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In Loving Memory: Jason "Jay" Jugoz

Riverside Sports Bar owner, St. Baldrick's supporter, lost battle to pancreatic cancer

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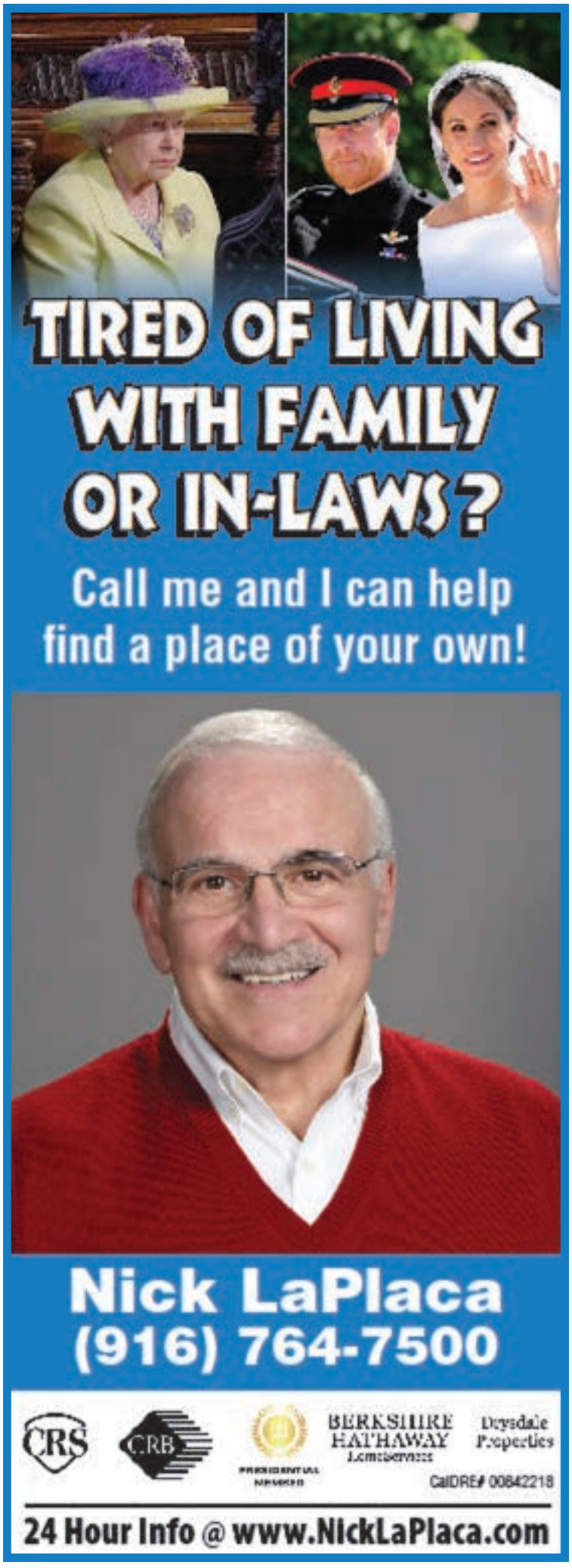

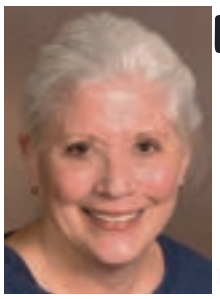

THIS 'n' THAT

by Carol Bogart

On Working from Home

Well, now, this is interesting (and lest you think I'm job hunting, I am not). A recent article in the Wall Street Journal says some, maybe many, people whose job search was income driven, no longer have to live in big cities to earn big pay. Why? Because thanks to technology – the Internet and Zoom, et al – employers, liking this 'remote' work so much, are telling valued workers, "stay home, but move someplace cheaper if you want to. Do your work remotely."

I relate to this.

Back in my TV News days, my agent knew my #1 consideration was 'market size'. In my 20s, if the work itself appealed to me, that was good. Number 1, though: "How much money will I make?" Number 2: Would I want to live there? A distant third: Will I get a chance to anchor? (Anchoring interested me because anchors make more money.)

Now, before you find me shallow, let me explain. I'd been working since I was 14 years old. My first job was stacking baskets at a swimming pool. Before I was out of high school, I waitressed part time at Big Boy; full time while taking college classes at the local branch. One semester, and then I left for college. My folks told me what the deal would be. They paid my tuition and my health insurance. Everything else was me.

And so, I waitressed at night, went to school by day. When the restaurant closed, I worked other low paying jobs and split expenses with three roommates. Meantime, the campus radio station took me on as an announcer. No pay, but I liked it.

As an upper classman, I could take TV production. Our final project: a 10 minute newscast. The professor said we could use the AP wire. Instead, I went out and found some stories. Took photos. Wrote, voiced and anchored everything. (My anchoring, stiff and scared, was very bad.) The show itself was good. Turned out none of the other students thought to do original reporting. Just ripped stuff from the AP wire. The university president asked to see a newscast. The professor showed him mine. "OK," I thought. "I have an aptitude. I can become a voice for the voiceless. Help kids and animals."

With the goal of becoming an on-air reporter, I took a job as newsroom secretary at the Cleveland station owned by NBC, where I weaseled my way into several stories. The investigative reporter told his buddy, a news director in Scranton, about me. "No experience," he said, "but a lot of determination." His buddy hired me. I packed everything I owned into mom's station wagon, including Rags, my dog. In Scranton, I anchored, produced, reported – and won a first place Community Service AP award. In response to my series on child abuse, Pennsylvania legislators enacted what would be the state's first Child Abuse Reporting Hotline.

By the time I was 28 I'd won double Emmys in Atlanta and was working in Chicago.

In Chicago, there were more awards. The logical next step was network correspondent. There had been some interest at ABC. But I didn't want that. A network correspondent, I knew, lived out of a prepacked suitcase. 'Home' was whichever plane the network put you on. So, when Denver told me I could self-assign and anchor, I went to Denver. And learned I didn't want to anchor, either. Lousy hours (morning show anchors have to be at work by 4 a.m. 'Prime time' is a night job. yuk).

