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Pocket News

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POCKET-GREENHAVEN COMMUNITY ASSOCIATION SHOWCASES MASTER GARDENERS AT THEIR 4TH ANNUAL CROP SWAP EVENT

SEE PAGE 8

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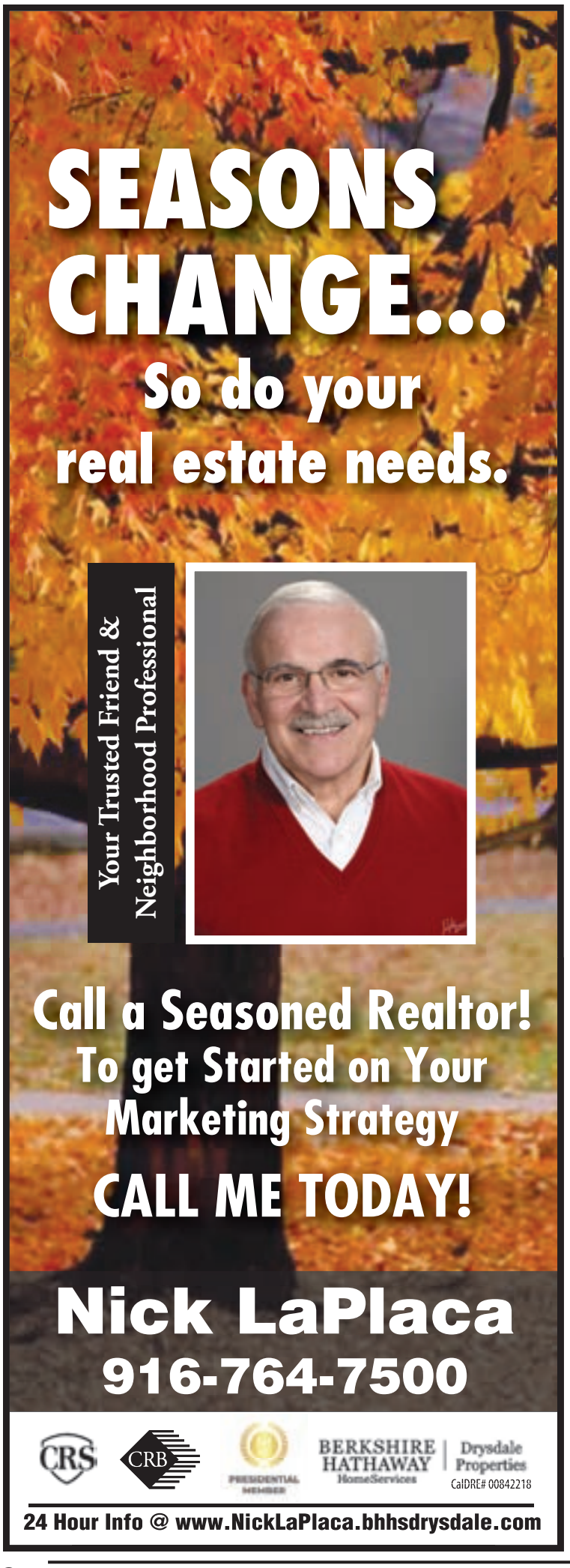

July 30 Groundbreaking Held for Caltrans I-5 Corridor Enhancement Project



Shovels ready for groundbreaking at the July 30 ceremony for the I-5 Corridor Enhancement Project.

By Patricia A. Clark

"This project needed to think big," Caltrans District 3 Director Amarjeet Benipal exclaimed to the assembled crowd at the Groundbreaking Ceremony for the Interstate 5 Corridor Enhancement Project on July 30. Mr. Benipal acted as the Master of Ceremonies for the one-hour ceremony, held under Highway 50 at the corner of 6th and X Street to take advantage of the shade on the warm July day.

The scope of the project runs approximately 15 miles, from one mile south of Elk Grove Boulevard to the American River Bridge crossing near downtown Sacramento. The $370 million project will rehabilitate 67 lane miles of the roadway, relieve congestion through the addition of 23 lane miles of High Occupancy Vehicle (HOV) lanes, replace the outdated pedestrian overcrossing between Fruitridge and Sutterville Roads, construct two new sound walls, install new fiber optic lines and extend some entrance and exit ramps.

In his introductory comments, a jubilant Mr. Benipal emphasized that the project planning benefitted from numerous partners, including local agencies. He expressed thanks and appreciation to all of those individuals and agencies that took an interest in moving the project forward.

Among the speakers, Susan Bransen, Executive Director of the California Transportation Commission (CTC), noted that the existing pavement is 44 years old and original to when the freeway first opened in 1975. Ms. Bransen also noted that this stretch of I-5 sees about 150,000 vehicles through the corridor each day, including about 15,000 trucks. Ex-

see CALTRANS page 3

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Caltrans:

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emplifying the values of the SB 1 program, she itemized the various sources of funding for the project including $48 million from SB 1, $280 million from the State Highway Operation and Protection Program (SHOP), $33 million from Sacramento Transportation Authority's Measure A funds, and $8.5 million from Sacramento Area Council of Governments (SACOG). She closed by saying that the CTC sees this as a "transformative project" with noticeable improvements in safety, rehabilitation, and congestion relief.

Beaming with a broad smile, U.S. Representative Ami Bera shared his view that infrastructure investment is good for communities. "This is a smart project," Bera said. Bera represents the 7th House District in California and lives in Elk Grove.

