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East Sacramento News

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Youth-led climate strike brought out large crowd to the Capitol's west steps

see page 2

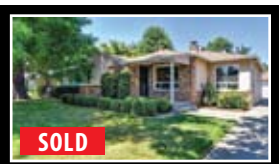




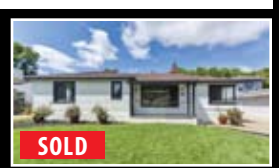
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Youth-led climate strike brought out large crowd to the Capitol's west steps



Photos by Ellen Cochrane

Mayor Darrell Steinberg and Climate Strike students



The Raging Grannies for Climate Change

By Ellen Cochrane

On a beautiful fall morning in Capitol Park it was hard to believe that our planet is in peril and climate change and global warming threaten our very existence. But young Sacramentans take it seriously. More than a thousand young protesters left school on Friday September 20th to gather on the west steps to participate in the worldwide School Strike for Climate.

The global movement started in 2018 when 16-year-old Swedish student, Greta Thunberg, sickened by the lack of adult action, skipped school to sit in front of the Swedish parliament building. She demanded that Sweden adhere to the Paris Climate Agreement. Her simple act led to an international movement that plans to strike every September until world leaders act to reduce fossil fuels.

During Sacramento's Climate Strike 13-year-old Syphra Patel took the mic. She called on political leaders to reduce fossil fuels. "Will you speak up and protect your constituents, or will you choose to be spineless, bowing down to corporate interests and being scolded by a 13-year-old girl?"

More than 1.5 million students in 139 countries worldwide walked out of school and here in Sacramento many adults joined them. Mayor Darrell Steinberg introduced Patel to the audience and expressed his support of the movement. "The youth is inspiring. Young people are coming together throughout the world, and in Sacramento. They are organizing and are committed to taking bold action against climate change."

Bee Payne recalled her introduction to the movement. "I was inspired by my high school biology teacher to act and I came here to fight for climate justice," they said. (Payne requested that the pronouns they/them/their be used.)

On the edge of the crowd two women in saffron monk robes, sandals and floppy sun hats held evergreen branches. The Placerville Forest Monastery monks came to support the children. "I stand for care and compassion for all beings, and the climate crisis threatens all beings," said Venerable Dhammadipa Aloka Vihara.

Sacramento student activists plan to participate in all future Climate Strike actions. For more information about local action contact the Sacramento Climate Coalition on Facebook @ClimateSac.



East Sacramento

Custom built in 1997, every aspect of this property is well thought out, from the 200 sf loft with custom cabinetry, the built-in pasta rack in the kitchen, to the master bedroom closet lighting and cabinetry, the owner didn't miss a beat in this home's design. Newer flooring throughout, upgraded lighting, modern appliances, granite counter-tops in the kitchen. Third bed has French doors leading to the good-sized backyard. The long driveway leads to a functioning workshop that could also be transformed into an art or yoga studio.

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Cover photo by:
Ellen Cochrane

California Native Plant Society held semi-annual plant sale

By Kerin Gould
Photos by Monica Stark

The Sacramento Chapter of the California Native Plant Society held their semi-annual plant sale at the Shepard Garden & Arts Center on Saturday the 21st, featuring thousands of local Native plants to fit every possible garden location, whether sunny or shady, watered or drought-prone

The steady flow of visitors reflects the interest and knowledge Sacramento neighbors are developing in planting drought-tolerant, pollinator-supporting, bird-friendly plants around their homes. Native bees and butterflies depend on the native plants for food, and the birds need the native bugs to eat, so planting accordingly helps to restore our wildlife and our environment. Of course, beautiful oaks, sages, grasses and flowers like Sticky Monkey Flower or California Fuchsia are attractive enough to enhance one's garden for that reason alone.

Mary Scheidt, who has been a founding member of the Sacramento Chapter of CNPS for 53 years and also works at the Yolo Bypass Wildlife Area, was busy feeding plant sale volunteers, but took a few minutes to speak with me. I asked how the plant sales got started, and she explained that they had been selling a few plants from Cornflower farm as a fundraiser and to get home gardeners acquainted with the plants, "But quite a few years ago Chris Lewis was instrumental in getting that started. Robin [Reitz] is our propagation manager, so when we got the chance to have that at Soil Born farms, we were renting space from them. We

see PLANT page 4



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Plant:

continued from page 3

built our own greenhouse, so a lot of these plants we have grown ourselves. In fact if they don't have a Cornflower or a Hedgerow [Farms] label, they are ours." The CNPS has also been gathering seeds and cuttings from along the American River Parkway to propagate very specifically, locally adapted plant strains. Mary added that if you join or renew your membership with CNPS at the sale, you get one of their plants for free!

I asked Mary what she would recommend for beginners, and she said that such a choice depends on "the place they are trying to fill – if they have sun or shade, preference for the height and how big it would get…I'd have to ask a few questions." I asked if Redbud was popular and she said that would be fairly big, but so beautiful that a lovely Redbud was being planted as a memorial tree for a recently passed friend of hers. "It has those beautiful pink-purple flowers, and then the leaves come out after that, and they're kind of dark green, and then when they've gotten pollinated they've got those long pods on them. And then in winter, you've got the bare branches with the pods moving in the wind…" Her sheer delight in the beauty of Redbuds through the seasons conveyed another reason to plant natives, in addition to the environmental: engagement with our natural surroundings rewards us richly.

