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East Sacramento News

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COVERED BY MEDICARE:

Silver Sneakers Offers Fitness Programs for Seniors

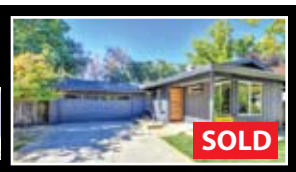
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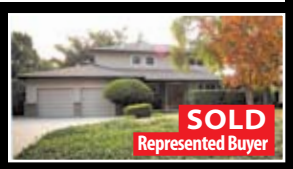
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'Art Saves Lives': Mandala workshop to be held at Lion's Roar

By Monica Stark



As an art therapist, Lindsay Kay Parkinson witnesses the healing power of art on her patients, and on Saturday, Jan. 19 at the Lion's Roar Dharma Center in East Sacramento, she will show how art, color and creativity can be used as a means to awaken one's soul. Open to the public, the free-of-charge six-hour workshop from 10 a.m. to 4 p.m., will show how art therapy works.

Using traditional art materials like charcoal, watercolors, colored pencils, participants will have the chance to create 12 different mandalas; and also through out the day, there will be meditations so they can channel their thoughts into the art work. While structure will be provided with themes that participants can use, they will also be invited to work together in a more free-form way.

"First and foremost, I want people to have fun," Parkinson said."I want people to communicate in a different way than how we normally do on a day-to-day basis and learn about art therapy and what it can look like."

As spiritual and religious communities around the world have used mandalas for healing and centering, Buddhists also tend to refer mandalas as the universe, an imaginary place to contemplate during meditation, Parkinson said.

"In Sanskrit, (mandala) means whole or circle. In art therapy, drawing circles and creating shapes in that way tend to be very soothing and calming. It's a safe way to experience creating art without feeling put on the spot or without feeling the need to create a masterpiece," she said.

In the Lion's Roar Vajrayana practice, meditation, Parkinson said, is not just about "trying to get rid of your thoughts but about taking the approach that you can bring in visualization. You can bring in your art, it doesn't have to be so strict."

Ideally folks should commit to the entire 6-hour session, Parkinson said, but also noted that no one would be turned away. "No matter if they stay the whole time, they'll get something out of creating art in a community setting," she said, adding RSVPs are encouraged, not not required.

The workshop mirrors the art directive she learned in school. Having graduated from Notre Dame de Namur University in 2013, Parkinson received her art therapy credential certificate in 2017. Dedicated to creating trusted relationships and a safe space for the process of narrating one's personal story, Parkinson focuses generally on talk therapy, while art therapy is a specialty offered to those who have an interest in combining art and creativity with the traditional approach. Artistic mediums are used to promote self-expression, self-esteem, skill-building and play, in order to facilitate further growth and communication during treatment.

Over 10 years, she has worked in community-based programs such as psycho-social rehabilitative day treatment, residential, Partial Hospitalization (PHP) and Intensive Outpatient (IOP) with both teens and adults. That period of young adulthood between the ages of 16 to 25 known as Transitional Aged Youth (TAY) is often overlooked and underserved. "Having personally struggled between the ages of 16 and 25, I know how to identify with those seemingly small daily trials to the larger issues of tragedy and loss," she writes on her professional biography. "I've chosen to work in settings that promote empowerment and healing using strength-based, humanistic approaches. My early life experiences laid the groundwork for my interest in serving others, it gives me a unique lens in which to provide support and non-judgment for whatever you are facing. I understand how hard it is to ask for help - but it works."

Parkinson's practice, Art & Soul Therapy is located inside Middle Way Health, a center for healing, creativity and growth, located at 720 Alhambra Blvd., that provides holistic healthcare for adults, couples and families, and offers customized programs.

Affiliated with the Lion's Roar Dharma Center, Middle Way Health is just blocks away in East Sacramento. The spiritual director and resident teacher of Lion's Roar Dharma Center, Lama Yeshe Jinpa, born Stephen Walker, is a marriage and family therapist as well as the director at Middle Way. He is one of the few western lamas thus far recognized within the Gelugpa lineage of Tibetan or Vajrayana Buddhism, the lineage of the Dalai Lama. He will offer a special presentation at the Jan. 19 workshop.

If you go:
What: Mandala workshop
Where: Lion's Roar Dharma Center ,3240 B St, Sacramento, California 95816
When: Saturday, Jan. 19 from 10 a.m. to 4 p.m. .
In brief: Lama Yeshe Jinpa always tells us that "art saves lives"; in the Lion's Roar Vajrayana practice, art, color and creativity can all be used as means to awaken. Sponsored by Lion's Roar Dharma Center and Art and Soul Therapy, this is a free 6-hour workshop to experience how Art Therapy really works. Create art, share in community and promote healing with Lindsay Kay Parkinson, ATR-BC & licensed MFT. Special presentation by Lama Yeshe Jinpa (Steven Walker) with meditation practice. Call in or email to register: LindsayKay@ArtnSoulTherapy.com (916) 583-8499

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Cover photo by:
Ken Walton

Covered by Medicare: Silver Sneakers Offers Fitness Programs for Seniors

By Jan Dalske

If you are a senior, chances are that your Medicare Advantage plan includes coverage for the Silver Sneakers Program in your area. Silver Sneakers helps millions of people that are covered by Medicare. Membership includes access to every participating gym and fitness center in their network.

That is a membership with more than 15,000 locations. They offer fitness classes for all abilities. The classes are led by their trained instructors and take place at gyms as well as other locations.

The Silver Sneakers Program partners with health plans to provide gym membership for seniors at fitness centers across the country. You will find weight machines, treadmills, and you can lift weights, swim laps or take a group fitness class.

Yoga, tai chi, boot camp and other group activities are changing how and where we exercise. Available equipment, classes and amenities vary by location. Because many centers are available, your options are endless.

FLEX classes are small, welcoming, and led by enthusiastic instructors. The instructors will even include their personal contact information in the class locator so that their students can get to know them. All of their FLEX instructors are certified.

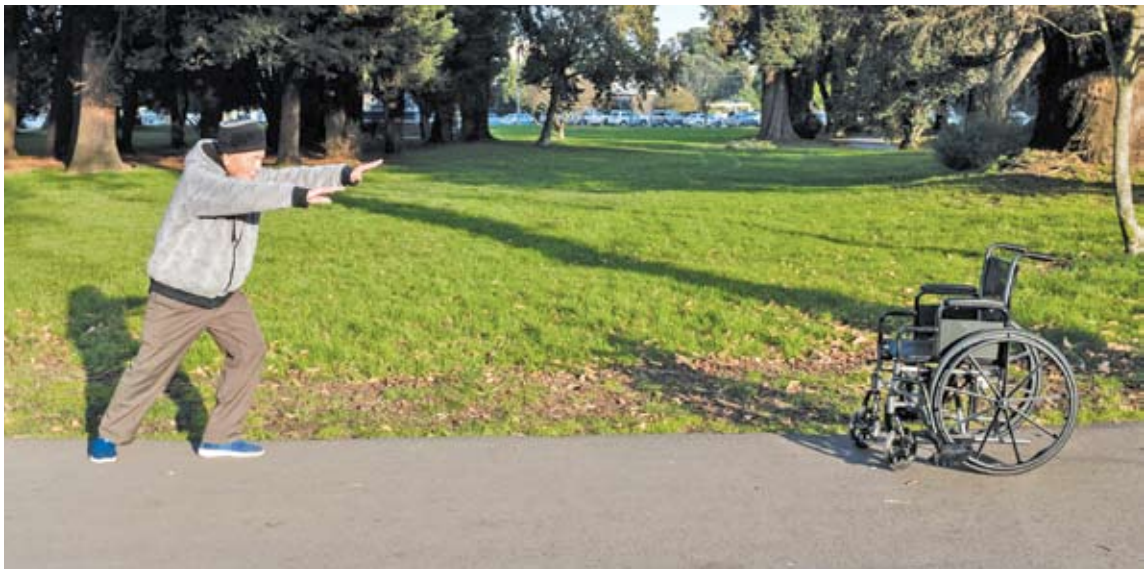


Photo by Ken Walton

The Silver Sneakers Classic is designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for the seated exercises and added standing support. This exercise can be modified depending on your fitness level.

