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LOCAL MEASURES DISCUSSED;

Pocket-Greenhaven Community Association to hold forum

See election coverage page 3

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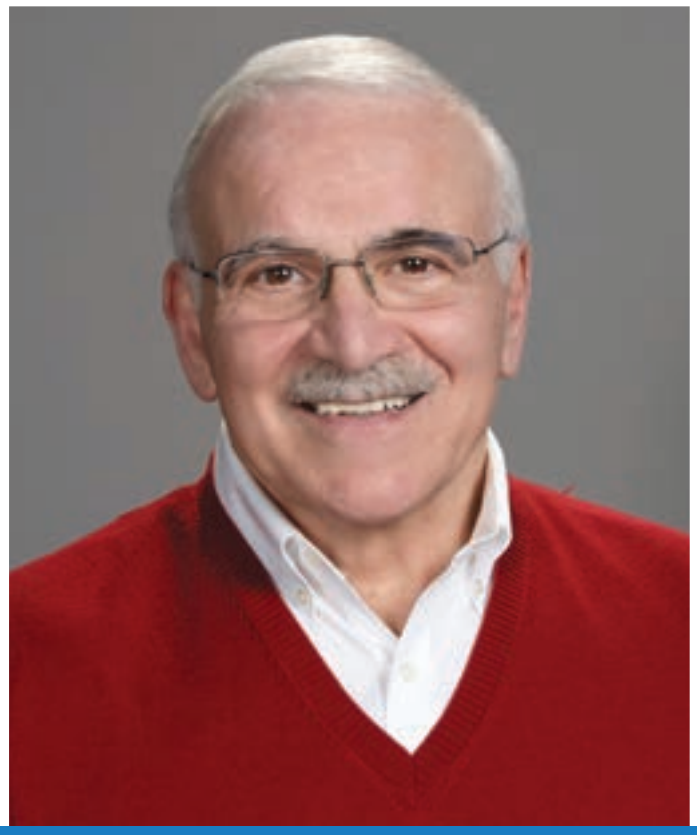

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Greenhaven Lutheran Church celebrates 50 years



Families of Greenhaven Lutheran Church are shown in this early 1969 photograph.

By Sally King

"Greenhaven Lutheran Church is celebrating 50 years of serving the Kingdom of God here in the community of the Greenhaven/Pocket neighborhood on Oct. 21, 2018," Pastor Stephen Becker said proudly. The church is planning a special service that includes previous pastors who have served the church and a luncheon afterward.

Most folks who live in the Greenhaven/Pocket neighborhood identify Greenhaven Lutheran Church as the round church on the corner of Florin Road and Gloria Drive, across from John F. Kennedy High School.

It all started in 1958, when the Lincoln and Parker Development Co. bought 700 acres of land to develop a neighborhood that became known as the 'Greenhaven 70.' They reserved the area where the church is now standing as an area for a charitable service. The first home wasn't built until 1961. Shortly thereafter, the Missouri Synod Lutheran District office wanted a church built in the newly-developed Greenhaven neighborhood.

The district contacted folks who were attending Our Savior Lutheran Church and Trinity Lutheran Church, asking them if they would work on planning the new church.

There were four families that came together to begin planning the church. Earl and Dixie Rogers, Lon and Jean Spharler, John and Marilyn Moehring and Bob and Karen Smith. While the church was being built, they would have planning meetings at one of their homes, taking turns hosting the meetings.

The round church, which was considered at the time as the new in-design architectural look had its official groundbreaking in 1968.

It took about two years for the church to receive a pastor. GLC's first pastor, Pastor Harold Draeger, served the church for seven years before he and his family moved out of the area. Pastor Vern Bok served the next seven years. After Pastor Bok left, the church had interim pastors for a while.

One very loved interim pastor was Pastor Waldamar or as everyone knew him, Wally Thiele. He passed away on April 18, 2006. The longest serving pastor was Pastor William Plath, who served the church for 14 years before he retired. Pastor Bill Plath and his wife Joy are still members of the church.

Pastor Daniel Buringrud replaced Pastor Plath and served as pastor for about six years. Pastor Stephen Becker is the church's current pastor, and is approaching 8 years of serving GLC.

One very successful church program that has lasted all these years is Vacation Bible School. GLC was the first church in the Greenhaven neighborhood to have a Vacation Bible School. Most years, attendance for VBS has been around 100 children and this past year, 150 children attended VBS. Kids loved it then and they love it now.

Another event the surrounding community enjoys is the Sunday school kick-off. In the past it has included pony rides, a petting zoo and a carnival.

In the early years, there was only one building, which was the round church. It had a tiny kitchen area and the congregation would put up partitions before church service to conduct Sunday school. It tended to get a little noisy now and then.

The church has expanded over the years and they now have a fellowship hall with a much bigger kitchen, rooms for Sunday school and they have a pre-school. Angel's Nest Pre-school was established in 2005.

The members of GLC are looking forward to the celebration and feel good about the many projects and programs they have provided for the community.

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Editorial questions: (916) 267-8992

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Publisher ..... David Herburger
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Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

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1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by: Annin Greenhalgh

Political forum at Pocket Library to address local ballot measures

By Devin Lavelle
Pocket-Greenhaven Community Association

Yep, it is that time of year again. We voters are being asked to decide the fate billions of dollars of funding for housing, water, health care and transportation, who gets to pay fewer taxes and less rent, what sort of regulations should apply to dialysis clinics and emergency ambulances, how much space farm animals need to be healthy and, of course, the critical question of whether or not the legislature should consider changing daylight savings time. (No, the vote won't actually change daylight savings time, it will just give the legislature the power to consider doing so if Congress allows it.)

While I have every confidence that the average Pocket News reader is well informed on all of these diverse topics – you do read this wonderful local newspaper, after all – perhaps some of you are like me and could benefit from some independent expertise to provide the details and nuance that might be missing from the glossy mailers and 30 second spots we are soon to be inundated with.

The Pocket Greenhaven Community Association has organized a Voter Education Forum on Oct. 10 at the Robbie Waters Pocket-Greenhaven Library (7335 Gloria Drive), 6 p.m. Dr. Kim Nalder, Director of the Sacramento State Project for an Informed Electorate, will lead an informational discussion on the initiatives, providing a non-partisan summary of each. She will be joined by myself as moderator as well as Sacramento City Council Member Rick Jennings and Sacramento City Unified School District Trustee Darrel Woo, providing their local insights.

RSVP is strongly requested at voter.pocketgreenhaven.org.

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Diabetes 101: Overview of Diabetes - Tuesday, October 23, 3:00-4:00pm; Free
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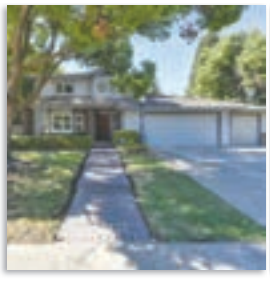
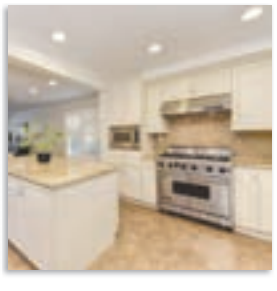
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Q & A Measure U

by: Alexis Schreiber

Measure U is a controversial measure that won by only a couple thousand votes in November 2012 to add temporary ½-cent sales tax to restore and protect police and fire services, park maintenance, and other essential City services that were cut between 2008 and 2013. Between $40 million and $47 million in revenue per year comes from the existing Measure U tax.