Being self-assigning – that was nice. My videographer and I won bronze medals at the International Film & TV Festival of New York for our series on children of alcoholics. ABC's 20-20 picked up my research for 'All Bottled Up' and did its own documentary. Nationwide, viewers learned why kids who blame themselves for a parent's drinking need groups like Ala-tots and Ala-teens.

Meantime, biologically, my clock was ticking. Fixing fertil-

see THIS 'N' THAT page 5

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

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1109 Markham Way
Sacramento,
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t: (916) 429-9901
f: (916) 429-9906

Cover photo by: Courtesy

In Loving Memory: Jason "Jay" Jugoz

Riverside Sports Bar owner, St. Baldrick's supporter, lost battle to pancreatic cancer







It is with great sadness that the family of Jason Andrew Jugoz, 35, Sacramento, notes his passing early morning Monday, June 22, 2020, after battling pancreatic cancer for over a year. He was surrounded by his brother Jeremy, parents Rudy and Sherry and wife Cassie at the time of his passing. Jason was born September 17, 1984 to Rudolph Jugoz and Sherry Habon in Sacramento.

After graduating from Sheldon High 2002, Jason joined the United States Air Force, and served with Security Forces, NORAD Cheyenne Mountain, Colorado. Upon completing his military service Jason carried his law enforcement discipline into the food and service industry working in Sacramento while also gaining experience and developing his dream for entrepreneurship as a local bartender and manager at the Wrangler, Streets of London, Brass Tap and DeVeres to name a few. In 2017, he and his older brother (and best friend) Jeremy combined their resources and partnered to open the Riverside Sports Bar located in the Pocket– Greenhaven area bordered by the Sacramento River.

Jason was an immensely bright and soft-hearted individual who did his best to help others throughout his life. He was a consistent participating sponsor for St. Baldrick's Foundation and annual events such as Golf & Guitars which reflected his love for the game of golf and country music. After learning he had Stage IV pancreatic cancer it only inspired him to continue helping others who were also fighting this deadly disease. He went to "Battle" to appear on the Good Day Sacramento TV Show promoting the St. Baldrick's Foundation and partnered with Shriners (Jacob Cummings) to organize his first annual toy drive for children at the Riverside Sports Bar. The community participation was overwhelming even receiving donations as far away as North Carolina. The event was a huge success and will continue to be an annual event in his name. Anyone who knew Jason called him "Jay" and knew that he was a special soul who knew no stranger. Once he adopted you into his family you were cherished. He had an immense passion for life and was always a positive source in whatever group he was in. He will forever be in our hearts and memories.

He is survived by his Wife Cassie Jugoz; Daughter Eden(CA), Mothers Sherry Habon(VA); Mary Kleinfall(CA), Father Rudy Jugoz [Wife: Elizabeth Jugoz (NC)], Brothers - Jeremy Jugoz [Wife: Abigail Jugoz & Daughter Ryleigh Jugoz (VA)], Brandon Egly (NC), Jaremy Troughton (CA), Sisters - Sarah Giltencore (CA); Rebecca Stumpo (NC), Grandma Leilani Jugoz (CO), Aunt - Janet Demmit (CA), Uncle - Dwaine Jugoz (CO), Cousins - Kelly Saber (CA); Anna Scarabino (CA), Ricky Comacho (CA), many other Aunts, Uncles, Cousins, expanded family members and Friends.

The family requests that any gift be sent in the form of a donation to the PanCan Action Network Organization.

A Celebration of his life is planned for September 17, 2020, Venue to be determined.

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

-Ben Franklin





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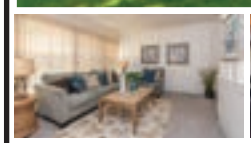
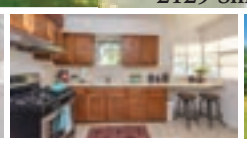
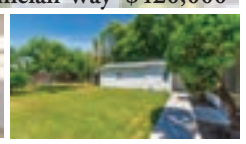






Wonderful home with possible separate studio w/ full bath! SF does not include studio. Highly desired Hollywood Park! Amazing tree-lined street with charming homes! Down the street from Leonardo Divinci School. Family owned home since 1966. Spacious charming home is great for hosting parties. Having a separate living/family room is rare for this area. All 3 bedrooms w/ extra closets are larger than most in this community. Newly refinished hardwood floors throughout! New lino in kitchen. New interior paint. New carpet in livingroom. Main house roof, gutters, downspouts in 2011. Exterior paint 2014. This home is close to everything. Huge enclosed patio and gigantic yard.

3 beds, 2 baths, 1526 square feet per assessor

Local to release never-before-heard album of WWII-era big band music



PFC Richard Burt on Leyte Philippines Campaign

By Stacy Grow

The News-Ledger recently caught up with local Jason Burt. Jason's grandfather was long-time West Sac resident Richard Burt. Richard was a Juilliard-trained trumpet player who taught music in the Washington Unified School District from the late 1950s-1984.

After Richard and his wife passed away in recent years, the Burt family discovered a treasured part of their family history they had believed to be lost: a 75-year-old recording of big band music created by Richard's Air Force Band during their WWII campaign.

Now Jason, a middle school history teacher, is working to share his grandfather's long-lost music with the world. We interviewed him to get the full story on the album.

Q: We understand you're working on releasing an album of music that was created 75 years ago. Tell us the history of this music and how you came to be involved with this project.

A: The music was created by the 746 th FEAF (Far East Air Force) Band at Fort McKinley, an Army Air Force Head Quarters base in Manila, Philippines. This 20-piece orchestra played together throughout the Philippines campaign while the United States was retaking the Philippines from the Japanese. They played shows with the USO (United Service Organizations) to entertain front line troops and make them feel a little closer to home in the middle of the war.

