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Land Park News

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Comic Art and Girl Scouts Meet in Fairytale Town

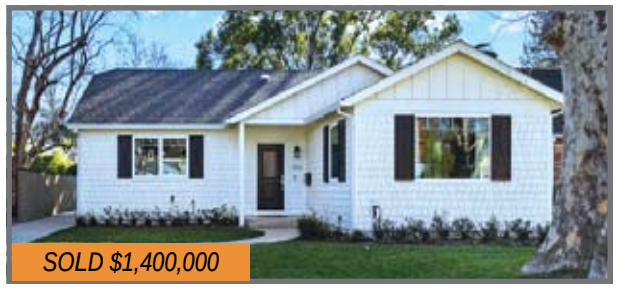
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The people of Land Park are changing

By Ignacio Barragan

You wouldn't be reading this 40 years ago; not an article from a first generation American – one who was born to two immigrant parents from Mexico and married to a wife with genealogy represented by more foreign flags than the Olympics. But you are. You are because the people that live in Land Park are changing.

For people like my wife and I, living in Land Park is a dream fulfilled. The tree-lined streets, historic architecture, and access to neighborly businesses are unparalleled in Sacramento. For many, purchasing a home in this community is the epitome of success. In my case, it's a testament to a standard of generational sacrifices to help me rise above myself and beyond social and political stigmas and tropes about what it means to be Mexican American in California today.

But these feelings might have just as easily been a dream deferred. When my wife and I first opened escrow to buy our home in Land Park over a year ago, we were shocked to learn that our home on 17th Street was once a part of a restrictive covenant; one that precluded people like my wife and I from ever owning a home in 95818. Of course, I knew they were no longer

valid. I remembered reading about them in law school and draconian covenants of this sort were ruled unconstitutional decades ago. Still, in the words of Langston Hughes, it made our dreams of living here "sag like a heavy load."

Now, after living here for over a year, we've been so pleasantly surprised to see there are no teeth to the legacy of those old restrictive covenants. The Land Park I know is friendly, authentic, hard-working, and invested in its community. It's the same reason our neighbor babysits my son two times a week without expecting anything in return. The reason I get hand delivered mail when it's left at the wrong address, or another neighbor's wheel barrel is still sitting in my backyard because I haven't finished using it; bottom line – we invest in each other.

The longer I live here, the more I appreciate the old and new families that make up our neighborhood and how our community has evolved over the years. Back in 1912, when William Land bequeathed $250,000 to establish the 238-acre park at the center of the neighborhood, he did so because he wanted to create a regional space people from across the city could use and enjoy together with their families, according to neighborhood history provided by the Land Park Community Association. At the crux of his philanthropy was a commitment to public access and diverse inclusion.

These days you are just as likely to find yourself greeting a neighbor with surnames like Ortiz, Chen, Singh, or Johnson. According to the LPCA, some areas of the greater Land Park community are represented by less than 14% white residents.

This stands in strong contrast to the numbers from 1940 when 94% of the population was white, according to data from Justice Map, a website where you can "visualize race and income data for your neighborhood, county, state, or the entire U.S." These figures should be celebrated. They signal a communal maturation emblematic of what our entire city should aspire for.

With this kind of melting pot of experience cemented within our streets, it's no surprise we also have so much diversity of thought. And I find that different points of view are invited to the conversation. Where I once thought I would have to negotiate my place among my neighbors, today I find myself advocating on their behalf. It goes without saying that we all want to see this neighborhood continue to thrive, not just for our own enjoyment, but because we care about the community we will leave behind to our children.

These days, I'm often among your friends at a local community meeting, thinking critically about our city's policies as a board member of the Land Park Community Association. I hope you'll join me, get involved, and be the change you want to see around you.

Sources:

www.landpark.org/wp-content/uploads/2020/07/William_Land_Park_History_Brochure.pdf

www.justicemap.org

The LPCA is a 501C3 nonprofit made up of volunteer neighbors who are active in maintaining the quality of life for William Land Park and the community. To learn more, please go to: www.landpark.org

