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John F. Kennedy Marching Band to represent state of California at 2018 Memorial Day Parade in Washington

See page 10



- From Your Vice Mayor 2
- Business 3
- Art 7
- Home Improvement Guide 18
- What's Happening 20



The Pocket's Black da Vinci showcases at the State Fair

See page 4



Riverside Sports Bar held ribbon cutting ceremony

See page 15



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From the Vice Mayor, Rick Jennings



On Monday, July 17, I hosted a meeting at the Promenade Shopping Center to update the community on the efforts of the shopping center's owners to bring in new businesses. I am grateful to the community for coming out to the meeting in force! More than 75 of your fellow Pocket/Greenhaven residents came out to hear about our collective efforts to address what has been an issue for far too long. I am pleased to follow-up about the progress our team is making on bringing new businesses to our neighborhood.

For several months now, my office has been working closely with the Promenade's ownership and their new leasing agent, Christina Synder of TRI Commercial to support their efforts to bring in new businesses. Our community is fortunate that the owners hired Ms. Synder. She has an excellent track record of repositioning retail centers throughout our region. Her work for Ethan Conrad and Kimco Realty Corporation focusing on retail center turnarounds is a great example of her creativity and tenacity, which is a perfect fit for the Promenade. In similar fashion, Ms. Synder has already signed leases with five new tenants and there are offers out to three more in the few months since she began working for the Promenade.

We can look forward to a new restaurant, A Taste Above, that is actively reaching out to our neighborhood to find out what the community wants. They are focused on coffee/sandwich/salad offering but really want to be a part of our community. It is exciting to see the interaction that this business owners wants to have with his customers.

There is also a salon opening by Kat Lee. Ms. Lee is a Pocket/Greenhaven native and excited about working in her hometown. She is joining Forest Vance Personal Training, which is opening up a second location here. These new businesses will be joining a Burgerim franchise owned by Pocket residents Nitesh and Vikashni Sharma.

In addition, Pocket resident Ken Anthony is looking to open a second location for his Device Brewing Company in the Promenade. The Anthonys have focused Device Brewing as a place that all are welcome. Kids and pets make it a family destination to enjoy great beer and friendly fellowship. They encourage you to bring in outside food and work with their neighborhood business for your meal. This creates a very supportive environment that makes all feel welcome.

I am excited and encouraged by all this interest, activity and opportunity coming to our community. I support these new businesses and I recognize that the City of Sacramento will play a role in their early success. As a partner in this effort, I am actively working with Sacramento's Community Development Director Ryan DeVore to ensure that the City's development process is focused and as efficient as possible. I have toured the project with Ryan and made sure that he appreciates the needs of our community and understands the urgency I am operating with as it relates to these new leases.

I am excited to let you know that Mr. Devore assigned a project manager, Jason Hone, for the entire site. Mr. Hone will be the single point of contact and an internal advocate to eliminate any red tape that might crop up. Mr. Hone is tasked with expediting all tenant improvement projects at the Promenade. My office is helping Mr. Hone to make sure that we are rolling out the red carpet for our new businesses. My office is committed to ensuring that all new businesses in the Promenade open and are available to our community as soon as possible.

Look for our next community meeting to update you on the Promenade in October. I look forward to working for you and hearing your suggestions and concerns. We are here to help and can be reached at 916-808-7007 or rjennings@cityofsacramento.org.

The Pocket/Greenhaven community is the best place in Sacramento to live. It is where I have made my home for over 30 years and raised both my children. Cassandra and I are proud to call Pocket/Greenhaven home and look forward to being here another 30 years.

-Rick Jennings, Sacramento Vice Mayor

Pocket's iYa Taekwondo announces free classes in August

iYa Taekwondo is offering one free month of training until the end of August. Classes are available Monday to Thursday and Saturday at different times depending on age, from 4 years old and up. Next week is buddy week, so friends can come for free, too. Their schedule is online at www.iyatkd.com.

According to their website, Taekwondo is a lifestyle and daily discipline for those at iYa. According to their stated mission, iYa is "committed to making Sacramento fitter, stronger, and more confident through a wide range of programming with roots in traditional Taekwondo training. We believe strongly in the balance of the body and the mind."



A Taste Above to open inside the Promenade

By MONICA STARK
editor@valcomnews.com

Again and again, when asked what they'd like to see in the Promenade Shopping Center residents stated they just wanted a good place to bring the family for comfort food: baked bread, sandwiches, salads, coffee drinks and the like.

With an ear to the ground, Richard Wong is listening and will bring his expertise in the food industry to the shopping center with A Taste Above — the neighborhood cafe everyone has been asking for, he says. If all goes well with permits, paperwork, the cafe – A Taste Above — will open at the end October or early November, just in time for your fall favorites.

No newbie to the food and restaurant industry, Wong worked for Costco for more than 20 years as a general manager working in retail, food service, enabling him to experience what made Costco successful. "The cleanliness and the quality of products – that's what we're going to emphasize." Prior to Costco, he and brother-in-law Ray Gin owned and operated Courtyard Deli in Elk Grove, but had to close it down due to lack of foot traffic in the west area.

On the other hand, Wong says the Promenade is a good location. "I see there's a middle school, a Montessori, care homes, apartment complexes. I just see a lot of opportunity to serve the neighborhood. We have several family members and friends who live in the area who say that kind of concept is needed in that area."

Scoping out the busyness of the shopping center between 7:30 and 8:30 a.m., Wong said, "Wow, when school's in session, I see kids just going in there and parents buying donuts. Donuts, donuts, donuts."

Compared to the Courtyard Deli, Wong said A Taste Above will carry more menu items in regard to sandwiches, but one thing will remain the same – the Dutch crunch French bread. "If you've been to the Sandwich Spot, it's that kind of bread," he said.

Wong left Costco last fall to spend time with his father who suffered a brain tumor. "It was a tough decision to resign, but I had to so I could spend a little more time and be flexible in my schedule," he said. But, now the time is right to return to the food industry. "Like the stock market, we want to get in low and hopefully take advantage of the promising deal at the complex," he said.

Over at Courtyard, Wong said the business had catering contracts with Cardinal Health, Bank of America and local companies. Similarly, at A Taste Above, Wong said they're looking at offering catering trays targeting local businesses. A second choice to Bel Air, he hopes potential customers "will realize we can do the same but with a more personalized touch."

Due to the relatively small 1,500-square-foot location (most recently a boba tea shop), A Taste Above will be baking their own bread, though not from scratch. "We buy (the dough) from a company and then we just finish it off, so essentially that's the closest to scratch that you can get," he says. "If it was double the size, sure, we'd try to do things by scratch, but I think us finishing off a fresh batch, that's as close as we're going to get."

Daily specials could include paninis, select Vietnamese sandwiches or Hawaiian dishes like chicken katsu (deep fried chicken).

"We're just going to feel out the neighborhood and see what the demand is for a select few type of sandwiches and if there's a demand for, let's say the bánh mì sandwiches, then we may eventually make a daily offering. But, for now those will just be daily specials."

They'll offer a wide array of food items, but not to an overwhelming and uncontrollable amount. "It will be a wide array, but not that many where it's going to overwhelm someone and it won't be so uncontrollable where we won't concentrate on quality if we have so many offerings. Those things are what we want to test out – we'll taste it at daily specials. if they work, we'll adjust accordingly.

"We're not going to take any shortcuts because we know there's no forgiveness in the food industry. So, when we open there we want to make sure things are right before we open the doors to the general public."

The Promenade Shopping Center is located at the corner of Rush River and Windbridge drives. For more information on the changes, read the column in this issue by Vice Mayor Rick Jennings and if you missed the last issue of the Pocket News, visit <valcomnews.com/?p=21147>. If you're interested in opening a business of your own at the Promenade, you can contact leasing agent Christina Snyder at 660-3377.



