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to be held for Kennedy Cougar baseball

See story & photos on pages 2-3

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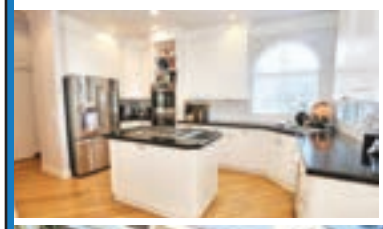
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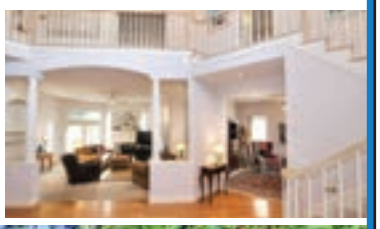
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Zumba fundraiser to be held for Kennedy Cougar baseball

By Monica Stark
Photos by Stephen Crowley

Come get your groove on while supporting John F. Kennedy baseball at Zumba Night on Thursday, Feb. 20 from 7:15 to 8 p.m. at Jazzercise Greenhaven, 7485 Rush River Drive No. 630, Bel Air Promenade next to Goodwill.

Monique Hollowell local fitness expert and mother of player Talen Hollowell, thought it would be a fun idea to bring together the baseball community and those who support them through music and movement and Zumba is the perfect blend.

Zumba is a mix of high and low intensity moves for an interval style, calorie burning dance fitness party."The music is a combination of Latin and World Rhythms that makes exercise fun and effective for everyone," says Monique.

The Zumba Night will incorporate all the traditional fun movements and amazing music."We will add some New dance blends, in a addition to dancing with instruments (tamberines, morraccas, shakers, music sticks etc). If you have your own small instruments we encourage you to bring them! Get ready to have some fun," says Monique.

The fundraiser is sponsored by M Mobile Gym and all proceeds will go to the John F Kennedy Baseball Program.

The players are expected to attend and will be participating in the class and/or answering any questions that the community has about the program and the upcoming season.

There are always lots of expenses to run any athletic program, the baseball team is looking to purchase a new pitching machine this year in addition to paying for tournament fees, equipment and a new score board. The JFK Boosters Club will be doing ongoing fundraising to help provide these for the Cougar Baseball Team.

Sign up by texting or emailing Shelly Kirkland, kirklandz@comcast.net; 916-715-8727.

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New Slurry Walls Coming to Pocket Levees in 2020

