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East Sacramento News

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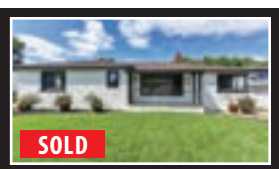
Sacramento Ballet Trainees Delight East Sacramento Crowd

see page 2

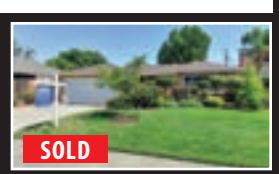


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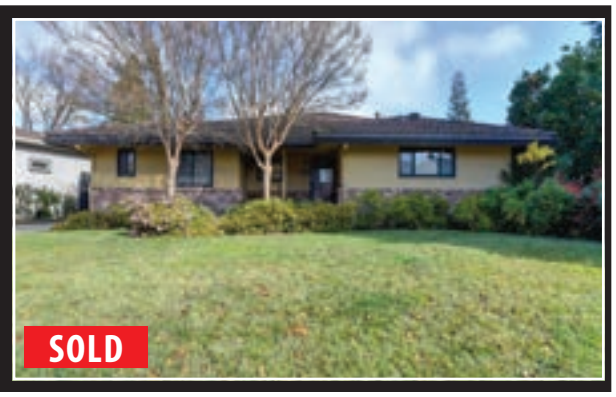


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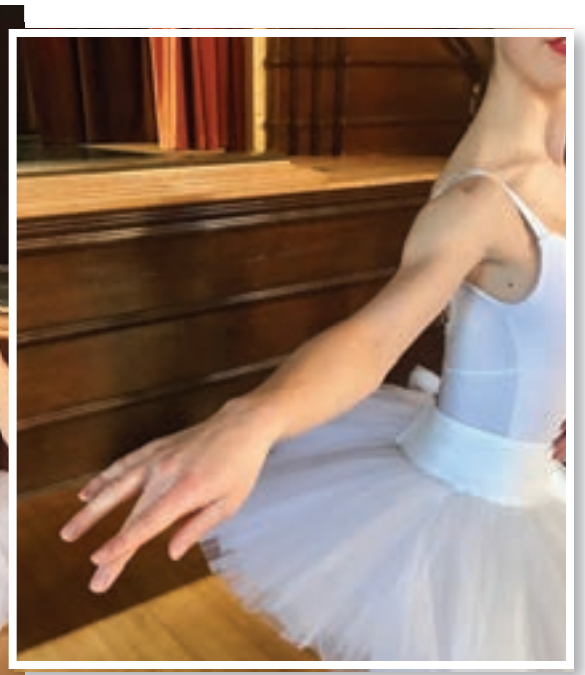
5897 Shepard Avenue $655,000
3 Beds | 2 Baths | 1669 SqFt



Sacramento Ballet Trainees Delight East Sacramento Crowd







Story & Photos by Ellen Cochrane

Dance with your heart and your body will follow
Mia Michaels, American Choreographer

For Darren Tack the alarm rings early. The Sacramento Ballet trainee practices six hours a day, plus an extra three hours if he's in a performance. He's an athlete and an artist. And he works at Round Table Pizza.

This is his life until he completes the Ballet's two-year training program and rises to the professional level. "It's a lot of commitment and many of us have after dance jobs but I love it."

On a sunny February afternoon Tack and his fellow trainees performed excerpts from Tchaikovsky's Swan Lake for a delighted crowd of all ages in the East Sacramento Clunie Auditorium. The dancers chose the Spanish and Neapolitan dances from the National Dance scene and the iconic Pas de Quatre of the four cygnets. (The cygnets wore white tutus and feather caps. They clasped hands rose en point and swam across the stage.)

It was difficult to remember the dancers were students. Their hands lengthened their lines and expressed feeling and their feet arched and pointed with flare. Pirouettes, leaps and lifts came off seamlessly. The dancing communicated emotion and energy.

The artists bowed to an ovation and then stepped off the stage and into the crowd. Curious children and adults surrounded them like spokes on a wheel. The smallest children touched the hems of the tutus and stared at the point shoes with wide eyes. Then the older kids peppered the dancers with questions.

