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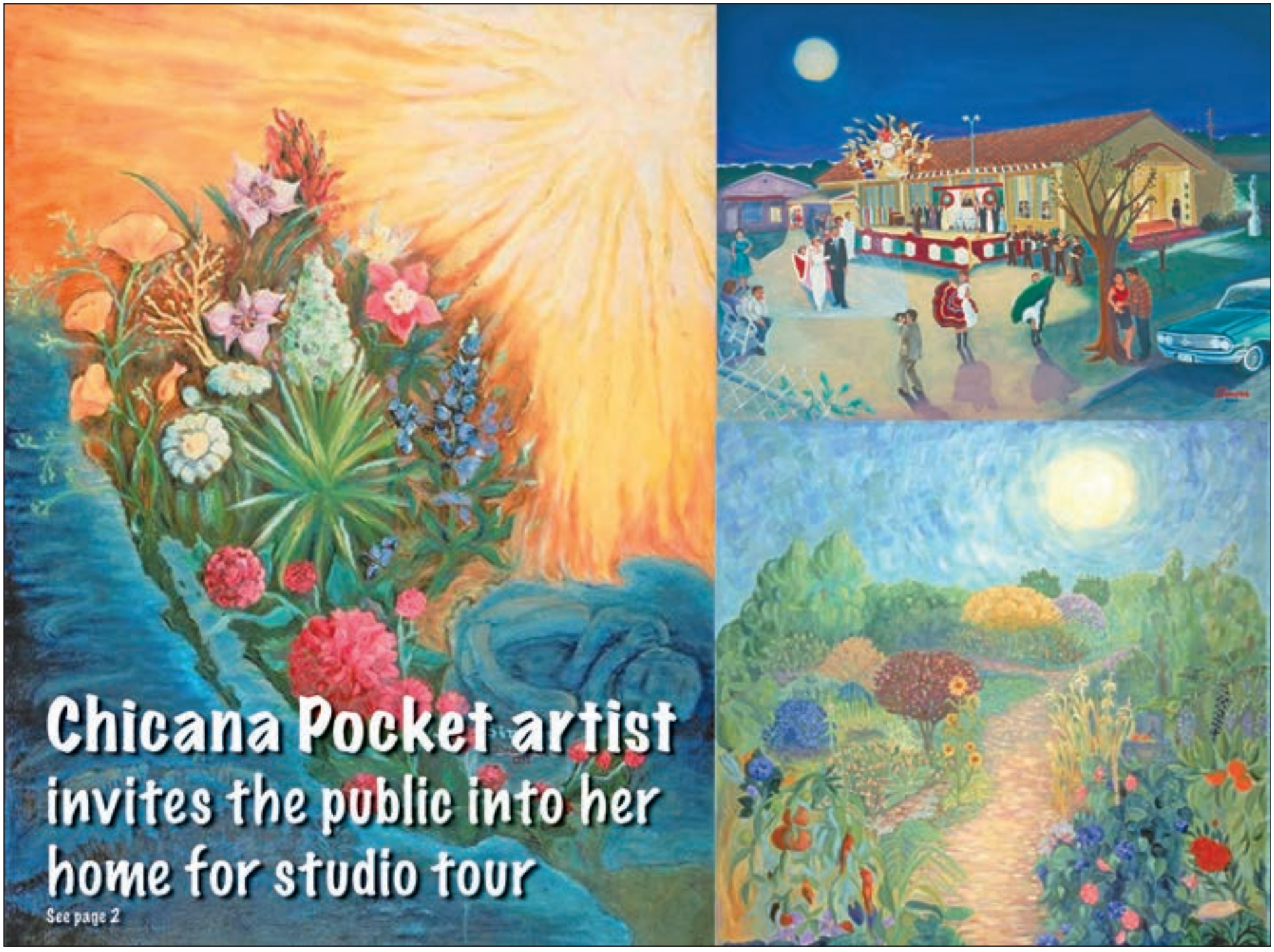

Chicana Pocket artist invites the public into her home for studio tour

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Pocket author releases collection of work spanning 30 years

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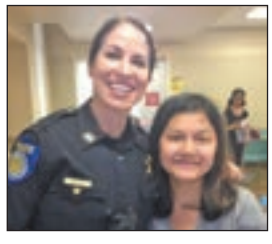

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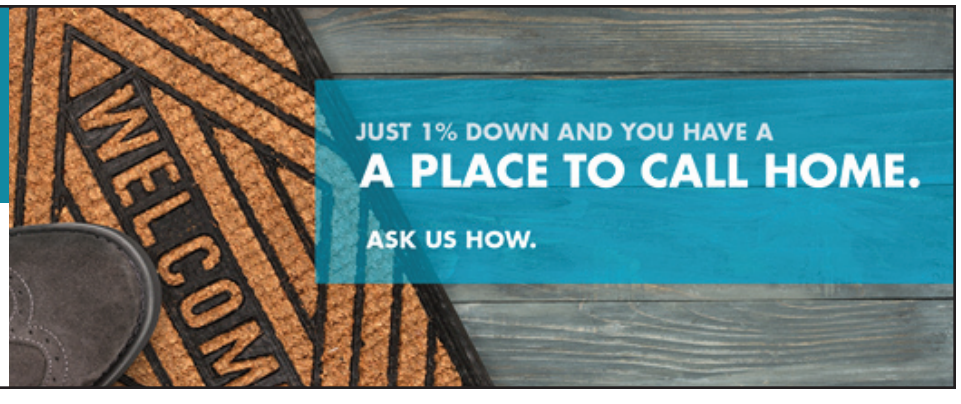

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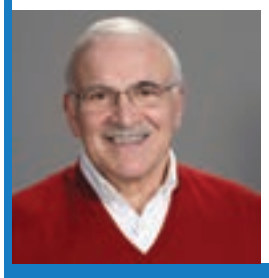

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"Centro Mexicano", Oil painting. Available as a 16 x 20 inch limited edition giclee print on 100% cotton paper $225. This is a split edition, so also available as a 30 x 22 inch limited edition varnished giclee print on canvas over a stretcher frame. 350.

