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made a suprise visit to celebrate the holiday season

see page 3

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THIS 'n' THAT: Flu Shot - Yes or No?

BY CAROL BOGART

There's a lot of … distrust … when it comes to flu shots.

Many – not some, MANY – are convinced the shot GIVES them the flu. Others are just anti-vaccine, period.

I understand.

I'm in no big rush to get the new-ish Shingles vaccine. Even though my cousin suffered terribly from Shingles. Actually, maybe that's why I'm, at best, on the fence. There are documented cases of people GETTING Shingles from the vaccine. Because it has 'weakened' live virus in it? I don't know. But, when any vaccine's 'new' – to me that means the jury's out on two things:

The FDA (which approves new medications) won't reeeeeeally know its side effects until the 'human trial' expands by millions.

The CDC won't know if it 'guessed right' on which strains to include in any year's flu shot until flu season ends, and it dissects multitudinous reports from doctors, clinics, emergency rooms, hospital admissions – and morticians. THOSE stats will tell it whether the latest flu vaccine was 'effective.'

A bit disquieting: Earlier this month the CDC admitted that last year's 'new' "trivalent (3-strains) vaccine" DID NOT WORK, and neither did 2017's 2-strains flu shot! People can be forgiven for having doubts.

That said, here's what's scary about saying 'no' to the 2019 flu shot. Flu came early to California, reports the CDC, adding that even a couple weeks ago, it was already 'widespread.' Four flu strains have been identified and they include the 2009 HINI (Swine Flu) virus. You remember THAT bad boy. In 2009 it killed three people in West Sac and sent many in Yolo to the hospital. Also circulating: the "Avian" Flu. BIRD FLU, folks. Remember back when health and government officials first started talking about Bird Flu – and said there was NO WAY to protect against it?! Homeland Security was warning that Bird Flu could be used as a weapon of mass destruction??!

Apparently, that bird flu stuff kickstarted research. It, and Swine Flu, are covered in the 2019 vaccine. Neither is the dominant strain now circulating. The CDC says it's 'too soon to know' if the "new" 'quadrivalent (four strains)' vaccine will be "effective"

Here's my take.

I was holding my mother's hand in Intensive Care when she died of viral pneumonia in 1989. Did it start out as the flu? I don't know. She thought she had a cold. And neglected her own health to care for dad, who was fading fast from Alzheimer's. She was 78. She died of "pneumonia complications" – i.e. suffocation. She, I'm 100 percent positive, had never had a flu shot ever. Would a flu shot in 1989 have saved her? I don't know. I do know that not being able to draw a breath – even WITH a ventilator – is a terrifying way to die.

Getting pneumonia vaccines is, for me, a given. Do I trust flu shots? No, not much. Got the 3-strain vaccine last year. Still got the flu.

Whether you want to take a shot on this year's shot, well, that's up to you. But, since I'm not the youngest, plus have various 'high risk' health things going on, I got mine at West Sac Walmart's pharmacy. Quite the process, being okayed for the quadrivalent vaccine. I've filled out shorter forms before my surgeries!

Optimistically, I prefer to think the questionnaire reflects improved research at the CDC. Which now knows where it went wrong in '17 and '18. And does, in fact, have a vaccine for Bird Flu.

Ultimately, the worldwide flu shot goal is a 'universal' vaccine that protects against ALL circulating strains. That research, I've read, does look promising.

Here's my best advice: If you don't get the 2019 flu shot, stay away from sick people. Wash your hands a lot (especially in public bathrooms). Don't touch your face. And, if it's not a hassle, use disinfectant wipes on shopping cart- and door handles.

Quoting the California health department: "The flu isn't merely a winter cold. It is a serious, and very contagious virus that can be deadly."

Sadly true. Hard on a 3-year-old to lose his gramma. Miss you, mom.

For more information about the flu in California, go to www.cdph.ca.gov or www.flu.gov. To see which strains are currently 'dominant' by region in our state and nationally, go here: https://gis.cdc.gov/grasp/fluview/fluportaldashboard.html. Questions, comments, corrections? Contact Carol at carol@bogartonline.com.

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Cover photo by: Steve Crowley

Faces and Places: Canal Lights



Photos by Stephen Crowley

Santa Claus made a special visit to the Pocket area as the neighborhood came together to celebrate the holiday season with holiday lights. Neighbors hung about a mile and a half of lights, completing the loop to Pocket Road from the intersection of the canal with Rush River Drive. It's quite the sight to see with 25,000 lights glistening off our beautiful canals. Santa's visit was a surprise as neighbors gathered for a small lighting ceremony on Sunday, Dec. 8. Before that, volunteers from around the community hung the lights.











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Produce with a Purpose: Handmade Holidays



By Kerin Gould

Once a growing-season, I ask my wonderful neighbor, Dave, to come over and till a couple of garden plots. It's a clean slate for new plants. I wish I could go no-till, but the Bermuda grass is relentless. The tractor is big and loud and diesel-scented. He loves his machines and knows how to maneuver and maintain them, doing a lot of the mechanic work himself. I don't possess these skills, probably couldn't even point out the carburetor in my riding mower (my only gas-powered tool), but in return for the tractor work, I can cook homemade treats.

