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East Sacramento News

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Kit Carson adds its first senior class and gets a new name

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"Improvements" made to road conditions where River Park meets Sacramento State

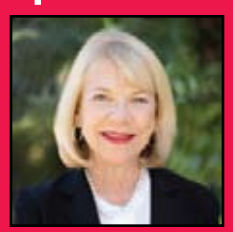
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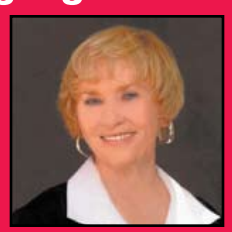
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East Sacramento News is published on the first and third Thursday of the month in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... John Ochoa
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Vol. XXVI • No. 17

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School Notes

By Ellen Cochrane

First days of school are filled with promise and excitement. This year Sacramento City Unified School District is bursting with both. Our new superintendent, Jorge Aguilar, began to work on his plans and programs even before his official start date. Commuting from Fresno since May, he laid the foundation for operational excellence and strategies to give all students the greatest amount of post-secondary choices from the widest amount of options.

On the first day of school Superintendent Aguilar announced the Graduation Task Force which will study the impacts of low graduation rates on the Sacramento Community and develop recommendations for improvement. Twenty community members will serve on the Task Force and will work in collaboration with the Superintendent to issue recommendations to the Board of Education in December 2017.

"We are choosing to talk about graduation rates," said Superintendent Aguilar. "This is a moral issue. Our system must work for all students not just those that understand how to navigate and how to advocate on their behalf. It has to work for any of our students irrespective of parental levels of involvement, engagement or empowerment."



Elizabeth Henrikson and Rebecca Siegert won top honors as Sacramento City Unified teachers of the year. Both have East Sacramento connections—Henrikson is a beloved English teacher at Sutter Middle School and Siegert is an AP teacher at Rosemont High School and the wife of Phoebe Hearst principal, Nate McGill. Siegert was also chosen as one of two Sacramento County teachers of the year and will go on to represent SCUSD in the statewide competition.

Ellen Cochrane is the School Board Trustee for Area Two.



Photos by Monica Stark

A new building at Kit Carson as seen from the street

Kit Carson adds its first senior class and gets a new name

Still the Pioneers, but no longer just a middle school, Kit Carson International Academy began the 2017-18 school year on Aug. 31 with its first batch of high school seniors that will graduate in June. Therefore, the school now serves students in grades 7-12.

Sacramento City Unified School District's Board of Education approved the name change from Kit Carson Middle School to Kit Carson International Academy at its Aug. 17 meeting after months of dialogue with the school community. Principal Santiago Chapa said that during the outreach period, school and district officials learned people wanted to retain the "Kit Carson" name because of the long historical attachment to the name and what the school has meant in the East Sacramento neighborhood for almost 100 years.

The name change will also acknowledge its prestigious standing as an International Baccalaureate World School also offering the program's coveted "Diploma Programme" for 11th

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Kit Carson:

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and 12th graders. "We're keeping our Pioneer tradition," Chapa said. "We can relate to being innovative and risk takers."

The school is also undergoing a remodel that will include two new science classrooms, two art classrooms, a small black box theater for performing arts, IB project classrooms and a multimedia center along with an audiovisual studio.

The website for the architecture firm of record, Lionakis explains this project involved transforming the library into a technology and media center; a new science and arts building with deferred maintenance projects and energy efficient upgrades. Improvements at the school also included accessibility upgrades, a new utility backbone, moving the administration to the front of the school to create a new welcoming entrance, an outdoor classroom seating area adjacent to the theater, and ecologically sensitive "outdoor rooms" that feature drought tolerant native plants and irrigation.

Cathy Allen, Sacramento Unified School District Chief Operations Officer, explained the cost of the project is just over $12.5 million funded by Measure Q, the general obligation bond passed by Sacramento area voters in November 2012, which identified nine schools, including Kit Carson, to receive improvements for core academic renovation and repair. The project began in 2014 with several "scoping" meetings with district staff, students and the community to determine what improvements would be most beneficial to the students and, in particular, would support the international baccalaureate program at Kit Carson.

Explaining in more detail regarding the architecture of the project, Laura Knauss, principal architect at Lionakis, said the project included a new building as well as the renovation of two reclaimed spaces on campus. The new building includes science labs that will accommodate the advanced sciences of the IB program. A "black box" drama classrooms, again to meet the curriculum goals of the IB program, as well as new art labs. The renovated spaces include a new administration and student services space. This space reclaimed underutilized space on campus and provides a "new front door" for student, parent and community access. The old administrative space was in the center of campus and required that the public gain access to the campus core, disrupting the secured campus perimeter. The former administrative space has been reclaimed and remodeled as a "Tech Lab," a place for students to come together for project based learning, a student union space. The IB program has significant requirements for group work, and in-depth projects. This space will provide the opportunity for student problem solving space, small group break out space, with comfortable furnishings, integrated technology and whiteboard walls.

Ready for students the first day of school last week, Landmark Construction provided the labor over the summer.

Asked about the significance of the name change and the school's growth this year to include its first class of seniors, trustee Ellen Cochrane said, "The name Kit Carson has historical and emotional significance for the students who attended. I was pleased with the rigor the district showed in including all voices in the process. They led class discussions and surveyed and held community meetings to discuss the name change. I feel confident that the new name: Kit Carson International Academy reflects the pride of the past as well as the new 7-12 International Baccalaureate Programme it offers. East Sacramento now has a small high school within its boundaries and parents are extremely happy that Kit will be graduating its first IB class this year. Additionally, the district is working hard to improve the programming and infrastructure at Hiram Johnson, the closest comprehensive high school to the area."



