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Pocket News

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Spirit of the Pocket Independence Day Parade

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Something worth imitating:

Young adult artist aspires to inspire good morals through her work

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Author, historian Andrew Carroll coming to Elks Lodge July 13

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Faces and Places:

Spirit of the Pocket Independence Day Parade drew 48 entries

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

The festive, celebratory spirit of a traditional community Independence Day celebration brought together the neighborhood with the annual Spirit of the Pocket Parade on July 4. Totaling the amount of entries this year, one of the judges for the floats this year, Melissa Andrews, said there were 48 entries, and about 90 participants. Adding to that total number were the car clubs, which had as many as 10 to 12 cars in the event. New this year, she said California Family Fitness brought eight stationary bikes with people riding ("spinning) on a flatbed truck. That float won the Most Unique award. Other awardees included Pocket Girls Softball, winning the Most Spirit award; best performance by iYa Taekwondo. There was a toss-up for the "Most Participants" award between Just for Corvettes which boasted 15 cars and the Sacramento Elks Lodge, No. 6 with 11 classic cars. Joining Andrews at the judges' stand included Linda Powell, Patrick O'Kane, Mark Carlton and Linda Copes.

Deserving of special recognition, Gerry O'Callaghan brought his motorcycle/side car in which rode two goggle-wearing Golden Retrievers. He's "often a winner, always a crowd pleaser;" Andrews stated. Also a shout out goes to the Sacramento Youth Band, which celebrates 60 years this year and has been coordinated by Mike Duffek for many of those years. Returning this year was Dinger from the River Cats, the universally loved local baseball mascot.

Notables at the parade this year, included politicians Sacramento Mayor Darrell Steinberg, Vice Mayor Rick Jennings; Assemblyman Richard Pan, Assemblyman Jim Cooper, Sacramento County Supervisor Patrick Kennedy and Planning & Design Commissioner Doug Covill.

Special thanks also go to the parade committee, which include: Linda Pohl, Kathy Garcia, Mike Higley and Brenda Williams.

See more photos, page 3

acc SENIOR SERVICES

What's New in July?

Essential Estate Planning Checklist – Monday, July 10, 3:30-4:30pm; Free

Diabetes Self-Management – Tuesdays, July 11-August 15, 1:00-3:00pm; Free

The ABC's of Long Term Care Insurance – Wednesday, July 12, 10:00-11:00am; Free

Senior Scams-Just Say No! – Friday, July 14, 2:30-3:30pm; Free

Self-Defense for Women – July 28, August 2, 4, & 9, 6:00-7:30pm; $24/$40 for 2 ppl

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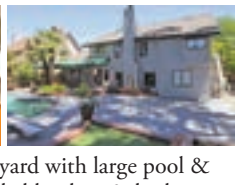

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Something worth imitating:

Young adult artist aspires to inspire good morals through her work

Alexis Wong to showcase select pieces at the Pocket Library

By MONICA STARK
editor@valcomnews.com







Inspired by movie directors and artists like Joss Whedon ("Buffy the Vampire Slayer", "Wonder Woman") and Hayao Miyazaki ("Spirited Away", "Totoro") young animator and black belt martial artist Alexis Wong appreciates powerful characters with ethical conduct. Honing her art, Wong's dream is to create movies and television programs that promote multiculturalism and tolerance in young audiences.

A martial arts teacher at Eastern Way Martial Arts in Elk Grove, Wong said that teaching made her realize her passion for continuing her animation career. "When you use (martial arts), it's about being honest. It's about discipline and focus, compassion and only using the art in dire situations when your life is in danger. Teaching that made me realize why I want to do animation so bad. A lot of children's cartoons don't focus on that anymore...

"We think cartoons are a medium for children all the time, yet a lot of televised cartoons that they are exposed to every day don't seem to reflect that anymore, or they make a joke out of it."

And, just like the violence on television, Wong realizes how much a difference the media can make. "I think we need to think about doing it more responsibly. That's my concern." After all, she says, "children mimic what they see."

Wong attended Sacramento State University where she earned a degree in both Art Studio and Film Studies in 2014. Drawing inspiration mainly from animals, she has a background in Kung Fu and enjoys drawing mythical creatures from Asian folklore. In addition, she also enjoys illustrating mythical creatures from her own imagination and crafts original stories. Wong's primary practice is cartooning and animation, and plans to one day create programs for children after finishing her Master's degree at University of California, Los Angeles. Her involvement in the community include face painting at local events, multicultural education, basic drawing instruction, and donating paintings to charity causes.

On Wednesday, July 19 from 7 to 8 p.m. at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Wong will showcase old paintings from her bachelors college career (including Chinese lion paintings --"people mistake them as dragons and they have historical significances behind them") and prints of her own animal characters that she plans to later write stories about.

Monica Stark can be reached at 267-8992 or by email at editor@valcomnews.com.

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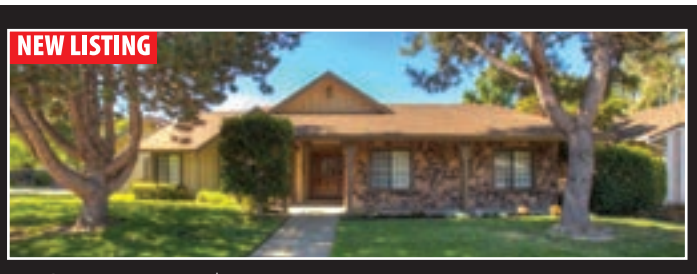

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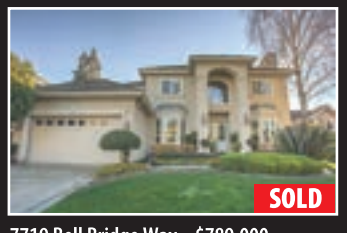

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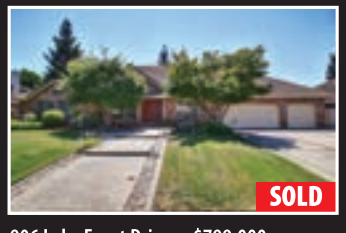
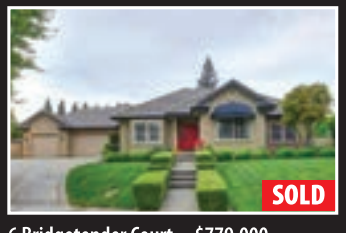


906 Lake Front Drive - $799,000



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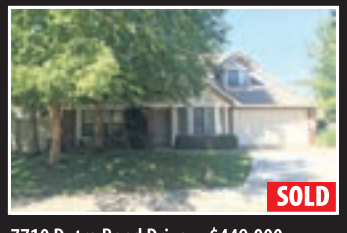

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Which businesses would you like to see come into the Promenade Shopping Center?

By DEVIN LAVELLE
Special to the Pocket News

At the heart of our tranquil neighborhood, the Promenade Shopping Center has been a source of consternation in the Pocket for many years. With more spaces vacant than occupied, even as other centers reached full occupancy, rumors of outrageous rent demands circulated. As a result, our newly formed Pocket-Greenhaven Community Association made supporting the transformation of the Promenade one of our top issues. Over the last year, we have been discussing these issues with Sacramento Vice Mayor Rick Jennings and his staff and are excited that real progress may be imminent.

While the vice mayor is working to ensure the City removes as many impediments as possible to potential new businesses (and he deserves great credit for helping get the newly opened Riverside Sports Bar over the finish line), the most important thing that our community can do is support the many fantastic businesses we already have and help identify the specific areas where our needs are not fully met. The Community Association conducted a survey last year that found that nearly all residents would like more restaurants in our community. This contrasts with a nearly even split between whether residents would like more retail shops.

This preference played out in a recent Nextdoor thread when Pete Kosel, our owl-eyed bread-baking neighbor, asked what local businesses neighbors would most like to see added to the community. Food service took over two-thirds of the votes, with an imagined Vic's spinoff leading the way, along with a family Italian restaurant, numerous requests for a sit-down American restaurant (filling the hole left by the defunct Pocket Bistro), especially one that is family-friendly, and a brewery. (On a personal note, this author's wife deeply hopes someone starts Pocket Brewing so that I do not someday have the urge to.) The overwhelming trend, though, was that the community wants family-owned restaurants, not additional national chains. Outdoor dining has always been sadly lacking in our neighborhood. With Sacramento's amazing weather for most of nine months of the year, the complete absence of patio or rooftop dining across our neighborhood is surprising and unfortunate. The former Tuesday Morning and surrounding spaces would seem to offer a fantastic outdoor option. Tangentially, I have always believed that with some reasonable investments Riverside Plaza could offer beautiful lakeside dining options.

