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East Sacramento News

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RIVER PARK "CHALKBOARD HOUSE" DELIVERS ONGOING UPLIFTING MESSAGES

SEE PAGE 3

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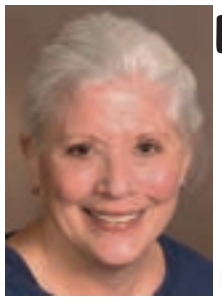




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This single story 2/1 beauty has been meticulously maintained and features a sunny entryway with skylight, curved picture window in spacious living room, bright kitchen with hidden laundry and pantry, refinished original hardwood floors, pleasing neutral palette throughout, huge attic for possible 2nd story, ample storage, 1/4 basement, tankless water heater, lovely covered patio and sparkling pool, newer landscaping, large remote guest room with seprate entrance, full bath and large walk in closet.



THIS 'n' THAT

by Carol Bogart

The Homeschool Blues

Is 'distance' learning working out – or is it like having homework ALL the time?

Here's a true story you may find helpful.

As a student, my ADHD son was easily overwhelmed. When he was a sophomore, he had what proved to be a last-minute geometry project that was news to me. Each day when Mike got home from school, we emptied his backpack. I'd seen no instructions for this assignment. I emailed his teacher, who'd included it in her Friday morning email to me. She told me this 'star' home project – assigned four weeks earlier – was due the following Tuesday (with Monday being MLK Day).

A stroke of luck. We'd have three whole days to do it.

She promised she'd look in his desk for the materials and send them home with him that day.

I refrained from blowing up at him when he got home, and said, "OK, let's look at those instructions."

The kids were to use colored string and tacks to create a star, measure the angles, and write up their findings. I asked, "What color string do you want?" He said, "All of them." Noting his beleaguered expression, I left alone for Walmart. There, I bought corkboard in a frame. One of each color poster board. Multicolored string, a ruler, compass for measuring the angles, small sharp scissors, even a small crochet hook to help him pull the string. (Oxygen deprived at birth; Mike has trouble with his fingers.) Lastly, with some searching, I found a box of small tacks he could wrap the string around.

I'd tried to anticipated any and all excuses, such as, he was too tired to do it Friday because he'd been at school all day. When I got home, I set it all aside and made dinner.

Saturday, I laid it all out on the kitchen table in a way I hoped he'd find enticing. After I fed him, I sat him down. With grave misgivings, he took one look and said, "You got the wrong color poster paper." I showed him he had six more to choose from.

He ran out of objections, and I said, "Let's pick your star," from drawings of several options. "I want to make the American flag," he said.

Hoo boy.

I said, "Sweetie, that's a great idea, but look how *many* stars that is. Since we're getting a late start on this, how about choosing a design that's simpler?"

He picked a single 5-pointed star.

"Perfect!" I said, and headed out to feed the animals.

An hour or so later, I came back. He was sitting at the table. He'd done nothing. I lost it. Frustrated beyond reason, I exploded: "**JUST GET STARTED!**"

He jumped up, ran to his bedroom and shut the door.

After a brief struggle, I got control of myself, went to his room, and found him hunched, defeated on his bed. "Michael," I said gently. "What's the problem?" Tear-filled eyes met mine. Hopeful I might understand, he asked, "What does 'Get Started' mean?"

Of course! For any of us, tackling something new can be intimidating. We don't know how to do it because we've never done it before. Now add to that problems with focus and attention. Easily distracted. All the ADHD stuff. The trick is – start with what's easy for you and build on that.

I held him close, my eyes wet, too, and said, "Michael, I'm so sorry." How often had I told him just get started? How often had his teachers?

Exhausted, we agreed to 'get started' Sunday.

After church and lunch, we sat down together at the table. I said, "Start with this. Remove the plastic from the cork board." He did that. I said, "Now pick your background color." He chose black. "Now," I said, pointing to the array of tools I'd purchased, "cut the background paper to fit the corkboard." He figured that out all on his own. He used the ruler. Attached it with the tacks.

Sunday after church and lunch, we sat down again, and reread, together, the instructions for the star. First, he drew it out on paper (he's always liked to draw) and cut it out. Then, placing it where he wanted it on the corkboard, he used tacks to mark the points.

