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Pocket News

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Friends, family celebrate life of Pocket resident

–Betty Dias–

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Pocket man completes epic cross country journey

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An interview with the Münechild

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3-Step Hide Away in eastern Utah

Pocket man completes epic cross country journey

It began as many adventures do with a passing comment among friends. In this case, it was a group of retirees with a long history of riding motorcycles together. One had happened upon a route known as the Trans-America Trail (TAT) and asked, "Hey, I wonder if we could do this?"

The TAT is a 5,000-mile network of trails across America for dual sport bikes. Riders follow dirt and gravel roads through forests, across farms, down dry creek beds, over abandoned railroad grades, and encounter sections of mud, sand, snow and rocks. Beginning and ending at sea-level, the route's highest point of elevation is the 12,890 feet Idarado Pass in the Colorado Rockies.

Equipped with directions first plotted by Mississippi-based dual sport enthusiast, Sam Correro, riders use maps, roll charts, GPS files and the seat of their pants to navigate. Throw in unwelcome weather, breakdowns and the logistics of procuring food, shelter and gas, and the TAT tends to not attract those eligible for Social Security.

Except for maybe five guys from Oregon. With tens of thousands of combined miles logged traveling paved roads, their average age is 60, but their hearts and ambition belie the balding heads and graying beards. The wheels of possibility began turning in early

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Cross country:

Continued from page 2

2016 with a simple question, "What would it take for us to do this?"

Within the ranks is retired Marine, Robert Newton (Rowdy), tuna boat captain Joe Fiske (Big Tuna), former firemen, Brian Robinson (MacGyver) and Brian Pike (Zippo), and a jack-of-all-trades, Dean Hupp (Padre). Once convinced they collectively had a solid body of abilities ranging from mechanics to first aid, they quickly purchased new dirt bikes to customize and soon focused on boosting riding skills. Day trips into the back country provided ample opportunity to test riding gear, evaluate mud holes, recover from falls, develop communication tactics, and, above all, establish safety parameters.

"It's all good fun," they recall their fathers saying when they were boys, "until someone gets an eye poked out."

Instead of a rabbit foot for good luck, the group bestowed similar power to a rubber chicken which they strapped to the grill of their trip support truck driven by Bob Farrell (Roadrunner), age 69, a retired ship's master. The Rubber Chicken Run (RCR) of 2017 officially began on August 7 when four members of the group climbed into a dual-cab truck jam-packed with gear and hooked to a custom bike transport trailer to head east from Grants Pass, Oregon to Havelock, North Carolina, where the other two men would meet them. Essential cargo included tools, spare tires, replacement parts, camera equipment, 200 cigars, more whiskey than water, and 15 pounds of homemade meat sticks.



After dipping their back tires in the Atlantic Ocean on the coast of North Carolina on Aug. 13, the RCR traveled through 13 states, consume more than 800 gallons of gas and stay in some 35 different motels before they reached to Pacific Ocean the third week of September. In all, the trip covered 36 days, 13 states, 5,463 miles, 90 percent off-pavement riding! On this journey of a lifetime, they experienced sights, sounds and wonders forged by their good humored camaraderie and willingness to venture together off the beaten path.

See "Rubber Chicken Run" on Facebook and to learn more about the TAT: www.transamtrail.com



Dean Hupp with wife Jackie Boor



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From up above in the sky one can truly see the splendor that is our great "City of Trees", a flourishing oasis amidst a bountiful sea of life sustaining harvest fields. Our downtown is also a reflection of this bounty. Modern buildings give voice to a skyline, that says "We are ready to take our place in a modern world". Historical architecture telling tales of city rich in history and tradition, together speaking of a quiet prosperous economy. We can take pride in the simple elegance of our hometown feel, because where ever you go here, one can still count on a neighborly helping hand, even if it's just to wish you having a most wonderful day. Yes, I think that's it! Sacramento shines because of us; because we will always work at keeping that small town feel. Citizens of a city that is the shining beacon of the greatest state in the world.

Continually growing discovering our own sense of place, defining the values that are important for us. Valuing arts and the role it plays in helping us be a better people.

Sacramento is full of a budding arts community which gently and purposefully contributes so much to us as a whole. We have the opportunity of embracing and supporting the beauty and culture that is within our city.

Please let me introduce you to Instituto Mazatlán Bellas Artes (IMBA) de Sacramento. IMBA is a multi-faucet not for profit artistic venture in performing arts.

IMBA is proud to be the home of performing company Ballet Folklórico de Sacramento.

Ballet Folklórico de Sacramento (BFS) is humbled to be considered a highly valued cultural artistic resource and one of California's most esteemed Mexican folk dance companies.

This component provides the opportunity for youth from underserved communities to train as professional dancers and present to audiences at major venues. To date BFS has consistently presented at the following major venues Luther Burbank Center in Santa Rosa, CA. Gallo Center in Modesto, CA. and Harris Center in Folsom, CA.

It is BFS's goal to bring more of our work home.

It is for this reason that we invite you to come Celebrate "Ofrenda dia de los Muertos".

Life is a wonderful blend of hopes and wishes, which give rise to beliefs, then settle into traditions. Of all the festivals which are Mexico, none speak more resoundly to us than Dia de los Muertos. Where tails speak of.... the souls of dearly departed loved ones coming back to visit us once each year. "Ofrenda" will take you on journey through various regions of Mexico unveiling for you the mysticism of Dia de los Muertos. This live on stage dance performance will present for you, a firsthand tour of the festivals that are Dia de los Muertos. Accompanied by traditional music group Córima, Ofrenda promises to leave our audience joyously amazed.





