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East Sacramento News

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CHECK OUT

the Neon & Nostalgia, Reminiscent Gallery Exhibit at Sac State

SEE PAGE 2











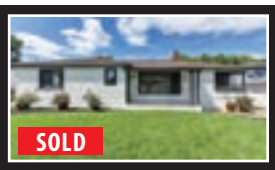




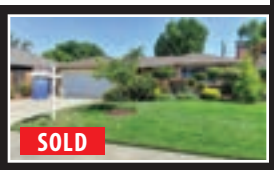
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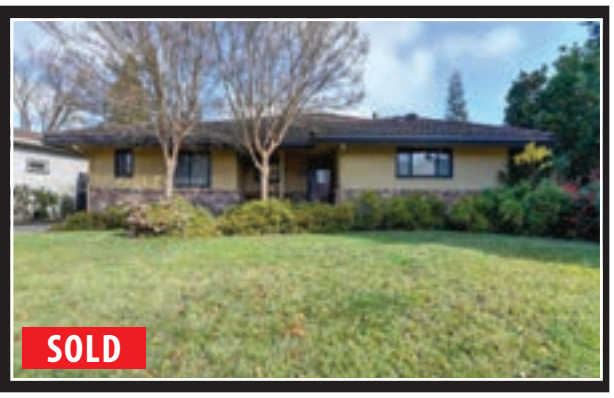


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Neon and Nostalgia, Reminiscent Gallery Exhibit

René Domingo is displaying "an ongoing photographic journey documenting vintage neon signs and other roadside nostalgia" in the upcoming art exhibition, Neon and Nostalgia. The exhibit will be featured in The University Union's Gallery until Feb. 13 during general hours.

Rene was called to the world of photography while she attended Sac State in the 1980's. However, she began receiving training to do professional photography in 2008 at Cosumnes River College.

Rene is passionate about documenting places that often go overlooked in the world, and she is fueled by the "hunt for quintessential Americana."

The exhibit is open to the general public.

The Gallery is open Monday-Fridays from 10:30 a.m. to 3:30 p.m. and Wednesday-Thursdays from 5-8 p.m. during the semester.

For more information about upcoming art exhibits, visit www.theuniversityunion.com/gallery.



Photo credit: Images are original, copyrighted works of René Domingo

American Ice Company, Sacramento



Gunther's Ice Cream, Sacramento,



Hi-Lo Motel, Weed, California



Hollywood Hardware, Sacramento

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East Sacramento News is published on the first and third Thursday of the month in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl
Graphic Design ..... Liang Ly

Vol. XXVIIII • No. 3

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The Sandman Motel, St. Petersburg, Florida



The Tower Theatre, Sacramento

Professor's efforts are helping runners break key barrier

By Dixie Reid

Last October in Vienna, Austria, legendary Kenyan long-distance runner Eliud Kipchoge attempted to do what once was considered unthinkable: run a marathon in 2 hours or less.

Half a world away in Sacramento, and well past midnight, Paolo Taboga was transfixed by the YouTube livestream that followed Kipchoge's every footfall for 26.2 miles.

"I was literally jumping up and down in front of the TV during the last couple of kilometers when we knew he was going to make it," said Taboga, assistant professor of kinesiology and director of Sacramento State's Biomechanics Lab. "And then he ran even faster at the end."

Kipchoge, 34, ran the Vienna road course in 1 hour, 59 minutes, 40 seconds, making history and finishing faster than the marathon world record of 2:01:39 he set at the 2018 Berlin Marathon.

In 2014, the world record was 2:02:57.

"Dropping 3 minutes from that time was something crazy," Taboga said. "Runners were usually able to lower the marathon world record by a few seconds every couple of years. It took 16 years to go from 2:06:05 to 2:02:57.

"So when INEOS (a multinational chemicals company) announced a new attempt this year, the 1:59 Challenge, all running fans were super excited, because we knew that the goal was possible – not easy by any means, but possible."

The 1:59 Challenge that Kipchoge ran in Vienna was not a sanctioned race, so his time isn't an official world record. That doesn't matter to Taboga, a runner and champion of runners who was part of the research team that forecast Kipchoge's sub 2-hour marathon.



Photo by Andrea Price/Sacramento State

Amy Quinones, right, a distance runner on the Sac State track team, takes part in a new study of elite female runners underway at Sac State. Paolo Taboga, seated, and Roberto Quintana, professors of kinesiology, are leading the research project.

"The proof was that humans actually can do it, and he did it by quite a margin – 20 seconds under – even though it was a closed circuit on an almost-ideal road with the right conditions, the right shoes," Taboga said. "Who knows? Maybe he could have gone faster. Even five or six years ago, this was not even thinkable."

Taboga collaborated with former colleagues at the University of Colorado, Boulder, where he was a postdoctoral fellow, on a biomechanics model to predict how much time a runner loses on curves as compared to running in a straight line.

They used that model and others to study the Vienna road course and predict how its hills would affect a runner's speed. Three of the researchers, although not Taboga, served as consultants to the race organizers.

"The cool part is that we analyzed the course before Kipchoge ran," Taboga said. "We predicted that, compared to an ideal straight-line course with a net downhill, he would lose less than 5 seconds.

"Kipchoge ended up running well under the 2-hour barrier," Taboga said, "but the result was not granted: Two years ago, on a previous attempt on a different course, he ran 2:00:25, so every single second – and every curve and uphill and downhill – counted."

Taboga came to Sac State in 2016 as an assistant professor in the Department of Kinesiology, within the College of Health & Human Services. He became the Biomechanics Lab's director the following year.

