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FREE YOGA IN THE PARK HAS RETURNED

see page 6

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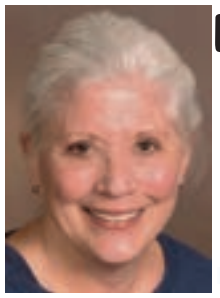
PHOTO BY CAROL BOGART

As of 6/19, Walmart still was giving masks away. I found this one on the ground at my apartment complex. I've read that discarded masks are cluttering up our oceans. Along with beads of 'recycled' plastic.



COURTESY PHOTO, CA.

Please leave fireworks to the professionals. Spare the air. Protect our firefighters. And p.s., if applicable, get a muffler.



THIS 'n' THAT

by Carol Bogart

Every Party Needs A Pooper

OK. So recently on Nextdoor, (and allow me to reveal my bias right up front), some IDIOT woman in Sac issued a random invitation to a 'mask burning'. Come one, come all. Outdoors. Controlled burn, she said. A symbolic 'end' to lockdown.

Wow.

Really?

Well, the 'accepts' were few. The outrage immediate – my own included.

Whether she went ahead with it on Day 3 of 'Spare The Air', I don't know. SEVERAL 'declines' pointed out the danger to our already fragile air in burning cheapie polyurethane (read that plastic) masks. Plastic, fyi, is made with a host of nasty chemicals.

Inhaling ANYthing dangerous, after a year of virus-infused air, is NOT appealing. Some experts say we escaped yet another bad flu season BECAUSE of Covid protocols: masks, lots of handwashing, and 6-feet-or-more apart from, oh that would be strangers. Such as those who get infected or arrive infected at OUTDOOR protests or 'celebrations' like a mask burning.

Honestly, do these people not READ??? This thing IS NOT OVER. What was the 'unforeseen circumstance' that caused Raging Waters to close down a day or so after it reopened? Looked pretty well attended. People sitting shoulder to shoulder on rides, no masks in evidence. Raging Waters had a big Father's Day event planned. They bagged it. 'Unforeseen circumstance.' Hmm.

I'd hate to think we have a governor who would reopen prematurely solely to win over antivaxxers – who might support a recall. He wouldn't do that … would he?

Well, regardless, and until someone with no political agenda proves there are no new variants ANYWHERE, I'll keep my mask on, thank you. This 'honor system' where you can go maskless almost anywhere indoors if you've been vaccinated. What a joke. Even if you HAVE been (I've had Moderna's):

A) You don't have to prove it at big stores like Walmart

B) The new scannable 'proof' is optional

C) There have been 'break through' cases; vaccinated people who get the virus anyway

D) Without 'herd' immunity, some new 'variant'

see This 'n' That page 3

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This 'n' That:

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(mutated strain) pops up – more dangerous. Such as evidenced in India.

They used to say 'someday' we'd know the 'truth' about the Kennedy assassination. Now, they're saying this virus 'might' have 'escaped' a research lab in China. Might? Or were researchers who got sick working on an antidote to an easily weaponized virus (funded, in part, by own National Institutes of Health). Maybe the only thing that 'escaped' was an unplanned human trial. Lab staff who took the virus home to their Wuhan families. The original 'whistleblower', you'll recall, was a Wuhan doctor, who, himself, succumbed to the virus. If you're old enough, perhaps you remember the short-lived 'neutron bomb'. A weapon that killed people, but left the buildings.

A PhD friend of mine, with an advanced science degree from UC Davis, and I discussed the virus. My friend said, "Oh what we've unleashed upon the world."

Good enough for me. For the most part, I still stay home, and study new viral waves in other countries. I'm sorry to report that, yes, they're happening. U.S. scientists say these mRNA vaccines (Moderna's, Pfizer's) are proving to offer some protection against all variants, even the Delta variant from India, and p.s., yes it's here. You may still get sick, say health officials, but not SO sick you'll surge into hospitals that have run out of oxygen.

Listen. Our area never has very good air anyway. Remember needing a mask during that Solano/Yolo wildfire that filled West Sac air with toxic particulates? And how about that tire fire just across the river? I've covered tire fires. The smoke and runoff (melted tires turn into oil) pollute air, soil and water with chemical and toxic metals that, among other things, can give you cancer.

I test my lungs every single day. Take a deep breath and see if I can hold it for 15 seconds. So far, so good, despite my advanced age and assorted health issues.

So, no, thank you very much – I won't, and will never, attend a mask burning.