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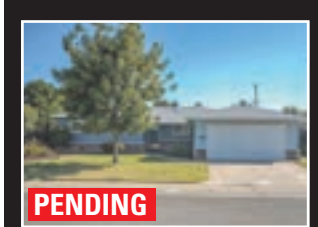
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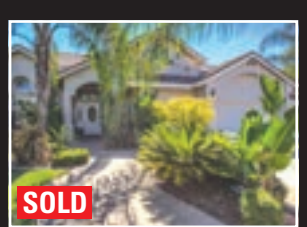
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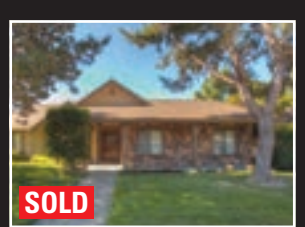
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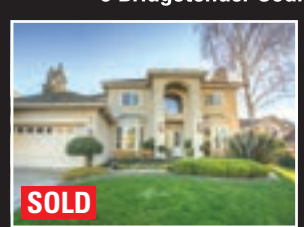
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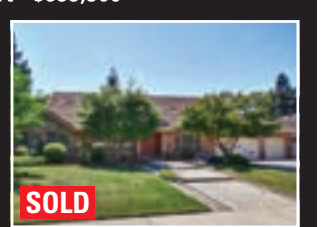
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FARM AND FLAVOR

Produce with purpose

By KERIN GOULD

A Hopi friend of mine tells me that in his culture, the crops are considered their children, someone to be nurtured and strengthened and brought to maturity with great care. Seeds are lovingly planted deep in the soil, where they will have enough moisture, and companion plants are grown together so they support each other's resilience and wellness. Many Indigenous farmers sing to their plants and their seeds, to thank and encourage them. As I was planting seeds for fall veggies, I used bigger containers and soil with more nutrients, because I am feeling they need to mature more before being planted out, so they can withstand the extremes of our climate-change affected weather. As they sprout and grow, I fuss over them daily to make sure they have enough moisture and light, not too much. I realize I may have become a helicopter-parent to my plants! I hope I won't make them fragile and over-sensitive.

I am trying to be more tuned-in to my "children", not just the garden crops, but also the wild and volunteer plants and wildlife here. The goldfinches have come back early this year, for example, finishing off the sunflower seeds and confident I'll fill the thistle feeder when other seeds' season ends. The tiny frogs, who were here in biblical numbers this summer devouring insects around my porch lights, are fewer, though fatter now and soon will be hibernating under the roots of the mulberry tree. The bees have been sluggish but industrious in seeking out the last summer foods to tuck away in their pantries. I am not one of those legendary elders who expertly track the interlocking signs of the seasons, but I can guess we'll have an early and cold winter this year. So it's time to prepare row covers for tender greens and insulation for fruit trees, just as parents of small humans are getting sweaters, warm coats and mittens out of the storage bins for the winter.

Since the industrial revolution, it seems we have accepted the idea that impersonal, mass production is optimal, and, since the 1950s, that time and motion efficiency and economies of scale are unquestionable. Certainly tending to my hen's sore foot with natural cures and soft words does nothing to maximize my profit margin. Though these ideas of scale and efficiency optimize short-term returns, we would do well to think about the long-term well-being of our planet, our home. As we face more weather-related challenges to our food sources and systems —including extreme temperatures, fierce winds, droughts, storms, herbicide drift, super-pests and super-weeds, and more intense sunlight (high UV index) — perhaps a bit more nurturing, even hovering will be required to coax food from plants.

To feel this tenderness and affection for the world around us, this responsibility, requires intimacy and observation of details. Farmer-poet Wendell Berry once responded to increasing globalization by asking how a person in a far-away office could make any decision at all about an area of land, when after 40 years on his farm, he was learning new details every day. What if we each took a personal-sized chunk of the world — your back yard, local creek or fields for example — to really know, to care for, to sing to and listen to, to nurture as you would your child?

Speaking of delighting the details, this Vegetarian Paella let's you enjoy each different ingredient separately and as part of the whole delicious blend. It's a whole landscape of flavors connected by the subtle, golden taste of saffron. It's an ode to the end of summer, perfect for perhaps the last cookout of the season or a weekend feast. And yet, it isn't difficult to put together at all.

Vegetarian Paella

Ingredients:

2-4 Tbsp. olive oil
1 cup chopped yellow onion
1 tsp. crushed garlic
1/2 cup red, green and/or yellow peppers, cut into thin strips
1/2 cup diced carrots
1 medium tomato, chopped
2 tablespoons parsley, minced
1 small zucchini, sliced
1 cup quartered artichoke hearts, fresh or from a jar (not marinated)
1 cups fresh or frozen peas
2 cups low-sodium vegetable stock
Salt and freshly ground black pepper, to taste
1/4 tsp.paprika
5-10 saffron threads
2 cups arborio rice, dry. (Brown arborio may be available, but you want a short grain, highly absorbent rice whether white or brown.)
Lemon slices (as garnish)

Directions:

Prepare all the vegetables first (chop, mince, etc.). Add the saffron to the broth and let sit. In a large skillet (wide, not too deep), heat the oil. Sauté garlic, peppers and onion to flavor oil, then add in chopped tomato and stir in carrots. Stir in rice. Once the rice looks glassy, then add vegetable stock, salt, pepper, parsley. Bring to a boil.

Reduce heat to low. Simmer without much stirring if any for 35 to 40 minutes or until rice is tender. Within that time, cover for 20 minutes, then remove the lid. Add a small amount of additional hot water, if the water is evaporating too quickly before the rice is cooked through.

Add artichokes, zucchini and peas to sauce pan after 30-35 minutes. Simmer for another few minutes or until liquid has been absorbed. Remove from heat and stir to fluff up rice and distribute vegetables. Garnish with fresh lemon slices and serve.

Serves about 6 people

For more recipes and resources visit https://producewithapurpose.wordpress.com/

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Happy birthday, Goody!



Goody showing off her shoe to half-sister Skye.

