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Community responds to removal of John Sutter statue

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Community responds to removal of John Sutter statue

By LANCE ARMSTRONG

The bronze, John Sutter statue, which stood at the northeast corner of 28th and L streets for the past 32 years, was removed last month, after it was defaced with red paint.

This act of vandalism occurred following the George Floyd killing that led to protests calling for racial justice, and the removal of historical statues and monuments that celebrate controversial figures in American history.

While some statues were legally taken from their sites, others were illegally removed.

In certain cases, like the Sutter statue, statues were vandalized prior to their legal removals.

The 8-foot-tall Sutter statue, which stood on the grounds of the Sutter Medical Center, just east of Sutter's Fort, was removed upon the order of the hospital on June 15, a week after it was vandalized. It was donated to the hospital by the United Swiss Lodge of California in the fall of 1987.

A Sutter Health spokesperson last week commented on the decision to remove the statue, which memorializes Sutter, the German-born Swiss immigrant who colonized the area of today's Sacramento, but has also been accused of enslaving, brutalizing and murdering Native Americans.

"Out of respect for some community members' viewpoints, and in the interest of public safety for our patients and staff, we are removing the John Sutter statue that was originally donated to Sutter General Hospital," the spokesperson said.

"There are important conversations happening across the country about the appropriate representation of statues and monuments, and we look forward to listening to and participating in future conversations about how our own community may display artwork from the different communities and individuals that have played important roles in Sacramento's history."

Jesus Tarango, tribal chair of the Wilton Rancheria – Sacramento County's only federally recognized tribe – responded to the removal of the Sutter statue.



Photo by Heather Woodford

The bronze, John Sutter statue, which stood at the northeast corner of 28th and L streets for the past 32 years, was removed last month, after it was defaced with red paint.

"To our people, John Sutter is a name that prompts anger and sadness in many, as he was the architect of such destruction against our people," he noted in a statement written for this article. "A man who carried out grave and unforgivable brutalities against our men, women and children deserves no honor or enshrinement.

"His name will always be a painful part of our people's memory, but this removal and those to follow will provide our people with the much needed acknowledgement of the state's and nation's past indiscretions that continue to affect our people today."

Tarango described some of the accusations that form the tribe's view of Sutter.

"John Sutter was a brutal man, once boasting in his personal diary about a barbaric slaying of 30 men along the Cosumnes River," he wrote. "With this attack, he forced between 200 to 300 of our Miwok and Nisenan ancestors into a treaty and continued his mission of brutal violence, murder and enslavement as he sought to conquer the entirety of the Sacramento and San Joaquin (valleys).

"He enslaved and sold the labor of our ancestors to those in surrounding settlements, making it nearly impossible for people to gain their freedom from such barbarism."

Tarango also claimed that Sutter burned tribal sweat houses and ceremonial roundhouses as a means to motivate men to "work harder."

"In American society, we often decry these acts as that of terrorists, both domestic and foreign," he wrote. "Why then should we honor and celebrate a man who committed these same acts that are now among the most despicable imaginable?

"We hope that this removal will finally open a path to a truthful and exact history of atrocities that took place against our people at the hands of John Sutter and others, and that our history will be taught in schools to not only our native students, but to the masses. We cannot expect true change or atonement without an honest portrayal of history."

During a speech at Sutter's Fort on Aug. 16, 2014, Rick Adams, a local Miwok activist, said that Sutter controlled the Indian population by tracking and shooting Indians who did not show up to work.

He also alleged that Sutter inserted rings in the noses of Indian girls, so that he could "lead them around like chattel."

Local historian Steve Beck, who worked as a history guide at Sutter's Fort for 21 years, responded to Adams' comments.

"There is no corroborating evidence to suggest that Sutter tortured young Indian girls for his personal pleasure," he said. "While the daily log book for the fort does mention punishment being meted out to Indians, it never mentions them being killed or tortured for not coming to work."

Beck added that the relationship between Sutter and the California Indians is "extremely complex."

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"The incredibly diverse cultures of California Indians contribute to the confusion surrounding Sutter's relationships with the Indians," he said. "There were Indians who worked with and supported Sutter and there were Indians that tried to stop his settlement and stop other Indians from assisting Sutter."

Beck mentioned that the historic record does not support Sutter's ability to conquer the Indians of the Sacramento Valley.

