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East Sacramento News

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The Annual Sacramento Scandinavian Festival celebrated their 36th year

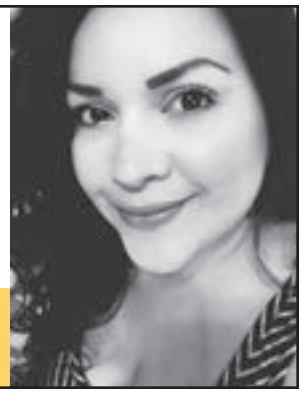
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Italian society seeks special designation for East Sac's Little Italy



Photo by Lance Armstrong

Bill Cerruti, founder of the Italian Cultural Society of Sacramento, is among the leaders of an effort to have the Sacramento City Council adopt East Sacramento's Little Italy as a city designated historic district.



Photo by Lance Armstrong

East Sacramento's Little Italy includes East Portal Park, home to the East Portal Bocce Club.

By LANCE ARMSTRONG

Bill Cerruti, founder of the Italian Cultural Society of Sacramento, told the East Sacramento News last week that the society is seeking a special designation for East Sacramento's historic Little Italy district.

The society desires that the area be recognized as a city designated historic district.

A historic district is defined as a place with a high degree of historic integrity.

The city of Sacramento currently has 32 adopted historic districts, including Central Shops, Alkali Flat Central, Boulevard Park, Poverty Ridge, Cathedral Square and Oak Park.

Dating back to the 1920s, Little Italy's historic boundaries are roughly located from 48th to 59th streets, between J Street and Folsom Boulevard.

Cerruti, who grew up in East Sacramento and graduated from Sacramento High School in 1959, said that the idea to establish a City Council adopted Little Italy historic district dates back to last year.

However, he noted that the project itself is " just getting off the ground."

"We have some goals, we have some ideas," he said. "We've already talked to the City (Council members), so we're pretty confident that when we go to (the) City Council with a developed plan that they'll approve it."

Cerruti mentioned that in a best case scenario, the Council would adopt the new historic district this summer.

see ITALY page 3

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Cover photo by: Stephen Crowley

Italy:

continued from page 2

"If not this summer, sometime this year we hope to (have the designation)," he said.

If that designation is approved, the society hopes to have Italian colors placed on street poles within Little Italy's historic boundaries.

Cerutti also offered other possibilities for the district.

"We would want to put up a monument of some sort, maybe in East Portal Park that tells the history of the area," he said. "Perhaps we could develop some gardens or some sitting areas or even a bigger monument area to honor the Italian history in the area."

The society's founder stressed the importance of having Little Italy receive this city designation as a historic district.

"I think this will allow us to help maintain our heritage and help them maintain their sense of community and their connection to their heritage, and also protect and advance our heritage," he said.

Cerruti explained that the timing of the society's work toward the pursuit of a city-designated Little Italy district coincides with efforts to revitalize the area.

"East Sac was kind of sleepy economically for a generation, for decades, and now you see all the businesses, all the new life there, all the new restaurants, not necessarily Italian, but the area has come alive," he said.

"(It is) very vibrant, (and has) major grocery stores, a lot of gentrification of the area, so there is a lot of life there."

Cerruti mentioned that East Sacramento's Little Italy is not a "dead" community.

" Not at all," he said. "The remnants of Little Italy remain. The major Italian grocery store is still right in Little Italy. If you want Italian goods and products that's where you go – Corti Bros.

" I know we have several hundred families on our society mailing list that live in (East Sacramento). That gives you some indication that there are a lot of Italians still there."

Cerruti also recognized the East Portal Bocce Club courts at East Portal Park, which is located at 1120 Rodeo Way.

"Once in a while I'll buy a sandwich at Corti Bros. and go over to the bocce courts in the evening and watch the bocce leagues," he said. "I'll see (older Italians) who wander through (the park). We'll say hello, and they still live in the area."

He added that bocce ball games at the park date back to the 1950s.

The park itself dates back to the 1940s, and has been a destination spot for Italian families and others since that time.

Having grown up in East Sacramento, Cerruti also made sure to mention the importance of St. Mary's Church at 58th and M streets.

"Little Italy's rebirth began in 1948 with the construction of (St. Mary's) Italian church," he said. "During the period that it was constructed, Oak Park (was) predominantly Italian. Those Italians moved into East Sac to be closer to the church.

"They moved from Riverside, Southside, Alkali Flat, midtown. Even though many (Italians) stayed in those areas, a large number moved into the East Sacramento area. They filled the local schools, they filled the church, they had organizations they created, like the East Portal Bocce Club. They created the Italian Catholic Federation."

Italian influence has also occurred in the area through Italian language classes taught at schools in the area, Cerruti noted.

"A block up from the (St. Mary's Parish's Giovanni) Hall (at 5860 M St.) is St. Francis High School, a Catholic girls' high school," he said. "(The school) has the only four-year high school program in Italian. So, there is still a lot of heavy influence of Italian in the area.

"St. Mary (elementary) School, which is located just behind the church (at 1351 58th St.), also has had some kids classes in Italian. (The Italian society was) helping to fund it."

Cerruti also mentioned the current area's Italian business section, known as Italian Corners.

"There's one area called Italian Corners, and it's a business area," he said. "It's four major corners owned by an Italian businessman, who lives within a block of it. That's where Trader Joe's is and all that. It's (51st Street) and Folsom (Boulevard)."

Since 1965, the Español Restaurant has been serving Italian dinners in a historic building at 5723 Folsom Blvd. The building previously housed the Italian-owned Square Deal Café, from 1946 to 1965.

