October 18, 2019 | www.valcomnews.com

Pocket News

— BRINGING YOU COMMUNITY NEWS FOR 28 YEARS —



Conlin Park Tree Planting brings nearly 200 volunteers to plant 10 new trees

see page 10

GREEN HAVEN CAPITAL INC

916.476.6507
info@greenhavencap.com
www.greenhavencap.com

Hundreds of Mortgage Options
Under One Roof



Kevin Oto
koto@greenhavencap.com
5890 SOUTH LAND PARK DRIVE
SACRAMENTO, CA 95822

Licensed by the California Bureau of Real Estate, DRE License # 01721444, NMLS ID #62641
Green Haven Capital Inc. (800) 618-9508. CA DRE License #01842493. CO License #LMB 100027052. UT License #7266423-MLCO. MD Lender License #18906. NMLS #173062

EXPERIENCE COUNTS!



Nick LaPlaca
916.764.7500

- Broker Associate
- Proven Track Record Of Success - 36 Years In The Same Greenhaven/Pocket Office
- Expert Knowlege Of Local Market And Its Rich And Colorful History
- Certified Residential Specialist
- Senior Real Estate Specialist
- Trust And Probate Specialist
- Bachelors, Masters And Doctorate - University Of The Pacific
- Former Assistant Dean - UOP McGeorge School Of Law
- Greenhaven Soccer coach and referee.
- Little League manager - Champions District 7 All-Stars, TOC and regular season.
- Sponsor- Spirit Of The Pocket 4th of July Parade.

BERKSHIRE HATHAWAY HomeServices | Drysdale Properties CalDRE# 00842218 | PRESIDENTIAL MEMBER

nick.laplaca@bhhsdrysdale.com



Door to Door

with PAT LYNCH

Woke Whites

I watched Chelsea Handler's documentary on white privilege. The general gist of it was this: white people are responsible for confronting their own inherited racial privilege. This makes sense. Some white people like to talk to African Americans and Latinos about race, specifically about how he or she, the white person, scorns racism. This isn't always welcome. In fact it's obnoxious to go babbling to people of other races about how you're dealing with your Caucasian advantages. And it ought to be embarrassing because it's part of the Me-ism of white privilege—expecting gratitude and applause from African Americans and others when you empty your windbag of self-discovery on them. Haven't they already been through enough?

So Handler made her documentary to help whites help themselves. For this, kudos. And it's a fast-moving, flawed, but absorbing piece of work. Chandler is trying to be "woke." She doesn't confront the ancient structural nature of racism, but wisely focuses on what whites can do now. The problem is that whites are plentiful, and fall into multiple classifications: whites who try, whites who don't get it, whites who won't get it, whites who don't care, and stunted, jackass whites who hate non-whites and wear MAGA hats. And then there are those high status, gentlemen whites like president Reagan who said, "To see those, those monkeys from those African countries—damn them, they're still uncomfortable wearing shoes." Reagan was talking to Richard Nixon, another president, who laughed heartily and later referred to the same African United Nation members as "cannibals." And then there's Trump, who sees "many fine people" in the alt-right racist mob of Klansmen, nativists, immigrant haters, populists, and radical militia-thugs who swarm his rallies.

So how do people who are trying to be Good-Though-White disassociate themselves from these Bottom-of the-Cesspit Whites and at the same time identify and reject white privilege in their lives? It's not enough to have voted for Obama. And it's not enough to say loudly in mixed groups, "Damn, I sure wish we had Obama back." Whites have to confront racism where they find it and stand against it. Speak against it. That means engaging loudmouth racist whites and causing others to have an uncomfortable evening. This is hard. And you have to do it without "virtue signaling," which is even harder.

Another problem for whites is that the Cesspit whites who surfaced to support Trump are a crushing embarrassment to Good-Though-White people who dread to be held in contempt by people of color. Many Cesspit whites have stockpiled guns and ammo for a future race war. Is it possible for these Cesspit whites to get 'woke?' Who knows? But that is the duty of the Good-Though-Whites: to try to reach them, to teach them.

Do people of color have a duty? Not to whites. To one another. But in large parts of the country, life is white. That's where racist malignancies metastasize. The embedded culture is white. Family, neighbors, friends, people in church, work and school—all white, all the time. White Christmas. White Easter with the risen White Christ with the Anglo features. The teachers, the mayor, the sheriff, the shopkeeper, the minister, the congressmen,—all white. Their fave shows and films are about white people. They TV binge on whiteness. When you visit these regions it's like stepping back in time. Even the food is white. The people seem submerged, maybe permanently, in their cozy blind whiteness.

Also, there's a special white exodus from California: whites who dislike the state's welcoming policies are heading in groups to Idaho to snuggle up to Republicans. Idaho. Here there are miles and miles of whiteness, whole valleys of whiteness. Can these California expats actually become more white in Idaho? Yes. Idaho bleaches the urbanity from them. The Idaho exodus is

see WOKE page 6

POCKET NEWS
WWW.VALCOMNEWS.COM

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

Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

Copyright 2019 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXVIII • No. 20
1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by:
Stephen Crowley

St. Robert's Fall Festival draws hundreds

By LANCE ARMSTRONG

Among the indicators that the fall season has finally arrived in Hollywood Park is the large crowd that assembled at St. Robert Catholic School and Parish on Sunday, Oct. 6, for the annual Fall Festival.

Hundreds of people gathered on that campus on Irvin Way to participate in this event, which featured a merchants' fair, music, children's games, raffle prizes, face painting, food and more. These festivities were preceded by the Parish Council dinner less than 24 hours earlier.

Samara Palko, principal of St. Robert Catholic School, a kindergarten through eighth grades institution, said that the festival is a more than 30-year tradition in the community.

"It's a festival that celebrates our faith, our school, academic and families," she said. "Most importantly, it's a friendship builder, a fundraiser where you have fun and you incorporate the parish site and the school site in one entity to really just celebrate our combined faith."

The festival is presented by volunteer committee members from the school, led by Anthony Jackson, Natalie Boelke and Roz Pulmano-Thompson.

Despite the festival's existence as a fundraiser, Palko said that raising funds is less important than community relationships.

"This festival is more about building community within and exterior, so that we can really have a viable place in the Hollywood Park neighborhood," she said. "The money does help. Money always helps, and our school is driven on tuition and donations.

"So, anything that comes extra will of course help offset tuition costs for students, providing scholarships and then helping with facility upgrades for an aging facility."

For many St. Robert alumni, the festival is a family tradition.

That fact is evident through the Rodriguez family.

One member of that family who attended the event last weekend was Susie Rodriguez Alcala, whose parents were Martin and Angelina Rodriguez.

"They sent us to this school in (the late 1960s)," she said. "There wasn't enough room in St. Anne's (School at 7720 24th St.), and so, they let us come here. Six girls and one boy graduated from St. Robert, and then from there we went on to Bishop Manogue and Christian Brothers (high schools). We came back, and 24 grandkids, which are our kids, also graduated from St. Robert. And we now have our (own) grandchildren here."

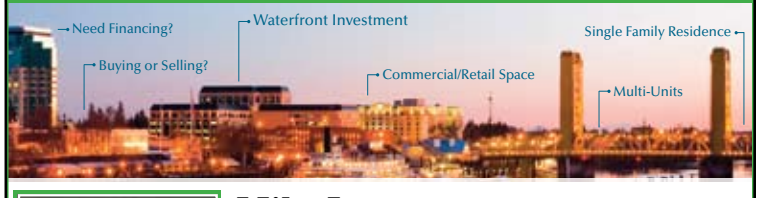
Christie Farrell-Perez, a 1995 graduate of the school, said that the Fall Festival is a very memorable event in her life.