He grew up in Italy and is a former competitive sprinter who now favors 5- and 10-kilometer races and the occasional half-marathon. A marathon, he says, "is too far for me." He's a member of the local Buffalo Chips Running Club and each December guides a visually impaired runner for a part of the California International Marathon.

Taboga earned his doctorate in Biomedical and Biotechnological Sciences from Italy's University of Udine. His thesis explored the influence of body mass and the use of running-specific prostheses.

Since coming to Sacramento State, he has analyzed and published data from the study of amputee runners – to determine the optimal height and stiffness of prostheses – he did at the University of Colorado.

In addition, he and Roberto Quintana, a fellow professor of Kinesiology and the director of the University's Human Performance Research Laboratory, have launched a research study of the physiological and biomechanical characteristics of elite female runners.

"We're recruiting Olympic-quality runners to come to Sacramento State," Taboga said. "We want to see if there are differences between elite athletes and recreational runners, if we can spot what's different between someone who is good and someone who is really good. And then, what do you need to get better and faster?"

Volunteers are undergoing a running analysis in the Biomechanics Lab. The first volunteer was Olympian Kim Conley, who sometimes trains on the American River Parkway, near Sac State.

Weeks after Kipchoge's sub 2-hour marathon, Taboga is still exhilarated by the achievement and said he thinks someone eventually will post an even faster time.

"Shortly after Roger Bannister ran the first sub 4-minute mile, a time that was historic in 1954, a lot of runners went under that barrier. Now the record is 3:43.13, almost 17 seconds faster," Taboga said. "Will the same happen for the marathon? Probably. There was a mental barrier to overcome for runners at the start line: run a 4:34-per-mile pace. Now that barrier is gone, and athletes and coaches know it is possible that humans can run that fast for 26.2 miles – and they can probably run faster.

"The half-marathon world record is 58:01. Could an exceptional runner keep that pace for a whole marathon and finish in 1 hour, 56 minutes? Not now, probably not in the next four or five years, but who knows? As Eliud Kipchoge says: 'No human is limited.'"

Dixie Reid is a senior writer for Sacramento State News.

Source: https://www.csus.edu/news/articles/2019/12/9/Professor-steps-up-to-ensure-runners-have-faster-times-.shtml





THIS 'n' THAT
Flu Shot – Yes or No?

By Carol Bogart

There's a lot of … distrust … when it comes to flu shots.

Many – not some, MANY – are convinced the shot GIVES them the flu. Others are just anti-vaccine, period.

I understand.

I'm in no big rush to get the new-ish Shingles vaccine. Even though my cousin suffered terribly from Shingles. Actually, maybe that's why I'm, at best, on the fence. There are documented cases of people GETTING Shingles from the vaccine. Because it has 'weakened' live virus in it? I don't know. But, when any vaccine's 'new' – to me that means the jury's out on two things:

The FDA (which approves new medications) won't reeeeeeally know its side effects until the 'human trial' expands by millions.

The CDC won't know if it 'guessed right' on which strains to include in any year's flu shot until flu season ends, and it dissects multitudinous reports from doctors, clinics, emergency rooms, hospital admissions – and morticians. THOSE stats will tell it whether the latest flu vaccine was 'effective.'

A bit disquieting: Earlier this month the CDC admitted that last year's 'new' "trivalent (3-strains) vaccine" DID NOT WORK, and neither did 2017's 2-strains flu shot! People can be forgiven for having doubts.

That said, here's what's scary about saying 'no' to the 2019 flu shot. Flu came early to California, reports the CDC, adding that even a couple weeks ago, it was already 'widespread.' Four flu strains have been identified and they include the 2009 HINI (Swine Flu) virus. You remember THAT bad boy. In 2009 it killed three people in West Sac and sent many in Yolo to the hospital. Also circulating: the "Avian" Flu. BIRD FLU, folks. Remember back when health and government officials first started talking about Bird Flu – and said there was NO WAY to protect against it?! Homeland Security was warning that Bird Flu could be used as a weapon of mass destruction??!

Apparently, that bird flu stuff kickstarted research. It, and Swine Flu, are covered in the 2019 vaccine. Neither is the dominant strain now circulating. The CDC says it's 'too soon to know' if the "new" 'quadrivalent (four strains)' vaccine will be "effective"

Here's my take

I was holding my mother's hand in Intensive Care when she died of viral pneumonia in 1989. Did it start out as the flu? I don't know. She thought she had a cold. And neglected her own health to care for dad, who was fading fast from Alzheimer's. She was 78. She died of "pneumonia complications" – i.e. suffocation. She, I'm 100 percent positive, had never had a flu shot ever. Would a flu shot in 1989 have saved her? I don't know. I do know that not being able to draw a breath – even WITH a ventilator – is a terrifying way to die.

Getting pneumonia vaccines is, for me, a given. Do I trust flu shots? No, not much. Got the 3-strain vaccine last year. Still got the flu.

Whether you want to take a shot on this year's shot, well, that's up to you. But, since I'm not the youngest, plus have various 'high risk' health things going on, I got mine at West Sac Walmart's pharmacy. Quite the process, being okayed for the quadrivalent vaccine. I've filled out shorter forms before my surgeries!

Optimistically, I prefer to think the questionnaire reflects improved research at the CDC. Which now knows where it went wrong in '17 and '18. And does, in fact, have a vaccine for Bird Flu.

Ultimately, the worldwide flu shot goal is a 'universal' vaccine that protects against ALL circulating strains. That research, I've read, does look promising.

