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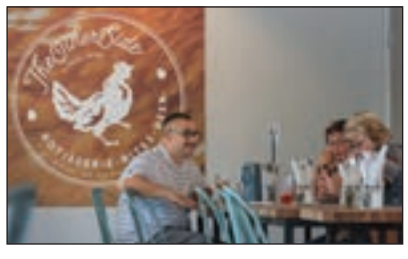
East Sacramento News

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The Other Side of Track 7 now open in East Sac

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Carmichael resident honored by Sacramento Historical Society

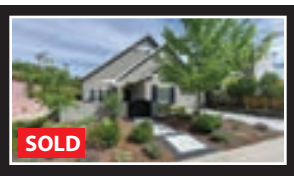
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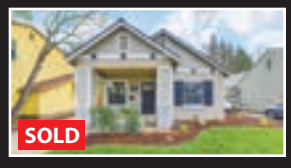
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The Other Side of Track 7 now open in East Sac

By JOE PERFECTO



Photos by Joe Perfecto
Patrons are met by muted tones, mostly-bare walls and a high ceiling upon entering the expansive space.

Track 7 Brewing Co. extended its railway (raleway?) eastward with the July 11 soft opening of "The Other Side," the latest addition to East Sacramento's growing brew scene. Located at the former site of Les Baux cafe at 5040 Folsom Blvd., the brewpub in several ways offers a departure from the customary Track 7 experience.

Notably missing is any sign of brewing equipment; all beers are produced at the other two locations. The 2,000-square-foot taproom, which ranks between the others in size, is supplemented by a 750-square-foot outdoor patio space that can accommodate 75-80 patrons. Roughly 25 feet wide by 80 feet deep, the space is slightly less open than the Natomas site but more open than Curtis Park, and features a mix of two-place, four-place and communal seating in the taproom, with a row of wooden picnic tables on the patio.

"The Other Side" also marks the brewery's restaurateuring debut, leaving behind the ease and economy of the rotating food truck system its two other locations—and many of the latest wave of taprooms—employ. Service is fast-casual, a hybrid style that offers patrons an experience that falls between fast-food and casual sit-down dining. Orders are placed at the counter, but waitstaff attend to customers throughout their stay. "We're going to try to redefine what fast casual is," said general manager Tracy Losch. "We're very committed to providing service throughout, and I don't think that's something found in fast casual." The cuisine similarly occupies a position between typical mass-produced fast food offerings, whose ingredients and preparation are typically unhealthful, and the often more wholesome fare generally found in a traditional informal dining environment—by providing healthy, fresh, carefully-crafted versions of a subset of items generally found on the menus characteristic of both those eatery categories. "We've got a wonderful rotisserie meal [and] other main dish options for people who want a restaurant experience, or if you want to have poutine fries or an appetizer with a couple of beers, we have that too," said brewmaster/co-owner Ryan Graham. Although this approach has gained ground in many areas, fast casual is new to the city's east side. "East Sacramento up until this point has been really void of this type of presence within the culinary market; there's high end restaurants and then there's really quick service," Graham said.

Designing the brewpub's food side involved many months of deliberation and fine tuning. "It's something the owners have been dreaming about doing for a long time," said assistant general manager Michael McGregor. The result is a menu that, while modest at present, comprises a distinctive range of comfort foods that feature locally-sourced ingredients. Integration with the brand's beers was a central focus. "The chefs have done a really good job putting together a menu that's different from a lot of other places," McGregor said. "It's not typical bar food—it's gourmet." Among the offerings developed by executive chef Oliver Ridgeway (Grange Restaurant & Bar) and head chef Noah Mansfield (Hook & Ladder, Mother) are many that incorporate the brand's ales, such as the Panic Burger, beer batter fish and chips, Panic Fries, sea salt fries with malt aioli, stout onion dip, Panic mustard, beer brats made with Bee Line honey blond ale by nearby V. Miller, Nukin' Futz porter chocolate cake and a malted barley cheesecake. Planned items include a Soulman Stout onion dip and Nukin' Futz chocolate pudding.

Appetizers include fried cheese curds with smoked chili ketchup, fries, a sausage sampler and a small jar of pickles that incorporates veggies, chili and egg (the pickles, along with burger buns and ketchup, are made in-house); there's a daily soup, three salads and sides such as heirloom tomatoes, jalapeño slaw, rice succotash and mac 'n' beer cheese (winner of the Sac Mac + Brew Review's macaroni and cheese competition during Beer Week 2018); plates include a pork sandwich, a chicken pita and the T7B burger; and patrons looking for a sugar fix can choose from a beer float, cheesecake, chocolate cake and a trifle. For vegheads, the Double Take Burger features an all-vegan patty, spicy remoulade, pickles and lettuce with a side of fries. As head chef Mansfield spent a year working with vegetarian

See Brewpub, page 3



A large rendition of the brewpub's logo, which features a white chicken, is a prominent visual element on the rear wall.

Brewpub:

Continued from page 2

dishes at Mother, more such items are planned, such as a seasoned, brined roasted cauliflower heads dish.

