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East Sacramento News

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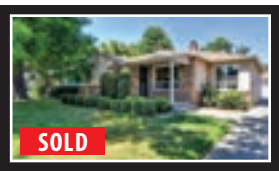
SEE PAGE 6



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For the sheer love of the law:

90-year-old Sacramento attorney still in practice



By Charlotte Sanchez-Kosa

At 90-years-old, Sacramento resident Helen Paras does the usual things that you might expect a senior citizen to do. She enjoys puttering in her Arden area garden. She enjoys playing bridge with her friends. She even is a member of various clubs. But Paras also does something that sets her apart from others in her age range. She is a working attorney.

"My sister and I went to McGeorge School of Law initially," she said. "We took our time going there. She was a dental hygienist. She graduated from University Southern California and I was, at that time a social worker. I did that for five years and then became an elementary school teacher."

She added that it was her sister Genevieve who wanted to go to law school. So they took classes at night.

"It took about 10 years complete," Paras said. "We took classes just because we enjoyed doing that."

Paras became an attorney in 1972 but also continued to teach.

"In the evenings, weekends, holidays and the summers, I was a lawyer with my sister," she said. "But, I didn't go into the court room because the client would give me a certain amount of money as a retainer. The school would deduct more than that because they would base it on the 186 days that I taught and that was a lot more money. So I decided that I could not go into the courtroom, Genny would do the court room work. I was doing the backup. Her husband was an engineer and he was retired and he helped us

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Cover photo by:
Monica Stark



East Sacramento

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Attorney:

continued from page 2

too. It was a family oriented business."

And family is very important to Parras.

"We were raised by an immigrant parent who came from Crete and my father died when I was just a year and a half," Paras said. "Eventually she married someone, he was my stepfather. He died in 1937. So we were essentially raised without a father. My mother didn't speak the language very well but she became an American citizen. She knew how to parrot things back. She had a good memory but she insisted on talking to us in Greek so we would learn Greek."

She added that her father came over to the United States when he was 15. He worked and saved his money. He then sent his family money to come to the US. He became a partner with his brother and first cousin. He owned a piece of property on K Street in Sacramento and then sold it. He and his cousin then bought property in Old Sacramento. Eventually the properties were sold.

Paras said growing up in a house where Greek was the only language spoken caused some confusion when she entered school. Ii kindergarten, she didn't understand English at all.

"I remember my older sisters saying that we better start talking in English because I was not picking up the language. About third grade is where I started to learn English. Apparently by the sixth grade, I was one of the top students because somehow you learn. My language did help me in college because if I read a word that I didn't know, I'd mispronounce it and it would sound like a Greek word and then I knew what it was."

Paras added, working with her sister was very rewarding.

"My sister Ginny started it," Paras said. " We opened our law office as a family law business. We did a variety. We did a lot of Christian work for some of the churches. One of the pastors gave us referrals for divorces and we ended up doing that primarily 90 percent of the time."

She added not many people choose family law because it can be dangerous.

"Family law involves a lot of emotions," Paras said. "People can kill you."

She related the story of one attorney that was killed by the husband of a client after having to split up the property with his soon to be ex-wife.

"So we have to be very careful how we proceed," she said. "Even though you follow the law, they don't care."

Paras said she and her sister did a lot of pro bono work and eventually won awards for efforts. As the years went by, life happened. Paras married, had children and after the death of her sister's husband, her sister couldn't do a lot of the work. When her sister died, Paras took over the practice by herself.

"The minute my sister died, people wanted to take over the practice," she said. "They all wanted it but my sister and I were the sole proprietors."

She now works out of her home.

"After 50 years, I decided I didn't want the overhead, so I decided to bring it over here," Paras said. "My grandson just took the bar exam. He's probably going to help out because he does help me with the typing now and the filing of papers and whatever. Daniel Repp. He's brilliant young man and in his 30s. He lives here now. He works at two different law offices besides mine."

Her grandson also helps her with researching cases via the Internet.

Paras said when she goes to the courthouse people see her bar number and they laugh because her five digit number is small compared to their seven or eight digit numbers.