"Sutter's landing party consisted of only four Europeans and 10 Hawaiians, two of whom were women," he said. "This was hardly an invasion force to subjugate the thousands of Indians in the Sacramento Valley."

Sutter represented the official law and order on the frontier, Beck noted.

"Part of Sutter's job as a Mexican official was to protect the people and property on his land, whether they were white or Indian," he said. "When a group of outside Indians was caught raiding Indian villages along the Cosumnes River to steal cattle and women and children, it was Sutter's job to stop them.

"Sutter's deputies for enforcing these laws, because he had so few Europeans, were his army of California Indians. So, we have Indians armed by Sutter helping him enforce the law against other Indians."

Beck noted that the diversity of California Indians complicates all of the relationships that Sutter had with the native people.

"The problem is made even more complex, because the 'Indians' with whom Sutter is associated are both local (Indians) and former California Mission Indians, and Indians from other regions who came to trade, pillage or plunder the local Indians under Sutter's protection," he said.

"The complex point made here is that for survival, Sutter had to befriend and arm the Indians for his colony to succeed. If Sutter was guilty of the abuse with which he is often credited, why did the armed Indians not simply turn on Sutter?"

Swiss immigrant and longtime South Land Park resident Ferdinand Morant, who was on the committee to have the Sutter statue created, said that he is disappointed with the statue's removal.

"I was disappointed, but happy about (Sutter Health) taking care of the statue, protecting it (in storage)," he said. "It's too bad that it can't be there anymore, but eventually time changes again. We don't know (the future). I hope that time will change again someday and then it can be displayed in Sacramento, maybe at the same place."

Morant also shared his thoughts about John Sutter as a person.

"John Sutter helped lots and lots of guys, immigrants, Germans and (others)," he said. "A lot of immigrants, they started there. He was always helpful, so I wanted to make the statue. At that time, I wanted to make it so that he's holding his arm out, saying, 'Welcome everybody to the fort. Whatever I do, I help everybody.'"

As for the allegations that Sutter mistreated Indians, Morant supported Sutter.

"I don't think so, that he abused the children and stuff like that," he said. "They say that he had them eating out of troughs. Well, at that time, the Indians only had the baskets to eat out of, but they didn't have forks and knives or spoons. You can't prove nothing. It's speculation."

Given the differing views people have regarding Sutter and the statue memorializing him, Bill George, president of the Sacramento Historical Society, issued a statement to members of that organization, in which he called for open discussions regarding the statue.

"We are concerned that 'facts' being presented to the public are incendiary and designed to agitate emotions," he wrote. "In that atmosphere, it is difficult to hold a dispassionate discussion about the issue. I believe there is an opportunity for SHS to take a leading role in shaping the discussion going forward."

During an interview for this article, George expressed a need to examine Sutter's relationship with California Indians.

"There is evidence that he perhaps abused Indians, that he may have killed Indians, but the jury is still kind of out on that," he said. "So, I think there just needs to be a full look at it.

"There's not going to be any one verdict about John Sutter. He was very complex. He had a lot of different facets. Obviously, some people hate the very mention of his name. But in the history of Sacramento, rightly or wrongly, he was portrayed after the Gold Rush as a very benevolent figure, especially to the pioneers.

"And he got a maybe overblown reputation for kindness, although he clearly did help lots of people along the way. That image endured in Sacramento."

As for the future of this statue, George noted that the society will be involved in its preservation.

"We have been, and will be, in contact with Sutter Health to determine where the statue will be stored," he wrote in his statement to the society's members. "We want to make sure this important historical artifact is saved and has a suitable home."

John Fraser, superintendent of the Capital District of California State Parks, which includes the California State Indian Museum and Sutter's Fort, did not respond to this paper's request for comment by deadline.



Photo courtesy of Sacramento Historical Society

The John Sutter statue is pictured shortly after its separation from its base, on June 15.





Photo by Lance Armstrong

Pat Melarkey, dressed in clothes similar to those that were worn by George Gust "Goat Man" Zwikis, stands alongside two goats, in 2013.

Remembering the 'Goat Man'

Greek immigrant was a character of days gone by

By LANCE ARMSTRONG

It has been many years since the Arden area was labeled as a rural area. But those who remember this section of the county some 70-plus years ago likely recognize one of this area's all-time characters: The "Goat Man."

Born in Greece, the Goat Man – whose real name was George Gust Zoutsos (Americanized, Zwikis, also Zwerkis) – was a legendary figure in this area.