The new Measure U that will be on the November 2018 ballot will not only increase from ½-cent to a whole cent but it will be permanent if approved by voters bringing the total sales tax of Sacramento from 8.25 percent to 8.75 percent.

Local voters have an opportunity to hear from candidates during a general election forum set for Thursday, October 11, at the McAlester Campus of Eastern Oklahoma State College.

The League of Women Voters (LWV) is structured into two main functions; one is voter education and the other is advocacy. The LWV does not support or oppose any candidates or political parties. They research measures & propositions which are on the ballot and take a position. However, on October 11 the voter education team will be moderating the Measure U Forum.

Paula Lee, Vice-president of LWV will be leading the forum. LWV will have a timer, volunteers to pass out & collect question cards. There will be LWV sorters who will go through all the question cards and sort out the questions to avoid redundancy. There are no prepared questions.

A Brief Outline of the Forum

LWV introduces speakers

Opening Statements: Each side will have 5 minutes which will be timed.

Audience will write down questions on the cards provided by LWV who will collect the question cards and sort them

LWV moderator will read the questions and each side will be allowed one to two minutes, which will be timed, to answer the audience's questions.

Closing Statements: Each Side Will have 1 minute for a closing statement which will be timed.

What LWV will do since there are only two speakers is flip a coin to see who presents their opening statements first. Winner of coin toss goes first. Then the order is reversed for the closing statements. Whoever spoke first at the beginning will speak last the conclusion.

Craig Powell is the president of the tax-watchdog group Eye on Sacramento, an independent, nonpartisan, community-based nonprofit organization. He is against the measure.

What is it about the measure that you disagree with?

"I don't think the voters of Sacramento can trust the city to spend $100,000,000 that measure U will rise with the purposes that the promoters of this measure are saying it will be spent for. The track record of broken promises on measure U is long and we know for a fact that CalPERS have advised that it is a certainty that the city in four years is going to see a $62,000,000 higher per year pension bill and that is a legal claim against the city.

New $50,000,000 brought into the general fund are going to go to pay the $52,000,000 pension bill that is looming over this city. The only way that would not happen is if this city somehow discovered a new abiding interest in dramatically reducing spending, which has shown no evidence what-so-ever. It is a mathematical certainty that all this money will have to go to satisfy that pension bill and none of it will be available to pay any of the many many promises that the mayor said how he is going to spend it.

The other trust issue is that when measure U was passed, we were told by city officials and politicians that it would raise somewhere between $25 to $27,000,000 a year and a couple of months after it passed, the city fessed up and said they miscalculated how much it would raise. They want to increase from $50,000,000 to $100,000,000 a year, so they would be four times the amount of money the citizens of Sacramento thought they were going to be improving when they first voted on measure U."

What parts, if any, do you agree with?

"Well, it's kind of a black and white issue in a sense. I actually literally can't see a single thing beneficial in this. There is one thing I'd like to bring up that may be a concern to some people. Measure U passed with a wide margin in a time when the city was flat on its back. Laid off 1,500 employees, this was perceived as a real need to bring back these people. The question is, do you still need that half of a cent? $50,000,000 to keep those people, we said no but if there are people who feel that way they've been cheated by this mayor from having the opportunity to vote for the option of simply renewing and extending the current half a cent sales tax.

The mayor, for sheer political reasons, did not want to give the people that option. He wanted to be able to hold out the threat of budget cuts and pain from budget cuts as a way to try to drive people into voting for a one percent hike tax. He knew that if people had the option of renewing and extending the half a cent tax, that would do that! That's just common sense if you're left with a choice of one or the other."

What alternative ideas do you suggest?

"The goal here is to free up $125,000,000 worth of resources. We're not seeing how these resources should be used. It could simply be used to finance the loss of existing Measure U, that $50,000,000 and the taxpayers would have relived that half percent burden or it could be used in anyway the people want and that's really not what we're advocating.

We're simply saying these are cost opportunities that should be seized upon that are fair, just, and rational and then the people can decide through their representatives whether to relive as soon as Measure U expires or can decide that they want to put a bigger initiative on homelessness. We not saying do this and don't do this, we're just saying this is how the money is being wasted today. We're not getting any benefits from these items. We can liberate that money, not have a 1% $100,000,000 tax and still need money ahead.

We can clean up $125,000,000 more with these spending reductions than what Measure U would raise without the pain. Without the $200 per person pain of this huge increase in a highly aggressive tax. In particularly the impact this has on the poor."

In the top 10 largest cities in CA, Sac's sales tax rate comes in at #6 at 8.25%. If the measure passes, it will bring Sac's sales rate up to 8.75% making it at number #5 surpassing San Francisco at 8.5%. Do you think that number is too high for CA?

"I think it is too high for the central valley. We don't have the kind of incomes that people in the Bay Area have. This is an extraordinary burden on people who have much lower incomes in the central valley communities than they do along the coast. So, yes, it's way too high of a burden. There is a legal limit in the state of California for how high the sales tax can be at the local level and we are pushing that maximum."

What do you think about measure U on the 2018 ballot being voting on to be permanent now rather than temporary as before when it was first voted on in 2012?

"We think it's ludicrous. We think it's breaking a promise to the voters, this past promise in particularly. The past promise said this would be a gap filler until the city revenues recovered. They have fully recovered and then some.

It's time for city leaders to keep their promise. With the city politi-

see Measure page 5

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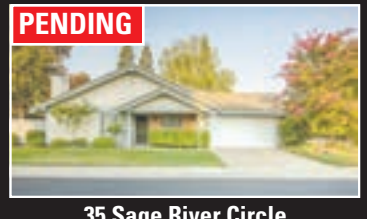
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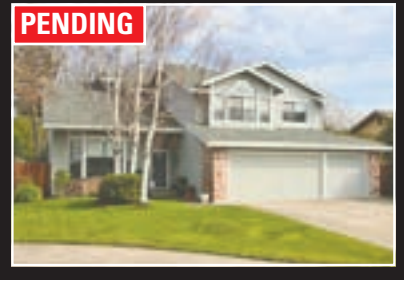
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Measure U:

continued from page 4

cians breaking their promise, they're now saying let's go ahead and make it permanent. They are sacrificing the incomes of future generations of Sacramento."

Do you think this Measure U has helped or been successful at all since 2012?

"Well, this gets into the slide of hand. If we had not passed Measure U, what would have happened is this rapidly increasing city revenues from the traditional level resources, that money wouldn't be used to hire those people back anyway. So, what has happened with Measure U? Measure U will not only be used to hire people back as really liberated as the city's budget.

The city has used that newly increasing city revenue from regular sources of income to hand out very generous wages to pay for rapidly escalating retirement funds. Exactly the thing that we were told that Measure U would not be spent on. And that concept is called supplanting, where they injected new money, which has allowed the city to avoid having to spend these other tax revenues on hiring people back and freed the city up to use there rising revenues from other sources to hand out much more lucrative raises and pension costs and other costs then they would have had measure u not have been passed.

Now try to explain that in a 30 sec commercial. That's the reality…"

The people in favor of the measure claim that it will ensure that we can keep up with our population growth and increasing needs for fire protection, emergency response and public safety. What do you say about that?

