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Labor of love

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Letters to the Editor

California African American Heritage at Sutter's Fort State Historic Park

By MICHAEL HARRIS

Imagine the impact on society of people of African Ancestry were part of the daily Sutter's Fort, State Historical Park Tourist and Educational experience. People of African Ancestry provided financial venture capital, agriculture products, cooking, barrel making, personal military escort, fur trapping, scouting and much, much more... today it is hidden deep with the California State Archives and California State Library awaiting statutory authority to share an authentic legacy.

Essential contributions by people of African Ancestry remains an open secret, hidden from an everyday experience at Sutter's Fort State Historic Park and throughout many of the California State Parks along the American River Parkway.

The Honorable Mervyn M. Dymally, served as US Congressman, California Lt. Governor, and two separate occasions in the California Legislature. In 2004 he authored AB 59, stating, "there is a great amount of institutional and historical evidence of contributions of African-Americans to the history and culture of the state and in many instances these facts have been distorted or revised. Therefore there is a need to preserve the contributions of various institutions, events, and individual."

The proposed measure, AB 59 (Dymally) 2003-2004, passed overwhelmingly in both the Assembly and Senate only to suffer a humiliating defiant veto message by then-Governor Arnold Schwarzenegger.

Today, AB 783 (Weber)2017-2018, authored by Dr. Shirley Weber, reintroduces similar legislation that continues to labor within a strange amendment process seeking a first committee hearing. One bright day, we will showcase the need and share profound examples of the significant contributions made by people of African Ancestry throughout the Great State of California.

Historically, the vast diversity and recognition of African presence both in scientific documentation and oral traditions predates California European conquest in 1535. Early Spanish, British, Russian, French and Mexican pioneers share primary source documentation of the presence and significant contribution by people of African Ancestry in Pre-American California. During the Mexican-American War, 1846-1848, the conquest of Alta California hastened by the California Gold Rush, help create the 31st state of the Union.

People of African ancestry held leading and supporting roles in both Mexico and United States, at Sutter's Fort 1840-1850, a powerful and profound example of our unique journey toward freedom along the American River Parkway and throughout the State of California.

Community stakeholders and sponsors are ready to support establishing the legal statutory authorization creating an autonomous California African American Heritage Commission; thereby officially qualifying and quantifying the salient contributions by people of African ancestry, as originally envisioned by Honorable Mervyn Dymally, from the back side of Mt. Shasta to the Salton Sea.

Global educators and community stakeholders offer a 21st century examination of early Black Pioneers in Gold Rush California that continue to uncover and expand recognition of the contributions made by people of African ancestry at Sutter's Fort and throughout the American River Parkway.

Together, we must remove the distortion and share authentic history in the California Gold Rush Era, 1840-1875. Recently, California State Parks official have reorganized archival period documents at Sutter's Fort, catalogued for future generations to study, appreciate and share with the world.

Many public and private institutions often share scholarship, resources and relational database information thereby providing consistent, careful and concerned scholastic opportunity toward discovery and dissemination, one day it will happen with our California African American Heritage.

Why not actualize equity and inclusion as part of the daily presence at Sutter's Fort State Historic Park and throughout the American River Parkway? Imagine the possibilities valuing and sharing the essential contributions by people of African Ancestry with all visitors and educators.

Old Sacramento State Historic Park, Sutter's State Historic Parks, Negro Bar State Historic Park and Marshall Gold Discovery State Historic Park, and other points of interest along the American River Parkway, the Ole Historic Coloma Trail, will one day showcase for the world to experience African American Heritage from Old Sacramento Embarcadero, Sutter's Fort, Rancho Rio De Los Americanos, Historic Folsom, arriving at the site that sparked, "The World Rushing In' during the California Gold Rush," beginning January 1848.

It is long past time, to dust off the old source documents and collaborate with our California Archives and California State Library utilizing Legislative direction, working hand in hand with the California African American Heritage Commission; researching, documenting, preserving and sharing the authentic contributions by people of African ancestry throughout California and beyond.

Starting with Sutter's Fort State Historical Park, a formal collaborative partnership with leading public and private institutions of higher learning offers new exciting job creation and career opportunities in a pleth-

See Letters, page 3

Letters:

Continued from page 2

ora of opportunities embracing cultural tourism and historical preservation.

Both conservative and progressive political leaders at the International, Federal, State and Local level are poised to embrace an expanding notion of celebrating our diversity, it is time to reconsider and act upon finally including our authentic and unique California African American Heritage, beginning with the "Our Journey Toward Freedom in the California Gold Rush Era (1840-1875)"

Sincerely,
Michael Harris, Executive Secretary
California African American Heritage Commission

Dental health is important for one's whole health

Dear Editor:

Learning fractions and state capitals are usually the biggest stresses for the average fourth grader. Unfortunately, I was not so lucky. My grandfather passed away from a stroke in my fourth grade year, shifting my family's focus from learning multiplication tables to learning to cope with loss.

This was my first experience with death. I had no idea what a stroke was, which only made comprehending his passing more difficult. My family mourned this loss together and I vowed to learn more about the thief who stole our grandpa.

Two and a half decades ago there was minimal information on strokes or how to prevent them. Thankfully, much research has been done since then and we have regained some power over such preventable diseases. We even have a "National Stroke Month" every May.

As a dental professional in practice for over a decade, I strive to focus on whole health. Many people would be surprised to learn that strokes have been linked to periodontal disease and other chronic inflammation diseases. The American Journal of Cardiology and the Journal of Periodontology have consensus that periodontal disease is linked to cardiovascular disease.

This means taking care of your teeth can directly decrease your stroke risk.

What can you do?

First and foremost, oral health begins with proper dental habits, like brushing and flossing regularly, using a tongue scraper to decrease bacteria on the tongue, and utilizing a rubber tip stimulator to clean the hard to reach areas between teeth and the gum line.

Next, stabilize periodontal disease by seeing your dentist and hygienist regularly. Dental professionals can assess your level of inflammation and give you a structured plan to reduce and eliminate dental diseases.

How do you know you have periodontal inflammation?

Bleeding when you floss is an indication there could be a problem, as well as red, swollen, blunted gums that might feel "loose." A healthy mouth has firm pink gum tissue that does not bleed when flossing.

A good dentist and hygienist will give you the tools you need to keep your teeth strong and your dental health in check. Your smile will look its best and you'll decrease your stroke risk. It's a win win.

Remember, just because you aren't sick, it doesn't mean you're "healthy". And prevention is your best form of health insurance.

For great information on how you can improve your cardiovascular health, I highly recommend "Beat the Heart Attack Gene" by Bradley Bale, MD., in which Dr. Bale discusses how to prevent heart disease, stroke, and diabetes.

Sincerely, Bianca Yee, DDS

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National Safe Boating Week recognizes this year's faster waters

This year's unusually fast, cold and high water presents a higher risk of water related accidents. It will be tempting not to wear a life jacket while on the water, especially on nice days. You want to get some sun, you think you'll get too hot, or you think you're a strong swimmer.

This year the annual National Safe Boating Week campaign will be kicked off with a partnership between the United States Coast Guard, The USCG Auxiliary and the City of West Sacramento located on the West Sacramento 'River Walk'.

Friday, May 19: Wear Your Life Jacket to Work Day

This year's National Safe Boating Week events start with the 'Wear Your Life Jacket to Work Day'. This is a fun opportunity to educate coworkers or building mates about the proper life jacket for them, different styles, and how to use an inflatable life jacket by wearing your life jacket to work!

Saturday, May 20: Kick Off of National Safe Boating Week

The City of West Sacramento and the United States Coast Guard Auxiliary will present many family friendly Water Safety Static Displays, and Free Paddle Craft Classes on the West Sacramento's 'River Walk' on Saturday, May 20, between 10:30 a.m. and 2 p.m. The United States Coast Guard Rescue Swimmer Demonstration on the Sacramento River at the foot of West Sacramento's 'River Walk' at noon.

The West Sacramento 'River Walk' Static Displays include the Yolo County Sheriff Marine and Search and Rescue Division, The West Sacramento Fire Marine Division, The West Sacramento Police Department, The Drowning Accident Rescue Team (D.A.R.T.), Department of Fish and Wildlife, The United States Coast Guard and Coast Guard Auxiliary. Everyone's favorite food trucks will also be on hand for this family Water Safety event.

The 'Ready, Set, Wear it' event is a yearly event when thousands of people from around the world attempt to set the world record for the most life jackets worn and inflatable life jackets inflated on one day for the 'Ready, Set, Wear It' program. These events are photographed and documented to record how many people attended and wore their life jacket. The record to beat this year is 10,917!

Families are encouraged to bring their children to participate in the group photo with The West Sacramento Mayor, Chief of Police, Fire Chief, Fire Marshal and Director of City Parks and Recreation.

The City of West Sacramento and the Coast Guard will also be offering Free Paddle Board Craft Classes on the West Sacramento 'River Walk'.

The highlight of the day will start when a Coast Guard C-27 Search and Rescue Plane from USCG Air Station Sacramento performs a Low Level Fly By, around noon, followed by a Rescue Swimmer Helicopter from Air Station San Francisco.

The Coast Guard Rescue Helicopter will do an actual Rescue Demonstration on the Sacramento River next to the West Sacramento 'River Walk'. This is an event the entire family will want to watch from the West Sacramento 'River Walk' while having lunch on the green.