Chicana Pocket artist invites the public into her home for studio tour

By MONICA STARK
editor@valcomnews.com

Simona Hernandez paintings and prints have been described as Chicana art and storytelling, reminiscent of Latin American magical realism. A figurative artist preferring joyful, loose visual movement, Hernandez combines realism with fanciful 2-dimensional images that tell a story.

From the happy and silly times experienced through her culture, family, community, and in nature, Hernandez also draws inspiration from places and buildings, even roads, that played important roles in her life.

The only Pocket/Greenhaven participant in the 13 Annual Sacramento Artist Studio Tour on Sept. 8 and 9, from 10 a.m. to 5 p.m., Hernandez will sell limited edition art of some of her large paintings, new original oil paintings and watercolors; and prints on varnished canvas or fine art paper. All will be for sale from inside her great room downstairs.

Led by Verge Center for the Arts and known as the region's oldest open studio program for local artists, the 2018 Sac Open Studios officially kicks off with a launch party on Sept. 6, followed by open studios scheduled over

See Artist, page 3

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Artist:

Continued from page 2

two weekend, Sept. 8-9 and 15-16. Free and open to the public, the 13th Annual Sac Open Studios will showcase nearly 250 artists throughout the region.

The only Pocket resident opening her home at the open studio tour, Hernandez says she usually doesn't "let being the "only person" stop me from doing what I want. Maybe that's because I'm the eldest of nine children and changed schools frequently... so this is my comfort zone. … I know I have the support of family and friends so this is a great opportunity to exhibit new art." That said, the tried to interest others to participate in the tour through the Next Door, the social networking site for neighborhoods. "Hopefully they will in future years," she says.

A resident of Sacramento's Pocket Road area for over 30 years and an artist even longer, Hernandez finds she doesn't need to create art outside of the home unless she's painting or drawing on location.

Hernandez's children and grandchildren have attended schools in this area, and she has made life-long friends. "Many, many of my college friends, coworkers, and some family also reside here. When I go to the grocery store, I'm sure to see someone I know...it's like a little village," she says.

Hernandez's father was a professional photographer and draftsman and at an early age he taught his daughter to draw perspective. "I could draw very realistically by the time I was in 4th grade and never stopped 'doing' art," she says. Having earned a double bachelor's degree in Fine Arts and Journalism from California State University, Sacramento, Hernandez later worked as a graphic artist in her early 20s and a newsletter editor. "I learned much about technical illustration, printing and photography through Journalism which fueled my interest in printmaking; i.e., etching, engraving, stone lithography, silk screening, etc." In her 30s, Hernandez earned a Master's of Public Administration and worked in that area for many years, however, she continued to create and exhibit her art simultaneously.

Esteban Villa, co-founder of Sacramento's Royal Chicano Air Force (RCAF), was Hernandez's professor and became a close family friend. "He always encouraged me to keep painting; and we've often exhibited together." Another influence, Carol Wagner, was a local printmaker in the 1990s who hosted regular Friday evening printmaking events, which Hernandez often attended. "I'd been through the commercial printing program at Sacramento City College. Her enthusiasm made me passionate about original prints so I pursued more education through Kala Printmaking Institute (now Kala Art Institute)."

She has showed her work at CSUS alumni exhibits, KVIE's Art Auction, the California State Capitol, various Northern California galleries, including a few she rented downtown. Simona has exhibited her art at such venues as the California State Fair; CSUS Library; La Raza Gal-

See Hernandez, page 4



"Flores de Aztlan", Oil painting. Available as a 16 x 20 inch limited edition giclee print on 100% cotton paper $225.



"Walnut Pickers", Oil painting. Available as a 20 x 16 inch limited edition giclee print on 100 % cotton paper $225.



"Los Tejanos", Oil painting. Available as a 16 x 20 inch limited edition varnished giclee print over a stretcher frame on canvas $350.

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"Southside Park", Oil painting. Available as a 16 x 20 inch limited edition giclee print on 100% cotton paper $225.

Hernandez:

Continued from page 3

eria Posada, Sacramento; C.N. Gorman Museum, Davis; Allen Short Gallery and Artistas de Valle both in Stockton; and the Tahoe Art Center, Tahoe City. In 2009, she operated a gallery at Sacramento's Foundry, Inc. and later at Gallery 2110.

Additionally, Hernandez has exhibited at some special functions in the Lake Tahoe area and Southern California. Her story and art have been the subject of a Sacramento Magazine feature article; and my art has been published in a major anthology of Mexican-American artists, "Triumph of our Communities: Four Decades of Mexican-American Art."

She operated a part-time special events photography business in the early 1990s while she was also employed full time with the State of California. In 1992, she co-founded the Co-Madres Artistas, six visual Chicana artists and long-time community activists within the Sacramento area. She exhibited with this artist cooperative for over a decade. In 2005, she concluded a long-term career with the State that focused in the publishing and small business areas. She presently exhibits at public and private art venues and operates Simona's Fine Arts.

The size of her paintings vary, from usually 3x4 feet to 9x12 inches, though she always has a large painting in progress, but work more quickly on smaller pieces.

Over many years, Hernandez painted a series of five large canvases that are nostalgia pieces that she sells as limited edition fine arts prints. She is near completing one more related to the Matador Club, a popular nightclub on Franklin Boulevard. That said, Hernandez gets excited about all her art. "It's fun to see how it turns out. This is something I can't totally predict."