Monday, he started with the string. I left for work but said I'd call to see how he was doing. I did. Hyperfocused now on his project, Mike said, "Mom! I'm busy! You're distracting me!"

After work, I found Mike waiting for me at the door, eager to show me his large finished star: black background, pale wood frame, multicolored string 5-pointed star. And, on the table, the star's angles, measured and put on paper. Until one corner started to unravel a couple years ago, the 'star' project was on my wall.

So, confidence. Instill confidence in the child and the child develop confidence to try new things. Incremental learning is the key. By tackling that project one increment at a time, Mike got it done. And most importantly, learned that he could do it!

Thanks to the pandemic, all of us, kids and adults, are under a lot of stress. We don't know when, if ever, things will get back to 'normal.' Kids are finishing out the school year at home, not in the classroom. Covid-19's 'curve' will dictate whether California schools will open as early as July to help students make up for lost learning time.

CDC projections are for a second, deadlier wave this fall. Testing positive for antibodies may not mean that we're immune. A third of us likely are asymptomatic carriers. Some young healthy people in their 20s who test positive for the virus are having sudden strokes; half are dying.

In West Sacramento, according to Yolo County's virus Dashboard (based on, as of 4/28/2020, limited testing), the age group consistently Covid-19-affected is not old, sick elders. It's people ages 55-64. Countywide, the 25-34s are about even for infection with those 85 and over.

Are you and your kids on stress overload? Take a break. Stick a face covering in your pocket (for when you can't avoid getting too close to others) and head outside. Scientists say the virus dislikes heat and sunshine, plus the fresh air will cheer you up.

For 5 p.m. daily updates to Yolo County/West Sac's Covid-19 numbers, search Yolo County Covid-19 Dashboard. Questions, comments? Contact Carol at carol@bogartonline.com.





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Cover photo by: Jami Richmond-Moore

River Park "chalkboard house" delivers ongoing uplifting messages

Photo by Jami Richmond-Moore

For the last four years, the Richmond-Moore family of River Park has delivered an uplifting or relevant message to the neighborhood on a giant chalkboard to those who drive by. Updated every couple of weeks, this particular message is, as Kelly Richmond-Moore says, "deep and subjective as it plays into the human spirit needing to hold on to something beautiful, even in times that beauty seems to be fleeting." Shown is daughter Haley, 12, and son Kellen, 6. Not pictured is Kelly's wife, Jami. "They now see what the chalkboard means to the neighborhood, so this has become an on-going family project that we continue to want to do together." The "chalkboard house" is located at 5301 Monalee Ave., 95819. *-Monica Stark*





Courtesy of Kelly Richmond-Moore
Additional photo from over the years at the "Chalkboard House"





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Staying cool: Kona Ice brings smiles to the neighborhood

By Michele Townsend
Photo by Linda Pohl

Big restaurants aren't the only establishments that have been adapting to the shelter in place order. For about three weeks now, Kona Ice, out of West Sacramento has been making curbside service a practice of theirs. Kona Ice is a franchised national chain of shaved ice trucks that usually go to ball games, corporate events, fairs, birthdays and other events, where they sell their products out of their trucks. Because the company is franchised, each business owner has the benefit of the financial backing of a large business. This comes in handy when it comes to business expenses such as advertising (just as an example). It also comes with some regulations. In the instance of Kona Ice, each franchise is assigned a territory.

Steve Farr, Owner of Kona Ice in West Sacramento, explained that there are six Kona Ice businesses between the boundaries of Davis to Folsom and Roseville to Galt."Corporate events aren't really happening right now, so we are adjusting to the times … A lot of people are calling and ordering curbside service for friends and paying for it as a surprise… just to cheer up their friends. It's brought a lot of smiles," he said.

Steve has two trucks and a trailer that he works out of and has been staying pretty busy. Last week he said his son was curbside when a neighbor lady came out and handed him $100. She told him that she would like to pay it forward, and to please allow the next $100 worth be on her. The next delivery was an elderly who was very excited of the idea, so he sent along $50. "There were a lot of really happy people that day," Steve said.