Here's my best advice: If you don't get the 2019 flu shot, stay away from sick people. Wash your hands a lot (especially in public bathrooms). Don't touch your face. And, if it's not a hassle, use disinfectant wipes on shopping cart- and door handles.

Quoting the California health department: "The flu isn't merely a winter cold. It is a serious, and very contagious virus that can be deadly."

Sadly true. Hard on a 3-year-old to lose his gramma. Miss you, mom.

For more information about the flu in California, go to www.cdph.ca.gov or www.flu.gov. To see which strains are currently 'dominant' by region in our state and nationally, go here: https://gis.cdc.gov/grasp/fluview/fluportaldashboard.html. Questions, comments, corrections? Contact Carol at carol@bogartonline.com.





SMUD partners with area leaders to bring solar, shade and beautification to Sacramento public spaces

Energy Pathways program provides job training for clean energy jobs

A workforce development project that will increase the use of solar in public spaces, especially in underserved communities is now underway thanks to leaders from SMUD, the Sacramento Promise Zone collaborative, Sacramento Black Chamber of Commerce, Greater Sacramento Urban League (GSUL), the Sacramento Kings, Baker Energy Team, UC Davis and Spotlight Solar.

The project, which kicked off on Jan. 8 at GSUL, will educate up to 200 students ages 18-30 in the hands-on technical skills needed to work in the solar energy field. Students will receive classroom education, as well as hands-on training in the installation of solar trees being placed throughout Sacramento.

"We are proud to partner with area leaders on workforce development projects that increase solar use in our community and improve equity within our disadvantaged neighborhoods" said SMUD CEO and General Manager Arlen Orchard. "The dual purpose of this program will provide training for jobs in a growing clean energy economy and increase our ability to harness the power of the sun for public benefit."

The Energy Pathways project was created through SMUD's Sustainable Communities Initiative which brings education, workforce development and renewable energy to underserved communities in Sacramento County. The project begins with a 5-week classroom course and hands-on training to learn the technical skills needed to work in clean energy jobs. The curriculum is provided by National Energy Education Development (NEED), with support from SMUD and Baker Energy and follows International Brotherhood of Electrical Workers (IBEW) requirements.



Photo courtesy of Spotlight Solar

A sample of one of the types of solar trees.

The program aims to install solar trees at up to 11 locations within Sacramento beginning with GSUL, the Simmons Community Center and a location within the Twin Rivers Unified School District. Other sites are being evaluated for feasibility.

On average, each solar tree produces 4,950 kilowatt-hours (kWh) of solar energy, which reduces carbon dioxide (CO_2) emissions by 3.4 million metric tons (MMT), the equivalent to planting 58 trees. They will be used to offset energy costs from local buildings and provide power to visitors.

"These artistic solar structures provide renewable energy and bring benefits of shade, power outlets for visitors, and education," said Craig Merrigan, CEO of Spotlight Solar. "Perhaps most importantly, they will encourage many thousands of people who experience them to consider their own energy and career choices."

"Solar energy is the future," said Dusty Baker, owner of Baker Energy Team. "There are immense opportunities with solar, and we want to provide the training and skills needed for lasting careers in the energy field."

Project funding in the amount of $300,000 comes from SMUD and the Sacramento Promise Zone collaborative, including UC Davis, the Sacramento Kings, Sacramento Housing and Redevelopment Agency and the Sacramento Black Chamber of Commerce. Baker Energy and NEED will provide the workforce training and job placement while the GSUL will provide the training space. Local companies have already expressed interest in hiring from the candidate pool based upon the strength of the curriculum and partners involved. Spotlight Solar is the manufacturer of the solar tree arrays.

SMUD has been a leader in the solar field, having developed the world's first commercial-scale solar photovoltaic power plant in 1984; the first solar-powered electric vehicle charging station in the western United States in 1992; and the first net-zero energy community in Midtown Sacramento, featuring rooftop solar and batteries.

To date, SMUD boasts 210 megawatts (MW) of customer-owned rooftop and more than 170 MW of local utility-scale solar in its service territory. Over the next three years, SMUD will bring nearly 270 MW of new utility-scale solar online. And its recently adopted Integrated Resource Plan includes more than 1,500 MW of utility-scale solar over the next 20 years. Nearly 1,000 MW of this new solar is planned to be built locally. Over this time, SMUD expects an additional 600 MW of installed rooftop solar and over 200 MW of customer-installed batteries. These efforts combined mean that solar in the Sacramento region will continue to grow and thrive for years to come.



California Museum exhibit highlights Chinese-Americans
More than 1,000 guests attend opening day festivities

By LANCE ARMSTRONG

Downtown Sacramento's California Museum on Jan. 26 debuted its newest exhibit, "Gold Mountain: Chinese Californian Stories."

The exhibit focuses on the history and contributions of Chinese-Americans to California, from the days of the Gold Rush to present times. Those contributions include benefiting the state's economy, governance and culture.

Another emphasis is the Chinese-Americans' triumphs over racism and other obstacles.

Visitors at the exhibit have the opportunity to view information boards, historic photographs, artifacts, interactive video stations and other features.

Among the individuals highlighted in the exhibit are former Secretary of State March Fong Eu, Sacramento restaurateur Frank Fat, and Anna May Wong, the first Chinese-American film star.





Photos by Stephen Crowley

Another feature of the exhibit is a display about the federal Chinese Exclusion Act of 1882, and the fight against it.

The exhibit also presents the story of San Francisco native Wong Kim Ark, who won a lawsuit against the federal government in a landmark case that established birthright citizenship in 1898.

