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East Sacramento News

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FORMER LOAVES AND FISHES DIRECTOR, RELEASED NEW BOOK, TO JOIN LOCAL AUTHOR'S PANEL AT MCKINLEY LIBRARY

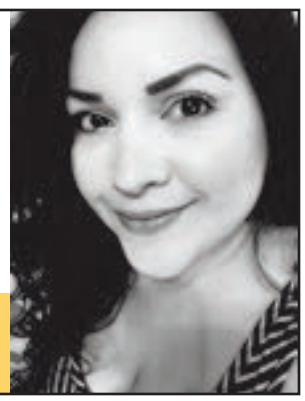
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Michael Saeltzer,
MBA, Realtor®, SRES®
(916) 402-3261
realtybymichael@gmail.com
CaDRE# 01964451

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SB 58/Bill to extend the sale of alcohol in bars, restaurants, and nightclubs until 4 a.m.

By Bill Motmans
Special to Valley Community Newspapers

On December 17, 2018, Senator Scott Wiener (D-SF) re-introduced a bill which would extend sales of alcohol in bars, nightclubs, and restaurants until 4 a.m. in nine California cities, including Sacramento. The bill will be Senator Wiener's third such effort to pass this legislation, which Mr. Wiener explained in a December 18 News Release, as follows, "It's time to embrace our nighttime economy and give our cities the tools they need to foster the best nightlife possible."

His first bill, introduced in 2017, failed to make it out of committee.

The second bill (SB 905), introduced in 2018, made it through the Legislature, but ultimately was vetoed by Governor Brown on September 28, 2018, who released a statement explaining his veto, which read, in part, "I believe we have enough mischief from midnight to 2 without adding two more hours of mayhem."

The California Highway Patrol (CHP) also released a statement at the time which said they "strongly believ[ed]" that passage of this bill would lead to more drunk driving. Mothers Against Drunk Driving (MADD) also opposed this legislation.

In response to Governor Brown's veto, days after reintroducing SB 58, Senator Wiener took to Twitter on December 19, saying the bill "won't" lead to the problems the governor described, but will, he said, "lead to a great nightlife. We won't give up", he added.

This past summer, in support of the earlier bill, Sacramento Mayor Darrell Steinberg sent a letter to a local neighborhood association saying, in part, that the National Highway Traffic Safety Administration found, "there is no correlation between states with later closing times and higher rates of drunk driving." A representative from the association contacted NHSTA Region 9 headquarters in Sacramento, which, upon further checking with the Associate Administrator for Research and Development in Washington, D.C., forwarded several studies which appeared to contradict information contained in the Mayor's letter. In fact, one such study found that "studies that examined increasing hours of sale by 2 or more hours found increases in vehicle crash injuries, emergency room admissions, and alcohol-related assault and injury." No studies or articles found in the American Journal of Preventive Medicine, also mentioned in the Mayor's letter, could be found which supported statements and conclusions in the Mayor's letter. The information and studies provided by NHTSA were forwarded to the Mayor's office, and staff indicated a response would be forthcoming once they had the opportunity to "review" the studies. No response was received. On December 19, in light of the re-introduction of the bill, a second request was sent requesting an explanation after the review from staff. As of this writing, there has been no response.

As part of Senator Weiner's December 18 press release, Mayor Steinberg is quoted as saying the legislation, "gives us the flexibility to tailor our nightlife scene to attract tourists and conventions while protecting the character of our quieter residential neighborhoods."

A press release from the California Alcohol Policy Advocate (CAPA) included this quote from Bruce Lee Livingston, Executive Director/CEO at Alcohol Justice, "Like climate change deniers, Senator Wiener continues to deny dozens of peer-reviewed studies that show two more hours of alcohol sales will nearly double alcohol-related violence, crime, police calls, and emergency department visits."

SB 58, referred to as the LOCAL Act, for Let Our Communities Adjust Late-Night, maintains that the nine local cities in the so called 5-year pilot project will preserve local control in decision making relative to what bars, restaurants, and nightclubs will stay open until 4 a.m., and in which neighborhoods.

Just hours after Governor Brown's veto on September 28, Senator Wiener tweeted. "I'll introduce the bill again in 2019. Third time's a charm!"

Hearings are set to begin in March or April 2019.

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Editorial questions: (916) 267-8992

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Editor ..... Monica Stark
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Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
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1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by: Monica Stark



LIFE IN THE VILLAGE
By JAN DALSKE
East Sacramento News

Home Cooking for a Large Family

With seven growing children and a hard working husband to feed, our mother had to be creative and make the most of her limited food budget. Cooking in the 1950's was a lot more labor intensive than it was in the twentieth century.

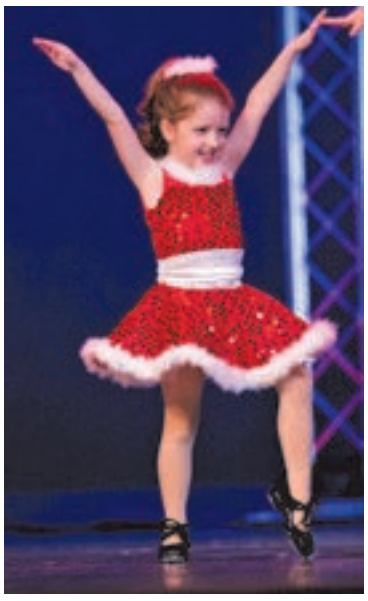
Our mother had a gas stove with four burners and a small oven. There were no microwave ovens at that time. She did not have a slow cooker. All of her cooking and baking chores were accomplished on a small gas stove or in the one door oven.