Hernandez will open her home on Sept. 8 and 9 from 10 a.m. to 5 p.m. Her address is 1 Silmark Court, Sacramento, 95831. To view her art online, visit www.SimonaHernandez.com







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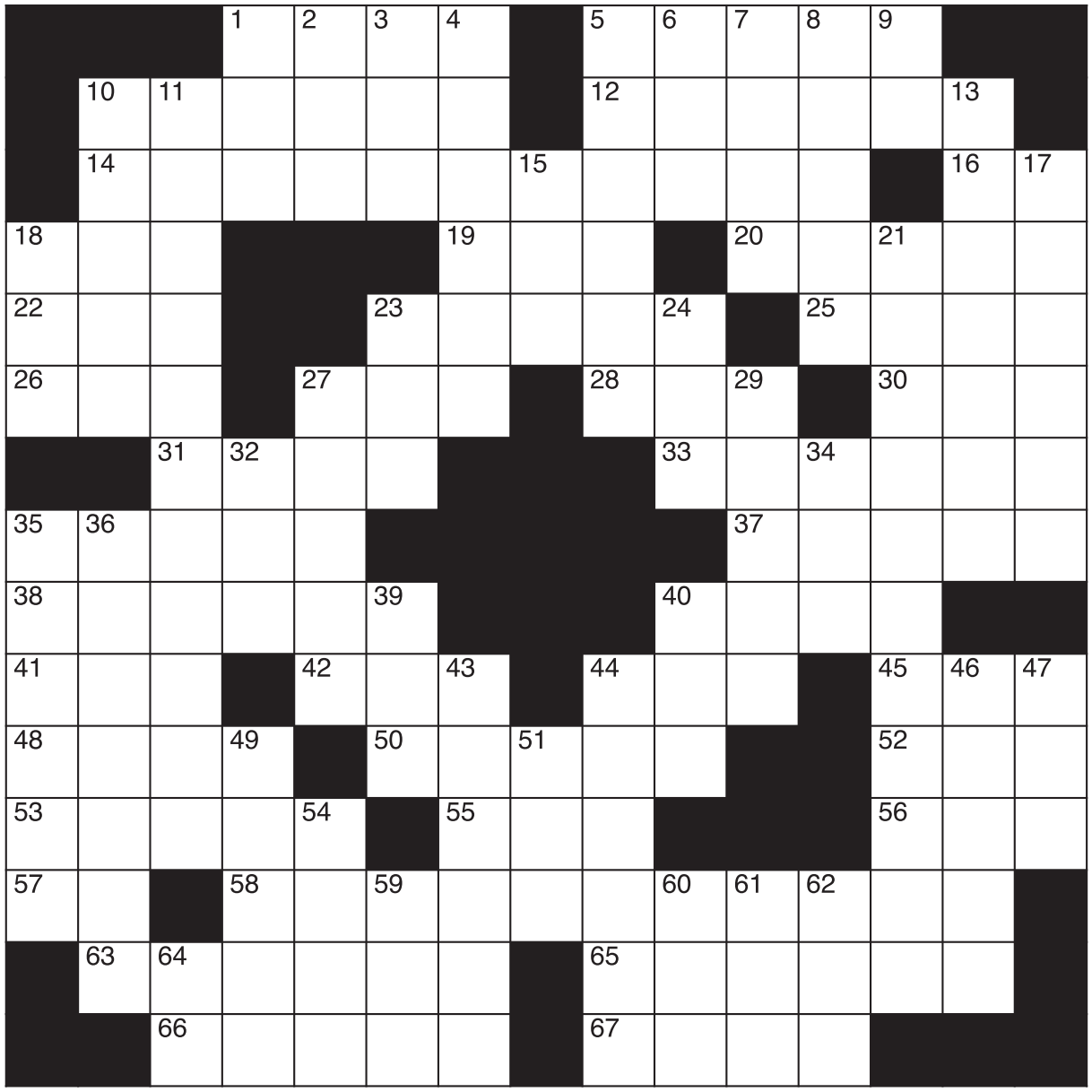

CLUES ACROSS
1. Imitated
5. Explosion
10. One who writes
12. Large nests
14. Philly specialty
16. A form of "to be"
18. Automobile
19. A way to stand
20. Waterlogged land
22. A way to provide
23. We all need it
25. Stalk of a moss capsule
26. Promotional materials
27. Bashful
28. Ten
30. He captured Valencia
31. Quickly
33. Violent seizure of property
35. Fugazi bassist
37. Baseball great Davey
38. Large bird cage
40. British noble
41. They protect Americans (abbr.)
42. Economic institution
44. Pat lightly
45. Not even
48. Cools
50. Seat belt advocate
52. A dishonorable man
53. Smooths over
55. Moved quickly
56. Part of a play
57. South Dakota
58. Worsen
63. Madam Butterfly and La Boheme
65. Removes
66. Dull, brown fabrics
67. Comedian Rogen

CLUES DOWN
1. 100 sq. meters
2. Dessert
3. One point south of due east
4. Profoundly
5. Swatted
6. Confederate general
7. Soviet composer
8. Japanese deer (pl.)
9. Tellurium
10. Burn with a hot liquid
11. Pupas
13. Famed chapel
15. Car mechanics group
17. Blocks from the sun
18. Numbers cruncher
21. Responds in kind
23. Shaft horsepower (abbr.)
24. Each
27. Fitzgerald's wife Zelda
29. Tribe of Judah rep
32. Patti Hearst's captors
34. "The Raven" author
35. Bars give them their own nights
36. Essential for guacamole
39. Currency
40. Golfers hope to make it
43. Touch gently
44. Does not allow
46. Cyprinids
47. Insecticide
49. Passover feast and ceremony
51. Patriotic women
54. Protein-rich liquids
59. Type of soda
60. Necessary to extract metal
61. Inform upon
62. A type of residue
64. Palladium



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Door to Door

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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 rebranding 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 eastcoast 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 online: Shadow, Moonshine, Sphinx, Claws, Bon-Bon, Subzero, Wind, and Statue. Here's boys nicknames from the same site: Boomer, Mammoth, Sabertooth, 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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Pocket author releases collection of work spanning 30 years

By MONICA STARK
editor@valcomnews.com

After more than 30 years in the making, Pocket author Kathey Norton has released a collection of writing in her new book Schoolgirl in Disgrace, which includes 10 short stories, and over 100 poems.