A 71-foot Chinese golden dragon and a replica of a motion picture theater marquee are also among the exhibit's features.

"Gold Mountain" is especially timely as it also celebrates the Chinese Lunar New Year.

Also timely is the current 150th anniversary of the completion of the first transcontinental railroad, which linked the Central Pacific Railroad from the West with the Union Pacific Railroad from the East. That event occurred with a special ceremony in the Utah Territory on May 10, 1869. Thousands of people, the majority of whom were Chinese, were hired as laborers to build the Central Pacific Railroad.

As a signature exhibit, "Gold Mountain" is being presented indefinitely.

California Museum spokesperson Brenna Hamilton noted that in terms of attendance, the opening day of the exhibit was one of the most successful days in the museum's history. About 1,400 people attended the day's private breakfast reception and the exhibit's public opening.

Hamilton mentioned that this exhibit is the culmination of a two-year project.

"We've been wanting to feature the stories of Chinese-Americans, who are also largely overlooked in history for some time, and we got the funding about two years ago and the space to be able to add their stories through this project," she said. "So, we've been working on it for the last two years."

The exhibit's opening included a lion dance, a book signing by Pocket area author Lawrence Tom and a guest appearance by television journalist and author Lisa Ling, who grew up in Carmichael and graduated from Del Campo High School in 1991.

Ling, who hosts "This is Life with Lisa Ling" on CNN, described what it was like to grow up as a Chinese-American in a place with little cultural diversity.

"Sacramento is such a richly diverse part of the state, but Carmichael at the time wasn't so much," she said. "So, I will admit something to you today, which is that growing up as little girl I was sort of embarrassed of being Chinese, because there were so few Asian people in our community."

Ling added that she spent a long time not feeling "entirely American," before finally gaining an appreciation for her cultural heritage.

Among the other notable Chinese-Americans who attended the event was C.C. Yin.

Yin shared his success story with this paper.

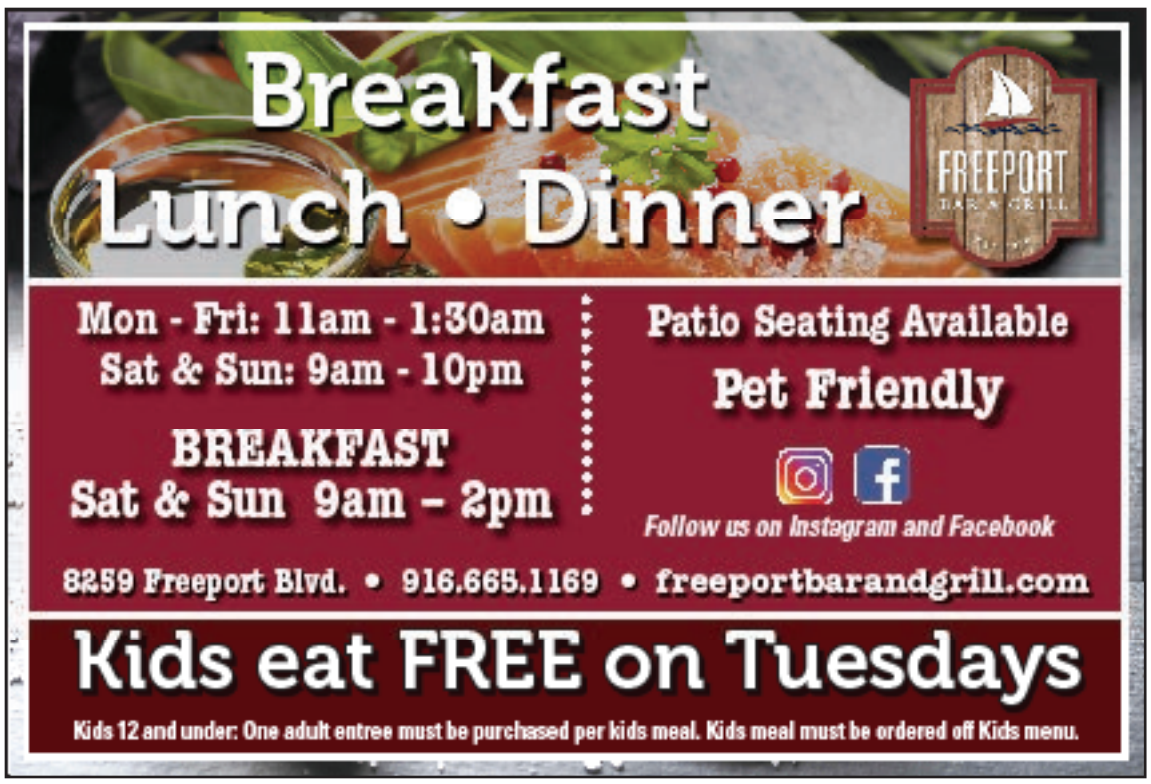
"I came (to America) at age 27 and I washed dishes and mowed the lawns and go to school and become engineer," he said. "Now I'm with McDonald's (as the owner of many Northern California locations of this fast food restaurant), and now I'm building (the Asian Pacific Islander American Public Affairs Association) national foundation of 30 chapters, 30,000 members. We started in Sacramento."

Pocket resident Elizabeth Xiu Wong expressed great excitement for the exhibit.

"I am a fourth generation Californian Chinese, and to me, I've been waiting 40 years for an exhibit like this to be presented," she said. "Without this general recognition, Chinese could be in their little pockets of areas and you hear legends.

