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Council votes in favor of eminent domain proceedings to further Sacramento River Parkway

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Council votes in favor of eminent domain proceedings to further Sacramento River Parkway

Paving expected to begin in three years



Photos by Monica Stark

Supporters of the Sacramento River Parkway outside council chambers on May 21, the day electeds voted to use eminent domain on properties from Garcia Bend to Arabella Way.

By Monica Stark

On May 21, The Sacramento City Council unanimously voted to use eminent domain on six properties from Garcia Bend to Arabella Way in the Pocket neighborhood whose owners have not sold their levee easements, marking a big step for cyclists who have advocated for over 50 years for the extension of the Sacramento River Parkway. They hope to one day connect the two river bike trails but this is a big step in that direction. Eminent domain is not anything they take lightly.

While City Councilman Steve Hansen's district, which includes Little Pocket, will not be included in this stretch of the Parkway, the contingency is that there will be a protective two-way cycle track from Scott's Seafood to where the trail will connect again in the Pocket. While Hansen has shown support for the Parkway in the Pocket, he has not supported it in his district.

Then, on May 30, just days later after that critical eminent domain vote, Mayor Darrell Steinberg held a news conference, announcing his budget proposal for 2019-20, which included more than $2 million for the Sacramento River Parkway.

According to the Sacramento River Parkway Coalition, that will fund planning, permitting, and environmental review necessary to complete the Parkway in the Pocket, and it will include acquisition of easements from all properties between Northpoint Way (behind the Elks Lodge) and Zacharias Park.

The coalition expects the city will be able to fund the remaining acquisitions in next year's budget, meaning the Parkway will be ready to be paved as soon as ma-

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E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

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Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Greenhalgh
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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:
Monica Stark

Parkway:

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jor levee work is complete in the Pocket, which will take about three years.

At a budget hearing on June 4, the council voted in favor 8 to 1 (Jeff Harris dissenting) to approve the mayor's budget priorities, which included the $2.03 million for the Parkway.

The council will consider the budget proposal on Tuesday, June 11 at 5 p.m. in council chambers.

Meanwhile, some Measure U funds are being used to help complete the Parkway.

During the public comment at the May 21 meeting, speaking on the side of the property owners Billy Garza fears vandalism and undue stress. "The lack of a bike trail may be an inconvenience, but how is our injury addressed?" Urging the council to vote no on the eminent domain proceedings, he suggested a ballot measure or holding off on the vote.

Speaking on behalf of the Jones family, attorney Brian Manning who represents property and business owners in eminent domain cases, called the action putting the "cart before the horse."

"It's desirable, but that's not contest to take private property." He told council that the city better have "everything lined up" before proceedings begin. Also, he questioned the uncertainty of patrols and the millions of dollars that will be needed for maintenance. "Are there better places to spend that money?" he asked.

"I don't understand the rush. You need to find funding. You don't have it....there are a lot of factors."

In response, Sacramento River Parkway Coalition member Jim Houpt, said in an interview with this publication, "let's say he's right that we can wait to take this vote, are we going to wait until we are in the position of the city conducting 69 or whatever eminent domain proceedings all at the same time they are doing planning, permitting, and environmental review?

"It takes time to get these things done. If we don't start now, we won't be in a position to finish the parkway when the levee work is done. That's why funding coming in at this time is so critical. We can't do everything at once. If we could, we could wait," Houpt said.

On a public Facebook post, the Sacramento Parkway Coalition stated, "As we understand it, landowners face the risk that they will get less money in eminent domain proceedings than they would get from voluntarily accepting an offer from the city."

Property owners who sell get 10 percent of the appraised value of their entire property. In 2014, Jeff and Diane Omand sold their easement for $80,000 and that same year Richard and Irene Ryder sold their Little Pocket easement for $49,000.





There are a couple of docks between Garcia Bend and Arabella Way.



A man walks his dogs through a break in one of the gates that were erected to keep the public off the levee.



Tractors maintaining weeds on the levee in the Pocket neighborhood.

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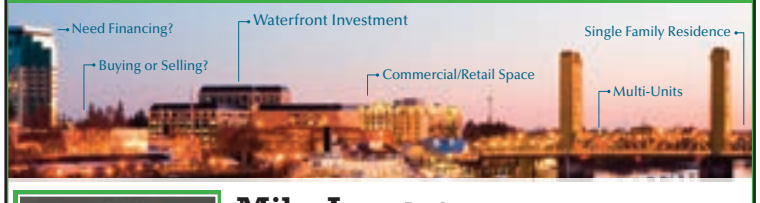
-Ben Franklin





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Neighborhood business profile: Mattress Express Sacramento

By Devin Lavelle



The Pocket Greenhaven Community Association's featured business is Mattress Express Sacramento, join us as we get to know its owner and manager Brianna Fischer:

Devin: Hi Brianna, thanks for sitting down with me at your store near Bel Air! We're surrounded by dozens of comfy looking mattresses, but tell me about your business …

Brianna: We have brand name mattresses at a fraction of the price of big box stores, but we also have couches and bedrooms sets as well. I have been here about a year and a half. Everything is about 50-80 percent of retail. I used to work for Sleep Train which was an amazing experience and great company but they are no longer here. I have all the same great product but without the overhead it allows me to reduce my prices by 50-80% .

Devin: What got you into Mattresses? How is the business going?

Brianna: I was an area manager for Sleep Train. I would travel around the country, hosting booths at county fairs, showing off the higher end mattresses. Losing Sleep Train left a big hole in the community. When they got purchased, myself and a number of colleagues decided to go out on our own around the region. We are independently owned, but buy in bulk together to get the best deals.

Devin: Why did you choose the Pocket-Greenhaven community for your store?

Brianna: When I first moved to Sacramento seven years ago, I moved here and I immediately knew this was where I was going to call home. It reminds me of Chico and Paradise so green and safe with wonderful neighbors. It's like a small town within a city. I grew up in Paradise and then moved to Chico for my job.

Devin: Do you still have family there? Were you impacted by the first?

Brianna: I was. My family still lived there. My dad's house was spared but my mom, brothers, family friends, Aunt and Uncles t homes. They are living with me now, here in the Pocket. Everyone has been so nice and supportive, offering kind words, help and prayers. This is really a great neighborhood.

