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East Sacramento News

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Sutter Middle School sweep State Fair in story-telling photography, earning 54 prizes

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East Sacramento resident was dedicated to literacy, education, support of Greek church

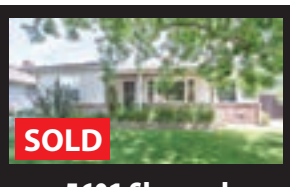
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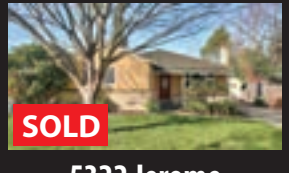
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Best of Division, Mason Romo, Skate



First Prize, Jane Singley, Bored

Sutter Middle School sweep State Fair in story-telling photography, earning 54 prizes

By ELLEN COCHRANE
ellen@valcomnews.com

When you're in that no man's land of seventh and eighth grade finding a way to express yourself becomes paramount. At Sutter Middle School in East Sacramento students have ample opportunity to tell a compelling story through photography. This year the Sutter students swept through the State Fair competition, earning 54 prizes, including three Best of Division. There is no doubt that their strong images capture the youthful zeitgeist, projecting powerful images of people, places and the ephemera of daily life.

"Kids need an outlet to express themselves. I think that's why they make great artists and create such powerful work," said Paula Turner. Turner teaches the photography class at Sutter. Last year her students earned 31 prizes at the California State Fair. This year three students earned Best of Division Blue Ribbons and cash prizes and more than four dozen other students took firsts, seconds and honorable mentions.

Highly respected photographers judge the students using the Danish System of judging. This means that each entry in a class is judged on its own merit. Entries are placed 1st, 2nd, 3rd, etc., depending on points received based on the scoring. Judging criteria includes creativity (originality, does the image inspire or evoke a feeling), composition (framing, perspective, leading lines, etc.) and composition, quality and theme.



Second Prize, Kadence Armstrong, Wisdom



Photos courtesy
Best of Division, Jacob Pluckebaum, Self Portrait

Sutter students Jacob Pluckebaum, Mason Romo and Jane Singley each took home $50 and California State Fair Blue Rosettes as winners in Best of Division. Singley's father, Glenn Singley, praises the Sutter program, "My wife and I are very proud of Jane's achievement. And my son still talks about his experience in the Sutter photography program. I think Paula Turner is the reason for the extraordinary number of wins. She is filled with passion and energy and does whatever she can to create opportunity for the students. They buy in and feel free to do what they want artistically. She gives them the fundamentals and then turns them loose."

Singley was surprised when his daughter took a major prize, "We thought she was going to take leadership. She was the only student that hadn't had photography in seventh grade. Jane herself didn't know she could take such good pictures."

Success breeds popularity and attention. More than 300 students marked photography as an elective this spring, and Turner was recognized as an ABC10 Teacher of the Month this year. Turner sees her role more as an auteur, "I'm more of a facilitator. It's the kids that do the work. They create."

Turner started as an elementary teacher and transitioned to middle school a few years ago. A journey to Costa Rica inspired her to develop her photography skills. "After Costa Rica I completed my MFA and with the support of Sutter administration began building the Sutter photography program."

Turner dovetails her work with colleague Kyle Heckey who teaches video production. His students were hired to create a commercial for Suzy Burger. "Kyle is a remarkable teacher. I'm so lucky to have great colleagues and students."

See Fair, page 3



First Prize, Leah Karren, Room



Best of Division, Jane Singley, Green



First Prize, Kate Ertl, Tetons

Fair:

Continued from page 2

If Nathan Romo is any indication, the students feel lucky to have the photography class. He told Turner that he didn't think he was going into get in the fair and then ended up winning best of division. Romo also said that he came to school every day because 'I'm going to photography.'

Catch all the students' work at the California State Fair in Building E, Expo Center, Area 1. The fair runs from July 14th to 30th , 10 am to 10 pm.

Catch Your Neighbors' Work at the State Fair

State Fair 2017 Sutter Middle School Winners

Best of Division (3)
Jacob Pluckebaum
Mason Romo
Jane Singley

1st Prize (14)
Soleil Barbour Berson
*Leanna Figueroa x2
Jack Galvez
Allan Hy
Leah Karren
Toby Krause
Andrew Louie
Osvaldo Ramirez
Haley Rodriguez
Jane Singley
Anabella Sobrato
*Kate Ertl x2

2nd Prize (13)
Kadence Armstrong
Lailah Casbarro
Annie Charleboix
Claudia Daponde
Kiara Green
Leah Karren
*Toby Krause x2
Jordan Langley
Peter Marsenovic
Zander Moos LaFranco
Helen Morris
Jacob Pluckebaum

3rd Prize (11)
Soleil Barbour Berson
Melanie Huizar
*Toby Krause x4
Jordan Langley
Aaron Meylink
Buddy (Geoffrey) Miyao
Henry Roe
Malek Safi
Honorable Mention (13)
Soleil Barbour Berson
Leilah Casbarro
Amya Castro
*Claudia Daponde x2
Zachary Dong
Toby Krause
Jordan Langley
Jacob Pluckebaum
*Emma Thompson x2
Lilly Toby
Kate Ertl
*Multiple Entries

Adult Entries

Bill Chiechi
Two black and white photographs in the fine arts division

Rich Ashby
Three photographs in the fine arts division and one in the digital art division

Pat Orner
A painting in the fine arts division

Marta Kravech
A photo in the fine arts division

John Ives
Second place, soft sculpture of musicians

Fernando Berton
Gold Medal Homemade 2014 Petite Sirah
Silver Medal Homemade 2014 Zinfandel

Martha Dunne
California Authors' Corner
Asperger's Syndrome

MASTERS CLUB

Rich Cazneaux - Coldwell Banker

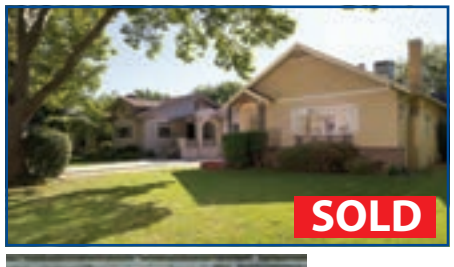
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EAST SAC TUDOR
811 41st Street
Wonderful 2 bedroom, 1 bathroom, 1174 sq/ft, East Sac Tudor. Features include hardwood floors, formal living room with built-ins and fireplace, formal dining room with built-in buffet, a large kitchen with cozy breakfast nook and built-in seating. Close to shopping, restaurants and coffee shop. - $519,950



TWO STORY TUDOR!
1107 47th Street
Attractive 3,035 sq/ft gem in the heart of East Sac's Fab 40s. Tudor exterior and a Modern interior with classic features. Inlaid wood floors, arched entryways, plantation shutters. Gourmet kitchen with office nook, high-end appliances & concrete counters that looks onto Great room with built-ins and brick fireplace. Traditional dining & large living room.



OPPORTUNITY TO LIVE IN THE FAB 40'S!
1109 40th Street
This 2 bedroom, 1 bathroom, 1490 sq/ft cottage is on on the market for the first time since the 60's. The home has been well cared for and shows in the beautiful, original hardwood floors. Classic details of original built-ins and brick fireplace only add to the charm of this bright, spacious home. Don't miss this opportunity to live in East Sac.



