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Fourth of July neighborhood fun

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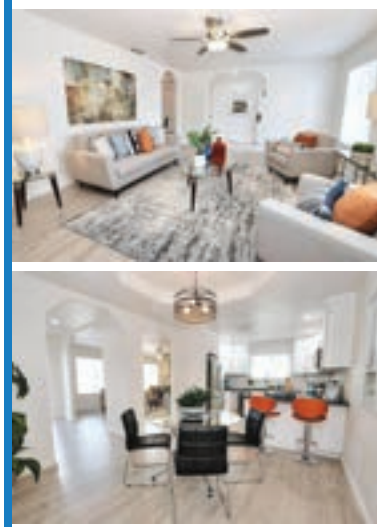

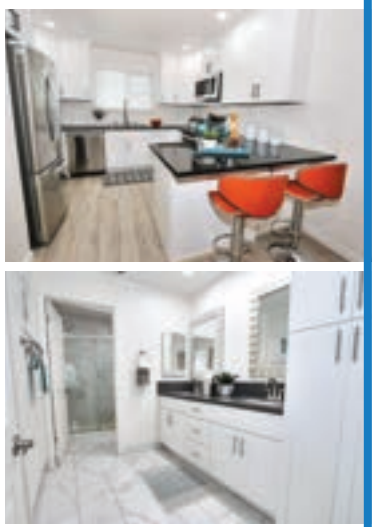



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Kennedy High School Teacher Honored by the Special Olympics of Northern California



Sacramento City Unified Teacher Chloe Stidger was honored by the Special Olympics Northern California (SONC) for her efforts to go above and beyond for students and encouraging an environment of inclusion and acceptance. Stidger is a Special Day & Autism Teacher at John F. Kennedy High School (JFK) and was honored alongside five other teachers in Northern California.

"Chloe has been tireless in ensuring that all students receive access. Her work with the Special Olympics is testament to her commitment, and she deserves every bit of this award. She has been essential in changing stereotypes and improving trajectories. I could not be prouder," said John F. Kennedy High School Principal David Van Natten.

JFK starts the year with soccer and has become a Championship School for Inclusion in Sports through the Special Olympics Soccer events hosted at JFK. This event allows the school to meet, and recruit general education students who want to compete side by side with us for other sporting events like basketball. Students practice together at lunch and during their P.E. classes.

"The students, and staff believe that Special Education students are so much more than their 'label.' It means that we are working hard to include not just the Special Needs students but we are including the General Education students into our world and fun," said John F. Kennedy High School SDC/Autism Teacher Chloe Stidger. "Sports brings everyone together and once you are on

see OLYMPICS page 14

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

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Cover photo by:
Elizabeth Wong

PACT keeps the 4th festive for local seniors



By Devin Lavelle

We all understood but were saddened when the Pocket 4th of July Parade had to be canceled due to COVID-19. I think we all know that gathering in large groups was just too big of a risk to take right now.

We also recognize that COVID has impacted many of us in very different ways. Some have been hit hard economically; others have been sick or seen loved ones suffer through the disease. Our elderly neighbors, who are most at risk to COVID, have been hit particularly hard. Gratefully, outbreaks have not occurred in our local senior centers at the time of writing. However, the seniors who live there, who are already at great risk of isolation, have been cut off from the world around them even more because of COVID.

The Pocket Area Churches Together stepped in to this void, organizing a parade of over two dozen decorated cars on a tour of ten local senior facilities on July 2nd. (The 2nd was chosen to work around staff at the facilities who had planned much deserved time off over the holiday.)

Rich Fowler from the organizing committee described their goals: "We wanted to communicate that the elderly people who have been quarantined and alone for months now. They are our moms and dads, aunts and uncles, brothers and sisters...and we who are a part of the faith community wanted to communicate to them that they are not alone, that they are not forgotten, and that they are important to us. In addition, there are hundreds of men and women who are workers in these facilities who are taking care, day after day, to make sure those in their care do not catch the deadly COVID-19 coronavirus. We wanted to communicate to them that we know they are there, and we are grateful for their dedication and care."