"You know what?" she asked. "A lot of the judges were lawyers when I was a lawyer and they have had other cases against me. They knew how I worked. We have been the best of friends all the time. Once I'm up there they try not to show any favoritism. It's because they know who I am and how ethical I have been that they give my client extra points because of that."

She added, having a lot of experience doesn't hurt.

"I have a lot of old law," she said "You start with old law and then you find out the latest cases to go with it."

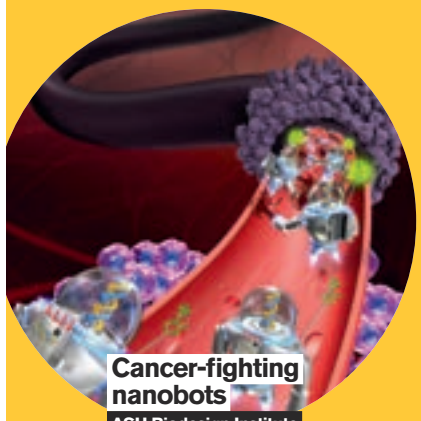
As she sits in her office surrounded by law books, Paras said she loves being an attorney and making a difference.

"I think that's what's keeping me going," she said. "I like what I'm doing and I do as much as I want to do."

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– U.S. News & World Report, 5 years, 2016–2020

BEST COLLEGES U.S.News & World Report MOST INNOVATIVE 2020

Sacramento City College, Hacker Lab partner to grow workforce skills and entrepreneurship



File photo by Monica Stark

Sacramento City College and Hacker Lab announce a new partnership that will grow workforce skills and entrepreneurship by providing SCC students enrolled in MAKR classes with full Hacker Lab access.

"This is a big deal. Community colleges are more accessible than ever. Thanks to this partnership, we are glad to be part of that expansion. We hope to inspire learning and maker education in hands-on ways that are the future of education, with shorter classes open to the community," said Eric Ullrich, Hacker Lab COO.

Students will be able to expand on the critical skills they are learning both in MAKR classes and in the Sacramento City College Makerspace by engaging in events, classes and networking at the Hacker Lab. This partnership will open new doors and opportunities that students can use to achieve their dreams, build on their passion and explore a new future.

"We need to help people get better paying jobs and have better livelihoods, with more students working independent and in self-employed jobs," said SCC Makerspace Project Director Tom Cappelletti.

MAKR classes at Sacramento City College are geared toward providing students with highly desirable skills. Fall classes include MAKR 140: Introduction to Making, MAKR 151: Makerspace Lab I and MAKR 201: App Development with Swift. MAKR 140 and 201 are both late start and currently enrolling students for September 7 and October 17 start dates, respectively.

American Indian art and activism highlighted in fall exhibitions, special events

The Crocker Art Museum will spotlight the diversity of art by American Indians this autumn with two major exhibitions, "Pueblo Dynasties: Master Potters from Matriarchs to Contemporaries" and "When I Remember I See Red: American Indian Art and Activism in California."

The Museum will also host a symposium exploring complexities between Native and U.S. history and contemporary art, a free community festival, and more than a dozen exhibition-related special programs inspired by the exhibitions.

Highlights include a film series curated by Maya Austin, formerly of the Sundance Institute; talks; workshops, studio classes; along with an array of offerings for families, educators, and students of all ages and backgrounds.

EXHIBITIONS

"Pueblo Dynasties: Master Potters from Matriarchs to Contemporaries"

September 22, 2019 — January 5, 2020

American Indians of the Southwest began making functional pottery at least 2,000 years ago. The artists passed their skills from generation to generation, a tradition that continues to this day. "Pueblo Dynasties" features 200+ pieces by premier potters, focusing on legendary matriarchs and their adventuresome descendants, whose pottery has become increasingly elaborate, detailed, personal, and political over time.

