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EAST SACRAMENTO NEWS

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Big Crush band to perform at Pops in the Park



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Recognizing and Supporting the Mental Health of the Black and African American Community

Many members of the African American and Black community live with symptoms of trauma, anxiety or depression as a result of systemic racism and discrimination, but only 1 in 3 Black adults who need mental health care receive it. Honoring Juneteenth, June 19, and the liberation of enslaved Black people in the United States is central to Black American mental health and well-being. It provides an opportunity to reflect on all that the community has been through, and it continues to promote efforts that build a more compassionate, understanding and healthier community.

Marielle Vaughn-Hickman, MA Counseling and Senior Mental Health Counselor with the Sacramento County Department of Health Services, explains that mental healthcare is disproportionately inaccessible to Black Americans for many reasons:

-There may be stigma within members of the community against having and seeking treatment for a mental health condition.

-Insurance may not cover



mental healthcare, and the out-of-pocket costs are expensive.

-There is a lack of diversity among mental healthcare providers, and many patients, especially Black and African American, want to see providers who can relate to them.

-There are few mental healthcare facilities in Black neighborhoods, and sometimes patients lack transportation to and from appointments.

-Continual experiences of medical racism have led some Black Americans to distrust the healthcare system.

Ways to improve:

-Communities are going to have to build trust with the Black community, to reduce health disparities and create a safe and equitable health care system.

-Raise awareness of mental health in Black community spaces (churches, barbershops/hair salons, Black neighborhoods, online platforms)

-Place mental healthcare in Black communities, with providers who can relate to the community.

-Encourage and support Black students to seek higher education and go into psychology/psychiatry/therapy

"For many in the African American/Black community, even discussing mental illness is shrouded in misunderstanding and stigma. Many believe that a mental health condition is a personal weakness or some sort of punishment from God. In fact, according to the Substance Abuse and Mental Health Services Administration (SAMHSA) only 16.2% of Black and African American adults in the US sought treatment for their mental health," Vaughn-Hickman said.

She said that in Sacramento, there are mental health resources available for African American and Black community members, however, many community members in Sacramento do not seek out help due to shame, stigma or just not being aware of the resources around them."By reducing stigma and sharing resources that provide culturally competent care, we can take even better care of our Black and African American community in Sacramento," Vaughn-Hickman said.

She argues that Black and African American community members should know that Sacramento County offers a variety of services for them to seek help that are free or low-cost on the Department of Health Services' website, dhs.saccounty.gov. Additionally, the "Mental Illness: It's not always what you think" project provides resources on their website, (StopStigmaSacramento.org, to direct individuals to the help they may need and start reducing stigma around mental health.

Sacramento County Behavioral Health Services' website also offers a list of several mental health providers, focused on treating and helping Black and African American community members struggling with mental health.

Additionally, members of the Sacramento Black and African American community can find additional help through the following resources:

-Trauma-Informed Wellness Program – call (916) 993-7701 to learn more.

-The Living Room operated by A Church For All - call (916) 234-0178 for an appointment

-Community Support Team – Available Monday – Friday, 8:00 a.m. – 5:00 p.m., at (916) 874-6015

-Mental Health Access Team (offered in multiple language options)– Available Monday – Friday, 8:00 a.m. – 5:00 p.m., (916) 875-1055

-Mental Health Urgent Care Clinic – Available Monday – Friday, 10 am – 10 pm (last walk-in at 9 pm); Saturdays, Sundays, and Holidays, 10 am – 6pm (last walk-in at 5 pm) – call (916) 520-2460

-Youth Help Network – call/text Monday – Friday, 9:00 a.m. – 7:00 p.m. for free, short-term services and support to all youth ages 16-25 – (916) 860-9819

-Consumer-Operated Warm Line – Available Monday – Friday, 9:00 a.m. – 5:00 p.m., at (916) 366-4668

-The Source – 24-hour call/chat/text for individuals up to 26 years old and/or their caregivers – 916-SUPPORT (787-7678)

Just like other health conditions, mental illness will most likely never end. However, the stigma that surrounds mental illness – especially in our Black and African American communities can. According to the California Department of Health, suicide rates among Black and African American youths ages 10-24 increased in 2020. While the pandemic lulls on and constant mass tragedies affect our communities, Black and African American youths also face other traumas such as, violence, disparities in the community, poverty, racism, negative stereotypes, and discrimination. It is vital that instructors and faculty pay attention to these students, and provide them with resources like The Source, the Youth Help Network or simply encourage students to talk to a teacher privately in order to help Black and African American students living with mental health struggles.