The courtyard



Inside a science lab at Kit Carson

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Get to Know Sac City's Teachers of the Year

Sacramento City Unified School District's 2017-18 Teachers of the Year are Mrs. Rebecca Siegert McGill of Rosemont High School and Mrs. Elizabeth Henrikson of Sutter Middle School. (They had no idea that one of them would also become a Sacramento County Teacher of the Year and go on to the statewide competition.) Both dedicated teachers were recognized by the district for their outstanding work, commitment and caring for students. These teachers serve as ambassadors of the profession and help articulate to the public what it means to be public school teachers. Both encourage others to enter the profession. In October, the California Department of Education will announce the state Teachers of the Year.



Elizabeth Henrikson—Sutter Middle School, East Sacramento

Henrikson is famous for setting the bar high at Sutter Middle School. She teaches seventh grade language arts and history at Sutter and absolutely loves the energy that comes with teaching junior high. "There isn't a day that goes by that my students don't make me laugh," says Henrikson. "My goal is to instill confidence and inspire my students while still making learning fun. My hope is that all students leave my class with greater confidence and a desire to keep learning."

She began her teaching career at Freeport Elementary where she taught fourth grade for six years. In 2004, she was presented with the opportunity to teach at Sutter Middle School. For the past 13 years, she has thoroughly enjoyed teaching seventh grade language arts and history at Sutter. Henrickson lives in Elk Grove with her husband Mark and her nine-year-old twin boys, Cameron and Andrew. In her free time during the school year, she enjoys working out with friends, running, yoga, and going on walks with her boys and their family dog, Katie. During the summer months, she loves hiking, camping, and going on short trips to the lake or ocean with her family.

School Board Trustee Ellen Cochrane knows the effect Henrikson has on her students and the community. "Sutter is one of the premier schools in the district and Elizabeth is one of the reasons people flock to Sutter. She challenges students to think, not just give route answers. Her lessons prepare students for academic success as they go on and I know both the parents and students of Sutter are grateful."



Rebecca Siegert McGill—Rosemont High School, Rosemont

Rebecca Siegert McGill finds one of the toughest jobs personally gratifying. "I have one of the most rewarding jobs in the world," she says. "Every year I meet more than 200 people and learn about who they are, what drives them, and what dreams they have for their futures—and even better than that is the fact that I get to help them turn those dreams into reality.

She is a co-founder and coordinator of Rosemont's LEAD Program, which stands for Leadership and Enrichment through Academic Development. LEAD was founded in 2012 and combines a commitment to both the classroom and the community; students in the program challenge themselves by taking rigorous advanced classes while completing community service and designing service projects each year. She's inspired hundreds of students like Andrew Maalouf. "She truly tests her students, and really cares about their success. She knew that we were capable of doing more than we thought we could do. She knew those that she can push, and she knew those that needed some extra support," Maalouf said. Siegert McGill lives in College Greens with her husband Nate McGill, who is the principal of Phoebe Hearst Elementary School, and she has two daughters who attend SCUSD schools; Josephine will be in first grade next year at Phoebe Hearst, and Isabelle attends preschool at O.W. Erlewine Elementary School.

School Board Trustee Christina Pritchett's daughter attended Rosemont and she knows the effect Siegert McGill has in the classroom. "Rebecca is an inspirational and dedicated teacher. She lets no obstacles stop her from pushing our students to greater possibilities. The Rosemont Community is very lucky to have her leading the way."

So which one of our stellar teachers went on to the State of California competition? It's Rebecca Siegert McGill of Rosemont. A state selection committee will review her application and spend time in her classroom to evaluate her rapport with students, classroom environment, presentation skills, and teaching methods. Tom Torlakson, State Superintendent of Public Instruction, will make the final selection and the state winners will be announced in October.



"Improvements" made to road conditions where River Park meets Sacramento State

By MONICA STARK
editor@valcomnews.com







Photos by Brenda Jew Waters

There's an old adage that if you wait long enough good things will happen. Well, River Park waited a long time for road improvements out of the neighborhood adjacent to Sacramento State University. Attributed from none other than Leland "Lee" Ruth, the unofficial mayor of River Park, the neighbors living near the gates of Sac State have seen it all when it comes to accidents and near accidents at the intersection of Carlson Drive and H Street. They have waited a long time for improvements there.

As Sacramento City Council Member Jeff Harris stated at a celebration of the completion of a $1.7 million street improvement project on Aug. 28, "It's a very complex intersection with many roads coming together, lots of turn pockets. It's been a very confusing place to drive, walk or bicycle for a lot of years. So the city realized they needed to do something; the neighbors organized."

In an effort to make the streets safer for the heavily congested area, the city of Sacramento paved new crosswalks, upgraded pedestrian paths of travel on the west side of Carlson Drive, and paved a clear designation of bicycle rights-of-way through the use of colored and buffered bike lanes, and improved opportunities for cyclists to safely make left turns.

"The real benefit is for cyclists and pedestrians," Harris said. "The green bike boxes give cyclists a sort of a safety zone. It's the first in the city with a bicycle push button signal. The intersection will be manageable for anyone who chooses to use it."

The improvements include signal upgrades to improve visibility, additional signing, new crosswalks, marked green bike lanes to clarify lane channelization, bike boxes for left turns, and innovative new two-stage left turns for bicyclists.

The $1.7 million (planning, design, and construction) is funded primarily through Federal Highway Safety Improvement Program grant funds with matching funds provided by local transportation tax measure dollars.

