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Pocket News

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Revere Court Memory Care held a "Honk For Hugs" car parade

see page 19

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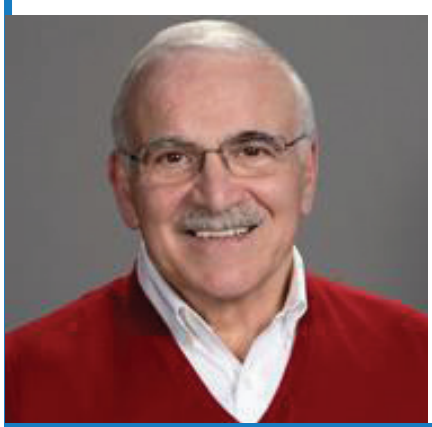

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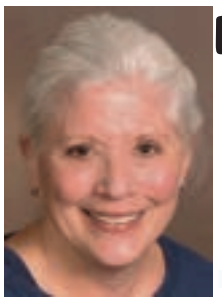

THIS 'n' THAT

by Carol Bogart

The Homeschool Blues

Is 'distance' learning working out – or is it like having homework ALL the time?

Here's a true story you may find helpful.

As a student, my ADHD son was easily overwhelmed. When he was a sophomore, he had what proved to be a last-minute geometry project that was news to me. Each day when Mike got home from school, we emptied his backpack. I'd seen no instructions for this assignment. I emailed his teacher, who'd included it in her Friday morning email to me. She told me this 'star' home project – assigned four weeks earlier – was due the following Tuesday (with Monday being MLK Day). A stroke of luck. We'd have three whole days to do it.

She promised she'd look in his desk for the materials and send them home with him that day.

I refrained from blowing up at him when he got home, and said, "OK, let's look at those instructions."

The kids were to use colored string and tacks to create a star, measure the angles, and write up their findings. I asked, "What color string do you want?" He said, "All of them." Noting his beleaguered expression, I left alone for Walmart. There, I bought corkboard in a frame. One of each color poster board. Multicolored string, a ruler, compass for measuring the angles, small sharp scissors, even a small crochet hook to help him pull the string. (Oxygen deprived at birth; Mike has trouble with his fingers.) Lastly, with some searching, I found a box of small tacks he could wrap the string around.

I'd tried to anticipated any and all excuses, such as, he was too tired to do it Friday because he'd been at school all day. When I got home, I set it all aside and made dinner.

Saturday, I laid it all out on the kitchen table in a way I hoped he'd find enticing. After I fed him, I sat him down. With grave misgivings, he took one look and said, "You got the wrong color poster paper.' I showed him he had six more to choose from.

He ran out of objections, and I said, "Let's pick your star," from drawings of several options. "I want to make the American flag," he said.

Hoo boy.

I said, "Sweetie, that's a great idea, but look how many stars that is. Since we're getting a late start on this, how about choosing a design that's simpler?"

He picked a single 5-pointed star.

"Perfect!" I said, and headed out to feed the animals.

An hour or so later, I came back. He was sitting at the table. He'd done nothing. I lost it. Frustrated beyond reason, I exploded: "JUST GET STARTED!"

He jumped up, ran to his bedroom and shut the door.

After a brief struggle, I got control of myself, went to his room, and found him hunched, defeated on his bed. "Michael," I said gently. "What's the problem?" Tear-filled eyes met mine. Hopeful I might understand, he asked, "What does 'Get Started' mean?"

Of course! For any of us, tackling something new can be intimidating. We don't know how to do it because we've never done it before. Now add to that problems with focus and attention. Easily distracted. All the ADHD stuff. The trick is – start with what's easy for you and build on that.

I held him close, my eyes wet, too, and said, "Michael, I'm so sorry." How often had I told him just get started? How often had his teachers?

Exhausted, we agreed to 'get started' Sunday.

After church and lunch, we sat down together at the table. I said, "Start with this. Remove the plastic from the cork board." He did that. I said, "Now pick your background color." He chose black. "Now," I said, pointing to the array of tools I'd purchased, "cut the background paper to fit the corkboard." He figured that out all on his own. He used the ruler. Attached it with the tacks.

Sunday after church and lunch, we sat down again, and reread, together, the instructions for the star. First, he drew it out on paper (he's always liked to draw) and cut it out. Then, placing it where he wanted it on the corkboard, he used tacks to mark the points.

Monday, he started with the string. I left for work but said I'd call to see how he was doing. I did.

see HOMESCHOOL page 11

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Cover photo by: Stephen Crowley

Fighting COVID by Spreading Kindness

By Devin Lavelle

Archbishop Desmond Tutu reminds us, "Our greatest joy is when we seek to do good for others." It's an idea that I really connect with and something that many of our friends and neighbors around the community have taken to.

Everyday around the neighborhood and around social media, we see and hear about awesome things people are doing to help their neighbors in these trying times. Sharing food and toiletries directly or through blessing tables. Drawing messages in chalk around the neighborhood. Attending drive-by birthdays to bring joy to kids they've never met. Countless custom sewn masks gifted around the neighborhood.

It is really incredibly what our neighborhood can do together. It inspires me. It uplifts me. I hope it uplifts you as well. If so, keep on reading and I'll tell you about a few neighbors who have been doing some really great things for their neighbors.

