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Monica Stark

East Sacramentan releases book on working at UCDMC psychiatric emergency services

By PAT LYNCH

A career in crisis is not something most of us would choose, but John Farrell of East Sacramento chose it, survived it and wrote a book about it. The book is, The Crisis Clinic, and Farrell, a Ph. D and L.C.S.W., produced a riveting account of working in Psychiatric Emergency Services at UC Davis Medical Center. His writing garnered accolades from fellow professionals and ordinary readers were drawn into a world of chaotic humanity where Farrell and his team battled the impossibly varied permutations of mental illness.

"If you work in the biggest trauma center in our area it can get exhausting," he said. "What was so hard was knowing when I sent patients out there were so few resources for them."

The book starts with a vivid, high speed police chase that brings in a patient who, fleeing captors, had jumped in the cold river and decided to drown, but was rescued. "He was angry about the listening devices that had been implanted in his brain,…angry about his food being poisoned, his house being gassed, his body being abused during his sleep, and angry that his family would be raped and murdered." How does a crisis staff treat such a tormented person, knowing that he is also driven by chronic methamphetamine and alcohol use?

Farrell's pace doesn't let up. There isn't a dull page. You come away from Crisis Clinic struck by the paucity of help available for patients recycled back into the community. "People in dire need of all sorts of services end up sitting under the overpass with the homeless," he says.

But he is not without hope. "There are lots of people with good hearts," he says. He believes these people are willing to be educated about mental illness and will want this city to step up and provide care. "And I like our Mayor," he adds. "He understands about the revolving door" that merely patches up a problem and funnels the victim back to the streets or to families ill equipped to cope. He adds that the Mayor understands mental illness on a personal level, having dealt with it in his family. Farrell believes this makes him a leader with an "educated sensitivity."

Dr. Will Green, a retired Kaiser psychiatrist found Farrell's work memoir "compelling." Adding that this was not a book only for professionals, he said "Farrell's done a real service here. He's shown the tremendous variety of mental health problems that pull patients from mainstream society and force them into a shadow world of delusion, hallucination, increasing drug dependence, isolation and despair. After emergency room care there is often simply nowhere for these fragile people to go. We have to address that. As a city of humane voters, Sacramento should act with compassion."

Lest you think Farrell's account is immovably despairing, it is not. One colleague, Debbie Cott from the UCD Crisis Team, described it as often "just plain laugh out loud funny and right-on." She is quite right. Wit, empathy and a fast paced narrative make it hard to close that last good page.

This reader hopes that all of you and every member of our City Council read this book.

Crisis Clinic is available on Amazon and Kindle.



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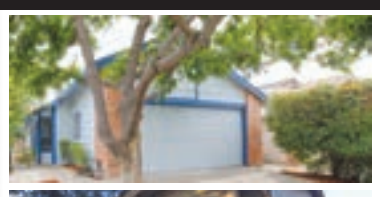


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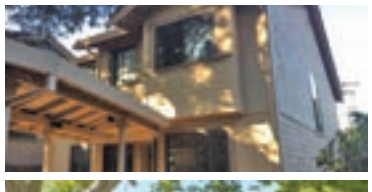
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A brief history of hula and current practices

By JOE PERFECTO

Dancing is among the world's most popular pastimes, in hundreds of styles that vary both regionally and temporally, ranging from the traditional Bhaṅgṛā of the Punjab to the hip-hop of the Bronx to the zydeco of New Orleans. Rooted in antiquity, the art form originated as a conduit for oral societies to pass down creation myths, legends, cultural histories and traditions through successive generations, as a ceremonial connection to the spiritual forces that inhabited their metaphysical constructs, as a means of bonding and as a method of expression.

Numerous dance forms exist in both traditional and contemporary versions. Although many traditional styles have common roots and were shaped by cross influences, a few are unique due to specialization and geographic isolation. Among these, perhaps the most familiar to Americans is the hula, a storytelling form found exclusively in Hawai'i.

A Polynesian dance style accompanied by chant or song, hula is generally categorized as either Kahiko (pre-Western-influence style) or 'Auana (latter-day style). While both traditional and modern forms portray stories through descriptive, expressive dance movements that reflect the content of the chants or songs, narrative of the Kahiko form deals only with themes from the era prior to roughly the late 1800s, by which point through heavy Protestant influence the islands had become a Christian monarchy under King Kamehameha III; musical accompaniment is limited to indigenous instruments such as the gourd drum (Ipu), water-worn lava stone castanets ('Ili'ili), rhythm stick (Kāla'au), coconut shell-fish skin knee drum (Puniu) and feathered gourd rattles ('Ulī'ulī). The 'Auana form—which embodies the mass media's contemporary stereotype—is not fundamentally changed in structure or technique but may reference post-late-1800s people and events, and employs 'ukulele and guitar.



Photos by Joe Perfecto

(L to R) Jade Poling, Maila Sun and Leah Pula of Sacramento's Ka Waikahe Lani Malie hula school performs at the Harris Center for the Arts in Folsom.

In both Kahiko and 'Auana there is significance attached to each movement and article of attire. The stereotypical image of a hula dancer that comes to mind for many people comprises an island girl clad in grass skirt, coconut-shell or perhaps scallop-shell bra, lei and some sort

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Restored Tower Records mural unveiled on K Street

By LANCE ARMSTRONG

A vibrant, colorful, psychedelic art mural hovering above the entrance of the former Tower Records store on K Street was celebrated last week as a crowd gathered for the unveiling of this recently restored, iconic piece of Sacramento history.

Forty-five years ago, graphic artist Frank Carson was commissioned by Tower Records founder Russ Solomon to create the mural on the ceiling and sidewalls above his business's front windows at 726 K St.

The building, which now has the address of 730 K St., was then home to the Solomon-owned record store, The Sound Peddler. It would become the site of a Tower Records store two years later.

After designing the mural, Carson worked with another graphic artist, Mitch Aronson, to paint this large art piece, which includes such images as the heads of females with blue hair, ships, ferns, butterflies and an oval-shaped area with a blue sky and clouds at its center.

As age and elements took their toll on the mural, the paint from this eye-catching artwork gradually began to deteriorate, and its future was ultimately in jeopardy.

