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East Sacramento News

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BLACK HISTORY Month

BLACK NEWSPAPERS DATE BACK MORE THAN A CENTURY AGO IN SACRAMENTO

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Sac Yard Community Tap House now open in East Sac

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What's Happening, East Sacramento?

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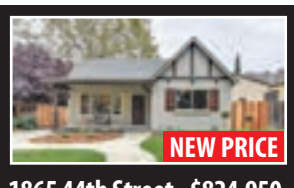
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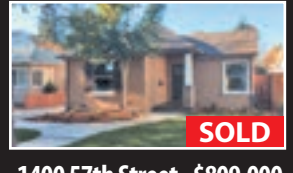
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Door to Door
with PAT LYNCH

We had to bring 36 valentines, all the same general size and style, and had to write, "Dear _____, Happy Valentine's." Then we had to print our name. This seemed far too cold and uniform. I wanted to give a special, fancy Valentine to my best friend, Jane, and another to a boy named Larry who fascinated because he had had an operation on his arm and wore a sling. He was now the most notable boy in our class at Sacred Heart School, the outstanding kid in the little kid's play yard (grades 1-3).

There was no pre-school or kindergarten at Sacred Heart, so the First Grade was where we first learned about rank, human striving, fame and glory. For example, I saw that Larry's arm had catapulted him above the top strata of kids and saw further that he was sometimes stressed and uncertain in his eminence. But girls hugged Larry and made a fuss over him, and boys also hugged him, especially when the girls or a nun was looking. Everybody helped Larry take off his jacket and carry things. "Gently, children, gently," Sister Daniel, our adored teacher would caution.

I knew I had to hug Larry to establish status but was immobilized by awkwardness. Though I knew the answer, I asked Jane, "Did you hug Larry yet?"

"Not yet," she said.

A girl named Alice said, "If you don't hug Larry and act real nice to him, it's a sin."

Jane did not like sin and was alarmed to discover that so many things fell under its shadowy purview. She said she was going to hug Larry the very next day. Valentine's Day. I said I would too, though I didn't fully mean it.

That night I filled out my cards. I printed Jane and Larry's name extra hard and drew little flowers next to them. Flowers were the only thing I could draw and they were stark in the extreme. My mother explained the reasons for everybody, friend or foe, getting a similar card from a package: it was so that no one would be left out. "Imagine being left out," she said. "What if somebody got no valentines and everybody else got a lot? Or what if some children got a special puffy valentine and others just a plain one, or none at all? None at all. Imagine that." This was something to think about. My mother could turn you into a bleeding-heart do-gooder in 30 seconds. I ended up drawing thirty-four more flowers next to the names of classmates.

The next day at morning recess recess Larry stood in the yard like a dazed little king. Kids ran to him, gently hugged him and said, "Happy Valentine's Day, Larry." Jane and I approached together, slowly, pretending we were looking elsewhere. I told Jane to go now and get it over with, but she, of course, said, "No, you first." So I went. There was Larry, emerging from the hug of the most famous girl in class, Sandra with shiny blond curls. When Sandra skipped away I reached out, put my hand on his good shoulder, thrust my other arm weirdly at his back. I was stiff and still, and except for the arms, too far from him. So I jumped seven inches and entered the hug. I said, "Happy days, Larry," because in the excitement I forgot to say, Valentine's. I stepped back quickly.

"Thank you," he said. "Happy Valentine's Day."

Before I could reply Jane flung herself at him, clutched his good arm and, eyes squeezed shut, shouted, "Happy, happy, happy, happy, happy, happy, happy Valentine's Day, Larry." She was so loud heads turned, and she herself turned a brilliant, pulsing red. But she had done it. She had defied her timid nature and hugged, and screeched, in public. She stayed red for an hour. Such was her shyness and dread of sin. The bell rang and everybody got in line.

As he neared the line two top tier kids, a boy and a girl, went to Larry and said loudly, "Happy Valentine's." I didn't have the word for it then, but there was something showy and mechanical about their offering and I thought maybe Larry felt it. I wondered if he felt bad about the coerced hugs from Jane and me.

After lunch we rose, one row at a time, and distributed our valentines to the rest of the class. I had added an extra flower for Jane, this new one in ink. When I came to her I said, "This is a good Valentine's Day because the hugs are over with."