Devin: That's definitely my experience. I put out a call to support a book drive through Sac State to help refill the Paradise school libraries and neighbors donated about 2,000 books!

Brianna: Exactly, everyone is extremely supportive. They've been extremely supportive of both my business and my family. It's like a small town, everyone knows each other. People come in to visit me in my store, we play pictures together, play games together, it's kind of like a little family.

Devin: Can you tell us a little more about yourself? What hobbies do you enjoy?

Brianna: I have a bulldog, Baby the Bulldog. He owns the perpetual employee of the month plaque here in the office. People come in asking for him. I live on the river and like to walk him along the river down to Garcia Bend Park, especially on Food Truck nights. I love to support local businesses! Most of my time off these days is spent helping my family with the transitions in Paradise.

Devin: When someone comes in, how do you make sure they leave with the perfect mattress? What are your best strategies for married couples when opposite (tastes in mattresses) attract?

Brianna: I ask them several different questions, how you sleep, what ailments you have, shoulders, back, what they've slept on before. When you're a back sleeper, you should get something more firm to medium. And of course we make sure we make it work for their budget. I can typically always find a common ground. There's always something that people can agree on. All foam is often the solution in the toughest cases. We always make sure everyone has a good time and leaves smiling.

Devin: Do you have any events, specials or sales neighbors should look forward to?

Brianna: Our major promos are Memorial Day, Fourth of July and Labor Day. I plan something special for customers each of those weekends.

Devin: That's great, Fiona and I will be back in soon to try out some mattresses.

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





The Annual Elks, No. 6 Scholarship Dinner honored top Sacramento area students

By Stephen B. Clazie
Special to Valley Community Newspapers



Photos by Monica Stark

All the awardees from the Sacramento Elks Lodge No. 6 annual scholarship dinner

On Tuesday, May 28, the Elks, No. 6 celebrated top Sacramento area students with a dinner and scholarship award ceremony. Two brothers received Legacy Scholarships from ENF. One brother received an Eagle Scout scholarship from the local lodge. The other brother received the Legacy Scholarship for the fourth time as a senior at UC Davis. He was also an Elk Student of the Month as an eighth grader at Sam Brannan.

Five female students were recognized as outstanding Junior ROTC cadets from five local high schools. This is a brand new award from the Grand Lodge.

Additionally, an outstanding middle school teacher and an outstanding high school teacher were recognized by two different ENF Most Valuable scholarship winners. One teacher is from Sutter Middle School and the other is from Sheldon High School.

Finally, four students received scholarships from the Elks Golf Club. It is a very interesting story about the local high school golf coach who started a golf club at the high school. He also happened to be the Junior ROTC instructor at the school and he got two of his top ROTC students to play golf. They had never played before. They were both recognized.

After a dinner by Rick Barone, Sr. and John F. Kennedy Marines Junior ROTC volunteers and served by Elk volunteers and cadets, the ceremony began with a presentation of colors and the Pledge of Allegiance by scouts from Boy Scout Troop 259. Then, Elks 6 Chaplain Teresa Daniels provided the invocation. The Elks paid tribute to Marilyn & Clarence Facha

Marilyn was very proud of both her work and her volunteerism with the Elks and was well known for selling her "blinkies" for charity, and she won awards for her success at this. Clarence played an integral role with the Elks PM Crew team where he held a life membership.

What follows are the awardees and descriptions of some of their accomplishments:

Elks 6 Educators of the Year

Outstanding Middle School Educator for 2019: Mrs. Jody Cooperman, Sutter Middle School presented by Nicole Nubla.

Outstanding High School Educator for 2019: Mrs. Kelli Kosney, Sheldon High School, presented by Tracy Ly

Elks 6 Outstanding Middle School Students

As part of the California Middle School theater program, Kate Morris played a starring role as the "Genie" in the Aladdin production. She completely stole the show with her energy and comedic acting abilities. She received a check for $100 from Elks Lodge # 6.

From day one, Luckypaul Moua of Genevieve Didion K-8 School, exemplified what a highly qualified student leader can do for the student body. Although he shines in academics, he prides himself with a positive attitude and respect for both the teaching staff and his fellow classmates. He received a check for $100 from Elks Lodge # 6.

Lisa Pan of Sam Brannan Middle School is an active participant of the cheer team, holds a position on the Site Council, and has hosted many school rallies. She definitely has the qualities of a great leader. She received a check for $100 from Elks Lodge # 6.

Anais Perez of Sutter Middle School is positive and energetic on campus and away from school. She has created friendships at school that go beyond the norm of middle school. She will be very successful throughout life. She received a check for $100 from Elks Lodge # 6.

Jonathan Chi of Will C. Wood Middle School shows

see ELKS page 6



Elks:

continued from page 5

motivation to do well that is often not found in. Student of his age or grade. He is a capable young man who is well liked by his peers and has shown himself to be a mature social leader. He is receiving a check for $100 from Elks # 6.

Sacramento Elks Lodge No. 6 Golf Club Scholarship

Dave Osaki, Golf Club President, provided the awards to Leyla Basurto and Alejandro Fimbres both of Hiram W. Johnson High School; Sidney Fong of C.K. McClatchy High School and Patricia Sweeney of St. Francis High School.



Photos by Monica Stark

Elks outstanding junior ROTC Cadets

Sacramento Elks Lodge No. 6 Outstanding Junior ROTC Cadet

In July of 2018 the Grand Elks Lodge called for a new program to recognize outstanding high school students enrolled in Junior ROTC. Elks 6 has five high schools in our area that have Junior ROTC students, and the Elks awarded one outstanding individual per school chosen by the Junior ROTC representative from each of these schools. Selection criteria for the award includes leadership attributes, academic achievement, community service, and maintaining the highest standards of performance in all JROTC fields.

The Junior ROTC Medal is attached to a ribbon and is approximately four inches high by one and half inches wide. The sturdy ribbon is a 2-piece lapel pin and the medal itself is of quality brass, with the etching so precise you can see the smallest detail. It comes with black velveteen backing and clear plastic front. Each student received a medal and a certificate. Twenty-four girls applied and while only three boys did.