The Silver Sneakers Circuit workout offers standing, low-impact choreography which is alternated

see Medicare page 11

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5061 H Street • $539,950

This is a great 3 bedroom, 1 bathroom, approximately 1,434 square foot home in East Sac. There are hardwood floors throughout this wonderful home along with a fireplace in the living room. Separate dining room and a nice sized backyard with covered patio for entertaining. Conveniently located in close proximity to parks, schools and shopping.



EAST SAC DUPLEX

3448 J Street • $849,950

Great investment opportunity in East Sac. Duplex with two 2 bedrooms, 1 bathroom, units, 1144 sq/ft down and 1276 sq/ft up. Upstairs unit has an extra room/office. Both units have a fireplace in the living room and a formal dining room. Kitchens have been updated. Close to restaurants, coffee shops and shopping.



NEWLY RENOVATED IN CURTIS PARK

2433 2nd Ave • $729,950

Beautiful 3 bedrooms, 3 full baths, approx. 1900 sq/ft Cottage bungalow in Curtis Park has been completely renovated! Features a master suite downstairs/upstairs, kitchen with custom cabinets, quartz counters, high end appliances and all new electric/plumbing.



CUSTOM BUILT HOME IN FOLSOM

355 Carpenter Hill Road

Beautiful 6 bed, 4 baths, 3230 sq/ft Mediterranean in Empire Ranch Village. The tiled downstairs living area is great for the summer days but also has three fireplaces for the cooler winter evenings -- living room, dining room and in the master bedroom. The vast exterior space has a pool with a waterfall feature and patio that backs to undeveloped land.



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Numerous health and fitness classes offered at the Hart Senior Center

Whether one is interested in active yoga, chair yoga or even ping pong, the Hart Senior Center has many offerings for seniors in East Sacramento and Midtown areas. What follows is a listing gathered from the nonprofit's website. The Ethel MacLeod Hart Senior Center is located at 915 27th St. (27th and J streets in midtown Sacramento). For more information, call 916-808-5462. Business hours are Monday through Friday, 8 a.m. to 5 p.m.; Saturday, 9:30 a.m. to 1 p.m.; and Sunday 12:30 to 3 p.m.

Active Yoga: Mondays and Wednesdays, 2:30-3:30p

Come join instructor Laura Santigian in our mixed-level yoga class to increase your strength and flexibility, improve balance, and enhance your ability to relax and release stress. This class includes standing poses and mat work, and offers plenty of instruction for newcomers as well as enough challenge for long-time practitioners. You'll learn to adapt poses to suit your needs and limitations, so you can find your own personal zone of comfort and challenge. Bring a yoga mat, towel, some water, and your own unique energy! Beginners are always welcome. Call for fees: 916-808-5462

Chair Yoga:

Instructor Pat Shaw teaches this gentle, accessible form of yoga using a chair and props as necessary. Gain the benefits yoga has to offer including increased flexibility, strength, and balance, all with the support of a chair. This class is a great starting point for those new to yoga, with less flexibility and/or balance, or those rehabilitating. Participants should wear comfortable clothing and must provide their own mat. Call for fees: 916-808-5462

Strength and Balance: Mondays, Wednesdays, and Fridays, 9-9:45a

Newcomers are welcome to join this lively, large fitness group led by volunteer Joe Miguel. Participants will improve their health and fitness while being encouraged to work within their own comfort zone and physical abilities: flexibility and movement, correct breathing, strength training, and regaining balance abilities. Hand weights and dyna-bands for strength building and toning are used. Participants may bring hand weights from home or use equipment provided by the Center.

Tai Chi

Led by instructor Sabitre Rodriguez, participants will experience this low impact form of ancient Chinese exercise. Tai Chi combines slow movements with relaxation for a gentle and accessible form of exercise. Newcomers welcome!

Zumba Toning for Seniors

Instructor Kelly Pineda will introduce you to her unique Zumba Toning training program. Participants will learn the basic dance steps they will need to participate and complete their first Zumba class. The class incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and more. Come discover how easy and fun losing weight, toning your muscles, and getting in shape can be! Everyone can enjoy Zumba, no dance experience required.

Other ways to fit in fitness!

FREE - Qi Gong Movement and Meditation: Saturdays, 11am - Noon

Jan Polin teaches Sheng Zhen Wuji Yuan Gong, a type of gentle moving and non-moving meditations that are designed to bring you into a state of harmonious well-being. These healing exercises are done while seated.

FREE - Social Ping Pong: Tuesdays and Thursdays, 12:30 - 4:30pm

Have fun and get your heart pumping with ping pong! Ping Pong, also called table tennis, is a fun way to strengthen your hand-eye coordination. The game features light balls and paddles and is easy to learn. Drop in to watch the game and play. All levels are welcome to join this non-competitive, enthusiastic group! Games are first come, first served, and, instead of scored, are simply timed at 7 minutes.

Walking the park/Lifetrail stations:

Did you know that walking our park 4 times is equal to walking one mile? Come walk the park on your own schedule and stop by any of the Lifetrail fitness stations. Use them to improve your balance, strength and tone and to learn helpful tips to stay healthy!

50+ Wellness Resource Guide

For a comprehensive guide to senior fitness opportunities, water fitness locations, and dance and fitness classes all around town, check out the 50+ Wellness Get Moving! Guide that is available online. To view this information, visit www.cityofsacramento.org/olderadultsDANCE

DANCE

FREE - Beginning Line Dancing: Thursdays, 8:15–8:45a

Our Beginning Line Dance class is designed to serve as an introduction to the basic line dancing steps, terminology, and techniques needed to join our lively group of dancers. Participants may then join the 9am class so they can apply what they've learned.

FREE - Line Dancing: Thursdays, 9-10a

Join our lively group of line dancers! The level of difficulty is the improver level (high beginner) to intermediate level. Both men and women are encouraged to come kick up their heels to a variety of music genres including country, pop, and Latin.

FREE - Ballroom Dance Practice: Thursdays, 1:30-4:30p

Come join the fun and meet people in this large social dance group while practicing a variety of dance styles to DJ'd music. Even learn from others. No instruction provided; bringing a partner is encouraged, but all are welcome.

OTHER WAYS TO FIT IN FITNESS!

FREE - Social Ping Pong: Tuesdays and Thursdays, 12:30-4:30p

Have fun and get your heart pumping with ping pong! Ping pong, also called table tennis, is one of the widely played sports of the world. Our social ping pong is a fun way to strengthen your hand-eye coordination. Drop in to watch the game and play. We are a non-competitive, fun group; all levels are welcome!

FREE - Qi Gong Movement and Meditation: Saturdays, 11a-Noon

Jan Polin teaches Sheng Zhen Wuji Yuan Gong, a form of gen-

see Fitness page 5

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Fitness:

continued from page 4

tle moving and non-moving meditations that are designed to bring you into a state of harmonious well-being. These healing exercises are done while seated.