Other dignitaries speaking at the event included David Kim, Secretary of the California State Transportation Agency, Assembly member Jim Cooper, Steve Hansen, City of Sacramento Councilmember District 4, Darren Suen, City of Elk Grove Councilmember District 1, Vince Mammano, Division Administrator Federal Highway Administration, and Brent Newman, California Highway Patrol (CHP) Chief Valley Division.

Secretary David Kim said this project will be the largest highway project in the Sacramento area since I-5 was originally completed back in 1975.

Brent Newman, the CHP representative, highlighted safety concerns in his speech. This stretch of I-5 sees large numbers of both local and long distance motorists, he began. Safety benefits from the project will include improved response time for CHP, less accidents due to potholes and deteriorating pavement, and improved real-time traffic information from the new fiber optic cables that will provide better information to dispatchers, Newman said. Specifically calling out an incident many readers will remember, Newman recalled that it was approximately one year ago that large chunks of deteriorating pavement formed massive holes in the freeway in the northbound lanes near downtown, creating huge traffic jams and requiring days of emergency repairs.

The rehabilitation project is scheduled to last 3 and one-half years, wrapping up in December 2022. Caltrans District 3 Public Information Officer Dennis Keaton commented that most of the traffic-interfering work will not begin until next year, with this fall devoted to preliminary preparations like drainage and electrical work.

Granite and Teichert Construction Companies, who were awarded the bid for the project, said they plan to recycle the existing concrete pavement on site to provide environmental benefits. The new pavement is expected to have a 40-year life.



David Kim, Secretary of the California State Transportation Agency, said this project will be the largest highway project in the Sacramento area since I-5 was originally completed back in 1975.

The Casilada Way Pedestrian Overcrossing, between Fruitridge and Sutterville Roads, needs to be replaced with a similar structure that meets current American with Disabilities Act (ADA) standards. The existing structure has a steep grade that is non-compliant.

see PROJECT page 12

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Meals on Wheels seeks volunteer drivers



Photos courtesy of Meals on Wheels by ACC

The program provides nutritious noontime meals for homebound seniors, 60 years old and older, five days per week.



Meals on Wheels by ACC volunteers are shown at one of the program's distribution centers.

By LANCE ARMSTRONG

Meals on Wheels by ACC is seeking volunteer drivers to deliver meals in the Pocket.

The program is designed to provide nutritious noontime meals and personal contact to homebound seniors, 60 years old and older, five days per week.

The drivers are being sought due to an increase in the need for the delivery of meals.

Each driver is required to use their own vehicle to complete their deliveries.

Although these drivers will not receive any hourly or salary payments, they will be reimbursed the state standard of 58 cents per mile for business miles driven.

Each route takes about one and a half hours to complete.

Drivers will begin those routes at a designated distribution center that is most convenient for them, such as near their homes or work.

After picking up meals at a center, drivers then use route sheets with the names and addresses of program participants to assist them with their deliveries.

The route sheets also include special details and/or instructions pertaining to certain individuals, such as a participant's hearing impairment.

There are currently about 55 senior participants who receive home-delivered meals in the Pocket area, and more than 40% of those participants are 80 years old or older.

Angela Roberts, marketing and outreach coordinator for Meals on Wheels by ACC, described the necessity of this program.

"About two-thirds of our home-delivered meal participants are 'nutritionally at risk,' which means they have challenges/barriers receiving proper nutrition, either for medically-based reasons – illnesses, conditions, underweight, etc. – or an inadequate dietary pattern (such as) only having one meal daily," she said.

The program's meals generally consist of a protein-rich entrée such as chicken or meatloaf, vegetables, a healthy side dish, a salad, fresh fruit and milk.

Roberts noted that it is not only human participants who receive meals through Meals on Wheels by ACC.

"The other thing that a lot of people don't know about with delivering meals is that volunteer drivers also deliver meals to pets – dogs and cats – as well," she said. "That's called our AniMeals program. A lot of our volunteers enjoy feeding the friendly dogs and cats that are in the participants' homes."

Roberts added that food deliveries are only part of the importance of this program, as drivers build special relationships with the program's participants.

"It's really not just about the meal," she said. "It's (also) about the friendships and the

see VOLUNTEER page 19

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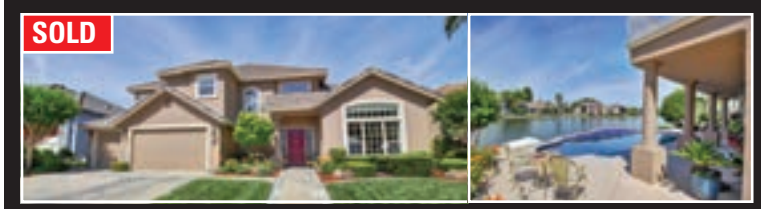

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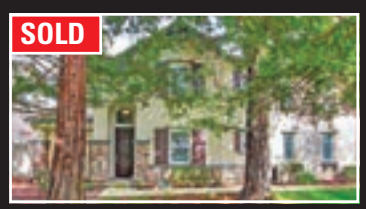