Goody the reticulated giraffe celebrated her 19th birthday on Sept. 19 (one of her primary caretakers, zookeeper Melissa, also celebrating a birthday that day!). For her special day, she received extra treats (grapes are a favorite). The easygoing gal got to hang out with her herd-mates and made her way to the giraffe deck during public encounters to receive extra leafy greens.

Goody is a bit of a celebrity who received national attention for the custom-made shoe she wears and other treatments to care for her arthritis and leg conformation issues.

Goody is doing well. While she will continue to receive various treatments for the rest of her life such as her electrotherapy mat, acupuncture, glucosamine and more, all are being provided at a maintenance level. Goody's condition is not declining; instead, the treatments have slowed down the progression of her arthritis and other related ailments. This effort on the part of keepers and vets has greatly improved Goody's quality of life, allowing her to enjoy her golden years with her half-sister and the rest of the herd.

Happy birthday, Goody!



The zoo's facilities team taking a quick break from constructing the new structure for the lions.

New custom-built furniture for the African lions

The Sacramento Zoo's facilities and animal care teams have been hard at work creating and implementing some new and exciting changes to the African lion's habitat.

The most noticeable change for visitors is a climbing and napping structure in the exhibit. The large structure was created with our lion pride and their needs, as well as lion housing guidelines, in mind. It offers more shade on hot days, as well as heated locations on cold winter days. Overall, the main structure and two additional smaller napping platforms offer more lounging, scratching, and exploring options. An added benefit for zoo visitors is a closer view and new perspective of the lions.

Further additions, that cannot be appreciated by guests, is an expanded behind-the-scenes space for the African lions that triple the amount of off-exhibit outside area. The area includes resting platforms and simply more options for keepers to move animals from space to space depending upon the cat's needs and the pride social dynamics at any given time.



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Flamingo chick care update:

Passing of Bellini



Flamingo chick Bellini at 2 days old

The Sacramento Zoo's animal care team, veterinarians, and all other support staff are somber as they announce the death of Bellini on Sept. 20, one of the six American flamingo chicks to hatch at the zoo this summer. The cause of death is unknown at this time. Zoo veterinary staff completed a preliminary exam that procured no further answers. A full necropsy will be performed at UC Davis. Bellini was the second oldest chick but was also the smallest. As the runt, her food intake and weight were monitored closely by her care team. Unlike the rest of her flock, she was still receiving supplemental feedings in an effort to help her grow. She will be remembered fondly by visitors and staff as being the little girl filled with personality. She loved to cuddle with her caretakers, enjoyed bathing, and had a sweet disposition. This is a difficult loss for all at the zoo.



LIFE IN THE VILLAGE

By JAN DALSKE
Pocket News

The end of this month there will be a holiday called Thanksgiving. Our teacher had told us the story about the First Thanksgiving and the Pilgrims and the Indians. That must have been interesting, inviting people to your dinner when they could not understand what you were saying because they could not speak your language. I was glad that I was not living at that time in history. It was always fun to read about what the people at another time were doing, but I was usually relieved that I was not there. It was a long time ago.

Mom and dad had been talking about the turkey they would be fixing for the dinner. Mom would make some stuffing for the dinner and "stuff" it inside the turkey before she put it in the oven. I guess that they called it stuffing because that is what she did with it. Mom would also make her special homemade pumpkin pie, and after it was baked and had cooled she would serve it with fresh whipped cream on top.

We would have mashed potatoes and turkey gravy. Mom made the gravy from the juice in the pan after the turkey was cooked in the oven. It was very yummy. She mixed in corn starch with cool water to make it thicker. I liked to watch her when she cooked or baked. I bet she learned how to do all of those things when she was a kid. I always thought about asking her about how she learned about everything that she could do, like the cooking and the baking and the sewing, but I never did.

There were so many things that I would have to learn if I wanted to get married and have children. But, I wanted to be a teacher, and most of my teachers were still called "Miss" which means they were not married. So, I was always thinking that I wanted to be a teacher like they were. I would not get married and have children, so I would not have to know all of the things that my mother knows how to do.

So, I made a plan when I was just six that I would never get married. I would go to college and study hard, and take all of the classes that I would need to become a teacher. I watched my mother everyday as she took care of the cooking and the washing and the house cleaning. She did all of that while she watched her children and fed them and put diapers on them. And, when it was time for bed, they all needed baths and tucking in. She always looked tired at the end of the day.

I only time I saw her smile was when my dad came home from work. She wanted to please him and she always asked him how his day was. He said it was okay, and he went straight to their shower to clean up and change clothes. Then, he sat down to read the newspaper and relax before my mom called him to the table to eat dinner. Dad may have worked hard all day. But, he got to relax when he came home.

Mom never got to sit down and just relax. Even when she was sleeping she often had to get up during the night if she heard one of her children crying. She was always on duty. And, soon, she would have another little baby to take care of. Wayne was still wearing diapers. He was always demanding attention. He was still only a year old and would not turn two until the end of next summer. How was she going to take care of another baby? I already knew the answer to that question. Of course, I would have to help her. After all, I was the oldest girl in the family and the one who had to be my mother's little helper.

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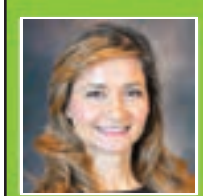
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An interview with the Münechild

By JAMES PEYTON

Local indie artist Isaiah Thompson, also known as "Münechild", stops by to talk to the Land Park News. Münechild plays local gigs here and there with his own vibe, and his own record label – Native Cruiser Records. When trying to ascertain what style of music he plays, to attempt to fit it into a category or box, the closest thing he came up with was Ocean-Grunge. Let's see what the Münechild has to say.

Peyton: What inspired you to get into music, and who were you inspired by?
Münechild: I've always had a serious interest in music, but decided to pursue it seriously when I was around 12. I was inspired to actually learn guitar when I was around 10 after reading a book on Jimi Hendrix.

Peyton : Who are your current musical inspirations?
Münechild: I've currently been inspired by Tyler, the Creator – his new album is dope. The homies on my record label (Native Cruiser Records). Toro y Moi. Smokey Robinson. Etc.