Nearly all of the retail votes fell in two categories. Either for specific grocery stores, especially Trader Joe's, or for larger businesses that would be more at home at Delta Shores. This was accompanied by discussion on the challenges of specialty retail competing with lower priced online and big box options.

Do those views reflect your own? You have the opportunity to share your preferences on July 17. The Promenade Owners and Vice Mayor Jennings will be hosting an Open House that evening at 6 p.m. We hope you will show up and share what businesses you would most like to frequent.

The Pocket Greenhaven Community Association meets semi-monthly, with our next meeting on July 11 at 6 p.m. at the Robbie Waters Pocket-Greenhaven Library, located at 7335 Gloria Drive. More information is available at pocketgreenhaven.org.

From your Councilman, Rick Jennings



Within our region and nationally, brick and mortar retail centers are changing the way in which centers are marketed and the tenants that they can recruit. As time progresses, the need for physical retail space is less and less. In the Pocket/Greenhaven community, we are fortunate in that 4 of the 5 retail centers are fairly healthy. The one exception to this is the Promenade Shopping Center on Rush River. To adjust to the everchanging retail environment, the Center owners need to be engaged in their management with an understanding of the local market and a pricing and service standard that helps their tenants thrive.

The Promenade has experienced a slow but steady increase in vacancies. While the Center has great anchor tenants in local grocer Bel Air and national pharmacy CVS, the Center has struggled over time to reach the potential that we as a community believe is possible. What is encouraging is that the ownership of the Center has refocused their attention by bringing in new leasing agents. I have reason to believe that the future of the Center looks much brighter.

Over the past five months, my office has been working directly with the Promenade's new leasing agent Christina Synder, the Vice President with TRI Commercial. We are jointly hosting a community open house on Monday, July 17 at 6 p.m. at the Center, and I invite you to attend. At this meeting, Christina will update the community on her efforts to attract new tenants and discuss the improvements within the Promenade.

Additionally, in attendance will be professionals in the retail leasing and economic development industries to discuss what the current landscape is for the Promenade and what types of businesses are most likely to be attracted to this property. It is important for all of us to better understand what is happening in retail center leasing, and what types of businesses we can expect to be successful our community.

Christina and I want to hear your voice about what types of services and restaurants you would like to see in the Promenade Shopping Center. Although outcomes can't be guaranteed, Christina is dedicated to focusing on the category of businesses our community expresses an interest in supporting.

Christina asked that I share this message on her behalf: "I represent a reinvigorated ownership group that is committed to making this center a place where the community can come and relax at a restaurant, enjoy a good cup of

See Promenade, page 9

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Daily Mass: 8:00am Monday-Saturday

Author, historian Andrew Carroll coming to Elks lodge July 13

Event to include new book, war-related letters presentation

By LANCE ARMSTRONG
lance@valcomnews.com



Photos courtesy

At the Pentagon, Andrew Carroll is shown with Col Zoltan Krompecher, a soldier who donated a letter to the Million Letter project. He wrote the letter before heading off to Iraq. Handcuffed to Carroll's wrist is what he affectionately refers to as "the football," as it cannot be dropped or lost because it contains some of the most extraordinary letters from archives and Carroll travels the country with these to show people the kinds of incredible letters the project has acquired from over the years, starting with the American Revolution and going up to the present day.

Sacramento Elks Lodge No. 6 will host author and historian Andrew Carroll on July 13.

During the hourlong event, which will begin at 1 p.m., Carroll will present his recent publication, "My Fellow Soldiers: General John Pershing and the Americans Who Helped Win the Great War." He will also be autographing copies of that book, which will be available for purchase at the event.

Among his many other accomplishments, Carroll is the editor of several New York Times best-selling books, including "Letters of a Nation," "Behind the Lines" and "War Letters." The latter inspired the Public Broadcasting Service documentary of the same name.

Carroll also authored the play, "If All the Sky Were Paper," which is based on his "worldwide search for the most extraordinary war letters ever written."

An accomplished public speaker, Carroll has spoken at such places as the Library of Congress, the John F. Kennedy Presidential Library and Columbia and Princeton universities.

And his articles and op-eds have been published in the New York Times, the Wall Street Journal, the Washington Post, USA Today, National Geographic, Details, and the AARP Bulletin.

Carroll has also served as a contributing editor to notable national publications, including Time and The New Yorker.

Along with the late Nobel Laureate Joseph Brodsky, Carroll co-founded the nonprofit American Poetry & Literacy Project, which distributed more than a million free books to schools, hospitals, airports and other public places throughout the nation.

Carroll, who is the founding director of the Center for American War Letters (formerly The Legacy Project) at Chapman University in Orange, Calif., will further his Million Letters Campaign at the lodge.

Linda Van Gundy, veterans chairperson of Sacramento Elks Lodge No. 6, said that Carroll is extensively traveling, with the goal of preserving at least 1 million war-related letters from every conflict in American history.

In addition to handwritten letters, the project includes email communication from Iraq and Afghanistan.

The author recently completed his East Coast tour and is currently involved in the West Coast tour for his new book and the Million Letters Campaign, which began last April.

Carroll commented on the purpose of that campaign.

"These letters and emails help us to honor and remember the troops, veterans and military family members who have served this nation," he said. "These are their words, their stories, their voices and no one can tell their stories better than they can.

"I also hope this project will encourage service members and veterans to write letters to their loved ones about their experiences, even if they relate to events that happened years or even decades ago."

The Million Letters Campaign also aligns with the Center for American War Letters' efforts toward meeting its goal of becoming the largest archive of personal wartime correspondences in the United States.

Van Gundy mentioned that the upcoming event at the Sacramento Elks lodge will present opportunities to both contribute and view war-related letters.

"(Carroll) will be bringing to our presentation some of the letters that he does have from like the Civil War, World War II," she said. "And we're acting as a collection site, and (since April), I actually have now collected almost 500 letters, (including) one Civil War and some World War I letters and a number of World War II letters."

Van Gundy noted that those letters also include some correspondence with concise histories.

"It's like a complex story of a person's military service on two individuals that I have," she said. "One was in the China-India-Burma theater from the time he enlisted to the time he discharged."

Van Gundy added that although original letters are preferred, photocopies are also accepted.

Thus far, most of the letters acquired by the Sacramento Elks lodge are copies, since many families opt to maintain ownership of the originals as sentimental keepsakes.

Those donating letters are required to sign a release form in order to make those donations to Chapman University.

Van Gundy mentioned that the Sacramento Elks lodge is honored to be hosting Carroll's July 13 presentation.

"We are thrilled," she said. "We feel like it's a real honor to have him come to our facility and share his stories that he has, both about the book that he has written and his Million Letters Campaign. And we feel honored to be able to participate as a collection site."

Reservations for the July 13 event at the Sacramento Elks Lodge, 6446 Riverside Blvd., can be made at 422-6666.



Andrew Carroll is shown with George Fee, aboard the USS Midway, where a kick-off ceremony to promote the Million Letter project was held in San Diego. George gave his grandfather's World War I letters, his father's World War II letters. His father received the Purple Heart for being hit by a mine fragment, and George gave the piece of shrapnel that hit his father to the project.

Following Carroll's upcoming visit to the local Elks lodge, the lodge will continue to serve as a Million Letters Campaign collection point.

Additional details regarding Carroll's letter collection project are available at the website, warletters.us.