Also significant to the area's Italian presence are Johnny's Barbershop, which is owned by Johnny Waldron, Pietro Talini's Nursery and Garden Center, and the Nicoletti, Culjis and Herberger Funeral Home, which was originally known as the Cippa and Nicoletti Funeral Home.



Photo by Lance Armstrong

The Italian grocery store, Corti Bros., has been a part of the Sacramento community since 1947. Opening in downtown Sacramento, the store relocated to East Sacramento two years later.

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Healing Arts Festival leads for 20 years in ethical and holistic spirituality

Local festival pioneers high standards in the metaphysical and interfaith spirituality industry





Two decades of being in business in any industry is something to be proud of, especially when you're ahead of the curb. The Healing Arts Festival has been providing alternative medicine and spiritual healing services and products way before most people had ever heard the term metaphysical or bought their first healing crystal. The festival has helped found, foster and develop spiritual growth in the Sacramento area for an amazing 20 years. The next festival is coming up on April 6 and 7 at the Scottish Masonic Rite Center. This is the kind of event that promotes peace and clarity from all the healing experiences offered and precious items of joy that can be explored and purchased along the way.

Attendees can expect there to be plenty to look at and engage in.

It boasts over 65 vendors offering unique and high-vibration gifts and services such as crystals, essential oils, jewelry, tarot readings, energy healing, massage and more.

All weekend long a variety of spiritual teachers and healers will be presenting over 20 free workshops and presentations that add even more value to the attendee's experience.

clairvoyantsAll readers are screened to ensure they have a high level of accuracy and follow ethical businesses practices. This way attendees can be assured they're going to find some of the best psychics, and mediums in the business.

The Culinerdy Cruzer food truck created by celebrity chef Keith Breedlove will be serving made-from-scratch and locally sourced cuisine that combines satisfying home cooking and pan-global flavors, fried into one. They have plenty of options for those who do and do not eat meat including vegan options.

To commemorate the occasion they have invited some special guests.

Dr. Christian Toren von Lahr is their keynote speaker who is an esteemed psychic, medium and medical intuitive. He's going to be giving a free presentation on "The Magic of Healing" on Saturday April 6 from 1 p.m. until 2 p.m. It's the first time he will be giving this talk as it is crafted specifically for this festival.

Celeste Sekigahama from the well respected local nonprofit Yoga Seed Collective will be presenting an "Intro to Self-Care" workshop on April 7 that includes chair yoga and is suitable for ages.

Niva Flor, celebrated sound healer and founder of HUGlife wellness center and boutique in Oak Park, will be giving a workshop April 7 on "Breath and Sacred Sound" guiding participants on vocal breathing and meditation with singing bowls and uplifting mantras.

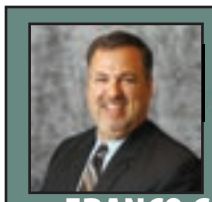
Charity and spirituality go hand-in-hand so...

They have invited back the Sacramento SPCA who are going to bring dogs and some small animals that will be available for adoption on both April 6 and 7.

Each person that brings an item off of the Sacramento SPCA's wish list gets in for free for both days. (wish list available on the fundraising page on festival's website)

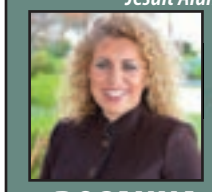
Tickets are good for both days at $10 each person, $8 for veterans and those 65 years and older and free for children 15 years. The SPCA gets a percentage of the entry fees.

Check out their full lineup, get tickets, and find more information at www.HealingArtsFestival.com



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Water colors our world: 29th annual Creek Week offers many ways to get involved

By Jamie Cameron-Harley
Special to Valley Community Newspapers

Due to its unique location and topography, the Sacramento area has more than forty named creeks and sloughs. Many people recognize small creeks as they run through the backyard, or the little stream that only appears when it rains, but did you know that as other tributaries join them, these small streams grow larger and eventually become our rivers.

However their role is far greater than water conveyance and flood control.

Just as our health benefits from our bodies' capillaries that connect to our bloodstream, creeks are interconnected network systems that facilitate the exchange of water, sediment, nutrients, and wildlife providing numerous critical functions for plants, animals, and the environment, as well as improving water quality; providing habitat; increasing property values; creating recreational areas; and increasing aesthetic environment.

Despite all the benefits, creeks are under constant threat by many factors, including: trash and garbage that is intentionally dumped and unintentionally swept into the waterway; encroachment by homes and businesses too close to their banks; the spread of invasive plants that take over habitat; and dumping chemicals and oils down the storm drain—all contribute to the decline of our creeks.

Organized by the Sacramento Area Creeks Council, Creek Week, now in its 29th year, began in 1990 with one location and a few community volunteers and has grown to more than 2,000 volunteers working at 60-plus locations along approximately 35 miles of waterway to clean creeks on April 13.

Last year's clean-up highlights include: Nearly 16 tons of garbage were removed from creeks in Sacramento, Citrus Heights, Folsom, Rancho Cordova, Rio Linda, the Delta, and unincorporated Sacramento County.

For the clean-up there are usually about a 60-40 split between children/youth to adults who participate. Last year more than 2,000 people participated in Creek Week.

The activities that are organized during the week are all family friendly events that provide educational opportunities for all ages.

Activities held during creek week are sponsored by local park districts, private and public sponsors, and environmental nonprofit organizations. Often the Girl and Boy Scout troops plan their own activities (and the local Girl Scout troop creates a special patch for creek week). Mira Loma High School students do intensive studies of and take a lead role in cleaning and restoring areas of Arcade Creek within their 4-mile study area.