After the Rescue Demonstration, the C-27 and Coast Guard Helicopter will fly to the west from the Tower Bridge and Circle the Capitol before departing the area to the West, back over The West Sacramento 'River Walk'.

In addition to the West Sacramento 'River Walk' Displays, the Coast Guard Auxiliary will also be conducting Free Vessel Exams at the Broderick Ramp in West Sacramento, Discovery Park and Miller Park in Sacramento.

Schedule:

10 a.m.: Set up
10:30 a.m.: Public Arrive
10:45 a.m.: 1 Hour Paddle Craft Class
11:45 a.m.: "Ready, Set, Wear it!" Photo Shoot
11:55 a.m.: Fly by with C-27 from Air Station Sacramento
Noon: Rescue Swimmer Demonstration for Air Station San Francisco
12:20 p.m.: Fly by with C-27 from Air Station Sacramento
12:30 p.m.: 1 Hour Paddle Craft Class
2 p.m.: End of Event

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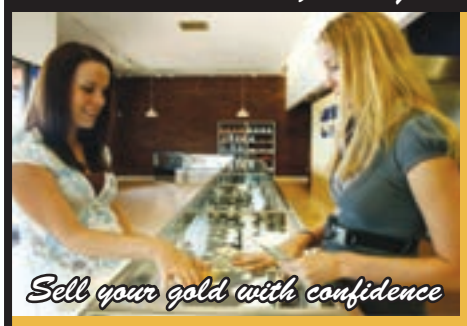

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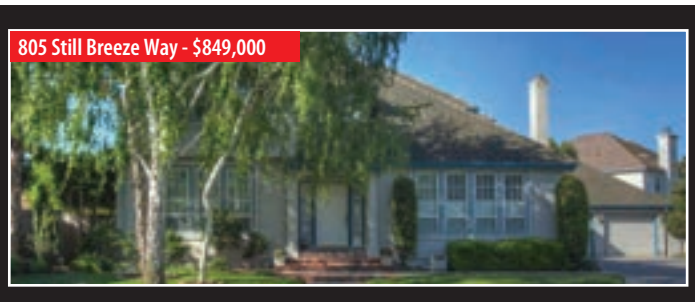
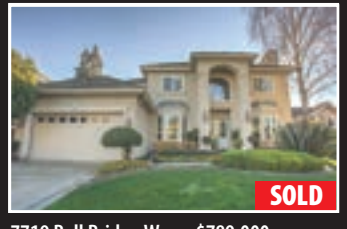
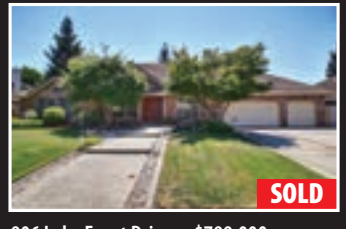
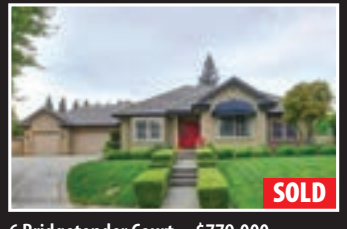




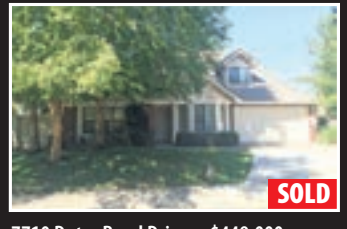
7719 Bell Bridge Way - $789,000



906 Lake Front Drive - $799,000



6 Bridgetender Court - $779,000



7710 Dutra Bend Drive - $449,000

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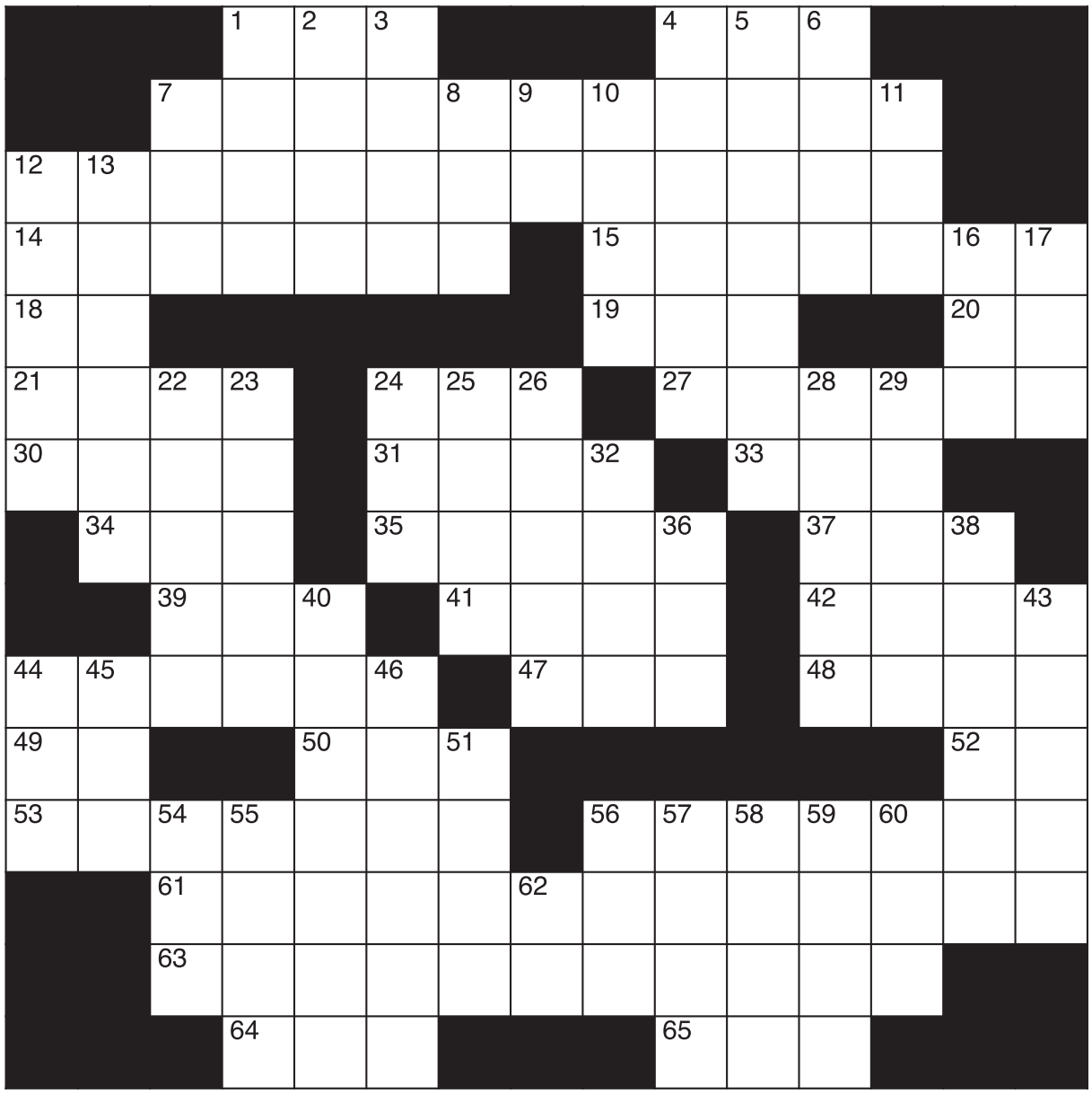

CLUES ACROSS

1. Formed by burning tobacco
4. Luxury automaker
7. Religious residences
12. Crusaders
14. Puzzled
15. In a curt way
18. Selling tool
19. Solid material
20. Gold
21. Thick piece of something
24. Pouch
27. "Wonder Years" actor Fred
30. Strong and healthy
31. Waste matter
33. Apply lightly
34. Type of squad
35. Secret political faction
37. Mock
39. Immoral act
41. Early Syrian kingdom
42. Neutralizes alkalis
44. Loud, confused noise
47. Sweet potato
48. Yemen's largest city
49. Farm state
50. Bird's beak
52. Measures distance
53. Pacify
56. Spanish noble
61. Lodging supplied for public convenience
63. Womanized
64. Not divisible by two
65. Monetary unit

CLUES DOWN

1. Used in perfumery
2. Arabic man's name
3. Assess
4. Prickly plants
5. Falsely assess
6. "__ the whistle"
7. Mama
8. Rocker __ Vicious
9. Toward
10. Prefix meaning within
11. Midway between south and southeast
12. Cause to be embarrassed
13. Pandemonium
16. Fall behind
17. Cantonese
22. Shad
23. A way to make dark
24. Specialized systems consultant
25. Wings
26. Taxi driver
28. Linear units
29. Large Philippine plant
32. Celebration
36. Fugitives are on this
38. Chinese tree
40. Not sour
43. "Bourne" actor Matt
44. Former OSS
45. Runners run this
46. Offered again
51. Sanctuary
54. Food suitable for babies
55. Caused by a reflection of sound
56. Mortar trough
57. Days in mid-month
58. Exhibit the courage to do
59. Disk of the sun in Egyptian mythology
60. Protects from weather
62. Manganese

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Delta Shores businesses to open in September

By LANCE ARMSTRONG
lance@valcomnews.com

Delta Shores, a major mixed-use development project, north of Elk Grove, is scheduled to open its first retail stores this September.

Gary Muljat, a vice president with the project's developer, Merlone Geier Partners (MGP), made this announcement in a recent interview.