Homemade egg noodles were always a great addition to many of the dishes she prepared for her family. She would roll out the mixture of flour and water and eggs that created the noodle dough. When it was perfectly flat, she placed it on a large wooden bread board and sliced the dough into long strips.

The strips of dough were carefully laid out on the bread

see Life page 4

Fancy Feet Shares the Love by Opening the Doors to Everyone for a Mega Party



By Michael Saeltzer

Sacramento native Elizabeth Ercila, fondly known as Miss Elizabeth to her many students, is the owner of Fancy Feet Dance Academy which is located on the corner of 57th and H streets at 712 57th St. in East Sacramento. On Saturday, Feb. 16 from 4 to 6:30 p.m., she and her staff are extending an open invitation to the entire community to help celebrate Fancy Feet's eighth anniversary. She and the Fancy Feet crew are throwing a party and like everything they do it is guaranteed to be big, fun, and of course a major shin dig.

The party, promoted as the "Share the Love" event, will include food for all, face painting for the kiddos, and lots of free prizes for everyone. Always thinking about how to make things fun and easier on the whole family, Elizabeth is inviting both the children and adults to participate in free simultaneous dance classes. That's right, food, face painting, prizes and dancing - all free. The kids dance classes and the adult classes will be held at the same time so that the adults who choose to participate do not have to worry about childcare during the event.

The story of how Fancy Feet came into existence could easily be said to begin when Elizabeth was a mere 5 years old. It was at that time that she took her first true dance class. From that point forward dance has pretty much remained the central part of her life. As she grew up, Elizabeth studied nearly every style of dance, noting jazz as probably her favorite. She danced recreationally as well as competitively throughout her childhood and teenage years while living here in Sacramento.

When she went off to college, Elizabeth ended up receiving her bachelors of arts degree in dance. After graduating, she worked professionally as a dancer for many years in Southern California doing performance dance, theater dance, and even performing in a number of dance videos.

During those years, she came to discover that becoming a dance instructor who owned her very own studio was her true dream, and as such she returned to Sacramento with the hope of making that dream a reality. Sure enough, while driving down H Street she spotted a sign at the business's current location indicating a lease was available.

Elizabeth made the call, set up a viewing, and soon was signing the lease. At that time Elizabeth needed to recruit a teacher, get the entire space studio ready, and market the business so that within 45 days they could open. When Fancy Feet opened, she and the other teacher ended up enrolling 50 children through marketing which included print, television, and even radio advertising. She went big, and it paid off in spades.

Believe it or not today Elizabeth employs a dozen teachers, two of which are full time and all of whom have dance degrees except for one who specializes in hip hop and break dancing. Those are two styles that are not yet fully indoctrinated into formal collegiate level educational training. If you really want to make your way as a hip hop dancer you have to prove yourself in the toughest classroom life has the offer, also known as the street. But, rest assured, that instructor is incredibly accomplished and has competed, or "battled" as it is known, throughout the United States and has even battled and trained as far away as Guatemala.

As to the current Fancy Feet enrollment numbers, brace yourself, today they stand at an incredible 500 children ages 2 and up. Plus, now Fancy Feet has an additional location in Land Park. Elizabeth and her staff teach jazz, ballet, tap, musical theater, lyrical which is a contemporary interpretive type of dance, hip hop, and acro-dance which is similar to gymnastics minus all the apparatus.

From the beginning Elizabeth has always wanted to keep the focus on the family and the community. As such Fancy Feet has always participated in the annual River Park 4th of July parade, the California State Fair, and the Harlem Globe Trotter show.

Fancy Feet also is well-known in the community for their December and June recitals as well as their birthday parties, team events, and special occasions. They offer three party packages which are completely off the hook and will tailor the occasion to your wishes. Furthermore, if dancers are between the ages of 6-18 years they can even try out for the competitive team known as the Velocity Dance Company which is an award winning team that competes at multiple regional dance competitions every year.

Elizabeth and the Fancy Feet crew are most proud about the way that they are able to have fun but at the same time instill a sense of discipline and passion while positively impacting their students. When asked about future plans Elizabeth says that at this time she and her staff are focusing on maintaining the high energy while ensuring the Fancy Feet experience follows the whole family as they grow up into mature into fantastic adults.

For more information about the Share the Love event, enrollment, classes, parties, and some great videos be sure to visit the Fancy Feet website at www.fancyfeetdance.net.

