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East Sacramento News

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Coffeehouse near McKinley Park offers food, drinks, place to make friends

See Page 3



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Email stories and photos to: vcneditor@gmail.com
Editorial questions: (916) 267-8992

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Cover photo by Mitch Barber

Wood burning restrictions in effect in Sacramento County

The Sacramento Metropolitan Air Quality Management District’s (Sac Metro Air District) annual Check Before You Burn season runs through the end of February.

During this time, residents and businesses in Sacramento County including those in the cities of Sacramento, Elk Grove, Galt, Isleton, Folsom, Rancho Cordova and Citrus Heights are required to check the daily burn status before using a wood-burning fireplace or other wood-burning device.

The Sac Metro Air District restricts or prohibits burning any solid fuel, including wood, pellets or manufactured fire logs, on days when fine particle pollution (PM2.5) is forecast to be high.

Sac Metro Air District Board Chair and Sacramento Mayor Pro Tem Eric Guerra spoke about the importance of abiding by these regulations.

“Wood smoke is unhealthy to breathe for everyone, especially children, older adults, and people with heart and lung conditions,” he said. “Remember to ‘Check Before You Burn’ from November through February. It isn’t just the law, it’s the right thing to do for the health of your family, friends and neighbors.”

Five ways to Check Before You Burn: 1) Download the free Sacramento Region Air Quality app; 2) View the daily burn status at www.AirQuality.org; 3) Follow on Twitter @AQMD; 5) Call 1-877-NO-BURN-5 (1-877-662-8765).

Sign up to get a daily Air Alert message by email at www.SpareTheAir.com. Enter your Sacramento County zip code and check the “Daily Air Quality Forecast” box.

Exemptions: If you are experiencing a financial hardship or your home does not have a heating source, you can apply for an exemption to burn at www.AirQuality.org.

If your exemption is approved, you may use your wood-burning device on Stage 1 or Stage 2 no-burn days.

Those with U.S. Environmental Protection Agency-certified fireplace inserts, wood stoves or pellet stoves may use them on Stage 1 days provided the devices do not emit visible smoke.

Wood burning causes more than 50% of the winter air pollution in Sacramento County.

Fine particle pollution poses a serious health threat, and everyone breathes unhealthy air when weather conditions trap pollution close to the ground.

Wood smoke, much like wildfire smoke, contains invisible particles that are small enough to enter the bloodstream.

Smoke is especially harmful for children, older adults and anyone with a preexisting heart or lung condition. Breathing wood smoke increases the risk of asthma, heart attack, stroke and many other health problems.

To file an air quality complaint, visit www.AirQuality.org/Residents/Complaints or call (279) 207-1122, extension 11.

First-time violations will result in a $50 fine or the option to pass a wood-smoke awareness examination. Subsequent violations are higher.

For more information about this wood burning regulation, visit www.AirQuality.org.

About Sac Metro Air District

The Sac Metro Air District is the leading regional agency responsible for monitoring air quality, reducing air and climate pollution, enforcing air quality regulations, and promoting decarbonization efforts. As a public health agency, this district is also focused on the regional effort to meet the National Ambient Air Quality Standards.

Art project celebrates Chicano, Latino history

The Midtown Association and its nonprofit arm, Midtown Parks, on Nov. 3, installed a vibrant mural, along with backboard wraps for a community basketball court, at Muir Park, at 1515 C St.

The project was accomplished through a $5,000 grant from the Sacramento Region Community Foundation, a $5,000 donation from Sutter Health, plus matching contributions from Sacramento City Council Member Katie Valenzuela and Sacramento County Supervisor Phil Serna.

Led by local artist Manuel Fernando Rios, this artwork is designed to highlight and preserve this area’s rich Chicano and Latino history.

Rios spoke about this project.

“My team, Tomás Montoya and Amar Azucena and I, were excited to share the history of the Chicano, Chicanx, Latino and Latinx people in a colorful and historically accurate way by chronicling Mexican heritage all the way back to Olmec indigenous culture,” he said.