FAMILY BIKE TUNE-UPS

Matt Makofsky, his daughter Blossom and partner Larissa recently spent their morning providing free bike tune-ups at Seymour Park to neighbors. He "got the idea while out riding his bike. He thought it would be nice to help others get out on their bikes and ride on our neighborhood's great trails."

Matt, who worked as a bike tech for years in the Bay Area, did the tune-ups with assistance from Blossom (9). She also "helped by making signs and chalk directions in the park the day of the tune-ups." Larissa "kept everyone organized, posted on Nextdoor, scrounged up cleaning supplies and hand sanitizer and helped put air in the tires during the day." Together they worked on about 2-dozen bikes, address "issues ranged from a safety check to putting a bike entirely back together."

Larissa tells us, "It was inspiring to see people patiently waiting with bikes they wanted to get back on the trails. Afterward we received messages of gratitude for kids able to ride their bikes again and adults that were excited to get out and rode over 10 miles after getting a tune-up. There were many that didn't see the post on Nextdoor until we were done for the day and wanted to take part. We will be doing it again, so keep an eye out on Nextdoor for our post!"

She adds, "We have been working with Blossom on riding her bike for the past year or so. At times it has been a challenge to get her as excited as us to get out on our bikes. After seeing everyone out with their bikes, and seeing her dad help everyone that came by, she exclaimed that biking was her new favorite hobby!"



FREE LANDSCAPING FOR UNSUNG HEROES

Art Ballard, owner of Creekside Landscaping, is providing his services free of charge to employees of our local Bel Air. He told me, "I just had been hearing everyone appreciating the medical care professionals and of course I appreciate them putting themselves at risk, but there was another group of workers we all see frequently. They're putting themselves at risk and they seem worried and frazzled and it was something that was simple and easy for me to do to show appreciation for the people who are allowing us to get food and get necessities."

The number of people he's helping is growing. "So far 8 families have taken me up on it. They seem very, very grateful to have the help. They don't seem to get the recognition they deserve. I think it's pretty likely

see KINDNESS page 5

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-Ben Franklin





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A new giraffe joins the herd

By Jason Jacobs



Skye the reticulated giraffe (left) and Amirah the Masai giraffe (right)

Happy belated Earth Day. Often times I'm asked, "What is the zoo doing to celebrate Earth Day?" I usually respond that we celebrate it every day as the Sacramento Zoological Society achieves its mission to inspire appreciation, understanding and respect for all living things through stimulating education, wholesome recreation and innovative species management by working within our community and reaching out beyond its physical boundaries.

A huge (both figuratively and physically) part of our mission is caring for the Sacramento Zoo's largest residents, our giraffes. The animal which adorns the zoo's logo has had some serious conservation challenges. Scientists estimate that over the past three decades the population of wild giraffes has decreased by 36-40%. Less than 100,000 of these beautiful animals remain in the wild. Compounding the complexity of this population drop is that giraffes face different threats throughout their range. The good news is that with conservation measures and careful management, giraffe populations in certain parts of Africa are increasing. Conversely, in other parts of their range they have seen significant drops in their numbers, and in some former giraffe ranges, they have gone extinct.

The Sacramento Zoo feels it is important for our animals to serve as ambassadors to the needs of giraffes in Africa. We have made the activity of visiting the zoo an essential part of conserving this species in the wild by donating proceeds from our Quarters for Conservation program to the Wild Nature Institute. Based in Tanzania, Wild Nature Institute studies and monitors the population of 3,500 giraffes within the Tarangire and Serengeti ecosystems. In the fall of 2019, Matt McKim, our Director of Animal Care, led several trustees and supporters on an Africa safari to witness firsthand the work that our partners conduct within these ecosystems to save these magnificent mammals.

Observing giraffes at the Sacramento Zoo is a great way for our guests to make the connection between our critical in-situ conservation work and the majestic giraffe. There are nine subspecies of giraffes and physically, their markings can look quite different. The Sacramento Zoo focuses on breeding the Masai giraffe. Graphics around the giraffe habitat detail our work with this species and the challenges that affect them in the wild. Even within zoos, the populations of these vulnerable animals are carefully managed. The Association of Zoos and Aquariums (AZA) have a Species Survival Program (SSP) for giraffes. This program looks at the genetics of the Masai giraffe Amirah in the giraffe barnNorth American population of giraffes and shares husbandry and data with scientists in the field. The SSP also makes recommendations for transfers of animals between zoos and breeding recommendations. A few months ago, the SSP recommended a transfer of a female giraffe to be sent to the Sacramento Zoo as a potential mate for our male, Chifu.

In April, our giraffe herd grew by ONE with the addition of a new female giraffe, Amirah. Amirah was born on March 14, 2018 at the Santa Barbara Zoo. She arrived at the Sacramento Zoo on Tuesday evening and is slowly adjusting to her new surroundings. The plan to bring Amirah to Sacramento has been in the works for months. As mentioned, the long term goal would be to have Amirah and Chifu breed and produce a calf to support the SSP population. We also house another breeding female Masai giraffe named Shani. It is hoped that Shani will give birth to another calf within the next year. Finally, we care for a post-reproductive reticulated giraffe named Skye. You can observe the pattern differences between the two-subspecies at the zoo. The Masai giraffes have leaf-shaped spots and the reticulated have large blocky-shaped spots.