The Del Rio Trail Project faces first major opposition from neighbors at public meeting

By JAMES PEYTON

The Del Rio Trail Project is the city's proposal to make an official bicycle and walking path along some of the old railroad track areas of Sacramento. Specifically, Sacramento Southern Railroad's Walnut Grove Branch Line in the Land Park, Florin, and Pocket areas. A lot of the tracks are abandoned, and several segments are disconnected from the line at several intersections, with naturally growing grass and trees interspersed. The trail would start near Sutterville Road and end close to the Bill Conlin Sports Complex south of Pocket Road. The 4.5-mile trail is estimated to cost $15 million dollars, with $2.2 million for planning, design, and environmental clearance. Grants are anticipated to fund the project, such as transportation grant funds. Aside from paving some kind of walking path and parallel bike trail, other things are likely to be built along the path, such as signage, paint, benches, shade canopies, fitness machines, kiosks, gardens, playgrounds, and dog parks. The last 3 are not funded by grants.

Major intersections and access points are Sutterville, South Land Park Drive, Del Rio Road, Fruitridge Road, 35th Avenue, 43rd Avenue, Florin Road, and Pocket Road. These street names may be painted on the ground at said major intersections of the proposed trail. Both residents and city planners consider Fruitridge a traffic hazard. The existing railroad tracks in the incomplete sections south of the Zoo and the river may be removed, while those to the north between the zoo & river will be preserved, as there is a current train from old sac that makes a round trip.

Public workshop No. 2 was held on June 8, 2017 at Pony Express Elementary in the South Land Park Area. Sacramento City Council Member Jay Schenirer introduced the event and a PowerPoint presentation on the project with slides helped describe the proposed project and show where the modernized trail would be located. Three staff members were up front and gave out some verbal information on the project. It was mentioned that a national consultant on hiking and walking found that the happiness quotient increased for those with the opportunity to bike or walk to work. The South Land Park Neighborhood Association did a clean-up of the trail area with about 36 people coming together. City employees with the project did a survey up to Pocket Road, and walked the trail with police to familiarize them with the area. Existing iron fences along several courts and cul-de-sacs that parallel the trail were proposed by the city to become gates opening to the new trail. The new trail may be closed from sunset to sunrise, similar to a park.

After the presentation, the audience asked questions and expressed concerns. The audience was mainly elderly, and especially the residents near the proposed trail overwhelmingly opposed the project.. The representatives of the City were all younger in age. On several occasions, the presenters stopped the residents while they were still speaking, thanking them for their comments, although they were still making them. Many residents expressed that they were unaware of the public meetings until now. The advertising was through social media and mailers. Residents claimed they hadn't received anything in the mail and many of them likely don't use social media. Some of the city representatives candidly said that they didn't believe that the residents didn't get the mailers, as they were sent out by mail to all the addresses.

On to the feedback of residents living along the trailway.

A resident named Marcia said that people have walked and biked the existing trail for over 40 years without spending $15 million. She was concerned that the boat and vehicle access she had for 42 years (since around 1974) would be cut off by the project.

David Adelson said that most people seemed not to be notified of the public meetings, and that he wanted a longer public process involving residents affected by the proposal.

Herbert Cohen suggested making information available to the public about the specific granting agencies, so the public can address them directly, (rather than going to the city) and so people can know where the money is coming from. He wants the city to provide a maintenance budget, not solely a construction budget. He also thought no one received notice along the 3 block strip of houses where he lives.

Herb was one of several who wanted the new trail to be moved off the sections of the existing trail that are very narrow strips between backyards, and suggested running it along Del Rio Road. Other residents suggested moving the trail from behind backyards on to a main road or the existing bike trail near Riverside. Herb mentioned there is a drainway under some of the railroad tracks, which would be paved by the trail construction project, thus causing a problem. A man mentioned that the Parks & Rec Department did not know about the Del Rio Trail Project when he spoke with them, and said there was a lack of public knowledge on the project in general. A woman called "Pinky" asked about the landscaping costs, (which seem to be unknown at this time), and suggested researching and planting non-allergenic, native plants on the trail. Another common concern was existing public traffic, and the increase in public traffic the new trail would bring. Potential crime was a major concern.

Chuck Hughes of the South Land Park Neighborhood Association spoke about how his house was broken into, but feels the new construction will improve the overall conditions of the trail area. Residents mentioned that there



Photo by Stephen Crowley

are homeless on the trail currently in several spots. There are also spots that are habitat for animals, and places where gardening and planting are done.

Blair Hickman said the trail was currently a dirt path, and was good for recreation, but the intersections are pretty hairy. Residents asked where they would get feedback on their concerns. They were told to contact SLPNA and to check the Del Rio Trail Project website for updates. The people from the neighborhood looked unsatisfied with this answer.

It seemed as though the trail was a benefit for all, but at the expense of the individual.

Jesse Gothan of City of Sacramento Public Works said this was the first meeting with a lot of opposition and concerns, that the turnout was just "OK", and that this was the second public meeting. He said about 60 people were excited about the bike trail, and being able to commute downtown to work in the future. He also mentioned that by not building a tunnel bridge at Fruitridge Boulevard, that alone would cut the $15 million needed for the project down to $8 million.

According to The Del Rio Project Fact Sheet, the timeline is scheduled for environmental technical studies currently, environmental document completion in fall 2018, the final design in winter 2018, with construction beginning in "future years". An asterisk mentions that future funding is needed for this phase. So, there you have it, The Del Rio Trail Project, one of Sacramento's many upcoming changes.

Find out more by going to cityofsacramento.org/DelRioTrail or attending public meetings.

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Unpaid Wages Can be Re-covered at the California Labor Commissioner's Office

By JAN DALSKE

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This is the State agency that decides your claim for unpaid wages. It enforces minimum labor standards to ensure employees are not permitted to work under substandard, unlawful conditions. It also protects employers who comply with the law from having to compete with those who do not comply.

You are not required to have a Social Security number or a photo identification to file a claim. You may file a claim regardless of your immigration status. You do not need a lawyer. The Labor Commissioner will provide an interpreter who speaks your language. They accept complaints from any employee who performed work in California and in some cases from public employees.

Violations of Basic Labor Law Protections such as not paying minimum wage and overtime is called Wage Theft. If you have experienced wage theft, file a wage claim with the Labor Commissioner.

The Garment Wage Claim Adjudication Unit reviews and decides claims filed by garment workers under the Garment Workers Protection Act, also known as AB 633.

The Bureau of Field Enforcement (BOFE) investigates reports of employers' failure to provide minimum wage, overtime or meal and rest periods to groups of workers. BOFE also investigates complaints against employers for violations of workers' compensations, child labor, recordkeeping, licensing, and registration laws.

The Public Works Unit investigates violations of labor laws on public works construction projects. "Prevailing wages" are wages that are higher than the State minimum wage and are required for workers on most public construction projects.

The Retaliation Complaint Investigation Unit investigates complaints of retaliation. This occurs when an employer takes actions, such as firing a worker or reducing hours or pay because the worker took steps to enforce his or her labor rights.

The Judgment Enforcement Unit helps workers to collect their wages after the Labor Commissioner determines that an employer owes unpaid wages. To find out more information in Sacramento, you can call 916-263-1811 and they will direct you to their location.

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Wed., Sept. 13
Thurs., Nov. 9
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Thurs., Sept. 7 (Dinner @ 6:30 pm)
Thurs., Oct. 12
11:30 am to 12:30 pm
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Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)
East Lawn
Andrews & Greilich Mortuary
To RSVP or More Info: 916.732.2026

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

Wed., Aug. 16
11:30 am to 12:30 pm
East Lawn
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Wed., Oct. 18
11:30 am to 12:30 pm
Elk Grove
Memorial Park
& Mortuary

RSVP to the location of your choice

Reservations Required
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.





Photo by Monica Stark

This vehicle washed clean the boat ramp after 850 cubic yards of silt were dredged out of the water.

It's finally open:

Garcia Boat Ramp reopened after massive dredging

Maintenance crews removed about 850 cubic yards of silt from the Garcia Bend Boat Ramp, about 700 more cubic yards than usual, according to a statement from Vice Mayor Rick Jennings. Because of the heavy rainy season and high water levels this year, silt deposits increased on this Sacramento River boat ramp, making it inaccessible to boaters.

The ramp was closed due to the need for repairs to the ramp as well as the yearly dredging under the ramp. Boaters were asked to use Discovery and Miller parks to launch. In addition, Miller Park honored any ramp passes purchased for Garcia Bend.

