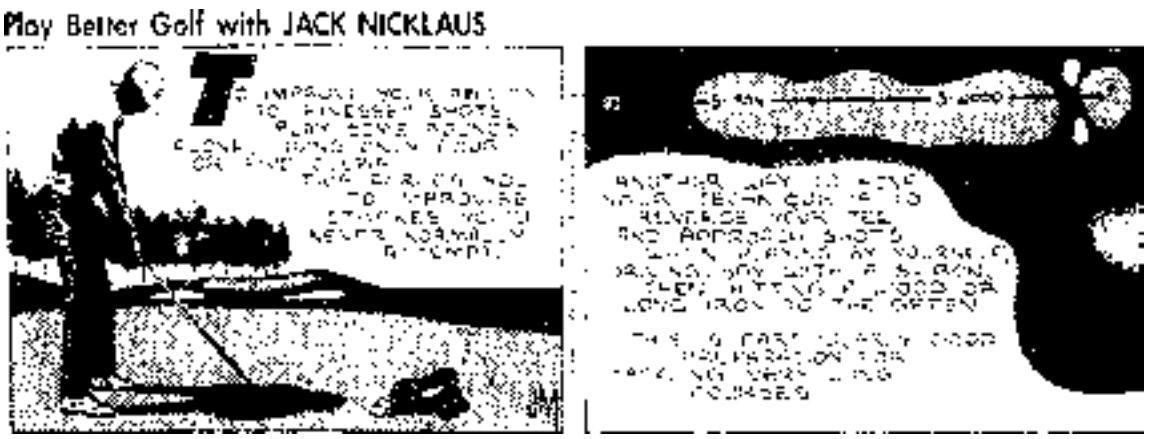


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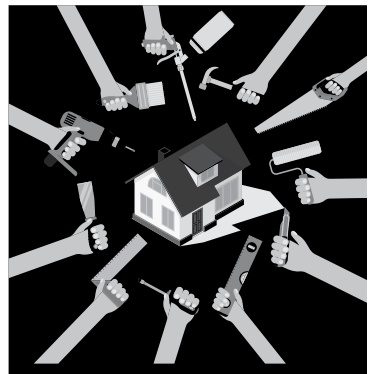

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