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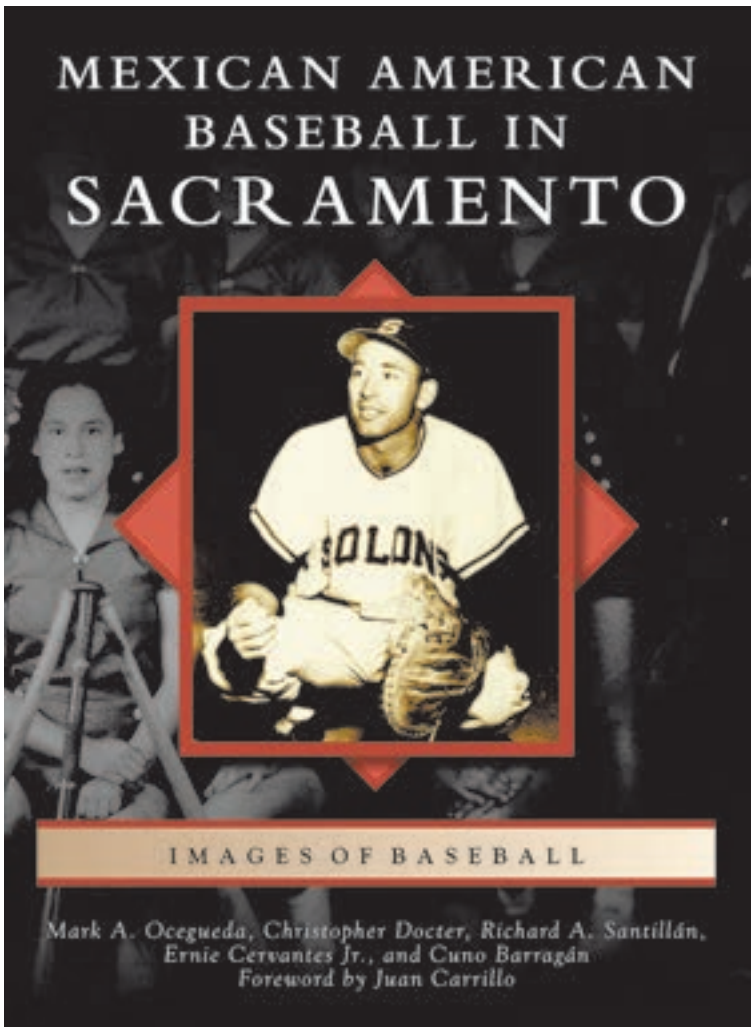
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New book "Mexican American Baseball in Sacramento" to be released Feb. 18



By Monica Stark
editor@valcomnews.com

Since the early 20th century, baseball diamonds in California's capital and surrounding communities have nurtured athletic talent, educational skills, ethnic identity, and political self-determination for Mexican Americans. The often-neglected historical narrative of these men's and women's teams tells the story of community, migration, military service, education, gender, social justice, and perseverance. Players often became important members of their communities, and some even went on to become professional athletes--paving a path for Latinos in sports.

"Mexican American Baseball in Sacramento," coming Monday, Feb. 18 from Arcadia Publishing, explores the history and culture of teams and players from the Sacramento region, as photographs serve as a lens to both local sports history and Mexican American history. Pre-orders can be made on Amazon and check at local bookstores soon.

Collectively, authors Christopher Docter, Richard A. Santillán, Ernie Cervantes Jr., Cuno Barragán Mark A. Ocegueda (Author), Juan Carrillo (Foreword) provided Valley Community Newspapers with answers to the following questions and talking points.

Tell us some surprising facts that the average baseball/Sacramento history buff might not know.

Well we think that the average baseball and Sacramento history buffs might be surprised to know how many talented Mexican American baseball and softball players came out of the region dating back to the late 1800s. They might also be surprised to know how thriving Mexican American baseball teams and leagues were during the 1920s through the 1950s. During those years, baseball provided an important social, leisure, and political network for Mexican American communities throughout California. Mexicans in Sacramento made connections with barrios in nearby communities like Woodland, Elk Grove, Stockton, Merced, Atwater, Turlock, Pittsburg, Martínez, and even into the San Francisco Bay Area. In many ways, the sport became a focal point and a crucial element of the social fabric that influenced the development of the Sacramento Mexican community.

Break down the chapters and discuss something interesting from each of them.

1. Barrio Baseball in Sacramento

Though Mexicans resided in Sacramento prior to the 1910s, the migration spurred by the Mexican Revolution during the first two decades of the 20th century led to a more centralized and cohesive Mexican community in the California capital. These new migrants converged in the capital to work at the Southern Pacific Railroad, packing houses, and canneries and in farm labor and first settled in downtown's multiethnic communities. As the years passed, these immigrants and their progeny formed a vibrant Mexican community with their own organizations, churches, community centers, and of course, baseball teams. This chapter looks at teams from the late 1920s, including the Octubre Club, which consisted of players like Julio Reséndez and Pete Benton, who went on to establish the Mexican Athletic Club (MAC) in 1931. The MAC served as a social and cultural lifeline for the Sacramento community for over 26 years and produced excellent barrio players like Ernie Cervantes Sr. and Manuel Ramírez. Women also played for the MAC, such as Consuelo "Chelo" Sánchez, Mary Dávila, and Babe Cervantes. Some of these players also played in the military while serving in World War II, the Korean War, and Vietnam.

During and after World War II, another era of Mexican American players emerged and carried the torch, playing with pride for their community and bringing joy to Sacramento's baseball fanatics. Overall, these photographs and stories show Sacramento's Mexican American history through the lens of baseball and celebrate its positive impact in the community.

2. Youth Baseball from Sandlots to University Diamonds

Many of Sacramento's Mexican American residents learned baseball by going to their local diamonds and swinging the bat with their siblings, parents, friends, and coaches. Others served as batboys for the adult teams and quickly fell in love with baseball. As others continued to play the game into their early adolescent and teenage years, they often played for their local middle school and high school teams. The Cervantes brothers all played for Sacramento's Bishop Armstrong High School Falcons (now called Christian Brothers). Gene Cervantes was a key player as a catcher and second baseman on Sacramento's Bishop Armstrong team that posted a 22-2 record in 1962. The team beat four conference champions that year, and local baseball buffs consider it to be one of the best high school teams to ever play in the Sacramento area. Players like Chado Vasquez played for the same school on the Gaels baseball team during the early 1950s. Many went on to play for Sacramento City College, including George Mojica, Cuno Barragán, and even major-league Hispanic Hall of Famer and Elk Grove native Buck Martínez. This chapter chronicles the youthful sport from sandlots to college diamonds.