"When I Remember I See Red: American Indian Art and Activism in California"

October 20, 2019 — January 26, 2020

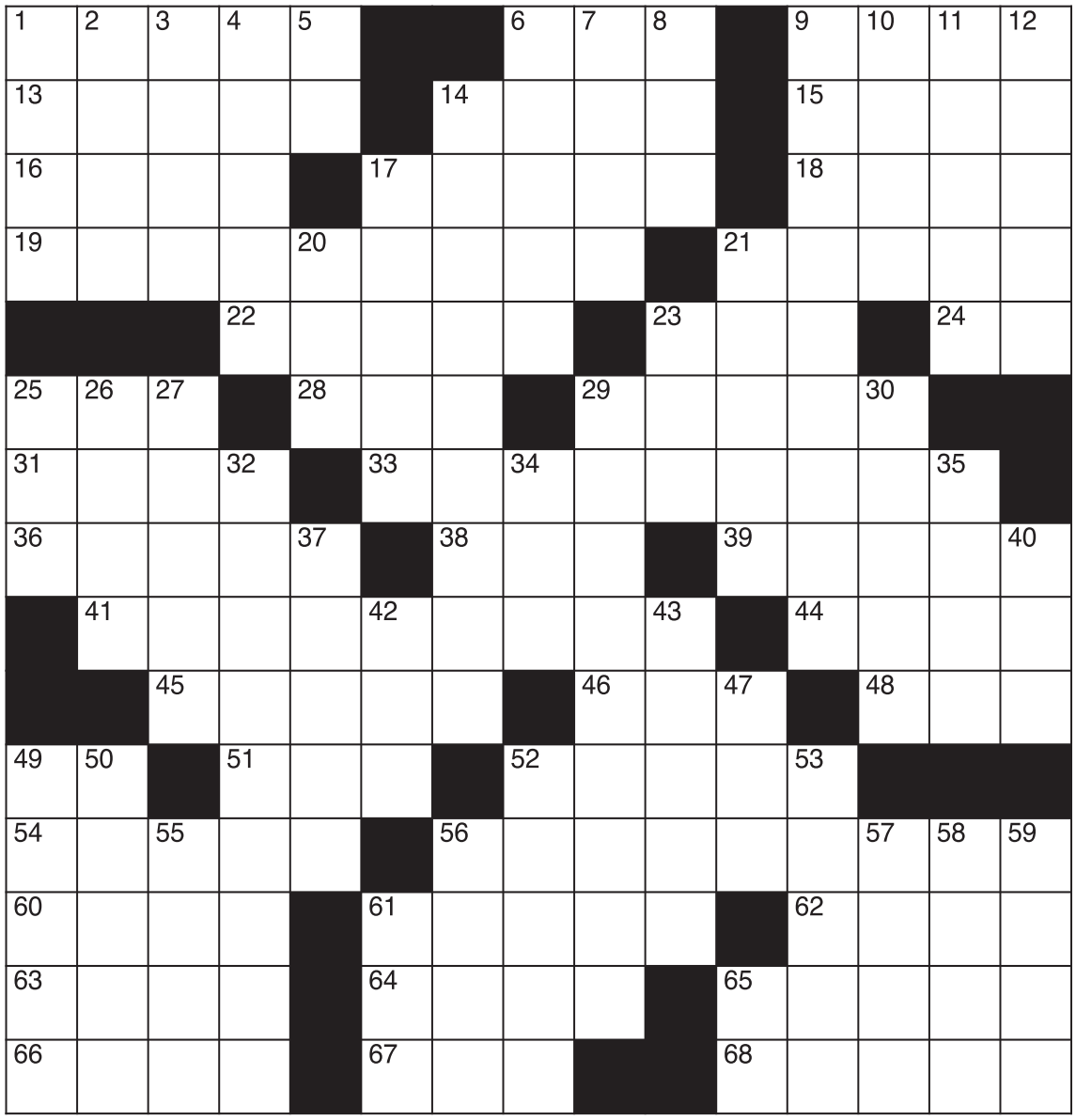
Featuring contemporary art by First Californians and other American Indian Artists, this exhibition includes nearly 70 works by more than 40 artists in various media. Painting, sculpture, prints, photography, installation, and video combine

see ART page 10



Geri Montano A I For Apple; I Is NOT for Indian, 2016. Acrylic, ink, graphite, charcoal collage on paper, 51x51 inches. Crocker Art Museum, gift of Loren G. Lipson, M.D., 2016

