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East Sacramento News

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10th Annual

Taste of East Sacramento

2018

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California Kids!
Family Fun Guide



McKinley Park water storage project could begin next spring

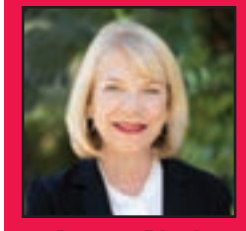
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What's Happening, East Sacramento?

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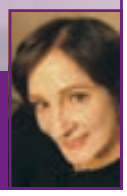
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RESERVE YOUR SPACE





Photos by Aniko Kiezel

2017 Taste of East Sacramento

Taste of East Sacramento celebrates a decade of neighborhood culinary talent

Mark your calendars for Saturday, July 14th. From 6-9 pm, this year's Taste of East Sacramento festival offers residents a unique opportunity to revisit some the area's favorite established culinary talent while exploring exciting newcomers.

Now in its tenth year, Taste of East Sacramento has grown into the largest culinary event in East Sacramento and will feature over 40 neighborhood restaurants, cafes, breweries, wineries and specialty grocers who come together to offer attendees many tasting options and wine and beer samplings.

While the event's popularity is certainly due in part to the wide variety of edible experiences available, it's also a chance for local food and beverage-related business owners to step out from behind the scenes and interact with their neighbors.

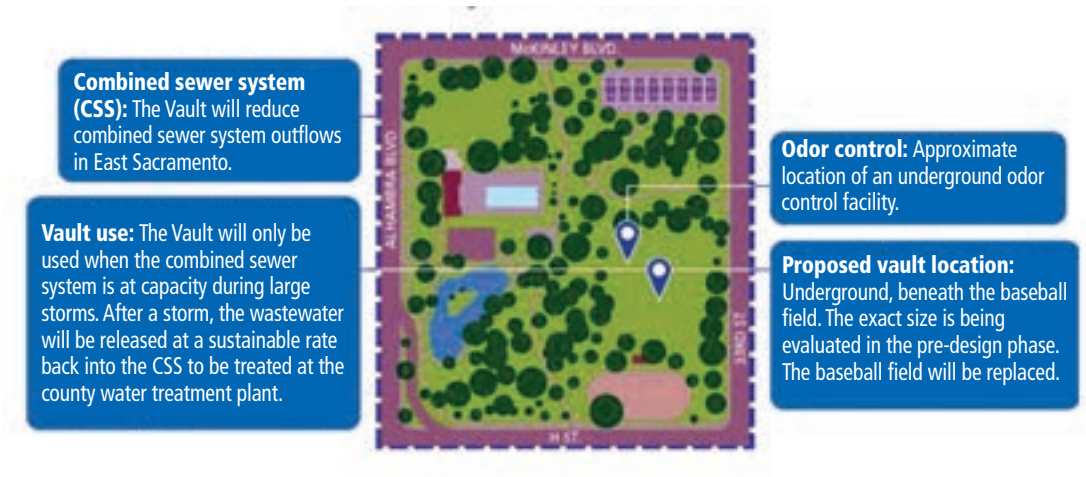
Set against the beautiful backdrop of East Sacramento's Annunciation Greek Orthodox Church, there will be space to mingle among cocktail tables, traditional seating,as well as room to dance the evening away. This year the event will be offering an exciting silent action featuring items any food and wine will jump at the chance to bid on. The event space allows for a maximum of 600 guests, so those interested in attending should secure tickets ahead of time by purchasing online at www.TasteofEastSac.comfor $60 per person. Note that the price increases to $70 if purchased at the door and Early Bird pricing is available until June 30th at $50 per ticket. Tickets are also available to purchase by cash or check at Sellands on H Street. The list of this year's vendors is still growing! For an updated list, visit TasteofEastSac.comPlatinum Sponsors include Kappel Mortgage Group, Farmers Insurance Kevin Guinn Office and Elise Brown and Polly Sanders Coldwell Banker Realty. Please note the event is open only to those 21 and older. Parking is available, as is a free bike valet provided by Sacramento Area Bicycle Advocates.





McKinley Park water storage project could begin next spring

Proposed, $30M system would reduce area's flooding



By LANCE ARMSTRONG
East Sacramento News Writer

Construction on a $30 million water storage tank aimed at reducing flooding in the McKinley Park area could break ground as early as next spring, said Brett Grant, this proposed project's supervising engineer.

This 6 million-gallon, underground tank is designed to temporarily store sewage and run-off water for the city's sewer system.