How long have you danced? What's your favorite dance? Where are you from? What's your favorite ballet?

Ballerina Liberty Richards answered eagerly. "I started when I was four in Peoria, Illinois and I came here in August to join the training program. My favorite ballet is definitely Balanchine's Stars and Stripes."

I've always wondered what you call a male ballet dancer. So, I asked. It turns out that the word ballerina is Italian, and the male form is ballerino, but that just sounds weird. Most Americans call themselves ballet dancers or if they want to get fancy the French word, danseur.

Cynthia Dreyer and a cadre of dedicated teachers train the dancers. "They have a wonderful group of instructors," said Dreyer. But the school is not just for the pre-professionals. "We teach all ages, from four up and a seniors' program in a partnership with Kaiser hospital."

Sacramento Ballet brings high-quality modern and classical ballets to the Sacramento region. Tickets are on sale now. Call the box office at 916-552-5810. Go to https://www.sacballet.org to learn more about the repertoire, the school and classes.

EAST SACRAMENTO NEWS
WWW.VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

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FARM AND FLAVOR



By Kerin Gould

The fruit trees are budding, full of fragrance and promise. Have you ever smelled grapefruit blossoms? Indescribably fresh! Artichokes and cardoons are filling out their prehistoric-looking, jagged, leafiness. The sparrows are nesting under the eaves where I keep promising myself I'll close it up after the next babies fledge. A few poofy clouds punctuate a spectacular, cerulean sky, and volunteer flowering plants are making every effort to reach toward the warm sun… I should be feeling a wave of optimism and delight, basking in the warmth and color. And I am. Mostly.

But I worry about things like fruit trees having sufficient chill hours — the number of hours below 45 degrees that different fruit trees need to be able to produce well — and pathogens and pest populations and rain. We haven't had enough to get us through the summer. There's not enough snow on the sierra. Maybe we will have a sudden temperature drop and a deluge that crushes spring seedlings. Or a windstorm that blows away blossoms, pollen and pollinators. Maybe we will be plagued with locusts, like they are in Africa right now. Geez, I really have to cut back on how much news I ingest! And I'm trying not to answer all the cheery strangers in the checkout line saying, "How about this weather?" with a harsh, Debbie-Downer response about the effects of global warming and the broken jet stream… even though those phenomena may change what we can all buy at the same grocery store in a few years' time.

My usual way of assuaging worry is to actively do something about the issue at hand. It may not solve the entire problem, but at least I don't have to add guilt about doing nothing to my worry. Of course, I can't single-handedly fix climate change, but I can plant trees, skip animal products, drive less, and be the queen of thrift shopping and natural fiber clothing. I may not be able to cure cancer, but I can support some people as they get through it. I can't save all the songbirds and pollinators, but I can create a safe habitat and provide food. I can't rescue all the pets in the shelter, but my 3 cats and 2 of 3 dogs were all strays. (The non-stray is the baby of the other two, born on my lap.) I don't personally legislate or decide who governs us, but I can protest/rally, write letters, sign petitions, use social media, and VOTE!

Sometimes, I can just block out the worry by focusing on something very specific, like weeding between the pink celery stalks, or pruning an old fig to keep competitive weeds away from its base, or trellising olallie-berries. I highly recommend browsing through seed catalogs like Johnny's, Peaceful Valley, or Baker Creek (the Victoria's Secret of seed catalogs) to find new varietals to plant. Even if you have a small space, you can grow Opal Basil (dark purple!), chocolate mint, Red Cross lettuce, Old Timey Blue collard greens, or round parisienne carrots just for the delightful anticipation and delicious rewards. Try it. You may find your peace of mind and your appetite coming back like a perennial bed of asparagus.