My main tools are the broadfork, the wheel-hoe, a battery-powered weed-whacker, and the Japanese hand-hoe. I bend a lot, get my hands in the dirt and feel the soil structure, look at which bugs and how many earthworms are present, and close-up check for pests and little predators and interpret different holes in the leaves. Cabbage worms will go away in winter, but the sparrows will eat any green leafy crop, if they are hungry. I have a homemade pest-repellant recipe I use to give my cabbage-family plants a fighting chance, but picking off worms also helps. I won't ever just spray some toxic stuff on there.

It's more work. But it's personal. It's quiet. It's tactile. It takes a serious scrub to get the soil out of my skin. Organic farmers who don't use mass spraying to get rid of weeds and pests have to do this close-up work by hand. This extra labor is part of why organic strawberries and greens cost more. But on the other hand, pickers aren't getting exposed to toxins. Worth it!

As a person who does a lot of chores by hand, I want to encourage folks to consider handmade gifts this season. Just like the farm chores, they require genuine engagement and visceral interaction, even – dare I say? - love. I often wish I knew how to knit, but honestly, nobody wants a misshapen, irregular mess of a scarf. My niece, on the other hand, is talented with the needles, and I love wearing a big, earthy-colored scarf she made. I'm not recommending we all sew our own clothes and mill our own wheat and become an Amish community, but I am all for specialness and realness when it counts.

What if you really aren't artistic? What if you regularly burn the holiday cookies or can't decorate to save your life? Honestly, my decorating skills would have shown up on that now defunct web site "Regretsy" (Google it) or on Pinterest as a tragic, cautionary tale to others. At my house, we've gotten around that by cutting out cookies in a sweater shape and making ugly-sweater cookies to decorate.

Let's say you are artisanally challenged, over-worked or uninspired…There are so many outstanding local artists, crafters, and makers out there and fairs going on at the Crocker, the State Indian Museum, and many more, where the quality is exceptional and the ideas unique. Ideas are the hardest part, aren't they? Of course there are those craft items that are a bit cheesy, too, and there's a gift recipient for that genre on your list, ironically or unironically.

Farmers' markets have gift ideas this month too. Fill up a local treats gift basket for somebody! We revive our connection to other human beings by patronizing local growers, makers and creators, and we can find gifting freshness rather than stale box-store burnout, generic gift cards, and click-click-clicking our way through big shopping sites. And we boost our local economy when we buy from local makers.

Even if you aren't a great cook or decorator, you may be roped into a cookie exchange, need a hostess gift, have to bring something to a work party, need to thank a neighbor for tilling your field, and you don't want to embarrass yourself or just give up and buy something. I have you covered! This is stupid-easy, madly-tasty, secretly healthy, vegan and gluten free. Option one is to make these and put them into paper candy-cups and then put an assortment into a festive gift tin. A second option is to pre-make the basic truffles and then put out little bowls of toppings for people to make their own, sort of like a flight of wines/craft project. Either way, people will be delighted with your handmade delights and amazed at the quality and deliciousness. You can do it!

Rich Chocolate date Truffles

Ingredients for the truffle base:

- 1 1/2 cups of dates
- 6-8 tbsp cacao (unsweetened, of course) adjust to make a workable consistency
- 3 tbsp of grated coconut.

Pre-soak the dates and chop a little if needed. Use a food processor or immersion/stick blender to grind the three ingredients into a paste, going little by little, so you don't overheat your blender. The mixture should be about thick cookie-dough consistency, firm enough to hold the round shape. Form little spheres with a melon-baller. Roll in coating until well covered. Serve in festive paper candy cups.

Coating options:

- grated orange zest
- chopped roasted almonds
- chopped hazelnuts
- chopped walnuts or pecans
- cinnamon and chili
- sesame seeds
- more coconut
- smashed candy canes if you don't have a problem with sugar
- whatever you like!