It eventually became an uncertainty whether the building itself would be saved, as efforts to revitalize the 700 block of K Street moved forward.

Three years ago, while the artwork continued to deteriorate with fading and peeling paint, Ali Youssefi, of CFY Development, co-developer of the 700 Block project, launched the mural restoration project. But he would not see it through to fruition, since he died of cancer last March.

As part of his preliminary work, Youssefi met with Dennis Newhall, of the Sacramento Rock & Radio Museum.

During that meeting, Newhall showed Youssefi some of Carson's artwork, including large calendars he had created for Tower Records during the same era that he worked on the K Street mural.

Newhall said last week that he "kept Frank up in the progress" after someone from Youssefi's team informed Carson about the project.

Shaun Burner, lead artist of the mural restoration, said that it was also three years ago when he was approached by Youssefi regarding the possibility of restoring the vintage mural.

Having grown up in the Sacramento area and admiring this mural during his youth, Burner soon agreed to take on the project.

Burner said that the project had a variety of challenges, including the peeling paint on the ceiling, which had been left exposed to elements during a then-recent construction project at the building.

"When they were working on the building the last three years, they had to redo the roof completely," he said. "That ceiling was left exposed to the elements for two years and they had some holes in it to retrofit the ceiling.

"By the time we got to it and actually started to restore it, we had to just take off what little bit of the paint was left, because we couldn't just paint over this already crumbling paint."

Eventually, the only original paint preserved was on the two upper, back corners of the mural.

Burner noted that attempting to match paints for the mural was one of the project's greatest challenges, since the original paints had picked up a lot of grime and faded so much throughout the years.

But as far as the original pattern and imagery of the mural, Burner said that it is "definitely spot on."

Burner, whose experience in art includes creating other murals and working as an artist in various parts of the world, said that he first saw the K Street mural when he was about 13 years old when he came to the Thursday Night Market on his skateboard.



Photo by Matias Bombal

Frank Carson, (seated, red shirt) the artist who painted the original mural in 1973 with Mitch Aaronson, is surrounded by the team of artists that have restored the iconic Sacramento public art. They include: Seamus Coutts, Shaun Burner, Franceska Julianna, Jeff Musser and Mitch Aaronson's daughter, Sophie.

"I was always kind of mesmerized by (that mural)," he said. "So, looking back after working on this thing for the last two or three months, I realize how much it kind of influenced my own style."

Those assisting Burner in restoring the mural included Franceska Gamez, Jeff Musser and Mitch's daughter, Sophie Aronson.

Another name that Burner made sure to mention was Seamus Coutts, who he said he brought in as the project manager for the mural restoration project.

During last week's unveiling event, which also highlighted the upcoming opening of Solomon's Delicatessen at the former Tower Records K Street site, Carson sat at a table signing original copies of his Tower Records calendars. The calendars were sold for $50 each, but Carson's autographs were free.

Also offered were pieces of paint that were removed from the mural during its restoration.

In an interview with this publication, Carson said that

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Door to Door

with PAT LYNCH

How You Look at Things

The doctor makes a tiny incision in your eye, blasts the cataract with ultra-sound and the cataract (clumped protein that clouds vision) crumbles. The doctor carefully scoops out the defective lens. Next he inserts a new lens, one that is rolled up "like a taquito," he says. Pre-treated to correct your vision, it unfolds and replaces the lens that darkened and blurred your world. You're stoned from the anesthesia and thinking how great this man is. He is restoring clarity to someone who's been stumbling through shadowy months of dimming and failing vision. It felt at times like the world was turning a stupid, dull brown. But here he is, a giver of light, of color, of sight itself.

He moves on to the other eye. This time you feel something like tugging. But you don't mind. You think how wonderful. How kind he is to tug off your crappy cluttered lens. They're all kind, these people with masks and rubber gloves and crispy scrubs. You start to tell them about their greatness but feel yourself slur and fall asleep.

When you wake a nurse says you did great. She gives instructions for going home but it's hard to concentrate because you're still stoned to the bone. Somebody has taped eggshell type coverings over your eyes. The eggshells are dotted with small holes so thank God you can still see.

The nurse says things will be "a little fuzzy" for a while but before long your vision will be 100 percent. You thank her. You thank everybody.

"I love these people," you tell your friend and she guides you to the car.

"So you said," she says.

"Did I talk too much?"

"You kept trying to. But you'd conk out. I hope you didn't go into one of your Trump things when they were operating." (The "Trump things" are feverish tirades filled with labored analysis nobody cares about).

When you get home your sister comes over. You take off the eggshells but you can't see her face, just her hair and white blouse. This isn't what you'd planned. You'd planned to read a specific stack of books and magazines. You'd planned to do email and FB. You'd planned to write. And you'd just assumed you'd be able to see the human face.

But everything is foggy, everything. You look at your feet. You can't count the toes poking out of your sandals. You can't see the toes. Your own toes. Gone.

"I'm blind," you say. You remember the Will Farrell movie where he goes blind and tries to comb his hair with a fish. You're not that bad but the persistent dense blur that won't let you read is a shocker.

Everybody says, you'll be reading in a few days. Don't panic, they say. But panic is your mode. It's how you embrace the unexpected.

Your ex comes over and takes you to lunch. You hang on to his arm and tell him, "I'm blind." After lunch you are rubbery-legged while walking to the car. "If only I could read," you say in your pitiful voice. "You need to rest," he says. "You just had both eyes operated on." He thinks your fixation on reading is, at the moment, misplaced. But his world is bright and shiny, and he can read.

There's nothing left for you but daytime television, TV made blurry by your now itchy eyes. But it's not so bad because if you sit close you sort of see reruns of Naked and Afraid and get to watch Dr. Sandra Lee extract vast amounts of a potato-like substance from people's various and astonishing lumps. After awhile you fall into a stupor on the couch.

The next day you return to the doctor, this time with your sister. He says you're doing fine. But he wants to see you again in a week. "He's so thorough," you say afterward. You can tell your sister likes him too. Medical doctors are admired in your family. Another sister married one. So did your brother. You wish Ana were here now to look into your blear eyes and say she sees perfect vision waiting to break free.