Prior to the band heading home, they recorded themselves playing these popular big band songs. My grandpa, Richard Burt, was the lead trumpet player of the band. He asked his commanding officer if he could have the recordings. The commanding officer gave permission for him to take the recordings and my grandpa brought them back home.

Grandpa lost track of the records at some point as he got older. He thought he had lost them in the 1980s. However, after my grandparents passed, we found the recordings while cleaning out their attic. My dad and his brothers gave me all of my grandpa's military items, including the recordings, because I am a history teacher and had done extensive family history research on my grandpa's military service.

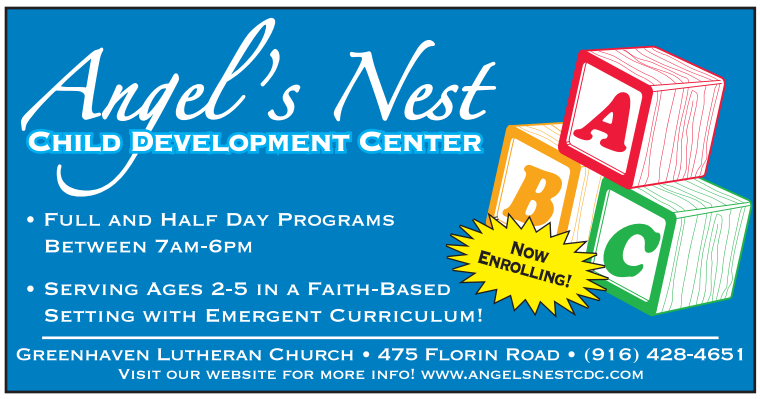
After finding out the records still played music, I began to formulate ideas about how I could honor my grandpa and the band members of whom he was so fond. They played such an important role overseas with morale during WWII, yet civilians don't hear much about them.

I decided to make their music available to the public for purchase. Initially, I emailed the National WWII Museum in New Orleans to gauge their interest in an item like this. I received a response that said they were very interested, but they do not produce music. However, they told me they would love to hear and see a finished product.

As I thought more about the project, it evolved into something much bigger. I wondered, "How can a band of "amateur" musicians compete with the likes of the Glen Millers and Duke Ellingtons of the time period - let alone modern music? Nobody would hear their story or their music if a CD was just placed on a shelf."

Then the idea was born to connect with the USO, who continues to serves the same role as they did dur-

see MUSIC page 5





Music:

continued from page 4

ing WWII, making Veterans overseas feel closer to home. [The United Service Organizations is a nonprofit that provides live entertainment, such as comedians, actors and musicians, social facilities, and other programs to members of the United States Armed Forces and their families.] Thus, my campaign to make regular everyday soldiers become platinum artists was born.

Q: You mentioned you're working with 4-time Grammy Award-winning sound engineers to digitalize, clean up, and master the album. How did you connect with them?

A: It was no accident that I connected with a Grammy-winning sound engineer. I needed somebody who was the best in their field to take on something like this because of the age of the records.

I researched Grammy winners for Best Historical Album, particularly those who won for Jazz albums. I began to send out emails to multiple winners, telling them about the project.

I heard back from four within a week, all excited about the prospect of working on the project. Three of the sound engineers emailed me back, but one called – Lurssen Mastering. Gavin Lurssen and Reuben Cohen were so excited at the prospect of doing the work that they were the obvious choice. The idea of working on something that old and making it modern really appealed to their love of their profession.

Since their studio is down in Burbank, we are waiting for Covid restrictions to ease so that I can be in the studio at the same time and watch them work.

Q: What are your goals in releasing this album? What do you hope to accomplish?

A: I have a handful of goals with this project.

1. I hope to pay tribute to my grandpa and his band mates by teaching people the role of musicians during World War II.

2. I want young people to feel connected to this project as I document it on Facebook and Twitter. I want my students, and students in general, to realize that history is more than a bunch of facts in a book. And also to know that the things you can do in the history field aren't limited to teaching.

3. I hope to raise money for the USO and help them continue on with the same goal my grandpa and his band had: making service members overseas feel like they are a little closer to home.

4. I also view this project as a tip of the cap to the Greatest Generation. I hope it brings a smile to their faces to relive old memories when they hear the music.

Q: How can interested readers follow the progress of this project?

A: I will be documenting the project as it moves forward on the band's Facebook and Twitter accounts (@746thFEAFband on Facebook and Twitter)

Q: Where and when will the album be available for purchase?



PFC Richard Burt with Bandmates

A: The current release the music onto all the different platforms for purchase, such as Itunes and Spotify.

Check out the recent article about this project in World War II magazine!

This 'n' That:

continued from page 2

ity problems became my focus. Saving the world would have to wait. I wanted to be a mommy.

No siblings for Mike, though. Secondary infertility. Watching him sleep, I'd whisper, "You're my miracle boy. Just wait. God has big plans for you."

With an inheritance from my parents, I was able to stay home with Mike through his toddler years and grade school. My folks had wanted his childhood to include their farm, but had made no provision in their wills. So, I bought one.

From there, I reinvented myself as a small town print (newspaper) journalist. Started saving the world again with my stories but also served on the high school's parent advisory council, attended all Mike's hockey games, and helped out with music boosters. Important to me: he never came home to an empty house.

And then, my inheritance ran out.

My job didn't pay enough to support the farm, and so, I sold it. Mike finished high school in California, played hockey and left for college. That was 17 years ago. Today, for both of us, California's home.

So, you see, I can relate to workers eager to leave expensive cities to work from home in bucolic less expensive settings, without having to sacrifice their jobs.

My last California newspaper didn't pay much, but, again, I could do most of it at home. It was my dream job. Used all my skills plus rarely second guessed me. Grateful, I worked far more hours than I was paid for, and the product never suffered.

Employees appreciate trust. Employers appreciate employees who are trustworthy. This 'new normal' of work-from-home people living where they want should prove win-win-win: for employers, families – and the family dog.

Carol Bogart does her writing in her West Sac home office. When the dog distracts her, she takes him for a walk. Questions? Comments? Contact Carol at carol@bogartonline.com.