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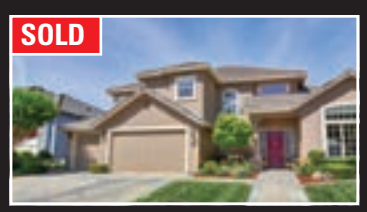
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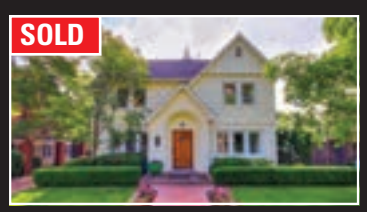
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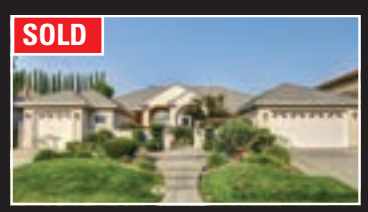
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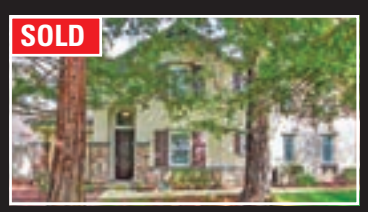
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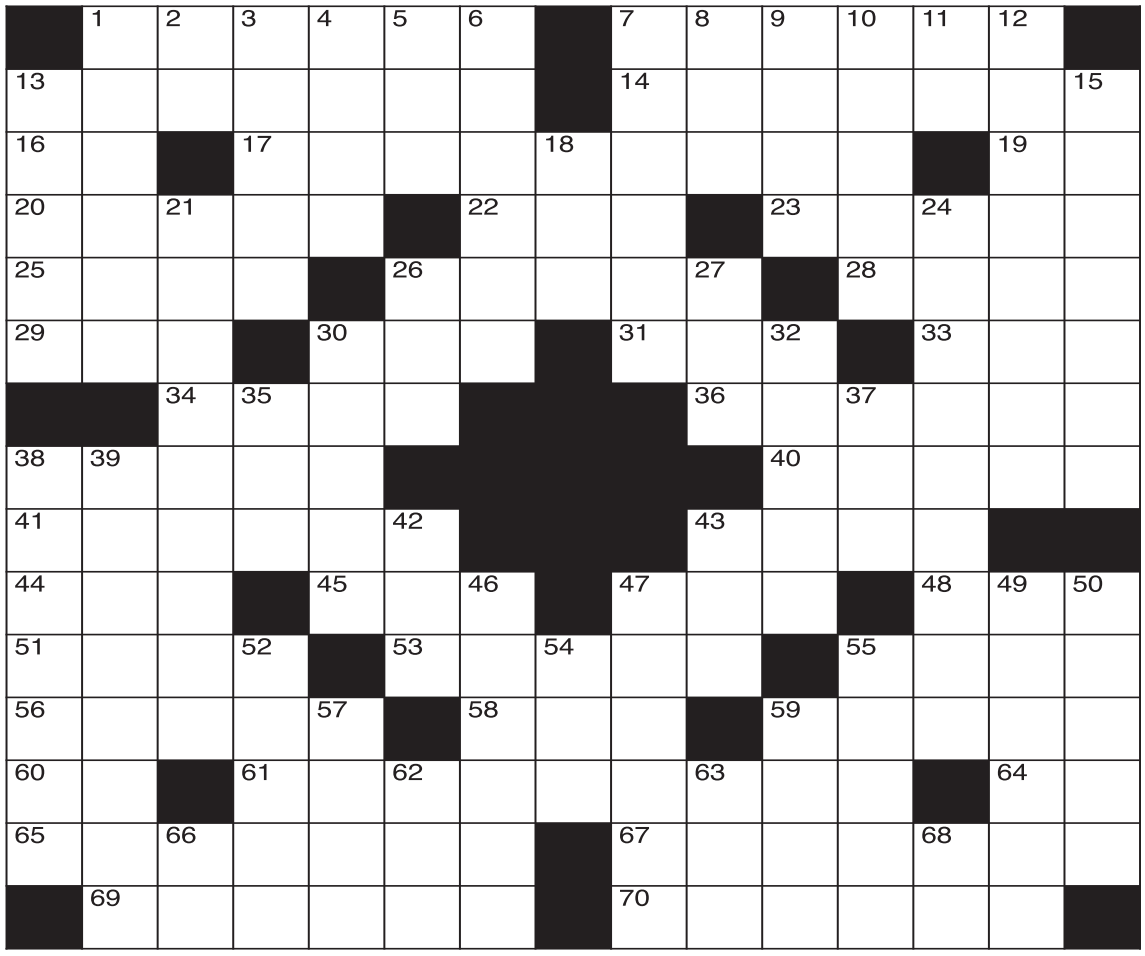

CLUES ACROSS

1. Recurring TV show
7. Throws out
13. Iberian Peninsula microstate
14. Gossip
16. Atomic #20
17. Ivy League institution
19. Of I
20. "He Is __!": Scripture excerpt
22. Musical genre
23. Heavy cavalry sword
25. Ancient Olympic Site
26. Satisfies
28. Popular flower
29. Shared services center
30. Drain
31. A way to attack
33. Urban Transit Authority
34. Spiritual leader
36. Postponed
38. N. American plant with edible purple-black berries
40. Gazes unpleasantly
41. Gets up
43. Capital of Ukraine
44. Returned material authorization (abbr.)
45. Golf score
47. Superhigh frequency
48. Swiss river
51. Felons
53. Succulent plants
55. Soluble ribonucleic acid
56. Deliberately setting fire to
58. Infamous singer Zadora
59. Anwar __, Egyptian statesman
60. Influential sports mag
61. Aromatic Mediterranean plant
64. Sixth note of a major scale
65. Unit of explosive power
67. Large watertight chamber
69. Popular street
70. A way of watering

CLUES DOWN

1. Mollusks
2. -__, denotes past
3. Anchor ropes
4. Large Middle Eastern country
5. To make a mistake
6. Ancient governor
7. Extents
8. Chinese surname
9. NYC subway "residents"
10. Essential oil used as perfume
11. A way to treat injuries (abbr.)
12. Session
13. Units of land areas
15. Goes over once more
18. Where wrestlers work
21. Italian islanders
24. Avenue
26. __ Adams, U.S. President
27. Rest with legs bent
30. Type of flour
32. The Golden State (abbr.)
35. More (Spanish)
37. Stinging, winged insect
38. The use of irony to mock
39. Arsenals
42. Pouch
43. 22nd letter of the Greek alphabet
46. Violent seizure of property
47. Restrict
49. Something comparable to another
50. Punishment device made from stems
52. Soul and calypso songs
54. Formerly OSS
55. Athabaskan language
57. __ bene: observe carefully
59. Six (Spanish)
62. Read-only memory
63. Chinese philosophical principle
66. American conglomerate
68. Tin

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And the winning word is...