3. Mexican Americans and Professional Baseball

This chapter looks at players from the Sacramento area that played professional baseball. Mexican Americans have been scouted and eval-

see Baseball page 5

Baseball:

continued from page 4

uated by major-league teams since the early 20th century. It is believed that in 1908, Frank Arrellanes became the first Mexican American to play in the major leagues when he pitched for the Boston Red Sox. Late in the 1910 season, Arrellanes joined the Sacramento Senators in the PCL. In the interwar years from the 1920s into the early 1940s, more Mexican Americans joined semiprofessional teams, and the more talented players even made it into "the show." After World War II, major-league teams scouted for more Mexican American players, and they entered the professional leagues with greater frequency. Cuno Barragán is perhaps the most renowned Mexican American player from Sacramento who went on to the major leagues when he joined the Chicago Cubs in 1961. Prior to playing for the Cubs, Cuno played for Sacramento High School, Sacramento City College, and the PCL Sacramento Solons. After retiring from the game in 1963, Cuno returned to Sacramento and mentored a new generation of baseball players. Some of them, like pitcher Fred Arroyo, continued in Cuno's footsteps as they also entered the major leagues. Chapters four and give focus on the San Joaquin Valleys.

Why did you decide to write this book? What do you hope readers get out of it? When did you begin writing this book?

This photo book chronicles the overlooked history of Sacramento's Mexican American sports community and connects those stories to a broader Mexican American history. While some attention is given to the rise of individual professional and major-league players, the emphasis rests on the celebration of ethnic identity and community solidarity that Mexican American baseball provided to Sacramento and surrounding communities. Although former players and their families in the region have not forgotten baseball's cultural and social significance, we believe that this book serves as one of the first efforts to present the history of Mexican American baseball and softball in Sacramento to the general public. We hope readers will leave with a greater understanding of the history of Sacramento's Mexican community.

For Ocegueda: Tell us about your teaching profession, how long you've been teaching, what you enjoy most about it and how this book may have been influenced by your teaching. Tell us what it was like working with other experts on this book.

I am an assistant professor of U.S. and Mexican American history at Sacramento State. I finished my Ph.D. in history at the University of California, Irvine in June 2017 and started this position in the Fall of 2017. I love teaching at Sacramento State because we have great students who are eager to learn the history of their communities. Many of the students at our campus remind me of myself as well. I went to a California State University campus for my undergraduate training and am also a first-generation college student that comes from a working-class family of immigrants. Many of our students come from similar backgrounds and it has been a wonderful experience to work our students. In fact, some of our students like Yozantli Lagunas Guerrero and Yazmine Vargas Castañeda helped out with some of the research for the book. Working with the other co-authors of the book was also a great experience. Cuno Barragán and Ernie Cervantes Jr. were the lifelines to the community for this project. As long-time baseball players has given them an intimate knowledge of the Sacramento community. Their expertise in Sacramento's Mexican American history was absolutely crucial in collecting the majority of the images readers will see in this book. Professor Richard Santillán has been a long-time mentor of mine and he has been the primary researcher for the Latino Baseball History Project–––a special collections archive housed at the Pfau Library at California State University, San Bernardino. Dr. Santillán's work has led to the establishment of perhaps the largest collection of Mexican American baseball images in the country. Chris Docter has also worked tirelessly to produce two great chapters on the San Joaquin Valleys. I think readers will be stunned at some of the breathtaking images and stories that Docter has collected for this book.

Life:

continued from page 2

board to dry. She placed the bread board on top of our piano in the family room, hoping to keep it out of reach of any children's fingers. We liked to eat the dough before it was cooked, and by placing it on top of the tall piano, it was out of our reach.

Sometimes she added the dried noodles to a mixture of cooked beef chunks, onions, and seasoning. This created a tasty brown sauce. And, when she added a can of mushroom soup, and a little flour, it would become a dish she called beef stroganoff. If she wanted to create a beef stew, she just added fresh chopped vegetables to the mixture of beef, onions and seasoning.