"It's a complete misrepresentation of the percentage sales tax. If [the people] were taxed $500 per person per year for city services, flat tax, then I would agree with you, then we would have to increase taxes, then cost of living goes up. You'd have to raise it to $550, or $525 to adjust for inflation…. But we don't have a dollar tax, we have a percentage tax.

A percentage tax allows for annual growth and the tax revenue of the city as its revenues and incomes of the residents rise. So if the cost of living is rising for city government, it's also rising for the salaries and incomes of our residents and businesses. It already funds rising costs of the city government because it uses a percentage tax not flat dollar amount."

Was the city successful before Measure U was put in place?

"I would have to say the city was in dysfunction before Measure U in a way that they responded to the recession. The city had a number of choices when they dealt with the recession. They choose the blunt ass approach of firing people. They could have renegotiated labor contracts. I don't think they did a very good job before the recession."

Zachary Yeates is the director of Civic Engagement at the Office of Mayor Darrell Steinberg. He is in favor of Measure U.

Why are you in favor of measure U?

"As one of California's fasted growing cities, the passage of Measure U is critical for our City's ability to keep up with our population growth and increasing needs for fire protection, emergency response and public safety.

It also provides funding to address homelessness and affordable housing and allows for investment in job creation, youth and neighborhoods. Measure U is not the answer to every challenge; but it is an extraordinary opportunity to match real resources to elevate our city's renaissance and to address our greatest challenges."

What parts, if any, do you disagree with?

"We are all in for Measure U. Measure U is essential to providing vital city services, emergency response and public safety. It provides an enormous opportunity to address some of our most challenging needs, from homelessness to affordable housing, with real capital to invest in job creation, youth and neighborhoods."

If the new Measure U passes, how much would you expect it to generate annually? How much does it generate now?

"Measure U currently generates $46.5 million dollars and we anticipate that it will generate close to $100 million after its renewal."

Why is there a need to raise the tax from half a cent to a whole cent now?

"As measure U expires, this is our opportunity to go back to the voters, show how we have responsibly used the resources provided and ask them to continue to invest in essential city services, while providing resources for us to expand our economy and address the challenges that our growing city faces."

Why is there a need to make this measure permanent?

"Like any measure, Measure U is not permanent. Measure U will be passed by the voters and the voters can repeal the Measure if they decided to do so in the future."

What would not be possible if it weren't for Measure U?

"Measure U has allowed us to restore vital city services that were cut during the recession. We have eliminated fire company brownouts, invested in gang violence prevention and reducing crime, funded 137 positions in Youth, Parks and Community Enrichment (YPCE), and 90 firefighter positions.

Without Measure U, our funding would still be lagging behind pre-recession levels and many of these services would still be cut."

Since Measure U was voted on in 2012, has it been successful? Have there been noticeable changes?

"Yes! Voters overwhelmingly passed Measure U to restore cuts that were made during the deep recession and it has worked. With the funding from Measure U, the city currently pays for, 90 positions in the fire department, ending brownouts affecting nine fire stations, 190 staff to prevent crime and fight gang violence, 137 staff in the parks and youth department.

Our 911 call times are vastly improved, pools, parks and community centers are open, and library hours have been maintained across the city."

What do you say to the people who are against the Measure that claim, "A 1% sales tax hike will hurt modest-income families, the poor and seniors on fixed income."?

"Revenues from Measure U have been invested in all communities across Sacramento, ensuring we have adequate emergency response, clean parks and maintained library hours. It has allowed us to reopen community centers in lower income neighborhoods with expanded hours and free programming for youth, families and seniors.

Funds from Measure U will be used to benefit disadvantaged communities, addressing homeless, investing in business corridors and attracting high wage jobs. We can provide youth with skills training and workforce development to ensure they are first in line for new economy jobs. Measure U also will allow us to increase the supply of affordable housing that young people, seniors and middle-class families can afford."

The opposing side said the city officials claimed the tax increase would stop after the city revenues recovered from the recession. "Since 2013, other city revenues have more than recovered, increasing by nearly $120 million annually, more than twice as much as the $50 million the ½% tax hike brings in (over $223 million since 2012)."

What are your thoughts on that?

"Without Measure U, our current General Fund Revenues would still be 5% below the pre-recession General Fund Revenues in the 2007/08 budget when adjusted for inflation. And we have over 40,000 more residents today than we did in 2007.

As one of the fastest growing cities in California, we need Measure U to keep up with increasing demands for public safety, emergency response and other vital city services. Measure U will provide critical resources to address some of our greatest challenges, from homelessness and affordable housing, to inclusive economic development and workforce development for our youth.

We are respectfully asking voters to renew Measure U. It's up to the voters to decide what level of services they want from their city government."

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Sacramento United Progressives Are Interested In Building a Local Coalition in California

By Jan Dalske

The California Progressive Alliance is an emerging corporate-free network of true progressives carrying on the values and the organizing work of California's 2018 primary election. They welcome your ideas, input, and participation as they invite more and more Californians into this big progressive tent. The organizers feel that there are many possible models for the creation of a Sacramento progressive coalition. They are not interested in replacing any existing groups, but in building something larger.

"There are dozens of progressive organizations in Sacramento. Some are political parties, or a part of one. Some are very narrowly focused on important issues like housing and healthcare, engaged in electoral politics a lot, or hardly at all. Some are associated with a particular ethnic, racial or religious constituency, and others are not." states David Mandel.

They seek to elevate progressive ideas, promote the creation of local political alliances and coalitions for political power, support corporate-free progressive candidates and issue based electoral campaigns, and expand the communication and dialogue among all of their progressive family in the state of California, respecting and supporting the work done by all. Working shoulder to shoulder, we will support the peoples' struggles, to organize progressive coalitions, promote new policies, and mobilize all Californians of good will, regardless of party affiliation, and who are willing to transform the state of California.

The Progressive Alliance is a multi-racial, multi-issue "rainbow coalition" dedicated to social justice, peace and building progressive power. Our key priorities include economic justice; equal rights and equal opportunities for all regardless of race, gender, or sexual orientation; international solidarity; humanitarian service; eradicating poverty at home and abroad; environmental protection and sustainable development; and electing progressives to public office and then holding them accountable.

Founded in 2005, they have grown to more than 7,000 members and have emerged as one of the largest and most grassroots activist groups in California. The group is proud to serve as a local chapter of Our Revolution, the national movement inspired by Bernie Sanders' historic 2016 Presidential Campaign. They are also a local affiliate of United for Peace & Justice (UFPJ), a network of several hundred peace and justice groups from all over the world.

The group called the Wellstone Progressive Democrats of Sacramento and the Progressive Caucus of the California Democratic Party believe in the promotion of principle before politics and policy before unquestioning fealty to any individual or organization. They seek to build a movement within the current Democratic Party. Their goal is to one day see a government that is controlled but the citizens, not by oligarchic interests.

By belonging to the Caucus, the group affirms its dedication to "work for a world where the rights of all people are recognized as equal and inalienable, and where social justice paves the way for true peace". They believe in the Constitution of the United States of America and the right of the People to self-government. They also support the restoration of an equal balance of powers between the branches of our Federal Government.

Their platform focuses on lifting all people above the poverty line. This includes the sick, the disabled, the homeless, the hungry, the elderly, and the unemployed. They want to reset our local, state, and national priorities to make available affordable housing and provide a living wage for everyone. They support the rights of workers to form and join unions that will protect their interests. Labor, commerce and profits which are obtained without respect for fair wages, decent working conditions and the dignity of workers is both unjust and immoral.