The book starts out in Sacramento and features a character named Ramona Grembly, a shy, disillusioned, and somewhat suicidal 19-year-old college student who is convinced that a nuclear war is going to happen, and that there's no reason to try at anything--school, romance, or dreaming about the future. Ramona lives with her mother, Erika, and dog, Quasar, in their Midtown apartment. They are very low income and struggling financially, but Ramona has a small inheritance from her dad who died when Ramona was 5. She takes the money and moves to London since she wants to see London before she dies. In London she meets Bob, a journalist for a music trade paper and a cast of characters, some with bad intentions, who help open Ramona's eyes to the world in different ways.

Having graduated from Sacramento High School during the mid-80s when jobs in Sacramento for recent high school grads were scarce, with the exception of fast food jobs, Kathey says that like many millennials today, she felt very angry that she worked so hard in school, got good grades, invested in her education to graduate and still wasn't able to find a job that would earn enough money to support her mom and pay for her college education. "I wanted to be a creative person and find a job that I was passionate about. I was resistant to advice about getting a state job like many of my classmates did when they graduated."

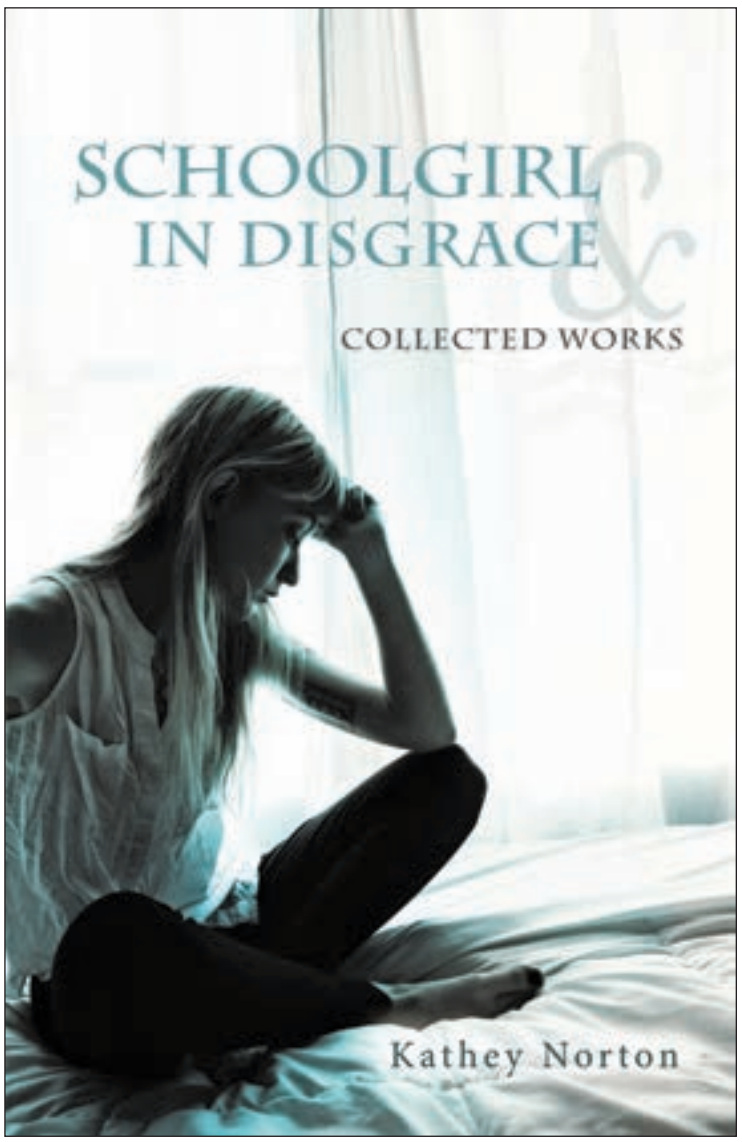
That was just the thing to do if you lived in Sacramento, and she just saw a different life for herself outside of Sacramento and really fought against following the crowd, even if that meant taking a more difficult path. "As you get older, you find that having a nice steady paycheck and a government pension isn't a bad gig if you can still manage to carve out that space in between your day job and bedtime to be creative, inspired, and curious about the world around you."

Ramona struggles with this same dilemma throughout the book – how to balance creative freedom and stability, romance and autonomy, and trying to figure out how her life has meaning or impact when she feels like she doesn't matter in the scheme of things.

Never writing with an intended audience in mind, Kathey says, she just writes "books that put characters into situations where they have to overcome obstacles. I think people of all ages and backgrounds like stories about people overcoming adversity and getting second chances."

Kathey has previously published two novels, What Becomes a Legend Most and Double Life, and a memoir, Diary of a Fast Food Worker. These books are also available at Dimple Books & Vinyl, Amazon, and Barnes and Noble.

To check out samples of her work, visit katheynorton.com.



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Faces and Places:

National Night Out

Photos by KATHI WINDHEIM

On Tuesday, Aug. 7, Pocket Nextdoor hosted National Night "In" due to poor air quality inside the Robbie Waters Pocket-Greenhaven Library Community Room with Assemblymember Jim Cooper, Supervisor Patrick Kennedy and Judy Kennedy, D7's Dennis Rogers, Captain Alisa Buckley, Lt. Paul Freeman, Lt. Sameer Sood, Sgt. Will Conner, Pocket-Greenhaven Community Association President Will Cannady, and the Library Teen Advisory Board. Sixty-five neighbors joined Pocket Nextdoor for free shaved ice, safety tips, fingerprint kits, and a free raffle! A big thank you to Assemblymember Jim Cooper for sponsoring the Pocket Nextdoor NNO event.













