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Local artisans brought their creative flair to the Elks

see page 2

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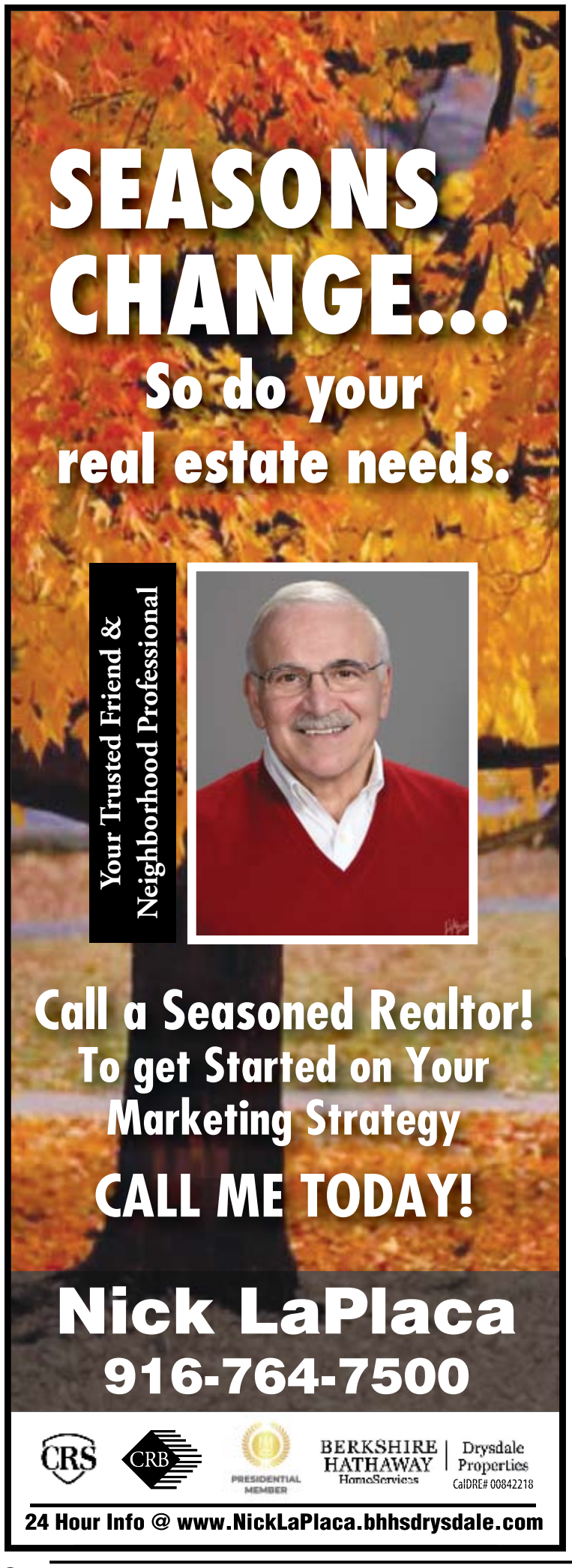

Local artisans brought their creative flair to the Elks



Details of quilts by Handmade For Baby & Me.



Note cards by Melissa Andrews.

Story and photos by Joe Perfecto

It's that time of year once again in which the holidays draw nigh. And that means the advent of that traditional end-of-year event known as the holiday arts and crafts fair. Such shows can be a hit-or-miss proposition, with the offerings running a wide gamut depending on venue; you probably won't find the same variety or caliber of goods in, say, Rush Limbaugh's beloved Rio Linda as what you might in, say, Palo Alto. So, where do things stand locally, in the Pocket/Greenhaven?

Well, there are fairs and there are fairs—and the annual Elks Holiday Arts and Crafts Fair, held Oct. 26 at 6446 Riverside Blvd., definitely falls in the latter category. Nearly 100 vendors populated the site, offering everything from jewelry to garments to paintings to cards to artisan soap to quilts to wreaths (naturally), lots of these being one-of-a-kind. But the fair has come and gone, so why am I telling you this? Well, as crowded as the fair was, most locals didn't likely attend; many probably didn't even know about it. It'll return next year on the last Sat. of Oct. But meanwhile, all is not lost; I'm here to offer you a bit of a second chance at checking out some of the goods. I put in three grueling hours of diligent journalistic labor at the event to find what I thought were the most interesting items among the cornucopia of handiwork on offer, and I present my picks below. All of the featured vendors have an online presence—whether a Website/Facebook page or just an E-mail address—so in some cases you can view/purchase their wares without leaving the house. In any event, chances are good that these vendors will attend more fairs in the coming weeks (second second chance!).

Now, you may say, "You're a news photographer—what do you know about art?" It's a fair cop, I'll admit. But I'm the one who got the assignment, so you're stuck with me. And I'm not the one who missed the show, am I?

Deb on Air Books

http://www.debonairbooks.com

Elk Grove author Debbie Lichtman (AKA Debbie Ladd) has to date produced five books for children aged three to nine (range varies with title). Ranging from 24 to 64 richly-illustrated pages, the texts explore important concepts in a lighthearted, accessible manner. "Don't Pick Your Nose" emphasizes the importance of good habits through the story

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Cover photo by:
Joe Perfecto

Artisans:

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of a boy whose finger remained stubbornly lodged in his nostril despite many efforts at extrication (spoiler: all ends well). "Ethan the Ending Eater" fosters an appreciation of the value of literature through a mystery set in the town of Libris, where suddenly the ending of every book has gone missing; a famous detective and his dog are charged with solving the baffling predicament. "Nurse Robin's Hats" is set in a children's hospital and stars a special nurse who each day wears a different—often uproarious—hat, and by doing so delivers a dose of laughter, optimism and humanity."Puddles" explores the simple joys pools of rainwater can hold in store when paired with the imagination of playful youngsters. "What if?" takes young readers on a journey of fantasy using rhymed prose that poses questions such as, "What if kids could jump on clouds, while thunder spoke in words aloud?" and "What if ladybugs did tricks that made kids well who once were sick?"

