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East Sacramento News

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pops in the park

For band details,
see What's Happening on page 11





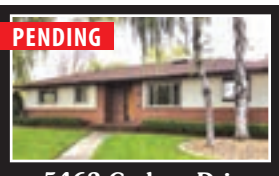


Tom Leonard | 834-1681
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COLDWELL BANKER

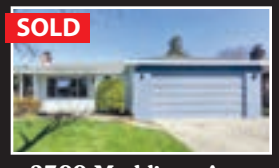
4th Generation East Sacramentan

PENDING



5462 Carlson Drive
$549,000 - *.19 acre lot*
3 beds | 1.5 baths | 1,503 sqft

SOLD



3799 Moddison Ave.
$698,000
3 beds | 3 baths | 1,807 sqft

Incredible River Park Ranch

This newly remodeled home has a wonderful floor plan, with large open custom built kitchen and big family room. 4 (large) bedrooms, 2 baths, almost 2k square feet, and just the backyard you have been waiting for. Prime interior location, Hardwood floors and custom finishes throughout. Steps to Caleb Greenwood IB School, Glenn Hall Park & all the American River Parkway has to offer.

5724 Callister Ave. - Please call agent for price

COMING SOON



21st annual Coldwell Banker Art Show



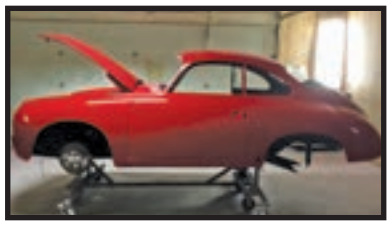
Photos by Stephen Crowley

Coldwell Banker Sacramento Metro held its 21st annual art show on Friday, April 26 at the Clunie Center. Attendees enjoyed complimentary wine and hors d'oeuvres while browsing local art. Donations benefit the art program for the Mustard Seed School, a free private school for children 3 to 15 years old who are experiencing homelessness. The school, run by Loaves and Fishes, provides a safe, nurturing learning environment, survival resources, immunization updates, counseling, and assistance entering and reentering public schools.



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Cover photo by: Courtesy





Plant-based burger joint now open in Midtown

By Kerin Gould

The teasers for the opening of the nostalgic, yet plant-based burger joint, Burger Patch at 2301 K St. have been promising a breakthrough in Sacramento's fast food for a couple of years, since owners Philip and Danea Horn first bought the property. They set up a stand at the Kings' games and held pop-up events to raise funds for local non-profits, all while further developing their plant-based burgers, shakes and fries menu for a midtown location. A soft opening is planned for next weekend, and it's a good chance to try their "conscious convenience" food before it begins to attract long lunch lines.

Philip and Danea have been vegetarians for over a decade and vegan for several years. "What drew us to it initially was just…being more ethical to animals. And my wife was dealing with chronic kidney disease at the time, so we also knew the health benefits associated with plant-based eating."

"I think the most exciting thing is the food exploration that has happened as a result of that. I personally grew up on three fast food meals a day. I had a single mother, and I was left to create my own food options…Moving out of that fast food world into something that was a little more rooted in vegetables…opened my eyes to a whole new world"

Horn credits his wife's excellent cooking skills, as she was able to recreate both the fast food he loved and the lasagnas and enchiladas she loved in a plant-based version. "She's amazing at it, so for me it was a pretty easy transition."

Asked if replacing fast food with a healthier, meatless doppelganger is the key to bridging the gap for non-vegans, Horn admits he himself is not a purely health-conscious vegan. "I still love the tastes… I think a lot of people, that's their reaction: 'I could never do that, eat that whole food, kale and grains diet!' That is not the type of vegan diet or plant-based diet that my wife and I have adopted. We indulge often on things that are full of flavor. That's the whole concept around Burger Patch."

see BURGER page 11



MASTERS CLUB

Rich Cazneaux - Coldwell Banker

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GARDEN OF THE GODS
1711 Mercury Way

Updated three bedroom, two bathroom, 1650 sq/ft, home in Garden of the Gods. Features include gorgeous wood floors throughout, remodeled kitchen, dual pane windows, formal dining room with original built-ins and a large backyard.
$409,950