EXPANSIVE BACKYARD
1557 52nd Street
This attractive 3 bedroom, 2 bathroom, 1419 sq/ft East Sac home sits on a large lot. The updated kitchen has quartz countertops against subway tile. Beautiful wood floors in the open dining/living room combo with slate fireplace. The master suite has plenty of closet space and doors that lead to a deck in the expansive backyard. Nearby shopping, coffee shops and restaurants. - $549,950



EAST SAC BUNGALOW
440 45th Street
Beautiful bungalow tucked away on a charming street in East Sac offers original touches of oak floors. This 2 bedroom, 2 bathroom, 1,392 sq ft home features an open, bright living room with a slate wood burning fireplace, formal dining room and spotless remodeled kitchen. The covered patio extends into the expansive backyard with pool that's great for entertaining and outdoor fun.



STYLISH REMODEL
300 41st Street
Stylish 2 bedroom, 1 bathroom, 961 sq/ft, cottage is nestled on a quaint street in East Sac. The home has designer colored walls with beautiful wood flooring, recessed lighting and premium Anderson windows that give this home light and warmth. The sleek kitchen has been fully remodeled with Quartz counters and details of exposed brick.



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Remembering Penny Kastanis: 1936-2017

East Sacramento resident was dedicated to literacy, education, support of Greek church

By LANCE ARMSTRONG
lance@valcomnews.com

East Sacramento recently lost one of its notable residents, Penny Kastanis.

Penny, who died on May 31, was an educator, literacy advocate, librarian and a dedicated member of the Greek Orthodox Church of the Annunciation on Alhambra Boulevard, near McKinley Park.

Born in Roseville on Feb. 7, 1936 as the second daughter of Greek immigrants George and Katherine Hope "Katina" Anton (formerly Antonopoulos), Penny moved with her family to a home on 41st Street in East Sacramento when she was 9 years old.

During her childhood, Penny attended David Lubin Elementary School and participated in the annual 41st Street 4th of July parade, which began in the late 1930s and originally ran solely on 41st Street, between M Street and Folsom Boulevard. The parade continues to be held every year.

While attending Sacramento High School, where she graduated in 1957, Penny was president of her senior class and sang with the school band.

She later worked for her sister, Bess Feil (1926-2010), at her employment agency at 26th and J streets.

Penny also attended California State University, Sacramento, where she was a member of one of the earlier graduating classes from the current campus.

From that institution, she earned a bachelor's degree in liberal arts and a master's degree in music education. And for her thesis, she sang a recital, which was recorded and played at a reception the day before her funeral, which was held on June 5.

The year 1960 was a very significant year for Penny, since it was then that she completed her university education and met her then-future husband, Terry Kastanis.

Terry, who many locals know for his former service on the Sacramento City Council, recalled meeting Penny through the choir of the local Greek church.

"When I moved here to Sacramento (from Salt Lake City), I went right to church and went to the choir and found Penny," he said. "A good friend of ours hooked us up and introduced us, and the rest is history."

Penny and Terry were married on Sept. 7, 1961, and had two children, George and Sophia.

Terry, who is also a member of the Sacramento State alumni, recalled that although Penny became very active as a teacher of French and music at California Middle School, she later decided to undergo a career change.



Penny Kastanis was involved in many literacy and library efforts, and was a dedicated member of the Greek Orthodox Church of the Annunciation.

"When I became a librarian and had a library job, I would go to conferences and Penny said, 'I want to do what you do,'" he said. "And I said, 'What do you mean? You're a good teacher. You go do teaching.' And she said, 'No, I want to be a librarian.' So, she took a class from me at Sac State when I was teaching. At the time, I was a professor of library and education."

A year later, Penny earned her librarian credentials, and began building her **résumé** as a librarian.

Her experience in that field included serving as an elementary, middle and high school librarian for the Elk Grove Unified School District from 1972 to 1986, instructor of library science and librarianship at Sac State from 1980 to 1987, and president of the California State Library's Library of California Board from 2008 to 2010.

Terry, who spent 10 years teaching with Penny in the teachers' librarianship program at Sac State, recalled spending many evenings talking about their jobs.

"We could talk about the tales of the day and solve the day's problems over dinner," he said. "We worked as a team, both day and night. It was a wonderful experience, because there was never a learning curve. I knew what she thinking and doing and she knew what I was thinking and doing."

Other notable positions that Penny held were state president of the California Media and Library Educators Association and member of the Sac State alumni board.

Penny was also dedicated to literacy organizations. That experience included serving as president and treasurer of the Sacramento Area Reading Association and chair of the Sacramento County Information Literacy Advisory Committee.

Terry also recalled Penny's civic involvement.

"Civically, I was elected to the City Council, and she said, 'I want to do what you do,'" he said. "So, she was elected to the Los Rios Community College (District's) board of trustees (in 1987)."

Penny continued in that role until 1996, at which time she returned to East Sacramento after 25 years of residing in south Sacramento.

Terry explained why she resided with her family in that part of the city.

"When I was on the City Council, I had to live in my district, so we lived in south Sacramento," he said. "We moved (to East Sacramento) in 1996. (Penny) wanted to come back home."

Penny also participated on various local, regional and state boards, commissions and committees as a trustee.

In 1988, Penny served as a delegate for the Democratic National Convention.

Other highlights in Penny's life were participating in legislative activities, including assisting with the writing of two school library Assembly bills and an educational technology Assembly bill, and testifying before both of the California Legislature houses on library and technology issues.

As for her involvement with the Greek church, Penny served as president of the church's parish council, chair of the church's building committee, sang solos in programs, and sang in the choir for more than 40 years.

Terry spoke about his wife's involvement with the church building project.

"At the parish, Penny put together the master plan for the expansion of the facilities at the church," he said. "The final episode of that story is the new building that's there now. She was at the groundbreaking ceremony at the end of 2015 and for her 81st birthday, she was there in the hall and they all sang happy birthday to her in the new hall last Feb. 7."

In celebration of Penny's life, the City Council presented a resolution in her honor at their June 6 meeting.



California State Fair calendar of events

The 50th Anniversary of the State Fair at Cal Expo, and the 164th year overall... the 2017 California State Fair is finally here! Showcasing the best of the best in California, there is something for everybody to see. Whether it be family fun, date night, or a night out with friends, the 2017 California State Fair is the place for your summer's best moments ahead. What follows are daily highlights for the fair which starts on Friday, July 14 and ends on Sunday, July 30.

DAILY EVENTS

River City Quilters - 10 a.m. to 9 p.m.: River City Quilters are back! In this hands-on demonstration, you can design a nine-patch block. Then watch as volunteers sew your blocks into beautiful quilts right before your eyes! These quilts will be donated to children's hospital wards throughout the Sacramento area. Over 100 quilts are consistently made each year from fair-goers design blocks! Occurring daily.

Hollywood Krazy Kid Korral - 10 a.m. to 5:30 p.m.: Learn about how horses launched the Hollywood film industry, participate in fun games for the kids, and get ready for some fantastic photo opportunities! Hosted daily.

Pigeon Display - 10 a.m. to 8 p.m.: Fly on over to Fur and Feathers and see the beautiful pigeons on display. Their beauty will surprise you, and you may walk away having found your new favorite species! Occurring daily.

California Crafts Exhibit: See the best of California's crafts on display in Expo Building 8. From intricate quilts, to impressive wood art, there is a large variety of amazing work on display. Be sure to check out the featured craft art from this year's special contests--Upcycle Home Decor and Steampunk Fashion! Hosted daily from 10 a.m. to 10 p.m.

THURSDAY, JULY 20

Military and Veterans Appreciation Day: 11 a.m. to 10 p.m.: Bloodsource presents a day dedicated to honoring the sacrifice and bravery of our active duty, reserve and veteran members of all branches of the armed forces. We invite all aforementioned individuals to enjoy FREE fair admission. (Dependents not included). Thank you for your bravery and sacrifice!