Speaking of asparagus, with its fresh and earthy, spring flavor… it's a known as a great kidney cleanser as well being high in fiber, and full of vitamins, folic acid and glutathione. As good as it is simply steamed, try this light and luscious, simple and sophisticated recipe:

Asparagus Mousse

INGREDIENTS

1 cup thick cashew milk or other neutral- flavored "cream"
1 bunch fresh asparagus, cut into small pieces and quickly steamed til tender and tossed with a splash of olive oil
3 eggs (ideally pastured, organic eggs)
1 tbsp corn starch or arrowroot
olive oil
salt and pepper
Fine bread crumbs (or panko, gluten-free varieties do exist!)
Optional: Parmesan-style "cheese"

Directions

Preheat the oven to 355.

Place the milk, asparagus, eggs, corn starch in the blender and puree the ingredients until the mix is very fine. Salt and pepper to taste. Mix in the parmesan if desired. Optionally, you can mix in ¾ of the asparagus and later add the remaining pieces in to add texture.

Lightly oil a loaf pan or custard cups, then coat well with the bread crumbs.

Pour in the egg mixture.

Set the loaf pan or custard cups in a roasting pan and set them on the oven rack. Pour hot water into the pan, avoiding the mousse containers, to come up halfway up the sides of the dish(es).

Bake until a knife inserted halfway between edge and center comes out clean, about 45 minutes for the loaf size, less for the smaller cups. The mousse should be firm, with light cracking on the surface, but not dry or hard.

When done, remove from the oven and let cool on a rack. You can serve in the custard dishes, slice the flan from the loaf pan, or un-mold the mousse (at your peril) by running a very thin knife around the edge before inverting it.



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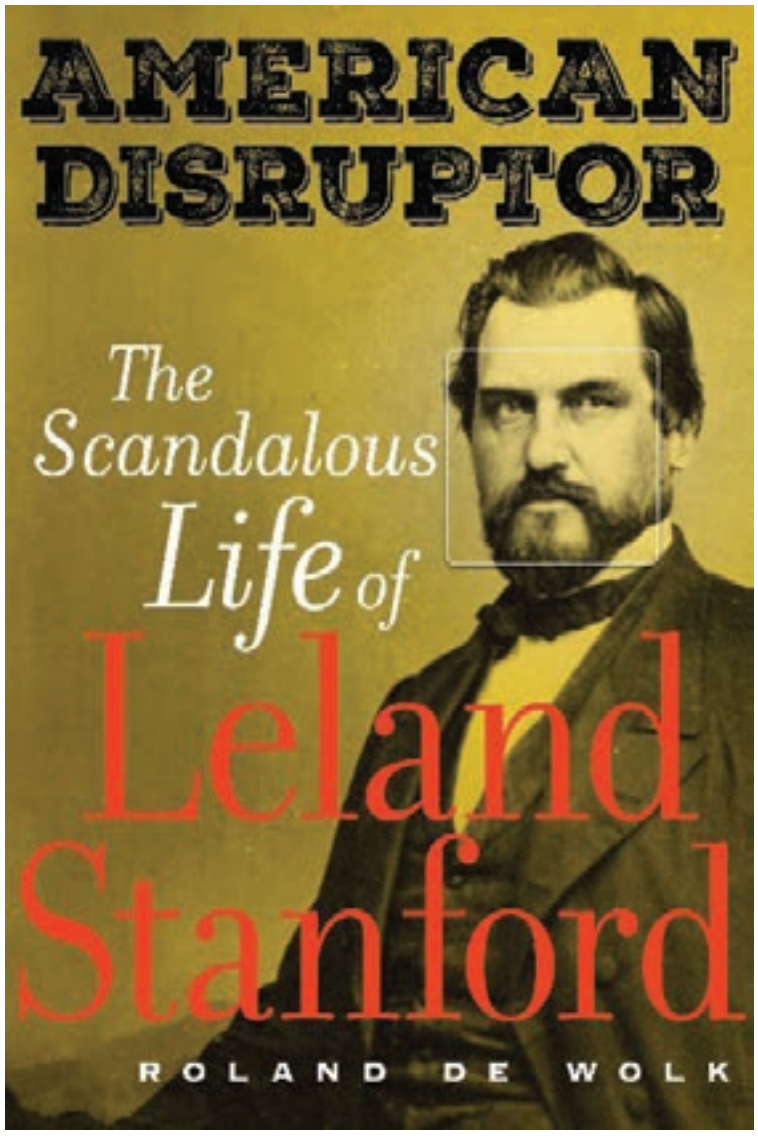
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Center for Sacramento History to Present Speaker Series Event Focused on the Life of Leland Stanford on February 20