SPACIOUS MEDITERRANEAN
9034 Phoenix Avenue

Approx. 3,793 sq ft of livable space, including 4 beds & 3 baths, open & spacious with lots of light. The cozy & inviting family room includes a fireplace & plenty of windows that allow the natural sunlight to flood into this engaging space & also provide beautiful views of the exterior space. In addition to the dining available in the kitchen, there is also a living/dining room open concept with high ceilings, expansive windows, a fireplace & gently arched doorways. **$825,000**



CLOSE TO BERTHA HENSCHEL PARK
4458 A Street

Tasteful updates throughout! This three bedroom, one bathroom home is one block away from the family friendly Bertha Henschel Park. Updated kitchen with an open concept design really makes this house feel like home. Lots of natural light and East Sac charm, a must see.
$589,950



EAST SAC MEDITERRANEAN
551 Pala Way

Charming two bedroom, one bathroom, Mediterranean tucked away on a quiet street in east Sac. This 1185 sq/ft home is bright and sunny. Many upgrades throughout, newer electrical, plumbing, dual pane wood windows, HVAC, tankless water heater, roof.
$665,000



BEAUTIFULLY REMODELED TUDOR
1440 38th Street

Gorgeous 5 Bedroom, 3 bathroom, 2674 sq/ft remodeled home in the Fab 40's. Home features a large living room with fireplace and sunroom off the side, Hunter Douglas electric shades, formal dining room and Master Suite with fireplace & stunning master bath. The covered deck features a built-in Lion BBQ grill and large dining area that looks onto the spacious outside space and pool.
$1,395,000

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Home tour to feature mid-20th century contemporary homes



Photo by Jeanette Steed

This home, located at 5220 Overbrook Way, will be featured in this year's Sacramento Mid-Century Modern home tour on June 1.



Photo by Travis Pacheco - Pacheco Photography

This Park Green home will be featured in this year's Sacramento Mid-Century Modern home tour on June 1.

Folsom Lake Symphony

PETER JAFFE, MUSIC DIRECTOR AND CONDUCTOR



HEROES AND VILLAINS

Glory Parsons, soprano

June 1, 2019, 7:30 pm
June 2, 2019, 2:00 pm

This blockbuster program showcases a host of heroes and villains, including James Bond, Superman, Indiana Jones, Goldfinger, Darth Vader, ET, Batman, Wonder Woman, Harry Potter and more! Concert-goers will be treated to a special display of James Bond memorabilia.

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By LANCE ARMSTRONG

The Sacramento-based building firm, Streng Bros. Homes, developed, constructed and sold more than 3,500 homes during a three-decade period. About five of those homes will be featured in a special tour on June 1.

This all-new, self-guided driving tour will be presented by Sacramento Mid-Century Modern (SacMod), a nonprofit organization dedicated to preserving the region's modern art, architecture and design through tours, film screenings, writing publications, preservation campaigns and educating the public on modernism.

As a celebratory event, this "north of the river" tour recognizes six decades since Jim and Bill Streng founded Streng Bros.

Born in Scranton, Pa., these brothers came to Sacramento in 1957 to establish their home building company after attending Dartmouth College and serving in the Army.

This business's first home building project, which began during that year, was Evergreen Estates at Auburn Boulevard and Winding Way.

By March 1958, Streng Bros. was advertising for opportunities for people to view completed model homes in "one of California's most beautiful subdivisions – on exclusive Winding Way."

The original price of homes in that subdivision began at $18,950. The homes, which were built on wooded lots, were constructed with two to four bedrooms, a family room and built-in appliances.

Streng Bros. built homes in Sacramento, Yolo and Placer counties.

The homes featured in the upcoming tour are located along an 18-mile route in the Homewood neighborhood in Carmichael, the Evergreen Commons and Overbrook neighborhoods of Sacramento and the Eastridge neighborhood of Citrus Heights, as well as a home in Fair Oaks.

The Fair Oaks home is a rare, 1959, custom-built structure designed by architect Carter Sparks, but not built by Streng Bros. Homes. Sparks was the architect who was primarily used by this company.

Sacramento homes on the tour are located in the area of American River College.

All of the homes on the tour represent the mid-20th century aesthetics and lifestyle.

SacMod board member Justin Wood, a local artist, said that he is quite familiar with Streng Bros. houses, considering that he and his wife, Laura, have owned two of them.

Justin, who currently lives in Carmichael, said that he and Laura moved from the Bay Area to Sacramento after purchasing their first Streng Bros. home in 2007.