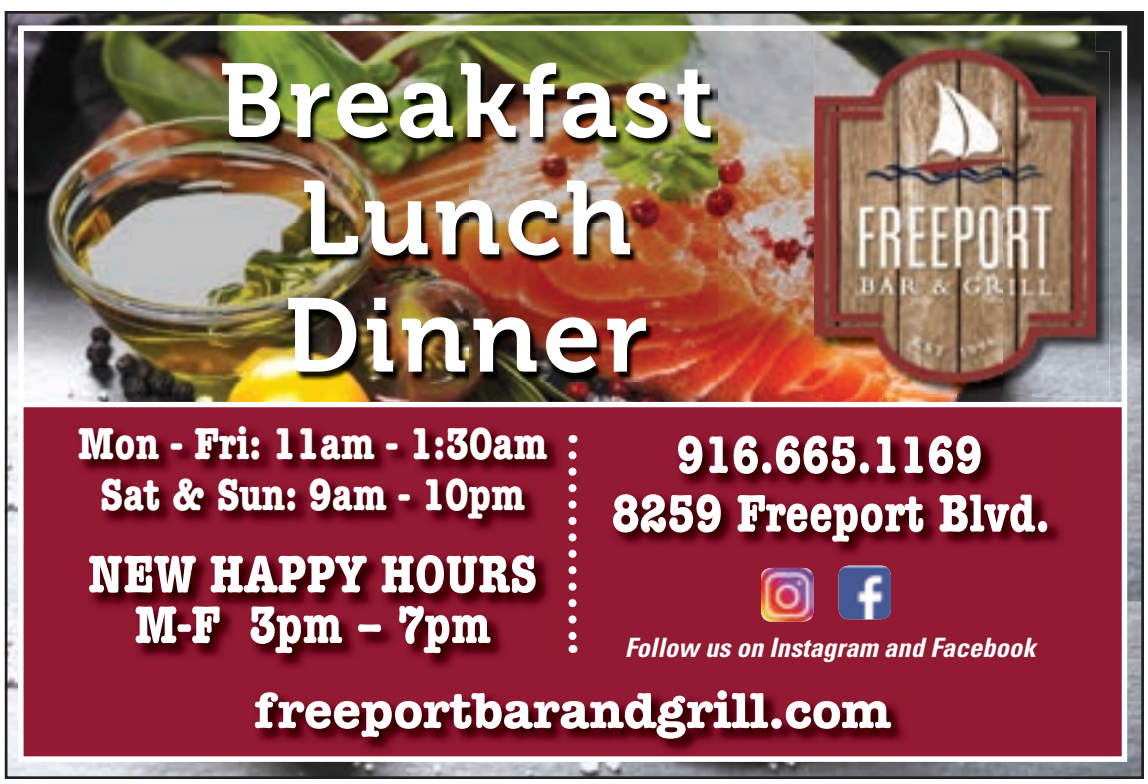
And, at other times she would cook a whole chicken and pull the meat off the bones. She flavored the boiled water with chopped pieces of onion, carrots, celery, and seasonings.

If she wanted to make dumplings, she would mix some flour with milk and eggs, form the mixture into balls, and drop them into the chicken base. That dish was delicious. Whether it was chicken soup, beef stroganoff, beef stew, or chicken and dumplings, we all loved the tasty dishes that she created for her hungry, growing family.

Sometimes, if she woke up early enough, she would get some yeast and mix it with warm water and flour to start it rising. On those days, she would make homemade rolls or maybe a loaf of bread or two. The smell of the rising dough filled our house with a wonderful fragrance.

We could not wait until the finished rolls or bread came out of the oven. With so many hungry children at the table, we would usually eat the rolls or bread all up at one meal.

I loved to watch her while she mixed the ingredients for whatever she was preparing together in her small kitchen. The smells of the cooking food filled the air with delightful fragrances. She did not need the fancy appliances that we all use now. She worked with just a large pot and a small stove. She added a little bit of her love and shared her creations with her hungry family every day.



Between the storms: Work crews clean up McKinley Park



Photos by Monica Stark

Shown here is a collection of photos taken on Saturday, Jan. 12 near the Shepard Garden and Arts Center in McKinley Park. As clay artists and customers filled the center, and as runners trotted through the park, crews worked hard making the park safe from fallen branches. The storm in early January knocked out the power, took out large trees. The weekend of January 12-13 provided some respite before the following week's storm, which brought about five feet of snow to the Sierras.







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14-1

Former Loaves and Fishes Director, released new book, to join local author's panel at McKinley Library

By Monica Stark
editor@valcomnews.com

"Squatter's Gold" a debut novel of fiction by long time Sacramento homeless and affordable housing advocate Tim Brown, was published in July 2018 by NFBPublishing.com. This Sacramento story of homelessness, treasure and murder begins with a historic prologue about 1850 Sacramento, the gold rush and the historic Squatter's Riots.

The story then jumps to Sacramento 2002: A crime mystery of murder, gangs, and found treasure. A story of colorful homeless campers and their personal struggles; The politics of homelessness and advocates at an interfaith center; Protest, justice and redemption. The cast of haunted, but at times funny heroes and villains and scenes of charity, murder, drug use, recovery and civil disobedience are inspired by actual events drawn from the author's thirty-five years of experience as a street activist, social worker and creator/manager of homeless and housing programs in Sacramento, California.

It is for lovers of gold rush history, urban crime/mysteries, treasure stories and people interested in homeless and poverty.

The author is a former Executive Director of Sacramento Loaves & Fishes and the former Director of the Ending Chronic Homelessness Initiative (A Sacramento City/County collaboration which cut chronic homelessness by over fifty percent in just four years, 2007-2010).

Squatter's Gold is available in paperback at Amazon, Beers Books, Time Tested Books or NFBPublishing.com.

From 6 to 7 p.m., on Tuesday, Feb. 12, he will be on a local author's panel at McKinley Library (601 Alhambra Blvd.) with Andy Furillo, author of The First Year; and Bob Sylva, author of The King of Karaoke and Other Stories for a moderated conversation. Andy and Bob are both former writers/columnists for The Sacramento Bee. Signed copies will be available for purchase.

Ms- Tell us about the protagonist and the conflict he or she faces.