The signature item, though, is the Mary's Chicken rotisserie dish, which is tied into the brewpub's name and theme. (It has to do with the age-old question of why the chicken crossed the road, and Track 7's answer is—at least for the 5000 block of Folsom Blvd.—to get here. Not the best move for that chicken, all things considered….) "The rotisserie element of the restaurant is really the main focus," said executive chef Ridgeway. "We want people to make it a community meal where you can order it at the table, and it will come in pieces with condiments and different flatbreads." A half or whole chicken can be ordered. The other rotisserie dishes presently offered are pork shoulder and whole roast cauliflower with flatbread.

On the beer side, nine of the 12 taps dispense the standard gamut of Track 7 brews, with one tap dedicated to a rotating specialty ale and two reserved for guest ciders. During the soft opening, Idaho 7 oat extra pale ale was on the rotating tap, to be followed by L+H in VT NE-style pale ale and Chasing Rainbows kettle sour. Brightcider from 2 Towns Ciderhouse and Hibiscus Saison from Common Cider Company were also pouring. Just as at the other locations, growlers, can releases and the pint club are available.

The soft opening brought in more than 200 locals who kept the joint jumpin' throughout the first day, which was to be expected given the area's pent-up demand. "The response has been huge; the community's really excited about us, and we're really excited to be here as well," said McGregor. "The entire time we've been getting this building together we had people coming by and asking when we're opening. The community's been so nice and supportive."

As of the July 16 official opening, hours are 11a.m. to 9 p.m. Sunday through Thursday and 11 a.m. to 10 p.m. on Friday and Saturday. The schedule will be adjusted to suit customer preference. A weekend brunch should commence in the near future. In keeping with the current trend and East Sacramento demographics, The Other Side is kid- and dog-friendly (while kids have the run of the place, only service dogs are allowed inside).

Track 7 is also working on establishing a fourth location a bit farther afield in Roseville; details about this venture and all other brewery happenings are available at https://track7brewing.com, https://www.instagram.com/track7brewing/, https://www.facebook.com/Track7Brewing/ and https://twitter.com/Track7Brewing.

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Carmichael resident honored by Sacramento Historical Society

By LANCE ARMSTRONG

Carmichael resident Steve Beck on June 26 was one of the recipients of the Sacramento Historical Society's 2018 Enlightenment Awards.

The award celebrates regional organizations and individuals who strive to enshrine Sacramento on the global map.

Beck, a 1970 graduate of Rio Americano High School, has dedicated the past 20 years to delivering California history to the community at large through various media.

Since 2006, Beck has worked as the history program lead at Sutter's Fort, developing programs that deliver history to the community.

Those programs include the overnight educational program, living history programs, with costumed docents at the fort, and outreach programs to schools, service clubs, historical societies and other organizations.

Beck said he assisted many people through his work in the Sutter's Fort archives.

"I did that work from 2000 to 2006," he said. "I became familiar with the archives, but my research skills as a college debater allowed me to easily access information in the archives that would help authors and other interested parties (gain knowledge) that would be otherwise very difficult to obtain."

While attending American River College in the 1970s, Beck became a state champion debater on a two-person debate team.

With his debate partner, Beck won 16 of 18 tournaments that he entered during his sophomore year in the spring of 1973.

Through his excellence as a debater, Beck received a full-ride scholarship to attend West Georgia State University, where he would ultimately earn a bachelor's degree in rhetoric.

At the time that Beck attended that university, it was one of the nation's top debate colleges.

Beck was a member of a national circuit, in which he flew throughout the United States to compete in weekly debate events at different schools such as Georgetown University, the University of Washington and the University of Southern California.



Photos by Lance Armstrong

Carmichael resident Steve Beck, left, receives an Enlightenment Award from the Sacramento Historical Society on June 26. Presenting the award to Beck is the society's president, Greg Voelm.

On two occasions, Beck and his debate partner received an at-large bid to participate in the national collegiate debate tournament. In both years, they participated in the finals.

Beck was also voted as the top speaker at tournaments at Florida State University, the University of California, Santa Barbara, and various other schools.

Beck's life adventures also include managing the Taber Furniture Co., a new and used furniture business at 1815-1817 Del Paso Blvd., from 1978 to 1993.

During those years, Beck was married and became a father to his children, Emily and Sam.

Following his divorce, Beck became particularly interested in California natural and human history.

Beck would attend field trips with friends and study plants and rocks.

He said that he became somewhat of a naturalist.

Beck, who was basically retired at the time, kept some odd hours, as he drove his truck around neighborhoods,

See Award, page 5

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Award:

Continued from page 4

delivered copies of The Sacramento Bee before sunrise.

Another part of Beck's past includes teaching classes at American River College. The first of those classes were persuasive speaking and argumentation and debate.

On the encouragement of his colleagues at the college, Beck began to pursue another university degree.

In 1995, Beck graduated from American River College with an associate's degree in science, with emphasis on anthropology and geology.

As a transfer student at California State University, Sacramento, Beck earned bachelor's degrees in geology and anthropology, with minors in geography and botany.

Beck said that he returned to American River College and Sacramento State, where he taught laboratory classes. He also taught a lecture class at Cosumnes River College.