Matsuyama students compete in second annual Spelling Bee







All photos by Monica Stark

First place Spelling Bee winner Matthew Matheny, a third grader at Matsuyama Elementary School.

While nationwide, the spelling abilities of kids and adults continue to decline, mainly because of technology, which provides spell check and predictive typing, and because kids these days prefer electronic devices over books, over at Matsuyama the school has been trying to reverse that trend of bad spelling by bringing back the old school tradition of the Spelling Bee.

On Friday, Dec. 13, Matthew Matheny, third grader from Mrs. Nylander's class, won this year's second annual Spelling Bee with the winning word, "hotelier." After the bee, he said, "I was nervous. I feel better than I did at the beginning." Proud, and yet, surprised by his achievement, the natural speller said he didn't practice too much for the Bee because he lost his sheet of words to practice from.

The only public school in the Greenhaven/Pocket area to have a Bee, Matsuyama has been giving their students a chance to improve their spelling and vocabulary as well as a shot to advance all the way to the National Spelling Bee in Washington DC.

A week prior to the Bee, inside the school's multipurpose room, Matsuyama held a Preliminary Round for over 80 students who showed up voluntarily to take a 25-word written spelling test, with words ranging from "desk" to "diaphoresis." From that round, they narrowed the field down to the 27 finalists who competed on Dec. 13.

see SPELLING page 7

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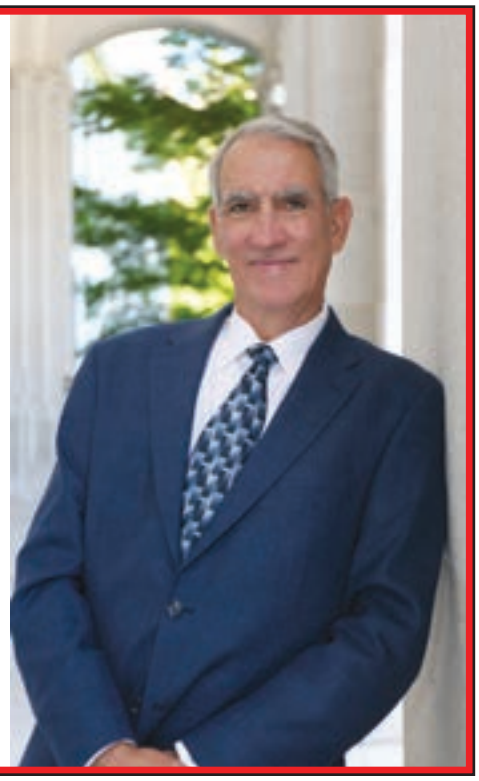

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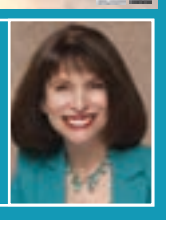





Spelling:

continued from page 6

The finalists included:

Giada Bhan, 6th Grader from Ms. Renschler's class.

Alex Ornelas, 6th grader from Mr. Commandatore's class

Sasha Mangal-Moore, 5th grader from Mr. Gonzales's class

Tyson Jiang, 6th grader from Mr. Commandatore's class

Royce Wang, 2nd grader from Ms. Jeter's class, our youngest competitor

Suraya Sparks, 6th grader from Ms. Schmitt's class

Bryant Hudson, 5th grader from Mr. Gonzales's class

Omar Soliman, 6th grader from Mr. Commandatore 's class AND

Emelia Shoemaker, 4th grader from Mr. Thao's class

Abel Bustillo, 5th grader from Ms. Chertorisky's class

Natalie Lam, 5th grader from Mrs. Gravitz's class

Desmond Kwong, 3rd grader from Mr. Mullen's class

Sarah Fry, 5th grader from Ms. Chertorisky's class

Sean McKinley, 6th grader from Ms. Schmitt's class

Gabriella Carmona, 5th grader from Ms. Chertorisky's class

Charles Mitchell, 4th grader from Mr. Hanks's class

Ethan Roach, 6th grader from Mr. Commandatore's class AND

Emily Barker, 4th grader from Mr. Hanks' class

Essey Ghebregziaber, 4th grader from Mr. Hanks' class

Itzel Martinez, 6th grader from Mr. Commandatore' class

Ava Huang, 5th grader from Ms. Chertorisky's class

Emani Evans, 5th grader from Mrs. Gravitz's class

Emma Roach, 6th grader from Ms. Renschler's class

Colsen Nguyen, 6th grader from Ms Renschler's class

Tommy Jiang, 3rd grader from Mr. Mullen's class

Sarem Tessema, 4th grader from Mr. Hanks' class AND

Matthew Matheny, 3rd grader from Mrs. Nylander's class.

There were two additional finalists who were unable to compete: Kimora Shibata, 4th grader from Mr. Thao's class, and Reina Morikawa, 4th grader also from Mr. Thao's class.

Spelling Bee organizer Sue Ping Kuo Jiang provided opening remarks at the Bee, describing the group as "pretty incredible." She said that among the school's finalists, there was one 2nd grader, three 3rd graders, seven 4th graders, seven 5th graders and 11 6th graders. "We were evenly split – 14 females, 15 males. As you can see, we have some really young spellers competing against the oldest kids in the school. We also have some kids here tonight for whom English is not their first language. Principal Farina is extremely proud of the diversity of the group that is representing our school here tonight," she said.

