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East Sacramento News

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East Sacramento welcomes new Asian grill restaurant, Origami

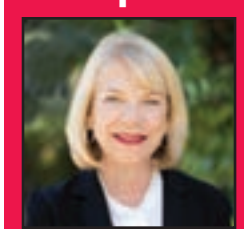
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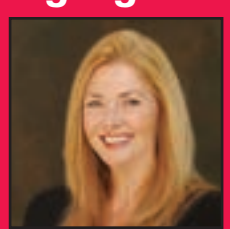
Refill Madness hit 21,000 refills, removes 3.31 tons of plastic from waste stream

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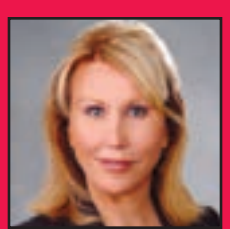
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Jammin' with the Marmaladies

By PAT LYNCH

"The hardest thing to do right is marmalade," the judge said. "If you only succeed in submitting an entry you should take pride." The Marmaladies (Barbara Ruona from East Sacramento and K.D. Proffit from Land Park) sat in stoic silence. So far today in the California State Fair Jams and Soft Spreads category they had received two red ribbons, a substantial achievement in this tough competition. But they were disconsolate. They were accustomed to winning blue ribbons in this demanding trial. Across the aisle from them six women sat drinking wine and chatting amiably. Were they all big winners? No, but they knew enough to bring wine while waiting out the results in this tense arena.

Another judge held up a jar, scowled at the lid. Ruona whispered, "More and more people are using the small jars. It used to be just us." Proffit nodded bleakly. A sign on the counter stated, "*Do Not Speak to the Judges. All Questions Must be Directed to the Master of Ceremonies.*"

The judge tilted the jar to the light. "This isn't good," she said. "The fruit and peel should be suspended. Always remove the membrane." She shook her head at the jar and sighed. (This was not a Marmalady submission, by the way.)

"She's the hanging judge," whispered one of the Marmaladies fan base.

Everything matters in this contest. The space between the product and the lid. The flavor. The texture. The look: is it luminescent or not? The hygiene of the entry. Hygiene? Yes. There must fastidious containment. One fated entry had a splotch of marmalade on the inner lid. Another showed shocking exterior stickiness. Down they went into oblivion.

The judge lowered the entry and picked up another. "Now to make this a perfect round of disappointment," she said. She held aloft a jar. "Low quality. This is just not good in every way. Low in the lid. Over processed and not set." (Again, not a Marmalady submission).

This reporter looked to the six ladies to see if any one of them grabbed the wine bottle, brought it to her lips and began chugging madly. But if the low quality offender was in this group she maintained her composure.

Proffit took notes as the judge went on to critique another entry. Then came a brief break. "We got too cocky," Proffit said. Then she looked up "cocky" on her phone while fans gathered. She read aloud: "Conceited or arrogant, especially in a bold or impudent way." Well, that was definitely not the Marmaladies. "You two are not at all impudent or arrogant," declared fan Ellen Cochrane.

The reporter asked Proffit to sum up the long day. "We're having a re-learning experience," Proffit began, then laughed. But her shoulders slumped. The reporter was struck by the brave face the Marmaladies put on, by their stout-heartedness, their humor, their refusal to blame the judges or one another, their refusal to make excuses.

All returned to their seats for the final results. This time the judge examined a small jar and said, "This one has a really good flavor and is a beautiful color. First prize." The Marmaladie's sat up straighter. A exhalation of relief escaped Proffit. Ruona grinned and closed her eyes. It was their jar. They had done it. A blue ribbon at last. A blue ribbon for the gifted team who today proved their good sportsmanship as well.

But wait. Wait, wait, wait. The following Sunday the final, final results came in. The Marmaladies had earned two blue ribbons and a Best of Class. Two Seconds, two Firsts and a Best of Class in their first ever kumquat fruit entry. They'd outdone even themselves.

"We're ecstatic," said Proffit.

"It's a real honor," Ruona added. "This is a field of such talented home cooks."

It fell to fan Eileen Lynch to sum up the struggle. "The Marmaladies place in the pantheon of champions is preserved for yet another year," she said.