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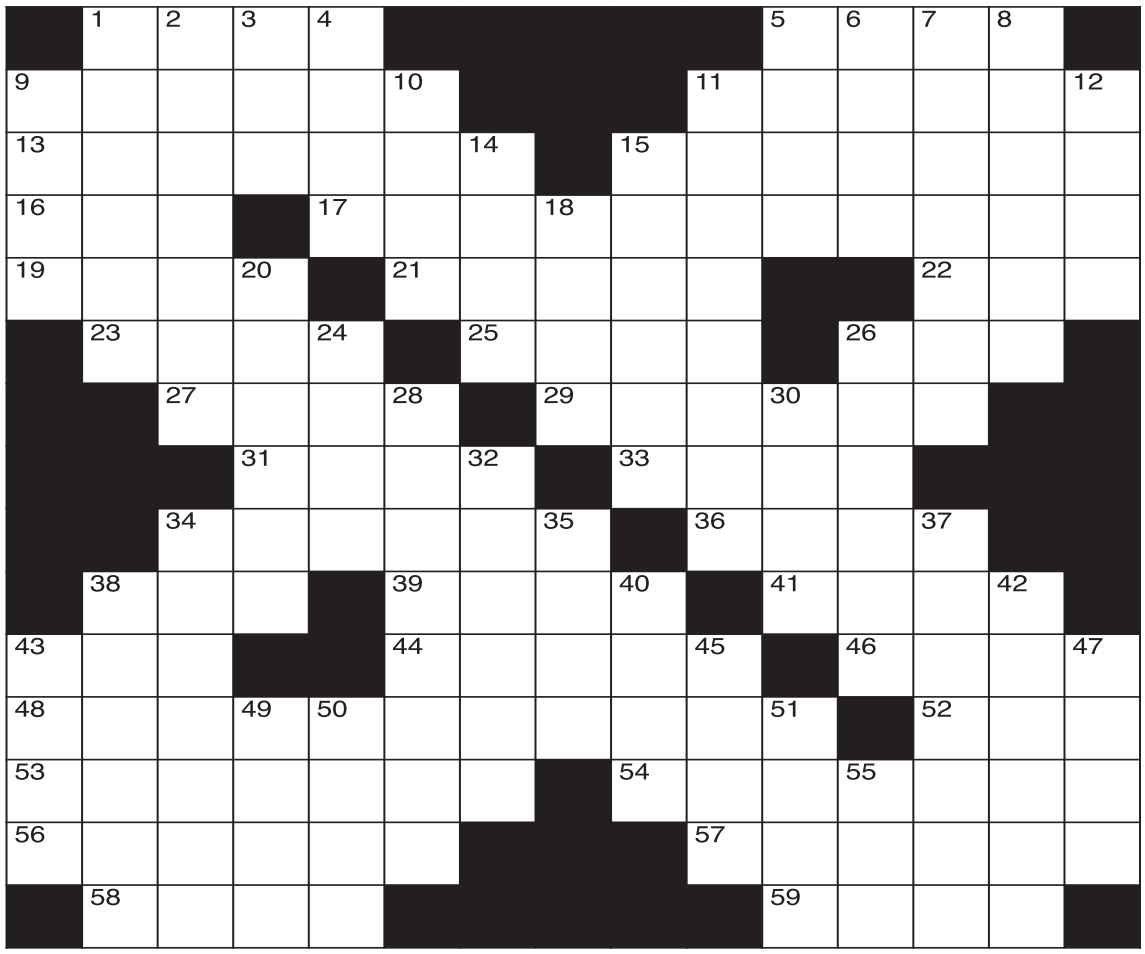

CLUES ACROSS

1. Babies' eating accessories
5. Charge on a coat of arms
9. Set of five
11. California town
13. One who cites
15. Elected official
16. Japanese delicacy
17. Couldn't be happier
19. Enormous
21. Hunter's tool
22. Georgia rockers
23. Cold wind
25. Beginner
26. Where you sleep
27. Without
29. We all have them
31. Spoiled
33. Platform
34. Drama and horror are two
36. In abundance
38. Turf
39. Inventor Musk
41. Negative answers
43. French river
44. Saps of energy
46. Type of sandwich
48. Sets apart again
52. Engage in a contest
53. Sufferings
54. Freestanding sculpture
56. Digs into
57. Fish have them
58. Speaks
59. Storage unit

CLUES DOWN

1. Spread over
2. Dyes
3. British thermal unit
4. Small city in Maine
5. Having an affection for
6. Welsh for John
7. Plays that ridicule
8. Not of your right mind
9. A way to get there
10. Hideaways
11. Relating to neurons
12. "Family City USA"
14. Proof of payment (abbr.)
15. Flew high
18. Wreaths
20. Got rid of
24. Shortly
26. Confer
28. Monies given as support
30. German electric car
32. Objects of an earlier time
34. Flat-bottomed boats
35. Small waterbird
37. Willingness to please others
38. Military actions
40. Brooklyn hoopsters
42. Took to the seas
43. Romanian city
45. What the sun eventually does
47. Titans' DC Dean
49. Resentful longing
50. Ceases to live
51. Pouches
55. Humbug

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PUBLIC NOTICE

Notice Of Intent For A Mitigated Negative Declaration

Sacramento Municipal Utility District (SMUD) has prepared an Initial Study and Mitigated Negative Declaration (IS/MND) addressing the potential environmental effects for the underground replacement of 2 miles of 69 kilovolt electrical cable in the Pocket/Greenhaven neighborhood.

Project Location

The project is located within a two-mile corridor in the Pocket neighborhood of the City of Sacramento, within western Sacramento County. The project extends generally from a connection point south of Florin Road and east of Interstate 5 in Sacramento to two existing SMUD-owned electric distribution substations within the Pocket/Greenhaven neighborhood. Between those points, the project is generally located along Florin Road and Gloria Drive between Florin Road and the Gloria-Florin electric distribution substation (approximately 400 feet west of Florin Road), and Havenside Drive between Florin Road and Havenside-Canal electric distribution substation.