The Bee's words were delivered by Principal Judy Farina, the Pronouncer. Farina has been in the field of education for a very long time, and before becoming an administrator, she was a middle school language arts – social studies core teacher. "She's still very proud of the fact that all of her students left her class knowing that 'a lot' was two words," Jiang said.

The judges included Pocket News Editor Monica Stark and Elizabeth "Libby" Reynolds, a former student at Matsuyama and currently a senior at CK McClatchy High School, where she competes on the varsity water polo team and the nationally ranked policy debate team, while enrolled in both the Humanities and International Studies Program and the Visual and Performing Arts music program. Reynolds is the founder and head coach of the Matsuyama Speech and Debate Team, which also has a big competition this weekend.

The Bee wouldn't have been possible without the help of the Matsuyama PTA which paid for all the enrollment fees to join the Scripps Spelling Bee program, allowing participation for the students completely free of charge. "They also presented each of the kids in the preliminary round with a brag tag, something that has proven to be a big motivator for kids to be extra involved in school activities," Jiang said.

Assisting the PTA with the snack bar included members of the Matsuyama Student Council. Proceeds from the snack bar went toward this new group of elected student leaders who are advised by 6th grade teacher, Ms. Schmitt.

Volunteers from Girl Scout Troop #1309 also helped with various jobs adding to the Bee's success. They are all former Matsuyama students, now 8th graders at Sutter Middle School.

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‘Listening Chair’ is longtime Balshor family treasure

‘There’s something magical about that chair,’ says its longtime owner



Photo by Lance Armstrong
The “Listening Chair” has seated many guests during its 45 years at Balshor Florist.

By LANCE ARMSTRONG

A chair that is estimated as being about a century old sits in a small office inside Land Park’s Balshor Florist.

To most people, it appears as a basic, old, wooden chair of little value.

But those who know this chair the best tell a different story.

They recognize it as the “Listening Chair,” and speak of it as a special place to sit and talk about whatever is on their minds.

Marie Balshor and her late husband, Al, who founded the business in 1950, accumulated hundreds of hours in that small office, speaking to regular clientele and first-time visitors of their florist about non-florist related topics.

Individuals have sat in the old chair while sharing a wide range of personal details about their lives, and receiving free advice from Al and Marie, whose interest in their customers has extended well beyond selling flowers.

Since Al’s death in 2015, Marie has continued to spend time with customers as they sit in the chair, which has been located in the same spot in the florist’s small office at 2661 Riverside Blvd. since 1974.

It was in December of that year that Al’s mother, Grace (Secco) Balshor, died at the age of 92, and the chair made its way to the florist shop from Al’s childhood home at 315 U St.

During an interview with this publication last week, Marie, 91, spoke about the chair in a sort of revered manner.

“Many people have sat in that chair and told many stories, and we’ve listened to those stories,” she said. “And there’s something magical about that chair, because people that sit in that chair and have problems, they just open up about whatever is bothering them.”

She added that there have also been many occasions when people have sat in the chair and spoke about pleasant experiences and simple, everyday moments in their lives.

“The chair is available for anybody who wants to come in and just sit down,” Marie said. “There are many people who I just invite into the chair that I see there is a need, especially funeral people, if I see they’re up to it. I just give them words of wisdom from my perspective.”

A saying that Marie often repeats to those experiencing the loss of a loved one is “We are but a grain of sand. We’re just stepping through on a journey of life, and the good we do here counts for eternity.”

Marie recalled a time in 2004, when Sacramento Bee columnist Bob Sylva stopped by the shop to interview Al.

“I said, ‘Bob, Al is turning 80, and I wanted to know if you would do a story on him,” she said. “And he said, ‘A lot of people turn 80.’ But I said, ‘We have a Listening Chair’ in the office. And that’s what made him interested to come do the article.

“So, he walks in the shop and he says, ‘I’ve got 45 minutes to do this interview.’ ‘OK, come on in the office,’ (Marie replied). So, I sat on the stool and Al sits in his chair and Bob sat in the ‘Listening Chair.’

“(Bob) is halfway through (the interview) and he says, ‘By the way, where is the ‘Listening Chair’?’ And I said, ‘You’re sitting in it.’ And he stayed an hour and a half.”

During Marie’s recent interview with the Land Park News, Richard Carvalho stopped by Balshor Florist to sit in the “Listening Chair” and speak to Marie.

Carvalho, a 1959 graduate of Sacramento High School, worked for Balshor Florist for eight years before leaving the business in 1969. He later had a lengthy career with the Sacramento Fire Department before returning to the florist, providing occasional work for more than two decades.

While sitting in the “Listening Chair,” he also told the Land Park News about some of his memories of visiting with Al in his office.

“I used to (sit in the chair) and talk to Al,” he said. “I always knew in my heart and every other way, in my brain, that this chair meant something. It was always an important thing.”

Marie mentioned that she is not sure when the chair became known as the “Listening Chair” or who named it, but she said that it was named during its time at the Riverside Boulevard location of Balshor Florist. The business

see CHAIR page 9

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Chair:

continued from page 8

relocated from its original site at 730 O St. in 1972.