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The Pocket's Black da Vinci showcased at the State Fair

Christopher Williams encouraged young artists to paint and get out of the heat

By MONICA STARK
editor@valcomnews.com

Pocket resident Christopher Williams, AKA The Black da Vinci, returned to the California State Fair this year encouraging young artists to paint, have fun and get out of the heat. After children worked on their pieces, they got to display theirs on the walls inside Building C at Cal Expo. During his time there he worked on this amazing 5-foot graphite sketch of Linda Carter as Wonder Woman. "A very inspirational woman!" he says. He's working on the hands and arms, but shared it because it will be a few months before he could work on this again. He's super busy getting ready for his final semester at the Art Institute of California where he will earn his Bachelors of Fine Arts.

The Pocket News wrote about Chris a little over two years ago. In summary, we found out he experienced a painful introduction to painting. At age 12, he was stabbed at church, protecting a girl that was being threatened with a knife. After the accident, which took place in his hometown of Stockton, Christopher couldn't use his left hand for several years. With sports out of the question and his hand in a sling for about four years, he ended up joining his mother, Ava, to her singing recitals at Modesto Junior College. Thinking he was bored during the recitals, Ava asked a colleague of hers if Christopher could join a pottery class that was otherwise filled with adults. Although Christopher could only mold the clay one-handed and "make awesome coasters," the experience got his hands to work again, leading him him to draw cartoon characters for his mother's classmates and music professors.

More than 20 years later, Christopher has produced hundreds of paintings, including commissioned pieces. After he graduated from Plaza Robles High School in his hometown, his family moved to Sacramento. And now a Pocket resident for the past 12 years and employee at Apple Inc. in Elk Grove, The Black da Vinci, as he calls himself, is now making a try at art as a full time career.







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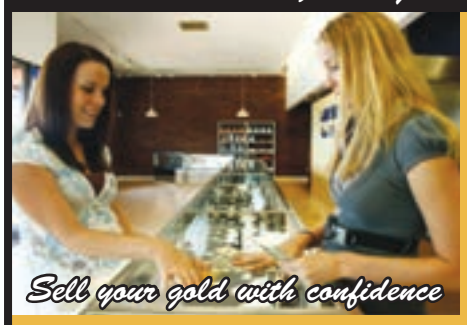

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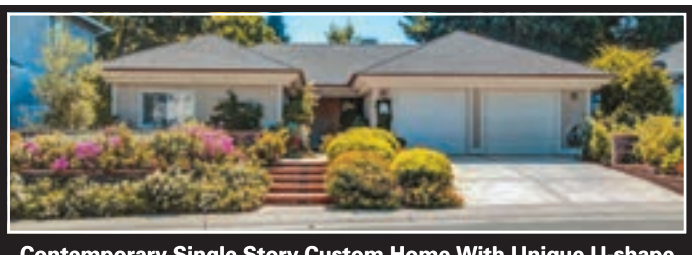

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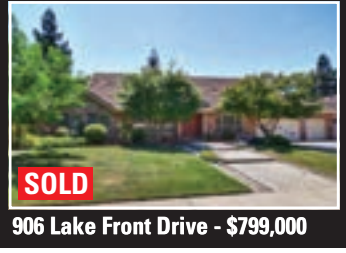

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Faces and Places:

State Fair pie eating contest

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Kids, teens, and adults tested their pie eating skills at the Promenade stage at the California State Fair on Tuesday, July 18. There could only be one winner in each category.



Cabrillo Civic Club to host Safari Night, benefiting scholarship program and clubhouse upkeep

By MONICA STARK



What started 20 years ago as a "Safari Night" with steak and ostrich on the menu quickly after two years turned to an annual Western Night barbecue, which this year will be held on Saturday, Aug. 5 at the Cabrillo Clubhouse, located at 4605 Karbet Way.

Set up in the backyard for the dinner, the expected 100 to 150 attendees will enjoy tri-tip, chicken, beans, grilled vegetables, baked potato, green salad and farm fresh sliced tomatoes all the while listening to live music by the Spare Parts Band, which plays until 10 p.m.

A time to sit, relax and enjoy the wonderful August night, proceeds from the $20 per person ticket benefit the Cabrillo Civic Club No. 5's scholarship program as well as the 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.

In preparation for the big night, Guilhermina Sequeria is in charge of the kitchen and preparing the baked potatoes, green salad, tomatoes and queuing the food delivery for 7 p.m., while Janet McKay makes the beans from scratch, soaking them the night before and preparing by taste her final product. Ken Costa, event chair, grills the meats and vegetables (peppers, onions and various squash) with the help of anyone who offers. In charge of the dinner and bar set-up, club president Scott Costa additionally serves as the master of ceremonies at the event.

With auction items donated from local businesses like Taylor's Market, Balshor Florist, Vic's Ice Cream, Westin Hotel, B Street Theater, Pancake Circus, hotels and wineries, Ken Costa credits the excellent work of Janet McKay, Marilyn Kochis, Rachel Tatro and JoAnn Novey in obtaining these donations.

Chartered on Oct. 16, 1937, Cabrillo Civic Club No. 5 celebrated 100 years of existence last year initially as Sutter School. In 1957, the clubhouse was purchased by the Cabrillo Club. For many years Cabrillo Club No. 5 held fundraisers to enable them to have their own clubhouse and were finally able to buy a lot to erect their own building. At some point the Sutter Schoolhouse on Karbet Way was available and in 1957 the club sold the lot and purchased the schoolhouse as their clubhouse. Many members at the time being natives of the Pocket/Greenhaven area had attended there as schoolchildren and a few of them are current members of the club.

The Cabrillo Civic Clubs, Inc. were organized in San Francisco (January 1934; chartered December 19, 1934) by Californians of Portuguese descent who were proud that a Portuguese mariner had discovered their state and concerned that this fact was not widely known. The clubs' early efforts to promote the fame of Joao Rodrigues Cabrilho resulted in the establishment (1935) of a statewide annual Cabrillo Day (Sept. 28) and the creation of a Cabrillo National Monument at Point Loma (1935).

Every year or two the club attempts to do some upgrades to the property. Currently, Ken Costa said they have signed a contract to have the main rooms flooring sanded for $4,900 to be completed by mid October, when they are set to host the Cabrillo Civic Clubs of California's October State Board meeting. Last year, one of the three air conditioning units had to be replaced at a cost of $6,500. In preparation of the 100-year anniversary of the clubhouse, the John Tamariz family from Tulare volunteered to tile the lounge area. The club paid for materials and meals for about $6,000 and the interior and exterior were also painted for a cost of $14,000.

Besides Western Night, the March Crab Feed helps raise money for the building fund, which adds to the volunteer time, sweat and donations throughout the year. In addition, the club has received an annual donation to the building fund from Chuck and Odette Ebersole. Odette's grandather Manuel Silva was one of the main movers of raising funds and directing the effort for a Cabrillo Clubhouse.

Ken Costa said that while the club doesn't set requirements on the scholarship awardees after receipt, the club does request that they keep in touch. The applicants must be of Portuguese descent and have a 3.5 minimum grade point average. The applicants are then screened on their essay, references and the ability to demonstrate promise, community volunteering and work ethic by a group of three to five Cabrillo members from all over the state. After points are awarded, then additional points awarded based on their GPA. There were 138 applicants and the club awarded 121.

The first recipient of the scholarship in the 1950s, Joaquin Pereira, recently passed away. He became a very successful entrepreneur, maintained his membership and two years ago donated $2,000 to the scholarship program. The club also receives scholarship donations in memory of a deceased relative, friend or loved one.

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 396-3182.

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Asian art now on display at the Crocker, docent discussed culture at the Pocket library

By LEIGH STEPHENS

On a breezy night at the Robbie Waters Pocket-Greenhaven Library, Paul Lee, a docent at the Crocker Art Museum, spun tales of connections between Asia and other cultures since ancient times. He said, "My goal is to introduce major pieces that show one world in art connections. Art tells stories."

Lee shared stories including the history of Buddhism and its influence on American pop culture and the Buddhism-Hinduism connection. He explained why the first Buddha images resemble Greco-Roman mythological gods and told the story of Japanese woodcut prints and their influence on one of the most popular art movements in Western art history.

The program took place in July in the library community room. Attending were approximately 50 people who support the arts and those who were eager to learn more about the Asian Art Collection at Crocker Art Museum. Two American Sign Language Interpreters were there for the hearing impaired in the audience. The program was part one, and part two will be Wednesday, Aug. 9 when Lee will discuss Asian ceramics. The Sacramento Library and Crocker Art Museum sponsor these events.