4 https://worldpopulationreview.com/us-cities/sacramento-ca-population



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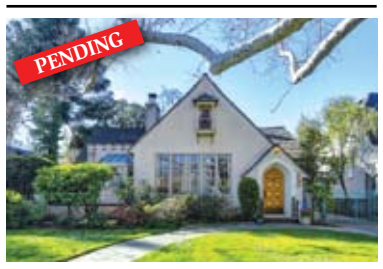
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Nestled amongst elegant homes on one of the most sought after tree lined streets in the neighborhood, this gracious 2, possibly 3 bedroom, 2 bath home has often been called the "castle house" because of the lovely castellations and gothic tudor front door. Step into the cozy entryway and then free your imagination in the giant living room with soaring coffered ceilings, a wall of windows drenching the gleaming hardwood floors in daylight and a gorgeous tile fireplace. The generous and refined dining room is perfect for those dinner parties catered from the tastefully updated kitchen with stainless steel appliances, quartz countertops, farm sink, plenty of storage and a charming breakfast area. Massive owners bedroom, large second bedroom, vintage tile bathrooms, a cozy office/possible bedroom and a glorious sunroom at the back of the house make this home live large! Next to Sierra 2 and an easy walk to Curtis Park. **Make this iconic home your own! $779,990.**

Introducing the Sacramento Children's Musical Theater

Introducing the Sacramento Children's Musical Theater

The Sacramento Children's Musical Theater is a new theater group dedicated to offering high quality performing arts experiences to youth ages 5-18. Welcoming both newcomers that are exploring performing on stage for the first time, as well as experienced performers, SCMT is committed to creating a space for all local youth.

Over the past thirty years John Bisceglie and his team have worked with thousands of children in the San Francisco Bay Area producing more than two hundred original musicals, movies, singing showcases and special events featuring kids of all ages. Now, having recently relocated to Sacramento, John is excited to introduce his program to the Sacramento valley and bring the magic of children's theater to a new community of families.

Throughout the year, SCMT will offer three live theater productions as well as a variety of acting classes and workshops. Recently the Sacramento Children's Musical Theater launched a partnership with the Fulton-El Camino Recreation & Park

See CHILDREN'S on Page 5







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California health classes now require more expansive teaching on mental health amidst decline in high schoolers' well being

By GraceAnn Lesser

Senate Bill 224 went into effect in January, requiring all California middle and high school health classes to include mental health in the curriculum.

By January 2023, the Department of Education is required to incorporate the new topics into the state standards, and school districts will be teaching the new material by the following January.

According to Rio Americano Health teacher Vicky Warren, these standards are vital to ensure consistency between educators.



"The current curriculum is extremely outdated." says Warren." The district is currently piloting new Health textbooks, which is long overdue. Most health teachers have relied on supplemental materials for the last several years to compensate for the outdated text. The real issue is that there is a lack of consistency without a reliable, vetted curriculum. One teacher may choose to cover some aspects of mental health that they feel are important and another teacher may choose other topics. A consistent, board-adopted curriculum will ensure all students receive comprehensive mental health education."

However, some educators worry about the increasing volume of material that must be crammed into a single semester, and the demands this places on health teachers.

"We already have mandates for CPR instruction and comprehensive sexual health. We need to cover nutrition, tobacco, alcohol, and other drugs as well," says Warren. "I worry that a mandated curriculum could be based on unrealistic time expectations. I don't think we're going to solve any student's mental health crisis through instruction in the health class, but hopefully it will help students be more aware of their own mental health and those around them and that they will be empowered with access to resources so they can advocate for themselves and others."

The new curriculum will

See HEALTH on Page 5

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Health:

Continued from page 4

not only require mental health education for classes that did not already include it, it will expand upon any existing mental health curriculums. New standards will teach students how to spot and intervene in a mental health crisis; the impact of race, ethnicity and culture on mental health; and the defining characteristics of serious mental health conditions such as bipolar disorder, post-traumatic stress disorder, eating disorders and schizophrenia.

Students seem to think this would be beneficial.

"I think that more serious mental health conditions should be discussed in health class because a lot of them are super misunderstood," said Rio senior Zoe Buck, who took Health last semester.

Rio senior Hannah Lee, who took Health as a freshman, seems to be in agreement.

"I do think teaching more about the serious conditions such as schizophrenia, bipolar disorder, OCD, eating disorders, PTSD, etc. would be so helpful and important for students to be educated on," she said.

Warren says these topics should be approached with caution.

"Covering conditions like eating disorders, depression, and suicide can be very tricky," she said. "These topics can be triggering and upsetting to some students who are already struggling. Leaving this out of instruction is not really an option though either. With regards to these, and other conditions like OCD, PTSD, schizophrenia I think the most helpful thing we can teach students is identifying signs and symptoms and accessing reliable resources for help."