Marie added that the precise age of the chair is also something of lost history.

"I moved into the U Street house in 1946 and that chair was there (in the house's kitchen)," she said. "Al, (who was born in 1924, didn't) remember when it wasn't there. But I don't know exactly how old the chair is."

However, it can be said assuredly that the chair was among the earlier pieces of the Balshors' furniture in their U Street house. The family moved into that home in 1921.

"Grandma Balshor," as Al's mother was known by many people in her family, was the original person to offer the chair to guests for lengthy discussions.

Grace, who was born in Urrós, Portugal and came to the United States with her husband, Arturo, and two of their children in 1916, spoke little English.

But that did not matter, Marie noted.

"She knew some English, but everybody understood her, because she had this magic about her," she said. "People fell in love with her.

"All the neighbors knew that Grace Balshor had (that) chair and they knew she was a woman of great wisdom. They respected her, and they would come to the house and go straight to the kitchen, sit on the chair, and grandma would give her advice on whatever problems they had."

Marie mentioned that the chair received at least five or six coats of paint during its time in the U Street house.

"Grandma was always painting it," she said. "When we acquired it, there was a place that strips paint right next door to our shop, and they took all the paint off, and brought it back to its natural (wood appearance), and it's been natural ever since."

As an old chair, it has its own sound, which Marie described as music to her ears.

"It has a marvelous sound," she said. "It creaks. If they're sitting very still, there's nothing. But if they move a little bit, oh, it just creaks. They'll say, 'What's that sound?' I'll tell them, 'Oh, that's the magic of the chair.'"

Marie added that in order to last so many years, the chair has undergone a lot of repairs.

"We've used nuts, bolts, screws, wires, everything in it (to keep it together)," she said. "But the chair is still there and it's sit-able."

And having the chair ready for people to sit in is extremely important to Marie.

"I get very annoyed when I come into the shop and there's something on top of it," she said. "I want that chair always to be available for anybody that wants to come in and just sit down."

At the conclusion of her interview, Marie summarized the chair, which she referred to as "a very prized possession."

"This chair has served much a purpose in so many lives," she said. "Not everybody has a friend that they can talk to, and this 'Listening Chair' is a welcoming chair for everybody to sit down, and we will always listen to whoever wants to sit in that chair. It is a listening-welcoming chair."



Marie Balshor offers the "Listening Chair" at Balshor Florist.

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Door to Door

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Political Correction

Political correctness is an easy target for comics and irritable right-wingers, but many of us adhere to some form of it. Here it is, courtesy of Wikipedia: "The avoidance, sometimes considered as taken to extremes, of forms of expression or action that are perceived to exclude, marginalize or insult groups of people who are socially disadvantaged or discriminated against." Avoiding the use of insulting terms. That's not so hard, is it? If people want to change how they are identified and addressed as a group, it's not that onerous a burden for the rest of us. Language use adapts all the time anyway. In this sense, being politically correct simply means trying to trudge through life with awareness and a decent set of manners.

HowEVER, I accompanied a neighbor, Ruby, 84, to U.C. Davis so she could have her bad back zapped. She bent over a Getting to Know You Gender Identity form, then looked up. "Am I intersex?" she asked. "Because I've kind of lost interest."

I Wikipediaed Intersex. "Intersex are both," I said. "Both chromosomes even."

"So they have everything?"

"I guess. Or some of each."

"Imagine that," said Ruby.

She went on to mark her preferred gender pronouns as He/him/his, She/her/hers and They/them/theirs.

"Ruby. Wait. You've checked that you want to be addressed as male, female and both."

"What?" She eyed me narrowly. "I picked the ones with plurals, for grammar."

So even though I'd lit up my phone with a panorama of gender- neutral pronouns for her edification, I turned it off. Ruby needed to focus on her spinal miseries, not nomenclature.

Later when we went to fill her prescription I asked, "Do you care about people's sex life, who they do it with, or how, or how they want to be seen sexually?"

"God no," she said. "I just don't want them to ruin their backs."

That's Ruby, a perfectly hip person. She may not be up to date on the lingo, but she has an open, accepting mind, and that's should be good enough.

Alas, it isn't. Some of the politically correct seem imbued with mission. They like to admonish others. This is a grievous characteristic that makes me think of Stalin. My sister got corrected recently when she returned from a three week visit to Berlin. A friend at a store asked her how she felt after the trip. "Well, I'm psychotic from jet lag, but otherwise fine," she laughed. A woman behind her in line interrupted. "Excuse me," she said to my sister. "I hope you'll take this in the right way. But I have a son who is mentally ill, and when you use the word, psychotic, it's offensive."

Speaking of offensive: Isn't interrupting and correcting someone in public a tad more obnoxious than merely stating that you're psycho from jet lag? (I know I shouldn't say, psycho, because it trivializes the psychosis from which the woman's son apparently suffered, but I use it purposefully, for revenge).

My sister didn't appreciate the public correction. She is a civil person and was

see DOOR TO DOOR page 11

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Riverside Sports Bar may have ownership change

By Joe Perfecto

Riverside Sports Bar, the popular Greenhaven pub that opened just over two years ago on the former site of Pocket Bistro, may soon be changing hands. As reported in the Aug. 2 Pocket News, Riverside co-owner Jeremy "Jay" Jugoz was diagnosed with stage four pancreatic cancer earlier this year, and despite chemotherapy the prognosis is dim. Although co-owner Mike Deniger stated he will also cash out his share, chances are that the bar will continue in its present form as at least one bar employee will reportedly be among the new owners.