FREE - Walking the park/ Lifetrail stations:

Did you know that walking our park 4 times is equal to walking one mile? Come walk the park on your own schedule and stop by any of the Lifetrail fitness stations. Use them to improve your balance, strength, and tone and to learn helpful tips to stay healthy!

Taiko Drumming with Kristy Oshiro:

Beginning Lessons-Mondays, January 14, & 28. 3:45-4:45 p.m. Cost $20/2 Lessons

Taiko Drumming with Kristy Oshiro:

Intermediate Lessons-Wednesdays, January 16, 23, & 30. 3:45p-4:45p Cost $30/3 Lessons

Sketching 101 with Marie Taylor:

Friday, Jan.18. 1pm-2:30pm, Cost: $20/month and Fridays, February 1, 8 & 15. 1-2:30pm, Cost: $20/month. When you were a child you could draw anything, but as an adult you may have forgotten how. Luckily, you're retired now and can be as silly as you want. If your ready to let that inner artist loose again, join us for "Sketching 101." Perfection not needed…or expected!! The goal in sketching isn't to make a 'perfect' picture but to capture the spirit of your subject. During this course you will practice the basic techniques of sketching and most importantly, train our eyes to 'see' rather than just look. If it's been a long time since you put a picture on the fridge, wake up the inner artist and make Friday your art day. Bring your own supplies or use ours. Hurry and register, class fills up fast!!

Cinema and Conversation Circle with Latifu Munirah:

Friday, January 25th, 9:45am-11:45am. Cost: Free.

Apple iPhone and Android Phone 101:

Get to know the functions and features of Apple's iPhone and Android phones, including opening and closing apps, connecting to Wi-Fi, settings, display, calendar, and email. Register today for an individual 45-minute session available every Friday in August at Hart Senior Center! Call or stop by the front desk to register; $8 a session.

Great Books: FREE -

Great Books Discussion Group: Fourth Monday of each month, 10a-Noon

Poetry appreciation series:

Poetry by Marianne Moore & Wallace Stevens, Friday, January 25th, 1pm—2:45pm. Cost: $5

Poetry Appreciation starts the year off with two of the finest poets of the 20th century, Marianne Moore and Wallace Stevens. Both are noted for their masterful use of language and linguistic precision. Moore's work is frequently grouped with poets such as T.S. Eliot, William Carlos Williams, Ezra Pound, and later, Elizabeth Bishop. Her poetry is characterized by acute observations of people, places, animals, and art. Stevens had a long career as an insurance executive and is a rare example of a poet whose main output came at a fairly advanced age. Some have argued that his best poetry was written after he turned 60. He was a master stylist with an extraordinary vocabulary and won the Pulitzer Prize in 1955. To register, visit or call the Hart Senior Center's front desk.

Writing for Self-Discovery; "Emotional Decluttering":

Every 2nd Friday of each month, 10am-12pm. Cost: FREE *Topics change every month. Writing materials will be provided. Sessions will be facilitated by volunteer Latifu Munirah. This course will help you refine your thoughts and focus on the very things that support us in living the best phase of our lives. During each session, we will engage in personal expressive writing exercises to get to the heart of our happiness. Writings will remain confidential, while everyone will be encouraged to share what they discovered or learned, and how they plan to use the information gathered to live a more fulfilled life. Space is limited, sign up in advance by visiting or calling the front reception desk.

AARP smart driver course:

The 8-hour course is split into two sessions. Monday, January 14 and Tuesday, January 15. 1pm– 5pm This 8-hour course is for people who have not previously taken an AARP driver course, or who have taken it three or more years ago. Topics include: defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. Simply sign up and learn! Upon completion you may be eligible for a multi-year discount on your car insurance. Consult your insurance agent for details. Cost: $15 for AARP members or $20 for non-members. For information on how to register with the AARP instructor and to pick up the registration form, visit the front desk or call 916-808-5462.

Keep your 'try something new' resolution with tai chi!:

Mondays, 10:30am-11:30am. Try something new for the upcoming year! Tai Chi, a slow-moving meditative exercise used for relaxation, has the additional benefit of improving balance and preventing falls. Studies show that practicing Tai Chi help decrease stress and anxiety and help increase energy, stamina, flexibility, and muscle strength. The fundamental principles of traditional Tai Chi involve weight bearing stances, postural correct body alignment and coordinated movements performed in a slow, continuous, circular and flowing manner. Please visit Hart Senior Center or call (916) 808-5462 for monthly rates.

Techconnection:

Online banking program Do you want to feel independent and comfortable when navigating through online banking? Online banking offers plenty of advantages. Anyone can do it from just about anywhere, and it is easy once you learn how. We will be hosting an educational workshop using the Ready, Set, Bank program, facilitated by Tech-Connections Coordinator Quincia Burleson. Please visit or call the front desk for registration details!

DO YOU HAVE AN UPCOMING OR MONTHLY EVENT?
Let us know.
e-mail Monica: editor@valcomnews.com



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Susan Moon sheds light on writing and faith for Buddhists



By Alicia Dienst

A group of 25 gathered together with pens and journals on a brisk December Saturday morning at the Sacramento Dharma Center to find the quiet within and express themselves through writing with the support of Susan Moon. Moon, author of four books including the cult classic, "The Life and Letters of Tofu Roshi," has been leading groups like these for 20 years. The workshop included a combination of meditation, writing exercises, and interactive activities including collaborative writing projects. Moon told the group that Chinese writers of yore did not concern themselves much with getting credit for what they wrote, so poems and stories were often written by and attributed to multiple authors.

She said the two activities complement each other. Meditation, she explained, helps people settle into what they will write and writing helps people focus on what they are experiencing in the present moment. "They go together," she said, "because they both require being open to the heart and mind without judgment and with acceptance. Meditation can help writers be present in other parts of life." Moon did not instruct participants to critique each other's work, but to listen and discuss it. She also encouraged the participants to avoid judging the quality of their own writing in the moment. "The language comes down to you and you are just putting the words on the page."

Moon used the theme of faith as a focal point for the day. A student of Zen Buddhism since 1976, Moon was entrusted to be a Zen teacher in 2005. She said she chose to focus on the topic of faith at the workshop because Buddhists so rarely discuss it, and she values the quality of cherishing. "We are living in a time of doubt and suffering in this world. We need faith to meet the tribulation." In her talk to the larger gathering of Sacramento Buddhists Sunday night, Moon shared a personal story of how she came to have faith in her practice. She initially had an aversion to Zen practice as a second wave feminist because of its hierarchical nature and reverence for past (in this case, all male) ancestors. However, she continued going to the San Francisco Zen Center for nine years and found herself prepared to participate in a Buddhist initiation ceremony. Jukai, as it is called, is a formal Zen public ordination wherein a student commits to live by certain Buddhist principles.

"It was an act of faith," she said, to not blindly accept some dogma, but to realize she already believed the precepts to which she was dedicating herself. She found she appreciated the ancestors for coming before her in the practice, "like the leaves that fall."

"This is how we got here, through the ones who came before us." Her parents, she said, were "determined agnostics," so she came to Buddhism without the preconceived ideas and negative experiences people with a religious background often have. For her, faith is the opposite of dogma or beliefs, but more like gravity. She asserted that people can generate faith based on the Buddhist concept of interconnectedness. "We're made of out of everything that is not us, so we're really all connected and that gives me a lot of faith," she said.

"I was able to rediscover that I do have faith, after having been turned off by the idea of "faith" for many years," said workshop attendee Andra Hirsch, social worker. "I really like the way we got into different groups because it forced me interact with folks that way. Having grown up in Quaker meeting doing something similar [to meditation]." She said Quakers call it "silent worship." "I enjoyed getting in touch with that aspect of myself."