In addition to Rich from St. Anthony Parish, the planning committee included Jane Owen and Vicky Chastain from Faith Presbyterian, Beth Hieb from River's Edge Church and Sydney Schumaker, an incoming junior at Christian Brothers High School.

It wasn't an easy process. Sydney tells us, "We had several weekly meetings to organize it. We carefully planned a route to make it as easy as possible to keep the group together."

Driving in the middle of the parade, I can tell you it was a challenge keeping together through the many red lights, slowed by the work SMUD is doing in the middle of the neighborhood.

Nonetheless, everything really came together when we gathered in the parking lot behind Faith Presbyterian. "That morning was great. We got there early, but people were already there even earlier, lining up, decorating their cars, saying hi to everyone they knew. It was fun to see the community together for such a good cause. There are so many people who want to do this and are willing to come together early in the morning," Sydney recalled.

From there, we were off, heading north on Florin before visiting The Meadows at Country Place and Eskaton Care Center at Lake Greenhaven. A large crowd had gathered along to watch the parade loop through Eskaton's parking lot. Next we headed down Riverside to The Waterleaf (plus a quick wave to their neighbors at VCA Greenhaven!). Valine Court was packed with enthusiastic residents, waving enthusiastically as we went by. After a loop around South

see PACT page 4

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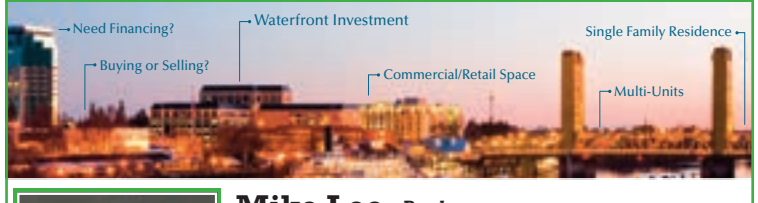
-Ben Franklin





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PACT:

continued from page 3

Land Park, we returned down Riverside to Greenhaven Place and saw a seemingly endless collection of small groups pop up throughout the parking lot behind the facility. After a slow trip through a one-lane Florin, we made the route of ACC facilities starting with Greenhaven Terrace, then their new Maple Tree facility and ACC Care Center on Rush River. (Watch out for the folks at ACC Care. They have squirt guns and they aren't afraid to use them.) Just past ACC Care, we looped through the Revere Court parking lot before using the Rush River/Windbridge circle to turn back around before finishing at Greenhaven Estates.

Sydney recalled, "The elderly folks seemed to be enjoying themselves. They were waving and smiling. One ACC facility even had squirt guns out, they really seemed to enjoy it."

And from what the staff tell us, they did really have a great time.

Casey Simon from Revere Court Memory Care said, "We appreciate the PACT team for taking the time to celebrate our HEROES and residents here at Revere Court Memory Care! They did a great job decorating their vehicles & showing their love and compassion to us! Our staff work hard daily to keep a smile on our residents faces, even more so during this pandemic, we appreciate the acknowledgment and effort that the PACT team showed us with a wonderful, fun car parade!!!"

Scott Okamoto from ACC Maple Tree Village added, "The parade was fantastic and is was a great start to our residents' 4th of July weekend. We shared a video on our Facebook page and Instagram account. As residents were coming back into the community, we heard comments like 'that was fun' or 'did you see the old cop car?' Staff especially loved the golden retriever popping out of the window! Residents here at ACC Maple Tree Village were waving their Americans flags proudly as each car passed by."

It really meant a lot Scott, "Knowing the 'random strangers' in the community are thinking about us, wanting to express their love and support of residents and staff is invaluable to the heart at times like this. If feels like a warm hug to heart to know that our community is standing behind us, sending love and caring wishes our way as we all battle against COVID-19 and its isolation together. As much as we do as a company to support our residents, it adds an additional layer knowing that the outside community's support is there as well. Having the community social distance, wear masks when in public, practice proper hand washing and all additional protocol help us to protect our residents that much more. The more we can join together in fighting COVID-19, the more we can help protect each other and protect our community of Greenhaven and Pocket."