Sac Ballet community thanked 30-year leadership of the Cunninghams at William Land Park gathering

By JOE PERFECTO

For Sacramento Ballet Co-Artistic Directors Ron Cunningham and Carinne Binda Cunningham, it's been a long, storied, highlight-filled career indeed. During their 30 years of leadership, they transformed a small, student-centered group into a world-class tour de force, broadening and strengthening its ranks and vastly expanding its repertoire. In their first 20 seasons alone, they added 17 full-length ballets, 18 Balanchine masterworks, 52 Sacramento premieres and 48 world premieres. They are known for their transformative choreography, one hallmark of which is the incorporation of children in a variety of works. Some of their stagings have become local standards; for example, for many Sacramentans, attending the Cunninghams' rendition of "The Nutcracker" at the Community Center Theater has become an annual holiday tradition. The company also extended its reach, performing in many other states and internationally; in 2007, the Cunninghams' "Cinderella" was the first American ballet to be presented in China. In that same year, Binda founded the School of the Sacramento Ballet. And the list goes on.

But the Ballet board's decision in 2017 to take the organization in a different direction—"to look to Sac Ballet 2.0," as board president Nancy Garton put it—brought down the curtain on this Pas de Deux that began three decades ago. As of July 1 of this year,

See Cunninghams, page 10



Photos by Joe Perfecto

Carinne and Ron react to an amusing speaker.



Cunninghams:

Continued from page 9

Binda and Cunningham assumed the purely honorary designation of artistic directors emeritus.

In honor of the couple's countless contributions to Sacramento's artistic life, a group of about 200 gathered in William Land Park June 10 to afford attendees some sort of closure, to say their piece, to come together as a community. The uninitiated can be forgiven for thinking that this was a farewell party and that once the proceedings culminated with the presentation of the ballet's equivalent of a gold watch, the duo would execute a graceful en-pointe progression into the wings as the curtains fell, and exit, stage left to begin a quiet life of leisure on the sidelines of the arts scene. Not these bastions of ballet; their movement was more of an assemblé--a quick leap and a return to the fifth position, feet planted firmly on the ground and ready for the next step. Far from a farewell, the gathering marked not so much an ending of one era as a beginning of another, as Cunningham and Binda have made it quite clear that they intend to maintain active roles in the art of dance. Despite his 78 years, Cunningham dismisses the idea of retirement. He indicated that he might stage his ballets with other companies, after his great success doing so with "The Great Gatsby" in Dayton, OH last October. The couple may also continue to work in local circles. Whatever the case, there is more to come.

The gathering was a bittersweet affair in which many members of the arts community took the microphone to reflect, to reminisce, to express gratitude for the opportunity to have participated in various ways. Among them were students, parents, teachers, staff and others, and while the experiences and perspectives they shared varied somewhat, the common thread running through their remarks was, "Thank you." Binda looked back on what was but also forward to what might lie ahead.

"It's always been more than just about dance and building a fine ballet company and a school," she said. "It's been about individuals, it's been about children, it's been about community. It's been about creating a community for dancers to thrive, for children to flourish, and to celebrate our community together, through the arts. I believe that last week was maybe the hardest week I have ever experienced in my life to this point, knowing that we are in our final classes and final rehearsals and final run-throughs of something that we so love, but that was yesterday and the day before. While our future is still a little unknown—I can't say if it's going to be building a school or being allowed to serve the community through more outreach programs or even giving our dancers more opportunities when they're on

See Ballet, page 12



Well-wishers wrote on note cards that were collected in a clear cube and presented to Binda.

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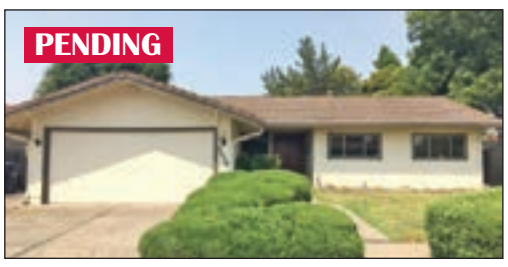

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Shown from left to right: Justin Jow, Joshua Fong, Jeremiah Fong, Zachary Byrne.

Troop 259 Eagle Scouts recognized at Court of Honor

Four new Troop 259 Eagle Scouts were recognized at an Eagle Scout Court of Honor ceremony on Sunday, Aug. 5 at the Elks Lodge, No. 6. Jeremiah Fong, Zachary Byrne, Joshua Fong, and Justin Jow join 176 other Eagle Scouts developed by Troop 259 over its 52-year history.

Not everybody earns the Eagle Scout rank; only about 5 percent of all Scouts do so. To achieve this highest advancement rank in Scouting, a Boy Scout must fulfill requirements in the areas of leadership, service, and outdoor skills, and complete an Eagle project benefiting a school, religious institution, or community.

For his project, Jeremiah Fong designed, planned, and provided leadership for the construction and installation of a concrete tricycle path at the Greenhaven Lutheran Church's Angel's Nest Preschool. Zachary Byrne revitalized the Genevieve Didion Elementary School garden by removing weeds, painting garden boxes, installing stepping stones and bark, and creating planter box signs.

Joshua Fong built and installed for the Chinese Community Church a library resource box to enhance community outreach by providing church resource material, newsletters, and community announcements.

Justin Jow repaired and restored ten damaged and weathered benches along the Pocket Canal Parkway and at the Charter Pointe Park for the City of Sacramento.

Troop 259 meets Monday evenings at 7 p.m. at the Elks Lodge No. 6, 6446 Riverside Blvd. For more information, visit www.troop259.org.