The bill cites the effectiveness of mental health education in reducing stigma surrounding mental health issues, while encouraging awareness and seeking out help.

It also mentions the vast numbers of Californians, particularly adolescents, that struggle with mental health issues.

This struggle has been greatly exacerbated by the two-year period of isolation and uncertainty caused by COVID-19, evidenced by a national 24 percent increase in mental-health-related hospital visits for children ages 5-11, and a 31 percent increase for ages 12-17 between March and October 2020. Visits for suspected suicide attempts increased by 50 percent among teenage girls 12-17 early in 2021 compared to early 2019.

"The most significant change I have noticed in students' mental health over the course of the pandemic has to do with a decline in social skill," Warren says. "Students seem more withdrawn and less interested in engaging with each other and their teachers. In general, the energy level feels low. This could be result of underlying mental health concerns of just a generalized fatigue from the constant changes, disappointments, and fear of the unknown. We're all tired."

GraceAnn Lesser is a student at Rio Americano High School and originally published this article on Sacramento School Beat.

On the web: sacschoolbeat.com/1092/news/california-health-classes-now-require-more-expansive-teaching-on-mental-health-amidst-decline-in-high-schoolers-mental-health/

Children's:

Continued from page 3

District, establishing that weekday rehearsals will be held at the Richard T. Conzelmann Community Center located in Howe Park. Featuring a newly renovated theater, Howe Park is centrally located and convenient to access for all.

"We are grateful to the Sacramento Children's Musical Theater for making this investment at Howe Park Theater, introducing children to the performing arts in the Arden Arcade community," shared Emily Ballus, General Manager of Fulton-El Camino Recreation and Park District. "Fostering creativity is essential to youth development so we are thrilled to be a venue that helps champion these young artists."

By creating and producing colorful youth theater productions within the community, SCMT provides performing arts training that boosts children's self-esteem, confidence, and teaches the value of teamwork.

SCMT will hold auditions on April 24th for its first live production, "Ticket To Broadway" an all singing, all dancing, dazzling salute to Broadway. The show features songs from Hamilton, Wicked, Dear Evan Hansen, Frozen, Waitress, In the Heights, Rent, West Side Story, Hairspray, Matilda, Grease, Aladdin, Into the Woods, Lion King, Les Miserables, Annie and more.

An exciting and convenient twelve-week program with only one rehearsal per week on Tuesdays makes participation fun and easy for local youth ages 5-18. No experience required, and all who audition will be accepted.

SCMT Founder John Bisceglie added, "After two years of no in-person rehearsals or live shows, we are thrilled to once again create live theater and get Sacramento kids back on stage and into the spotlight."

For more information about SCMT's youth theater productions, classes and workshops, please visit www.sacramentochildrensmusicaltheater.com or call John Bisceglie at 916-905-7514.

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Comic Art and Girl Scouts Meet in Fairytale Town

Story and photos by George H. Young

Fairytale Town, in the heart of William Land Park, is a beloved Sacramento institution and treasure and has been the only literacy-based park serving children in our area since 1959. Among their many continuing offerings is a Badge program with the Girl Scouts, Heart of California and the Golden Empire Cub Scouts. The most recent session was for Girl Scout Cadettes, Fairytale Town's first post-pandemic Scout Night. The Scouts were taken through all the steps to earn their Comic Artist badge and were awarded their badges after an eventful and inspiring evening.

When asked about the event, Sarah Thomas, the Education & Program Manager enthusiastically replied, "We had a whole many more Girl Scout and Boy Scout Cub Scout programs, slotted for 2020. And it was really hard when we had to pull all those. So we're happy to be bringing them back!"

Christina, mom of Girl Scout Parker, an 11-year-old sixth grader, brought her and Parker's sister to the Badge event. She originally found out about this offering through her involvement with the Girl Scouts, Heart of Central California. They had put it up on their page and Fairytale Town also had it on Facebook. She quickly mentioned it to the cadets they knew and anyone that was available. When asked about her daughter's interest in art, Christina replied, "Parker is actually a huge art component. She does a lot of different drawings. She works on a zine with a couple other girls to help promote body positivity and LGBTQ positivity kind of atmosphere for her school. She worked with Lavender Library and our local library to ask if she could leave a