This new artistry at Muir Park adds to an ever-expanding list of art development projects that the Midtown Association has funded and curated in its multi-year “Art in Unexpected Places” initiative that taps into local artists to beautify the district on sometimes surprising canvasses such as utility boxes, garbage containers and now, a basketball court.

Coffeehouse near McKinley Park offers food, drinks, place to make friends

By Mitch Barber

There was a period during the height of the COVID-19 pandemic when we were unable to patronize small businesses with our fellow man and woman normally. We were unable to dine in at our favorite restaurant, unable to visit a salon, and unable to relax over a cup of coffee with others at a nearby coffee shop.

Now that we do not take these practices for granted, it has become that much better to enjoy the formerly prohibited activities.

The East Sacramento area provides numerous small businesses where one can share public spaces, and McKinley Square at H Street and Alhambra Boulevard offers some of those spots.

McKinley Square is home to four small businesses, one of which will be the focus of this article: a coffee shop with a new name and face. Let us first present the others.

The business with the seniority of the four is Shanghai Garden, established nearly three decades ago. This Chinese restaurant is now open for indoor dining after providing takeout meals through an opening in the side of the building up until a half year ago.

The newest business, Onyx Bridal, just opened last January. It is a full-service salon, as well as a wedding dress shop, owned by Karla Fuentes Rivera. What could be more social than a wedding, and less taken for granted post-COVID-19 restrictions?

The third business is the busy Shellac Nails & Spa, which has existed in McKinley Square for 15 years, though under new management as of two months ago. It provides a place to chat and get your nails done.

And what about a cup of coffee with others at a nearby coffee shop? Enter Tiferet by the Park, under new ownership since Oct. 26, 2021.

I had a chance to sit down with its cheerful owner, the Russian-speaking Natasha Sarron, in her personal, cozy coffee shop that inside consists of simply four small, square tables, a couple maroon armchairs with pillows, a library and an espresso bar with a pastry case.

Sarron kept the spot's original name, Tiferet, as a tribute to its meaning, which is glory and gratitude. She added "by the Park" because, well, it is kitty-corner to McKinley Park.

Originally from Kazakhstan, Sarron brings an international vibe to the coffee shop once owned by the Ethiopian, Puerto Rican, American pair of sisters, Sabrina and Makeda Berhane.

Sarron pridefully said, "It's gone from women-owned to women owned. That's part of the coffee shop's history, and I'm happy with that."

Sarron spoke about the changes she has made.

"I've added touches of my own with a lot of greenery and a lot more seasonal décor thanks to (Tiferet's manager) Jessica, who never stops with touches. And I think slowly, but surely, I will somehow introduce more of Russian culture to it."

She mentioned Russian teapots, for example.

Sarron has kept the same coffee roaster, Rocket Works. Her coffee currently comes from Nicaragua and Colombia, and she said, "It has really good notes of chocolate, berries, nuts, strawberries, caramel, as well. Very good notes from the coffee."

When asked about popular drinks, she was able to mention

See COFFEEHOUSE on page 7



Photos by Mitch Barber

Tiferet by the Park owner Natasha Sarron and her barista sister, Luba, are shown behind the business's bar.



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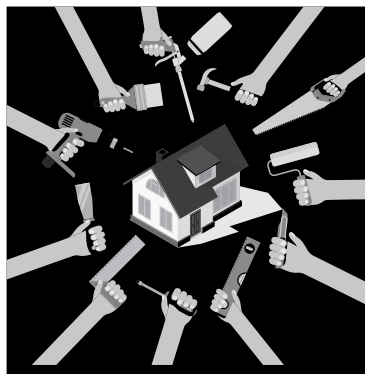
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Sacramento Gay Men's Chorus holiday concerts – "Holiday Hits with a Splash of Sass," a funny, family-friendly concert, will be presented by this group on Friday, Saturday, Monday and Tuesday evenings, Dec. 9, 10, 12, and 13 at Pioneer Congregational United Church of Christ at 2700 L St. Doors will open at 6:30 p.m. and the curtain will go up at 7 p.m.