"But this being in print, being in photos, being in

see MUSEUM page 7



Museum:

continued from page 6

films, bringing everyone of every background together is a true recognition (that) we are Californians."

Another Pocket resident, 91-year-old Mollie (Fong) Chow, also mentioned that she was appreciative of the exhibit.

"It's wonderful," she said. "I'm glad we're finally doing something here."

Chow was especially drawn to local details of the exhibit.

"It brings back memories of my childhood days," she said. "I grew up at 3rd and O streets, and I know (Sacramento's) old Chinatown."

Chow also recalled a particular law that applied to Chinese homebuyers in Sacramento during her earlier years.

"We couldn't live beyond Broadway," she said.

Janet Pitak, a first generation Chinese-American, noted that through the exhibit, she learned a lot about what life was like for Chinese-Americans of earlier generations.

"I came here in 1991," she said. "My family didn't tell me about this history, so being able to read about it is very educational to me."

Helen Yee, a member of the Henry Yee family, said that the exhibit is helping to keep her family's history alive.

"I am a trustee on the (museum's) board, and I helped with some donations, and then our family is featured in the exhibit," she said. "It's keeping the legacy of the Henry Yee family and the generations (alive) here in California. I just feel really honored to be here."

Among the many Yee family members attending the event were South Land Park resident Herbert Yee and Arden area resident Franklin Yee, who are the sons of Henry Yee and the great-grandsons of an herbalist, named Dr. Wah Hing (born Yee Fung Cheung), who arrived in California during the Gold Rush.

Herbert, 95, is a former dentist and the eldest member of his family. He came to the United States through Angel Island as an immigrant from Sing Tonga, Kee Siu, Toi Shan, China when he was 6 years old on May 1, 1931.

Franklin Yee, who worked as a surgeon in East Sacramento, shared what the exhibit means to him.

"The exhibit is a review and actually an affirmation of the contributions of the Chinese to the American fabric and to the American dream," he said.

For additional information about this exhibit, visit the website, www.californiamuseum.org.











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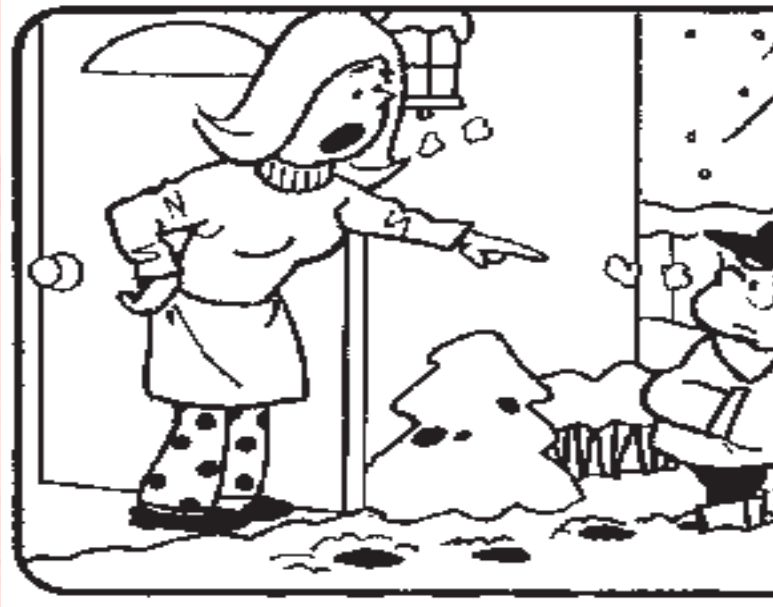
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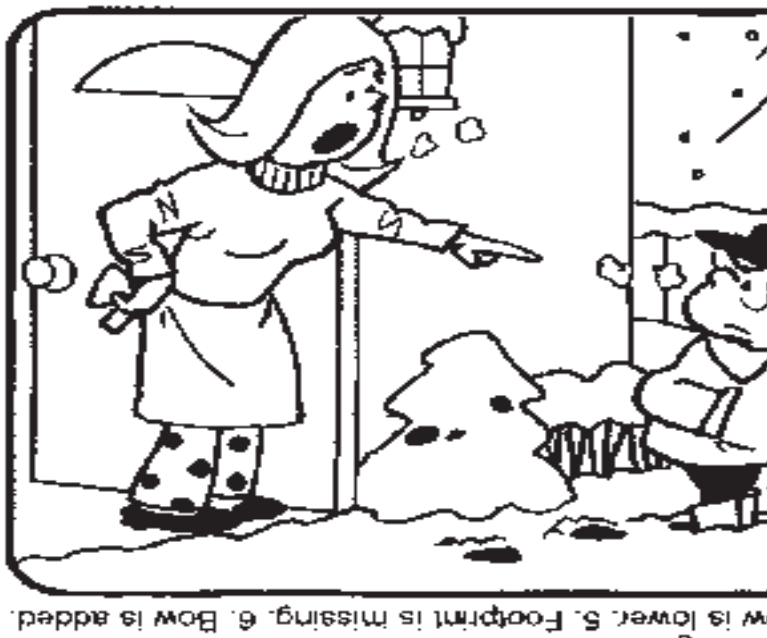
Thursday, February 28
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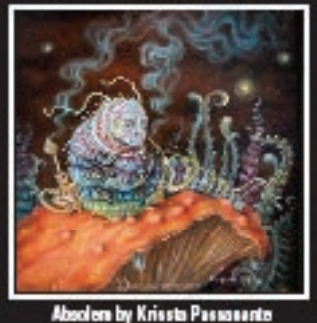
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SACRAMENTO, CA ART GALLERY

PRETTY AND PECULIAR

A group exhibit that melds beauty with oddity.