Both Justin and his wife quickly gained an interest in Streng Bros. homes, he recalled.

see HOMES page 5

Homes:

continued from page 4

"We found out about these wonderful Streng Bros. homes," he said. "These are contemporary-designed homes. They've got lots of glass. Instead of a wall to the outside, you would have a wall of glass, or open beam ceilings, so you can see the structural component of how the house is assembled.

"(The homes) are designed to be oriented to the sunlight in that the overhangs of the house protect the house from getting beat down by heat."

Justin described Streng Bros. houses as homes that were both contemporary and affordable.

"They were marketed toward young professionals, teachers, architects, artists, school administrators, general business people," he said. "(The Strengs) really insisted on trying to make affordable product for normal families. So, they would always be cutting corners, having small arguments with Carter Sparks."

Because Justin and Laura's first Streng Bros. home was in need of a lot of care when they purchased it, Justin began to learn a lot about his house through researching it and asking neighbors questions.

"I kind of gained and gathered reference about what the old kitchens used to look like, what the old bathrooms used to look like or what the woodwork (looked like)," he said. "Pretty soon I started a repository of all that was online (about Streng Bros. houses)."

Justin recalled learning that the Streng Bros. came to Sacramento to take over the business of their uncle, who was a home builder.

Although the earliest Streng Bros. houses were ranch-style structures, the tour focuses on the business's contemporary homes that were built from about 1960 to about 1985.

Wood noted that SacMod is excited to have the opportunity to present a tour featuring Streng Bros.-built, contemporary homes.

"We're thrilled to (present these homes)," he said. "Typically in the home tour, we are highlighting exceptional homes, usually by architects who built custom houses for more wealthy clients, and bigger lots. We're really excited to highlight contemporary houses for the common people.

"These are affordable houses. Middle class, working people can still afford these homes for the most part, and they offer a lot in terms of enriching (the) diverse living experience. We're really proud to be sharing (these homes)."

Wood said that in addition to having opportunities to view various Streng Bros. houses up-close, guests of the tour can also meet the homeowners.

"The homeowners will be in their homes to take questions and take compliments," he said.

Wood added that these homes' current owners are not the original owners, but are people who appreciate and love these classic residential structures.

"I think (these are) people that have probably owned them less than five years," he said. "So, people have gotten on the bandwagon relatively recently and done great work for restoring their houses, bringing out the (mid-)century modern charm to them."

The upcoming June 1 home tour will be held from 10 a.m. to 4 p.m.

A preview map showing the Streng Bros. neighborhoods where the tour will take place, and other Streng Bros. neighborhoods, can be viewed on the website, SacMod.org. The precise location of where the tour will begin will be sent via email to the people who purchase tickets for this event.

Those interested in participating in this fundraising tour can purchase tickets through that website.

Tickets are $25/members and $40/nonmembers. The cost for a one-year (calendar year) membership is $25 per household and includes a discount to this and other SacMod events.

The deadline to purchase tickets is May 31. However, space is limited and the event can sell out at any time.