Marissa DeCristofaro of Rio Linda High School: "Returning from JROTC Cadet Leadership Challenge, I began to look into ROTC as it would allow me to stay in college as well as improve my leadership abilities and put them to good use. I was introduced to the Army ROTC Minuteman Scholarship by a recruiter and decided to apply. As a result of my abilities acquired throughout the years in the JROTC program, I am now on my way to obtaining a full ride scholarship to the college of my choice where I will then be able to serve my country."

Leniha LaGarde of John F. Kennedy High School Corps: "I learned to stand my ground . . . and command my way. I learned that you can copy bits and pieces of people's style, but you can't improve if you completely imitate someone who isn't you. Including your own input and experimenting could lead to positive or negative results it's how you take results that determine if you're leadership material."

Leyla Basurto of Hiram W. Johnson High School is the first generation in her family to graduate high school and to attend college. She has always shown the eagerness to learn. She is an important member of the Business Academy. She has been the Academy President this year and has been in charge of fundraisers and event planning.

Flora Cox of River City High School is a Top-10 Valedictorian Graduate who has excelled in all aspects of her academic and social life . . . excelling in Russian, English, Robotics and Mathematics. . . . Through her outstanding dedication to our community she lead the way in garnering over 1,400 hours of community service from 110 cadets during the academic year 2018-19, resulting in the Unit earning the United States Air Force's JROTC "Distinguished Unit Award with Merit.

Fate Saephan-Garcia of C.K. McClatchy High School: "These qualities that I learned from federal inspection are something I will always use in life. I will continue to use them to better myself and my future. I understand life is hard and will throw obstacles at you when you want something. The more you want it the more obstacles you have to face. As long as you keep confidence in yourself and keep fighting those obstacles, you will succeed in life."

Sacramento Elks Lodge No. 6 Boy Scout Troop 259 2019 Eagle Scout Scholarship

Jeremiah Fong of John F. Kennedy High School is a bright, talented young man who makes a positive impact wherever he goes. There is no doubt he will achieve success in whatever he chooses to do. Further, people around him are more likely to be successful with him in their midst.

Sacramento Elks Lodge No. 6 Legacy Scholarship

The Legacy Scholarship is presented by the Elks National Foundation to the son/daughter or grandson/granddaughter of an Elk. The requirements for this scholarship are just as stringent as those for the ENF's Most Valuable Student. Jeremiah is in his first year of receiving a $1,000 scholarship for the next four years, and Abraham is in his last year of receiving a $1,000 scholarship for four years. Both have previously received a thesaurus. Jeremi-

see DINNER page 7

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Dinner:

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Photos by Monica Stark

Cakes in JFK and CKM colors.

ah just received his, and Abraham received one when he was the Student of the Month as an eighth grader along time ago at Sam Brannan Middle School.

It is a tradition at Elks 6 to have the parent or grandparent make the Legacy presentation. Mother Allison Fong made the presentation on her behalf and that of their grandmother Beverly Owyoung.

2019 Elks Most Valuable Student

The Elks National Foundation awarded 500 four-year scholarships to the highest-rated applicants in the 2019 competition. The 20 top finalists participated in an all expenses paid Leadership Weekend in Chicago during which they interviewed with the national judges. These 20 finalists vied for two first-place awards of $50,000; two second-place awards of $40,000; and two third-place awards of $30,000. The remaining 14 finalists received awards of $20,000. The 480 runners-up received fifth-place scholarships of $4,000. Elks 6 has one of the 489 runner-ups.

Elks 6 did best among the seven lodges in the North Central District. Elks 6 had five winners while one lodge had no winners and two lodges only had one winner each. One lodge had two winners and the other two lodges each had four winner.

The ability of Brian Mao of Rosemont High School to give 100% of himself to any task at hand shows his enthusiasm and willingness to become not only a better student, but also a better person, and he will undoubtedly succeed in whatever path he chooses. He received an $800 scholarship from the California-Hawaii Elks.

Nicole Nubla of C.K. McClatchy High School is well respected by her peer for he intellect and her curiosity and her gentle demeanor. He questions are insightful and show a depth of understanding and a desire for clarity. Her writing is strong, as are her critical thinking skills. She received $800 from the California-Hawaii Elks.

Fajar Akhter of Inderkum High School: "When people pack for camping trips, they bring all the essentials: food, protective attire, first aid kits, money, and so on. Though I've never gone camping, I know that list by heart. Starting from the time I was in elementary school, that's what I would bring to school every day. I looked more ready for a seven-hour hike than seven hours of education." Akhter received an $800 scholarship from the California-Hawaii Elks and $200 from the North Central District.

Bobby Voong of West Campus High School is one of the nicest and most caring of individuals. He is simply outstanding, and not to mention extremely smart. He is an A.P. Scholar and first generation student to attend college. He goes it alone because his parents are very busy working. He looks after himself, including getting to school, taking care of the household chores and working part time at KFC.

He received $800 from the California-Hawaii Elks and $200 from the North Central District.

Tracy Ly of Sheldon High School demonstrates thoughtfulness in her work and charisma in her personality. She is humble and treats others with kindness. Due to her approachable personality and leadership skills, she was elected by her team-mates to guide the team as the Science Olympiad President. She is an Elks National Finalist and will receive a 1,000 per year for four years.

There are vocational training grants up to $2,000 per year (2 year maximum) available. Applications can be found at: www.CHEA-Elks.org/Youth-Activities/Scholarships.

Stephen B. Clazie is the Sacramento Elks Lodge, No. 6 Scholarship Chair.

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Door to Door

with PAT LYNCH

Bad Grandpa, Good Grandpa

By Pat Lynch

Six of us spent International Women's Day in Ireland and were reminded of the day by an American poet of Irish descent, Tom Lynch. On a cold, drizzly night in Limerick we trooped into a room to hear him speak. "Happy International Women's Day," he began, and it struck me that this was the first time I'd heard a man introduce himself by noting this particular anniversary.

He was tall, had a medium full white beard and long white hair pulled back. "I swore I wouldn't cut my hair until we had a woman president," he said. This, plus his name, was enough to establish appreciation, and, because of DNA research, I already knew we were distant relations. He began to read. A review from Prairie Schooner encapsulated his presentation that night: "a splendid melding of language, vision, voice and agape love…tinged with rascally humor."