See Scouts on Page 7








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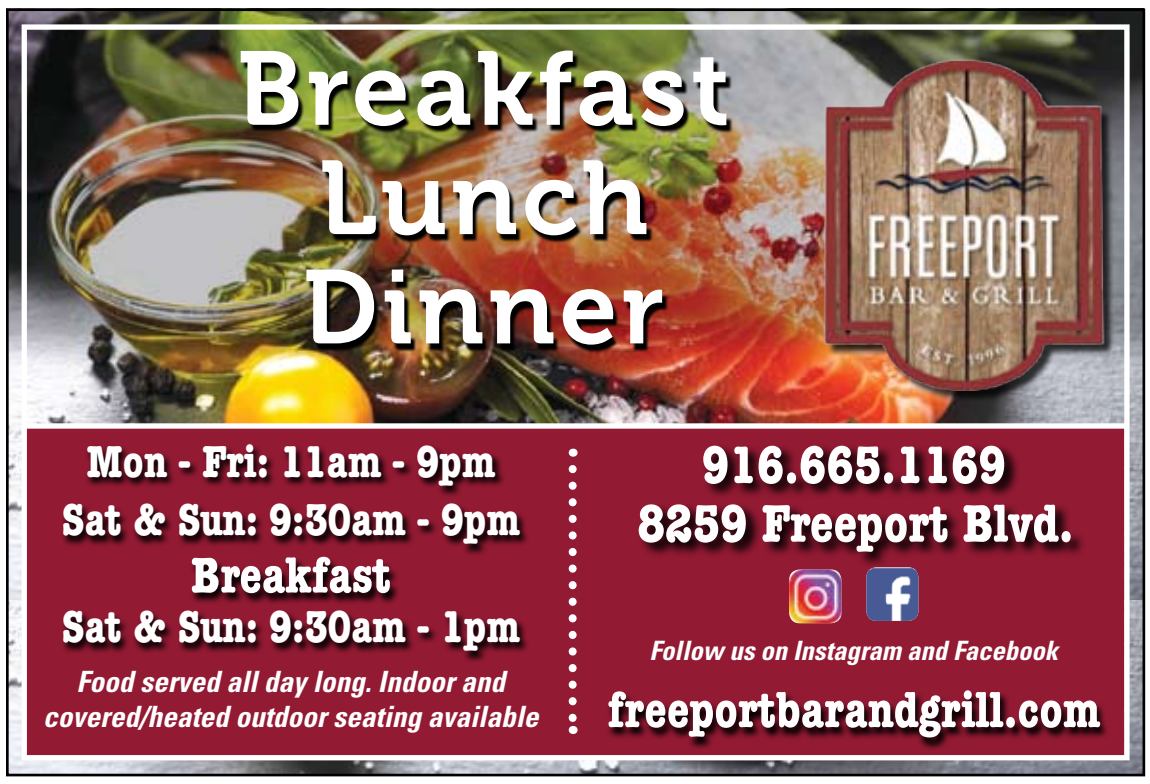
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Scouts:

Continued from page 6

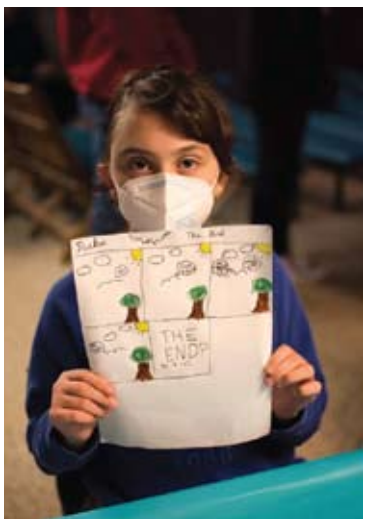
couple of her zines there for her Take Action Project. So working on her comic book that just kind of seemed like the next step and since they were offering it we were like why not?"

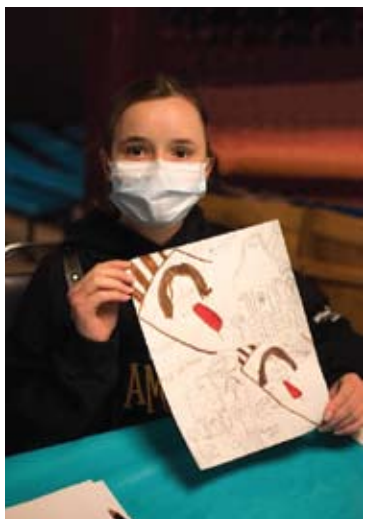
The evening's instruction was led by John Lee, Fairytale Town's Education and Theater Specialist. He's been the instructor for the park's Comic Book summer camps for the last 12 years. "Drawing with Mr. Lee" videos are embedded in Fairytale Town's social media sites.