We are one of the only zoos within the United States to house reticulated giraffe, Masai giraffe and their closest relative, the okapi. Truly, Sacramento Zoo is committed to the care of giraffes and okapi, both in the wild and here in Sacramento. This excellent care is made possible through your dedication as members and supporters.

I will continue to update you within the next few weeks about Amirah's transition to Sacramento. We look forward to welcoming you back to the zoo so you can view this tall blonde with beautiful eyelashes. In the meantime, I want to continue to thank you for your support and hope that you and your loved ones are healthy and safe.

Jason Jacobs is the Executive Director of the Sacramento Zoo.

If you wish to assist the animals during these unprecedented times, please consider a donation to the zoo's Emergency Relief Fund, www.saczoo.org/support/donate-2/



Kindness:

continued from page 3



that I'll be able to expand to offer it to another store soon."

He adds, "I feel grateful that I'm able to continue working, so I wanted to be able to spread that and do my part for the community."

FIGHTING THE TP SHORTAGE

Tami Conger put her family to work getting toiletries and safety products to neighbors in need.

It was all the more impressive because she "was a little late to the party. As Covid was picking up steam, we were mentally pre-occupied because a friend in Florida had had a stroke and wasn't doing well. I was focusing on preparing for the trip and trying to make sure my work was covered. Just before we left, our grandson's car broke down so I was trying to get him a new car before we left on top of everything else. Obviously, I wasn't watching the news much."

Upon returning to work things quickly shifted, "When I came home after my first day back at work, I told my husband that the college was talking about shutting down. That's when he told me that people were going crazy for TP. I actually laughed because I thought he was kidding."

We all know he was not, so she quickly jumped into action, "I called my brother-in-law in Simi Valley. He owns a custodial business in So-Cal. I asked him if he could spare a case or two of TP & Paper Towels and he said 'absolutely'. My sister and I met half way and she gave me the cases." She added to that, "a supply of gloves and masks because my uncle had lived with us until he passed" and Lysol wipes from her Costco-enthused husband.

In total, she delivered 140 rolls of toilet paper, 40 rolls of paper towels, 6 boxes of gloves, 6 containers of Lysol wipes and 65 masks to 40 neighbors in our community.

"It felt great to have the ability to help my neighbors. I met a lot of new people and they were all so kind. I'm a bit of a workaholic and only really know the neighbors within a house or two. This gave me the opportunity to get to know more people within our community. I'm a strong believer in karma, both good and bad, and if I can help someone, I will. I'm fortunate that everything fell into place," Tami reflected. She fondly remembers how "Maritza met me at the door, all smiles. She thanked me over and over," adding, "thinking about Maritza still brings a smile to my face

In addition to her family, she was grateful for some local help. "Although I had the idea, I never could've pulled it off without Kathi Windheim's help. She turned my crazy idea into something real. I wanted to make sure we got to the group of people that really needed the help and she took the time and had the know-how to help me do it."

OFFERING HELP

Jasmine Hale went on NextDoor and offered food for any neighbors who may have lost a job and may be low on funds or were just in need.

"I freaked out the first week, like pretty much everyone I think. But, after that initial dark week I recognized that I'm very fortunate to be sheltering in place in a nice home with lots of space, a big yard, plenty of food, and a good job I can work from home at. So, I tried an experiment to help lower my own anxiety and get outside myself and did my first act of kindness, making a brighten-your-day gift bag for a couple of local healthcare workers. Since then, I've kept up with my daily acts and it's helped me tremendously. Sometimes they are local in nature, other times they're for people and friends I know elsewhere."

The requests were simple things:

"One lady indicated she was older and afraid to go to the stores right now because she has lung issues. She only asked for carrots."

"A single mom [who recently lost her job] with a little girl who only wanted some dinosaur shaped chicken nuggets and ranch dressing."

And, of course, Lysol spray.

Of course, Jasmine gave more than they asked for, aiming for about a week's worth of food, "I bought a big bag with lots of fresh veggies and a few bags of groceries with all the foods my own little niece eats, Dino nuggets and ranch included!"

Why? "I have zero control over a pandemic, the economy, etc. but I can control how I respond to this and be a part of trying to ensure that the community I return to feels supported, not abandoned. I strongly believe that community who works together will ultimately allow us to recover in a better, faster way overall."

With all the generosity going around, she reflects, "Americans are a kind and generous people, but we are also a culture that says people need to pick themselves up by their own bootstraps. So I imagine it's not easy to ask for help." It's no wonder that offers to help on her NextDoor thread outnumbered requests by more than four-to-one.

Hopefully this serves to remind our neighbors who may be facing challenges right now, you are surrounded by a loving, generous community who is eagerly seeking for ways to help. We just need you to let us know what you need.