Jane said, "I love everybody but most of all Baby Jesus and the Blessed Mother."

Sometimes her religious excitement wearied me, even at six, even on Valentine's.

When I came to Larry he looked at the card and said, "Why did you make a flower on it?"

A boy behind him, Patrick, who had already gotten his, said, "My flower looks like a stick."

"Mine is pretty," shy Jane blurted loyally.

Sister Daniel was suddenly behind me. She looked at Larry and Patrick's cards, held Larry's up for the class. "Do you know what this is, boys and girls? This little flower?" She paused, waited. Then her glorious smile. "It's the personal touch." She explained that when you added your own drawing or note to a card, "even a plain little flower," you added something special of yourself as a person. That was the personal touch, and it was a good thing. And if you went to the extra work of adding a personal touch you were showing a warm heart.

The room was quiet, all eyes on the beloved, radiant Sister Daniel.

That's how I became the new Larry. For the rest of the day kids thanked me for the flower and said it was pretty or beautiful or the best flower they ever got on a Valentine's card. Jane whispered, "Everyone knows about you now," and I said she was still my best friend and I would still talk to her forever.

After the card exchange Sister Daniel told us that Saint Valentine was a kind and prayerful bishop who gave up his life for God and the Church. When Jane heard this she looked suddenly suffused with glowing holiness, an irritating preoccupation that, I thought, took away from my new renown. But when school was over she walked part way home with me and Lynn O 'Neil, a second grader, and she told Lynn about

See Door-to-Door, page 11

Diverse Interests Converge at SacTown VegFest

By KERIN GOULD



A recent study titled "Top Trends in Prepared Foods in 2017" compiled by research firm Global Data noted a 500 percent increase in the number of vegans in the United States since 2014. This year's SacTown VegFest, held Jan. 27, has continued to grow, filling the ample space at Sacramento Charter High School with 50 vendors, animal rescue activists, environmental and gardening organizations, cooking demonstrations, food innovators, guest speakers, and much more. Visitors reflected the neighborhood's diversity and included families, students, vegetarian veterans and the veg-curious, and even a pet pig in an adorable sweater. Event organizer Glenn Destatte estimated the first Veg Fest attracted about 1,100 people, but this year he expected about over 3,000 people to attend.

While local entrepreneur Ilsa Hess, owner of Sacramento business Nacheez, passed out samples of her latest delicious dairy-free cheeses, other vendors had come from as far away as Southern California (yes, there was carpooling!).

Patrick Burwell of Cowhugger.com, a mostly online boutique featuring men's and women's non-leather shoes, wallets, purses, said that Sacramento needs more of these events, that the restaurant and shopping options were limited, compared to Southern California. "Getting more exposure to the vegetarian and vegan community, being able to showcase products like ours and the other vendors out here – I think it's awesome. It definitely needs more of this kind of events." Asked what he would say to other businesses regarding vegan and vegetarian options, he responded, "There's a demand for it out there! There are a lot of people out there looking to go cruelty free, plant-based, save the animals… It's about your health, about the environment. We really need to start protecting all those things, not just the one area people think about."

Stina Va, volunteer at Vegan Outreach in Davis, said, she loves "living a compassionate lifestyle and the idea of not harming creatures and people."

Asked if Sacramento was a good place to be a vegan, she said, "Yes! I just moved here last summer, and partly the vegan-friendly atmosphere of the restaurants was a big factor in why I decided to move here." Asked for advice for folks transitioning to a more plant-based diet, she suggested the many meat-substitutes if you "don't want to make a huge, radical shift." She emphasized that vegans don't eat just salads and suggested trying an easy, plant-based "chorizo" taco.

Outside in the garden, Edible Sac High student Sade Rogers, explained that the students cook healthy food from their garden and that their vegan pizzas have been very popular, so they decided to sell them at the VegFest. The pizzas featured caramelized onions and fresh greens, and were very reasonably priced. The student cooks and their mentors prepped them and baked them in their brick oven, barely keeping up with orders.