Although Zwikis died 65 years ago this month, his legend continues through people who recall his days of frequently standing on his undeveloped property in the area of today's Country Club Centre.

In the 1920s, Zwikis purchased 26 acres at the northwest corner of Watt Avenue and Cottage Way. It was in that area that he acquired his nickname, as he was known as the recluse man who passed his days with his goats, while having little interest in communicating with people.

His lack of desire to mingle with others is well known by those who remember him.

Zwikis once told The Sacramento Bee, "It is a fine country, this America. The only trouble is the people in it are no good."

Assisting Zwikis with his goat herding were several dogs.

His Arden area property also included about 50 black and English walnut trees and a small vineyard. He also grew fava beans and onions.

Evidence of the Goat Man's longtime post-mortem legacy was revealed just last week, when 82-year-old Bob Hart shared his memories about Zwikis.

"You could drive out in the area where the (Country Club) Centre is now and he had acres and acres and acres of (land) with these goats and a little, tiny shack out there," he said. "He would bring them in at night and he would stay in his little shack, and it was small.

"He was an old man. I never went up close to him, but driving by you would see him. He had maybe two dozen goats. Some of them I think had bells on them, and he had a couple dogs as I remember to help keep them going.

"I don't know whether he milked (the goats). I don't know what he was doing with them. But every time you went out there, he was there."

Hart, who graduated from El Camino High School in 1955, added that eventually the Goat Man was gone, and then the area drastically changed.

"My goodness, that whole property started bouncing

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up with all kinds of stuff," he said.

The initial unit of Country Club Centre on the southwest corner of Watt and El Camino avenues opened during the summer of 1952.

Research for this article revealed that prior to purchasing his Arden area property, Zwikis came to the United States in about 1917, then worked for several years as a sheepherder for the Swanstons – the well-known, local landowners who operated a ranch and meat packing plant near Arden Way and the railroad.

After acquiring his Arden area property, the Goat Man lived in an environment that suited his desire to live a life of seclusion.

With plenty of open land around his property, he could also be seen with his goats on grasslands along Arden Way, Eastern Avenue and at a site at Marconi and Watt avenues.

Being that Zwikis was Greek, Terry Kastanis, parish librarian of Sacramento's Greek Orthodox Church of the Annunciation, recalled other local Greeks mentioning the Goat Man many years ago.

"I remember that story (about the Goat Man)," he said. "I heard about him being out there at (the site of today's) Country Club Centre, but I never knew (other details) about him."

Kastanis added that he unfortunately did not find any information about Zwikis in the parish library.

Several years prior to his death, which occurred earlier this year, former Sacramento County Supervisor Pat Melarkey recalled seeing Zwikis in the 1940s.

"I would see George herding goats, and, of course, I was there many times when traffic stopped and he was driving them across Watt Avenue or El Camino (Avenue)," he said. "It was all open and he would just take them over (to different properties) to keep the grass down."

Melarkey also remembered seeing as many as 75 goats on Zwikis' property.

"He had a minimum of 25 goats, but sometimes he had 75," he said. "And he had them kept in pens and a lot of those little ones he kept in the shack with him. He was really into husbandry."

A classified advertisement in the April 17, 1946 edition of The Bee refers to Zwikis' offering of about 200 goats for sale. His address is given as Route 9, Box 1980.

Because there were no landmarks in the area such as Country Club Centre and Country Club Plaza at that time, another classified advertisement during that era describes Zwikis' property during that era as being located a mile south of Del Paso Country Club.

An article in that paper's March 5, 1948 edition mentions that Zwikis had reported a stolen nanny goat to the authorities.

But when Deputy Sheriff George Louderback paid a visit to his residence to investigate that report, he could not find Zwikis.

The article notes: "The officer said after failing to bring any response by tooting his car horn and rapping on the door of the house, he opened the door and was greeted by a goat standing inside. He said there were two goats on the table. He left when he could not find (the Goat Man)."

It is also mentioned in the article that Zwikis later revealed that his nanny goat was killed and someone dumped its body over a fence on his property.

With the postwar building boom in the Arden area, Zwikis was approached various times about selling his Watt Avenue and Cottage Way property before finally accepting a $165,000 offer.

Following that sale, Zwikis moved with his goats to Elk Grove, where he purchased a 20-acre ranch on Sheldon Road, near Stockton Boulevard (now West Stockton Boulevard). The address of his residence was Route 2, Box 2472.

