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Opioid Epidemic forum set for September 15



By TERRY MCSWEENEY

Terry will host 'The Forum on the Opioid Crisis" with the support of the Valley Community Newspapers on Saturday, Sept. 15 from 1:30-4:30pm at the Pocket Library. September is Pain Awareness Month. This is part 2 in a series on various aspects of the opioid crisis.

"The Opioid Epidemic: A Mother's Story"

In 2016 116 people died in the U.S. every day from opioid-related drug overdoses meaning more than 42,000 people died in that year alone. (www.hhs.gov/opioid/about-the-epidemic) One of those people was my cousin's 29 year old son.

He was 12 years old when his best friend died in a river accident and he was witness to it. He felt so guilty, blaming himself. Perhaps he felt he should have done more to save him. His guilt overwhelmed him which led to the beginning of his opioid journey by getting oxycodone on the streets. As parents when you realize that your child is in trouble with drugs, you do whatever you can to get him the help they need and hope that it works, but unfortunately sometimes everything you do just does not work. Twice my cousin checked her son into a hospital rehab facility for detox and twice he checked himself out. She found him a support group, but he dropped out. Acupuncture didn't work either. Then two weeks after his high school graduation, another good friend committed suicide. His guilt returned with a vengeance.

During this time my cousin and her husband joined a group called Nar-Anon, a 12-step program for addicts and their families. She realized while listening to other parents that besides the addiction their kids had something in common. Each of them described their child as "a sweet kid," or "such a good human being." They also sent him to a therapist, which was difficult because he was such a private person who found it difficult to share his feelings. It was also odd that the therapist prescribed xanax to help him through his depression and anxiety. The question is why? Time went by and 2 years prior to his death he went to the emergency room where it was found that he had a pulmonary embolism, a condition in which one or more arteries in the lung becomes blocked by a clot. To their surprise the doctor prescribed percocet, which is a combination drug consisting of oxycodone and acetaminophen used for pain management. (RxList) There seemed to be hope because he refused it by telling the doctor," I can't take that. I am addicted." The question is, why would a doctor knowingly prescribe percoset to an addict?

It was March 30, 2016, her husband's birthday. Their oldest son was at work and she took her husband to lunch to celebrate his birthday. When they came home their lives changed forever. Her husband went to check on their son and then screamed for her to bring the Narcan, a drug used to reverse a drug overdose. They had done this 7 times before and it worked. This time they were too late. He had died from an overdose of xanax and heroin combined. Families are left to deal with the pain. My cousin said she will never be totally happy again, her husband doesn't talk about it, but he was rocked to his core, and their other son believes he could have done more to save his brother, his best friend. Her advice to other parents of the addicted, "Don't be afraid to talk to your child, no matter what show them all of the love you can, and don't turn your back on them." Most importantly remember, "There

See Forum, page 19

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acc SENIOR SERVICES

What's New in July?

Living and Coping with Fibromyalgia - Tuesday, July 10, 3:00-4:30pm; Free

Diabetes 101: Diabetes Medicines - Friday, July 20, 0:00-11:00am; Free

Qualifying for Medi-Cal and VA Benefits - Monday, July 23, 4:00-5:00pm; $3/$5

Phone Scams-Just Say "No, Thanks!" - Tuesday, July 24, 2:00-3:30pm; Free

Costco Wholesale Hearing Aid Center - Thursday, July 26, 11:00a-12:00pm; $3/$5

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Del Rio Trail Update

By SALLY KING



The South Land Park Neighborhood Association met with the public, Wednesday, June 27 at 7 p.m. at Alice Birney Elementary School to give an update on the Del Rio Trail project.

The meeting began with the president of the association, Brian Ebbert, introducing himself and stating the main purpose of this meeting is to provide information about the trail project and have a Q & A at the end of the meeting.

Ebbert explained the California State Railroad Museum Foundation wants the rail line restored for possible future use of tourist trains. Ebbert said the trail traverses through the heart of South Land Park and nearby neighborhoods.

"This is like a knife cutting through the heart of the community," Ebbert said.

"The rail lines along Del Rio Road going south are a historical part of Sacramento and it would be sad to see them destroyed," said Gregg Lukenbill, a board member of the Foundation, who attended the meeting and commented afterwards.

Ebbert, along with the city planning division and Councilman Jay Schenier, assured everyone that the plan they are presenting is only for a pedestrian and bike trail. This plan does not include restoring the train rail for future use. The rails that are in place now will be preserved as part of the train history of Sacramento, but not completely redone.

Chuck Hughes, chairman of the Del Rio Trail Committee, took a few minutes to describe the trail design. Hughes said the trail is about four and a half miles long, stretching from the Sacramento River behind the Sacramento Zoo to Interstate 5, where the big water tank sits. The plan separates the pedestrian path from the bike path. The pedestrian path will consists of decomposed granite packed in between the train rails with a curved edge and the bike path will be paved.

The city has to comply with the California Environmental Quality Act and they are preparing an environmental impact report (EIR). They look at any concerns folks may have concerning the affect of the trail on the environment and they complete a study of the area, noting any potential environmental issues. The notice of preparation (NOP) informing the city of issues and concerns must be turned into the city by July 9. The city writes up the document after issues have been addressed. It's then circulated and folks will have 45 days to comment. Once the EIR has been completed it will be brought to the city for review. At that time the city will ask for a grant from the Sacramento Area Council of Government to fund the project, which, according to city councilman Jay Schenirer, costs approximately $12.3 million.

Scott Burns, a member of the South Land Park Neighborhood Association, talked about the abandoned rail line's original purpose. The rail line was developed in 1912 and helped the Delta farmers. The line started to fall into disuse during the depression. Burns explained Southern Pacific abandoned the rail line in 1978. Once it was abandoned, the state took over part of the operation. Regional Transit purchased part of the rail line as potential light rail use, but it was never used. RT has given it to the city for the Del Rio pedestrian/bike trail. Burns said the big issue concerning the trail is the use of the railroad tracks. The California State Railroad Museum Foundation runs an excursion train out from Old Sacramento to an area by the Sacramento Zoo. The Foundation has a plan to extend the train to two locations. One is the Sacramento Zoo, which is being completed now and the other is having the train go from Meadowview Road, south to the town of Hood. In the proposal, they would use the Del Rio segment of the rail line as a maintenance line to maintain the rail line going to the city of Hood. Right now, due to the noise issue, the plans for the maintenance rail line has been dropped. Burns explained there are several opposing opinions about the use of the rail line going through the South Land Park Neighborhood. Some folks want the rail lines taken out, others want to preserve the lines.