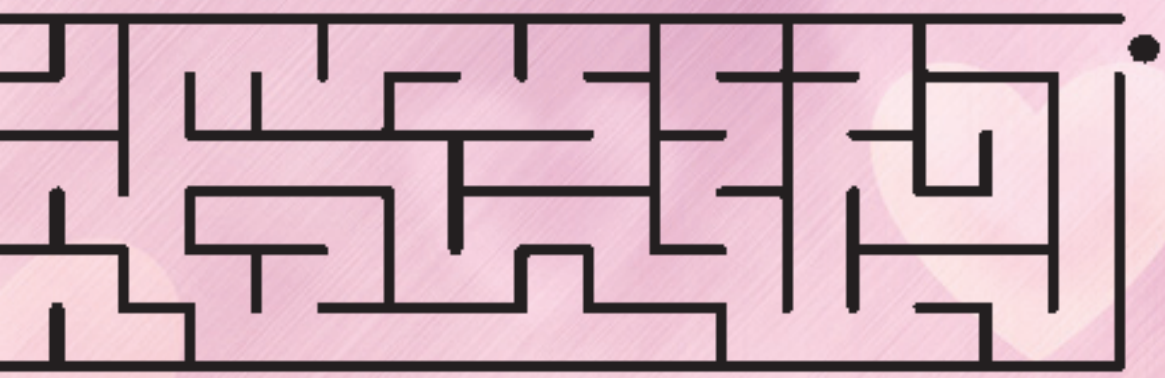
Absolem by Krissta Passmanto

Pretty and Peculiar art for sale online

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Photo by Susan Maxwell Skinner

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Faces & Places: Women's March 2020

Photos by Monica Stark

About 10,000 people marched for the rights of women through the streets of Sacramento, starting at Southside Park and ending at the State Capitol on Saturday, Jan. 18. While sharing the message of gender equality, other issues were protested at the march, including: farmworkers' rights and a Driscoll fruit boycott, climate change, as well as the importance of racial inclusivity at the women's march





































Life on Two Rivers Set the Table for Sacramento Winter Birds

By Ellen Cochrane



Courtesy of Ellen Cochrane

House Finch

When you hang up your feeder in Sacramento, you're joining millions of people around the world who feed birds to attract the wild and colorful animals to their yards. Fifty million people in the U.S. feed birds, spending more than $5 billion a year. You're joining famous bird enthusiasts like Thoreau, who scattered corn seeds around his hut on Walden Pond, former President Jimmy Carter (who's birded in more than 26 countries) and actors Jane Alexander and Lili Taylor who are environmental activists and birders.

Lucky you if you received a bird feeder as a present. Here are some things to know as you set about luring the tiny dinosaurs to your home. While feeding seems straight forward, there are a few things to keep in mind, especially when feeding birds in the winter.

Don't worry too much about interfering with migrations when feeding birds in your backyard. Scientists note some bird range changes in California, but attribute most of it to environmental warming. Winter can be a tough time for birds and a little help doesn't hurt. We're lucky not to have snow in Sacramento and inviting the neighborhood birds to a meal in your yard won't disrupt natural systems. Feeders help urban birds get through the winter.

Place the feeder in a safe spot. If the feeder is by a window there's a danger that the birds will collide with the glass. Hang feeders in a calm area, far enough away from the house or up close to a wall to protect the birds. Don't worry about going on vacation. Bring the feeder in and resume when you come back.

Hungry birds gathered around a feeder become prey. Feed birds far away from bushes that offer cover for pouncing cats. The decades old debate over the amount of birds cats kill each year in the U.S. rages on, but a low estimate is a billion.

Hawks made a robust comeback when farmers stopped using DDT. Now red-tail and red-shouldered hawks, and other raptors scan the neighborhoods looking for food. Birds, as well as squirrels and rats are on the menu. Be aware that hawks will spot your feeder and see the visitors as easy meals.

There is a slight chance that a feeder can increase the spread of bird disease. Once a month empty the feeder. Check for spoilage and mildew from valley rains. Make sure surfaces are free from sharp edges, and if your backyard restaurant becomes too popular, spread out the crowd with another feeder.

Squirrels, rats and raccoons are fat and happy in Sacramento. Most feeders can deter squirrels, but rats can leap more than three feet vertically to reach a feeder and will be scheming ways to reach the seeds as soon as dusk falls. Raccoons love sunflower seeds. Frustrate them all and take the feeder in at night.

Choose from a wide variety of feeder types and food to get started. An easy start is songbird feed: a combination of sorghum and sunflower seeds, nyjer and cracked corn. Plastic hoppers or tube feeders are easy to clean. You can lift your game by providing suet (a loaf of enriched fat) for flickers and woodpeckers and nectar for our year-round Anna's Hummingbird.

A few days without rain makes a drink harder to find. A water feature in the back yard is great for a quick sip and a bath. A word of warning though. If you have a pool, do not feed any ducks that might happen to visit. Ducks keep an eye on each other, and one mallard can turn into a dozen.

If you live by the Sacramento or American River, watch for the yellow-billed magpie. People visit from other continents to see this magnificently billed creature found only in California riparian habitats. They don't frequent feeders, but occasionally can be found on lawns in the city. A trio was recently spotted by The Leaf sculpture in McKinley Village.