"Fall Festival was always a great tradition, and for us kids we loved coming out here, because we got to be here all weekend," she said. "We just got to run around and do whatever we wanted to do."

As for her time as a St. Robert student, Farrell-Perez recalled one of her favorite teachers: Brian James.

see ST. ROBERT'S page 4

Whether your buying, selling or investing - call me, because "knowledge always pays the best interest."
-Ben Franklin





Mike Lee, Broker
916-801-3899
CalBRE# 0172405
TURN-KEY LENDING & REALTY
MikeLeeLoans@gmail.com
TKLendingRealty.com

Top 10 in the world for patents
among universities granted U.S. patents
U.S. National Academy of Inventors and the Intellectual Property Owners Association


Cancer-fighting nanobots
ASU Biodesign Institute Center for Molecular Design and Biomimetrics


Mechanical "trees" that combat global warming
ASU Center for Negative Carbon Emissions

ASU faculty, students and alumni are leading discoveries that move our world forward. From patents and startups to new technologies and bioscience breakthroughs, our innovation mindset fuels extraordinary outcomes with global impact.

Arizona State University
innovate.asu.edu

#1 in the U.S. for innovation
ASU ahead of Stanford and MIT
– U.S. News & World Report, 5 years, 2016–2020
BEST COLLEGES USNews MOST INNOVATIVE 2020



Photo by Lance Armstrong

Five-year-old Wyatt Bonomi plays a game a Skee-Ball at the festival. He finished the game with 100 points, which is considered a notable score for a boy his age.



St. Robert students and alumni are pictured at the festival on Oct. 6.



Photo by Lance Armstrong

The festival included a merchants' fair with various vendors, including the one shown above.



Photo by Lance Armstrong

Jason Levario, left, and his brother, Julian, are shown with Jason's raffle prizes at the festival.

St. Robert's:

continued from page 3

"(James) is still here," she said. "I had him not only as an eighth grade teacher, but I also had him as a principal throughout my years here at St. Robert. He was just an all-around great guy. He's well respected. I still can't call him by his first name."

Dee Dee Dacong-Farrell, Farrell-Perez's mother, also recalled one of her teachers.

"Sister Alphonso was a mean teacher," she said. "I respected her. She was a great teacher, but (there is that memory of) just being scared of coming in, seeing a nun for the first time."

Angie Rodriguez Jimenez, a 1983 St. Robert graduate, said that the festival also serves as a way to hold class reunions.

"There were about six of us (1983 graduates) here today," she said. "We look forward to this day to kind of connect."

Jimenez also has four kids who attended St. Robert, and she continues to be very active at the school. She has been employed by the school since 2006, and currently works in the office.

Among the dominant scenes at this year's festival was the sight of children playing various games and participating in raffle drawings.

A popular attraction for children at the event was Skee-Ball, a game in which one rolls wooden balls up an inclined ramp, over a hump and into bull's-eye rings for prize tickets.

Five-year-old Wyatt Bonomi demonstrated that he possibly has a natural talent for the game, as he coolly scored 100 points, which is considered a notable score for a boy his age.

During one of the raffle drawings, St. Robert first grader Jason Levario proved to be the event's luckiest kids. He was twice the winner of major prizes: a large, stuffed toy moose and a mountain bike.

But Jason's luck also included strategy.

With his full concentration placed on winning a bicycle in that raffle, Jason placed all of the tickets he won in children's games into that raffle drawing.

Julian, a St. Robert second grader, explained why his brother wanted to win the bicycle.

"He (already) had a bike, (but) his bike broke," he said. "So, he got another one. He's lucky."

Jason's father, who is also named Jason, said that the younger Jason had never won any prize in a competition until his lucky day at the festival.

"This is the first time he's won anything," he said. "I never win anything. Maybe (with luck on his family's side), we should go start playing the lotto now."

While children continued to play games and others enjoyed different elements of the festival, Palko emphasized the community approach to the festival.

"This (event) is about making sure people understand that St. Robert is not this little hidden jewel or diamond in the rough, but we're a community of faith that wants to give back to the greater community," she said. "This is an annual event, always about the first weekend in October. So, look for us on social media: Nextdoor, Facebook."

SusieSellsSac.com



Susie Kuwabara Parker
Realtor® BRE#00833025
916-768-8494
4305 Freeport Boulevard,
Sacramento 95822
Native Sacramentan
Pocket/Greenhaven
SPECIALIST

MASTERS CLUB
COOK REALTY

SOLD



Gorgeous Traditional Tudor
1601 39th Street $1,075,000 3 Beds / 2.5 Baths / 2069 SqFt

SOLD



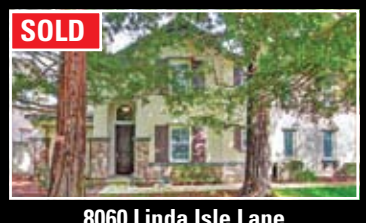
Gated & On the Water with pool!
7672 Marina Cove Drive $1,225,000 5 Beds / 3 Baths / 3600 SqFt