Dichroic Glass Jewelry

On display at Ted and Nat Groves' booth was a large selection of fused dichroic glass bracelets, earrings, necklaces, pendants and rings. Dichroic glass produces different hues depending on the angle of view. The collection of pieces spanned the full gamut of brilliant colors with enough variety to match any ensemble. Definitely worth a look. No Website, but the vendor can be reached via buflohead@sbcglobal.net.

Handmade for Baby & Me (quilts etc.)

https://www.facebook.com/groups/506392159530137/

Located in West Sacramento, this producer offers a large variety of quilts of brightly colored designs, as well as bibs, aprons, nursing covers, "Boo-Boo bags" (small hot/cold compress for owies) and other items. Designs include Thin Blue Line, nature scenes, fantasy themes and animation characters such as Pinocchio, plus others. The products are in fact handmade by a single artisan.

InCharacter Asian Calligraphy

http://www.incharacter.biz/

The work of Elk Grove-based Cecilia Chow Swift seemingly comprises every hand-painted object related to Chinese calligraphy anyone could imagine. Among the items on display were square ceramic tiles each bearing a character signifying a concept such as "grace," "tranquility," "success," "friend"

see CREATIVE page 4



A collection of fused dichroic glass earrings, lockets, pendants and rings by Ted Groves.

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Creative:

continued from page 3

and dozens more. Taller tiles with backing board featured hand-painted flowers and a Chinese character. There were also frames/shadow boxes and a large selection of polymer ink stamps of various characters and symbols. Swift produces custom orders of each item type, including awards, plaques, art plates, Kamon crests, Christmas ornaments, logos/letterheads and even tattoo and grave marker character templates. The degree of exquisite artistry these works display cannot be adequately described and must be seen to be appreciated.

Paint Pouring Art

This vendor offers an eclectic mix of small and large paintings—many abstract—and painted tumblers and jewelry. Among several unusual items were "3D photos." These are composed of two images that are cut into vertical strips. The strips are then interlaced—one from image one, one from image two—and joined in a series of 90-degree peaks. The bottom edges of the peaks are then mounted on a backing board. Thus the viewer sees one image when looking from the left and the other image when looking from the right. Also noteworthy were the pendants and earrings made of tiny framed pieces of canvas that display miniature paintings. There is no Website; to contact the vendor send an E-mail with the subject "Paint Pouring Art" to smedleylj@gmail.com.

Ruby's Handmade Goat Milk Soap & Lotions

https://www.rubyshandmade.com/

Ruby's got your goat—goat milk soap and lotions, that is. Because soap's surfactant action dries out skin, moisturizers are added. Goat milk is well suited to use in soap due to its content of lactic acid, one of a half dozen forms of alpha hydroxy acid widely used in skin rejuvenation products for its exfoliating and moisturizing properties. Also, the milk contains butterfat for additional moisturizing, and delivers dozens of nutrients and beneficial minerals and enzymes. Its pH is

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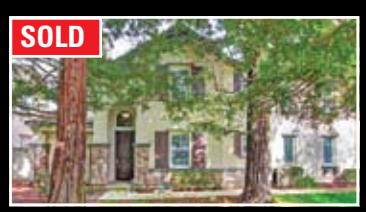

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Unusual items from Patchy N Momiís Pet Boutique.


"3D" photos and paint pouring art by LJ Smedley.

Elks:

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very close to that of skin, so goat milk products don't irritate sensitive skin, and in many cases goat milk products can even improve dermal conditions such as eczema and psoriasis.

Ruby's sources milk from a small farm that raises dairy goats known for output with a high butterfat content. The milk is combined with various oils and herbs, which vary by soap variety. The lotion includes oils, mango butter, wax and other ingredients. Three bar types are available—regular, in seven grouped scents; "baby," in one scent; and felted (coated with wool roving) in two grouped scents. The lotion comes in three grouped scents and two sizes. Soap scents include Clary Sage/Frankincense/Rose Geranium, Grapefruit/Neroli/Bergamot, Lavender/Bergamot/Argentine Lime and Ylang Ylang/Patchouli/Cloves/Lavender; the lotion comes in Lavender/ Lemon, Rose/Ylang Ylang/Patchouli and Vanilla/Blood Orange. And hey, with names like neroli and ylang ylang, this stuff has to be cool.

Second Chance Creations

Facebook profile: rustyyardart

Second Chance offers a variety of whimsical creatures such as birds, bugs, cats, dogs, frogs and pigs made from old garden tools and other hardware including chains, gears, nut and bolts, pulleys, tanks, shovels, rakes, springs, hand tools, pruners and even old army helmets. Among the items on display was a yellow and blue Despicable Me minion character constructed from a propane-type tank, metal tubing, clamps, rebar and a pair of what appeared to be cobbler's anvils for feet.

Since nobody likes to follow an animal act, I've left the following listings for the end.

Patchy N Momi's Pet Boutique

Instagram: @patchynmomis

Things have really gone to the dogs at Patchy N Momi's, judging from the number of canine-related items on offer. Does your pup have a fancy-dress event coming up? No problem. Choose from doggie shirt collars in more than a dozen patterns—and there's an assortment of bow ties as well. Also on display were notepad boards, a few coffee mugs bearing dog images, "poopy bags" and old fashioned globe-style gumball dispensers in assorted colors suitable for dispensing treats. And then there were these framed items that are a bit difficult to describe. Imagine an 8'X10' photo frame, and in place of the photo is a piece of fabric or a printed image of stylized flowers, or maybe a pattern, or drawings of cats. Now, sticking through the middle of this is the rear half of a dog, its tail aimed skyward (maybe toward the Dog Star?). I don't understand the significance of this, but then, I'm not a dog person. There were a few cat-related items on display, but it was clear where this vendor's sentiments lie. If you don't want to trudge through all the Instagram posts to get a better idea of Patchy N Momi's inventory, you can contact the proprietor at patchynmomis@att.net.