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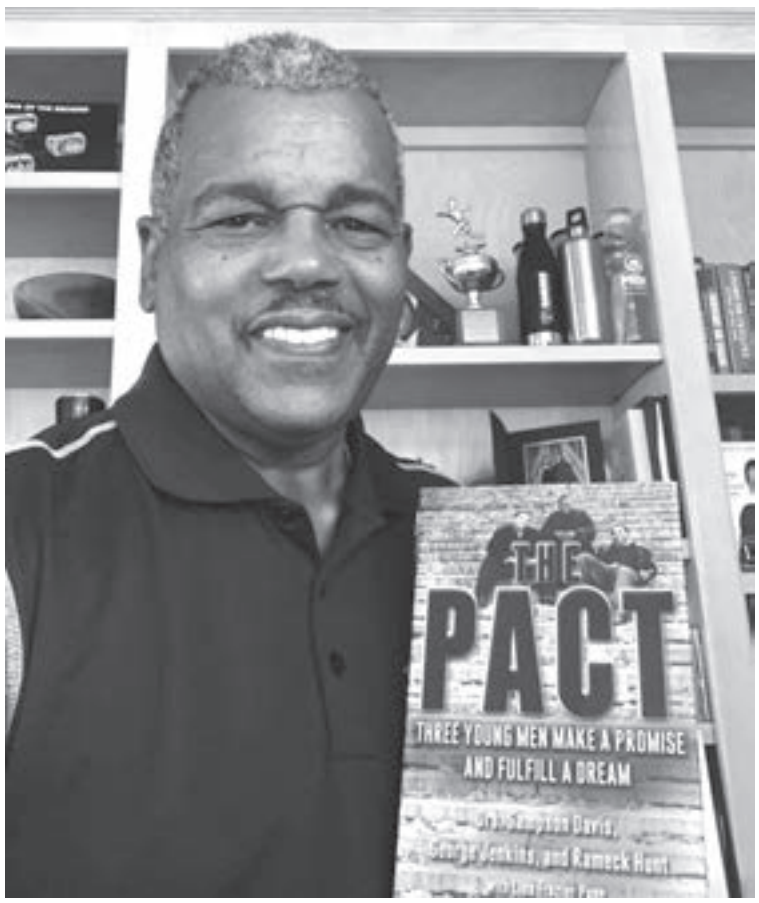
It's summer: Time to get reading!



Henry and Charlie Lavelle love "What the Sleepy Animals Do At the Audubon Zoo", a book they highly recommend for summer reading.



Councilman Rick Jennings

By Devin Lavelle

Whether you're passing the time while watching kids play, lounging by the pool or enjoying the air conditioning inside, summer is a great time for reading! For adults, for teens, for younger kids, we'll all have a better summer the more books we spend time with.

And our wonderful friends at the Sacramento Library are here to help! You can sign yourself and your kids up for the Summer Reading Challenge at www.saclibrary.org/Event/Special-Events/Summer-Reading. Log what you read and fun activities that support reading to earn badges and have fun!

While the libraries themselves remain closed due to COVID, nearly all locations (Including Robbie Waters in the Pocket and Belle Coolidge in South Land Park) are open for curbside pickup of pre-reserved books. Learn more here: https://www.saclibrary.org/curbside-appointment

But, of course, we still need to know what to read! The library has such an extensive collection, where would we start? Yes, our friends at Sac Public have even thought of that. With a few simple questions, they will email you personalized recommendations of books you are sure to love! Learn more here: https://www.saclibrary.org/Books-Media/Reading-Recommendations/Personal-Recommendations

Not enough for you? Fear not, some of your neighbors have offered some suggestions as well!

Personally, I'm reading The Book of Joy by the Dalai Lama and Archbishop Desmond Tutu. It was recommended to me a couple of years ago by both Councilmember Angelique Ashby and chef extraordinaire Patrick Mulvaney and it is providing such wonderful grounding to approach the difficult times we are living through. As the Archbishop says, "We grow in kindness when our kindness is tested."

Rick Jennings, Sacramento City Councilmember: "The Pact" by Drs. Sampson Davis, George Jenkins, and Rameck Hunt.

"It is a must-read!"

Rosanna Herber, SMUD Board Member: How Women Rise by Sally Helgesen and Marshall Goldsmith.

"The book is full of leadership strategies for how women can use their talents to soar in their chosen fields. The authors are masters in demonstrating how habits that are often associated with women (apologizing profusely, not speaking up, taking a long time to get to the point) can be unlearned and replaced with more influential and powerful habits. I'm learning a lot about myself and how I can better channel my energy to have a more positive impact in my world."

Kathi Windheim, Friends of the Robbie Waters' Library President-emeritus: "The Pastures of Heaven" (twelve interrelated stories set in a fertile California valley) by John Steinbeck

"Anything by Steinbeck is a great summer read!"

And if you, like me, spend most of your reading time with the kids, my boys love, love, love a book called "What the Sleepy Animals Do at the Audubon Zoo". It's a New Orleans favorite my aunt recommended to me while I was visiting and I brought it back as a souvenir. The fanciful story Renee's dad dreams up to explain the nocturnal nature of many zoo animals is a treat Henry and Charlie love to enjoy over and over again.

Regardless of what book you choose, choose to take yourself on a journey that is only possible when the imagination of a gifted author and our own mind combine to paint a picture that leaps out of the page at higher resolution than any TV could ever manage. You'll never regret time spent with a good book.

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You have the power: Save lives; Strengthen the economy

By Devin Lavelle

What if I told you that you can save lives and strengthen the economy?

You? Yes, you!

You can be a protector, someone with the courage to do your part; the moral code to protect people in danger; the fighting spirit to not give in, even if people around you already have.

What does that sound like to you?

That's right.

You can be a superhero.

There's a villain on the rise. But you have the power to defeat it. Wham! Pow! Bam!

But don't worry, there's no fighting involved. Just a quick outfit change. A change so minor, you don't even need to find a phone booth!