One last word – to assorted noise polluters. Get some counseling. Someone on Nextdoor wondered what is it with your love affair with 'boomey' things. Things SO LOUD the vibration sets off car alarms and pets scurry into closets.

Not to be sexist about it – I know of at least one instance in which an immature driver doing 'donuts' turned out to be female. But by and large, my guess is most of the 'big boom' noise makers are insecure about … something (or, if female, wish they had one).

Carol Bogart is hopeful researchers can produce a universal vaccine that protects against ALL viruses. They're working on it. Cross your fingers. She also hopes that this dry year, Fourth of July big boom lovers won't mean more work for our firefighters, and tragedy for wildlife. Questions, comments? Contact Carol at carol@bogartonline.com.

Sacramento Public Library is Fine Free

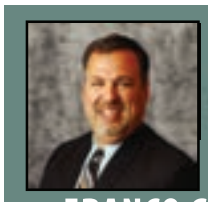
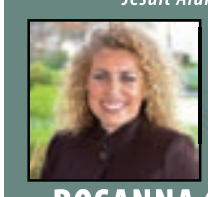
Starting July 1, Sacramento Public Library (SPL) will be fine free. The library board voted unanimously to permanently end fines on overdue library materials last month.

"This is long overdue for the Sacramento region and a game changer for the communities we serve," said Library Director & CEO Rivkah Sass. "By eliminating overdue fines, we're able to remove barriers to learning resources and opportunities that are especially critical in these times and that go far beyond books.

Last year, the library temporarily suspended overdue fines to increase library access during the pandemic. Such fines can not only deter users from checking out materials, but can prevent access to vital library services. A Sacramento Public Library card unlocks the paywall in front of more than 40 online resources, language learning tools and thousands of professional classes and tutorials with Gale Courses and LinkedIn Learning.

Library patrons who have overdue books can return them at any library location without incurring late charges.

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Discounts available to encourage travel by train this summer

With the State's reopening on Tuesday, June 15, the Capitol Corridor is re-introducing a pair of popular fare promotions this summer to encourage train travel in Northern California. The two promotions are:

Take 5 for $5 Weekends: Buy one full-fare ticket and bring up to five companions for $5 each person, each way. Offer is good for travel on Saturdays, Sundays, and holiday Mondays through September 19, 2021. More info: https://www.capitolcorridor.org/takefive-companion-fares/

Seniors Ride Half Off Midweek: Half-off fares for seniors ages 62 and over. Offer is good for travel on Tuesdays, Wednesdays, and Thursdays through September 23, 2021. More info: https://www.capitolcorridor.org/seniors-save-50-percent-midweek/

"Ridership has been gradually increasing since the start of the year, and we expect that trend to accelerate with the recent opening of the State," said Rob Padgette, Managing Director of the Capitol Corridor. "We are excited to start seeing more riders on the train as people head back to offices and leisure travel picks up. By offering a variety of fare discounts, we hope to give people more reasons to choose the train to reconnect with friends and visit their favorite places in Northern California.

California Everyday Discounts: In addition to the new fare offers available this summer, the Capitol Corridor has a number of everyday discounts that passengers can take advantage of at any time. These include California Everyday Discounts for students, seniors, passengers with disability, veterans, and active military.

The Friends & Family ticket offer, which is good any day of the week, allows one full-fare paying customer to bring up to five companions at 50% off.

Terms and conditions for all discount fares, as well as booking information can be found at www.capitolcorridor.org/deals-promotions/.

Health & Safety a Priority; Masks Still Required: To ensure the continued health and safety of passengers and staff, the Capitol Corridor's rigorous health and safety protocols remain in place with enhanced surface cleaning and air filtration. Passengers are also required by federal mandate to continue wearing a face covering while onboard trains, buses, and at stations. For more information visit www.capitolcorridor.org/health.

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Scouts of Troop 259 participated in a historical flags ceremony









On Flag Day, June 14, the Scouts of Troop 259 participated with Elks Lodge #6 in a Historical Flags Ceremony. This ceremony gave testimony of the endeavors and sacrifices for each of the flags that have represented the United States of America through its past. Afterward, the Elks participated with the Scouts as numerous U.S. flags that were no longer in a fitting condition for display were respectfully retired.

With reverence, every flag was distinguished for its individual tour of duty prior to ceremoniously being relinquished from service in a dignified manner. This role is a heavy responsibility, and the task was not taken lightly.

As our community is coming out of Covid, Scout Troop 259 has been actively moving forward to getting out there too. Of course, we also are jumping through every hoop to ensure the priority of our own health and safety. No shortcuts.