Ballet:

Continued from page 10

their layoff periods by inventing venues and places and ballets for them to perform—if you're passionate about what you do, your work is not done, yet. This is a beautiful Sacramento evening in a beautiful park; next week will bring so much beauty to Sacramento with our dancers performing the beautiful works of George Ballanchine; so everything is looking quite beautiful in my eyes right now."

For Cunningham, the event was about giving thanks also. "There's a lot of people here—and I look out [at] all the faces—you know, you mean so much to me, and we've had so many interactions together, but really, we're thanking people for over 30 years. That's hundreds and hundreds and hundreds of people, many of whom could not be here today. So when Carinne and I say thank you, we're not saying thank you [just] to you, we're saying thank you to 30 years of people that we have had the privilege and honor of working with. So, simply—thank you."

As the gathering drew to a close, a token of the community's appreciation was presented in the form of a rendition by local artist Stephanie Taylor (who painted the Jack London mural on Beer's Books) based on a vintage photograph of the Cunninghams in a studio session against a backdrop of a wide mirror that reflects numerous dancers. The rendition will serve as a template for a mural. Former Ballet board member Beth Post introduced the work.

"We heard Carinne testify to the fact that there are over 40 artists who came to present works, but Ron and Carinne have staged either their own works or known classics like Giselle, Sleeping Beauty, Swan Lake.... Over 75 different ballets—that's an amazing amount of work and talent. And think of all the dancers who got to learn all that dance. In fact, over 320 dancers had the privilege and pleasure of learning from these people. In terms of outreach, the've put together over 15 programs, had contact—sometimes briefly, sometimes for 20-25 years—with over 250 organizations or schools; the Shriners hospital has had dancers visiting them for over 25 years, four and five times a year. That's incredible. So if you think about the vision with 15 programs, and you think about the connection with 250 schools or organizations, what's the impact? I counted up the contact hours, and it's over a quarter million. That is a scale that's hard to represent, but I want to announce to you that we are doing our very best to give a tribute to Ron and Carinne in a manner that is of the same scale."

"This is a picture you may have seen many times of Ron and Carinne in their director's chairs—these very chairs that they have sat in for 30 years, and actually before that—and just a pinch of what it is they do with the reflection of the dancers," Post continued. "We are looking for a wall; we are hoping for a magnificent placement, but we're gonna make sure all of you know when it happens. Hopefully we'll have a painting party; definitely we'll have an unveiling."

That beats a gold watch any day.

During the gathering, the Cunninghams were perched on the selfsame chairs that will be depicted in that mural. From all appearances, that pair of seats—just like the Cunninghams—are going to be in service until that fateful day when they finally wear out. So, don't leave the theater just yet—the encore is about to begin.

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Sacramento RiverFest/Seafood &Barbecue Festival set for Aug. 18

By JOE PERFECTO

Music of the blues persuasion and the wafting aromas of barbecued goodness will fill the air over Miller Park during the annual Sacramento RiverFest/Seafood & Barbecue Festival on Aug. 18. A celebration of smokin' sound, fantastic food and the regal Sacramento River, the RiverFest will feature a variety of top chefs, caterers and food trucks dishing up delectables; more than 20 acts will take to the stage, spanning a range of genres including blues, country, jazz, rock and zydeco.

The lineup includes bluesmen Mr. Fillmore Slim and Two Buck Chuck, R&B artist Dee Dee Simon and rising Country star Lea Sweet; local acts include the Free Wheelers Cello Band, the Zach Waters Band and harmonica master Ro Harpo.

Commencing at 2 p.m. will be the Battle Of The Blues Bands, a competition open to all groups, solo musicians and singers; contestants will vie for the honor of being crowned "King Of The Blues" by popular vote.

For children, a dedicated "Kids Fest" area will offer fishing lessons, frog jumping, games and rides.

Hosted by Sacramento Black Expo and presented by Rick Warren Media, the RiverFest is a fund raiser benefiting the non-profit Youth-On-The-Move educational organization.

Advance general admission is $10 and does not include parking or seating; a $20 VIP ticket includes parking, reserved seating near the main stage and VIP tent access. General admission is $15 at the gate; VIP tickets are only available in advance. Children aged eight and younger are admitted free.

Gates open at 11; the festival runs from noon-6. Visit https://www.facebook.com/events/198185397697325/ for details and a link to the ticketing site.



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William Land Park's history to be celebrated Aug. 3

BY LANCE ARMSTRONG

A celebration of William Land Park will be held on the west side of the park at 3800 Land Park Drive on Friday, Aug. 3.

This free, family-friendly event was established to commemorate the 100th anniversary of William Land Park.

Although the development of the park would not begin until late 1922, this year marks the 100th anniversary of the selection of a site for the park.

Festivities of the upcoming celebration will begin at 5 p.m., with cake, a car show and music by the Sacramento Philharmonic Orchestra.

At sundown, the Disney Pixar film, "Coco," will be shown.

The public is encouraged to bring picnic food, blankets and lawn chairs. Free popcorn and water will be provided at the movie.

Also participating in the event will be the Sacramento Zoo, Fairytale Town, the Land Park Volunteer Corps, and the Sacramento Metropolitan Arts Commission. These organizations will have tables set up to share various information.

The Front Street Animal Shelter will also be present at the event to collect donations, including dog and cat food, blankets, newspapers, cat beds, dog and cat toys, large bath towels and monetary contributions.

All attractions of this event will be held at or near the park's William A. Carroll Amphitheatre.

The event, which will continue until 7:30 p.m., is co-sponsored by the Land Park Community Association and Sacramento Vice Mayor Steve Hansen's office.



Canada geese stand on an edge of Duck Pond, north of the William A. Carroll Amphitheatre at William Land Park. Photo by Lance Armstrong

Regarding this regional park's history, the park was established through the dream of former Sacramento mayor and successful hotel owner, William Land. He also owned rental residences, orchards, and stock and grain ranches.