"Tenants will start opening in September and continue through the end of the year," he said.

Progress on the project recently advanced after experiencing major delays as a result of last winter's extreme rainfall.

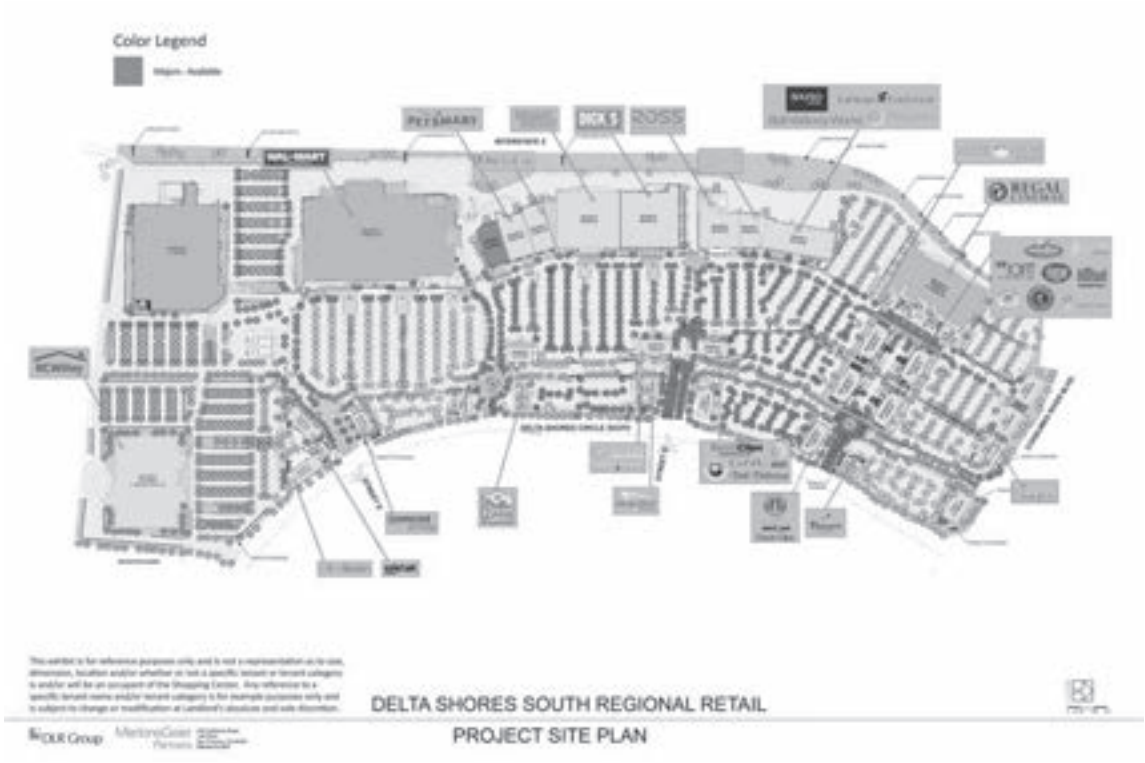
Last July, Muljat stated that the project was on schedule with its construction and was expected to be housing tenants this summer.

With MGP's ownership of more than 800 acres on the east side of Interstate 5 at the Cosumnes River Boulevard exit, the size of the project is expected to develop and expand for many years. The project will include retail, office, mixed-use and residential land uses.

Muljat noted that initially the center will have "over 50" national, regional and local tenants, but would likely consist of about 65 to 70 tenants once it is fully stabilized.

Anchor and major tenants that have signed leases for this center are RC Willey, Walmart Supercenter, Petsmart, Party City, Hobby Lobby, Dick's Sporting Goods, Ross Dress For Less, ULTA and Regal Cinemas.

Muljat described the movie theater as a state-of-the-art, 14-screen facility that will include leather reclining seats and enhanced food and drink offerings.



According to Regal Cinemas, it plans to utilize IMAX (Image maximum) and RPX (Regal Premium Experience) upgraded theater formats, which feature larger sized screens.

Muljat stated that the project currently consists of two phases.

"The majority of the center – (about) 775,000 square feet – will be built in the initial phase," he said. "There will be a small, second phase – (about) 150,000 square feet – for which we are currently in discussions with additional major tenants."

Asked whether Delta Shores will be a bicycle and pedestrian-friendly place, Muljat responded favorably.

"Delta Shores will probably be one of the most pedestrian-friendly and bike-friendly centers ever built in the area," he said. "There are over five miles of dedicated pedestrian walkways in the project."

Muljat added that he has been impressed by the support that the project received from the local government.

"We could not have asked for a more supportive local government than the city of Sacramento," he said. "They were determined to be sure the Delta Shores would be a tremendous amenity for the city of Sacramento and worked (as) partners to be sure that happened."







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Daily Mass: 8:00am Monday-Saturday

Another car accident

6500 block of Riverside Boulevard

By MONICA STARK
editor@valcomnews.com

A 2-car accident resulted in badly damaging two vehicles and injuring two victims around 4 p.m. on May 9 on the 6500 block of Riverside Boulevard at River's Edge Church. A white Toyota sedan drove through a green light going southbound on Riverside Boulevard when a red Chevy SUV plowed through the red light and T-boned the passenger side of the sedan. Both cars spun around in front of River's Edge Church.

Two eye witnesses, including a nurse, arrived at the scene within one minute of the accident.

According to witness Elizabeth Wong, two men were trapped in the white sedan for 10 minutes before the emergency crew arrived. "(The) driver outside of a red car (Red Chevy SUV) was screaming/agitated, even dancing about. She resisted helping police, kept changing her story, tried to leave the scene. She was unaware of an accident: 'Was there a car? Did I hit someone?' Police handcuffed her as she is kicking at the police car." Acting "crazy", Wong said the driver moved her hands oddly, "mumbling" and "dancing about. She resisted police who needed to handcuff/seat her into the police car."

Wong noted that another woman came to the scene to speak to the police about the female driver who left her house in a rush at a high speed, driving erratically.

The male passenger of the white sedan was immediately rushed into the ambulance when it arrived. The driver's jaw was broken and his face was covered with blood. He was also rushed into the ambulance.

Wong said for years these accidents have been occurring once every two to three months. She noted that road, weather and traffic conditions were not factors this time, though previously prior accidents on the same block have been attributed, in part, to a bus stop taken out, a parked car that was totaled, a car that crashed into the witness's driveway, cars flipping on winter "black ice", and an out-of-control driver that hit a tree resulting in the death of a pedestrian.





Photos by Elizabeth X. Wong

Speeding on Riverside: Slow Down!

Average speeding violation near Crocker-Riverside Elementary was 21 MPH over the speed limit

Lieutenant Alisa Buckley from Sacramento Police Department provided the following results from the police department's motor team efforts in District 4, as prepared by Sgt. Armstrong:

Results: 61 vehicle stops, 5 pedestrian stops, 55 citations, 3 tows

-Focused on speed enforcement on Riverside Boulevard, south of Crocker Elementary (10 citations, all for speeding violations). The average speeding violation was 21 MPH over the posted speed limit. The two most egregious violations were for 59 MPH and 68 MPH approaching the school zone.

-Two advisals for pedestrian violations on Broadway.

-Patrol assist in searching the area for a possible robbery suspect.

-Focused on Broadway Corridor monitoring for speed, stop signs, distracted driving and pedestrian safety.

-Assisted Districts 4/5 with a traffic collision. Conducted traffic control.

-Worked distracted driving on Fruitridge Road.

-Worked speed violations on the 24th Street corridor.

-Assisted patrol with a pending fatal collision. Helped complete tow form, contacted multiple businesses for video and helped with traffic control.

-Worked speed on Freeport Boulevard between Florin Road/Blair. Fastest driver was 16 MPH over the limit.

-Worked distracted driving on Fruitridge Road at Franklin Boulevard.

-Worked speeding issues along Land Park Drive.

High visibility at the following schools:

-Crocker Elementary School

-Bret Harte Elementary

-John Cabrillo Elementary School

-Sam Brannan Middle School

-Cal Middle School (numerous stop sign violations and speeding citations)

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Matías Bombal's Hollywood


Chris Pratt's galactic gang returns with Kurt Russell Photo: Marvel Studios/Walt Disney Studios Motion Pictures

Guardians of the Galaxy Vol. 2

The MPAA has rated this PG-13

Walt Disney Studios Motion Pictures releases Marvel Studios' "Guardians of the Galaxy Vol. 2". Fans of the first movie will not be disappointed; the cast returns with the same familiar conversational style that made the first move seem so natural, despite the back-drop of outer space fantasy and comedy which is about as far from natural as it is possible to be, especially a movie based in the Marvel comic book world.

Director James Gunn ensures a good time from start to finish as the Star-Lord, Peter Quill (Chris Pratt) gives us a soundtrack with his Sony Walkman playing "Awesome Mix Tape #2" offering 1970s and 1980s pop hits which will appeal to Generation Xers and older as the story unfolds. The returning onscreen cast includes Zoe Saldana (Gamora) and Dave Bautista (Drax). Voicing animated creatures are Bradley Cooper (Rocket) and Vin Diesel (Baby Groot). Joining the cast of this new installment are Sylvester Stallone (in outer space!) playing Stakar Orgood, and Kurt Russell as Ego.