Additionally, for the seventh year, Sac Creeks collaborated with the San Juan Unified School District. In 2018, approximately 80 sixth graders at Mission Elementary School created artwork used to promote the event. This has been a great way to engage students and parents and get people excited to get outdoors and help.

This year's art was created by students from Cameron Ranch Elementary School.

Every year Creek Week recognizes a youth group or community member for their creek stewardship at our Splash Off event. One of our past creek stewards, Mira Loma High School IB Environmental Studies students, stand out for their ongoing efforts working on the Arcade Creek Project.

Arcade Creek waters (draining the largest urban watershed in Northern California) begin in Orangevale and join Steelhead Creek before entering the Sacramento River just above its confluence with the American River. These combined waters flow locally to the Sacramento Bay Delta, home to a plethora of wildlife and native plants. Once a waterway thriving with salmon, today, Arcade Creek is a dying ecosystem plagued with sewage, trash and homeless encampments.

For the last 19 years the award-winning Arcade Creek Project has been monitoring the health of a riparian corridor and the creek in Sacramento, California. This ongoing study is run entirely by students from the Mira Loma High School's International Diploma Program and their science instructors. The goal: to return the creek to its pristine state it once was a hundred years ago.

To facilitate this effort, they are collecting scientific data to determine the overall health of the creek, spreading the word to the community through educational outreach, and restoring and preserving the health of the creek through unified student efforts.

The Creek Project has 11 studies, spanning laboratory analysis, field research, community outreach, and habitat restoration and allows students to work in real-world situations using laboratory research to hands-on field studies preparing them for college and careers later in life.

Additionally, the students frequently volunteer at local environmental events, as well as teach environmental awareness classes at area schools.

In 2018, a documentary titled: The Arcade Creek Project: A Mosaic of Sustainability was released telling their story. The 30-minute film was directed by Jierel Almario was an official selection of 16 film festivals, includ-

see CREEK page 7

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Faces and Places: 36th Annual Sacramento Scandinavian Festival



Photos by Stephen Crowley

The Annual Sacramento Scandinavian Festival celebrated their 36th year on March 30 at the Scottish Rite Masonic Center. The festival featured Scandinavian food, baked goods, and merchandise for sale. Viking reenactors were present with interactive activities for the whole family.













Creek:

continued from page 5

ing the Sacramento Film & Music Festival, Los Angeles CineFest and EyeCatcher International Film Festival. It's won nine awards to date, including Best Documentary Short/First Place Gold at the Peak City International Film Festival and the Gottlieb Award for Environmental Excellence at the G2 Green Earth Film Festival in Los Angeles. It was also a Best Documentary Short Nominee at this year's Barcelona Planet Film Festival.

The documentary is currently available as a video on demand on Amazon. You can view a 1.35 minute trailer for the documentary at <facebook.comwatch/?v=1877658419152201>.

The 2019 Creek Steward Award will be given to Mr. Roland Brady, Professor Emeritus, CSU Fresno, for his work on managing trash on Steelhead Creek in Sacramento, CA. The Splash Off is Thursday, April 4, 11 am – noon, at Camp Pollock, 1501 Northgate Blvd., Sacramento, CA 95815.

Through a $5,000 seed grant funded by the Sacramento Creeks Council, Brady has been working for the last two years to conduct coordinated creek clean ups and waste characterization studies along Steelhead Creek -- an important local resource with dense riparian habitat.

Results from one clean up resulted in the collection and removal of 23,000 pounds of debris. His research has identified that sixty to ninety percent of the creek substrate is covered by debris which is a barrier to burrowing and rooting wildlife.

The creek gets a year round flow of water from the drainage of nearby rice fields and is imperative to wildlife habitat.

Roland's research has found that soil compaction, erosion, wildlife disturbance, hazardous waste, and debris are just a few of the impacts that threaten the area.

There is a high density of homeless camping is high and no way to efficiently dispose of waste from the camping resulting in the trash on the banks going into the creek. While at the same time, the lack of constituency to advocate for preserving flood protection and wildlife benefits has left this area vulnerable.

Brady is currently seeking more grant funding to continue his work.

The Sacramento Area Creeks Council (a 501-C 3) is always looking for people interested in learning and advancing our mission to preserve, protect, restore and maintain the natural streams in our urban communities through education, advocacy, financial support and technical expertise. Our goal is to educate the general public on the aesthetic, recreational, educational, and ecological value of our urban creeks. Membership and information is available on our website at www.saccreeks.org.

What follows are places on the Creek Week list and information about the ecology at each of them.

Fishhead Lake: The wetland and surrounding uplands are home to waterfowl, songbirds and raptors. Native wildflowers here bloom in early spring. The walk will take us through open spaces with big sky views. The man-made wetlands and former pasture lands have been converted to a state that more closely resembles the land as it was before settlement.

Camp Pollock: Located near the American River, surrounded by majestic oak trees, hosts a variety of wild animals. In the spring, hawks who have made their nests in the big trees, can be seen soaring and performing mating behavior.

Wolfe Ranch Wildlife Sanctuary: The Sacramento Area Flood Control Agency has revegetated this area along Steelhead Creek. The conditions are very attractive to beaver, the focus of our activity.

Effie Yeaw: The Nature Center is located near the American River. Native plants grow here and animals such as deer, turkey and rabbits roam the trails.

Arcade Creek: See information above. The Arcade Creek Exploration is led by scientists who will point out the species of mammals, birds, frogs, fish and insects we observe.