Asked if she thought this kind of cooking could be a career future for any of the students, Rogers said, "I do, I really do. I did my first vegan festival last year, and when Miss Karen (the program's teacher) told me, I said, 'I don't know. I never heard of vegan before. I don't think it's

See Veg Fest, page 11

MASTERS CLUB

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BRICK TUDOR
1049 44th Street
Gorgeous two-story, 3 bedroom,1 1/2 bathroom, 2368 sq/ft, Tudor in desirable Fab 40's. This home features a formal dining room with built-ins, large living room with french doors that lead to a bricked patio overlooking the backyard. The kitchen has plenty of windows that make it bright and a breakfast nook to the side with leaded bay windows.



CHARMING BUNGALOW
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Located on a beautiful tree lined street in East Sacramento, this 2 bedroom, 2 bath, plus den, is on almost 1/4 acre. Features include hardwood floors throughout, as well as a 2 car tandem garage with an attached shop. Great location near restaurants and shops. - **$995,000**



BRICK COTTAGE IN THE FAB 40'S
4201 J Street
This 3 bed/2 bath, 1546 sq/ft home in East Sac boasts original features of hardwood floors throughout, formal dining room with french doors to the brick patio and a living room with fireplace and built-ins. The updated kitchen is bright with tile counters and stainless steel appliances as well as a dining bar. The bathroom has also been updated with a marble tile entry. Home also features a master suite. - **$639,950**





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THE HEART OF RIVER PARK
5516 Spilman Avenue
This 3 - 4 bedroom, 1.5 bathroom River Park home is on the market for the first time. Features include hardwood floors throughout, formal dining room, breakfast nook, dual pane windows throughout and plantation shutters. Covered brick patio out back is perfect for entertaining. Don't miss this opportunity to live in the heart of River Park!



RANCH HOME CLOSE TO SAC RIVER
2501 Orchard Way
Great opportunity to live in a very nice area of Natomas that's close to the Sacramento River and minutes to downtown. This 3 Bed/ 2 Bath, 1549 sq/ft ranch home sits on a large lot, approximately .45 acres. Original details include a brick fireplace with built-in bookshelves in the large family room. Sliding glass doors lead to the expansive backyard with deck and covered patio.

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REAL ESTATE GROUP

Sac Yard Community Tap House now open in East Sac

Sac Yard Community Tap House, an East Sacramento gathering place focused on offering a rotating selection of craft beer and wine from the western states, is now open at 1725 33rd St.

Sac Yard boasts an ownership group with 25 years of collective brewery experience from a variety of states, including California, Oregon, Colorado, Wisconsin and Minnesota.

Primary owners, Dan and Melody Thebeau, are Sacramento transplants with a mutual love for craft beer. The couple lives a few blocks from the Tap House and is passionate about maintaining a sense of community by offering a "33rd Street Handle" where neighbors can request a specific beer to be available on tap.

"Sac Yard is designed to be welcoming to everyone, including kids and dogs," said Melody Thebeau. The Tap House is built on the site of a former automotive garage with a unique half dome roof and glass garage doors. Construction was done by Sutter Builders, a commercial general contractor that has built restaurant projects throughout the local area that including Fieldwork Brewery, Mikuni and Chicago Fire Pizza.

"The space is very unique," said Rick Osen of Sutter Builders, "we renovated down to original conditions with a barrel and bowed truss architecture design."

Designed by Jake Moss of DIY Network's Yardcore, the outdoor biergarten has eight nine-foot farm tables covering a 50 square-foot span. At the heart of the outdoor space will be a communal fire pit where guests can gather. The design also includes a private outdoor space for events, such as birthday parties and corporate gatherings. The owners plan to have a variety of outdoor activities available such as cornhole, bocce ball and a full-sized wall chalkboard. The biergarten also provides live entertainment ranging from acoustic performances to stand-up comedy nights.



"Our focus will be on the freshest selection of beers primarily from the West," said Dan Thebeau. Sac Yard will have 24 rotating beers on direct draw taps with owners and management planning to work directly with independent craft brewers as often as possible. A varied selection of local food truck options is also in the planning stage, in addition to serving a small selection of gourmet sandwiches, pasta salads and charcuterie prepared by local grocers and delis such as Sacramento Co-Op and Corti Brothers.

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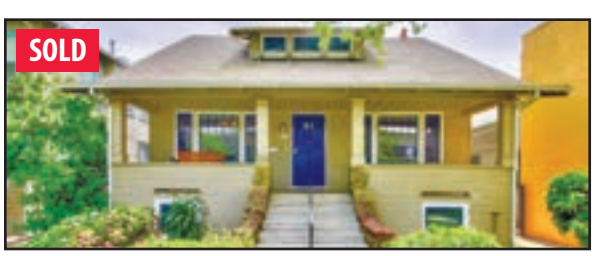
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The City of Sacramento, Department of Utilities and its construction contractors will soon begin construction on water meters, water mains, and water service lines in the area.