If built, the tank – known as the McKinley Park water vault – would be located on the east side of the park, between 33rd Street, the rose garden, the barbecue and picnic area and the horseshoe pit area. Local ratepaying customers would finance the project.

The site for the proposed tank was selected due to its location, near the deepest part of the flooding area, near Park Way, between 33rd and 35th streets. That flooding area extends into the park.

Grant said that the proposed project would eliminate a system that is more than 100 years old.

"Most of the sewer infrastructure that's being impacted by this (new system), the earliest it was built was (sometime from) about 1913 to 1917," he said.

Grant last week told the East Sacramento News that the final draft environmental impact report is expected to be completed in late August, and the Sacramento City Council would approve or reject the project no later than the following month.

The timeline also includes a plan to have the project's design completed by October, followed by placing the project out for bids in November or December.

Grant said that if that schedule continues without a delay, the construction contract would be awarded next February, and the project would be completed by late 2020.

Grant described the current, insufficient system, which uses a single pipe to transport wastewater and storm water runoff to the wastewater treatment plant.

"The way it works is when a storm hits and the pipes become surcharged, they can't carry more capacity and it starts flooding toward the surface," he said. "We capture that flooding portion and divert it into the tank. And then when the combined system lowers, there's more capacity, and we start pumping it out of that (tank) and back into the system."

To place the proposed tank beneath the ground level of this site, a hole would be dug at a depth of about 20 feet.

Grant said that community concerns of the project include the amount of dust that would be present in the air.

"Dust is always an issue during construction, but we're going to write the specifications so that we do everything we can to minimize dust and to comply with the fugitive dust (or very small dust particles) rule that the state has," he said. "As far as air quality, I can't see that being an issue."

Although Grant said that the city has not predicted how many trucks would be going in and out of the project site, he noted that during the three-month excavation period, many trucks would be carrying loads of dirt to the old, Sutter's Landing dump site, near 28th and B streets.

"There's going to be a lot of truck traffic every day (for) probably five days a week," he said. "But after that, the truck trips will be very minimized, because they'll be just bringing in construction material, things to build a reinforced concrete tank."

Grant also addressed community concerns regarding noise levels related to possible construction on the site.

"There will be construction noise, but in terms of banging or hammering piles or something like that, we don't anticipate that," he said. "We're writing into the (specifications) that they can't use vibratory methods for construction that might cause vibrations out of the work zone. They'll be heavy equipment running (and) there might be some hammering, but from a very loud standpoint, I just don't see that being an issue."

Grant added that the project would also comply with the city's construction noise ordinance hours, from 7 a.m. to 6 p.m., and that this work would typically maintain those

See Water Vault, page 13

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SCUSD High School Scholarship Winners at Kit Carson International Baccalaureate

By ELLEN COCHRANE
Area Two SCUSD Board Trustee

I am proud to introduce Sacramento City Unified School District's Joseph Quinn and Audrey Orozco—the 2018 winners of the East Sacramento Preservation High School Scholarship. These motivated students are graduates of Kit Carson International Academy (KCIA). As members of the first graduating class from the newly accredited International Baccalaureate school, they are proud of the school and their academic achievements.

I'm also proud to be part of the neighborhood team at East Sacramento Preservation. We created the scholarship to focus the award on our neighborhood students.

Orozco spends volunteer time in a South Sacramento immunization clinic, gaining experience in the medical field. Her grades and extracurricular activities helped earn her a place at Sacramento State. "I'm very happy to be a winner of the ESP scholarship and I'm using the money for a computer," she said.

Quinn developed a charitable service project. He selected and bought his own candy, organized sales and then donated the funds. The money went to Shriner's' Hospital to help buy Christmas presents for the children. Quinn will be heading to Sonoma State next year. When asked how he would spend the money he said, "Books, all on books."

****

Special thanks to SCUSD School Board Member Ellen Cochrane, Council Member Jeff Harris, Sacramento City Teachers' Association, East Lawn Memorial Park, East Sacramento Chiropractic, Tiferet Coffee House, River City Management and Sales, El Dorado Savings, Downy Brand, Lozano and Smith, Katia's Collections, Janet Maira Real Estate, Herburger Publications, Asher State Farm, Atkinson, Andelson, Loya, Ruud & Romo, Bell Family Chiropractic and dozens and dozens of neighbors.





(above) ESP president Janet Maira and scholarship winner Audrey Orozco
(left) Joseph Quinn accepts his check

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ACC Senior Services is the Sacramento project site for NAPCA SCSEP.
For more information, email SCSEP@accsv.org, call (916) 503-5390 or visit www.accsv.org

How much do you know about our homeless veterans?