Photo by Justin Wood

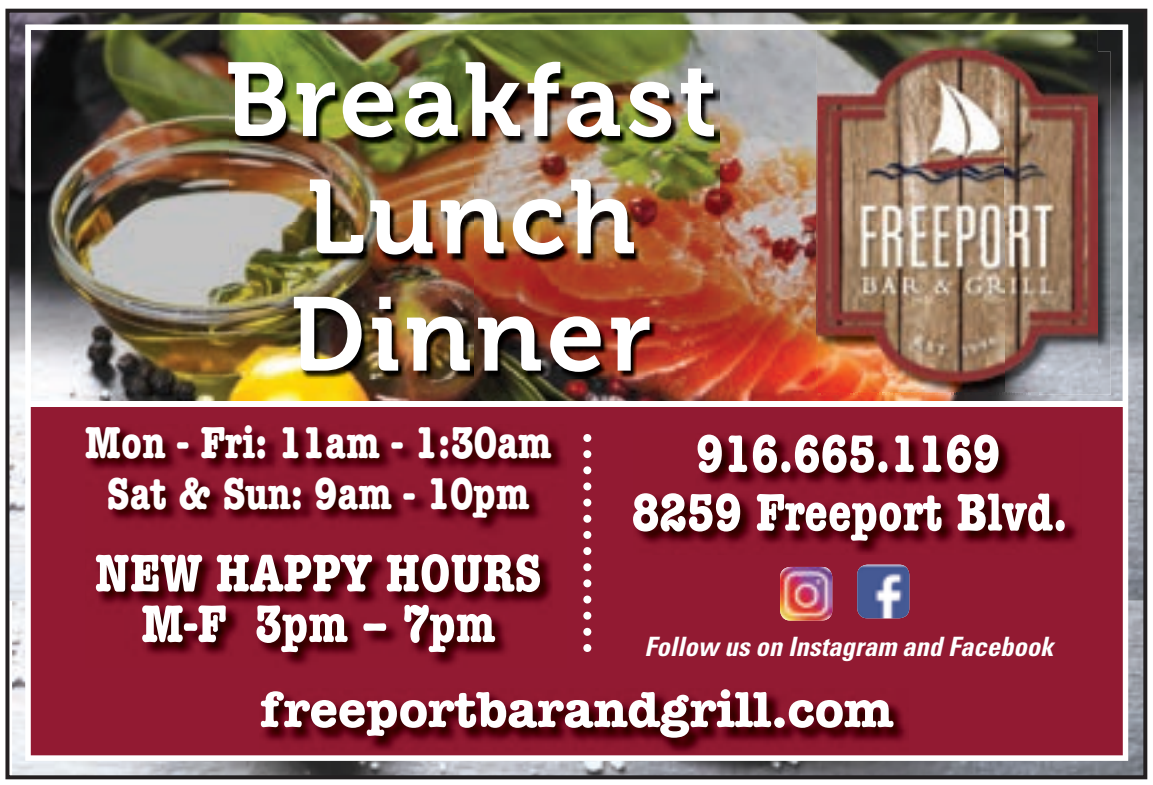
This home, located at 5045 Overbrook Way, will be featured in this year's Sacramento Mid-Century Modern home tour on June 1.



Photo by Justin Wood

Shown here is the interior of 5045 Overbrook Way, a home which will be featured in this year's Sacramento Mid-Century Modern home tour on June 1.





Sutter Health Opens Loehman's Plaza clinic for walk-in healthcare

New center offers same-day, convenient care for non-urgent issues



Sutter Health opened its seventh Walk-In Care clinic in Sacramento on Tuesday, April 30, located in Loehmann's Plaza at Fair Oaks Boulevard and Fulton Avenue.

The Walk-In Care clinic is located at 2537 Fair Oaks Blvd., Sacramento, and is the seventh Sutter Walk-In Care in the area. Other clinics are located in Citrus Heights, El Dorado Hills, Elk Grove, Rancho Cordova and two clinics in Roseville. It will serve residents of Arden-Arcade, East Sacramento and Carmichael.

"These locations offer easy access to treatment for a whole host of needs, whether it's treating the flu or an ear infection or wellness services like sports or pre-employment physicals," said Kelly Foss, Sutter Walk-In Care regional manager. "We hope that by providing more convenient access to care, in places where many people are already running their errands, patients won't put off getting the care they need to stay healthy."

Sutter Walk-In Care offers:

Nurse practitioners or physician assistants provide treatment for common illnesses, health screenings, vaccinations and wellness services such as smoking-cessation support.

Each location is open 8 a.m. to 8 p.m., seven days a week, with reduced hours on most major holidays. Thanksgiving and Christmas Day are the only days when Sutter Walk-In Care clinics are closed.

Patients can call ahead or visit the Walk-In Care website to save their spot, or simply just walk in to the location.

Sutter Walk-In Care locations offer a lobby with outlets to charge laptops or phones, as well as complimentary Wi-Fi, fruit, coffee, tea and fruit-infused water.

Sutter Walk-In Care is available to adults and children 18 months and older – patients do not need to be an existing Sutter Health patient.

Sutter Walk-In Care accepts most major insurance plans, and patients would be responsible for their standard co-pay or co-insurance. For those who prefer to pay out of pocket or have not yet met their deductible, pricing is clear and simple, with a standard office visit at a flat rate of $129.

With all of these options, sometimes consumers ask which location is most appropriate. For example, a Sutter Walk-in care visit could help address seasonal allergy needs, while a Sutter urgent care visit could help someone with asthma who is short of breath. For someone suffering from chest pain, an emergency department visit may be best for a patient.

Additional points of access, like Sutter Walk-In Care clinics, also have the potential to relieve pressure on overcrowded emergency rooms.

"We want to reserve emergency departments for complex and life-threatening illnesses, rather than having people with minor medical problems going there because they have no other option," Foss said. "At the same time, allowing patients to receive non-urgent care and vaccinations quickly, near where they live or work, should help free up doctor-office visits for those with more serious issues."