Burns said, originally, the city was going to restore 50 percent of the rail lines. Now they plan on restoring 98 percent of the lines. Many folks believe it is important to preserve the rail lines for historical purposes. Burns emphasized this project is only for the pedestrian/bike trail and they will preserve the tracks to the extent they don't interfere with public safety.

Jay Schenier thanked RT for the donation of the land. He is working on the grant proposal and feels confidant it will happen.

"I'm looking forward to cutting the ribbon for the trail," Schenirer said.

The rest of the meeting was Q & A. Folks wanted insurance the trail would be secure. The city police department and the city park ranger addressed this issue, reassuring folks they would be available for any problems that might come up once the trail was built. Many questions came up about the use of the trail for the maintenance train and most of the audience made it clear they do not want a maintenance train running through their neighborhood.

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Local true crime writer David Kulczyk releases "Forgotten Sacramento Murders: 1940-1976"

By MONICA STARK
editor@valcomnews.com

When local author David Kulczyk drives around Sacramento, he points out old crime scenes to his passengers, so he thought why not write a book about it. Having written four other books about California crimes and oddballs, he has amassed a sizable collection of murders and odd deaths that he filed away on yellow legal pads.

When everyone smoked cigarettes and drove giant cars with zero safety features, "Forgotten Sacramento 1940-1976" explores the crimes by "Sacramento's Greatest Generation" – the murders that shocked Sacramento two generations ago but are now only remembered by a handful of people.

Who remembers the Hobo Murderer Lloyd Gomez? He murdered eight people between 1949 and 1951. Thomas Lynn Johnston was a real life Boogeyman who murdered a 7-year-old boy in a downtown movie theater's restroom in 1956. Sixty years ago, Channel 10 television personality Ogden Miles was stabbed to death while engaged in a same-sex tryst in his car.

"People tend to think that senseless murders are a new ill on our society, when it has always been here," Kulczyk says. "That's why I included addresses on all but one of the crimes. The one that I omitted was because I could not nail down the address. I'm pretty sure I know where it happened, but I'm a historian, and I strive at being accurate."

The author of "Death in California: The Bizarre, Freakish, and Just Curious Ways People Die in the Golden State" and "California Justice: Shootouts, Lynchings and Assassinations in the Golden State", Kulczyk says "Forgotten Sacramento Murders 1940-1976" is his most focused work. "My other books took in the entire state of California. This one is just about the city that I love."

But it begs the question: Is Kulczyk obsessed with murder or just death in general? "I am not an obsessive person. I believe in a balanced life," he says, adding that he writes about murders because he finds them so tragic, and interesting. What were the circumstances? What drove this person to murder? What happened to the murderer afterwards? Most of the murderers that he researches and writes about lived a law-abiding life until one day they cracked. Whereby almost every house on "the grid" has a crime, murder or suicide attached to it, Kulczyk had a lot to choose from. But, he says, not every murder is interesting.

"I want to make it clear that I despise murder, crime and criminals. I hate the idea of a favorite murder, because lives were ruined, and families destroyed. I hate that Dorothea Puente is idolized. She was a lifelong con-artist who murdered the meekest of society," he said.



Photo by Steve Crowley

You can meet local author and historian David Kulczyk at Time Tested Books, 1114 21st St., on Thursday, July 12 at 7 p.m. for what he calls a Dead Talk where he will discuss the murders featured in his latest book, "Forgotten Sacramento Murders:1940-1976."

That being said, the most interesting murder sprees happened in 1957 and 1958, Kulczyk argues, when four men and one woman were brutally murdered in the same manner as the Mad Basher of 1941. "I'm pretty sure the Mad Basher, who had killed at least four transient farm workers and then suddenly stopped, came back to Sacramento in 1957 to continue his killing spree. The deaths are all eerily similar."

His usual publisher, Craven Street Books passed on "Forgotten Sacramento Murders 1940-1976", so he put it out himself. With a dark sense of humor, Kulczyk says his next book is going to be a children's book called, "Mommy Won't Wake Up."

You can catch Kulczyk at Time Tested Books, 1114 21st St., on Thursday, July 12 at 7 p.m. for what he calls a Dead Talk. He'll discuss the murders in the book, adding in some things he didn't write about.

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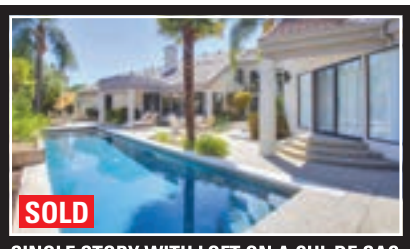

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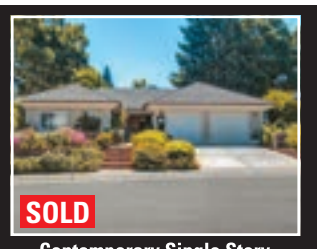

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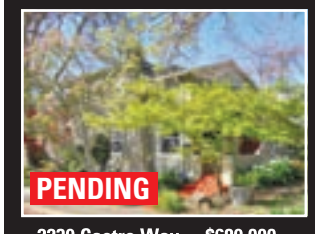

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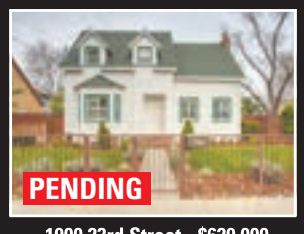

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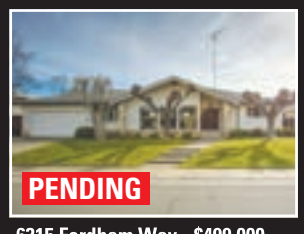

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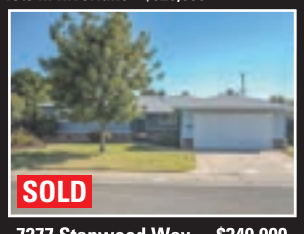

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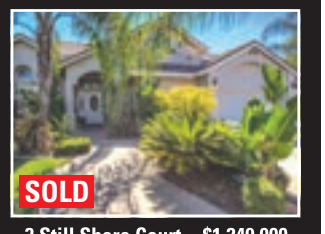

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State Fair to open on July 13

17-day event to offer rides, music, entertainment, more

By LANCE ARMSTRONG

With July finally here, one of the most anticipated summer events of the year – the California State Fair – will begin next week.

Opening on July 13 and running for 17 days, the fair will once again bring a wide variety of attractions designed to offer something for everyone.