By NORA FINCH

Excerpt from Dr. Edward Tick's book, War and the Soul (a well recognized Ph.D, Clinical Psychotherapist who has helped heal thousands of Veterans, and is also the Director of Sanctuary: A Center for Mentoring the Soul in Albany, NY)

"Post Traumatic Stress Disorder is a constellation of fixated experience, delayed growth, devastated character, interrupted initiation, and unsupported recovery. Many veterans who cannot get on with life are boy-men stuck in the psychic war zone, lost in an incomplete and horrific rite of passage. They remain in a state of shock because of what they have seen and are terrified for their lives. They struggle virtually alone, without a community to support their passage, asking questions such as "Why can't I be who I was before?" and "Who am I now?"

Dr. Tick has worked with veterans for over 40 years, and knows a lot about helping them heal. He believes PTSD is an identity disorder and that as a result of war's violence, causes the soul to flee and be lost for life. He has used his clinical expertise as well as many different healing traditions to successfully help thousands from around the world. Sound fascinating? Did you know something like this existed for our Veterans?

Did you know the current rate of suicides among Veterans in the United States is 22 a month?

Did you know that many aren't getting the medical care they need, resulting in new problems like lymphatic drainage problems, so their bodies aren't able to effectively eliminate waste and toxins?

Do you know that many of them are haunted in nightmares because the soldiers they killed were not given a proper burial and so were not able to pass on in peace?

These are just some of the unspoken stories we never get to hear about.

Now, do you think the above questions are important for us to know as a nation? Do you think we should try to help prevent more suicides? Do you believe we can?

Yes, yes, and yes are my answers. I can't think of something else that would unite a nation more than thinking about our veterans. Despite all of our differences, how and where we were raised, our social status, or the color of our skin; I think we can all agree we support these men and women who chose or choose to serve. Hands down these warriors deserve our support. Which is why I think this article needs urgent attention; and why I feel why we must insist change. We must insist change not only in our nation, but within ourselves.

So really, what gets us from thinking about wanting to make a difference, and actually taking action steps to change? How do we make our invisible dreams visible such as the MASH - V Medical Van and mobile showers proposed by America's Homeless Vets?

My answer: baby steps. With all our responsibilities, distractions, and sometimes high stress in life, I believe baby steps are really the most practical way to get started in changing anything in our lives.

With that being said; I've created three baby steps for this urgent issue regarding our Veterans.

1) Awareness. Educate yourself.

War affects all of us and those we love. We play a part in our people going to war, and remember everyone knows someone who has served. Acknowledge we can play a part in change but we need to first believe that we can, and realize we must change ourselves first.

2) Take action now by taking things into our own hands, we can't expect others to take care of us

3) Unite as a collective through love and support and believe with all our heart we are strong together, commit ourselves and our time, and never give up on dreams and important causes.

Accomplishing these three steps is a great start. Then, I will take action on my part being a voice for the warriors by writing this article and by spreading the word through the platform of my podcast (Rock your Life with Nora Finch).

Now, on to the famous Sacramento men I'm talking about: America's Homeless Veterans. These are down-to-earth cool cats, extremely serious about pushing their dreams, 24/7. We both share the same dedication and passion to empower others; which is another reason why I am so passionate about helping spread the word regarding their current dream project.

The daily hustle of this unique team to lead the community into change is inspiring and is why they are the perfect example of showing our nation what it means to take things into own hands. Veterans themselves, this team is made up of Founder Randall Britt, Co-Founder Chris Cole, and James Wade Brooks, their Director of Urban Research.

These Unsung Heroes I call them, also have the help of community members, volunteers, and alumni who provide programs including vocational training, services and resources to help veterans transition back into civilian life. This includes placing them in permanent housing, as well as helping to provide food and shelter. They also offer a membership Sponsor a Veteran and family program so they can save up to 50 percent off things they purchase.

Along with the above, let's not forget to mention, they also work closely with the veterans to help them find solutions to deal with many of the mentally challenging hardships alongside having become homeless, PTSD issues, and losing their families.

See Veterans, page 6

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14-1



George Washington Carver's Stephanie Cook wins Distinguished Geographic Teaching Award

Congratulations to George Washington Carver Social Science teacher Stephanie Cook who was nominated by local geography professionals and won the 2018 K-12 Distinguished Geographic Teaching award from the California Geographical Society.

The Distinguished Teaching Award is awarded to primary and secondary educators who work to inspire a love of geography in their students. Ms. Cook is a veteran teacher in the district and 2013 Teacher of the Year.