Bear Hollow Storm Water Basin: This man-made basin is ringed by native plants that support a very diverse bird population. It is an example of how we can bring nature back to places after homes and businesses cover what was once open land.

Here's some tips from the Creek Week web site:

KNOW THE PROBLEM

Any material dumped into a storm drain goes directly into a creek and into a river…the source of our drinking water.

Dumping of refuse fills our creeks with trash that clogs channels and creates local flooding.

Improper use & disposal of chemicals such as fertilizers, pesticides, oil and paints, pollutes the water, destroying plants and endangering wildlife.

BE PART OF THE SOLUTION

Never use a storm drain as a dump for any kind of waste.

Use your refuse collection service for trash and those garden clippings that cannot be composted, keeping such debris out of our waterways.

Dispose of any chemical, oil, paint or other toxic material at authorized disposal sites. The County Hazardous Materials Division and the City Solid Waste Division collect recyclable and toxic household waste. The collection events are held regularly, and are free to Sacramento residents.

Minimize your use of Diasanon and other pesticides. Ask your nursery about biological alternatives.

Choose native species plants to keep invasive plants from overtaking our natural areas.

PROPER STEWARDSHIP IS A GIFT FOR EVERYONE

If everyone does their part, we all will have the opportunity to enjoy our creeks



Artwork by Cameron Ranch Elementary School students

A clean, free-flowing stream adds value to property and homes.

Stream-side vegetation provides attractive green space in a neighborhood.

Stream corridors are ribbons of green that provide a healthy habitat for wildlife.

Clean channels carry storm water safely to the rivers.

Flowing water and stream-side trees help moderate the valley's temperature.

Creeks are natural play areas for children…and a place to learn to value living things.

Creeks offer quiet retreats for all ages away from noise and traffic.

Creek trails can provide biking, walking and jogging routes away from hazardous roadways.

see COLORS page 14

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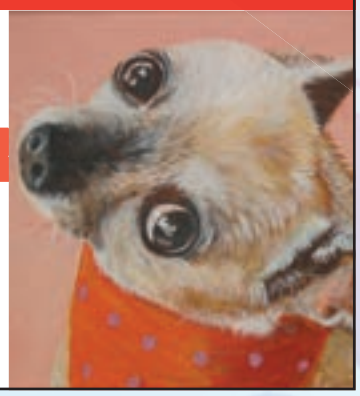
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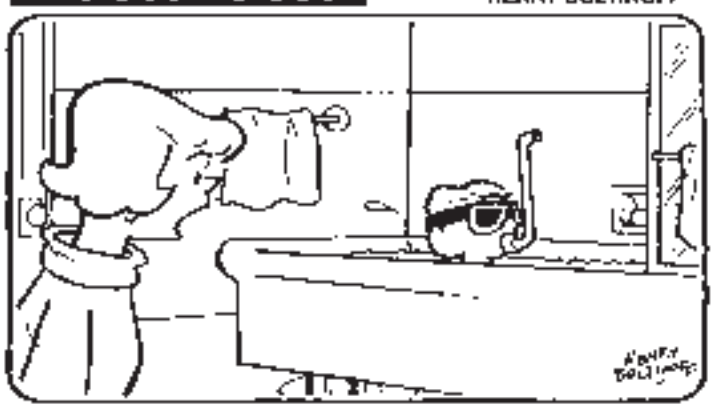
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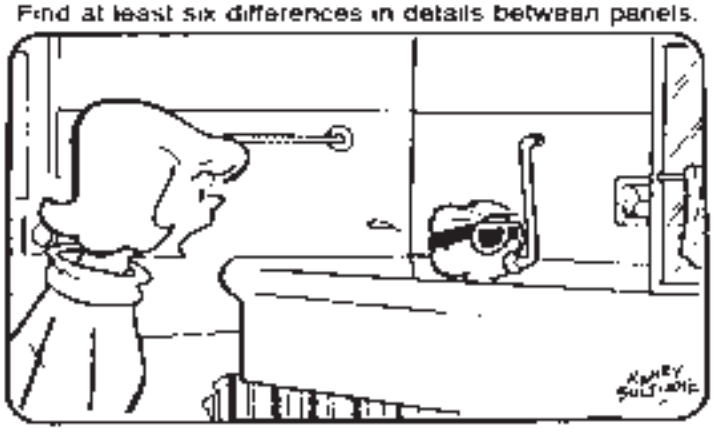


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. "Owl" is missing. 2. Words "Not longer" is bigger. 4. Water drop is not visible. 5. Basket's longer. 6. Soup dish is higher.

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4	8	5	2	7	2	5	5	5	7	6	2	5
L	C	E	G	A	E	N	I	H	L	N	O	A
2	5	8	4	3	5	7	4	8	4	6	5	4
F	N	C	O	P	C	E	W	E	Y	G	E	O
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"The Call For Racial Healing in America"



Photos by Alda Nuvia

Anita Ross is the Founder of Women For Equality and the Author, "Mean Time Love: A Woman's Journey From Self-Loathe to Self-Love". She's also a speaker, facilitator, life coach, as well as the author of the article that accompanies these photographs.

By Anita Ross
Author, Speaker, Advocate &
Founder of Women For Equality
www.anitaross.net

Racial tensions in Sacramento had been on the rise with no end in sight; Women For Equality's second annual Racial Healing in America conference was right on time. Taking place almost a year since Sacramento police officers shot Stephon Clark to death in his grandmother's backyard for an alleged property crime. While this particular fate of a young black man is certainly not new in this city or in our nation, this time a greater uprising had come. From flooding City Council meetings with emotional pleas and demands for justice to shutting down the Golden One Center in protest, people were heartbroken and angry. At the same time, there were people who were indifferent about Mr. Clark's death and even those who believed his brutal death was warranted. All culminating in a perfect dissonance in the city of Sacramento.