How to View Project Documents

As lead agency for the project, SMUD is distributing the IS/MND to interested public and regulatory authorities for review and comment. SMUD will receive public/agency comments on the IS/MND for a 30-day period beginning August 7, 2019 and ending September 6, 2019. The IS/MND is available for review on SMUD's web page at: https://www.smud.org/en/Corporate/About-us/Company-Information/Reports-and-Statements/CEQA-Reports

Hardcopies may be reviewed at the following locations:

- SMUD East Campus Operations Center, 4401 Bradshaw Road, Sacramento, CA 95827
- SMUD Customer Service Center, 6301 S Street, Sacramento, CA 95817
- Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento, California 95831

Where to Send Your Comments

Written comments should be submitted to Rob Ferrera, SMUD, P.O. Box 15830, MS H201, Sacramento, CA, 95852-0830 or at rob.ferrera@smud.org before 5 p.m., September 6, 2019. If you have questions, please contact Rob Ferrera at (916) 732-6676 or at rob.ferrera@smud.org.

Public Meetings

SMUD invites members of the public to attend a public meeting regarding the IS/MND which will be held:

Tuesday August 20, 2019 from 6:00- 7:00 p.m.
Elks Lodge #6, Emblem Room, 6446 Riverside Blvd,
Sacramento, CA 95831

The SMUD Board of Directors will consider adoption of the MND on October 17, 2019 at 9:00 a.m.

Additionally, the Energy Resources & Customer Services Committee will review the project on October 16, 2019 at 5:30 p.m. and make recommendations to the Board prior to their decision. Additional verbal comments can be made at that time by members of the public.

Please refer to https://www.smud.org/en/Corporate/About-us/Company-information/Board-Meetings for further information regarding meeting schedules and agenda items, including the project. If you have any questions, please contact Rob Ferrera at (916) 732-6676 or rob.ferrera@smud.org.

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Beyond Corn and Tomatoes:
Bonus Finds at the Farmers' Market



By Kerin Gould

Although Sacramento has many year-round farmers' markets, in the middle of summer, we tend to get motivated to get out there more, answering the call of the fresh, sunshine-infused tomatoes and sweet, tender corn, and luscious fruit that far surpass anything in a grocery store. But it's easy enough, in any season, to overlook some of the lesser-known attractions at our markets.

Usually, right at the entrance, you can find a booth that allows EBT card users to get vouchers or tokens to shop with, so they can get the freshest food with their benefits at the same time they are spending that money with local businesses. In addition, during summer months, the Market Match program matches up to $10, making the trip to the farmers' market a great deal. Also at the entrance you may find activists of all kinds, if you need a spirited debate, and an assortment of musicians.

see MARKET page 7

Market:

continued from page 6

Among the fruit and veggie vendors you may also find folks selling local and organic rice, artisanal cheese from small dairies, honey, dried fruit and jams, and locally grown and pressed olive oil. Since the California law on cottage industry food products has become more sensible, all kinds of barbecue sauces and salsas are on display at different stands, and I recently purchased elderberry syrup – as much for the flavor as for the anti-flu benefits. Another delightful product found at some markets is local wine. I mean local, as in Sacramento County! Tasting is even available in some locations.

You will also find fresh eggs, and fortunately most of the ones at the market are "pastured" eggs. That means the hens are outside during the day, foraging, enjoying the sun and fresh air and living very much like my pet hens. No nasty de-beaking for pastured hens, as they have room to move and so don't hurt each other. The yolks from pastured eggs are deep orange, and the flavor and texture are noticeably superior. Kind and healthy treatment of animals benefits us too.

If you happen to be food-shopping for an occasion or just need a splash of color in your life, you can find gorgeous flower arrangements here, some pre-made and ready to pop into a vase, and some mix-and-match, with the florists creating a spectacular bouquet before your eyes. House-plants and garden plants, herbs starts and even fruit trees have their own area at several markets, and you can even find specialty plants like succulents or the super-food moringa. You can locate the lavender stand by using your nose to sniff out their sachets, pillow-freshening spritzers, and bulk lavender. But my favorite stop is with All Things Wild, where they sell native and drought-tolerant plants like incense cedar, ceanothus, elderberry, and a variety of sages.

A few farmers' markets include craft sales in a special area, but other markets' policy is to give the farmers your full shopping attention, without distractions. After all, they work especially hard to deliver locally produced goodness to you. One last thing to keep in mind: please make sure you support certified farmers' markets. That title means that the growers have been inspected to verify that what they sell in the market is only what they are growing themselves. There are no re-sellers at these markets, just growers and makers, bringing you the best our region has to offer.





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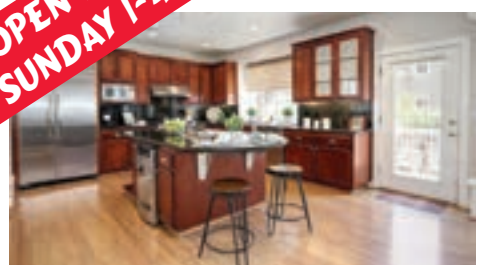











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COOK REALTY





Pocket-Greenhaven Community Association Showcases Master Gardeners at Their 4th Annual Crop Swap Event

By Jan Dalske

The 4th Annual Crop Swap took place recentlly in front of the Robbie Waters Library on Gloria Drive. It was a very hot summer day, and the participants were happy to display the "fruits of their labors" on tables set up in front of the library. The idea was to bring something you have grown in your home garden and share it with your neighbors.