Art That Makes People Happy/Pet Portraits

The Canis lupus familiaris was having his day at this vendor's digs as well, as was a collection of Struthio camelus. That is to say, of course, that this was a booth packed with items featuring renderings in a simple, direct style of all manner of dogs, and more than a few ostriches in bright, bold hues (e.g. neon green, flaming magenta) not to be found in nature. And that's just fine, because the standard ostrich color scheme is kinda dull. Sacramento artist Melisssa Andrews has amassed a large catalog of what can only be described as lifelike animal portraits due to their realism and depth. The dogs in the images that grace her greeting cards practically jump off the paper with their authenticity and presence, establishing a strong connection with the viewer. These cards are sure to strike a responsive chord with anyone having canine companions. It's probably safe to say the ostrich cards have the same effect on fanciers of this or other forms of feathered friend.

Andrews also applies her skill at capturing the essence of a beloved pet in her custom portrait service through which she will reproduce on canvas a gallery-worthy painting of a provided photographic image in just two weeks. I have seen such canvases on the walls of her office and they are works of merit.

Although no Website is available, the artist can be contacted at melissandrews@comcast.net.

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Greenhaven Round Table Pizza got the royal face-lift treatment





Story and photos by Joe Perfecto

For a number of weeks this year the Greenhaven Plaza shopping center at the west end of Florin Rd. looked a bit torn up while the fascia boards and signage above the retail spaces were being replaced. Among the businesses getting a facelift was the Round Table pizza parlor Riverside store—but there the refreshed wrapper was only the beginning. The new signage, which employs a radical redesign, was just one element of a full-blown remake of the store's interior. This was the first of the company's 440 locations to get the makeover, with Oakdale's E. F St. and Pittsburg's Buchanan Rd. parlors next in line.

The sign bears the company's new slogan, "Pizza Royalty," and incorporates a stylized typeface and a refreshed logo in which the negative space between the "d" in "Round" and the "T" in "Table" forms a knight's visored helmet. The entryway and salad bar areas employ starburst-pattern tiling, with hardwood flooring elsewhere to complement the warm-toned wooden wall paneling. The floor plan was redone, with booths at the front wall replaced by open tables. Several long family-style high tables stand near the rear and several large round tables are placed behind the low breezeway wall. At the rear is a semi-enclosed space suitable for a large group.

Although the decor is heavy on darker wood tones and black surfaces, the space feels bright overall during daylight thanks in part to windows that largely form both external walls, and ample lighting covers the store sufficiently in the evening hours.

The menu, while nearly unchanged, now features a spicy "Reign of Fire" sauce whose ingredients include habanero and other roasted peppers, garlic and spices. The new sauce is available at all locations.

And of course, what's pizza without beer? Suds lovers will welcome the addition of a self-serve iPourIt system beer wall. To use this system, patrons leave a credit card at the register and receive an electronic sensor bracelet that is touched to the pad below any chosen tap to activate it. Any amount can be tapped, up to 32 oz., at which point the bracelet must be reset for a new session. Unlike with the traditional pint-based system, an iPourIt user decides how much to pour and from what taps, paying for the exact volume dispensed. Users can conveniently construct their own sampler sets; bored-out wooden paddles are provided for this purpose. The price of each beer is shown at its tap. At this location there are 13 taps, one being reserved for wine; the selection leans toward IPAs but includes an amber and other ales and a few mass-market lagers. Other Round Table locations feature iPourIt, but the number of taps varies; the nearby location on Florin near S. Land Park offers more.

At the Sept. 21 Grand Opening event, a long line of

see ROUND TABLE page 7

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Round Table:

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patrons eager to check out the new layout had formed well before the doors would officially open at 10 a.m. They appeared in such number that a doorman had to meter the influx to avoid overcrowding. Children in attendance were treated to paper crowns and balloons, and if desired, a session at the face painting station, where they could also score a twisted balloon animal made to order.

The salad bar, beer wall and ovens all saw lots of use throughout the day. Numerous staff were available to assist patrons with navigating the new layout and operating the beer taps. Bussers made frequent trips across the floor to clear tables, although they were occasionally a bit too efficient--one customer who had momentarily left his seat nearly had his half-eaten meal whisked away.

Among Riverside's post-renovation visitors was Land Park resident Ed Clemow, who described the new decor as "spiffy and cleaner-looking." While aware of the larger beer selection at the other Florin Rd. location, he did think not a wider variety was necessarily better. "Less beer choices means fresher beer," he said. "I think this place has about the right number." A native of the UK, where beer is a serious subject, Clemow is a stickler for freshness. Firestone Walker's 805 blonde ale was his brew of choice during his stay. While he did not have pizza at this location, he did enjoy what he had at the other Florin Rd. store recently.

The new decor has "a more contemporary feel" according to Richard Salisbury (who, in keeping with the "Pizza Royalty" theme, also goes by "Sir Theo"), with the windows "giving a lighter, airier feel to the place." He found the beer selection to be larger and more interesting than what he'd found at other locations, but had a little trouble operating the new system. He also gave the food a thumbs-up. "The quality of the pizza seemed better than I recall having at any Round Table in roughly the last 10 years—more like the excellent rich, cheesy pizza of yore," he said. "The salad bar is excellent, as it always has been."

Ciara Anguay, a Riverside Round Table regular for about two years, described the renovated location as "a place to relax and re-center while having a delicious meal." Anguay, who was finishing off a second personal-size pie, praised the veggie pizza options but likes the meat varieties as well. Already a Round Table fan, she was pleased with the store's new look. "I am beyond elated at how expedient and beautiful the final remodel turned out. I love how the design is true to the RT Brand. The customer service remains exemplary."