Understanding that justice is a critical piece of racial healing, Women For Equality, has spent the past year demanding justice for Stephon Clark, his family, the black community here in Sacramento, and all those affected by his brutal death. From protest actions and press conferences, to public comments and lifting up those running against District Attorney Schubert in the mid-year election, it's been daunting given that the officers who shot Mr. Clark are back to work as usual. No discipline, no termination and, given District Attorney Schubert's track record, no charges.

The Racial Healing in America conference was designed to create a safe space for people to learn about racism, have tough talks about the causes and effects of it, and dive deep into how we can heal.

Essentially, it's a journey from the pain and trauma of racism to the experience of healing and hope.

Tamara Lacey, a volunteer at Women For Equality says, "This is my second year in a row helping to plan, organize and assist at this annual conference. I enjoy being a part of it because the content of the conference provides participants the ability to walk away with knowledge, empowerment, hopefulness and the bravery to discuss race and gender issues. Also to be a voice for equality in our city, nation and the world, as we all heal from the trauma of hate and racism."

About 150 people of all ages, races and ethnicities filled up the beautiful main auditorium at Unity of Sacramento, on February 23, 2019, in anticipation of a powerful experience. To kick off the day, there was live music that filled the air and instilled pure joy in the hearts of everyone in the room. As the Expressions of Unity choir sang inspiring songs like Sam Cooke's "A Change Is Gonna Come," Stevie Wonder's "Higher Ground" and Bob Marley's "One Love," the energy was electric as activists, community organizers, faith leaders and people from all walks of life alike were out of their seats, moving and dancing. It seemed the music took us all away from the depth and heaviness of the topic we were about to broach and at the same time, filled us up with enough love to move through it. Charles Cooper Jr., who directed the music, says "Music opens the soul for racial healing."

From there, Pastor Joy Johnson, Board President of Sacramento Area Congregations Together, opened with a keynote that set the context right away. Having been a nurse in her past, she used an analogy. "Present day racism is like a very old and very deep wound that gets reopened by every new incident of racial trauma. These times call for specialists who are dedicated to the healing and debridement of such severe wounds. Healing requires fresh, new experience (or tissue). New tissue cannot flourish in the racial wounds until the suffering community as well as the offending community confronts the loss and devastation of each tragedy through sacred lamentation."

To establish an understanding of the history of race, Lynn Berkley Baskin, Education Chair for the NAACP, presented key moments, elements and milestones from the slavery era and the civil rights movement. She went as far back as when Europeans started seeing the human race through 'Race-Colored' glasses which established the concept of race, all the way through to Ferguson, Colin Kaepernick and of course, Stephon Clark. The session was both eye-opening and devastating for many in the room.

Dr. Kristee Haggins, Co-Founder of Safe Black Space, took it from there with an open and honest presentation on racial trauma and what it looks like throughout our society today - another tough but necessary topic. Discussing microaggression, white privilege and implicit bias took some people out of their comfort zone but in a good way. One participant said, "I real-

see HEALING page 11

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Healing:

continued from page 10

ized the need to delve deeper into checking in with myself and challenging my biases, and their origins, so I can make change."

There were two panel discussions. The "Black Experience in America" panel was led by Rev. Eric Ovid Donaldson, Associate Minister at Unity of Sacramento. Panelists included Micaela Stafford (Sociology Major Critical Diversity & Social Justice, University of San Francisco), Doyle Martin (Principal of Parkway Elementary), Rashid Sidqe (Co-Founder, Law Enforcement Accountability Directive), Pastor AmunDayo De Edwards (Founder, Integrated Praise Spiritual Center), Antwanisha Williamson (Founder, STEAM Focused College Prep Academy) and Valerie Spencer (Holistic Coach & Behavioral Health Therapist). While everyone on the panel was Black, intersectionality with age, gender, LGBTQ, faith, and more, was intentionally embedded.

Questions like "What does it mean to be Black in the context of America's systems and institutions?", "What does racial healing mean to you?" and "Did Stephon Clark die in vain?" led to lively discussion, powerful insights and varying perspectives. Together, the panelists painted a clear picture of what it means to live as a black person in America.

The second panel, "Perspectives on Race in America" was designed to provide insight from non-black community members and various intersections. Panelists included Richard Marmer (Adjunct Professor at American River College), Violeta Gonzalez, (Senior Health Educator, Planned Parenthood Mar Monte), Jaya Badiga (Principal at Badiga Law Office), Alan Descargar (Registered Nurse) and Lynn Berkley-Baskin.

Mr. Marmer, a white man, spoke openly about living with white privilege while Mr. Descargar spoke of his challenges in moving to a primarily white neighborhood at a young age and of "coming out" as a gay man to his Filipino family. The experiences varied but the message came through loud and clear, we have a problem with race in our country.

Next was an experiential session called "A Walk in Black Shoes" facilitated by Reverend Kevin Ross, Senior Minister at Unity of Sacramento. It was particularly heart-opening for many of the participants as they got to experience the harsh realities of racism. Mrs. Badiga said, "I felt a poignant loss of hope in the experience of institutional racism in that session. I cannot imagine how an individual or a community encounters a multitude of such experiences in their everyday life across generations without having trauma embedded in their very core. I hope that this annual conference continues its momentum of healing, as it is not only needed but is a crucial part of any movement toward equity."