Peyton: What kind of mood does making music get you into?
Münechild: Makes me feel like I'm in church or something. It gets me feeling super spiritual and happy. No other feeling like it
Peyton: So it lifts you out of depression, if you are in it?
Münechild: Oh yeah, definitely

Peyton: Your music and videos seem to portray a certain loneliness and isolation. Do you think that is a theme in your music?
Münechild: That's a part of it. The concept of Münechild is about trying to understand the world as an outsider, and knowing that there's a bit of relativity in all of us. You just have to find it.

Peyton: OK, tell me more about your label Native Cruiser records. It's an Indie label?
Münechild: NCR is an indie founded by me and co founded by my friend Josh who's also an artist. We basically just put together a team of producers, photographers, rappers, etc. that want to create and collaborate without having to worry about being accepted. We just want to be able to vibe with everyone.

Peyton: Is it an actual label? Or does it only go out to Soundcloud?
Münechild: It's not official yet, it's more of a collective. I wanted it to be a record label because I wanted to make a statement that you don't have to be famous or anything to have/be signed by a label. You can just create the music you love and distribute it by yourself if you wanted to, you don't have to wait for a major label.
Peyton: How do you distribute? CDs, YouTube, Soundcloud, and social media?
Münechild: CDs and as much social media outlets as we can. NCR is my label/collective promoting the idea of being true to your art and doing what you want artistically - without having to wait on someone to tell you what to do or how to do something.

Peyton: What does Nativecruiser mean?
Münechild: I didn't actually put that much thought into it, but the native part kinda goes with sticking close to your instincts or "native to your beliefs". The cruiser part just signifies letting life take its course.

Peyton: About how many tracks have you made so far?
Münechild: More than 20.

Peyton: How has playing gigs and the music scene changed how you view the world?
Münechild Playing gigs helps me realize that performing is just as much an art than the music. The music scene has showed me that there are a lot of cliques and exclusivity. I feel like our music scene needs a lot of work in helping our artists flourish.

See Münechild, page 9

Münechild:

Continued from page 8

Peyton: Where do you plan to go next with your music? What would you like to see happen to the scene in sac?
Münechild I would like to see more opportunities for young and upcoming musicians to perform. I'm working on an album currently, and I'm working hard on polishing it. So hopefully it gains a lot more recognition than my previous work.

Peyton: Is there anything you would like to tell the reading audience?
Münechild: I'll be selling some merch soon for anyone who's interested! And um... fuck Donald Trump.

Peyton: Were you influenced by Mac De Marco a lot?
Münechild: Definitely. Him and a few other artists (Deerhunter, Toro y Moi, Interpol, etc.) helped define my sound a lot. I think for a lot of people Mac was really refreshing in the indie rock scene. Very original, and had a lot of variety in his music.

Peyton: What types of music do you see as popular today:
Münechild: Mostly indie rock, chillwave, and trip-hop. Chillwave is like modern electronic music that sounds like retro 80s music.
Peyton: Besides that, is there any adversity you go through, that is reflected in your music?
Münechild: Relationship struggles, family problems, thoughts about the world and where it's going.

Peyton: Tell our readers about some of your collaborators.
Münechild: I met Brahman at a Tyler, the Creator show. We were both front in line and talked about music for a bit. So we decided to link up and not only did I find out he was a great producer, but he's a dope emcee and very talented videographer. Mo is a friend of mine that I grew up with, and he's always been into music. I heard some new tracks of his about a year ago and asked him if he wanted to be in the collective. Things just went from there.

I met Tommy Lipper in about 2013 through some mutual friends. Eventually, he joined the band I was in and eventually I found out that he made Chillwave beats, a genre that I'm really into. I asked him last year if he wanted to join the label and ever since then we've been collaborating on various things.

Peyton: What is one of your favorite tracks you've made? Tell us about your short film NC97.
Münechild: NC97 was just a cool experiment. I wanted to film, to capture my experience during summer. I like "Working Man" a lot, and NC97 for the feelings they capture.

Peyton: Where was your favorite night of playing music so far?
Münechild: Probably at Cafe Colonial a couple years ago. That was the first time I had like a full band helping me play all of my songs. It was a really great night.

Peyton: Thanks for stopping by, hope to hear you soon! By the way, I heard Soundcloud may be going down in the future.



Münechild: I usually just upload everything on YouTube, but it sucks because my song Amazon Hippie has over 148,000 reposts - which is something I'm super proud of. I don't even know how so many people got to hear it, but it's motivation. I'll be coming out with t-shirts sometime in the near future if anyone's interested! You can reach me online at lowmood27@gmail.com.

Münechild's most popular tracks are : "Amazon Hippie", "Jade City, "Rookie", "Nature Cabin", and "Miyako". Some other titles are Water Boy, Matsuyama, Remember, Fire, Feel Good days, Gettin' Down, Cassettes, Faded, Graveyard Shift, Magic, Good Bye, Apologies, and Native Cruiser 97.

You can find his music videos online at : https://www.youtube.com/user/LowMood27

You can listen to his music online at : https://soundcloud.com/munechild_ncr

Münechild Merchandise: Hats, Shirts.

Note: You may have read the Sacramento City College Professor interview published in these pages a few months ago, at the end, I mentioned he was my teacher, long ago. In this case, the Münechild was my student, long ago.



Fall is the new spring

Fall is the perfect time of year to start a water-wise landscape

By SSWD Staff



While spring often comes to mind as the ideal time for planting, actually fall is better.

In fall, the soil still holds summer's warmth, which encourages root growth, but the days are cooler so new plants don't require as much water. Even if there's a late heat wave, the stress on new plants is greatly reduced because days are shorter.

When spring rolls around, fall plantings will have established root systems, be ready to start their growth spurt and be better prepared for the heat of summer.

