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East Sacramento News

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Mural created through $1.75M Clean California local grant

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Mural created through $1.75M Clean California local grant

The California Department of Transportation (Caltrans), the city of Sacramento and the Franklin Neighborhood Development Corporation unveiled a new, public art mural on Friday, June 2 at Ethel Phillips Elementary School (2930 21st Ave.), the first of several murals and street improvements funded by a $1.75 million local grant.

This local grant funding is part of Gov. Gavin Newsom's Clean California initiative, a sweeping $1.2 billion, multiyear cleanup effort led by Caltrans to remove trash, create thousands of jobs, and engage communities to transform public spaces.

In addition to several culturally significant murals created by local artists, the Clean California grant will fund the planting of new shade trees and drought-resistant landscaping, the creation of accessible sidewalks, lighting improvements, and the addition of artistic bus shelters to encourage public transit use.

"I want to thank Gov. Newsom for these Clean California investments that will beautify Sacramento and help us uplift our vibrant communities," Sacramento Mayor Darrell Steinberg said.

Caltrans Director Tony Tavares also shared his thoughts about the mural and street improvement efforts.

"This stunning mural and the ones to follow capture Gov. Newsom's vision for Clean California – beautifying our communities and empowering the next generation of leaders," he said. "We are excited to work with partners like the city of Sacramento to bring quality beautification and improvement projects to underserved communities throughout California."

Artist Karen Chen, of Karen Sue Studios, of Sacramento, created the first mural. More than 450 students at Ethel Phillips Elementary School helped paint the unique mural showcasing the school's dragon mascot during a schoolwide paint day on May 8.

Chen shared details about the mural.

"A large number of the students are of Mexican heritage, so the mural's dragon is a Quetzalcoatl or 'feathered serpent,' whom the Aztecs believed created the world and taught them about many things, like writing, art and music," she said.

The mural includes a dahlia – the Mexican national flower. It is painted in yellow, which represents friendship and happiness.

This mural design also has a lotus flower from Chen's Taiwanese heritage.

Chen noted that the lotus flower is special in many cultures, because it can grow in dirty and muddy water, yet stay clean and beautiful.

"It reminds us that even when things are difficult, we can still stay kind and strong," she said.

Daniel Hernandez, principal of Ethel Phillips Elementary School since 2008, expressed pride in the mural created by the students.

"We are thrilled to have this beautiful mural here, which will be an ongoing source of pride for both our students and the larger neighborhood," he said.

Since launching Clean California in July 2021, Caltrans and local partners have removed 1.6 million cubic yards of litter from state highways – the equivalent of more than 24,400 tons or enough trash to fill Pasadena's Rose Bowl more than three and a half times.

Caltrans has hired more than 850 team members as part of Clean California, and grants have funded 231 projects to revitalize and beautify underserved communities, some of which are already complete and now sources of community pride.

In February, Newsom announced a new round of $100 million in grants for local beautification projects.

For more information about the Clean California initiative, visit www.CleanCA.com.



Photos courtesy of Caltrans

Event attendees pose with the new dragon mural at Ethel Phillips Elementary School. From left to right are Mauricio Serrano from Caltrans District 3, Sharon Sprowls from the Franklin Neighborhood Development Corporation, Ethel Phillips Principal Daniel Hernandez, Assembly Member Kevin McCarty, artist Karen Chen, Sacramento City Council Member Caity Maple, Kendra Macias Reed from the Franklin Neighborhood Development Corporation, Megan Johnson and Stephanie Saiz, project managers from the city of Sacramento's Public Works Department, and Mike Bokan, executive director of the Franklin Boulevard Business District.



Students assist artist Karen Chen in painting a new mural at Ethel Phillips Elementary School.



Artist Karen Chen, of Karen Sue Studios, describes the symbolism of the new dragon mural she helped students create at Ethel Phillips Elementary School. The dragon is the school's mascot.

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Cover by: Photo courtesy of Caltrans

Sac State student film participants reflect on premiere of 'Intuition'

By Lance Armstrong
vcneditor@gmail.com



Photo by Lance Armstrong
The Crest Theatre is pictured on May 18, following the showing of "Intuition" and several other California State University, Sacramento student films.

For the participants in the California State University, Sacramento (CSUS) student film, "Intuition," viewing the recent screening of that film at downtown Sacramento's Crest Theatre was a much different experience than creating it.

And fresh off the premiere of that film, those involved in its creation shared their post-film-making thoughts with this paper.