"I was one of those freeway flyers, doing a little bit of teaching, but not making any money," he said. "At the same time, I was raising two kids."

Beck added that his life changed dramatically after he discovered an advertisement for interpreters that was posted on a wall in the anthropology lounge at Sacramento State.

"They kind of interviewed me (at Sutter's Fort) and they (asked), 'What do you know about public speaking?'" he said. "They didn't know that I had a degree in rhetoric, and had been a debater and all this stuff."

With his background, it did not take long for Beck to be offered a position as a seasonal employee at Sutter's Fort.

Beck has since gained much experience through his work for this historic state park.

That experience also includes his contributions to the annual, two-week long Sutter's Fort Mobile Living History program, which involves setting up camps that exemplify California pioneer life in the 1840s.

About 3,000 students from about 70 upper Sacramento Valley schools visit the encampments at Red Bluff and Colusa.

Beck has also appeared on the History and Discovery channels, speaking about such topics as John C. Fremont and the conquest of California, and the travails of the Donner Party.

He is also knowledgeable on topics such as Sutter's Fort and the Bear Flag Revolt, and has received the Wave (Western Access Video Excellence) Award for documentaries on the Bear Flag Revolt and the Donner Party.

Beck has also spoken about California history on KVIE Channel 6, and he has regularly appeared on the Access Sacramento public access cable television channel program, "Living in the West."

Beck was also one of the lead speakers for the Oregon-California Trails Association's national convention in 2015, and was the keynote speaker for the grand opening of the California Trail Interpretive Center in Elko, Nev.

Also a part of Beck's résumé is his work as the archivist of the Sacramento Historic Sites Association, and coaching the American River College debate team to state and national titles.



Steve Beck, the history program lead at Sutter's Fort, was honored by the Sacramento Historical Society last month.

His experience as an educator includes his participation on a select panel of authors and historians for a seminar about John Sutter at the University of the Pacific.

Beck, who married his current wife, Deborah, at Sutter's Fort on May 5, 2012, has also written monographs on the history and anthropology of the Sacramento region, and has contributed to many books.

In regard to receiving an Enlightenment Award from the Sacramento Historical Society, Beck mentioned that he was surprised.

"I was surprised, but extremely honored and gratified by the recognition and experience," he said.



Faces and Places:

River Park 4th of July Festival

Photos by MONICA STARK

River Park neighbors and friends gathered at Glenn Hall park for the annual Independence Day festival and firecracker parade, which featured children on decorated bicycles and classic cars. The festival featured deejay music, children's carnival games, food truck fare and crafts and goodies from local vendors.























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FARM AND FLAVOR

Rebellious, resistant roots

By KERIN GOULD



When my new hoop house was being assembled, the soil to be covered was tilled, evened out with a rotary harrow and then, once the structure was assembled, fluffed again. In spite of this, and without any water, a lone, rebel squash plant has popped up, been trampled flat as we moved rafters and cross-beams into place, and popped back up to thrive, bigger and better than any of the squashes I planted properly — which is a little embarrassing. Weeds in that area must go, but this plant has my full respect and admiration, and it has earned its place through sheer determination. Turns out it's a round zucchini, already producing tasty food for me to share. I almost feel that eating its squashes will make me fierce and resistant too. I will save seeds from this hardy plant at the end of summer, since a tough, heat and drought-resistant plant is truly valuable in our changing climate.

It makes me think of my fierce friends who have resisted things that could have flattened and extinguished them: one friend is still overcoming a flesh-eating mystery illness and lost both her mom and her dear old dog in the same year, but held a community open-mic on her porch amid fire-flies this weekend; another friend with stage 4 cancer lost her husband to a police shooting, but has the strength to keep her family together and lead protests against such excess violence; a wonderful woman, who is post-mastectomy and comes to my cooking class for folks facing cancer, joked about shouting at her husband to help her find her "boobs", the good ones, making the other cancer-resisters at the table laugh out loud.

That fierce resistance also reminds me of the families of color who are encouraging their kids to go forward and dream big in spite of the recent resurgence of violence and discrimination, teaching them how to safely respond, how to thrive in spite of it. And the LGBTQ families, steadfast in their right to be who they are and love who they love. While the schoolkids who are currently growing up may take acceptance and inclusion for granted now, they may be called in the future to stand and defend their friends and families.

I also admire the folks who have cleared incredible obstacles to come to this country, often escaping terrible situations of repression, corruption, violence, domestic abuse, and extreme poverty. Some of my own family came here that way, fleeing violence against Armenians or the poverty of Ireland or religious oppression against Quakers. Not only do such determined people add more to this country than they get back and commit fewer crimes than the general population (as demonstrated in the Washington Post article "Two charts demolish the notion that immigrants here illegally commit more crime," by Christopher Ingraham), their resolve to work and raise their families safely and decently deserves our support and compassion. Of course, the Indigenous peoples of the continent have demonstrated the most incredible resistance and tenacity right here on their own lands.

So, I salute the rebels, the resisters, the ones who make goodness out of the harshest conditions, the folks who take root, blossom beautifully and then are fruitful and giving. You are tough. You are inspiring. You are truly valuable in our changing climate.