It was a great morning for everyone involved. As Sydney said, "It felt really good seeing all the smiling faces, the people in the cars, the healthcare workers and all of the residents. It's really fulfilling to see it all come together."

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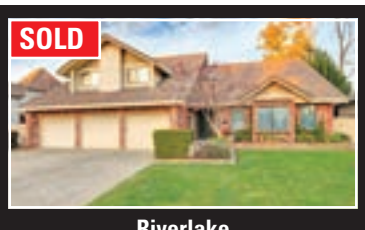
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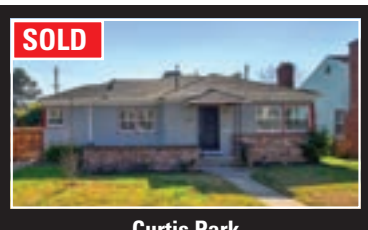
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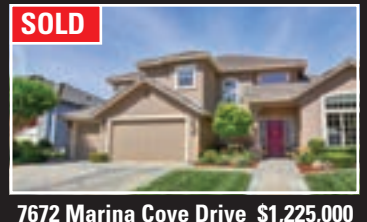
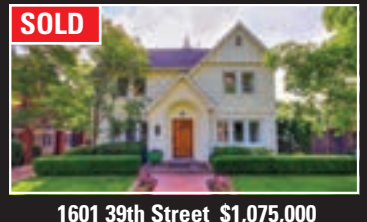
Curtis Park
2910 13th Avenue $362,500
2 Beds / 1 Baths / 1,096 SqFt


SOLD
7672 Marina Cove Drive $1,225,000
5 Beds / 3 Baths / 3600 SqFt


SOLD
1601 39th Street $1,075,000
3 Beds / 2.5 Baths / 2069 SqFt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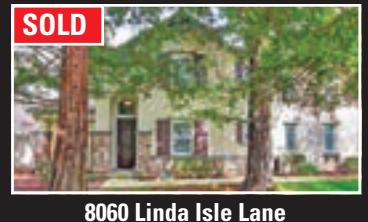
1044 E Landing Way
$799,000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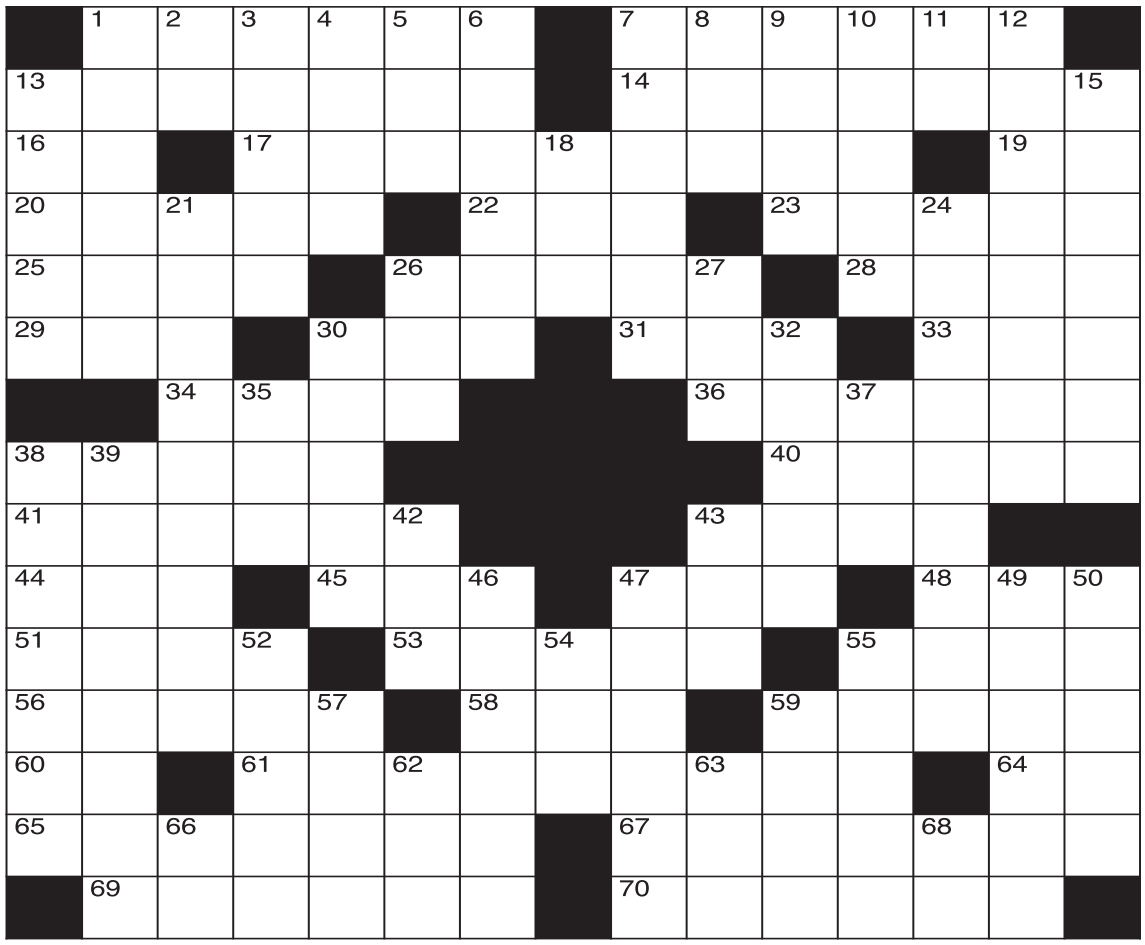