Jasmine also wanted to add a memory from late March, "When our grocery stores looked like ransacked post-apocalyptic scenes from Zombieland or Mad Max." She had already been to multiple grocery stores in search of her daily English muffins (carbs are comfort foods!), "I had a full on melt down in an abandoned bread aisle at Nugget (on Greenhaven) and was muttering to myself the unspeakable ills I wished upon all the new-found English muffin hoarders!" After collecting herself, she thought, "Why not ask if the store could just save me a box or two when they come in?" She didn't expect much, but a week later, she got the call she hoped for. "I know it's completely inconsequential in all of this, but just as I was able to brighten other's days, the Nugget brightened mine with two little boxes of muffins!"

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Local Museums Say "Let's Get Virtual"

Many Offer Amazing At-Home Activities



With popular museums and destinations temporarily closed and families currently sheltering-in-place, many local area museums have risen to the occasion and gone virtual with fun and FREE activities for families to do at home. While more educational, informational and amazing online offerings continue to be added each week, a sampling of the virtual activities include the following:

-AEROSPACE MUSEUM OF CALIFORNIA – tapping into creative expertise provided by museum staff and team members, the Aerospace Museum offers hands-on activities and tutorials that are fun for children and families. Easy-to-replicate demonstrations are available on the museum's Facebook page @ AerospaceMuseumCA. For additional online events, including Hubble's 30th Birthday Celebration, please visit aerospaceca.org/events.

-CALIFORNIA MUSEUM – launched a new Distance Learning program providing educational materials for K-12th grade students aligned with Common Core and California State Content standards. A State Symbols Coloring Book and a series of five California Indians Oral History worksheets are currently available. Additional activities furthering learning on the state's diverse history, culture and arts are scheduled for release through the end of the 2019-20 school year, both as downloadable PDF files and as paperless, shareable assignments in Google Classroom. For details or to access activities, visit www.californiamuseum.org/distance-ed.

-CALIFORNIA STATE RAILROAD MUSEUM – offers virtual versions of All Aboard for Story Time! on Mondays at 11 a.m. with local influencers reading children's railroad-related books via Facebook Live. Each week, live and previously recorded book readings are available for viewing on both the California State Railroad Museum & Foundation Facebook pages @CaliforniaStateRailroadMuseum or @CaliforniaStateRailroadMuseumFoundation.

-CENTER FOR SACRAMENTO HISTORY – offers original film productions, a "Staff Favorites" section with new film clips updated regularly, and recordings of past Speaker Series events such as the following:

- "Devoted to the Union: Sacramento and the Civil War" by Dr. Glenna Mathews
- "The Time is Now: The Civic Life of Sacramento's Nathaniel Colley" by Dr. Mark Brilliant
- "Red Menace! The Sacramento Conspiracy Trial of 1935" by Dr. Kathryn Olmsted

To access the 100+ history-rich films and video clips, visit www.youtube.com/centerforsacramentohistory.

-CROCKER ART MUSEUM – provides relaxing, refreshing and uplifting art experiences online. Virtual art and gallery tours and activities for all ages are available on the museum's blog at www.crockerart.org/oculus, the Google Cultural Institute, on the museum's YouTube channel as well as on their social media channels @crockerart. The community is invited to spend "Thursday Nights In" this April with alternative ways to experience Crocker programs including a spring film series, ArtMix, and a pre-recorded Global Rhythms concert featuring Jessica Fichot. CrockerCon Goes digital on April 17 as the museum celebrates comic book art and family-friendly virtual cosplay; for more, please see the Crocker blog and social media channels for details and updates.

- MUSEUM OF MEDICAL HISTORY – online users can access a virtual tour (originally launched 10 years ago) that highlights many intriguing medical artifacts and interesting tidbits at http://www.ssvmmh.org/virtual_tour/FloorPlan.html. In addition, numerous articles on interesting aspects of medical history are available at www.ssvms.org/museum.aspx.

- ROSEVILLE UTILITY EXPLORATION CENTER – offers online educational resources filled with learning opportunities, games and activities to do at home. Families can discover comic books, coloring pages, craft ideas, science lessons and ways to continue to learn while having some fun. For more information, visit www.roseville.ca.us/explore.

- SACRAMENTO HISTORY MUSEUM – offers a website and free app for iOS and Android devices that takes users on a journey through some of the more amazing moments in Sacramento's history. "Anytime Tours" feature 50-minute digital walking tours through the Historic City Cemetery and Old Sacramento Waterfront highlighted by 10 stops at each location. The tours can be accessed at www.sachistorymuseum.org or downloaded free of charge from the App Store or Google Play by searching Anytime Tours.

In addition, the Museum has launched a robust "Home Made History" series of at-home activities that include games, videos, coloring pages and more. New programs are added each week and can be accessed at www.sachistorymuseum.org.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at www.sacmuseums.org.

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Staying cool: Kona Ice brings smiles to the neighborhood

By Michele Townsend
Photo by Linda Pohl





Big restaurants aren't the only establishments that have been adapting to the shelter in place order. For about three weeks now, Kona Ice, out of West Sacramento has been making curbside service a practice of theirs. Kona Ice is a franchised national chain of shaved ice trucks that usually go to ball games, corporate events, fairs, birthdays and other events, where they sell their products out of their trucks. Because the company is franchised, each business owner has the benefit of the financial backing of a large business. This comes in handy when it comes to business expenses such as advertising (just as an example). It also comes with some regulations. In the instance of Kona Ice, each franchise is assigned a territory.