"Intuition," which was filmed in a private residence in Carmichael, is the story of a serial killer named Loretta, who becomes the roommate of two young women in Sacramento.

Loretta is played by Galt resident Catriona "Triona" Watson, who in her real life was the life partner of Hank Harrison, an author of multiple books, and a former manager of The Warlocks – a band that would later become famously known as the Grateful Dead.

Harrison, who died last year, was also the father of Courtney Love, frontwoman of the popular 1990s alternative/grunge rock band, Hole. Love was additionally well known as the former wife of the same era's legendary alternative/grunge rocker Kurt Cobain, who was the frontman of the band, Nirvana.

"Intuition" was one of several CSUS student films that were shown at the Crest Theatre as part of the J Street Film Festival on May 18.

In this film, Loretta's Sacramento roommates, Bev and Zoe, were played by Syd Barron and Citlalli Velazquez, respectively.

For Watson, her role as Loretta represented the first time that she had a role in a film.

After viewing "Intuition" on the big screen, Watson told this paper that she was fortunate to have had the opportunity to work with a talented group.

"It was great to work with such a talented and professional group of young people," she said. "The future of movie making is assured. The whole process was great fun."

Although Watson mentioned in an earlier interview with this paper, on April 29, that her role in this film solely served as a way for her to fulfill a childhood dream to appear in a movie, she now hopes to have roles in other films.

"I was very flattered by the accolade of so many people I didn't know," she said. "What started as crossing an item off my bucket list has fired my ambition to have more roles."

In addition to having a leading role in the film, Velazquez is the film's producer.

Velasquez told this paper that she had not initially planned on having an acting role in this film. She accepted the challenge of taking a starring role in "Intuition" after the original Zoe of the film reluctantly gave up that role due to an issue with her health.



Photo by Lance Armstrong
Catriona "Triona" Watson is one of the three main actresses in the California State University, Sacramento student film, "Intuition."

"I wasn't really expecting to be an actor," she said. "I mainly just produce, but I really learned that I'm very artistic. I have a very creative side and I really can act. I've taken a couple of theater classes, and to be in a film is such a different experience."

Barron also spoke about her experience as an actress in this film.

"I've never acted in like a film thing before," she said. "I did a play like once when I was 12. So, my acting definitely needs improvement, but it was really exciting. It was fun. I'm really grateful to have Sam (Williams-Hemenway, the film's writer and director) as my friend and roommate, and loved the opportunity. It was really, really awesome."



Photo by Lance Armstrong
From left, Citlalli Velazquez, Syd Barron, Sam Williams-Hemenway and Julius Beretta, of the film, "Intuition," stand on the stage of the Crest Theatre in downtown Sacramento on May 18.



Photo by Lance Armstrong
Students and others who participated in the creation of the films of the J Street Film Festival gather on stage at the Crest Theatre on May 18.

Barron added that she would like to have opportunities to act in other films in the future.

Williams-Hemenway recalled the process of the film's creation.

"It was definitely a lot going from writing to the actual scripts to seeing it on the screen," she said. "That was really insane. I went through a lot of rewrites and editing, multiple takes. There was just a lot. But it's really fun on set and I couldn't ask for a better crew."

Julius Beretta, of the sound department, described himself as one who brought a lot of experience to this project.

"My background is I've been editing since I was like 12, 13 years old," he said. "I'm 22 now. It started with just me and my friends messing around making short films or submitting videos for YouTube or whatever, and now I'm here."

Beretta, who is from San Diego, added that he is much more advanced with video than his days of posting YouTube videos.

"I've taken most of it down, because it's so terrible," he said with a chuckle. "Now, I've got to build it back with something like this (film)."

Besides his work with "Intuition," Beretta had one more thing to be content about, he noted.

"I'm all done (with college)," he said. "I graduate tomorrow."

McKinley Park Farmers' Market to open June 25

By Brittany O'Neal

Have you been looking for freshly picked, seasonal, local produce and healthy, delicious food from dedicated hardworking farmers and small businesses in East Sacramento? Then you will be in luck come Sunday, June 25 when a new farmers' market will open at McKinley Park.

On that day, this new market will set up shop at the park along H street, right next to the rose garden.

The McKinley Park Farmers' Market will be open year-round every week on Sundays, from 10 a.m. to 2 p.m.

Attendees will have the opportunity to shop amongst the finest vendors in town.

On your trip to the market, you will see the vibrant colors of fresh, seasonal fruits and vegetables, smell the ready-to-order pizza, hear sweet, acoustic sounds of live music, and feel good vibes from the vendors.