Generally, maintenance dredging of the boat launch ramp includes up to 200 cubic yards of silt removed annually by the California Department of Fish and Wildlife and deposited in a dry area near the ramp, but this year with all the extra silt, the city of Sacramento needed a state-issued permit to complete the process.

The boat ramp reopened Saturday, July 1. Welcome back, boats.

Promenade:

Continued from page 5

coffee in the morning and continue to shop at a local grocer. The support we have received from Vice Mayor Jennings has not gone unnoticed by the owners. When we asked him to call a potential tenant's broker he has. When we needed access to sewer credits, he set up the meeting. He has been there to help us at the beginning of this process and we are committed to filing this center with restaurants and services that this community needs and wants."

In working with Christina, I wanted to make sure that the City is helping to make these changes a reality. To that end I have arranged with City staff to expedite the tenant improvements in this center. We have worked with the City's Community Development Department to identify a single point of contact to ensure that all City permit processes are reviewed and approved quickly. I am personally committed to the success of the Promenade Shopping Center and keeping it as active and pleasurable as our other retail centers – including the upcoming Delta Shores retail center.

My utmost desire and goal is to serve you. Even before taking office, you asked for a revival of the Promenade Shopping Center that we hold dear in our memories. I promised that I would and I have worked tirelessly ever since to deliver on that promise. As such, I am excited to share with you all the great things that are coming to the Promenade when I see you at the community meeting on Monday, July 17 at 6 p.m.

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South Sacramento Rotary Club Charitable Giving 2017

"Service Above Self" -- That's the Rotary model and club members make a positive impact on their community and the world. Club members believe that they have a purpose beyond fellowship; and, that purpose is to make the world a better place through our collective action. Besides holding fundraising activities to generate money to contribute to worthy charities, they also engage in hands-on activities in support of community efforts to enhance low income neighborhoods.

Each year the Rotary Club of South Sacramento posts an announcement on the club website informing the community of the opportunity to submit a request for funding. Members contact representatives of various organizations and solicit a request for funding. The primary focus is providing funds for services to help women and children in our community. Once the requests are received, the Board of Directors reviews the applications and decide which organizations will receive funding.

The RCSS scheduled representatives from the various organizations the club would fund to attend a meeting and update the rotary on their activities. Following their presentation, a check was presented.

A total of $19,966 over several weeks in May and June were distributed with the following organizations receiving funding this year:

- Children's Receiving Home of Sacramento ($8,066) in support of the "Sprouts Program" to provide services for severely physically and emotionally traumatized preschool children. The CRHS was a partner in helping put on our annual crab feed so was the designated as our major funding recipient
- YMCA ($2,500) to support swimming lessons for underprivileged youth
- Moral Values Program ($1,500) to provide funding for their summer school program
- NorCal Services for the Deaf and Hard of Hearing ($1,275) to provide summer camper scholarships for underprivileged children
- Rotary District 5180 ($1,000) to support educational outreach in our region to prevent human trafficking
- Golden Empire Council Boy Scouts ($1,000) to support their camping programs
- South Sacramento Interfaith Partnership Food Closet ($1,000)
- St. John's Program for Real Change ($1,000) for the purchase of beds to increase their housing capacity
- Turning Point ($750) to provide homeless clients funds for bus passes and underwear
- Robin Hooding for the Homeless ($500) to provide toiletries to the homeless
- Girl Scouts of America ($400) to support program activities
- In addition, we designated $1,000 to be sent to an organization selected by our recently established Satellite Club.

The club welcomes the community to visit the club and find out in greater detail how they can become part of a great organization that strives to meet the needs of people less fortunate than ourselves. 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.



Rotary Club of South Sacramento President Steve Mauch presents a check to Molly Bowen from NorCal Services for the Deaf and Hard of Hearing.

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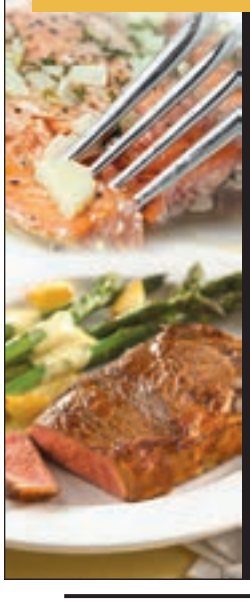

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Celebrating the Fourth of July with The Sacramento Youth Band

Story and photo by MONICA STARK
editor@valcomnews.com



As we celebrate the birth of our nation, The Sacramento Youth Band played the traditional patriotic standards on Saturday, July 1 on the lawn at Parkside Community Church as the nonprofit organization itself hits a milestone -- 60 years in the community providing music education to hundreds of students.

The nonprofit consists of a concert band, a marching band and three jazz bands and a junior band. Since 1957, the Sacramento Youth Band has been educating and inspiring young musicians, providing them with a place to meet new friends, expand their musical abilities, and travel to exciting places like Disneyland, San Francisco, Santa Cruz, Santa Barbara and Discovery Kingdom. Recently, the youth band sponsored an elementary school outreach program at Genevieve Didion K-8 School and at Pony Express and Caroline Wenzel elementary schools.

Cooking up about 100 hot dogs at the Saturday evening event, volunteer Kevin Doohan said he and his family have been helping out at the fireworks booth, which has been located there on the corner of South Land Park Drive and 35th Avenue. His soon-to-be step daughter, Olivia Duffek, carries the band's banner around at various events and his daughter Kayleigh Doohan, 9, hopes to join the band playing drums when she's a little older.

On and off for the last 25 years as the nonprofit's president, Mike Duffek said he started in the youth band when he was 13 years old, 44 years ago. As cuts to the arts continue in the traditional school setting, he said the outreach program has become an important niche for the nonprofit. "We have an outlet," Mike Duffek said. And especially in the summer when many music students put down their instruments, the youth band provides extra re-enforcement. "We're busy in the summer," he said, adding that students come back to school in the fall three months ahead of everyone else.

Attendee Nicole Welch played baritone and tenor saxophone with the band in the 1980s, and on Saturday, brought her 8-year-old daughter Natalie for some musical inspiration. "She really likes music a lot. For her second grade career day, she said she wanted to be a college music teacher without even knowing how to play music. So, I think that means she has a love for music." Welch played music through high school and beyond. Raised in a private school setting where the music program was smaller than other schools, Nicole said the Sacramento Youth Band filled that void for her. "For me, I went to a private school; we didn't have a real big music program, so this was a really great way in getting involved with music and this was a real big part of my life. I was in the jazz band, concert band, and then I went to John F. Kennedy, so I made a lot of friends in this band that I wound up going to high school with." Daughter Natalie just may be a member of the next generation of musicians that make up the widely successful Sacramento Youth Band. Nicole to her daughter: "You might have to learn how to read music before we start teaching it."

For those who are interested in learning more about the Sacramento Youth Band, check out http://syb.myevent.com

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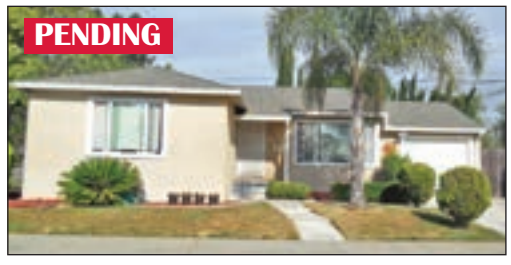

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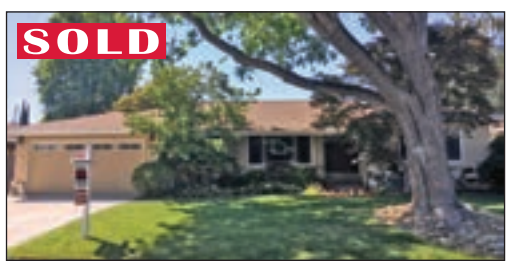

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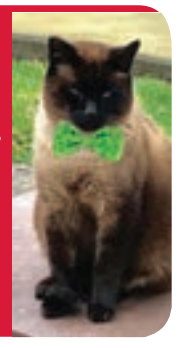

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Summer reading kick-off at the Robbie Waters Pocket-Greenhaven Library

Photos courtesy of KATHI WINDHEIM

The Robbie Waters Pocket-Greenhaven Library kicked off its summer reading program with Taiko drumming on Saturday, June 10. A taiko drum performance by local musician Kristy Oshiro kicked off summer reading fun. While patrons visited the library, free carnival games run by the Teen Advisory Board were offered as well as tasty treats from Moustache Mike's Italian Ice. These photos show members of the Teen Advisory Board (TAB) group shot,Shasta Valley Shaved Ice Co. staff Haily nad Harsimer; Brendon at the Pancake Pile-Up; Amy, Kathi and Allie at Giant Memory Game; Karen & Allie with Scratch Off Sea Creatures, Max & Dakoda with Suspend Jr. Game. Readers (and even those who can't read yet!) can sign up for Summer Reading with Sacramento Public Library & Win Prizes through Aug. 15. Read for fun. Read to win. Sign up for summer reading today here: https://saclibrary.beanstack.org/reader365 Prizes include free books, lego sets, gift cards, totes for adults, and if you can read 25 books, there is a Reading Medal!