Because of community concerns over bicycle related accidents at the intersection and traffic studies, the city procured FHSIP grant funding and originally initiated this project to make safety improvements in the vicinity.

At the Aug. 28 celebration, Ruth discussed the importance of the changes to the intersection as well as some of the history of the project. A member of the River Park Garden Club which takes care of this area, Ruth and friends frequent the intersection. "We see a lot," he said. "There's a lot of near accidents that occur. There were a lot almost every day. I used to see people come down here, turn right, go down H Street, and that's a no-no. That doesn't work. On this side, people have a hard time making that right hand turn because as you come out of River Park, you look down H Street and it's really shady and it's hard to see the cars. Well, narrowing that down to one lane over there slows them down and it will make it a lot easier, a lot safer for people to come out of the dark."

Ending with a joke, he said, "I've been around for 40 years; I've been watching people jaywalk there. I've done it myself a number of times. Now, I can do it legally."

Last week being the first day of school for Caleb Greenwood Elementary School, extra traffic flooded many Sacramento streets, and neighbors reported that traffic on H Street heading east towards River Park, was backed up at 48th Street. Besides the long wait on the roads during commute time, traffic reportedly couldn't turn onto Carlson Drive to Sacramento State, preventing traffic from moving into the neighborhood. Neighbors questioned how the traffic would improve without an extra merge lane. Many neighbors suggested patience was key as the traffic is always busy this time of year. Whether it's objectively worse than previous years, has not been studied yet but has been a topic of conversation among River Park neighbors.



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Faces and Places:

McKinley Library summer reading ice cream social

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

On Tuesday, Aug. 15, the Friends of McKinley Library welcomed readers to McKinley Park for free ice cream, face painting and entertainment to celebrate the end of summer reading.





















Linda Paris revised in blue

By DEBBIE ETO



When you first enter Linda Paris' art studio, you are greeted by a tall, slender, beautiful woman with short red hair, paint on her sleeves and an infectious smile. Going forward and looking at the walls, makes you feel like a kid entering Disneyland for the first time. Paintings, sculptures, art circles and other pieces of mixed media abound. I was first drawn to a piece called a "Bird Circle". "I found these compressed cardboard circles in a recycle pile down the hall from my studio. Every week I would pick up what the business left out. I had no idea what I was going to make from them, but I have a fascination with multiples. The cardboard circles hung on my studio wall for years. I would look at them everyday and wonder what can I make with these? One day, I decided they needed painting. While I was painting the circle, the birds outside were making a fuss about something. I looked up to see what the fuss was about and it came to me. The circles, they could be about birds and all their antics!"





Born in Washington State, her parents were scientists. "My mom, a dietician and my dad, a chemical engineer." Linda describes herself as "average as most and as unique as everyone else." This is far from the truth, unless everyone lives next door to an accomplished, professional artist. "I was desperate to learn how to draw. When I was young my parents smoked cigarettes. They would use matches when the lighter wasn't around. I would look at the matchbook because there would be an ad for learning how to draw. It would say something like "draw me" or draw some cute little cartoon character. Once, I sent in one of my drawings in hopes of winning the prize. I didn't win, of course. I suppose my talent or strength is in painting and mixed media rather than drawing. I love color and trying out new methods for making things."

Linda had a late start creating art. "Although I loved art I knew it was not a profession that I could support myself in. It wasn't until later, after I took a couple of drawing and painting classes that I decided to put the newly learned skills to work. I painted widows during the holiday season. I made good money doing this and got to a point that I needed an assistant. However, it is hard work, in horrible weather and the season is short. During the rest of the year I worked for an interior designer photographing her work as well as doing commission work, but all that was spotty. I also taught piano lessons as well as gave art lessons to children." It wasn't until a job at Tower Books turned into being the store artist. "This was a once in a lifetime opportunity to actually make artwork full time. I was scared but excited. It was a great job. I learned more about materials and alternate uses than I could have in a classroom situation. I learned about merchandising and how to take an idea, expand it, and make it eye-catching." After having a few shows of her own she felt something missing in her personal work. It was then she decided to go to Grad School, "It gave me words to understand what I saw."

As a multimedia artist, Linda works in numerous mediums: Oils, pastels, pen and ink, and other materials and techniques to numerous to mention. Dioramas, paintings, and handmade books adorn her East Sac Studio.