Your superhero costume can be slipped into your pocket when not facing the villain. It can be red and blue. It can be black and gold. It can feature a golden lasso. Or pink polka dots, if you prefer.

Your superhero costume can say a lot about your sense of style. It also says that you're a kind-hearted person who is willing to suffer minor discomfort to protect the people around you.

You may have guessed by now, but your superhero costume is a face mask.

A simple piece of cotton that can reduce risk of infection by 50% or more.

Yes, the science is not yet perfect, but it clearly shows there is a positive effect, we're just not quite sure how positive it is. And for the simple inconvenience of wearing a light piece of cotton, wouldn't it still be worth it if it were only saving a single life?

And wearing a mask can be fun! Add a splash of color to your outfit. Celebrate a favorite sports team (Go A's!) or college (Stingers Up!). Show off your favorite hobby or pet. Choose a favorite color or pattern. Or, go all in, and put on the mask of your favorite superhero. It's your personality! It's up to you!

They aren't even hard to find anymore. Sure, you can pick them up at Target or any similar large store. Lots of neighbors are making them (just post on Nextdoor and you'll get more offers than you can sort through) – and so is **my friend Paula's mom** (pvillescaz@gmail.com)! She gets rave reviews from lots of our mutual friends and uses the income to make masks for at-risk farmworkers who are keeping our food supply stable. **Old County Tailor** in East Sac, **Blue Nile** & **LiBush** in Old Sac and **AllGxxd** at the Ice Blocks also come recommended for stylish options. Or visit **shop.atrium916.com** to pick up something truly unique while supporting local artists.

See? Being a superhero is even a great opportunity to support local businesses! You support them when you purchase your superhero costume. And you keep supporting them by fighting the villain that has driven our economy into recession. Even as the economy is slowly reopening, it can't fully recover until everyone feels comfortable going out, going to work in their office, going out to eat, going shopping.



We all aspired to be a superhero at one time or another, right? This is your chance. Your chance to save lives and our economy. This is no time to be jaded. As they say, always be yourself. Unless you can be Batman. Then always be Batman.

Be Batman.

Or be any other superhero you prefer.

Just please, do the right thing.

Be a superhero.

Wear your mask.

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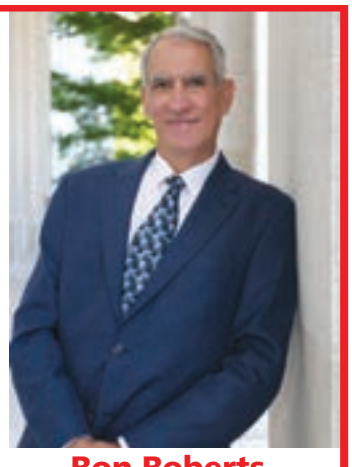

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Heinie the plain-colored Amazon parrot

Welcome Back and Parrot Updates –
A Message from the Sacramento Zoo Director

By Jason Jacobs

First of all, we are thrilled we have been able to welcome our community back to the Sacramento Zoo, as of June 15! Please remember that all tickets (even for members) must be reserved in advance for a specific day and time through the Plan Your Visit page on our website. No tickets will be sold at the gate. Thank you for your patience and support! We look forward to seeing you at the zoo beginning next Monday.

The Sacramento Zoo houses nearly 500 animals, each with its own individual story and specific husbandry needs. Caring for such a variety of species comes with a flow of births, transfers and sometimes, death. In late April, a longtime zoo resident, Heinie, an Amazon parrot passed away.

Heinie was hatched nearly 35 years ago and arrived at the Sac Zoo in 1991. Despite several attempts over the years to introduce her to other parrots, Heinie preferred the company of humans. She was a favorite of zoo staff, docents and our guests. While playing music from a phone, her keeper, Kristene, noticed Heinie showed greater interaction and moved up and down her perch, moving with the beat. Amazon parrots are social birds, so with the approval of the zoo's veterinary team, a playlist was tailored to Heinie's specific musical tastes. She enjoyed songs by the Beatles and Beach Boys, as well as upbeat holiday music. Staff posted a sign adjacent to Heinie's aviary encouraging our guests to dance and sing along with her. She would often welcome visitors to her corner of the zoo with whistles and other vocalizations. For the last several years, Heinie had been receiving treatment for several long-term chronic health issues including heart disease and degenerative joint problems which were carefully monitored by zoo keepers and veterinary staff. Heinie's long life at the zoo represents the best of what we can provide to our animals, a forever home with daily care and incredible veterinary science for aged and geriatric animals.

Over the past several weeks Heinie's former aviary was refreshed with new perching to house a pair of hawk-headed parrots. These beautifully-colored birds are native to South America. The Sacramento Zoo's pair were hatched at separate AZA-accredited zoos in 1998 and brought to our zoo within the past year and a half for introductions to each other. The species receives its name from the elongated red feathers, edged in blue that rest on its head. When alarmed or playfully excited, the parrot can raise the feathers on the nape of its neck to form a fan to make it appear like a larger bird. Hawk-headed parrots nest inside hollowed holes within trees; these holes are usually formed by other birds such as woodpeckers.

All parrots are classified as Psittacines. This group of birds includes species such as cockatoo, macaw, parakeet, lorikeet and cockatiels. Psittacines are known for their hooked bills, colorful plumage and feathers as well as their vocalizations. Many species are popular in zoological parks due to their ability to mimic other sounds, including the voices of humans. Despite their popularity, nearly a quarter of the 400 species of Psittacines are threatened with habitat destruction or other challenges such as capture for the pet trade.

The International Union for Conservation of Nature lists the hawk-headed parrots as a species of least concern, which means that for now the wild population of these parrots is stable. In the tradition of Heinie the Amazon parrot, the zoo's pair of hawk-headed parrots are extremely gregarious and enjoy interacting with our guests and staff. On your next visit to the zoo, make sure to pay them a visit in their aviary near the jaguar habitat. If you say a few kind words to them you might receive a chirp, whistle or several other fun assorted sounds.