Peter Quill and the guardians must save the galaxy from Ego and his plans for domination; but the road there is peppered with adventure and plenty of laughs. Baby Groot is quite the dancer, answering only with "I am Groot" in every communication, and Pratt's likable "Quill" remains the fun character that he established in the first picture, with his hidden passion for Gamora growing. Marvel comic legend Stan Lee makes his perhaps funniest cameo yet. You'll want to stay through the credits for this one, lots of fun from when the movie starts to when the lights come up.

Jeremiah Tower: The Last Magnificent

The MPAA has rated this R

The Orchard releases a documentary by Lydia Tenaglia about Jeremiah Tower, the hedonistic personality of the world of fine cuisine, a pioneer for today's food culture who felt "Everything that is real for me is fantasy for others". Martha Steward calls Tower, "The father of American cuisine". We learn of his influence in the Berekely, California restaurant, Chez Paniesse, beginning in 1973, described by one interviewee as a "hippie drug ridden explosion in a playpen" and how Tower turned it into a place to be seen and to eat well, garnering such success that before he left, some gourmets were flying in from across the globe just to dine there.


Singular chef Jeremiah Tower is today's Lucius Beebe, a hero of modern cuisine. Photo: The Orchard

Tower speaks of his earliest days with wealthy globetrotting parents, who seemed little aware of his existence, leaving young Jeremiah to be attended to by hotel employees and ocean liner stewards year round. In this loneliness, he developed an interest for food and its presentation at the highest standards from some of the most refined hotels and ocean liners in the world. He specifically recalls that he fell in love with first class on steamships with a bowl of consomm? served by the steward, and from that moment on, food was his best pal, his companion.

Channeling keen observation skills and his desire to recreate the elegance and experience of fine living, he honed his talents at Chez Paniesse, then left to open a sensation in San Francisco, "Stars". Tower says, "I aim for the crown but I always know the Guillotine is in sight". In the case of "Stars", it was the Loma Prieta earthquake of October of 1989 that sealed his fate. No one came in following the earthquake. We learn the various aspects of this indefinable man through many noted personalities of that world; Anthony Bourdain, Mario Batali and other celebrity chefs.

A grand bon vivant, Tower left and virtually disappeared until just a few years ago when the new owners of Tavern on the Green in Manhattan engaged him to bring some magic to their somewhat clumsily managed operation. As an employee, Tower did not last effectively. It was far too difficult for a man not to exact total control, a man that held Lucius Beebe as his greatest personal hero.

Thus, he ventures on to the road ahead. One friend relates, "We need Jeremiah Tower in this world, if for nothing else but to teach... Not just about cooking but about style, it's a beautiful style, something that elevates us and brings us out of the muck... something that brings us out of the mediocrity and the vulgarity in which we are forced to live." I was not initially interested in this documentary, before having seen it for writing this review, but felt such a kinship to Tower after seeing it, I am so glad that I did. You'll be glad, too. It celebrates the highest levels of the human spirit.

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Rotary Club of Pocket-Greenhaven and local girl scouts joined forces, celebrating International Rotary Work Day cleaning Strawberry Creek



Rotarians at Work Day occurs once a year in late April or early May. Started in 2006 as a joint effort between two Rotary Districts, one from the United States and one in Mexico, the event continues to grow throughout the world, encompassing over 34,000 clubs and and 1.2 million Rotarians. Each club identifies a hands-on project that will help their local community.

The Rotary Club of Pocket-Greenhaven joined with Sacramento County's Creek Week, Girl Scout Troop 1677 and the Southgate Park District to clean Strawberry Creek in Illa Collin Park on April 28. The morning project removed debris including a bicycle, bicycle parts, toys, a grocery cart, a deceased snake, golf balls and bedding, in addition to a large amount of trash. The steep banks of the creek contributed to the difficulty of clearing the area.

On May 15, The Rotary Club of Pocket/Greenhaven celebrated its 10-year anniversary. Last year, the members were awarded the Governor's Bell as the outstanding club in the Sacramento area. Guests are always welcome at weekly meetings on Thursday at 7:30 a.m. in the Executive Airport. Additional information is available on the website, PGR.Rocks.

Submitted by Jack E. Foote

23rd Spare The Air season now underway
Air pollution affects us all

The Sacramento region's 23rd Spare The Air season began May 1. Each summer, the Spare The Air campaign educates the public about the health effects of air pollution and asks residents to drive less when a Spare The Air alert is issued due to poor air quality.

Residents in the Sacramento region are urged to pay attention to the daily Air Quality Index (AQI) by downloading the free Sacramento Region Air Quality app. It's available in iOS, Android and Windows app stores. Users get the daily air quality forecast, current air pollution readings for Sacramento, Placer, Yolo-Solano and El Dorado counties, as well as Spare The Air alerts and wildfire smoke advisories when issued.

The AQI keeps the public informed about how clean or polluted the air is in their communities. The chart has six categories: Good (green), Moderate (yellow), Unhealthy for Sensitive Groups (orange), Unhealthy (red), Very Unhealthy (purple), and Hazardous (maroon).

Some people are more vulnerable to the health impacts of air pollution, including children, because their lungs are still developing; older adults and the elderly; pregnant women; and individuals with heart or lung disease, especially asthma. Even if you are healthy, air pollution can cause respiratory irritation or breathing difficulties during exercise or outdoor activities.

Follow these tips to help reduce air pollution and protect your health this summer:

Reduce your driving – postpone at least one trip, especially on a Spare The Air day

Garden green – avoid using gas-powered lawn mowers, leaf blowers and other garden equipment

Link your errands into one big trip to lower pollution by reducing cold starts of your car engine

Work from home – get employer permission in advance

Bring your lunch to work

Use an electric starter or chimney briquette starter instead of charcoal lighter fluid to start your barbecue

Postpone outings on gas or diesel-powered boats, trail bikes or all-terrain vehicles because they are high pollution sources

Take public transit, walk or bike for commute, errands and recreation



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ACC held biggest Big Day of Giving celebration on May 4

By MONICA STARK
editor@valcomnews.com
Photos by STEPHEN CROWLEY
stephen@valcomnews.com



From Taiko drumming from residents at ACC to performances from the Greenhaven Happy Strummers (80-plus-year-old players) ACC Senior Services celebrated the spirit of giving by providing an afternoon of entertainment on May 4.

Other entertainers include: Buddhist Church Na Aikane Players, Sacramento Mandarins, Pocket Pickers, Amy's Hula, Sing for your Soul Choir, Maeley Tom vocal stylings, Two Left Feet Dancers, Guitar Ensemble, The College Fund Street Band and the CCC (Chinese Christian Church) Ukulele and Hula Group.

The funds will be used to support existing community-based programs and expand ACC Rides, the Caregiver Support Program, and no- or low-cost classes. While ACC obtains some grants to support these programs, none of the grants fully funds any program. "We rely on community support to help fill in the gaps in funding. We will be using these funds in 2017, thanks to all who supported us during the Big DoG event," explained ACC Programs Director Linda Revilla.

The third year that ACC Senior Services has participated in the BigDoG event, co-chair Marielle Fong said the nonprofit raised $55,917, 143 percent more than what was raised last year ($23,000); had 389 donors, 68 percent more than last year (231); and about triple the number of attendees at the event. "We are so thrilled that this has been the biggest BiGDoG event we've ever had!"

Most of the attendees were seniors, and they consider ACC Programs, where they take lifelong learning classes everyday, as their second home. "Entertainment was a huge part of our event because our constituents love to party. We also produced a music video featuring our seniors dancing the hip hop for this great cause. It had more than 2,000 views after only a week," Marielle said. It can be found at: www.tinyurl.com/ACCHipHop.

Lead vocalist for The College Fund Street Band Mario Fong said he and his siblings sang songs like "Great Balls of Fire", "What a Wonderful World", and newer tunes like "Bubbly". "My grandma is a resident at the ACC Care Center," Mario said. "I appreciate how ACC Programs takes care of so many other grandparents in Sacramento. Our performance is a

See Big Day of Giving, page 11

Big Day of Giving:

Continued from page 10

way of giving back and making a lot of people happy."

Similarly, performer Maeley Tom said, "The opportunity to entertain at the ACC was a small token of my appreciation and support for the tremendous service this organization provides to the Sacramento senior community. ACC's success brings so much pride to our community."

A 6-year-old fellowship that meets twice a month and performs 20 times a year at festivals, 90-year-old birthday parties, and senior homes, the CCC Hula and Ukulele Group also performs at the church's annual fall festival, which ACC Rides have provided the transportation for senior attendees to and from their church. A good number of the ukulele players are also residents or students at ACC, explained Marielle.

Asked about any new programs at ACC, Linda mentioned ACC Rides will provide service to and from Elk Grove starting July 1. "That means that in July, we can start transporting seniors between Sacramento and Elk Grove for their medical appointments, dialysis, shopping, and other destinations. We are also ramping up fall prevention workshops, offering evidence-based programs such as 'A Matter of Balance' and 'Stepping On.' And, a new partnership with Family Wealth Law Corporation will bring introductory workshops on estate planning to ACC. This summer, we'll also have a self-defense class for women."

ACC Senior Services is located at 7334 Park City Drive. For more information, call 393-9026.