In honor of the resilient and prodigious zucchini, I offer this kid-friendly recipe, full of garlic and tomatoes, but without pasta or dough:

Pizza Canoes

Ingredients

8 zucchinis cut in half lengthwise
Garlic - at least one clove, more if you like
1 Onion
3 full size tomatoes or 10 oz tomato puree
Oregano and Basil
Salt and Pepper
Pinch of brown sugar
Olive oil
Shredded mozzarella cheese or cheese substitute

Directions

- Mince garlic and onion and sauté in olive oil on medium heat. Flavor to taste with basil, oregano, pinch of sugar (takes the acid/bitter taste off the tomato for kids' palates), salt and pepper. If using fresh herbs, chop finely.
- Chop tomatoes and add to sauté.
- Using a grapefruit spoon, hollow out the zucchini to make a "dugout canoe", leaving a solid 1/4" wall to hold the filling. Add the scooped out zucchini to the sauté mix and let simmer.
- On a lightly oiled baking sheet, arrange the "canoes".
- When the filling is cooked, scoop neatly into the canoes. Top with shredded cheese or vegan cheez.
- Bake at 375 degrees until the cheese melts and the zucchini is tender, 20-30 minutes (depending on the size of the canoes).
- Remove from the baking sheet with a spatula and serve hot.

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In-Person Registration will be held on July 10 and July 12th from 7pm-8:30pm at Round Table Pizza, 1307 Florin Rd, Sacramento, CA 95831. Additional in-person dates will be held on June 26 and June 28 from 7pm-8:30pm and July 14 from 11am-1pm at Round Table Pizza, 3005 Freeport Boulevard Sacramento, CA

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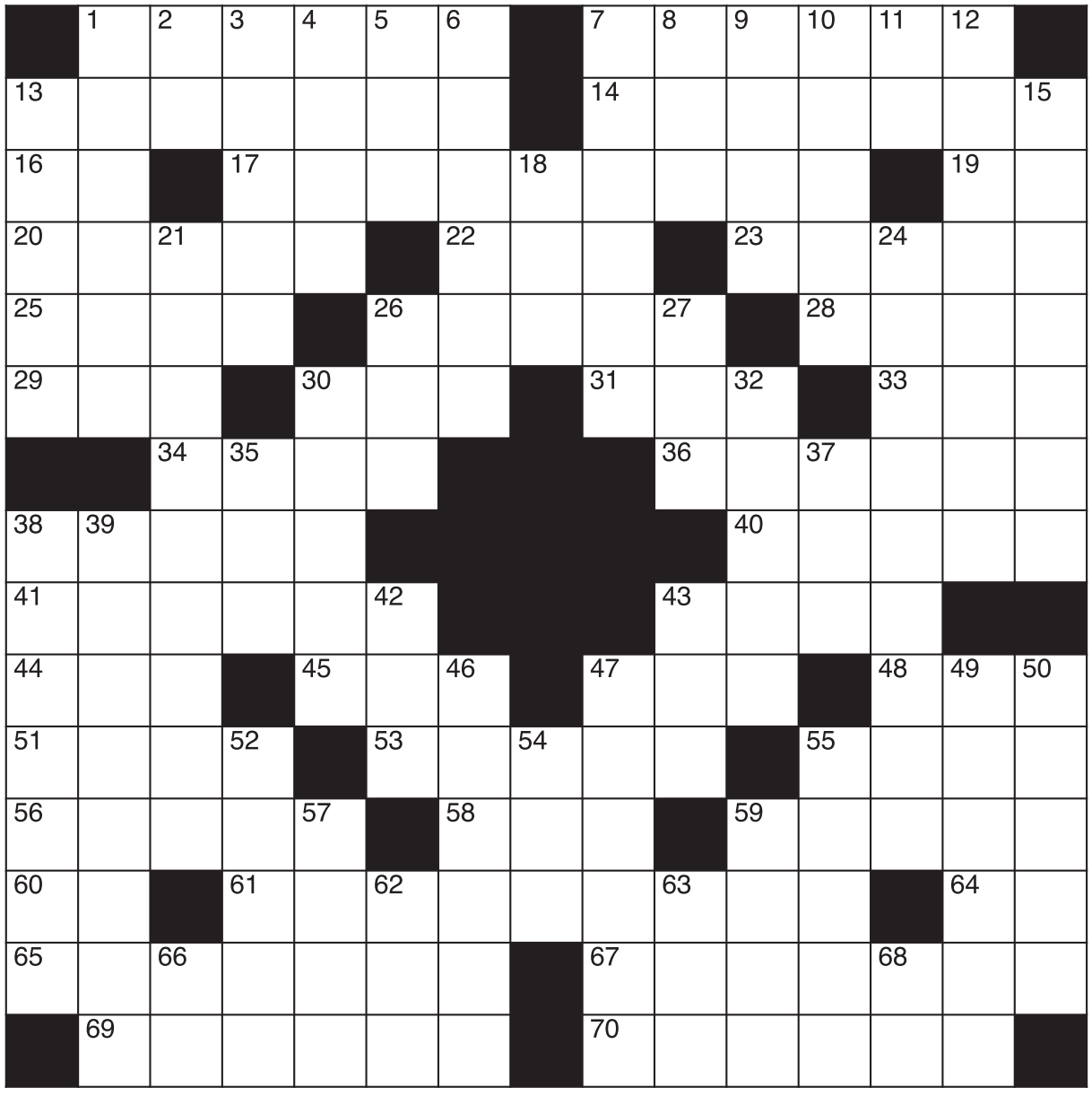
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16. A public promotion of some product or service
17. Premier League's Spurs
19. Of I
20. Tears down (Brit.)
22. One point north of due east
23. Sandwich shops
25. American spy
26. Medieval stringed instrument
28. Self-immolation by fire ritual
29. Pearl Jam's debut
30. Panthers' Newton
31. Press against lightly
33. __ Squad
34. Eminem hit
36. Violent seizure of property
38. Native or inhabitant of Asia
40. Loudness units
41. Knotted anew
43. Daddy
44. Folk singer DiFranco
45. Women from the Mayflower
47. Metric capacity unit
48. Couple
51. A way to coat
53. __ and Diu: Indian territory
55. French river
56. Asteroids
58. Investment measurement (abbr.)
59. India and Nepal border river
60. Santa says it three times
61. Hungers
64. Linear unit
65. Speech
67. Taking forcefully
69. Places to be
70. Amusing behavior