See Linda Paris, page 14



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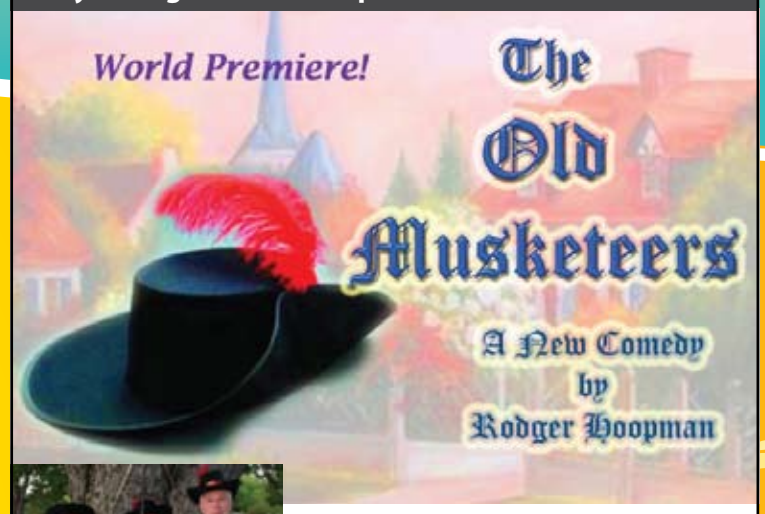
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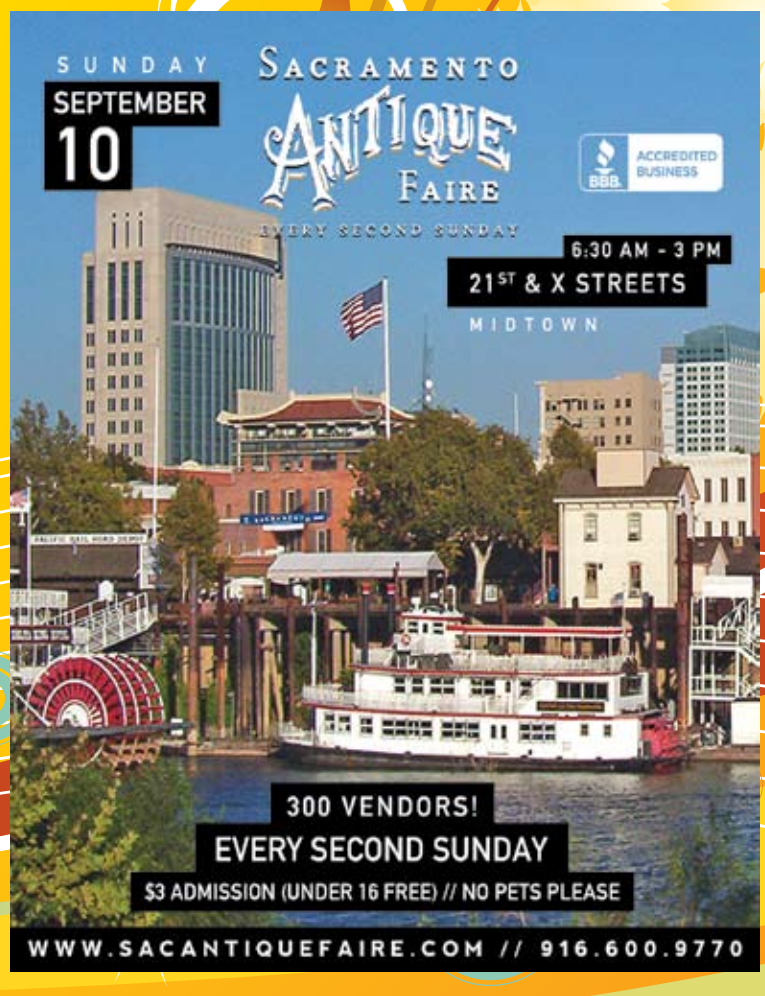
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SATURDAY, SEPT. 9

EAST SACRAMENTO'S EDIBLE GARDENS TOUR 2017: This year's tour is the fifth annual tour of gardens featuring edibles in their landscaping. The gardens are all located in East Sacramento. The event is presented by Soroptimist International of Sacramento, a local service club, which is part of a worldwide federation of service clubs dedicated to the improvement of lives of at risk women and children, especially girls. The gardens all encourage the inclusions of edibles in individual landscaping in various presentations. Garden themes include: #1 The Walnut House; #2 East SMF; #3 Local Roots; #4 The Zen Garden; #5 English Cottage Garden; #6 The Secret Garden. Each garden will have a Master Gardener present to answer questions, and music will be presented in each garden by members of the Sacramento Symphonic Winds. Edible Garden Aprons, and Gold medal award-winning olive oil will be available for sale in Garden Six. Advance $20; Door $25; Children (Age 12 and under) Free; 10 a.m. to 4 p.m.; location: Garden One, 3249 B St., Sacramento, CA 95819.

MOVE WITH PURPOSE AT MCKINLEY PARK: Looking to jam out and have some fun? Move With Purpose, a new 501 (c)(3) nonprofit dedicated to serving dancers with special needs, will hold a fun-filled, family friendly event featuring food provided by Burgess Brothers, bounce houses, games, music, raffles and more on Saturday, Sept. 9 from 1 to 5 p.m. at McKinley Park, 601 Alhambra Blvd. The event will be located around the baseball field at McKinley Park; the quickest access will be from 33rd Street.

HELP BORYS HEAL FUNDRAISER AT COMPTON'S MARKET: Borys Prysiazhnyi is a chauffeur for Coastal Breeze Limo Service. Borys is in his early 30s and is receiving kidney dialysis three times a week. At the age of 18, his kidneys began failing from a virus while living in Odessa, Ukraine. His mother donated her kidney a little over two years ago, but the kidney is at 7 percent function, requiring dialysis. A kidney transplant is needed. Borys' older sister Katya is in the United States for six months, thanks to UC Davis Medical Center and their organ transplant department, so Katya will be able to donate her kidney to her brother. Medical tests are now being run on both of them to get ready for the transplant. Borys is unable to work at this time because of his medical appointments. During the time of surgery and recovery, Borys will need to continue paying for cell phone service, food and rent. Both siblings will undergo surgery and recovery, making it difficult for them to help each other. Their roommate has graciously volunteered to take care of both of them at home following discharge from the hospital. About $5,000 is needed to cover expenses until he is totally recovered after the surgery. Katya will need to recover before returning home to the Ukraine to be with her husband and 13 year old daughter. They are helping to care for Borys' wife and 3-year-old son. Borys' employer, Coastal Breeze Limo Service, has been very helpful during this time.