TB- The protagonist is a social worker and director of an interfaith homeless service center. He is pulled in many directions (i.e. the basic needs of homeless people, local politics, managing a large non-profit agency, helping the police solve murder/crimes, etc.). I also have a focus on grief and how it affects homeless people and those who try to help them.

Ms- What do you hope readers get out of this novel?

TB- I want readers to be entertained by the tragedies, treasure, murder mystery, redemption, etc., but my ambitious goal was to create real and colorful characters that made homeless people fully human, (lovers, heroes, villains, philosophers and fools) while also educating readers on the politics, complexities, causes and solutions to homelessness.

Ms- Who is this novel for?

TB- Sacramentans - it is a Sacramento story based on my love of this place and over thirty- five years living and working, now retiring here. It is for lovers of gold rush history, urban crime/mysteries, treasure stories and people interested in homeless and poverty.

Ms- What drove you to write this novel? Will you be writing more books?

TB- I am writing about what I know. I started out writing memoirs, but I love fiction and found it challenging, but so alluring as a storyteller. I started this project over five years ago after my retirement. It was at the top or my bucket list and I still have a passion for these issues.

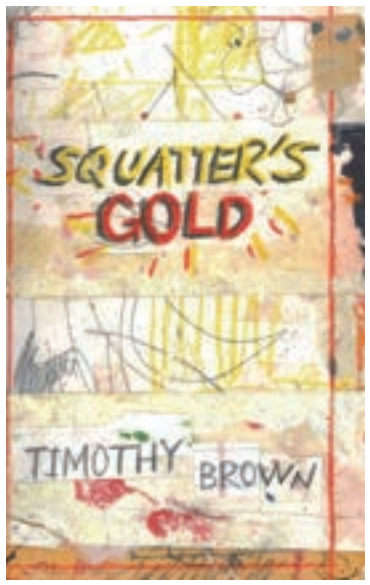
Ms- Tell us about the River Park connection in the book and why RP plays a role.

TB- I came to Sacramento to attend graduate school at CSU Sacramento, and lived in east Sac. for seventeen years, including seven in River Park, I'm a water person and Paradise Beach has always been my touchstone here. I've run, biked, hiked and swam just about all of it and still do. So it was fun writing it into the book.

Ms- Do you miss working as executive director for Loaves and Fishes? If so, why?

TB- Being hired as Director of Loaves & Fishes was my dream job as a social worker and homeless/housing advocate. I worked with amazing staff, volunteers, and homeless guests and felt like we were able to do so much to help so many people. I witnessed the incredible generosity of Sacramentans and the incredible resiliency of impoverished and often disabled people. This is what makes our community great. Yes, I miss it.





On the other hand, I don't miss the constant fundraising (L&F doesn't accept government funding). The grief you experience in jobs like this can lead to burnout, depression, etc. and I was not immune it. Its been twelve years since I left the job and even back then we averaged a homeless memorial service every ten days and these were just the homeless folks we knew. I hear that now a homeless person dies every five days in our community. People used to ask me what the hardest part of my job was and I know they expected me to say it was all these difficult homeless people, but it was really the housed people who talked about homeless folks in subhuman terms.

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Age is Beautiful: Photography contest kicks off reverse ageism campaign at Eskaton

One study after another has proven that how we perceive aging, to a very large degree, determines how we age, according to Dr. Bill Thomas, founder of ChangingAging. Aging is often synonymous with decline, disease and disability, making it tough to see old age in a positive light.

"We are proud of our age when we are young and when we are very old. We've forgotten to be proud in the middle," said Thomas. "The problem with ageism is that it suppresses human growth and development. It stands in the way of rising to your full potential."

Demonstrating this way of thinking about aging, ultimately helping more older adults achieve a full life experience, Eskaton kicked off an Age is Beautiful campaign with a photo contest to get the community involved and for them to find the beauty of aging in their own personal lives, explained Lola Rain, director of digital media for Eskaton. "The real goal here is to end ageism. There's this silent thing that goes on where people believe as you get older that your life slows down and comes to a halt and you no longer have purpose or meaning. We're trying to shift that entire perception."

"It's a paradigm shift on how we look at aging," said Todd Murch, President and CEO of Eskaton, which was recently recognized by LeadingAge California for its work in this role. "We are trying to develop an appreciation for longevity, wisdom, and a reverence for aging. It's about finding enjoyment in life and an acceptance of where we are in life, and how wonderful life can be."

As one ages, wisdom, compassion and empathy grow, which makes it easier to relate to others. In fact, life improves with age, and according to one study people who have a positive attitude about aging may increase their lives by 7.5 or more years. "In my time at Eskaton, I've had the opportunity to meet many of our centenarians and in our discussions, nine out of ten attribute their long life to having a positive attitude about aging," added Murch.

The winners of the "Age Is Beautiful" photo contest are...