You have to dose with three bottles of eye drops four times a day. Your sister says your pupils look like big weird black olives. You look in the magnifying mirror but all you see are muddy blobs. Your happy, grateful mood has gone because you are no longer stoned. Shouldn't they give time-release anesthesia that lasts through the recovery phase? So you could stay happy the whole time? This is a brilliant idea but you can't post it anywhere because the keyboard letters are too tiny and mashed together. You can't write to anyone. You can't read your phone. You can't text.

You decide to stop complaining and suffer in noble silence. Nobody seems to notice the nobility. "She's asleep," you hear your sister say.

Something turned that night.

The next morning you can read headlines, tell time on the big clock, and you see a blue sky, not that flat expanse of stale white air from the fires. Out you go. You finally believe. Every day will be better until you have two perfect working eyes. Already the greens around you are so unusually rich and varied, and the yellows bristle. The remaining trumpet-vine flowers burst with orange. The big birch trees enclose you in a dinky forest. Has this little backyard ever been so splattered with color? You feel a surge of something—bonhomie. You stroll, followed by Buttercup the dog. Buttercup seems happy that you've stopped staring mindlessly two feet away from daytime TV. She scurries, yipping, after a squirrel. A shaft of sun pierces through and her tan coat looks, for a moment, like gold.

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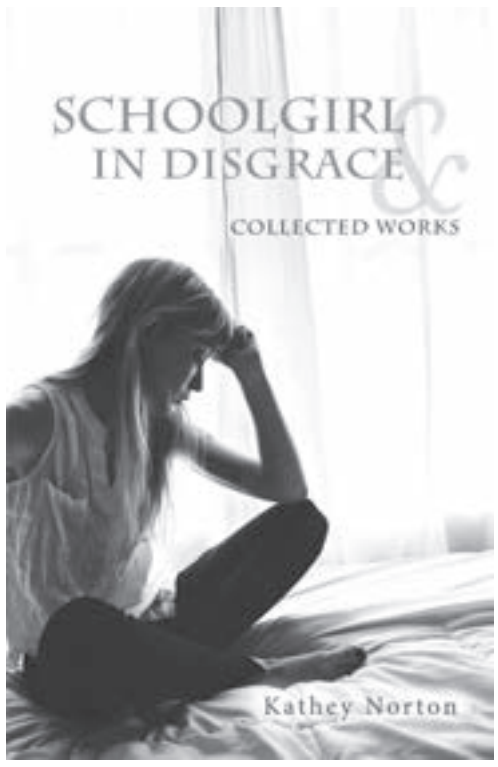
Sacramento author releases collection of work spanning 30 years

By MONICA STARK
editor@valcomnews.com

After more than 30 years in the making, Pocket author Kathey Norton has released a collection of writing in her new book Schoolgirl in Disgrace, which includes 10 short stories, and over 100 poems.

The book starts out in Sacramento and features a character named Ramona Grembly, a shy, disillusioned, and somewhat suicidal 19-year-old college student who is convinced that a nuclear war is going to happen, and that there's no reason to try at anything--school, romance, or dreaming about the future. Ramona lives with her mother, Erika, and dog, Quasar, in their Midtown apartment. They are very low income and struggling financially, but Ramona has a small inheritance from her dad who died when Ramona was 5. She takes the money and moves to London since she wants to see London before she dies. In London she meets Bob, a journalist for a music trade paper and a cast of characters, some with bad intentions, who help open Ramona's eyes to the world in different ways.

Having graduated from Sacramento High School during the mid-80s when jobs in Sacramento for recent high school grads were scarce, with the exception of fast food jobs, Kathey says that like many millennials today, she felt very angry that she worked so hard in school, got good grades, invested in her education to graduate and still wasn't able to find a job that would earn enough money to support her mom and pay for her college education. "I wanted to be a creative person and find a job that I was passionate about. I was resistant to advice about getting a state job like many of my classmates did when they graduated."



That was just the thing to do if you lived in Sacramento, and she just saw a different life for herself outside of Sacramento and really fought against following the crowd, even if that meant taking a more difficult path. "As you get older, you find that having a nice steady paycheck and a government pension isn't a bad gig if you can still manage to carve out that space in between your day job and bedtime to be creative, inspired, and curious about the world around you."

Ramona struggles with this same dilemma throughout the book – how to balance creative freedom and stability, romance and autonomy, and trying to figure out how her life has meaning or impact when she feels like she doesn't matter in the scheme of things.

Never writing with an intended audience in mind, Kathey says, she just writes "books that put characters into situations where they have to overcome obstacles. I think people of all ages and backgrounds like stories about people overcoming adversity and getting second chances."

Kathey has previously published two novels, What Becomes a Legend Most and Double Life, and a memoir, Diary of a Fast Food Worker. These books are also available at Dimple Books & Vinyl, Amazon, and Barnes and Noble.

To check out samples of her work, visit katheynorton.com.

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Hula history:

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of headgear, who sways and waves her hands to the rhythm of a ukulele or Hawaiian guitar, and that's not far wrong. Leis and headgear are frequently seen; grass skirts, not so much. As the dancers' ensembles are frequently customized for each individual hula selection, costuming spans a wide gamut. Often colors and patterns are chosen to correspond to elements of the story's narrative—blues for sky, bright hues for flora and fauna. Hand movements can represent ocean waves, rainfall, the sun and sky, volcanoes and many other things including emotions. Garments and choreography provide visual representations of what is being conveyed by the chant or song driving the dance.

As hula was frequently presented for the entertainment of the king and other potentates, precision in performing the movements was of extreme importance, as any misstep not only made the errant dancer look bad, it was taken by the royal audience as an insult and was believed to bring ill fortune to the village.

Nowadays the consequences of such missteps are far less grave, but that doesn't mean that the long training large numbers of dancers across the globe still endure today is any less arduous. While not exactly a mainstream form the likes of ballet, hula enjoys a broad base of enthusiasts worldwide. There are numerous *hālaus* (training academies) through which countless performers perfect the art—at least 150 hālaus are scattered across the US; more than half of that number are in CA and about a dozen of these are located in the greater Sacramento region.