Jostling birds create a hierarchy at the feeder. Jays will swoop in and fluster the smaller seed eaters. A crow or hawk fly over will scatter the crowd. Some of the first birds you should see are house finches, goldfinches, dark-eyed juncos and yellow-rumped warblers.

Enjoy the tiny creatures hopping around the yard. You'll witness scuffles, comradery and feasting. It's an easy dose of Shinrin-yoku, or Japanese forest bathing, in the city. Some visitors are greedy, others dainty ladies and gentlemen. Find a special bird to watch and soon you'll be making passionate observations, buying binoculars and becoming a birder.

Ellen Cochrane is a certified California Naturalist and science writer based in Sacramento.





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What's happening East Sacramento?

SATURDAY, FEB. 8

38TH ANNUAL CRAB FEED & SILENT AUCTION: South Sacramento Rotary will be hosting their 38th annual Crab Feed & Silent Auction on Saturday, February 8th at the Scottish Rite Masonic Center. Doors open at 6 p.m. Proceeds benefit local charities to include the Children's Receiving Home and the YMCA. Tickets can be purchased either online at http://southsacrotary.org/ or by calling Michael at 916.396.7244

WEDNESDAY, FEB. 12

HOOPS AFRICA MOVIE SCREENING: UNIQUE: Programs at Sacramento State is pleased to announce a special movie screening of Hoops Africa: Ubuntu Matters, directed by Taylor Sharp at the Sac State University Union Redwood Room on Wednesday, February 12th. This FREE event Is open to the general public. Hoops Africa is a new 2018 documentary movie that aims to uncover, and celebrate the many stories that generate the past, present, and future of basketball within Africa. This film also distinguishes how basketball has made a significant impact on the society as well as the development of the entire continent of Africa. Immediately following the screening will be a Q&A with the director, Taylor Sharp. This film screening is in support of Black History Month. This event is free admission. For more information on upcoming UNIQUE events, visit www.SacStateUNIQUE.com.

SATURDAY, MARCH 7

NINTH ANNUAL SOROPTIMIST CRAB FIESTA FUNDRAISER: Sacramento-area residents, business leaders, and community advocates for women and girls who are looking to enjoy a night out with a delicious full course crab dinner, bid on the chance to win exciting raffle and auction prizes and, importantly, support a worthwhile cause at the Soroptimist International of Sacramento INC. ninth annual Crab Fiesta. This annual fundraiser supports programs, scholarships and grants that provide women and girls with access to the education and training they need to achieve economic empowerment. It will be held Saturday, March 7, 2020 from 5 to 10 p.m. at The Annunciation Greek Orthodox Church, 616 Alhambra Blvd. Soroptimist International of Sacramento, Inc. is proud of its 97-year history and many accomplishments in the Sacramento community through the club's signature Dream programs. These programs provide training and resources that help women and girls in our community reach their full potential and live their dreams. The programs include Dream It, Be It – a career mentoring and life skills program for girls at SAVA Charter High School in Sacramento; Live Your Dream – cash awards for women head of households entering the workforce, college or job training; Dream Scholarships – approximately $20,000 in annual college scholarships for deserving women; and, Dream Grants – support for community organizations aligned with the Soroptimist mission. Recipients for 2020 include Single Mom Strong Empowerment Center (Citrus Heights) serving single mothers and Court Appointed Special Advocate's (CASA) program for adolescent girls in the juvenile justice system. Early Bird Tickets are $65; Prices increase February 14th to $70. Tickets can be purchased at www.crabfiestasac.org. The ticket includes a margarita, chips & salsa and a delicious salad, pasta and crab dinner.

SATURDAY, MARCH 14

ST. PATRICK'S DAY PARADE: The 24th annual parade brings hundreds of colorful marchers dressed in green with Irish and Highland dancers, pipe and drum bands, historic and cultural organizations together to celebrate at Sacramento's historic waterfront. 1 p.m. at the Old Sacramento Waterfront

WEDNESDAY, JUNE 10

20TH ANNUAL DIVERSITY EMPLOYMENT DAY CAREER FAIR AND ROUNTABLES: From 11 a.m. to 3 p.m. at the O'Club at The Lions Gate Hotel Conference Center, 3410 Westover St., McClellan. The ongoing mission is to provide the most candidates from the city, county and state's diverse communities. With the understanding that diversity is a good business strategy, the opportunities for employer and candidates are endless. The diversity event is the most significant career fair presented today. Its outreach includes multicultural, veterans, women, LGBTQ, mature workers and people with disabilities. Each employer is actively committed to getting America back to work, diversity and equality in the workplace. The event features the "The Diversity Spirit Achievement Award" presented by the Diversity Recruiters Network and The Diversity Practitioners Roundtables. For more information, visit facebook.com/citycareerfair and www.citycareerfair.com

MONDAY, DEC. 3

SHEPARD GARDEN AND ARTS CENTER BOARD MEETING: The Shepard Garden and Arts Center Board is considering new management. There will be a Board Meeting Monday, December 3, 2020,, 7:00PM at The Shepard Garden and Arts Center to discuss options. The Friends of East Sacramento will address the Board to answer questions about possibly managing the Shepard. Contact: Shepardcenter@gmail.com

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.

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



What's happening East Sacramento?

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!

Downright Brilliant Play Presented by City Theatre

City Theatre at Sacramento City College continues its 2019-20 season with Mr. Burns, a Post-Electric Play, which is "downright brilliant" according to The New York Times. This imaginative dark comedy by Anne Washburn asks what will endure when the cataclysm arrives—when the grid fails, society crumbles, and we're faced with the task of rebuilding?