John described the evening, "The plan is to give them a little bit of instruction and I think we're all gonna want to jump in and help them out there. Their goal is to make a full four panel comic of their own creation. They'll learn, create, and be empowered by their imaginations. When we're done, they'll have all earned their Girl Scout Comic Art Badge, and we'll award them tonight!"

After some initial "exploration time" of the familiar park, the Scouts were brought into the Children's Theater as their classroom. They were welcomed by a semi-circle of tables around some display boards and easels, as well as a cadre of eager park Volunteens.

John began by covering the lesson and requirements for the evening. He used several display boards to model different styles of comics that shared some of the features that were to be taught, learned, and discovered the group of Girl Scouts. There was an emphasis on following a







general outline, but being free for personal interpretation and creativity. After some initial warming up, everyone took their pencils to the task. The drawings slowly became penciled stories, and then were transformed into multi-colored works of art.

Future Scout Badge events include Girl Scout Badge Night – "Space Science Explorer Badge" on April 7th, Cub Scout Badge Night – "Fur, Feathers, and Ferns" on May 25th, Girl Scout Badge Night – "Letterboxer" on July 28th, Cub Scout Badge Night – "Finding Your Way" on August 18th, and Cub Scout Badge Night- "Stories in Shapes" on November 10th.

Fairytale Town is filling their calendar with many more family-friendly events in the months ahead, and adding to them regularly. More information about upcoming events at Fairytale Town can be found on their calendar here.

https://www.fairytaletown.org/calendar/

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Community Briefs

Doggy Dash 2022- Saturday, April 23, 10:00 AM - 1:00 PM

https://www.sspca.org/doggy-dash

The Sacramento SPCA is excited to announce that this year's Doggy Dash will be BACK IN-PERSON at William Land Park on Saturday, April 23rd.

Registration will go live to the community on Monday, January 10th with early bird rates open the entire month of January. Individual registration ($25) and Team registration ($35). Prices increase by $10 starting February 1st.

This will be in-person for the largest 2k/5k dog walk and pet festival in Northern California!

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www.eventbrite.com/e/root-down-rise-up-fundraiser-tickets-227395926337

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Library Updates

The History of Pre-Civil War Sacramento on Thursday, March 17 from 3 to 4 p.m.: Learn about the features of the Old West that played key historic roles in the famous Sacramento Gold Rush, presented by James Scott. Join ACC for a fascinating look at Gold Rush-era Sacramento through the prism of the saloon, a standard fixture of the Old West and a central feature of pre-Civil War 1840s and 50s

See COMMUNITY BRIEFS on Page 15



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."