CROSSWORD



CLUES ACROSS

1. Fertile desert spots
6. Married woman
9. Some animals travel in one
13. Fear
14. Hawaiian island
15. Fit to work
16. Electronic counter-countermeasures
17. Former Senator Specter
18. Cambodian currency
19. Dave Matthews Band hit
21. Lists ingredients
22. Endangered antelope
23. Jerry's TV partner
24. Blue grass state
25. Obstruct
28. Luke's mentor __-Wan
29. Fencing swords
31. Oh, heavens!
33. Insensitive to changes in price
36. Hillsides
38. Brew
39. Gland secretion
41. A typical example
44. Get up
45. You put it on your pasta
46. Expresses surprise
48. News organization
49. Disorder of the lungs (abbr.)
51. One millionth of a gram
52. Some are of the "suit" variety
54. Group of organisms
56. Produces
60. Passage into a mine
61. __ and cheeses
62. Semitic fertility god
63. Dry or withered
64. Religious ceremony
65. __ Winger, actress
66. German river
67. Midway between northeast and east
68. Take something or somebody somewhere

CLUES DOWN

1. Lyric poems
2. Genus of saltwater clams
3. Ingroup
4. Type of lounge chair
5. Memory card
6. Archipelago
7. Common Korean surname
8. It's up there
9. Quantity that helps to define
10. First month of the Jewish ecclesiastical year
11. Metal-headed golf club
12. A shade of green
14. Begin
17. A good thing to have
20. Language spoken in Laos
21. Loosely compacted sediment
23. Naturally occurring protein
25. Woman
26. Central Indian city
27. Volcanic craters
29. The largest existing land animals
30. Rumanian city
32. Equal to 10 meters
34. Historic Nevada city
35. A point of transition
37. Remove
40. Overwatch character
42. Records electric currents linked to the heart
43. Settles in calmly
47. Partner to his
49. Banking giant
50. Slowly disappeared
52. End
53. Sword with a v-shaped blade
55. Fabric with smooth, shiny surface
56. Wild cherry tree
57. Traditional Japanese socks
58. Make of your hard work
59. Stony waste matter
61. Woman (French)
65. Unit of loudness

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1. Name the artist who wrote and released "Lovin' You." Hint: She had a five-octave singing range.
2. Which rockabilly artist released "You're Sixteen" in 1960?
3. Which group released "I Need You" and "Ventura Highway" in 1972?
4. Who released an album entitled "Rock of the Westies"?
5. Name the song that contains this lyric: "Until we dance into the fire, that fatal kiss is all we need."

Answers

1. Minnie Riperton, in 1975. Stevie Wonder produced her first album, but under a pseudonym because he was under contract to another record company.
2. Johnny Burnette. His version peaked at No. 8 on the Billboard Hot 100, but Ringo Starr's 1973 rendering was an international hit and went to No. 1 in the U.S.
3. America. The trio met in high school in London, where their fathers were stationed with the U.S. Air Force. They picked the name so no one would think they were Brits trying to sound American.
4. Elton John, in 1975. The name was a play on "West of the Rockies" because the album was cut in Colorado.
5. "A View to a Kill," by Duran Duran. They wrote and performed this theme song for the 1985 James Bond film of the same name. It is still the only James Bond theme song ever to reach No. 1 on the charts.

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East Sac resident debuts Lucha Libre themed art exhibit at the Center of Latino Art + Culture



Photo by Monica Stark

Andres Alvarez, unmasked

By Monica Stark

Conceived by noted longtime Latino Center of Art and Culture photographer, Andres Alvarez, a new interactive exhibition, "La Lucha: Convergence of Identity," will examine through the lens of Lucha Libre what identities we are given--and what we choose.

This first-time exhibition at the Latino Center of Art and Culture, 2700 Front St., opens Saturday, Sept. 21 with a reception from 6 to 11 p.m., and will run through Dec. 21.

"There is a family story that there were luchadores (Mexican wrestlers) in the room when my brother-in-law was born. And I thought that was beautiful-- so I wore a Lucha mask in the room when my son was born, and I see now how that the things I show him, teach him -- creates the mask he wears," Alvarez said.