A matinee show will be presented on Sunday, Dec. 11, with doors opening at 2:30 p.m. and the curtain will be raised at 3 p.m.

General admission tickets are $30 each. VIP-seating tickets are $45. Students with a valid student ID can purchase tickets for just $15.

Tickets are available through the website, www.SacGayMensChorus.org or in person at Rocket Records, 1002 24th St.

Jack Gallagher comedy shows – This local comedian will perform two comedy shows in the Sutter Theater, the big room at The Sofia, 2700 Capitol Ave., on Dec. 10. The shows are scheduled for 4 and 7 p.m.

With a 45-year career that includes appearances on "The Tonight Show" with both Johnny Carson and Jay Leno, a role as Larry David's doctor on "Curb Your Enthusiasm," various film roles, and comedic performances on stages across the country, Gallagher will be back onstage with two stand-up shows at The Sofia.

Tickets can be purchased for $30 each through the website, www.bstreettheatre.org.

'Winter Wonderland' at Fairytale Town – Celebrate the holiday season at Fairytale Town with holiday lights, festive décor and vendors, snow, Santa, arts and crafts and more at Fairytale Town's Winter Wonderland event.

This fun-filled, family celebration is set for four days, Dec. 10-11 and 17-18. Fairytale Town will be open special hours for the event from 1 to 7 p.m.

For more information, call (916) 808-5233 or write to mail.fairytale-town.org.

CBS Neighborhood Concert Series – Congregation Beth Shalom is offering concerts for all ages. Michael Neumann, artistic director emeritus of the Sacramento Youth Symphony and music director emeritus of the Folsom Lake Symphony is the host of this series.

Come and see world-class musicians perform live works from Mozart, Philip Glass, opera and Broadway.

Neumann will be facilitating a question-and-answer session after each performance, and a reception will be held after the performances with refreshments.

The event will be held at Congregation Beth Shalom at 4746 El Camino Ave. in Carmichael on Jan. 8 and March 12, from 4 to 5 p.m.

Ticket prices are $18 for families, $10 for adults and $5 for students.

Tickets can be purchased through the website, www.cbshalom.org.

For more information, call (916) 485-4478 or write to the email address, lorinalangan@yahoo.com.

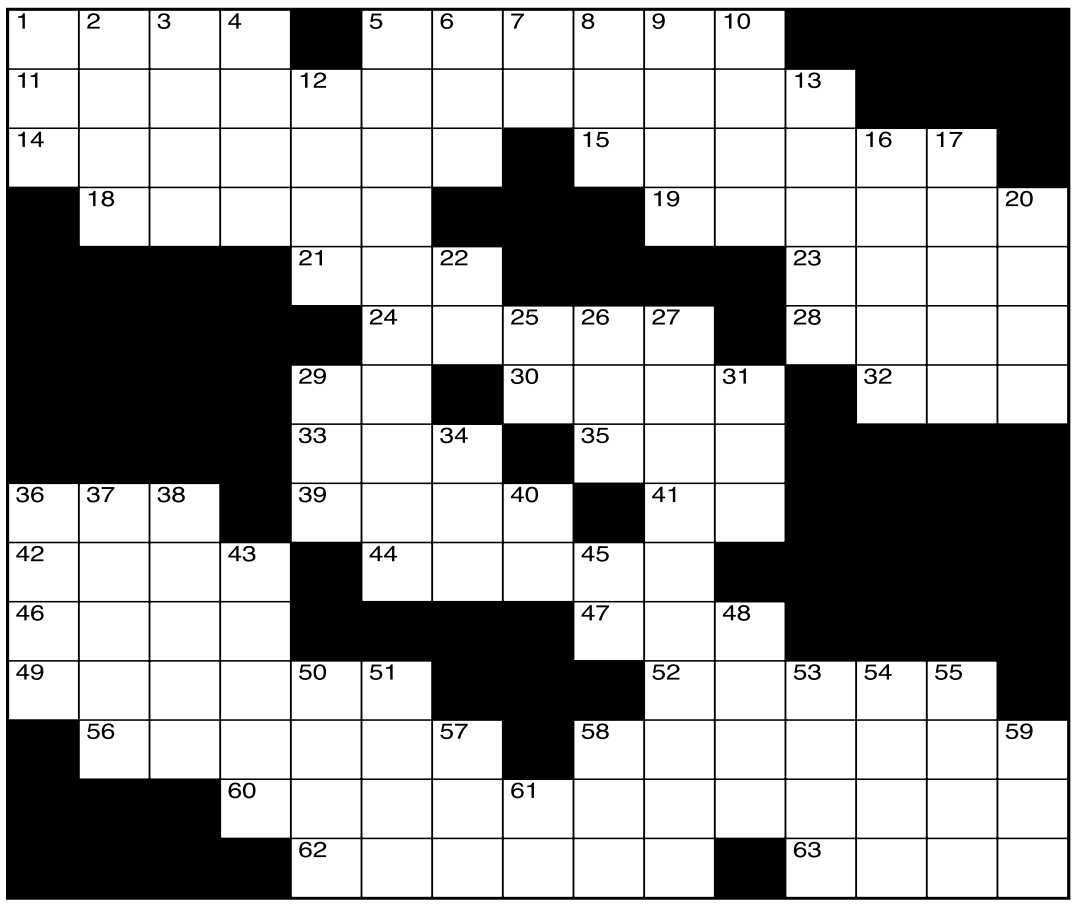
Christmas play at Sacramento First Christian Church – Looking for something different this Christmas season? Have you ever experienced a church Christmas play? The play will take the place of this church's usual sermon on Dec. 11, during the 10:30 a.m. service.