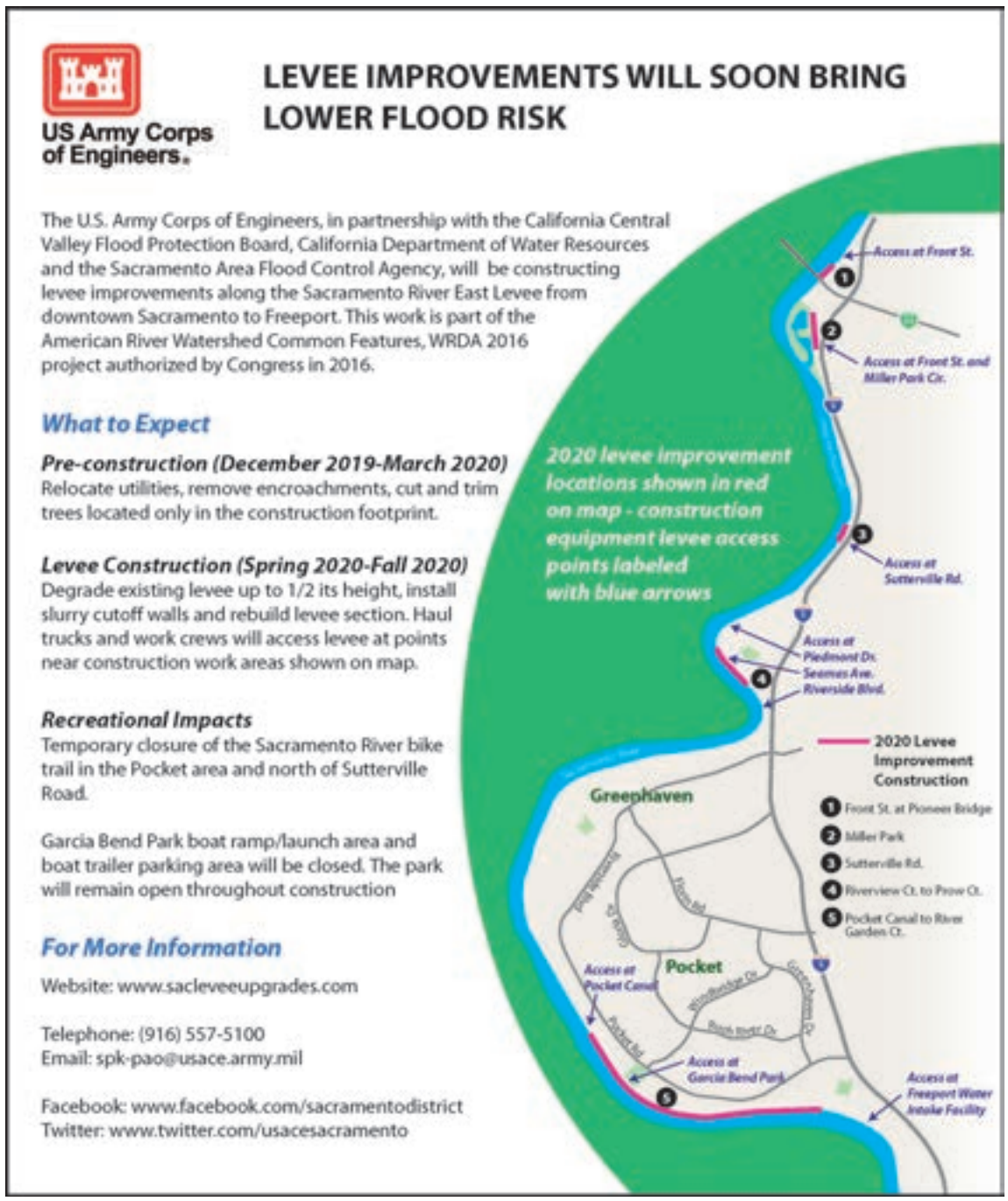
By Patricia A. Clark

It was 27 years ago, in 1993, that the Pocket Area last saw levee improvements on a large-scale. That year the Sacramento River levee, critical infrastructure that protects us from catastrophic flooding, was reinforced with concrete-like slurry cutoff walls inserted into the levee centerline to prevent water seepage through the levee. Considered state-of-the-art in 1993, the cutoff walls now do not meet the current standard and need reinforcement. The "American River Common Features 2016" project has solicited its first contract for levee improvements along the Sacramento River East Levee to address "underseepage," or seepage under the levee that is also a risk to the neighborhood. This significant and important flood protection work will take place this year, from April to November, and there are many things for Pocket residents to be aware of.

The first thing to know is that this project is a multi-agency project. The lead agency is the U.S. Army Corps of Engineers (USACE) as the federal agency, the Central Valley Flood Protection Board (CVFPB) and the CA Department of Water Resources (DWR) as the state agencies, and the Sacramento Area Flood Control Agency (SAFCA) as the local partner.

Although it's more than a quarter-century later, the basic work of the project is similar to 1993 because the main

see WALL page 5



This graphic from the U.S. Army Corps of Engineers (USACE) shows through seepage, underseepage, the current cutoff wall depth, and the new cutoff wall which will increase our flood protection. Courtesy of USACE, Sacramento District, Public Affairs Office.





Wall:

continued from page 4

task is to add new cutoff walls, only to a deeper level this time. Most of the 1993 cutoff walls descend to a depth of approximately 35-45 feet in our area whereas the new walls will go deeper, up to 135 feet in some locations. A slurry cutoff wall is a strengthening structure installed into the levee, generally 3 feet wide and consisting of cement, bentonite and levee material; its purpose is to stop seepage of river water through and under the levee towards the landside. The 1993 walls will not be removed, rather the new walls will be installed on the land side, next to the older walls, according to USACE.

What's behind the changing standards? The quickest answer would be Hurricane Katrina in 2005, yet the more comprehensive answer is many engineering studies that followed the levee failures and catastrophic flooding in New Orleans. The lead agency for this project is the U.S. Army Corps of Engineers (USACE) and their standards have changed nationally. In our case, geotechnical engineering studies and investigation of seepage incidents in our area have informed the decision that repairs are needed.

"The almost-flood of 1986 was really the wake-up call," said CVFPB President Bill Edgar and former City Manager of the City of Sacramento. "This is a historic project that has gone through many iterations. It has come a long way, the result of learning as events are analyzed. We've got to pay attention to it. As standards change, we have to change with them. Maintaining the public safety infrastructure we have needs to be a high priority."

The USACE has a slightly different answer to the changing standards question. "I would not say that the standards have changed," began Erik James, USACE Sacramento District Levee Safety Program Manager. "Two things have changed: first, the way that the Corps looks at risk, and second, more ubiquitous and accurate computer modeling of complex subsurface conditions. The risk portion is driven by the post-Katrina failures and has caused the Corps to take a more systematic approach as to how levees are analyzed, and how priorities for work are selected. But the advancements in computer modeling of levee through- and underseepage, including modeling of expected cutoff wall performance, has become commonplace, whereas in the 90's computer modeling was more limited in detail and less widespread in usage."

The project will require construction activity with heavy equipment. In order to install a slurry cutoff wall, the existing levee will be degraded by about one-third or one-half its height and a deep trench must be dug to the required depth at that location. The slurry mixture is typically a combination of bentonite, cement and levee material. Bentonite is noteworthy for its properties as a sealant with low permeability and was also used in the 1993 cutoff walls. The mixture will be poured into the trench and allowed to solidify before the levee is reconstructed using new material. Trucking in new material to rebuild the levee with is required because our levees, which were originally constructed by farmers over one hundred years ago, contain sand and silt which are highly water permeable and are now identified as sub-standard levee material. While the extra truck traffic may be an inconvenience, remember that the benefit is safer flood protection infrastructure that protects our homes and community.

Studies about seepage incidents in our area have contributed to the decision to proceed with this project. Seepage is the gradual escape of river water through permeable section of the levee, and can lead to levee failure. Specifically, the USACE standards now distinguish between "through seepage" and "under seepage." Through seepage is water traveling through the levee; under seepage is water traveling under the levee and exiting on the landside of the levee. Either type can be dangerous although it is also true that certain sections of the Pocket have historically had significant seepage at high water events with no failure. Levee patrol personnel typically know which areas get seepage and what it normally looks like, and they are keen to monitor such areas during high water events. With the new USACE standard, it appears there is reduced tolerance for seepage of either type.