Moon and co-editor Florence Caplow published The Hidden Lamp, Stories from 25 Hundred Years of Awakened Women in 2013 to make women's stories in Buddhism more available. Moon said while a traditional Zen perspective on gender is that it is empty of meaning and that Buddha nature has no gender, that "everyone's the same under the skin." There is a contradiction because people experience the consequences of gender or perceived gender and "it's important to acknowledge that." She said her workshops typically draw more women-identified people than men and suspects that is because "women are brought up to be more empathetic" and gentler, and therefore drawn to "joint activities" like her workshop.

"I like to embrace the collaborative aspect of it," she said. "It's a sangha building activity." By writing in a group and sharing what one's writing, "People realize they can trust this other person."

"I found Susan Moon to be an experienced, gentle facilitator whose [writing] prompts and guides allow students to discover more about themselves," Karen Wilkinson said of the retreat leader. "She was adept at leading large groups and keeping the energy light, while holding space for the spectrum of experiences."

Moon was close to Dharma Center elder and founding board member Susan Orr, who died in September and she dedicated the day to her Orr's memory.



Justice Arthur G. Scotland (Ret.) Received the American Inns of Court 2018 A. Sherman Christensen Award

By Jan Dalske

Justice Arthur G. Scotland (ret.) was presented this award by Judge Consuelo M. Callahan at the organization's annual Celebration of Excellence at the Supreme Court of the United States on October 20, 2018. The event was hosted by Associate Justice Clarence Thomas.

The award is "bestowed upon a member of an American Inn of Court who, at the local, state, or national level has provided distinguished, exceptional and significant leadership to the American Inns of Court movement" promoting ethics, civility, and professionalism in the practice of law. Expressing appreciation for the honor, Scotland said "receiving the award for what I love to do is an added bonus to all the benefits I have gained from Inn of Court membership."

Scotland is a former presiding justice of the California Court of Appeal, Third Appellate District. He has been Of Counsel to the law firm of Nielsen Merksamer since 2012, where he specializes in government law. Scotland's judicial career included more than 21 years on the California Court of Appeal in Sacramento and almost two years as a judge of the Superior Court of Sacramento County.

see Justice page 14



Back row left to right: Dean of McGeorge School of Law, Michael Hunter Schwartz; Stacey Hunter Schwartz; Bobbi Stewart; Executive Director of the Sacramento County Bar Association, Mary Burroughs; Art Scotland; Susan Scotland; Judge Emily Vasquez; Ralph Lightstone; Judge Linda Loftus; Michael Norton. Front row left to right: Jerilyn Paik; Karen Jacobsen; Carol Sisk. Left to right - Josh Wolcott, Kerri Wolcott, Sue Scotland, Art Scotland





LIFE IN THE VILLAGE

By JAN DALSKE
East Sacramento News

HAIR CARE FOR THE KIDS

When you were the parents of seven healthy, growing children from the ages of one to ten, you needed to have a plan for taking care of your children's hair needs. My parents chose to split up the hair care duties. Our father took care of the boys' hair care needs. And, our mother was responsible for handling the girls' hair care. They were both organized and seemed to have a regular schedule in place.

Our father had always worn his hair very short. He needed to keep it short because of his construction job. He was a heavy equipment operator and worked on a grader for a local construction company. His job required him to make precise, accurate measurements when he moved the piles of dirt on the various construction sites.

He had always trimmed his hair himself at home with a hand held electric hair trimmer. His short hair was easy to wash and comb and stayed in place during his long work days. He wanted his young sons to have a carefree style also. They needed a style to wash and wear. So, he decided that they should have short hair just like his.

I thought that our mother's hair always looked beautiful. She was born with straight, dark brown hair and she curled it with bobby pins when she wanted a curly style. But, when she wanted here young daughters' hair to have curls and waves, she used rags. The rags were torn in strips from old well-used bed sheets. My younger sisters, Rita and Linda, and I usually washed and conditioned our hair when we took our baths. We used an egg shampoo which made our hair healthy and shiny. After we towel-dried our washed and conditioned hair, our mother would wrap the long hair strands around the rags.

This created the long, shiny curls. When we woke up in the morning and untied the rags, our hair had long wavy curls. We all loved the curls and the girls in Linda's and my school classes asked us how we made our hair so shiny and curly. We just smiled and told them it was our mother's secret. My sister Linda had blonde hair and blue eyes and freckles on her cheeks and she looked beautiful when her hair was curled. Rita's hair was shorter than Linda's and it was dark brown like mine. But, she had nice curls also, they were just shorter.

My hair curled very easily and I loved the long shiny curls. Our little sister Sandra had light brown hair and our mother did not curl her hair because she was too young. We usually curled our hair on special days such as going to church on Sundays. During the week we just wore a hair clip to keep it back from our faces. Our father did not like to see our hair in our eyes.

Whenever we had our hair curled, our brothers liked to tug on our curls and run away laughing. I guess they were jealous of our curls, because they had short hair. Our father told them to leave their sisters' hair alone but they did not listen to him. Our girl cousins had long curls also and I wondered whether their brothers pulled their hair. It was too bad our brothers had short hair. Would they like us to pull their hair? We thought about doing it just to see how it felt.





24 museums to participate in Free Museum Day on Saturday, Feb. 2

With 24 museums participating by offering complimentary admission, the 21st Annual Free Museum Day takes place on Saturday, Feb. 2, from 10 a.m. to 5 p.m.

New this year, the popular day is also the kick-off to Sacramento Museum Week (Feb. 2-8) filled with special events, activities and activations at various museums. While admission is complimentary to everyone on Free Museum Day only, regular admission applies at all museums during Sacramento Museum Week. Coordinated by Sacramento Area Museums (SAM) with the support of Visit Sacramento, Free Museum Day and Sacramento Museum Week in 2019 are proudly presented by Sutter Health and sponsored by California Family Fitness.

"We are thrilled to present the 21st Annual Free Museum Day plus extend the fun by offering a new Sacramento Museum Week this year," said Sacramento Area Museums Chair Delta Pick Mello. "We'd especially like to thank our presenting sponsor Sutter Health and our returning sponsor California Family Fitness for providing much-needed resources to help us to present these important events. Our continuing goal as a collaborative organization is to introduce the community to the amazing array of arts, culture and museum offerings available in the greater Sacramento region."

Free Museum Day is a popular cultural tradition designed to encourage all members of the community to experience the Capital City's incredible wealth of art, history, science and wildlife, free of charge. Many of the museums are within walking distance of each other and easily accessible via public transportation.

And, to help easily and conveniently transport guests who wish to visit multiple museums in Sacramento's urban core, Sacramento Regional Transit (SacRT) is offering free rides on all buses and light rail trains on Saturday, Feb. 2 only with a printed SacRT Museum Day flyer (only one flyer needed per family or group). A screen shot of the flyer from a smartphone is also acceptable. To print or display the flyer, please visit ww.sacrt.com. For more information specifically about SacRT park-and-ride stations and schedules, visit sacrt.com/services.

On Free Museum Day, event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. Due to the popularity of Free Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m.