Barbara was happy to display her crops on the outdoor tables. She had small Cucumbers, which could be easily pickled, on display. She also grows Chard, and Basil. Her tender Sweet Peas, as well as Zucchinis, and Yellow Tomatoes, and other "succulents" are healthy treats during the hot summer months.

Linda and Frankie were there with a large selection of Jade plants to share with anyone who was interested. Nicole had many succulents, and fresh Mint, and Basil as well as Geranium plants. She also offered fresh cucumbers, tomatoes, and cherry tomatoes for a wonderful summer salad treat.

Michael, and Rosella, who is proud to have been a Master Gardener for twelve years, had many varieties of Beans: String, Blue, Burgundy, and Asian Long Beans. The couple also had pluots, tomatoes, yellow and green zucchini, and Armenian cucumbers. This year they grew pumpkins, acorn squash, kuhota squash, watermelon, eggplant, three different kinds of peppers, and spinach. They have thirty different kinds of fruit trees on their property and also grow grapes and kiwi.

see CROP SWAP page 9







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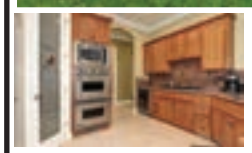

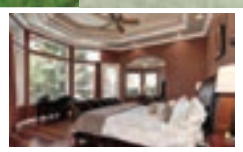

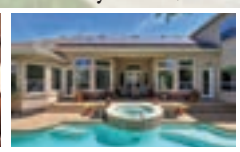

Minimal interior walls emphasize openness and community. Landscape & building become one. Spectacular curb appeal with circular driveway & gorgeous grounds by highly regarded landscape architect Donovan Lee. Quality Geremia pool/in-ground spa are perfect for entertaining. Abundant sun light in all rooms. Gourmet kitchen has high-end stainless steel appliances: Sub-Zero, Viking and Bosch! Opens to family room & yard for gatherings. Outstanding master suite with sitting area. Master bath with expensive marble counter tops/floors & fantastic jacuzzi tub. Guest ensuite on 1st floor.

5 beds , 4 baths, 3,768 square feet per assessor

Crop Swap:

continued from page 8

"The Pocket/Greenhaven Community Association has been hosting a local crop swap for the last 4 years. We are very happy to have brought together 35 neighbors at our most recent crop swap to exchange extra produce and talk gardening. We will be hosting another crop swap soon and if you would like to join us you can contact us at info@pocketgreenhaven.org.," said Will Cannady, president of the PGCA.

There is also a community garden located behind the parking area at the Robbie Waters Library.

"District 7 Parks Commissioner Devin Lavelle helped with the logistics of the garden and I had the pleasure of organizing neighbors in support of the project. Currently Bill Maynard with the City of Sacramento oversees our community garden as well as all the other community gardens in Sacramento. We still have a few plots available. If people are interested in a plot please have them email me at willcannady@gmail.com and we can schedule a time to sign up for a plot."

The City's recently completed Sojourner Truth Community Garden is the end result of local community members coming together over the last five years with a dream of being able to work the soil together. Councilmember Jennings and his Chief of Staff Dennis Rogers worked closely with community members to make their goal of a community garden become a reality. You can contact Bill at wmaynard@cityofsac.org





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Faces and Places: 2019 Pear Fair



Photos by Stephen Crowley

Folks celebrated the Delta's Bartlett Pear harvest with a variety of great foods, beer and wine, live music, arts and crafts, parade, fun rides and activities for the kids at the 2019 Pear Fair on Sunday, July 28 in Courtland. The Pear Fair is a non-profit organization that provides educational scholarships and helps support the Delta community. The event also included 5- and 10-mile runs.