We look forward to seeing you at the zoo soon!

Jason Jacobs is the executive director of the Sacramento Zoo. If you wish to assist the animals during these unprecedented times, consider a donation to the zoo's Emergency Relief Fund.

Sacramento Zoo is located at 3930 West Land Park Drive. For more information, call 916-808-5888, email info@saczoo.org or visit saczoo.org

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ACC's staff are currently developing new safety policies and procedures to put in place before resuming in-person services and classes. We would like to hear your ideas on what you would like to see in the new ACC, or "ACC 2.0." We invite you to complete our survey online at accsv.org/survey. The survey is also available in the Summer ACC News and on ACC's Facebook page.

For more information, contact ACC Senior Services at (916) 393-9026 or infossc@accsv.org.
You can also visit our website at www.accsv.org.

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Buddhist Church of Sacramento Bazaar – at home edition

For the first time since its founding in 1947, the Buddhist Church of Sacramento's 74th Annual Japanese Food and Cultural Bazaar had to be canceled due to the COV-19 pandemic. The annual bazaar has grown to be one of the largest Japanese cultural events in the Sacramento area, featuring a variety of food, cultural exhibits and demonstrations, and games for the kids. The event is the church's major fundraiser of the year, and the proceeds support the many programs and activities offered at the church, as well as its general operating expenses.

In the spirit of the annual bazaar, the church will be hosting a livestreamed telethon event, the "Bazaar-At Home Edition" on Facebook on Saturday, August 8, 2020 from noon – 5 p.m.

A full program is planned, with live entertainment, food and cultural demonstrations, special guests, and presentations by the temple's affiliated and sponsored organizations. Cultural demonstrations will include Bonsai, Japanese Calligraphy, Ikebana Flower Arranging, Bunka, and Taiko.

You can view this live event on Facebook (@buddhistchurchofsacramento). The program schedule will be posted on the church's website (www.buddhistchurch.org) and on Facebook when it is finalized. Viewers can tune in to the program any time during the five-hour period.

In addition to accepting monetary donations, the church will also be selling commemorative t-shirts and aprons. These items will be sold in limited supply on a pre-order basis only. The merchandise can be ordered on-line at the Betsuin's website at www.buddhistchurch.org prior to the event.



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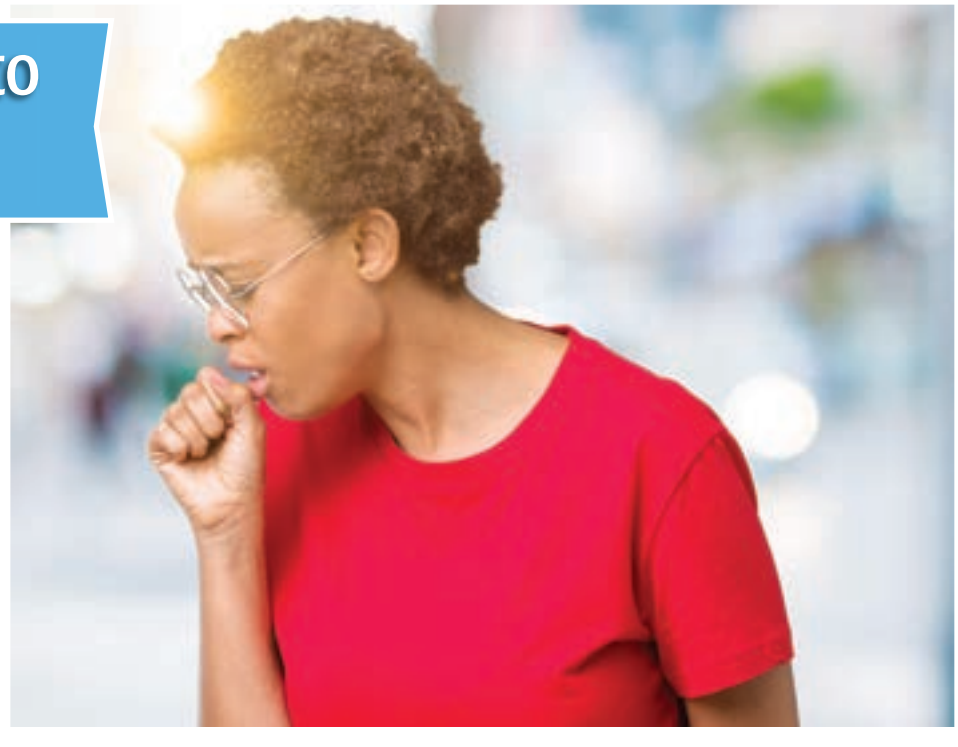
Health: 4 Questions and Answers to Help You Manage Severe Asthma



(StatePoint) The majority of the more than 25 million Americans living with asthma enjoy active, healthy lives. But for others, despite using high dose asthma medicines and avoiding triggers, severe symptoms are a part of daily life.

If this describes your experience, it could be severe asthma, a type of asthma that affects approximately 5-10 percent of those with the condition. Severe asthma is dangerous; increasing the risk of death, illness, and depression, and limiting one's ability to work or go to school. It is responsible for 50 percent of all asthma healthcare costs.

Even with severe asthma control is attainable, according to American Lung Association, which is offering these four questions and answers to help you determine your next steps:

1. How do I know if my asthma symptoms are under control? With severe asthma, people tend to have three or more symptoms

see ASTHMA page 13

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Caring for caregivers through a pandemic:

Revere Court Memory Care to hold monthly Zoom workshops

WHAT: At Revere Court Memory Care we understand that dementia affects whole families. Each person with memory loss, and his or her family, experience different challenges and needs, which vary at different times during their journey. In this time of uncertainty we have asked our friend, Julie Interrante, MA to share her wisdom with us in a workshop series- "Caring for Caregivers through a Pandemic"

Being a caregiver in the midst of a pandemic has proven more than challenging. It is stretching the limits of our ability to be calm, to be patient, to trust, to sleep and more. Living in the time of pandemic is affecting our social connection and our spiritual nourishment as well as our general well being.