They would like to see a commitment to redirect resources from what they call "wasteful and unnecessary military spending" to programs which supply the basic needs to humans. As Dr. Martin Luther King observed over forty years ago, "A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death".

Their platform includes the statement "that everyone has the right to recognition everywhere as a person before the law and are therefore entitled to equal rights and treatment and that no one should be denied these rights because of economic status, class, race, color, creed, age, ethnic identity, ethnicity, national origin, language, culture, gender, gender identification, sexual orientation, religion, or disabilities as defined by the Americans with Disabilities Act of 1990". They support the complete separation of Church and State.

Three top priorities are: To encourage building local, diverse, inclusive, corporate-free progressive alliances in cities throughout California and facilitate a network of progressive groups and statewide unions to pressure the legislature to get their statewide issues passed. To fight for Single Payer "Medicare for all", Free Public College, Closing Prop 13 corporate loophole, a Progressive Millionaires Tax, an Oil Severance Tax, a CA Public Bank, affordable housing, defend unions, our public schools and immigrant rights. And, to keep a watchful eye on Sacramento backroom deals, denounce the corporate control of our statewide politics, and organize progressive organizations and leaders to implement a People's Agenda.

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Business feature: Nugget Market

By Devin Lavelle

The Pocket Greenhaven Community Association's featured business is Nugget Market. Join us as we get to know Store Director Erick St. John.

Devin: Thanks for taking the time, Erick. What makes Nugget special?

Erick: Nugget Market is a very unique and special place to shop. Not only do we provide your everyday needs, but we also provide specialty items as well, all while making you feel right at home. Our company was founded in 1926 by Mack and Gene Stille who had a dream to create a shopping experience like none other; creating a family vibe and always living by the motto of have fun! To this day this is still a family run business who prides itself in continuing to live out the very qualities once instilled upon its foundation.

Devin: With sixteen Nugget locations across the region, what sets our local store apart?

Erick: In the Pocket, we have the opportunity to serve our guests in many ways. During the summer months we hold a Thrill of the Grill outside in our parking lot to assist in providing dinners for families who may not want to cook in this heat. Our deli, bakery, specialty cheese department and the coffee bar have Gourmet-to-Go menus to assist in any catering needs that can help assist in birthday parties, graduations, or any event where you might need a little help with catering.

And the best part about it, is we are here year-round to help you.

Our meat department provides a service unlike no other. You'll often mind our meat cutters servicing our guests with house made entrees and weighing out fresh fish all while making their children laugh and smile while leaving the department with a balloon to keep that smile going throughout the store.

Over in our bakery, you will find our smiling bakers creating magical cakes with designs that cater to almost every occasion and along with the balloon from meat department your little one can have a cookie on US as well.

Our baristas wake up early to make sure you get your morning caffeine fix, refreshing smoothie or acai bowl. And now with the weather changing our pumpkin drinks are back! Unlike others are drinks are made with real pumpkin to give you a taste of home.

Travel to specialty cheese and taste the world with our cheese specialists. Domestic, imported and local cheeses are provided to cater to every taste bud. And if you haven't tried something yet, just ask your specialist they will be happy to provide you a sample.

While over there take a look at our catering menu and get ideas for your future gatherings. Pick out several items and let your cheese specialist design a centerpiece for your get-together.

Don't forget to visit our smiling faces in produce where fresh fruits and veggies are hand stacked and inspected for quality and freshness. If you need help picking out a watermelon or a ripe avocado don't hesitate to ask, we are here to help!

Before you leave don't forget to check out our gorgeous array of flowers. From roses to summertime bouquets you'll find just about anything to put a smile on a loved ones face or spruce up your dining room table. Throughout the store you will never be shy of a smiling face or an associate to help you. We take pride in working for a family owned business and you will find the Nugget Market in the Pocket is a family in its own.

Devin: Wow, that's quite the list of offerings. Our family is a particularly big fan of the deli sandwiches. What's your favorite offering?

Erick: My favorite item in the store is a Burgundy Pepper Tri-Tip with some roasted red potatoes with a dash of garlic salt.

Devin: That sounds delicious! What's the best part of doing business in the Pocket?

Erick: The diverse culture in this community is amazing!

Devin: Can you share a little about yourself? How long have you been with Nugget? What do you do with your time outside the store?

Erick: I have been with Nugget Markets for 23 years. I live in Woodland and my wife is a Produce Manager at our Davis Covell store. We have two daughters and enjoy family trips to Disneyland.

My favorite hobby is snowboarding and you can find me on the mountain every Monday when the season is rolling! For me the best part of my job is getting to work with people. My team at the store is very important to me and they are much more than just associates, they are family. The guests that shop here are like family too, and make what I do very enjoyable. I love that my store and I get to create a vibe and atmosphere like no other grocery store.

Devin: Nugget is clearly a family affair for you! Nugget is a long established store that is well known in the community, but are there any changes we should look forward to?

Erick: Our Gourmet to Go. Our team of chefs, bakers and cheese mongers handcraft an extraordinary variety of party platters featuring homemade favorites for you to enjoy!

Devin: Where can we go to make sure we're always getting the best deals?

Erick: www.nuggetmarket/secret

Devin: Fantastic, secret deals just for our favorite readers!

Local businesses interested in being featured can visit featured.pocketgreenhaven.org.

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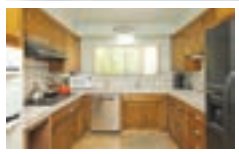



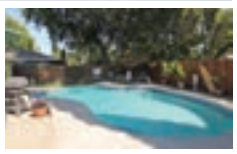

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Local Pocket fitness center inspires murder mystery

The author insists the story of the murder of a member of an aquatics class is pure fiction, but he admits his hours in the pool at California Family Fitness Center on Valine Court in the Pocket provided him the inspiration to use a fitness center as the locale of the murder mystery.

"I try to transport my mind far from the pool while exercising," Robert Bartron, the author of 14 books says, "because if my attention is on the actual workout I grow bored and fatigued. Imagining the plot of a 'whodunit' and the details of how the crime is solved passed many an hour while attending aqua classes at the California Family Fitness Center."

"To Drown a Fish" is the fifth fiction novel in the Jake Riley Military Crime Series. In the previous four, Commander Riley solved crimes as an active-duty JAG officer to get his client sailors out of the brig. In this most recent story, Jake is retired and living in Sacramento but once again has to seek justice for an innocent man accused of murder. The janitor at the fictitious "Sacramento Family Fitness Center" needs an aggressive and smart lawyer to dismantle the district attorney's airtight prosecution case. Jake's wife is a regular at the Fitness Center and insists Riley take the case.

Bartron is a retired Navy pilot and education administrator who ceased going to work in 2010. He took up writing in his retirement because, as he puts it, "It keeps me out of the bars at night."

In the past eight years he has produced 10 fiction novels, two non-fiction books and two children's stories to fill his time once he stopped going downtown to serve with the Troops to Teachers program, a federal Department of Education initiative. Many of his stories involve a Sacramento connection and one, "River People" actually traces the development of Clarksburg situated on the Sacramento River just south of the city. It is historical fiction that highlights the changes in the area over the past 150 years.

Bartron's literary output is a product of his military service.

When he was an 18-year-old recent John F. Kennedy High School graduate, he was forced to develop discipline and time management skills during his plebe year at the United States Naval Academy. Over the next four years and during another two decades on active duty his personal organizational discipline was ingrained into his daily routine.