This was Reverend Ross' second year in a row facilitating this session and he says, "It is clear to me that many well-meaning white allies have blindsides about how they may be contributing to continued systematic oppression of black, brown and marginalized communities of color. The Racial Healing in America conference provides a compassionate context and real encounters that soften the hearts of our brothers and sisters who really want to be a part of creating a new narrative of equality, equity, inclusion and justice."

To close the day, Dereca Blackmon, Assistant Vice Provost of Diversity & Inclusion at Stanford University, kindly declined the stage and microphone so that she could sit amongst the people. Her intention was to have an intimate heart-to-heart about what we could do to bring the work of racial healing into the community. Mrs. Blackmon gave hope to those in the room who were feeling overwhelmed with trying to be a "good" ally, by lifting up the integral role white people played in establishing the underground railroad. Mrs. Blackmon went on to mention Ken Parker, an ex-KKK member who went to Charlottesville last year to spark a race war but because of a life-changing experience he had with an African American woman there, now denounces hate groups. One participant shared, "Dereca's insight into white ally legacy really spoke to me. It's looking at a strength-based idea of whiteness that needs to be a critical element of white ally dialogue."



Perspectives on Race Panel, left to right: Richard Marmer, Violeta Gonzalez, Jaya Badiga, Alan Descargar, Lynn Berkley-Baskin, Anita Ross.

Communication and understanding can help provide a way forward to healing the divide that prevents our country from reaching its full promise of unity and equality. This is the true intention of this conference.

Margaret Mead says, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." This is Women For Equality. A small group of people dedicated to taking the work of racial healing further.

Debora Garcia, of the Women For Equality leadership team, says "More than anything, this conference ignites me to be a part of situations and conversations that forward our progress towards creating a world that works for every single person with absolutely no one left out. It reminds me of how very important it is to strive to love each other, rather than fearing each other, and the way to begin that process is by first being willing to learn about and get to know each other – walls down."

And Cathy Ballantine, also on the Women For Equality leadership team, sums it up well, "I think the Racial Healing in America conference is a unique and powerful event that needs to keep going so that the healing continues to infiltrate our society."

By the end of the day, a 3rd Annual Racial Healing in America Conference had been declared for Sacramento in 2020 and the team is currently in talks to take it on the road, ultimately, setting the stage for a national movement and the wave of healing that will come with it.

Women For Equality is a local grassroots organization that rises up in the name of love and equality. Find out more at www.facebook.com/WomenForEquality

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FARM AND FLAVOR

FINDING MY MARBLES



by Kerin Gould

As I was digging a hole to plant a new almond tree, ample enough to let roots branch out wide, since the hardpan is not too far down, I saw something shiny. It was a marble, creamy blue, brown and coral colored. A simple child's plaything. I had some exactly like it many years ago when we made our own games by digging the rubber heel of our little P.F. Flyers into the dirt and spinning around to make a pocket to shoot peewees, cat's eyes, and pooners at. I'm not going to bemoan the lost simplicity of childhood or our era as the last generation of free-range children. I am just delighted to be finding my marbles rather than losing my marbles.

Of course, planting-time always inspires exaggerated optimism about one's ability to make good things happen and about one's mental fitness for the tasks ahead. But the appearance of a randomly colored, opaque glass orb is inexplicably reassuring, all cool and smooth in the hand, then tucked away like secret treasure in a pocket. It's as if, when I play in the dirt (grown-up style, with purpose and garden knowledge) and find these (in some 2 ½ acres of soil – what are the odds?), I rediscover some simple joy and sanity.

I haven't jumped in a mud puddle on purpose in a long, long time, but there are other joys to be found in the soil: Plants that have volunteered and grown against all odds. Worms that are aerating soil and breaking down organic matter to keep the trees and crops fed. Mycelium, weaving their mesmerizing internet through the soil, transporting "messages" between plants and breaking down mineral nutrition for them in the in exchange for photosynthesis-based energy. And freesia bulbs, waiting to burst out with stupendous color and intoxicating fragrance.

And the joy of seeing my hen, Katie, who is fighting a respiratory infection perk up for a weed-pulling session with her sister and enthusiastically snag and swallow a huge crop-full of worms… it means she has turned a corner and is finally improving. Medicating a feisty gal like Katie is a little struggle for both of us, and yes, I fuss and stress too much and have muddy footprints on my lap afterward. Birds often won't tell you they are sick in time for you to heal them, so seeing her recover and happily scratch and peck is promising.

Any minute now the wildflowers will be popping up – the bare stems and purple and white flower clusters of the brodiaea family, the mustard, the vetch, native poppies, the lupine. And the bees, some of which live underground, will pop out too. It's all just under the surface, nestled in the soil.

There is so much going on these days to cause us to lose our marbles – disasters caused by climate change, racist fear/hate coming out of the woodwork, the overwhelming flood of information and disinformation on the internet, financial stressors, social friction – what can we do to metaphorically find our marbles? Perhaps just knowing that marbles are still out there to be found is a help, and having that in mind means we keep our eyes open for the shiny marbles in life's metaphorical dirt.

Sometimes cooking a fresh and simple dish is the marble in your muddy day, a (re)discovery that touches a nostalgic or sensory nerve in a good way. Both spinach and strawberries are spring treats, and this little salad combines fresh and earthy flavors:

Spinach and Strawberry Salad with Tangy-Sweet Vinaigrette

1 bunch large-leaf spinach
1 small sweet, red onion
1 basket strawberries
1c spiced pecans (a little sweet, a little chili-peppered)

Instructions

If you are sensitive to onions, slice thin and salt onions, then wash off under cold water after 10 minutes. Otherwise, just slice into thin slivers.