East Sacramento welcomes new Asian grill restaurant, Origami

By JOE PERFECTO



Photos by Joe Perfecto

A patio under jumbo red parasols and a facade featuring wood accents and lots of glass greet visitors to the new Origami Asian Grill.

Less than two weeks after "The Other Side"—the newest of Track 7 Brewing's three locations—opened at 51st St. and Folsom Boulevard, East Sacramento welcomed yet another addition to its growing inventory of dining venues. Situated just three blocks away at 4801 Folsom Blvd., Origami Asian Grill features fusion cuisine and, like The Other Side, employs the fast-casual dining model and a modest, focused menu.

Origami also joins The Other Side in offering healthful renditions of standard dishes and using ingredients at their peak of quality and flavor that are sourced locally whenever possible; some herbs and produce are even grown to the restaurant's specifications. The menu includes customizable items, which start with a fixed base, such as noodles and egg or rice and vegetables, to which are added sauces and protein of the customer's choosing. The ramen entrée, for example, starts with house-made noodles and a 63° egg; a diner then selects a broth, vegetable(s), and grilled chicken, glazed pork belly, smoked tri-tip or marinated tofu. (A "63° egg" is slow-cooked sous vide at 63° C/145° F for an hour, which solidifies the white but leaves the yolk runny.)

The menu, designed by seasoned co-chefs Scott Ostrander and Paul DiPierro (both native Sacramentans and East Sacramento residents), incorporates Chinese, Japanese, Korean, Vietnamese and Thai influences via appetizers such as poke and sunomono and entrees like bánh mì, cold noodle salad, ramen and the quintessential rice bowl.

Beverage options run from the mundane to the esoteric. There's the typical Coke, root beer and 7-Up, and for the more adventurous, Ramune Raspberry, Sipp Ginger Blossom and Sungo Passion Fruit. To optimize pairing with food, the beer is mostly Asian-style; no American mass-market suds here. Instead choose from Master Gao (China), Namazu (pale ale from Santa Rosa), Orion (Japan), Yanjing Lager (China) and Hitachino White Ale (Japan), a delicate Belgian-style offering brewed with coriander, nutmeg and orange peel. There are four sakes (two sparkling) and four wines (a chard, a pinot gris, pinot noir and rosé).

In addition to the standard menu, at the small bar adjoining the prep area Origami plans to offer "Chef's Counter" Friday and Saturday nights, a prix fixe progressive dinner limited to five diners and requiring reservations.

Visitors may notice the painting of a huge white chicken on one wall of the foyer, which bears some resemblance to that appearing at The Other Side. Perhaps this is no coincidence as both restaurants feature an order of a half chicken, although Origami's is fried and offered as an appetizer while The Other Side's is a rotisseried signature dish. (Perhaps said chicken might be a suitable symbol for East Sacramento's growing culinary scene. Of course, future restaurants could use an egg instead, which would certainly settle the question of which of the two came first.)

Origami is closed on Sundays; visit 11 a.m. to 10 p.m., Monday through Thursday and 11 a.m. to midnight on Fridays and Saturdays. A late-night menu will be available via a walk-up order/pick up window from 10 p.m. to 2 a.m. on Fridays and Saturdays.

Origami's Website, https://www.origamiasiangrill.com/, is still under construction, but info is available via https://www.facebook.com/Origami-Asian-Grill-639902712863365 and at 916.400.3075/916.995.0066.



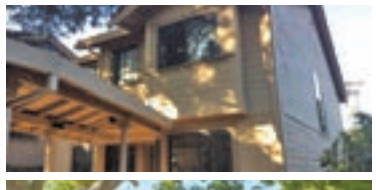
The dining room offers a view of the meal prep area and the environs outside.

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Young East Sacramento man facing heart attack risk fights and wins insurance battle

Experiencing challenges to access appropriate medical care and medication is an unfortunate yet ongoing issue in the U.S. For East Sacramento resident, Dan LoDolce, having to navigate roadblocks to care has almost cost him his life – first in getting an accurate diagnosis for a common but not-well-understood genetic condition, and then battling his insurance company for needed medication to manage the condition, which he just recently won.