Nearly $500M in levee improvements will be constructed in the Pocket-Greenhaven and Little Pocket neighborhoods between 2020-2024. This year, the Sacramento River East Levee will see nearly 3 miles of slurry cutoff wall construction. Specific to the Pocket area this year, the work area is basically the southern half of the Pocket area, roughly from the Pocket Canal (a few blocks upstream of Garcia Bend Park) to River Garden Court in the South Pocket neighborhood (just a few blocks upstream of the Freeport Regional Water Intake facility). Other smaller locations to be improved this year include the southern half of the Little Pocket area, a small section near Sutterville Road, a small section near Front Street and another small section near Highway 50 and the Pioneer Bridge. Other sections of the levee will be improved in subsequent years.

The City of Sacramento's emergency team is well aware of the upcoming project and its significance. "Our comprehensive network of levees, pumps, and drainage systems are critical infrastructure protecting lives and property by reducing the risk of flooding," commented Daniel Bowers, City of Sacramento Director of Emergency Management. "These levee improvement projects across Sacramento are instrumental to increasing protection in historically flood-prone areas."

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Life on Two Rivers

Set the Table for Sacramento Winter Birds

By Ellen Cochrane



Courtesy of Ellen Cochrane

House Finch

When you hang up your feeder in Sacramento, you're joining millions of people around the world who feed birds to attract the wild and colorful animals to their yards. Fifty million people in the U.S. feed birds, spending more than $5 billion a year. You're joining famous bird enthusiasts like Thoreau, who scattered corn seeds around his hut on Walden Pond, former President Jimmy Carter (who's birded in more than 26 countries) and actors Jane Alexander and Lili Taylor who are environmental activists and birders.

Lucky you if you received a bird feeder as a present. Here are some things to know as you set about luring the tiny dinosaurs to your home. While feeding seems straight forward, there are a few things to keep in mind, especially when feeding birds in the winter.

Don't worry too much about interfering with migrations when feeding birds in your backyard. Scientists note some bird range changes in California, but attribute most of it to environmental warming. Winter can be a tough time for birds and a little help doesn't hurt. We're lucky not to have snow in Sacramento and inviting the neighborhood birds to a meal in your yard won't disrupt natural systems. Feeders help urban birds get through the winter.

Place the feeder in a safe spot. If the feeder is by a window there's a danger that the birds will collide with the glass. Hang feeders in a calm area, far enough away from the house or up close to a wall to protect the birds. Don't worry about going on vacation. Bring the feeder in and resume when you come back.

Hungry birds gathered around a feeder become prey. Feed birds far away from bushes that offer cover for pouncing cats. The decades old debate over the amount of birds cats kill each year in the U.S. rages on, but a low estimate is a billion.

Hawks made a robust comeback when farmers stopped using DDT. Now red-tail and red-shouldered hawks, and other raptors scan the neighborhoods looking for food. Birds, as well as squirrels and rats are on the menu. Be aware that hawks will spot your feeder and see the visitors as easy meals.

There is a slight chance that a feeder can increase the spread of bird disease. Once a month empty the feeder. Check for spoilage and mildew from valley rains. Make sure surfaces are free from sharp edges, and if your backyard restaurant becomes too popular, spread out the crowd with another feeder.

Squirrels, rats and raccoons are fat and happy in Sacramento. Most feeders can deter squirrels, but rats can leap more than three feet vertically to reach a feeder and will be scheming ways to reach the seeds as soon as dusk falls. Raccoons love sunflower seeds. Frustrate them all and take the feeder in at night.

Choose from a wide variety of feeder types and food to get started. An easy start is songbird feed: a combination of sorghum and sunflower seeds, nyjer and cracked corn. Plastic hoppers or tube feeders are easy to clean. You can lift your game by providing suet (a loaf of enriched fat) for flickers and woodpeckers and nectar for our year-round Anna's Hummingbird.

A few days without rain makes a drink harder to find. A water feature in the back yard is great for a quick sip and a bath. A word of warning though. If you have a pool, do not feed any ducks that might happen to visit. Ducks keep an eye on each other, and one mallard can turn into a dozen.

If you live by the Sacramento or American River, watch for the yellow-billed magpie. People visit from other continents to see this magnificently billed creature found only in California riparian habitats. They don't frequent feeders, but occasionally can be found on lawns in the city. A trio was recently spotted by The Leaf sculpture in McKinley Village.

Jostling birds create a hierarchy at the feeder. Jays will swoop in and fluster the smaller seed eaters. A crow or hawk fly over will scatter the crowd. Some of the first birds you should see are house finches, goldfinches, dark-eyed juncos and yellow-rumped warblers.

Enjoy the tiny creatures hopping around the yard. You'll witness scuffles, comradery and feasting. It's an easy dose of Shinrin-yoku, or Japanese forest bathing, in the city. Some visitors are greedy, others dainty ladies and gentlemen. Find a special bird to watch and soon you'll be making passionate observations, buying binoculars and becoming a birder.

Ellen Cochrane is a certified California Naturalist and science writer based in Sacramento.