While students' mastery of hula is a core goal of any hālau, a typical curriculum goes far beyond facilitating proficiency in the four basic dance steps (Ami, Hela, Kaholo, 'Uwehe) and their many variations; students are schooled in the history, culture and traditions of Hawai'i, and even receive training in the construction of hula's implements and wardrobe. While this may seem a quite arcane body of subject matter to most *haole* (non-Hawaiians), in



(L to R) Harmony Elam, Landa Stout, Venessa Langley and Dina Maolli Ludden of Sacramento's Ka Waikahe Lani Malie hula school perform at the Harris Center for the Arts in Folsom.

See Hula, continued papge 9

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Tower mural:

Continued from page 4

he was never around to view the mural's deterioration.

"The day I finished it, I never came back," he said. "I didn't want to remember it. It was a very hot summer."

Carson recalled beginning the mural with the blue sky on the ceiling, and working on scaffolding for 10 hours a day and seven days per week during a three-month period to complete the job.

Occupying tables alongside Carson were Solomon's Delicatessen employees, Jared Serviss and Fiona Heenan, who offered food samples and merchandise of this Jewish deli, which was inspired by Tower Records and Russ Solomon. Another location of this locally-owned business is operated in Davis.

Adding to the artistic ambience of the event was live music by the band, Black Yacht Club.

The event drew a variety of Sacramentans, including artist Bob Rakela.



Photos by Matias Bombal

Frank Carson, the artist who painted the original mural in 1973 with Mitch Aaronson

While standing near the mural, Rakela said that he appreciates the preservation of this artwork.

"I think it's really important to our community to have this street art thing that's happening right now," he said. "To have one that has this kind of history to it and has been around this long – and Frank's still around to enjoy us and for us to enjoy him – is very, very, very special."

Kay Iannucci recalled seeing the mural for the first time when it was only about a year old.

"We started coming down here to (K Street) back then," she said. "Then we started going to the (Tower stores) on Broadway and Watt (Avenue).

"I think it speaks for the time that Russ was opening these stores and the kind of commissioning (Solomon) was doing for art and to make the city a little more lively. (Solomon) made a huge impression on this whole area, and then look what he did, (establishing Tower) stores all over the country and (world)."

Melissa Uroff, a local artist and photographer, expressed her concern for the longevity of murals, and said that she is well aware that murals are constantly in danger of being painted over.

"(A mural is) such a temporary piece and when you're a muralist, you kind of know that," she said. "I have a few murals under my belt and almost all of them have been painted over."

Uroff also lamented over the loss of a mural by the artist Skinner that was located on the alley side of the former Javalounge coffee shop's building on 16th Street, north of Broadway.

More recently, Burner and Gamez's mural on the former Awesome Video building on Freeport Boulevard was painted over.



The mural features the head of a woman with Medusa-like, blue hair.



A crowd gathers and this child plays at the event, which featured the unveiling of the restored mural at the former K Street Mall location of Tower Records. The painting of the mural was arranged through Tower Records founder Russ Solomon.

Because of her understanding that murals are often temporary artworks, Uroff said that she was pleased that the old K Street mural has been preserved.

"It's nice to see something that's so historical and kind of magical come back to life," she said. "The artists that worked on it were a really good choice, for sure. So, I think they did it justice."



Hula:

Continued from page 7

the US interest is high for many reasons. "Some become attracted to hula because they have visited Hawai'i and fell in love with the art form; some have grown up with hula, some have friends who dance and they become interested as well," said 'Ānela Freeman, an *Alaka'i* (leader, AKA coach/guide/mentor) at Ka Waikahe Lani Mālie, a widely-recognized hālau at 3413 Arden Way. "No matter what the reason, people continue their hula journey because they love the hula and want to perpetuate the culture. They love the comradery, the learning and the bonds they form."

in addition, there are countless U.S. residents who have roots in or connections to Hawai'i, including many locally. "Sacramento has a richly diverse population that appreciates the values and morals of the culture of Hawai'i," said Freeman. "A testament to this is the attendance at the annual Sacramento Aloha Festival, which has attracted about 10,000 people in the Northern California area." The Aloha Festival is a celebration of everything related to Polynesian cultures; the eighth annual event will be held Oct. 6 at Cal Expo. Among the attractions at the Festival are native dances, including hula. Cal Expo is among the larger venues for hula; performances can take place in a wide variety of spaces from massive to minuscule.

One type of hula performance, called a *Ho'ike*, is a public presentation by the members of a hālau that demonstrates all they have learned to date; most hālaus present such performances. The 2018 Sacramento Ho'ike, *Kō Ka 'I'ini* ("Desires Fulfilled") was presented by the Ka Waikahe Lani Mālie hālau, along with its sister hālau from Brentwood, on June 30 to an enthusiastic crowd at the Harris Center for the Arts in Folsom. The program consisted of nine traditional dances and 20 modern numbers.

Even for the most determined student, the pursuit of hula mastery can be a long, difficult process. But some students find their way to the stage in a short time, as evidenced by several gradeschoolers who shared the spotlights at the Harris Center. Each student's experience is different. "Depending on the level of the student and what a class is learning, the difficulty varies from student to student," Freeman said. "Each student is on their own journey guided by our hālau leaders and Kumu [hula master] Juni. There isn't a specified amount of time to go from one level to the next; when Kumu feels you are ready for the next step you are moved."

In addition to hula being a means of exposure to Hawaiian culture and tradition, many students describe it as a path for personal growth. "There are a lot of skills that are useful in hula; patience, perseverance and willingness to learn are a few," Freeman said. "Hula gives you many lessons. When you think you are unable to do something, you end up proving to yourself that you can. The most important skill therefore is being open minded—open to [learning] new things, a new culture and new ways that your body can and will move."

Hālaus welcome anyone with even the mildest interest to investigate what they have to offer. Ka Waikahe Lani Mālie, one of several hālaus with the city limits, is in its 20th year of offering training for various levels and age groups (students range from three to 80-plus years of age, according to Freeman). Although orientation for this year's open enrollment period was held July 25 for classes commencing Aug. 1, the next open enrollment period will occur early next year. For details, visit http://www.kawaikahe.com, E-mail halaukawaikahe@yahoo.com or call 916-486-6399.