SOLD



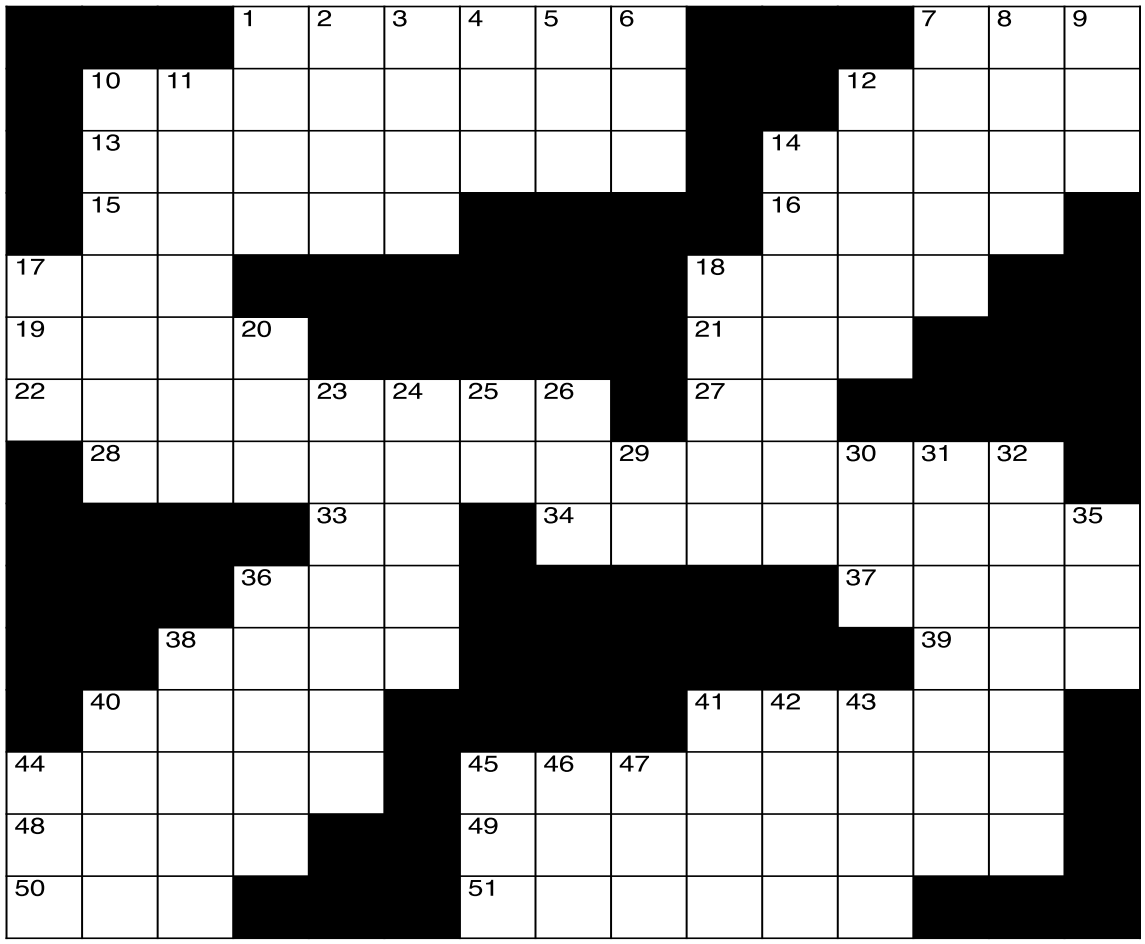
1044 E Landing Way
$799,000

SOLD



8060 Linda Isle Lane
$489,000

CROSSWORD



CLUES ACROSS

1. Type of relic
7. Type of medical program (abbr.)
10. Outer defense of a castle
12. 1,000 calories (abbr.)
13. A way of using
14. Abounding with surf
15. Expressed violently
16. Shared a boundary with
17. Swedish krona
18. Thick piece of something
19. Wreaths
21. Animated program network (abbr.)
22. Regains possession of
27. Spielberg sci-fi film
28. 2-time Super Bowl winner
33. Ice hockey position (abbr.)
34. Circulatory system parts
36. Supervises flying
37. District in Peru
38. Impudence
39. __ willikers!
40. One point east of southeast
41. Papas' partners
44. Youngsters
45. Type of tree
48. A hazy or indistinct appearance
49. Poems with distinct pattern
50. Marketing term that denotes price
51. Fast drivers

CLUES DOWN

1. Grenade
2. Off-Broadway theater award
3. Small, immature herring
4. __-fi (slang)
5. 007's creator
6. Liquefied natural gas
7. Cleanse thoroughly
8. Handle of a knife
9. Perform diligently
10. Drink pourer
11. Extreme greed
12. Southern Russia river
14. Type of cracker
17. Single Lens Reflex
18. Barely sufficient
20. Slick
23. Reference books
24. Federally recognized native peoples
25. Manganese
26. Senior officer
29. Atomic #18 (abbr.)
30. Tax collector
31. World wonder __ Falls
32. Origins
35. Car mechanics group
36. MMA fighter Urijah
38. Gland secretion
40. Gelatinous water creature
41. Good friend
42. Arab ruler
43. Capital of Belgian province Hainaut
44. English broadcaster
45. Soviet Socialist Republic
46. Affirmative
47. Trigonometric function (abbr.)

"I'm your Seniors Real Estate Specialist, Offering Real Estate Advice tailored to Seniors and their families."



"A seasoned agent for all seasons"

John Woodall, GRI
Cal BRE License #01232653
(916) 421 5421
www.JohnWoodall.com
Free Estate Services
Real Property Valuations
LYON REAL ESTATE www.GoLyon.com
SRES where the future takes shape



Ron Nakano
Broker Associate
916-396-4430
CalBRE# 00793682
Ron.Nakano@cbnorcal.com
COLDWELL BANKER RESIDENTIAL BROKERAGE



Confidence
Focus
High Self-Esteem
Discipline
Join us today for a FREE introductory class. Taekwondo is more than kicks and punches. It's a way of life. A life of structure, discipline, order and obedience.
Call Today
916-382-9058
7385 Greenhaven Drive Suite1
Taekwondo

GROCERY OUTLET bargain market
YOUR NEIGHBORHOOD GROCERY STORE!
Open daily, 7am–10pm
6419 Riverside Blvd, 95831

FUNERAL DIRECTORY
Call Melissa at (916) 429-9901
www.valcomnews.com
Harry A. Nauman & Son
Dignity FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

Volunteers Needed to Help Put up Pocket Canal Lights: Saturday, December 7th 9am



By Will Cannady
Special to the Pocket News

During the last holiday season, the Pocket Canal pathway sparkled.

Thanks to a number of community volunteers who worked together to hang lights, the canal donned a festive glow. If you are looking for an activity to kick off your holiday season, here is your chance to help make the magic happen.

This year, the Pocket Canal Lights Committee is seeking volunteers to help put up lights along the canal on Saturday, Dec. 7 at 9 a.m. Volunteers will meet at the bridge on Rush River Drive. This year's goal is to extend the lights to both Pocket Road and Portuguese Park.

Due to the scope of this goal, we would love more community members to help out. Please join us to continue this holiday tradition. Your help is greatly appreciated and will no doubt bring holiday spirit to a great number of our Pocket/ Greenhaven family, friends and neighbors. If you are interested in volunteering please send us an email at PocketLightsVolunteers@gmail.com and visit our page at: www.facebook.com/PocketLightsVolunteers **Please also consider donating at:**

https://giftstoshareinc.ejoinme.org/donate
select: District 7 Canal Holiday Lights
Gifts to Share, Inc. is a 501c3 charitable nonprofit organization.
Federal Tax ID# 94-2985546
or by check:
Gifts to Share, Inc.
c/o Youth, Parks, & Community Enrichment (Canal Holiday Lights)
915 I Street, 3rd Floor
Sacramento, CA 95814
Indicate District 7 Canal Holiday Lights in the memo line

Will Cannady is a Pocket/Greenhaven community organizer.

Woke:

contined from page 2

a pilgrimage for whites who don't believe they have enough privilege, or want more privilege, or fear others will take their privilege from them. They're hard to talk to. They call Good-Though-White people snowflakes, libtards and cucks (don't ask).

Meanwhile California Good-Though-Whites like Handler try to reach out to them, try to help them recognize how white privilege has coddled them. There should probably be a place for Good-Though-Whites to gather, like an AA meeting hall where anonymous whites could talk about their privilege-awareness and the secret security it gives them. They could have confessions, realizations, revelations and breakthrough epiphanies, and not one African American, Latino, Asian or Native American person would have to sit there and listen to it. If this happens Handler's documentary is already part of the solution.

They could discuss blackface. When a sour, grumpy-faced GOP governor was shown to have worn blackface in his youth, the aggravated media pounced on him. When Justin Trudeau confessed to the same mocking burlesque, some tempered their criticisms. The white privilege group in the AA hall could put out a statement that says every public figure should be held to the same standard.

Finally, many people find fault with Chelsea Handler. She's blond, white, rich, pretty, smart, funny, fabulously successful, has had her own TV shows, and writes best sellers. So of course some critics took pains to shred her documentary. But she is a Good-Though-White person who actually tried something, actually put money and skill behind her project. The director of the documentary, Alex Stapleton, an Emmy award winning, African American female, said,"Too often conversations about race turn into heated screaming matches. The goal with this film was to have civilized, honest yet uncomfortable conversations about how intertwined race and privilege are in this country." In that way, it succeeded.

Still, did Handler have to give a black woman a playful slap on the butt on the first night of filming? Netflix thought not, and required her to take sensitivity training because the slapped woman was offended. Was the slap a shocking, ironic leak of white privilege on Handler's part? Handler said no. "It wasn't sexual assault because I'm straight," she said, thinking that addressed the issue. But there were other issues: race, power, fame. So Chandler spoke with the offended woman and took the training. "It's not about how you mean it, it's about how the person takes it," she said afterward. Understanding had come to the star.

So nobody does everything right, especially in the fraught arena of race relations. But for those conscientious enough to try: bravo.