Six Plus Two Equals Eight

Mai Vang Vies to be the Second Woman on Sacramento City Council

By Ellen Cochrane

If Mai Vang has her way, South Sacramento will reach its potential sooner than later. Vang is running for City Council.

You can find her in the neighborhood, knocking on doors and talking about the work. And for Vang, it's all about the work.

This Hmong-American woman is a trail blazer, who rarely slows down.

The daughter of Hmong refugees who fled communist Laos to settle in Meadowview, Vang is the eldest child of sixteen siblings (6 sisters and 9 brothers). She earned double bachelor's and master's from the University of San Francisco and UCLA despite the challenges of learning English as a second language and poverty.

Vang currently serves on the Sacramento City School Board, teaches at Sac State and is the Executive Director of the Buck Scholars Foundation. If she wins, she'll be the first Hmong and first Asian-American woman on city council, as well as only the 15th woman in Sacramento's 170-year history.

"I'm not running to be the first of anything," said Vang. "I'm running to represent the people of South Sacramento. I'd be proud to be the first Hmong and Asian-American woman on the council, but my purpose is community driven."

Vang's achievements would be enough for most people but she knows there's formidable work to do in the district. It's this understanding that inspires her and prompted her return to Meadowview, where she was raised. "My role is to open doors for people who are marginalized," Vang said. "When residents see folks that look like them, they may be willing to come to the table to express concerns."





In 2013 massive school closures threatened the South Sac area. Vang understood the negative impact this would have on the students and her community. It was her parents who taught her the importance of education.

"Education was my pathway out of poverty," said Vang. "My parents knew it was something that no one could take away from you."

Vang started her education in Sac City schools and credits a teacher for her academic success.

"My high school teacher, Mrs. Crowder, spent hours after school helping me understand concepts and assignments. She was a public-school teacher who took extra time out of her extremely busy schedule for me and I wouldn't have made it without her," said Vang.

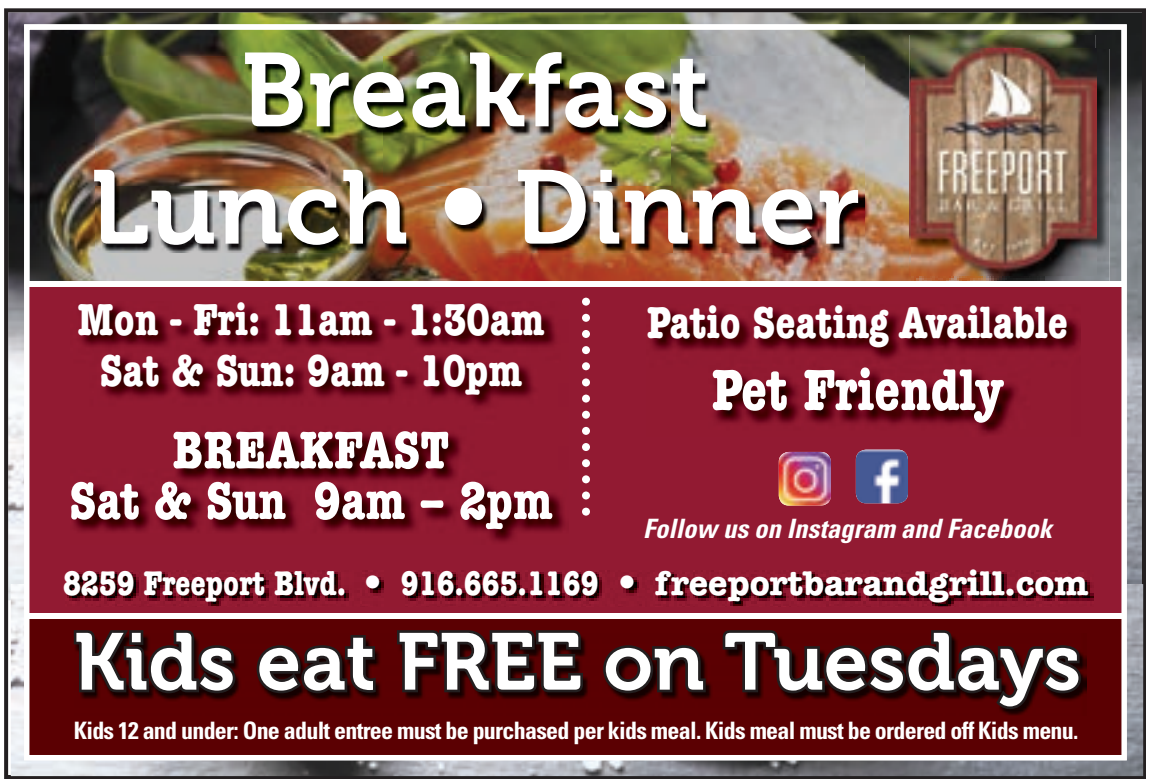
Vang organized the South Sac community to save the schools. Eleven schools were slated for closure, but four were spared, in large part because of community activism.

This effort inspired Vang to co-found Hmong Innovating Politics (HIP), a powerful civic engagement organization that serves disenfranchised communities across California..

The group uses grassroots organizing and political savvy to strengthen the power of individuals that have been marginalized and kept out of the political process.

In 2016 Vang won her first election and currently serves on the Sac City school board. Her tenure has been difficult. The district faces a continuing budget deficit and Vang supports students, teachers and other school-site staff members, while working through complex budget issues.