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Hiram Johnson's Criminal Justice Academy Hosts Annual Conference

On April 27th, Hiram Johnson's Law Academy coordinator, Michael Washington, hosted the annual Criminal Justice and Legal Careers Pathway Conference. This year, numerous schools and students from across the region came to Sacramento City College to engage with professionals in the law field. Guest speakers were on hand from a wide array of professions including: the Sacramento Police Department, Probation, FBI, Public Defenders, Parole, Corrections, attorneys, the District Attorney's office, Social Workers, Paralegals, law professors, a bail bondsperson, a private investigator, forensic scientists, and those working in cybersecurity.

Students not only got to hear these speakers, but they were able to engage with them through a discussion panel, a key note speech from Sacramento Police Chief Daniel Hahn, and an informational College Success Panel. During the College Success Panel, students heard from Lincoln Law School, Sacramento City on their innovative 2+2+3 program, and current college students from local colleges.



For students going into the field of law, this annual event is an outstanding opportunity for them to engage with professionals that represented a wide range of professions available to students after graduation. The professionals offered guidance in pathways into their respective professions, an open discussion about the troubles facing teenagers in Sacramento, and the best ways to access their professional dreams.

Veterans:

Continued from page 5

Yes, while all of this is what makes them remarkable, along with the amount of time and dedication they've put in over the last 8 years; what makes them truly extraordinary is their ultimate vision for Summer 2018, that I believe our community needs to know about to facilitate it's urgency.

What is it exactly?? It will bring the exam room to the Urban Environment providing superior, advanced immediate care to the Veteran community.

It is a Super Bad, Advanced, Medical Vehicle called, The MASH-V.

How rad will this be to see on the road???

Where veterans can have access right there to immediate medical care. No more waiting six months or any longer!

Exciting right? Oh, but you need to know, they just lost their funding. (Go online to Covered California to learn more about that there).

So, how can we help them fund this $200,000 vehicle?

1) Buy as many $100 River Cats game tickets as possible this Memorial Day at Raley Field, (and receive an AHV shirt)

2) Just donate online now, www.ahvets.org

3) Become a sponsor, which helps you and them and us!

Let's be a part of this!

Do you want to be part of a movement that helps decrease suicide rates? Do you think this health based approach (in Randy's words) is an excellent idea, as do I, to help unite us?

If this were you not getting the medical care you needed, would you be willing to sit and wait for months or years expecting others to take care of you, or would you take matters into your own hands?

Would you want to feel the love and support from those in your community?

Let's begin creating our new realities regarding our impact and influence in our nation, by hitting a home run this year (like Randy of AHV says), at this Memorial Day event!

Let's get our nation and Veterans that awesome MASH-V vehicle! Wouldn't you love to see it on the road and know you were apart of making it possible??

Let's envision a country focused on self preservation, optimal health, and let's add to that list, inner character. Let's leave behind the nation who just focuses on physical beauty, drama, material gain and possessions, greed, power, jealousy, and competitiveness...

United, we are stronger.

****

Check out the AHV Storyteller episode titled "Sacramento's Unsung Heroes" available now. Please contact Randall Britt for more details here: rbritt@AHVets.org

Nora Finch is a Pennsylvania raised farm girl, who is a 17 year practicing Wellness Educator/Skin Specialist in the Arden area. She airs a podcast called Rock your Life out of Sol Collective, an Arts, Culture, and Activism Center. She strives to educate others in all areas of wellness including how to stay mentally fit. You can email her, norafinch@nsati.com, or you can find her on her wellness page Fb.com/norafinch.nsati

Public Notification

City of
SACRAMENTO
Department of Utilities

Construction Is Underway

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.

This work may result in:
- Traffic delays
- Sidewalk closures
- Construction-related dust and noise

This work addresses the State's mandate for water meters to be installed on all water services.

Thank you for your cooperation on this very important project.

Contact us for more information:
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Sacramento Fine Arts Center to Host International Watercolor Show



Sandy Delehanty "Notre Dame"



Sean Barrett "Disorder"

By AMY GREEN

Exquisite art has made its way to Carmichael! For the past 151 years, the American Watercolor Society, a nonprofit which began in 1866 to promote American watercolor painting, has highlighted the best watercolor paintings from around the world in an annual show. This year, more than 3,500 entries were submitted by artists from 23 different countries, from which a jury of internationally-acclaimed watercolor artists selected 110 paintings. The paintings were displayed and honored at The Salmagundi Club in New York during April. And in June, 40 of those paintings will take center stage in a traveling exhibition which crosses the United States.