Zwikis' life in Elk Grove was fairly short-lived, as he died at the age of 72 on May 17, 1955. He was found dead in his property's goat corral.

In his bedroom, the coroner's deputies discovered a newborn goat that Zwikis had apparently been caring for in his bedroom.

Included in the June 9, 1955 edition of the Elk Grove Citizen is an article, titled "Goat Man widow located in Greece."

In that article it is mentioned that Zwikis had only one surviving next of kin, 70-year-old Maria Zoutsos, who he left behind in his native homeland.

Despite not having seen her husband in more than four decades, Maria would ultimately inherit $140,000 of his estate, which was valued at nearly $180,000. The estate included his ranch and $18,200 in cash.

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Country Club Lanes reopens with $25,000 in upgrades

Business had been closed since March 19



Photo courtesy of Country Club Lanes

A member of the Country Club Lanes "Clean Crew" sanitizes a countertop.

By LANCE ARMSTRONG

Country Club Lanes, the decades-old entertainment center at Watt and El Camino avenues, reopened to the public on June 12, with a new look to its interior.

The business, which had not served a single customer in nearly three months, spent about $25,000 on improvements, much of which are designed to prevent the spreading of the novel coronavirus (COVID-19).

In response to the COVID-19 pandemic, Sacramento County public health officials, on March 19, issued a stay-at-home order, and called for the closure of all nonessential businesses.

During its closure, this business took full advantage of its sudden free time to make upgrades to protect its employees and customers.

That work included the building of 11 partitions that separate each of the four-lane sections of Country Club Lanes' 48 lanes.

Other improvements included installing sanitation stations, repainting the building's interior, replacing some sheetrock, and refurbishing all four downstairs restrooms.

Dave Haness, president of Country Club Lanes, last week, mentioned that the partitions' Plexiglas alone cost about $3,000.

Each partition includes a wood border to create an aesthetically-pleasing appearance.

Throughout the business's closure, seven to nine employees were kept on the payroll to assist with the physical changes inside the building. Those people were management and mechanics.

The business also retained about 60 employees, who weren't working during the closure, and several employees are currently assigned to the "Clean Crew," which does nothing other than sanitize the business against the spread of this coronavirus.

Despite its reopening and having the funds to perform upgrades, Country Club Lanes is financially challenged in its current situation, Haness noted.

"Being able to operate is certainly better than being closed," he said. "But we're still at a position with the situation that we have right now, (that) you can't make any money. We're still bleeding, because we're not open to capacity."

Haness described his approach in having the recent improvements made at Country Club Lanes.

"I not only wanted to follow every protocol that (Sacramento) County Health Director Peter Beilenson laid out in his health order, but I wanted to go above and beyond it to make sure that when our customers came into our facility, they could feel as assured as possibly that they were in a safe environment, with as little chance as possible to catch the virus that the world is so concerned with," he said.

Another way that Country Club Lanes is extending beyond the health order is creating a face covering-related requirement.

"Instead of strongly encouraging masks, as the county health order provides, we mandate masks to enter the facility," he said. "We don't mandate masks while they're actually in the bowlers' area bowling and consuming food or beverage.

"But once they're out of the bowlers' area, whether they're going to the restroom or they're going to order, or visit a friend or see someone up on the course, there has to be a mask that is worn."

Haness stressed that the business does not waver on this rule.

"We're vigilant in making sure that actually takes place," he said.

Another way that Country Club Lanes extends further than the county order is through its mandatory temperature checks of every person that desires to enter the facility, including the business's owners and management, and sales and delivery workers.

Haness stressed the importance of protecting anyone who works for him.

"Their health, their welfare, their safety is of the absolute tantamount importance in my mind, and that's what we're going to continue to focus on as the months go by as we're open," he said.

With his efforts to help prevent the spread of this coronavirus, Haness hopes that Country Club Lanes will serve as a model for businesses that are operating with looser restrictions, in terms of mask wearing and temperature checking, and the monitoring of social distancing.

"I'm terribly distressed at the lack of care that so many of my business peers are exhibiting as they open up with Phase 3 of the county's order," he said. "It really bothers me that so many (businesses) don't have anywhere near the care or concern that

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Buddhist Church of Sacramento Bazaar – at home edition

For the first time since its founding in 1947, the Buddhist Church of Sacramento's 74th Annual Japanese Food and Cultural Bazaar had to be canceled due to the COV-19 pandemic. The annual bazaar has grown to be one of the largest Japanese cultural events in the Sacramento area, featuring a variety of food, cultural exhibits and demonstrations, and games for the kids. The event is the church's major fundraiser of the year, and the proceeds support the many programs and activities offered at the church, as well as its general operating expenses.