Vang competes with four other candidates for the South Sac seat held by retiring Councilman Larry Carr. But she comes to the table with something extra. From 2014-2018 she worked at City Hall as the Community Affairs Director for Councilmember Carr. This experience matters. She knows the politics of city hall and if she wins, she'll be ready to work on day one.



Pocket author co-authors fourth book

New book focuses on Marysville's Chinatown

By Lance Armstrong

Pocket resident Lawrence "Larry" Tom and his brother, Brian, are the authors of four Northern California Chinatown-related history books, including their latest, "Gold Country's Last Chinatown."

Larry and Brian are third generation Chinese-Americans and natives of Marysville.

In their most recent book, these brothers share stories and photographs of the Chinese of Marysville.

Released on Jan. 13, this book is part of The History Press series of the Arcadia Publishing Co.

"Gold Country's Last Chinatown"

Larry explained the title of his latest book.

"(People) can read about why Marysville's Chinatown is the last Chinatown in (the) gold country," he said. "There are three things that do that. First of all, there's the Bok Kai Temple, and it's been used for worship since 1869.

"(There are also) the Marysville dragon – the Chinese call it lung – and the Bok Kai Festival, with the firing of the bombs."

In creating their recently published work, Larry and Brian gathered information through interviews with Chinese-Americans who lived in Marysville.

Ceremonial dragon

Larry mentioned that Marysville's first ceremonial dragon was called Moo Lung – or "Dancing Dragon."

"It came (from China) in 1878, and cost about $5,000 to $7,000," he said. "And for any Chinese community to have a dragon at that time was the ultimate honor, since the cost was prohibited. Marysville was actually a pretty wealthy Chinese town."



Pocket resident Lawrence "Larry" Tom is the co-author of four history books, including the recently published work, "Gold Country's Last Chinatown." Photo courtesy of Lawrence Tom

A ceremonial dragon symbolizes good fortune, and it drives away evil, Larry noted.



Photo courtesy of Lawrence Tom

Lung, the famous dragon that came from China in 1878, is shown on display at the Bok Kai Temple.

"The longer the dragon, the more luck it would bring, and Moo Lung was 150 feet long," he said.

Larry added that Moo Lung was a very famous dragon throughout the country.

"People started wanting to borrow it," he said. "It went to Seattle in 1909 for the (Alaska-)Yukon expedition, it went to Chicago in 1893 for the world expedition, Los Angeles, La Fiesta celebration in 1896, 1902. And there were some others, like San Francisco. It went to New York in 1911."

Altogether, Marysville has had four ceremonial dragons. The original dragon is on display at Chinese American Museum of Northern California in Marysville.

Dr. Sun Yat-sen

Among the most famous people to visit Marysville was Dr. Sun Yat-sen (1866-1925), Larry noted.

"Dr. Sun Yat-sen, who later became the first president of China, visited Marysville in the early 1900s, seeking support to overthrow the Qing dynasty," he said. "The thing is there's not much documented on his visit, because he had to stay hidden (due to the possible arrival of) Manchu assassins."

Larry added that fortunately Marysville community leader W.T. Ellis Jr., who had a historic meeting with this Chinese leader, documented part of Sun's visit.

Hollywood connection

The most senior people interviewed for the recently published book was Bertha Waugh Chan, who was born in 1924.

Larry described Chan as a "very interesting" third generation Marysville resident.

"She was the first licensed female plumber in the state of California," he said. "She had a love for tap dancing."

While living in the Los Angeles area, Chan studied tap dancing with such famous entertainers as Dick Van Dyke, Hal Linden and Marge Champion.

Chan, whose husband was once nominated for an Academy Award in the category of Best Art Direction, attended several Academy Awards presentation parties.

Flood of 1955

Also significant in Marysville's history is the flood of 1955.

"In 1955, there was a downpour in the valley, and Marysville was surrounded by water," Larry said. "The water was like 15 (feet) to 20 feet above the street level, and so Marysville was evacuated, and I know that, because I was a part of that evacuation.

see AUTHOR page 9

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Author:

continued from page 8

"As water was getting higher, there was a possible levee breach at the location of Bok Kai Temple. And so, panic was setting in with the workers sandbagging the levee, and some of the workers were starting to flee from the site."

Larry added that Marysville was saved when a break occurred in the levee at Shanghai Bend on the Yuba City side of the (Feather) River.



Photo courtesy of Lawrence Tom

his new book, Pocket author Lawrence Tom describes how Marysville survived a possible levee break in 1955.

Inspired to preserve fading history

Larry explained the inspiration behind why he and his brother chose to write books on Chinatowns in Northern California.

"The reason we developed these books is the history of the Chinese in the area is slowly disappearing, and the first generation and the second generation of the Chinese-Americans have all passed on," he said. "Many of the third generation now are passing on.

"I learned this from an elder, a proverb, 'When an elder leaves us, a whole library disappears.' That's very true."

The Tom brothers' other books

The first three books by the Tom brothers – "Maryville's Chinatown," "Sacramento's Chinatown" and "Locke and the Sacramento Delta Chinatowns" – are part of the Arcadia Publishing Company's Images of America series.

Larry said that he and his brother's most recent book required more writing.