This market will have nearly 40 vendors with a plethora of items to choose from. Take a moment to warm up your brain for the lineup of produce, products and vendors.

The farm vendors will be ready to sell, peaches, cherries, nectarines, strawberries, tomatoes, beets, a variety of lettuce, cabbage, broccoli, carrots, garlic, onions, herbs, nuts, plants and succulents, just to name a few.

Get your taste buds ready for the variety of food vendor options: baked goods, sourdough bread, jams and jellies, honey, eggs, meat, fish, smoothies, juices, spices, yogurt, teas, vegan options and much more.

Along the street, food trucks will await your arrival to feed you Mexican food and aguas frescas (authentic fruity drinks), and hot, out-of-the-oven pizza.

If you need to buy a gift for a loved one, our craft vendors have handmade jewelry, garden glass art, CBD products, wire tree wall hangings, unique woodworking art, soaps, candles and paintings.

Some farms that will grace your presence at the market will be Esquivel Farms, Rodriguez Bros. Ranch LLC, Villanueva Farms, EcoFriendly Greens, Ramos Farms LLC, K&D Freitas Farms, and Cherry Hill Farms.

These farms are sprinkled throughout the Central Valley, from as far as Watsonville and Fresno to a stone's throw away in Fair Oaks and Orangevale.

All of these farms will come together through this market for one purpose: to sell what their hardworking hands have grown.

The market has a mixture of farmers who grow their produce naturally, are certified organic or grow conventionally. If you have questions about farming practices, the farmers will be happy to explain their processes.

To get high-quality produce into your home, these farmers wake up in the wee hours of the morning and drive long distances down the highways to get their produce to you.

Ramos Farms LLC is known for their sweetest, juiciest peaches, and their workers will drive three hours and five minutes to get those peaches to McKinley Park. Yes, that time **traveled** was fact-checked on Google Maps.

Hugo, one of the sons working for this family business, explained his journey.

"I wake up at 2 a.m. and leave around 5 a.m. to get to the markets and arrive back home around 6 p.m. I like to listen to podcasts on my drive. Some of my favorites are 'The Joe Rogan Experience' and 'Tha Boxing Voice.'"

Many food vendors jumped at the chance to be a part of the McKinley Park market to show off their products to the community.



Armando is happy as a clam to be selling peaches for Villanueva Farms.

Businesses choose to sell at farmers' markets, because it is a great place to connect with customers on a personal level and talk more in depth about their products.

Some of these food vendors you might recognize from other markets in the surrounding areas. Local food vendor favorites that will be at the McKinley Park market are Grateful Bread, Green Smoothie Co., Naan Tikka, Sour & Soul Baking Co., Spiced Up, The Frenchy Gourmet, 1837 Vegan, The Chefs' Olive Mix, and The Slush Shack.

FreshWay Fish, a Roseville-based business that sells seafood products at more than 50 market locations throughout California and Nevada, is fitting the McKinley Park Farmers' Market onto their list, as well.

Sarah, one of the sibling owners of FreshWay Fish, spoke about the personal meaning of this market location.

"We are very excited about this new market at McKinley Park," she said. "Matt and I went to Sutter Middle School and grew up playing at McKinley (Park). The employee we (chose) to staff the booth is a local of (the) McKinley Park (area), as well."

See MARKET on page 5



A farmers' market similar to the one shown above will open at McKinley Park on June 25.



Brittany, left, and Marga show off jams at the Fair Oaks Farmers' Market.



Walk by Esquivel Farms and try their strawberries. This farm uses natural farming practices to grow produce.



Owner of Esquivel Farms, Jonathan, is regularly at the markets to connect with his customers. Who wouldn't want to be around all those strawberries?

Market

Continued from page 4

Sarah further explained why FreshWay Fish sells primarily at farmers' markets.

"Small businesses are the lifeblood of a community," she said. "Selling at markets keeps business in the community, so everyone can thrive."

Who created this wonderful farmers' market, you may ask? None other than Marga Brunner.

Marga is a native Dutch farmer who transplanted to the Orangevale area in 2009 to raise a family with her husband, Matt.

She moved to the area with a vision of connecting the community one fruit and vegetable at a time.

Growing up in the Netherlands, Marga could see the impact farmers' markets had on the community, and she wanted to bring that spirit to her new home.

Being a farmer herself, she understands the hard work and dedication it takes to run a farm and small business.

Marga has been excited to create these markets for the benefit of other farmers and small businesses.