A special thank you goes to the Robbie Waters Pocket-Greenhaven Library Teen Advisory Board (TAB) for helping us kick off the Summer Reading Challenge & to Steve Macy from Shasta Valley Shave Ice Co. for providing the cooling refreshments! Happy Summer Reading!





The following are prizes available:
Read 5 books and receive a prize.
- Kids and teens receive a free book to keep
- Adults – a reusable tote bag and a certificate for a free book from the Friends of the Sacramento Public Library Book Den

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California State Fair calendar of events

The 50th Anniversary of the State Fair at Cal Expo, and the 164th year overall... the 2017 California State Fair is finally here! Showcasing the best of the best in California, there is something for everybody to see. Whether it be family fun, date night, or a night out with friends, the 2017 California State Fair is the place for your summer's best moments ahead. What follows are daily highlights for the fair which starts on Friday, July 14 and ends on Sunday, July 30.



Daily Events

River City Quilters - 10 a.m. to 9 p.m.: River City Quilters are back! In this hands-on demonstration, you can design a nine-patch block. Then watch as volunteers sew your blocks into beautiful quilts right before your eyes! These quilts will be donated to children's hospital wards throughout the Sacramento area. Over 100 quilts are consistently made each year from fair-goers design blocks! Occurring daily.

Hollywood Krazy Kid Korral - 10 a.m. to 5:30 p.m.: Learn about how horses launched the Hollywood film industry, participate in fun games for the kids, and get ready for some fantastic photo opportunities! Hosted daily.

Pigeon Display - 10 a.m. to 8 p.m.: Fly on over to Fur and Feathers and see the beautiful pigeons on display. Their beauty will surprise you, and you may walk away having found your new favorite species! Occurring daily.

California Crafts Exhibit: See the best of California's crafts on display in Expo Building 8. From intricate quilts, to impressive wood art, there is a large variety of amazing work on display. Be sure to check out the featured craft art from this year's special contests--Upcycle Home Decor and Steampunk Fashion! Hosted daily from 10 a.m. to 10 p.m.

FRIDAY, JULY 14

Homemade Jam and Jelly Show Judging: 10 a.m. to 5:30 p.m.: Witness live judging of the best homemade jams and jellies that California has to offer. As part of the Canning and Baking Competition, this live judging is one delicious event to see!

Japanese Cultural Arts- 10 a.m. to 9:30 p.m. - Matsuyama Sacramento Sister City Corporation introduces you to Japanese culture, calligraphy, and origami. Demonstrating artists will teach you how to write in traditional Japanese calligraphy and fold dollar bills into art forms!

ARC Design Hub vs. DieselZilla - 10 a.m. to 9:30 p.m. - Bring your family and friends to see American River College's Design Hub battle DieselZilla! Various ARC departments and studentsgivehope.org have banded together in an effort to "lock the active site" that keeps DieselZilla from ending its tirade. Learn how to design a molecule to deactivate the monstrous DieselZilla and save the Golden State! This fun-packed event can be found in Expo Building 3.

Valley Sculpture Artist Creates in 3D! - 10 a.m. to 9:30 p.m.: Experience the wonder of 3D art with our featured artist, Chris Thompson. You

See State Fair, page 16

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State Fair:

Continued from page 15

even will have the opportunity to learn how to throw and mold clay pots on a pottery wheel!

Art Knows No Boundaries: 10 a.m. to 9:30 p.m.: The Short Center North presents art as the greatest equalizer. Aptly named, this experience of live painting and jewelry making demonstration truly knows no boundaries. Located in Expo Building 7.

The Art of Porcelain Painting: 10 a.m to 10 p.m. Watch the incredibly talented Camellia City Porcelain Artists demonstrate the delicate technique of painting porcelain. The different forms of painting being demonstrated will be classical floral, contemporary form, Chinese, and watercolor-style painting.

Cooking Demo with Official CA State Fair Chef, Keith Breedlove: 1 to 2 p.m.: The brilliant Official California State Fair Chef, Keith Breedlove of the Culinary Cruzer, throws elbows, jokes, and facts, while turning the finest Farm-to Fork ingredients into creative and mouth-watering dishes. Join us for some culinary fun at The Grill in Kaiser Permanente Farm, presented by SaveMart.

Rabbit Demonstration at 2 to 3 p.m.: Patrons can listen to rabbit exhibitors explain just what it is like to show a rabbit at the fair. Exhibitors will explain more about the rabbit species, proper care, and showmanship. You might even get to practice your exhibition skills!

LIVE Thoroughbred Horse Racing: 2:15 to 6 p.m.: Have you ever wanted to attend the Kentucky Derby, but never did? Are you a fan of celebrating the best? Do you like to have fun? Then come on over to the Miller Lite Racetrack Grandstand for LIVE thoroughbred horse racing! It's just like the Kentucky Derby, except right here at Cal Expo. Bring some friends, learn how to bet, and enjoy your time at this FREE event with the purchase of a State Fair ticket. Come back every Thursday, Friday, and Saturday for more racing during the State Fair.

Farmyard Follies: 2:30 to 2:50 p.m.: Featuring animals from the Great American Petting Zoo, this is a funny and educational animal entertainment show! Some featured animals include: goats, llamas, sheep, and the infamous trouble-making spotted donkey, Fiona No-No!

Children's Variety Hour: 4:30 to 5 p.m.: Watch as horses and their riders gracefully display flat English ground work as demonstrated by K.I.S.S. Horse Center. Follow the larger horses, or watch the many talents of their miniature horse friends from Storybook Farm Mighty Mini's.

Cal Crush Clydesdales: 5:30 to 6 p.m.: Come witness the magnificently polished giants gracefully prance around the arena pulling the big red Cal Crush wagon.

Sheila E. ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Sheila E. on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SATURDAY, JULY 15

Walk the Runway with Agee Fashion Institute: 10 a.m. to 9:30 p.m.: Journey behind the scenes of a fashion career with fashion students demonstrating pattern-making, draping, and garment construction to fair-goers.

Wienerschnitzel Wiener Dog Races: 1:45 to 4 p.m.: In between each Kentucky Derby-styled horse race, will be exhilarating and side-splitting races between the finest wiener dogs west of Nevada! Located at the Miller Lite Racetrack Grandstand, join us for a hilarious time watching the Wienerschnitzel Wiener Dog Races!

John Michael Montgomery ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by John Michael Montgomery on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

Rock On! Live Karaoke: 8 to 8:45 p.m.: Get ready to become the rock star you always wanted to be! Grab some friends or go solo, and sing some rocking tunes with a LIVE band backing you up! Check the California State Fair app for more dates and times of Rock On! Live Karaoke.

SUNDAY, JULY 16

O.M.Genes! From UC Davis Genetics Grad Students: 10 a.m. to 4 p.m.: Learn more about papaya pythons and develop a better understanding of snake genetics, population structure, environmental conservation, and the interaction of these complicated issues that comprise species evolution and adaption. See and touch different species and witness how small mutations over years and years of evolution have changed these reptiles!