Not a traditional restaurant or a bar either, the vibe at Riverside Sports Bar can be described as somewhere in between. Located in the Grocery Outlet shopping center, the bar held a ribbon cutting ceremony on Aug. 4, 2017 featuring live entertainment by bands, Second Chance and Crossman Connection.

In past years Jay has hosted shave-a-thons for St. Baldrick's, a nonprofit that raises money for children's cancer research. Inspired to host the events because many of his family members have had cancer, Jay has stated it's been difficult for him and his family who's had to deal with it over the years. Before opening the Riverside Sports Bar, Jay was a full-time bartender at the Wrangler Bar in Elk Grove.



He also served at De Vere's downtown and tried to recreate the vibe. He started running Spartan a few years ago when he learned that his mom had cancer.

Jay grew up playing on Greenhaven Soccer teams and has said the neighborhood has always been a part of him and that by opening up Riverside Sports Bar, it was kind of a homecoming and he wanted to bring the only sports bar and grill to the area.

Riverside Sports Bar is located at 6401 Riverside Blvd. near Grocery Outlet.

Door to Door:

continued fro page 10

affronted by the incident. Here's a tip for those who stalk the land, armed with new rules: make it private. Take the offender aside and say, "When you referred to (Insert Name) as a seeping, toxic bladder of lies it wounded me because I so greatly admire his policies." Private battles make it easier on observers (though I confess that I, personally, like to witness political brawls).

As famously incorrect comedian Bill Mahr says, "No one likes to be living on eggshells."

Again, I don't mind a few eggshells, especially if they protect from committing microaggressions. What is microaggression? I thought you'd never ask. It's "a statement, action or incident regarded as an instance of indirect subtle or unintentional discrimination against members of a marginalized group." (Wiki) I don't know anyone who wants to offend in this way (Wait. There is one loud-mouthed jackass who lives downtown). But many of us, like Ruby, like my sister, are good-intentioned and educable. We truly don't want to offend.

As for those who despise political correctness and rage against it, they have rallies now where they hurl racist and sexist insults with impunity. I saw a man call a journalist "a fat queer." This is so desperately creepy and unworthy it makes me want to be all the more correct. Just don't lecture me in line at the market.

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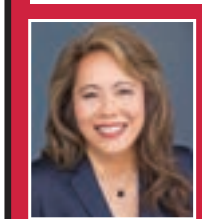

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LUKE 1: 26, 27

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CHRISTMAS BIBLE TRIVIA

by Wilson Casey

1. Is the book of Immanuel in the Old or New Testament or neither?
2. Which Old Testament prophet said the most about the birth of Christ? *Isaiah, Daniel, Ezekiel, Jeremiah*
3. From Matthew 1:18 when Mary became pregnant, she and Joseph were ...? *Married, Engaged, Just friends, Strangers*
4. In Luke 2:8-11, how did the shepherds learn of Christ's birth? *Magi informed, Joseph announcement, Mighty wind, Angel appearance*
5. Where did the wise men go first when they arrived in the Holy Land? *Nazareth, Jerusalem, Bethlehem, Hebron*
6. What does the Bible record as to when Jesus was born? *Late September, Dec. 25, March 17, Does not*

ANSWERS: 1) Neither; 2) Isaiah; 3) Engaged; 4) Angel appearance; 5) Jerusalem; 6) Does not

Last-minute gift? "Test Your Bible Knowledge: 1,206 Questions to Sharpen Your Understanding of Scripture," by Wilson Casey, is available in bookstores and online.

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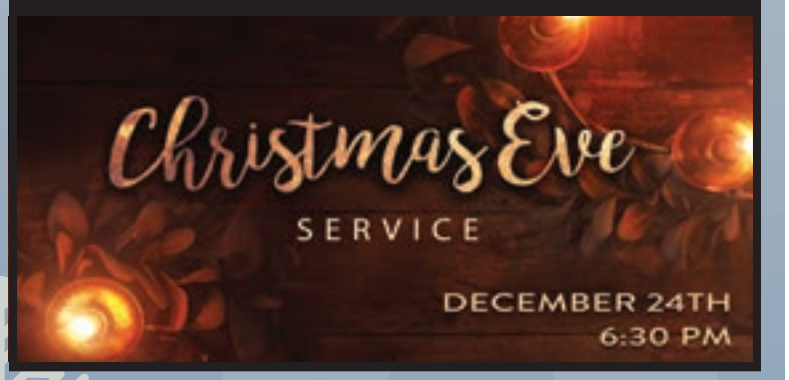

What's happening Pocket/Greenhaven?