Local vendors will participate in the Help Borys Heal fundraiser on Sept. 9, from 3 to 8 p.m. at Compton's Market, 4065 McKinley Blvd.:

Barry McGee-Balloon artist
Dragonfly Art-Facepainter
Twist N Shout-Balloon artist
Fabrizio-musician
Kathy Holberton-Swarovski jewelry
Mamta Gupta-Indian purses
Dorcas Yee-Axianta Financial Partners
Don Friedrichsen-Farmers Insurance
Monica Stark-East Sacramento News (Valley Community Newspapers)

Willy's Cafe and a number of our vendors will be giving a percentage of their sales to Borys Prysiazhnyi.

SATURDAY, SEPT. 16

URIJAH FABER'S ULTIMATE FITNESS GRAND OPENING CELEBRATION: Urijah Faber's Ultimate Fitness gym will have a grand opening celebration from 10 a.m. to 5 p.m. (free of charge), featuring games, activities, live interactive demonstrations, martial arts exhibitions, a vendor village, food trucks, and local beer and wine. You can meet "Team Alpha Male" where you can watch live pro practice and meet Urijah Faber and the rest of the team, take photos and get autographs. There will also be a bouncy house, face-painting, live music. Also, of note, famed celebrity artist David Garibaldi of Sacramento will unveil a 100-foot mural at 1 p.m. The gym is located at 6700 Folsom Blvd. For more information, call 444-3357.

See more What's Happening, page 11

Music in the streets:

River City PorchFest to debut in Colonial Heights and Tahoe Park

By LAURA I. WINN

Live music from over two dozen Sacramento area bands and solo arts will fill the streets in the neighborhoods of Tahoe Park and Colonial Heights on Sunday, Sept. 17 for the River City PorchFest 2017. Neighborhood hosts have offered up their porches and driveways for these free concerts that will begin at noon and run until 6 p.m. While Sacramento has played host to various porch fests in years past, this is the first year for the non-profit River City PorchFest, which aims to attract over 2,000 attendees and benefit local music programs in the participating neighborhoods from funds raised through donations and grants.

"I'd like to give back in the form of music," explained the event's organizer, Blake Villa. "I've turned around crappy days with music."

Villa, who previously worked in corporate development for Napa's Bottlerock Music Festival and has personally funded much of River City PorchFest, said he was inspired by the success of Napa's yearly Porchfest and wanted to create a similar, sustained event for Sacramento. "Sacramento is a growing and hustling town, and we want to put ourselves in the middle of that. Performing arts is key to any flourishing city."

As of press time, the event had scheduled 25 bands plus one dance troupe to perform outside of eight homes and was still looking for more hosts and musicians to participate.

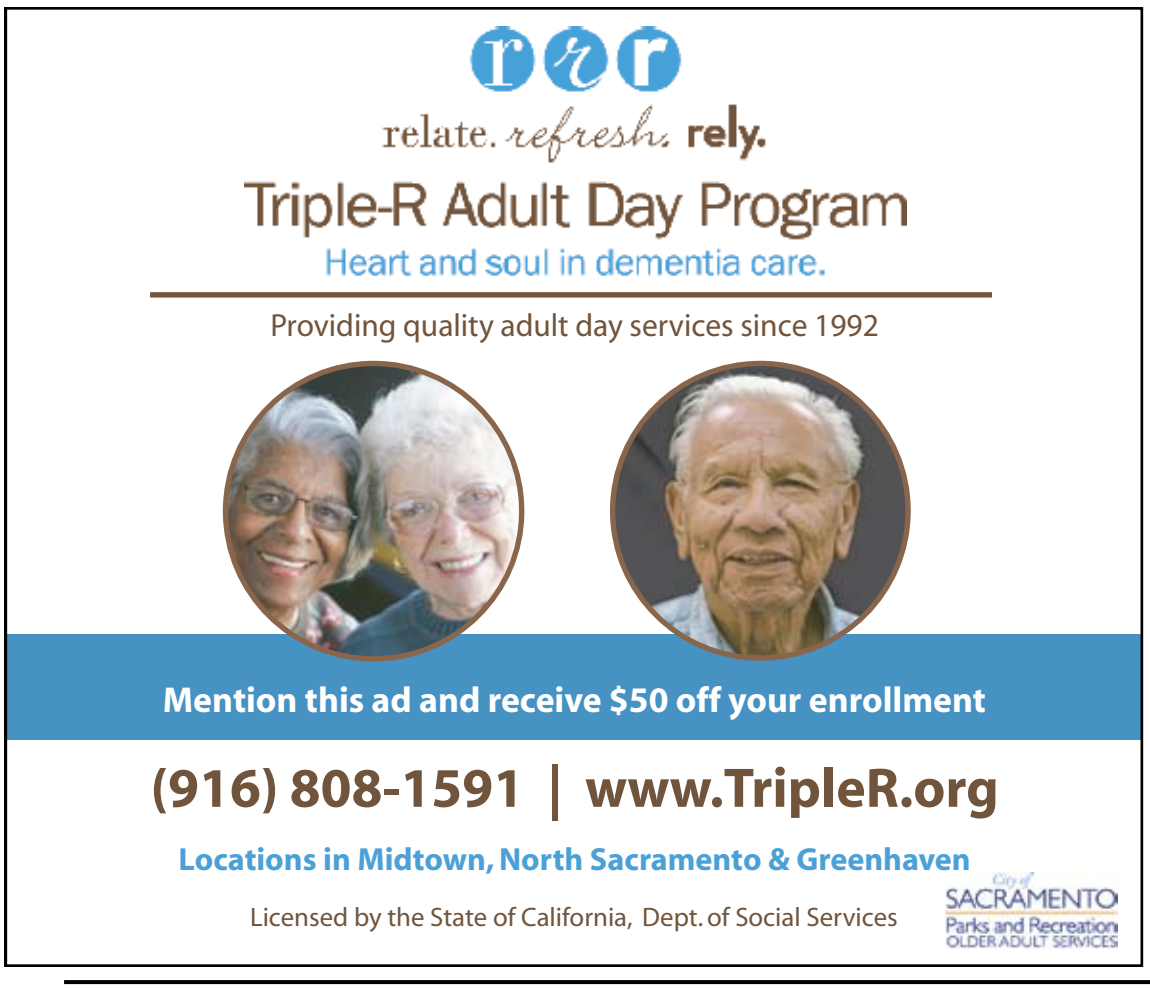
For hosts like Allison Stelly of Colonial Heights, the fest is an easy way to give back to the community. "There's no cost, no set up, nothing for me to do but clean up my yard!" Stelly said with a laugh.