Community Worship

Faith Presbyterian Church
625 Florin Road *(adjacent to Kennedy High in Greenhaven/Pocket)* • **428-3439**
A community loving Christ, building disciples, serving all
Worship Sunday 9 and 11 am
• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

River's Edge Church
6449 Riverside Blvd. • 391-9845
Sunday Worship: 9:00am & 10:45am
www.recsac.org

Greenhaven Neighborhood Church
630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

St. Anthony Catholic Church
660 Florin Road • 428-5678
stanthony-sacramento.org
Sunday Masses: 8:00am, 9:30am & 11:15am (Saturday vigil, 5:00pm)
Daily Mass: 8:00am Monday-Saturday

PUZZLE SOLUTION

			F	O	S	S	I	L			S	H	P
	B	A	R	B	I	C	A	N		K	C	A	L
	A	V	A	I	L	I	N	G		S	U	R	F	Y
	R	A	G	E	D					A	B	U	T	
S	K	R							S	L	A	B		
L	E	I	S						C	T	N			
R	E	C	L	A	I	M	S		A	I				
	P	E	Y	T	O	N	M	A	N	N	I	N	G	
				L	W		A	R	T	E	R	I	E	S
			F	A	A						S	A	N	A
		S	A	S	S							G	E	E
	S	E	B	E					M	A	M	A	S	
B	A	B	E	S		S	Y	C	A	M	O	R	E	
B	L	U	R			S	E	S	T	I	N	A	S	
C	P	M				R	A	C	E	R	S			

Meet Your Neighbors: Operation Code Club

By Devin Lavelle

Operation Code Club, a fun, educational new business recently opened just outside the Pocket! Let's meet co-owners and instructors Brent Hoskins and Aldo Soriano:

Devin: Hi Brent & Aldo, thanks for taking the time! Let's dig right in, what is Operation Code Club?

Brent: Operation Code Club teaches kids coding, in a safe and fun environment. Our game style learning based approach helps students better grasp the full coding spectrum in a fun yet educational environment. Our age and experience specific STEM grounded curriculum, allows students to develop skills year after year. We focus on a gradual transition from basic skills like block-based programming to traditional programming languages like JavaScript, Python and web languages like HTML5 and CSS3.

Devin: That's great, we all know how important STEM skills is for kids' future. What age kids would most enjoy and benefit from your curriculum?

Aldo: We tend to teach kids anywhere from 6 years old all the way to 18 years old. As long as the child can read instructions and text presented to them on the computer, we feel like we can work with them.

Devin: How did you get started in this business?

Brent: I love programming and want to help develop the young future programmers of tomorrow. Aldo and I have been in the business of teaching youth programming for the past few years; beginning with the implementation of an after-school Code Club we launched at a local school. We really enjoy teaching coding to the next generation! We have been open for about 3 months now, since the beginning summer this year.

Devin: You must really enjoy working with kids? What makes it meaningful to you?

Aldo: Great question Devin, Brent and I actually started voluntarily teaching coding at our kids' school, St Robert School, where they are both in the same grade. We've both been very blessed to have had great teachers and mentors in our lives, and have always wanted to pass that on to our own kids and the next generation too. Brent currently serves in the military and has always had a passion for serving and teaching, with the hope of making things better for our current and next generations. We both feel like, through programming and coding, children learn so many different skills that will better prepare them for life in and out of the classrooms, and hopefully, they will want to pass those on in the future as well.

Brent: We have been so fortunate to have worked with some very intelligent and creative kids. From seeing the 'Aha' moment in the kids when they figure out how to solve certain problems to the fun they have just creating, there are so many we've been truly grateful to have witnessed. One of our students this past summer, he was able to develop his own games, and the joy and passion he showed when describing them and demonstrating them to us, it was truly gratifying and rewarding.

Devin: And what's your background?

Brent: I am a full stack developer, with a BS degree in IT management and years of experience in web development. I am also a Soldier in the California National Guard. Working with the National Guard, I have designed and developed SharePoint applications utilizing HTML 5, CSS 3, JavaScript, Rest API, and many other



web development technologies. My OCC partner and I have been in the business of teaching youth programming for the past few years; beginning with the implementation of an after-school Code Club we launched at a local school. I enjoy teaching coding to the next generation.

Aldo: I have been in the IT industry since graduating from Santa Clara University in 2003, with a degree in Computer Engineering. I currently utilize my programming background while working for a large nationwide hospital, doing data analytics and reporting. In my free time, I regularly volunteer at my children's school and at a local church. I have always had a passion for teaching, as I have been very fortunate to have had great teachers and influences in my life. I look forward to helping your kids discover their own passion for programming.

Devin: That's great, interested readers can learn more and sign up at operationcodeclub.com?

Brent: Definitely. We would love to sign their kids up for a free introductory class. If it's a great fit, we are offering a 20% discount to your readers. They can use the promo code PGN-001.

YEE LAW GROUP

Your Lawyer Should Know As Much About You As They Do About the Law... Talk to Mike Yee

ESTATE PLANNING & PROBATE

Practice Areas:

- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession
- Real Property



Mike Yee

Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.

Call 916-927-9001 for Free Consultation

mylawyersllp.com *See our awesome reviews on:* yelp

4010 S. Land Park Drive, Suite B, Sacramento 95822

Faces and Places: Chinese Community Church fall fellowship and food festival



Photos by Stephen Crowley

The Chinese Community Church held its 36th annual Fall Fellowship and Food Festival on Oct.12. This free admission event, at 5600 Gilgunn Way, presented freshly cooked Chinese food, baked goods, and activities for kids. There was live entertainment, with special performances by Sac of Soul, CCC Ukulele and Hula Fellowship, ACC Pocket Pickers, and Teens Create Dreams.

see FESTIVAL page 9





Rare Find! Outstanding Location in the Greenhaven/Pocket Area!



6572 Harmon Drive
$550,000



Dee Schwindt
Sales Associate
Coldwell Banker
Residential Brokerage

COLDWELL BANKER REAL ESTATE SERVICES
PRESIDENTIAL MEMBER

Cell: 916-704-0718
Office: 916-341-7852
CallDeeFirst.com
CalDRE# 00498850

Freeport Bar & Grill
presents its annual
HALLOWEEN
PARTY
FRIDAY 10.25.19 | 9pm until close
KARAOKE & COSTUME CONTEST
HAPPY HOUR | M-F 3pm – 7pm | PET FIRENDLY
freeportbarandgrill.com
Follow us on Instagram and Facebook

Festival:

continued from page 8













SACRAMENTO SPCA

BOOK SALE

NOV 9 - 17

SUNRISE MALL

6041 Sunrise Mall
Citrus Heights, CA 95610

SSPCA.ORG/BOOKSALE

Mon - Sat: 10 am - 6 pm
Sun: 11 am - 5 pm

SACRAMENTO SPCA



Faces and Places: Conlin Park Tree Planting





Photos by Stephen Crowley

The Pocket Little League partnered with District 7 Sacramento Parks Commissioner Devin Lavelle to bring nearly 200 volunteers to plant 10 new trees in Conlin Park. According to Lavelle's Facbook post on the event page, the trees will create a visual and sound barrier between Field 1 and I-5, while helping clean our air. Together, they mulched about five dozen trees; repainted the City of Trees sign, scorekeeper booths, benches and bleachers and other fixtures in the park. They also helped prune dozens of trees, weed the fields, and pick up trash. Firefighters from Local 522 made a barbecue, and, of course the Sacramento Tree Foundation helped secure the trees for the panting. Students from various high schools in the Pocket, South Sacramento, and Elk Grove helped with the volunteer effort.













California Native Plant Society held semi-annual plant sale

By Kerin Gould

The Sacramento Chapter of the California Native Plant Society held their semi-annual plant sale at the Shepard Garden & Arts Center on Saturday the 21st, featuring thousands of local Native plants to fit every possible garden location, whether sunny or shady, watered or drought-prone

The steady flow of visitors reflects the interest and knowledge Sacramento neighbors are developing in planting drought-tolerant, pollinator-supporting, bird-friendly plants around their homes. Native bees and butterflies depend on the native plants for food, and the birds need the native bugs to eat, so planting accordingly helps to restore our wildlife and our environment. Of course, beautiful oaks, sages, grasses and flowers like Sticky Monkey Flower or California Fuchsia are attractive enough to enhance one's garden for that reason alone.