Ozomatli ~ CA State Fair Toyota Concert Series: 8 to 10 p.m: Enjoy a FREE concert (with Fair admission ticket) by Ozomatli on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

MONDAY, JULY 17

Blacksmith Experience: 3 to 4 p.m.: Learn about the history of blacksmiths. Watch blacksmiths transform iron into beautiful works of art. Merchandise and artwork will be available for purchase.

Master Hypnotist Tina Marie: 5 to 5:45p.m.: Participate and watch as master hypnotist, Tina Marie, hypnotizes fair-goers. Enjoy this funny and entertaining experience many times throughout the fair! Check the California State Fair app for all hypnotist performances.

Lita Ford ~ CA State Fair Toyota Concert Series at 8 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Lita Ford on the Golden 1 Stage! For reserved seating closest to the stage, Gold Cir-

See Schedule, page 17





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Schedule:

Continued from page 16

cle seats are available for purchase. This concert takes place at the California State Fair.

TUESDAY, JULY 18

Building Buildings and Laying Foundations at 11 a.m. to 9:30 p.m.: Learn about Northern California apprenticeship programs in the trades of Plastering and Cement Masonry. Participate in hands-on demonstration using different types of materials used in these professional trades!

SaveMart Pie Eating Contest at 2 to 3 p.m.: With competitions for each age group--kids, teens, and adults--everyone can participate in this exciting and hilarious competition!

Poppy's Birthday Party: 2 to 2:30 p.m.: Come wish the California State Fair's Mascot a Happy Birthday!! There will be an entertaining show for the young at heart, some fellow mascots and plenty of birthday cake for all!

Queen Nation: A Tribute to the Music of Queen ~ Toyota Concerts: 8 p.m. Enjoy a FREE concert (with Fair admission ticket) by Queen Nation: A Tribute to the Music of Queen on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

WEDNESDAY, JULY 19

Brian McKnight ~ CA State Fair Toyota Concert Series: 8 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Brian McKnight on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

THURSDAY, JULY 20

Military and Veterans Appreciation Day: 11 a.m. to 10 p.m.: Bloodsource presents a day dedicated to honoring the sacrifice and bravery of our active duty, reserve and veteran members of all branches of the armed forces. We invite all aforementioned individuals to enjoy FREE fair admission. (Dependents not included). Thank you for your bravery and sacrifice!

Good Charlotte ~ CA State Fair Toyota Concert Series: 8 to10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Good Charlotte on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

FRIDAY, JULY 21

Corn Dog Eating Contest: 6 to 7: See if you have what it takes to be named the California State Fair Corn dog Eating Champion! A classic competition, happening right here at the California State Fair.

California State Fair Guinea Pig Squeal Contest: 7 to 10 p.m.: Have you discovered that you are especially good at making guinea pig squealing noises? Have you ever wanted to be creative and fun in an unconventional way? Head on down to Expo Building 6 to participate in the Guinea Pig Squeal Contest and enter for a chance to be crowned as Champion Guinea Pig Squealer!

Sister Sledge ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Sister Sledge on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SATURDAY, JULY 22

Motion Picture Audition: On-Camera Technique w/ It Factor Studio: 10 a.m. to 9:30 p.m. Let your It Factor shine under lights, camera, and action! Join It Factor Studios to learn what it takes to audition and act in entertainment industry. Show what you're made of by acting out a scene for a chance to win ONE FREE MONTH of acting classes!

Best of California Brewfest: 3 to 7 p.m.: Sometimes the best moments include the best drinks! Grab a friend and come out to the Best of California Brewfest to enjoy the award-winning brews of the Golden State.

Smash Mouth ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Smash Mouth on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SUNDAY, JULY 23-MONDAY, JULY 24

FIRST Robotics with St. Francis High School: 10 a.m. to 9:30 p.m.: Learn about robots--and even operate one--with St. Francis High School's all-female STEM Robotics team!

SUNDAY, JULY 23

Fun With Wood By "SAW": 10 a.m. to 11 p.m.: Watch amazing woodworking techniques with "SAW"--Sacramento Ara Woodworkers. Stick around to watch the demonstrations and the woodworkers might make a small object to hand out to the kids!

Eddie Money ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Eddie Money on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

Sac Republic vs. Seattle Sounders: 8 to 10 p.m.: Sacramento Republic FC takes on the Seattle Sounders in this exciting United Soccer League (USL) match-up!

MONDAY, JULY 24

Blues Traveler ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Blues Traveler on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

TUESDAY, JULY 25

4-H Cooking Throwdown: 11:30 a.m., 2:30 p.m., 5:30 p.m: All 4-H members are invited to participate in the 4-H Cooking Throwdown where teams of three youth members will cook a three course meal. A panel of judges will taste all courses prepared and the winners of each round will then compete to determine the daily Throwdown Champion.

Anthem Lights ~ CA State Fair Toyota Concert Series: 8 to10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Anthem Lights on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

WEDNESDAY, JULY 26 TO THURSDAY, JULY 27:

$2 Taste Of The Fair: On Wednesdays and Thursdays between 11 a.m. and 4 p.m., every food vendor in the fair will have either a $2 food or beverage item for patrons to buy. Typically a snack sized version, this allows fair-goers to eat a larger variety of the fair food.

WEDNESDAY, JULY 26

Paperback Writer: The Beatles Experience ~ Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Paperback Writer: The Beatles Experience on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

THURSDAY, JULY 27

First Responders Appreciation Day: 11 a.m. to 10 p.m.: As a special thank you for their hard work and bravery, active members of law enforcement, firefighters and first responder units can enjoy free Fair admission on July 21, courtesy of BloodSource. All fair-goers can enjoy a day of fun celebrating first responders complete with special exhibits, interactive activities, one-day-only entertainment and much more. For free admission, active first responders must present ID showing first responder status at the California State Fair's Box Office. Offer does not include admission for family members or dependents of first responders.

Trace Adkins ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Trace Adkins on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

FRIDAY, JULY 28

Professional Chef Challenge: 11 a.m., 2 p.m. and 5 p.m.: Compete in a live cooking challenge at the California State Fair. Individual professional chefs will use a mystery ingredient to prepare a 3-course meal in front of a live fair audience and a panel of qualified Judges, in the Kitchen Theatre. Represent your restaurant or business.

Belinda Carlisle: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by Belinda Carlisle on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SATURDAY, JULY 29

Corn-hole Championships: 11 a.m. to 5 p.m.: Just a bag and a plank of wood? Not quite! Grab some friends and join us for a fun-filled afternoon of corn-hole. Come to observe or compete in the State Fair corn-hole tournament and watch as the best of the best take the title of California State Fair Corn-hole Champion!

The Marshall Tucker Band ~ CA State Fair Toyota Concert Series: 8 to 10 p.m.: Enjoy a FREE concert (with Fair admission ticket) by The Marshall Tucker Band on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

SUNDAY, JULY 30

Melissa Etheridge: Enjoy a FREE concert (with Fair admission ticket) by Melissa Etheridge on the Golden 1 Stage! For reserved seating closest to the stage, Gold Circle seats are available for purchase. This concert takes place at the California State Fair.

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What's happening Pocket/Greenhaven?

SATURDAY, JULY 8

HELPING OUT AT ESKATON SKILLED NURSING FACILITY: Grow Kindness meetup.com group is helping out with a casino style games event at Eskaton! Need a few more people to come help out from 2 to 4 p.m., 455 Florin Road.

WILD THINGS PRESENTATION AT THE POCKET LIBRARY: Wild Things is scheduled bring their live animals to the library from 2 to 2:45 p.m. *Please plan to arrive on time as a courtesy to our presenters. This program is part of Sacramento Public Library's "Reading by Design" Summer Reading Program for all ages 0 to 100.

MONDAY, JULY 10

ESSENTIAL ESTATE PLANNING CHECKLIST: In this workshop, you will learn about the basic estate planning documents that you need so family members may avoid the expense and hassle of dealing with probate court after you pass away. We will also discuss important issues that should be addressed in your estate. Pre-registration required and free of charge. Class will be held Monday July 10, 2017 from 3:30-4:30pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

TUESDAY, JULY 11

BOOK SALE: THE SUMMER EDITION: The Belle Cooledge Friends of the Library invite you to come, buy, and READ as they are swimming in books, tapes and other reading material. Lots of stuff for your summer reading enjoyment. Credit cards accepted for purchases over $5; 11:30 a.m.to 5:30 p.m. Belle Cooledge Library, 5600 South Land Park Drive.