While Sutter Walk-In Care provides a wide variety of healthcare services, patients with serious problems or illnesses that require more immediate attention, such as severe cuts or broken bones, should visit an urgent care clinic, or their nearest hospital emergency department.

Additional Sutter Walk-In Care clinics located in the Sacramento Valley:

Citrus Heights: 5406 Sunrise Blvd., Citrus Heights, CA 95610

El Dorado Hills: 3919 Park Drive, El Dorado Hills, CA 95762

Elk Grove: 4810 Elk Grove Blvd., Elk Grove, CA 95758

Rancho Cordova: 4040 Sunrise Blvd., Rancho Cordova, CA 95742

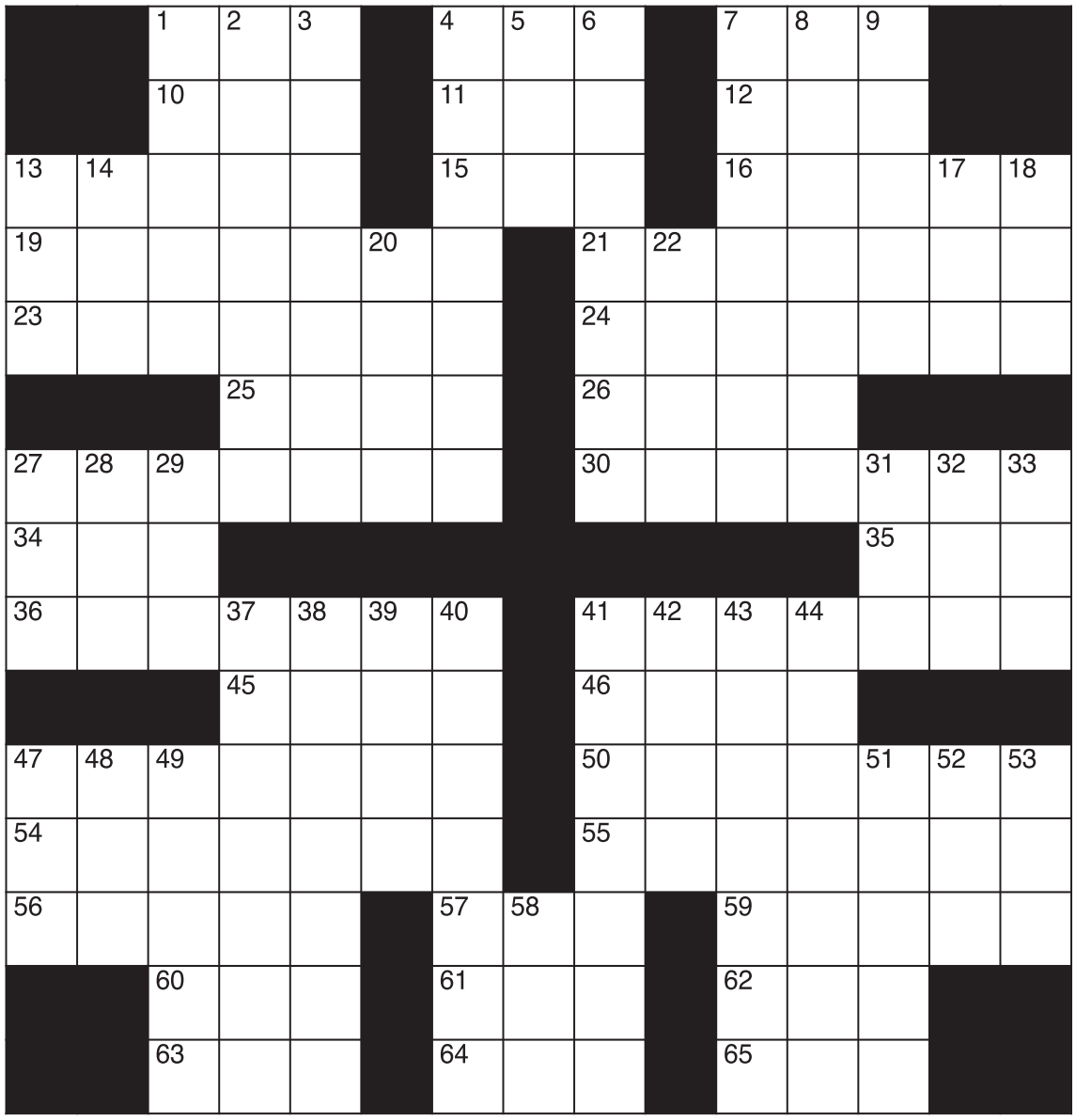
Roseville: 4010 Foothills Blvd., Roseville, CA 95747

Roseville: 781 Pleasant Grove Blvd., Roseville, CA 95678

To learn more about Sutter Walk-In Care, please visit www.sutterhealth.org/walk-in or call 1-800-972-5547.