Mary Scheidt, who has been a founding member of the Sacramento Chapter of CNPS for 53 years and also works at the Yolo Bypass Wildlife Area, was busy feeding plant sale volunteers, but took a few minutes to speak with me. I asked how the plant sales got started, and she explained that they had been selling a few plants from Cornflower farm as a fundraiser and to get home gardeners acquainted with the plants, "But quite a few years ago Chris Lewis was instrumental in getting that started. Robin [Reitz] is our propagation manager, so when we got the chance to have that at Soil Born farms, we were renting space from them. We built our own greenhouse, so a lot of these plants we have grown ourselves. In fact if they don't have a Cornflower or a Hedgerow [Farms] label, they are ours." The CNPS has also been gathering seeds and cuttings from along the American River Parkway to propagate very specifically, locally adapted plant strains. Mary added that if you join or renew your membership with CNPS at the sale, you get one of their plants for free!

I asked Mary what she would recommend for beginners, and she said that such a choice depends on "the place they are trying to fill – if they have sun or shade, preference for the height and how big it would get…I'd have to ask a few questions." I asked if Redbud was popular and she said that would be fairly big, but so beautiful that a lovely Redbud was being planted as a memorial tree for a recently passed friend of hers. "It has those beautiful pink-purple flowers, and then the leaves come out after that, and they're kind of dark green, and then when they've gotten pollinated they've got those long pods on them. And then in winter, you've got the bare branches with the pods moving in the wind…" Her sheer delight in the beauty of Redbuds through the seasons conveyed another reason to plant natives, in addition to the environmental: engagement with our natural surroundings rewards us richly.



As my own back meadow needs trees for windbreaks, I purchased a Toyon, a Coffeeberry, and a White Oak, and sat down with a native plant landscaping consultant for some advice on which trees to plant. I now have an extensive shopping list, and elderberry is at the top. Of course I can wait until their spring sale at Soil Born Farms, but there are also occasional days when the nursery is open for plant buying, often when volunteers are working on propagation and other nursery tasks. If you would like to volunteer/learn more, their web site is https://www.sacvalleycnps.org.



National Family Caregiver Month Honors Those Who Receive Very Little Recognition

Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers who provide help to older adults do so for someone living with Alzheimer's or another dementia.

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock."

These are the unsung heroes of today. These caregivers support the people we all love. Caregivers take on a variety of roles as providing this care can come in all forms. From taking mom to the doctor's office, to managing medications, to total care of a loved one.

New research from AARP suggests that caregiver's personal health and overall well-being can be greatly affected by the physical and emotional strain of caregiving, but many caregivers are reluctant to ask for help.

Revere Court Memory Care will celebrate National Family Caregiver Month by hosting a Bingo Night to raise money for the Del Oro Caregiver Resource Center & hosting a Family Caregiver Retreat, a full day of caring for the care giver. The bingo fundraiser will be held on November 7th at 6pm followed by the retreat on November 14th from 10-4:30pm. Revere Court Memory Care is located at 7707 Rush River Drive.

Since caregiving can be one of the most difficult jobs for anyone with around-the-clock care, little rest, possible stressful emotional situations and oftentimes inadequate compensation, Past-President Barack Obama declared November as National Family Caregiver Month in 2013. Since its inception, the mission of National Caregiver Month has been to raise awareness for caregivers and to improve their overall life and well-being.

Even the most loving and patient caregivers will become tired and need to recharge in order to avoid emotional or psychological burnout as a result of stress and overwork.

According to a press release, "At Revere Court Memory Care, we understand that dementia affects whole families. Each person with memory loss and his or her family experience different challenges and needs, which vary at different times during their journey. Court offers Weekly Support Groups for those caring for a loved one with memory loss as well as Monthly Educational Seminars and an Adult Day Program designed for those with a memory impairment."

Revere Court Memory Care provides quality of life to persons with Alzheimer's and other dementias, and to their families who care for them. "At Revere Court, we realize that each family needs different services at different times. That is why we've designed a whole spectrum of programs to meet those changing needs," according to a press release.

Revere Court offers three different services on a secured three and a half acre campus in the Greenhaven/Pocket Area, including Revere Court Day Club, Respite Care & Residential Care.

Revere Court has presented and partnered with various church organizations, Sutter Health System, UC Davis Alzheimer's Disease Center and have offered continuing education for families and caregivers in the community at large. Revere Court sponsors and its the committee chair for the Alzheimer's Association, Del Oro Caregiver Resource & UC Davis Mind Institute. For more information, call (916) 392-3510, email rc.dcr@chancellorhealthcare.com or visit website reverecourt.com.

7707 Rush River Drive,
Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

"Planning For Your Future" Seminar

Tuesday:
October 24th At 5:30pm

Presented by: Monte Leighton, *Pre-Planning Advisor Manager*

Making sure ALL of your plans are the way you want them to be

No one wants to think about their death any sooner than they must, but planning your final arrangements in advance, called "preplanning," is a responsible, caring act that can reduce stress for your grieving loved ones. It's easy to understand how making decisions now about your final arrangements can help assure those left behind that your wishes are being honored.

There are many options and benefits available for those who chose to prearrange. In addition to the reduced emotional stress placed on your loved ones, you can lock in today's prices for products and services that likely will be more expensive in the future. It is important to understand your options. Making these decisions now in a moment of clarity spares your loved ones from making these decisions in a moment of grief and loss.

Those who attend will receive our free Dignity Memorial Personal Planning Guide. This valuable resource has helped thousands of people make sure that their wishes are made known and the information family needs is readily available. Please note that there will be no selling at this information-only seminar.

Dinner provided
Space Limited

CHC CHANCELLOR HEALTH CARE, LLC

Please RSVP By October 18th
At 916-392-3510

Residential License #: #342700005
Day Club License #: 347001342

Revere Court Memory Care offers a Day Club, Respite & Residential Care for those with a memory impairment, also offering Support Groups and Monthly Seminars for caregivers and loved ones.

GONE BANANAS: Annual festival brings community together through the celebration of the banana





An information booth was jammed with banana-themed items.

Story and photos by Joe Perfecto

As the planet's fifth-largest supplier of food and agricultural commodities, it's hardly surprising that California is home to a dizzying cornucopia of food festivals. No matter what the comestible, whether apples, artichokes, avocados, bacon, beans, carrots, cherries, chili, chocolate, citrus, corn, coffee, eggplants, fruitcake, garlic, nuts, olives, pears, peaches, pears, potatoes, pumpkins, raisins, salsa, strawberries, tamales, tea, tomatoes, truffles or watermelon, there are probably a number of events dedicated to its celebration. One such gathering, the 10th Annual Banana Festival, was held Aug. 10-11 at the southeastern corner of William Land Park.

Although the banana's name itself makes it sort of a whimsical fruit (well, technically an herb-borne berry), the Banana Festival, while certainly a source of much mirth, has a serious side, and as event organizer Willie Hardin III noted, "Anything that brings a community together is no laughing matter." For not only does the festival serve as the main local fundraiser for its presenter, National Academic Youth Corp., and some charity-based vendors, it affords many non-mainstream elements of the community—visual artists, musicians, stage performers, vendors and others—a chance to converge in celebration of the cultures in which the banana plays an important societal/economic role. These include the cultures of the so-called "banana republics" but also Belgium, Germany and even the Netherlands. Thus, unlike with most such festivals, for the Bananafest, rather than commanding the spotlight cen-

see FESTIVAL page 14

Selling hundreds of Homes in the Pocket area, since 1983

So, if you are you an original owner of a home in **Quail Run, Lakecrest Village or River Village**, chances are that I sold you your home! And, if you are still here, I want you to know that I am too, and as always, I look forward to assisting you with any of your current real estate needs!