CLUES ACROSS
1. Slopes
7. Attacks
13. One who has left prison
14. Goes against
16. Atomic #37
17. Home of The Beatles
19. Mac alternative
20. A common boundary with
22. Fluid in a plant
23. Genus that includes scads
25. Longer of the forearm bones
26. Gradually disappears
28. AI risk assessor
29. Type of whale
30. Jaws of a voracious animal
31. Patriotic women (abbr.)
33. Ancient Egyptian God
34. Obsessed with one's appearance
36. Erase
38. A type of smartie
40. Nostrils
41. Influential French thinker
43. Popular K-pop singer
44. One point south of due east
45. Payroll company
47. Moved quickly on foot
48. Bar bill
51. An idiot
53. Indicates silence
55. Protein-rich liquids
56. Rhythmic patterns
58. Scatter
59. Belongs to bottom layer
60. Impulsive part of the mind
61. Carousel
64. Type of degree
65. Ornamental molding
67. Locks in again
69. Sounds the same
70. Come into view

CLUES DOWN
1. Speak rapidly
2. Trauma center
3. River in W. Africa
4. Ancient Greek district
5. Bulgaria's monetary unit
6. Children's ride
7. Absorbed liquid
8. Markets term
9. Retail term recording sales
10. Automaton
11. Spanish form of "be"
12. Divide
13. Malaysian sailing boat
15. Writers
18. Cool!
21. Popular tourist attraction studio
24. Sets free
26. An enthusiastic devotee of sports
27. Unhappy
30. Alternate term for Holy Scripture
32. Influential French scholar
35. What thespians do
37. Local area network
38. Free from contamination
39. Coastal region of Canada
42. Sun up in New York
43. High schoolers' exam
46. Fathers
47. Call it a career
49. Suitable for growing crops
50. Rose-red variety of spinel
52. Orange-brown in color
54. Lowest point of a ridge between two peaks
55. Late TNT sportscaster
57. A way to wedge
59. Cold, dry Swiss wind
62. Hockey players need it
63. Something highly prized
66. Atomic #45
68. Top lawyer