This personal and political exhibition is in a transformed site-specific visual setting. "If you could sum it up in one word, it would be: Reflection. What kind of mask do you wear? And, why?" he says.

Upon entering the exhibit, visitors will enter the house of Alvarez's childhood, the place where his identity was formed. "We need to be jolted to really look at a photograph for longer than a few seconds, to contemplate, to see. So I decided that since identity is formed at home, I wanted to re-create where my own idea of identity started. And by walking into my childhood, hopefully others will be open to remembering their own experience, and examine their role in the Lucha of identity."

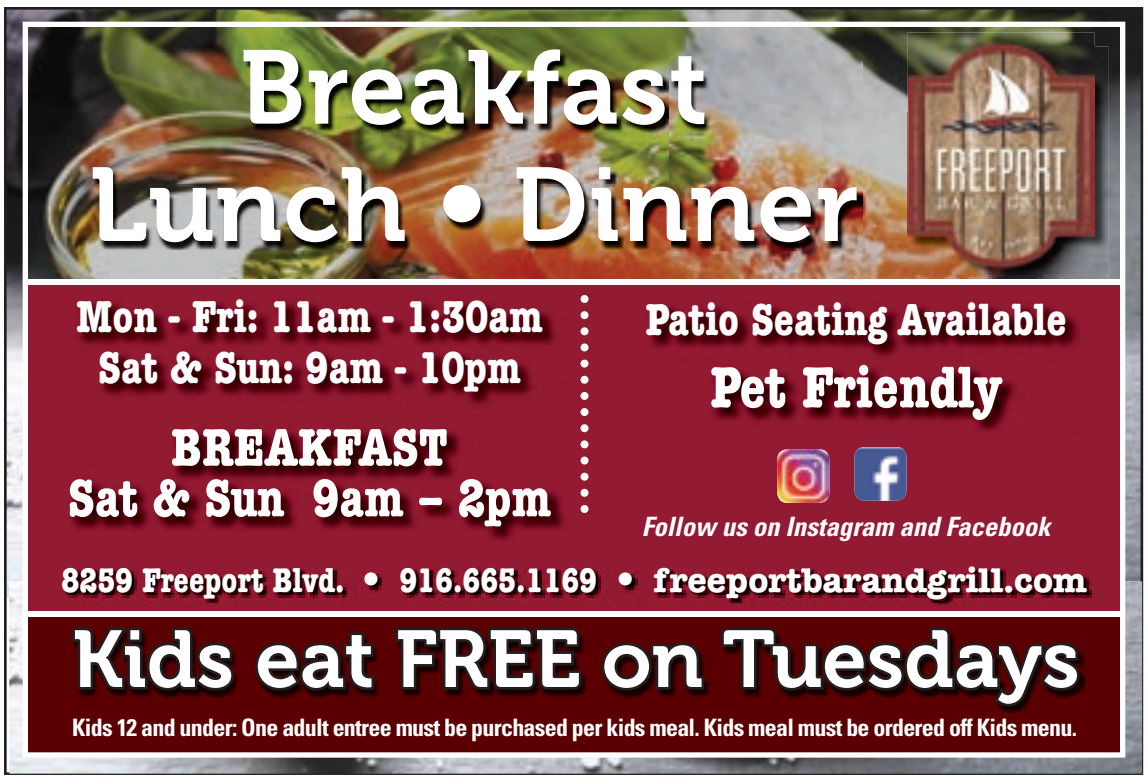
To that extent, he re-created a living room type of feel with salvaged furniture from around town and invites visitors to examine the photographs in regards to the underlying messages of identity. Additionally, he will display the many lucha masks he's collected over the years, as paintings and drawings adorn the walls. From masks of classical wrestlers that are well-known like El Santo (The Saint), and El Solatario (The Lonely Fighter), to the more modern ones, like Lady Shani, styles and fabrics vary, invoking different feelings – be it sadness, loneliness or strength.