For some caregivers, sheltering in place has meant they cannot visit their loved one except through window visits, FaceTime or Skype. For others it means they are tending to their loved one 24 hours a day seven days a week. In short, everything has changed. No one has the answers. There is no timeline and no certainty about an eventual outcome.

For this reason, you are invited to attend "Caring for Caregivers through a Pandemic," a monthly workshop series for family caregivers. The sessions will offer tools and personal practices for connecting with the vastness of the heart to connect with a loved one even when they no longer connect through words or you are unable to see them. There will be time to share feelings of sadness, fear and uncertainty. We will explore self-care and self-kindness, finding patience for yourself and your loved one. Accessing the tender soft spot of the heart in order to remain true to yourself.

In addition, attendees will identify new ways to take care of their health and well-being – physical, emotional and spiritual. They will learn practices for living with uncertainty and even learn a little bit about technology and how to stay connected to friends and family. Poetry and wisdom of many who have lived through extraordinary times will be shared to encourage caregivers in the midst the COVID-19 pandemic.

These monthly workshops will be facilitated by Julie Interrante on the third Tuesday of each month at 2 p.m. The workshops will take place through Zoom. You will receive an invitation each month with a link to click on to get to the meeting. Please don't let technology keep you from attending. Julie will do a practice session with you if you have never done it before.

Julie is committed to the evolution of the self through the power and wisdom of one's own soul. She has more than 30 years' experience working with people in the midst of life-altering circumstances. She is a former faculty member of California Northstate College of Medicine teaching Hospice and Palliative Care as well as Sacramento City College in the Department of Psychology teaching Death and Dying. Julie is the author of The Power of the Broken-Open Heart, Life-Affirming Wisdom from the Dying.

New research from AARP suggests that caregiver's personal health and overall well-being can be greatly affected by the physical and emotional strain of caregiving.

Revere Court offers Weekly Support Groups for those caring for a loved one with memory loss as well as Monthly Educational Seminars and an Adult Day Program designed for those with a memory impairment.

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

For families looking for services out of the home that offer their loved one the opportunity to be with others in a safe, stimulating and happy environment, Revere Court offers three different services at our beautiful and secured three and a half acre campus in Sacramento's Greenhaven/Pocket Area, including Revere Court Day Club, Respite Care & Residential Care.

Workshops will be held the third Tuesday of each month for six months from July 21 to Aug. 18, Sept. 15, Oct. 20, Nov. 17 and Dec. 15 at 2 p.m. RSVP for Zoom link by calling (916) 392-3510, or emailing rc.dcr@chancellorhealthcare.com. For more information, visit reverecourt.com.



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A guide to dairy alternatives

Food allergies affect millions of people around the world. The group FARE (Food Allergy Research & Education) says researchers estimate 32 million Americans have food allergies. Among those allergies, milk is a leading source of food-related irritation.

People with milk or dairy allergies experience symptoms because their immune systems react as though these foods and beverages are dangerous invaders, according to the American College of Allergy, Asthma & Immunology. Symptoms of dairy allergies can include upset stomach, vomiting, bloody stools, hives, and general feelings of malaise. Dairy allergies also can cause anaphylaxis, a severe, life-threatening reaction.

As delicious as dairy products can be, people with dairy allergies have to avoid milk, cheese and yogurt, among other foods. Fortunately for allergy sufferers, a variety of foods and beverages can be easily substituted for dairy products.

- Traditional milk: Non-dairy alternatives for milk abound. Soy milk was one of the first alternatives to cow milk, and now rice, almond, coconut, oat, and hemp seed milks also are available.

- Yogurt: Dairy-based yogurts come in a variety of flavors. So, too, do dairy alternatives. Many alternatives are made from the same ingredients as milk alternatives. So these yogurts may be soy- or coconut-based.

- Ice cream: Silky, creamy ice cream is a treat on a hot day. For people with dairy allergies, soy- and coconut-based ice creams can serve as an alternative to traditional ice cream.

- Cheese: Cheeses can be hard, grated, spreadable, and soft. Substituting for cheese in a non-dairy diet can be challenging. Nutritional yeast can make foods more flavorful and can be sprinkled on like parmesan cheese. Sliced smoked tofu can mimic mozzarella or provolone on cracker platters. Cubed tofu may have the texture of cottage cheese or ricotta. Cheesy sauces often use a combination of ground nuts, spices and nutritional yeast to create that tangy appeal.

- Butter: Many non-dairy butters are made from vegetable oils or coconut. They often lend fat and flavor to dishes. Margarines and other butter alternatives are readily available in the dairy aisle.

Many people must avoid dairy due to allergies or other health-related reasons. Fortunately, stores are stocked with many items that can easily replace dairy in recipes or as stand-alone foods and beverages.

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As we are going through these hard times , Kingsdown Bedding Company in partnership with Mattress Direct of Sacramento, have created a Health and Wellness Mattress and Pillow program. The " Fresh Start " mattress and pillows were created to enhance health and wellness with the features of Silver and Copper infusion in the top cover, as well as Anti-Microbial treated. The Silver and Copper infusion is a natural infused fiber, used to diffuse the growth and killing of bacteria. Has been used for hundreds of years. Copper is also well known for many health and wellness benefits including minimizing pain.

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We appreciate you, we at Kingsdown and Mattress Direct care and want to contribute to the Health and Wellness of our community.

Thank You, John Lane
Northern California Kingsdown Bedding Company

Asthma:

continued from page 10

(sometimes daily), such as shortness of breath, chest tightness, coughing or wheezing, and most likely wake-up nightly due to those symptoms. Also, if you've gone to the emergency department or were hospitalized due to asthma at least two times during the past year and were given oral corticosteroids to keep asthma under control, your asthma is most likely not well controlled. Despite all your efforts to take your medications as prescribed, your symptoms continue. If this sounds like you, you may have severe asthma.