We are striking out to return to monthly campouts and a week-long summer camp experience! The Scouts are itching to get out of the Zoom classrooms and into great activities where they can be the guys making the stories.

Campfires may be banned in California this year, but not making an omelet in a zip-lock bag dropped in boiling water on a propane stove (try that one out!). For those 11- to 18-year-olds who are interested in Scout Troop 259, we meet every Monday at the Elks Lodge, 7 p.m.

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Free Yoga in the Park has returned





Photos courtesy of Yoga Moves Us

Free, in-person yoga in the park classes are back after a pause that lasted more than a year due to the pandemic. Yoga Moves Us provided free yoga classes several times a week online during quarantine and will continue to provide online classes in English and Spanish as in-person classes resume.

Participants must sign up in advance through the Good Elephant app. On July 9 at 6 p.m. there will be a class at 6 p.m. On July 11, there will be a class in Old Sacramento at 9 a.m. and in West Sacramento's Bridgeway Lakes Park TBD in July at 9 a.m. There is also a library of classes on @yogamovesus IGTV.

These photos are from free yoga in McKinley and Tahoe parks from earlier this month. The June 12 photos are in McKinley Park and Benett Hannan was teaching. The June 13 photos are in Tahoe Park and Kirsten Johnson, President of Yoga Moves Us, was teaching.

see Yoga page 7





Yoga:

continued from page 6







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New local home sales ease back in May, but still above the monthly average

By John Firth

New home sales in the Sacramento region eased back during May from the frenetic pace reported during the past 12 months, but still were well above historical averages for the month, the North State Building Industry Association reported.

During May, area builders reported selling 570 new homes in the greater Sacramento region, including Sacramento, Placer, Yolo, Sutter, Yuba and Nevada counties. That is the lowest number since November, when 523 sales were reported and down sharply from the 760 sales reported in April, said Michael Strech, the BIA's president and CEO.

"Despite the modest drop-off in sales last month, the demand for new homes in our region remains incredibly strong," Strech said. "Sales during the month were far above the 448 builders have seen on average during May since 1997, and historically, March and April have been the strongest months for sales, which then gradually fall off through the rest of the year.

"It's also important to note that last month's sales were higher than all but one May's figures since 2006 and that year -- 2019 -- was a five-week month." Sales that month totaled 585.

Strech said that even as pandemic restrictions are easing, many buyers are still looking for homes that provide the space and amenities they need, and today's new homes -- particularly in the Sacramento region -- meet those needs.

Still, builders are seeing headwinds, including the high price of lumber, other supply chain constraints and now a growing concern about available lots in the region as builders have ramped up production. It can take years to get government approvals to build new communities which hinder builders' ability to keep pace.

In addition, he said the excessive fees charged to builders in the Sacramento region mean some communities simply aren't feasible.

"The fee study we released last week shows that government fees average $95,000 per home in our region, which is $40,000 more than comparable fees in the Central Valley and the Inland Empire region in Southern California. These other jurisdictions have cracked the code and everything should be on the table. We will work closely with local officials around the region in the months to come to find ways to reduce these fees and still ensure that new communities include needed amenities."

John Firth writes for The Write Stuff Communications on behalf of the North State Building Industry Association.

Amtrak Customers Can Tour the Country for One Low Fare with USA Rail Pass

With the relaunch of its USA Rail Pass, Amtrak is introducing a new and affordable way to take a multi-segment train journey across America. This new offering allows customers to take up to ten rides to see the country and explore sights at many of Amtrak's 500 destinations. Now through June 22, the USA Rail Pass is available for $299, a savings of $200 off the regular $499 price. Customers taking advantage of this special introductory offer will pay less than $30 per ride for ten travel segments over 30 days.

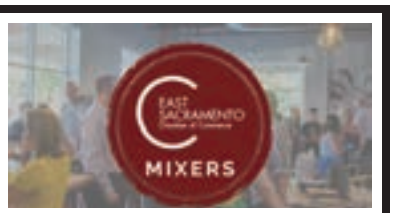
To make the experience as seamless and touch-free as possible, customers can purchase the USA Rail Pass on Amtrak.com and start building their itinerary on the website or on the Amtrak app. By leveraging the app, customers can also access their ticket, check train status and get boarding information prior to departure.

"We want to offer customers a truly unique way to travel this summer," said Amtrak Executive Vice President and Chief Marketing and Revenue Officer Roger Harris. "With the new electronic USA Rail Pass, customers can take advantage of a great value and newly streamlined web and mobile app interfaces to make managing personalized travel plans convenient and easy."