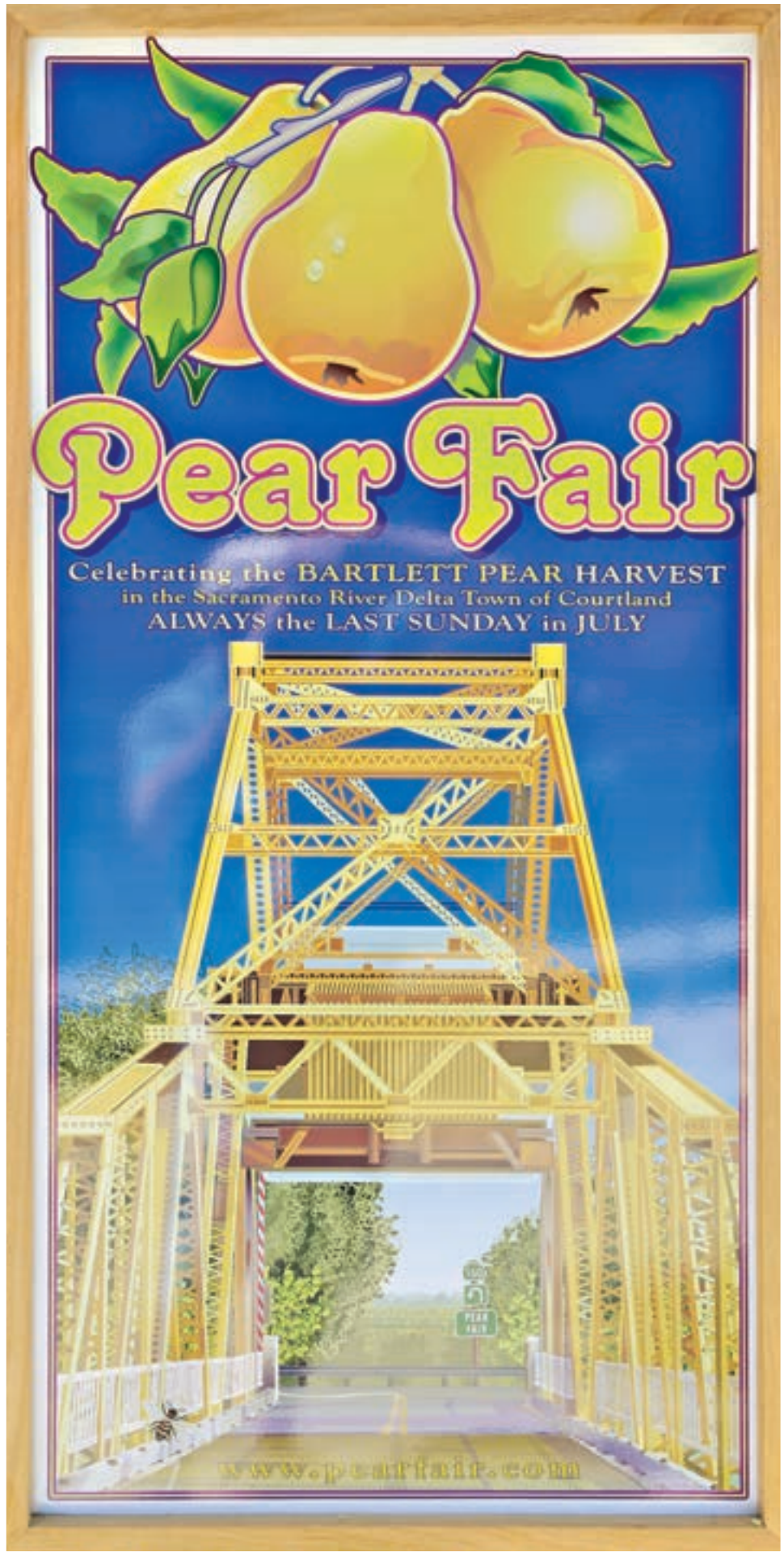
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www.pearfair.com

Project:

continued from page 3

The proposed replacement structure has an attractive design, unlike the plain existing overpass. The two new sound walls will be built on the west and east sides of the freeway just south of Pocket Road. This includes the South Pocket neighborhood on the west side. These areas do not currently have sound walls and, in South Pocket's case, the neighborhood association has advocated for a sound wall since 1994.

South Pocket Homeowners Association's Treasurer Sue Ruiz recalled, "When my family moved here in 1995, we heard about how the sound wall was imminent. Now, as a member of the South Pocket Homeowner's Association Board, I am closely watching the progress and advocating for it as I know it will significantly benefit our neighborhood. It cannot come too soon!"

Following the ceremony, dignitaries with shovels turned over a small mound of sand established for the event, and then participated in a host of media interviews. To stay informed about the project, you have many choices. You can follow Caltrans District 3 on Facebook or Twitter. Currently, there is a project page located at the Caltrans Public Website under District 3 at http://www.dot.ca.gov/d3/projects/ , including weekly roadwork schedules at http://www.dot.ca.gov/d3/roadwork/ and the latest news at http://www.dot.ca.gov/d3/press/ .



Caltrans District 3 Director Amarjeet Benipal being interviewed by media following the groundbreaking ceremony.

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Thursdays: 2:30 pm
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For more information, visit saczoo.org

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Climate change is the biggest challenge of our time, and presents serious impacts to our water resources

By Jan Dalske



Photo by Robert Couse-Baker - www.flickr.com/photos/29233640@N07/3051238689

American River

Climate Change is already impacting California's water resources. In the very near future, warmer temperatures, changing patterns of precipitation, and runoff, and rising sea levels will profoundly affect our ability to manage water supplies and other natural resources. One of the most significant challenges for the 21st Century will be adapting California's water management systems to climate change.

How will climate change affect our city? Changes in the river flow will impact our water quality, our fisheries and our recreational activities. An anticipated 25% reduction of the Snowpack could change our water supply substantially by 2050. The snowpack is an important source of urban, agricultural and environmental water. From 1956- 2000 the average snowpack storage was 15 million acre feet. A reduction of 25% would reduce it to 4.5 million acre feet. .

Changes in hydroelectric power production could take place due to the adjustments in the flow of water, and lower reservoir levels may decrease power generation. But, at the same time, energy use may increase due to higher temperatures and a greater demand for water. These conditions may place a demand on a greater reliance on fossil fuels. This will produce more greenhouse gases. Future water management should consider new strategies to conserve energy and reduce these emissions.

Climate change could also affect agriculture in California. There will be mixed impacts to crop productivity and more demands for better irrigation. An increase in extreme rain could lead to higher winter river flows as well as runoff and flooding conditions in area of lower altitude.

An increase in extreme weather conditions will result in higher temperatures and changing precipitation could lead to more droughts. Warmer weather could change the river temperatures and add stress to the cold-water species such as salmon.