Lee began his lecture by running a padded mallet around the rim of a bronze "singing bowl," used to signal the beginning and end of meditation, and believed to be healing with it's harmonic overtones. A few of these bowls are pictured in art several centuries ago and are used in China, Tibet, Japan and Korea. The docent began by giving the background of the Crocker, the first and oldest (1885) museum in the Western United States. It is now one of the leading art institutions in California.

The museum, located on the corner of Third and O streets, has three connected buildings. The old building, an Italian-style, was once the mansion of wealthy state Judge Edwin B. Crocker. The mansion has been incorporated into the new design. The second building, the elaborate gallery, was designed by architect Seth Babson. Crocker commissioned the gallery to display his family's growing art collection. The third building is the 125,000-square-foot Teel Family Pavilion, opened in October 2010. This expansion more than tripled the size of the museum. The art collections range from California and American art, European art, international ceramics, Asian art, plus African and Oceanic art. The third floor in the Gallery holds the Asian art pieces.

Paul Lee showed slides to illustrate his discussion of what art tells us about history. The first human images of Buddha show remarkable resemblance to Classical Greek mythological images. The Central Asian conquests of Alexander the Great in the 4th Century BC influenced the synthesis of East-West art.

The origin of Buddhism points to one man, Siddhartha Guatama, the historical Buddha who was born in Lumbini – now present-day Nepal during the 5th Century BC. Guatama was a wealthy prince who renounced his family and began a sect that taught a way of living that helps eliminate human suffering. Many believe Buddhism is not a religion but a philosophy that shows the way to enlightenment by looking inside and changing one's thinking.

Key Buddhist concepts include the "First Noble Truth," which is "all life is suffering." Painful situations can be changed by changed thinking. Good situations also can cause suffering because we cling to them, yet all things change constantly. There is the belief that the cause of suffering is selfish desire. By meditation and working toward enlightenment, one comes to develop a non-attachment attitude. Buddhists believe in reincarnation, the belief that we are born again in a continuous life cycle.

Buddhism and Hinduism are two of the most ancient religions in the world today. Hinduism has been able to maintain it's culture for more than 3,500 years; Buddhism for 2,800. Because Buddhism sprang from the culture and surroundings of India, there are many similarities between the two. Both movements are similar in that they share the belief in reincarnation; attachment to people, places, things or ideas lead to suffering; meditation is common to both because they believe truth and spirituality is inward; and both believe that everyone will eventually achieve enlightenment.

Practices of both Buddhism and Hinduism differ in a number of ways. Buddhism does not have rituals in the traditional sense, yet Hinduism has a strict caste system and believe that only the Brahmin caste can achieve enlightenment. Buddhists do not have gods, yet Hindus have scores. The Hindu Trinity consists of Brahma, the Creator; Vishnu, the Preserver; and Shiva, the Destroyer. When Buddhism was introduced to Hinduism, some groups added Buddha as one of their many gods.

Throughout the Asian centuries Buddhism developed many sects with added beliefs. One interesting addition in Eastern Asia was Guan Yin, the goddess of compassion and mercy. Guan Yin was a bodhisattva as venerated by Mahayana Buddhists. Thousands of art images show Guan Yin representing the feminine side of life.

Pop culture has adopted Hinduism philosophy in films. For example, *Star Wars*, *Batman*, and *Interstellar* each are based on the ideal of a universal super-consciousness that transcends space and time where all human life is connected. The movie *Avatar* is another example. In the 1960s after the Beatles came in contact with Hare Krishnas, a number of George Harrison songs reflect the Hindu beliefs: "My Sweet Lord," "Living in a Material World," and "Hare Krishna" are a few.

Discussing the East West connection, Paul Lee says that many do not know that Impressionist artist Vincent van Gogh was greatly influenced



by Japanese art. Lee showed slides of the Japanese style of the "floating world" representing the "suffering world" and a van Gogh painting that was an almost identical image. Lee discussed Chinese and Japanese woodcut prints that differ from western woodcut prints.

How fortunate we are to have the Crocker Art Museum, a gem of art history right in our midst: all kinds of world art forms representing centuries of creative works. In addition to the different collections, the new addition, the Teel Family Pavilion, houses a restaurant and conference rooms for workshops, performances, school educations programs, and other community participation programs.

The museum docent training program educates volunteers who in turn give tours of the museum but also give community outreach events such as the one Paul Lee gave. Admission fee to the Museum is nominal. Why not treat the family to a day at the Crocker and support this amazing jewel in our midst!

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Not your typical ballet

Capital Dance Project returns to The Crest with fresh programs

By LAURA I. WINN

Bean bags and toys for the audience one night and a hip hop artist on stage the next are not what you'd typically find at the ballet, but the August 25, 26 and 27 ballets at The Crest Theatre will not be your typical performances with your typical audiences. In partnership with the Sacramento Kings and the Kings Foundation, Capital Dance Project will present A Sensory-Friendly Performance on Friday, August 25 for families with special needs children, such as those with Autism. The following two days showcase the return of Behind the Barre: Made in Sacramento. Dancers will debut nine pieces created in collaboration with Sacramento artists, including painters, photographers and musicians.

For Friday's ballet, the bean bags and toys come into play in a planned safe space – a designated area children can retreat to if they need a break from the performance. If the music is too loud or overwhelming, children can slip on headphones and continue to enjoy the dancing in quiet from their seats. The idea is to make the theater welcoming to those who might not feel welcome at a live performance due to audience members who might shush them or sounds that might upset them, explained Alexandra Cunningham, co-founder of Capital Dance Project.

"It's important to us to be inclusive. Our job as artists is to make art accessible," said Cunningham.

That accessibility is part of CDP's mission to uplift the Sacramento community through performing arts – a mission established when the 2015 Sacramento Ballet season was cut short by three weeks and the dancers needed a way to pay rent. According to dancer and choreographer Christopher Nachtrab, the dancers had long talked about starting their own collective. The layoff "lit a fire under us and forced and us to put our money where our mouth is."

The dancers banded together, and Capital Dance Project, an independent, collaborative dancer-run company, took off at allegro speed. From marketing to managing and from costuming to choreographing, the dancers do it all. The collaborative effort allows dancers to showcase their many talents while also developing skills that will open doors for them when dance careers end "way down the line when our bodies are no longer willing," explained Nachtrab.

With sold out shows the last two years, the success of the CDP has been "surprising and amazing" Nachtrab said. This year the project had an open call for collaborative artists. About 30 Sacramento artists submitted applications and 10 submissions, including that of hip hop artist Paul Willis, were chosen.

Willis, whose rap and spoken word focus on empathy and adversity, said he wanted to be a part of Behind the Barre to raise the level of performance in the city while using hip hop as an educational tool. "I'm excited about bringing together these two art forms that are typically on opposite ends of the spectrum," he said. "The stereotypes or stigmas about ballet is that it is in the fine arts category and marketed to audiences that don't look like me or aren't representative of my community. I see this as an opportunity to build bridges and build up communities and relationships."

Willis has teamed up with dancer and choreographer Julia Feldman to create a 10-minute piece with music from his latest album, "The Guardian." Willis and Feldman's piece is part of an eclectic program that includes music from Jazz artist Harley White, Jr, world music group Sambandha and violinist Andy Tan with cellist Alison Sharkey. Visual artists, such as Sunya Whitelight and Raphael Delgado, will set the stage with lighting, props and backdrops.

"This is not your typical ballet," Cunningham stated. "This is not *The Nutcracker*. This is not S*wan Lake*. We're exploring different kinds of movement in a way that is edgy and fresh."

"We are taking away the stigma or stereotype of ballet and arts in general. Come to the show and you'll be surprised by what you see," added Nachtrab.

While Capital Dance Project currently operates as a summer program, the dancers hope to expand it in the future and possibly offer classes to special needs children. "We don't know where it goes from here, but we are going to push it to the next level and keep going forward, trying something new each and every time," Nachtrab said.