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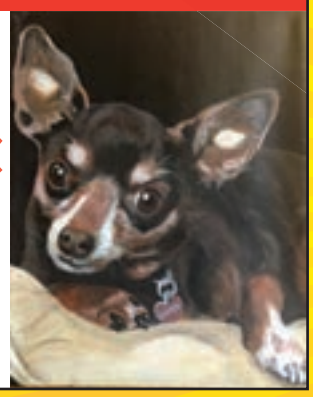
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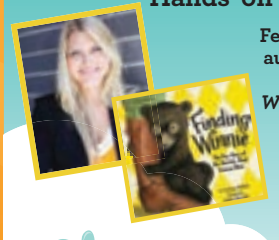
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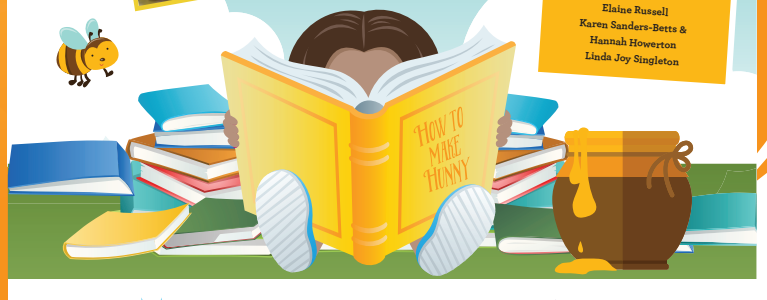
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The dad navigates choppy waters: KD makes the call



By STEVE DEBENEDETTI-EMANUEL

(Note: First, I want to share with you that my next 10-week men's counseling group begins on Sept. 10, at my Midtown office. It will give men an opportunity to talk about the stuff we often keep to ourselves: relationship challenges, parenting, job stresses, etc., without the pressures of outside influences. If you're interested, my contact information is below.)

If you read my last piece, "The Bubble Team Meets Dr. Doom and Gloom," you know that my 10-year-old boy, KD, had an extremely rough entrance into the world. It was not what we expected, and it almost turned out really badly. That was an extremely difficult period of our lives, and it's hard to write about. So, I'm going to take a break and get back to the story later.

A couple weeks back we hit the wall. The heat had turned us into a monster family. KD wrapped himself in icepacks and headed to his room. Captain Mommy (my wife Stephanie) and I sat and bickered about stupid stuff for no good reason. It was not looking like a good day. Or a good weekend!

Around 11 a.m., KD skipped into the living room and said with a tentative smile, "Can we go to the City?" Captain Mommy looked at me, and I looked at her. Without a good reason to say "no," she headed into the garage and raided her secret stash. I locked the bedroom door and did the same. KD chipped in a few bucks. And we hit the road at noon.

Next thing we knew it, we were at the top of Mt. Sutro, where it was a misty and windy and a balmy 59 degrees. A temperature check in Sacramento showed 101, a 42-degree difference. Sure, a picnic would have been nice, but we got cold quickly and headed to the car.

Needing a warm up, we drove frantically to Ritual Coffee, one of my favorite spots in the city, for a steaming latte. Sadly, it closed two minutes before we got there. Fortunately, before the tears rolled down my face we turned around and discovered Weaver's Coffee, which is really solid. It's worth a visit…

I looked at my phone, and it was still too hot to go home. So it was time for a burger at Calibur Burgers. We discovered it a couple of weeks ago and knew it was worth another visit. And after a leisurely and delicious burger and garlic fries, it was cool enough to head home.

To summarize: we got out of dodge when it was brutally hot, had a perfect hike, a delicious cup of coffee, and a yummy burger. I had everything I needed for my article on the perfect day trip to San Francisco. However, since I'm a parent, spouse and therapist, I suppose I should have a larger point. And I think I do.

As much as our kids want to make significant decisions, their thoughts, feelings, and suggestions are often devalued or ignored, and parents make the decisions. This makes sense most of the time. If your kid says, "Hey dad, I'm only 15, but since you don't drive, can I get behind the wheel next time?" or "Dad, can we share a beer next time we're in the City?" the answers should be a resounding "NO!" However, when we can allow our kids to suggest and make reasonable suggestions, the answer should be a resounding "YES!" In this case, KD threw out an idea, and there wasn't a good reason to say no. So we shouted, "Yes" and hit the road.

Postscript: Sunday hit, and it was a cool morning. Captain Mommy and I got up and announced that it was time to do the yard work we'd been putting off for the last month. With newfound courage, KD tried to change directions and suggested we go out for brunch. We immediately nixed it and told him to put on his grubby clothes. We got to work…

Until next time…

Steve is a Marriage and Family Therapist, working in Midtown. He can be found at www.rivercitycounseling.com or on Facebook at River City Counseling and on Twitter @ rivercitysteve.

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Back to School Message from Superintendent Aguilar

Dear Sac City Families,



Welcome back to the new school year! I hope you enjoyed the summer break and are ready for another memorable year as we begin a new chapter in our work to help all students reach grade level readiness so they are prepared to graduate from our schools with the greatest number of postsecondary choices from the widest array of options.

We have much to look forward to as we launch our school year! For some of our students, today is the start of an educational career in Sac City schools. For others, it marks the transition from one grade level to the next—another milestone reached in their academic journey. Whether today is the beginning of year one or year twelve, we owe it to our students to continue committing ourselves to work together with a focus on their success.

Preparing for the new school year is one of the most critical steps we have taken as a school district to help our students be successful. Over the past few weeks I have been honored to be in space with so many of our educators and site leaders as they worked together to get schools ready for classes. One of my most memorable visits was with our teachers at Fern Bacon Middle School. There, I met Michelle Desmond, Ryan Fernald, Grace Gunderson, Chris Matthei, Stephanie Smith, Michelle Voelker, Ghazala Bahramzi, Sarah Horn, Maria Johnson, Janise Linnane, Mariah Martin, Julia Morris and Nital Wenell, all of whom were collaborating with one another to provide first tier teaching to our students.

Please take a moment to watch this video of the Fern Bacon team in action preparing for the school year alongside their Principal, Mary Coronado. *(http://www.scusd.edu/post/video-welcome-back-school)* I was impressed with how well this team of new and returning educators worked with site leaders to make sure that students today would start off the year in a positive and high quality educational environment.