The Round Table corporate office did not respond to requests for information beyond what is publicly available via https://www.roundtablepizza.com.

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FACES AND PLACES: EL PANTEÓN DE SACRAMENTO

Photos by Stephen Crowley

Día de los Muertos celebrates the lives of the deceased with food, drink, memories and activities the dead enjoyed in life. Día de los Muertos recognizes death as a natural part of the human experience, a continuum with birth, childhood, and growing up to become a contributing member of the community. On Día de los Muertos, the dead are also a part of the community, awakened from their eternal sleep to share celebrations with their loved ones. In Mexico, neighbors gather in local graveyards (El Panteón) to share food, music and memories of their departed loved ones with their families and extended community, both living and departed. Whether in the day, or bathed in the light of the moon, upon entering Panteón de Sacramento one immediately feels that it is a place of memories and the presence of those who have passed.

There were traditional artistic programming across the two day event held in midtown on Nov. 2 and 3. Also held was a procession with traditional elements only experienced in small towns and villages in Mexico. Immigrant cultural groups, who keep their traditions alive by rehearsing in parking lots and backyards or church halls, performed at this El Panteón de Sacramento. These dances and traditions are usually only seen in small towns of Mexico and some southern cities like Oaxaca. Many are from the state of Michoacán, a state known for its retention and presentation of historic dance and celebrations. El Panteón's procession was led by giant street puppets, Mojigangas, made of paper mache by Mexican folk artists. Multiple ballet folklorica groups representing many states in Mexico danced in the multi- block procession.

Revelers experienced the lively, ecstatic and raucous sounds of a 12-piece bandas that are heard in every neighborhood in small towns across southern Mexico. The event also included a curated mercado/artisan marketplace, art workshops (masks, sugar skulls) and traditional Mexican food and drink for sale.

see PANTEÓN page 9







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Panteón:

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The Elks 6 Student of the Month for October



Courtesy of Stephen Clazie

Seated from left to right are Stephen B. Clazie, Elks 6 scholarship chair; Tyler Vang, Luther Burbank High School; Elizabeth Venegas-Huerta, Luther Burbank High School; and Leading Knight James Nevans. Standing from left to right are Kialisha Vang, Will C. Wood Middle School; Patton Zapp, Genevieve Didion K-8; and Jade Melendres, Genevieve Didion K-8.

Elks 6 started their 2019-2020 school year awards luncheons with seven outstanding students from local schools. Last year, the Lodge had a different cook each month for the Student of the Month. Each cook did a lunch that teenagers would really enjoy.

This October, the students had lasagna prepared by District Deputy Grand Exalted Ruler Ron Brusato. Exalted Ruler (ER) Rudy Toralez was not present because he was at a wedding with Danya Schilling in Baltimore, Maryland. Leading Knight James Nevans presented each student with a thesaurus on behalf of the ER and Elks Lodge No. 6.

The students are selected by their individual schools. The schools are allowed to send one boy and one girl every month, and the schools decide the criteria for the selection. Students in the past have been honored for outstanding grades, perfect attendance, citizenship, performing an outstanding activity, and for meeting all of their goals.

Information about Elks scholarships was disseminated to the students about the ENF Most Valuable Scholarship worth $50,000. Also, information about "Just Say No to Drugs" essay, poster, and video contests for students 10 to 14 years-old was distributed.

RECYCLE
PLEASE RECYCLE THIS PAPER

Indigenous People's Day celebrated at Southside Park

Story and photos by Joe Perfecto

Although for convenience Columbus Day (CD) was shifted in 1970 to the second Mon. in Oct., Oct. 12 marks the actual anniversary of the oceanborne explorer's 1492 arrival in the Bahamas. This year on the 12th of that month the atmosphere above a certain chunk of ancestral Nisenan land nowadays known as Southside Park was filled with echoes—echoes of American aboriginal music, of amplified speech, of tribal chants, even of rap lyrics portraying the contemporary experience of old world peoples in this Brave New World. Echoes of the past that resonate in the present and carry portents of what the future may have in store for both mainstream society and its marginalized groups who were present across the continent for many centuries before the first European settlers arrived on the New England shore.

Unlike the modern-day celebrations that would come two days hence, the gathering from whence these echoes emanated was not in honor of that holiday's namesake but rather to recognize, celebrate and perpetuate the ways of the cultures original to not only the US but to the entirety of the Americas, from Point Barrow in the state of Alaska to Postville in Newfoundland to Punta Arenas in the Republic of Argentina, and to foster awareness of the longstanding issues many native peoples face. While its makeup will vary by geographic location (locally the focus is primarily on the Native American, Hispanic and Latino elements of the population), the annual event is in most places called Indigenous Peoples Day (IPD) to reflect this broad inclusivity.

Compared to the events in SF and LA, Sacramento's IPD was of relatively modest size and attendance. Held on a grassy expanse in front of the Robert Callahan Amphitheater, whose walls are covered with brightly-hued murals painted by the Royal Chicano Air Force in the mid-1970s and restored in 2001, it featured a handful of speakers and performers including a traditional tribal dance troupe that in keeping with cultural taboo could not be photographed, the Women's Warrior Society singing group and rapper Richie Leadereagle. Eleven booth spaces were occupied by concerns such as Missing/Murdered Women & People of California and the Shingle Springs Tribal TANF Program and vendors of assorted retail goods including medicine bags, Native American garments, Indian coffee and "fry bread"—a native comestible made of deep-fried thick dough. When toppings are added to the dense, chewy bread it becomes an "Indian Taco."