Upon retiring from the workforce eight years ago, he established a daily schedule of spending the early morning hours at the computer typing about 1,200 words each day between 5:30 and 7 a.m. He tries to produce a novel every half-year. That involves one month of research, usually eight weeks of writing (about 65,000 words) and a month of editing. Then he puts the product on the market and takes a month off before he resumes his writing schedule with a new project.

His writing efforts are motivated by advice he received from Robert Heinlein, known as "the dean of science fiction writers" and author

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Mystery:

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of such classics as "Stranger in a Strange Land," "Starship Troopers" and "The Moon is a Harsh Mistress." Heinlein was a Naval Academy graduate who returned to his alma mater to lecture midshipmen.

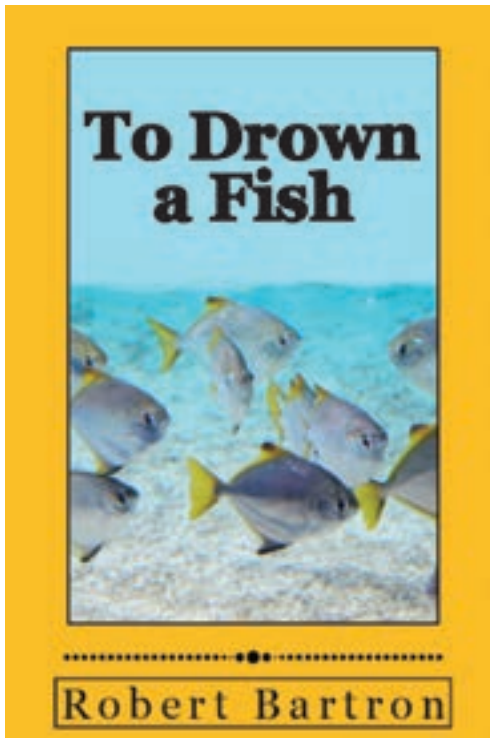
Bartron was in the audience when Heinlein shared his absolutes on how to become a successful author:

You must write
You must finish what you start
You must refrain from rewriting, except to editorial order
You must put your story on the market
You must keep it on the market until it has sold

In assisting other would-be writers, Bartron discovered that each of these steps can be a challenge. He stated, "Many want to write a novel, but never quite get around to starting, and only less than 5 percent actually finish their project. Even those who complete step two can mask their fear of rejection that can occur in steps four and five by pretending that their writing needs to be improved (rewritten) before they can put it on the market. The book remains in rework forever and the author thus avoids the last two steps which can be disappointing."

Bartron advises, "You must know why you are writing. Is your goal to tell an interesting and well-presented story? Or are you hoping to write a best-seller that sweeps the nation and makes you obscenely rich? Or do you write to follow a path of self-discovery that may teach you something about yourself? Or do you write because you cannot not write? Producing a novel must start with knowing why you're writing and then having the discipline to produce real results."

Bartron became a grandfather the same year he retired and took up writing full-time. His granddaughter developed a serious cancer when she was just six-years old and after a year of treatment, including months of chemotherapy that gained her entrance into "the bald-headed children's club," she is now in full recovery. This experience brought to light to Bartron just how little this nation invests in childhood cancer research. Consequently, all proceeds from Bartron's book sales are donated to St. Baldrick's Foundation for Childhood Cancer Research. Now he writes because he has multiple aims: he enjoys the creativity in constructing a world where he controls all elements in his artificially constructed universe…and he hopes to honor his granddaughter and all other members of the "bald-headed children's club" by helping to raise money for increased research into childhood cancer prevention and treatment.



All of Bartron's books are available on-line at MCave-publishing.com , Amazon and in paperback locally at Crawford's Book Store on Freeport Boulevard.

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FARM AND FLAVOR

EXTREME IS THE NEW NORMAL

By Kerin Gould

Is "extremely mild" too much of an oxymoron? Climate change has brought us an extremely mild late summer-early fall season, which is perfect for me, a born New Englander, and my dog Pumpkin, who loathes the heat. It's not great for eggplant and tomatoes. I usually enjoy a resurgence among some plants like beans and a last hurrah from tomatoes that goes well into late October and often makes me turn the field over later than I should. Is this it? Should my broccoli and garlic be in the ground already? Should I be getting ready to cover the citrus trees?

As a micro-farmer who plants for variety, I have built-in flexibility and resilience. Large producers, however, had a late spring, a slow start getting plants going, and now may see an early fall. Predictability affects their sale prices, contracts, soil amendments and labor, and the many variables that go into producing food for us. It's a big puzzle, and the parameters keep shifting around. The jet stream, that ribbon of wind that circles the globe, used to undulate gently, giving us our patterns of weather. It has gone haywire. Weather predictions, like the Old Farmers' almanac, use past decades' weather records to make predictions, but who could see these wild contortions coming? Even for myself, the lack of predictable weather means some of my seed choices and planting plans will be mocked by the weird weather. If you garden, and things didn't flourish as expected, don't feel bad – it's probably nothing that you did. But we should be aware that our food system is facing real challenges.

I am not complaining about the milder growing conditions, even if my late tomatoes and sweet potatoes are taking their time about maturing in the hoop house. This year has seen extreme fires all over California, the largest and most furious on record. Hawai'i is experiencing extreme flooding, and hurricane season isn't over yet. Death Valley, Australia and India broke heat records this year, while Russia and New England broke records for the coldest temperatures. Coral is bleaching away due to warmer and more acidic sea water, and Florida is seeing extremely toxic algae blooms and terrible aquatic animal die-offs. And the damage to wildlife populations….extreme is the new normal.

I think we must admit that humans have a hand in these events and that recycling cans and ditching straws is too mild a response to undo this extreme mess. If for no other reason than to protect our own food supply and physical safety in the immediate future, we can't address this mess with tepid, baby-step remedies.

In addition to climate extremes, we are also facing social extremes. (Related?) Extreme inhumanity and an alarming lack of compassion in some cases, where a victim's otherness is used to justify violence and cruelty. We see extreme greed and selfishness, me-first-ism, and isolationism raised to near cult status. Materialism and economic disparity are reaching extreme levels too. We hear extremely, outrageously dishonest statements daily. Young people witness extreme acts of violence and injustice, enough that it affects their development. Will we accept this as normal?

Just as with climate change, our response to these extremes cannot be mild or wishy-washy. We have to take a solid stand both for the planet and for our fellow beings. We need to say a firm "No!" to extreme toxicity, whether that is between humans or between humans and the planet.

As I have said before, eating mostly produce from small, non-toxic, earth-friendly farms is one way to push back firmly against climate change. Eating that delicious food with other people may help revive our humanity and give us a break from the extremes.

Tomatillos are resilient plants and seem to thrive no matter the weather shifts. And they make a stupendous salsa you can share alongside some (healthy) chips. Use it again the next morning to make Huevos Rancheros! You

see Extreme page 11

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New Wine and Food Pairings at Riverside Clubhouse



By Pam and Gary Baker

Exciting changes are happening at Riverside Clubhouse, a longtime favorite in the local community. Under new ownership since spring of 2018, proprietor Bill Crawford is making changes to the menu, adding new wines, and playing music in the background from one of our favorite eras – the 70s. But the latest experiment that most excites us is the food and wine pairing event to be held each quarter.