Good Charlotte ~ CA State Fair Toyota Concert Series: 8 to10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Good Charlotte on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

FRIDAY, JULY 21

Corn Dog Eating Contest: 6 to 7: See if you have what it takes to be named the California State Fair Corn dog Eating Champion! A classic competition, happening right here at the California State Fair.

California State Fair Guinea Pig Squeal Contest: 7 to 10 p.m.: Have you discovered that you are especially good at making guinea pig squealing noises? Have you ever wanted to be creative and fun in an unconventional way? Head on down to Expo Building 6 to participate in the Guinea Pig Squeal Contest and enter for a chance to be crowned as Champion Guinea Pig Squealer!

Sister Sledge ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Sister Sledge on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SATURDAY, JULY 22

Motion Picture Audition: On-Camera Technique w/ It Factor Studio: 10 a.m. to 9:30 p.m. Let your It Factor shine under lights, camera, and action! Join It Factor Studios to learn what it takes to audition and act in entertainment industry. Show what you're made of by acting out a scene for a chance to win ONE FREE MONTH of acting classes!

Best of California Brewfest: 3 to 7 p.m.: Sometimes the best moments include the best drinks! Grab a friend and come out to the Best of California Brewfest to enjoy the award-winning brews of the Golden State.

Smash Mouth ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Smash Mouth on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SUNDAY, JULY 23-MONDAY, JULY 24

FIRST Robotics with St. Francis High School: 10 a.m. to 9:30 p.m.: Learn about robots--and even operate one--with St. Francis High School's all-female STEM Robotics team!

SUNDAY, JULY 23

Fun With Wood By "SAW": 10 a.m. to 11 p.m.: Watch amazing woodworking techniques with "SAW"--Sacramento Ara Woodworkers. Stick around to watch the demonstrations and the woodworkers might make a small object to hand out to the kids!

Eddie Money ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Eddie Money on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats

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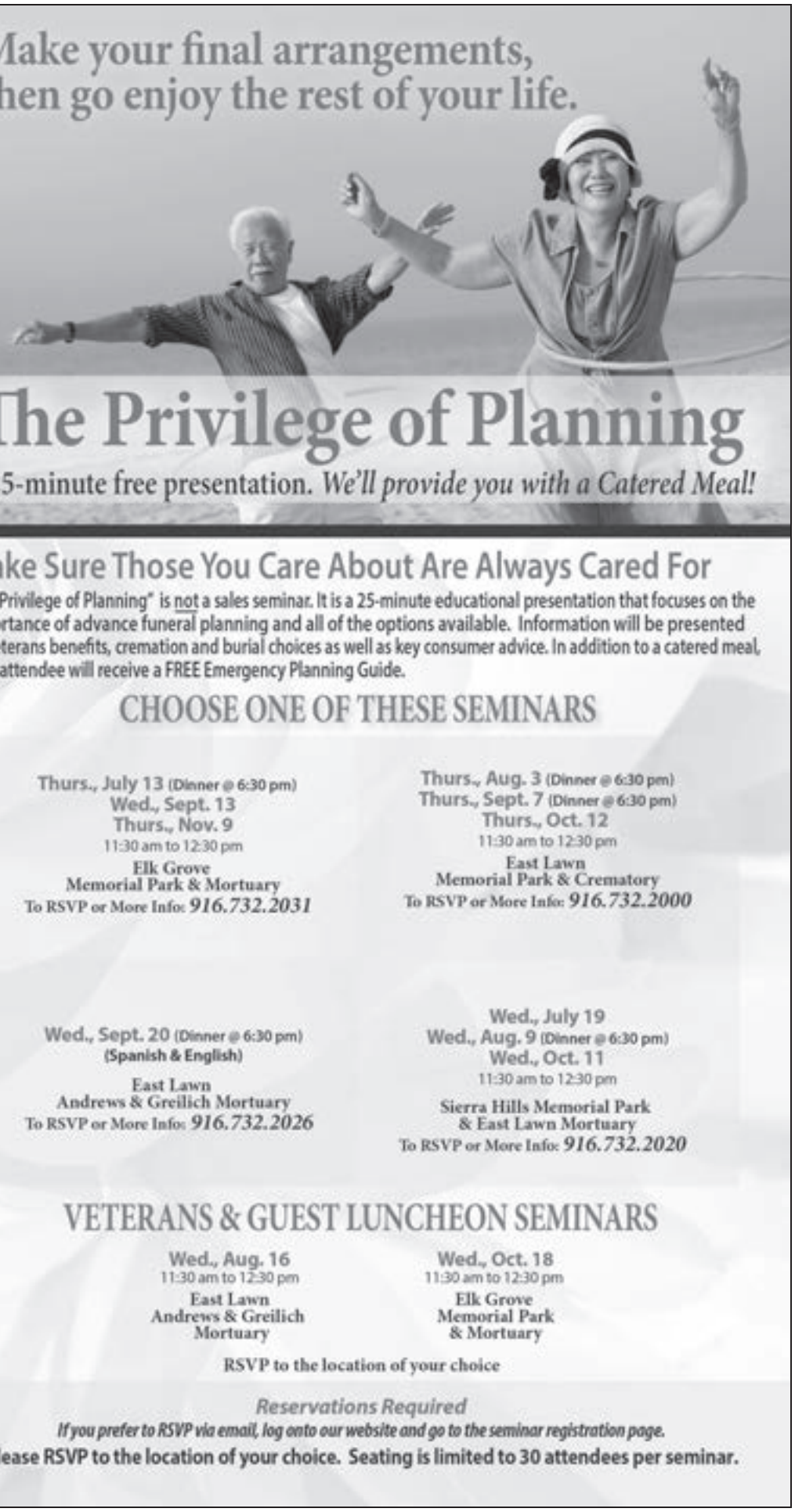
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Door to Door

with PAT LYNCH

Summer reading



When we were kids books were vital in summer, that three-month glut of liberty that allowed you to read what you wanted. In East Sac we had McKinley Library, dispenser of riches. Sheila Redd remembers checking out *The Five Little Peppers*, *Beverly of Graustark*, and *A Tree grows in Brooklyn*. I remember those too, and *Little Women* and all of Louisa Alcott's books, *Tom Sawyer* and thereafter all of Mark Twain's. Today we binge-watch TV series, but then we binge read-authors. Another big fave: Charles Dickens.

I recall my sister, Eileen, saying once that she thought her daughter, Mary, would become a lifelong reader once she fell "in love with a writer." She was right. Like us, Mary fell for Alcott and L. M. Montgomery, author of *Anne of Green Gables*, and entered into a perpetual fling with summer reading and, later, literature itself. Now an architect, she kicks back with novelist Edith Wharton.

Ray Brankline wears a shirt emblazoned with this Thomas Jefferson quote: "I cannot live without books." His current passions sit in short stacks on his tables, in the back seat of his car, and he carries a couple with him when he heads out for appointments. One of the abiding terrors of his life is "being stuck somewhere without a book." One boyhood favorite was *Vince Gironda, Legend and Myth*, a utilitarian how-to-beef-up book. He didn't seek out fiction until he picked up the book that changed his life: *Martin Eden* by Jack London. Inspired by this one novel, he put himself through college and earned a Masters in Literature.

School Board trustee Ellen Cochrane recalls an unforgettable teenage summer experience with *Shogun*, as a "delicious, fun read." When younger, seven or eight, she read *The Happy Hollisters*,"a family who solved mysteries in a moral way. Every chapter ended with a cliff-hanger," she recalls. "I'll never forget this one: a long-legged, hairy tarantula slowly crawled from the bunch of bananas." She also read and re-read a horse book named, *King of the Wind*, a dog book called, *Big Red*, and *Where the Red Fern Grows*. "I can't read that book today without sobbing at the end," she says.