The celebration was first held 30 years ago in SD and has since spread to hundreds of US locations. Although both CD and IPD are observed in some places, rather than being intended as a companion to CD, IPD could eventually supplant it on the calendar throughout the US; such replacement first occurred in Berkeley in 1992 and subsequently spread to 129 cities, 8 counties, 11 states and the District of Columbia—with motions under review in other locales—due largely to the efforts of indigenous organizations who assert that the holiday is based in the traditional narrative presented to American schoolchildren for countless decades, which they characterize as a sanitized whitewash that reveres a man who actually perpetrated countless atrocities and never even set foot on North American soil. This effort to strike CD from the calendar, however, is just the tip of a very long arrow aimed at raising public awareness of the true legacy of not only Columbus' activities but those of the settlers that followed and the ways in which an evolving United States has traditionally approached its relations with native peoples. Their dealings with government, the tribes say, have always been lopsided, and the time to address these historic iniquities has long since arrived.

The Columbus holiday is not only a highly visible target but a symbolically significant one in that the world view Columbus held and the historically-inaccurate portrayal of his actions in the New World have been very problematic, both because of that same mentality's guiding role in the government's treatment of natives throughout the history of the US and because of the similar portrayal of this treatment.

Sacramento's inaugural IPD occurred in 2018, months after the City issued a resolution of recognition that serves as a concise summary of the aims of indigenous groups' efforts to officially replace the CD holiday with IPD, i.e. "to dispel the historical falsehood that Columbus discovered America" and to

see INDIGENOUS page 12



One vendor offered an assortment of Native American garments and jewelry.



An attendee looks through a collection of brightly-colored native garments decorated with traditional designs.



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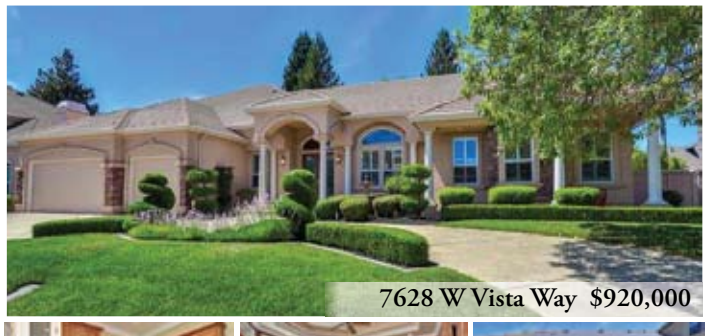

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Indigenous:

continued from page 11

honor the "culture, heritage, and contributions of Indigenous Nations." The resolution begins with a historical overview, stating that as a result of Columbus 1492 landing, "indigenous people, the original inhabitants of this land, suffered injustice, exploitation, and genocide through slavery, forced removal, involuntary relocation, war, broken treaties, rape, and the implementation of laws and policies to support such exploits by the United States of America." Indigenous people today, it continues, "experience psychological, intergenerational, and historical trauma and the loss of culture, language, identity, resources...." The document recognizes the Miwok, Nisenan and Maidu tribes as the area's original inhabitants and states that the city "benefits from the values and contributions by indigenous peoples' knowledge, labor, technology, science, philosophy, arts, culture, and resources that serve as its cultural foundation."

The call to dethrone Columbus originated with the UN International Conference on Discrimination Against Indigenous Populations in the Americas, which first proposed IPD in 1977, a dozen years before the proposal would see fruition. One of IPD's earliest activists was Bertha Nye "Grandma" Norton, born Aug. 15, 1899 in Wheatland to a Maidu father and Wintun mother. Norton lived in various locales but finally settled in Sacramento to care for her grandchildren. In 1999 Gov. Pete Wilson declared Aug. 15 "Grandma Norton Day" in honor of her decades of work. Just prior to her death in 2001, Norton was the state's oldest living Native American.

Among Norton's activist descendants is Michael Allen Ramirez, a member of the Nisenan tribe who is a park aide at the CA State Indian Museum and among the organizers of the local IPD event. "Being the great grandson of Bertha Nye Norton, I was honored to be a part of the group to finally get it [IPD] established in the city of Sacramento," Ramirez told the Land Park News between stints at the microphone during the event. "In 1997 she was named one of the founding mothers of Sacramento [and] founding grandmothers of California. So my family's been integral in the history of this state before it was part of the United States, [when] it was still under Mexican rule. Like the descent from treaty signers—even though our treaties were never ratified—which is one of the main reasons that pushes me to do these things. Because California, from the inception of the state, has ignored the [indigenous] peoples, and in very few cases [actually] acknowledged sovereignty. So, being a native son, it's important to speak for those that have been ignored and to bring to light the life of those that were the 'enemy' of this state. We're part of the history of this and we want to see the future of this; all natives want to see the future of this. This is a way to allow us to never be forgotten."

Among the day's speakers was Vice Mayor Eric Guerra, who touched upon a fundamental philosophical split between natives and "colonizers" concerning the nature of the environment and mankind's relationship to it. "My family de Mexico in the mountains of the Sierra Madre are from the Purépecha people, and I'm from a small town called Jerécuaro, which is the Purépecha term for 'water,'" he said. "If we don't recognize the challenges that our people are facing, then we lose the respect of water, of the environment, of the things that keep people's lives together. And so today is a great moment because we're keeping the culture [alive] and passing it down to our young kids, and I think the big legacy here is that we're making sure that in the future we do not lose [that] vital part of us. And what better place than aqui in Sacramento, where we educate so many different cultures, so many people about this issue."

Anecita Agustinez, Tribal Policy Advisor at the State

see CELEBRATED page 13

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Celebrated:

continued from page 12

Dept. of Water Resources and a member of the Navajo nation, emphasized the importance of water issues to tribal populations in a different sense. "As indigenous people we talk about sovereignty—it's culture, it's food, it's protection of fish species, it's protection of our language and protection of our water. I'm honored to work in state government in protecting those issues as priorities. When you work with the State, you have to deal with tribal water rights and what those mean for the State of California because of our history of enslavement and genocide and what happened with the treaties in California. Our tribal people know this history, but the legislators, they don't understand California history. They're not even aware that there are 18 unratified treaties, that there are over 109 federally-recognized tribes, and over 70 non-federally-recognized tribes that we work with."