Midway rides

Drawing many people to the fair every year are the midway rides.

Butler Amusements continues its longtime tradition of offering various rides at the State Fair. Along with familiar rides, this company also plans to offer two new rides this year.

The midway will be open from 2 to 11 p.m. on Mondays, Wednesdays and Thursday, from 11 a.m. to 11 p.m. on Tuesdays, and from 11 a.m. to midnight from Fridays through Sundays.

Live music

Among the other popular attractions at the fair are its live music shows.

Those shows include concerts on various stages, including the Golden 1 Stage.

Among the artists who will perform at this year's fair on that stage include War (July 13), Berlin, featuring Terri Nunn (July 14), Kool and the Gang (July 16), Night Ranger (July 21), Sugar Ray (July 23) and The Spinners (July 28).

A new feature this year will be free admission to the fair with the purchase of tickets to either the Kidz Bop Live (July 26) or ZZ Top/George Thorogood (July 26) concerts at Papa Murphy's Park at Cal Expo.

A Republic FC soccer game will also be played at Papa Murphy's Park during the fair. The game will be played against the Oklahoma City Energy on July 21 at 8 p.m., and tickets to that contest will also include free admission to the fair.

For information about these Papa Murphy's Park events, visit www.papamurphyspark.com.

Also new to the fair this year will be the Youth Mariachi Competition, which will be held on July 22 at 5 p.m. The participants will compete for cash prizes.

Mariachi Vargas de Tecalitian will perform that night on the Golden 1 Stage.

Silent Disco

Another new, music related event at this year's fair will be Silent Disco, a daily, free activity, in which participants will dance to the kid-friendly music of their choice through their own special set of headphones.

After 5 p.m., DJs will battle to get the most number of people listening to their station.

Animals

Animals play a significant role in the fair throughout the fairgrounds.

As usual, the Sale of Champions will be held at the State Fair.

This prestigious event presents the opportunity for Future Farmers of America and 4-H members and adults to represent their counties with the livestock animals they have raised.

The event, in which the most valuable livestock are named, will be held in the Tractor Supply Co. Big Barn on July 15 at 6 p.m. The sale will be preceded by a social gathering at 5 p.m. and a dinner at 5:30 p.m.

Animals such as pigs, horses, cows, sheep and goats can also be visited by the public in the barn during the fair, and barn animal owners can gain tips about their animals at the Livestock Animal Education Center.

A petting zoo will also be available to fair guests, as well as a Fur and Feathers section, with state champion rabbits, chickens and turkeys.

For 11 days, the fair will be present live, Kentucky Derby-style horse racing.

There will also be horse shows held in the horse arena on the fairgrounds.

Food and beverage concessions

As usual, the fair will feature many vendors offering a wide variety of food, ranging from hot dogs, ice cream and funnel cakes to turkey legs, many deep fried items, and healthy alternatives such as fruits and vegetables.

On Wednesday and Thursday, fairgoers can purchase certain food items at a reduced price, as the fair will feature its $2 Taste of the Fair days. On those days, each food vendor will offer a normally higher priced food item for $2.

Those seeking adult beverages can visit the Save Mart Wine Garden and the Craft Brew Pub, which will be open daily.

Many merchandise vendors

The fair will offer plenty of shopping opportunities, as vendors will have supplies of merchandise such as clothing, gadgets and items for the home.

There will also be various demonstrations.

Other attractions

Among the other fair attractions will be freestyle motocross, wiener dog races, the California counties exhibit, the California Authors section and a classic car show.



Photo courtesy of the California State Fair

Horse races will be presented at this year's fair.

Fair hours, admission

Fair hours at the main gate are 11 a.m. to 10 p.m. on Mondays through Thursdays and 10 a.m. to 10 p.m. on Fridays and Saturdays. Admission to the fair is $14/general, $12/seniors, 62 and older, $10/children, 5 to 12, and free/ages 4 and younger.

Pre-sale tickets, purchased before July 13, will include a $2 per ticket discount.

Fairgoers bringing three non-perishable food items to the fair will receive free admission on Mondays before 3 p.m. Diapers will also be accepted. These items will be donated to the Elk Grove Food Bank.

The State Fair runs through July 29.

For additional details about this year's fair, visit the website www.castatefair.org.

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Door to Door

with PAT LYNCH

Banana Fanna Bo Banna

Names (and slogans) mean a lot. A new baby, Theo, came to our block. Theo will fit right in with his generation of kids. His name is in the top fifty preferred boy names of 2018. The top ten boys names are Jackson, Liam, Noah, Aiden, Lucas, Casen, Grayson and Mason. (Yep, Casen, Grayson and Mason—they could grow up to be a law firm, or a rap group). The top ten names for baby girls are, Sophia, Olivia, Emma, Ava, Isabella, Mia, Aria, Riley, Zoe and Amelia. Name preferences sweep through the Zeitgeist every few years or so and it's hard to keep up. It seemed only yesterday that everyone was called Montana, Kane, Dakota and Cade. But now there's a new surge. These name swings are national. Disney has inspired some, notably, River, Willow and Storm (No, not Stormy). But speaking of Stormy, the name, Donald, appears to have plunged. "The popularity of baby name "Donald" is falling dramatically," says the Salon website. This seems strange because you'd think that Trump's base would fervidly reproduce batches of little Donnies, or Don-Dons, creating a Trump Bump in the birth rate. But it hasn't happened. Maybe they realized he wants to eradicate their maternity coverage.

Anyway, chosen names and designations say more about the choosers than the named. When a city has a nickname or slogan it's not like naming a baby. It, A: arises from the people's observations of the city's quality, or, B: it's part of a deliberate re-branding that strives to associate people and places with products. Sacramennto used to be identified as the City of Trees. This accounted for much of its allure. Now some promoters want us to call it the Farm to Fork Capitol. Farm to Fork. That's a giant step backward. Into a cow pie. We've struggled for recognition as a culturally hip urban center (trees are hip, and show ecological awareness) and they want Farm to Fork, a phrase that evokes a rustic, small town sensibility. At least "City of Trees" is a City.

There's an online petition where fraught Sacramentans may protest the fork-to-face rural slogan and stand up for our City of Trees. I'm going to sign it because I've been to farm towns. I don't mean picturesque foothill towns like Sutter Creek, I mean treeless, scraggly drive-throughs baking under the sun. This is not the Sacramento aesthetic. We are a diverse mix of people and in our long summers we thrive in the shade of our beautiful trees. Finally, "Farm to Fork" has no poetry (it has alliteration but that alone is not poetry). City of Trees, like the City of Light, or the City that Never Sleeps, or the City of Angels, evokes a poetic image that arises naturally from the city's core identity. It's not a slogan superimposed by marketers. Don't you wish we could all vote on these things *before* signs go up showing us grinning and waving forks?