Ireland is beautiful, and cold in March. After Limerick we went to County Clare and it's high cliffs. The wind slaps you around. Below the Atlantic rumbles. The wild, high sprawl of green seems infinite and so does the cold. This is where our errant, elusive paternal grandparent, Eugene Lynch, (Bad Grandpa)came from. Here we went to tea at a remote, rebuilt house up a narrow road. "Tea" in Ireland means a heaping tray of quartered sandwiches, tea, and a dessert, in this case cookies. This is Tom Lynch's house where he lets poets stay for free. The tax write-off keeps him from supporting the Trump policies he abhors. We are honored to be invited. We sit around the fire in our fat down jackets, our host a man who won the American book award and was featured on Frontline. Eileen asks questions, her voice almost comically hoarse and squeaky: laryngitis. Three of us have head colds, but Eileen, our leader, sounds the worst. Tom Lynch says, "In the old days the cure for a cold was lemon, honey and whiskey. I don't have any lemon or honey, but---" He brings forth a nice whiskey and we drink it from teacups, glasses, jars.

Our niece, Angela, who owns the Plant Foundry on Broadway, says this is the way to visit a country, talking with people who live there and love it. In our company, besides the six travelers, are Irishmen Paddy Waldron and Michael O' Connell. Waldron is a statistician and famous genealogist, O'Connell a historian. These men provide information and speculation vital to our search for the origins of the Eugene who abandoned his wife and children months before our father was born. They understand our quest. The lilt in their talk charms us and I wonder what our American accent sounds like to them.

We have a dinner date with Clair Carmody and her sister, Pat. DNA says they are paternal (Lynch) second to third cousins, but we don't need data to authenticate the instant great connection we feel to these women. We laugh alike, share perspectives, have a giddy, good time.

My sister, my niece and I travel with Joan and Ellen Cochrane and Kim Tierney, and don't expect them to be fascinated by our quest for relatives. The next day they head off to the Cliffs of Moher while we go into Galway where our maternal grandfather (Good Grandpa), Tom Kennedy, was born. Eileen has arranged for us to meet with the Donelon family. These are the descendants of Sarah Donelon, Grandfather Tom Kennedy's mother.

The Donelons are everything you could want your family to be, warm, smart, funny, sweet-natured, hospitable. Fran Murphy (a Donelon) and husband, Tony, live in a big, lovely house on a country road. They took us to cousin Mary's even bigger house. Out came the bountiful tray of sandwiches, tea, and today a grand tin of chocolates. Here we meet Mary Roscommon, with her ready laugh. I like these Mary's and the Irish tradition that names the first-born daughter after the mother.

Next we went in a caravan to Flaskeg Beg, overgrown, deserted fields of green where small farms once stood. The plots are marked. The Kennedy house was at the end; next to it the Donelan house. So maternal great grandfather Patrick Kennedy lived next door to the woman he would marry. Down the road on the same side stood the wind-and-rain-battered remains of their school-house, part of one crumbling wall still standing. Fran, captain of this expedition, trudged across wet earth to have her picture taken on the Donelon parcel. I followed, in tennis shoes that were soon soaked. That's when I noticed everyone wore boots. You can't navigate the Irish countryside without them. When, wet and exhilarated, we returned to Mary's house, Fran gave me a pair of dry socks while I put my shoes by the fire. It felt like family.

Back in Ennis (a picturesque, friendly town) we celebrated the Donelon experience. There might be a chance that our Donelon (or originally O'Donnell) relatives might be part of a genetic "star cluster'—a Y-chromosome type common in Donelons who descend from a powerful, early medieval Irish royal family. It's exciting to imagine you might be part of a star cluster and the Donelons we met were super achievers and kindly as well, so I decided to further explore our connection.

I was about to break the star cluster news when Eileen got a phone call from genealogist Waldron. Her stunned expression while listening was so compelling I took a picture. Here we were, basking in the warm vibe of the of the Good

see DOOR TO DOOR page 9

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Thanks to all my clients for their business in 2018 and looking forward to working with you in the year ahead 2019!



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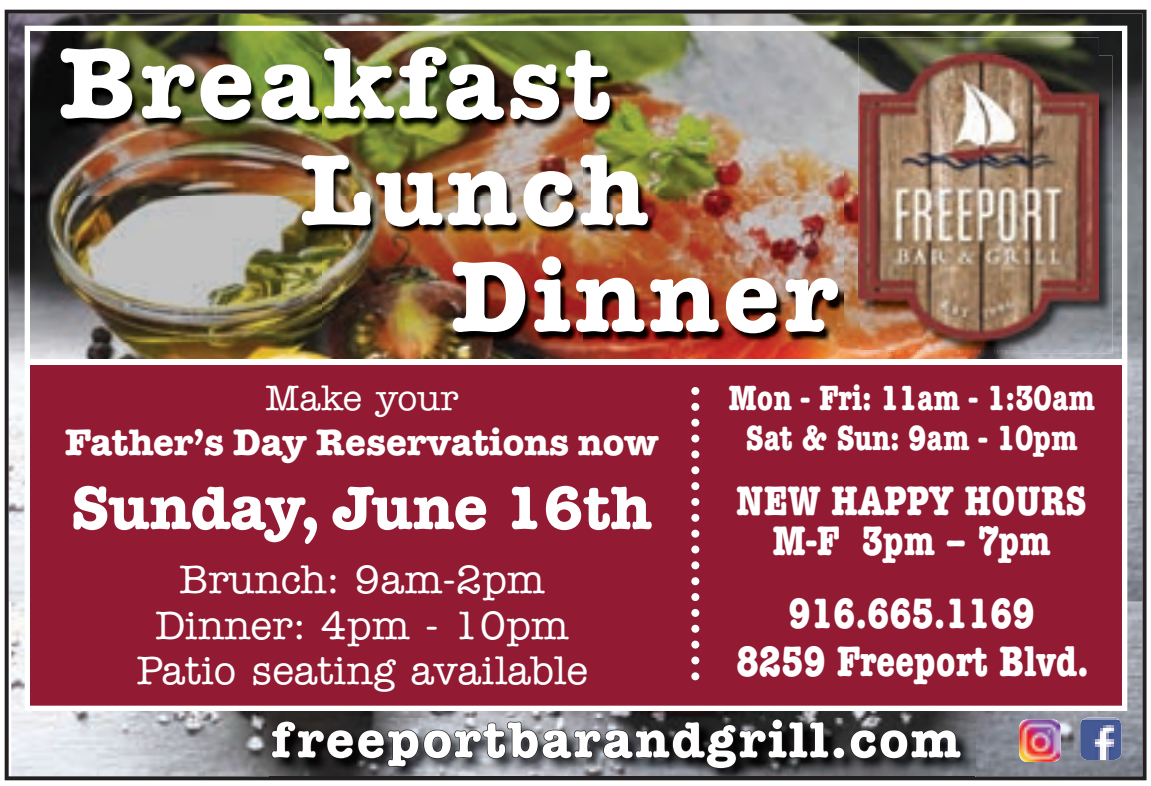