"The difference (between the previous books and the current book) is Arcadia (Images of America) books are picture books with 200 pictures that tell the history of a town or region," he said. "History Press books are text driven and provide a more in-depth look into the history of an area.

"History Press books still have a lot of pictures, but not as many as Images of America."

More on the authors

Larry noted that he and Brian grew up in Marysville, and left their hometown to attend higher education institutions.

"Like many from our generation, after we finished high school, we left town to continue our education in four-year institutions," he said. "I retired in

see AUTHOR page 12

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California Museum exhibit highlights Chinese-Americans

More than 1,000 guests attend opening day festivities

By Lance Armstrong
Photos by Stephen Crowley

Downtown Sacramento's California Museum on Jan. 26 debuted its newest exhibit, "Gold Mountain: Chinese Californian Stories."

The exhibit focuses on the history and contributions of Chinese-Americans to California, from the days of the Gold Rush to present times. Those contributions include benefiting the state's economy, governance and culture.

Another emphasis is the Chinese-Americans' triumphs over racism and other obstacles.

Visitors at the exhibit have the opportunity to view information boards, historic photographs, artifacts, interactive video stations and other features.

Among the individuals highlighted in the exhibit are former Secretary of State March Fong Eu, Sacramento restaurateur Frank Fat, and Anna May Wong, the first Chinese-American film star.



Another feature of the exhibit is a display about the federal Chinese Exclusion Act of 1882, and the fight against it.

The exhibit also presents the story of San Francisco native Wong Kim Ark, who won a lawsuit against the federal government in a landmark case that established birthright citizenship in 1898.

A 71-foot Chinese golden dragon and a replica of a motion picture theater marquee are also among the exhibit's features.



"Gold Mountain" is especially timely as it also celebrates the Chinese Lunar New Year.

Also timely is the current 150th anniversary of the completion of the first transcontinental railroad, which linked the Central Pacific Railroad from the West with the Union Pacific Railroad from the East. That event occurred with a special ceremony in the Utah Territory on May 10, 1869. Thousands of people, the majority of whom were Chinese, were hired as laborers to build the Central Pacific Railroad.



As a signature exhibit,"Gold Mountain" is being presented indefinitely.

California Museum spokesperson Brenna Hamilton noted that in terms of attendance, the opening day of the exhibit was one of the most successful days in the museum's history. About 1,400 people attended the day's private breakfast reception and the exhibit's public opening.

Hamilton mentioned that this exhibit is the culmination of a two-year project.

"We've been wanting to feature the stories of Chinese-Americans, who are also largely overlooked in history for some time, and we got the funding about two years ago and the space to be able to add their stories through this project," she said. "So, we've been working on it for the last two years."

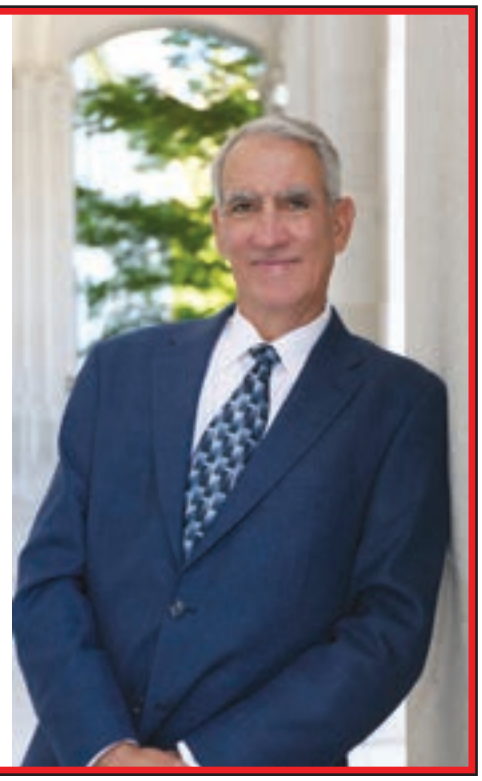
The exhibit's opening included a lion dance, a book

see EXHIBIT page 11

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Exhibit:

continued from page 10

signing by Pocket area author Lawrence Tom and a guest appearance by television journalist and author Lisa Ling, who grew up in Carmichael and graduated from Del Campo High School in 1991.

Ling, who hosts "This is Life with Lisa Ling" on CNN, described what it was like to grow up as a Chinese-American in a place with little cultural diversity.

"Sacramento is such a richly diverse part of the state, but Carmichael at the time wasn't so much," she said. "So, I will admit something to you today, which is that growing up as little girl I was sort of embarrassed of being Chinese, because there were so few Asian people in our community."

Ling added that she spent a long time not feeling "entirely American," before finally gaining an appreciation for her cultural heritage.

Among the other notable Chinese-Americans who attended the event was C.C. Yin.

Yin shared his success story with this paper.

"I came (to America) at age 27 and I washed dishes and mowed the lawns and go to school and become engineer," he said. "Now I'm with McDonald's (as the owner of many Northern California locations of this fast food restaurant), and now I'm building (the Asian Pacific Islander American Public Affairs Association) national foundation of 30 chapters, 30,000 members. We started in Sacramento."

Pocket resident Elizabeth Xiu Wong expressed great excitement for the exhibit.

"I am a fourth generation Californian Chinese, and to me, I've been





waiting 40 years for an exhibit like this to be presented," she said. "Without this general recognition, Chinese could be in their little pockets of areas and you hear legends.