STEPPING ON: Stepping On is a community program proven to reduce falls in older adults. It consist of a workshop that meets two hours a week for seven weeks led by a health professional and a wellness instructor. Guest expert will provide information on exercises, vision, safety and medications. Pre-registration and a suggested $25 donation for materials. Class will be held Tuesdays beginning July 11- August 22, 2017 from 10 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330. www.accsv.org

DIABETES SELF-MANAGEMENT: Diabetes Empowerment Education Program (DEEP) is a self-management educational program for people with pre-diabetes, diabetes, or caregiver of a loved one that has diabetes. It consist of a workshop that meets two hours a week for six weeks. The workshop consists of demonstration, role play, games and other engaging activities for group learning, health management and life style choice. Pre-registration required and free of charge. Class will be held Tuesday beginning July 11- August 15, 2017 from 1:00-3:00pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

WEDNESDAY, JULY 12

THE ABC'S OF LTC: AN OVERVIEW OF LONG TERM CARE INSURANCE: Learn the difference between Medicare coverage and long term care insurance. Find out ways of getting long term care and the options and guideline for financing and purchasing it. Understand the features as well as the pros and cons. Pre-registration required and free of charge. Class will be held Wednesday July 12, 2017 from 10:00-11:00am at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

THURSDAY, JULY 13

MILLION LETTERS CAMPAIGN AT THE ELKS LODGE, NO. 6.: Elks Lodge No. 6 is teaming up with best-selling author and historian Andrew Carroll's Million Letters Campaign at 1 p.m. for a one-hour presentation of Carroll's recent publication: "My Fellow Soldiers: General John Pershing and the Americans Who Helped Win the Great War" and his "Million Letters Campaign." For more information, visit warletters.us. Call for reservations at 422-6666. The Elks is located at 6446 Riverside Blvd. Elks No. 6 will be a collection point for the "Million Letters Campaign".

MANDALA- THE ART OF MEDITATION (BEGINNING 1): For centuries, people have created mandalas to focus attention, quiet the mind and state of meditation and prayer. Learn how to create original designs for quilts, artwork, stained glass and more. Based on simple geometric shapes, no art experience is required. Beginning 1 is based on the 45/90 degree mandala. Various tools are required. Bring your own or purchase a kit for $10. Pre-registration and pre-payment of $40.required. Class will be held Thursdays beginning July 6- 27, 2017 from 10 to 11:30a.m. at ACC Senior Services, 7334 Park City Drive. For more information and list of tools, call 393-9026 ext 330, www.accsv.org

FREE PHONE AND PG&E BILL REVIEW CLINIC: Are you paying too much for phone service? Is your PG&E bill unusually high? Bring your questions and a recent phone (landline or wireless) or PG&E bill for a free review. We will explain your charges, identify fraud, or save you money. Pre-registration required and free of charge. Class will be held Thursday July 13, 2017 from 2:00-4:00pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

FRIDAY, JULY 14

SUMMER FOOD TRUCK EVENT AT BELLE COOLEDGE PARK: Enjoy food truck fare and live music at this community SactoMoFo event from 5 to 8 p.m., 5600 South Land Park Drive.

SENIOR SCAMS - JUST SAY NO!: Older adults are prime targets for financial scams by people they know and trust and also by strangers. According to a study by Medlife, Seniors lost at least $2.9 billion to financial exploitation in 2010. This workshop will provide information on how to protect your assets and recognize scams, especially telephone scams. Learn how to fight back and what you can do if you are a victim. Pre-registration required and free of charge. Class will be held Friday July 14, 2017 from 2:30-3:30pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

SATURDAY, JULY 15

ESCAPE THE BOOK: AN AFTER-HOURS TEEN PROGRAM:Sci-Fi, Fantasy, Romance, History – which book will you escape? Come to this year's after-hours Summer Reading event for teens! Four libraries are offering escape rooms, food, games, crafts, and more! This Summer Reading Program is free and open to teens between the ages of 14 – 19 years old. For further information, feel free to contact your System-wide Teen Advisory Board at stab@saclibrary.org. Program hours are 8 p.m. to midnight.

SUNDAY, JULY 16

JOSH MOORE IN CONCERT: The Sacramento Guitar Society presents Josh Moore, a young classical guitarist. Joshua Moore is an amazing emerging guitarist. He has the uncanny ability to seek out rarely heard repertoire and also bring old guitar favorites to the audience. See him at 3 p.m. in the Clara Auditorium, 24th and O streets, Sacramento. A $10 donation is requested.

TUESDAY, JULY 18

STEPPING ON: Stepping On is a community program proven to reduce falls in older adults. It consist of a workshop that meets two hours a week for seven weeks led by a health professional and a wellness instructor. Guest expert will provide information on exercises, vision, safety and medications. Pre-registration and a suggested $25 donation for materials. Class will be held Tuesdays beginning July 11- August 22, 2017 from 10 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330. www.accsv.org

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SATURDAY, JULY 22

DIY PET TOYS AT THE POCKET LIBRARY: Visitors will learn how to make simple toys for pets from items commonly found around the house. Kids, teens, and adults are welcome. The library will provide supplies but if you can bring any old (clean) t-shirts, and/or spare PVC pipe pieces and connectors, that would be very helpful. The event starts at 1 p.m. and runs until 2:30 p.m. at the Robbie Waters Pocket-Greenhaven Library.

WEDNESDAY, JULY 26

ALL IN! SENIOR GAMING AND SOCIAL HOUR AT THE POCKET LIBRARY: Calling all card sharks, chess champions, Scrabble enthusiasts, and table top game players you are welcome to join the library for a new gaming and social program for adults/seniors, All In! The library will provide the games and refreshments; you bring the conversation and the fun. Games available for play will include: Poker, chess, Scrabble, Checkers, Dominos, Mahjong, Cribbage and more. You're invited to come out and meet new friends and enjoy conversation, games and a cup of tea from 1 to 3 p.m.

THE CROCKER ART GALLERY'S ASIAN ART COLLECTION AT THE POCKET LIBRARY: Paul Lee, an art docent with the Crocker Art Museum who specializes in the Asian Art Collection, will show images of selected objects from the Crocker's Asian Collection to tell the story of connections between Asia and other cultures since ancient times. Paul will share several stories including the story of Hinduism and its influence on American pop culture; why the first Buddha images resemble Greco-Roman mythological gods; the story of Japanese woodcut prints and its influence on one of the most popular art movements in Western art history. He will present at the Robbie Waters Pocket-Greenhaven Library from 6 to 7:30 p.m.

THURSDAY, JULY 27

MANDALA- THE ART OF MEDITATION (BEGINNING 1): For centuries, people have created mandalas to focus attention, quiet the mind and state of meditation and prayer. Learn how to create original designs for quits, artwork, stained glass and more. Based on simple geometric shapes, no art experience is required. Beginning 1 is based on the 45/90 degree mandala. Various tools are required. Bring your own or purchase a kit for $10. Pre-registration and pre-payment of $40.required. Class will be held Thursdays beginning July 6- 27, 2017 from 10 to 11:30a.m. at ACC Senior Services, 7334 Park City Drive. For more information and list of tools, call 393-9026 ext 330, www.accsv.org

SATURDAY, JULY 29

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

SATURDAY, AUG. 5

WESTERN NIGHT & SILENT AUCTION: The Cabrillo Civic Club No.5, Sacramento, will have the annual Western Night, featuring a silent auction and no-host cocktails starting at 5:30 p.m., followed by a barbecue dinner at 7 p.m., including tri-tip or chicken, salad, vegetables, beans, baked potato and dessert. Live music will be provided by the Spare Parts Band. Tickets are $20 per person. Proceeds benefit the scholarship program and upkeep of the clubhouse. A civic club providing volunteer hours and donations to community organizations, the club has awarded 10 $500 and three $250 scholarships to high school students of Portuguese descent within the greater Sacramento region. The clubhouse on Karbet Way celebrated 100 years of existence last year initially as Sutter School and in 1957 was purchased by the Cabrillo Club. The Western Night proceeds go to scholarship program and improving and maintaining the Hall/Clubhouse. Order Tickets by July 31. No tickets will be sold at door. Include the following information with a check made out to Cabrillo Club #5 Sacramento- Western Night: Your name, address, phone number, number of tickets and dollar amount included with your order. Mail to Cabrillo Club #5 Sacramento- Western Night, P.O. Box 189241, Sacramento, CA, 95818. Or, call R. Tatro at 916-396-3182.