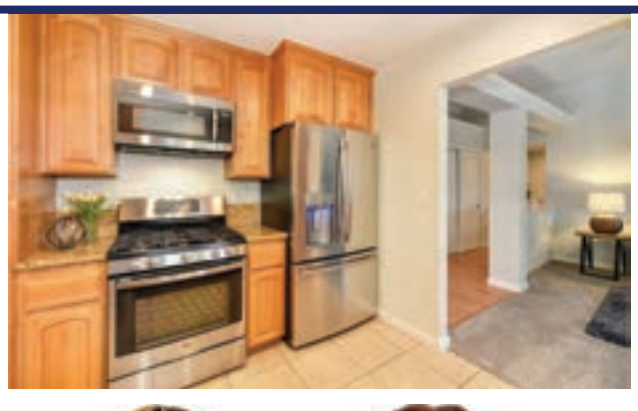
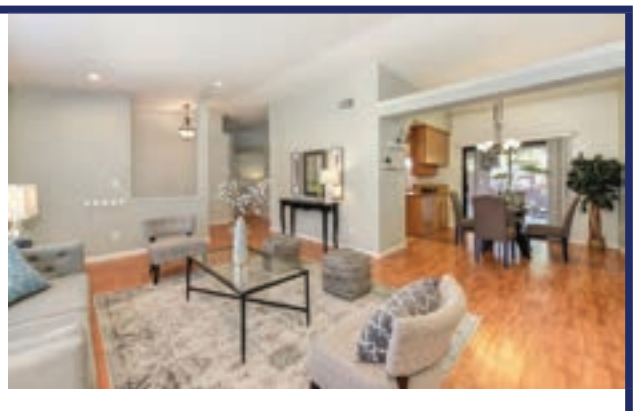
2. How do I know if I have severe asthma? There are several different types of asthma and knowing what kind you have can help in your treatment plan and management of symptoms. Testing for severe asthma may involve taking a blood sample, analyzing your lung mucus or taking a breath droplet test. These tests are looking for biomarkers, or identifiers that cause Type-2 inflammation, or other factors that cause non-Type-2 inflammation, resulting in your daily uncontrolled symptoms. Common types of severe asthma include allergic, eosinophilic (also known as e-asthma) and non-eosinophilic asthma. If your specialist confirms a diagnosis of severe asthma and determines your specific type, they will develop a personalized treatment plan with you.

3. What severe asthma treatments are available for me? Treatment options may include:

- Biologics: medicines targeting biomarkers causing type 2 inflammation.
- Bronchial Thermoplasty (BT): a minor lung procedure that applies heat to the airways to decrease overgrowth (remodeling) of the smooth muscles and improve symptoms.
- Antibiotic medicines or oral corticosteroids: medicines targeting non-type 2 inflammation caused when there are unknown biomarkers, or as a result of other health conditions. Note: If possible, it is important to discuss with your doctor how to best reduce the need for oral corticosteroids.

4. Where do I go from here? What actions can I start today? Gaining control of your asthma starts by taking American Lung Association's My Asthma Control Assessment to determine your level of asthma control. Once you have a better understanding of your asthma, you may need to see a specialist who can better explain what type of asthma you have and what treatment options are available. Make an appointment to visit your asthma doctor to start the discussion, and download the Lung Association's Shared Decision-Making Worksheet. This tool, available at Lung.org/severe-asthma, can help you discuss with your specialist which treatment plan might be best for you.



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Photos by Jen Henry

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Fairytale Town has reopened



With approval through the new County Health order, Humpty's gates are once again open to the public, as of Saturday, June 13.

Of course, things are a bit different for visitors. The biggest change is that reservations are needed to enter the park. You can make your reservation online by visiting the plan your visit page. Please print your confirmation tickets and bring it with you to the park. Please note that reservations are non-refundable and non-transferable.

Removing Reservation Fee for Members:

If you are a member and have not received an email from Fairytale Town, please email the Membership Team at members@fairytaletown.org or call 916-808-4537 or 916-808-7462 to get your exclusive code that removes the reservation fee. Please provide your membership number in your email or voicemail and staff will return your message as soon as they are able.

New Precaution and Rules:

Staff asks guests to follow a few simple rules to help keep everyone safe:

Parties must stay together at all times

One family at a time on playsets, so please be thoughtful and give others a chance to play

Please keep six feet between you and guests outside of your party

In compliance with the Governor's new mask order, all families must wear masks at Fairytale Town. Children under the age of 2 will not be required to wear a mask.

Please do not plan to visit if you, or anyone in your party, are feeling ill

In addition to requiring reservations to enter the park, we have instituted enhanced protocols and procedures to help keep you safe. Regular cleaning of the play equipment, additional hand sanitizer stations, and blocking off select benches, tables, and play sets are just some of the ways we are working to protect you and your family while you're at the park. Please watch our informational video to see how things will look on your next visit.

Playsets that are closed:

The Castle,
Sherwood Forest, and
the Shoe Slide.

7707 Rush River Drive,
Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

Monthly Caregiver Educational Zoom Workshop Series

"Caring for Caregivers through a Pandemic"

Tuesday's:

Workshops will be held-July 21st, August 18th,
September 15th, October 20th, November 17th & December 15th at 2pm.

Presented by: Julie Interrante, MA

Being a caregiver in the midst of a pandemic has proven more than challenging. It is stretching the limits of our ability to be calm, to be patient, to trust, to sleep and more. Living in the time of pandemic is affecting our social connection and our spiritual nourishment as well as our general well-being.

At Revere Court Memory Care we understand that dementia affects whole families. Each person with memory loss, and his or her family, experience different challenges and needs, which vary at different times during their journey. We are here to support you by offering free workshops & support groups. You are not alone!

Please RSVP for Zoom info At
916-392-3510

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

JUNETEENTH CELEBRATED AT CESAR CHAVEZ PARK ON FRIDAY JUNE 19



Photos by Monica Stark

Commemorating the Emancipation of the last remaining enslaved Blacks in the Confederacy, Juneteenth was celebrated with speeches of social justice, including the call to defund the police and to take police out of schools.





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