By design, food and wine pairings show off both the food and the wine and their compatibility. How, then, do you pair food and wine? It can be complicated and confusing. A good food and wine match enhances the flavors and unique characteristics of both the food and the wine. Simply stated, wine drunk by itself tastes different than when you drink it with food. The acids, tannins and sugars in the wine interact with the food to provide different taste sensations.

Participating in a food and wine pairing is simply a sip of wine, a bite of food, then another sip of wine that intertwines to ignite your taste buds. But it's not just any wine; it's a wine perfectly chosen to meld with the food on your plate and the food on your palate. Typically, the experience should be fun and educational, especially learning how to tantalize your taste buds with each food properly paired with the wine. And that is exactly the type of epicurean experience Bill Crawford is hoping to bring to Riverside Clubhouse.

We were lucky to attend the very first offering at Riverside Clubhouse, hosted by Jeremy Wines, on Sunday, September 23rd. Owned and operated by Jeremy and Choral Trettevik, the winery offers 14 different varietals and sources its grapes from Lodi, Amador and Clarksburg. Jeremy and his wife, Choral, have been hosting wine tasting in downtown Lodi for the past three years. With over 20 years of experience in the wine business, Jeremy is super knowledgeable and passionate about his craft, as we witnessed at RC on Sunday.

The menu and pairings were coordinated by RC kitchen manager, Abraham Piedra and RC general manager, KJ Monroe. The evening's first course included two generously sized pieces of crostini with melted mozzarella cheese, marinated heirloom tomatoes and chilled asparagus, topped with prosciutto. Paired with a Grenache Rosé, crisp and dry, the sweetness of the asparagus enhanced the flavor of the bright salmon colored wine.

The second course paired an Albarino, a pale golden colored Spanish varietal, with spicy jambalaya on a bed of rice, piled high with an ample offering of shrimp, chicken and andouille sausage. The refreshing semi-sweet Albarino proved a happy marriage with the Creole French influenced jambalaya.

The third course, hot and fresh from the oven, featured Riverside Clubhouse's homemade lasagna paired expertly with a 2016 old vine Zinfandel. The meat, cheese and red sauce of this Italian derived pasta dish easily complemented the deeply purple colored, slightly peppery mouthfeel of the Zinfandel.

With each wine, Jeremy enthusiastically described its unique varietal characteristics, the virtue of the history and specific growing conditions of Lodi vineyards. Tasting pours were generously refilled by RC staff and bottles of each wine were available for a nominal $20.

To finish the evening's food and wine pairing, a delightfully rich chocolate brownie, topped with a dollop of vanilla ice cream, was served with a port wine craftily infused with dark bitter Italian chocolate. We found this the perfect ending to a well-orchestrated presentation of compatible food and wine by both winemaker and RC staff. As Bill Crawford mentioned "these dinners will not only benefit RC but will help to showcase some outstanding wineries while allowing our guests to experience a great tasting at a reasonable price close to home." His goal for the "Clubhouse" is to remain a local institution in the community. Crawford sees the wine pairings as a natural progression to that goal.

Crawford also introduced a new menu with daily specials including a special "kids eat free on Monday night" with a paid entrée. "Taco Tuesday" features three street tacos for $6.00. Wednesday is Italian cuisine featuring an entrée of spaghetti and meatballs in a homemade red sauce and a side salad for $11. Thursday is the house special – two entrees and an appetizer for $30. Choices include a house burger, sirloin dip or Clubhouse mac and cheese. Add shrimp or crab for an extra charge. Appetizers include a choice of shrimp ceviche, pot stickers or Laura Chenel goat cheese. Rounding out the week on Sunday, the restaurant offers a family style chicken dinner that includes a whole fried chicken, green salad, mashed potatoes and family style ice cream sundaes for only $45.

Crawford expects the food and wine pairings to be popular with customers. Since the first one sold out, we would agree! The next one is scheduled for November 4th hosted by J. Lohr Wines out of Paso Robles. The cost is just $40 per person. For tickets and more information, please call 916-448-9988.

Extreme:

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can make it extremely mild, if you like, or extremely hot!

Green Salsa:

1 pound of tomatillos in the husk
1-3 jalapeños
2-4 cloves of garlic
1 tbsp minced cilantro
salt

Wash the ingredients and pat dry. On a flat griddle set on medium heat lay out the tomatillos, garlic and jalapeños. Toast, moving them around, flipping them every few minutes until they are browned on the outside and soft on the inside.

Peel garlic and tomatillos and put them in a blender or food processor. Remove the stem and seeds from the peppers and add them to the blender. Add cilantro and salt to taste, and blend to the desired consistency (chunky vs smooth).

For Huevos Rancheros toast yellow corn tortillas with a little oil on a griddle. Fry an egg or two per person. When tortillas are golden and crisped on the griddle side but soft on the other, serve them with an egg on top of each tortilla and warmed up salsa over the top.

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Faces and Places:

St. Anthony's Fall Festival

Photos by Stephen Crowley

The annual St. Anthony's Fall Festival, held this year on Saturday, Sept. 16, included international food booths from cuisines of the world. There were fun and games for the entire family including: carnival style games, 50/50, bingo, cake spin, a country store, pull tabs, wine spin and books. Types of food, include: Filipino, Italian, Mexican, Nigerian, Polish, Greek, American, desserts and snow cones.

See photos page 13













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By Steve DeBenedetti-Emanuel

I am not a stay-at-home dad! I am not a stay at home dad! Rinse and repeat: I am not an SAHD!

It's not like didn't spend a ton of time w/ KD when he was little. He was pretty sick as a little kid, so I decreased my work hours and was a semi-SAHD. We have those stories: cumin instead of cinnamon in his applesauce, chugging "go-go Juice" (a.k.a. a large Nalgene bottle of ice coffee,) and other stuff. But those days are memories…

Life has changed a bit, and we're moving backwards to the early days. Captain Mommy (my wife Stephanie) is way busier, and KD and I are hanging out again. And I am way out of shape.

545 this a.m. my alarm went off, and I needed to rush KD out of bed, because he had to do his physical therapy and spelling words before we were supposed to called UBER at 650, so he could go to his allergy shots. I don't drive, so we didn't have much time to space.

As KD always does, he dilly-dallied in his room and I had to ride him to saddle-up to get going. We busted out his spelling words. 17-20. 85%. We reviewed the ones I thought he got wrong and was done with it. Good enough.

CRAP, Captain Mommy was sick and then asked me if I'd sent in the order for the Raley's pick-up and Whole Foods drop-off. I'd put things on the list, but I didn't know I sending in the orders and arranging all the timing.

Whew, the Whole Foods went through, but the Raley's was screwed-up. And then KD popped-in to ask me to go outside to do his physical therapy stuff. And he was supposed to eat. And he was supposed to do his nose sprays and sunblock. And I melted down. The clock was moving double time, and things weren't going well. I told him to blow-off his P.T., because we had all these other things to do.

KD disappeared to talk to Captain Mommy and I melted down even more, since this wasn't on the time clock. Fortunately, she'd coached him on how to do the Raley's stuff on the computer, and he got it. Small victory.

But he still needed to pack his lunch and eat breakfast. Somewhere along the line, I'd washed his thermos and heated up his food. And he threw together some food for breakfast. I don't think he had any fruit, but he ate something, and it was time to call UBER to go get his allergy shots. Ok, we were a little behind schedule, but assuming everything went as planned, he'd be at school on-time.