With that intention, Marga took on and transformed farmers' markets in Orangevale and Carmichael, and she later created a farmers' market in Fair Oaks.

Using this drive and momentum, Marga cultivated a search for a new location. The aha moment happened when she was having a picnic with her family at McKinley Park.

Brunner described that moment.

"We were walking around the rose garden and it suddenly hit me," she said. "This is the perfect place to have a farmers' market. I noticed so many people already walking around the park, and felt a farmers' market would thrive in this location. This moment started the one-year journey of connecting with the right people, getting the permits and finding the extra parking to get this market up and running."

Marga is the definition of a hardworking individual who truly believes in the work she is doing. She is a force of nature, maintaining her own farm in Orangevale, raising four children and running two businesses.

Through her efforts to make this community better, she created jobs for locals, spaces for small businesses to thrive, and lasting connections among fellow vendors. There is no telling what Marga has up her sleeve next.

The McKinley Park Farmers' Market will be accepting EBT and WIC Farmers' Market Nutrition Program payments. The market's address is 601 Alhambra Blvd.

For more information about the McKinley Park Farmers' Market, including how to become a vendor, visit the website, www.McKinleyParkFarmersMarket.com, or call (916) 215-7713.



Rodriguez Bros. Ranch LLC is a family-owned and operated certified organic farm from Watsonville. They have been farming for more than 30 years.

Free life jacket rentals offered through fire department

With hotter temperatures quickly approaching, the Sacramento Fire Department (SFD) is urging swimmers and boaters to be cautious and wear life jackets in waterways this summer. And to help keep people safe, the department is currently offering free life jacket rentals.

"Our goal is to remind people of the risks of swimming in our local waterways and the best practices for keeping themselves and their loved ones safe," said Sacramento Fire Capt. Justin Sylvia. "This includes wearing a life jacket, especially for children."

Fire stations in the Sacramento region offer life jackets to the public on a loan basis. Life jackets are available for children and adults and can be borrowed for the day or weekend simply by completing a form.

Life jackets can be obtained at the following SFD fire stations: Station No. 1, 624 Q St.; Station No. 5, 731 Broadway; Station No. 8, 5990 H St.; Station No. 11, 785 Florin Road; Station No. 15, 1640 West El Camino Ave.; and Station No. 60, 3301 Julliard Drive.

Below are a few more water safety tips from the fire department:

1. Always wear a life jacket.
2. Never swim alone and never go in the water after drinking alcohol.
3. Stay within an arm's length of inexperienced swimmers.
4. Always watch children in and around water. Assign a "water watcher." Don't assume someone else is watching. Drowning is quick and silent, it can happen in seconds.
5. Drain inflatable pools and coolers after each use. A toddler can drown in just 1 inch of water.
6. Call 911 right away if someone is in trouble.
7. Learn CPR.
8. Wear sunscreen.

Italian society seeking tax-deductible donations

Any time is a good time to put the Italian Cultural Society of Sacramento on your gift list and make a tax-deductible donation.

This year marks the 42nd anniversary of this organization, which has its meeting place at 6821 Fair Oaks Blvd. in Carmichael.

The society invites people to join with their community of donors with a gift of their own. Donations will directly support the society's mission to keep Italian heritage alive.

In addition to assisting the work of the society on behalf of the Italian community, donations will be recognized in the society's newsletter, and can be made in the name or honor of a loved one or other dedication or occasion.

Take this opportunity to make a gift in the name of these famous Italian artists: da Vinci, Michelangelo, Donatello, Raffaello, Botticelli or Giotto.

For additional information, visit the website www.ItalianCenter.net.



Photo courtesy of the Italian Center of Sacramento

The Italian Center is located at 6821 Fair Oaks Blvd. in Carmichael.

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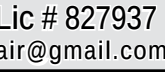
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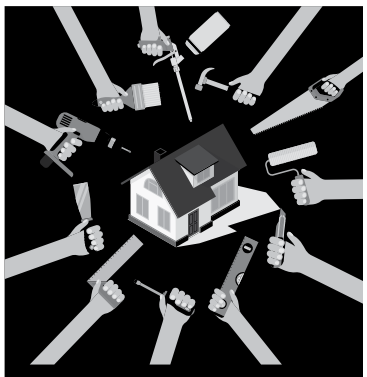
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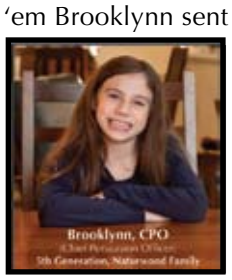
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