"*Anne of Green Gables* and *Caddy Woodlawn* were my childhood favorites (and pretty much anything about red-headed girls)," says Suzi Byrd, still a natural red-head. "I used to watch *Reading Rainbow* in the 70s (long before LaVar Burton took over) and would run to the library to get whatever *Reading Rainbow* recommended."

Barbara Ruona read the *Nancy Drew Mysteries*, a popular girl detective series written by the famed Carolyn Keene, who was, in fact, a conglomerate of ghost writers hired to appeal to girls who wanted to identify with a clever, active female protagonist.

Joan Cochrane recalls reading "*The Five Little Peppers*, anything by Alcott, short stories from *Seventeen Magazine*, and even classics from the lists the schools handed out." However she adds that the books from the school list were "always a last resort."

East Sac resident and owner of The Plant Foundry, Angela Pratt, read *Anne of Green Gables*, *The Wind in the Willows*. *The Heart is a Lonely Hunter, and, Are You There, God? It's me, Margaret*, by Judy Bloom. For the current adult summer she anticipates reading, *Give a Girl a Knife*, David Sedaris's *Theft by Finding*, and Sue Grafton's, *Y is for Yesterday*.

Growing up on 42nd Street, I remember chronic chatter and giggling, running feet, slamming doors, a fair number of shrieks, and sometimes through it all, our brother Michael, serenely cloistered in a chair, reading. Though he often participated in the mayhem, he could retreat like a monk and sink into his book. Our mother observed this once and said, "Michael is deep, like his grandfather." The very next evening I sat with a book amid the hubbub, and tried to be deep. No use. The chaos was irresistible.

Michael's book choices were an intriguing mix: history and science fiction or fantasy. When he was around fourteen he read Winston Churchill's four volume, Nobel Prize winning, *Second World War*. Later he became addicted to the *Lord of the Rings* trilogy, an epic, high fantasy novel which he says "everyone should read at least once a year."

Recent college graduate, Elliot Minner, recalls childhood favorites, *The Eragon Series*, *Lemony Snicket*, *Artemis Fowl* and *Inkletter*. No *Anne of Green Gables* for this millennial who took his degree in computer science. But narrative matters to Minner who plans to pursue computer game development. And even in the most advanced of these, everything fundamentally comes back to story and the choices characters make.

Ana Lacasta was born and grew up in Spain. Her childhood reading memories include: *The Adventures of Tintin*, *The Three Musketeers*, *King Arthur and his Knights of the Round Table*, *Treasure Island*, *Anne Frank*, and, in a bow to the USA where she is now a citizen, *Little Women*.

Though this is an admittedly skimpy, unscientific sampling, books like these fueled imaginations and made life royal in those long summers. We revered McKinley Library as a temple of adventure and lore. Would it ever run out of books? No, our mother said, because people were always writing new ones. And there were hundreds of old ones that we had yet to read. Hundreds? So our wealth was limitless. As we grew up books became good Christmas and birthday gifts. Much later we got Kindles and peered at small bright screens on long flights, absorbed, entranced perhaps, and carried into other worlds faster and farther than any plane could fly.

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The City of Sacramento, Department of Utilities and its construction contractors are working on water meters, water mains, and water service lines in the area.

Visit **www.MetersMatter.org** to learn more about the project and to find out what may be happening in and around your neighborhood.

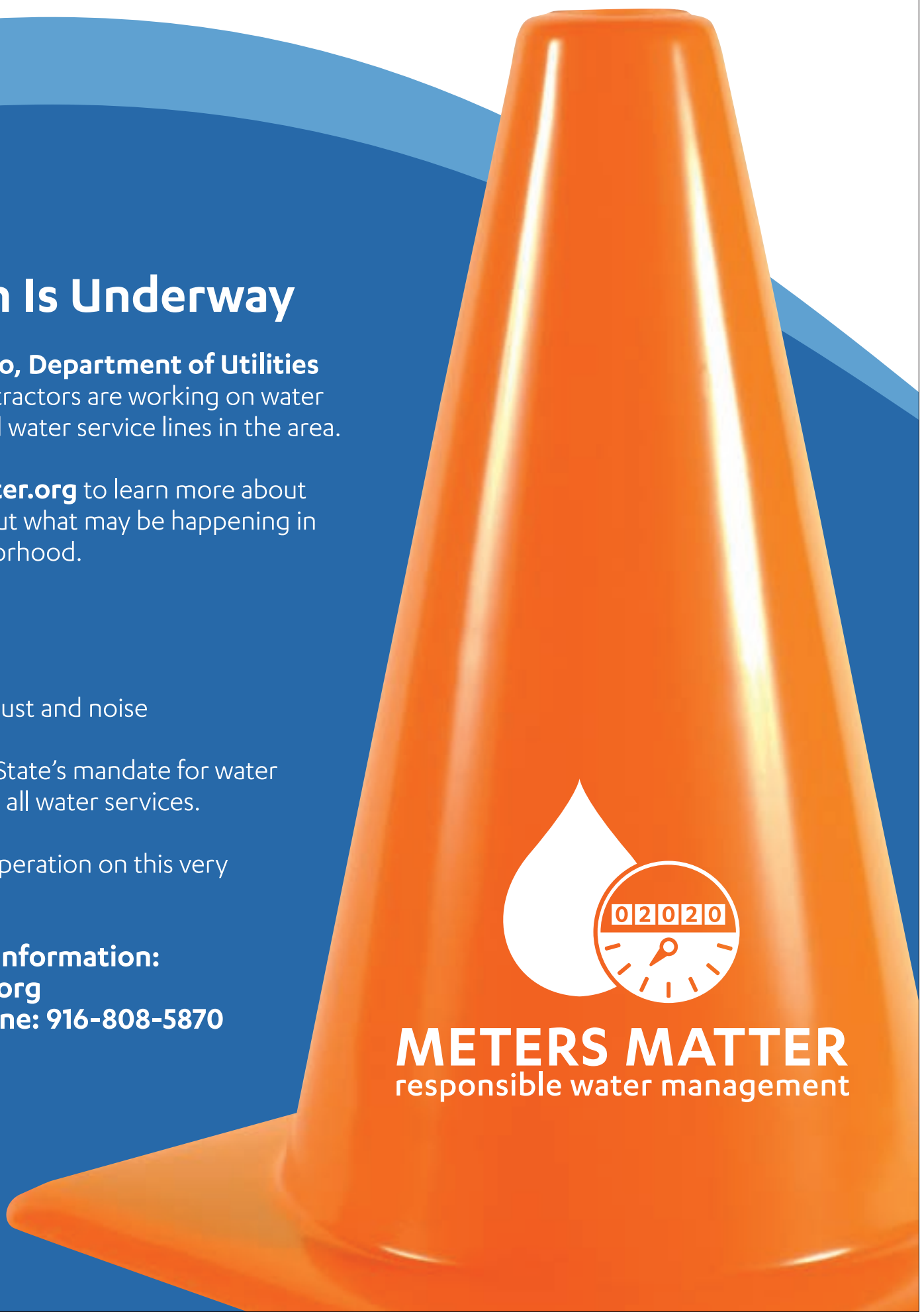
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- Sidewalk closures
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Mother-Daughter Team Teach Culture Through Dance

By LAURA I. WINN

When the mother-daughter Quilici duo teach dance, they are not just teaching the steps; they are passing on a history and culture to the younger generations. At the Sacramento Italian Cultural Center in Carmichael, mom Diana teaches the young Bambini dancers (ages 4 to 12) and 18-year-old daughter, Mary, leads the La Danza Teen Dance Group (ages 13 to 18). Both groups, along with the adult Baliamo! Dancers will entertain at the 32nd annual Festa Italiana! on August 5 and 6 at the The Croatian Center Grounds at 3730 Auburn Boulevard.