Tamara Dawn • 916.424.5379
Broker /Owner of Tamara Dawn Real Estate
TamaraDawn.com Lic# 00767642
Tamara@TamaraDawn.com





Make A Difference
BECOME A MENTOR

California MENTOR is seeking individuals and families who want to make a difference in the life of an adult with intellectual and developmental disabilities.

Receive ongoing support and $1075-$3820 per month to help cover the cost of care.

CALL OLIVIA CERDA
916-383-9785 ext. 17
MentorsWanted.com

California MENTOR
Family Home Agency



A performance group from Sacramento's Brazilian Center performs on the main stage.



An Aztec dance group walks the parade route.



MONA GERGEN

CalDRE# 01270375

916-247-9555

mona@monagergen.com

DUNNIGAN Realtors

AMAZING REMODEL ON HUGE LOT



407 Camelia River Way $595,000







This is what most people want! Amazing remodeled spacious home with a huge lot on an interior street! Rare 3 car garage. RV/boat parking possible. Den downstairs can be used as a 5th bedroom. Gorgeous concrete floors, remodeled kitchen and baths, dual pane windows, newer tile roof, and high vaulted ceilings. Wonderful pantry with barn door. Huge walk-in closet with custom shoe rack and large remodeled shower in the master suite. Pretty remodeled staircase. Water heater, AC, furnace, solar installed 2015. Walk to the Sacramento River to enjoy the sunsets/water.

4 beds, 3 baths, 2558 square feet per assessor

Festival:

continued from page 13

ter stage, the featured fruit plays more of a supporting role.

Although no clog dancing performance was on the schedule and no one was observed wandering about in lederhosen, there were plenty of African, Aztec, Brazilian, Caribbean and Latino costumes and cultural elements about the place (and a few bizarre simian-like costumes were in evidence as well—because who likes bananas more than a monkey?). A variety of acts, ranging from bands and dance troupes to a circus act and a fashion show, were presented on the main stage both days, officiated by MC Gerry Simpson.

Vendors included a number of artists and craftspeople who offered e.g. African-style garments and accoutrements, faux tattoos and health care products; one even offered banana trees for sale. There were also representatives from radio stations and community groups, and a few outliers promoting products such as gutter filtration systems and AT&T services.

A variety of eats represented a range of cuisines. Many menu items of course incorporated banana, from the more mundane funnel cakes and beignets and fried plantains to the more adventurous banana bean cakes and banana beef tacos (and let's

see BANANAS page 17

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

ASBESTOS/LEAD/MOLD/SILICA/RADAR TESTING

Westech Environmental LLC
CA State Certified Asbestos Consultant

ASBESTOS & MOLD TESTING

Westech Environmental

Commercial & Residential *Member: American Industrial Hygiene Association*

5960 South Land Park Drive #367, Sacramento CA 95822
916-392-2006 • www.1westech.com

DOG POOP REMOVAL SERVICE

The Doo Doo Squad
DOG POOP PICK UP SERVICE
1st Month FREE
Weekly Service, One-Time Pick-Ups
Deodorize & Neutralize Yards
Serving Greater Sacramento, Yolo, Placer, & El Dorado Counties
916-364-7667
DooDooSquad.com

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS
WILDLIFE MANAGEMENT

Creature Catchers Wildlife Management
"If it walks or flies, we'll remove it"

Humane and non-toxic solutions for both animals & man

Dead Animal Location/Removal • Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org **530 885-PEST(7378)**
California State Trapping License #7781 - Insured by Lloyds of London



FENCING SERVICES

VINSON FENCE CO.
Licensed, Bonded & Insured Lic#1049925

NO JOB IS TOO SMALL
Serving Sacramento & surrounding communities
Specializing in:
Wood Fences (New or Repair)
Family Owned & Operated

Call Rick 916-239-5192
email: rick@vinsonfence.com
FREE ESTIMATE

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC
Reasonable Residential & Commercial Work since 1960
Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List
(916) 451-2300
Cell: 213-3740
Neil McIntire — C.S.L.# 394307

GUTTER CLEANING

Prime Quality Maintenance

- **GUTTER CLEANING**
- **Window Cleaning** (inside/out/screens washed)
- **Pressure Washing** (all surface areas)
- **Junk Removal/Hauling**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured
CSL# 996271

Call or Text Jesse: 916 417-4231



HANDYMAN

Fall Winter Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING/SHRUB REMOVAL
- PRESSURE WSHING

CALL LESTER
(916) 838-1247
LIC# 128758/REF

Pressure wash your driveways clean! Your decks too!
Clean out your garage! Replace tt old lawn too!
Hard work-not a problem!



SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 20 YEARS*

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock - Ceiling Fan installation
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL! **Call Eric (916) 470-3488**

HANDYMAN

D&H Service



Office: **916-428-5907**
Cell: **916-206-8909**

25 years of experience

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

4 papers, 1 low price!
Advertise your service in this section, today!
Call 429-9901

HARDWOOD FLOORING

Hardwood Flooring
Specializing in installing, sanding and finishing hardwood flooring or repair and refurbish your current floors.
Call Michael - (916) 383-8742
Lic# 544159/References Available

Your services are needed!
4 papers, 1 low price!
(916) 429-9901
and reserve your space in this section, today!

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

CSL# 432951



In business since 1982

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp

(916) 591-5056

PAINTING

GARY'S PAINTING

FREE Estimates!

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

McClatchy '67

CSL #734323

(916) 725-8781

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

PLUMBING

Mack's Plumbing

Repairs - Replacement - Service

916 761-5780

License # 784099

ROOF/GUTTER CLEANING

Stan The Man

est 2007

* ROOF / GUTTER CLEANING
* WINDOW CLEANING
* PRESSURE WASHING
* SENIOR DISCOUNTS



916.601.1030

Cleaning and Repair
Sacramento, CA

TILE WORK

BAXTER TILE

EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

40 Years Experience • FREE Estimates

916-213-4669

License #668100

TILE WORK

NIETO's TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883



Our Readers Need Your Service!

It Pays to Advertise!

Advertise your service in this section, today!

Call 916-429-9901



CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
36 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

YOUR AD HERE

RESERVE YOUR SPACE IN THE CLASSIFIEDS! CALL 916-429-9901

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 36 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

HANDYMAN

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock,Plaster, Stucco, Repairs and Remodeling, you name it! **Lic# 908942. Call Steven at 230-2114.**

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

Do you enjoy making people smile?

Do you want to work with people who care? Are you ready to join a team that makes a difference every day? If so, you may be interested in becoming a caregiver!

Stop by Today!

www.reverecourt.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

www.valcomnews.com

FOR SALE

2003 FORD FOCUS FOR SALE
White. Mileage 127 K.
Well cared for, great little car.
$3,500 FIRM.
In Pocket area.
Call 916 399-5719

HANDYMAN

CLEAN-UP SPECIALS!
Fall Winter Yard Clean-up Special – Yard clean-up. Rain gutter cleaning, pressure washing/ power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **22 yrs. exp. Specials for seniors. Licensed**

TAX PREPARER

#1 CONCIERGE TAX PREPARER
36 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

Check out the Home Improvement Guide Call Melissa at 429-9901 for ad rates.



The Grant Union HS Drumline drums in the start of the banana parade.



Event organizer Willie Hardin III (at left) and main stage MC Gerry Simpson welcome arriving guests.

Bananas:

continued from page 14

not forget the "largest banana pudding in California"), but more mainstream food truck fare was also available.