To the delight of local art-lovers, the Sacramento Fine Arts Center, located in Carmichael, was selected once again to host the traveling exhibition, which stops at only six galleries across our nation. The Sacramento Fine Arts Center will be the only gallery in Northern California to host the stunning works, and thousands of visitors from all over the Sacramento region and beyond are expected to arrive in June to see the beauty and creative excellence of the 40 best international watercolors for 2018/2019.

Sandy Delehanty, a Penryn resident, member of the Sacramento Fine Arts Center since the 1980's, and now-retired watercolor instructor, was beyond words when she first learned that her painting, "Notre Dame" had been selected by the esteemed jury to be part of this year's honorees. Sandy laughs looking back, "I screamed so loud! As my husband put it, 'I think the neighbors heard you,' and our neighbors are, like, acres away! …That's how amazing it was. It's such a prestigious show. If you're a watercolor artist, your ultimate goal is to get in that show."

Margaret Pollan, Co-Chair of the American Watercolor Society traveling exhibition and Sacramento Fine Arts Center founding member, is excited about the buzz the show creates. "We are expecting between one and two thousand visitors this year. We get busloads, groups of artists and watercolor clubs from all around. It's very exciting." Three volunteer gallery-docents will be available at each shift to support their visitors. Tours can be arranged by calling (916) 971-3713.

The Center will host a Gala Celebration on Friday, June 8 from 5:30 – 8:30 p.m. featuring live music, local food and wine, a silent auction, raffle prizes, and a classy gathering of gallery supporters. As a fundraiser, all proceeds will go to support the Center's exhibits, art classes, and community outreach programs. Gala tickets are $50 and can be purchased through their website at www.sacfinearts.org or by calling (916) 971-3713.

The Center will also host a Second Saturdays Opening on June 9 from 5:00 – 8:00 p.m., free to the public, with refreshments and live music by Jerry Fairlie. There will also be a Third Saturday Opening on June 16 from 5:00 – 8:00 p.m.

Don't miss this unique opportunity! The exhibition will be from June 4 – 30 at the Sacramento Fine Arts Center located at 5330-B Gibbons Drive, Carmichael, CA 95608 with extended hours from 10:00 a.m. to 5:00 p.m. every day, except Tuesdays with hours from 10:00 a.m. to 7:00 p.m. Visit www.sacfinearts.org to learn more about show events, purchase Gala tickets, and check out their classes, workshops, and art clubs.

See additional artwork page 9

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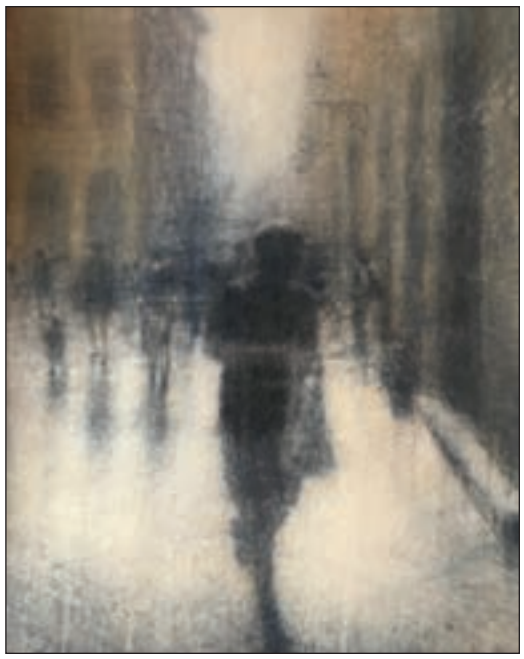
Robert McIntyre "Up and Over"



Yi Liu "Melody"



Burton Silverman "Arlene"



Susan Hope Fogel "Lucca, After the Rain"

International Watercolor Show

June 4 – 30

at the Sacramento Fine Arts Center
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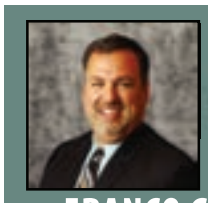
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Lifestyle Choices of Women over the Age of Sixty Five

By JAN DALSKE

Lately, many of my women friends, who are ages sixty to over eighty, have been considering lifestyle changes. They are questioning where they are currently living and wondering whether they should make a change. And, they have discovered that there are not too many options available for them. And, these options all depend not only on the price they will have to pay, but will affect their privacy and independence.

One of my friends, who is almost seventy, lives in a mobile home park. She has been there for over twenty years, and enjoys owning her own home, which includes a small garage and a yard where she can grow flowers and vegetables. She owns her home, but she does not own the land where her home is situated. She is required to rent the land, and the cost of doing this has risen tremendously over the years. It is now approaching $800. With a fixed retirement income, she will find it difficult to pay the increased rate.