Alvarez started his extensive lucha mask collection with one mask in 2008 that was given to him as a gift. Representing, El Santo, its original silver color has faded into a cream color. A cultural icon, El Santo was known as the "silver wrestler", and as Alvarez's mask has weathered in color, it's also collected a few wrinkles along the way. "I like it because it makes it more mine than El Santo's, because it's been worn.... I haven't let anyone else wear it because it's mine. It's my identity. And, when you become a parent, you start aging."

When his son, Valentin, was born, so was the idea that lucha libre is a metaphor in the grand scheme of life. "Masks are a metaphor. The ring is a metaphor for life experiences, internal struggles. The ropes are metaphors for obstacles or possibilities. You can spring off the ropes and get back into winning the match. All those ideas started coming about. Most importantly is the idea of my son having masks and masks I force him to wear," he said.

Growing up donning the mask of machismo, Alvarez didn't want his son to be forced to wear that mask. Beginning that journey with the choice of name – Valentin (symbol of

see LA LUCHA page 7



La Lucha:

continued from page 6

love, and valor) – Alvarez began a quest to teach his son to be gentle while still having the ability to balance aggression. He continues to teach Valentin kindness and courage without putting on the machismo mask.

Alvarez indirectly quotes essayist Octavio Paz, who's known for exploring aspects of Mexican and Mexican-American identity in the 1940s-1950s, as saying: "The mask both hides and reveals at the same time."

A self-described "pretty shy person," Alvarez's El Santo mask helps elicit that confidence, and as a photographer hiding behind the lens of the camera, he's taken his shyness to his advantage when capturing images at lucha events. So, whether behind the lens or beneath the mask, it's then that he feels comfortable, he says. "There's a barrier between your skin. You feel like you're not completely present and that brings comfort."

Compounding those ideas, the photographs Alvarez will display at the exhibit feature everyday people wearing lucha masks, and each tells a story of identity that the viewer can dissect.

In one photograph, Valentin is draped in a silver cape made from the same material used in detention centers. "It's a symbol that even in bad situations, kids try to make the most of it, in terms of their spirit and imagination," he said. "As a kid, I'd use a towel and tie knots and pretend I'm a superhero. I was trying to capture that with my son. But the look – facial expression and body language – that's all him."



The exhibit's promotional flyer shows a woman wearing a white, elegant mask with gold trim and a baby pink outfit with costume jewelry trim. Adjusting her mask, her hairy armpits are exposed. "Part of the show is to see how people wrestle with these images because whether they know it or not, they will be engaged in a wrestling match," Alvarez said.

Likening lucha to ballet, whereby those on the stage tell a story without actually using words. "It deals with things we deal with in life. Good versus bad. Who's a good guy? Who's a bad guy? If you're a fan of that wrestler, you get to transform yourself as if you are in the ring with that wrestler. You've taken on the spirit of this wrestler," he said.

He also invited those who have been photographed to attend the reception wearing the masks they wore in the photographs. As luchadores never reveal their true identities, the names and faces of those photographed (except for his son), will be protected during the show (unless they want to reveal themselves).

The exhibit also celebrates Alvarez's 10-year anniversary as a photographer. After the show, he plans to focus on painting and drawing.

Alvarez and the five other invited artists participating in "La Lucha: Convergence of Identity" examine through photos, collage art, paintings and drawings the many labels/masks people carry now: Mexican-American. Latino. Latinx. American. Chicano. Chicanx. Afro-Latino. Alvarez is a storyteller through his art and he wants to encourage conversation and participation, particularly at this opening night event. On that night, there will be a disc jockey, traditional food and drinks in the center's tree-shaded outdoor grounds.



Photo by Andres Alvarez

The photographer's son, Valentine, is draped in material used in detention centers. This photo will be on exhibit at the Latino Center of Art + Culture.

If you go:

What: "La Lucha: Convergence of Identity" art exhibition

When: Opens Saturday, Sept. 21 and will run through Dec. 21. An opening night reception will be held from 6 to 11 p.m.

Where: The Latino Center of Art and Culture, 2700 Front St.