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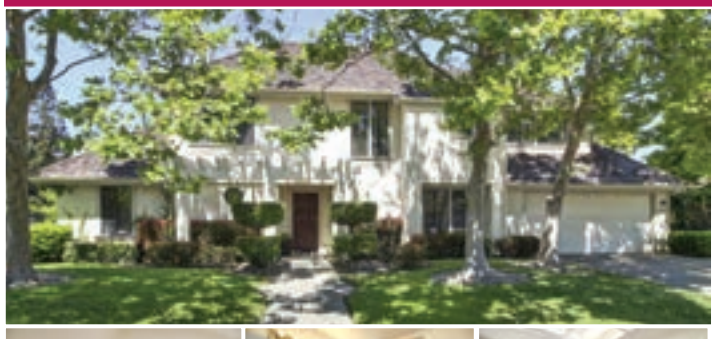



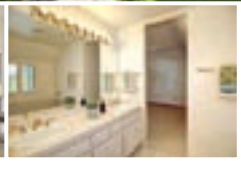

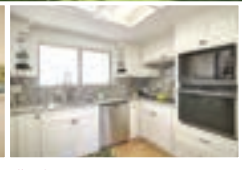

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Labor of love

"Mama Lulu" recognized for longtime work at South Hills Jazzercise

By MELISSA ANDREWS
Photos by STEPHEN CROWLEY



Louanne Hensley, AKA Mama Lulu, is beloved in the Jazzercise world. She's small but mighty and inspires her students on a daily basis as she teaches class at the South Land Park Jazzercise location almost every day of the week.

Louanne started in Jazzercise in 1982 at the Rizal Center in South Sacramento and eventually moved to Laguna Town Hall in Elk Grove. Moving again, she taught at Jim's Market (now Kobasic's Candy) starting in 1992, the same year she actually became the franchise owner. She relocated to the current location in Land Park in 2001. That's 35 years total!

On Thursday, May 4, Louanne was presented with a commemorative quilt, a true labor of love, made up of 12 panels, T-shirts from different Jazzercise promotions over the years. The design and creation were executed by many loving hands: the concept was the brainchild of Rita Montez; T-shirts were collected by Sandy Ward; fabric selection, layout and sewing then included Gloria Gee, Debbie Moore-Yip, Trish Pease, Marcia Scott, Linda Ching, June Williams and Twila Tomita. All in secret!

Louanne was genuinely surprised by Gloria Gee's heartfelt presentation, which is pretty phenomenal based on the number of women involved in keeping the secret. Overcome by emotion, it was only by squeezing her eyes shut did she manage to keep her composure.

When polled, students easily came up with descriptive words to characterize Louanne . . . "a role model, my hero, my morning-wake-up-call, Jazzercise Queen, dedicated, energetic, a friend, funny, peppy, inspiring, encouraging." It was readily apparent that this 70-something dynamo is both loved and respected. Congratulations, Mama Lu, on your many years of service to promote health and fitness in the community.

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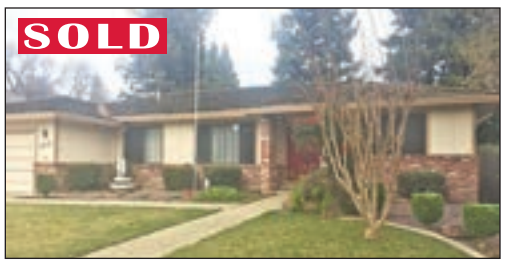

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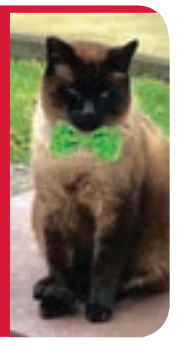

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Compassion Village takes root in Sacramento

By MONICA STARK
editor@valcomnews.com

Because everyone in the Sacramento region plays a role in helping our community and if we all work together, in the places we work best, we really can transform lives and bring hope to our community. That is the crux behind Compassion Village, a scalable, grassroots, privately funded, tiny home community focused on temporary, interim and permanent homes for chronic homeless has its roots in Sacramento.

As churches represent a people who are called by their faith to help and are equipped to mobilize thousands of volunteers who want to serve well, Compassion Village volunteer Tammy Vallejo, the CEO of E49 Corporation (which has been around for seven years mobilizing churches to solve social issues) said, "We love seeing God at work in our Region and can't wait to see how this Village becomes something Sacramento can celebrate. Tammy said E49 has joined Restoration Life Church and its pastor Dan Axtell in 2016 to start Compassion Village.

The first village will consist of 20 temporary tiny homes, 15 interim bedrooms that will house two people to a room and a one-acre lot where a permanent version of the homes will be built. Tammy expects 10-15 village sites in the Sacramento region to take root. "The focus of the village will be building community, mentoring and employment." We are asking churches to commit to building the home with their congregations and support the village with a team of five to 10 volunteers for three years. Additionally, they are asking for a financial commitment for the three years as well to insure sustainability. The cost for each home is $7,500 per home and $7,500 per person annually for services and site coordinators.

Volunteers with Compassion Village launched the project officially in February have working meetings every Monday night at 6 p.m. at E49's co-working and incubator space, Suite 210, 2830 G St. There are teams for building, social services, fundraising, social media, admin, web/branding and land. Each team has two leads who are experts/licensed in their respective areas. This is a volunteer, grassroots effort that has gained momentum very quickly.

Pastor Dan started by asking members of his congregation to attend a meeting to see if there was interest. "There was a ton of interest. So Dan asked E49 Corporation to drive the initiative and ask churches from around the region to join in," Tammy said.

Tammy explained the potential setbacks are city, county and building departments. "But we have really done our homework and are working closely with government officials, licensed contractors, real estate professionals and social service organizations to insure success. E49 has had extensive history in working to build a model of success for homeless people ranging from chronic homeless, at risk youth, sex trafficking survivors and other underserved populations."

Although this is primarily being driven by churches at this point, the teams have grown each week and include diverse people from the community.



Tammy said the best way to get involved is to show up on Monday nights and sit in on a team. "If you can't make Mondays, we are still in need of people to help with fundraising, grant writing, people in the construction trades and social services. Once the homes are built and our member residents move in, we will need volunteers for cooking, cleaning, yard and building maintenance, small business mentors, etc." She said they have really seen the community come around this effort quickly. "We have met with City Council members (Allen) Warren and (Angelique) Ashby who are both excited about the village. We are working with several agencies who are certifying the homes and building plans, as well as funding of the project."

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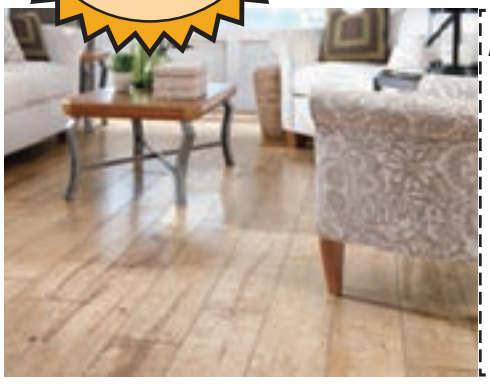

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Sacramento City College Car Show and 25 Year Time Capsule Opening

By JAMES PEYTON



On Saturday, April 29th, 2017 Sacramento City College had a rare event. A Car Show. I have been to many a Cosumnes River College Car Show and Swap Meet. Never has a person spoke to me of a Sac City Car Show. At noon, another rare event took place. The opening of a 25 year time capsule.

The event took place outside in the quad, from around the venerable oval brick fountain by the art buildings and cafeteria on the north side, to the front of the library on the south. Anyone walking through the main entrance between Rodda North & South would be treated to a view of old cars sprawled about upon the grass. Milling around the scene, there were a few food vendors, a table next to the cafeteria selling The SCC centennial book, classic cars and hot rods from the 1950s through 1970s, and a table set outside the front of the library, with the unearthed time capsule. Inside the cafeteria, a game using miniature cars such as hot wheels was being set up. The centennial book was interesting, but not a large book. It had significant events from each decade and notable things from the time period that went along with it. The most notable things were the cars. There was a modern electric car from SMUD, and several classic cars. Most appeared to be from the 1950s and 60s. The show was advertised as having 100 cars, 1 from each year of Sacramento City College. It looked like there were less than 50 cars, and my guess is only one from before the 1930s. This was a 1917 I believe, from the California Auto Museum. It was parked next to the Time Capsule. In the center would be the speakers when they came on at noon.

The time capsule was opened for the public after 3 speakers came forth to introduce us to just what was going on. One was from SMUD, one from Sac City, and another a Sac City College historian. This gentleman gives tours of the college and is very knowledgeable. Two men from the college recorded the event on camera and will be linking to the video on the campus's website. The plaque and capsule were dug up beforehand in the interest of time. The capsule had been opened as well, to ascertain if the contents were in good condition. They were. The last opening of a time capsule was marred by its being waterlogged. This particular capsule marked when the SCC library had undergone massive renovation changing it from its one story state to a more modern two-story building. Gone were the typewriters in the forgotten west corner and the old familiar layout disappeared. The red bricks looked different than before. Things had changed.

The plaque read as follows: Sacramento City College Learning Resource Center Time Capsule Dedicated October 8, 1996 To be opened in the SCC Centennial year 2016. Never mind that it's 2017, folks.