• Add a small bit of boiling water to a glass of iced tea to clear it up if it is cloudy. You can do this to a pitcher just before serving.

• If you're traveling with pets, you know you'll need to bring something for them to drink out of. If you have ice in a container, they can lick the ice to stay hydrated, but it doesn't slosh around or spill easily.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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The Trap to have new owners

Pocket, East Sacramento residents to purchase historic, Pocket area bar

By Lance Armstrong



Photos by Lance Armstrong

Shown left to right are The Trap's new owners, Ben Lukenbill, Kim Lukenbill and Mariah Lukenbill. Pictured to the right of Mariah Lukenbill is Gregg Lukenbill, who arranged to buy the historic bar building and its land with his wife, Sally Lukenbill (not pictured).

One of Sacramento's oldest bars, The Trap, will soon be under new ownership.

This beer- and wine-only bar is located at the northeast corner of Riverside Boulevard and 43rd Avenue in the historic Riverside-Pocket area.

Set to purchase this business are Pocket residents Ben and Kim Lukenbill and East Sacramento resident Mariah Lukenbill. The building and its property were recently sold to Gregg and Sally Lukenbill.

In an interview with the Pocket News on June 9, Ben Lukenbill – whose father is Gregg Lukenbill, an original owner of the Sacramento Kings – spoke about the sale of the business and the sale of the property.

"I believe the sale of the land and building will be closing today," he said. "The business transaction portion of that, it's all (Alcoholic Beverage Control-) driven, so we have our (ABC) sign up in the window. I think it's 30 to 60 days until we can actually close on the business side and take control (of the business)."

In a June 10 update, Ben Lukenbill told the Pocket News that the sale of the property and its building was completed earlier that day.

Utilizing their temporary, pending business license, the Lukenbills will begin operating The Trap on June 20.

Pocket resident Veronica Crudo, the current owner of this business, will host a farewell event at The Trap on June 18 from 5 to 9 p.m.

Crudo told the Pocket News that it will be a great opportunity to express appreciation for her many loyal customers.

"I appreciate every single one of them," she said.

Ben told this paper that he is well aware of the legacy of The Trap.

"Me and my wife have lived in this neighborhood for just about 20 years, and The Trap is historic in the Greenhaven-Pocket area," he said.

He recalled introducing the idea of purchasing this historic bar to other members of his family.

"I was returning tables and chairs that we had borrowed for Christmas for my house from my dad's house," Ben said. "I put them all away and walked inside and my father and my sister were sitting having a discussion about a piece of property they were going to look at in East Sacramento.

"I said, 'By the way, The Trap is for sale.' My dad almost fell off his rocker. He said, 'Are you kidding me?'"

That conversation ultimately led to the Lukenbill family's placement of an offer to purchase The Trap and its property.

Regarding his family becoming The Trap's new owners, Ben said, "I think it was meant to be. It really was."

Ben, a 1997 graduate of Christian Brothers High School, told the Pocket News that there are various improvements that his family will be making to The Trap, and he specifically noted that the place will eventually offer a menu of food prepared on the premises. He said that as a fan of the former Sacramento restaurant, El Chico, he plans to introduce broasted chicken to that menu.

A food menu will not be made available in the near future, since The Trap does not currently have a kitchen.

But the Lukenbills have a place in mind for a future expansion that would include a kitchen. That expansion would occur on the site of a later addition to the building, near Brookfield School.

The Lukenbills plan to improve the property's side yard with a dining area, a covered barbecue area, and decomposed granite on the ground.

Kim Lukenbill, a 1993 graduate of John F. Kennedy High School, mentioned that her family is also considering offering live music in that outdoor area.

In a get-to-know-the-soon-to-be-new owner approach, Kim, who is a Pocket native, shared details about herself for this paper.