Special Event Highlights the Book Titled "American Disruptor: The Scandalous Life of Leland Stanford"



The Center for Sacramento History, in association with the Sacramento History Alliance, is proud to present a special Speaker Series event, American Disruptor: The Scandalous Life of Leland Stanford, on Thursday evening, February 20, 2020, at 7 p.m. at the Center for Sacramento History (551 Sequoia Pacific Blvd.). American Disruptor is the untold story of Leland Stanford – from his birth in a backwoods bar to the founding of the world-class university that became and remains the nucleus of Silicon Valley. The life of this robber baron, politician, and historic influencer is the astonishing tale of how one supremely ambitious man became this country's original "disruptor" – reshaping industry and engineering one of the greatest raids on the public treasury for America's transcontinental railroad, all while living more opulently than maharajas, kings, and emperors.

The book also shares the saga of how Stanford, once a serial failure, overcame all obstacles to become one of America's most powerful and wealthiest men, using his high elective office to enrich himself before losing the one thing that mattered most to him – his only child and son. Scandal and intrigue would follow Stanford through his life, and even after his death, when his widow was murdered in a Honolulu hotel – a crime quickly covered up by the nearly unsuccessful university she had saved. Richly detailed and deeply researched, American Disruptor restores Leland Stanford's rightful place as a revolutionary force and architect of modern America. Advance tickets are $15 each and available online only at http://sachistorymuseum.org/programs-events/gold-spike-lecture-series/. With limited seating available, tickets are expected to sell out quickly.

Author Roland De Wolk is a U.C. Berkeley educated historian who left academia for a career in journalism, then returned to teach at a San Francisco Bay Area university as an adjunct while retaining his prize-winning investigative reporting work.

For this special Speaker Series event, doors open at 6:30 p.m. and cost is $20 per person (admittance includes one drink ticket). Roland De Wolk will sign copies of his book at the conclusion of his presentation.

Part of the Center's Speakers Series, this special evening is presented in partnership with the Sacramento History Alliance, a non-profit dedicated to supporting the Center through exhibitions, education, and programs. The Center educates and enriches the public by collecting, preserving, and making accessible the region's vast cultural heritage. Founded in 1953, the Center of Sacramento History is administered by the City of Sacramento and is jointly funded by the City and County of Sacramento. For more information, visit www.centerforsacramentohistory.org.

Soroptimist International of Sacramento Inc. hosts Ninth Annual Crab Fiesta to fund Dream programs for women and girls in the Sacramento community

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, will bid on the chance to win exciting raffle and auction prizes and, importantly, support a worthwhile cause. The Ninth Annual Soroptimist Crab Fiesta Fundraiser supports programs, scholarships and grants that provide women and girls with access to the education and training they need to achieve economic empowerment. The event will be held on Saturday, March 7 from 5 to 10 p.m. at The Annunciation Greek Orthodox Church, 616 Alhambra Blvd.

The Crab Fiesta is a delicious crab dinner with exciting silent, dessert and live auctions with all proceeds supporting our club's signature Dream programs.

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.

Tickets are $70 and can be purchased at www.crabfiestasac.org. The ticket includes a margarita, chips and salsa and a delicious salad, pasta and crab dinner.

About Soroptimist International of Sacramento, Inc.: One of 1,300 clubs in 21 countries and territories around the world, Soroptimist International of Sacramento, Inc. is part of Soroptimist International of the Americas, Inc., a global volunteer organization whose mission is to provide women and girls with access to the education and training they need to achieve economic empowerment; helping them overcome obstacles such as poverty, violence and teen pregnancy.

What's happening East Sacramento?