Puzzle Solutions see page 18

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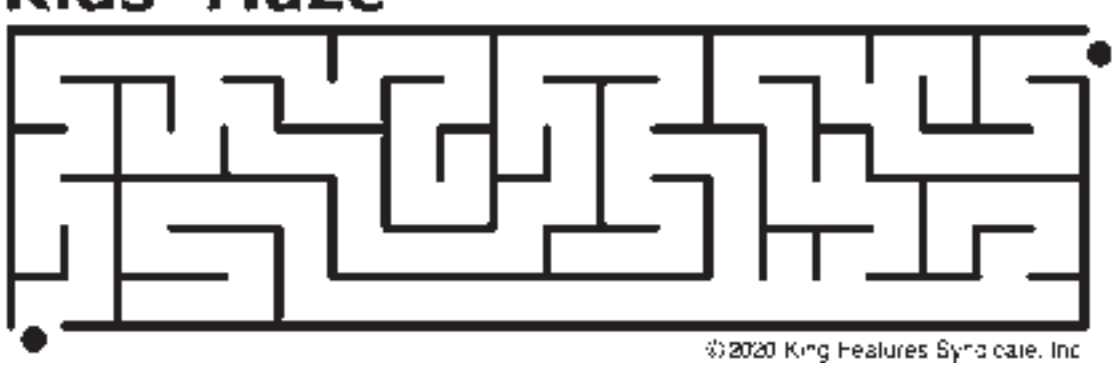

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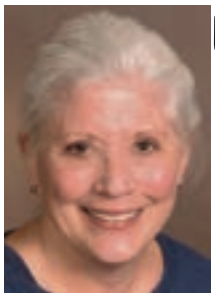

THIS 'n' THAT

by Carol Bogart

An Attachment to Trees

I come by this honestly, my affection for trees. Liking trees runs in my family. For some, I know, tree upkeep – such as freeing gutters and lawns of fallen foliage – is not a plus. I understand. I used to be a homeowner. But, for me, enticing trees are a bigger draw than any other offered by a house or apartment complex.

When Mike was born, I bought my first house in Denver. Or, I should say, I bought a big beautiful backyard Silver Maple. Improvements to the house I could do as I had the money. Growing a tree like that would take at least 30 years. The yard lacked lilacs. I grew up with lilacs. So, I planted some, and also a Redbud like my mom's.

It was spring when we moved to our second house. Its crabapple trees were in showy pale pink full bloom. The privacy fenced back yard was bigger for a growing boy, and our growing herd of animals. No big shady trees, though, so, I planted some. Four of them. In the city's tree lawn. Trees the landscaper said could withstand fumes from the city's bus stop. One was a buckeye. Like my grampa had.

From tree-related posts I've seen on Nextdoor, I know I'm not the only person in West Sac who gets attached to a tree, or trees. In the state streets recently, some residents were having tree issues. One tree likely predated the building of the house and the homeowner was loath to lose it. A Chinese elm, I think. Sadly, part of it had already fallen on or close to a neighbor's house. My folks farm had one, too. "Trash tree," my dad said. Big and beautiful, though. Birds loved it. My parents loved to bird watch. They attached suet to it and watched it while they had supper. But, eventually, they lost it.

From a forester who'd once worked for the U.S. Forest Service, I learned a lot about what does, and does not, make a good city tree. Of course, what he recommended for Ohio was different than for California. The main thing I remember: He said to avoid trees with invasive roots that can damage a foundation, interfere with buried lines, and buckle sidewalks. Like willows, I think he told me.

My favorite tree on my farm was a ginormous Sycamore. Leaning out over my creek, it exposed its massive flat smooth roots. I spent more than a little time there, legs dangling, studying animal tracks in the mud below me. I asked the forester why I never saw the animals that left the tracks. He said, "Sit quietly for 10 minutes. They'll come out."

Now, you may already know this, but Sycamores also grow well in California! Imagine my joy to find an apartment that is shaded by a now-huge Sycamore! I've been told I have former West Sac City Manager Toby Ross to thank for the Sycamores that now line Lighthouse. (Toby, my source said, was especially fond of Sycamores.)

As a suburban kid, before my parents bought their farm, I liked our front yard Sugar Maple with its dark red leaves in autumn. Dried several of those between pages of my school dictionary. In back, my favorite was the smooth-barked Granny Smith (a rough barked tree is hard on gravel-scarred small knees that nonetheless intend to climb it). Squirreled away in the topmost leaves of the Granny Smith, I ate its crisp green apples.