There are no local laws to prevent the owners of the park from increasing the rental space amount. If she cannot afford the increase she will have to find somewhere else to live. The cost of moving her home is too high. And so, she is trapped there and has to pay the higher rents every month. She has no other choice.

Another friend also lives alone. Since she was thirty, and a single divorced mom, she raised her two daughters, and then a grandson. The last forty years of her life have been dedicated to her family. Now, approaching the age of seventy, she is alone and wonders whether she should be living closer to her family, or stay where she has many women friends, and a fun part time job. She keeps busy with her many activities and interests. She does not own a home, but rents a nice house in a friendly neighborhood. Were it not for her neighbors and friends, she would be lonely. Her family rarely calls her. If anything happened to her they would never know.

And, I have another friend, who is in her eighties. She is in great health both physically and mentally. At the present time she is living in a beautiful two story townhouse in a nice area of the city. She has had to tighten her belt every year or so because the cost of renting this nice townhouse keeps escalating. Soon, she may have to move because she will not be able to afford the increases. And, because of her age, her adult daughters have recently approached her with a suggestion that she move nearer to them. She does not want to live where they live, as she has been in this area for many years. Her daughters are concerned about her. And, my friend understands their feelings, but she has assured them she is in great health, and sound both in mind and body, and is fine living alone without supervision. Even though she is in her eighties, she still drives a car, and has a full life with lots of friends and activities.

Yet another close friend, who is also in her eighties, has an apartment where she lives alone. She still drives her car, and is very busy in her community with her church and numerous volunteer activities. She is in great health, and has outlived her husband by many years.

She loves her freedom, although her grown children and grandchildren wonder whether she should be alone. She dedicated her life to her marriage, raised her family and babysits her grandchildren when asked. She is happy with her life and feels that she earned her freedom with all of the years she has given to her family.

And, there is another friend who wants to find a senior home that provides everything she needs. She is approaching seventy, and currently has her own home and car. But, she recently shared her future plans with me. Within the next few years she plans to sell her home. She is looking for a senior residence where she will not have to do anything. She wants to have all of her meals prepared for her. She does not want to do any cooking or cleaning for the rest of her life. She just wants to read, watch television and relax. She is almost seventy and because she has a great retirement, she can afford the cost of a home that provides everything that she will need. She has no children. She never married. She just wants to have a comfortable care-free live until she passes away. She also has her funeral arrangements already in place.

The fact is that after the age of fifty, men and women make different choices when it comes to happiness and their lifestyle choices. Aging adults all face the inevitability of the ticking clock. It has been proven that men are not able to cope with new changes as easily as women are. Science has shown us that a women's rate of depression, anxiety, and suicide decrease as they age. Along with their older age comes a highly developed set of coping skills. These include empathy, an ability to listen, patience, and the courage to pursue new endeavors.

Dr. Susan Nolen-Hoeksema, a noted Yale professor of psychology, wrote in Psychology Today: "Old age is not just about surviving. It is about flourishing. There is increasing evidence that most women feel a greater sense of fulfillment, self-actualization, reaching their peak- or whatever you want to call it, as they grow older."

The fact is that both men and women can make it past the 100 year mark. However, women are more likely to cross the line than men are. In the United States, women live to an average age of 81 years. Men only make it to 76, according to the Institute of Health Metrics and Evaluation.

When it comes to quality of life, of those 100 years and older, 32% of men do not suffer from any major health conditions. Only 15% of women survive a healthy 100 birthdays or more.

Making lifestyle choices are important. Every adult over the age of fifty should ask themselves what will make them happy in the years ahead. Living in the right environment is the key to being happy and healthy. So, while my friends and I are all looking at our lifestyles and debating making changes, we should remember that we alone know what is good for us. After all, it is our life. Just look how far we have already come!

We need to do what makes us happy. By this time in our lives, we should have some idea what happiness means for us. We should want to flourish. Living in the right environment, and making the right choices for healthy living is the key to our future. If we do that, we will flourish and feel a greater sense of fulfillment!

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Exposed and examined: Opioid epidemic forum set for Sept. 15

By TERRY McSWEENEY

(Editor's note: Terry will host "The Forum on the Opioid Crisis" with the support of Valley Community Newspapers on Saturday, Sept. 15 from 1:30-4:30 p.m. at the Pocket Library. September is Pain Awareness Month. This is part one in a series on various aspects of the opioid crisis.)