Tickets for A Sensory-Friendly Performance August 25 at 7 p.m. and Behind the Barre August 26 at 7 p.m. and August 27 at 2 p.m. are available at capitaldanceproject.org.





MusicLandria, the library of musical instruments continues to grow, events in Land Park continue to draw in the community

By MONICA STARK
editor@valcomnews.com

Back in 2015, freelance writer and famed local musician Dean Haakenson of Be Brave Bold Robot wrote the following introducing to readers MusicLandria, the library of musical instruments: "We used to share most all of our things all of the time. Back before we became whatever it is America has become, paranoid and constantly consuming, compelled to each own one of a thing that we may use only once and then store in a dark corner. I bet we were happier then. We see this in less consumptive communities and cultures today, and all the studies and movements are reflecting that we want to share, and it's most efficient and socio-psychologically satisfying when we do. We see shared Zipcars, Portland's Car2Go, AirBnB style home sharing, cooperative housing… and the timeless institution of the Library. Sacramento Library has its "Library of Things" at the Arcade Branch (a small selection of musical instruments, hopefully to have Tools soon). AND NOW, more conveniently located in the downtown, we have the region's largest public library of musical instruments in Buddy Hale and Rachel Freund's Library of MusicLandria." You can get your library card and/or donate anything you like at www.MusicLandria.com, or contact Buddy@musiclandria.com.

Buddy Hale, the founder of The Library Of MusicLandria. described the mission of the library as follows: "To break down the barriers to musical exploration and inspire personal growth through hands-on learning."

To that end, MusicLandria started as a class project at Sacramento State, Hale explained. "We dove in headfirst and have grown one step at a time. Over the last two years we've completed over 1,600 musical instrument loans, signed up over 200 members and have expanded our catalog to include over 350 musical instruments. We've forged partnerships with arts and culture organizations and helped lots of people in the community explore their creative potential."

With events open to the public, the gatherings are either free of charge or donation based and no one is turned away for lack of funds. Past events have included Beginning Guitar, Build Your Own Washtub Bass, and Beginning Music Theory Workshops; Women and Allies Music Nights; Instrument Petting Zoos; Interactive Sound Healing; and Singing Circles. "Basically, if we come up with a fun idea, or if a member of the public has a fun idea, we'll make an event out of it," says Hale. For example, on Sunday July 23, MusicLandria hosted two workshops: Beginning Harmonica Workshop and "Unbridled Expression: freeing your creative self" followed by a singing circle on Sunday, July 30 at Gold Lion Arts. MusicLandria will host another Beginning Guitar Maintenance Workshop on Sunday Aug. 20.

Current goals are for organizers to make MusicLandria a full time career and build a strong team and innovative programming. Hale also says the group hopes to launch an all ages music venue, a museum of musical instruments, a practice space and a recording studio all housed within the Library Of MusicLandria.

"Our current needs include a permanent location to help us build the largest musical instrument lending library in the world," Hale said. People can donate instruments, make a monthly contribution on our Patreon page, volunteer or help find a permanent location.

Visit MusicLandria online at musiclandria.com/. The library's Patreon page can be found at patreon.com/musiclandria

Sacramento Poetry Center Gallery presents A Box Is… featuring local women artists



The public is invited to attend a special showing at SPC Gallery featuring three local artists who have each dedicated their lives to the arts – Susan Kelly-DeWitt, Gwen Amos, and Helen Plenert.

The Second Saturday art reception for "A Box Is…", will feature 36 new pieces of art based on a box on Saturday, Aug. 12 from 5 to 8 p.m.

Susan Kelly-DeWitt: Susan interpreted "outside the box" as using non-art materials (mementos, artifacts, etc) she had collected, re-purposing and sometimes incorporating her poetry-self with her visual art-self, which she rarely does.

Gwen Amos: Loosely based in the tradition of the Mexican Retablo, the "Corrugation of the Madonna" series is about exploring how to use ordinary, everyday material – corrugated cardboard in a less than expected way.

Helen Plenert: Using just paper, cardboard, and paint, Helen, jumped from her comfort zone and has created a series of mixed media pieces that reflect societies perceptions and how children imagine themselves.

The Sacramento Poetry Center and Gallery's mission is to promote and advance the practice and application of poetry, the literary arts, and visual arts in our community, to enliven and extend the cultural boundaries of Sacramento's literary arena by creating and maintaining forums for local writers; to support and empower emerging and established poets, and artists to bring the best practitioners of the craft into the community. The gallery is used to showcase the visual arts.

For more information about the art show "A Box Is…", call Helen Plenert at 599-2608 or email Helen@hplenert.com


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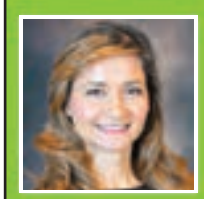
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John F. Kennedy Marching Band to represent state of California at 2018 Memorial Day Parade in Washington



By ELLEN COCHRANE
ellen@valcomnews.com

When Congresswoman Doris Matsui nominated the marching band at John F. Kennedy High School to represent the state of California the parent leaders knew they needed to get to work. The marching band and color guard, which is under the direction of Jeremy Hammond, was selected to march in the 2018 Memorial Day parade in Washington D.C. The parade exists to salute our military and fallen heroes from the American Revolution through Afghanistan and Iraq.

"It's our goal to send every one of our more than 150 students to D.C.," said Cindy Kazee, secretary of the JFK Band Booster Club. "We are so proud of the students and how they represent our community. It will be a chance for the kids to see our capital and experience travel. Many Some of them have never been out of California or on an airplane."

Long-time Sacramentans know about the mighty, award winning JFK marching band. In the 70s and 80s, the boosters were able to support multiple trips to competitions in the state as well as trips to DC and Hawaii to represent California in celebrations and parades. The money was also used to hire extra instructors, and operate a tractor trailer rig to move equipment. to buy a trailer. Much of this money was earned through the operation of a bingo hall. The rise of the Indian Casinos took a bite out of the bingo hall profits and it was closed. Today the band relies on the booster club's diligence and hard work. "We raise $95,000 annually to cover the expense of purchasing instruments and uniforms, covering stipends to instructors not paid by the school or district and transportation fees," said Kazee.

It's going to be a heavy lift for the boosters to get the band, their uniforms, instruments and chaperones to D.C. The cost of the trip is $2000 per student and the instruments will have to be trucked to the capital. (It's hard to carry a tuba onto a plane.) While this is a nearly "all inclusive" fee, it is an impossible amount for many of the students. A large number of students enrolled at Kennedy in the band qualify for free lunches.

Sacramento City Unified School Board Trustee Darrell Woo knows the community can do it, "It's going to take JFK students and families, the Greenhaven Pocket area and the district to support this program and get our wonderful kids to D.C. It's such an honor to be nominated by Congresswoman Matsui and selected to be in the parade. The community needs to get behind these kids to make it a fantastic learning experience.

Woo has personal ties to the band. "My brother played the tuba in the JFK band and was with the band in D.C. in 1976 for the Bicentennial Celebration parade. I think I still have his jacket," Woo said.

In addition to the traditional yearly fundraising, the boosters

See JFK Band, page 11



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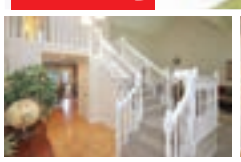
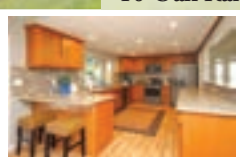


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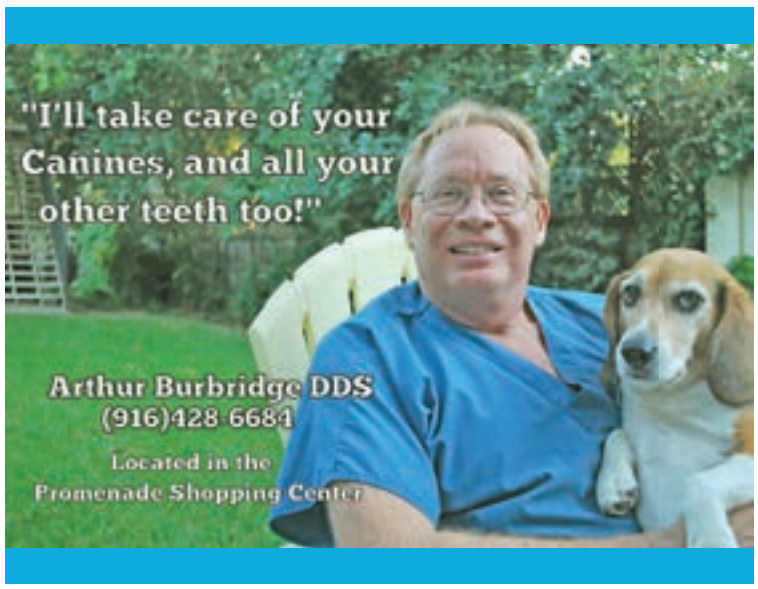





JFK Band:

Continued from page 10

are taking a three-pronged approach to earning money for the D.C. trip: offering sponsorships to businesses, special events and appeals to city, county and state government to help. They hope to meet their $300,000 goal by February 1, 2018.