"But this being in print, being in photos, being in films, bringing everyone of every background together is a true recognition (that) we are Californians."

Another Pocket resident, 91-year-old Mollie (Fong) Chow, also mentioned that she was appreciative of the exhibit.

"It's wonderful," she said. "I'm glad we're finally doing something here."

Chow was especially drawn to local details of the exhibit.

"It brings back memories of my childhood days," she said. "I grew up

see EXHIBIT page 13

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Photo courtesy of Lawrence Tom
Marysville's Bok Kai Temple is shown in the early 1900s.

Author:

continued from page 9

2000 as a CEA or career executive appointee from the (California) Department of Transportation."

Larry graduated from California State University, Sacramento with a bachelor's degree in business administration, and Brian graduated from the University of California, Davis School of Law.

Brian is a retired attorney and the founder and director of the Chinese American Museum of Northern California.

How to purchase the books

"Gold Country's Last Chinatown," as well as Larry and Brian's other books are available through the website, www.amazon.com. The cost of their most recently published book is for $23.99.



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Exhibit:

continued from page 11

at 3rd and O streets, and I know (Sacramento's) old Chinatown."

Chow also recalled a particular law that applied to Chinese homebuyers in Sacramento during her earlier years.

"We couldn't live beyond Broadway," she said.

Janet Pitak, a first generation Chinese-American, noted that through the exhibit, she learned a lot about what life was like for Chinese-Americans of earlier generations.

"I came here in 1991," she said. "My family didn't tell me about this history, so being able to read about it is very educational to me."

Helen Yee, a member of the Henry Yee family, said that the exhibit is helping to keep her family's history alive.

"I am a trustee on the (museum's) board, and I helped with some donations, and then our family is featured in the exhibit," she said. "It's keeping the legacy of the Henry Yee family and the generations (alive) here in California. I just feel really honored to be here."

see EXHIBIT page 14

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Exhibit:

continued from page 13

Among the many Yee family members attending the event were South Land Park resident Herbert Yee and Arden area resident Franklin Yee, who are the sons of Henry Yee and the great-grandsons of an herbalist, named Dr. Wah Hing (born Yee Fung Cheung), who arrived in California during the Gold Rush.

Herbert, 95, is a former dentist and the eldest member of his family. He came to the United States through Angel Island as an immigrant from Sing Tonga, Kee Siu, Toi Shan, China when he was 6 years old on May 1, 1931.

Franklin Yee, who worked as a surgeon in East Sacramento, shared what the exhibit means to him.

"The exhibit is a review and actually an affirmation of the contributions of the Chinese to the American fabric and to the American dream," he said.

For additional information about this exhibit, visit the website, www.californiamuseum.org.



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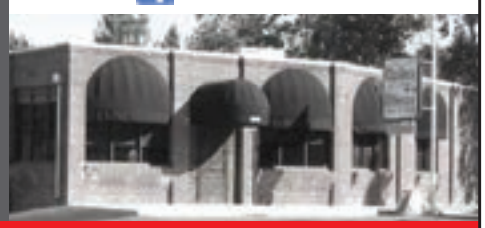
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Overview of Senior Legal Hotline – Friday, February 21, 1:00-2:00pm; Free

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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.

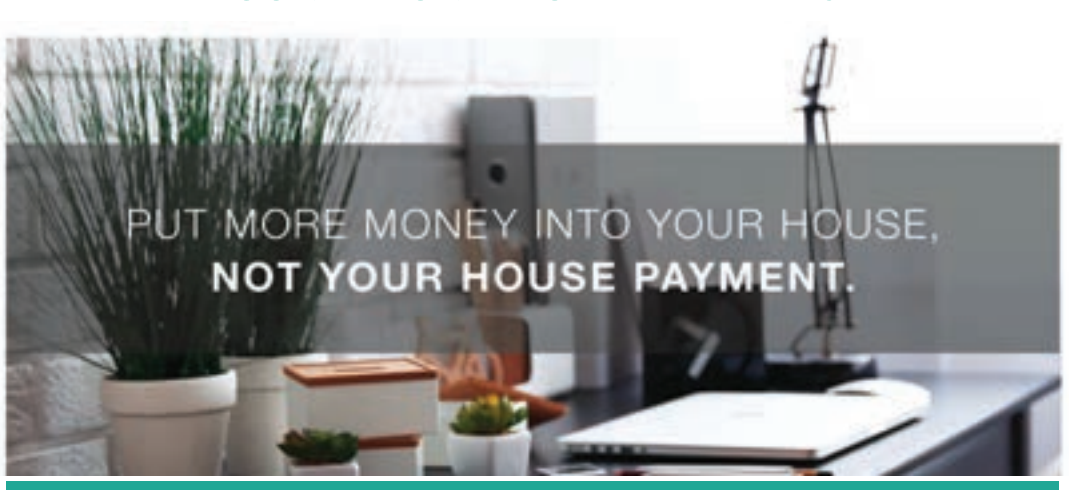
Here's my best advice: If you don't get the 2019 flu shot, stay away from sick people. Wash your hands a lot (especially in public bathrooms). Don't touch your face. And, if it's not a hassle, use disinfectant wipes on shopping cart- and door handles.