Unfortunately, Dan's story is not unique. Dan belongs to a large group of people with familial hypercholesterolemia (FH), a life-threatening and very common genetic condition that affects one in 250 people. FH is characterized by extremely high LDL "bad" cholesterol levels, and can lead to aggressive and early-onset cardiovascular disease resulting in heart attacks, the need for bypass surgery or stents and even premature death. Many patients diagnosed with FH are still fighting for access to PCSK9 inhibitors, a new FDA-approved class of drugs specifically developed to treat FH. In fact, 63 percent of patients with presumed FH have been rejected by their insurance for FDA-approved PCSK9 inhibitor therapies, effectively barring them from access to these drugs.

What follows is Dan's personal account about living with FH, and his struggle to access appropriate treatment for his condition.

By DAN LoDOLCE

When I was 32 years old, I had open heart surgery. I had this quadruple bypass surgery on my heart not because I did not exercise or did not eat well – I did. I had heart surgery because I was born with a common condition that most people, including physicians, are not aware of. I was born with familial hypercholesterolemia (FH), a life-threatening and very common genetic condition that affects one in 250 people. FH caused damage to my arteries and that is the reason I had to have bypass surgery. Unfortunately, most people are like me and go for years without a diagnosis.

My story begins in 2010, when I first started going to see a doctor with chest pains that I thought was muscle tightness. I was told that I was too young to have a heart issue and that it was most likely heartburn or anxiety. Even though my LDL – the "bad" cholesterol - was over 420 mg/dL, I was sent home with a bottle of antacids. You see, normal LDL cholesterol levels are closer to 100 mg/dL, which means that my cholesterol was three times the normal amount. I knew something was wrong, so after trying for two years with no success, I found a new doctor.

My new doctor immediately sent me for a stress test and discovered that my arteries were 80 percent blocked and one was 99 percent blocked. One week later I had my bypass surgery. I finally received a diagnosis of FH and was told that FH causes high LDL or "bad" cholesterol levels from birth. My doctor explained that when untreated, FH can lead to early heart disease like mine. Unlike ordinary high cholesterol, FH can't be managed by diet and exercise alone.

I immediately began taking two different medications to lower my cholesterol. While both medications helped, I still couldn't get my cholesterol to safe levels. Since I had already had bypass surgery, I needed to do everything I could to get in control. I learned of a new therapy called a PCSK9 inhibitor which was specifically developed to treat familial hypercholesterolemia.

However, when I applied to get coverage for the PCSK9 inhibitor that my doctor had prescribed, I was denied by my insurance. Although PCSK9 inhibitors have been shown to lower LDL cholesterol and reduce the risk of heart attacks, my insurance did not understand the severity of my FH diagnosis and refused to approve the medication.

I turned to the FH Foundation (www.theFHfounation.org), a non-profit research and advocacy organization focused on improving diagnosis and treatment of familial hypercholesterolemia. Together, we were persistent and eventually I was approved.

Unfortunately my story is not unique. Ninety percent of people with familial hypercholesterolemia are not diagnosed. While many of those with FH can be treated with a statin, some like me need more help but are facing additional hurdles in the way of treatment. Two thirds of people with FH prescribed a PCSK9 inhibitor by their doctor are being denied coverage, even though the policies of the insurers indicate they will cover the therapy. Multiple studies have pointed to this unprecedented denial rate, along with the heavy prior authorization burden that means patients and physicians have to repeatedly submit documentation and paperwork.



I am one of the lucky few because I was diagnosed and eventually prescribed and approved for a PCSK9 inhibitor. There are over a million people in the United States, and 5,000 just here in Sacramento, who have FH and do not know it yet.

My goal is to help make familial hypercholesterolemia visible. We have the ability to prevent the number one killer in the United States – heart disease – by diagnosing and treating FH. Research has shown that treatment of FH can reduce the risk for heart disease by 80 percent. The impact of diagnosing and treating FH will last for generations. Since FH is inherited, every child or sibling with a family member with FH has a 50 percent chance of inheriting the disorder.

If you or someone you know has a family history of early cardiovascular disease and high cholesterol, please visit the FH Foundation (www.thefhfoundation.org) to learn more. You may be saving a life or a family of lives.