"We're reaching out to businesses, organizations, alumni, the community and individuals to consider donating. Our trip is five days long with a tour company (mandated by the parade organizers for student groups), and includes the march, a concert in the square, a tour of Washington, D.C. and a visit to Arlington National Cemetery and ends with a full day in NYC," said Kazee.

Grit and hard work characterize this band. The students have a band class, and work an additional three hours on Saturdays and Tuesdays to hone their craft. Not to mention the performance time. "There is nothing but positive words to describe these kids. They don't do it for money or glory they do it because they love the band.



We are carrying a great history forward. Any one who hears the band sees the potential of the children. We are all so proud of them," Kazee said.

Donations to the band are accepted through PayPal at JFKennedyband.com. For further information about how to help contact Cindy Kazee at 916-207-8632 or secretary@jfkennedyband.com.



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Sacramento's largest Japanese cultural & food bazaar celebrates 71 years



The Buddhist Church of Sacramento's Japanese Culture & Food Festival is a summertime tradition in Northern California. This annual event is on Saturday and Sunday, August 12 & 13, 11:00 a.m. – 8:00 p.m. both days.

Enjoy delicious, Japanese dishes, prepared right before your eyes. There will be everything from fresh fish-topped sushi, to our succulent teriyaki chicken, teriyaki beef sandwiches, Japanese pastries and more. There is something for everyone at this year's 71st annual Sacramento Buddhist Church Bazaar.

You can see fabulous performances by Japanese folk musicians, dancers and singers; hea thundering taiko drums; and experience Japanese musicians among other cultural entertainment. There will be ongoing-exhibits featuring bonsai or miniature tree exhibits, mataro kimekomi doll making demos, Japanese calligraphy, ikebana or flower arrangements and other demonstrations.

On Saturday evening, The East Wind Band performs, and is Northern California's premier funk, soul, R&B, and classic rock band. They have opened for Earth, Wind and Fire, Tower of Power, Hiroshima, Average White Band and other big-name entertainers.

Children's games and prizes are a must for the little ones, and there are home-made desserts, both Japanese sweets and good ole American cookies, pies and cakes.

After WW II, Japanese Americans and immigrants had to rebuild their homes, lives and communities after returning to the Sacramento area from their forced evacuation to concentration camps. In 1947, the Japanese Bazaar began as a festive, social event for the Sacramento Japanese residents celebrating food and friendship.

The Bazaar is a major fundraiser for the Buddhist Church of Sacramento. This event supports the many affiliated organizations such as Boy Scouts, Girl Scouts, youth sports programs, the Japanese language school, and youth and senior organizations.

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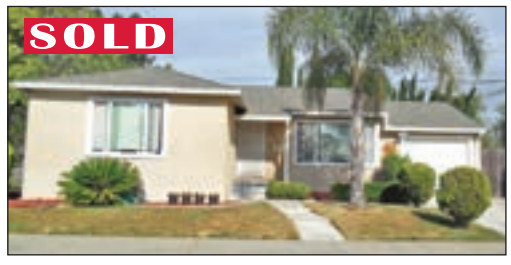

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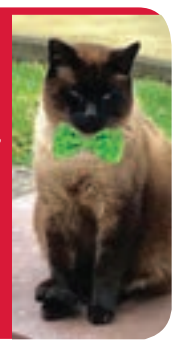

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What's going on at Executive Airport?

By JIM GEARY

Did you know that Executive Airport opened in 1930 as Sutterville Aerodrome and is owned by the City of Sacramento? Officially named Sacramento Municipal Airport by the City following World War II, it was the region's primary commercial airport until the County of Sacramento began operating it in 1967 when all commercial airlines moved to the newly opened Sacramento Metropolitan Airport in Natomas.

Renamed Sacramento Executive Airport, it remains Northern California's primary general aviation airport, with more than 30 businesses located within its boundaries. However, recently the County decided that one of the three runways will be permanently closed. What are the potential impacts of that closure on our neighborhood? The Pocket Greenhaven Community Association has scheduled a public meeting for Aug. 22 at the Robbie Waters Pocket-Greenhaven Library (7335 Gloria Drive) at 6 p.m. to discuss this closure as well as the present and anticipated future operations of Executive Airport. J. Glen Rickleton, Airport Manager, Planning and Environment, Sacramento County Airport System, has graciously agreed to provide an overview of the past and present operations of the airport, particularly as it affects our local residents. Flight patterns, number of take-offs and landings, noise and environmental programs, as well as future plans, are just some of the topics to be covered. A question/answer period will take place at the conclusion of his remarks. The airport has been our neighbor for 87 years, well before almost any of our neighborhoods existed. It will probably be our neighbor for many more years. Come out to this meeting to discover the present and future of this neighbor!

Jim Geary is a Pocket-Greenhaven Community Association board member.



Door to Door

with PAT LYNCH

Day One. Off to the Fair. I'm not lugging a clunky purse but instead wear a light backpack-sack thing. We head directly to the Counties Building where the jams, jellies and other home-made products are being judged. The Marmaladies, K. D. Profitt and Barbara Ruona, are up again, and there they are, sitting in the front row of a bank of wooden benches. The judges sit behind a kitchen counter under bright lights. Genial Michael Marks from Good Day Sacramento strolls to and fro with a microphone and announces that verdicts will be rendered throughout the day. This year another woman sits with the Marmaladies. She is Linda Hayward. Could she be a Marmalady groupie? We find seats near them. Now the Marmaladies have three groupies.

Marmalady Ruona gestures toward a judge on the far left. "Did you see?" she says. "She tasted something and made a face." News that a tasting judge 'made a face' travels fast. This judge, thankfully, is not assessing the marmalades.

The tension here is pretty real. Ruona and Profitt sit up straight, like A students, and Profitt takes notes when the judges make comments. But the judges are still along way from the Marmaladies' entries, so we head out for a stroll.

We've never been to the fair this early. It's cool and so far no swarms of gawkers pour through doors; the people here seem purposeful. We amble around and take things in. We pause to stare at a bride who rises from an Amador County grave, then descends into it. When she rises she is lit by different pastel lights. This psychedelic, dead, rising, Amador bride is a ghost, of course, and her apparition, accompanied by a whirring sound, is arresting if not terribly haunting.

I pause to read the Cal Expo Code of Conduct and prohibitions. Along with the usual--no weapons, no booze, no drugs—is "No sitting or placing feet on table tops, spitting and littering." I'm personally glad to see the spitting prohibition, having once worked in a place where outlaw teenage spitters could not be stopped. "We're in a spit free zone," I say to my companion." No answer. I look up. She's gone, but suddenly there are people everywhere, big crowds strolling and murmuring. It had happened so fast.

I see her wandering down another aisle, so I find a chair and watch the parade of fairgoers. It's hard to pinpoint the demographic in this area. My guess is that people who cook, and their friends, families, and judges are generally the benign, do-gooder sort. They look it. They hug each other, congratulate each other, pose with prizes, take pictures, laugh. Maybe there are seamy soap-operatic dramas going on backstage, but out here all is nurture.

Back to the Marmaladies. Still no verdicts, and we may not know the results until much later today or even tomorrow. Marks interviews the jam judge who is articulate and personable, even though she did make that face.