FRIDAY, MARCH 6

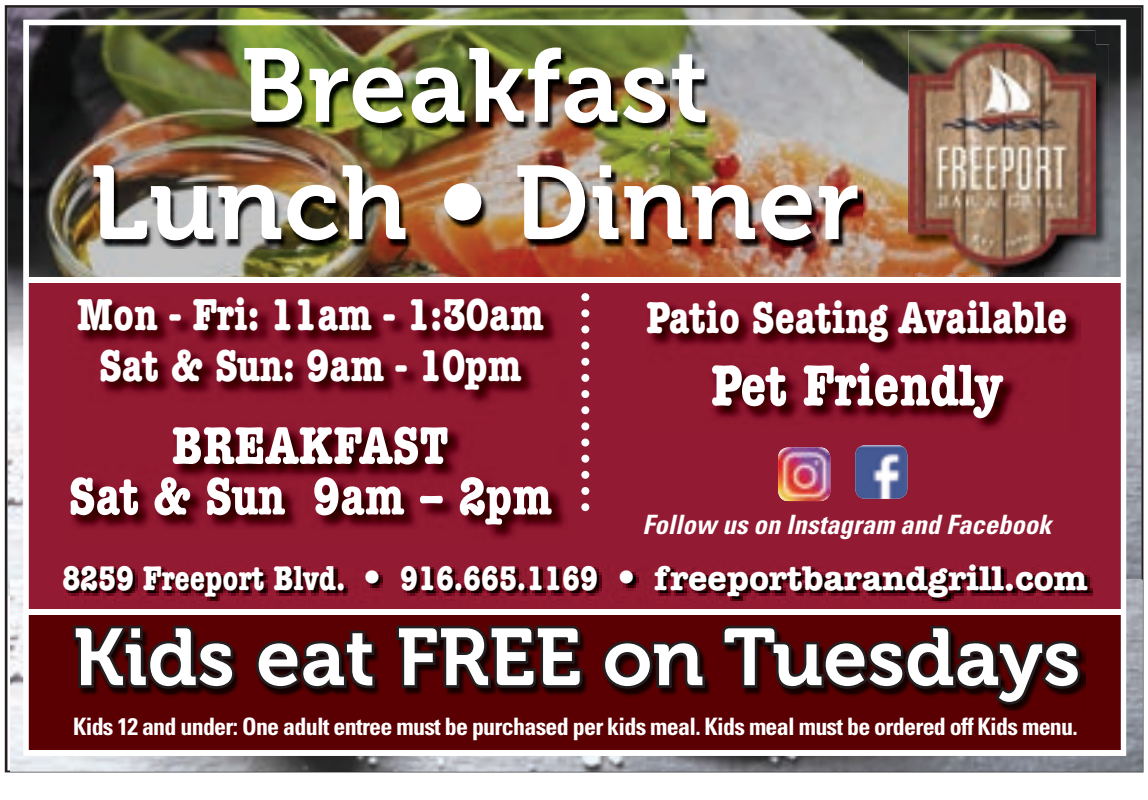
IMAGINATION CITY –Encourage imagination through play with the creative use of everyday materials! Enjoy process-based art, engineering, design, and drama. Recommended for ages 0–8. This program presented as part of the Neil Gaiman event series leading up to his visit to Sacramento. In May, Sacramento Public Library will host Gaiman for the 2020 Association for Library Service to Children (ALSC) Arbuthnot Lecture. Learn more at www.saclibrary.org/gaiman. March 6, from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