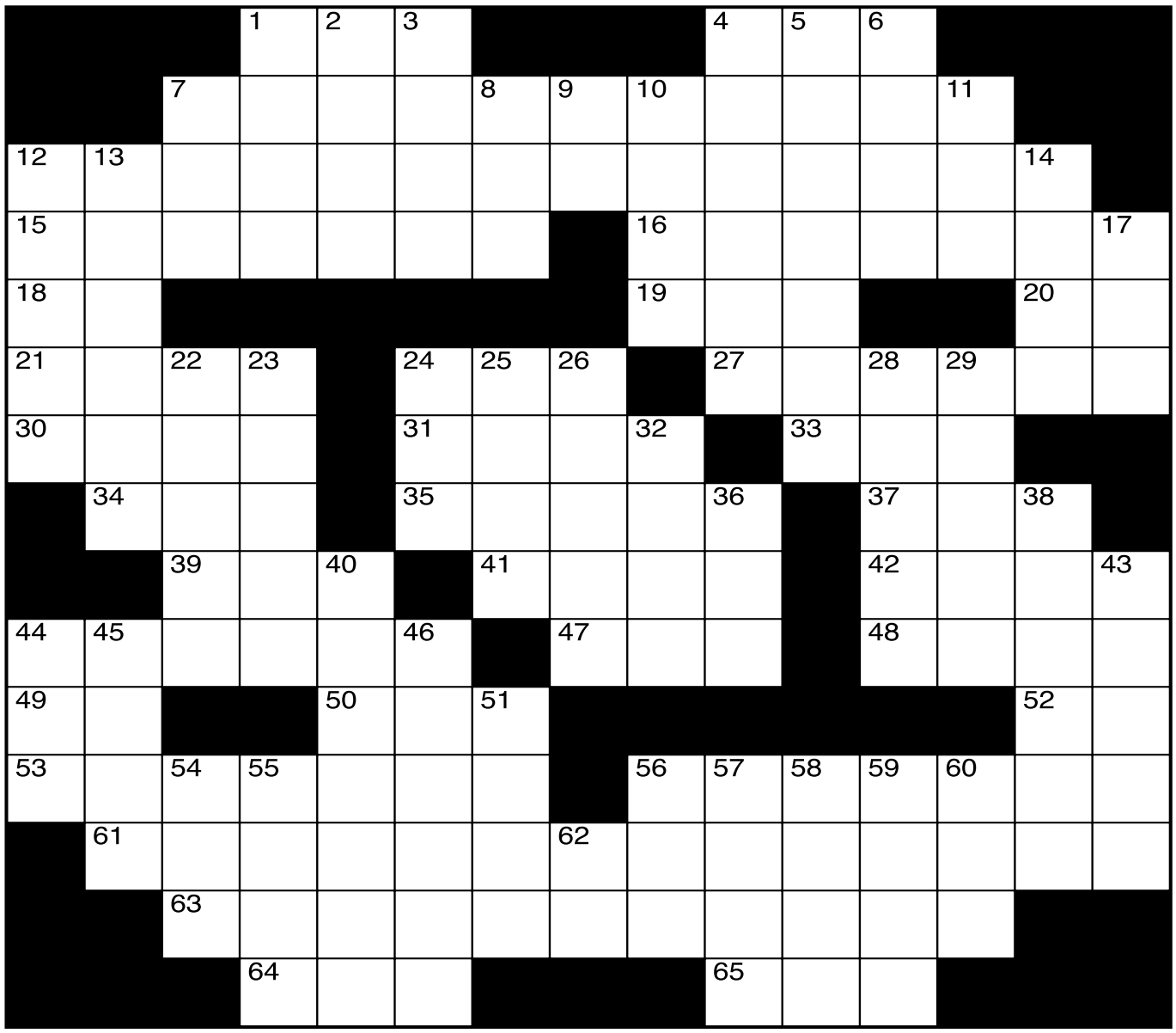
"I am a mother of five," she said. "I have coached my daughter's Greenhaven Soccer (Club) team for 10 years. I played Greenhaven soccer, and so it's been a huge part of my life."

She added that she is a former preschool teacher, turned real estate agent.

Mariah, who is Gregg's daughter and a 2020 graduate of El Sereno High School in Fair Oaks, mentioned that she is currently gaining experience bartending at The Trap, while

See The Trap on page 5

CROSSWORD



CLUES ACROSS
1. Moved quickly
4. Ocean temperature
7. Scholarly book series
12. Irregular
15. Hairstyle
16. Indigestion fixer
18. Special therapy
19. Mock
20. Partner to Pa
21. Strays
24. Swedish currency (abbr.)
27. Desired
30. Soap product
31. Traditional fishing boat
33. No (Scottish)
34. Spy organization
35. Spiritual leader of a Jewish congregation
37. Married woman
39. Blood relation
41. German river
42. Genus of clams
44. Parts of a movie
47. Residue
48. Ethnic group of Laos and Thailand
49. Atomic #77
50. Where wrestlers work
52. Northeast
53. Type of lettuce
56. Abstain
61. Communication between two
63. One who administers medicine
64. Sun up in New York
65. Having eight