Summer Chamber Music Workshop celebrates 30 years of Youth Chamber Music



Under the leadership of founder and cellist Susan Lamb Cook, the Sacramento Youth Symphony's Summer Chamber Music Workshop (SCMW) announces its 30th season. Since 1990, the program has grown from 15 students to 100 as more and more enthusiastic young musicians participate in two exciting weeks of music making. The workshop has expanded from a string and piano workshop to include brass, woodwinds, and harp. Coaching staff has increased from three professional coaches to 23 in 2018

This week long, full day program includes string, wind, harp and piano students. Performances this year include the free Music at Noon concert at Westminster Presbyterian on July 10 along with the Festival Concert and Soirée at Sacramento State University's Capistrano Hall on Saturday, July 13. Mentors also perform at retirement communities in Vacaville, Davis and Carmichael.

The Preparatory Program began in 2006 and with younger students in a half day, week long program of beginning chamber music. This session also includes a Mentor Program for advanced string students who work alongside the professional teachers as they teach the young musicians and perform together. Several of these original Mentors have gone on to become professional musicians, music teachers and SCMW coaches.

Performing in small chamber groups teaches young people teamwork, responsibility and accountability as they rehearse and perform their music in duets, trios, quartets or quintets. This program offers a depth of experience that will last a lifetime for these young musicians.

Concert information:
Who: Summer Chamber Music Workshop concerts, a program of the Sacramento Youth Symphony
What: Festival Concert and Soirée
When: Saturday July 13th, 2019, 6:00 pm, Soirée Performance, 7:30 p.m., Festival Concert
Where: CSUS Capistrano Hall, Music Building,. 6000 J St. Sacramento, CA, 95819
Details: The Summer Chamber Music Workshop, directed and founded by Susan Lamb Cook in 1990, will present final classical concerts of the week long workshop by music students ages 12-19. Chamber music for strings, winds, piano and harp by classical composers will be performed.
Tickets: $10 General Admission, $5 Students and seniors. Available at ww.sacramentoyouthsymphony.org
Contact: Sacramento Youth Symphony, Vicki Schaevitz, vicki@sacramentoyouthsymphony.org or at 916-731-5777

On the web:
www.susanlambcook.com/
www.sacramentoyouthsymphony.org
www.sacramentoyouthsymphony.org/summer-workshops-scmw
www.sacramentoyouthsymphony.org/concerts-events

Door to Door:

continued from page 8

Grandpa Kennedy-Donelon visit, when a new Lynch theory emerged. Bad Grandpa Eugene may well have been a serial bigamist. He may have been born a Corey, adopted his mother's maiden name (Lynch), changed his first name from Owen to Eugene, gone to America, married a woman named Bridget Kelly, abandoned her and their daughters, done who knows what in the interim before he eloped with our California grandmother, Annie Moore. He abandoned Annie in 1910 and possibly met and married yet another woman.

We may have more siblings than we ever knew. Bigamy. It seems such a creepy, heartless crime, especially in the old days when deserted mothers couldn't get work. So we like knowing that Eugene Lynch's Sacramento sons grew up to be faithful husbands and fathers. There's a lot of genetic research ahead for us, in America and Ireland. From a star cluster leader to a cheating scoundrel, good and bad, it's our unique inheritance and we want to know it. If you're are curious about the people who donated to your specific identity, you carry the answers around with you, everywhere in your living body, in your pulsing blood. DNA delivers your history.



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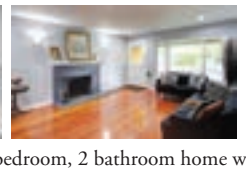

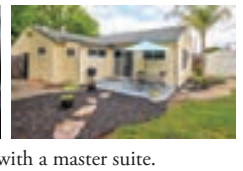

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Pride of the Pocket:

Neighborhood event celebrated those who make the Pocket a wonderful place



By Sally King
Photos by Stephen Crowley

The second 'Pride of the Pocket' event took place from 5:30 p.m. till 7:30 p.m., Thursday, May 20th at the Genevieve Didion Elementary School Park.

Devin Lavelle, founding board member of Pocket Greenhaven Association, said 'Pride of the Pocket' is Pocket Greenhaven's signature event and they celebrated some of the people and groups that make the community such a wonderful place to live, work and play. The Greenhaven Pocket Rotary Club helped sponsor the event. In addition, Nugget Markets and A Taste Above served food, along with a bake-off contest featuring mouth-watering desserts.

This year the event recognized the following:

Pocket-Greenhaven Moms Group – recognized by Senator Richard Pan

Friends of the Robbie Waters Library – recognized by Assembly Member Jim Cooper

ACC Senior Services – recognized by Supervisor Patrick Kennedy

Matsuyama principal Judy Farina – recognized by Council Member Rick Jennings

Outstanding Service to Youth: Matsuyama teacher Stephanie Berry

Outstanding Service to Youth: Pocket Little League,

Outstanding Contribution to Quality of Life, Inclusion and Safety: Friends of the Sacramento River Parkway

Outstanding Contribution to Safety and Quality of Life: Lieutenant Paul Freeman

Outstanding Contribution to Inclusion: Lane Shapiro

The event started with music sung by Tony Waterford. Waterford volunteers his time once a month at the ACC Care Center. In addition, the ACC guitar ensemble sang a couple of tunes for everyone.

I'm happy to be able to take time out of my busy life to showcase the brightest and best of the Greenhaven Pocket neighborhood," said Will Cannady, president of the Pocket-Greenhaven Neighborhood Association.