The wine tasting tent was banana booze central, tempting attendees on that toasty weekend with concoctions such as banana beer, banana colada, banana sunrise and banana wine (although as the required hardware was sadly not in evidence at the bar, a banana frozen daiquiri did not seem doable). Also on offer there was "Carawaiian" chicken with banana rum sauce, served with rice and corn, for imbibers needing a little nibble.

To encourage attendees to visit vendor booths, the event program included a "Banana International Passport"—a half page containing a printed grid of 10 squares, each of which was to be stamped by a different vendor; once filled this sheet could be turned in at the Banana Store booth and the participant would then be entered into a prize drawing.

Children's attractions included a play area, an enormous inflatable multi-lane slide, a face-painting booth, a magic show and hula hoop dancing at the kids' stage and a small petting zoo featuring adorable small goats in the Kids Zone.

On Sat. afternoon a "banana parade" featured a variety of dance and musical groups and other performers, many adorned in colorful costumery, who wended their way around the event grounds. The festival is probably one of the more colorful and culturally-diverse events one is likely to encounter locally, and offers many unusual photo opportunities. But as the festival is a spectacle involving not only sights but sounds, aromas and tastes, this reporter is, uh, split (get it?) concerning which of the senses predominates the experience. Whatever the case, the event probably has a little something for everybody.

Event organizer National Academic Youth Corp., a United Way certified partner based in south Sacramento, serves about 15,000 area youth and adults annually through arts and cultural awareness educational programs. Although the organization's Website is shown as www.sojoarts.net, as of press time the site was invalid. However, information about the corporation and the event is available at https://www.sacbananafestival.com/.



A small bunch of banana festival royalty is gathered for a photo.

Buying • Selling • Investing

Over 30 years in the Real Estate Profession

Let me and my team customize your Real Estate search and make your experience a lasting positive one.....

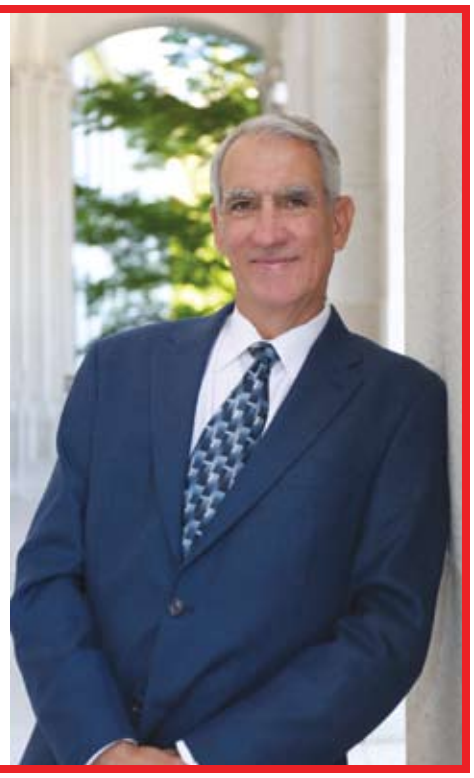
Big Heart Realty

Ron Roberts • 916-806-0118

Ron@BigHeartRealty.com

www.BigHeartRealty.com

BRE #01037639



The Camellia City Flute Choir to celebrate 20th anniversary with concert

The Camellia City Flute Choir, under the direction of Martin Melicharek, is pleased to announce its 20th Anniversary Concert on Sunday, Oct. 20, at 3 p.m. in the chapel of the Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd., Fair Oaks.

This large flute ensemble composed of piccolo, flute, alto flute, bass flute and contrabass flute, provides a unique form of entertainment.

Professional and highly-accomplished amateur flutists make up this eighteen-member ensemble that has grown in popularity over the years.



The group was the first adult flute choir established in the Sacramento area, and has premiered several works for flute choir, many of which are arrangements by Melicharek.

The Camellia City Flute Choir has performed at several annual National Flute Association Conventions around the United States, and in Sacramento has performed on the Crocker Art Museum Classical Concert Series, Westminster Presbyterian Church Music at Noon Series, and at the Capitol Rotunda Holiday Concerts.

The choir will offer a light program of arrangements of familiar tunes such as Amazing Grace, Over the Rainbow, Melicharek's arrangement of Mozart's Grand Serenade for Winds, as well as a jazzy piece by well- known jazz flutist Ali Ryerson. There will also be a demonstration of the lesser-known low flutes: the alto, bass and contrabass. Members of the audience are invited to bring their flutes to join the choir in a performance of Pie Jesu from Faure's Requiem.

Advance purchase general admission tickets are available at the Sacramento Flute Club's Website, www.sacramentofluteclub.org.

Registration is required through the Website for those wishing to participate in the play-along of Pie Jesu, so that music parts can be sent.

Tickets at the door are available through Eventbrite. Tickets are: Adults $15, students with ID, $10. children 10 and under, free. The audience is invited to attend a reception following the concert.

A Watershed Year In The History Of The World!

Sure, in 1969 men walked on the moon for the first time (and a second successful visit before the end of the year) and there was the first AFL win in the Super Bowl when Joe Namath's Jets beat the Baltimore Colts. However, there were many other important events that took place that year. For example: the first flight tests of the Boeing 747 and the SST Concorde occurred; the first woman prime minister of Israel was elected and the first temporary artificial heart was implanted; the Stonewall Riots in NYC marked the start of the Gay Rights movement and the multi-day Woodstock concert attracted over 400,000 music lovers to a muddy field in upstate New York; the Beatles released their "Abbey Road" album and a half-million anti-Vietnam War protesters participated in the Washington DC Mortarium March; and in 1969 the very first nodes of computer hook-ups were established, permitting the development of the internet.

But all these historic milestones fade away when another major event is considered—the graduation of the John F. Kenney High School Class of '69! The Pocket Area educational institution was open in 1967 and has been a major community influence ever since. Built to accommodate the crush of Baby Boomers who crowded the halls of McClatchy and Burbank High Schools, the Class of '69 was instrumental in organizing the initial student government and fielding a full slate of sports teams by the brand-new campus.

A half-century has now passed and the 470 graduates have continued their individual successes in the "post-high school real world." Many have served in the fields of law, medicine, the military and education. Many spent careers keeping the government responsive to its citizenry and others have advanced research and some found success in business and the entertainment world.

A significant 50th Reunion Celebration is planned for October 19, 2019 at the California Automobile Museum. Many years in the planning, it promises to produce a wonderful and memorable event for JFK Class of '69 members. The Reunion Committee is composed of Lynette (Greenslate) Bell, Judy (Phillips)Lemke, Mary (Renfree) Bartron, Ruth (Trubschenck) Lundsten, Mark Carlos, Julie (McLane) Dulany, , Kim (Johnson) DeHart, Debbie Martin.

All alumni of JFK Class of '69 are encouraged to get details and register to attend by going to www.jfk69.com. The event promises to provide good food, good fun, good entertainment, and great memories! A 50th high school reunion only comes along once in a lifetime and it would be very regrettable to look back and say you missed it. Go to www.jfk69.com today and register!



What's happening Pocket/Greenhaven?

SUNDAY, OCT. 20

PGCA CROP SWAP: The Pocket/Greenhaven Community Association will be hosting another crop swap on Sun. Oct. 20th at 11am in front of Robbie Waters Pocket/Greenhaven Library, 7335 Gloria Drive.

WEDNESDAY, OCT. 23

CRAFTING SOCIAL:HALLOWEEN SIGN: Join us in this workshop for an evening of crafting and socializing while learning how to create a one of a kind decorative fall sign to display in your home. Pre-registration required. Pre-payment of $5 payable to ACC program. No refund or credit. Class will be held Wednesday, October 23, 2019 from 6:00p-7:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

THURSDAY, OCT. 31

MEDICARE UPDATE FOR 2020: Health Insurance Counseling and Advocacy Program (HICAP) is a program of Legal Services of Northern California, a non-profit organization. The presentation will provide unbiased information to help Medicare beneficiaries and those with disabilities, understand Medicare and decide what's best for their individual healthcare insurance needs. Free of charge and pre-registration required. Class will be held on Thursday October 31, 2019 from 1:00p -2:30p at ACC Senior Services 7334 Park City Drive. For more information, please contact Anna Su at (916) 393-9026 ext 330 or www.accsv.org.