In the spirit of the annual bazaar, the church will be hosting a livestreamed telethon event, the "Bazaar-At Home Edition" on Facebook on Saturday, August 8, 2020 from noon – 5 p.m.

A full program is planned, with live entertainment, food and cultural demonstrations, special guests, and presentations by the temple's affiliated and sponsored organizations. Cultural demonstrations will include Bonsai, Japanese Calligraphy, Ikebana Flower Arranging, Bunka, and Taiko.

You can view this live event on Facebook (@buddhistchurchofsacramento). The program schedule will be posted on the church's website (www.buddhistchurch.org) and on Facebook when it is finalized. Viewers can tune in to the program any time during the five-hour period.

In addition to accepting monetary donations, the church will also be selling commemorative t-shirts and aprons. These items will be sold in limited supply on a pre-order basis only. The merchandise can be ordered on-line at the Betsuin's website at www.buddhistchurch.org prior to the event.



Lanes:

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I think they should have for their employees, as well as the customers that are patronizing their businesses.

"One of ours goals is to be a model, and I enjoy it when people come up to me and say, 'Gosh almighty, I don't know anyone that has taken the care and caution that you're taking here at Country Club Lanes. I take pride that people see it and appreciate it."

Although he recognizes the importance of the nearly three-month closure of this entertainment center, Haness shared his disappointment with the ending of this business's continuous streak of never closing.

"Since I started running the business (in) 1977, one of the first things I did was to have our facility open 24 hours a day, seven days a week, no exceptions, year after year after year," he said. "It was an odd deal when we had to shut down March (19).

"What we were always known for was we were the only family entertainment center, certainly in the greater Sacramento area and probably Northern California, that was open 24 hours."

The business currently operates from 9 a.m. to 2:30 a.m. daily, with plans to eventually return to its previous schedule of operation.

Currently, the six and a half hours that this business is closed per day are used by employees to perform additional sanitizing and deep cleaning.

In addition to bowling, Country Club Lanes offers an arcade, a bar, food concessions and laser tag. The latter attraction is not yet open to the public.

Also currently closed is the facility's 7,000-square-foot, upstairs room, which is generally available to be rented for a variety of events.

For additional information about Country Club Lanes, call 916-483-5105 or visit the website www.countryclublanes.com.





Health: 4 Questions and Answers to Help You Manage Severe Asthma

(StatePoint) The majority of the more than 25 million Americans living with asthma enjoy active, healthy lives. But for others, despite using high dose asthma medicines and avoiding triggers, severe symptoms are a part of daily life.

If this describes your experience, it could be severe asthma, a type of asthma that affects approximately 5-10 percent of those with the condition. Severe asthma is dangerous; increasing the risk of death, illness, and depression, and limiting one's ability to work or go to school. It is responsible for 50 percent of all asthma healthcare costs.

Even with severe asthma control is attainable, according to American Lung Association, which is offering these four questions and answers to help you determine your next steps:

1. How do I know if my asthma symptoms are under control? With severe asthma, people tend to have three or more symptoms (sometimes daily), such as shortness of breath, chest tightness, coughing or wheezing, and most likely wake-up nightly due to those symptoms. Also, if you've gone to the emergency department or were hospitalized due to asthma at least two times during the past year and were given oral corticosteroids to keep asthma under control, your asthma is most likely not well controlled. Despite all your efforts to take your medications as prescribed, your symptoms continue. If this sounds like you, you may have severe asthma.

2. How do I know if I have severe asthma? There are several different types of asthma and knowing what kind you have can help in your treatment plan and management of symptoms. Testing for severe asthma may involve taking a blood sample, analyzing your lung mucus or taking a breath droplet test. These tests are looking for biomarkers, or identifiers that cause Type-2 inflammation, or other factors that cause non-Type-2 inflammation, resulting in your daily uncontrolled symptoms. Common types of severe asthma include allergic, eosinophilic (also known as e-asthma) and non-eosinophilic asthma. If your specialist confirms a diagnosis of severe asthma and determines your specific type, they will develop a personalized treatment plan with you.