CROSSWORD



CLUES ACROSS

1. Mathematical term (abbr.)
4. Seaport (abbr.)
7. "Unforgettable" singer
10. The GOAT
11. Used to harvest agave cactus
12. Luke's mentor __-Wan
13. Muses
15. IBM operating system
16. Hungarian village
19. Popular conversation topic
21. N. Atlantic island
23. Fail to discern correctly
24. The President has one
25. Irish Gaelic language
26. Gasteyer and Ivanovic are two
27. Garnished
30. National capital
34. Basics
35. Initial public offering
36. Winged horse
41. English synthpop duo
45. Mars crater
46. A lot
47. Small organelles
50. By reason of
54. "Growing Pains" actor Kirk
55. Free from contamination
56. Genus in the mahogany family
57. Body part
59. A belief in a supreme being
60. Talk a lot
61. Actors' group
62. Unit of measurement
63. Slick
64. No seats available
65. A way to change color

CLUES DOWN

1. Belongs to the daughter of Chaos
2. Wardrobe
3. Derek and Jeff are two
4. Disfigured
5. Hawaiian dish
6. What a hack drives
7. Horse gear
8. Do away with
9. Narrow straits between Sinai and Arabian peninsulas
13. Corrie
14. Hawaiian flower necklace
17. Midway between northeast and east
18. Insecticide
20. Comfort
22. Town in Galilee
27. Informal greeting
28. Relative biological effectiveness (abbr.)
29. Used to check the heart
31. Western India island
32. Credit card term
33. Female deer
37. British football team
38. Persian jurisdiction
39. Freshwater mussel genus
40. Opposite of happiness
41. Ban on trade
42. Bitterly regrets
43. Assented
44. Well-proportioned
47. Part of (abbr.)
48. Indigenous people of Thailand
49. A man of your stature (abbr.)
51. Advantageous
52. Female sibling
53. Electronic countermeasures
58. Swiss river

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1. Which group had a hit with "Since I Lost My Baby"?
2. Name the 1968 song that focused on orange images, such as pumpkin drums, tangerine dreams and carrot trumpets.
3. For which musical was "Send in the Clowns" written?
4. What group released the pop standard "Never My Love"?
5. Name the song that contains this lyric: "I told her that I was a flop with chicks, I'd been this way since 1956."

Answers

1. The Temptations, in 1965. The Jackson 5 recorded it four years later, but it was never released until appearing on their "Come and Get It: The Rare Pearls" album of unreleased material in 2012.
2. "Jelly Jungle (of Orange Marmalade)" by the psychedelic group Lemon Pipers.
3. "A Little Night Music," by Stephen Sondheim in 1973. In this case, clowns refers to fools, not a circus.
4. The Association, in 1967. According to BMI, it was the second most-played song of the 20th century.
5. "Love Potion No. 9," by the Clovers in 1959, and the Searchers in 1964. The singer talks to a gypsy about his love problem. She reads his palm and recommends a potion, but it makes him fall in love with everyone, including a cop on the street.

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Crossword Solutions on page 11

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What's happening East Sacramento?


Ideateam


Joe Craven and the Sometimers


The Count


Dana Moret

FRIDAY, MAY 17

THE 17TH WINE TASTING EXTRAVAGANZA by the Philoptochos Society of the Greek Orthodox Church in Sacramento will be held on Friday, May 17th, from 5:30—8:30 at the Annunciation Hellenic Center located at 616 Alhambra Boulevard, across from McKinley Park. Wine and food tasting will be plentiful and included in the entrance fee. There will also be a silent auction, local artists, and live music by the OCD Band from Yuba City. Cost of attendance will be two tickets for $50 or one for $30. What a great way to finish the work week and start the weekend! Contact Helen Nickolson at hnickols@yccd.edu for tickets or more information. MUST be of age to be served.
Wineries: Julie & Greg Rauser--Galt; Bill Nicolaou--Lodi; Wreckless Blenders--Sacramento; Omega--Lodi; Abbey of New Clairvaux; Bella Grace; Helwig and Cabana.
Food: The Old Spaghetti Factory, Philoptochos, Voula Cazanis, Mani Imports