> "I felt I was being treated as if I were a criminal, a drug addict, rather than a person that was simply looking for pain relief for a chronic condition."
>
> **–Terry McSweeney**

Opioid Relief? Opioid Abuse?

There are over 137 million people in the United States who suffer with chronic conditions, which lasts 3 or more months. Ten million of those people have fibromyalgia, a chronic neurological condition which comes with all over body pain, fatigue, sleep issues, and brain fog. (https://www.fmcpaware.org/). I am one of those 10 million people. I didn't ask to be one of those people, but I am and found myself looking for answers to relieve myself of my constant pain. There is one problem though, Fibromyalgia is an invisible illness that has left me facing doubters, among them some of the doctors and nurses in the emergency room.

It has been at least two years ago now. I had been tossing and turning for hours, not wanting to wake my husband up because it was 3a.m., but I had no choice since my pain was so severe. We headed to the emergency room. When we arrived two nurses came to help me on to the gurney and asked how they could help. I told them about my severe sciatic pain and then I told them I had "Fibromyalgia." Their cordial and caring tones immediately changed. They left me lying in pain on the gurney wondering where they had gone. They disappeared and I never saw their "caring" faces again. Later a doctor came in and asked me what I wanted. I said, "relief." She said, "You know we can't give you "stronger" drugs if that is what you are looking for." I knew what she meant, "Opioids." She thought I was a "drug seeker." I felt I was being treated as if I were a criminal, a drug addict, rather than a person that was simply looking for pain relief for a chronic condition. This doctor left me feeling degraded and still in pain. My eyes began to well up, not because of my pain, but because of the way this doctor made me feel. Now I not only had my physical pain, but my heart was breaking because of how I was being treated. Not everyone who goes into the E.R. is seeking opioids. Eventually I was given some medication for relief, but not before I was humiliated and treated with total disrespect.

I know that there are those who go to the E.R. seeking "strong" pain relief, but I was not one of them. I know there are people who are in such terrible pain that they do seek out any way they can to get the drugs. Shouldn't they get the help they need to relieve their pain and get off of these drugs? Shouldn't those who do not abuse these drugs but who truly need them be given the drugs with the guidance they need to use them?

Since that day, I have not been to the E.R., even when I probably should have gone. I never want to feel that humiliation again. What I have done is become more involved in helping those with fibromyalgia, making others aware that having an invisible illness does not make us invisible, that we are real people with real pain. Using opioids for pain does not make us criminals, it makes us people who need help either for extreme pain relief or to find ways to get off of these drugs without losing our lives. Doctors and nurses in the E.R. need to be part of the solution, not part of the problem.

****

Terry McSweeney is a Certified Fibromyalgia Advisor, Graduate of the International Fibromyalgia Coaching Institute, Founder of Fibromyalgia Pathways.com, Founder of the Sacramento Fibromyalgia Support Group, Member of Leaders Against Pain in conjunction with the National Fibromyalgia & Chronic Pain Association, and Chairperson of the Sacramento Together Walks for Fibromyalgia Awareness held each May.

If you go:

What: Forum on the Opioid Crisis
When: Saturday, Sept. 15 from 1:30 to 4:30 p.m.
Where: Robbie Waters Pocket Library, 7335 Gloria Drive, Sacramento

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Water Vault

Continued from page 3

hours on weekdays. He mentioned that he does not anticipate many weekend workdays at this site.

Another community concern relates to preventing any foul odors during the possible construction process.

Grant said that although the sewer would not be tapped during such construction, there could be some odors during another process.

"To build the diversion structure, we're going to break into the existing sewer and build a weir structure that will help divert the flows once they're surcharged," he said. "There's potential for odors while you're doing that. To minimize those odors, we'll plug off the existing sewer and try and bypass around the area we're building."

The completed project would include an underground odor control facility.

Other community concerns pertaining to the possible construction period relate to health hazards associated with sewer water, and possible reduced access to the park, including the swimming pool and jogging trail.

Grant noted that these concerns should not become issues.

The footprint of the project site encompasses the entire area of the baseball field, which was named after local baseball and softball supporter and union leader George "Butter" Cole, in 1981.

Grant said that the park district's current direction is to replace the baseball field with soccer fields.

He added that if the baseball field is eliminated, Cole would continue to be memorialized through a different tribute such as a plaque.

The project would also temporarily eliminate the park's newly-built barbecue and picnic area.

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What's happening East Sacramento?