New in 2019, Free Museum Day is the kick-off to a week filled with special activities presented by various museums and popular destinations. While a comprehensive listing will be available on the website (www.SacMuseums.org), a sampling of the special activities follows:

- Saturday, Feb. 2 (10 a.m. to 5 p.m.) – 24 local museums and popular destinations offer free admission along with some that will present special activities for guests;

- Sunday, Feb. 3 (11 a.m. to 2 p.m.) – the California Automobile Museum offers "Downtown Sunday Drives" in vintage cars;

- Monday, Feb. 4 (11 to 11:30 a.m.) – the California State Railroad Museum presents an "All Aboard for Story Time" children's reading activity;

- Tuesday, Feb. 5 (6 to 8:30 p.m.) – Verge Center for the Arts offers a real-life Adult Drop-In Figure Drawing class;

- Wednesday, Feb. 6 (10 a.m.) – the California State Library will conduct special guided tours on this day and during Museum Week Tuesday and Thursday. Museum Day tours will be on request.

- Thursday, Feb. 7 (11 a.m. to 3 p.m.) – Locke Art Studio will offer a free Joy Kuo Master silk screen printing demonstration;

- Friday, Feb. 8 (10 a.m. to 3 p.m.) – Cemetery volunteers will be available to answer questions about the Cemetery, help visitors find specific graves or assist with their genealogical research.

More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on "News & Events"), or by calling Visit Sacramento at 916-808-7777.

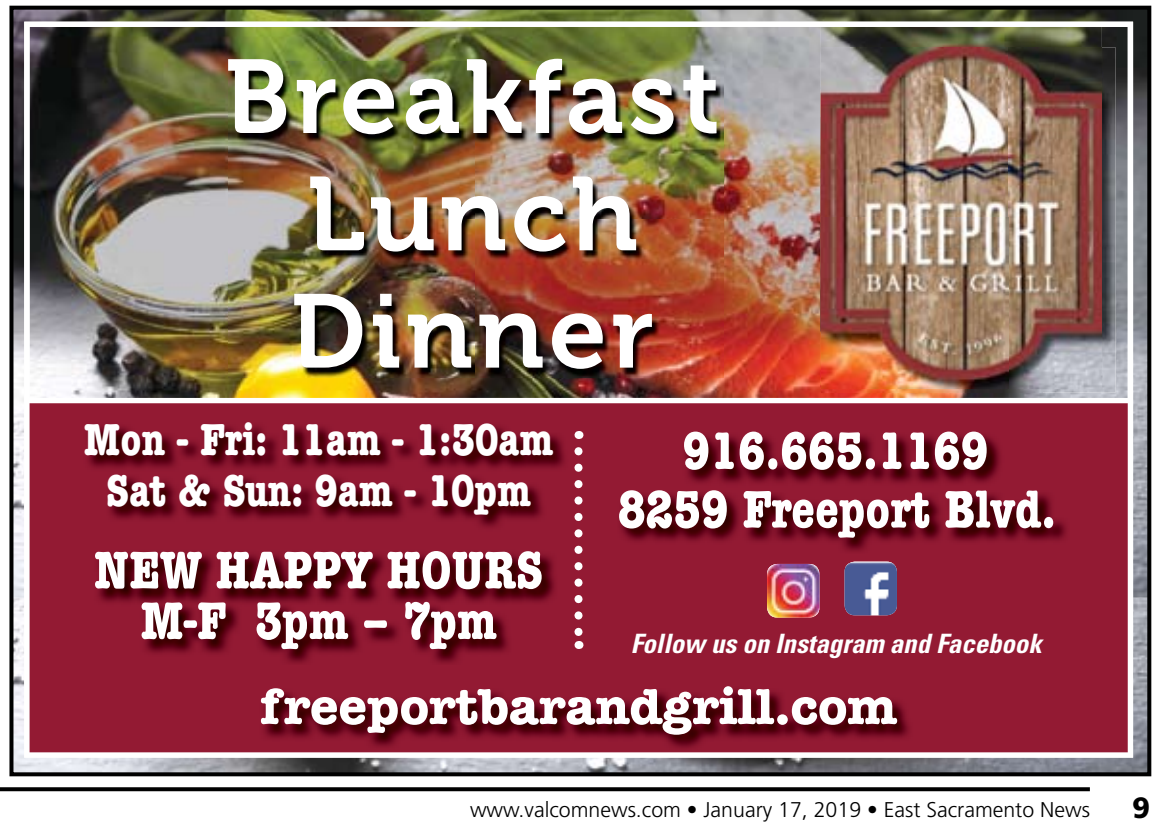
Participating Museums for Free Museum Day on Feb. 2

Aerospace Museum of California, California Automobile Museum, California Museum, California State Capitol Museum, California State Library, California State Railroad Museum, Don & June Salvatori California Pharmacy Museum, Folsom History Museum, Leland Stanford Mansion State Historic Park, Locke Boarding House Museum, Maidu Museum & Historic Site, SSVMS Museum of Medical History, Old Sacramento Schoolhouse Museum, Powerhouse Science Center, Roseville Utility Exploration Center, Sacramento Children's Museum, Sacramento Historic City Cemetery, Sacramento History Museum , Sojourner Truth African American Museum, State Indian Museum, Sutter's Fort State Historic Park, Verge Center for the Arts, Wells Fargo History Museum (Capitol Mall), Wells Fargo History Museum (Old Sacramento)

Not all SAM member museums will be able to officially participate in Free Museum Day on Feb. 2, by offering complimentary admission so please review the participant list carefully and/or contact them directly with any museum-specific questions.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org.

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Sports QUIZ

by Chris Richcreek

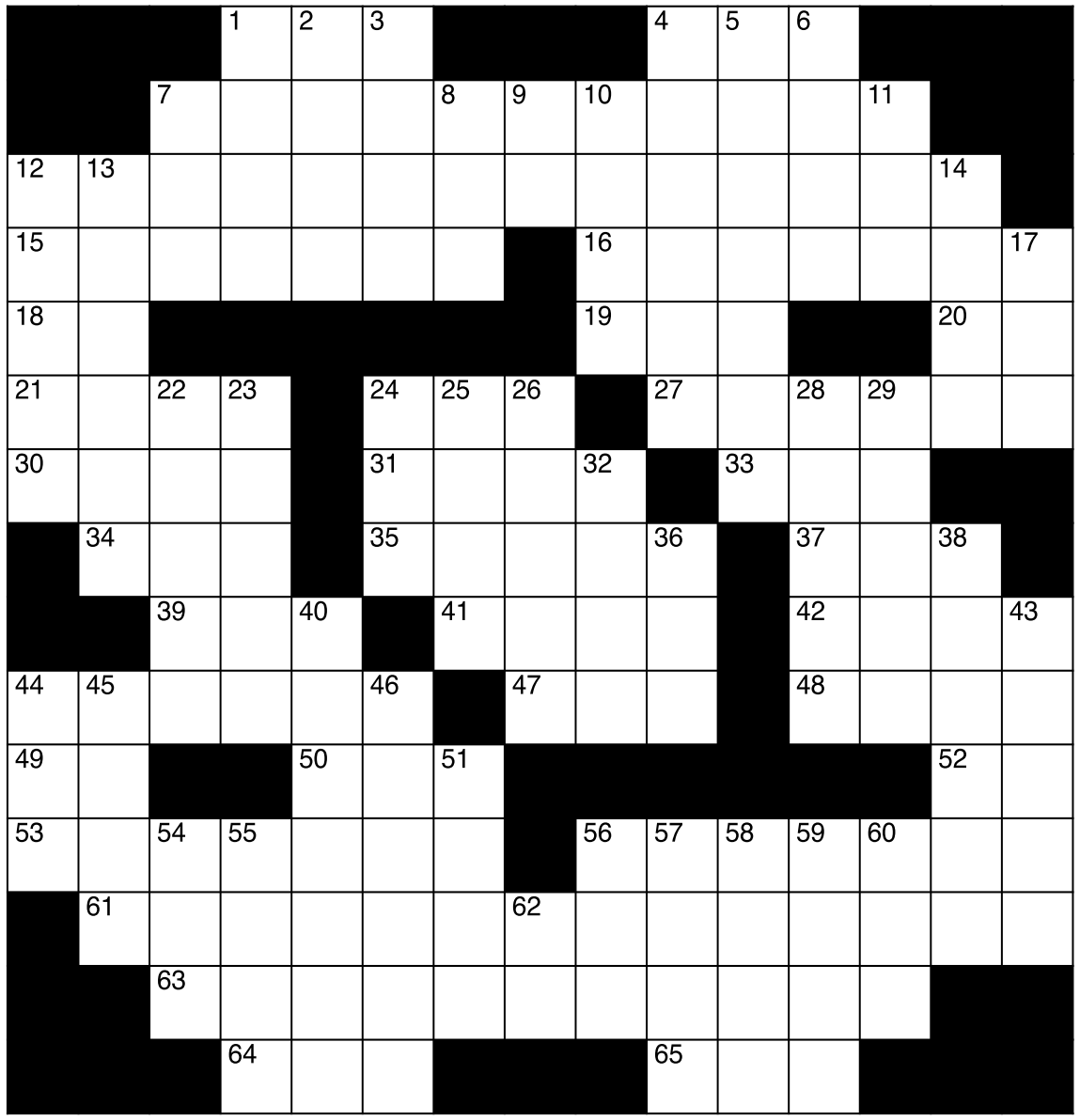
1. Which teams hold the major-league record for most hits in a nine-inning game?
2. When was the last time before 2017 that the Houston Astros won a division championship?
3. Dallas' Dak Prescott set a rookie NFL record in 2016 for highest completion rate (67.8 percent). Who had held the rookie mark?
4. Which original member of the ACC has never won the conference's men's basketball tournament?
5. John Bucyk (545 goals) and Phil Esposito are the top career goal scorers in Boston Bruins history. Who is No. 3?
6. Which is the only host country to be eliminated from the Group Stage in men's World Cup soccer history?
7. When was the last time before 2017 that Maryland won the NCAA men's lacrosse championship?