Land, who was born in New York, came to Sacramento at the age of 22 in 1860.

Arriving with only $3 to his name, Land proceeded to build his fortune in the capital city.

Prior to his death at the age of 74 on Dec. 30, 1911, Land developed a will to distribute his assets.

In that will, Land instructed the city to use $250,000 of his $2 million estate to develop a public park known as William Land Park.

Although many sites for the location of the park were considered, it was not until Jan. 8, 1918 that a location for the park was selected by the city.

It was decided that 238 acres would be purchased at the park's current site for $146,835.45, and that the balance of the $250,000 would be used for the park's development.

Due to various delays, the property was not purchased until 1922, and plans were set forth to create the park with its first improvements: a golf course and roadways.

The deed for the property was transferred to the city in March 1922. The cost of the site had risen to $173,622.41.

On Oct. 22, 1922, The Sacramento Union published an article regarding efforts to select a landscape architect for the future park.

The desire to have William Land Park become the city's premier park is evident in the article.

The article notes: "The new park will be to Sacramento what Golden Gate Park is to San Francisco, Prospect Park is to Brooklyn, and Fairmont Park is to Philadelphia."

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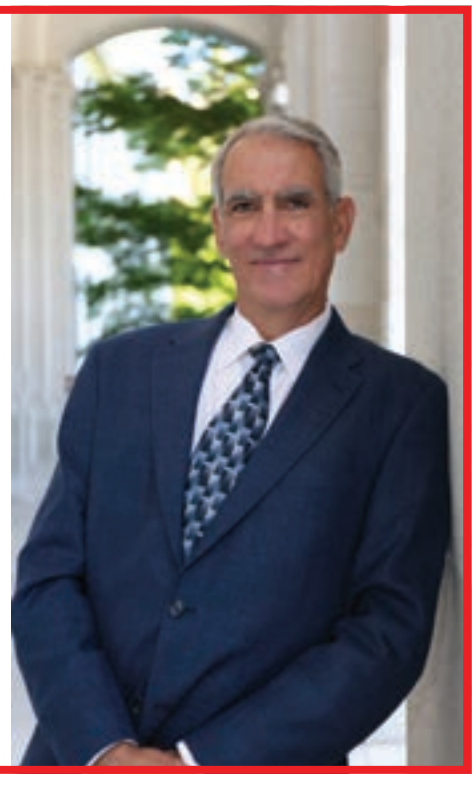

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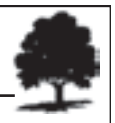

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Photo by Lance Armstrong

American Legion Gung Ho Post installed new officers

American Legion Gung Ho Post 696 installed new officers for the operational year 2018-19 at their meeting last month. Pictured are the post's attending officers. The new officers are Gregory Miyata (adjutant), Alvin Chew (assistant adjutant), James Lew (historian), Jeff Dai (assistant historian), Ted Celeste (assistant sergeant at arms), Wilkie Liang (service officer), Frank Wong (Trustee 1) and Michael Budney (Trustee 2). Included among the post members are residents of the Pocket and Land Park areas.

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RESERVE YOUR SPACE IN THE CLASSIFIEDS! CALL 429-9901

What's happening Pocket/Greenhaven?

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.

SECOND CHANCES TAKE OFF AT HERINGER ESTATES VINEYARDS OWL RELEASE: Rehabilitated owls will be released in a special family friendly event. Owl Release and Picnic with wildlife education, demonstrations, food trucks, fine wines for purchase and release of owls saved by the volunteers at Wildlife Care Association of Sacramento. A second chance to live for wildlife rehabilitated by the heroes of nature at WCA, the Owl Release and Picnic has proved so popular, you get a second chance to attend this August, along the banks of the beautiful Sacramento River in the community of Clarksburg, Heringer Estates at 37375 Netherlands Road. Proceeds benefit the Wildlife Care Association of Sacramento, a non-profit organization saving wildlife injured, orphaned or displaced across the region to be released for a second chance at life! Visit www.wildlifecareassociation.com or Wildlife Care Association on Facebook or Instagram. If you find wildlife in distress call 916-965-WILD (9453). The Wildlife Care Association is located at 5221 Patrol Road, McClellan Park. Tickets and more information are available when you visit https://heringerestates.com/event/july-owl-release/

MONDAY AUG. 20

SIR'S (SONS IN RETIREMENT) CHAPTER 93 MONTHLY LUNCH at the Elks Lodge 11:30 a.m..: There will be a buffet lunch and the monthly speaker for August is from AARP. The group will also have reports from the golf committee, bowling committee, hiking committee and the newly formed penuckle group. This is a very active chapter of retired senior men that meets for lunch every third Monday of the month. Be a guest, call Jack if you are coming, 916-424-1301. 6446 Riverside Blvd.

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. 1

BOOK DISCUSSION – If you like to read and you like to talk about books, look no further than the Pocket Library book discussion group. The group reads a wide variety of books to challenge the minds and interests of all group members. At this meeting we will be discussing Pachinko by Min Jin Lee. Saturday, September 1, 1 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, SEPT. 4

"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! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, SEPT. 4

POCKET GREENHAVEN COMMUNITY ASSOCIATION MEETING: Robbie Waters Pocket Greenhaven Library, 7335 Gloria Drive, starting at 6 p.m. The PGCA will start the meeting with an important presentation from SMUD regarding upcoming changes to the rates they charge our Pocket/Greenhaven neighbors.

WEDNESDAY, SEPT. 5

ENGLISH CONVERSATION GROUP – Practice speaking English in a friendly, small group conversation led by a facilitator on the first and third Wednesdays of each month. Discussion topics include everyday life, news, local things to do, and more. All levels and parents with children are welcome! Activities for children will be provided. No registration is needed. 1st and 3rd Wednesdays, September 5 and 19, 1 p.m. to 2 p.m. 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.