The Regional Water Authority has launched "Get Growing This Fall", an educational campaign in partnership with a dozen local nurseries to make people aware that fall is the perfect time of year to create their low-water landscape. From the end of September to October 20, local nurseries will be reaching out to customers about the benefits of fall planting, as well as beautiful, low-water use plants and efficient irrigation equipment available at their locations.

Several nurseries will be hosting fall planting events, and others will be handing out tip sheets about planting, water-wise irrigation and rebates available from local water providers.

Some things to consider while you work on your low-water landscape:

Choose low-water use flowers, trees and shrubs that can thrive in Sacramento's Mediterranean climate.

Group plants with similar water and sun needs in the same place and give them room to grow.

Add drip irrigation for your new trees, shrubs and flowers to have healthier plants and reduce water waste.

Replace older pop-up sprinklers with new high-efficiency rotary nozzles, which shoot multiple streams of water at a steady rate allowing for better absorption by the soil.

Create a custom watering plan for your yard using the Sacramento Region Smart Irrigation Scheduler on the BeWaterSmart web-site (bewatersmart.info).

You can find more planting advice from experts at local nurseries and information on rebates at bewatersmart.info. And you can visit sswd.org to find information on rebates for sprinkler system upgrades.

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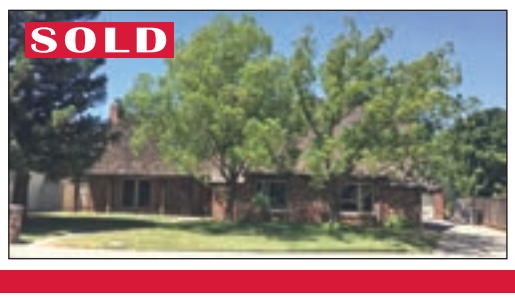

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Friends, family celebrate life of Pocket resident Betty Dias

By LANCE ARMSTRONG



Photo by Robert Niederbrach

Dias family members attend the celebration of life of Betty (Lorbeer) Dias on Sept. 30.

The life of Betty Maude (Lorbeer) Dias, a longtime Pocket resident who was known for her strong-willed demeanor and determination to live life in her own manner, was celebrated on Sept. 30 by about 50 of her friends and family at the Pocket-based ranch she cared for until earlier this year. She died on July 15, three days shy of her 93rd birthday.

Born in San Francisco as the only child of auto mechanic Wayne Lorbeer and his wife, Vail Lorbeer, Betty spent the early part of her youth in that city and Yerington, Nev. before making her home in Sacramento.

Betty's upbringing was a time in which she dealt with various challenges, including the death of her father in about 1935.

Betty gained an early love for reading, which she would carry with her for the remainder of her life.

As an inheritance from her father, Betty received $1,800, which, at the age of 19, she proudly used toward the purchase of her own home at 5501 11th Ave. in Tahoe Park. The inheritance amount was previously $10,000, but due to various expenses, it dwindled to that lesser amount by Betty's 18th birthday when she experienced her payday.

It was also around that time when she became one of the many female civilian workers who were hired to work at McClellan Field, which was later renamed McClellan Air Force Base.

After passing her junior mechanics test, she followed in her father's footsteps as a mechanic, but in a different field: working on superchargers, oil pumps and fuel pumps for P-38 fighter planes. It was through that work that she would earn the nickname "P-38 Betty."

Although one might imagine that a woman would accept any personal likening to the World War II icon, Rosie the Riveter, as an immediate compliment, Betty shrugged off the comparison. She instead assured that her responsibilities were much more extensive at McClellan Field than that of Rosie, who solely worked on a production line.

After her first marriage to William A. Allen – who she married in Reno on July 25, 1942 – ended in divorce, Betty met Robert T. "Bob" Dias, who she described as the "love of her life."

They were married by the Rev. Archie Greene in the Boulevard Chapel at 3720 Folsom Blvd. in East Sacramento on Dec. 14, 1947 – only 17 days after revealing the news of their engagement in the North Sacramento home of Betty's aunt, Lottie Zingg.

The reception was held at Betty's Tahoe Park home, where she lived with Bob following their honeymoon in San Diego.

Bob and Betty would eventually raise four children: Terry, Bob, Jr., Claudia and Michele.

And during the 1950s, Betty served as room mother chairman of the Tahoe School PTA.

During the early 1960s, Betty and Bob left their Tahoe Park home to become original residents of the Pocket's Greenhaven 70 development, which is located immediately south of The Trap, the historic bar at 6125 Riverside Blvd.

Betty later purchased the historic Pocket area, Portuguese family ranch, house and barn of Margaret (Rodgers) Machado, daughter of Albert Rodgers, the home's original owner. And through an arrangement with Machado, Betty allowed her to continue living in the property's 1881 home until her death, which occurred at the age of 84 on June 4, 1978.

It was on that property where Betty enjoyed raising animals and growing vegetables and fruit.

And some of that produce was regularly sold by Bob, who at separate times served as the director of purchasing for the General Produce Co. and general manager of Cal Fresh Produce.

Bob was also active in various organizations, including the Southside

See Betty, page 13

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Betty:

Continued from page 12

Improvement Club, the Cabrillo Club and Sacramento Elks Lodge No. 6.

Both Betty and Bob enjoyed weekly dinners at the Elks Lodge building on Riverside Boulevard at Florin Road, and dining at their favorite, local eatery, Shari's Café and Pies.

Some of Betty's closest friends were longtime employees of Shari's, where she was famously known for giving a ribbon-bound dollar bill to each employee at Christmastime. However, last year, Betty resorted to distributing four quarters to each employee.

And in a humorous episode last December, a new Shari's employee mistakenly believed Betty's dollar donation was a tip, and responded, "I'm not your waitress."

As a longtime presence at her ranch, Betty gained a reputation for protecting her land by a variety of means.