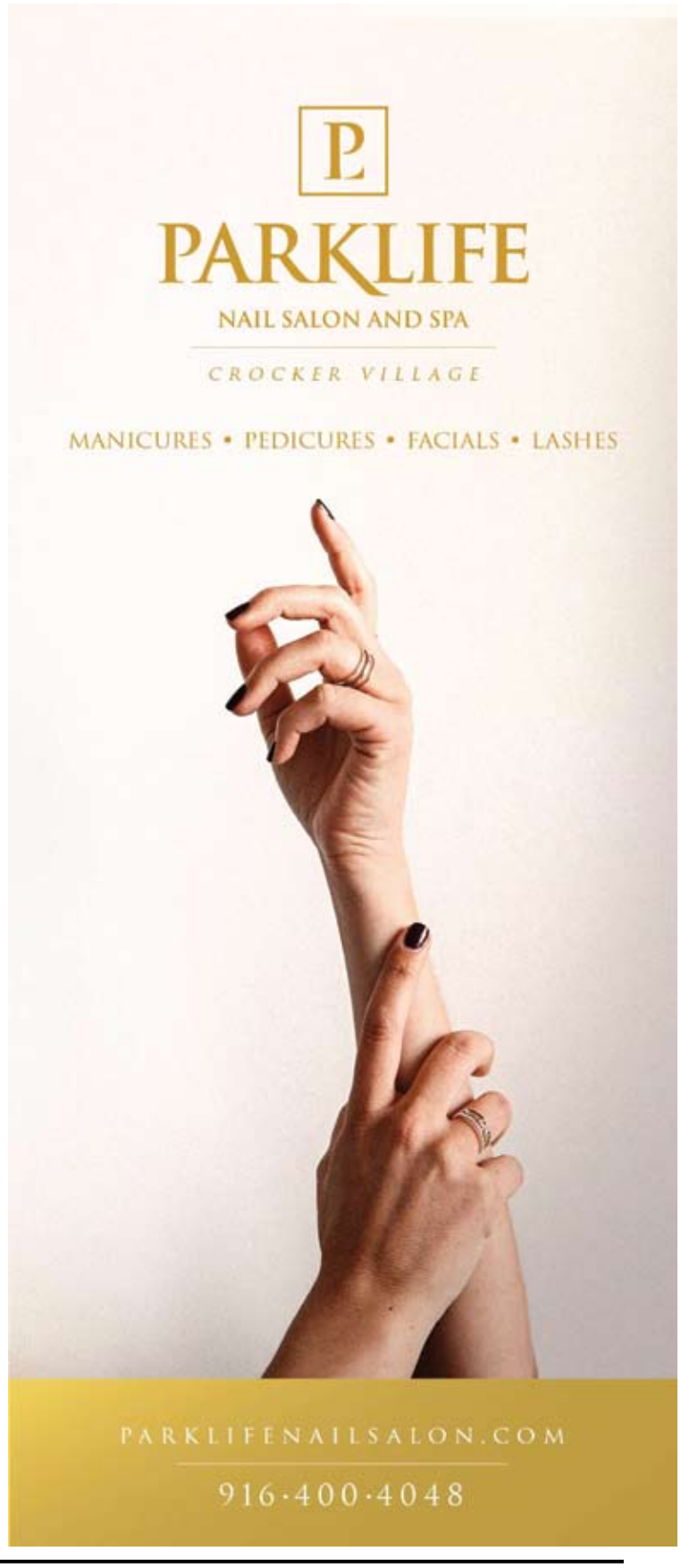
Combined with meditative practices, the participants begin to imagine the colors, the fragrances as Trudeau helps them to hear the sounds and feel the things that they would feel if they were where they wanted to be, say a beach vacation with the ocean smell and the feel of a breeze in their hair. "By 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."

See VETERAN on Page 11





Local residents can file taxes online for free through United Way



Participants across Sacramento region can receive up to $8,000 in tax credits

Local residents throughout the Sacramento region are eligible to file their taxes online for free through United Way California Capital Region's Free Tax Prep program through April 18. Households that earned less than $65,000 in 2021 can file for free and receive up to $8,000 cash back from state and federal credits, including the federal and state Earned Income Tax Credits (EITC and CalEITC). The local United Way's Free Tax Prep program saves qualifying residents an average of $200 in preparer fees. When needed, the program provides free tax help virtually and in person in multiple languages. Two virtual tax workshops will be held on Feb. 26 and March 12 where certified volunteers will help participants prepare their own returns and answer questions before filing. To learn more about United Way's Free Tax Prep program or begin filing, visit YourFreeTaxPrep.org.

"Many families in our region have earned these tax credits, but often do not know they are eligible," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "These are important funds that local families can use to meet immediate needs and increase their household's financial stability. Our Free Tax Prep program is a key piece of United Way's work to help every family succeed so their community can too. That is square one for ending poverty in our region."

Households may be eligible for the CalEITC tax credit if the taxpayer is at least 18 years old and the household earned less than $30,000 in 2021. Many CalEITC-eligible households are not legally required to file taxes due to low income, but if they file, they can claim state and federal credits.

Families that received advance payments of the Child Tax Credit must file a tax return and could be eligible for additional Child Tax Credit payments. United Way's Free Tax Prep program can help non-U.S. residents apply for their ITIN, as ITIN holders are eligible for some tax credits. Experts recommend everyone files early, noting that many people do not realize that unemployment income is taxable. Even if people owe money, it is not due until April 18 no matter how early they file.

In 2021, more than 4,000 households across the Sacramento region filed their taxes through United Way's Free Tax Prep program, claiming a total of more than $7.5 million in credits and saving a total of $885,000 in tax preparation fees.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. With a mission to build stronger, healthier and more compassionate communities, the local United Way starts at square one: helping every family succeed so their community can too. Serving Amador, El Dorado, Placer, Sacramento and Yolo counties, the local United Way is working to meet its 20-year commitment to significantly reduce poverty in the region by helping kids excel in school, investing in families, creating meaningful partnerships and organizing to lift impacted families. For more information or to make a donation, visit YourLocalUnitedWay.org.



Weekly SUDOKU

by Linda Thistle

		9			3			7
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	8				5			4

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Veteran:

Continued from page 9

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 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.