We follow our noses to the famed and delicious cinnamon buns.

Day Two. This time we head in at 6 pm, hoping for an evening breeze. I'm wearing a Fitbit so the trudging will be recorded. We enter by way of a humungous outdoor food court, a neon glitter-maze of things you're not supposed to eat. We spot several people carrying large, square, football-sized blocks with French-fries and onions attached somehow to the top and sides. Or maybe the thing is French fries all the way through. Maybe in future fairs people will be able to eat blocks of fries in the cardiology tent and have their arteries rerouted *while they eat*.

We find space at a table under a vast awning. We ask people how they like the fair so far. "I enjoy it," a woman says. "I come every year. I love the exhibits." I tell her about the Amador bride. A woman at a table across from us listens, then says to a boy about eight, "Would you like to see a dead lady go up and down?" The boy nods and grins. Another woman says she comes "for the music." What about fair food? we ask. "Love it," says a teenager who aims a shiny pizza slice at his open mouth while his girlfriend picks daintily at the olives. A man wearing overalls says he comes for the art and photography. "My kids

See Door-to-Door, page 17





Riverside Sports Bar held ribbon cutting ceremony

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

The long-awaited Riverside Sports Bar located in the Grocery Outlet shopping center held an opening party on Saturday, July 22. Following a ribbon cutting ceremony with Vice Mayor Rick Jennings, the bar hosted two bands for live entertainment including Second Chance and Crossman Connection.









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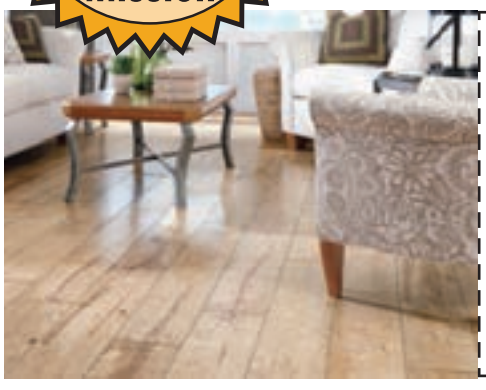

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Iconic Railroad Museum mural revitalization, part of Wide Open Walls Festival in August

California State Parks and the California State Railroad Museum & Foundation are excited to announce a significant revitalization of the iconic and freeway-facing mural will be part of the 2017 Wide Open Walls mural festival happening Aug. 10-20. The large-scale 25-foot tall by 21-foot-wide mural is secured on the side of the California State Railroad Museum building and is clearly visible by drivers on the heavily traveled I-5 freeway.

Originally commissioned by the California State Railroad Foundation 18 years ago – timed to coincide with Railfair '99 – the eye-catching artwork was designed and created by artist Stephanie Taylor, who is the same artist who will update the mural in August. In addition to being a licensed Disney fine artist, Taylor is a dynamic and multi-talented artist who has been creating site-specific installations and paintings for 40 years, all over the United States and in Paris. Additionally, she has more than 30 large-scale mural and sculpture projects in the Sacramento region.

With a degree of creative license incorporated into the original design, the mural showcases a steam engine as it figuratively breaks through the brick wall of the building. While keeping the iconic centerpiece locomotive image in place, Taylor is pursuing various new adaptations, use of new colors, materials and paint products to revitalize the piece in creative and visually exciting ways that were not available when the piece was originally commissioned.

After the design was completed for the Railroad Museum in 1999, the piece was printed on vinyl and installed on the side of the building. However, this time around and as part of the city-wide street art festival, Taylor will rework the mural from a lift for three to four hours per day during the length of Wide Open Walls. Once confirmed, a daily painting schedule will be available on the Museum's website so interested visitors to the California State Railroad Museum and Old Sacramento State Historic Park can watch the creative process in progress from street level at 2nd and I Streets.

For more information about the California State Railroad Museum, call 323-9280 or visit www.californiarailroad.museum/. For more information about Wide Open Walls, visit www.wow916.com.

Door-to-Door

Continued from page 14

come for the rides, and I come for the magic show," another woman says. It's fun chatting with people while eating our little chicken nuggetish things, and drinking lemon-aide. "The fair beats cooking," says a man with a block of fries.

None of the people we talk to have experienced or witnessed violence at the fair, but most say they stay away from the adult midway. "Too many kids and weirdos," a woman says. Kids and weirdos, two of our personal faves, but we nod as though we share her antipathies.

It's still somewhat warm so we head into one of the big exhibits. Good sized crowds gather at most booths. But an Islam booth, operated by two pleasant looking men, has no visitors. We walk over. "How are you doing? Are people treating you well?" my companion asks. They say, yes, beam smiles on us. So I ask, a bit grumpily, "Are most branches of Islam oppressive to women?" They say no, then hand me a pamphlet. One man says that a few people are strict and observe every ancient rule to the letter. But most adapt it to their modern lives and social customs. "In that way we're like every religion," he says. I walk away with a paperback Quran in the backpack.

It's cooler outside now and we head toward the animals. It must be goat day because we see nothing but goats. At first it's disappointing, but then a goat lets us pet it and licks my finger. We bond instantly with this affectionate goat. We notice something in another pen: a goat with no ears. Most goats seem to have perky or floppy ears, but this poor thing has nothing but odd, small whitish bumps where its ears should be. We now see several others in the same state. Is this some kind of goat abuse? Then we see the sign: *"No, we did NOT cut off the goat's ears. They were born that way."*

We finally find some cows with huge, thundering udders, but that's it for the livestock. We'll come back another night to look for pigs and bulls.

Our feet hurt, but onward. We've got to see if the Marmaladies won any ribbons. On the way we pause to buy earrings and watch a family sit in luxury recliners. We pass a fortune teller, a union booth with a great Rosie the Riveter cut-out, and a chocolate candy booth that tempts you to lurk in reverence. Then we come to the Wall of Glory. This is a glassed-in display of the winning jams and marmalades, the best of the best. And there it is: a jar labeled Marmaladies, a big blue ribbon on it. There's a red ribbon second prize Marmalady win also, and then we find the third, another blue ribbon. Three entries, three ribbons. The Marmaladies rule.

We head out. It's dark now and a fluttery, welcome breeze seems to have reinvigorated everybody. We head to the Monorail to tour the fair from its height, take pictures, wave at the people below. But the ticket woman says there'll be a half hour wait. Can we buy tickets and come back in half an hour? No, because the people who are waiting will take all the seats. We do not come from the gene pool of people who can stand around for half an hour, chatting patiently with strangers. Well, I do, but jolly, superficial babble wearies my companion, so we leave.

We plod along. Our feet ache. I check the Fitbit. 12,200 steps. That's about seven miles. No wonder our feet are swollen pods of pain. Then we see them—the miracles. They are four machine-chairs. You sit down, put your feet on the raised foot areas, drop in a quarter, and your feet are jiggled mechanically. This is the best ride of the fair. Throbbing, arthritic, sore and battered feet are massaged by machinery: good-bye pain, hello numbness. When it's over we are able to walk away but we can't feel our feet. Nice. Why

See Lynch, page 20

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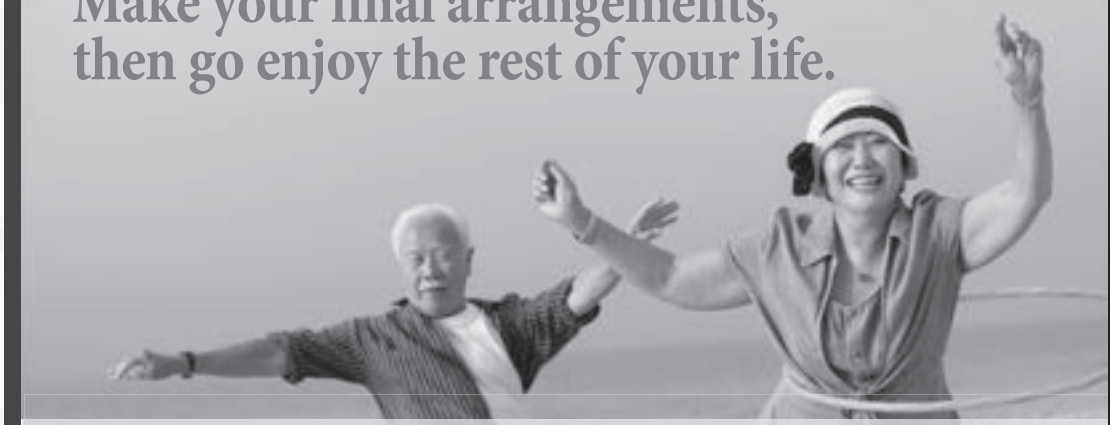

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What's happening Pocket/Greenhaven?