At the risk of giving you a headache, here's a link for looooooong list of trees recommended for California: http://www.californiagardens.com/Lists/Tree_list.htm. If attracting birds and wildlife quickly is a goal, take a look at small, ornamental fruit/seed-bearing trees. If, on the other hand, you want beauty but absolutely DO NOT WANT A MESS, best to go with a flowered variety that is 'unfruited'. Here's what else the forester told me as we walked the woods at my farm: Dead trees are good if you're a wildlife lover. Birds and animals live in the dead tree's holes and hollows. I even had a Wood duck take up residence in one of mine!

The former forester assessed my woods for harvest purposes ($3,600 in 1996). The tree trunks, he told me, would be pulled out on skeds, their roots and canopies left behind.

I didn't like that. Instead of waves of trilliums, Spring Beauties, yellow violets and so much more – my woods would be scarred with ugly ruts. And the mess would clutter up the deer paths.

So, no, I wouldn't be harvesting the veneer quality Black Walnuts or soaring oaks. "How,"

see This 'n' That page 13



PHOTO BY CAROL BOGART

The shade from West Sac's Sycamore by my balcony cuts down my AC bill; buffers exhaust fumes from cars on Lighthouse; and feeds birds with its seeds.

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Michelle is a former long term state employee, regular instructor for Sierra College, lecturer for multiple universities, veterans groups, one stops, job fairs, and arbitrator for BBB.



You Can Still Dine Al Fresco!

By Devin Lavelle

Keep on supporting our local restaurants, please … and now you can do it outside!

It's been incredible to see how much our community has stepped up to support our local restaurants keep their doors open during COVID. It's about more than just food – restaurants are a cornerstone of our community. They are where we come together and where we get away. They are where we celebrate and sometimes where we mourn. They are an indelible part of so many of our experiences and memories, the community wouldn't be the same without them.

And, of course, their rules under COVID have changed again. With Governor Newsom's latest orders, restaurants that had recently re-opened for dine-in may no longer serve customers in-doors. For most local restaurants, that means reverting to take-out and delivery-only.

For a few of our local restaurants, though, they are able to stay open for outdoor dining on their patios. As the Governor said, "this doesn't mean restaurants shut down. It means we're trying to take activities, as many activities as we can, these mixed activities, and move them outdoors, which is a way of mitigating the spread of this virus."

I have long bemoaned the lack of outdoor dining opportunities in the Pocket. I have a dream of someone someday opening a rooftop dining area in the Grocery Outlet center, overlooking Lake Greenhaven. Maybe someday …

But in the meantime, neighbors looking for a great al fresco meal have several local options.

Ken from Device tells us, "We have two covered patios with tables spaced to keep everyone at least six feet apart and have two expanded patio areas with additional seating, fully meeting the requirements of social distancing. The breezeway gives a really nice delta breeze in the afternoon. With full shade, even the hottest days are pretty comfortable out there. Even when everything was open, they always filled up first. People seem to really enjoy it!"

Vientos Mexican Cocina at Riverlake Village has also expanded their already large patio, with shaded seating to the East of the restaurant, facing Greenhaven. I recently enjoyed a Carne Asada Torta on the patio and felt very well-spaced from the other customers.

Tamashii Ramen, the Pocket's newest restaurant in the Nugget center, is also open for outdoor dining. Lucas says, "We are serving at our patio. Everyone is welcome to order and enjoy our ramen and sushi on our patio. We have five tables outside provided by our landlord."

At A Taste Above (across from Bel Air), Rich tells us, "We are working on expanding the patio so we can provide limited outdoor seating by the end of July. We have been asked daily if we can provide seating for guests to enjoy their meal, beer/wine or Gunther's Ice Cream. Tables will be spread apart and sanitized frequently by our staff to ensure everyone is protected. Until then, we are still accepting phone-in orders for curbside delivery, walk-ins (mandatory face covering enforced) and of course the three delivery platforms can also be utilized." (Grubhub, DoorDash and Uber Eats)

Ken from Device wanted to emphasize the support local businesses have been receiving. "It was really great to see how quickly the CA Department of ABC processed our application to expand our patio. They have been working very hard to provide regulatory relief to help license holders during this time."