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, May 17 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, JUNE 1

POPS IN THE PARK AT EAST PORTAL PARK: The first concert will be held on Saturday, June 1 from 6 to 9 p.m. at East Portal Park is located at 1120 Rodeo Way. There is no label to accurately describe the music of Joe Craven & The Sometimers. Acid-Rock-grass? Jazz Fusion Americana? To try to box it in would be to crush the exuberant creative spirit that happens when Craven, Jonathan Stoyanoff, Bruce MacMillan, BarryVEldridge and Hattie Craven play together. "No genre left behind" isVtheir musical motto, and they accomplish the task with joyful abandon, playing paradigm-shattering free range music that entices and excites. Joe Craven is an award winning creativity educator and prankster savant and, while a multi-instrumentalist proficient with strings and percussion from mando to canjoe to bongo, he is also a eulogist, wordsmith and fashion insultant. Pops in the Park is a free family-friendly outdoor concert series which raises money for our under-funded neighborhood parks.

FRIDAY, JUNE 7

SUMMER READING KICKOFF WITH PAPAYA PYTHONS - Come join us for our Summer Reading Kickoff celebration with Papaya Pythons! They will bring an assortment of snakes and reptiles for us to see, tell us about each one and their original habitats, and even let us pet some of these incredible animals. Then stay for a snake-themed craft and to sign-up for this year's Summer Reading Challenge! Family/all ages. Friday, June 7, 3:30 – 5 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, JUNE 8

POPS IN THE PARK 2019 AT BERTHA HENSCHEL: The second concert will be held on Saturday, June 8 from 6 to 9 p.m. at Bertha Henschel Park, 160 45th St. featuring Dana Moret & Zen Voodoo. For almost 20 years, Northern California's, Dana Moret has the proven voice and charisma to fast make her a force to be reckoned with in any genre. When she was fresh on the scene, Dana worked in her family's famed Northern California nightclub, Constable Jacks, where she first discovered the music in her. Faithfully attending open mics around the Sacramento area to hone her skills, she was quickly picked up by one local act after another until she found herself as the second female lead vocalist a revival project of the Bill Graham's famed Jam Band, Stoneground, who was originally host to Bay Area greats like Jo Baker, Annie Sampson and Lynn Hughes. Dana became the "go-to girl" in the Sacramento area to provide big vocals in the studio, putting her vocal signature on many well-known local artist's brands, as well as invitations to sit in with nationally and internationally recognized bands when they came through town. She's had the honor of singing with Big Brother and the Holding Company, Stoneground Revival, Rick Stevens (of Tower of Power), the Sons of Champlin, Pablo Cruise, Frank Hannon and Jeff Keith (of Tesla), Los Lobos and many more.

TUESDAY, JUNE 11

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, June 11 from 6 – 7 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, JUNE 14

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: Crush by Svetlana Chmakova. Copies will be available at the McKinley branch in May. Recommended for ages 8–12. Friday, June 14 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

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, June 21, from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, JUNE 15

POPS IN THE PARK 2019 AT EAST PORTAL PARK: The third concert will be held on Saturday, June 15 from 6 to 9 p.m. at East Portal Park, 1120 Rodeo Way, Sacramento, featuring Ideateam. Ideateam is a 9-piece ensemble driven to fuse influences together in a fresh way. Loaded with two guitars, bass, drums, percussion, brass section, and soulful vocals, the group explores the corridors of groove while flipping through styles like a deck of cards, flowing in and around various genres and noticeably leaning on the funk. They bring sounds old and new, blended with a drop or two of extraterrestrial soundscapes - presented by a group of people who simply love to play music. Ideateam has shared the stage with several festival/tour circuit favorites (Orgone, Polyrhythmics, Kyle Hollingsworth Band, Monophonics, Rubblebucket, Scott Pemberton Band...) and has been honored to open for legends such as Bernard Purdie and The Headhunters. Ideateam's debut album '&?!' (And What Now) landed in 2014 and contains original instrumental groove fusion. Their second full-length album 'Moving Still' hit October 2016. With a third full-length album in 2018, the group continues to evolving the live experience they are quickly becoming known for, and further cultivating a positive connection with people through music. Source: www.ideateamband.com