In England there's a "Names, Not Numbers" symposium that claims to stand up for "individuality in a mass age." This is a good illustration of the renaming excitement. Some people with ordinary names feel their sparkling uniqueness is submerged in a swamp of Johns and Janes. But you can change your name to Eucalyptus Snowdrop and still have nothing fascinating to say. You can change your name and wear startling outfits and still be dull as toast when you opine. The trick is to be authentic. If Eucalyptus is funny or inquisitive, she'll do fine. But if she's spent too much time thinking up her new name, she'll be as flat and empty as she thought her old name was.

Now to nicknames. Princess Di's nickname was Dutch. Uppercrust east-coast nicknames are Buffy and Skipper. And Scooter. A famous Scooter, Lewis "Scooter" Libby, was recently pardoned by Trump. Scooter worked for former Vice President Dick Cheney and leaked the name of CIA under-cover agent Valerie Plane, thus imperiling her life and mission. A federal grand jury convicted Scooter of "perjury, obstruction of justice" and "making false statements." No one knows yet what lofty position he will hold in the present administration.

Once nicknames arose organically from a person's traits, like, Blondie, or, Brainiac. But now you can order up nicknames from multiple nickname websites. Maybe Eucalyptus Snowdrop could shop for a nickname just as she spent hours researching a new birth name. Here's a few of the purportedly cool girl's nicknames found on-line: Shadow, Moonshine, Sphinx, Claws, Bon-Bon, Subzero, Wind, and Statue. Here's boys nicknames from the same site: Boomer, Mammoth, Saber-tooth, Crusher, Bomber, Rocket, Cannon and Trigger. Readymade nicknames for all. Take your pick. It probably shouldn't escape us that the boy's list is a tad more explosive than the girl's.

Finally--last names. I was surprised to learn that my own last name, Lynch, has become controversial. A school board in Portland, Oregon, recently voted to remove the name, Lynch, from three elementary schools named after a local Lynch family that donated generously to them. The name is also, of course, commonly associated with lynchings and crazed, grizzled cowboys in movies shouting, "Git a rope." Now some ardent Oregoneons are actually urging Lynches to change their last names altogether. When I first heard about this, I volunteered to change my name to Pat Noose. My brother, Danny, said he'd change his to Danny Lethal Injection.

We were merely trying to be flip, a proclivity amongst the more nervous Lynches. And we do take seriously the horrific racist legacy of the word. We take it seriously, but not personally. Should people named White change their names? Because whites were the lynchers and currently the racist villains in the USA are white. But not necessarily Whites. Not all white Whites are white racists. And so it is with Lynch. There is a John Lynch, born into slavery, who got himself elected a U.S. Congressman. I hope he is part of my Lynch heritage because he lived till 92 and kept his edge the whole ride.

If we Lynches changed our last names we'd create horrendous legal confusion with our identification, licenses, wills, passports, contracts—all the tonnage of paperwork that marks one's passage through life. So I thought maybe I could change my first name instead. I'd change it to, Don't. Then I'd be, Don't Lynch, a nice instruction upholding due process. But, Don't, is a problematic first name. What if I got married again? "I, Don't, take thee for my lawful, wedded spouse," simply doesn't sound enthusiastic. So this Lynch name controversy remains a knotty problem. I can't repeat here the new first name my brother chose for himself.

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Sacramento Shakespeare Festival Opens their 2018 Season

By JAN DALSKE

The Sacramento Shakespeare Festival has provided top quality productions for many years. They have included two of Shakespeare's plays each summer from late June through early August in William Land Park (WLP), and have been presented since 1986. They have also been presented at Sacramento City College since 1966. The plays in WLP are performed in the Amphitheatre with audiences of several thousand people who come from many of the cities in Sacramento County.

The 2018 Season begins with "The Count of Monte Cristo". This play is adapted from the novel written by Alexandre Dumas. The first performance date is June 29th. Edmond Dantes is framed and imprisoned by a conspiracy. He spends fourteen years plotting his revenge. Through providence he escapes. The lives of three powerful families are thrown into chaos with the arrival of the mysterious Count of Monte Cristo, a man of untold wealth who carries with him secrets from the past which may destroy them all. This adaption was written by Christopher Walsh, and brings "a fresh look to this dark tale of intrigue and vengeance".

"Henry V" is a history play by William Shakespeare, and is believed to have been written around 1599. Henry is new to the throne and wants to prove his military strength, so he declares war against France, who is England's enemy. The play presents the interactions as the country prepares for war. This play puts a new spin on the story for our modern world.

The actors want to share their thoughts with you about these plays.

"This show has given me great confidence in stage combat!" –Liam W.O.

"This is my first time doing the festival and I'm so excited to watch it all come together. Audiences are not going to know what hit them." –Erika Kristine

"Playing Hermine in the Count of Monte Cristo has been a challenge, but a challenge in all the best ways! I can't wait to go live". –Sarah Ekstrom Palmero

"I have performed in many plays indoors and outside but this Sacramento Shakespeare Festival is a unique experience, which I've enjoyed many times as a member of the audience. This summer's production of The Count of Monte Cristo is my first full Festival experience as an actor. Last year I did one night performance as an understudy but this year I have a featured role as a villain in France in the early 1800s. The language is very easy to understand and there's lots of action once the plot has been set." –Mike Poe

"Being the foley artist for The Count of Monte Cristo has been an interesting experience for me. Some of the sound work for the show requires improvised sound effects due to a few limitations, but these effects have nonetheless provided a certain detail to the show that would otherwise seem 2D if absent. We are all very excited to provide the audience with an entertaining visual and auditory experience." –Jon Ruiz

"I'm Jonathan Plon. I play the Baron Danglars in The Count of Monte Cristo at the Sacramento Shakespeare Festival. This is my fourth year participating at the festival. I'm having a huge blast this year playing the Baron. I'm really enjoying the process of creating and finding the humanity of this character who is a pretty awful guy. I've just really grown to appreciate the process of finding out what makes a character tick, and why they do the things they do. I can't wait for people to see the show. Danglars and the Count of Monte Cristo were old friends and shipmates until Danglars betrayed and imprisoned Monte Cristo for his own ambition."