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.

HORSING AROUND CEMETERY TOUR: The Old City Cemetery Committee presents a history tour on Sacramento's horse history, starting at 10 a.m. at Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Forget gold, horses really built this country! The pioneer economy was dependent on horses for industry, travel, communication, and often for their very lives. Meet ranchers, wagon makers, blacksmiths, and horseshoers galore, and our very own Pony Express rider, Warren Upson. Come see the horses of the modern Pony Express! The cemetery is located at 1000 Broadway, Sacramento. There is free parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.

JACQUELINE ROBBINS/HARMONY HENNA – The Belle Cooledge Library will be offering some Henna fun where you can get a small Henna design done by Jackie, a qualified henna artist! August 5 at 2 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SATURDAY, AUG. 5 to MONDAY, AUG. 14

MARTIN LUTHER KING BOOK SALE: The Friends of the MLK Library are sponsoring a book sale from August 5th to August 14th during the hours that the library is open. The proceeds are used to fund special programs for the library. Find fiction, nonfiction, children's books, also books written in other languages. CD's and DVD's are also available. Most adult books are 50 cents, children's 25 cents.

SUNDAY, AUG. 6

POCKET/GREENHAVEN COMMUNITY CROP SWAP: The Pocket/Greenhaven Community Association will be hosting a crop swap on Sunday, August 6th in front of Robbie Waters Library (7335 Gloria Drive), starting at 10 a.m. If you are interested in exchanging any extra produce you may have left over from your garden please feel free to attend.

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

WEDNESDAY, AUG. 9

CROCKER ART TALK: THE ASIAN CERAMICS COLLECTION – In this presentation, Paul Lee, an art docent with the Crocker Art Museum will tell the story of China's porcelain and how it influenced the development of ceramics in other Asian countries and in Europe. He will also discuss China's ancient burial ceramics tell stories of cultural beliefs and its extensive contact with Central Asia as well as the story of Japanese ceramics. Wednesday, Aug. 9, 6 p.m. at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

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.

SATURDAY, AUG. 12

ESTATE PLANNING SAFARI: Local attorney and estate planning specialist Mark S. Drobny will help you navigate through a jungle of topics in this free, informative seminar from 10 to 11:30 a.m. 3930 West Land Park Drive, Sacramento, CA 95822.

MUSICAL ROBOT – Belle Cooledge Library will host Musical Robot as the group will get parents and kids laughing with "If You are a Robot and You Know It," an interactive musical and storytelling performance. August 12 at 2 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

READ TO A DOG – Looking for a way to boost school-age reading skills? Come to the Pocket Library's Reading Tower area and practice reading out loud to a registered therapy dog (Marvin, the Wonder Corgi). Kids are invited to bring their own books or borrow one from our collection. Saturdays, August 12 and 26, 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, AUG. 12-SUNDAY, AUG. 13

THE BUDDHIST CHURCH OF SACRAMENTO'S JAPANESE CULTURE & FOOD FESTIVAL: The Buddhist Church of Sacramento's Japanese Culture & Food Festival is a summertime tradition in Northern California. This annual event is on Saturday and Sunday, Aug. 12 and 13, 11 a.m. – 8 p.m. both days. Enjoy delicious, Japanese dishes, prepared right before your eyes. There will be everything from fresh fish-topped sushi, to our succulent teriyaki chicken, teriyaki beef sandwiches, Japanese pastries and more. There is something for everyone at this year's 71st annual Sacramento Buddhist Church Bazaar. It is free admission and free parking under the freeway, with a free, convenient shuttle bus that goes directly to the bazaar grounds every few minutes.

TUESDAY, AUG. 15

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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WEDNESDAY, AUG. 16

BOOK BUZZ – Learn about the latest bestsellers before they become bestsellers. This free program is presented by representatives from Penguin Random House Publishing. Wednesday, August 16, 6 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

THURSDAY, AUG. 17

VICE MAYOR RICK JENNINGS OFFICE HOURS: Vice Mayor Rick Jennings will hold office hours, starting at 6 p.m. at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive. For more information, call 916-808-7007.

FRIDAY, AUG. 18

TRUCKS N SUCH AT GARCIA BEND PARK: Fun starts at 5 p.m., starting with food truck fare, followed by a movie (free) at dusk. 7654 Pocket Road, Sacramento, CA 95831.

SATURDAY, AUG. 19

ICE CREAM SAFARI AT THE SACRAMENTO ZOO: The Sacramento Zoo presents its 33rd annual Ice Cream Safari where you can get all-you-can-eat ice cream in cones, sundaes and floats and unlimited Coca-Cola beverages, all sponsored by SolarCity. Explore the 14-acre zoo with ice cream treats around every corner from 4 to 8 p.m., 3930 West Land Park Drive, Sacramento, CA 95822.

See more What's Happening, page 21

Lynch:

Continued from page 17

don't shopping malls have these magical machines?

Day Three. Even though we all carry cell phone cameras there are still big lines at the photo booths. We wonder at this. Maybe it's because its fun to pile on each other and make faces behind the curtain. And fun to wait for the results to pop out.

Today we go through the kid's midway, and enter a cacophony of pleading, screeching, laughing. Dads push strollers and Moms eye the older kids who are on rides. The lines seem long now, this second to last day of the fair. We come to the end of the midway. Few kids here, but lots of teens and adults. We go to a booth where you aim a stream of water that pops a balloon. I win a stuffed fish. The ticket cost five dollars and the fish is probably worth just that, but still, a win is a win.

We note lots of elaborate tattoos on people but can't tell if they're real or temporary. We head into one of the buildings. Today we want to eat inside. We split a teriyaki chicken bowl and a soda. It's not the evil and delicious garlic fries we really crave, but it will do. We chat with a woman (by now you know that I do the chatting) who says she loves the fair, is taking teacher certificate classes, has recovered from a heart ailment, prays every day and read Nancy Drew books as a girl. She's a pleasant person who asks questions as well as offers up information. It's always striking how much people will tell strangers.

But enough about people. The pigs are here. We head over. It feels warmer than the last time, but discomforts are forgotten when we look down upon a gigantic mass of pinkness with cloven hooves. Even the pig's nose is pink. This one is a prize- winner, lying down, and who can blame it? We hope that since it seems to have a bunch of awards, it may not become pork chops. Maybe they'll keep it for breeding and then let it loll to death. I heard somewhere that pigs are smarter than dogs, crows and horses, so I try to stare into its eyes, looking for sapience. But all I see is fatigue.

We see two alpaca being led around, angora sheep, long-haired and curly, other sheep covered in blankets. Why cover them in this heat? Somebody speculates that they are going to be shown soon and their owners want to keep them clean.

We head back to a cool building. The booth vendors are pretty aggressive now that the fair is closing tomorrow. "Ma'am, try our product," one shouts as we pass. "It's better than heroin." I turn to laugh and he says, "See? She knows."

I buy popcorn from another vendor. She's young and looks stunned. "You seem exhausted," I say.

"Oh, I am." Her face comes alive and she seems glad to talk. She's been working since ten this morning. It's 9 pm now. Business has not been thriving. "These last couple of years haven't been good at all," she says. We consider this: maybe it's the heat; maybe they should have the fair in cooler weather. Maybe they should offer different entertainment, different inducements. I wish her well.

We leave, and drive to the berm of Ethan Avenue by the new Century Complex. We get out of the car. We're still all about the fair. We wait quietly in the dark and then the first loud pop, and the night sparkles. It's a marvelous display and at the end multiple splashes of brilliance are flung across the sky like jewels.