First Place Winner: "Two Greats" by Margarit Vignerie. "Age is beautiful when you have the chance to see not just one but two generations come after you. Great grandpa is with his favorite great granddaughter." - **Vignerie**



Second Place Winner: "Love Is In The Air" by Marisa Pisciotta

"He may not have his eye sight anymore but he does have the love of his life!" - **Pisciotta**



Honorable Mentions

"Hands Of Time" by Jose Rios

Four generations connected through one lifetime. Such beauty must be treasured. - **Rios**

see Eskaton page 9

Eskaton:

continued from page 8

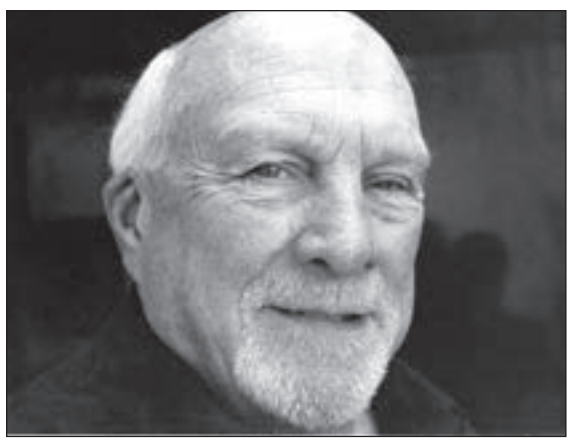


"At Home In Your Heart" by Stephen Ledyard

Our eyes met on a crowded street in Lhasa, Tibet, where hundreds of Buddhist pilgrims were circumnavigating the sacred temple at the center of the ancient city. Why we were drawn to each other has no rational explanation, but for one moment, before we were swept apart by the surging crowd, we spoke--beyond age or nationality--in the language of universal love. - **Ledyard**



"Still Lovey Dovey After 49 Years" by Savannah Mack



"Knowing Smile" by Clarke Taylor



"Beautiful Italian Couple" by Richard Turner

A happy couple. Everyone's grandfather and delightful grandmother, taking a break from their stroll, in the town of San Giovanni, Italy. - **Turner**



"Yes She Can" by Susan Demarois

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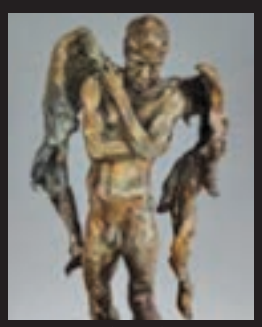
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Faces and Places: Art by Fire show

Photos by Monica Stark

Slightly imperfect pieces of pottery, glass, metal and clay were sold at very affordable prices at the annual Seconds show, held on Jan 12 inside the Shepard Garden and Arts Center. Art by Fire has over 74 members creating art using fire. The annual seconds show has become a very popular event drawing crowds from near and far.















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What's happening East Sacramento?

YOUNG ADULT BEREAVEMENT ART GROUP BEGINS FEB. 20: The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer a free eight-week Young Adult Bereavement Art Group for individuals aged 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Thursday evenings from 6 p.m. to 7:30 p.m beginning Feb. 28 through April 18 at the UC Davis Home Care Services Building, 3630 Business Drive, Suite F in Sacramento. The discussions will address such topics as acknowledging and understanding grief, expressing and accepting one's feelings, changing roles, coping with stress and developing supportive relationships. Those interested in participating should register before Feb. 14. For further information, please call 916-731-6867. The group is offered every spring and fall.

*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, 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

FRIENDS OF THE RIVERBANKS MUSHROOM HUNT: Mushroom hunter Ryan Laporte is coming to Sacramento to help find and identify our neighborhood fungi at Sutter's Landing. LaPorte will reveal the amazing world of fungi (did you know that the biggest organism in the world is a 2,384 acre fungus in Oregon known as the Humongous Fungus?) and answer all your fungus questions. This is a great activity for young people and all ages. Meet at the Sutter's Landing parking lot at the very very end of 28th St on Saturday, February 9 at 10 am. Please leave your dogs at home and walk, bike, or carpool if possible to keep our collective carbon footprint low.

ROYAL CHICANO AIR FORCE PRESENTS: CORAZÓN: The Royal Chicano Air Force Presents: Corazón; Celebrating 49 years of Serving the Sacramento Community at Archival Gallery. There will be a reception from 6-9 p.m. Feathered artists: Rudy O. Cuellar, Mara Lea Brown, Melanie Cervantes, Lorrain Garcia Nakata, Antonio Rivera, Craig Martinez, Geme Xóchitl, Louie "The Foot" Gonzalez, Stan Padilla, Max Garcia, Enrique Ortiz Villegas and Perla Xilitla Cuellar. Archival Gallery is located at 3223 Folsom Blvd. The Gallery is open Tuesday-Saturday, 11a.m.-4 p.m.

SATURDAY, FEB. 9 & 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.

FRIDAY, FEB. 22

FENIX DRUM AND DANCE – Celebrate Black History month with the Fenix Drum and Dance Company as they tell stories and teach traditional African dances around a drum circle. Members of the audience are encouraged to join in the drum circle and learn the dances! Percussion instruments will be provided at this all-ages program. Friday, February 22 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

Police Logs

The news items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports. All suspects are presumed innocent until proven guilty.

MONDAY, JAN 28

(Theft Arrest): 1800 block of 19th Street at 2:59 p.m.
An officer working supplemental employment at the business was hailed by security regarding a theft. The suspect was initially cooperative but fled on foot from the SPD officer while he was conducting a records check. The suspect was quickly apprehended and through further investigation, was found to be on parole. The suspect was arrested for theft, resisting arrest, and a parole violation.

(Fatal Vehicle Collision): 2300 block of Alhambra Boulevard at 1:54 a.m.
Officers responded to the area due to a report of a collision. Responding officers discovered a single vehicle collided into a building and the driver succumbed to her injuries. Due to the severity of the incident, the Major Collision Investigative Unit responded to take over the investigation which remains active.