Festa Italiana!, an event filled with music, dance, food and gifts, gives the young dancers a chance to share their proud heritage with the community. That pride is especially important for Diana, who grew up in an Italian-speaking household but felt a cultural void in her own generation and worries about the ways in which children see Italians portrayed in Hollywood – the gangsters and "not too bright" characters on screen. "It's important to know not only where you're going, but also where you came from," she says.

For Diana, who has trained in multiple styles of dance since age 4 and is a dentist at the VA Hospital by day, teaching children Italian dance is one way to negate those negative stereotypes and pass down knowledge of a rich history that includes the Renaissance and the Resistance. The dances she teaches tell stories through music and movement.

The actions of the anti-fascist resistance movement of World War II are represented by the steps in "Bella Ciao," a teen dance both Diana and Mary list as a favorite. Then there's "La Raspa," "La Pizzica" and "Carnevale," dances Diana describes as "community dances" because everyone joins in, in some cases building bridges with their arms, exchanging hands and partners.

And to connect with current Italian culture, at each Festa, the children dance to a modern hit – a song by one of the latest Italian pop stars. "We have Katy Perry; they have Baby K. We have Justin Bieber; they have Fedez," Diana explains.

The children and teens also perform these dances at Giants games, the California State Fair and at charity events. Practicing monthly throughout the school year and more frequently in the summer bonds the dancers and creates "a little family," according to Julie Passadore, mom to three Bambinis.





Festa Queen Mary Quilici and Bambini Dancers at the Italian Cultural Center

Mary Quilici agrees. "Italian dance is so much more than you think it would be. We're a community. We have a family here." Mary, who recently graduated from St. Francis, also shares that family with her school friends. "I just brought them here, and to be surrounded by community, such funny and amazing people, they saw how fun it is and wanted to join," she explains.

Just like her mom, Mary has also been dancing since age 4 and has trained in many disciplines. As a teacher, she's especially proud of the progress her students make. "Seeing someone go from basic steps and not knowing what foot to start with to getting better and better … It's a journey I just love so much," she says.

Mary, who serves at the current Festa Queen, a title and higher education scholarship bestowed upon her by the Italian Cultural Society for penning a winning essay, adds that anyone interested in Italian dance should come by the Cultural Center in Carmichael or visit Festa Italiana! "What we have here is so unique to witness, just come come and watch. You'll be amazed by it!"

Festa Italiana! runs Saturday, August 5 from 11 a.m. to 10 p.m. and Sunday, August 6 from 11 a.m. to 7 p.m. Admission is $12 with free parking. Children under 15 are free. More information is available at festaitalianasac.com. For more information on Bambini and La Danza, contact Diana Quilici at bellachicca44@yahoo.com.







Farm and Flavor: Cherry-Plum Jam

By KERIN GOULD

I'm in the kitchen today making cherry-plum jam, after realizing that the hot wind knocked most of the fruit off the tree last night. I picked up all the little plums that weren't a roasted, squishy mess, washed them and rolled them into a heavy pot. It may not be the coolest way to avoid the 110-degree heat outside, but it's productive.

The first time I made plum jam, it was from windfall fruit from a huge tree behind my workplace that, unnoticed, was groaning with the weight of its crop. I took plums home and then realized I had no recipe.

I only had the memory of watching my grandfather, my mother's father, Nicky make blackberry jelly in the cabin's rustic kitchen up at the lake. Nicky was a gentleman of vast and varied skills, including watercolor painting, engineering, mapping the depths of the lake, and organizing Victory Gardens during WWII. Nicky could fix anything with a clothespin and/or a wire coat hanger. Just yesterday, I was using a little tool he had whittled: a hand-carved, simple sightline tool that serves me now for digging straight furrows to shape new rows of crops.

I often suspect our 21st century life makes us hesitate to believe in our ability to rig our own gizmos or devise recipes and solutions. One of the things I admire about the folks who come to my classes, is that they are seeking self-management options to be the bosses of their own health, to try new approaches, to look beyond standard diabetes or cancer treatment.

I recall a gentleman who came to a prostate cancer support group after getting news that his vanquished cancer had returned. He was shaken to the core. The other men in the group gathered around him, told him he didn't have to jump into chemo on Monday, and recommended resources that worked for them. That knowledge of hands-on alternatives was keeping them in charge of their own wellness. This man's whole body went from crumpled to recharged, just from this push to think and do for himself.

I recently had a health test result with surprisingly scary numbers. Wow, news of cancer, diabetes, cholesterol, blood pressure and other terrifying stuff just knocks you on your butt, doesn't it? You were going along with some minor complaints, and now there's this. Suddenly you feel helpless, jump to worst-case conclusions, then dismiss them, then think you shouldn't dismiss stuff… You want to grill the doctor for every detail and option, but you've only had a few minutes' conversation and gotten a prescription. Once I pull myself together, I start researching. What are the alternatives to the nasty medications and their side-effects? How much can diet help? I've got choices. I am capable of handling this. I've got this.

So, while scary-looking test numbers and treatments intimidate at first, our inner do-it-yourselfer can tap into the part of us that makes jam without a recipe, fixes things with a clothespin, and takes charge of our own wellness, including growing our own food or cooking from scratch and eating more fresh produce.

In season in Sacramento: peaches, nectarines, plums, pluots, some berries, tomatoes, okra, summer squashes, peppers, cucumbers, green beans and melons.

Recipe:

Do-it-yourself, made from scratch doesn't have to be complicated or time-consuming. When my grandfather made jellies, he used clean panty-hose to strain the fruit, no fancy gear needed. If you can find a wild, cherry-plum tree you can get the fruit for free too. These have real tangy flavor, and you don't peel or pit them. You can use regular plums, but reduce the amount of raw fruit a little bit and sweeten less, and add the juice of a lemon.

Windfall Cherry-plum Jam (no sugar added!)

Why it's healthy: No white sugar! Lots of anthocyanins and anti-oxidants.

Why it tastes great: sweet-tart, summer fruitiness you can save for later

Why it's easy: No peeling or de-seeding.

Ingredients

- 4 cups cooked and strained liquid from cherry plums, wild or regular plums (start with about 8 - 10 cups of cherry plums)
- 4 tbsp low sugar pectin, preferably Pomona Pectin
- 1/2 cup maple syrup (If it's not sweet enough, you can add a little stevia.)

Directions

Wash the plums and put them in a large, thick-bottomed pot. (If using larger plums, cut them in half first.) Cover and cook on low heat/simmer until fruit separates from the skin and pits. Keep an eye on it so it doesn't get too hot and boil over. Stir occasionally.

Strain juice through a food mill, cheesecloth or colander. Return 4 cups to the pot. Add maple syrup and adjust the taste. Add pectin according to package instructions.