No one's near, but we stand there in the dark, clapping.

What's happening Pocket/Greenhaven?

TUESDAY, AUG. 22

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

FRIDAY, AUG. 25

OUTDOOR SUMMER MOVIE @ THE RIZAL CENTER NEAR SOUTHGATE – In partnership with the Southgate Recreation and Parks District, enjoy the summer night with an outdoor movie on the back stage of the Rizal Community Center located at 7320 Florin Mall Drive, Sacramento. On Friday, August 25 at 7:30 p.m. we will be showing "Nine Lives". Southgate Library, 6132 66th Ave., Sacramento.

SATURDAY, AUG. 26

READ TO A DOG – Looking for a way to boost school-age reading skills? Come to the Pocket Library's Reading Tower area and practice reading out loud to a registered therapy dog (Marvin, the Wonder Corgi). Kids are invited to bring their own books or borrow one from our collection. Saturdays, August 12 and 26, 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, AUG. 29

MISTER COOPER'S SING ALONG – Preschoolers and their families are invited to enjoy a performance by local children's musician Ken Cooper, which may include such favorites as "I Like Your Hat" and the ever popular "Freeze Dance." Tuesday, August 29, from 11 a.m. to 11:30 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 30

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Wednesday, August 30, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

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.

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month from 1 to 3 p.m.! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

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.

WWW.VALCOMNEWS.COM







Farm and Flavor: Tomatoes

By KERIN GOULD



At last, after weird weather delays, we reach the season of standing in the garden and sampling tomatoes right off the clean, astringent-scented plants that dye our skin chartreuse. Try it barefoot, touching the earth, eyes closed. Banish the winter of picked-green, gas-ripened, crunchy disappointments. Each tomato variety now packs a unique, sweet-acid balance, full of vibrant solar energy. Purple, pear-shaped Indigo Rose is sassy, while Black Cherry is practically savory, and the dense Italian varietal bursts with classic flavor that causes a flashback to childhood sandwiches eaten at picnic table by the lake. Some, like the tangy sungolds, rarely make it into the kitchen. I've been picking for a half hour, but my bowl is practically empty.

If you hate tomatoes, apply this scenario to plums, peaches or berries. But the bliss is genuine, exquisitely simple, and every cell in your body knows it is real, powerful food.

Lately, we live in a culture that devours the unreal, "alternative facts", baseless opinions, and attention-hungry exaggerations. Politics aside, if you are trying to verify health food information, this environment boggles the mind. Rare Siberian frisée kale will save your life!!!! All protein diet reduces fat and cures cancer!!! You've been eating tofu all wrong!!! The excessive exclamation points and sensational claims are dizzying. And the more serious our health issues, the more these dubious promises make us vulnerable. How do we know what is REAL?

First, who is your information source? Are they qualified experts or just selling you an exclusive and expensive new formula? Do they cite legitimate research? I'm not in the laboratory observing how anthocyanins and lycopene affect cancer cells, but when several researchers find cancer-fighting value in tomatoes, then I respectfully trust it is useful info.

Not all confirmation comes from a laboratory. Traditional Chinese Medicine, Ayurveda, and Traditional Indigenous Knowledge incorporate thousands of years of trial and error. In the ancient cities of Mexico such as Tenochtitlán, healers prescribed remedies with the condition that the patient had to report whether it worked. Results were recorded in Codices (that the Spanish tried to burn as witchcraft.) This is empirical study, science, not lore.

Many health-supporting foods that are tried and true traditions hold real value. Grandma eats nopal cactus for diabetes. Sounds weird. But probably her abuelita told her, because Mexican people have used this for centuries to counter the colonists' diet. Does this guarantee it will work for you? Of course not. But it has worked for generations.

We must also consider the risk of harm, even though whole foods retain nature's buffers to mitigate side effects. For example, grapefruit can conflict with some medications. Red grapes and red wine have wonderful nutrients, but if you have diabetes, they aren't really your friends. This is where it's a good idea to ask your doctor and/or pharmacist.

My hope is that, when you come across super-foods and trendy diets, you suspend belief or disbelief and research them. Listen to your common sense and your body's responses. Let's be open to information that can help, enjoy the optimism boost from finding new options to try, but let's also keep it as real as summer tomatoes.

What's in season in Sacramento: green beans, beets, corn, cucumbers, grapes, melons, okra, peppers, plums and pluots, squashes, and tomatoes.

Speaking of "tried and true" and keeping it real, I have THE gazpacho recipe from a friend from Seville in southern Spain, a flamboyant artist who is deeply attached to his hometown's festivals, arts and food. He was adamant about the ingredients and the order of things required to make it authentic. NO "inventing" other "new and improved" versions or vegetarian Gazpacho, because it already is. The important thing, according to Nazario, is to add white stuff, green stuff, then red stuff. So I've been faithfully following his instructions for the last 25 years, because, well, why mess with a classic from a land with sweltering summers? (Of course, you can adjust garlic, onion and vinegar amounts to your preferred taste.) It's hard to improve on something simple and real, refreshing and energizing, that can awaken a heat-stifled appetite and doesn't heat up the kitchen.

Gazpacho

1 thick slice of day-old French bread, torn into chunks (folks with diabetes or gluten intolerance can skip this)
1-5 cloves garlic
1/4 cup minced onion
1/4 teaspoon salt
4 cups cold water
1 cucumber, peeled and finely chopped
1 green bell pepper, chopped
1/4 cup olive oil
8 large tomatoes - peeled, seeded and chopped
1/4 cup wine vinegar

Instructions:

Put the bread, garlic, onion and salt in a blender and add a bit of water to wet the bread. Pulse the mixture so it chops, not too fine.

Add the cucumber, green pepper and olive oil. Pulse again.

Add tomatoes, and finally vinegar. Blend to desired consistency.

Adjust water, vinegar and salt to taste.

For more easy, tasty, healthy recipes, go to producewithapurpose.wordpress.com

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Single and Zero:
How many allowances should you claim on your W4?

By FRANCES HERNANDEZ



An area that gets many people into trouble is the amount of taxes they have taken out of their paychecks. Making a mistake on the W4, can potentially lead to owing thousands of dollars once it is time to file. Again and again people ask me, "How many allowances should I claim on the W4?" Unless you want to spend a few hours projecting your taxable income, deductions, and other adjustments to your income tax return, the simple answer is "zero." For a majority of taxpayers, claiming zero allowances, especially early in the year, will most likely yield a refund.

Allowances that you claim are not based on a flat percentage rate, but rather on tax tables. One piece of advice is to play around with the allowances until you are getting enough money taken out to cover your tax liability. Look at your previous tax return and figure out your "effective tax rate." A simple calculation to obtain your effective rate is to take your total tax assessed and divide that by your gross income. Most taxpayers are between 15% and 20%. Then take a look at your paycheck and divide federal taxes taken out by your gross wages. If the total is not between 15% and 20%, then you most likely will owe at the end of the year. Keep in mind the more allowances you claim, the fewer taxes will be taken out of your check. Conversely, the fewer allowances, the more will be taken out. Claiming single and zero allowances is the max that you are instructing your employer to take out, unless you have them take an additional specified amount out.

For those of you who like to play with online calculators, I recommend two fun, free resources that will help you figure out if current withholdings are enough and whether tweaks are warranted. The first is from the IRS at: https://www.irs.gov/individuals/irs-withholding-calculator. Enter your information and it will tell you how to change your withholdings in order to break even at the end of the year. The second calculator can be found at: http://www.payrollguru.net/PayrollCheckCalculator.aspx. This calculator lets you input different allowances to see what your paycheck will look like with different choices.

As a disclaimer, this article covers the W4 allowances and tax rates in a very simplistic manner. With over 70,000 pages in the US tax code, taxes can be very complicated and are unique to each individual situation. Even though a majority of people will have an effective tax rate of around 15 percent, your rate may be much lower or much higher. However, being aware of the rate that is being deducted from your paycheck and what that means may prevent many headaches come filing season.

Frances Hernandez is a certified public accountant from the Pocket neighborhood. For more information, visit sacramentotaxes.com or facebook.com/sacramentotaxes or contact her at 721-2172.

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