Kona Ice in West Sacramento has over 40 flavors and pride themselves not only on their extensive flavor menu but that those flavors include several Crafted Flavors. Many of the crafted flavors are used to make their famous mocktails, including mai tai, cosmopolitan and bourbon black cherry. Kona prices, of course, depend on your order, but the average cost is between $3 and $6, depending on size. They also offer corporate and birthday packages. They accept cash and credit card, However, due to COVID-19, if you are planning on paying in cash then you need to be aware that you need to have exact change, as they are not giving back change in order to avoid possible transmission from money.

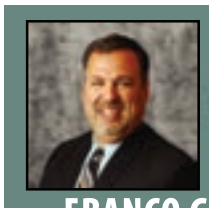
Ordering Kona Ice is easy. To be put onto the delivery schedule for the day, simply contact Kona Ice the day before the day before your desired delivery and place your order. There are three ways to do this. You may place a phone order by providing delivery address as well as pre-ordering cup size. To do this, simply call (916) 897-6414 or email sfarr@kona-ice.com or log onto http://www.kurbsidekona.com. Kona Ice also has http://www.kona-ice.com.

Steve said that he is just getting to know social media so he is working on incorporating Facebook as well. During normal times, Steve is generally very busy at schools throughout the week, as he does a lot of fundraising for school teams, clubs, trips, etc. He is also a regular at little leagues, soccer, and any other event that he is available. Just give him a call. But for now that is put on hold and curbside service is the new normal. Steve has a basic schedule, and has been doing his best to keep it. However, when he pulls up to make his delivery, he welcomes as many neighbors as he can help before he has to leave to his next scheduled delivery. In addition, if he's running a little late (which he tries very hard not to do), please understand that it is unpredictable.



Kona Ice West Sacramento's territory is fairly good size and is bound by zip code. Their schedule is as follows: Mondays – Small town day (including Clarksburg and Harold. Check with Steve to see if your small town falls under his boundaries). Tuesday – East Sacramento with zip codes 95816, 95819 and 95826. Wednesday – South Land Park and Greenhaven, with 95822 and 95831 zip codes. Thursday – Midtown 95811, Land Park 95818, Oak Park 95819 and Tahoe Park 95820. Friday – Galt 95632. Saturday – Florin 95828. Sunday – West Sacramento 95691 and 95605 zip codes. Kona Ice is an inexpensive way to put a smile on someone's face, lift their spirits, and reward them completing school work.

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Dinosaur sighting: Local father provides fun times in T. rex costume

By LANCE ARMSTRONG



Photo courtesy of the Garcia Family

Daniel Garcia enjoys a "dino-mite" time playing soccer with his two children in his Tyrannosaurus rex costume.

There is a 7-foot-tall dinosaur on the loose in the area. But the good news is that nobody is afraid of it, and it has proved to be completely harmless.

This is because it is not actually a real dinosaur. After all, those types of reptiles became extinct many millions of years ago. Instead, this dinosaur is simply a man inside of an enormous Tyrannosaurus rex costume.

At least once per week, Daniel Garcia puts on this costume and heads to his front yard to entertain his two young children.

While wearing this costume, he chases his kids and plays soccer and other sports with them.

The dinosaur has also been seen riding a scooter around the Garcias' neighborhood.

Garcia said he came up with the idea to wear the costume as a way to bring entertainment to his children during the current stay-in-place order.

Garcia, who stands 5 feet 6 inches tall outside of his costume, noted that because his children spend so much time at home, he wanted to bring a new element of excitement to their lives.

"I just decided to go out in a costume with them, and they loved it," he said. "They were running around and they were really happy."

It was a thing of fortune that Garcia owned a dinosaur costume, which he purchased to wear last Halloween, but never wore it.

Garcia mentioned that although his sole intention was to entertain his children, in that process he also became somewhat famous around his neighborhood.

"Neighbors driving around saw me and I noticed that they were actually honking or smiling or saying, 'Hi,'" he said. "Lots of parents with their kids riding bikes see the dinosaur and they're like, 'Hey, wave to the dinosaur.'

"I saw even the neighborhood kids were having fun with it. So, that's kind of how it started."

The intrigue with dinosaur sightings extends to people of all ages.

For instance, Garcia noted that one adult neighbor instantly becomes disappointed whenever he does not observe a reptilian character roaming around the Garcias' yard.

"There's a neighbor that walks (by the Garcias' house) every afternoon, and when he doesn't see the dinosaur, it's like, 'Hey, where's the big lizard?'" he said.