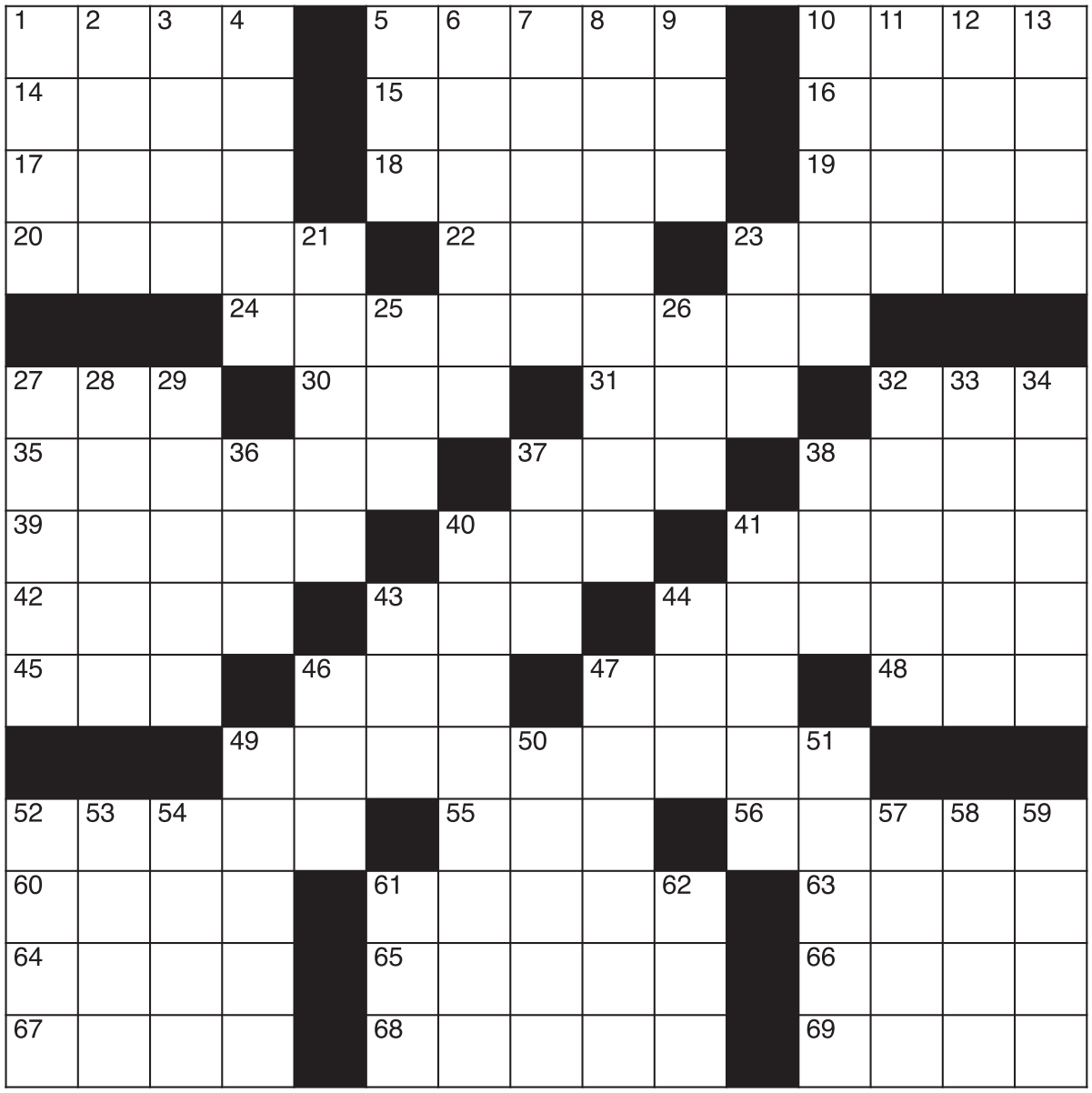
Bring to a rolling boil, let boil for a couple of minutes, stirring constantly. When a few drops dripped onto a cold plate gel or "set", it's ready.

Storage option 1: Let cool. Using a canning funnel, pour into freezer-safe containers and store in your freezer. You can also simply store this in the fridge, where this will last about a week.

Storage option 2: Boil canning jars in a large pot of water, and wash lids carefully. Remove jars from the water. Ladle hot jam into the jars using a canning funnel if you have one, leaving a ¼" space at the top. Top with the lids and tighten the rings firmly. Place filled jars into a pot of boiling water for 10 minutes. If your pot doesn't have a heavy bottom, use a wire basket or even a clean tile just to keep the glass jar from cracking on the too-direct heat. After 10 minutes, remove the jars, and let them cool. You'll hear a pop as the vacuum seal locks tight. If the top still has a bump you can press/click with your finger, it's not sealed, so try again or eat that one first.



CROSSWORD



CLUES ACROSS

1. Type of ion
5. __ N' Bake
10. At all times
14. __ Triad: fictional cult
15. Spiked revolving disk
16. Swiss river
17. Bleat
18. Finnish lake
19. Spanish cubist Juan
20. Consumer
22. No seats available
23. Arrive
24. Upstate NY city
27. Team's best pitcher
30. Follows sigma
31. Consume
32. Congressman
35. Spider's territory
37. Conclusion
38. Female parent
39. Instruments
40. __-bo: exercise
41. Jewish spiritual leader
42. Oil cartel
43. In support of
44. More creepy
45. Color of blood
46. '__ death do us part
47. Radio finder (abbr.)
48. Promotions
49. Songs
52. Tony winner Daisy
55. Not just "play"
56. Affected with rabies
60. Formal group of like-minded people
61. Hold valuables
63. Male admirer
64. Actress Lucy
65. Prevents the fermentation of
66. Furniture
67. Long, winding ridge
68. Cover with drops
69. Major European river

CLUES DOWN

1. Greek goddess of youth
2. Early kingdom in Syria
3. Fortifying ditch
4. Walk into
5. Island state __ Lanka
6. Japan's most populous island
7. Mindful of
8. Fuel
9. NY Giants' Manning
10. Very willing
11. Linear unit
12. Guitarist Clapton
13. Semitic letter
21. Habitual repetitions
23. Soak
25. Taxi
26. Small amount
27. A theatrical performer
28. 2-door car
29. ___ and flowed
32. Arabic female name
33. Implant within
34. Groups of two
36. College athletic conference
37. Body part
38. Disfigure
40. Accept
41. Allude to
43. Type of tree
44. Doctor of Education
46. Pearl Jam's first album
47. Flower cluster
49. Heavy cavalry sword
50. Arabian Peninsula desert
51. Marten
52. Type of sound
53. Expression of grief
54. Liberian tribal people
57. Wizards' shooting guard Bradley
58. Metrical foot
59. Mislead knowingly
61. Sino-Soviet block (abbr.)
62. Midway between south and southwest

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Elmhurst resident Amreet Sandhu honored by National Lawyers Guild

By JOANN FULLER
Special to the East Sacramento News

Have you ever been at a demonstration and noticed folks with neon green hats taking notes? These are legal observers who have been trained by the National Lawyers Guild (NLG) to support people in expressing their political views as fully as possible without interference by the police. These lawyers, legal workers, and area law students often follow cases from arrest to trial providing pro bono legal defense for protesters charged with any number of crimes that could silence community voices and hinder local resistance work.

We are fortunate in Sacramento to have such an active program of passionate and skilled legal professionals serving our community. Among the many people we have to thank for this, one person deserves special thanks: Amreet Sandhu! In fact, Amreet has done such outstanding work that the NLG is honoring her this summer with a national award for her work in organizing Sacramento's local chapter.

In addition to her work with the NLG, Amreet has been actively improving our community for years in many other ways. A native Sacramentan, Amreet attended local public schools, graduated with honors from UC Santa Cruz and received her JD from Lewis and Clark Law School.



Most recently she served as the president of her local neighborhood association. But after the last election, Amreet understood that there would be lots of reasons to protest and that folks would need support in raising and elevating their voices.