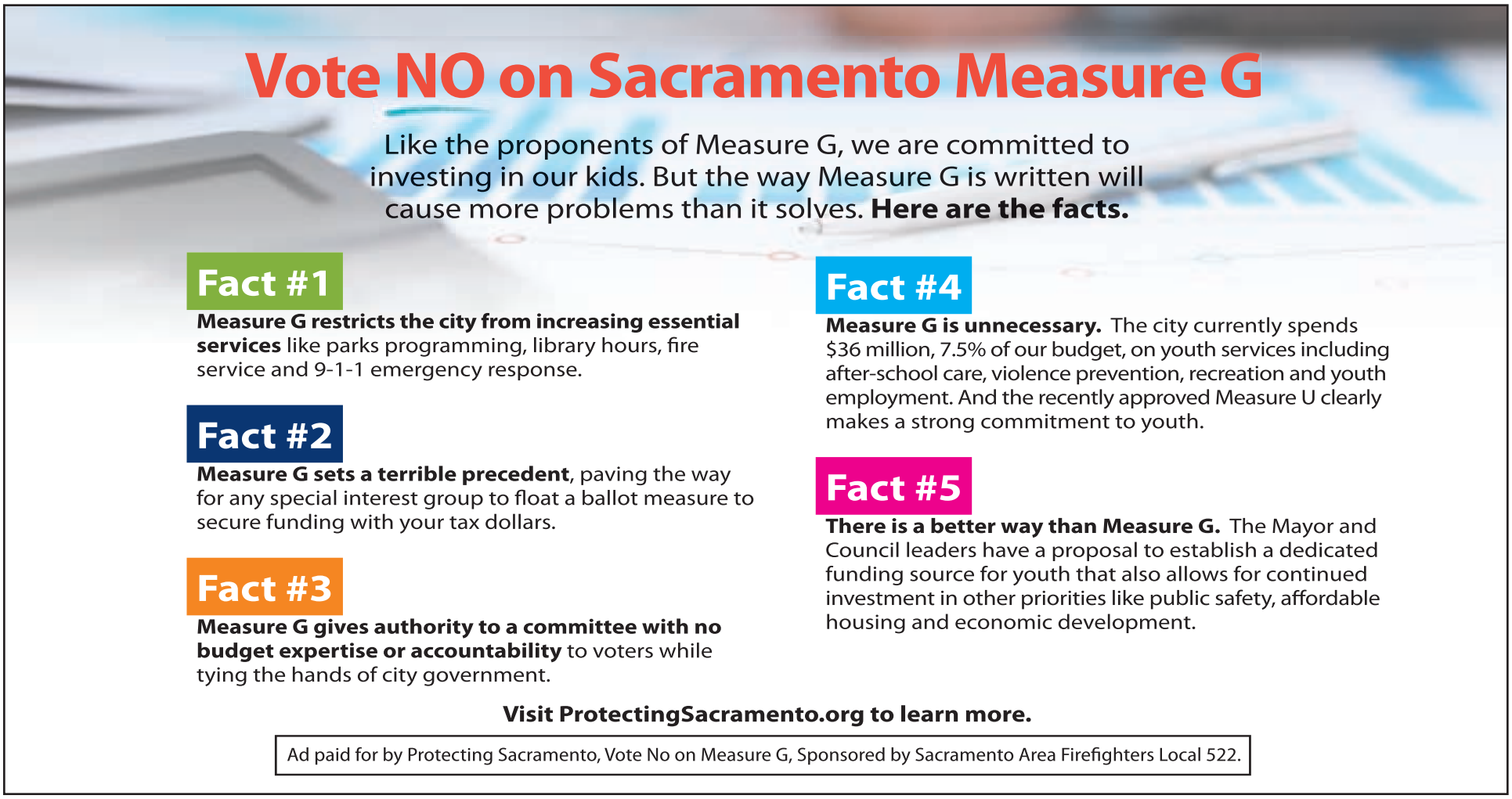
SATURDAY, MARCH 7

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.

FRIDAY, MARCH 13

LIBRARY PLAY DATE – Come play at the library! Play Dates offer fun, early learning focused activities that give families with young children a chance to play and explore in a safe and welcoming environment. While geared for children ages 0–5 and their caregivers, we also welcome older siblings to play along. Friday, March 13 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.





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FLEXSTEEL
POWER RECLINING



POWER RECLINING
FLEXSTEEL
Also available in black

SALE $1859
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LEATHER-MATCH: This term is used to describe an upholstered product where a portion of the product is real leather but the back, sides and less visable parts are constructed of an artificial material, usually vinyl. It is matched to look like leather.

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