Rising sea levels will increase pressure on Delta levees and threaten them. Many of area cities are protected by levees. With less fresh water flowing from the Delta in the spring-time and early summer months, salt water could enter our waterways. The demand for agriculture, urban and environmental water will increase. Groundwater will be effected with the resulting lower water tables due to the anticipated hydrologic changes. This greater demand could cause some shallow wells to dry up.

Recently, a small group of concerned residents of Sacramento met on a stretch of the American River off of 28th Street to discuss how a changing climate will impact all of us. There are many species that live in that area, as well as in the larger Sacramento area. The discussion addressed the climate crisis. They all agreed that it was very important for all of them to work to ensure a safe climate for the future generations.

The group vowed to talk about climate change to everyone they meet. Some steps they discussed were simple ways to take actions which will respect nature, especially water.

We can all "eat lower" on the food chain. We can cut our own emissions by choosing different ways of transportation. We can join a group that supports making changes to reduce the effects of global warming. And, we can donate money to organizations that are working to help create a world that values and respects nature, water and one another. We can urge our elected officials to act now and make the changes necessary to meet this challenge.

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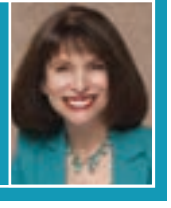

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FARM AND FLAVOR

Lazy days of summer/Il Dolce Far Niente

By Kerin Gould

As the temperatures rise on the farm, activity slows way down. Even the plants themselves don't function above a certain temperature. No new leaves are growing, no new flowers to speak of this week. I remember one year so hot, that when I went to pick tomatoes, they were already cooked right there on the vine. It's certainly too hot for weeding, but I will accept any excuse to procrastinate on that chore. I can't transplant any young seedlings or plant any new seeds. Mostly, my job is to check the irrigation for any leaks or dry spots.

The cats seem to have liquefied while napping, and the dogs are snoozing in the coolest spots they can find, under the bed, waiting for the sun to sink, so they can get a bearable evening walk. The hens find the shade under the porch and stand by the crawlspace entrance where cool air comes out, barely moving from there to forage. They are all a terrible influence, as the mid-afternoon heat and being surrounded by deep sleepers makes me drowsy beyond my abilities to resist. No amount of espresso can help me now.

Even as my eyelids are lowering, flickering open again, and nearly closing, I think of all the tasks and to-dos I really should be doing: get the last cherry plums and make jam, pick some tomatoes and apricots and pears, sweep the walkway, mow the front yard, hang up the wasp traps, prune the olallieberries, weeding, weeding, and more weeding… especially that star thistle that stabs me in the leg every time I walk by.

I would argue, by way of excusing my unaccomplished day, that nature gives us some days in summer that are too hot and some days in winter that are too cold/wet for any kind of productivity. She will slow us down with weather that forces us to nap in our underwear beneath a fan or curl up with a blanket and cocoa – whatever it takes. And this is meant to remind us that perpetual, unbridled productivity is not natural or sustainable. Endless growth of consumption and production is simply not organically possible for her to sustain, nor is it sustainable for us, our bodies. Yet, our economy and our lifestyles have all been squeezed into the opposite idea.

History tells us that when Puritan colonizers saw Native people of this continent relaxing in their villages after chores, they judged them indolent savages and declared that entitled them to take the lands and enslave the people for a more industrious society? But the Indigenous people had managed this land well, sustained themselves in good health, and developed extensive knowledge systems, all without polluting and abusing the earth. Don't be like those Puritans.

Restorative measures are required, for us and the planet, especially during weather extremes. This mid-afternoon stupor is Mother Earth telling us to sit our butts down, perhaps with an ice tea and a book, perhaps on the sofa with a cat on the armrest and a dog at your feet, perhaps with a human person you should be lazily enjoying on top of the cool sheets, and just knock it off for a bit. Stop burning fuel and consuming stuff and slavishly pursuing busywork for once.

Sometimes doing nothing on purpose — il dolce far niente, as they say in Italian, the sweetness of doing nothing — may clash with our inherited puritan work ethic or with our social media addiction or with our compulsion to be in activities with people whether we like them or not. What if we pushed aside the guilt and the pressure and had a long slow lunch on a hot afternoon with delightful companions? What if the conversation was rich as a digestif wine and we refused to rush off anywhere, the way Italians and Spaniards do? Think of the benefits in stress reduction and improved digestion alone!

Here is an easy summer pasta recipe based on a dish from Naples. If you don't do gluten, there are now plenty of different pasta options to try! Use very fresh tomatoes and basil, and adjust the garlic and chili for your own taste. Enjoy it in good company.

Ingredients

1/4 cup olive oil
5 cloves garlic, crushed and chopped
4 cups chopped fresh tomato
1/2 teaspoon red chili flakes or 2 whole red chilis
8 leaves fresh basil, plus more for garnish
Salt