Fiona Lavelle from the Pocket Moms group said she is really happy to see so many neighbors together celebrating their neighborhood.

see PRIDE page 11

Pride:

continued from page 10

"I appreciate taking the time to honor Lieutenant Paul Freeman," said Captain Dave Peletta. Lt. Freeman grew up in South Land Park, not too far from the Pocket Greenhaven neighborhood and has been detrimental in providing safety for the folks in the Pocket Greenhaven area. Freeman served the Sacramento City Police department for 22 years and then retired, becoming a reserve police officer. He is a frequent visitor on Next Door.

Lane Shapiro, honored for inclusion, said it was pretty awesome to be recognized by the Neighborhood Association. Asked about the coffee/conversation group he started, he said, "After retiring, I was missing out on the social aspects of working in a business." Shapiro decided to post a message on the Next Door app, letting folks who were interested, know, on Tuesdays from 7 a.m. to 10 a.m., he would be at Café Latte for coffee and conversation. It wasn't long before folks started showing up and getting to know each other. Some people have asked what they need to do to join the group. Shapiro said no agenda, no fee, if you want to join in on the coffee and conversations, just show up. Some folks arrive at 7 a.m. and some don't show up till later. Some order tea, some order breakfast, it's whatever the individual feels like doing. Shapiro had several of the folks from the coffee klatch sitting next to him at the event. Shapiro said we have become good friends and some of us now make travel plans together. He said it's a great group of people and a good way to make new friends.

Some of the desserts showcased were; Super Chocolaty Raspberry Chocolate Chip Cookies, Swedish Princess Cake, Death by Chocolate Cake, and the winner was the Lemon Blueberry Trifle created by Dominique Tyler. Kathi Windheim, president of Pocket –Greenhaven Friends of the Library, was excited to reveal the winner of the desserts.







"This is an amazing event," said Assembly Member Jim Cooper. "It's what holds this community together," he said with a smile.

Everyone enjoyed the great weather and great people at this year's Pride of the Pocket event.



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Aging in Place: Growing Old at Home

"The stairs are getting so hard to climb.

"Since my wife died, I just open a can of soup for dinner.

"I've lived here 40 years. No other place will seem like home.

These are common issues for older people. You may share the often-heard wish—"I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place." This article contains suggestions to help you find the help you need to continue to live independently.

Planning Ahead to Stay in Your Home

Planning ahead is hard because you never know how your needs might change. The first step is to think about the kinds of help you might want in the near future. Maybe you live alone, so there is no one living in your home who is available to help you. Maybe you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation.

One way to begin planning is to look at any illnesses, like diabetes or emphysema, that you or your spouse might have. Talk with your doctor about how these health problems could make it hard for someone to get around or take care of him- or herself in the future. If you're a caregiver for an older adult, learn how you can get them the support they need to stay in their own home.

What Support Can Help Me Stay at Home?

You can get almost any type of help you want in your home—often for a cost. You can get more information on many of the services listed here from your local Area Agency on Aging, local and State offices on aging or social services, tribal organization, or nearby senior center.

Personal care. Is bathing, washing your hair, or dressing getting harder to do? Maybe a relative or friend could help. Or, you could hire a trained aide for a short time each day.

Household chores. Do you need help with chores like housecleaning, yard work, grocery shopping, or laundry? Some grocery stores and drug stores will take your order over the phone and bring the items to your home. There are cleaning and yard services you can hire, or maybe someone you know has a housekeeper or gardener to suggest. Some housekeepers will help with laundry. Some drycleaners will pick up and deliver your clothes.

Meals. Worried that you might not be eating nutritious meals or tired of eating alone? Sometimes you could share cooking with a friend or have a potluck dinner with a group of friends. Find out if meals are served at a nearby senior center or house of worship. Eating out may give you a chance to visit with others. Is it hard for you to get out? Ask someone to bring you a healthy meal a few times a week. Meal delivery programs bring hot meals into your home; some of these programs are free or low-cost.

Money management. Do you worry about paying bills late or not at all? Are health insurance forms confusing? Maybe you can get help with these tasks. Ask a trusted relative to lend a hand. Volunteers, financial counselors, or geriatric care managers can also help. Just make sure you get the referral from a trustworthy source, like your local Area Agency on Aging. If you use a computer, you could pay your bills online. Check with your bank about this option. Some people have regular bills, like utilities and rent or mortgage, paid automatically from their checking account.

see AGING page 19

First Pocket/Greenhaven community garden will be built this summer

By Will Cannady
Pocket-Greenhaven Community Association

For the last five years, a number of my fellow community members have shown interest in establishing a community garden in the Pocket/Greenhaven neighborhood. Based on this discussion, which originated from NextDoor, I had the honor of organizing a series of meetings regarding how we could make our dreams of a Pocket/Greenhaven Community Garden become a reality. As a result of our meetings and community interest, Sacramento City Council Member Rick Jennings graciously supported our project and asked that we brainstorm four prospective sites for the garden.

We ultimately chose Sojourner Truth Park; we based this choice on its central location in the Pocket as well as its proximity to the Robbie Waters Pocket Greenhaven Library and the School of Engineering and Sciences.

The library will offer access for community members to check out tools. We also hope to offer classes with instruction on specific gardening techniques and composting. Local youth will have access to the garden for both their studies and as an opportunity to bring home healthy produce to their families. Our ultimate goal is to make our community garden a central hub for neighbors and community members to work the soil together.

We plan to break ground this summer.

According to our friend, Bill Maynard, who runs our city's community gardens if everything goes according to plan our garden may be ready by early July, and as Bill said, "with still time for tomatoes".

If you would like to be notified of volunteer opportunities for our garden or when plots become available please email me at WillCannady@gmail.com

I would like to thank everyone who has helped shape our vision of creating a community garden over the last 5 years. I wish to personally thank Jennings and his Chief of Staff, Dennis Rogers, for making our dream of a community garden a reality. Thank you District 7 Parks Commissioner, Devin Lavelle, for helping with the logistics and planning of our community garden. Thank you to Kathi Windheim and the Friends of the Pocket Library whose support early on helped make sure our garden would become a reality. And finally, a BIG thank you to everyone in our community for your continued support. I look forward to breaking soil with you soon.