Inside the capsule were several small items from the period, such as 2 blank floppy disks. The first was the 5 and 1/4 inch black variety, and the second the 3.25 inch hard plastic ones. Perhaps you remember that they held 1.44 megabytes. Compare that to your pocket flash drive with some amount of gigabytes. There was an Apple compatible A+ mouse, with neither ball nor laser on the bottom. There was a cassette tape about World War II. There was a TDK VHS tape "Celebration of Opening of New Learning Resource Center" from 1998. This video may be uploaded to the SCC website soon. There was library card, photograph of the new library, a CD-ROM titled Space Technology Education, a brick from the original library built in 1936, several papers and pamphlets about Sac City College, a lock that was used with the old library's book detection system, and various other papers and items, such as a video connection cable.

After the contents had been laid out, he crowd went up and checked out the time capsule plaque and what was in the box. After a bit, everyone dispersed, but the car show was scheduled to continue until 2pm. It was interesting to see history in the making. If you walk up the main entrance to the college, you will see the line of gold colored diamond shaped plaques on the cement floor that represent each year of the college. Under these numbers are time capsules for that year. You will notice 4 years in the 1940s do not have the gold colored metal finish, but are a much plainer looking tile. The tiles for 1942-1945 to be precise. This was because they had use for metal "for other things" during World War Two, according to the first speaker. Looking back, much of Sacramento has attended this local college over the years. The opening of this and other time capsules are often brief, but symbolic events.

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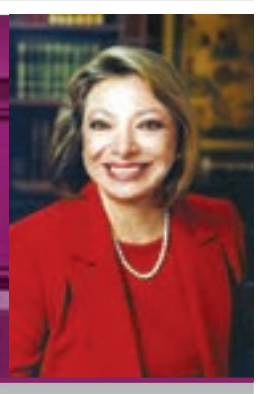

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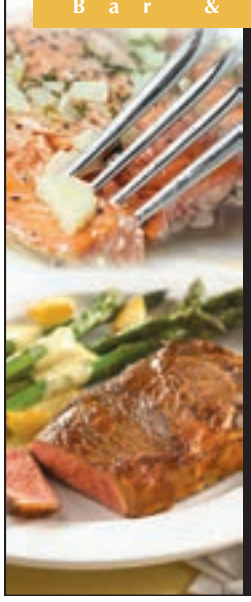

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Visit **www.MetersMatter.org** to learn more about the project and to find out what may be happening in and around your neighborhood.

This work may result in:
- Traffic delays
- Sidewalk closures
- Construction-related dust and noise

This work addresses the State's mandate for water meters to be installed on all water services.

Thank you for your cooperation on this very important project.

Contact us for more information:
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311
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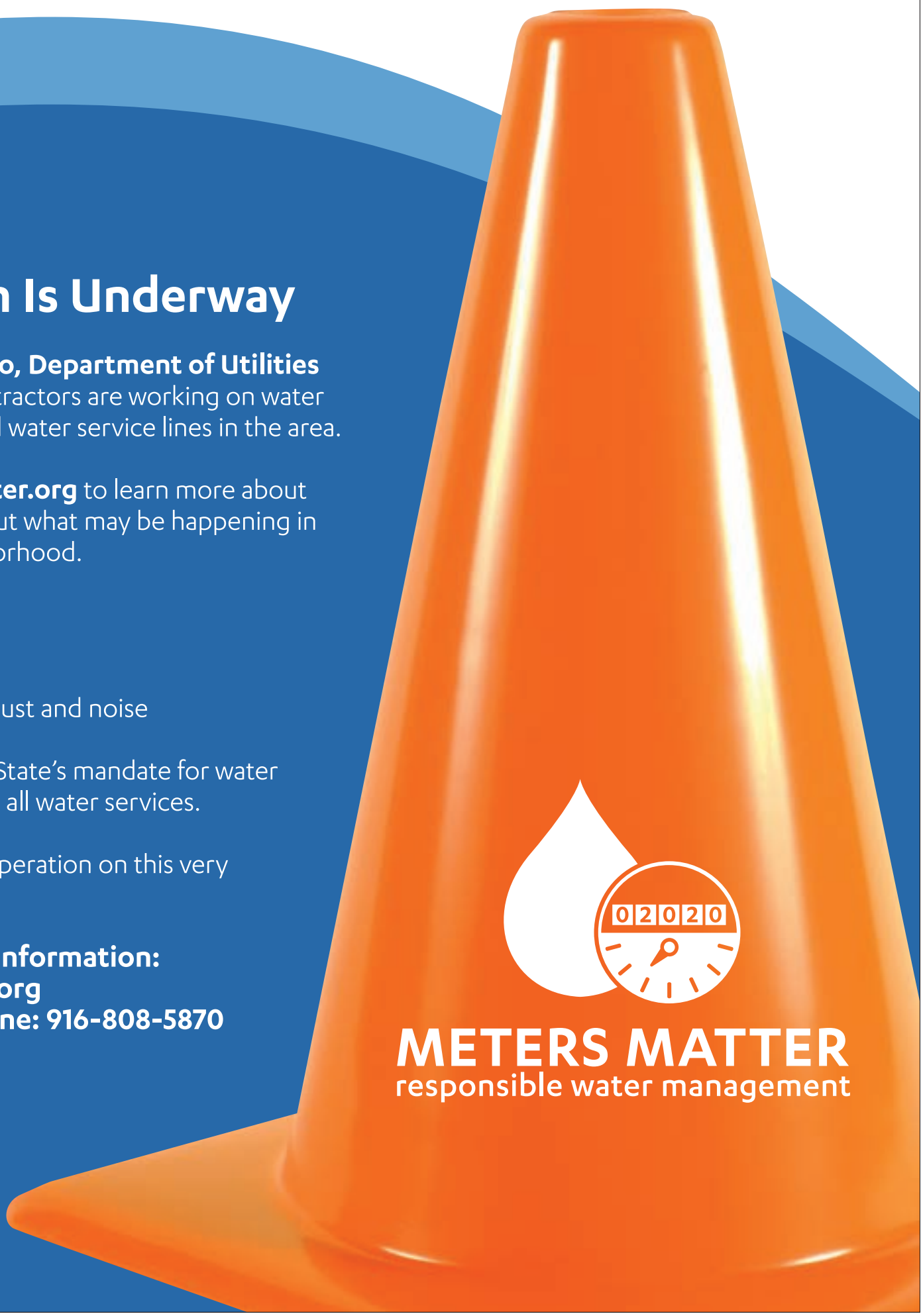

Women-owned law firm expands from Greenhaven to West Sac

A women-owned law firm in Greenhaven is expanding into West Sacramento's Southport Business Park at 2945 Ramco Street on June 1st. Gallagher Jones LLP is a Business Litigation, Business Formation and Governance, and Estate Planning law firm started in 2014 by Kathleen Gallagher of West Sacramento and Lauren Jones of Woodland. The firm has maintained an address at 1104 Corporate Way in the Greenhaven since its inception.

June 1 also marks the firm's three-year anniversary and the realization of a goal that Kat and Lauren made when they first set out to build their law practice. "We started out small, but our five-year plan had us moving into a larger office by our third year in business, so we are right on track," noted Lauren Jones. Being on track is just how the U.C. Davis and Lincoln Law School graduate likes it. Lauren has lived in Yolo County since 2004, moving from Davis to Woodland after getting her college degree. She has been practicing law since December 2013.

"We're excited to be moving into West Sacramento, and for the continued growth of our firm," exclaimed Kat Gallagher. "We're maintaining our Greenhaven address, but will be physically located in our new office. It's a closer drive for me!" Kat has been a West Sacramento resident since 2009. She graduated with honors from McGeorge School of Law and will have been a 10-year attorney as of—you guessed it—June 1, 2017. All good things come in threes, after all, and the firm has much to celebrate on June 1.

Gallagher Jones LLP prides itself in building quality relationships with clients and the community, as well as in its flexibility and creative problem solving skills. As Lauren puts it, "We work to fit the solution to the client, not fit the client to the solution." Kat and Lauren have roots in Southern California and met while both working at a prominent Sacramento law firm. They bring different styles and personalities to their law practice. Together, they create a winning combination for business owners and families seeking legal advice on business or estate planning matters.

Now that their goal of a new office is checked off the list, Lauren and Kat are busy checking off their many other goals and creating new ones. One of their newest goals is to host a Grand Opening and Open House for clients, friends, and new neighbors alike. They are proud to show off their beautiful new office and will announce their Grand Opening date once it is confirmed.

To learn more about Gallagher Jones, please visit www.gjlaw.org or call 226-4470. You can also find them on various social media platforms on the Internet. Gallagher Jones LLP will officially open on June 1 at 2945 Ramco St., Suite 110, West Sacramento, from 9 a.m. to 5 p.m. weekdays, excluding court holidays and the last week of the year.