Weekly SUDOKU

Answer

6	2	9	4	5	3	8	1	7
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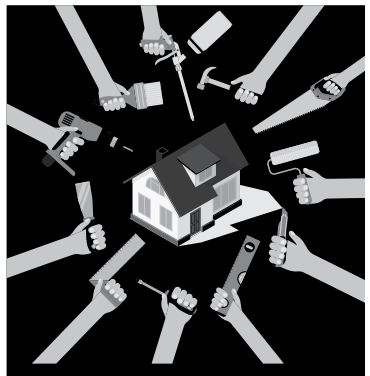
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A punch to the gut for Alzheimer's patients and their loved ones

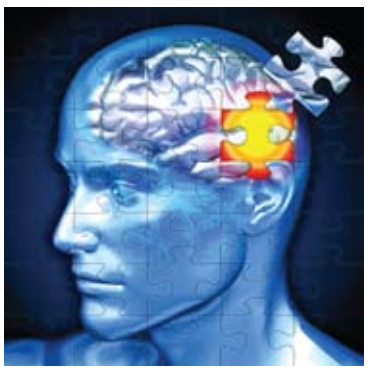
By Michelle McMurry-Heath

Over 6 million Americans suffering from Alzheimer's just received a gut-punch from the federal agency that oversees Medicare. So did their loved ones.

In mid-January, the Centers for Medicare and Medicaid Services made an unprecedented decision to cut off most seniors' access to an entire class of Alzheimer's treatments. CMS's actions will have a significant impact on dementia research -- and could dash Americans' hopes for a cure. And this decision will hit vulnerable minority and other underrepresented populations especially hard.

The decision most immediately impacts Medicare enrollees who were considering Aduhelm, a medicine that the FDA approved in June. The drug reduces amyloid plaque in the brain, which many -- but not all -- scientists believe is a trigger for Alzheimer's.

The FDA weighed the science and determined that an accelerated approval -- which the agency has used for promising treatments for HIV and cancer in the past -- offered the best path forward. It gives patients, many of whom are hardest hit by a disease, access to a needed therapeutic option, while additional studies are done.



The bureaucrats at CMS evidently disagree with FDA scientists' approach, which has long been viewed as the gold-standard for science-based safety and efficacy standards.

The Medicare administrator announced it would restrict access to Aduhelm -- and any other future "monoclonal antibodies that target amyloid for the treatment of Alzheimer's disease" -- to a minuscule sliver of people enrolled in CMS-approved clinical trials, all of which could take several years. The proposal excludes millions of Medicare beneficiaries currently living with the disease, and it will impact people of color particularly hard.

Studies show that over the last two decades, even though minorities are at an increased risk of developing Alzheimer's, 94.7% of clinical trial participants for developmental Alzheimer's treatments have been white.

The decision marks a significant setback for Alzheimer's research. Nearly 100 Alzheimer's programs have failed in the past decade. So the FDA's accelerated approval of Aduhelm, the first new Alzheimer's treatment since 2003, wasn't just hopeful news for patients; it was a historic event that gave researchers, and investors, confidence to continue plugging away in search of new treatments.

Today, there are companies of all sizes working to develop treatments to stop, prevent, or slow the progression of Alzheimer's using a variety of novel strategies. Small biopharma companies are leading the majority of these programs.

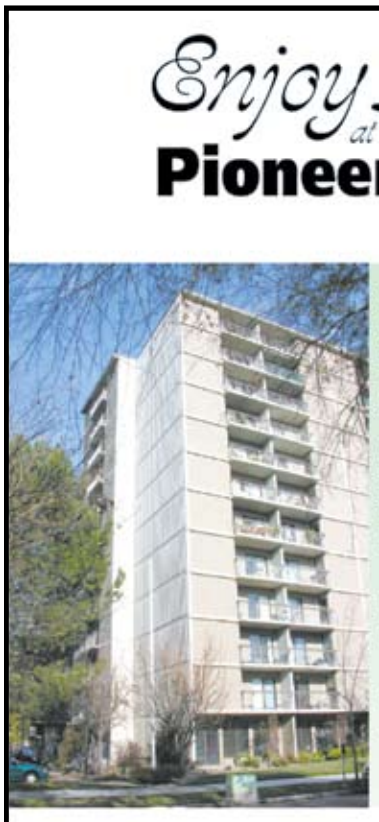
If Medicare -- which pays for the vast majority of Alzheimer's treatment -- won't cover a new drug, despite the FDA's experts ruling that the medicine has great potential, companies would be foolish to keep investing in risky, hugely expensive Alzheimer's research.