I am confident that despite our budget challenges, we will find a way to ensure that our students' needs are met and we provide a safe and secure environment in which to learn. On that note, I want to thank our facilities team for the wonderful job they have done over the summer in completing a number of important renovation projects, including but not limited to, replacing the roofs at Susan B. Anthony Elementary, O.W. Erlewine Elementary and The Met; remodeling the restrooms at Ethel Phillips Elementary and Woodbine Elementary; and replacing the playground asphalt at A.M. Winn Elementary, among many other important projects. I toured the gym at John F. Kennedy High School and saw new irrigation work taking place at Earl Warren Elementary. With everything that is going on in the world, it was important to us that we put significant time, effort and care into preparing for the first day of school. Our students need this positive energy and attention from us now more than ever.

Thank you to all of our families for your commitment to making our schools a positive place where our students can grow and learn. We look forward to serving your family this school year and working our hardest to make a difference in the life of your student. Let's have a great year!

Sincerely,
Jorge A. Aguilar
Superintendent

Source: Scusd.edu







Carnaval de Quebec, Quebec City Offers the Most Amazing Winter Family Travel Opportunities

By CARMEL L. MOONEY

If you want to experience one of the most unforgettable family travel experiences in North America then look no further than Canada for something that will be a lifelong memory that is completely unsurpassed.

Every year thousands of visiting families from around the world come to Quebec City to enjoy the festivities of one of the world's most enormous winter festivals. Quebec Winter Carnival is ranked among the world's top ten best winter festivals and is considered one of the world's 1000 must-see destinations. Parades, rides, attractions, sporting events, dog sledding, dining, ice sculptures, ice buildings, skating, skiing, snow shoeing and more create a world class vacation destination in one of North America's most majestic and thoroughly magical cities.

Flying into Quebec City at Jean-Lesage International Airport is hassle free even with kids. The magical and historical city of Quebec is transformed into a winter wonderland worthy of a movie or fairy tale. Music, events, dining and activities abound that celebrate Carnaval. Bonhomme, the snowman, is the mascot whom visitors revel in spotting and meeting throughout the city during the Carnaval festivities. We stayed at the Hilton Quebec which was within walking distance of everything the picturesque city offers. This proved invaluable. We enjoyed dog sled races and show shoe races and live bands on the Plains of Abraham. The Carnaval Day Parade rivals the Macy's Parade and is a must see with dozens of gigantic inflatable characters including Bonhomme.

Also one magical evening we were enchanted by a lovely ice skating session just blocks from our hotel at Place D'Youville where folks of all ages skate under gently falling snow to music. Bonhomme arrived and everyone went wild with excitement. It was just like a scene out of a movie with the beautiful and historic buildings and lights framing the rink. One highlight was a guided Snowshoer's Walk on the Plains of Abraham where our entertaining guide dressed in period costume, narrated and sang with us while weaving a tale of the history of the area.

Just a few beautiful miles from Quebec City is Le Nordique, a gorgeous spa retreat where couples and families can enjoy massages, hydrotherapy pools and more, all amongst majestic mountain backdrops and frozen rivers and lakes. A beautiful hotel property nearby, Le Manoir du Lac Delage offers sumptuous meals and gorgeous views. We spent the afternoon eating a simply wonderful lunch and partaking in a fun outdoor activity called Rand Orientation where, on snowshoe, participants hunt for markers in the forest from coordinate clues and a compass. It was a wonderful way to see the back country and exercise while testing our skills.

Also nearby is the Wendake nation's hotel and museum. Home of the first inhabitants of the Americas, this village is very intriguing. The four star hotel, Hotel-Musee Premieres Nations, blends tradition and culture of the Wendake native people. The food is a cultural experience where delicious native foods like smoked sturgeon and seal are extraordinary. And home baked breads made by native grains like bannique bread made with wild berry corn andt flour are tantalizing. The foods are prepared by native peoples or by elders using generations-old techniques. Local cheese and locally crafted adult beverages make this so unique and delightful. Even the herbs used to prepare the foods, over 90 of them, are locally produced. The entire community is full of historic and educational buildings and a walking tour is a must.

Also just outside the city of Quebec we enjoyed Montmorency Falls Park where we took the grand cable car ride up the mountain to a spectacular historical and natural wonder. These falls are higher than Niagara Falls and simply amazing. The entire experience is nothing less than breathtaking. We enjoyed it more than Niagara Falls. Quebec City is an immensely exquisite destination and perhaps there is no better time to visit than during Carnaval. Another novelty of the Quebec City area is the Hotel de Glace just a few miles from the city where a wonder of frozen water brings visitors from around the world into a mesmerizing world of sleeted chandeliers, indoor polar slide, ornate frozen furniture, and refrigerated artistry.

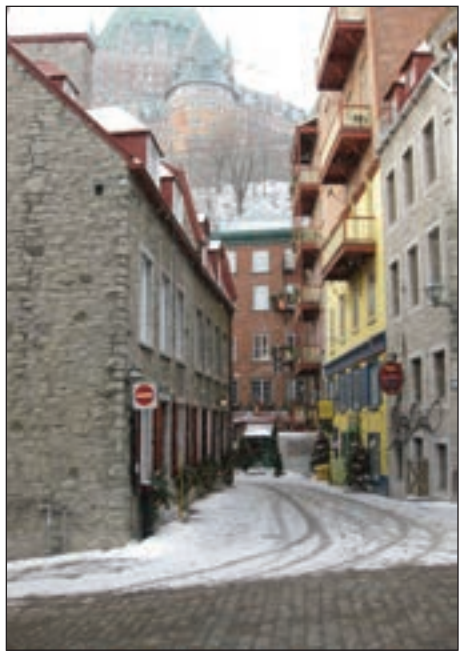
In just a matter of weeks this engineered spectacle is re-designed and reconstructed each winter season from hundreds of tons of ice and tens of thousands of pounds of packed snow. No two years are alike as several dozen uniquely themed rooms and suites, glacial nightclub, a majestic wedding chapel, and an unforgettable lodging experience are created for brave adventure seekers looking to be awed for a day visit or an overnight extravaganza.

For those of any age, brave enough to take the class and prepare adequately, sleeping in the Hotel de Glace is successful only with the help of arctic rated sleeping bags, and meticulously planned pre-sleeping organization. If sleeping in a room where cell phones freeze, cameras malfunction, and even boots and sweaters must be protected, sounds doable, get ready to slumber, or not, on top of a mattress placed on a block of ice as a bed foundation. When we stayed even families with infants braved the cold and had a successful visit.