The event will be held at the First Christian Church at 3901 Folsom Blvd. in Sacramento.

Admission is free and parking might be limited on that day, so people are encouraged to arrive early.

For additional information, visit the website, www.fccsacramento.com.

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CLUES ACROSS
1. Greek mountain
5. One dependent on something
11. Gratitude
14. Glazed ceramic ware
15. Paddling
18. Step
19. More greasy
21. Upper-class young woman
23. Light beige
24. Belief in a supreme being
28. Indigenous people of Scandinavia
29. A beloved princess
30. Transfer property
32. Field force unit
33. Automated teller
35. When you hope to get there
36. Sino-Soviet block (abbr.)
39. Politicians Fischer and Conroy are two
41. Blood type
42. Stringed instrument
44. Curses
46. Barbary sheep
47. Belonging to a thing
49. Supporters
52. Leaf-footed bug
56. A shower of water
58. Attribute to
60. Intermittent
62. Soda waters
63. Scottish island

CLUES DOWN
1. Klutz
2. Relaxing places
3. Expel saliva
4. The extended location of something
5. Certified
6. Cease to exist
7. Powerful legal pro
8. The OJ trial judge
9. Popular greeting
10. "90210" actress Spelling
12. __ Blyton, children's author
13. "This Is Us" star Fitch
16. Battery cell with a nickel alode
17. Full of bacteria
20. Remains of an old building
22. Exist
25. It gets you into places
26. Witness
27. The spreading of a disease to another part of the body
29. Father
31. Touch gently
34. Licensed for Wall Street
36. Herring-like fish
37. Lute used in N. Indian music
38. Mirabel shouldn't talk about him
40. Atomic #62
43. Religious
45. Silvery-white metal (abbr.)
48. Influential civil rights organization
50. Acknowledgment (abbr.)
51. Turn away
53. Kidney disease (abbr.)
54. Smooth-feeling fabric
55. Competently
57. Sea eagle
58. General's assistant (abbr.)
59. It helps you see
61. Emerging technology



Shown above is the espresso bar at Tiferet by the Park.



Tiferet by the Park offers a variety of pastries.

Coffeehouse

Continued from page 3

a few without coffee, such as chai tea, ginger peach tea, and chagaccinos, which are made from a mushroom called chaga, cacao, cinnamon, vanilla, and monk fruit sweetener, plus one's milk of choice.

Sarron explained how she got into coffee.