Steve Farr, Owner of Kona Ice in West Sacramento, explained that there are six Kona Ice businesses between the boundaries of Davis to Folsom and Roseville to Galt."Corporate events aren't really happening right now, so we are adjusting to the times … A lot of people are calling and ordering curbside service for friends and paying for it as a surprise… just to cheer up their friends. It's brought a lot of smiles," he said.

Steve has two trucks and a trailer that he works out of and has been staying pretty busy. Last week he said his son was curbside when a neighbor lady came out and handed him $100. She told him that she would like to pay it forward, and to please allow the next $100 worth be on her. The next delivery was an elderly who was very excited of the idea, so he sent along $50. "There were a lot of really happy people that day," Steve said.

Kona Ice in West Sacramento has over 40 flavors and pride themselves not only on their extensive flavor menu but that those flavors include several Crafted Flavors. Many of the crafted flavors are used to make their famous mocktails, including mai tai, cosmopolitan and bourbon black cherry. Kona prices, of course, depend on your order, but the average cost is between $3 and $6, depending on size. They also offer corporate and birthday packages. They accept cash and credit card, However, due to COVID-19, if you are planning on paying in cash then you need to be aware that you need to have exact change, as they are not giving back change in order to avoid possible transmission from money.

Ordering Kona Ice is easy. To be put onto the delivery schedule for the day, simply contact Kona Ice the day before the day before your desired delivery and place your order. There are three ways to do this. You may place a phone order by providing delivery address as well as pre-ordering cup size. To do this, simply call (916) 897-6414 or email sfarr@kona-ice.com or log onto http://www.kurbsidekona.com. Kona Ice also has http://www.kona-ice.com.

Steve said that he is just getting to know social media so he is working on incorporating Facebook as well. During normal times, Steve is generally very busy at schools throughout the week, as he does a lot of fundraising for school teams, clubs, trips, etc. He is also a regular at little leagues, soccer, and any other event that he is available. Just give him a call. But for now that is put on hold and curbside service is the new normal. Steve has a basic schedule, and has been doing his best to keep it. However, when he pulls up to make his delivery, he welcomes as many neighbors as he can help before he has to leave to his next scheduled delivery. In addition, if he's running a little late (which he tries very hard not to do), please understand that it is unpredictable.

Kona Ice West Sacramento's territory is fairly good size and is bound by zip code. Their schedule is as follows: Mondays – Small town day (including Clarksburg and Harold. Check with Steve to see if your small town falls under his boundaries). Tuesday – East Sacramento with zip codes 95816, 95819 and 95826. Wednesday – South Land Park and Greenhaven, with 95822 and 95831 zip codes. Thursday – Midtown 95811, Land Park 95818, Oak Park 95819 and Tahoe Park 95820. Friday – Galt 95632. Saturday – Florin 95828. Sunday – West Sacramento 95691 and 95605 zip codes. Kona Ice is an inexpensive way to put a smile on someone's face, lift their spirits, and reward them completing school work.

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Mouthwatering Takeout Options: Here are some neighborhood favorites

By Devin Lavelle

Every issue lately I have been reminding readers Restaurants are an important part of our community. They are a place to relax, enjoy time with family and friends, to gather with community. They express the diversity of our community. They give flavor to our local culture. And they are one of the hardest hit industries under COVID and they need our help.

From what I have seen and heard from friends in the industry is that people are responding, that business, while still way down, is so much better than they had hoped. So thank you to everyone who is stepping up and doing their part!

I realized, though, that some people might need some ideas of what to order when they order out, so here are some recommendations at local restaurants from your neighbors:



BANZAI SUSHI

Rachel: "We love the Chef's Roll, Pocket, and Titanic! Always fresh and great quality. They each have great combinations of fish, avocado, masago, and sauce that complement each other perfectly." They offer something for everyone, "I love raw fish (Pocket and Chef's Roll), and my husband likes the cooked rolls, so his go to is always the Titanic and Lion King!"



CACIO

Amanda: "Torchio e Granchio Crab Pasta was the most mouthwatering pasta ever. It has some crab and lemon and crème and, OH MY, was it amazing." (Cacio's menu is seasonal and every changing, but you can trust me when I say that everything Jonathan comes up with is mouthwateringly delicious!)



DEVICE

John: "The Philly Cheesesteak is my go-to. With rich, meaty flavor and so much ooey, gooey cheesy goodness. Definitely recommend the deluxe version, it has double the cheesy goodness and with extra vegetables, it's practically health food!"



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Jasmine: "has really great cheesy chicken enchiladas that melt in your mouth. They also have a really Great Chorizo egg and potato breakfast burrito, its huge you can share or have the rest later. My whole family loves it there I don't think there is anything I don't like there."

see TAKEOUT page 9

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Takeout:

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HOP JUNCTION

Erin: "We love their tandoori shrimp and chicken tikka masala. Both dishes are consistently amazing. Ask for it spicy and it's like getting a long satisfying hug that makes you cozy all over! Don't forget garlic naan too!" Catherine adds, "Chicken tikka masala is full of flavor with just the right amount of spice! Their samosas are my favorite of any restaurant in Sacramento! They are delicious!"

These are difficult times for all of us. But for those of us who are blessed with good health and continuous income, this is a time to step up and support the community around us – a job made all the easier by the checks headed our way from the Federal relief package.