SATURDAY, JUNE 22

POPS IN THE PARK 2019 AT GLENN HALL PARK: The third concert will be held on Saturday, June 22 from 6 to 9 p.m. at Glenn Hall Park (5415 Sandburg Drive), featuring The Count. Playing the music of The Allman Brothers Band, Lynyrd Skynyrd, and more, and, with an occasional twist thrown in for good measure, The Count strives to take their audience on a journey where every note played truly "counts." The Count is: Ed Nelson/vocals, Sean McAuliffe/guitar, Bruce Leino/bass and vocals, George Stratton/guitar and vocals, Mike Caselli/keyboards, and Jim Caselli/drums. The Count is proud to be part of the Playtone Galaxy of Stars and is managed exclusively by Sol Siler Productions. Visit The Count at thecountband.com.

ONGOING

MUSIC AT NOON APRIL and MAY PERFORMANCES: At Westminster (Always



What's happening East Sacramento?

Free!) Bring your lunch & enjoy fine music Wednesdays, 12 noon – 12:55 p.m.
Upcoming concert information: www.musicatnoon.org
May 22 -- Silent Films with Organist Dave Moreno
May 29 -- Bay-Area Pianist Robyn Carmichael
June 5 -- Pacific Arts Trio: Alice Lenaghan, flute; Natalie Cox, harp; Dan Reiter, cello
June 12 -- Violinist Frieda Yang and Friends
June 19 -- NO M.A.N. (VBS is scheduled)
June 26 -- Folk Singer-Songwriter-Multi Instrumentalist Liz Ryder
July 3 -- Cellist Jia-mo Chen and Friends
July 10 -- Sacramento Youth Symphony Chamber Music; Susan Lamb Cook, Director
July 17 -- Hot Club Faux Gitane Gypsy Swing Band (Gypsy Jazz)
July 24 - Albany Consort plays music of the Baroque Masters, and more
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BYOL* and (quietly) eat in the sanctuary while you enjoy the concert! *Bring Your Own Lunch

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.

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. 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/

TOWER BREWING 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.

PUZZLE SOLUTION

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Burger:

continued from page 3

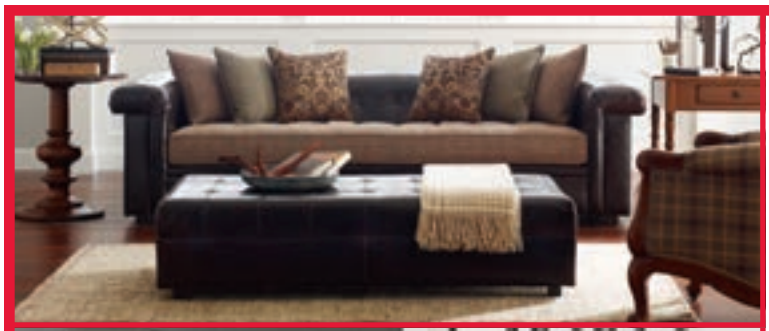
Horn acknowledges that established vegans and vegetarians already have their lifestyles and know what to cook, but many people are "flexitarians" or "veg curious", trying to lessen their impact on the environment, practicing "meatless Mondays", or eating healthier, and this can help them ease into it. While it's not low sodium, the food is cholesterol free, burgers are soy-free, and customers' gluten-free, nut-allergy, and other diet concerns can be accommodated.

After trying many different recipes for bean-based burgers, they were still unsatisfied, but when alternative meats came on the market in 2017, and they tried the "Beyond Burger", Horn says he knew he had found the element he had been looking for. Burger patch was the first to offer Beyond Burgers in Sacramento, and reactions to their location in the Golden One Center included folks who were surprised and a little confused about a plant-burger and required some convincing to those who say it was the best burger in the arena.

The Burger Patch team, which also includes Chief Operating Officer Stephen Leopold, has hired a local chef who is well-versed in cooking meat, in order to perfect and customize their burgers, and they are working with local vendors like Pushkin's Bakery who will provide the gluten-free buns. They use organic produce, buying from local sources whenever possible, and use compostable/recyclable containers, cups, and straws. "We're going to do everything possible to put the best, most healthful, least impactful-on-our-environment products forward." Horn noted that even if everyone ate vegan one meal a year it would still make a significant impact on our planet.

For information on their opening and other events, see www.theburgerpatch.com.













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