A case in point is the indigenous group on whose ancestral land the local IPD event was held. Although the Nisenan tribe is acknowledged to be native to this area by scholars and local government, it is not among the 573 currently recognized by the federal Bureau of Indian Affairs and thus does not have sovereignty or access to funding or services from the Bureau.

Agustinez also addressed Gov. Newsom's recent efforts on behalf of native populations. "In April he passed Executive Order N-10-19 reprioritizing water in California. What's important for tribal people is that it also put a stop to the delta tunnels. In June he passed Executive Order N-15-19 that established a Truth and Healing Council, and also, for the very first time in state government, [issued] a formal apology from the governor to every California tribal citizen. That was acknowledging that California was built on genocide and slavery. We thought Gov. Brown was doing some important things—he [passed] Executive Order B-10-11 in 2011 [that] established the Office of the Tribal Advisor, and he also mandated that every state agency established tribal liaisons. That Executive Order is being built on by Gov. Newsom. What is Truth and Healing? 'Truth' would mean education—what is the truth being taught in the schools? And the 'Healing' is the policies—when you do a public apology, what is the policy about making other mandates the responsibility of the State? We don't need the apology—we need actionable items."

While Agustinez didn't diminish the importance of IPD's official recognition, she put it in perspective. "Indigenous Peoples Day is just one step in making policy at the local level."

Many critics of the indigenous movement dismiss it as an unrealistic attempt to take back the land, and argue that invasion and colonization is the natural way of things. But what indigenous peoples say they want instead is the opportunity to set the record straight, to right a number of wrongs and to simply coexist with non-natives equitably. It's about identifying and establishing balance.

Toppling Columbus is a way of getting indigenous peoples' collective foot in the door, and a controversial one that is met with much resistance. But the historical record supports their thesis: Columbus never reached America, he behaved badly where he actually did land—regardless of historical context—and everything went downhill from there. The ripples from his activities are being felt still, and the time has come to calm the waters.

"We discovered Columbus, lost on our shores, sick, destitute, and wrapped in rags. We nourished him to health, and the rest is history," Lakota activist Bill Means told Minnesota Public Radio on April 25, 2014. "He represents the mascot of American colonialism in the Western Hemisphere. And so it is time that we change a myth of history."



Ida Victoria Rodriguez, seen in front of a Royal Chicano Air Force mural section, spearheaded local IPD organizing efforts.

Truth, healing, balance, respect. Activists assert that these are the moving targets on which the indigenous movement's sights are trained, and its warriors will continue to let loose their arrows of advocacy until the last mark is struck.

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Local residents age 50 and up are needed this fall to help kids in kindergarten through third grade improve their reading through AARP Experience Corps, managed locally by United Way California Capital Region. To learn more and sign up to volunteer, visit YourLocalUnitedWay.org/Experience-Corps-Literacy-Program.

"Kids who are not reading at grade level by fourth grade are more likely to fall behind in all subjects, including math and science, making them less likely to graduate from high school," said Stephanie Bray, president and CEO, United Way California Capital Region. "This corps of volunteers is essential to ensuring our community's kids are successful."

Volunteers serve at local schools approximately two days per week for two to three hours a day throughout the school year, tutoring and tracking progress for groups of two to three students for the year. Volunteers meet monthly to share best practices and receive literacy and classroom management experience. They receive training to become mentors and role models and to hone their skills to help students reach their reading goals.

Last year, United Way's AARP Experience Corps helped 415 students with reading – 62 percent of those who were reading below grade level improved their reading and literary performance. In 2018, program participant Robla School District reported more students meeting and exceeding standards in English Language Arts compared to 2017 – the rate of annual increase was three times higher than state and county averages.

"The results are encouraging and worth the work," said Experience Corps volunteer Mary Ann Rider. "I never felt like I was cut out to be a teacher, but I felt prepared by the curriculum I had learned in our training. Plus getting to know the kids is fun. If you're looking for volunteer work, what's more important than helping a child learn to read?"

United Way California Capital Region is one of only seven nonprofits across the country helping to grow Experience Corps, the evidence-based AARP Foundation literacy program that improves the reading skills of children, enriches the lives of volunteer tutors and strengthens schools in local communities.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: YourLocalUnitedWay.org.

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FARM AND FLAVOR

By Kerin Gould

When I first started my little farm, I adopted four red hens from a school-kid who took his class pets home at the end of the year to keep them from being eaten and then realized they didn't really have enough room in his family's yard. I assured the family the girls would be treated as pets.

The four sisters were lively and funny and full of personality. Lucy was the adventurous independent one, always last one into the coop at night. Katie was bold and brassy and liked to explore high places and kick things off, as if she had been a cat in another life. Eileen was solid and wise. And Brigid was the gentle soul who looked after the others. Sunny, an Ameraucana who liked to jump on my lap and snuggle, and Zsazsa, a Silkie, came a few years later.

Zsazsa turned out to be a little rooster. And what a little rooster he was. Once his testosterone kicked in, he terrified gentle Brigid and jumped on Katie, right in front of poor Sunny. Sunny's heart broke, and in two days, she passed away from nothing any vet could find wrong. Zsazsa was rehomed to a fowl-fancier with an ornery goose who became Zsazsa's buddy.