However, less adventurous families just visit for the day to tour and the Hotel de Glace partners with the Four Points by Sheraton Quebec about a mile away. Check-ins take place through the Sheraton, where typical hotel amenities, and warmth are only a 2-3 minute complimentary shuttle away and a warm and cozy room is waiting, just in case. As locals say, "There is no shame in not making it through the night."

Overnighters at the ice hotel might enjoy an ice cocktail in the Ice Bar, complete sleeping equipment, access to the hot tubs and sauna area, a hot wake-up beverage, and breakfast.

Some suites at the Hotel de Glace even boast fireplaces that are strictly for ambiance and eye appeal, since they are specially designed to not emit heat.



In order for the arctic sleeping bags to function correctly your clan must wear the correct synthetic fibers and socks and have clean, dry, and unworn clothes separately reserved just for sleeping, as moisture is the enemy.

One amazing attribute is the extreme insulation and acoustic property of the ice structure. Even with the blaring music from the disco, the suites and rooms are supremely quiet and serenely peaceful at night. So quiet in fact, that some guests comment on the eerie stillness, even with no doors on the rooms.

A day or early evening visit and tour may be more enjoyable if you aren't into preparation and gear. The crystalline ice sculptures and intricately designed walls, indoor ice slide, bars, and discotheque are an unforgettable sight to see and experience. In fact, well over a half million visitors have experienced this wonder just since 2001.

So whether you are a more tame and less risk-taking traveling family or like to live life on the icy edge, Quebec City and its environs offer the absolute best for families looking to make the most spectacular winter vacation plans imaginable! Dust off your passports, and start planning now in the Autumn if you plan to visit this Winter wonderland as families from all over the world will be joining you in the fun.

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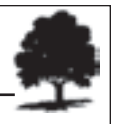
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Faces and Places:

Chalk It Up 2018

Photos by MONICA STARK

Chalk-It-Up! to Sacrament a 501 (c)(3) charitable organization created to benefit children's arts education programs, which raises money through various events held its annual Art & Music Festival at Fremont Park over Labor Day Weekend.Proceeds fund grants in support of Youth Arts Programs throughout the Sacramento region. Chalk-It-Up! is led by a volunteer Board of Directors, supported by hundreds of dedicated volunteers and funded through the generosity of our extraordinary community. Shown here is a collection of photos from the weekend's festivities.



















What's happening East Sacramento?

THE NEW NOUVEAU ART SHOW AT FE GALLERY: A group art show inspired by Art Nouveau. Also included in the show will be a Mucha original magazine cover, and two Mucha prints courtesy of Chuck Kovacic who owns the copyright to the Mucha art exhibited. Additionally, the prints will be available for reprinting Fe Gallery, 1100 65th St, Sacramento, California 95819. Show runs through September 28, 2018

SATURDAY, SEPT. 8

DRAGONS AND DAMSELS, GREG KAREOFELAS: Did you know that some types of dragonflies hover high up in the atmosphere almost their whole lives? What's the difference between a dragonfly and a damselfly? Which damsel/dragonflies live in our neighborhood? Why are dragonflies so hard to catch? Come to the next FORB gathering on Saturday, Sept 8, at 9 am to learn all about these amazing creatures!! Greg Kareofelas returns to share his extensive knowledge of and passion for the little things at Sutter's Landing. Greg is an amazing teacher, full of stories and information you can't get from books. The group will have a few nets available to catch (and release) the insects found. This event is fun and fascinating for all ages—there's nothing more exciting or challenging for kids and adults than chasing a dragonfly. Meet at Sutter's Landing at the very end of 28th Street. Note that we're meeting a little earlier than usual—at 9 am. The outing will begin with a short talk by Greg at the parking lot, followed by a walk down to the water where you'll find dragonflies and damselflies, as well as other kinds of invertebrates, birds, mammals, and even reptiles (turtles, anyone?). Bring a hat, sunblock, water, snacks (and perhaps a change of clothes for little ones who are sure to get wet and sandy). Please leave your dogs at home. And try to come by foot, bike, or carpool to keep our collective carbon footprint as small as possible. More information at our website: friendsoftheriverbanks.org.



Sunday, October 7
10am to 3pm
at Effie Yeaw Nature Center
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Guided Nature Hikes ◆ Demos & Exhibits
ADMISSION:
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www.SacNatureCenter.net 916-489-4918

MCCLATCHY PARK TO RISE FOR CLIMATE, JOBS + JUSTICE. On September 8, people all over the world are stepping up for the climate—San Francisco expects the largest climate march ever on the west coast. In Sacramento, we will party at McClatchy Park (35th St & 5th Ave in Oak Park) until 1 pm. There will be bicycle-powered music by Clan Dyken, locally sourced organic food, information tables, speakers, and kids activities.

SATURDAY, SEPT. 8-SUNDAY, SEPT. 9

FALL SACRAMENTO ANTIQUARIAN BOOK FAIR The 2018 Fall Antiquarian Book Fair will be September 8th and 9th. Admission to the fairs is only $5 at the Scottish Rite Temple, 6151 H St. There is free parking on site. Food service will also be offered. You will shop 60 exhibitors, representing thousands of rare and collectible books, maps, photos, graphics, postcards and ephemeral items. Mention Facebook and get a dollar off of admission! Saturday hours: 9:30 a.m. to 5 p.m. and Sunday, noon to 5 p.m. Tickets at sacbookfair.com

MONDAY, SEPT. 10-SUNDAY, SEPT. 11

8-HR DRIVER DRIVER SAFETY COURSE: The fee is a non-refundable $15 (AARP); $20 (for non-AARP) for each participants. Enrollment in this course is limited. Hart Senior Center, 915 27th St.; 916- 808-5462.