LEWIS/DIDION PARK VOLUNTEER DAY: Here's an opportunity to help improve the ability for the community to work with the School District to help improve their public recreation facilities. 1 to 4 p.m.

COLLEGE APPLICATION ESSAYS WITH MARILYN VAN LOBEN SELS – The UC application includes Personal Insight Questions, the Common Application has longer essays, and many applications also have short answers and descriptions of high school activities. In this workshop, you will learn what colleges are looking for in essays and responses, how to choose topics and how to answer each type of prompt. Please register at saclibrary.org or by calling (916) 264-2920. Saturday, September 8, 1 p.m. to 2:30 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, SEPT. 12

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 2nd and 4th Wednesdays, September 12 and 26, between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, SEPT. 15

FORUM ON THE OPIOID EPIDEMIC: Fibromyalgia Pathways and California Fibromyalgia, Chronic Pain Network and the Pocket News invite you to the Pocket Library for a varied discussion on the opioid epidemic, 1:30 to 4:30 p.m., Robbie Waters Library, 7335 Gloria Drive.

TUESDAY, SEPT. 18

"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! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, SEPT. 19

ENGLISH CONVERSATION GROUP – Practice speaking English in a friendly, small group conversation led by a facilitator on the first and third Wednesdays of each month. Discussion topics include everyday life, news, local things to do, and more. All levels and parents with children are welcome! Activities for children will be provided. No registration is needed. 1st and 3rd Wednesdays, September 5 and 19, 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, SEPT. 26

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 2nd and 4th Wednesdays, September 12 and 26, between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, OCT. 6

SEYMOUR/WENZEL PARK VOLUNTEER DAY: here's an opportunity to help improve the ability for the community to work with the School District to help improve their public recreation facilities. 1 to 4 p.m.

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.

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:

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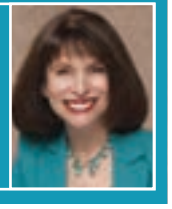

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What's happening Pocket/Greenhaven?

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

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.

"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.

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.

STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.



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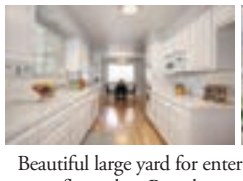

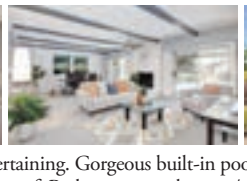

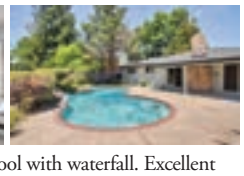

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The Bubble Team Meets Dr. Doom and Gloom

By STEVE DEBENEDETTI-EMANUEL

Captain Mommy (my wife Stephanie) and I did the pregnancy thing exactly as we wanted. We did the birthing classes and had the sling ready. The cloth diapers were stocked and ready to go. We interviewed pediatricians and had a birthing coach. We chose a country hospital because they had a significantly lower rate of C-sections than the main hospital. We didn't learn the gender. We were ready to go.

Just like every other first time parents, we didn't exactly know how parenting was going to go. But I'm a Marriage and Family Therapist who had worked with kids for 20 years. Captain Mommy is a pro with kids and also had her 20 years in. We figured we'd have it covered.

So the labor thing went as planned. Or at least it's easy to say that as the dad. Regardless, things were perfect. Captain Mommy was a champ, and we had a little girl. Clare. But upon further review, we had a KD. I cut the cord, which was much chewier than I'd anticipated, and we were off and running.

But then we weren't. A couple hours after birth, KD developed some breathing struggles. It didn't seem like a big deal, but it was enough to have the on-call doctor come in. He eventually decided it wasn't a big deal and went home. Back to our room we went. Fortunately, right before she closed the door for the night, the brilliant, observant nurse noticed that things just weren't right, and she called the doctor back in Next thing we knew it, the bubble team (a.k.a. paramedics) arrived. This was not part of the plan…

Little known fact: if an infant is transported from one hospital to the other, that can't go to the NICU if they've been in outside air. So, they threw him into this clear plastic, coffin looking thing, and off they went.

Fortunately, the bubble didn't pop.

Fast forward an hour or so… KD was thrown on this clear plastic "crib," that didn't look very comfy. No soft music. No mobiles. No slings. No nursery. No nothing. Instead it was bright lights, tons of beeps and incessant background chatter, and this machine that made him breathe 160 times/minute to help keep his lungs clear. They didn't tell us about all these machines in the birthing classes. This was not part of the plan.

At some point, Captain Mommy and I needed to lie down. Fortunately, they had this little "bedroom" adjacent to the NICU for the parents of the sickest kids. Granted, the sheets weren't 800-thread count, and the mattress wasn't a pillow top, but we were grateful to be close to him and get real time updates.

And early on, the real time update wasn't pleasant. His doctor stopped by with room service and we talked for about 60 seconds. 90% of the conversation was a blur, but I do remember him saying that our son was very sick. Thanks, doc, I hadn't noticed. Since I'm a nickname guy, from then on he was Dr. Doom and Gloom.

When we parents are expecting, we have a vision in our mind's eye of what it's going to be like to bring home a healthy baby. It's what we prepare for. We were not prepared for the bubble team and Dr. Doom and Gloom. But in the end, you get what you get and you don't throw a fit.

Until next time…

A reminder: my ten week's men's counseling group begins on Monday, September 10. It's a place where men can talk about the hard stuff like spouses/ significant others, parenting, work stress, etc. without the pressure of outside influences. For more information, please call at 916-919-0218.

Steve is a Marriage and Family Therapist, working in Midtown. To learn more about him, check out his website: www.rivercitycounseling.com. Or find him on FB at River City Counseling or on Twitter@rivercitysteve

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