CLUES DOWN
1. Adult female
2. An alternative
3. Rituals
4. Native American people
5. High school exam
6. Respect
7. Tanned
8. Kilometers per hour
9. Ancient Israeli city
10. Periods
11. Electron volt
12. Smallest interval in classical Western music
13. Metric weight unit
15. Occupies
18. __ and flow
21. Responsive to physical stimuli
24. One who presses into thin sheets
26. Jogged
27. Automobile
30. Punished
32. Belonging to a bottom layer
35. Japanese delicacy
37. Soda
38. Algonquian language
39. Legislators
42. Father
43. Needed at the ATM
46. Baltimore footballers
47. __ Tomei, actress
49. Expands
50. Person (Indonesian)
52. Related
54. Where wrestlers work
55. American communist leader
57. Creatively tell
59. Separatist group
62. Edgar Allan __, poet
63. A way to discolor
66. Actinium
68. Integrated circuit

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Recalling the days as Hollywood stuntman, movie extra

By LANCE ARMSTRONG

Jeff Wong Dai serves as the official photographer of Gung Ho American Legion Post No. 696 in Sacramento. But there was a time in his life when cameras more frequently pointed in his direction.

Dai, 78, spent most of the 1960s working in Hollywood as a stuntman and movie extra, and compiled a film résumé that would raise many eyebrows.

Although he was never a star, Dai appeared in so many TV and movie scenes that he cannot remember all of them.

Despite being born in Santa Rosa, Dai has lived in the capital city for the vast majority of his life.

Born Edward Wong, Dai came to the Sacramento area when he was about 8 years old.

He grew up in the north area with his parents – the Vallejo-born Willie Wong and the China-born Mabel Wong – and his brother and two sisters.

During his teen years, Dai was a member of the football team at Grant Union High School, where he graduated in 1959.

Asked how a young man from the Del Paso Heights area became involved in the film world of Hollywood, Dai chuckled before answering.

"My friends wanted me to join a theater arts class at (American River College), and then I signed up for one," he said. "I ended up being in set design. Being around that (environment), I watched all the people rehearsing, acting, and then we built the sets and stuff."

Dai then recalled a previous experience he had inside the state Capitol in about 1959.

"They were filming a movie down there called 'Ada,' and they had two famous movie stars," he said. "One was Susan Hayward and the other one was Dean Martin. It kind of intrigued me. I stayed for the day and watched them film.

"That was my first touch of the movie making, but never thinking I'd ever do that kind of stuff."

Following his time working in the college's drama department, Dai moved to Los Angeles to enroll in the Arts Center College of Design.

After having his portfolio observed at this well known institution, Dai was rejected admission.

Dai instead studied art at Los Angeles City College. But after learning about the challenges of earning a living as an artist, he abandoned that dream in his life.

While experiencing uncertainties regarding his future, Dai spoke to his college roommate who worked in films as an extra actor and stuntman.

At that time, a casting agency was seeking a cast of thousands of people and was still working to fill that order.

It was because of that conversation that Dai later became a member of that cast.

Dai noted that this experience led to a role in the1965 20th Century Fox film, "Morituri."

"I got paid $75 for pulling a rickshaw about 25 yards, and the movie stars were Marlon Brando and Yul Brynner," he said. "And that was pretty exciting just to meet movie stars, period."

Following his role in that film, Dai's association with his college friend led to two more movie roles.

With that work arranged, Dai joined the Screen Extras Guild.

Dai said that it was his membership in that organization that gave him opportunities for many more film roles.

"See, back in the 1960s, they used a lot of Asians, because we were considered the bad guys," he said. "I think that happened when (the 1964 film), 'Goldfinger' came out. They used a lot of Asians in (that film), and then all of a sudden all the other TV shows started using Asians."