Stelly, who moved to Sacramento from the Bay last September, said she also signed up because the fest reminded her of the events she loved in San Francisco. At her porch, guests will be greeted by the sounds of blues from singer/songwriter Lauren Wakefield, rockabilly from The Twilight Drifters and indie folk rock from The Fontaine Classics. The young ladies in BlyueRose Dance Project will also perform. In addition to promoting the arts, Stelly said she sees the fest as a way to put the "fantastic little neighborhood" of Colonial Heights on the map.

Over in Tahoe Park, porch fest veteran Be Brave Bold Robot will bring its one-of-a-kind folk/spoken word/indie blend to 61st Street. As part of the reason the band signed up this year, singer/songwriter Dean Haackenson pointed to the cool feeling of a block party created at past porch fests, although he added that those prior Downtown fests organized by Mike Philips were held at homes clustered closer together than River City PorchFest's setup. "But the biggest benefit is the sense of community that is fostered by bands playing at porches, and then the crowd walking over to another porch, experiencing the neighborhood," he said by email.

If you want to experience the neighborhoods and the music, you are encouraged to walk or bike through the streets and bring a chair or blanket, plus sunscreen and water.

For more information, visit rivercityporchfest.com. A schedule listing the performing acts and addresses will be posted closer to the event.



What's happening East Sacramento?

SUTTER'S FORT TO PRESENT "HANDS ON HISTORY: WAGON'S WEST": Continuing a popular series of fun and interactive "Hands on History" activities offered each month, Sutter's Fort State Historic Park (SHP) and Friends of Sutter's Fort will present a special "Hands on History: Wagons West" event on Saturday, September 16, 2017 from 10 a.m. to 5 p.m. Fort visitors will be delighted to see the recently completed restoration of the historic walls, gates and blacksmith shop – along with new restoration efforts underway – plus have the opportunity to step back in time to when Sutter's Fort was considered as the ultimate destination for thousands of overland emigrants lured by the idea of inexpensive land, rich soil, beautiful weather and boundless opportunity, followed by tens of thousands of fortune seekers in 1849 and 1850 during the Gold Rush. "Hands on History" guests will learn about John Sutter's vision to command an empire, how he enticed emigrants with offers of cheap land and the safety of a Fort, and his role in helping to organize rescue parties for emigrants trying to cross the Sierra – some ultimately successful and others not. Visitors will be able to participate in fun games that could be played along the trail such as Game of Grace (ring toss), bean bag toss, card games, and board games like checkers and shut-the-box. In addition, they'll enjoy other hands-on activities such as corn husk doll making, learning techniques to lasso a steer head, using a spinning wheel, and viewing rare coins and other historic oddities. In addition, guests will see how ironware was used in wagon camps and enjoy demonstrations of black powder weaponry in action including the crowd-favorite firing of Sutter's cannon. All "Hands on History" activities are included in the cost of admission. Sutter's Fort SHP admission costs are as follows: $7 per adult (18 and older), $5 per youth (ages 6 to 17) and free for children 5 and under. For more information, call 916-445-4422 or visit www.suttersfort.org

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."

FRIDAY, SEPT. 22

THOMAS DERTHICK, STRING BASS: Faculty string bass recital of Thomas Derthick. With John Cozza, piano, and Lisa Derthick, narrator, and featuring music by Schubert, Randjbaran, Messiaen and Kurtz. Thomas Derthick is currently Principal Bassist of the Sacramento Philharmonic, Opera, Ballet and Choral Society, as well as the Cabrillo Festival, America's foremost Contemporary Music Festival. He frequently performs with the Chamber Music Society of Sacramento and has recorded and toured with the Empyrean Ensemble. Other performances include the San Francisco Symphony, San Francisco Opera, San Diego Symphony and Oregon Symphony, as well as recording work and Broadway shows. Professional solo appearances include multiple performances of the Bottesini Grand Duo Concertante and Concerto #2, the Koussevitsky Concerto and the Dragonetti C major Quintet. Tom recently performed unaccompanied bass recitals for full houses in both Sacramento and Stockton. Time: 7:30 p.m. at Sacramento State (CSUS) Music Recital Hall, 6000 J St., Capistrano Hall, Sacramento, CA 95819.

FRIDAY, SEPT. 22-SATURDAY, SEPT. 23

VOLUNTEER FOR UNITED WAY'S DAY OF CARING– More than 1,000 local residents are needed to spend a day caring for the community Sept. 22-23 by signing up for one of dozens of volunteer projects happening at nonprofits, schools and community parks across the region during United Way's Day of Caring. The event, sponsored by Nationwide, will begin with a kickoff breakfast and rally at Cal Expo. To sign up for Day of Caring: http://www.yourlocalunitedway.org/day-caring. As part of Day of Caring, United Way is holding its Stuff the Bus campaign to collect school supplies for Robla School District in Sacramento through Sept 22. All donated school supplies will be placed in a school bus and driven to Robla School District at the end of the day. To donate to Stuff the Bus: http://www.yourlocalunitedway.org/StufftheBus2017. Day of Caring and Stuff the Bus are part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer: www.yourlocalunitedway.org.