But my Rhode Island Reds, a breed famous for good-natured hens who lay lots of eggs, came with a ticking time bomb: cancer. According to a report by PA Johnson, CS Stephens, and JR Giles of Cornell University, "The domestic laying chicken has been intensely selected to be a persistent ovulator. That is, the tendency for broodiness has been nearly eliminated and, given the appropriate lighting and nutrition, many strains of laying hens produce an egg on almost every day.... Studies have shown that ovulation, or events associated with ovulation, increase the prevalence of ovarian cancer in hens." In order to get lots of eggs, we have bred hens to self-destruct. Normal birds lay once or twice a year. Imagine if human females were constantly ovulating!

There is no chemo or surgery for chickens. My girls' vet told me the tumors dig in and wrap around organs and digestive tracts to strangle their little systems to a halt.

And so it went. Lucy was out and about until two days before she passed away on my lap. The other girls more or less followed the same pattern as my dad had with his prostate cancer: Look far better than expected for longer than expected, but then slow down, eat less, lose energy and strength, then mostly sleep until coming to a full stop. And I treated them much as I had my dad: spoil them with favorite treats and spend quality time until finally just keeping them comfortable, sitting quietly, giving some affectionate pats, and being present until their ride came to pick them up, so to speak.

With my last hen, Brigid, who had nursed her sisters when they were sick, we spent time in the garden hunting bugs and worms, with her happily pouncing on a moth like it was a powdered doughnut or even savaging a hapless frog. Her scratching in the soil became a little weaker, her enthusiasm for worms a little less so. I fed her with a dropper for a while, reminiscent of feeding my dad raspberry sorbet. In the end, she just sat up on the back of my sofa watching the birds, the dogs and the falling leaves in the yard. That's where she passed away.

I know most people look at a chicken as a product more than a pet or a little person, but if you spent time with them, you would probably see that they are big characters, a big presence, and that every individual being just wants a happy, healthy life and good company and care.

What can we do to make chicken lives better? First, we can reduce how much animal-based food we consume. Second, eggs that are "pastured" come from hens that live with fresh air and sunshine and foraging, and "organic" eggs come from hens that didn't eat GMO foods. Choose compassionately.

If you want a pet chicken and less heartbreak, get a non-layer breed. They still lay, but not like an estrogen machine. And next time you think your soul needs chicken soup, have a heart and try a minestrone instead.

Minestrone

Olive oil
4-10 cloves garlic (it's up to you and the people around you)
1/2 medium onion
1 carrot sliced
2 sticks celery, chopped
1 green pepper, chopped
1 zucchini, sliced
1 tbsp each basil and oregano
(optional) a pinch of ground red pepper
salt and pepper to taste
1 1/4 cup of mixed pre-cooked beans – kidney, garbanzo, cannellini..
10 oz pureed tomato or tomato sauce (ideally organic and from a jar rather than a can)
2 cups water
1 cup soup pasta like ditalini
One bunch chopped chard, kale or spinach

Directions

In a soup pot, heat olive on medium and sauté garlic, onion, basil and oregano, and red pepper until they are softened and working together. Add vegetables and sauté for roughly 3 minutes, then add tomato, water and beans and bring to a boil. Salt and pepper to taste. Add pasta and stir Add chopped greens when the past has 3 more minutes, depending on how much body the greens have (kale takes a bit longer than spinach, for example.) Serve hot, with a sprinkle of Parmesan if you like. For vegans and vegetarians, there are excellent parm substitutes.

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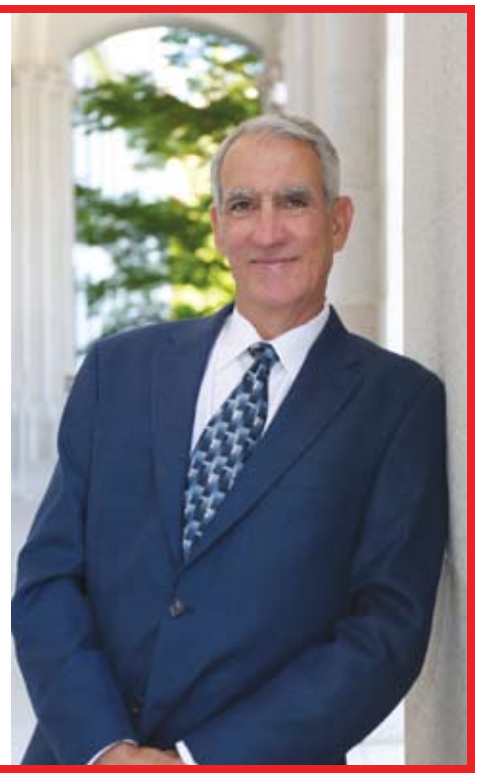

Downtown Sacramento Ice Rink Offers Lineup of Family-Friendly Activities

The Downtown Sacramento Ice Rink presented by Dignity Health at 7th and K streets is now open daily through January 20, 2020 and it's beginning to feel a lot like the holidays in downtown Sacramento.

Teaching a child to ice skate can be fun for both parent and child! Although most children do not express an interest in ice skating until they are at least three years old, any child who can walk can technically learn to skate and there's no better opportunity to get started then in the heart of Sacramento's vibrant urban core. With an exciting lineup of family-friendly activities planned for this year, there's no excuse to miss the opportunity to get into the holly-est, jolliest of moods this holiday season at the Downtown Sacramento Ice Rink!

Before you head down to start making your holiday memories, a few pro tips to ensure your ice-skating experience is a highlight of your season:

- **Dress for success:** Make sure kids are wearing tall, lightweight socks, and layers of lightweight clothes (choose sweats or leggings over jeans). But don't layer the socks!