SATURDAY, JUNE 9

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JUNE 11-14

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SATURDAY, JUNE 16

POPS IN THE PARK FEATURING JESSICA MALONE: Jessica Malone is an award winning singer/ songwriter that was raised in the tall mountains of far northern California. Her original music evokes a sense of wanderlust, self-discovery, positivity and moving forward. On Jessica's latest release, "The Waiting Hours" EP, drums, upright bass, violin, acoustic & electric guitar accompany her powerful and soothing vocals. Her raw and unfiltered approach to folk/ Americana songwriting creates music that will take you back in time, while her heartfelt lyrics will keep you rooted in the present. 6 to 9 p.m. at McKinley Park, 601 Alhambra Blvd.

SATURDAY, JUNE 23

POPS IN THE PARK FEATURING THE COUNT: Playing the music of The Allman Brothers Band, Lynyrd Skynyrd, and an occasional twist thrown in for good measure, The Count strives to take their audience on a journey where every note played truly "counts." The Count is: Ed Nelson/vocals, Sean McAuliffe/guitar, Bruce Leino/bass and vocals, George Stratton/guitar and vocals, Mike Caselli/keyboards, and Jim Caselli/drums. The Count is proud to be part of the Playtone Galaxy of Stars and is managed exclusively by Sol Siler Productions. Visit The Count at www.thecountband.com. The Count will be playing from 6 to 9 p.m. at Glenn Hall Park, 5201 Carlson Drive.

SATURDAY, JULY 14

BUGS BUGS BUGS WITH NITA DAVIDSON: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

TASTE OF EAST SACRAMENTO: 10th Annual Taste of East Sacramento Mark your calendars for Saturday, July 14th. From 6-9 pm, this year's Taste of East Sacramento festival offers residents a unique opportunity to revisit some the area's favorite established culinary talent while exploring exciting newcomers. 10th Annual Taste of East Sacramento Mark your calendars for Saturday, July 14th. From 6-9 pm, this year's Taste of East Sacramento festival offers residents a unique opportunity to revisit some the area's favorite established culinary talent while exploring exciting newcomers.

See Events, page 15

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Events:

Continued from page 14

SATURDAY, AUG. 11

USEFUL PLANTS WITH BRIAN COLLETT: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

SATURDAY, SEPT. 8

DRAGONS AND DAMSELS, GREG KAREOFELAS: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

SATURDAY, OCT. 13

WELCOME BACK, SALMON: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

SATURDAY, NOV. 10

SURPRISE! Enjoy beautiful fall day outdoors independently. Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

SATURDAY, DEC. 1

PARTICIPATE IN 34RD ARNHA ANNUAL WILDLIFE COUNT: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

JAN. 1, 2019

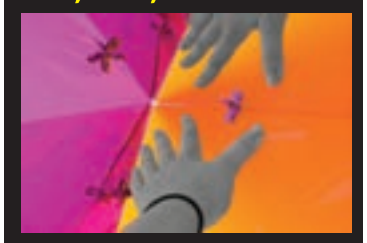
NEW YEARS GATHERING: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutters Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

ONGOING

#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.

Please RECYCLE this paper. Thank You

Fe Gallery
Metamorphosis 2018
High School Senior Scholarship Show
Opening Reception:
Sat, Jun 9, 2018 - 6:00 PM



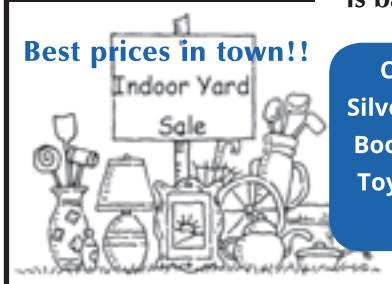
Life in Transition High school senior students in the general Sacramento area show their work in a professional gallery setting, experiencing a juried art competition with the chance of winning a scholarship.

Show runs through
Mon, Jul 9, 2018

1100 65th St. - (916) 456-4455
www.FeGallery.com

St. Michael's
Indoor Yard Sale
is back! Saturday, June 16th

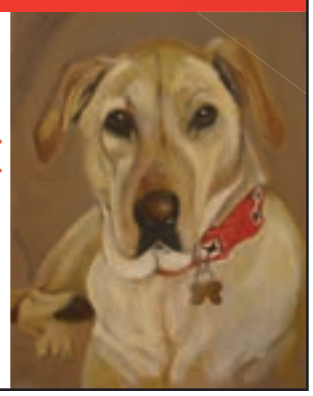
Best prices in town!!



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Toys • Sports • Clothing for All
Ages and MUCH MORE!

Saturday, June 16th, 8:00 am - 2:00 pm
St. Michael's Episcopal Church
2140 Mission Ave, Carmichael (El Camino & Cottage)

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Sat 10am – 6pm
Sun 11am – 6pm

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