When the topic of a proposed, public bicycle path running along the private, fenced off portion of the levee on the western side of her property became a hot topic, Betty did not shy away from expressing her views on the matter.

For instance, in 1997, Betty wrote a letter to The Sacramento Bee regarding this issue.

In that letter, she posed the question: "Would the people who advocate having the city take our land with an expense to the taxpayers of millions (of dollars) be willing to give up some of their property that they worked and saved for?"

Known by many as a sharpshooter of different types of guns, Betty was known to shoot squirrels out of trees on her property with fairly accurate precision.

During Betty's celebration of life at the ranch, Matt Dias, one of her grandchildren, recalled his grandmother's wild side.

"(It was) everything from chasing ground squirrels with a 20-gauge on the ranch (to) chasing people off the levee for poaching her walnuts or oranges," he said. "The onslaught of development around her ranch was always a challenge to her, I believe."

And with a gun in hand, Betty was also not afraid to usher people's uninvited dogs off of her ranch, where on several occasions, unleashed dogs attacked some of her animals.

Continuing on the topic of animals, it was certainly known by many people that some of Betty's greatest loves of life were her animal friends who she would talk to in the same manner that a loving parent speaks to their children.

After traveling to the ranch each day in her full-size, yellow truck, Betty would spend hours beautifying the ranch and caring for and communicating with her animals, which ranged from horses and goats to chickens and geese. And at one time, she even owned llamas.

Also common on the ranch were German shepherds, noted Liz Hueg, one of Betty's granddaughters, who fondly recalled spending time on the ranch with her grandmother during her childhood.

Two of Betty's favorite animals in the latter part of her life were a pair of white geese that she set free each day to roam the ranch. And when it was time for them to return to their pen, she simply clapped her hands and called out to them.

"Come on boys," she would holler, as the geese waddled back to their pen with little coaxing by their owner.

On other occasions, Betty explained to people how chickens get a bad rap.

"Chickens aren't stupid," she would say. "It's amazing how much they're like humans."

And with a chuckle, she would add, "They're actually a lot smarter than some people out there."

Judy Balshor, daughter of Al and Marie Balshor, who founded Balshor Florist in 1950, recalled how Betty would often deliver eggs to her family's business.

"Betty was a friend of mine and she used to come to our flower shop like every other week, and she would bring us crates of eggs," she said. "She was a lovely lady and would always give us hugs and kisses. And we miss her dearly, with her smile. She was so kind to us."

Despite her small stature and weight that was eventually a smaller number than her age, Betty, who had 11 grandchildren and 14 great-grandchildren, was known for her toughness and ability to lift 50-pound bags of grain into her early 90s. She also baled her own hay and rode horses and a tractor for many years.

Linda Farmer, who knew Betty through the Elks Lodge, recalled that toughness.

"It was unbelievable how tough (Betty) was," she said. "At her (advanced age), she drove around her yellow truck and she did all this work around the ranch and took care of the chickens, geese, goats and ducks. I was just amazed by her."



Photo courtesy of Dias family

Betty and Bob Dias are shown on their wedding day in 1947.

Colin Dias, another one of Betty's grandsons, also spoke about his grandmother's physical, as well as mental toughness.

"She was a hardworking woman, and sometimes hard to get along with," he said. "I learned a lot from her as far as having backbone, speaking your mind and holding high expectations of yourself and others, and having principals." Colin also described Betty as one who believed in "not taking advantage of the system," and working for what you receive in life.

"(She believed) in never taking the easy way out or the shortcut," he said.

Matt concluded that there will never be another woman quite like his grandmother.

"I would say that my grandmother was a very interesting woman, and I do believe that the mold was broken after she was born," he said.



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Faces and Places:

JFK ice cream social and marching band performance







Photos by Stephen Crowley
stephen@valcomnews.com

The JFK Marching Band and Color Guard hosted its first "Friends and Family" Ice Cream Social on Saturday, Sept. 23 at the JFK High School athletic field. The community came out to the athletic fieldto enjoy Leatherby's ice cream, and was invited to hear the band run through the fall show "PHANTOM". The band raised money for a trip to Washington DC to march in the National Memorial Day parade in May. Additionally, $1 from every scoop sold will go to help the C.E. King High School marching band in Houston recover from Hurricane Harvey.

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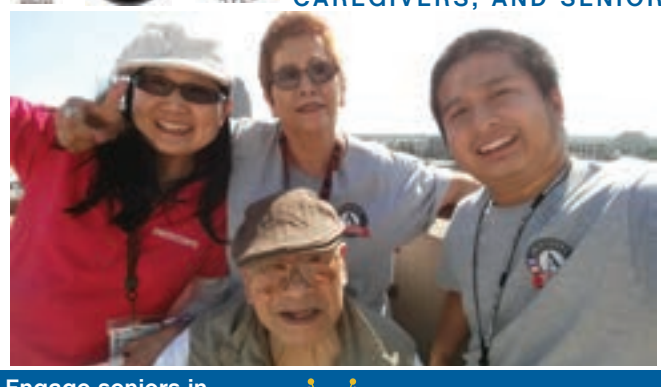

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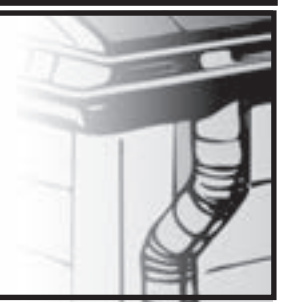

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Please **RECYCLE** this paper. Thank You

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What's happening Pocket/Greenhaven?

SATURDAY, OCT. 7

"THE SACRAMENTO GUITAR SOCIETY PRESENTS YURI LIBERZON AND GRISHA GORYACHEV, two Russian-born virtuoso guitarists in one show! The concert is at the Harris Center in Folsom on October 7th, at 7:30 p.m. Tickets are available at the Harris Center box office, 916-608-6888 or website: www.HarrisCenter.net. Relax and enjoy some beautifully dazzling music!"