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Refill Madness hit 21,000 refills, removes 3.31 tons of plastic from waste stream

Refill Madness, Soap Dispensary and Gift Shop, remove single-use plastics from the waste stream by refilling customers' existing bottles/containers with everyday products such as dish liquid, laundry detergent, hand soap, shampoo and lotion.

Customers bring their own clean containers and pay by weight. On June 20, the shop hit 21,000 refills, roughly 3.31 tons of plastic diverted from landfills or recycling centers. But, Refill Madness does more than refill, they bring awareness to the global plastic pollution problem and help consumers decrease their plastic consumption.

For those customers who are learning more about plastic pollution or who are trying to decrease their plastic footprint by living a zero-waste lifestyle, the shop offers a location where products that consumers use every day can be replenished without the need to buy new packaging. The shop also offers free zero waste classes, usually on a monthly basis, in Sacramento.

Refill Madness is also a donation center for several items that would normally be thrown away and sent to a landfill such as: clean mascara wands, worn out athletic shoes, eye glasses, wine cork, and clean pet food bags.

The local business also sells several DIY ingredients in bulk for those who prefer to create their own products such as witch hazel, shea butter, massage and body oils, bentonite clay, and essential oils.

The biggest seller is laundry detergent which is used by the majority of consumers and in large quantities. One great aspect of refilling at Refill Madness is that customers can choose the quantity they want or need so, for people on a tight budget or want to try out new products, they now have more options than the typical store offers. Furthermore, products are name brand and eco-friendly where you can even find vegan and gluten free options, especially for bath and body products. Many consumers have skin sensitivities and appreciate the ability to sample products before they commit to a large quantity or spend more than they need.

In 2017, Refill Madness was awarded the Sustainable Business of the Year Award for Pollution Prevention from the Business Environmental Resource Center (berc) in Sacramento. The store itself only produces about 5 gallons of trash each month (landfill trash), everything else gets recycled or reused immediately



by giving it away on Craigslist such as cardboard and 5-gallon buckets, and all of our food waste is picked up via bicycle and composted by Scott Thompson at the Oak Park Community Garden.

Refill Madness is located at 1828 29th St. Sacramento, between the Sacramento Food Co-Op and Revolution Wines (between R and S Streets). Parking is available in the Temple Parking lot, Street parking, or if you shop at the Co-op you can use their parking lots (garage and front of store). Phone number is 916-382-4823 and website www.RefillMadnessSacramento.com

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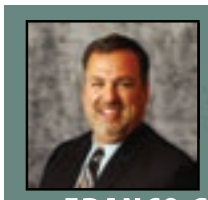
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"The Opioid Epidemic: Don't Forget the Chronically Ill."



By TERRY MCSWEENEY

(Editor's Note: Terry McSweeney will host "The Forum on the Opioid Crisis" with the support of the 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 3 in a series on various aspects of the opioid crisis.)

A few months ago I went to another forum on the opioid epidemic. I listened to the panelists to hear their viewpoints on the crisis. It was all very interesting, but one thing was lacking. During the intermission, I began a conversation with one of the panelists. I mentioned to her what I thought was lacking. I told her, " No one has mentioned those people who actually need the opioids to survive, the chronically ill." She said, "You are right." When the panelists reconvened each panelist reviewed their thoughts and that panelist added, "Let's not forget the chronically ill." An expert had to be reminded that the chronically ill are a very important part of the opioid epidemic that should not be forgotten. My mom is one of those chronically ill people that should be remembered.

It was 6:00 am on a Tuesday morning when I got the call from the assisted living facility where my 90 year old mom lives. Her caregiver told me that she had been up all night writhing in back pain. Her regularly prescribed medicine, 1000mg of Tylenol was not relieving her severe pain. They had to send her to the emergency room for a stronger treatment. When I got to the hospital, the doctor had tried a small dose of stronger pills twice, still no relief. Mom finally got a little relief when 2 doses of morphine were administered via IV, but she still was in a great deal of pain. The doctor then said she could go home where she would have to go back to her regular meds and get no relief at all. Mom kept moaning in pain as she was helped into my car. Her questions: "Are you sure I should be going home? How will I get through the pain? I can't move." When we arrived at her place, it took 2 caregivers helping me to get her into her apartment, while she was still writhing in pain. The doctor was limited in what he could do to help her by hospital policy.