Other people stop by the Garcias' yard to express their fascination with the unusual sight of the dinosaur and to request permission to take photos and record videos.

"I was pretty joyful to see that other families were enjoying it, too," Garcia said.

Speaking in the character of his dinosaur image, Garcia said that he is doing his own part to be healthy during these uncertain times.

"I want to keep the safe distance (in practicing social distancing with others), so we don't see the extinction of the dinosaur, so the dinosaur can be strong and healthy," he said.

Garcia, a soccer and rugby store manager who is currently abiding by the stay-at-home order, also encouraged people to try to lift the spirits of others during the COVID-19 pandemic.

"Keep a safe distance and just don't forget about the joyful times in life," he said. "Right now, appreciate what you have while you're safe and appreciate the people around you. Don't forget to say hello to your neighbor, because you never know, they might be having a bad day. But you waving, that might bring them small smiles on their faces. (The stay-at-home order) is a big change for somebody."





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Local Museums Say "Let's Get Virtual"

Many Offer Amazing At-Home Activities

With popular museums and destinations temporarily closed and families currently sheltering-in-place, many local area museums have risen to the occasion and gone virtual with fun and FREE activities for families to do at home. While more educational, informational and amazing online offerings continue to be added each week, a sampling of the virtual activities include the following:

-**AEROSPACE MUSEUM OF CALIFORNIA** – tapping into creative expertise provided by museum staff and team members, the Aerospace Museum offers hands-on activities and tutorials that are fun for children and families. Easy-to-replicate demonstrations are available on the museum's Facebook page @AerospaceMuseumCA. For additional online events, including Hubble's 30th Birthday Celebration, please visit aerospaceca.org/events.

-**CALIFORNIA MUSEUM** – launched a new Distance Learning program providing educational materials for K-12th grade students aligned with Common Core and California State Content standards. A State Symbols Coloring Book and a series of five California Indians Oral History worksheets are currently available. Additional activities furthering learning on the state's diverse history, culture and arts are scheduled for release through the end of the 2019-20 school year, both as downloadable PDF files and as paperless, shareable assignments in Google Classroom. For details or to access activities, visit www.californiamuseum.org/distance-ed.

-**CALIFORNIA STATE RAILROAD MUSEUM** – offers virtual versions of All Aboard for Story Time! on Mondays at 11 a.m. with local influencers reading children's railroad-related books via Facebook Live. Each week, live and previously recorded book readings are available for viewing on both the California State Railroad Museum & Foundation Facebook pages @CaliforniaStateRailroadMuseum or @CaliforniaStateRailroadMuseumFoundation.

-**CENTER FOR SACRAMENTO HISTORY** – offers original film productions, a "Staff Favorites" section with new film clips updated regularly, and recordings of past Speaker Series events such as the following:

- "Devoted to the Union: Sacramento and the Civil War" by Dr. Glenna Mathews
- "The Time is Now: The Civic Life of Sacramento's Nathaniel Colley" by Dr. Mark Brilliant
- "Red Menace! The Sacramento Conspiracy Trial of 1935" by Dr. Kathryn Olmsted

To access the 100+ history-rich films and video clips, visit www.youtube.com/centerforsacramentohistory.

-**CROCKER ART MUSEUM** – provides relaxing, refreshing and uplifting art experiences online. Virtual art and gallery tours and activities for all ages are available on the museum's blog at www.crockerart.org/oculus, the Google Cultural Institute, on the museum's YouTube channel as well as on their social media channels @crockerart. The community is invited to spend "Thursday Nights In" this April with alternative ways to experience Crocker programs including a spring film series, Art-Mix, and a pre-recorded Global Rhythms concert featuring Jessica Fichot. CrockerCon Goes digital on April 17 as the museum celebrates comic book art and family-friendly virtual cosplay; for more, please see the Crocker blog and social media channels for details and updates.

- **MUSEUM OF MEDICAL HISTORY** – online users can access a virtual tour (originally launched 10 years ago) that highlights many intriguing medical artifacts and interesting tidbits at http://www.ssvmmh.org/virtual_tour/FloorPlan.html. In addition, numerous articles on interesting aspects of medical history are available at www.ssvms.org/museum.aspx.