Performances for both of these plays are at 7:30 pm on Thursdays, Fridays, Saturdays, and Sundays. The Box Office opens at 6 pm and the gates are open at 6:30 pm. You can purchase tickets online at their website: http://www.sacramentoshakespeare.net/stagehtm You can also buy them at Kline Music at 2200 Sutterville Rd, Sacramento, or at the door on the day of each performance at 6 pm.



The Sacramento Shakespeare Festival needs sponsors, and you can help! Ticket sales only cover half of what it costs to produce the Festival. The balance of the cost is covered by grants, individual donations, and corporate sponsorships. With more sponsors, they would have more money to allocate to their artists. They could also increase the comfort of the theatre, and provide higher levels of technical support. Sponsorships start at under $500, for a Contributor, and you can donate any amount that you would like. Please contact Luther Hanson at 916-558-2173 for more details about supporting the Sacramento Shakespeare Festival.



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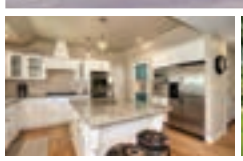

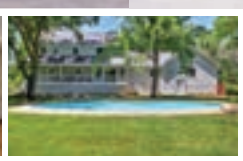



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SF Supermarket opens in South Hills Shopping Center

By LANCE ARMSTRONG

South Land Park residents finally have the long-awaited grocery store that they have been wanting.

SF Supermarket in the South Hills Shopping Center opened its doors to the public on June 29.

Located at 5820 South Land Park Drive, the market – which is managed by Tina Nguyen – offers a wide variety of Asian food, fresh meat, fish and vegetables, as well as various American groceries.

The new store is part of the 25-year-old SF Markets chain, which has 10 other California locations, including 6930 65th St. #123 and 4562 Mack Road in Sacramento. The company, which is operated by the Tran family, also has two stores in Las Vegas and another one in Dallas.

Prior to the opening of this South Land Park market, a special ceremony was held with brief speeches by Sacramento Mayor Darrell Steinberg, Council Member Jay Schenirer, South Land Park Neighborhood Association President Brian Ebbert and others.

The ceremony also included introductions of the ownership team, traditional dragon and lion dances, the setting off of thousands of firecrackers, and a ribbon cutting.

Steinberg praised the opening of the market as a grand example of the good that can come through immigration in the United States.

"Is there a greater living example of what good can happen when we welcome people to this country than what we're celebrating here today?" he asked. "I don't think so."

As part of the day's attractions, the store's first 500 customers to make a purchase received either a free 10-pound bag of jasmine rice or a 12-pack package of noodles.

During the grand opening celebration, Huy Trieu, general manager of SF Markets, told this publication that he was pleased to introduce this store to the community.

"We are so excited to see the neighbors, the whole community together and celebrate the grand opening of the store," he said. "We're so happy to be here."

Trieu, an immigrant from Vietnam, said that this new store offers a variety of international food.

"You can buy almost any food, (including) American food," he said. "We try to be a connection between different cultures, where everyone can find something in one store. But our main goal is to bring the freshness of products – meat, seafood and produce."

Dan Riddell, who walked to the SF Supermarket grand opening from his South Land Park home, said he was thrilled to have a new store fill the empty space that formerly housed Vic's IGA Market.



Photos by Joe Perfecto

Tens of thousands of firecrackers would produce an ear-shattering display of light and smoke.

"(The vacancy) was a blight in the neighborhood," he said.

Riddell added that he is already drawn to the new store's meat and fish.

"It looks awesome and fresh," he said. "Yeah, look at it. It looks like it is all fresh and good quality."

Patricia Velasquez said that having a store at the old Vic's site is extremely important.

"We moved here (to South Land Park) 10 years ago, because there was a (grocery) store nearby, and I wanted to be able to walk to it," she said. "Then somebody else (ran Vic's), and that was horrible.

"And then there was nothing (at that site), and we had to go to Raley's or Bel Air, and we had to get in the car and drive (to those stores). But here (at SF Supermarket), it's right around the block. I'm so grateful that they opened up, and it's beautiful."

Rocio Candiotti also expressed satisfaction with the store's location.

"We used to go all the way to Raley's (on Freeport Boulevard) and wait for some fresh seafood, but I know the Asian stores always carry those, so we're excited," she said. "Otherwise, we have to go all the way to Stockton Boulevard (to shop at a large Asian market). So, this is great for us."

Among those attending the store's grand opening from outside of the South Land Park and Pocket neighborhoods was 22-year-old Arden area resident Sophia Lotz.

Lotz, a student at California State University, Sacramento, said that she was excited about the opening of the market.

"It's very exciting," she said. "It's a huge store, and they have a huge selection of products. They have different types of exotic fruits and different types of fish and all that stuff. It's really cool."

Also attending the event was West Sacramento resident Linda Yip.

Yip, an immigrant from Hong Kong, said that the store is a short commute from her home.

"It's nice and it's close by to where I live in West Sacramento," she said. "You don't find Asian stores in West Sacramento this big. I guess I will come here two or three times a month maybe. I will buy fruits and vegetables. It's (convenient). I just hop on the freeway and get off on Fruitridge Road and come over here."

Elma Aglubat, who identified her culture as Filipino, said that she also commuted to the store's grand opening from several miles away.

"I live in Elk Grove," she said. "I came all the way here, because I like SF (Market). I buy the Asian food – the fish, the veggies. There are so many Asian people, so this a good store for them. It's so accommodating and so accessible."

Jason Lam, who works for a Hayward-based, Asian food supplier for the store, supported Aglubat's words.

"There's a good, sizable population of Asian people (in this area), so there's a need, there's a growth," he said.

Linda Chang, property manager of the SF Supermarket site, described the importance of having this store open in South Land Park.

"It's very, very important, especially for this communi-

See Grand Opening, page 9

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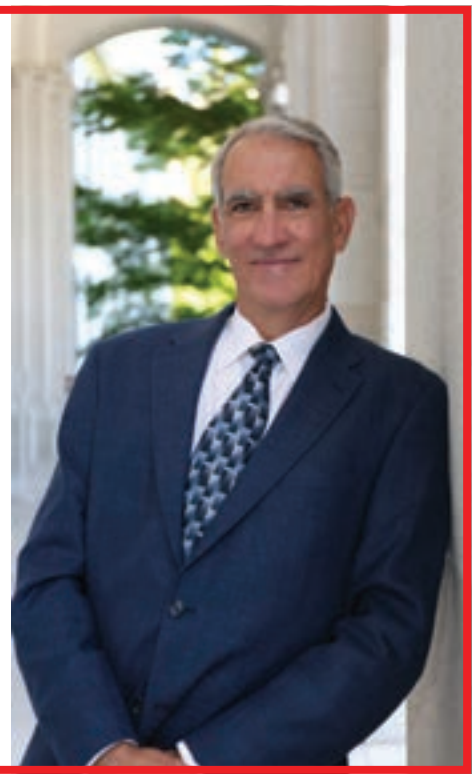

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Grand Opening

Continued from page 8

ty," she said. "There are a lot of Asians here that don't necessarily want to go all the way down to Stockton Boulevard. They would ask, 'When are you going to open?'"