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Photo by Lance Armstrong

Joe Stinson, the longtime director of advertising for The Sacramento Observer, holds a copy of the paper.

BLACK HISTORY MONTH

Black newspapers date back more than a century ago in Sacramento

By LANCE ARMSTRONG

With Black History Month currently being celebrated, it is a good to present the history of black newspapers in Sacramento.

It was in 1906 when J. Gordon McPherson, pastor of the Shiloh Baptist Church, at the northwest corner of 6th and P streets, founded Sacramento's first black newspaper: The Forum.

McPherson served as that paper's managing editor and Dr. Robert J. Fletcher was the publication's associate editor.

That newspaper is mentioned in the Feb. 28, 1906 edition of The Sacramento Union as follows: "The movement to publish a paper in the interests of the colored people of the Sacramento Valley, under the name of The Forum, with J. Gordon McPherson as managing editor, was indorsed (sic)."

A summary of that paper, in the April 5, 1906 edition of The Union, notes that it is "the intention of the editors to be impartial, to ask a fair chance for all to earn a livelihood, to contend for the respect and protection of womanhood, to urge members of the race to start bank accounts and to become property owners and to qualify themselves in every way as self-respecting, law-abiding citizens."

Although that paper, which was intended to be a semi-monthly publication, did not survive beyond its first edition, its establishment would lead to the founding of other black newspapers in Sacramento.

Another black newspaper is mentioned in the March 13, 1914 edition of The Union as follows: "The first issue of The Western Review, a bright, clean weekly published in the interests of the Negro race, made its appearance in Sacramento yesterday. It is edited by (the) Rev. John M. Collins. The advertising columns are well-filled with matter representing some of the leading business firms."

Collins was also associated with the Shiloh Baptist Church, as he replaced McPherson as that church's pastor in June 1906.

The Rev. Charles Satchel founded the Shiloh Baptist Church as the Siloam Baptist Church in 1856. Satchel also served as San Francisco's first black minister.

In its February 1919 issue, Western Advertising magazine recognized The Review as a monthly publication and the "only paper published by a Negro in the capital city."

Research for this article shows that The Review existed until sometime in the early 1920s.

The next black newspaper established in Sacramento was the Sacramento Outlook.

See The Observer, page 7







The Observer:

Continued from page 6

On the front page of that paper's September 9, 1960 edition are the words: "Sacramento Outlook established August 1942."

The Rev. John Turley Muse founded that small, weekly publication, and served as its publisher and editor.

Muse's pastorate in California began in 1920 at the Second Baptist Church of Woodland.

He came to the capital city in 1934 to serve as pastor of the Shiloh Baptist Church, and he became the pastor of the then-newly formed Trinity Baptist Church, at 1025 9th Street (later 2425 10th Street), in 1947.

An article in the Oct. 23, 1952 edition of The Bee refers to the Outlook as the "only Negro newspaper in Sacramento and Yolo counties."

Another Bee article, published on Aug. 10, 1962, mentions that the Outlook was sold by the retiring Muse to six Sacramentans: William H. Lee; Geno Gladden; Douglas R. Greer, Lucy Amerson, C.R. Johnson and Fleming R. Waller. The purchase price was $2,500.

At the time of that sale, the Outlook had an estimated circulation of 300. The paper was distributed through mail subscriptions.

The Outlook was discontinued after a short time under its new ownership, following complaints that the paper received regarding its inclusion of sports news in this mainly religious publication.

Lee, Gladden and John Cole established a new black newspaper, The Sacramento Observer, later that year.

The Observer was first published on Thanksgiving Day in 1962.

In an article that was published in The Observer in 1998, Georgella Gladden, who was Geno's wife, said that paper was originally produced in "three different living rooms." The publication later established a permanent home at 2408 21st St.

The goals of the new paper were "to fill the gap in the communication for the Sacramento Negro community; to exert leadership; to tell the youth of the race of the accomplishments of the Negro; to create a sense of identity."