Answers

1. The 1901 New York Giants and the 1992 Milwaukee Brewers, with 31 hits each.
2. The Astros won the N.L. Central in 2001.
3. Pittsburgh's Ben Roethlisberger, who had a 66.4 percent completion rate in 2004.
4. Clemson.
5. Rick Middleton, with 402 goals.
6. South Africa, in 2010.
7. It was 1975.

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CROSSWORD



CLUES ACROSS

1. Political action committee
4. One point north of due east
7. Marital
12. Religious building
15. Intrinsic nature of something
16. Safe to drink
18. Letter of credit
19. Single Lens Reflex
20. Keeps you cool in summer
21. Monetary unit
24. The Eye Network
27. Moving with a bounding stride
30. Figures
31. Of the pia mater
33. Male offspring
34. Indicates near
35. Calvary sword
37. South American plant
39. Doctor of Education
41. Something to take
42. Remove the edges from
44. Inattentive
47. Pick up
48. Latch for a window
49. Region of the U.S.
50. Windy City ballplayer
52. The NFL's big game (abbr.)
53. Be permanently present in
56. Novice
61. Pirate novel
63. In a law-abiding way
64. Where one sleeps
65. Criticize

CLUES DOWN

1. Bullfighting maneuver
2. Egyptian Sun god
3. Predatory semiaquatic reptile
4. Register formally
5. Eating houses
6. Japanese port
7. Genus of rodents
8. Nigerian city
9. Milliwatt
10. Mistake!
11. Women's movement
12. Greeting
13. Songbirds
14. An arrangement scheme
17. Heartbeat test
22. Push back
23. Intended for the audience only
24. Cycles per second
25. Impartiality
26. Polio vaccine developer
28. Bowel movements
29. South American Indian
32. Queen of Sparta
36. Confederate soldier
38. Emerged
40. Death
43. __ and flowed
44. Folk singer DiFranco
45. Email folder
46. Throbbed rhythmically
51. English rockers
54. Disaster relief operation
55. American model and TV personality Katherine
56. Potable
57. Tough outer layer
58. __ Spumante (Italian wine)
59. Troubles
60. Negative
62. Camper

solutions page 14

LIFE ON TWO RIVERS

Go Wild: Get Your Naturalist Training

By Ellen Cochrane

If you're looking for a chance to nudge your inner child back to Mother Nature, now's the time. The University of California's Master Naturalist program has multiple training opportunities in and near Sacramento and you don't need to be a science pro, just have a passion about the natural world and be ready to train and embrace your love of the outdoors.

For years I was determined to place myself back into nature, and not just as an occasional visitor. Twenty years of teaching in an urban, public school and four years of service on the school board had not erased the push of the Pacific wind from my thoughts or dried up the smell of sunbaked oat grass. And I had a sense of urgency. Being in my 50s, I heard the tick-tock of time. A chance internet search led to the University of California's Master Naturalist Program and I began my journey.

Just after sunrise on Heart's Desire Beach, a sheltered cove in the Point Reyes National Seashore, I began Naturalist Adult Camp. For seven days 25 people (young, old, students, retirees, all races and social economic groups) practiced survival skills, studied redwood ecology and the Coho salmon watershed. We worked, camped, ate, and drank beer together.

Naturalists learn facts. For five or so hours a day we studied in the classroom. Scientists, non-profit conservation program directors, volunteers, authors and other naturalists schooled us on local flora, fauna and geology. The remainder of the time we learned in the forest, by the creek side and on the seashore.

A twisty dirt path curled through the redwood forest. We stopped to watch our interpretive guide unwrap a tissue. Out popped what looked like a tomato seed. Interest turned to astonishment when she pointed to a giant of the forest. The minute dot was a redwood seed.

We explored Lagunitas Creek trails alongside salmon spawning grounds and learned the breeding cycle from biologists. Later the same day we helped repot native plant seedlings and redwood sprouts with a botanist. A few days later we were immersed in the world of mist nets and tagging native bird species. We took notes, kept journals and sketched. All staples of the classically trained Naturalist.

My most emotional moment came when we examined a washed up female blue whale on Agate Beach near the Bolinas Duxbury Reef. It was impossible not to feel pity standing next to the lifeless body of the largest species on Earth, who was most likely hit by a ship. We learned later that she was part of a research project and her migration from Alaska to Mexico had been tracked for 18 years.

By the end of the week we had strong bonds, a network of colleagues, and were ready to volunteer for science and nature. We had earned our chops to become part of the nationwide movement to build cadres of like-minded people who want to share nature in a positive way, not focusing on conflict resolution or policy battles.

Multiple studies point to the benefits of volunteering, especially later in life. But becoming a steward of the Earth, supporting environmental programs and introducing the young to life changing adventures is not just volunteering, it's a passion. Most naturalists find their calendars packed and some are much busier volunteering than when they worked. But the commitment is not another career, it's a calling.

Budding naturalists train 40 hours or more with local environmental partners, organizations and instructors who are experts in the immediate geographic area. Students learn about the flora and fauna ecosystems and conservation as well as broader environmental issues. Some courses are taught in a classroom with field trips, others (like my class) are 24/7 immersion courses in nature. Think class time combined with daily campfires, practicing survival skills and interacting with field scientists. After you complete the course you're ready to work. Some do use the training to seek out encore careers, but others feed their souls by finding the perfect volunteer niche.