3. What severe asthma treatments are available for me? Treatment options may include:

- Biologics: medicines targeting biomarkers causing type 2 inflammation.
- Bronchial Thermoplasty (BT): a minor lung procedure that applies heat to the airways to decrease overgrowth (remodeling) of the smooth muscles and improve symptoms.
- Antibiotic medicines or oral corticosteroids: medicines targeting non-type 2 inflammation caused when there are unknown biomarkers, or as a result of other health conditions. Note: If possible, it is important to discuss with your doctor how to best reduce the need for oral corticosteroids.

4. Where do I go from here? What actions can I start today? Gaining control of your asthma starts by taking American Lung Association's My Asthma Control Assessment to determine your level of asthma control. Once you have a better understanding of your asthma, you may need to see a specialist who can better explain what type of asthma you have and what treatment options are available. Make an appointment to visit your asthma doctor to start the discussion, and download the Lung Association's Shared Decision-Making Worksheet. This tool, available at Lung.org/severe-asthma, can help you discuss with your specialist which treatment plan might be best for you.



Carmichael Park Farmers Market announces summer hours



The Carmichael Park Farmers Market, located at 5750 Grant Ave., in Carmichael, announced summer hours on Sundays from 8 a.m. to 1 p.m. There is free parking at the market.

The following is a message from Living Smart Farmers Markets, regarding COVID-19 precautions:

Thank you for being a valued customer at the Living Smart Farmers Markets. You're the reason we do what we do, so I wanted to personally reach out to you regarding the current corona-virus situation. For your information, the Farmers Markets are inspected by both the Department of Agriculture and the Environmental Health Department several times a year to verify that all of the required procedures to maintain your health and safety in the markets are followed. Over the last 13 years we've been in business, we have passed every one of the health and safety inspections by the state and county. As there continues to be an influx of new information each day we appreciate the chance to update you on all the additional precautions we are taking at the markets right now to protect you and your family.

We want to assure you that your safety and the safety of all of our customers, vendors and employees remain our top priority. And that means you can shop with us with confidence.

Here are some additional measures we've taken at the markets in addition to our already rigorous health and safety policies:

*Only a specific number of people allowed in the market at one time based on size of the market. There are notices posted at entrances of each market with the maximum patrons allowed in at one time.

*Gloves and masks to be worn by all vendors at all times during the market.

*Only 2 patrons in one booth shopping at one time. Some farmers have multiple booth spaces together, so each 10x10 booth space can only have 2 shoppers at one time.

*Only essential food and beverage vendors will be able to be at the markets during this time.

*We've gone back and reinforced our health and hygiene practices and policies as required by the Environmental Health Department and the Department of Agriculture regarding how we handle produce and products. Our goal - in this time and always - is to ensure a clean, safe, and sanitary environment, and our vendors and managers are exceeding the guidelines for cleanliness set in place by the CDC.

· We've increased the frequency of our cleaning of open tables and areas where people gather and have temporarily removed picnic tables and benches to avoid additional areas for germs.

· Our vendors are wiping down their tables before and during the market with disinfectant to enhance our health and sanitation guidelines.

· We are posting hand sanitizer at the vendors booths throughout the market and at the information booth for your use.

· Open sampling of produce and products will no longer be available until further notice to avoid any chance of cross contamination.

· We're providing our managers, employees and vendors with up-to-date information to keep them - and their families - informed, aware and protected throughout this situation.

We ask that our patrons take additional precautions by washing their hands before and after you attend the markets. All fruits and vegetables purchased from the markets should be washed thoroughly before consumption. Packaged goods should be wiped down with a disinfectant before storing. We appreciate your patronage and will continue to make your health and safety at the markets our first priority.



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A guide to dairy alternatives

Food allergies affect millions of people around the world. The group FARE (Food Allergy Research & Education) says researchers estimate 32 million Americans have food allergies. Among those allergies, milk is a leading source of food-related irritation.

People with milk or dairy allergies experience symptoms because their immune systems react as though these foods and beverages are dangerous invaders, according to the American College of Allergy, Asthma & Immunology. Symptoms of dairy allergies can include upset stomach, vomiting, bloody stools, hives, and general feelings of malaise. Dairy allergies also can cause anaphylaxis, a severe, life-threatening reaction.

As delicious as dairy products can be, people with dairy allergies have to avoid milk, cheese and yogurt, among other foods. Fortunately for allergy sufferers, a variety of foods and beverages can be easily substituted for dairy products.