Geno died at the age of 32 on Sept. 25, 1964, and Lee bought out Cole's share of The Observer six months later, and thus became that paper's sole owner.

In 1965, the Sacramento Junior Chamber of Commerce named Lee as "Sacramento's Outstanding Young Man of the Year."

In response to The Observer's loss of $56,000 in 1968, Lee began to place more emphasis on journalism than his successful real estate business, which he established about five years earlier.

On Aug. 17, 1969, The Observer formally dedicated its new offices in the 3,500-square-foot, former Oak Park Station post office building at 3540 4th Ave. An announcement of that event in that day's edition of The Bee notes that The Observer had previously been operating at 2410 I St.

Three years later, with improved success of the paper, the circulation reached 22,500.

However, The Observer would experience further financial struggles, and, in 1988, the company filed for Chapter 11 bankruptcy protection.

During its history, The Observer launched publications in San Francisco, Solano County and Reno, and had a Los Angeles entertainment publication. At its height, The Observer's combined circulation was 125,000.

The business was no longer producing papers for other cities by 1990, and by 1995, The Sacramento Observer was running with improved success and had a circulation of 49,000 in Sacramento and Stockton.



In about 1997, The Observer relocated to its then-new and now current site at 2330 Alhambra Blvd.

Recognized as one of the nation's leading black newspapers, The Observer has received hundreds of national, state and local awards, including the prestigious John B. Russwurm Trophy for Journalism Excellence, which it was awarded six times.

Many Observer employees have contributed to the success of this publication.

One such employee, Joe Stinson, the director of advertising, first worked for the paper in 1968, and has been working full-time for this company since January 1976.

As a family-owned business, The Observer has been headed by the Lee family since its inception.

William H. Lee remains The Observer's publisher, and Larry Lee, serves as the paper's president and general manager.

What's happening East Sacramento?

FRIDAY, FEB. 16

LEGO MANIA! – Like building with LEGO bricks? Join us for our monthly free-play afternoon! LEGO and DUPLO LEGO bricks will be provided for this free, family program. Friday, February 16 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, FEB. 17

CEMETERY TOUR – AFRICAN-AMERICAN HISTORY: The Old City Cemetery Committee presents a tour that celebrates the contributions of historic African-Americans in Sacramento at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway. Free born or slaves, slavery was not born in them. Celebrate the contributions of Sacramento's African-American community as they struggled to gain a foothold in a dynamic and often hostile environment, and meet barbers, doctors, caterers, soldiers, singers, pastors, and others who settled the frontier. The cemetery is located at 1000 Broadway, Sacramento. There is free street parking nearby. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811. The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento.

JANE AUSTEN READING GROUP- Come and join this monthly group reading the works of Jane Austen that meets the third Saturday of each month. All Austen fans are welcome. Adult. Saturday, February 17 from 2:30-3:30 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

TUESDAY, FEB. 20

TEEN BOOK CLUB- Join us for our monthly teen book club meeting! Enjoy snacks and participate in a lively discussion of our book of the month. Copies of this month's book will be available to pick up at the front desk. This month's book: The Night Circus by Erin Morgenstern. Ages 13-18. Tuesday, February 20 from 4-5 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

FEB. 21-25

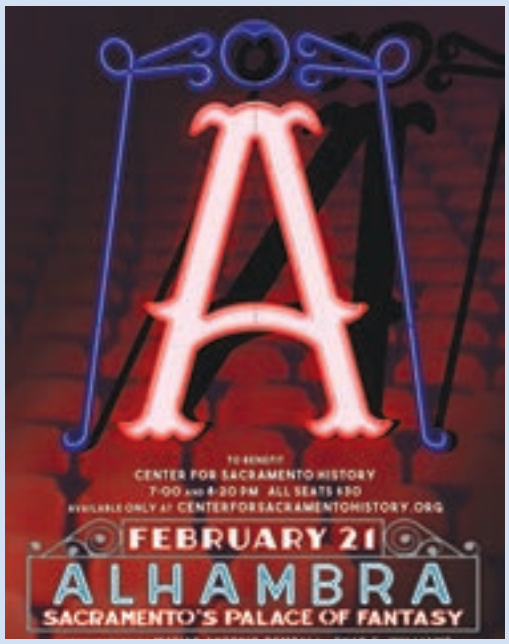
SACRAMENTO STATE'S UNIVERSITY DANCE COMPANY PRESENTS DANCE SITES 2018, directed by Philip Flickinger on the main stage of the University Theatre on campus, 6000 J St. The bigger stage provides more room and offers a chance to get more creative with staging and lighting, resulting in a fascinating dance experience. Performances are at 6:30 p.m. Feb. 21 and 22; 8 pm. Feb. 23 and 24; and 2 p.m. Feb. 25. Tickets are $10-$18, at (916) 278-4323 or www.csus.edu/hornettickets. Contact: (916) 278-6368.