Chang credited brokers Shaun Morrow and Justin Allen as being instrumental in bringing SF Supermarket to the South Hills Shopping Center.

During the market building's three years of vacancy, efforts were made to bring a Trader Joe's grocery store to the old Vic's Market site, Chang recalled.

"Trader Joe's was supposed to be at (the current site of Sprouts Farmers Market grocery store on Del Rio Road)," she said. "I believe there was a last minute decision not to be there.

"We were gunning for a Trader Joe's, but Trader Joe's wants 15,000 square feet as their footprint. This is double that size (at 29,000 square feet). Trader Joe's said it was too big for them and they were done with Sacramento. That's what they were telling our broker. But no, (SF Supermarket) is better than a Trader Joe's."



Cashiers worked furiously against a backdrop of a seemingly endless sea of new customers.

Chang mentioned that the quality and success of SF Supermarket has led to its continuous growth. She noted that plans have already been made for two other SF Supermarkets. The first of those stores will open in Portland, followed by another store in the old Sam's Club building on Sunrise Boulevard in Rancho Cordova.

South Land Park's new SF Supermarket is operated by 45 employees, of which about 30 work during a single shift.

The store is open daily from 8 a.m. to 9 p.m., 365 days a year.

For additional information about this store, call (916) 619-8112.



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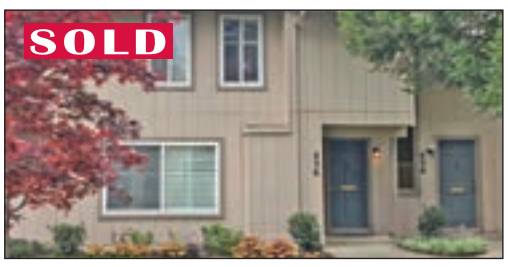

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Pocket Greenhaven Community Gathers for Independence Day Celebration

By DOMINIC J LARSEN

Nestled between the Sacramento River and Interstate I5, the area known as the Pocket has long since held an Independence Day celebration, complete with parade and all. Representing the seventh district on the Sacramento city council, Rick Jennings II has worked with the community to continue the Pocket-Greenhaven tradition of hosting a community gathering on the Fourth of July.

Described as a "first class" event, Jennings stated,"When you take a look at everything, it is an incredible community gathering, where people can come and get to know each other, have a great time, have a great family event, and with the exception of food, it is all free."

Clocking in just over a mile, those involved in the day's patriotic parade started at Lisbon Elementary en route to end at Garcia Bend Park. Families with the Pocket-Greenhaven Community Association and the South Land Park Community Association walked the parade path, alongside other organizations and neighborhood groups. The Sacramento River Cats' mascot Dinger was even in the parade.

Once at their destination, the parade meet up with the community festival being held at Garcia Bend. There many of the groups that had marched in the parade, had booths set up. Of those in attendance, the Sacramento Police Department, the Greenhaven Lutheran Church, and the Rotary Club had stands set up for community members.

Aside from the booth area, local food trucks parked with one another, creating an impromptu food court. Guests were able to choose from an assortment of treats and goodies, ranging from funnel cake and corn dogs to garlic fries or Hispanic dishes. Families scattered themselves throughout the park, enjoying their neighbor's company and creating a family friendly atmosphere.

Events for community members to enjoy included a bubble zone, bounce house, and balloon animals for the neighborhood children as well as the Second Annual Pet Pageant. A costume contest for family pets, the event hosted an array of animals from dogs and cats to even a rabbit. Judges awarded the title of winner to pets based on three categories; furry and fabulous, most patriotic, and cutest costume. All animals and their families that entered received an entry prize, complementary of Earth Rated and Lucy Pet Products.

Held early in the day, the event did not include a firework display, much to the dismay of certain guests. However, Councilmen Jennings spoke to the American practice of launching fireworks in a celebratory manner. With limits placed by the city on the types of fireworks available to the public, Jennings wanted to communicate that illegal fireworks were not appreciated and posed a threat to community safety. With the intent of keeping children safe and preventing fires, the council member urged those in possession of such fireworks to turn them over to the city. If you choose to do so, the number to reach those collecting fireworks is (916) 808-7007.

Though the anniversary of the nation's birth is often seen as time to eat barbecued meat, watch fireworks in the night sky, and listen to Johnny Cash, the holiday has more of a meaning. Since the formation of the United States, our country has played an influential role in the history of mankind, allowing for the expansion of freedom and the establishment of the belief that all men are created equal. Reaffirming this sentiment, Jennings had this to say about the holiday, "Enjoy your family and friends. Take advantage of the time off to really reflect on why we celebrate the Fourth of July."













Photos by Joe Perfecto













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Miner's Leap Winery Hosts a Surfing Music Legends Filming Shoot and a Summer Concert Series

By JAN DALSKE



Have you heard of the Miner's Leap Winery? It is just a short drive south of Sacramento in the quaint community of Clarksburg. They are located at 54250 South River Road. This winery prides itself in providing its guests a place where they can sit relax and leave the rigors of the week behind. Together with their manicured landscape, handcrafted wines and friendly staff they want their visitors to enjoy the time they spend there.

This summer surfing music legends were in Sacramento. Michael Lloyd, music producer and an original member of the *New Dimensions* was at Miner's Leap Winery for a film shoot "Full Circle" which is the story of the New Dimensions. The film will be produced by the Northern California Filmmakers Coalition. On Thursday, June 21st, Michael Lloyd was at Miner's Leap Winery for an iconic film shoot, and to sign autographs. When he was just 13 he formed a band with other boys between 12 and 14. They took their Orange County love of surfing, the beach, girls, and music and formed *New Dimensions* in the early 60s. Lloyd's career continued into music production. And, over the years, he has garnered more than 100 gold and platinum records, and more than 70 albums. He recalls that "being a part of the New Dimensions was an exciting time. After all of these years, I have never forgotten the thrill of being a part of the surf music movement."