Chiffonade the spinach - stack large leaves and cut into thin ribbons and put them in a salad bowl. (Trim off stems.)

Hull and halve strawberries and add to the spinach. Add onions. Salt lightly.

Dressing

1/3 - 1/2 cup balsamic vinegar
1-2 tablespoons honey
1/2 cup olive oil
1 tsp (or more) yellow mustard
optional - salt and ground black pepper to taste

Mix in a jar with a lid.
Shake fiercely until well mixed. Pour over the spinach mix and toss.
Toss pecans on top.

Kerin Gould, PhD. is the owner of Produce with a Purpose. For information visit http://producewithapurpose.wordpress.com

Colors:

continued from page 7

Help us as we spotlight community creeks:

29th Annual Creek Week: Water Colors our World!

Mark your calendars! Thursday, April 4th to Saturday, April 13th, 2019 for the 29th annual Creek Week. Whether it is participating in one or more of the fun and educational activities or volunteering at the annual community-wide cleanup and celebration, there is something for everyone during Creek Week!

Activities begin April 4 and continue through April 13. Activity details and volunteer information are available on the Creek Week website at http://www.creekweek.net/activities.html

Splash Off

Thursday, April 4th, 11 am - Noon

Join us as we Splash Off Creek Week! We thank our sponsors and recognize the 2019 Creek Stewart award winner-- Dr. Roland Brady for his extraordinary efforts to organize and carry out the clean-up of Steelhead Creek. Location: Camp Pollock, 1501 Northgate Blvd., Sacramento, CA 95821.

More information at http://www.creekweek.net/activities.html.

Bufferlands Birds & Blooms Tour

Saturday, April 6th, 8:30 am – 10:30 am

The Fishhead Lake mitigation wetlands and surrounding uplands are home to waterfowl, songbirds and raptors. Native wildflowers bloom in early spring. Visitors will receive a packet of native flower seeds. Meeting location is weather-dependent. More information at http://www.creekweek.net/activities.html.

Water Wonderful World

Saturday, April 6th, 10:30 am

Explore the local waterways. Take a hike to the river and learn about its journey; see the kinds of animals living in and along its edge, and learn the importance of keeping our local waterways clean. All ages welcome. Effie Yeaw Nature Center. More information at http://www.creekweek.net/activities.html.

Arcade Creek Exploration

Saturday, April 6th, 10:00 am – 12 Noon

see WEEK page 15

What's happening East Sacramento?

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.

SATURDAY, APRIL 6

PRESERVATION ACADEMY: This session is presented as part of Preservation Sacramento's quarterly roundtable. The event is open to the public and is free of charge ($5 donation for cost of snacks, coffee). Also includes updates from community organizations. Presentations include: William Burg, Sacramento Heritage Board President. What is historical preservation? This talk addresses common myths and realities about historical properties and the city's preservation incentive. Clare Flynn, cultural resources planner for Page and Turnball, presents a guide to Sacramento's historic architectural styles, from Italianete to International. Carson Anderson, City of Sacramento Preservation Director, reviews how the city reviews city properties and the city's preservation incentives. Time: 10 a.m. to 1 p.m. Place: Clunie Hall, 601 Alhambra Blvd.

SATURDAY, APRIL 6 and SUNDAY, APRIL 7

HEALING ARTS FESTIVAL 20 YEAR ANNIVERSARY: For 20 years, The Healing Arts Festival has been Sacramento's premier metaphysical, spiritual and holistic expo offering a place for healing of body, mind, and soul. The event embraces all spiritual paths and expressions of unity. It strives to offer information and alternatives that lead to a fulfilling, whole, beautiful existence. This event is the area's only festival that does an interview reading with potential readers (psychics, card readers, mediums, etc.) before they are allowed to exhibit to ensure you receive a quality reading from a verified professional. Explore the unique gifts, services, and offerings from over 65 exhibitors. Connect with like-minded souls. Once inside discover new information and insight for your journey of personal growth through over 20 free presentations and workshops. Experience free direct energetic healing in the Healing Workshops room. The Healing Workshops offer healing and learning experiences in a variety of modalities such as Tibetan singing bowls, yoga, chanting, shamanic healing, and more.
The Sacramento SPCA is going to bring dogs and some small animals that will be available for adoption on both days. Each person that brings an item off of the Sacramento SPCA's wishlist gets in for free for both days. (wish list will be available on the festival's website closer to date of event)
Tickets are good for both days at $10 each person, $8 for veterans and those 65 years and older and free for children 15 years. The SPCA gets a percentage of the entry fees. Check out the full line-up, get tickets, and find more information at www.HealingArtsFestival.com
Location: Scottish Rite Masonic Center, 6151 H St. Hours are Saturday from 10 a.m. to 6 p.m. and Sunday 10 a.m. to 5 p.m. The Culinerdy Cruzer Food truck is available from 11 a.m. - 3 p.m. daily

SATURDAY, APRIL 13

MONTHLY FORB WALK AT SUTTER'S LANDING: It's time to welcome back Swainson's Hawks: The Friends of the Riverbanks invite you to welcome back the Swainson's Hawk on Saturday, April 13, at 10 am. at Sutter's Landing. There will be live birds from the Raptor Center and information tables from Save the American River Assn (SARA) and other organizations. It's never known will be out at Sutter's Landing, but the hope is to see all manners of creatures: raptors and other birds, as well as mammals and reptiles. FORB events are designed for all ages. Bring binoculars, water, sunblock, and a change of clothes for young children (who will certainly get wet and dirty). Please leave your dogs at home and carpool/bike/walk if possible. Tell friends who might be interested in exploring our urban wilderness.