And everyone wanted to drive home how grateful they are for our community's support during these difficult times.

As Rich from A Taste Above says, "We'd like to thank all the supporters throughout the pandemic; without them, A Taste Above would not be able keep the doors open."

Or Tamashii's Lucas said, "It is very important for us to keep serving our community during this rough time. I hope everyone is safe and healthy. We will see everyone soon."

And Device's Ken, "It's been very rewarding to see the ongoing support of our community. We are doing everything we can to continue operating while keeping the public health as a priority."

Your Pocket Greenhaven Community Association is also doing everything it can to help support our local businesses. Keep up with the latest info on restaurant openings at pocketgreenhaven.org/restaurants.



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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 cancelled 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-5:00 pm.

This live event can be viewed on the Buddhist Church of Sacramento's Facebook page (@buddhistchurchofsacramento). The program schedule will be posted on the church's website (www.buddhistchurch.org) and on Facebook. Viewers can tune in to the program any time during the five-hour period. Donations can be made through mail (Buddhist Church of Sacramento, 2401 Riverside Blvd, Sacramento, CA 95818), on-line (www.buddhistchurch.org), or by calling in during the telethon at (916) 446-0121.

In addition to accepting monetary donations, we will also be selling commemorative t-shirts, aprons, and decals. 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 until Saturday, August 15, 2020. After that date, the merchandise will no longer be available for purchase.

Featured below are some of the performances/demonstrations that will be included in the program:

Living Art of Bonsai: Heritage Trees - Lucy Sakaishi-Judd, retired high school teacher/coach of Roseville High School District, and member of the Sacramento Bonsai Club (president), Sekiyukai, Satsuki Aikokai, American Bonsai Association, and the Sierra Bonsai Club, will give a virtual tour of the beautiful bonsai collection that she and her late husband Gary Judd developed. In this presentation, Lucy will focus on "Heritage trees"; those trees she and her late husband cared for, that were from collections of others who they have known together. Bonsai has given them pleasure in enjoying a hobby together, continuing a legacy for others, teaching/learning enthusiasm for the art, and friendships around the world.

Koyasan Spirit of Children Taiko – This children's Taiko group was started in July of 1993 to transmit the legacy of Japanese culture to children. The group is sponsored by the Northern California Koyasan Temple. Emphasis is placed on discipline, focus, individual growth and working with and showing compassion for others. The group has been performing widely for the community, such as the Crocker Art Museum, Relay for Life and CSUS Japan Day, and their favorite performance venue, the Sacramento Buddhist Church Bazaar.

Bunka Shishu – Bunka is a form of Japanese embroidery, using special thread and needles. This art was originated in Japan in the early 19th Century and was introduced to the USA after World War II. Bunka is considered artwork, rather than clothing adornment. The Sacramento Buddhist Women's Association (SBWA) meets weekly to create beautiful art, and the participants include both men and women. SBWA member Jane Komure will narrate as instructor Kirby Fukushima demonstrates the art of Bunka.

Vocal Performances by Merv Maruyama – Merv Maruyama, originally from Fresno, moved to Sacramento about 4 years ago from San Francisco where he had lived for over 25 years. He is a member of the Los Angeles-based Grateful Crane Ensemble, a theater company performing plays and musical shows to tell the stories of the Japanese American experience. He has also appeared in productions at the Asian American Theater Company in San Francisco, San Jose Civic Light Opera and the National Asian American Theater Company in New York. Merv has appeared in over 20 productions at East West Players in Los Angeles.

Sacramento Chapter of Ikebana International - Two members of the Sacramento Chapter of Ikebana International will present and describe Ikebana floral arrangements. Ikebana is the art of Japanese flower arranging which began in the 13th century in Japan and continues currently with the development of many different schools of Ikebana. Ikebana International's theme is "Friendship Through Flowers" and is an organization which presents demonstrations from various schools of Ikebana as well as Japanese cultural programs; in this presentation, Jane Suiei Naito and Helen Kosoku Tashima will present their arrangements from the Sogetsu School of Ikebana, a modern school established in 1928 in Japan. These Ikebana arrangements will include both natural and unconventional materials.