WEDNESDAY, JAN. 30

(POD Activation - Arrest): Carlson Drive and H Street at 5:52 p.m.
Officers responded to the area due to a POD activation. When officers arrived, they quickly located the stolen vehicle parked in a nearby parking lot. Officers arrested and booked the driver on stolen vehicle related charges.

THURSDAY, JAN. 31

(Auto Theft / Hit and Run Arrest): 19th Street / Capitol Avenue at 8:38 p.m.
A patrol supervisor was in the area and observed a driver of a vehicle driving recklessly. The driver caused a collision. One involved female exited a vehicle and fled on foot. The female was caught and detained. Officers learned that the involved vehicle was just recently stolen. The female was arrested for auto theft and hit and run.

(Suspicious Vehicle - Arrest): 6200 block of Folsom Boulevard at 3:02 a.m.
A patrol officer noticed a suspicious vehicle parked in a parking lot, with its lights on and engine running. The officer discovered an occupant inside the vehicle. During the investigation, the occupant was found to have an outstanding out-of-state parole warrant. The officer also located illegal narcotics and a replica revolver pellet gun. The suspect was arrested and booked on the felony warrant and possession of controlled substance charges.

MONDAY, FEB. 4

(Stolen Vehicle Investigation): 400 block of Howe Avenue at 12:03 a.m.
Officers responded to a business in the area regarding a stolen vehicle. When officers arrived, they determined the suspect had entered the business and took an employee's purse which contained keys and other property. The suspect then stole the victim's vehicle. Officers canvassed the area and generated a report. The investigation remains active.

What's happening East Sacramento?

SATURDAY, MARCH 2

IS AN ELECTRIC VEHICLE RIGHT FOR YOU? – We'll give you the basics of EVs, including what to know before buying, charging technologies and discounted rate options. Registration is required for this free adult SMUD program, so sign up today! Saturday, March 2 from 10 – 11 a.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

ANNUAL FISHING DERBY: Get out your gear and reel in that "BIG CATCH" at Fulton-El Camino Recreations and Park Districts' Annual Fishing Derby. Join FEC and the California Department of Fish and Game's Fishing in the City Program for a day of fishing, fishing instruction and prizes. Howe Park Pond will be freshly stocked with trout. PRIZES awarded for Longest & Fattest! Youth ages 15 and under enter area first. Children only fishing area provided. Event is rain or shine! All (fishing license is required 16+) Morning: 8 to 10 a.m.(sign-in begins at 7:30 a.m.); afternoon: 10:30 a.m. to 12:30 p.m.; Howe Park Pond, 2201 Cottage Way 95825. Fee (per derby): Pre-Registration: $4 per person; $18 per household; same-day Registration: $5 per person; $20 per household. Up to five persons per household. $5 fee for each additional family member. For more information Please contact Jaden at (916) 927-3802 ext. 125 or jdelfer@fecrpd.com

TUESDAY, MARCH 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, March 5 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, MARCH 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: Mighty Jack by Ben Hatke. Copies will be available at the McKinley branch in February. Recommended for ages 8–12. Friday, March 8 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, MARCH 15

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, March 15 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, MARCH 16 and SUNDAY, MARCH 17

SHEPARD GARDENS AND ART CENTER ANNUAL SPRING SALE!: 10 a.m. 4 p.m., both days at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

SATURDAY, MARCH 23

PERENNIAL PLANT CLUB SALE: 9 a.m. to 3 p.m., at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

SATURDAY, MARCH 30

CYMBIDIUM SHOW & SALE: 10 a.m. to 3 p.m. at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

SATURDAY, APRIL 13 and SUNDAY, APRIL 14

SACRAMENTO ORCHID SHOW: 10 a.m. to 4 p.m., both days at the Shepard Gardens and Art Center, 3330 McKinley Blvd.

ONGOING

KNIT AND CRAFT – A morning of fiber arts fun! Participants can learn to knit or crochet, get help with projects, and chat with new friends. Don't forget to bring your craft supplies! Adult. Wednesdays from 10 a.m. – noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

SACTOWN UNION BREWERY MONDAY OPEN MIC: Mondays from 630 to 10 p.m. at Sactown Union Brewery 1210 66th Street, Unit B, Sacramento, California 95819. Host Autumn Sky brings you a weekly open-mic night to express yourself and be apart of a unique, supportive community! Sign ups at 6:30 p.m., open mic begins at 7 p.m. and it's all ages until 8 p.m. A house guitar is provided (Autumn's own!) to play if bringing yours is difficult. There's beer, pizza next door that delivers to the open mic, and they welcome well behaved dogs. Comedy, DJing, spoken word, poetry, instrumental performance, songwriters, cover heroes and rappers are all welcome.

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.

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!

Join the Care Beyond Cure

snowline
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Volunteer with Hospice

Snowline Hospice is looking to expand their volunteer program in Sacramento County.

Lend your talents to Snowline by:

- Providing patient or office support
- Visiting patients with your dog
- Driving medicine and flowers
- Delivering music to patients

Ready to bring your ways of caring to Snowline?

For more information, please attend the upcoming information meeting. Refreshments will be provided!

Please call the Volunteer Services Department at (916) 817-2338 to RSVP

Date: February 15th, 2019 | **Time:** 3:30 PM-4:30 PM
Location: Snowline Hospice Office
100 Howe Avenue, Suite 240 N., Sacramento, CA 95825

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