FRIDAY, SEPT. 14

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, September 14 from 3:30 to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, SEPT. 15

16TH ANNUAL FUNDRAISER AUTUMN EQUINOX CELEBRATION: Soil Born Farms welcomes you to the historic American River Ranch, an urban agricultural oasis located on the American River Parkway in Rancho Cordova. Explore the farm and gardens, enjoy live music, sample seasonal and organic food prepared by prominent local chefs, taste exceptional wine and beer and celebrate the harvest season under the stars from 530 to 9:30 p.m., Soil Born Farm Urban Agriculture Project, 2140 Chase Dr, Rancho Cordova, California 95670. Don't miss this traditional farm-to fork-event! Chefs, Bakers, Breweries & Wineries: Want to participate? Contact Janet Zeller (jzeller@soilborn.org) to get more information on becoming a community partner or event underwriter.
Ticket Information
Buy online at soilborn.org or call the Soil Born Farms office: 916-363-9685.
Or, stop by the office Monday through Friday from 9am to 5pm or purchase at the Farmstand,Saturdays from 8am to 12:30pm (2140 Chase Drive, Rancho Cordova 95670). Cash, check and credit card accepted.
No tickets will be sold at the door. All ticket sales for this private fundraiser are final, no refunds will be given. This is an adult event. Please check our calendar for our many family-friendly activities. Event Location: 2140 Chase Drive, Rancho Cordova.

SUNDAY, SEPT 16

3 SOLO GUITARISTS, ONE CONCERT: The Sacramento Guitar Society presents three solo guitarists in one concert. Warren Haskell, Tobin Roye, and Carlos Rivera are classical guitarists from California State University, Chico. They will be performing in the Clara Auditorium at 24th and O Streets, Sacramento on September 16th at 3:00 p.m. A $10 donation is requested at the door. Doors open at 2:45 p.m.

FRIDAY, SEPT. 21

MOONLIGHT MOVIE SCREENING: BLACK PANTHER: Celebrate a night under the stars with a special outdoor movie screening of Marvel's Black Panther. The free event will take place on September 20th in The University Union's Serna Plaza. There will be pizza and popcorn provided at 7pm (while supplies last). The event is co-sponsored by Sacramento State's UNIQUE Programs, Associated Students Inc., Residence Hall Association, and First Year Experience. Directed by Sac State Graduate Ryan Coogler, the movie follows T'Challa after his father's death, who was also former King of Wakanda. T'Challa returns to his home country to lead Wakanda in place of his father as the new Black Panther. However, a problem arises when an enemy from his past challenges his position as king. Throughout the movie, T'Challa is faced with life-threatening decisions that could affect not only his life but of everyone in Wakanda. The event is open to the general public. Guests are encouraged to bring towels, blankets, and lawn chairs for the outdoor event. For more information, please visit www.SacStateUNIQUE.com or call the University Union Information Desk at (916) 278-6997.

FRIDAY, SEPT. 21

ROBOT RECYCLER MAKE AND TAKE – Calling all kids: grab a parent or guardian for this exciting program, where you can build a solar-powered robot to keep! SMUD will provide one Solar Recycler kit per family; children must be accompanied by an adult. Registration required, so sign up today! Friday, September 21 from 3:30 - 5:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, SEPT. 22

'TIL DEATH OR DEMENTIA DO US PART – Author Marilyn Reynolds will discuss her memoir of her husband's descent into dementia. Her story offers hope to both patients and loved ones coping with dementia, as well as helpful resources for families. Books will be available for purchase. Saturday, September 22 from 3 to 4 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, SEPT. 28

HART IN THE PARK: Showcasing the talent of Singers with Hart with special appearance by The Carmichael Philharmonic Jug Band. Free, open to the public. 27th and J streets. (Marshall Park). Refreshments served in the lobby of Hart Senior Center, 915 27th St.; 916- 808-5462

POP-UP ADVENTURE PLAY DAY – Join Fairytale Town and Sacramento Adventure Playground for a day of free play and fun! Children get to create using a variety of loose parts and their imaginations. Children may enjoy mud play, cardboard forts, crafts, a paint wall, bubbles, chalk art, and more! All ages are invited. Please wear closed-toe shoes and clothes that can get messy. Friday, September 28 from 3:30 to 7:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, SEPT. 29

HAPPY TAILS 25TH ANNIVERSARY CELEBRATION: From noon to 3 p.m., there will be great raffle prizes, live music, food, adoption center tours, mingling with adoptable animals, and more! Raffle tickets are available! Enter to win a cruise for up to 4 people, an iPad, unlimited yoga for a month at Yoga Seed, and more! Stay tuned to hear about more prizes. There will be an open house or stop by the adoption center at 6001 Folsom Blvd. Wednesday through Sunday, noon to 6 p.m. to purchase raffle tickets. Tickets are only $5 each or 5 for $20! The drawing will be at the Open House though you do not need to be present to win, so get your tickets soon! All proceeds benefit Happy Tails.

What's happening East Sacramento?

FRIDAY, OCT. 5-SUNDAY, OCT. 7

SACRAMENTO GREEK FESTIVAL: For more than 50 years, the Sacramento Greek Festival has shared the vibrant culture, rich food and traditions of Greece with our local community. The authentic cuisine is homemade by our volunteers with recipes from all corners of the Greek Mediterranean. The village-style atmosphere of the festival perfectly represents the historical and epic Greek passion for life, food, drink and dance. There will nearby offsite parking, a shuttle service, an Uber promotion, and a monitored bike corral area on the 30th street side of the block. We will post details online closer to the event!
Friday, Oct 5th from 11 a.m. to 10 p.m
Saturday, Oct 6th from 12:00 p.m. to 10 p.m
Sunday, Oct 7th from 12:00 p.m. to 8 p.m.
Admission is $5
Children ages 12 and under are free.
Free admission on Friday from 11-3!
Come and join us for this family-friendly festival experience - OPA! The festival will be held at the Annunciation Greek Orthodox Church, 616 Alhambra Blvd, Sacramento, California 95816

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 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.

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 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.

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 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.

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 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.

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.

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.

KNITTING CIRCLE AT MCKINLEY LIBRARY – Any adult interested in knitting — even an absolute beginner — is invited to join. Participants can learn to knit, or get help on current projects and advice from expert knitters. Don't forget to bring your knitting needles and yarn. Wednesdays from 10 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

TEEN SPACE AT MCKINLEY LIBRARY – Looking for something fun to do after school? Need a place where you're free to hang out with your friends and have a snack? Come to the McKinley Library Teen Space, Wednesdays from 3p.m. to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

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


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