CMS officials are, in effect, setting themselves up as a second drug-approval agency. CMS is not equipped for this. They lack the expertise to tackle these scientific questions – and legally, the agency appears to have exceeded its authority.

If unchallenged, this reproach -- and this unilateral assertion of drug-evaluation powers -- could harden into a precedent that could damage our treatment-approval process irreparably. And the onslaught of Alzheimer's and other difficult to treat diseases will continue unchecked for generations to come.

Michelle McMurry-Heath is a physician-scientist and president and CEO of the Biotechnology Innovation Organization. This piece originally ran in the Hill.

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Maryellen Burns, Culinary Historian, explores the influence of immigrants on Sacramento's food culture. 2/24, 3/21, and 4/14


James C. Scott, Archivist for the Sacramento Public Library, reveals 1850s Sacramento and its secrets. 2/9 and 3/17


She's back! **Soojin Yoo** will show you how to make Korean BBQ paired with fresh vegetables, dipping sauce, and side dishes. 4/21


Author **Kate Washington** talks about her new book, *Already Toast – Caregiving and Burnout in America*. 2/1


Julie Interrante, End-of-Life Educator and former chaplain, on how to have meaningful conversations and experiences with a loved one who is dying. 2/23, 3/1, and 3/9


Robin Withrow-Wong shows you how to stay health with plant based eating and does a cooking demo. 3/1, 3/8, and 5/15


Lana Fong Chong will conduct ACC's first-ever Joong Making Boot Camp (Chinese tamales). 2/16


Author **Christine Hunter** talks about her new book, *We Can Do This!* Learn about the trailblazing political women of Sacramento from 1972 to 2014. 3/4

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Continued from page 8

Sacramento. Alcohol production, entertainment, gambling, and other saloon activities will be presented by historian and archivist James Scott of the Sacramento Public Library.

ACC Senior Services is to pleased produce this live, exclusive event from Sacramento Room of the Sacramento Public Library. ACC will be livestreaming it on YouTube, Facebook, and Zoom. Join James as he shows you rare photos, artifacts and publications from pre-Civil War Sacramento. The virtual event will be held on Thursday, March 17, from 3 to 4 p.m. Register on eventbrite: https://www.eventbrite.com/e/the-history-of-pre-civil-war-sacramento-with-james-scott-tickets-236252877717



Monday Virtual Zumba Series from 5:30 to 6:30 (through March 28)

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Register for each weekly Zumba class at: https://bit.ly/SacLibZumba2022.

Pocket Library

The Robbie Waters Pocket Greenhaven Library is located at 7335 Gloria Drive. The contact information is 916-264-2920.

(No events are currently scheduled in-person at the Pocket Library.)

Belle Cooledge Library

Belle Cooledge Library is located at 5600 South Land Park Drive. The contact information is 916-264-2920.

(No events are currently scheduled in-person at the Belle Cooledge Library.)

Elks 6 Lodge Updates

The Elks 6 Lodge is located at 6446 Riverside Blvd. Contact information is 916-422-6666 and email is info@elks6.com.

Yoga Classes

The Lodge offers yoga classes by a certified instructor two days per week on Mondays at noon and Wednesdays at 3:30 p.m. Each session will be an hour and will be held in the Emblem Room. The classes are free to members whose membership includes the Athletic Club (AC). The cost is $10.00 for non-AC members. If you are interested in joining or would like additional information, please contact Sue Hill, Elks Member, at (215) 327-7712 or at sue.hill1200@comcast.net.

Pickleball Has Returned!

Pickleball has returned to Sacramento 6! Indoor play times are Sundays, from 4:00 to 7:00 p.m. and Tuesdays, Wednesdays, and Thursdays from 9:00-12:00 p.m. Pickleball is free to members and there is a $5 charge for guests (up to 3 visits).

Karaoke Every Thursday night. Call the lodge for more information.

Crab Dinner - March 25, 2022

Save the date for the Lodge's Crab Dinner on March 25, 2022. James Nevans, Past Exalted Ruler, will be chairing this event. Early bird tickets will be $70 a person. More information to follow.

Fairytale Town Updates

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LEATHER-MATCH: This term is used to describe an upholstered product where a portion of the product is real leather but the back, sides and less visible parts are constructed of an artificial material, usually vinyl. It is matched to look like leather.

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