WEDNESDAY, NOV. 6

CHINESE FORTUNE TELLING: In this workshop, you will learn three forms of fortune telling: ChiChi Stick or Kuan Yin Oracle stick bouncing, Chinese Astrology or Bazi "Four Pillars of Destiny" and I Ching or Book of Changes Hexagram interpretations. Each person will receive a short Chinese Astrology reading based on their birth date and relationship to the five elements (wood, fire, earth, metal, and water). Pre-registration required. Prepayment of $20 or drop-in fee of $25 at the door. Class will be held on Wednesday November 6, 2019 from 1:30p -3:00p at ACC Senior Services 7334 Park City Drive. For more information, please contact Anna Su at (916) 393-9026 ext 330 or www.accsv.org.

WEDNESDAY, NOV. 6

CRAFTING SOCIAL:DIV PAINTED BOOKS: Join us in this workshop for an evening of crafting and socializing while learning how to transform everyday books into unique decor. Bring three books to paint. Pre-registration required. Pre-payment of $10 payable to Natalie Wyatt and $3 payable to ACC program. No refund or credit. Class will be held Wednesday, November 6, 2019 from 6:00p-7:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

THURSDAY, NOV. 7

DOWSING WORKSHOP: People in ancient times have been using tools such as pendulums and dowsing rods for divining. Today we can still use these tools in everyday life. Dowsing rods and pendulums can be used to confirm yes/no questions or find lost objects, people, geopathic stress lines, and more. If you do not have the tools, they can be purchased from the instructor for $15. Pre-registration required. Prepayment of $10 or drop-in fee of $12 at the door. Class will be held on Thursday, November 7, 2019 from 10:30a -12:30p at ACC Senior Services 7334 Park City Drive. For more information, please contact Anna Su at (916) 393-9026 ext 330 or www.accsv.org.

SATURDAY, NOV. 9

'YOGA FLOW' FITNESS CLASS FOR CHARITY: First Annual Infinite Giving 916 Charity Event! This year's theme is 'Yoga Flow.' All fitness levels are welcome. Free with item donation. All fitness levels are welcome! Yoga Flow will be held from 9am-10:15am (the class starts with a morning stretch, proceeded with a modified sun salutation flow). Please bring your own fitness/yoga mat. Free entry into the class with a charitable contribution from the list below. Donations will be given to the Oak Park Community Center Senior Program and Maryhouse of Sacramento. ¿A beautiful Infinite Giving Art Piece will be Auctioned at the event with half the proceeds going to our Charities (Art piece will be displayed on October 18th on our instagram page @infinitegiving916). The following items are needed: Used adult tennis shoes, blankets, adult diapers, washcloths, robes (new and gently used), women's new underwear, women's jeans (new and lightly used), bras/sports bras (new and lightly used), size 5 and 6 diapers and pull-ups, new tooth brush and tooth paste, board games, new soap and lotion, back packs (new and used), eyeglass readers (new and gently used). Any items that you're willing to give. Donations are accepted from 8 a.m. to noon. Location: Jazzercise/M Mobile Gym, 7485 Rush River Drive Ste 630, Sacramento, CA 95831

SATURDAY, DEC. 7

VOLUNTEERS NEEDED TO HELP PUT UP POCKET CANAL LIGHTS: This year, the Pocket Canal Lights Committee is seeking volunteers to help put up lights along the canal on Saturday, Dec. 7 at 9 a.m. Volunteers will meet at the bridge on Rush River Drive. This year's goal is to extend the lights to both Pocket Road and Portuguese Park. Due to the scope of this goal, we would love more community members to help out. Please join us to continue this holiday tradition. Your help is greatly appreciated and will no doubt bring holiday spirit to a great number of our Pocket/ Greenhaven family, friends and neighbors. If you are interested in volunteering please send us an email at PocketLights-Volunteers@gmail.com and visit our page at: www.facebook.com/PocketLightsVolunteers Please also consider donating at: https://giftstoshareinc.ejoinme.org/donate > select: District 7 Canal Holiday Lights Gifts to Share, Inc. is a 501c3 charitable nonprofit organization.; Federal Tax ID# 94-2985546 > or by check:
Gifts to Share, Inc.
c/o Youth, Parks, & Community Enrichment (Canal Holiday Lights)
915 I Street, 3rd Floor
Sacramento, CA 95814
Indicate District 7 Canal Holiday Lights in the memo line

ONGOING

ACC FAMILY CAREGIVER SUPPORT GROUP: Are you caring for a loved one? We understand that caregiving comes with the joy of giving back but many challenges as well. Please join us in our support group meeting and share informational/emotional support and guidance with other caregivers and staff. Meetings are held on the second Wednesdays from 12:00p-1:30p and the 4th Thursdays from 6:30p-8:00p at ACC Senior Services 7334 Park City Drive. For more information, please contact Soojin Yoo, MSW at (916) 393-9026 ext 336 or www.syoo@accsv.org. .accsv.org.

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,

GREENHAVEN ESTATES
Assisted Living & Memory Care

Enriching the Lives of Seniors in the Pocket Area for 30 Years!

- $1,000 off first month's rent!
- Independent Living With Services
- Assisted Living With Personalized Care
- Dedicated Memory Care Neighborhood
- Chef Prepared Cuisine
- Life Enrichment Program & Daily Activities
- Active and Engaging Lifestyle
- One Bedroom Residences Starting at $2,895
- Two Bedroom Residences Starting at $4,295
- Memory Care starting at $2,995

We Look Forward To Your Visit

(916) 427-8887
7548 Greenhaven Dr. Sacramento CA 95831
greenhavenassistedliving.com
Lic# 347005239

Experience doesn't cost you more... It Pays!



37 Years Experience - References
Greenhaven / Pocket Area Specialist
Masters Club, Outstanding Life Member

Bill Bonner
(916) 320-1888
Bill@PocketAreaHomes.com

CalBRE# 00692245
BERKSHIRE HATHAWAY HomeServices | Drysdale Properties
A member of the franchise system of BHH Affiliates, LLC.
GreenhavenPocketHomes.com

71st ANNIVERSARY SALE

EVERYTHING IS ON SALE!*

Come Join our Celebration with Huge Savings in Every Department!



marshfield

MARSHFIELD
REPRESENTATIVE,
ALLAN ANDRAIS
WILL BE IN
OUR STORE ON
SATURDAY,
OCTOBER 19TH!

FUSION DESIGNS
EST. 1993 amish impressions

FUSION DESIGNS
REPRESENTATIVE,
DAVE MCCABE
WILL BE IN
OUR STORE ON
SUNDAY,
OCTOBER 20TH!

FREE LOCAL DELIVERY
ON ALL MARSHFIELD AND FUSION PURCHASES OVER $1500.**

In 1948 the Keyes family opened Naturwood with a vision to provide quality home furnishings with the best value, selection, and service. 71 years later the family vision continues!



Naturwood®
HOME FURNISHINGS

12125 Folsom Blvd.
Rancho Cordova
916-351-0227

Mon – Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

www.naturwood.com

*Sale applies to all indicated items except all "Clearance", "Truckload", "Special Buys" and iComfort mattresses. Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sale Ends 10/31/19.
**Free Local Delivery ($99 value) requires a $1500 minimum purchase. For delivery outside of local area $99 will be deducted from that area's delivery charge. Allow time for delivery on some items.