FRIDAY, FEB. 23

MINECRAFT GAMING – Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on the library's own library server. No experience necessary; spots are first-come, first-served. Recommended for ages 8 to 14. Friday, February 23 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SUNDAY, FEB. 25

GENEALOGY: USING ONLINE HISTORICAL BLACK NEWSPAPERS - Many historical African American and abolitionist newspapers are available online, with more being added all the time. This presentation will provide an overview of the roles of black newspapers, discuss what newspapers are online and where they are, suggest access strategies, and show sample search results. Our speaker is Janice Sellers. February 25, 1-2:30pm, Central Library West Meeting Room, 828 I St, Sacramento.



WEDNESDAY, FEB. 21

SOLD OUT: ALHAMBRA: SACRAMENTO'S PALACE OF FANTASY TO PREMIERE ON FEB. 21 AT THE TOWER THEATRE: The Center for Sacramento History, in partnership with Matías Antonio Bombal, Chad E. Williams and executive producer Wendell Jacob, are proud to present the world premiere of ALHAMBRA: Sacramento's Palace of Fantasy at the Tower Theatre (2508 Land Park Drive) on Wednesday, Feb. 21, 2018. Screenings will take place at 7 p.m. and 8:20 p.m. Over a year in research and production, using multiple assets in the collections of the Center for Sacramento History and the community, this documentary examines why the Alhambra Theatre (1927-1973) captured the imagination of all who entered and how its demise still sparks controversy nearly 50 years later. The 55-minute documentary film ALHAMBRA: Sacramento's Palace of Fantasy is highlighted with compelling interviews, pictures and newly-found movies that tell the story of Sacramento's beloved and lost Alhambra Theatre, a 1927 million-dollar temple to movies, music, and art for 46 years. The film's trailer can be viewed at https://vimeo.com/242839790. Funds from this event will go toward preserving and making available the moving image collections held by the Center. For more information, please visit www.centerforsacramentohistory.org.

SATURDAY, MARCH 3

EAST SACRAMENTO LITTLE LEAGUE OPENING DAY: East Sacramento Little League will have its opening day ceremonies from 9 a.m. to noon at 60th and M streets.

SATURDAY, MARCH 10

CAL MIDDLE SPRING THING: The 9th Annual Spring Thing is March 10th and is Cal Middle Schools largest "FUN"d raiser. This Evening Gala keeps improving with continued support from several of our best local restaurants, breweries, and wineries. The delicious local fare is coupled with rockin' music, amazing silent auction baskets, fabulous live auction, fabulous student art auction, awesome balloon poppers (think 'Grab Bag'), and terrific raffle prizes! Without these funds, the following Cal programs will either be cut, or will need to charge fees to continue: scholarships for field trips, afterschool tutoring, afterschool sports programs/uniforms, and supplemental supplies for classrooms: all of which are needed for our students to thrive. The event is from 6:30-9:30 in the Social Hall at Congregation B'nai Israel, 3600 Riverside Blvd. in Land Park. For tickets, visit https://lpsf.schoolauction.net/2018auction/homepages/show

SUNDAY, MARCH 18

SACRAMENTO SYMPHONIC WINDS, A 60-PIECE SYMPHONIC BAND, PRESENTS "SPRING FLING": Bring the entire family to this spring concert of dance music entitled "Spring Fling" at the Crowne Plaza Sacramento Northeast, starting at 2:30 p.m. The Sacramento Symphonic Winds is a 60-piece adult symphonic band conducted by Timothy M. Smith. This concert features trombone soloist, Tony Collins, playing Colloquy by W. L. Goldstein. Also The Hounds of Spring by Alfred Reed, Symphonic Dance Music from West Side Story by Leonard Bernstein, Mock Morris by Percy Grainger and more dance music! Visit our web site at <http://www.sacwinds.org> or on Facebook! Crowne Plaza Sacramento Northeast, 5321 Date Ave., Sacramento, 95841 (On Date just north of Madison east of I-80 interchange). Tickets at the door: General Admission $15; Student (11-17)/ Senior (65+) $10; Children 10 and under are free. Contact ph. 916-489-2576; www.sacwinds.org <http://www.sacwinds.org>

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ONGOING

LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include: 1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus. 2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding kennels and groomers require this vaccine for services, 3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats, 4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years. If you are 65 or older, vaccinations are free! The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.