- **Choose the right fit:** Skates need to fit snug like a ski boot and not loose like a tennis shoe. Sizes run as small as 8 youth.
- **Learn to fall:** Before they're on the ice, kids can learn how to fall down and get up. Urge them to try and fall slowly and collapse down without trying to flail. Once on the ice, skate aids can provide additional balance.
- **Princess & Superhero Day,** 12-2 p.m. Saturday, November 9

Timed perfectly with Disney on Ice at Golden 1 Center nearby, little ones can celebrate their love of fairytale princesses and comic book superheroes in costume at one of the rink's most popular events! Skate with special guests, Elsa, Ana, Batman, and Spiderman, have your face painted, and skate the day away!

- **Crafting Kindness,** 11 a.m. - 1 p.m. Sundays November 10, December 8 and January 12

Skaters of all ages can learn to "Craft Kindness" with hands on craft workshops led by Capital City Beads, local artist Nicole Alvarez and more and take home a unique gift to share with family and friends.

- **Skate with Republic FC,** 1-4 p.m. Saturday, November 16

Share your passion for Sacramento's new MLS team on the ice with the Republic FC Street Team, season ticket holders, supporters and the community for a fun, family-friendly afternoon of skating from the first to final whistle.

- **Grinch Day,** 12-3 p.m. Saturday, December 14

Join Xfinity for free skating in a "Who-liday" Wonderland! Be one of the first 300 skaters and you'll not only skate for free, but also pick up exclusive grinch green earmuffs and a hot beverage courtesy of Xfinity. Don't forget to capture your "Who-liday" moment at the Xfinity photo booth and enter to win giveaways!

- **Kids Day with Sacramento Kings,** 12-2 p.m. Sunday, December 15

Kick off the holiday season with the Sacramento Kings and kid-favorite, Slamson! Bring out the family and join us for a day of fun and ice skating. For just $25, All-Star members of the Sacramento Kings Kids Club will skate for free today - and all season - in addition to receiving a kit with exclusive Kings gear and a free ticket to a Kings game! (Do not need to be an All-Star member to participate in Kids Day with the Sacramento Kings.)

- **Sports Day,** 12-2 p.m. Sunday, January 5

Enjoy the last days of the holiday break bragging for your favorite team! Wear a jersey, other clothing, and/or some accessories of your favorite sports team and take a spin with Western Health Advantage, another great way to be active, happy and healthy! Save $5 off skating admission with your Western Health Advantage ID card.

And don't forget, Storytime with the Sacramento Public Library!

Toddlers and preschoolers (3+) that participate in Storytime at the Downtown Sacramento Public Library on November 21, December 19 and January 16 are invited to head to the Downtown Sacramento Ice Rink for private skating session before the rink opens to the public at 2 p.m.

PLAN AHEAD:

Open every day, including Christmas, find information about extended holiday hours at www.GoDowntownSac.com/icerink and follow the Downtown Sacramento Ice Rink on Facebook, Twitter and Instagram for discounts and daily updates.

General admission is $13 ($15 during holiday skate) and always just $6 for children 6 and under. Skating admission includes skate rental, sizes run as small as 8 youth. To help with balance, ice scooters are a great add on for only $5.

HOURS:

Open daily November 1, 2019 – January 20, 2020
Monday – Thursday: 2 p.m. – 9 p.m.
Friday – Sunday: 10 a.m. – 10 p.m.

Produced by Downtown Sacramento Partnership, the Downtown Sacramento Ice Rink has been a holiday tradition since 1991.

acc SENIOR SERVICES



What's New in November?

Ready, Steady, Balance - Mondays, November 11-25, 4:00-4:30pm; Free

Create Your Own Six-Word Memoir - Wednesday, November 13, 1:00-2:00pm; Free

Identity Theft - Thursday, November 14, 11:00am-12:00pm; Free

Tips for Energy Conservation - Tuesday, November 12, 1:30-3:00pm; Free

Introduction to Sunyata Meditation - Thursday, November 21, 4:15-5:45pm; $8

For more information or to register, contact Anna Su at (916) 393-9026 or classes@accsv.org.
For a complete list of our classes and free workshops, visit our website at www.accsv.org.

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JFK Class of '69 had a smashing 50th reunion

Photos by Stephen Crowley

A 50th Reunion Celebration for the John F. Kennedy class of 1969 was held on October 19, 2019 at the California Automobile Museum. Many years in the planning, it produced a wonderful and memorable event for JFK Class of '69 members. The event included good food, good fun, good entertainment, and great memories. The Pocket area educational institution was opened 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.











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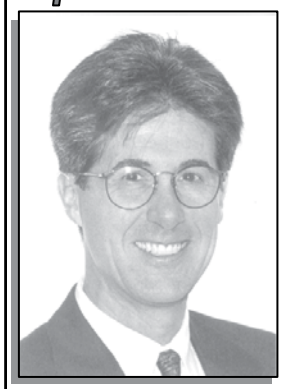

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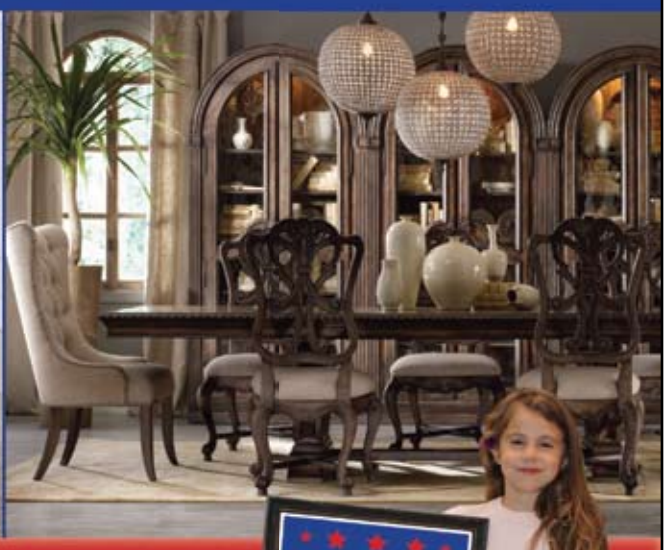

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