The Miner family has been producing and making wine on the West Coast for several generations. In fact, Loyal's Great Grandfather, Loyal Aubrey Miner, was a bootleg wine maker in Bothell, Washington during the 1920s. He eventually received a Presidential pardon after the repeal of Prohibition and continued to make wine and share it with others for many years thereafter. With their rich family history of wine making it's no wonder owner Loyal Miner continues the tradition. "Wine is our labor of love and we hope that it is shared with your family and friends, just as I enjoy to share it with mine".

Melanie wants all of you to know that "We are a family friendly winery located just 20 mins south of downtown Sacramento. We just started our second summer concert series. We have some cool tribute bands scheduled. We are open Friday through Sunday 12-7. On Fridays with we have live music from 5-7. On Saturday and Sunday we are open 12-6. We just started our second summer concert series and all the band info can be found on our website www.minersleap.com. We also do weddings, Class Reunions, small and large parties. We welcome groups of 8 or more but do require a reservation. We have gorgeous landscaping that is perfect for bringing a picnic".

The Miner's Leap Winery presents a summer concert series "Music under the Stars". They host events in their beautiful outdoor venue, Gardner's Grove. You can bring a blanket, and a comfortable beach chair. You are invited to enjoy good music, good wine and good friends. Miner's Leap Winery will be hosting many events in their beautiful outdoor venue. You can purchase tickets online. Food is available, no outside alcoholic beverages are allowed and personal ice chests will be subject to inspection.1st- - Celtic Enjoy the summer concert series "Music under the Stars" in their new event center Gardner's Grove.

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LIFE IN THE VILLAGE

By JAN DALSKE
Pocket News

We were all very excited that springtime was just around the corner. The last few months of the year had been a very difficult time for our parents. Our dad had been late for work a few days because he had to take time off to visit our mom and our little sister, Sandra Kay, at the hospital. And after our mom and little sister had come home, I know that he worried about them. When we found out about Sandra's birth defect, it was especially difficult.

He had asked us to be good kids and help our mother whenever we could. I already did that, and I hoped that my brothers and sisters would be more helpful. But, the boys did not really know how to help, and they thought that housework was just for girls. And, Linda and Rita were really too young to do too many things. I was just seven, but I had always been my mother's little helper. I told my mom that I would try to find ways that all of my brothers and sisters could help around the house every day.

I asked them to try to make their beds when they woke up every morning. I showed them how easy it was to pull up the covers and plump up the pillow, and then cover the bed with the bedspread. They could pick up their toys when they were finished playing with them. They could put their dishes on the counter when they were finished eating. If everyone in our family did their share of the work, then our mother could spend more time with little Sandra Kay.

Rita was going to turn three in March. My mom told me that she wanted to give her a rag doll and her own set of blocks so she would not want to play with the ones Wayne had in his playpen. That was a good idea. I guess that our dad would have to go shopping for those toys as our mother did not drive and we only had the car my dad used to go to work every day. Maybe, if my mom had any extra time she would sew Rita a new dress like she did for my birthday. That would be a nice present for Rita because she usually wore the clothes that Linda and I had outgrown.

Easter Day was on Sunday, April 1st this year. That was just a week after Rita's birthday. Dad always brought home candy for our celebration. He boiled eggs and colored them for us. He let Rodney and I help him that year. I guess he thought we were finally old enough to do that without breaking the eggs or spilling the coloring mixture. The older kids had their own Easter Baskets with chocolate eggs, colorful jelly beans, and some marshmallow chicks. Usually our parents did not let us have candy. It was a treat on Easter, Halloween and Christmas. So, we took advantage of it when we could.

Our backyard already had new fences that our dad had put up, and a strong gate. And, dad had planted grass, but it was covered with water during that horrible rain storm in December. Dad worked hard to get the grass to come back to life once all of the water had started to dry up in the backyard. He wanted to surprise our mother with a flower garden. He knew what her favorite flowers were and he wanted to plant them all in her garden. She liked roses, so he planted a rose bush with bright red petals. It climbed the trellis by the patio. She also loved lilies and how tall and stately they looked. She loved geraniums with their brightly colored flowers. My dad had met some men in his construction job that were from Mexico. They all had cactus plants in their yards, and they gave him some cuttings that he could plant so that our mom could have cactus plants in her garden. Having a garden was a great present for our mom. Because our parents both grew up in the cold state of Wisconsin, many flowers would not grow in that state. But sunny California was the perfect place for growing all of the flowers that made our yard come alive. And, when mom cut them and put them in vases and placed them on display in our house, the rooms were bright with color and the air was filled with the scents of the flowers.

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What's happening Pocket/Greenhaven?

FRIDAY, JULY 6
FOOD TRUCKS AND ENTERTAINMENT – Food trucks and entertainment presented by SactoMoFo the 1st Friday of the month. July 6 from 5 to 8 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

SATURDAY, JULY 7
THE MAGIC OF TIMOTHY JAMES – Celebrate Summer Reading with magic and comedy featuring audience participation. July 7 from 2 to 3 p.m. at Belle Cooledge Library, 5600 South Land Park Dr., Sacramento.

TUESDAY, JULY 10
ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up 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--just bring whatever you're working on and join us! July 10 and 24 from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THURSDAY, JULY 12
KIDS COOK! WITH THE FOOD LITERACY CENTER – Children aged 6–12 years are invited to four hands-on workshops where they can learn about cooking and nutrition. A different topic will be covered each week--no registration required. Thursdays, July 5, 12, 19, and 26 from 2 p.m. to 2:45 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, JULY 14
FACE PAINTING WITH PIXIE TRIBE – Celebrate Summer Reading with face painting! We use coconut oil based paints in beautiful shades of color to bring the best of a child's imagination to life. July 14 from 2 to 3 p.m. at Belle Cooledge Library, 5600 South Land Park Dr., Sacramento.