University of California program director, Adina Merenlender, observes that naturalist training gets us off our islands and brings people from all walks of life together, people who would not normally interact. "It's important to engage youth and older people to find their path, around sciences, outdoors, and the environment—to find their life's work," Merenlender said.

Becoming a Naturalist

Beginning your journey is just a click away. Go to the University of California, Davis California Naturalist site to see state wide information: http://calnat.ucanr.edu/

The immediate Sacramento area offers numerous opportunities to train as a Certified California Naturalist. A favorite is The American River Conservancy California Naturalist Course.

Dates: February 21, 2019 - May 9, 2019
Time: 8 a.m. to 5 p.m.
Contact: Dillon Brook, dillon@arconservancy.org
Full course info: website: http://calnat.ucanr.edu/Take_a_class/American_River_Conservancy/

Medicare:

continued from page 3

with standing upper-body strength work using handheld weights, elastic tubing with handles and a SilveraSneakers ball. A chair is available for support. Again, this class is suitable for nearly every fitness level and can be adapted depending on the skill of each individual participant.

You can try a safe and heart-healthy aerobics class which will energize your active lifestyle using low-impact movements that will focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than the Classic and Circuit.

The Silver Sneakers bond reaches well beyond the gym, with workout partners planning get-togethers and looking out for each other. Most members do not join to find friends, but friendships are what keep many of them coming back.

Forty-nine percent of the active members said that they were motivated to continue exercising because they had a friend who was also participating in the program. People who get fit with their "buddies" are more likely to stick with their exercise routine than those who "go it alone".

And, of course, you should always talk to your doctor before starting any exercise program.

Local locations where Senior Sneakers programs are available

West Sacramento Recreation Center 2801 Jefferson Blvd.
24 Hour Fitness, 1020 7th St.
Sac Central YMCA, 2021 W St.
Curves (women only) 5283 Folsom Blvd
Anytime Fitness, 6350 Folsom Blvd. #160
Crunch Fitness, 1250 Howe Ave.
Planet Fitness, 5138 Stockton Blvd.
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Thomas Edison Language Institute is proud to have a new and unique learning experience available for all students. This year Abdelilah El Alaoui came to Sacramento to provide Arabic classes at Thomas Edison Language Institute. These classes are available during the school day. There is also an Arabic club and classes after school. Students who have joined thin program are enjoying a variety of pupil-centered activities in Arabic. These activities are centered in the realm of speaking, reading, and writing in the language. Similarly, the Arabic club will offer several fun-filled activities, such as learning songs in Arabic, cooking, movie watching, Arabic calligraphy and others.

Mr. Abdelilah El Alaoui is a TCLP exchange teacher (Teachers of Critical Languages Program) sponsored by the Department of State and the American Councils for International Education. He will spend the current academic year teaching Arabic at Thomas Edison Language Institute, located in Sacramento, CA.

Mr. El Alaoui is from Laayoune City, Morocco. He has already conducted several outreach activities about Moroccan and Arabic cultures in the Sacramento and San Joaquin counties. The purpose of these activities is to build a kind of mutual understanding between people from different cultures. He is looking forward to exploring the diversity and richness of American culture, learning more about American teaching methodologies. He also wishes to immerse in the ways of our society and culture. Additionally, Mr. El Alaoui seeks to make the learning of both English and Arabic more effective and enjoyable.

It is worth mentioning that the Teachers of Critical Languages Program (TCLP) is a multi-layered, cross-cultural endeavor. The American Councils for International Education recruits teachers from Morocco and China and places them in schools across the country to teach their native language and culture to American students. This program impacts the guest teachers, their schools back home, and American students: American students develop appreciation and gain fluency in critical languages, such as Arabic and mandarin; exchange teachers improve their English skills, which in turn will reinforce their schools' English as a Foreign Language curricula and pedagogical practices; American and exchange teachers develop long-lasting partnerships and share both resources and teaching methodologies; all students and teachers involved form deeper understanding of others' cultures.

Justice:

continued from page 7

Before his appointment to the bench in 1987, he served as cabinet secretary to Governor George Deukmejian, 1983–1987, California Deputy Attorney General, 1976–1983, and Sacramento County Deputy District Attorney, 1974–1976.

After retiring from the court in 2010, Scotland reactivated his license to practice law and represented the President pro Tempore of the Senate and the Speaker of the Assembly in a successful lawsuit against the state controller, regarding the constitutional requirements for passage of a balanced budget bill.

Scotland has been a leader in the American Inns of Court (Inn) for decades. An Emeritus member of the Anthony M. Kennedy American Inn of Court in Sacramento, he has been on the Inn's executive committee for more than 20 years, chairs the membership committee, and recently served as a master of ceremonies at the Inn's 30thanniversary celebration.

As a member of the American Inns of Court Judicial Task Force, Scotland helped to identify the benefits and challenges of judicial participation in Inns and proposed a strategy and techniques for recruiting and retaining judges as Inn members.

For several years, Scotland has organized and hosted a visit to Sacramento for British barristers as part of the Pegasus Scholarship Trust exchange program between the United States and the United Kingdom. He speaks frequently to Inn and student groups about civility in public and professional discourse.

Scotland graduated with honors from the University of the Pacific, Mc George School of Law, in 1974. In 2016, he was elected to serve on the University's Board of Regents.

The American Inns of Court, which is headquartered in Alexandria, Virginia, inspires the legal community to advance the rule of law by achieving the highest level of professionalism through example, education, and mentoring. The organization's membership includes more than 31,000 federal, state, and local judges; lawyers; law professors; and law students in nearly 380 chapters nationwide.

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What's happening East Sacramento?

NEW SACRAMENTO AREA ENGLISH COUNTRY DANCE: Great news for those who live relatively close to central Sacramento! The Sacramento Country Dance Society is adding a second monthly English Country Dance, on the third Sunday afternoon of each month beginning October 21. Lovely hall and floor, easy parking, and on the American River Bike Trail. Come join us at Camp Pollock, just 5 minutes from downtown/midtown Sacramento, from 2:00 to 5:00 pm. Each dance is preceded at 1:30 pm by an Introductory Workshop for newcomers. This is in addition to our long-running dance in Roseville that continues on the first Sunday afternoon of each month. Beginners welcome, no partners necessary, always live music. Details about both dances, including callers, music, locations, and date changes, can be found on our Web site: sactocds.org/english-country-dance/

GARDENS GONE NATIVE TOUR: The Sacramento Chapter of the California Native Plant Society is in the planning stage for our Ninth Annual Gardens Gone Native Tour. Every year we feature 25 to 30 local residential gardens which feature substantial plantings of California Native plants. Many of our Hosts show their garden several years in a row, others take a break, and we're always on the lookout for new gardens to feature. Do you have a love of sharing your garden, and have half or more as natives? The Tour is in late April (April 27th), but we are trying to settle on gardens within the Sacramento and Yolo area that somewhat group together for the convenience of the tour-goers. If you are interested, contact us at gardensgonenative at gmail dot com, or contact Colene Rauh at 916-717-5517.