We all have restaurants we care about, where we make favorite family memories or hang out with friends. Places where we go for comfort when down and where we celebrate the good times. Whether in a few weeks or a few months, social distancing is going to end. How sad will we be if we can't celebrate at our favorite restaurants when it does?

Get yourself a nice dinner tonight! And maybe tomorrow too? Order from all of your old favorites. Try that place you've always been meaning to get to. I promise you, it will taste great and feel great! Then maybe share the word on social media and encourage your friends and neighbors to #TakeoutPocket! You can find more local potions from the Pocket Greenhaven Community Association at pocketgreenhaven.org/restaurants.

If you have more recommendations, send them to parks@devinlavelle.com. The most mouthwatering descriptions may be included in a future article.










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It's Time for Ducklings!

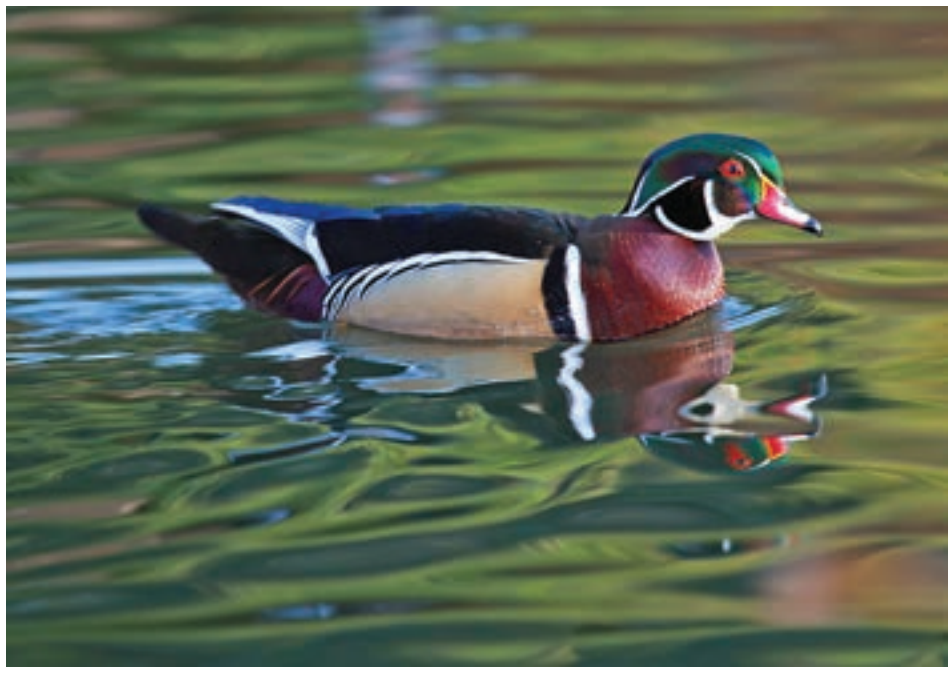
Photos by Devin Lavelle

One of the little things that really make living in this neighborhood special for my family is seeing the ducklings and goslings every spring. I worried that some neighbors whose health or risk factors are keeping them in doors might be missing out. If you are one of them (or if you just love cute pictures!), please enjoy!





Wood ducks make McKinley Park home





Photos by Stephen Crowley

Over the years, wood ducks have made McKinley Park Pond home.These photos were taken in 2012.

Homeschool:

continued from page 2

Hyperfocused now on his project, Mike said, "Mom! I'm busy! You're distracting me!"

After work, I found Mike waiting for me at the door, eager to show me his large finished star: black background, pale wood frame, multicolored string 5-pointed star. And, on the table, the star's angles, measured and put on paper. Until one corner started to unravel a couple years ago, the 'star' project was on my wall.

So, confidence. Instill confidence in the child and the child develop confidence to try new things. Incremental learning is the key. By tackling that project one increment at a time, Mike got it done. And most importantly, learned that he could do it!

Thanks to the pandemic, all of us, kids and adults, are under a lot of stress. We don't know when, if ever, things will get back to 'normal'. Kids are finishing out the school year at home, not in the classroom. Covid-19's 'curve' will dictate whether California schools will open as early as July to help students make up for lost learning time.

CDC projections are for a second, deadlier wave this fall. Testing positive for antibodies may not mean that we're immune. A third of us likely are asymptomatic carriers. Some young healthy people in their 20s who test positive for the virus are having sudden strokes; half are dying.

In West Sacramento, according to Yolo County's virus Dashboard (based on, as of 4/28/2020, limited testing), the age group consistently Covid-19-affected is not old, sick elders. It's people ages 55-64. Countywide, the 25-34s are about even for infection with those 85 and over.

Are you and your kids on stress overload? Take a break. Stick a face covering in your pocket (for when you can't avoid getting too close to others) and head outside. Scientists say the virus dislikes heat and sunshine, plus the fresh air will cheer you up.

For 5 p.m. daily updates to Yolo County/West Sac's Covid-19 numbers, search Yolo County Covid-19 Dashboard. Questions, comments? Contact Carol at carol@bogartonline.com.