SAC UNIFIED POETRY SLAM: Jenny Lynn and Joe Montoya's Poetry Unplugged present The Sac Unified Poetry Slam every third Friday at Luna's, 1414 16th St., starting at 7:30 p.m. The show is unpredictable. The special guests and judges won't be known until they sign up. The slam is three rounds. This is a FREE show with purchase at the cafe, donations are encouraged to cover PSI venue dues and show staffing. $5 to slam (except youth 18 and under) winner takes the whole pot. Luna's Cafe will be serving the freshest juices and licuados in town, nothing frozen or concentrated. The menu also includes sandwiches, salads, our famous quesadilla, fresh-ground coffee, mochas, and other espresso drinks. A nice selection of beer and wine is also offered. Enjoy it all in the comfortable atmosphere of Luna's, one of this area's original cafe galleries. Supporting artists of all kinds for over 30 years.

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.

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!

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Veg Fest:

Continued from page 3

gonna sell.' Then when we got the hang of it, and it started to really come in, we actually made a lot of money last year. And everything we do is a fundraiser, we put money back into the program…I definitely think it does open up more business opportunities. There definitely need to be restaurants that are actually healthy, that don't just promote it and lie about it… Some of my family has had bad experiences with some restaurants."

Not every group tabling at the event was committed to a plant-based lifestyle, but overlapping interests brought in groups concerned with the environment, reducing plastic waste, and even generating energy right at the gym. Jamaar and Julian Powe and Mwangi Staley were promoting their organization, Green Tech, which has the youth building gardens and planting vegetables like cabbage and peas. They are learning about hydroponics, and Mwangi talked about their system's fish: "They eat up the food and poop, and it's actually good for the plants!" Asked what they think about eating more produce, Mwangi replied hesitantly, "Me, myself, I'm a meat-lover a little bit. But occasionally I would eat vegetables. We made a lot of stuff [at Green Tech] and it was good...We made our own kale chips and those were pretty amazing." What does it take to get these young men to eat a vegetable based meal? "I'll eat a salad," the Powe brothers concurred. How about a vegetarian lasagna? The three colleagues agreed, "If it tastes good I'll eat it."

Mwangi said he "tried an organic wheat cupcake with tomato and no sugar and it wasn't too bad. It was new to me, though." Is it just that this doesn't taste like Mom's cooking? Yes, they all admit. "It's still good though!"

Certainly, plenty of people were trying new flavors, from non-dairy ice creams to Ethiopian food, to Vegan fried "chicken" and non-dairy Mac and Cheese, special croutons, kombucha, hummus, and non-dairy butter – and the lines were long at each food location. What more can a Veg Fest ask for than folks who are willing to try new options?

As Glenn Destatte pointed out, the plant-based diet promoted at Veg Fest interconnects with Sacramento's Farm to Fork movement and concerns for the environment and climate change, local eating and vegetable gardening, farm workers' well-being, health, and animal welfare. By informing Sacramento about the benefits, he hopes to inspire "More people adopting a whole food, plant-based lifestyle, which is healthier for everybody."

It looks like there's room for this movement and this event to grow!

Door-to-Door:

Contnued from page 2

the flowers and the personal touch. This was nice. Fame was nice, even for a day.

My mother had heart-shaped baking pans and we always had chocolate-heart cake on Valentine's night. Everybody in the First Grade had made elaborate cards for their parents and when I presented mine, my mother put her hand over her heart and said, "This. Is a thing of beauty." She put it up on the wall, and it stayed there for years, the first in her long train of crooked hearts, hearts with ruffles, smiling hearts, flowers like sticks, fancy flowers, rainbows, puckered lips, stars and printed, bent, overlarge words of love.

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