USA Rail Pass allows up to 10 segments in a 30-day period beginning with the customer's first trip and is valid for use within 120 days of pass purchase. After purchasing the pass, customers can book and modify their trip itinerary and will receive an electronic ticket for each segment to present to the conductor when boarding.

USA Rail Pass is available for travel in Coach class—featuring wide, reclining seats with a big picture window, ample legroom, and no middle seat. A travel segment occurs when a customer boards and disembarks one of Amtrak's scheduled services. If the trip involves making a connection, customers will use two segments of the USA Rail Pass. Upgrades to Business Class and private room accommodations are not available at this time. Amtrak Guest Rewards members will earn two points per dollar spent on each USA Rail Pass following travel on the first segment. Additional restrictions, terms and conditions apply. Learn more at Amtrak.com/USARailPass.


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Event Contact: Frank Daniel - 916.792.1194

"Downtown Dollars" e-gift card program unveiled to support local businesses and spur retail recovery

A new "Downtown Dollars" e-Gift Card program offers a way for the community to shop local and help to spur more retail recovery throughout downtown Sacramento. "Downtown Dollars" e-gift cards can be purchased in amounts as low as $25 and volume discounts are available. Currently, more than 25 businesses are participating in the new program with many more expected to join in the coming weeks.

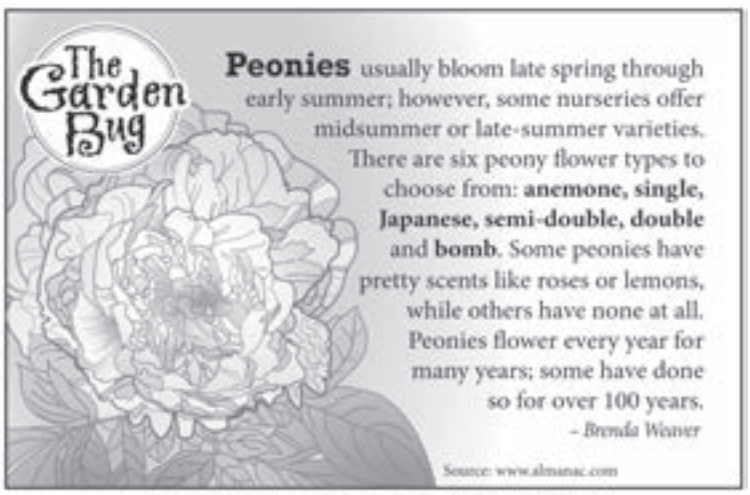
"Downtown Dollars" can be used for dining, shopping, entertainment, professional services, and much more. Perfect as gift ideas for families and friends, employers welcoming back their staff, weddings, birthdays, graduations, corporate gifts, or special occasions (or everyday shopping needs), "Downtown Dollars" lets recipients explore and spend in Downtown in their own way. "Downtown Dollars" are available for purchase now and never expire.

"After a grueling 18 months filled with a series of extraordinary challenges, we're excited to launch a program that makes it easy for customers to support our amazingly resilient businesses," said Michael Ault, Executive Director of the Downtown Sacramento Partnership. "Everyday purchasing decisions are powerful. This new program is a great way to make it easy to give the gift of Downtown and spend local."

For those looking to contribute to the local downtown business community they love with a bigger impact, sponsorships and bulk e-Gift Card purchases are available. For more details about the new program powered Mastercard/Yiftee and/or to purchase "Downtown Dollars," visit www.GoDowntownSac.com/downtown-dollars.

"Downtown Dollars" participating business include:

- The Allspicery
- Atrium 916
- Bloem Décor
- The Blue Ox
- Brasserie Capitale
- Capitol Garage
- Choices Ice Cream & Smoothies
- The Crest Café
- Devil May Care
- Falafel Corner
- Flatstick Pub
- Foundation Restaurant and Bar
- Good Bottle Shop
- Hoppy's Railyard Restaurant & Hopgarden
- Kodaiko Ramen & Bar
- La Bou
- La Cosecha Sacramento
- MM Printing
- Nash & Proper
- Old City Kites
- Old Sac Shirts & Gifts
- Safe Space Bodywork
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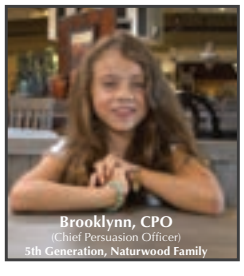
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