Additional artist information can be found online, as follows:

Andres Alvarez (Sacramento)
Instagram: @laluchacill
Facebook: LuchaCILL
https://www.facebook.com/LuchaCILL/

Sonya Fe (Las Cruces, New Mexico) https://www.facebook.com/sonya.fe

Aida Lizalde (Sacramento)
https://aidalizalde.com/

Alejandra Osorio Olave (Mexico City) https://www.facebook.com/alejandra.o.olave

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Cara Romero, Naomi, 2018. Photograph, 52x44 inches. Collection of the Artist



Frank LaPena, History of California Indians, c. 1990. 8 hand-colored lithographs, 28x19 inches (each panel). Collection of the artist



Frank Day, Wah-Hoom, 1967, oil on canvas, 15 ½ by 19 ½ inches, Crocker Art Museum, gift of the Aeschliman McGreal Collection, 2017,

Art:

continued from page 4

art and activism and embrace issues of identity, politics, and injustice.

SYMPOSIUM

Visual Sovereignty: A Symposium on Contemporary Native American Art and Activism

October 19

Spend a day exploring the complexities between Native and U.S. history and contemporary culture. From the struggle for self-definition to the use of art as a means of resistance and activism, the topics explored in this robust and divergent compilation of talks, panel discussions, and a film screening will demonstrate the role art plays as Native Americans assert their history and culture. For more information on featured speakers and panel discussion topics, click HERE.

FREE COMMUNITY FESTIVAL

We are Here: A Festival of Contemporary Native American Art

October 20

Visitors of all ages are invited to experience and celebrate Native American art, culture, and traditions during this afternoon of dancing, music, art demonstrations, hands-on activities, gallery interactives, and a Native artisan marketplace. More information HERE.

FILM SERIES:

INDIGENOUS VOICES IN FILM

This fall, the Crocker celebrates the contributions of indigenous peoples through film with a series of movie screenings curated by Maya Austin (Pascua Yaqui/Blackfeet/Chicana), formerly of the Sundance Institute. Each feature-length film is preceded by a short film, along with an introduction by Austin. An audience discussion will follow each of the screenings.

"Merata: How Mum Decolonized the Screen"

[2018, 95 minutes, UR]

October 3

Explores barriers faced and broken by Merata Mita, the first Maori woman to write and direct a feature film. Her son, Hepi Mita, explores sacrifices she made to become a voice for indigenous people worldwide. Opens with "Fast Horse," an award-winning short film that takes viewers on a thrill ride with jockeys of Indian Relay, often called North America's original extreme sport, which features bareback riders who jump from horse to horse.

"Rumble: The Indians Who Rocked the World"

[2017, 103 minutes, UR]

November 7

Through captivating performances and eye-opening interviews with a who's-who list of music legends, including Steven Tyler, Slash, Tony Bennet, Steven Van Zandt, and many more, "Rumble" uncovers how indigenous musicians helped shape the soundtrack of American popular culture. Opens with the short film "Jaaji Approx," a dreamy contemplation of the filmmaker's relationship with his father, told through beautiful landscape views and recordings of the father speaking in his native Ho-Chunk language.



"Drunktown's Finest"

[2014, 95 minutes, UR]

December 5

"Drunktown's Finest" tells the stories of three young Native Americans – a young father, a girl adopted into a white family, and a transgender woman – with their own obstales to overcome and their own dreams of a bigger life outside their reservation. Opens with the short film "Shinaab," the story of a young Native man experiencing alienation as he struggles for a sense of belonging on his own people's land in Minneapolis.

MORE OPPORTUNITIES TO CONNECT AND CREATE

Artist Talk: Nathan Youngblood

September 21

Renowned Native American master potter Nathan Youngblood learned to make pottery from his grandmother Margaret Tafoya, the matriarch of Santa Clara Pueblo potters; and his grandfather Alcario Tafoya. Now considered one of the finest potters working today, Youngblood discusses his work, his technique, and the long legacy of Southwestern Native American pottery. This program includes a preview of Pueblo Dynasties: Master Potters from Matriarchs to Contemporaries.