THURSDAY, JULY 19
KIDS COOK! WITH THE FOOD LITERACY CENTER – Children aged 6–12 years are invited to four hands-on workshops where they can learn about cooking and nutrition. A different topic will be covered each week--no registration required. Thursdays, July 5, 12, 19, and 26 from 2 p.m. to 2:45 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, JULY 21
AZTEC DANCE GROUP – Celebrate Summer Reading with dance! July 21 from 2 to 3 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TUESDAY, JULY 24
ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up 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--just bring whatever you're working on and join us! July 10 and 24 from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THURSDAY, JULY 26
KIDS COOK! WITH THE FOOD LITERACY CENTER – Children aged 6–12 years are invited to four hands-on workshops where they can learn about cooking and nutrition. A different topic will be covered each week--no registration required. Thursdays, July 5, 12, 19, and 26 from 2 p.m. to 2:45 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 1
POCKET PHOTOGRAPHY SHOWCASE – Meet local photographers Stephen Michael Crowley, George Young and Troy Young and view their work in this unique, neighborhood-centered showcase. Thanks to the Pocket-Greenhaven Friends of the Library and the Nextdoor community for making this free event possible. Wednesday, August 1, 6 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, AUG. 7
"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! Tuesdays, August 7 and 21, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 8
JOB COACH APPOINTMENTS AVAILABLE – 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. Schedule your appointment in advance by inquiring at the library information desk to by calling 916-264-2920 during open hours. Our job coach takes appointments on second and fourth Wednesdays (August 8 and 22), between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

IS SOLAR RIGHT FOR YOU? – SMUD personnel will help answer your questions about potential savings, system size and cost so you can decide if solar is the right choice for you. Please register for this event at saclibrary.org. Wednesday, August 8, 6 p.m. to 7 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 15
Is an Electric Vehicle Right for You? – SMUD personnel will give you the basics of Electric Vehicles, including what to know before buying, charging technologies and discounted rate options. Please register for this event at saclibrary.org. Wednesday, August 15, 6 p.m. to 7 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, AUG. 18
COOKING WITH TOFU – Local food blogger Lisa Lin will demonstrate some tasty and healthful recipes, and will even show you how to make your own chickpea tofu. No registration is needed but space is limited. Saturday, August 18, 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, AUG. 21
"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! Tuesdays, August 7 and 21, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 22
JOB COACH APPOINTMENTS AVAILABLE – 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. Schedule your appointment in advance by inquiring at the library information desk to by calling 916-264-2920 during open hours. Our job coach takes appointments on second and fourth Wednesdays (August 8 and 22), between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, AUG. 25
ROBBIE WATERS POCKET-GREENHAVEN LIBRARY 8TH ANNIVERSARY CELEBRATION – Join us for family-friendly carnival games at 10 a.m. and a special taiko drum performance by Kristy Oshiro at 11 a.m. This free event is made possible with support from the Pocket-Greenhaven Friends of the Library and the Teen Advisory Board volunteers. Saturday, August 25, 10 a.m. to noon at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, SEPT. 8
KENNEDY CLASS OF 1978 40TH. REUNION: The Westin Hotel, 4800 Riverside Blvd., Sacramento, 95822. $70 per person. For more information contact the committee at kennedycougars78@gmail.com or check out or Classmates.com.

ONGOING
FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

Continued on page 19

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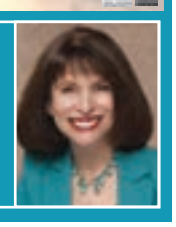

Continued from page 18

MUSIC AND MOTION AT BELLE COOLEDGE COMMUNITY CENTER: Rowena Alverto brings exercise classes for seniors with a combination of yoga, tai chi, zumba, for seniors on Wednesdays from 8:30 to 9:30 a.m. $3. 5699 South Land Park Drive.

LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include:
1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus.
2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding kennels and groomers require this vaccine for services,
3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats,
4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years.
If you are 65 or older, vaccinations are free! The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

INTRODUCTION TO COMPUTER: This class is designed for beginner or students with limited or no experience with computer. Learn about computer hardware, system components, software and more. Pre-payment of $30 and pre-registration required. Class will start from January 16 thru 25, 2018 on Tuesdays and Thursdays from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.

ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up 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--just bring whatever you're working on and join us! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THE CLARKSBURG COMMUNITY BAND INVITES YOU TO JOIN: How about dusting off that horn and getting involved! The band is a group of musicians that enjoys sharing a love of music with each other and our communities. The band is looking to expand the ensemble and wants to welcome those who are interested and who play a standard concert band instrument. The band meets Tuesday evenings from 7:30 to 9 p.m. at Delta High School, 52810 Netherlands Ave., Clarksburg. For more information contact Randall Veirs, Delta High School Band Director at rveirs@rdusd.org

FREE LINE DANCE CLASS: Every Thursday from 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

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.

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.

"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.

Forum

Continued from page 2

isn't an addict that wants to be an addict."

In the state of California there are 19 bills in the current legislative, each geared to curb opioid abuse. (https://www.cda.org/news-events/cda-supported bills, 6/7/18) Assemblyman Arambula said, " California is faced with a serious health care dilemma: how to prescribe controlled substances safely and effectively to relieve pain, while simultaneously reducing the risk of prescription medication misuse, addiction, and overdose." (https://www.cmanet.org/news/detail/) We must find this balance remembering those addicted and the 137 million chronically ill Americans.

Terry McSweeney is a Certified Fibromyalgia Advisor, Graduate of the International Fibromyalgia Coaching Institute, Founder of Fibromyalgia Pathways.com, Founder of the Sacramento Fibromyalgia Support Group, Member of Leaders Against Pain in conjunction with the National Fibromyalgia & Chronic Pain Association and Chairperson of the Sacramento Together Walks for Fibromyalgia Awareness held each May.

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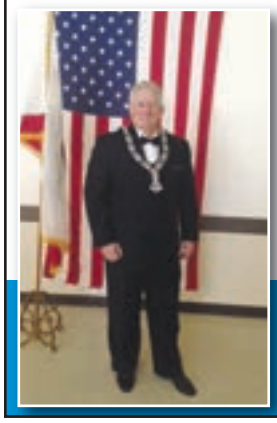
Welcomes New ER, Gary Grayson.



Gary works hard to connect our community to the Lodge, stop in and take a tour and see all the wonderful amenities the Lodge has to offer.
6466 Riverside Blvd.
Sacramento 95831
916-422-6666

The Privilege of Planning
A 25-minute free presentation. We'll serve you with a Catered Meal!



Make Sure Those You Care About Are Always Cared For
"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.
Make your final arrangements, then go enjoy the rest of your life.
CHOOSE ONE OF THESE SEMINARS
Thurs., Aug. 2
Dinner at 6:30 pm
EAST LAWN Memorial Park & Crematory
4300 Folsom Blvd., Sacramento, CA 95819
Tel 916.732.2000
Wed., Sept. 19
Dinner at 6:30 pm
(Spanish & English)
EAST LAWN Andrews & Greilich Funeral Home an East Lawn Mortuary
3939 Fruitridge Road, Sacramento, CA 95820
Tel 916.732.2026
Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
www.EastLawn.com
Lic. #FD-136

4TH of July SALE

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WITH EQUAL MONTHLY PAYMENTS FOR ONE YEAR**









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