Kathleen "Kat" Gallagher and Lauren Jones

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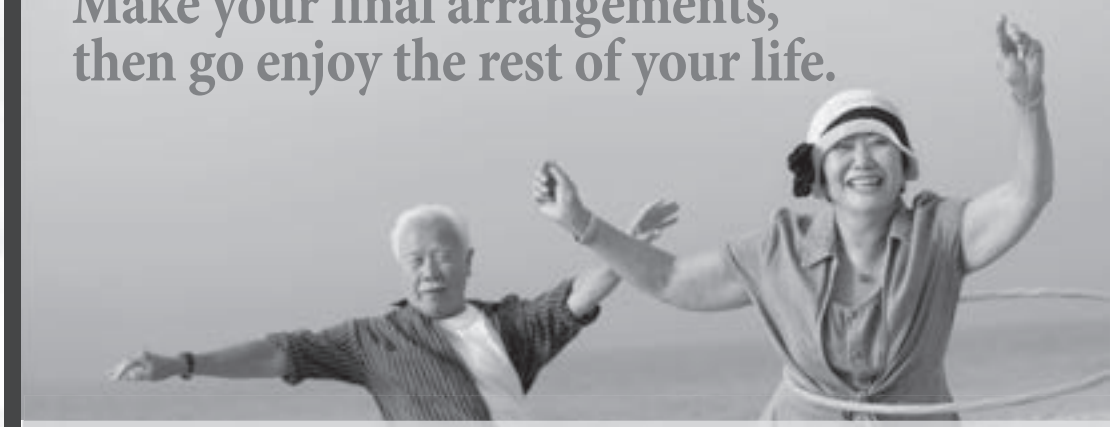

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Elk Grove Memorial Park & Mortuary
To RSVP or More Info: ***916.732.2031***

Thurs., June 8
Thurs., Aug. 3 (Dinner @ 6:30 pm)
Thurs., Sept. 7 (Dinner @ 6:30 pm)
Thurs., Oct. 12
11:30 am to 12:30 pm
East Lawn Memorial Park & Crematory
To RSVP or More Info: ***916.732.2000***

Wed., June 14 (Dinner @ 6:30 pm)
Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)
East Lawn Andrews & Greilich Mortuary
To RSVP or More Info: ***916.732.2026***

Wed., May 10
Wed., July 19
Wed., Aug. 9 (Dinner @ 6:30 pm)
Wed., Oct. 11
11:30 am to 12:30 pm
Sierra Hills Memorial Park & East Lawn Mortuary
To RSVP or More Info: ***916.732.2020***

VETERANS & GUEST LUNCHEON SEMINARS

Thurs., May 11 — 11:30 am to 12:30 pm — East Lawn Memorial Park & Crematory
Wed., Aug. 16 — 11:30 am to 12:30 pm — East Lawn Andrews & Greilich Mortuary
Wed., Oct. 18 — 11:30 am to 12:30 pm — Elk Grove Memorial Park & Mortuary

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What's happening Pocket/Greenhaven?

FRIDAY, MAY 19

ANNUAL BELLE COOLEDGE ICE CREAM SOCIAL: It's time for the Belle Cooledge Ice Cream Social, today from 6 to 8 p.m. This will be the 19th anniversary of this popular event. Once again, there will be entertainment with popular Chicken Lips from last year's "rainy social". The new featured jazz band will be a fun group called the Templetons and they will be performing in the Community Center. Get set for some "divine" scoops of Vic's ice cream. The book sale will be slightly different this year, as the Friends of the Library has transitioned to a Pop-Up Book Sale each and every month, thanks mostly to Pam Kent and Julie Bannister, who head up book sales for our Friends' Board. But no worries. There will be plenty of books, CDs and DVDs for all! 5600 South Land Park Drive

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SATURDAY, MAY 20

PARKING LOT SALE DAY AT THE ELKS LODGE: There will be many great finds at this parking lot sale, with proceeds benefiting the Elks. 8 a.m. to 2 p.m., 6446 Riverside Blvd. from 8:30 to 11 a.m. For more information, call 422-6666.

WALK ON THE WILDSIDE: From 10 a.m. to 4 p.m., Regional Sanitation Bufferlands staff presents Walk on the Wildside, a celebration of International Migratory Bird Day. Walk on the Wildside highlights local efforts to protect and restore Central Valley habitats. This FREE family-oriented event includes hiking tours of local wetlands and forests, presentations, a live animal show by Wildthings, Inc., music by Cliff Compton and Mountaintop, children's hands-on activities, informational exhibits, and more! Guided and self-guided tours are offered throughout the day. Explore a pristine valley oak riparian forest in search of migratory songbirds. Visit numerous wetland and riparian forest restoration projects. Take one of the Bufferlands guided tours and enjoy a unique opportunity to see a rare heron and egret rookery—one of only four in Sacramento County. This rookery contains more than 120 active nests of great blue herons, great egrets and double crested cormorants. Spotting scopes will be available for optimum viewing of these fascinating and beautiful birds. Walk on the Wildside has grown to be one of Sacramento's favorite outdoor environmental events, and both the event and parking are FREE! The fun activities are held at the beautiful Beach Lake Park, near the town of Freeport. Leave pets home.

Program of Events
10 – Music by Mountaintop (Main Stage)
11:45 – Native American Flute Music with Linda Michelle Hardy
11:45 – Wild Things Animal Presentation (Main Stage)
12:15 – Puppet Show
12:15 – Junior Duck Stamp Art Contest Winners
12:45 – Music by Mountaintop (Main Stage)
1:30 – Wild Things Animal Presentation (Main Stage)
2 – Puppet Show
2 – Native American Flute Music with Linda Michelle Hardy
2 – Music by Mountaintop (Main Stage)\
3 – Puppet Show\
3:30 – Music by Mountaintop (Main Stage)

For more information, please contact Kevin Cassady at (916) 875-9196 or cassadyk@sacsewer.com. Take I-5 or Highway 99 south of downtown Sacramento. Exit at Cosumnes River Blvd and drive west. At Freeport Boulevard, turn south. Continue 2 miles through the town of Freeport and past the golf course. Turn left at the event signs opposite of Cliff's Marina. Continue until you reach Beach Lake Park.

ROBBIE WATERS POCKET-GREENHAVEN LIBRARY PRESENTS FAMILY MOVIE MATINEE 'SING': From 2 to 3:45 p.m., the library will offer a free viewing of the animated movie "Sing." 108 minutes, PG (for some rude humor and mild peril). From the movie description: "A koala impresario stages a gala singing competition in order to save his theater, and the contest attracts the attention of such musically inclined animals as a harried pig mom, a teenage gorilla, a shy elephant and a punk porcupine." 7335 Gloria Drive.

SACRAMENTO LADIES RIDE: Ladies of all riding backgrounds, including beginners, are encouraged to attend as the ride will be relaxed at 7 p.m. at Southside Park. There will be 2 rest stops/ re-groups. As we get closer to the ride, a route will be posted. The goal with this Ladies Ride is to reduce the gender gap in bike riding, where we see more men riding than women. The hope is that this ride will provide women with a comfortable and supportive environment to ride their bikes around town. All genders are encouraged to attend, but please be respectful of others bodies, ideas, etc. Get your bikes lit up and ready to ride! The group will meet at the corner of 8th and T Street at Southside Park. For May is Bike Month, the event will support the ladies who ride. -- Credit to San Jose Bike Party

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SUNDAY, MAY 21

FREE BREAKFAST ON ARMED SERVICES DAY AT ELKS LODGE: The Sacramento Elks, No. 6 will serve active duty service members in uniform a free breakfast at the lodge, 6446 Riverside Blvd. from 8:30 to 11 a.m. For more information, call 422-6666.

GUITAR SOCIETY ORCHESTRA SPRING CONCERT: The Sacramento Guitar Society Orchestra will be performing a Spring concert at the Clara, 24th and O Streets, on Sunday, May 21st at 3 p.m. Also performing are some of the area's well known classical guitarists; Matthew Grasso, Sean O'Connor, the SGS Orchestra director,and Greg Williams. Donations will be accepted at the door.

WEDNESDAY, MAY 24

POCKET GREENHAVEN COMMUNITY ASSOCIATION MAY MEETING: The Pocket/Greenhaven Community Association will vote on officers and discuss other community issues. The agenda will be finalized prior to the event from 6 to 8 p.m. at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

SENIOR SOCIAL HOUR AT THE ROBBIE WATERS POCKET-GREENHAVEN LIBRARY: From 1 to 3 p.m., enjoy card and board games in a friendly social setting. A selection of games will be available (chess/checkers, Mahjong, cards, etc.) but will also be happy to accept donations of cards or board games that you think the group would enjoy. 7335 Gloria Drive.

SATURDAY, MAY 27

GARDEN TOUR – WHAT'S BLOOMING?: At 10 a.m., the Old City Cemetery Committee presents a tour of the cemetery's Hamilton Square Garden in the beautiful Historic City Cemetery. With 800-plus unusual Mediterranean perennial plants the garden has drought tolerant color all year long. Meet at the tenth street gate. The cemetery is located at 1000 Broadway, Sacramento. There is ample free street parking on surrounding streets. For more information, call 916-448-0811.

GOLD LION ARTS PRESENT: SLIDE GUITAR WORKSHOP: On Saturday, May 27, Ross Hammond will cover slide techniques, intonation, how to pick out a slide and will also teach a few classic blues songs to get you started. 2 to 4 p.m. All ages and ability levels are welcome. The cost is $15 for a two-hour clinic. Please bring your guitar (acoustic is preferred) a slide, picks and whatever else you need. 2733 Riverside Blvd.

TUESDAY, MAY 30

SING ALONG WITH MISTER COOPER AT THE ROBBIE WATERS POCKET-GREENHAVEN LIBRARY: A family-friendly performance by local singer/guitarist Mr. Ken Cooper. This program is made possible by the Pocket-Greenhaven Friends of the Library. 7335 Gloria Drive.

SATURDAY, JUNE 3

SHRED IT FOR EDUCATION: The Eze Cyprian Ahaneku Foundation will hold a shredding event from 9 a.m. to 1 p.m. at St. Anthony Parish, 660 Florin Road. Proceeds to repair damaged roof of Sacred Heart School, Owerri in Imo-State, Nigeria. Suggested donation is $10 per standard size bankers box (10" x 12" x 15"). Nothing to shred, but want to participate? All financial contributions are greatly appreciated.