Sadly, I think we had the lowest-rated UBER driver ever. Before we'd buckled-in, she burned rubber and wasn't happy when I asked her to slow down. KD and I hung on for dear life, but we made it in decent time and he got his shots.

Problem was that there were no UBER drivers and we had a wait. We were still ok. And it gave me time to text-back the Raley's clerk, because they didn't have something I'd ordered. Back-and-forth we went, and she was finally clear.

Of course, our driver had a cigarette right before he picked-us up, and he didn't provide a gas mask. Still, we made good time, and KD was at school 15 minutes early.

Crap, there were the groceries. Captain Mommy usually picks them up, but she was still down for the count. So, I hoofed it down to Raley's, thinking I'd be able to carry it all. We only live a 10 minute walk, so it's no big thing. But I couldn't dilly-dally much, because I knew I had to be home by 10 for the Whole Foods.

The clerk waddled to the front with 5 bags. There was no way I could carry it all. The parking lot has those systems that keep you from taking the carts. But I figured they had to have a cart I could use. After all we're regular customers, No dice.

So, I sprinted home, sprinted back, and sprinted home with the rest of the groceries. I was home by 10 and had everything put away whenever the Whole Foods came. I put it all away.

However, I couldn't leave, because I still had to clean the kitchen up and make breakfast for Captain Mommy. The kitchen was hit by a typhoon, and by the time I unloaded, put away, rinsed, and ran the dishwasher, it was 145. Honestly, I don't know what happened with those last couple of hours; they're a blur.

With a deep exhale, I was finished, seven hours after starting my day. And off I went to my easier job. And then my glasses broke. I threw them in my case and headed out the door to the train. Crap, did I put on deodorant?

Until next time.

Steve DeBenedetti-Emanuel is a licensed marriage and family therapist for River City Counseling, located at 1501 28th St., Suite 230. He can be reached at 916-919-0218 or by email at steve@rivercitycounseling.com. His website is www.rivercity-counseling.com

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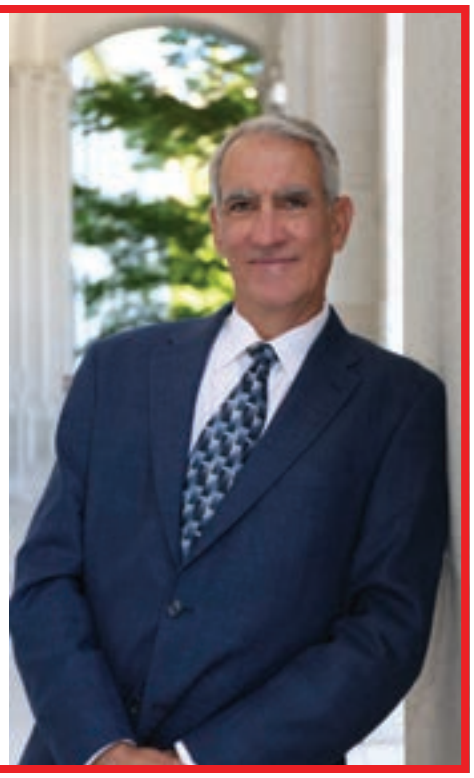

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Help those in need stay warm this winter

(SACRAMENTO, CA)
For the eighth consecutive October, Lyon Real Estate will turn its 17 offices throughout the Greater Sacramento Region into collection points for new and reusable winter coats in reasonably good condition.

Sacramento residents donated a total of 14,840 coats last October through the 2017 Lyon Coat Drive, part of several charitable efforts undertaken by the Lyon Cares Foundation throughout the year. The location of Lyon Real Estate offices helps make the drive a success each year, with offices in Sacramento, Yolo, Placer and El Dorado Counties.

Coats can be dropped off during regular business hours at a Lyon office nearest you:

El Dorado County:
Cameron Park Office
3360 Coach Lane
Cameron Park, CA 95682

El Dorado Hills Office
3900 Park Drive
El Dorado Hills, Ca 95762

Placerville Office
4340 Golden Center Drive
Suite A
Placerville, CA 95667

Placer County:
Auburn Office
1900 Grass Valley Hwy Suite 100
Auburn, CA 95603

Roseville Office
2220 Douglas Blvd., Suite 100
Roseville, CA 95661

West Roseville/Rocklin
851 Pleasant Grove Blvd., Suite 150
Roseville, CA 95678

Sacramento County:
Carmichael Office
4005 Manzanita Ave
Carmichael, CA 95608

Downtown Office
2801 J St.
Sacramento, CA 95816

Elk Grove Office
9591 Laguna Springs Drive
Elk Grove, CA 95758

Fair Oaks Office
8814 Madison Avenue
Fair Oaks, CA 95628

Folsom Office
150 Natoma Station Drive, Suite 300
Folsom, CA 95630

Land Park/Curtis Park Office
2620 21st St. Suite A
Sacramento, CA 95818

Natomas Office
2280 Del Paso Rd., Suite 100
Sacramento, CA 95834

Sierra Oaks Office
2580 Fair Oaks Blvd., Suite 20
Sacramento, CA 95825

Yolo County:
Davis Office
401 2nd St.
Davis, CA 95616

West Sacramento Office
3170 Jefferson Blvd., Suite 170
West Sacramento, CA 95691

Woodland Office:
507 Main Street
Woodland, CA 95695

For more information or additional drop-off locations, please contact your local Lyon office.

About Lyon Cares Foundation

The Lyon Cares Foundation provides time, talent, and treasure to local nonprofits that make their communities a better place. Our partner in giving is the Sacramento Region Community Foundation. In 2016, Lyon Cares gave grants totaling $80,000 to 15 organizations in the Greater Sacramento Area and will be giving grants totaling $150,000 in 2017.

About Lyon Real Estate

Lyon Real Estate is ranked the number one brokerage in annual home sales in the greater Sacramento region and has served the area for 70 years. In 2016, the company closed 7,688 transactions worth a total of $2.97 billion in sales volume. Lyon Real Estate has 945 agents in 17 offices located throughout the region. The company is a member of the Leading Real Estate Companies of the World®, the largest network of premier locally-branded firms, as well as LeadingRE's Luxury Portfolio International® program. In addition to its real estate services, Lyon Real Estate offers RELO Direct, a global relocation program. For more information about Lyon Real Estate, click to GoLyon.com and follow us on Facebook.com/LyonRealEstate.

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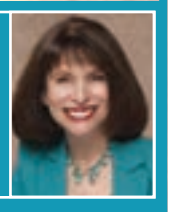

Serve & Return – Building Your Baby's Brain

By Camille Maben
First 5 California Executive Director

From the moment a child is born, their brains are growing and developing at fantastic speeds, and your interactions with them at this stage will impact the rest of their lives.

Science has shown that healthy brain development depends upon ongoing conversations and interactions between an adult and a child. This process of "serve and return," where an infant "serves" through gestures, cries or coos, and an adult "returns" by acknowledging and responding in a positive manner, is critical for building neural connections and language development.

A recent study of children between the ages of 4 and 6 by Massachusetts Institute of Technology cognitive scientists found that this volleying back and forth accounted for a significant difference in brain physiology and language skills regardless of economic status.

Fortunately, this activity doesn't require fancy toys or special videos or apps, all it requires is you. Here are some easy steps to follow:

Be engaged

Stay aware to what draws your infant or toddler's attention and their responses. It could be a toy, a pet wandering past, a cloud floating overhead, or even their toes.