She organized a formal NLG chapter, recruited outstanding board members, and creating committees focused on NLG work such as legal observing to ensure demonstrations are monitored by trained observers, and "Know Your Rights" trainings for several community organizations working on wide variety of policy issues from Black Lives Matter and Immigrant Rights to International Law. The chapter also includes a United People of Color Caucus and a Queer Caucus. When not in green hats, NLG Sacramento works regionally, nationally, and internationally to push forward progressive policies protecting vulnerable communities.

Amreet's work has made Sacramento a safer place for those engaged in protest, energized the local progressive legal community, and involved more people from a variety of backgrounds to prioritize human and civil rights. In gratitude, and to show their admiration, her friends and colleagues are arranging for an ad to be designed and illustrated by Sacramento Bee editorial cartoonist, Jack Ohman, for inclusion in the program for the Guild's 80th anniversary dinner in Washington, DC this summer.

For those who may not know, the National Lawyers Guild is the oldest and most extensive network of public interest and human rights activists working within the legal system. Founded in 1937, this association of progressive lawyers and jurists has for many years played an important role in many struggles for civil and human rights throughout the nation. It is an honor for one of Sacramento's own to be celebrated at the national level by such an esteemed group!

LIFE IN THE VILLAGE

By JAN DALSKE
East Sacramento News

Canned fruit displays can be fun at the Fair

By JAN DALSKE

My family and I have been attending the California State Fair for many, many years. We never missed a year without going there together. And, we would spend the entire day seeing everything that we could and enjoying all of the sights and smells. We got there early and stayed until the fireworks show was over. On the way home the older kids shared our favorite experiences as the younger children nodded off.

My favorite exhibits were the home crafts and canned fruit displays. I know my mom liked to examine all of the canned fruits, especially the ones with ribbons, which indicated they were the very best. She canned fruits every year for her large family. My

See Dalske, page 14



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Let's Build Christian a Pirate Ship



Christian is an energetic and adventurous 10-old-boy who loves to go to Renaissance and Adventure Faires with his family and get involved in the fun. He is also wheelchair bound and has been since of the age of 8. Christian has Duchenne Muscular Dystrophy, a muscle- wasting disease that is fatal. The average life expectancy for boys with DMD is 21. There is no cure for DMD.

He visits UC Davis Medical Center Cancer treatment center often for experimental injections.

A few local "pirates" had the good fortune to meet Christian and see his love of adventure first- hand and have offered to build him a pirate ship he and his family can take on many more adventures.

Pirate Ann Ramirez of Carmichael explained they'll need a custom hitch for their wheelchair-accessible van and a trailer to take Christian and his pirate ship on his future adventures. "We built a pirate ship for fun and the silly pleasure of making people smile. We want to do the same for Christian. We hope you'll join us," she writes on a GoFundMe page:www.gofundme.com/lets-build-christian-a-pirate-ship

Sink me! Bestow us hand mates and we can bestow this jim lad many more adventures in his very own pirate galleon. That's pirate talk for, let's make this happen for Christian!

In an interview with this publication Ramirez said it all started like this:

"Once upon a time, we used to go to parades. We'd go to the Carmichael Parade and the Citrus Heights Parade and we had kids and thought, 'this is boring.' My husband (Damian Ramirez) came home one day after seeing the Ghandi bumper sticker, 'Be the change you want to see in the world.' And, I was like: 'What is that supposed to mean?' And he said, 'Let's build a float.'"

So, the following year (five years ago), he went to town and built a complicated 18-foot pirate ship on a flatbed modeled after a McDonald's Happy Meal Captain Hook toy. They brought the float to parades, Race for the Cure, kids parties. But last fall a lady approached them, explaining the story of her son. "He had seen a little tiny pirate ship for a wheelchair and asked if we could build him one. And we said, 'yeah, let's do it.' He's a real cute kid."

The pirate ship in this photograph has made pit stops in the River Park with neighborhood children invited to play. Hostess Brenda Jew Waters asked Damian Ramirez to bring the ship by on some days when Christian had to do his injections nearby at UCD. Brenda had known the "pirate family" for many years. Damian Ramirez purchased her father-in-law's Shop Smith which was used to build this pirate ship.



Dalske:

Continued from page 11

dad brought home the fruit, and she put it into jars and stored them on shelves in our garage. We enjoyed eating them all year long.

She canned peaches, pears, apricots and cherries. She peeled and sliced the peaches, and pears, and removed the stones. The apricots were sliced in half and then the pit was removed. The cherries were pitted and canned whole. They were all cooked in a sweet sugar syrup.

When I was old enough, I helped her with washing the fruit, and the peeling and slicing and pit removal. The fruit preparation was a labor intensive job. But it was very rewarding when we opened a jar of the canned fruit and enjoyed the sweet fresh fruit flavor. The canned fruit was especially good when spooned over a scoop of vanilla ice cream. Canned fruit was our very favorite dessert.

When my mom checked out the canned fruit displays at the State Fair, I know she was comparing the look of the fruit in the jars to what hers looked like. She commented on the size of the slices, and the clarity of the sugar syrup. Sometimes she added food coloring to the pear sugar syrup to make them more interesting. It was just a slight coloration and nothing too bold.

She would have liked to have enjoyed a sample of the canned fruits at the State Fair, but all she could was look at the fruit in the jars that were on display. She commented on the jars with the ribbons and examined them closely, wondering aloud why they were judged better than the others.

And, since we enjoyed her canned fruits often, we were curious about those winning fruits, and if they were better than what we had at home. I know that the canned fruit we had was the best in the world, with or without being judged and receiving a special ribbon.



What's happening East Sacramento?

THURSDAY, JULY 20

38TH STREET NINTH ANNUAL BLOOD DRIVE: Time blocks are open from 3 to 7 p.m. for the annual blood drive, located at 1141 38th St. If you are not yet scheduled and would like to donate, go to bloodsource.org/drives and schedule online. The location code of the drive is M597. If you prefer, please email Alice McAuliffe at <alicemcauliffe12@gmail.com> your preferred time and she will email you back confirming it. You're invited for sausages and more. According to the American Red Cross, "every two seconds someone in the U.S. needs blood." Rose Mary Lonczak was one of them. For more information, call 451-5507.

FRIDAY, JULY 21

MAGIC PUPPET ADVENTURE WITH TONY BORDERS: From 3:30 to 4:30 p.m.,, McKinley Library hosts ventriloquist as he Tony Borders brings guests on a magic adventure with his puppet friends! This family show will amaze and entertain with puppets, cartooning, magic, and ventriloquism.

SATURDAY, JULY 22

TASTE OF EAST SACRAMENTO: More than 40 different vendors will be a part of the 9th Annual Taste of East Sacramento, a celebration of the wonderful restaurants, breweries and wine in East Sacramento, as presented by the East Sacramento Chamber of Commerce at the Annunciation Greek Orthodox Church, 616 Alhambra Blvd.from 6 to 9 p.m. Mix and mingle with friends and neighbors for this fun night in one of Sacramento's best neighborhoods. Tickets are $60 in advance or $70 at the door. Free bike valet will be provided at this 21 and older event. Tickets are available at www.tasteofeastsac.com

WEDNESDAY, JULY 26

THE IGUANAS FROM NEW ORLEANS AT HARLOW'S: Harlows Restaurant & Night Club and Swell Productions invite you to experience the Iguanas, as they reflect the diversity of musical styles found in their home state by fusing blues, classic R&B, zydeco, Cajun, jazz, cumbia, Tex-Mex, and roots rock 'n' roll. What if Americana actually encompassed ALL of North America? You'd have the Franco Acadian inflections of Canada, as best exemplified by le accordion, blues and jazz, the only truly indigenous musics the US has ever produced, and the lilting grace and fiery passion of the music of Mexico. You'd also have New Orleans' premiere distillers of this continental musical melange, The Iguanas! http://iguanas.com/. The show is from 7 to 10 p.m. at Harlow's, 2708 J St.