SATURDAY, SEPT. 30

"SHAPE UP THE SHEPARD" From 8 a.m. to noon, volunteers welcome you to help mend fences or help restore the Japanese garden at the Shepard Art Garden in McKinley Park, 3330 McKinley Blvd. Clean-up days at the center are especially important now because the City of Sacramento has passed the baton for maintenance of the Shepard onto the SGAAC Board of Directors. The maintenance staff who regularly come in to clean do a minimum clean up, so they are inviting all of the clubs who depend on the Shepard to pitch in and help us spiff up this grand old building for the following weekend's annual "Fall Sale". This annual drive to "Clean up the Shepard" requires no previous experience, just a willingness to pitch in. Assistance will be needed in all areas: kitchen, storage area, main room, small room, outside patios, gardens, etc. Coffee and snacks will be provided in the morning. Any club willing to donate lunch/snacks or drinks is most appreciated. If you have cleaning supplies, rags, or paper towels that you could bring with you that would be a big help. Also, please bring your gloves and be sure to wear closed toed shoes. RSVPs to shepardgacinfo@att.net are requested, though drop-in help will also be appreciated. The check in will be at the parking lot entrance of the Shepard. Come and help for as long as you can.

BACK TO DANCE DAY AT FANCY FEET: *Free Classes- Ballet/tap/jazz/hip hop/Acro; free ice cream from the Meltdown Truck; free cookies from Lunch Box Lane; giveways; dancing/games; face painting & princesses; 20 percent discount on shoes & attire; Saturday: 3:30 to 7:30 p.m.; location: Fancy Feet Dance Academy and Parties, 712 57th St, Sacramento, CA 95819.

FRIDAY, OCT. 6-SUNDAY, OCT. 8

SACRAMENTO GREEK FESTIVAL: For more than 50 years, the Sacramento Greek Festival has shared the vibrant culture, rich food and traditions of Greece with the local community. The authentic cuisine is homemade by our volunteers with recipes from all corners of the Greek Mediterranean. The village-style atmosphere of the festival perfectly represents the historical and epic Greek passion for life, food, drink and dance. There will nearby offsite parking, a shuttle service, an Uber promotion, and a monitored bike corral area on the 30th Street side of the block. Festival hours are as follows: Friday from 11 a.m. to 10 p.m.; Saturday from noon to 10 p.m. and Sunday from noon to 8 p.m. 616 Alhambra Blvd., Sacramento.

SUNDAY, OCT. 8

INTERFAITH FORUM ON CLIMATE CHANGE: Speakers from Jewish, Muslim, Buddhist, Christian and Unitarian Universalist faiths will explore our spiritual and moral response to climate change as supported by science. All are welcome! Bring your questions for the Q & A session. Refreshments provided; The Unitarian Universalist Society of Sacramento (UUSS) 1 to 3 3:15 p.m.; Unitarian Universalist Society of Sacramento (UUSS), 2425 Sierra Blvd, Sacramento, California 95825. For more info: uuss.org/interfaithearth Contact us at interfaithearth@uuss.org; free admission.

TUESDAY, OCT. 10

TJ HARVEST FESTIVAL: Theodore Judah PTA present the annual harvest festival from 3 to 7 p.m. on the TJ campus, 3919 McKinley Blvd., Sacramento, California 95819

ONGOING

FE GALLERY PRESENTS TINY MONSTERS JURIED SHOW: It's a great big world...We live in yet some of the greatest threats come in the smallest and most deceiving packages. So FE Gallery hosts their tiny monster themed art show in tribute to the wolf in grandmother's clothes, to the bump in the night, to the monsters under our beds and to all of your most dangerous creations who lurk in a tiny frame. Tiny Monsters, Fe Gallery's national juried show, features more than 90 pieces of 2- and 3-dimensional monsters and monster stuff **now through Sept. 28.** FE Gallery is located at 1100 65th Street. Hours are Monday through Friday 8 a.m. to 4 p.m., Saturday 10 a.m. to 2 p.m. (unless Second Saturday), Sunday closed. *-Source: FE Gallery.*

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.

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.

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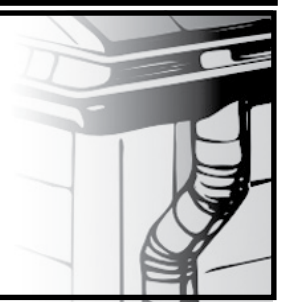
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Linda Paris:

Continued from page 7

When I asked about her 3 D work she said "With my 3 D pieces I start with materials and the idea evolves from there. Some works start with a story or poem and evolve from that." Regarding her paintings she is a little more traditional, the paintings start with a sketch, she then redraws the sketch on the substrate (wood panel), then she starts painting.

Her White Tree paintings started because of a love for trees, "I always feel peaceful around a tree. When they, the tree sketches, started to become a painting with color I did not want them to be representational, in other words have tree color. They are pure, they are otherworldly, they are not the trees that we know as "tree"… my trees are constantly communicating with each other, the limbs are communicating with other limbs, they have their own world even though it looks very much like our world."

Oil painting is where she feels most at home. "It brings a calmness, it's intuitive. Mixed media is challenging because so much of it is experimenting with new materials and coming up with a technique to achieve the result I sort of see…it's unpredictable, challenging and exciting. Sometimes I have to be a chemist so everything is archival."