A doctor rose to make a comment at the previous forum. No name was given or where he practiced because of the fear of losing his job. He said he was against his hospital's opioid policy. He wanted to be able to help those chronically ill people who came to him with guided opioid use, but he was no longer allowed to do so. It was important for him to keep his job so that he could help them in some small way even with the limitations.

Maggie Fox (NBC) wrote, "Pain patients beg the FDA (Federal Drug Administration) for more options, easier access to opioids, people with chronic conditions cope with prescription restrictions and limited alternative therapies amid the opioid crackdown." (Smith, E) She adds," Many chronically ill patients deprived of the tools to manage their pain have felt so desperate. (Fox). Sadly many of them are making the choice to commit suicide." Recently my friend said her doctor was going to cut her opioid use in half. She shook her head in desperation and said, "Without these meds I might as well kill myself." Fortunately with love and support she did not, but we can no longer take the chance that millions of the chronically ill will follow through and commit suicide, we have to encourage legislators and other leaders and organizations to never forget the chronically ill. One of those leaders, FDA Commissioner Scott Gottlieb, M.D. "The FDA remains focused on striking the right balance between reducing the rate of new addiction by decreasing exposure to opioids and rationalizing prescribing, while still enabling appropriate access to those patients who have legitimate medical need for these medicines." (7/9/18) We need to be the voices for the chronically ill and make sure they are not forgotten.

If you know any doctors, legislators, nurses, caregivers, chronically ill patients, and others that have had experience with the opioid crisis including those addicted or their families, who might be interested in being a panelist, call or text Terry at 916-204-7199. Also, if there are any medical marijuana experts who have experience with cannabis aiding in the elimination of opioid addiction, who might be interested in being a panelist, contact Terry or Monica (916-267-8992).

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.

19th Century Baseball comes to Sacramento on August 5th



Central Valley Vintage Base Ball is hosting a free 19th Century baseball event on Sunday Aug. 5 at Doc Oliver Field in William Land Park, starting at 9 a.m. CVVBB will be spending the morning teaching the rules and history of 19th Century baseball and putting them into action by playing a game with period-accurate equipment. All are welcome to participate regardless of age, race, gender, sexual orientation or skill level.

1864 baseball differs from the modern game in a few key ways. Instead of gloves, players simply used their hands to catch batted balls, pitchers throw the ball underhand and the umpire stands off to the first base side of home plate instead of behind the catcher. The early game also uses the "bound rule," which means if a fielder catches a ball after it bounces only once, it still counts as an out, making it easier to catch the ball without a glove.

A recipient of a spring 2018 California Humanities Grant, the organization channels the long history of the game in the region. The first organized club in Sacramento was formed in November 1859 and the first recorded game took place a year later between Sacramento and the San Francisco Eagle Club. By the 1880s, local clubs had sprung up in Woodland, Dixon, Davis, Stockton and surrounding cities.

Though he had never played baseball when he was younger, founder Matt "Brandywine" Stone fell in love with the game when he joined a vintage league while living in Pennsylvania's Brandywine Valley (hence his nickname). When he moved to the Sacramento region in 2016, he couldn't find a similar program, so he resolved to start his own.

Since its inception in late 2017, the organization has been growing with each successive event. CVVBB hopes the Aug. 5 event is the first of many that involves the City of Sacramento. Stone aims to recruit enough players to establish four teams in the Sacramento region by 2019, re-creating historical teams in Sacramento, Davis, Woodland and Dixon, with the possibility of expanding into other parts of the Central Valley.

Since the organization is an association and not a league, games are more about having fun and celebrating the history rather than winning and losing, making it a welcoming environment for anyone interested in history and the game of baseball.

For more information, visit cvvbb.org, follow the organization on Facebook and Instagram or contact Matt "Brandywine" Stone directly at CentralValleyVintageBaseball@gmail.com.