Dai said that aiding in his acting was the martial arts he learned from friends and while working security in the U.S. Air Force.

Recalling his friends who knew martial arts, Dai explained his use as a human punching bag.

"They were all into martial arts, so they needed someone to punch on," he said. "So, guess who they picked? Me!"

As he progressed in the film industry, Dai appeared in TV shows.

Dai recalled that experience.

"That led to the TV shows that I worked in, which (include) 'Get Smart,' which is a chaos agent," he said. "I was in 'The Wild Wild West,' then 'The Man from U.N.C.L.E.' and 'Star Trek.' Those are most of the TV series I worked in."

Dai also appeared in the TV series, "Voyage to the Bottom of the Sea" and "The Green Hornet."

In regard to the latter series, Dai recalled meeting martial artist/actor Bruce Lee on the set.

Dai explained that Lee, who played the role of Kato, did not make the best impression on him.

"I hate to admit it, but he was kind of cocky," he said. "I like to talk to people, and he came out and I just said hello to him and kind of small talked with him.

"He had this crate with all these kind of martial arts tools in it, and I asked him if he would demonstrate. He kind of didn't want to do it and then he actually took one martial arts weapon and he did a demonstration.

"That was about it. But (to) Bruce Lee, us guys were peones. He was rubbing shoulders with all the bigwigs. I just thought he could have been a little bit more friendlier."

As for some of the other films Dai appeared in, he recalled working in "The Sand Pebbles," with Steve McQueen, and "The Trip," with Peter Fonda.

Another film Dai appeared in starred Mickey Rooney. He said that film became mysterious to him, as he never knew if it was ever released.

One of the more unusual films Dai appeared in was the 1968 movie, "The Bamboo Saucer," which featured competing Soviet and American teams that find a flying saucer in Communist China. He played the role of a Chinese captain in that film.

Dai said that "First to Fight," with Chad Everett playing a Guadalcanal Marine hero, made him the most money.

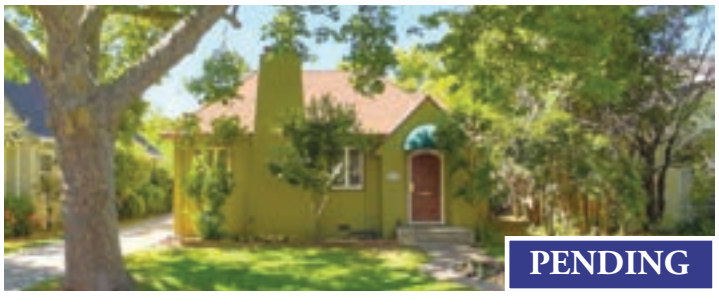
"I got bazookad out of a cave and I was set on fire," he said. "It was a three-day shoot, in which I earned about $2,400. That was really good back in those days, back in the 1960s."

See Stuntman, page 13

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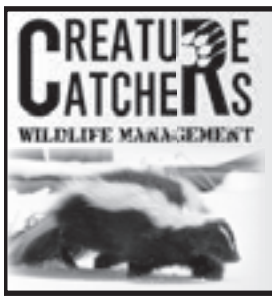
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Stuntman:

Continued from page 11

Dai added that he was involved in a lot of action scenes in films.

"(It was) mostly martial arts, shooting rifles, getting blown up," he said.

In about 1971, after being a few years away from his Hollywood film days, Dai returned to a film set for two reasons: He was Asian and he could ride a horse.

Recalling that experience, Dai said, "They said we need more Asian people that can ride horses. And there was not even a handful of Asian people (in the industry) that have even been on a horse."

Dai said that his return to working in this industry, in the film, "Lost Horizons," proved to be his worst employment experience.

"My scene was on horseback chasing the plane, which was really terrible, because (the plane) blew all that sand on the horses and in my face and we couldn't see where we were going," he said. "About three people fell off their horses and got hurt. So, that was the worst job I ever got."

Because having a secure future in the movie industry was not certain, Dai eventually enrolled and graduated from dental school. But Dai said he decided after three days of carving crowns for teeth that he did not want to continue working in that field.

Dai's employment years also include working for a private audio-video company from 1994 to 2000.

Dai, who has two sons and is enjoying his retirement years, summarized his time working in the film industry.

"My memories of my years in the movie business: I met a lot of famous movie stars and made a lot of good friends on the sets, and I have no regrets," he said.

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Stabilizing Colonies

SSPCA offers free spay/neuter program for feral cats

By LAURA I. WINN

At 6 months of age, a feral cat can have her first litter. Two to three weeks after giving birth, she can go into heat again. Then she may have as many as three litters each year for the rest of her life – litters that birth their own litters as the cycle continues. The feral cat population is a "big problem" in Sacramento, said Andrea Stetars of the Sacramento Society for the Prevention of Cruelty to Animals (SSPCA), but it's a problem with a workable solution: TNR, which stands for trap, neuter/spay and release.