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Missing the in person connection: Belt promotion done drive-thru style at iYa Taekwondo brought up many emotions



By Angela Wood
Special to Valley Community Newspapers
Photos by Stephen Crowley

We miss our students so very much. We do not have enough words to properly convey it, but big, ugly Grey's Anatomy crying sums it up quite nicely. We miss our kids, their siblings, parents, grandparents, aunties, uncles, and others who have become extended iYa Family who show up to support our students. We miss hugs and hi-5's. Ms. Angela misses Nerf gun "target" practice. We miss the breeze of a stampede of our students running laps. We miss watching their beautiful Poomsae in person. We miss cheering our students on while they spar. We miss seeing the look in their eyes when it clicks and they realize they DO have confidence in what they're doing and know they're doing it well. We miss our Team iYa: Mr. Joseph Rivera, Mr. Thao, Ms. Nou, Ms. Ger, Mr. Kevin, Mr. Adam, and Mr.Kwenn. Friday, April 24, was so emotional for us. We knew it would be. It made our hearts overflow. We were so happy to see everybody!

see iYa page 13

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iYa:

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Our students and families came by the school to pick up your new tips, belts, and uniforms (for those promoting to Red/Black, which is Junior Black Belt) drive-thru style. It was the best day! Congratulations to all of our students. Our belt promotion was just beautiful as always. The parents were able to be a part of the ceremony assisting as we normally do and they even held the boards our students break. They did great! Our students are pretty amazing! Our families have been absolutely fantastic. These times are a little crazy, but they are showing up and putting the work in. We are so proud of them. We have all had to adapt, figure our new ways to do everything. Distance learning for schoolwork is one thing; but, figuring out how to effectively teach Taekwondo via Zoom, that was a whole new experience for all of us. There was some uncertainty at the beginning. Would our students be able to do this, would our teachings lose something not being taught in person, would this work out for all involved? We were going to teach whether we had one, some, or all of our students.

Ms. Xai has been phenomenal during this time. She underwent yet another cancer related surgery towards the end of January.

see TAEKWONDO page 14

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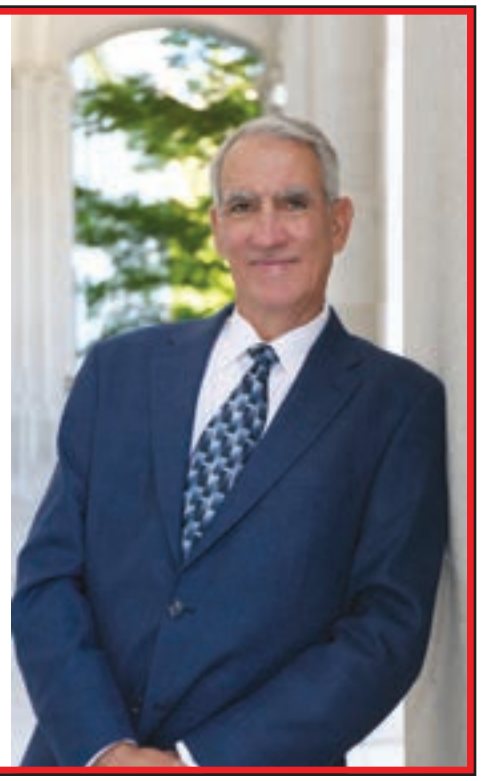

Taekwondo:

continued from page 13

She was planning on slowly coming back, giving herself time to recover. She literally bounced back from this surgery. If you know her, you know that is her energy! She had only been back fully to teaching a couple of weeks before the shelter in place was ordered and we had to figure out how best to serve our students, try to give them some normalcy by teaching on the regular, and keep connecting with our families. She has been the only instructor teaching all of the classes day in, day out. We'll be glad when the restrictions are lifted and it's safe for our other instructors to come back, but for now we are going to do what we need to do; teach Taekwondo and continue to connect with our students. Her dedication to our students is unparalleled. She is the Wonder Woman our students need, especially now.

Angela Wood is a clerk at iYa Taekwondo, which is located at 7385 Greenhaven Drive #1. For more information, call 916-382-9058.











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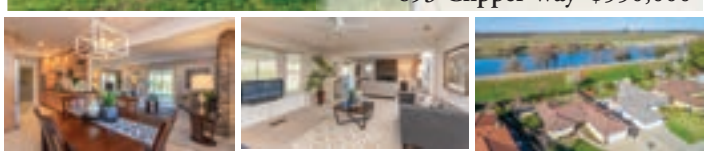

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Sacramento "chalkboard house" delivers ongoing uplifting messages

Photo by Jami Richmond-Moore

For the last four years, the Richmond-Moore family of River Park has delivered an uplifting or relevant message to the neighborhood on a giant chalkboard to those who drive by. Updated every couple of weeks, this particular message is, as Kelly Richmond-Moore says, "deep and subjective as it plays into the human spirit needing to hold on to something beautiful, even in times that beauty seems to be fleeting." Shown is daughter Haley, 12, and son Kellen, 6. Not pictured is Kelly's wife, Jami. "They now see what the chalkboard means to the neighborhood, so this has become an on-going family project that we continue to want to do together." The "chalkboard house" is located at 5301 Monalee Ave., 95819. *-Monica Stark*



Courtesy of Kelly Richmond-Moore

Additional photos from over the years at the "Chalkboard House"