TUESDAY, OCT. 10

INTRODUCTION TO MANDALA ART: They cay mandalas are a picture of the underlying energy of our consciousness. Learn how to create your own unique mandala in this easy to understand introductory course. Only the simplest tools needed; no art experience necessary. Materials list provided at time of payment and registration. Pre-registration and pre-payment of $25 required. Class will be held Tuesday, October 10, 2017 from 10:00-11:30am at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

VOTER EDUCATION FORUM: Sacramento County Voter Registration and Elections will inform citizens on the new voting process, show the importance of registering to vote, increase community involvement throughout the county and answer any questions from the general public. Free of charge and pre-registration required. Class will be held Tuesday, October 10, 2017 from 1:30-2:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs

SATURDAY, OCT. 14

HAWAIIAN STYLE TEXAS HOLD-EM TOURNAMENT FUNDRAISER FOR LOCAL CHARITIES: Tournament is being played on Saturday, Oct. 14 at Swallows Nest Country Club, 2245 Orchard Lane, 95833. South Sacramento Rotary's Satellite Club is hosting this event. Come to play or just cheer on your favorite player while enjoying some good food and great fun, HAWAIIAN STYLE. Beginners welcome! There will be a practice table for those who arrive early. One lucky winner will take home the grand prize valued at $500! Your participation will benefit worthy Sacramento non-profits supporting women and children. From 5 to 6 p.m., come for the drinks, practice table, and buffet. From 6 to 10 p.m. is playtime and from 10 to 10:30 p.m., prizes will be awarded. Players are $80 per person; spectators, $20 per person. Bring friends - RSVP and sign up online at Checks to be made out to Rotary Club of South Sacramento Foundation.
Provide checks to your Rotary contact or mail to: Rotary Club of South Sacramento Foundation, 6191 South Land Park Drive, Sacramento, CA 95831. The Rotary Club of South Sacramento Foundation is a 501(c)(3) charitable organization (Tax ID # 68-0234137), and your contribution is tax deductible to the extent allowed by law. Must be 21 years or older to attend. Tickets are non-refundable. Tickets may be transferred to individuals over the age of 21; contact information for transferred tickets must be provided to Rotary no later than Oct.9 for tickets to be honored. And don't forget to wear your best island casual!Each ticket includes one drink coupon and dinner buffet. Players receive chips, and the opportunity to purchase additional chips during the event. https://info.3marketeers.com/rotary-club/texas-holdem-night

THURSDAY, OCT. 19

FREE LINEDANCE CLASS: 1:00 p.m. - 2:00 p.m. "Two Left Feet" dance class for beginners. If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome. Sponsored by ACC Senior Services. Class held every Thursday at ACC Greenhaven Terrace, 1180 Corporate Way. First class is always free. For more information call (916) 393-9026 ext 330. www.accsv.org

THURSDAY, OCT. 26

FREE LINEDANCE CLASS: 1:00 p.m. - 2:00 p.m. "Two Left Feet" dance class for beginners. If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome. Sponsored by ACC Senior Services. Class held every Thursday at ACC Greenhaven Terrace, 1180 Corporate Way. First class is always free. For more information call (916) 393-9026 ext 330. www.accsv.org

SATURDAY, OCT. 28

FILM SCREENING OF "MOST LIKELY TO SUCCEED" AT SAC CITY COLLEGE: From 3 to 5 p.m., there will be a film screening followed by Q & A panel of local innovative school leaders.

SATURDAY, NOV. 4

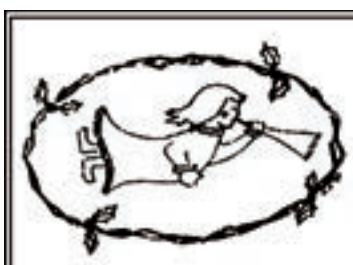
MY SISTER'S HOUSE FUN RUN: The Asian Pacific State Employees Association (APSEA): My Sister's House Run/Walk for a Safe Haven fundraiser is going to be held on Saturday, Nov. 4 from 8 a.m. to noon in William Land Park, 3800 West Land Park Drive. This is a good opportunity to support an organization working toward ending domestic violence in our community. This is also a great opportunity to network with APSEA members and others in our community. APSEA has set up a team to support this great organization. Our team name is APSEA Team. The team cost is $32 for each adult member (includes a t-shirt). Hope you will consider supporting this event. To register for this event, click on link below to take you to APSEA registration page. On the right section APSEA Team, select Join Team. Then it will take you directly to the registration page. In entering your registration information, you will be asked for a team password. The team password is APSEA2017. https://raceroster.com/events/2017/13911/run-for-a-safe-haven-5k-runwalk-kids-half-mile-2017/pledge/team?id=11

CHARLES PHOENIX TO PRESENT AMERICANA SHOW AT THE CALIFORNIA AUTO MUSEUM: In partnership with SacMod, Charles Phoenix will return to the California Auto Museum for a great retro show this November! Cost is
$29 per person and starts at 6:30 p.m. Charle Phoenix, the "Ambassador of Americana" unleashes his stories and glories of spectacular space-age style, amazing attractions, local landmarks, roadside wonders, fun foods, festive fashions, crazy car culture, futuristic transportation and

See more What's Happening, page 18



– EVENT CALENDAR –



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Saturday, Dec. 2	9 a.m. - 7 p.m. *(Free)*
Sunday, Dec. 3	9 a.m. - 3 p.m. *(Free)*

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Holiday Craft Faire
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Holiday Arts & Crafts Festival
SATURDAY OCTOBER 28th, 2017
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What's Happening:

Continued from page 17

more galore. Your imagination will be inspired and your American spirit will soar! Come for the show…stay for the Addicted to Americana book signing, classic cars and ice cream social!
SacMod and California Automobile Museum Members get one free drink coupon at check-in. The mailing address is: 2200 Front Street, Sacramento, CA 95818. For more information, call 442-6802 or fax 442-2646. Tickets can be purchased at https://www.calautomuseum.org/addictedtoamericana?mc_cid=542863b657#038;mc_eid=91045e66c5