Arts & Activities



AUGUST LUNCHEON

Wednesday, August 8, 2018
12:00 AM - 1:30 AM



Clunie Community Center
601 Alhambra Blvd

CREATIVE SPACE WORKSHOP

Saturday, August 18, 2018

10:00 AM - 12:00 PM

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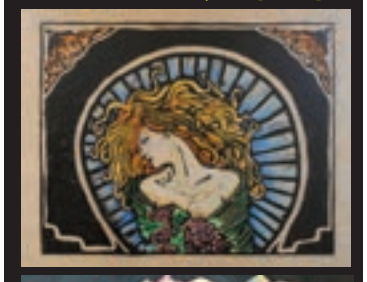
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Closing Reception: September 28, 2018 (4th Friday) – 6pm-9pm

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

Honey Tasting at the California State Fair with a Local Honey Bee Farm

By JAN DALSKE



Most of us have probably heard of "wine tasting". But I bet you have never heard of "honey tasting". And, I had not heard of it either, not until I was at the California State Fair at the California Kitchen Building's Honey Shoppe. The University of Davis Honey and Pollination Center was giving some varietal honey tasting classes. Sola Bee Farms, family beekeepers located in Woodland and Petaluma, CA, was there also, providing information about their honey and bee farm. The Tauzer family had many of their varietal honeys on display and open for sampling.

Sola Bee Farms is powered by the energy of the sun. As a solar powered and sustainable beekeeping business, they are committed to earth friendly agricultural practices. Their honey is authentically Northern Californian, all-natural, and a local product. When it comes to the honey varieties available, they offer every honey lover a "perfect fit". Honey is made from the nectar and pollen from flowers and plants, and around the world there are thousands of different honey plants which produce nectar for honey bees to make honey with. The Tauzer Family prides themselves on maintaining healthy bees from safe, healthy local regions.

Sola Bee Farms has been evolving since 1861 when they homesteaded and their farm has evolved and gone through innovations as the times have changed. They are committed to caring for the land and preserving family farming. The family is committed to sustainable farming and agriculture. They have honey from their bee hives placed on neighboring ranches and farms in Sonoma, Napa, Solano, Marin, Monterey, Yolo, Colusa, Sacramento, Sutter, Contra Costa, Yuba, San Joaquin and El Dorado Counties.

Honey tasting can be fun as well as informative. The colors, aromas and flavor profiles or each varietal are endless. When looking for honey, you should look for honey produced by a local beekeeper that is not imported. You can go to your local farmers market and talk to the people that are selling the honey. Ask them about their bees and the types of honey plants that are blooming in their area.

Pure honey is rarely perfectly clear and transparent. It can be a little "foggy", which means that the pollen and wax hasn't been filtered out, maintaining its original rawness. Most importantly, good honey will have layers of flavor. While sugar and other sweeteners are simply sweet, honey can express floral, grassy, fruity, or woody flavor notes.

If you want to have your own Honey Tasting Party, here are some tips to have fun and get people excited about honey. Tasting honey opens up conversations about honey bees, pollination, travel, honey plants and where our food comes from. Serve a variety of cheeses, crusty bread, crackers, and fresh or dried fruits. Nuts and vegetables, sundried tomatoes, and olives are great additions also. Set up a buffet table and arrange the cheeses on a large white platter. Offer a selection of wines. Don't forget the napkins, as drizzling honey can get sticky. Set out plenty of spoons to serve the honey. But, most of all, have fun and just enjoy the honey tasting experience. I know I did.



Faces and Places:

11th Annual

Fab 40's

5K RUN/WALK



Photos by MONICA STARK

The 11th Annual Fab 40's 5k Run/Walk and ¼ mile and ½ mile kids' fun runs started and finished at the highest point in our City – in beautiful East Lawn Memorial Park in East Sacramento. Realizing there is a tremendous need in the local community to help caregivers and their families, the Fab 40's committee donates all proceeds from this event to the Alzheimer's Association www.alz.org.