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Local watercolor favorite has watercolors on display at Barrio Cafe

Reception to be held on Saturday, June 15

David Peterson, NCA MP, has paintings in private collections across the country. Since 2002, the artist has been accepted into dozens of state-wide juried shows and has won over 100 awards. David has been accepted into California State Fair Fine Arts Exhibit 6 out of the last 7 years. David was honored to have been a Yosemite Art Center visiting artist 2012-17.

He is a past President of WASH, Inc., Sacramento's watercolor club and has been awarded NCA Master Painter Signature status. David was a staff member at Sacramento Fine Arts Center through 2018. David's work can be seen in Sacramento at Sacramento Fine Arts Center in Carmichael, Rancho Cordova City Hall, various regional art shows.

David portrays the familiar scenes of our neighborhood in a humorous and enigmatic way. He shows you California landmarks, including urban scenes, the American River, and our neighborhood differently, simply and in a unique manner.

David's artist reception will be held from 6 to 9 p.m. on Saturday, June 15 and will include a very vivacious Jazz ensemble, Inception. Barrio Cafe is located at 1188 35th Ave. in South Land Park.



Artwork by David Peterson/Photos by Monica Stark

Barrio



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SMUD's Residential Assistance Programs - Friday, June 21, 1:00-2:00pm; Free

Family Communication: Keeping it Healthy - Tuesday, June 25, 3:00-4:30pm; Free

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New Tech students win California Forestry Challenge Championship





Congratulations to David Candia, Michael Rafanan, and Joshua Williams of Sacramento New Technology High School for taking first place at the California Forestry Challenge Championship. This is the second year in a row that the New Tech team has won the championship.

The students wrote a silvicultural prescription for the Kinland Forest, a privately owned tract of land. The proposal aims to help control growth, composition, health and quality of the forest. Their recommendations were practical, economically sound, and in compliance with the California Forest Practice Rules.

The Forestry Challenge is an academic event for high school students in technical forestry and current forestry topics. Since its inception in 2003, the program has grown from one event to five, a complete buildout of the program in California.

Participants spend four days in the forest learning about the ecology and management of the forested landscapes that provide communities with water, recreational opportunities, wood products, and wildlife habitat. Youth benefit by better understanding the relationship of the forested environment to their community, by exposure to natural resource management as a potential career option, and by undertaking a rigorous critical thinking exercise which is timely and addresses current forestry topics such as wildfire, insects, and forest health.

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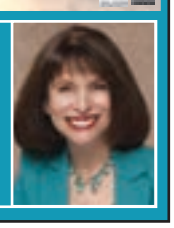

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What's happening Pocket/Greenhaven?

TUESDAY, JUNE 11

HEALTHY AGING FOR SENIORS: Getting older brings emotional, physical and mental challenges. Aging can also bring a lot of anxiety. When we are in our forty's, we talk about our family getting older but seldom realize that we are also aging. Join Interim Healthcare Hospice for an open discussion on Healthy Aging. Prepayment of $3 and pre-registration required. $5 drop-in at the door. Class will be held Tuesday June 11, 2019 from 1:30p-2:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

FRIDAY, JUNE 14

YOU COULD BE NEXT: HOW TO AVOID BECOMING A VICTIM OF MEDICARE FRAUD & SCAMS: June 15th is World Elder Abuse Awareness Day. Every year 1 in10 older Americans experience elder abuse, neglect, or exploitation. Older Americans lose an estimated $2.6 billion or more annually due to elder financial abuse and exploitation. This workshop will review types of elder abuse and how to avoid becoming a victim of Medicare fraud and scams. Free of charge and pre-registration required. The first session will be held Friday June 14, 2019 from 10:30a-11:30am at ACC Greenhaven Terrace 1180 Corporate Way and a second session will be held from 1:00p-2:00p at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

FRIDAY, JUNE 14 and SATURDAY, JUNE 15

OUT & ABOUT! A COMING OUT JOURNEY: Some closets are deeper than others and everyone's journey can be an adventure in and of itself. Out & About will feature selections from your favorite Wizard of Oz themed movies, musicals and everything in between. The Sacramento Gay Men's Chorus, AKA The Brunchkins, invite you to celebrate their coming out stories while singing and dancing on down the Lavender Brick Road to Sacrament-Oz on June 14 at 7:30 p.m. with a VIP drag show reception at 6:30 p.m. as well as a performance on June 15 at 2 p.m. with a VIP drag show reception at 1 p.m. The event will be held at C.K. McClatchy High School, 3066 Freeport Blvd. Tickets prices are as follows: Students (ID required) $15; general admission $25, VIP $40 (includes drag show, refreshments, premier seating). Tickets are available at tickets.chorusconnection.com/sgmc/events/6

TUESDAY, JUNE 18

DEMENTIA ACTIVITIES & TIME FOR YOU: How loneliness and isolation effects family caregiver. The importance of regular self-care for the caregiver with family and friends can help. Learn how to make their visits enjoyable and successful. Engage and modify almost any activity for the person with dementia. Free of charge and pre-registration required. Class will be held Tuesday June 18, 2019 from 4:00p-5:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

ONGOING

ROTARY CLUB OF POCKET-GREENHAVEN MEETINGS: You're invited! Come join the Rotary Club of Pocket-Greenhaven on Thursday mornings, 7:30 at Aviator's Restaurant at Executive Airport. You are welcome as our guest to learn more about our leadership organization and meet with business, civic, and professional leaders who are making a difference in our neighborhood! Contact Bob Smith, at 916-215-1332 or visit https://pgr.rocks/ to find out more.

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA South Sacramento Support Group: Every second Thursday of the month from 1 to 2:15 p.m., Location: Asian Community Center (ACC), 7334 Park City Drive, Sacramento, CA 95831. This support group is free to those who are living with Parkinson's Disease, their family and caregivers. The group shares information to help each other and provide guest speakers who can assist with physical and mental challenges in daily living.

SIRS BRANCH 93 meets every third Monday of each month. Lunch is at 11:30 in the Elks Club, 6446 Riverside Blvd.
If you are retired or close to retirement and looking to join a men's group, we are Sons In Retirement. A group of men with a wide variety of backgrounds that love to socialize, play golf, bowl, pinochle, hike, bike ride or maybe you would like to form an activity that you are interested in, join us. The first lunch is on the group. Give Jack a call, there is always room at our meetings. Interesting speakers and a great buffet are included at each meeting. Jack Reefer 916-424-1303 or email me: jreefer@sbcglobal.net

ENGLISH CONVERSATION GROUP: The Robbie Waters Pocket-Greenhaven Library hosts an English Conversation Group every Wednesday from 5:30-6:30 p.m. 7335 Gloria Drive, Sacramento.