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TUESDAY, DEC. 31

ROARING 2020S EXTRAVAGANZA NEW YEARS EVE PARTY: From 8 p.m. to 1 a.m. on come party like it's the 1920s at the Old Sugar Mill - minus the prohibition – but with a modern twist. The deejays will spin music and the cabaret performers keep the floor roaring to bring you into 2020. Swing back to the era of the Roaring Twenties doing the Charleston and Lindy Hop with our dancers and show girls/guys! The evening will tantalize all your senses with magician Brian Cassady, fan girls strutting their plumage on stage to cigarette girls and gangsters. Become part of the free-spirited and modernist era by dressing in your flapper gown or pinstripe suit for the costume contest! DJ Randy of Supernatural Soundz will keep the party swinging all night long WITH today's beats mixed and scratched with '20s era sounds to create the extravaganza beyond your imagination! The party will only be complete with a full video and announced countdown to Midnight! Get access to our special VIP Speakeasy Suite and enjoy a spread of appetizers (sweet and savory) with a private bar. Be entertained by Hunny Bunny's vintage burlesque show, magician, live vocals and contortionist. Stay tuned to see what else we have up our sleeves! Make an entrance and arrive in style. Dust off your dancing shoes and get your flapper dresses and bow ties ready and bring in the New Year in style!
21 and over event. Free Parking. Food Options (no host) Three or more Food Trucks. Late Night Munchies/Dessert (no host). Plentiful Beverages at the Bars (no host). Pre event General admission $44.75 (November 23rd to December 30th); General Admission at the Door $55 VIP $85 in advance - $100 at the door (limited to 100 guests).
For tickets GOTO WWW.OLDSUGARMILL.COM or https://www.facebook.com/events/388627742032418/

2020

SUNDAY, JAN. 5

HUMANITARIAN CRISIS FOR IMMIGRANTS - CONTINUES: Find Out What You Can Do. Act Your Conscience. Learn about the appalling conditions of confinement for migrants and refugees. Hear Anna Molander Hermann give an eyewitness account of the situation in San Antonio, and from other advocates working to support asylum seekers, immigrants and the children and families in Northern California and in detention camps.

- The Refugee and Immigrant Center for Education and Legal Services (RAICES)
- Abuelas Responden, the Sacramento Overground Railroad
- NorCal Resist
- SacACT (Area Congregations Together)

Find out about volunteer opportunities and how you can help.
January 5, 2020, 3:00 p.m. – 5:00 p.m.
Congregation B'nai Israel, 3600 Riverside Blvd.
RSVP by December 30, 2019, is suggested. $5 donation at the door appreciated. For more information, contact info@ncjwsac.org or RSVP online on the events page of www.ncjwsac.org.
"Humanitarian Crisis for Immigrants – Continues" is a part of the Speakers Series Call to Action presented by National Council of Jewish Women (NCJW) Sacramento. Next event is GUN VIOLENCE PREVENTION on March 1, 2020, Find Out What You Can Do. Act Your Conscience.

WEDNESDAY, JUNE 10

20TH ANNUAL DIVERSITY EMPLOYMENT DAY CAREER FAIR AND ROUNTABLES: From 11 a.m. to 3 p.m. at the O'Club at The Lions Gate Hotel Conference Center, 3410 Westover St., McClellan. The ongoing mission is to provide the most candidates from the city, county and state's diverse communities. With the understanding that diversity is a good business strategy, the opportunities for employer and candidates are endless. The diversity event is the most significant career fair presented today. Its outreach includes multicultural, veterans, women, LGBTQ, mature workers and people with disabilities. Each employer is actively committed to getting America back to work, diversity and equality in the workplace. The event features the "The Diversity Spirit Achievement Award" presented by the Diversity Recruiters Network and The Diversity Practitioners Roundtables. For more information, visit facebook.com/citycareerfair and www.citycareerfair.com

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, Sacramento, CA 95831. This support group is free to those who are living with Parkinson's Disease, their family and caregivers. The group shares information to help each other and provide guest speakers who can assist with physical and mental challenges in daily living.

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

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

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

Chapa-De Indian Health April Moore Memorial Scholarship Now Accepting Applications for 2020-2021 Academic Year

Chapa-De Indian Health is excited to announce the April Moore Memorial Scholarship is now accepting applications for the 2020-2021 academic year. The scholarship is open to American Indian students currently attending or planning to attend college or a technical, trade or vocational school. Applicants should be in or from Placer, Nevada, Sierra, Sacramento and El Dorado Counties in California. The winner is chosen by the Chapa-De Board of Directors each year.

The $1,000 annual scholarship is offered in recognition of long-time Chapa-De Board President April Moore. Moore dedicated her life to advancing American Indian people and served on the Chapa-De Board of Directors for 26 years.

Scholarship applications are due by February 28, 2020. Winners are announced in May 2020. The Chapa-De Board of Directors selects a new recipient each spring, applicants are encouraged to reapply for each year they meet the qualifications.

To qualify, applicants must;

Have a minimum cumulative GPA of 3.0

Be American Indian/Alaskan Native; for the purpose of this scholarship this is defined as being eligible for services at Indian Health Service (IHS) Clinics

Plan to pursue vocational training or a college degree

Have attended school in Placer, Nevada, Sierra, Sacramento or El Dorado counties

Submit all required application materials by February 28th

View the application for a full list of scholarship details and requirements: chapa-de.org/download-forms/.

Chapa-De Indian Health (Chapa-De) is a 501(c) 3 non-profit organization that was established in 1974 and operates community health clinics in Auburn and Grass Valley, California. Chapa-De offers comprehensive primary medical care, dental and orthodontics, behavioral health counseling, psychiatry, nutrition and health education, prenatal care, pharmacy, and optometry services.



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