Since June 2007, the low-cost Sunday Feral Cat Clinic at the SSPCA has spayed or neutered over 28,000 felines, and now through the rest of 2018, all Sunday clinics are free. Sacramento County, Sacramento City Animal Services, private donors, and Coalition for Community Cats have covered the $17 cost for these services, which are available by appointment-only. In addition to the sterilization surgery, these cats receive vaccines for rabies and FVRCP, as well as flea and ear mite treatment. The cats' ears are tipped to mark them altered.

After their appointments, the cats are released back into their colonies. Releasing the cats is an important step because it prevents colony vacuums – environments with resources, such as food, water and shelter – that suck in new colonies of cats when the original colonies are removed. The TNR Program stabilizes the colonies, and they eventually shrink over time. Such colonies are found all over the Greater Sacramento Area and have "hot spots" in highly populated areas, and areas with high resident turnover, such as apartment complexes and student housing, explained Setars, who serves as the TNR Program Coordinator.

When the SSPCA first started the Sunday Feral Cat Clinic, it was only available once per month, and the vet saw just 20 to 30 cats at a time. Now in its 11th year, three vets spay or neuter 100 to 150 cats each Sunday, or as many as 600 cats a month. Those high volume numbers are not necessarily due to an increase in feral cats, but rather a greater awareness of the problem and an increase in resources.

"Awareness is a good thing, whether it makes life harder for us or not," said Kay Schlegel, who runs the nonprofit Coalition for Community Cats. She and her team of about 10 to 15 volunteers man the first Sunday clinic of each month, in addition to covering all of the costs. From 7 a.m. to 5 p.m., the volunteers check in cats, transport them for shots, observe the cats after surgery, and then discharge them back to their trappers.

Susan Heaton is one such trapper. At any given time, she has as many as 14 traps in her backyard and others on loan. She trains volunteers how to safely trap and handle cats to prevent injury to the cats and to themselves.

"I try to help everyone that comes my way – teaching people the ropes, helping them get vouchers and space in clinics," she said.

In addition to the Sunday clinic, the SSPCA accepts trapped ferals at its spay/neuter clinic Monday through Saturday for a cost of $50 for a female and $35 for a male. Coalition for Community Cats provides volunteers with vouchers to help cover the cost of this first-come, first-serve option.

Heaton and a group of about 20 other dedicated volunteers utilize both options in the TNR Program. While the volunteers are always busy, Heaton said they become swamped in the summer when kitten births spike. "We're killing ourselves trying to make a difference," she said. "We're overworked and overburdened."

When trappers find kittens, they or other foster volunteers try to rehabilitate them for adoption, but this requires a lot of time and effort, and it is not always possible. Kittens born in dirty colonies often suffer disease and die.

It's that suffering that motivates the feral cat community to continue to help. "We feel the heartache of these cats that continuously breed. We see kittens at risk, mothers at risk. We see the fighting of the males for procreation, and we just can't stand it," explained Schlegal, who along with everyone at her nonprofit is unpaid. Private donors and a yearly walk-a-thon fund their work.

Stetars credits volunteers like Schlegal and Heaton with inspiring her work at the SSPCA. "They are such a force and a champion, a truly overlooked part of our community."

The SSPCA and Coalition for Community Cats are always looking for more volunteers, but most importantly, they stress the need for everyone to follow a simple rule with all cats, feral or domestic: If you feed it, fix it.

For more information on TNR in Sacramento, visit sspca.org/feralcats, coalition4cats.org or sacferals.com.





What's happening East Sacramento?

SATURDAY, JULY 21

SUTTER'S FORT TO FOCUS ON FUN & GAMES WITH A SUMMERTIME "HANDS ON HISTORY" EVENING EDITION: Continuing a popular series of interactive and fun "Hands on History" activities happening on the third Saturday each month, Sutter's Fort State Historic Park and Friends of Sutter's Fort are proud to present a new and special summertime event -- "After Hours: An Evening Hands on History" on Saturday, July 21, 2018 from 6 to 9 p.m. As part of this new evening offering, Fort visitors will take a step back in time to the 1850s to participate in crowd-favorite pioneer fun and games such as marbles, the game of graces, and more. Plus, Fort guests will have the opportunity to explore and experience history in a variety of ways, including:

Watch Dutch oven baking demonstrations at 6 p.m.

Watch flint and steel fire making demonstrations at 6, 6:45, 7:45 & 8:45 p.m.

Take a 30-minute Fort tour offered at 6:30, 7:30 & 8:30 p.m.

Watch musket demonstrations at 6:30, 7:30 and 8:30 p.m.

Enjoy a campfire and marshmallow roasting activities at 8 p.m.

Admission to this special "After Hours: An Evening Hands on History" event at Sutter's Fort SHP is $7 per adult (18 and older), $5 per youth (ages 6 to 17) and is free for children 5 and under (regular admission pricing is $5 per adult, $3 for youth). For more, call 916-445-4422 or visit www.suttersfort.org.