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.





Aging:

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Be careful to avoid money scams. Never give your Social Security number, bank or credit card numbers, or other sensitive information to someone on the phone (unless you placed the call) or in response to an email. Always check all bills, including utility bills, for charges you do not recognize.

Even though you might not need it now, think about giving someone you trust permission to discuss your bills with creditors or your Social Security or Medicare benefits with those agencies. Learn more about legal and financial planning for older adults.

Health care. Do you forget to take your medicine? There are devices available to remind you when it is time for your next dose. Special pill boxes allow you or someone else to set out your pills for an entire week. Have you just gotten out of the hospital and still need nursing care at home for a short time? The hospital discharge planner can help you make arrangements, and Medicare might pay for a home health aide to come to your home.

If you can't remember what the doctor told you to do, try to have someone go to your doctor visits with you. Ask them to write down everything you are supposed to do or, if you are by yourself, ask the doctor to put all recommendations in writing.

Be Prepared for a Medical Emergency

If you were to suddenly become sick and unable to speak for yourself, you probably would want someone who knows you well to decide on your medical care. To make sure this happens, think about giving someone you trust permission to discuss your health care with your doctor and make necessary decisions. Learn about healthcare advance directives. Talk with your doctor about whether you should get a medical alert ID bracelet or necklace. Read and share this infographic to get tips on how to make home safe and accessible while aging in place.

Aging in Place: Common Concerns

If staying in your home is important to you, you may still have concerns about safety, getting around, or other activities of daily life. Find suggestions below to help you think about some of these worries.

Getting around—at home and in town. Are you having trouble walking? Perhaps a walker would help. If you need more, think about getting an electric chair or scooter. These are sometimes covered by Medicare. Do you need someone to go with you to the doctor or shopping? Volunteer escort services may be available. If you are no longer driving a car, find out if there are free or low-cost public transportation and taxis in your area. Maybe a relative, friend, or neighbor would take you along when they go on errands or do yours for you. To learn about resources in your community, contact Eldercare Locator at 1-800-677-1116 (toll-free) or https://eldercare.acl.gov.

Activities and friends. Are you bored staying at home? Your local senior center offers a variety of activities. You might see friends there and meet new people too. Is it hard for you to leave your home? Maybe you would enjoy visits from someone. Volunteers are sometimes available to stop by or call once a week. They can just keep you company, or you can talk about any problems you are having. Call your local Area Agency on Aging to see if they are available near you.

Safety. Are you worried about crime in your neighborhood, physical abuse, or losing money as a result of a scam? Talk to the staff at your local Area Agency on Aging. If you live alone, are you afraid of becoming sick with no one around to help? You might want to get an emergency alert system. You just push a special button that you wear, and emergency medical personnel are called. There is typically a monthly fee for this service.

Housing. Would a few changes make your home easier and safer to live in? Think about things like a ramp at the front door, grab bars in the tub or shower, nonskid floors, more comfortable handles on doors or faucets, and better insulation. Sound expensive? You might be able to get help paying for these changes. Check with your local Area Agency on Aging, State housing finance agency, welfare department, community development groups, or the Federal Government.

Help during the day. Do you need care but live with someone who can't stay with you during the day? For example, maybe they work. Adult day care outside the home is sometimes available for older people who need help caring for themselves. The day care center can pick you up and bring you home. If your caretaker needs to get away overnight, there are places that provide temporary respite care.

Where Can I Look for Help Staying at Home?

Here are some resources to start with: People you know. Family, friends, and neighbors are the biggest source of help for many older people. Talk with those close to you about the best way to get what you need. If you are physically able, think about trading services with a friend or neighbor. One could do the grocery shopping, and the other could cook dinner, for example.

Community and local government resources. Learn about the services in your community. Healthcare providers and social workers may have suggestions. The local Area Agency on Aging, local and State offices on aging or social services, and your tribal organization may have lists of services. If you belong to a religious group, talk with the clergy, or check with its local office about any senior services they offer.

Geriatric care managers. These specially trained professionals can help find resources to make your daily life easier. They will work with you to form a long-term care plan and find the services you need. Geriatric care managers can be helpful when family members live far apart. Learn more about geriatric care managers.

Federal Government sources. The Federal Government offers many resources for seniors. Longtermcare.gov, from the Administration for Community Living, is a good place to start.

How Much Will It Cost to Get Help at Home?

An important part of planning is thinking about how you are going to pay for the help you need. Some things you want may cost a lot. Others may be free. Some might be covered by Medicare or other health insurance. Some may not. Check with your insurance provider(s). It's possible that paying for a few services out of pocket could cost less than moving into an independent living, assisted living, or long-term care facility. And you will have your wish of still living on your own. Resources like Benefits.gov and BenefitsCheckUp® can help you find out about possible benefits you might qualify for.

Are you eligible for benefits from the U.S. Department of Veterans Affairs (VA)? The VA sometimes provides medical care in your home. In some areas, they offer homemaker/ home health aide services, adult day health care, and hospice. To learn more, visit www.va.gov, call the VA Health Care Benefits number, 1-877-222-8387 (toll-free), or contact the VA medical center nearest you.

For More Information on Aging in Place

Eldercare Locator
1-800-677-1116 (toll-free)
https://eldercare.acl.gov

Centers for Medicare & Medicaid Services
1-800-633-4227 (toll-free)
1-877-486-2048 (TTY/toll-free)
www.medicare.gov

National Association of Area Agencies on Aging
1-202-872-0888
info@n4a.org
www.n4a.org

Department of Housing and Urban Development
1-202-708-1112
1-202-708-1455 (TTY)
https://www.hud.gov/

Low Income Home Energy Assistance Program National Energy Assistance Referral Hotline (NEAR)
1-866-674-6327 (toll-free)
energyassistance@ncat.org
https://liheapch.acf.hhs.gov/help

National Resource Center on Supportive Housing and Home Modifications
1-213-740-1364
homemods@usc.edu
www.homemods.org



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