FRIDAY, JAN. 18

ELECTRIC GREETING CARDS - Join this free hands-on SMUD workshop and learn how to make electronic greeting cards with LED lights! Create fun, light-up cards and learn the concepts of drawing schematics, parallel and series circuits and basic electronics. Recommended for ages 8 – 12. Children must be accompanied by an adult. Registration required. Friday, January 18 from 3:30 – 5:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, JAN. 19

MANDALA WORKSHOP: Lion's Roar Dharma Center, from 10 a.m. to 4 p.m. at the Lion's Roar Dharma Center, 3240 B St, Sacramento, California 95816. Lama Yeshe Jinpa always tells us that "art saves lives"; in our Vajrayana practice, art, color and creativity can all be used as means to awaken. Sponsored by Lion's Roar Dharma Center and Art and Soul Therapy, this is a free 6-hour workshop to experience how Art Therapy really works. Create art, share in community and promote healing with Lindsay Kay Parkinson, ATR-BC & licensed MFT. Special presentation by Lama Yeshe Jinpa with meditation practice. Call in or email to register: LindsayKay@ArtnSoulTherapy.com (916) 583-8499

SUTTER'S FORT TO PRESENT "HANDS ON HISTORY: CATCH GOLD FEVER – THE YEAR OF 1849": California State Parks, Sutter's Fort State Historic Park (SHP) and Friends of Sutter's Fort are proud to present an interactive and fun "Hands on History: Catch Gold Fever – The Year of 1849" event on Saturday, January 19, 2019, from 10 a.m. to 5 p.m. Fort visitors will have the unique opportunity to step back in time to explore an era that changed California forever. The gold discovery at Coloma echoed around the world and triggered the largest migration in United States history. Thousands of immigrants gambled and came to early California to try to strike it rich. They left family behind, spent life savings, and borrowed money all in the pursuit of gold. Many miners bought one-way passage on ships bound for California, and abandoned ships clogged the port in San Francisco as miners and sailors took off for the hills. Miners stopped at Sutter's Fort before they headed for the hills in their quest for gold, and the Fort was often the first place to which they returned for supplies and entertainment. Sadly, the dream of riches was not often the reality and many left the hills with only disappointment in their pockets. As an event highlight, Fort visitors are invited to spend the day enjoying hands-on activities such as gold panning, miners' camp, games of chance, and money and trade activities where guests learn what it meant to "mine the miners." In addition, there will be a display of guns and weapons from the Gold Rush era and demonstrations of black powder weaponry in action including the crowd-favorite firing of the Fort's cannon. Friends of Sutter's Fort will also be sampling out popular gold rush nugget chocolates and featuring gold rush-related items for sale in the on-site Trade Store so visitors can bring a bit of gold rush history home with them. All "Hands on History" activities are included in the cost of admission. Sutter's Fort SHP admission costs are as follows: $7 per adult (18 and older), $5 per youth (ages 6 to 17) and free for children 5 and under. For more information, call 916-445-4422 or visit www.suttersfort.org

SATURDAY, JAN. 26

EAST SACRAMENTO KIWANIS SHRIMP AND TRI-TIP FUNDRAISER: The 13th annual fundraising dinner for the East Sac Kiwanis will be held at the Hellenic Event Center on January 26th! Bring your friends and family for a fun night of raffles, auctions and an all-you-can-eat dinner. The $50 ticket gets you all-you-can-eat shrimp, tri tip, pasta, caesar salad and bread. and dessert. Beer, wine, soft drinks available for purchase. There will also be a silent auction, raffle prizes, 50/50 raffle and fun! 5 to 9 p.m. at the Hellenic Event Center 614 Alhambra Blvd. Tickets available at https://squareup.com/market/kiwanis-club-of-east-sacramento/item/tri-tip-and-shrimp-feed-tickets

SATURDAY, FEB. 2

DREAM VARIATIONS: A SYMPHONIC CELEBRATION OF THE AFRICAN AMERICAN EXPERIENCE: The Sacramento Youth Symphony presents a major community concert event celebrating the ongoing contributions by African-Americans to our country's artistic landscape. Musical selections will include celebrated works by Duke Ellington, William Grant Still, Emmy Award-winning composer John Wineglass, and much more. An impressive roster of special guests will join the orchestra on-stage for this special event. Some of our guests include: Emcee-Omari Tau; Speaker-Courtney Dempsey; Guest Artists-Jay Mason, Chase Spruill 4th, Indigo Moore, Julian Dixon, Leslie Sandefur, & Sheryl Counter. Tickets: General $25, Students/Children/Seniors $20. For more information, visit www.sacramentoyouthsymphony.org

TUESDAY, FEB. 5

READ TO A DOG – Love animals? Then come read aloud to a trained therapy dog from Lend-A-Heart. This is a great program for reluctant readers; the dogs are great listeners! Children may bring their own books or borrow from the library. School-age. Tuesday, February 5 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, FEB. 8

TWEEN COMICS CLUB – Join us for this free, fun program. We will have snacks, discuss a comic book, do a craft, and have a trivia contest with the chance to win a prize! This month's book: Roller Girl by Victoria Jamieson. Copies will be available at the front desk in January. Recommended for ages 9-13. Friday, February 8 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, FEB. 9 and SUNDAY, FEB. 10

WEAVERS AND SPINNERS SHOW & SALE: 10 a.m. 4 p.m., both days at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

TUESDAY, FEB. 12

LOCAL AUTHORS PANEL – Connect with a panel of local writers to hear readings from their books and chat with the trio about their writing careers. Join Tim Brown, Squatter's Gold; Andy Furillo, The First Year; and Bob Sylva, The King of Karaoke and Other Stories for a moderated conversation. Tim is the former director of Loaves & Fishes, Andy and Bob are both former writers/columnists for The Sacramento Bee. Signed copies will be available for purchase. Tuesday, February 12 from 6 – 7 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

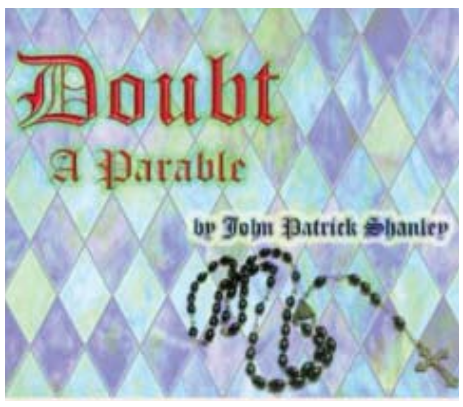
SATURDAY, FEB. 16

WHEN WE WERE COLORED WITH GINGER RUTLAND – When We Were Colored, by Eva Rutland, tells the story of one family's experience with integration in post-World War II Sacramento. When she moves to California from the south with her husband and children, the family must confront with it's like to be the first black household on the block, the only black children at school and how to continue to love those with different ideologies. Ginger Rutland has written a play based on her mother's book that will have its premiere at the Sacramento Theater Company on March 20. Join Ginger for a special reading and discussion of the book and the play. Adult. Saturday, February 16 from 3 – 4 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

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CHAUTAUQUA playhouse

Tickets online at www.cplayhouse.org
or by calling the Chautauqua box office at 916.489.7529



Feb 1 – March 3

Set in 1964 against the backdrop of an America in the midst of change.

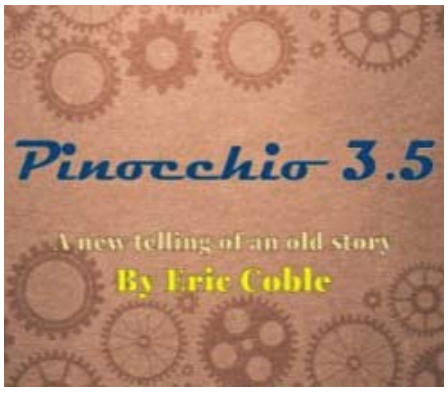
Winner of the 2005 Pulitzer Prize for drama.

Children's Theater

Feb. 9th – 23rd

A wacky, charming 21st-century retelling

of the 19th-century classic about what it takes to become a real human being.



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