Respond positively

This is the "return" portion, where you provide a response to their expressions and gestures. If an object fascinates them, you can point to it and give it a name, or just smile and make a sign that shows you recognize their interest.

Keep it going

Just like in tennis, you want to rally and have an ongoing back and forth dialogue – even if they're not using words. Make sure to pause and give them time to respond so they have time to think and formulate their ideas.

Make this an important part of your daily interactions. By doing so, you will help your baby's brain develop and prepare them emotionally and cognitively for the future.

see Brain page 18

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Psychology, criminology student awarded police scholarship



Christian Brothers High School graduate Esperanza Razo has been awarded a $2,000 Law Enforcement Education Program Dream Scholarship. She is among eight top students who will receive the award to encourage their pursuit of law enforcement/public safety careers by the professional public safety officers of LEEP.

"I am looking to help offset the financial costs for my parents and it will help with me being able to focus on my studies without the worries of having to work more than just part-time," she wrote in her scholarship application.

Razo is planning to study Psychology with a minor in Criminology at Hartwick College in Oneonta, New York, where she plans to participate in Division 1 Water Polo and Division III Swimming. She is receiving a $30,000 scholarship from the Psychology Department at Hartwick. "My reason for choosing psychology is for when I am faced with situations in law enforcement and life, I can react and help appropriately to the situation so that I may come to a conclusion that is best fit for that situation," she wrote. Her career goal is to become a California Highway Patrol (CHP) Officer.

In high school, she was on the Varsity Water Polo team, Varsity Swim and Varsity Wrestling teams and a CBHS Choir member. She received All-City and All-League Water Polo athletic awards and numerous Coaches Awards for leadership and being a role model in swim, wrestling and water polo. "Esperanza serves as a Student Ambassador, as a representative of CB's inclusive community, participates in school choir and participates in a ride along program with California Highway Patrol. Esperanza does all of this while additionally committing to athletics on a daily basis," wrote Brian Peck, CBHS Varsity Water Polo and Swim Head Coach, in a letter of recommendation.

She volunteered for USA Boxing community events, CHP Explorers, directing traffic for community events, and CHP's for Kids – building bikes and participating in competitions. She volunteers with Napa Sheriff's Activities League and San Jose Police Activities League, which provide after school sports activities, tutoring and more. Razo is also becoming a USA Boxing official and helps care for her younger autistic brother. "Espy Razo has been involved in the East Sacramento CHP Explorer Post for two years and is in excellent standing," wrote S.N. Campbell, Explorer Advisor. "She brings many strong characteristics to our post, is a leader, extremely dedicated and is always willing to learn. Given her positive attitude, caring nature, strong work ethic and willingness to help, she is a 'go to' person not only for the newer explorers, but the senior explorers and advisors when the need arises."

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Brain

continued from page 17

More tips and information are available at http://www.first5california.com

ABOUT FIRST 5 CALIFORNIA: First 5 California was established in 1998 when voters passed Proposition 10, which taxes tobacco products to fund services for children ages 0 to 5 and their families. First 5 California programs and resources are designed to educate and support teachers, parents, and caregivers in the critical role they play during a child's first five years – to help California kids receive the best possible start in life and thrive. For more information, please visit http://www.first5california.com

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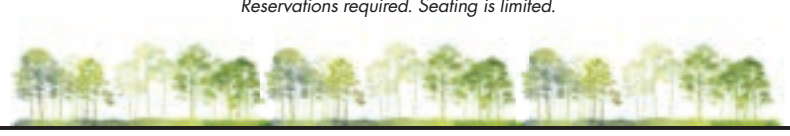

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VCA GREENHAVEN POCKET ANIMAL HOSPITAL WINTER PET CARE DRIVE: Loaves & Fishes and VCA Animal Hospitals announce the kickoff of our 5th Annual Winter Pet Care Drive focused on helping some of the neediest people in our community and their pets. During the month of October, donations may be brought to any one of the VCA Animal Hospitals in the Sacramento area and all items will go directly to the individuals served at Loaves & Fishes in downtown Sacramento. This winter drive is dedicated to supporting the power of the human-animal bond across all members of our community and is an extension of an ongoing bimonthly Pet Food Pantry program in partnership between Loaves & Fishes, VCA Animal Hospitals and Hill's Pet Nutrition. Last year's drive was very successful: 16 VCA hospitals in the Sacramento Valley mobilized employees and clients in a winter drive that collected more crates, blanket, leashes, pet sweaters, and toys than we could even count. They hope, with your help, for more of the same this year. You are welcome to join in the effort to collect pet sweaters, blankets, collars, leashes, pet carriers and pet toys for those in need in our community. Loaves & Fishes provides a variety of shelter, food and support services to the Sacramento homeless community. For more information about Loaves & Fishes, visit sacloaves.org. VCA Greenhaven Pocket Animal Hospital is located at 1 Valine Court, Sacramento, CA 95831. For more information, call 916-391-3677 or visit www.VCAgreenhaven.com

JFK HIGH SCHOOL ATHLETICS HALL OF FAME: The John F. Kennedy High School Athletics Department will induct its first Hall of Fame class this spring in May, 2019. The school is looking for nominations of Cougar graduates, coaches, teams and athletic department contributors. The John F. Kennedy High School Athletics Hall of Fame is intended to recognize and honor those who have made a significant impact on the athletic community with their athletic achievements during high school or with exceptional effort and service to the John F. Kennedy High School athletic department. The Hall of Fame looks to reflect the proud history of John F. Kennedy High School, highlight the long-standing athletic success of the institution and recognize the importance of developing well-rounded individuals. Please contact Athletic Director, David Parsh at: david-parsh@scusd.edu for more information. To submit an nomination, visit https://jfk.scusd.edu/post/hall-fame-nomination-form

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.

MONDAY, OCT. 8

SOCIAL SECURITY + MEDICARE 101:
Social Security is with you through life's journey. This presentation will explain our programs and the benefits available. It will provide information on Medicare, including open enrollment periods and how to avoid penalties. Free of charge and pre-registration required. Class will be held Monday October 8, 2018 from 3:30-4:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

WEDNESDAY, OCT. 10

FALL 2018 ELECTION FORUM: With 11 statewide initiatives along with Measures U & K on the ballot, voters in the Pocket-Greenhaven community will have a lot of decisions to make this fall. To help inform these decisions, The Pocket-Greenhaven Community Association is bringing together experts to provide a non-partisan overview of the measures, including key background on who is supporting and opposing them, who is funding them and, most importantly, what they will really do. Dr. Kim Nalder, Director of the Sacramento State Project for an Informed Electorate will lead an informational discussion on the initiatives, providing a non-partisan summary of each. Supervisor Patrick Kennedy, Councilman Rick Jennings & Trustee Darrel Woo (invited) will provide their insight.
Moderator: Devin Lavelle
Wednesday, October 10 at 6 PM – 8 PM
Robbie Waters Pocket-Greenhaven Library
7335 Gloria Drive, Sacramento, California 95831

FRIDAY, OCT. 12

CONSUMER DEBT PRESENTATION:
Having debt is stressful and expensive but with the right knowledge you can manage your debt without having to file bankruptcy or paying for debt relief services. This seminar will outline seniors' rights and obligations when they owe money, and what options are available to manage debt. Free of charge and pre-registration required. Class will be held Friday October 12, 2018 from 1:00-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

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