SATURDAY, DEC. 2

FIFTH ANNUAL DANDELION ARTS & CRAFTS SHOW: The Sacramento Senator Lions Club presents this free admission and free parking event at the Sacramento Buddhist Church, 2401 Riverside Blvd. from 9 a.m. to 3 p.m. All sales profits go to support various community projects. Visit sacramentosenatorlions.org to see how the Sacramento Senator Lions Club serves the community. For event information, email senatorlionsevents@gmail.com

ONGOING

BELLE COOLEDGE LIBRARY VIDEO GAMES AND VIDEO GAME SYSTEMS DRIVE: The Belle Cooledge Library is looking for video games and working game systems for our afterschool teen space program for next year. If you have any video games or working game systems that you would like to donate please bring them to the Belle Cooledge Library and we will provide a tax receipt. What is Teen Space? Join other area teens in our community room for our afterschool Teen Space! Hang out, geek out and mess around with friends and snacks! Seriously, what could be better? Teen Space occurs weekdays from 3 - 5 PM (except Thursdays 1:30 - 5 p.m.), is free, and open to teens between the ages of 12 - 18. (During the school year) All Library programs are free and open to the public a library card is not required! Belle Cooledge Library is located at 5600 South Land Park Dive. Library hours are Tuesdays noon to 8 p.m.; Wednesdays and Thursdays 10 a.m. to 6 p.m.; Fridays 1 to 6 p.m. and Saturdays 10 a.m. to 5 p.m.

VOLUNTEERS NEEDED FOR "SUNDAY JAZZ": Come and join our Sunday Jazz event committee for events held the Second Sunday of every month at the Elks Lodge. If any of you would like to volunteer and enjoy listening to good music at the same time, please let organizers know. Hours to volunteer would be 11:30 a.m. to approximately 4:30 p.m. Please contact Clayton Hablitz at: Clayton39.ch@gmail.com Cell number 916 706-9837 or email Lori548@yahoo.com. Cell number 650-200-8570. Come on down & enjoy the fun!

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

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

See Calendar, page 19

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Calendar:

Continued from page 18

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.

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.

YOGA CLASSES AT PARKSIDE COMMUNITY CHURCH: **Svaroopa ©/Restorative Yoga** classes are a journey into yourself. Beginning by walking through the door, settling in a relaxation pose, guided through self awareness, breathing and poses. The poses are propped to meet your deepest muscular tension. As the support of props, specific alignments and the weight of your body gently reach into these deep tender areas, your spinal muscles release and let go. Side effects of this deep release are Bliss, resolving stress and fear, and a deep appreciation of yourself. Physical effects that have been reported are pain relief, improved respiratory, circulatory, immune, neurological systems and more. Walking out of the class you feel a greater sense of wellbeing. This is a body, mind and spirit filled experience. Thursdays 7:15-9:00pm advanced. Questions 916-833-9444. **Hatha Yoga** – breath, meditation, and postures with various forms of movement to help release tension throughout the entire mind and body. You'll sweat a little, relax a lot, and leave feeling strong, calm and connected. *Hatha Flow is Level 1-2 class and is suitable for active beginner and intermediate students. Wear comfortable, form-fitting clothes. Questions, Call (718) 578-5258 or email: eva@evacollins.com
Hatha Flow Classes Thursdays 5:45-7:00pm. All Classes held at Parkside Community Church Fellowship Hall 5700 South Land Park Drive; 916-428-7927.

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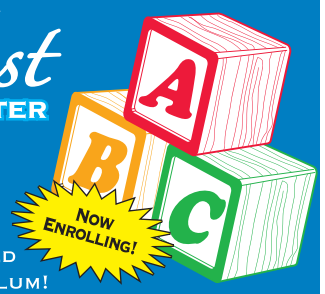

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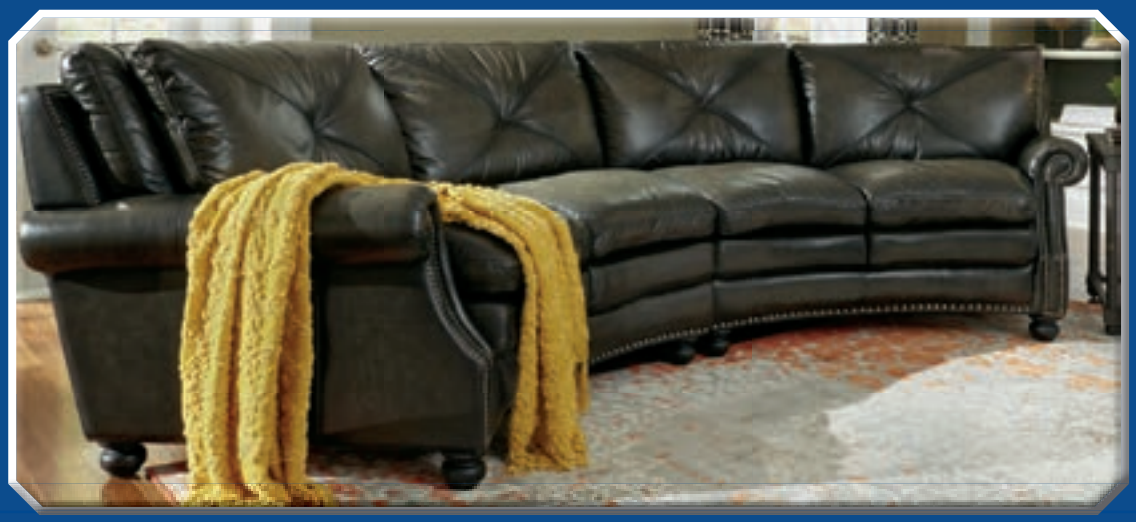

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