The play features music composed by Michael Friedman and lyrics by Washburn. Mr. Burns will be directed by Christine Nicholson.

The production opens Friday, February 28, and plays through Sunday, March 15. Performances are at 7:30 p.m. on Thursdays, Fridays and Saturdays and 2:00 p.m. on Sundays, with additional performances on Saturday, March 7 and 14, at 2:00 p.m.

Performances will be held in the intimate Art Court Theatre of the Performing Arts Center on the Sacramento City College campus, at 3835 Freeport Blvd, near Land Park in Sacramento. Ticket prices for are $18 General Admission; $15 Seniors, SARTA members, veterans/military personnel, and Persons with Disabilities; and $10 for students with IDs. All tickets on Thursdays are $10. Group rates are available. All details and tickets are available online at citytheatre.net or by calling 916-558-2228.

THE PLAY

Anne Washburn's imaginative dark comedy propels us forward nearly a century, following a new civilization stumbling into its future. After the collapse of civilization, a group of survivors share a campfire and begin to piece together the plot of The Simpsons episode "Cape Feare" entirely from memory (Act 1). Seven years later, this and other snippets of pop culture (sitcom plots, commercials, jingles, and pop songs) have become the live entertainment of a post-apocalyptic society, sincerely trying to hold onto its past (Act 2). 75 years later, these are the myths and legends from which new forms of performance are created (Act 3). A paean to live theater, and the resilience of Bart Simpson through the ages, Mr. Burns is an animated exploration of how the pop culture of one era might evolve into the mythology of another. Mr. Burns, A Post-Electric Play received its world premiere at the Woolly Mammoth Theater Company in Washington DC in May, 2012, and had its New York City debut at Playwrights Horizons in August, 2013 under the direction of Steve Cosson.

THE PLAYWRIGHT AND LYRICIST

Anne Washburn's play's include Mr. Burns, 10 out of 12, Antlia Pneumatica, A Devil At Noon, Apparition, The Communist Dracula Pageant, I Have Loved Strangers, The Ladies, The Internationalist, The Small, Little Bunny Foo Foo, and transadaptations of Euripides' Orestes and Iphigenia In Aulis. Awards include a Whiting Award, a PEN/Laura Pels International Foundation Theater Award, an Alpert Award, the Guggenheim, a NYFA Fellowship, a Time Warner Fellowship, Susan Smith Blackburn finalist, and residencies at MacDowell and Yaddo. She is an associated artist with The Civilians, Clubbed Thumb, New Georges, Chochiqq, and is an alumna of New Dramatists and 13P.

THE COMPOSER

John Friedman (1975–2017) was an American composer and lyricist. He was a founding associate artist of The Civilians. He received a 2007 Obie award for sustained excellence. His musical Bloody Bloody Andrew Jackson opened on Broadway in October 2010. Besides Mr. Burns, Friedman wrote music and lyrics for Saved, In the Bubble, The Brand New Kid, God's Ear, The Blue Demon and This Beautiful City. His music has also been heard at the New York Shakespeare Festival, New York Theatre Workshop, Roundabout Theatre Company, Second Stage, Soho Repertory Theater, Signature Theatre, Theater for a New Audience, and The Acting Company. Regionally, his work has been featured at Hartford Stage, The Humana Festival of New American Plays, ART, Berkeley Rep, Dallas Theatre Center, Williamstown Theatre Festival, Portland Center Stage, and internationally at London's Soho and Gate Theatres and the Edinburgh Festival. Friedman died on September 9, 2017, aged 41, from complications related to HIV/AIDS.

THE PRODUCTION

Mr. Burns, a Post-Electric Play will be directed by Christine Nicholson (Carrie, the Musical; The Servant of Two Masters). The cast will feature Sarah Palmero, Yesenia Diaz, Breanna Reilly, David Johnson, John Salisbury, and Clare Murphy. The design team will include Shawn Weinsheink (scenic design), Nicole Sivell (costume design), Isaiah Leeper (lighting design) and Alejandro Barrera (sound design).

ABOUT CITY THEATRE

City Theatre is the performing arts program at Sacramento City College. City Theatre's season consists of four Mainstage productions, two "Storytime" productions for children, and the elementary school touring troupe "The Pennywhistle Players." During the summer, City Theatre produces the annual Sacramento Shakespeare Festival. The company welcomes all members of the community to audition and participate in their award-winning productions.

Cirque du Soleil extends performances in West Sacramento

Due to popular demand, Amaluna by Cirque du Soleil has extended performances under the Big Top at Sutter Health Park through Sunday, March 1, 2020. Amaluna is Cirque du Soleil's 33rd production and marks the first time in 18 years a Big Top production has come to Sacramento.

On Friday, January 24, Amaluna celebrated its 2,500th performance in Sacramento. Since its premiere in 2012, the cast and crew of AMALUNA have:

Visited 47 cities and 19 countries and traveled over 43,000 miles!

Delighted more than 5 million people

Made 2,386 circle around the uneven bars

Completed 35,000 loads of laundry, 22,500 hairstyles, and 30,000 hair braids

Changed instrument 175,000 times

Completed 750,000 rotations of the unicycle wheel

Sung "Ama" and "Amaluna" 95,000 times

Tickets for all shows are available now online by visiting cirquedusoleil.com/amaluna, calling 1-877-9CIRQUE (1-877-924-7783), or at the Cirque du Soleil box office, located in front of the Big Top's entrance tent. (Regular box office hours are from 90 minutes prior to the first show time, and close 30 minutes after the beginning of the second show on show days).





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