Her goal for what she creates is for that piece to convey exactly as she perceived it. "If a piece is whimsical then I hope the whimsy comes though, if it is meant to be contemplative then I hope that it achieves that. My goal is to know that I have paid enough attention to what the piece was saying as I was making it. Overall, I want my work to be collected. I want it to be loved and enjoyed."

"Art takes a lot of time. It is having the stamina to maintain a constant dialog with the work. After a while the artwork has control and I must observe and pay attention to what it is saying to me. I must release control. To be an artist is about giving in."

Ralph Waldo Emerson once said, "*In art, the hand can never execute anything higher than the heart can imagine.*" The art of Linda Paris is boundless as is her heart.

Linda's artwork is in public and private collections throughout the US. Linda is having an Open Studio on Sept. 9, from 10 a.m. to 5 p.m. at: 388 36th Way, Sacramento, Ca. 95816. To view her work online, go to: www.parisartwork.com or email her (to see her work in person) directly: parisartwork@gmail.com.

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East Sacramento residents needed for United Way's Day of Caring

East Sacramento residents are needed to spend one day caring for their community at McKinley Park Rose Garden on Sept. 22 as part of United Way's 5th Annual Day of Caring, sponsored by Nationwide.

Forty to 80 volunteers are needed to weed, hoe, tend, deadhead and mulch the rose garden at McKinley Park from 10 a.m.-2 p.m. Volunteers will be invited to attend the kickoff breakfast and rally happening at Cal Expo that morning and will recteive a free Day of Caring t-shirt. To sign up for this project or another, visit www.yourlocalunitedway.org/day-caring.

The McKinley Park Rose Garden project is one of dozens of volunteer projects happening at nonprofits, schools and community parks across the region during United Way's Day of Caring, Sept. 22-23, which is seeking more than 1,000 volunteers during the two-day stretch. Last year, volunteers gave 5,450 hours through the event, which equated to more than $128,000 in volunteer time that many nonprofits, schools and groups could not have otherwise afforded.

"This is the single largest volunteer day in our region, and we hope people will be as enthusiastic about it as they are about Big Day of Giving," said Stephanie Bray, president and CEO, United Way California Capital Region. "This our chance to give big through our time and energy as we dig our hands in to help the hard-working nonprofits, parks and schools that do so much for our community every day."

Showing the regional nature of Day of Caring, East Sacramento's Law Offices of Deon R. Stein has already signed up as a project sponsor at the Boys & Girls Clubs of Placer County in Auburn and will be providing dozens of staff members to paint, clean, build shelving and landscape out at the clubhouse.

Nationwide is the presenting sponsor, and Cal Expo is the kick-off rally sponsor. Other project sponsors include Dr. Pepper Snapple Group, ESM Prep, KPMG, Nelson Staffing, SAFE Credit Union, SMUD, Social Interest Solutions, Sutter Health, Syzmanowski Orthodontics, TaxAudit.com and Zurich. Media partners include Entercom Radio's ESPN Radio 1320 AM, 98 Rock, Eagle 96.9 FM and 106.5 The End. To sponsor: www.yourlocalunitedway.org/day-caring.

As part of Day of Caring, United Way is holding its Stuff the Bus campaign to collect school supplies for Robla School District in Sacramento through Sept 22. All donated school supplies will be placed in a school bus and driven to Robla School District at the end of the day. To donate to Stuff the Bus: http://www.yourlocalunitedway.org/StufftheBus2017.



Day of Caring and Stuff the Bus are part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer: www.yourlocalunitedway.org.

Move With Purpose

Nonprofit dedicated to serving dancers with special needs to hold fundraiser at McKinley Park

Looking to jam out and have some fun? Move With Purpose, a new 501 (c)(3) nonprofit dedicated to serving dancers with special needs, will hold a fun-filled, family friendly event featuring food provided by Burgess Brothers, bounce houses, games, music, raffles and more on Saturday, Sept. 9 from 1 to 5 p.m. at McKinley Park, 601 Alhambra Blvd. The event will be located around the baseball field at McKinley Park; the quickest access will be from 33rd Street. General tickets are $30; children (ages 3-12) are $20; children age 2 and under are free. All proceeds go to funding the nonprofit's very first We Jam event Jan. 12-14, 2018 at the Courtyard by Marriott Cal Expo.

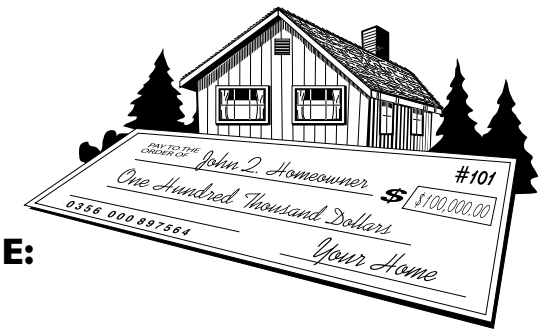
Organizers began Move With Purpose Inc. because they felt that their was a lack of access to dance within the special needs community. Though special needs dancers are welcome in many dance classes at dance studios across the nation and several even participate in dance conventions, they are usually alone in a class of mostly typical dancers. Special needs dancers also deserve a dance event to call their own and know that it is designed specifically with them in mind.

The organization's goal is to make We Jam classes completely free to eligible participants, so donations of any size will be extremely helpful. The more money they raise for this project, the lower they can make the cost for their Jammers!

In addition to donations, the nonprofit is always looking for volunteer dancers who will help Jammers through their weekend We Jam experience. Though previous is experience with dance and special needs is not necessarily required, it is preferred. You can find applications at www.movewpurpose.org.

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