SATURDAY, JULY 29

10th ANNUAL FAB 40s 5K RUN/WALK: This run benefits the Alzheimer's Association. The race website states, "We want to increase the understanding of Alzheimer's disease and its devastating affect on families. We feel the need to provide an opportunity for affected families to meet and interact with one another." The run starts at East Lawn Cemetery on Folsom Boulevard. Race day registration: 7-8:30 a.m., kids' ¼ mile (ages 5 and under): 8:05 a.m., kids' ½ mile (ages 6-11): 8:10 a.m., 5k run/walk City of Sacramento 5K Championship: 8:30 a.m. sharp! $32 for adults postmarked by July 10, $40 on race day; $37 if postmarked by July 28, ages 17 and under 5k will cost $25 at all times. $16 for all kid's fun run Participants at all times. For more information visit http://fab40s5k.org.

FRIDAY, AUG. 4

MISSION IMAGINATION: Are you ready to take the imagination challenge? Visitors will issue challenges, such as building a fort, putting on a puppet show, or making a gigantic ball of tape. Visitors will use building skills to create items in challenges, then imagination to make them come to life! Part of the Summer Reading by Design series. 3 to 5 p.m., 601 Alhambra Blvd.

FRIDAY, AUG. 11

KENN ADAMS ADVENTURE THEATER: McKinley Library hosts a space adventure in this fun, interactive show! With Kenn Adams' Adventure Theater, the audience is the star of the show, making sound effects, performing the roles, acting as scenery, and even deciding what comes next; 3:30 p.m. to 4:30 p.m.; 601 Alhambra Blvd.

SATURDAY, AUG. 12

DRAGONS AND DAMSELS: What's the difference between a dragonfly and a damselfly? Which dragonflies feed on aerial plankton (and what is aerial plankton)? Who will be the first to catch a dragonfly this year? Friends of the Riverbanks invite you to join them at 9:30 a.m. for one of their favorite events: Dragons & Damsels with Greg Kareofelas. The 9:30 a.m. meeting will give the insects time to warm up, but early enough to beat the heat. Greg will bring some live animals for you to see and even touch (and then release). This is a fabulous event for children of all ages, and their parents too. Nets will be provided so you can go on an Odonata hunt—it's not easy to catch these speedy creatures. Meet at the Sutter's Landing parking lot for a short presentation with live insects. Then we'll go down to the river to see what is hanging out this year.

THURSDAY, JULY 20

SEED STARTING PARTY AND POTLUCK: Let's get together and start our fall veggie seeds and share some good food and lively conversation! It is hard to think about cabbage, broccoli and kale in the middle of July, but if you want to grow your own from seed, this is the time to get them started. Bring some seeds if you have them and a dish to share for the potluck. It is okay if you don't have seeds or can't make food...the most important part is just showing up and meeting people. Oak Park Sol will provide the soil and seeding trays/pots and seeds will be provided. There will also be reusable plates and utensils at the garden, but please bring your own from home if you can. Additionally, you are welcome to help set-up a community art project for everyone to add their own personal touch and contribute to making this space comfortable and welcoming to all. Oak Park Sol is located at 3733 Broadway. Time: 6 to 8 p.m.

SUNDAY, SEPT. 17

RIVER CITY PORCHFEST 2017: River City PorchFest 2017 invites you to join them from noon to 6 p.m. in the streets of Sacramento for a day of free music and fun. Hosted by the neighbors of Colonial Heights, Tahoe Park, and Oak Park, River City PorchFest 2017 is honored to be jamming in three of the area's most respected neighborhoods. Proceeds for this event will benefit local music programs in the Colonial Heights, Tahoe Park, and Oak Park area. The goal is to put musical interest and instruments in the hands of children who might not otherwise have the opportunity. Organizers "feel that music, along with the other performing arts are key to a healthy and growing local community. If you would like to get involved with River City PorchFest 2017 as a volunteer or have an idea to make (the) event better, please email rivercityporchfest@gmail.com."

ONGOING

MCKINLEY PARK FOOD TRUCK MANIA: SactoMoFo and Sacramento City Councilman Jeff Harris present Food Truck Mania from 5 to 8 p.m. at McKinley Park, 601 Alhambra Blvd. every second Friday of the month. The beer garden benefits Friends of Front Street Shelter.

TAHOE PARK FOOD TRUCK MANIA: SactoMoFo, Councilman Eric Guerra, Sacramento County Supervisor Phil Serna and the Tahoe Park Neighborhood Association present Tahoe Park Food Truck Mania from 5 to 8 p.m. every fourth Friday of the month. The beer garden benefits Friends of Front Street Shelter.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

TRAINS, PLANES AND AUTOS TAKE AT FE GALLERY IN JUNE AND JULY: Fe Gallery's "Planes, Trains and Automobiles" opens June 10 with an Artist Reception from 6 to 9 p.m. The show will feature art works by Jim Marxen, vibrant acrylics; Camilo Valencia, dust bowl vibe; Kevin Wilhite, vintage inspired; and the artistic team of Garrett Winiecke and Sean Bailey sculptures of reclaimed metals. There will be a blacksmith demonstration at about 7 p.m. The show runs through Aug. 3. Fe Gallery is open Monday through Friday from 9 a.m. to 4 p.m. Fe Gallery is located at 1100 65th St.

NON-PROFIT ORGANIZATION IS SEEKING LOCAL HOST FAMILIES FOR HIGH SCHOOL EXCHANGE STUDENTS: ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call the ASSE Western Regional Office at 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!



KNITTING CIRCLE AT MCKINLEY LIBRARY – Any adult interested in knitting — even an absolute beginner — is invited to join. Participants can learn to knit, or get help on current projects and advice from expert knitters. Don't forget to bring your knitting needles and yarn. Wednesdays from 10 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

TEEN SPACE AT MCKINLEY LIBRARY – Looking for something fun to do after school? Need a place where you're free to hang out with your friends and have a snack? Come to the McKinley Library Teen Space, Wednesdays from 3p.m. to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

DO YOU HAVE AN UPCOMING OR MONTHLY EVENT?
Let us know.
e-mail Monica:
editor@valcomnews.com

PUZZLE SOLUTION

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BED ROOM SALE

ALL BEDROOMS ON SALE*

FINAL WEEKEND!

$779 reg $859
QUEEN PANEL BED
$899 KING PANEL BED
Nightstand $319
Dresser $789
Mirror $219



We have **over 60** *bedrooms on display!*

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a large selection of iron beds, day beds, & clearance bedroom!

$569 reg $639
QUEEN PANEL BED
$759 KING PANEL BED
Nightstand $299
Dresser $669
Mirror $159



$529 reg $579
QUEEN PANEL BED
$599 KING PANEL BED (shown)
Nightstand $249
Chest $749



$679 reg $759
QUEEN MISSION BED
$799 KING MISSION BED
Nightstand $369
Chest $759



$949 reg $1059
QUEEN PANEL BED
$1099 KING PANEL BED
Nightstand $479
Dresser $1079
Mirror $339
Bench $439



$839 reg $929
QUEEN STORAGE BED
$1049 KING STORAGE BED
Nightstand $299
Dresser $699
Mirror $139



$999 reg $1179
QUEEN PANEL BED
$1229 KING PANEL BED
Nightstand $399



$1169 reg $1299
QUEEN PANEL BED
$1399 KING PANEL BED
Nightstand $449
Dresser $999
Mirror $89



$479 reg $529
TWIN PANEL BED
Nightstand $229
Dresser $589
Mirror $159



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