TUESDAY, AUG. 8

STEPPING ON: Stepping On is a community program proven to reduce falls in older adults. It consist of a workshop that meets two hours a week for seven weeks led by a health professional and a wellness instructor. Guest expert will provide information on exercises, vision, safety and medications. Pre-registration and a suggested $25 donation for materials. Class will be held Tuesdays beginning July 11- August 22, 2017 from 10 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330. www.accsv.org

DIABETES SELF-MANAGEMENT: Diabetes Empowerment Education Program (DEEP) is a self-management educational program for people with pre-diabetes, diabetes, or caregiver of a loved one that has diabetes. It consist of a workshop that meets two hours a week for six weeks. The workshop consists of demonstration, role play, games and other engaging activities for group learning, health management and life style choice. Pre-registration required and free of charge. Class will be held Tuesday beginning July 11- August 15, 2017 from 1:00-3:00pm at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

FRIDAY, AUG. 11

SUMMER FOOD TRUCK EVENT AT BELLE COOLEDGE PARK: Enjoy food truck fare and live music at this community SactoMoFo event from 5 to 8 p.m., 5600 South Land Park Drive.

TUESDAY, AUG. 15

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See more What's Happening, page 21

What's happening Pocket/Greenhaven?

TUESDAY, AUG. 22

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ONGOING

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.

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.

BABY/TODDLER STORYTIME AT POCKET LIBRARY – Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY – Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY – Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SING ALONG WITH MISTER COOPER - Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

HOMEWORK ZONE AT BELLE COOLEDGE LIBRARY – Teen and adult volunteer homework coaches will be available to assist students in grades K-8 with homework assignments. Please note: Homework Zone ends on June 8, 2016. Space is available with coaches on a first-come, first-served basis. Wednesdays from 4 p.m. to 5 p.m. and Thursdays from 3 p.m. to 5 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.







Farm and Flavor: Cherry-Plum Jam

By KERIN GOULD



I'm in the kitchen today making cherry-plum jam, after realizing that the hot wind knocked most of the fruit off the tree last night. I picked up all the little plums that weren't a roasted, squishy mess, washed them and rolled them into a heavy pot. It may not be the coolest way to avoid the 110-degree heat outside, but it's productive.

The first time I made plum jam, it was from windfall fruit from a huge tree behind my workplace that, unnoticed, was groaning with the weight of its crop. I took plums home and then realized I had no recipe.

I only had the memory of watching my grandfather, my mother's father, Nicky make blackberry jelly in the cabin's rustic kitchen up at the lake. Nicky was a gentleman of vast and varied skills, including watercolor painting, engineering, mapping the depths of the lake, and organizing Victory Gardens during WWII. Nicky could fix anything with a clothespin and/or a wire coat hanger. Just yesterday, I was using a little tool he had whittled: a hand-carved, simple sight-line tool that serves me now for digging straight furrows to shape new rows of crops.

I often suspect our 21st century life makes us hesitate to believe in our ability to rig our own gizmos or devise recipes and solutions. One of the things I admire about the folks who come to my classes, is that they are seeking self-management options to be the bosses of their own health, to try new approaches, to look beyond standard diabetes or cancer treatment.

I recall a gentleman who came to a prostate cancer support group after getting news that his vanquished cancer had returned. He was shaken to the core. The other men in the group gathered around him, told him he didn't have to jump into chemo on Monday, and recommended resources that worked for them. That knowledge of hands-on alternatives was keeping them in charge of their own wellness. This man's whole body went from crumpled to recharged, just from this push to think and do for himself.

I recently had a health test result with surprisingly scary numbers. Wow, news of cancer, diabetes, cholesterol, blood pressure and other terrifying stuff just knocks you on your butt, doesn't it? You were going along with some minor complaints, and now there's this. Suddenly you feel helpless, jump to worst-case conclusions, then dismiss them, then think you shouldn't dismiss stuff… You want to grill the doctor for every detail and option, but you've only had a few minutes' conversation and gotten a prescription. Once I pull myself together, I start researching. What are the alternatives to the nasty medications and their side-effects? How much can diet help? I've got choices. I am capable of handling this. I've got this.

So, while scary-looking test numbers and treatments intimidate at first, our inner do-it-yourselfer can tap into the part of us that makes jam without a recipe, fixes things with a clothespin, and takes charge of our own wellness, including growing our own food or cooking from scratch and eating more fresh produce.

In season in Sacramento: peaches, nectarines, plums, pluots, some berries, tomatoes, okra, summer squashes, peppers, cucumbers, green beans and melons.

Recipe:

Do-it-yourself, made from scratch doesn't have to be complicated or time-consuming. When my grandfather made jellies, he used clean panty-hose to strain the fruit, no fancy gear needed. If you can find a wild, cherry-plum tree you can get the fruit for free too. These have real tangy flavor, and you don't peel or pit them. You can use regular plums, but reduce the amount of raw fruit a little bit and sweeten less, and add the juice of a lemon.

Windfall Cherry-plum Jam (no sugar added!)

Why it's healthy: No white sugar! Lots of anthocyanins and anti-oxidants.

Why it tastes great: sweet-tart, summer fruitiness you can save for later

Why it's easy: No peeling or de-seeding.

Ingredients

- 4 cups cooked and strained liquid from cherry plums, wild or regular plums (start with about 8 - 10 cups of cherry plums)
- 4 tbsp low sugar pectin, preferably Pomona Pectin
- 1/2 cup maple syrup (If it's not sweet enough, you can add a little stevia.)

Directions

Wash the plums and put them in a large, thick-bottomed pot. (If using larger plums, cut them in half first.) Cover and cook on low heat/simmer until fruit separates from the skin and pits. Keep an eye on it so it doesn't get too hot and boil over. Stir occasionally.

Strain juice through a food mill, cheesecloth or colander. Return 4 cups to the pot. Add maple syrup and adjust the taste. Add pectin according to package instructions.

Bring to a rolling boil, let boil for a couple of minutes, stirring constantly. When a few drops dripped onto a cold plate gel or "set", it's ready.

Storage option 1: Let cool. Using a canning funnel, pour into freezer-safe containers and store in your freezer. You can also simply store this in the fridge, where this will last about a week.

Storage option 2: Boil canning jars in a large pot of water, and wash lids carefully. Remove jars from the water. Ladle hot jam into the jars using a canning funnel if you have one, leaving a ¼" space at the top. Top with the lids and tighten the rings firmly. Place filled jars into a pot of boiling water for 10 minutes. If your pot doesn't have a heavy bottom, use a wire basket or even a clean tile just to keep the glass jar from cracking on the too-direct heat. After 10 minutes, remove the jars, and let them cool. You'll hear a pop as the vacuum seal locks tight. If the top still has a bump you can press/click with your finger, it's not sealed, so try again or eat that one first.

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Photos by Stephen Crowley

Valley Community Newspapers ad representatives Melissa Andrews and Linda Pohl enjoy the sunshine outside of the new office, located at 1109 Markham Way.

Valley Community Newspapers moves down the street to Markham Way

Earlier this spring, Valley Community Newspapers publisher David Herburger decided to close the Riverside Boulevard office but before the doors were shut and after just a couple of months, commercial real estate mogul Dave Macko (son of George Macko, former publisher) provided a quaint office at 1109 Markham Way for longtime VCN ad representatives Linda Pohl and Melissa Andrews. We always knew Linda had a creative side. She proudly painted the business sign that hangs from the eaves and brought a patio set for chats with clients and friends.

While is the office is considerably smaller, the staff remains tiny but mighty. To reach Linda or Melissa, the phone number remains the same, 429-9901, as do business hours: Monday through Friday, 9 a.m. to 5 p.m. For questions on story submissions, call the editorial desk at 267-8992 or email editor@valcomnews.com.

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