- Traditional milk: Non-dairy alternatives for milk abound. Soy milk was one of the first alternatives to cow milk, and now rice, almond, coconut, oat, and hemp seed milks also are available.

- Yogurt: Dairy-based yogurts come in a variety of flavors. So, too, do dairy alternatives. Many alternatives are made from the same ingredients as milk alternatives. So these yogurts may be soy- or coconut-based.

- Ice cream: Silky, creamy ice cream is a treat on a hot day. For people with dairy allergies, soy- and coconut-based ice creams can serve as an alternative to traditional ice cream.

- Cheese: Cheeses can be hard, grated, spreadable, and soft. Substituting for cheese in a non-dairy diet can be challenging. Nutritional yeast can make foods more flavorful and can be sprinkled on like parmesan cheese. Sliced smoked tofu can mimic mozzarella or provolone on cracker platters. Cubed tofu may have the texture of cottage cheese or ricotta. Cheesy sauces often use a combination of ground nuts, spices and nutritional yeast to create that tangy appeal.

- Butter: Many non-dairy butters are made from vegetable oils or coconut. They often lend fat and flavor to dishes. Margarines and other butter alternatives are readily available in the dairy aisle.

Many people must avoid dairy due to allergies or other health-related reasons. Fortunately, stores are stocked with many items that can easily replace dairy in recipes or as stand-alone foods and beverages.

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As we are going through these hard times , Kingsdown Bedding Company in partnership with Mattress Direct of Sacramento, have created a Health and Wellness Mattress and Pillow program. The " Fresh Start " mattress and pillows were created to enhance health and wellness with the features of Silver and Copper infusion in the top cover, as well as Anti-Microbial treated. The Silver and Copper infusion is a natural infused fiber, used to diffuse the growth and killing of bacteria. Has been used for hundreds of years. Copper is also well known for many health and wellness benefits including minimizing pain.

Anti-Microbial treatment is a solution used to kill bacteria, and will last the entire life of the 10 year warranty.

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The " Fresh Start " Mattress and Pillow program has been priced extremely economical, to assist our customers financially during these tough times.

We appreciate you, we at Kingsdown and Mattress Direct care and want to contribute to the Health and Wellness of our community.

Thank You, John Lane
Northern California Kingsdown Bedding Company

How to Save Money on Prescriptions if You Lost Coverage



Photo source: (c) cekimdeyim / iStock via Getty Images Plus

(StatePoint) Many Americans are feeling the effects of job loss and furloughs as a result of the COVID-19 pandemic. For people with a chronic condition, loss of insurance coverage can create additional stress during this uncertain time. However, it's vitally important for them to stay adherent to their medication to maintain their health and to reduce their risk of complications from COVID-19.

Fortunately, there are ways that people can obtain their medications affordably and predictably even if they have lost coverage.

One program is called Express Scripts Parachute Rx, which offers deep discounts on prescription medications, capping costs at $25 for a 30-day supply of generics, and $75 for a 30-day supply of select brand-name medications for eligible customers. There are more than 40 brand-name medications and thousands of generic medicines available through the program, treating reproductive health, as well as conditions such as asthma, diabetes, glaucoma, heart disease, migraine, non-opioid pain management, seizures and thyroid conditions. The program, which is available for a limited time, is not health insurance and does not require an enrollment fee or commitment to participate.

Get discounted medications delivered to your home

To take advantage of the Express Scripts Parachute Rx program, visit www.express-scripts.com/parachuterx to view the list of available medications, eligibility requirements and restrictions. Once you've checked medication prices, select the home delivery option.

Also, if you are an Express Scripts' plan member who is losing coverage, you can transition your prescriptions to Parachute Rx by contacting the number on the back of your prescription card.

Pick up medications at your local pharmacy

There are more than 50,000 retail pharmacies, including national chains such as Walgreens, CVS and Rite Aid, and thousands of grocers and local community pharmacies that are participating in the Parachute Rx program. Your local pharmacist can check if discounts are available for your prescription, or you can visit www.express-scripts.com/parachuterx. Additionally, customer service is available seven days a week at 877.644.0212 to answer any questions you may have about the program.

Affordable access to medication can help you come out of this crisis healthy and ready to return to work. For those whose lives have been upended by this pandemic, there are programs available that can offer a softer landing.

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Photos by Monica Stark

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