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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38TH ANNUAL CRAB FEED & SILENT AUCTION: South Sacramento Rotary will be hosting their 38th annual Crab Feed & Silent Auction on Saturday, February 8th at the Scottish Rite Masonic Center. Doors open at 6 p.m. Proceeds benefit local charities to include the Children's Receiving Home and the YMCA. Tickets can be purchased either online at http://southsacrotary.org/ or by calling Michael at 916.396.7244

BETTER ANGELS DEBATE: SHOULD WE TAX THE RICH TO ADDRESS INCOME EQUALITY?: As a lead-up to Let's Talk About Civility (February 23, 2020) community conversation at the Library Galleria, the Pocket Library has joined with the Sacramento Alliance of Better Angels for a series of programs. This program on the question of taxing the rich to address income equality will be held from 1 to 3 p.m. inside the community room of the Pocket Library. Better Angels is a national organization of bipartisan citizens formed following the 2016 election at a time when many people became increasingly disturbed by the nature of our political discourse. The purpose of the program is to create civil, thoughtful conversations about the current political climate. A Better Angels debate is structured conversation where a group of people speak, listen and think together to grapple with a difficult topic. Modified parliamentary procedures are used to create an atmosphere of decorum and respect. Everyone is encouraged to express their views. Unlike a traditional debate format, participants express views without the goal of winning an argument. The Pocket Library is located at 335 Gloria Drive.

MONDAY, FEB. 10

LISTENING DEEPLY: Based on the research of Marshall Rosenberg, Ph D., this two part workshop focuses on the listening aspect of communication: how we hear what others are saying and how to engage in beneficial self-talk. The skills covered in this workshop may improve your ability to differentiate thoughts from emotions, empathize with yourself and with others, connect on a deeper level to yourself and to others, and nurture an open heart .Pre-registration required. Pre-payment of $10 for 2 classes or $7 per class for drop-in. Class will be held Mondays February 3 & 10, 2020 from 3:30p-4:15p at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

SATURDAY, MARCH 7

NINTH ANNUAL SOROPTIMIST CRAB FIESTA FUNDRAISER: Sacramento-area residents, business leaders, and community advocates for women and girls who are looking to enjoy a night out with a delicious full course crab dinner, bid on the chance to win exciting raffle and auction prizes and, importantly, support a worthwhile cause at the Soroptimist International of Sacramento INC. ninth annual Crab Fiesta. This annual fundraiser supports programs, scholarships and grants that provide women and girls with access to the education and training they need to achieve economic empowerment. It will be held Saturday, March 7, 2020 from 5 to 10 p.m. at The Annunciation Greek Orthodox Church, 616 Alhambra Blvd. Soroptimist International of Sacramento, Inc. is proud of its 97-year history and many accomplishments in the Sacramento community through the club's signature Dream programs. These programs provide training and resources that help women and girls in our community reach their full potential and live their dreams. The programs include Dream It, Be It – a career mentoring and life skills program for girls at SAVA Charter High School in Sacramento; Live Your Dream – cash awards for women head of households entering the workforce, college or job training; Dream Scholarships – approximately $20,000 in annual college scholarships for deserving women; and, Dream Grants – support for community organizations aligned with the Soroptimist mission. Recipients for 2020 include Single Mom Strong Empowerment Center (Citrus Heights) serving single mothers and Court Appointed Special Advocate's (CASA) program for adolescent girls in the juvenile justice system. Early Bird Tickets are $65; Prices increase February 14th to $70. Tickets can be purchased at www.crabfiestasac.org. The ticket includes a margarita, chips & salsa and a delicious salad, pasta and crab dinner.

THURSDAY, FEB. 20

ZUMBA FUNDRAISER FOR JFK BASEBALL: Come get your groove on while supporting JFK baseball at Zumba Night! 7:15 to 8 p.m., Jazzercise Greenhaven, 7485 Rush River Drive No. 630, Bel Air Promenade next to Goodwill. Sign up by texting or emailing Shelly Kirkland, kirklandz@comcast.net; 916-715-8727.

SUNDAY, MARCH 15

SAKURA MATSURI: 3RD ANNUAL FOOD & SHOPPING FAIRE: Do you like to eat and shop? Then you will not want to miss the 3rd Annual Sakura Matsuri Food & Shopping Faire on Sunday, March 15, 2020 at the Buddhist Church of Sacramento, 2401 Riverside Boulevard, Sacramento. The Shopping Faire will be held in the indoor gym from 10:00 am-3:00 pm and the Food Faire will be held from 10:30 am to 1:30 pm (or until sold out) in the outdoor courtyard. The shopping faire features a variety of vendors (handcrafted items, jewelry, clothing, and more), as well as a food court of Asian cuisine (teriyaki beef sandwiches, chicken bento boxes, spam musubi, tuna poke, vegetable bowl, somen salad, "Japanese Hot Dogs",and more). To guarantee your order, some food items can be ordered in advance before March 1st. Limited quantities of these and other food and products will be available at the Faire as well. Pre-order forms can be obtained at: www.buddhistchurch.org under the Special Events section. For further information, contact the Buddhist Church at (916) 446-0121.

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" present-





What's happening Pocket/Greenhaven?

ed 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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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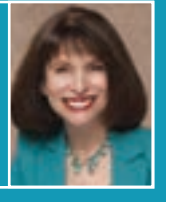
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