BOOK DISCUSSION GROUP MEETING AT THE ROBBIE WATERS POCKET-GREENHAVEN LIBRARY: If you like to read and you like to talk about books, look no further than the Pocket Library book discussion group. The group reads a wide variety of books to challenge the minds and interests of all group members. The book for discussion this month is The Turner House by Angela Flournoy. The group meets from 1 to 2:15 p.m. at the library, 7335 Gloria Drive.

REVERE COURT MEMORY CARE ANNUAL SENIOR RESOURCE FAIR AND OPEN HOUSE: The public is welcome to attend this senior resource fair which will include vendors and free health tests from 9 a.m. to 1 p.m. at Revere Court Memory Care, 7707 Rush River Drive. Over 20 vendors will be offering and giving information and resources for seniors. Agencies and non-profit organizations will be offering free-blood pressure checks, glucose check, hearing tests, massage, foot exams, legal advice & much more! There will also be raffles held throughout the event with a grand prize at the end of a $100 Visa gift card. A barbecue will be available for those who would like to partake-with all proceeds going to the non-profit of your choice in attendance. Speakers include: Dr. Jason Gravano, UCDavis, Dr. William Au, Sutter & Don Nottoli, Board of County Supervisors. All vendors will speak, including representatives from The Alzheimer's Association, Del Oro Caregiver Resource Center, The Adult & Aging Commission, Rebuild Together, American Cancer Society, UC Davis Alzheimer's Disease Center, Meals on Wheels, ACC Senior Center and Care Center, HI CAP, and many more! There are 8.9 million caregivers caring for someone 50+ years old who have some form of memory loss; they are not alone. At Revere Court Memory Care, we understand that dementia affects whole families. Each person with memory loss and his or her family experience different challenges and needs, which vary at different times during their journey. Revere Court offers this annual Senior Resource Fair to the community at no cost; we want to help families that are going through this trying time. The more knowledge you have about the disease, the better equipped you are to care for a loved one with memory loss. Revere Court Memory Care is a state of the art community providing quality of life to persons with Alzheimer's and other dementias, and to their families who care for them. At Revere Court, we realize that each family needs different services at different times. That is why we've designed a whole spectrum of programs to meet those changing needs. For families looking for services out of the home that offer their loved one the opportunity to be with others in a safe, stimulating and happy environment, Revere Court offers three different services at our beautiful and secured three and a half acre campus in Sacramento's Greenhaven/Pocket Area, including Revere Court Day Club, Primrose Respite Care & Revere Court Residential Care. For more information call 392-3510 or visit our website @ www.reverecourt.com .

SATURDAY, JUNE 10

FIRST POCKET/GREENHAVEN FAMILY BBQ: From 10:30 a.m. to 1 p.m. at Garcia Bend Park, there will be a lot of family fun with kid-friendly activities, BBQ, and a chance to connect with friends and neighbors. Our local firefighters will be BBQing and Otterby Reading will be posing for pictures and signing families up for the summer reading program! Partners include: Pocket-Greenhaven Community Association, Pocket Greenahven Moms and Vice Mayor Rick Jennings.

THE MAHOGANY FESTIVAL: The Mahogany URBAN Poetry Series will present a festival open to the public from 10 a.m. to 6 p.m. at William Lee College Prep, 3300 Stockton Blvd, Sacramento, California 95820. The event will celebrate black culture, unity, natural hair, music, black business, black economics, black education and black people. The event celebrates "US." This event is also a celebration of the 18th anniversary of the Mahogany Urban Poetry Series. There will be live performances, guest speakers, vendors, and activities for all ages.

ONGOING

WANTED: LIFEGUARDS FOR 2017 SUMMER POOL SEASON: City of Sacramento Parks and Recreation Department is currently seeking lifeguards to work at one of the City's 17 community pools. More than 80 lifeguard positions are still needed for the 2017 summer season. Individuals at least 16 years of age, currently certified, or meet the lifeguard course prerequisites are encouraged to apply. For those that need training, scholarships are available to applicants interested in attending the Life-

Continued on page 21



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What's happening Pocket/Greenhaven?

Continued from page 20

guard Academy. The Aquatics Section offers American Red Cross Lifeguard Training All interested applicants must sign up through the City's aquatics website. http://www.cityofsacramento.org/aquatics

Lifeguard Academy application deadlines:
Deadline: Thursday, June 8 for **Course dates:** June 19 to June 23, from 9 a.m. to 5 p.m.
Deadline: Thursday, July 13 for **Course dates:** July 19 to July 23 from 9 a.m. to 5 p.m.

For those that are certified later in the summer, those individuals will be able to work a partial pool season, and be trained for the following year. As a lifeguard, individuals can earn $10.50 - $12.75 an hour, teach children how to swim, learn how to save a life, and help put on special events and programs that benefit the community.

IN CREATIVE COMPANY MEET UP AT ROBBIE WATERS POCKET-GREENHAVEN LIBRARY: Held on the 2nd and 4th Tuesdays of each month from 1 to 3 p.m, this meetup was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome to join--just bring whatever you're working on and come on in! 7335 Gloria Drive.

BE A PART OF JFK HISTORY- PURCHASE A BRICK: John F Kennedy High School has a new athletic stadium for track, football, rugby, marching band, fitness, and soccer. Phase 1 of the brick walk is now complete. There is a section with over 100 bricks installed. There is room for many more, so become part of JFK history by purchasing a personalized brick for the walkway. This campaign continues throughout the 2016-2017 school year. Phase 2 bricks will be purchased in May 2017.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

VINTAGE HOT RODS AND CLASSIC CARS AT LAKE CREST VILLAGE: Starting May 12 through Oct. 13, 2017, cars will be displayed on the 2nd Friday of each month from 5:30 to 8:30 p.m. at Lake Crest Village Shopping Center corner of Florin Road and Greenhaven Drive. The June and August events will be held on the first Friday of those months. Come take a look, many of these cars participate in special events in the area. For more information you can contact Tony Antonucci at 916-606-5459.

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.



TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. Appointment times are available for most Wednesdays between 4 p.m. and 7 p.m., Thursdays between 1 p.m. and 3 p.m., and Saturdays between 10 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WALK ON THE WILDSIDE: On Saturday, May 20 from 10 a.m. to 4 p.m., Regional Sanitation Bufferlands staff presents Walk on the Wildside, a celebration of International Migratory Bird Day. Walk on the Wildside highlights local efforts to protect and restore Central Valley habitats. This FREE family-oriented event includes hiking tours of local wetlands and forests, presentations, a live animal show by Wildthings, Inc., music by Cliff Compton and Mountaintop, children's hands-on activities, informational exhibits, and more! Guided and self-guided tours are offered throughout the day. Explore a pristine valley oak riparian forest in search of migratory songbirds. Visit numerous wetland and riparian forest restoration projects. Take one of the Bufferlands guided tours and enjoy a unique opportunity to see a rare heron and egret rookery—one of only four in Sacramento County. This rookery contains more than 120 active nests of great blue herons, great egrets and double crested cormorants. Spotting scopes will be available for optimum viewing of these fascinating and beautiful birds. Walk on the Wildside has grown to be one of Sacramento's favorite outdoor environmental events, and both the event and parking are FREE! The fun activities are held at the beautiful Beach Lake Park, near the town of Freeport. Leave pets home.

WWW.VALCOMNEWS.COM





River Cats cross the river for "Annual Baseball for All" event at Independence Field

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Current River Cats players and coaches helped lead an all-access baseball clinic for youth with disabilities, ages 3 and older on Saturday, May 6 at River Cats Independence Field, 2450 Meadowview Road. Activities include hitting drills, throwing exercises, a live game, and more – all on a special rubberized field.











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LOOKING TO SELL YOUR HOME?
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Free Vic's Ice Cream today at annual Belle Cooledge Ice Cream Social

By Kristen Holmes and Denise Holmes



Today, May 19 is the Belle Cooledge Ice Cream Social which will be held from 6 to 8 p.m. This will be the 19th anniversary of this popular event. Once again, we will be providing entertainment with our popular Chicken Lips from our last year's "rainy social". Remember that? Our new featured jazz band will be a fun group called the Templetons and they will be performing in the Community Center. Get set for some "divine" scoops of Vic's ice cream. We took a survey and found mint chip and muddy mocha to be the two top favorites, but there will be four other flavors to choose from as well. Fire Engine #13 will stop by and we all know the excitement we see in the children's faces as the big red, shiny engine pulls up. Thanks to the fire crew for giving of your time and sharing so much with our families.

Our book sale will be slightly different this year. We have transitioned to a Pop-Up Book Sale each and every month, thanks mostly to Pam Kent and Julie Bannister, who head up book sales for our Friends' Board. But no worries. There will be plenty of books, CDs and DVDs for all! Be sure to come early and you will have the very best picks. Prices cannot be beat! This is also a good time to become a member! Stop by and pay a friendly visit to our membership Chairperson, Ellen McCaslin. Every membership counts and we do appreciate your support! And, finally, this is the time to sign up for our fun Belle Cooledge Summer Reading Program. See you all there!

Denise Holmes is a board member for the Belle Cooledge Friends of the Library.

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