As my own back meadow needs trees for windbreaks, I purchased a Toyon, a Coffeeberry, and a White Oak, and sat down with a native plant landscaping consultant for some advice on which trees to plant. I now have an extensive shopping list, and elderberry is at the top. Of course I can wait until their spring sale at Soil Born Farms, but there are also occasional days when the nursery is open for plant buying, often when volunteers are working on propagation and other nursery tasks. If you would like to volunteer/learn more, their web site is https://www.sacvalleycnps.org.



Elks 6's 2013 MVS receives $24,000 scholarship

In 2013 Christina Fang received a $4,000 scholarship from the Elks National Foundation (ENF) as one of Sacramento Elks Lodge No. 6.'s Most Valuable Scholars (MVS). This past summer she was selected by ENF to receive a Gunther and Lee Weigel Medical School Scholarship for $24,000 to use for her first year of medical school at the University of California, Irvine School of Medicine. At UC Irvine she is studying to become a primary care physician, and she is one of only four recipients of this year's Weigel Scholarships.

Upon receiving her Weigel Scholarship Christina said, "I grew up in Taiwan. When may father lost his job, my family moved to Sacramento in the hopes of pursuing better opportunities. I insisted on trying new things. Out of this spirit, I volunteered at my local Elks Lodge frequently. The Lodge played a pivotal role in shaping my character and molding me into an open-minded, sincere individual." At that time Christina was a student volunteer at Elk 6's Sunday Breakfasts under the direction of the late Marilyn Facha.

The year Christina was graduating from West Campus High School, the Elks National Foundation for the first time was pleased to offer an exclusive scholarship opportunity just for Elks scholars pursuing a medical degree. The Gunther & Lee Weigel Medical School Scholarships were established through the generosity of Lee Weigel, widow of Gunther Weigel. Lee lost her husband of 51 years in November of 2009. Gunther was a longtime member of Miami, Florida, Elks Lodge No. 948. He was passionate about the Foundation's scholarship programs. His wife, Lee, established these scholarships to help Elks scholars pursue a career in medicine. To be eligible for the Weigel Scholarship, the student must first be one of ENFs' most valuable students.

In 2013 Christina was one of 480 students to receive a $4,000 scholarship from ENF. The Pocket News in reporting about the May 10, 2013, Elk 6's annual scholarship/awards program noted Elk's scholarship chair introduced Christina by stating, "She assists in the UC Davis Medical Center Trauma Department by performing basic patient care and completing clerical duties. As a true leader, she is also humble and listens to other's input." She was selected by Elks 6 on the basis of scholarship, leadership, and financial need.

As a senior at West Campus, besides being a most valuable Elks' scholar, she was also one of only 80 winners from across the country to receive a $10,000 scholarship from Nordstroms. To qualify for the Nordstrom scholarship students had to demonstrate community involvement, financial need, and strong academics. Besides all of her accomplishments, Christina is the first student sponsored by Elks Lodge No. 6 to receive the distinguished Gunther and Lee Weigel Medical School Scholarship. Sacramento Elks Lodge hopes that other students planning to pursue a medical degree will be inspired by Christina's example and apply for one of the ENF's Most Valuable scholarships ranging from $4,000 to $50,000 for undergraduate work and then be eligible to apply for the Weigel Medical School Scholarship. They can apply for the MVS at enf.elks.org/mvs. The application deadline is November 5, 2019. Students must have taken either the ACT or SAT on or before October 5, 2019.



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Inclusive Communities to hold fundraising celebration on Oct. 18



Cassidy in front of Cap Stage



Ian with his coworkers at Funderland

With a mission to "develop and discovery opportunities which promote dignity, respect, inclusion, and meaningful contributions" in collaboration with the people they serve, local non-profit, Progressive Employment Concepts and Community & Employment Services began providing employment services for individuals with intellectual and developmental disabilities in 1995. Specializing in customized employment, PEC and CES work with businesses to carve out mutually profitable roles for their clients. The organization assists their clients in finding meaningful careers and value in their community, not just jobs.

The nonprofit invites the public to a fundraising event aptly named Celebration of Inclusive Communities 2019, which will be held at the Warehouse Artists Lofts on Oct. 18 at 6 p.m.

The event will include dinner, beer, wine, a variety of art vendors, an amazing raffle and silent auction, and local band According to Bazooka. The event will also honor local businesses who are investing in diversity and hiring individuals through PEC and CES. Inclusion Awards will be presented to leaders in diversity hiring as well as individuals who live inclusion every day. Last year's event helped raise funds to add new services which increase clients' access to good jobs, fair wages, and promotion opportunities. The nonprofit also invested in their dedicated staff by offering professional development opportunities.

You can purchase tickets at the door for $40, but it's recommend to pre-purchase tickets online at www.progressiveemployment.org. Tickets bought ahead of time cost $35.