Meet the Artist: Nathan Youngblood

September 21

Meet nationally renowned potter Nathan Youngblood (Santa Clara Pueblo) for an afternoon of demonstration and informal conversation within a small group setting. Noted for his intricate and precise blending of traditions and contemporary innovations in hand-building, Nathan will give participants a close-up view of his deep carving and burnishing technique. Fee includes admission to the artist's lecture preceding the class at 11 a.m. and a sneak peak of the exhibition "Pueblo Dynasties: Master Potters from Matriarchs to Contemporaries."

Art of Parenting: Parenting as a Process

September 22

Inspired by pottery making and the lessons potter Nathan Youngblood learned as his grandmother's apprentice, participants enjoy a panel discussion and interactive workshop on parenting as a process of learning and growth. Afterward, parents explore "Pueblo Dynasties: Master Potters from Matriarchs to Contemporaries" and get creative with clay. Children 18 months and younger are welcome to join their parents or caregiver.

Look & Learn

A mindful approach to art appreciation, this 30-minute exploration of a single artwork, led by experienced docents, is rich with group discussions full of surprises. Each Look & Learn encounter is different, and no prior art knowledge is required.

What's happening East Sacramento?

14th ANNUAL SAC OPEN STUDIOS RETURNS FOR TWO WEEKENDS IN SEPTEMBER The 14 Annual Sac Open Studios tour is hosted by Verge Center for the Arts. Emerging and established artists in Sacramento County and West Sacramento will participate in this community-driven art event taking place over two weekends. The tour generates a direct connection between art patrons, gallery owners, and designers.
Weekend Two (Sept. 21 and Sept. 22) features studios east of Business 80/Highway 99 plus all of Elk Grove and areas south of Elk Grove regardless of which side of the freeway they are situated on.

FRIDAY, SEPT. 20

BIG EXPLORE AND PLAY DAY – Come learn through play at our Big Explore and Play Day. Learn by using your senses and having fun. Recommended for ages 0–8. Friday, September 20 from 3 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, SEPT. 27

MINECRAFT – Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on the library's own server. No experience necessary. Spots are first-come, first-served. Recommended for ages 8—14. Friday, September 27 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

TUESDAY, OCT. 1

READ TO A DOG – Reading aloud to a certified therapy dog is a fun and positive way for beginning readers to develop reading skills and build confidence. Bring a favorite book or choose one from the library, and enjoy reading practice with a furry friend. School-age. Tuesday, October 1 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, OCT. 4

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

FRIDAY, OCT. 11

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: Ghosts by Raina Telgemeier. Copies will be available at the McKinley branch in September. Recommended for ages 8–12. Friday, October 11 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

TUESDAY, OCT. 15

MACBETH – "Something wicked this way comes" as Macbeth comes to the McKinley Library! San Francisco Shakespeare Festival's touring troupe will stage Shakespeare's compelling drama, Macbeth. In the story, a trio of mysterious witches prophecy that one day Macbeth will become the King of Scotland. Consumed by ambition and spurred to action by his wife, he works to ensure the prediction will come true. But at what cost? The hour-long performance concludes with the cast members taking questions from the audience. Recommended for ages 12 and up. Tuesday, October 15 from 6 – 7:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, OCT. 18

MINECRAFT – Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on the library's own server. No experience necessary. Spots are first-come, first-served. Recommended for ages 8—14. Friday, October 18 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, OCT. 19 - SUNDAY, OCT. 20

BONSAI & SUISEKI SHOW: From 10 a.m. to 4 p.m. each day this is the Capital City's 20th Anniversary collaborative fundraiser show. Organizers have planned a full day of activities: Bonsai tree exhibition, mini demos (10-noon), main demo (1-3:30 p.m.), benefit drawings, member sales, vendor sales, and silent auction. Free parking available. The event will be held at the Shepard Garden and Arts Center, 3330 McKinley Blvd, Sacramento, 95816 and will benefit the GSBF Bonsai Garden at Lake Merritt.

FRIDAY, OCT. 25

SPOOKY, SLIMY STEAM CRAFTS – Get ready for Halloween by doing some Halloween-inspired arts and crafts, such as making spooky slime and creepy 3-D creations! School-age. Friday, October 25, 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

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.

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.

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.

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