- **ROSEVILLE UTILITY EXPLORATION CENTER** – offers online educational resources filled with learning opportunities, games and activities to do at home. Families can discover comic books, coloring pages, craft ideas, science lessons and ways to continue to learn while having some fun. For more information, visit www.roseville.ca.us/explore.

- **SACRAMENTO HISTORY MUSEUM** – offers a website and free app for iOS and Android devices that takes users on a journey through some of the more amazing moments in Sacramento's history. "Anytime Tours" feature 50-minute digital walking tours through the Historic City Cemetery and Old Sacramento Waterfront highlighted by 10 stops at each location. The tours can be accessed at www.sachistorymuseum.org or downloaded free of charge from the App Store or Google Play by searching Anytime Tours.

In addition, the Museum has launched a robust "Home Made History" series of at-home activities that include games, videos, coloring pages and more. New programs are added each week and can be accessed at www.sachistorymuseum.org.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at www.sacmuseums.org.

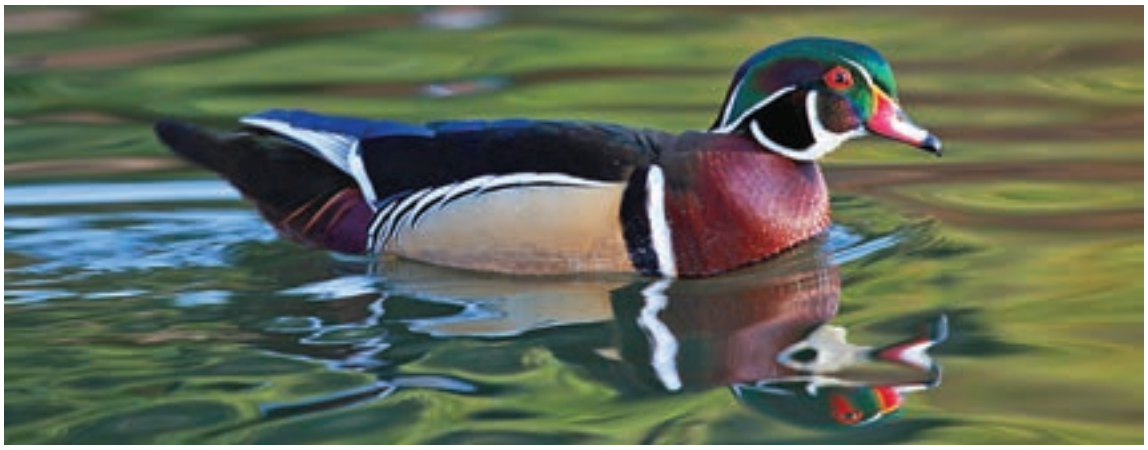


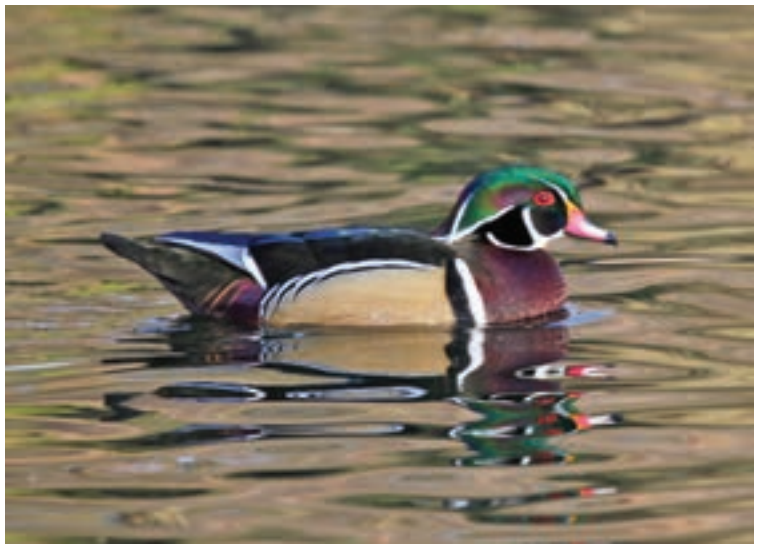


Wood ducks make McKinley Park home

Photos by Stephen Crowley

Over the years, wood ducks have made McKinley Park Pond home. These photos were taken in 2012.





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