CLUES DOWN
1. He played "Milton"
2. Elsa's sister
3. Digital wallet
4. About backbone
5. Type of weapon
6. __ Turner, rock singer
7. Microgram
8. Hair product
9. Health care pro
10. Holy fire
11. Military ID (abbr.)
12. __ the ante
13. Containing nitrogen
14. Green citrus fruit
17. Male parent
22. Bring up
23. Murdered
24. Soviet Socialist Republic
25. Supreme ruler Genghis
26. Social media hand gesture
28. Semitic Sun god
29. Land
32. Database management system
36. Similar
38. Nice to look at
40. Covered with mud
43. Simple dry fruit
44. Title of respect
45. Type of footwear
46. Most lucid
51. Exam
54. Extinct flightless bird of New Zealand
55. "Rule, Britannia" composer
56. Small Eurasian deer
57. "Within"
58. Insures bank's depositors
59. A pause for relaxation
60. Social insect
62. Expresses acidity

The Trap:

Continued from page 3

also working at Gunther's Ice Cream.

She additionally has experience as a server at a busy restaurant in Monterey.

"I was only 19 at the time, so I could carry (alcoholic beverages), but I couldn't pour or anything," she said. "Definitely, this is different, but I'm excited. It's fun."

Mariah added that she had dreamt of having her own small business for a long time.

"We (eventually) came over to The Trap and I really had a vision for it, and I was just like, 'Wow,'" she said.

The Trap operates in one of area's oldest structures

Regarding its history, The Trap is located in one of the oldest structures in the Pocket area.

Whether they have or have not stepped inside this historic watering hole, people throughout the Pocket area have many stories to tell about The Trap and its iconic building.

While a sign on the building reads, The Trap, Circa 1860's," the exact age of this structure has been a subject of debate for years.

By this structure's appearance alone, there is no doubt that this building is very old.

Ben Lukenbill mentioned that he has heard that the building dates back to somewhere from 1860 to 1890.

Research for this article did not result in any historical reference to support that the building existed by 1890. But its history easily dates back to more than a century ago.

One thing that cannot be disputed about the building is it was part of the rich Portuguese history of the area.

Because of the high concentration of Portuguese who were once residing in the Riverside-Pocket area, the bar was mainly a place of socialization for Portuguese men of that area.

Frank Lewis – who was Portuguese, a Pocket resident and a former manager of a bar in this building for years, told The Sacramento Bee in 1977 that this structure was a house that was converted into a bar "about a half-century ago."

In addition to this wood-frame building's use as a bar, groceries were once displayed for sale in another portion of this structure.

There were also two entrances to the building, so that women and children did not have to walk through the bar.

Throughout the history of this bar, which became known as The Trap in 1964, the place has had many owners, including Kim's parents, James and Barbara Beard. The Beards owned the bar with Scott and Kittie Buchanan from about 1978 to about 1980.



The Trap's historic sign will soon have a makeover. This bar is located at 6125 Riverside Blvd.

Gregg Lukenbill, who purchased the bar's property from Crudo and John Sittner, shared a bit of history about The Trap from his own life.

"Before the (Interstate 5) freeway was built, Riverside Boulevard was the only way to get down here," he said. "So, there's a right turn right here, and this is it, and this building was sitting in the exact same place. And you could get sandwiches here back then. So, I used to come down here. It was kind of like a road trip – an out-of-town trip like the old days."

Gregg added that preserving The Trap means more to him than solely allowing an old-time business to continue. He also desires to preserve a historic building that is rich with local Portuguese history.

"The Portuguese, of course, were a huge part of that Sacramento melting pot," he said.



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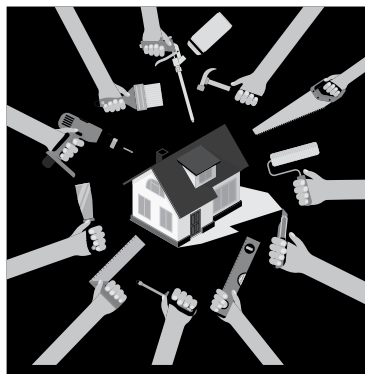

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