"A friend of mine said his sister was hiring for a night shift at Ambrosia Café downtown, and I applied, and it turned out I wasn't so bad at it," she said. "And I was interested in learning a few more tricks about coffee, and here I am years later, and I worked with Sabrina for eight years and decided I could give this a go on my own, too."

Sarron does not limit her visitors to humans. There are doggie dishes in front of her shop.

When I mentioned dogs, she said, "I love 'em. They're very friendly. We carry treats under our counter, so we can give every furry animal that comes through a goodie."

For humans, she has quite a bit of food to go with the liquids.

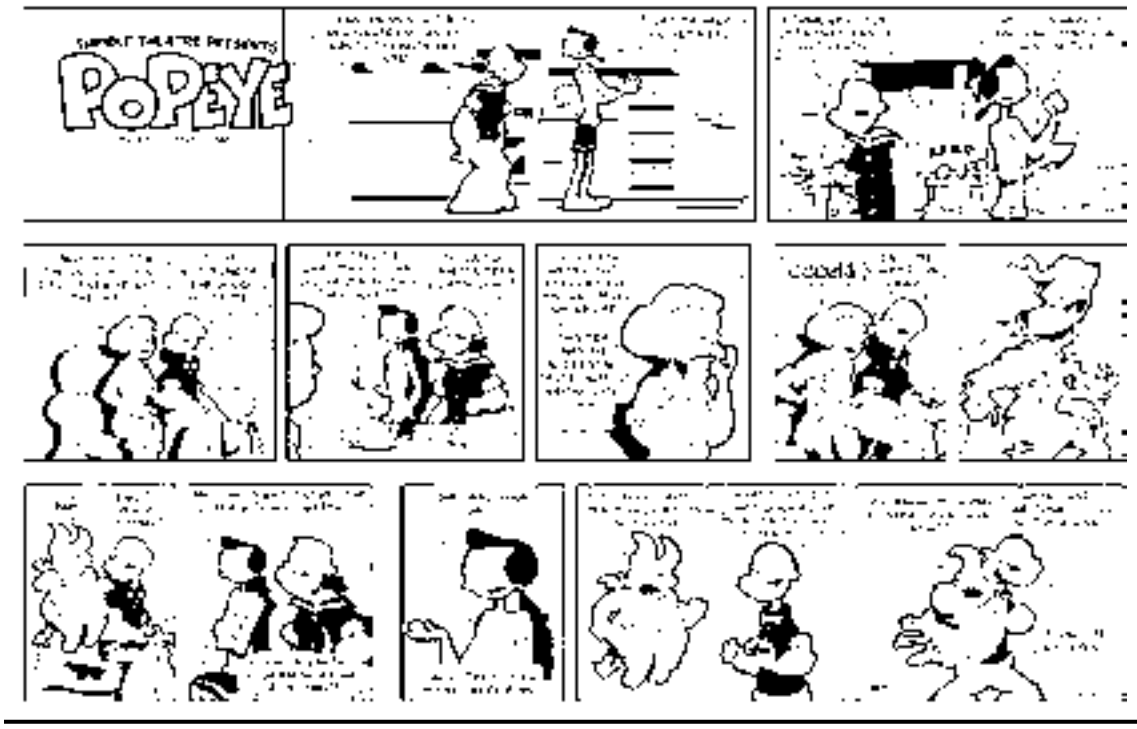
"We carry Estelle's," Sarron said. "So, we order sandwiches from them, some basic things like amazing turkey, ham on croissants or wheat bread, as well as caprese for the vegetarian folks.

"Egg salad sandwiches, and we have pastries such as blueberry muffins, scones, cheese danishes, seasonal pumpkin muffins that they offer once a year, cookies and we also provide Alternative Baking Company cookies, which are vegan and gluten free."

Sarron added that Tiferet is more than just a place for food and drinks.

"We make friends," she said. "It's not just about the product or the coffee, it's about the community. Because without the community, without the customers, this would just be a building."

What a relief that we can again gather inside and outside our favorite small businesses, building community.



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