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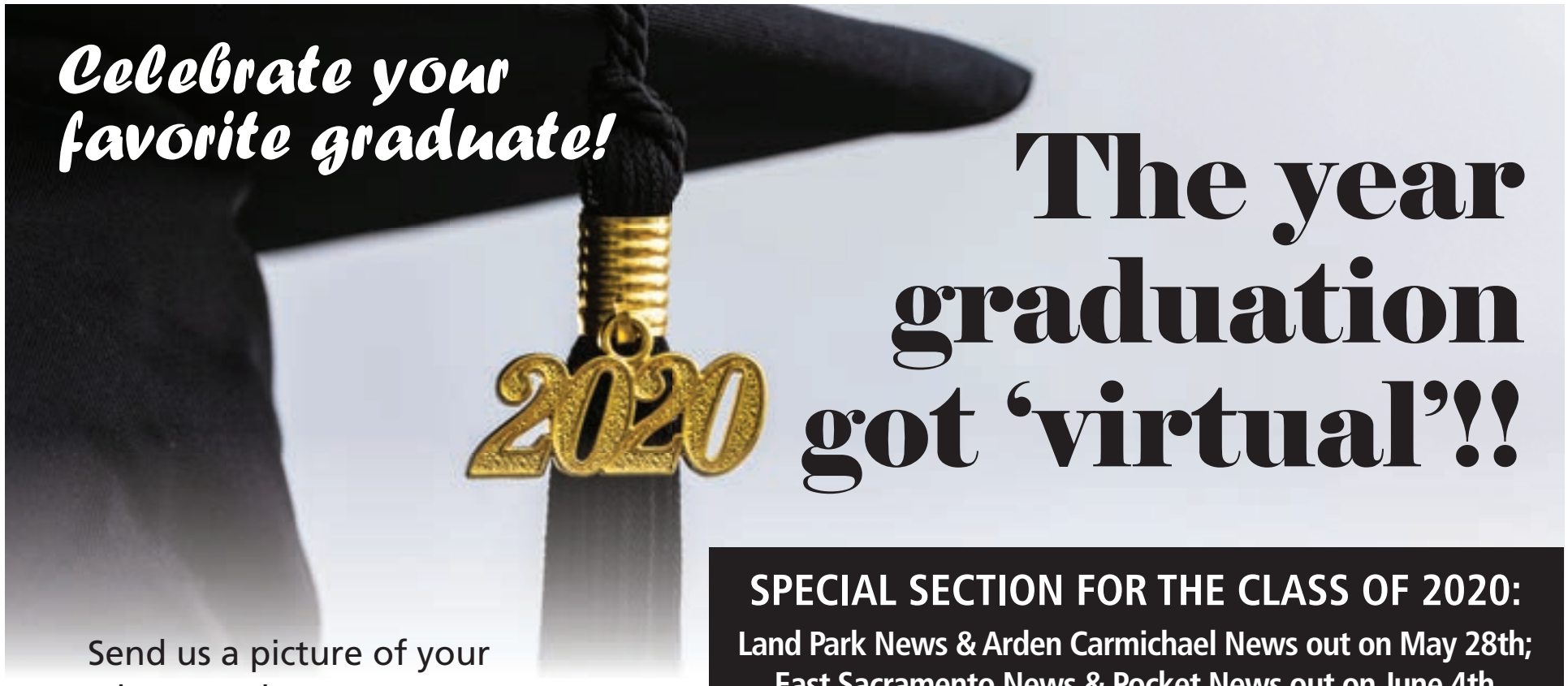

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Revere Court Memory Care held a "Honk For Hugs" car parade







Photos by Stephen Crowley

Revere Court Memory Care held a "Honk for Hugs" is a car parade to show residents and team members how much they are loved and appreciated by families and neighborhood friends.

With the Coronavirus Pandemic in place Revere Court Memory Care has been on lock down with no visitors for more than five weeks now. Staff is working hard to keep residents and themselves safe and healthy. They have strict protocols in place for screening of staff and anyone who enters the building, sanitization and extra activities to keep residents engaged during this time that they cannot visit with their loved ones. They have been FaceTiming, Skyping and emailing families regularly as well as offering "Stop by And Say Hi" fence visits on scheduled days and times. Families have been very appreciative of this as it allows them the peace of mind that their loved ones are safe in Revere Court's care.

The staff are "Heroes" and RC would like to recognize them in many ways for the unselfish acts that they do daily for the residents' overall well-being. RC has put in place an "UP" Uplift Positivity Community Campaign where we are recognizing staff regularly with treats, positive affirmations, sidewalk chalk, posters, motivating wristbands, goody bags, meals, etc. This Quarantine Parade is another way staff has been recognized and joy brought to residents.

The parade began at 3 p.m. at the Revere Court circular driveway. Those involved in the parade had the opportunity to decorate their cars, make signs to show appreciation to staff who are working on the frontlines as well as put a smile on residents' faces. After the cars drove through the parking lot, the parade continued through the ACC Care Center parking lot and then on to Greenhaven Estates Assisted Living & Memory Care to brighten their day too. These are scary times right now and just a little bit of acknowledgment for those working on the frontline goes a very long way.









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