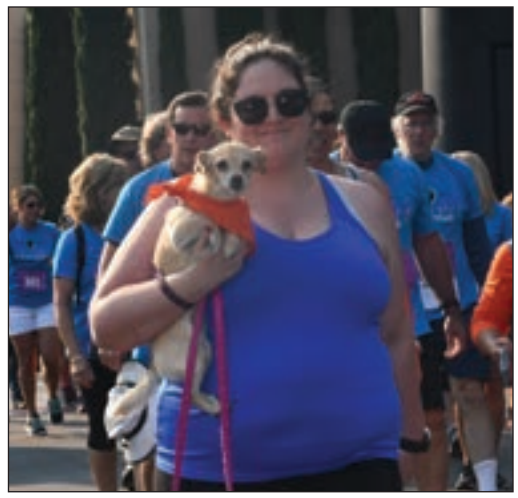






















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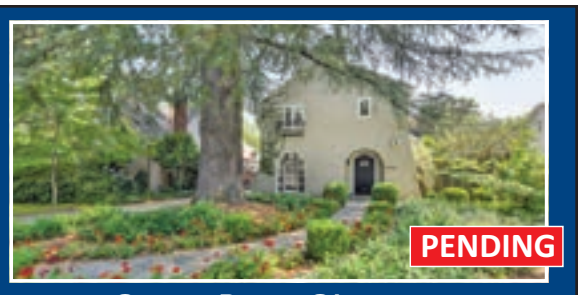
- Sample local wines among downtown Murphys' 20 tasting rooms *(4 miles)*.
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- Enjoy golf in Forest Meadows or at other golf courses in Arnold *(8 miles)* and Angels Camp *(14 miles)*.
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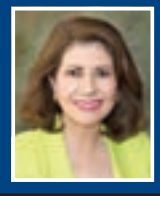


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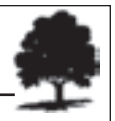
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What's happening East Sacramento?

FRIDAY, AUG. 3

BUILD FROM A BOOK! – Come join us and get creative inspiration from the book of your choice. We will have an assortment of how-to, picture books, and fiction books to choose from. Read the books, then choose from a variety of craft supplies including boxes, paper towel rolls, jewels, felt, and more to make your own innovation as shown or described in the book! School Age. Friday, August 3 from 3:30 to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

TUESDAY, AUG. 7

READ TO A DOG – Love animals? Then come read to a trained therapy dog from Lend-A-Heart. This is a great program for struggling or reluctant readers – the dogs are great listeners! Children may bring their own books or borrow from the library. This monthly, school-aged program takes place Tuesday, August 7 from 3:30 to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, AUG. 10

SCIENCETELLERS: THE WILD WEST – In this show, we will help the Sciencetellers solve a Wild West mystery involving runaway trains, an abandoned mine shaft, and a very important piano! Throughout the show, the Sciencetellers will highlight some scientific principles that made the Wild West so wild, such as air pressure, chemical reactions, and combustion. School Age. Friday, August 10 from 3:30 to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

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 Sutter's 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.

TUESDAY, AUG. 14

ICE CREAM SOCIAL WITH MAGICIAN PERRY YAN – Come celebrate the completion of Summer Reading with us at our annual ice cream social! Start the evening with face painting and free ice cream for everyone; stay for a magic show with Perry Yan. He will astound and entertain us with sleight of hand, card tricks, humor, and audience participation. All ages welcome. Show starts at 6:30 p.m. Tuesday, August 14 from 6 to 7:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, AUG. 17

LEGO MANIA! – Like building with LEGO bricks? Join us for our monthly free-play afternoon! LEGO and DUPLO LEGO bricks will be provided for this free, family program. Friday, Aug. 17 from 3:30 to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

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 YEAR'S 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.

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

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

Watch for our Semi-Annual insert

SENIOR LIFESTYLES

In papers on 8/9 and 8/16

Senior services, Resources, Products & Events!

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Local Jewish women held fashion show retrospective and installation of officers

By NELA LEE



National Council of Jewish Women Sacramento Section held a "Fashion Show Retrospective and Installation of Officers" on June 7, 2018 at the KOH Library in Sacramento. NCJW members walked the runway with European fashion from the mellie j collection, which represents brands produced from natural fabrics or ethically sourced textiles.

The National Council of Jewish Women is a volunteer organization that has been at the forefront of social change for over a century — championing the needs of women, children, and families — while courageously taking a progressive stance on such issues as child welfare, women's rights, and reproductive freedom. For more information about NCJW Sacramento, visit www.ncjwsac.org.



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