Directions

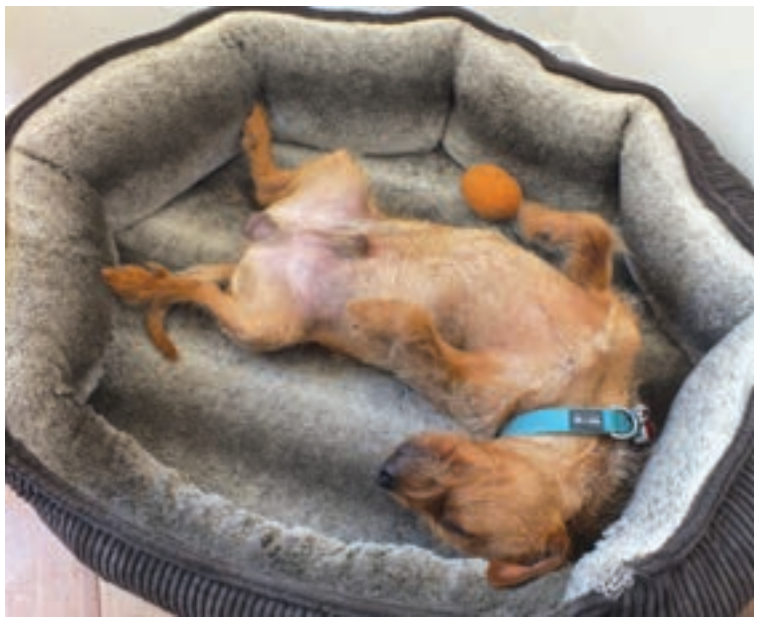
In a sauté pan warm the olive oil on low. Add in the garlic, chili, and basil and let them flavor the oil for 15-20 minutes, giving the pan a swirl every few minutes. Make sure it is not hot enough to smoke or burn the ingredients.

At about 12 minutes, boil water to prepare your pasta, timing it to be ready as soon as the sauce is done.

Once the oil is fully flavored (smells basil-garlicky), turn up the heat to medium. Stir in tomatoes, bringing them to a boil but being careful to avoid spatter. Cook for only 4-5 minutes, until the tomatoes are just softened and the oil has flavored them. Salt to taste.

Serve immediately over the cooked and drained pasta. Garnish with parmesan or vegan parmesan and a leaf or two of basil.





Kerin Gould is the owner of Produce with a Purpose and teaches classes on how to enhance your health with more plant-based dishes. For more information; producewithapurpose.wordpress.com

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What's happening Pocket/Greenhaven?

CURTIS FEST ARTISAN FESTIVAL: The 13th Annual Curtis Fest will feature over 75 local artisans under the beautiful canopy of trees at Curtis Park from 10 a.m. to 4 p.m. Artists and makers include painters, sculptors, textile artists, and wood workers. Live music, food trucks, a kids Zone and a pet refreshment station makes this a great way to finish out the summer. Applications to vend are now open at https://sierra2.org/cf2019vend/

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.

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

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

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

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

ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome--just bring whatever you're working on and join us! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

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

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

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

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.



What's happening Pocket/Greenhaven?

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. and Saturdays between 11 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY– Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY– Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SING ALONG WITH MISTER COOPER- Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

Volunteer:

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daily (interaction). For a lot of the seniors, if not most of them, isolation and loneliness are really tough challenges.

"For a lot of our participants, the volunteer drivers are pretty much the only people they see in person. So, oftentimes the volunteer drivers are what we call the eyes and ears of the seniors we serve. (The drivers) are the ones that notice if there's anything wrong, if there is a situation in which the ACC needs to be involved."

Roberts noted that the volunteer drivers also maintain high marks with the program's participants.

"In a recent participant survey, 92% of the homebound seniors we serve rate our volunteer drivers' professionalism and courtesy as excellent," she said.

Among the program's homebound participants who expressed appreciation for Meals on Wheels by ACC was Horace Tutt.

"Meals on Wheels enabled me to stay in my home and allow me to have well-balanced meals," he said. "The volunteers give me a reason to smile. They're always friendly, always courteous."

Sue Cox, another home-delivered meal participant, also praised this program.

"Meals on Wheels is my cavalry," she said. "They saved me from starving. The driver who brings me the meals is polite and makes my day."

Bonnie, who requested that her last name be withheld from publication, also spoke about the benefit of receiving the program's home-delivered meals.

"It's so nice to get a wholesome meal," she said. "I love this program, because I know the meals are healthy. And I love seeing the drivers. They brighten my day."

Meals on Wheels by ACC currently has 243 volunteer drivers who cover 34 routes throughout Sacramento County. On average, these drivers cover a total of about 2,600 miles per week delivering meals.

Although many of the program's volunteer drivers are retirees, college students, working professionals and military service members are also among those drivers.

In addition to home deliveries, the program serves no-fee meals through its All Seasons Cafés. There are 20 such cafés throughout the county.

To be served lunch at an All Seasons Café, one must be at least 60 years old and have a need for such assistance.

Although there is no mandatory charge to dine at one of these cafés, participants who have the means to contribute $3 per meal are welcome – but not required – to do so.

Seniors who are interested in dining at an All Seasons Café are encouraged to call the respective café location that they would like to dine at, so that the café coordinator can obtain an accurate count of how many meals to serve.

A full list of café locations can be found on the website, www.mowsac.org.

Meals on Wheels by ACC serves nearly 500,000 meals per year, about 273,000 of which are delivered to homebound seniors. The remaining meals are served at All Seasons Cafés.

Kevin McAllister, executive director of Meals on Wheels by ACC, explained the importance of the drivers and other volunteers of this program.

"Our volunteers are amazing, because without them we wouldn't be able to meet our mission to serve seniors in need throughout the county," he said. "We rely on volunteer drivers who provide homebound seniors healthy meals and friendly visits."

Those interested in becoming volunteer drivers, can call the Meals on Wheels by ACC office at (916) 444-9533 or send an email message to volunteer@mowsac.org. Additional information on this program can be found on the website, www.mowsac.org.



Meatloaf is one of the entrées of lunches delivered by Meals on Wheels by ACC volunteer drivers.

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