CASSIDY WORKS AT CAPITAL STAGE

Progressive Employment Concepts client Cassidy McGuire is full of personality and obsessed with theater. Wicked is her favorite show and she can be found singing "Defying Gravity" at any time of day. PEC and CapStage in Midtown partnered to create the perfect job for Cassidy-costume maintenance. Cassidy belts out showtunes as she steams outfits and keeps the actors looking sharp for their shows. She says her favorite parts of the job are the people, especially Sarah (tickets and sales) Daniel (apprentice) and Katie (production manager). At the Celebration of Inclusive Communities 2018, Cassidy was able to present CapStage with an award for their excellence and commitment to inclusion and diversity in the workforce.

IAN WORKS AT FUNDERLAND

Ian Casey takes great pride in the work he does at Funderland Amusement Park in Land Park. Ian, who receives support from Community and Employment Services, has been keeping the grounds clean and safe for all patrons since 2014. Ian arrives before the park opens to ensure that everything looks good before the crowds arrive. When asked what he likes most about his work, Ian shares that "my coworkers are very nice. I like that they say good morning to me and help me get all the supplies I need to do my job." That sense of team work and cooperation can be felt while walking the grounds and is part of what makes Funderland such a unique and important feature of the Land Park community. In his spare time, Ian enjoys volunteering with the SPCA, public library, and food bank. He's also passionate about trains and enjoys visiting train museums around Northern California. We're lucky to have such a dedicated and enthusiastic community member in Ian."

Arts & Activities

Do you believe in the Oneness of Mankind? Are you alarmed by the state of the world today? The Orthodox Baha'i Faith is hosting a Fireside to discuss the principles of the Orthodox Baha'i Faith. Please join us to discuss the basic tenents of the Faith and other pertinent topics about religion as it relates to issues facing us today. The Fireside will be on October 12th at 7:00 PM at the Arcade Library Meeting Room at 2443 Marconi Ave, Sacramento, CA 95821. For more information, please email orthodoxbahai1844@gmail.com.

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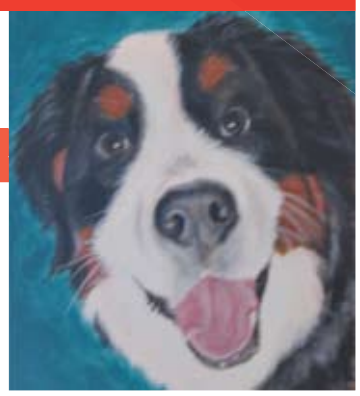
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What's happening East Sacramento?

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 -

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Do you have a garden that is 50% or more California native plants? The Sacramento Valley Chapter of the California Native Plant Society is looking for gardens in the Sacramento area for our April 25, 2020 Gardens Gone Native Garden Tour. If you would like more information or would like to apply for the tour, please visit our website at: sacvalleycnps.org. Click on the 'gardening' tab and then 'Native Plant Garden Tour'. You can also email us at: gardensgonenative@gmail.com. The deadline for applications is is January 15, 2020. Interest in California native plants continues to grow. Sharing your own garden and experiences helps others learn about the aesthetic, water efficient and habitat restoration benefits of California natives.

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What's happening East Sacramento?

Hole League Every Thursday Night from 6:30 to 9:30 p.m. at Sactown Union Brewery, 1210 66th St. VISIT www.xososports.com to register. Because even adults need recess.

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.

SAC UNIFIED POETRY SLAM: Jenny Lynn and Joe Montoya's Poetry Unplugged present The Sac Unified Poetry Slam every third Friday at Luna's, 1414 16th St., starting at 7:30 p.m. The show is unpredictable. The special guests and judges won't be known until they sign up. The slam is three rounds. This is a FREE show with purchase at the cafe, donations are encouraged to cover PSI venue dues and show staffing. $5 to slam (except youth 18 and under) winner takes the whole pot. Luna's Cafe will be serving the freshest juices and licuados in town, nothing frozen or concentrated. The menu also includes sandwiches, salads, our famous quesadilla, fresh-ground coffee, mochas, and other espresso drinks. A nice selection of beer and wine is also offered. Enjoy it all in the comfortable atmosphere of Luna's, one of this area's original cafe galleries. Supporting artists of all kinds for over 30 years.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

NON-PROFIT ORGANIZATION IS SEEKING LOCAL HOST FAMILIES FOR HIGH SCHOOL EXCHANGE STUDENTS: ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call the ASSE Western Regional Office at 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

KNITTING CIRCLE AT MCKINLEY LIBRARY – Any adult interested in knitting — even an absolute beginner — is invited to join. Participants can learn to knit, or get help on current projects and advice from expert knitters. Don't forget to bring your knitting needles and yarn. Wednesdays from 10 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

TEEN SPACE AT MCKINLEY LIBRARY – Looking for something fun to do after school? Need a place where you're free to hang out with your friends and have a snack? Come to the McKinley Library Teen Space, Wednesdays from 3p.m. to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

DO YOU HAVE AN UPCOMING OR MONTHLY EVENT?

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