REDROVER RESPONDERS VOLUNTEER TRAINING WORKSHOP: The RedRover Responders volunteer corps are the backbone of our efforts to provide lifesaving care and sheltering for animal victims of natural disasters, puppy mills, hoarding, and other cases of cruelty and neglect. All levels of experience, from a casual pet-lover to an experienced rescuer or animal care professional welcome.
The training program consists of attending a four hour in-person workshop and completing IS-100c, an online FEMA class. Facilitated by an experienced RedRover Responders volunteer, the workshop helps you understand what it's like to deploy with RedRover to a disaster or animal cruelty case. Group work and exercises will guide pre-deployment decision-making and packing, solidify understanding of key Standard Operating Guidelines, and prepare you for the realities of response. The workshop registration fee of $45 includes a volunteer handbook, the volunteer t-shirt and certificate of completion that are mailed to you after attending the in-person volunteer workshop.
RedRover Responders Volunteer Training Workshop
April 13, 2019 9:00 a.m. to 1:00 p.m.
Cap's Pizza and Tap House
8760 La Riviera Dr. A Sacramento, CA 95826
The workshop fee is $45. To secure a seat in a workshop, register online,. Please read about the training and qualifications prior to registering. Qualifications: Age 18 years or older; an email address that you check regularly and access to the Internet, current tetanus immunization, complete FEMA course IS-100c, attend an in-person volunteer training workshop, agree to the RedRover Responders Code of Conduct
Registration Link: https://my.redrover.org/event/2019-sacramento-redrover-responders-workshop/e222089

HIKE SACRAMENTO'S LARGEST NATURE PRESERVE: Hike, stroll, meander or run the Deer Creek Hills Preserve, Sloughhouse. Open Saturdays are open from 9 a.m. to 1 p.m. Explore the trails of Deer Creek Hills Preserve at your own speed. Open Saturdays are free, but please register online to ensure gates will be open. A map will be provided and the trail is marked. Please dress appropriate for the forecasted weather. Layers are recommended. Sturdy shoes, cell phone, snacks and water are required. SVC Staff working the event will exchange cell numbers with you, prior to hiking out. A creek crossing is required to reach the trailhead. Higher clearance vehicles are recommended in the wet season.

SATURDAY, APRIL 13 and SUNDAY, APRIL 14

SACRAMENTO ORCHID SHOW: 10 a.m. to 4 p.m., both days at the Scottish Rite temple at 6151 H St.

SUNDAY, APRIL 28

HISTORIC WINDOW WORKSHOP: This four-hour presentation discusses how to restore wooden windows for security, efficiency and beauty. Historic windows play a big role in the character of vintage homes, handcrafted of old-growth wood. As homes age, they may stick and rattle, or have broken or missing parts. Instead of replacement of vinyl (prohibited by city code), learn how to restore and maintain wooden windows. Presented by Tim White, a master carpenter, whose window restoration projects include the Stanford Mansion and Old Sacramento. Time: 1 to 5 p.m. Place: CADA workshop, 1322 O St.

Week:

continued from page 14

Explore Arcade Creek's "creek zone" with biologists. Learn about riparian habitats, diversity and see first-hand how scientific tools are used. Del Paso Regional Park Natural Area.

More information at http://www.creekweek.net/activities.html.

CREEK WEEK 2019

Living in Water

Sunday April 7th 1:30 p.m.

Discover the hidden world of water insects and polliwogs! Using catch and release activities get a close-up look at these amazing little animals living in our ponds and local waterways. All ages welcome.

Effie Yeaw Nature Center. More information at http://www.creekweek.net/activities.html.

Bufferlands

Evening Talk

Wednesday, April 10th 6:30 pm – 8 pm

Learn about the incredible diversity and natural treasures of the Bufferlands in this multimedia presentation and discussion. Light refreshments will be available, and there will plenty of time for questions after the presentation. Please RSVP to reserve a spot. There is no charge but space is limited. More information at http://www.creekweek.net/activities.html.

Steelhead Creek Beaver Pond Walk

Wednesday, April 10th, 6:30 pm

Early evening is the best time to see beaver activity and lots of other local wildlife. Take a stroll with Mary Tappel through Wolfe Ranch Wildlife Sanctuary. NOTE: this event will be cancelled in the case of heavy rain. More information at http://www.creekweek.net/activities.html.

Bear Hollow Nature Tour & Bird Watch

Saturday, April 13th, 8:00 am – 9:00 am

Learn about the history and purpose of Rancho Cordova's Bear Hollow Stormwater Basin with a certified biologist and observe the native plants and animals that have taken up residence at this flood control facility. Plan to stay after the tour and participate in a nearby Creek Clean-up. More information at http://www.creekweek.net/activities.html.

Clean Up and Celebration!

Saturday, April 13th, 9:00 am - 2:00 pm

Find clean up locations and register to volunteer online at http://www.creekweek.net/volunteer.html

First We Clean!

9 am – Noon, County-wide

Volunteers are needed for trash and debris removal on Clean-up day!

Then We Celebrate!

Noon - 2 pm, Carmichael Park

Free Lunch & T-shirt for volunteers

Exhibits, fun activities & contests

Red Shoe Productions Entertainment

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