MONDAY, JULY 23-SUNDAY, JULY 29

SAUCY & SENSATIONAL…SACRATOMATO WEEK RETURNS TO MIDTOWN'S SUTTER DISTRICT : Get ready to savor the tomato when Midtown Sacramento's Sutter District presents the fan-favorite Sacratomato Week July 23-29, 2018. To celebrate Sacramento's signature commodity, the vibrant and engaging restaurants, bars and nightclubs located in Midtown's Sutter District will offer tomato-themed menu options, drink specials and more. Restaurants, bars and nightclubs in the Sutter District include the following: Barwest, Biba, Blue Cue, Centro Cocina Mexicana, Harlow's Restaurant & Nightclub, INK Eats & Drinks, Paragary's, Midtown and Red Rabbit Kitchen & Bar. Guests to Sutter District restaurants and bars are encouraged to post enticing images of their tomato-themed dishes and drinks on social media during Sacratomato Week. To be entered to win great prizes, guests simply post an image, tag the venue and also include the hashtag #sacratomato2018. Sacratomato Week prizes include valuable gift cards to Sutter District restaurants & bars plus unique experiences to places such as B Street Theatre, Sutter's Fort State Historic Park and more. Fresh and fun Tomato Trivia activities will take place at various places throughout the Sutter District, including at the Midtown Farmers Market on multiple Saturdays in July, on social media, and prior to the Free Outdoor Movie Night showing of "La La Land" on the walls of Sutter's Fort State Historic Park on July 14 at approximately 8:30 p.m.

A Sacratomato raffle will take place at the Midtown Farmers Market on Saturday, July 21 (leading into Sacratomato Week) and again on July 28 (when winners will be drawn). Raffle prizes include valuable gift cards to Sutter District restaurants & bars plus unique experiences to places such as B Street Theatre, Sutter's Fort State Historic Park and more. Surprise appearances by the Midtown Mascot (aka "Juicy Tomato") throughout the week and/or during the Midtown Farmer's market in July.

Sacratomato Happy Hour Specials!

Sacratomato Week enthusiasts are encouraged to browse the Sutter District each weeknight from 5 to 6 p.m. to enjoy Happy Hour edibles and refreshments being offered by participating Sutter District bars and restaurants, with suggested stops at the following:

Barwest, Biba, Blue Cue, Centro Cocina Mexicana, INK Eats & Drinks, Paragary's Midtown, Red Rabbit Kitchen & Bar,

Sacratomato Food & Drink Offerings!

Delicious offerings of tomato-themed drink and menu items bursting with the farm-fresh flavors that flourish in our agriculture rich region will be featured throughout Sacratomato Week, a sampling of which includes the following:

Paragary's Midtown – Pancetta and Spicy Salami Pizza featuring San Marzano tomatoes

Red Rabbit Kitchen & Bar – Brunch Bloody Mary

Harlow's Restaurant & Nightclub – Jean Harlow Burger with pickled tomatoes

Sacratomato Week is proudly presented by Midtown Sacramento's Sutter District with generous support from the Midtown Association. More information about the 2018 Sacratomato Week is available at www.exploremidtown.org. For more information about Midtown Sacramento, how to get around, special events, the Midtown Association and the Sutter District, please visit www.exploremidtown.org or follow on social media – Facebook at www.facebook.com/exploremidtown/ and @ExploreMidtown, #ExploreMidtown, @thesutterdistrict and #sutterdistrict on Instagram and Twitter.

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

RIVER PARK SACTOMOFO is bringing food trucks to River Park. The second Friday in July, August and September. Come out and enjoy some food truck food and music.5-8pm Glenn Hall Park,

CORN - HOLE EVERY THURSDAY NIGHT AT SACTOWN UNION BREWERY: Be a part of the Sports Social Club. XOSO Sports Host Corn - Hole League Every Thursday Night from 6:30 to 9:30 p.m. at Sactown Union Brewery, 1210 66th St. VISIT www.xososports.com to register. Because even adults need recess.

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.

PUZZLE SOLUTION

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BED ROOM SALE

ALL BEDROOMS ON SALE*



$699 reg $769
QUEEN SLEIGH BED
$799 KING SLEIGH BED
Nightstand $239
Dresser $669 Mirror $199

454215

$629 reg $689
QUEEN PANEL BED
$729 KING PANEL BED
(shown)
Nightstand $299
Chest $899



655131

$1079 reg $1199
QUEEN PANEL BED
$1339 KING PANEL BED
Nightstand $399
Dresser $979 Mirror $89



852116

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



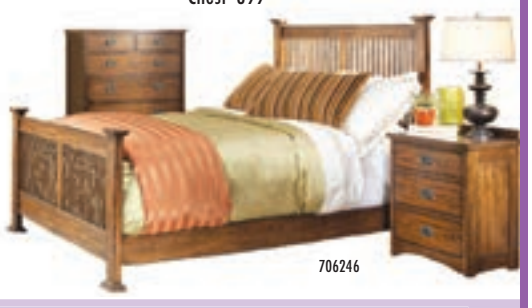
735382

$999 reg $1099
QUEEN STORAGE BED
$1279 KING STORAGE BED
Nightstand $359
Chesser $799
Mirror $169



437993

$799 reg $899
QUEEN MISSION BED
$969 KING MISSION BED
Nightstand $429
Chest $899



706246

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



494218

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



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