(website - http://www.ikebanasacramento.org; Facebook: IkebanaInternational-Sacramento)

Satsuki Ina - Writer, activist, and psychotherapist, Satsuki Ina, has spent her professional career seeking to understand the long-term impact of collective and historic trauma. She was born in the Tule Lake Segregation, a maximum security American concentration camp during WWII. She is Professor Emeritus at California State University, Sacramento, and currently provides consultation to organizations and communities addressing collective and intergenerational trauma. She is co-organizer of Tsuru for Solidarity, a grass-

see BAZAAR page 9

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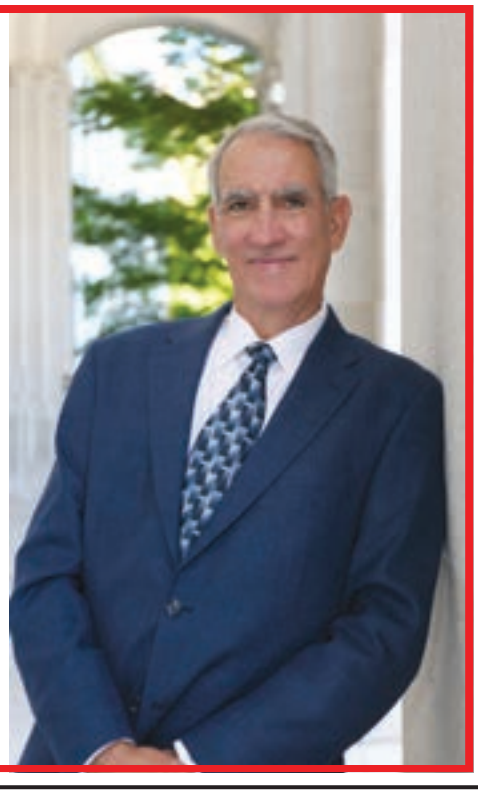

Bazaar:

continued from page 8

roots coalition formed to protest current policies that echo and reverberate the racism and hate so resonant of the historical Japanese American incarceration. She has produced two award-winning documentary films about the Japanese American incarceration experience, Children of the Camps and From A Silk Cocoon. Her upcoming book, Be Strong. Don't Cry will soon be published by Heyday Press.

Kendyl Ito - We're excited to announce one of our performers at "Bazaar-at Home Edition" is Broadway performer and longtime church member Kendyl Ito. Kendyl has been in several prominent productions in her young career including "Soft Power," Public Theater, NYC; "Matilda," National Tour; and "A Chorus Line" directed by Baayork Lee. More information at KendylIto.com.

Shuji Calligraphy – Shosui Shodo Kai - The form of Japanese calligraphy has a long, rich artistic history and Shosui Shodo Kai of Sacramento has been proud for many years to be a part of the Sacramento Buddhist bazaar. Shosui Shodo Kai, started by Mrs. Etsuko Wakayama in 1979, is a program that includes the writing of kanji (Chinese characters), kana (a developed style for poetic writings), penji (Japanese handwriting) and sumie (ink wash painting). Presently, the head instructor is Mrs. Harumi Hashimoto, with Yumiko Kitade as assistant instructor. Mr. and Mrs. Isamu Kobata are penji instructors. The tools used in Japanese calligraphy are the brush, ink, ink stone and paper. Known as the Four Treasures, these four calligraphy tools help each individual to write gracefully, develop respect for the art form with the hope that can be an invitation to a finer aesthetic viewpoint for each student.

Kimekomi Dolls – The original Kimekomi Doll was first made by Tadashige Takahashi who served for Kamigamo Shrine in Kyoto 280 years ago. The doll was made of willow tree twigs found near the Kamo River. Takahashi dug some shallow grooves of kimono seams and pushed pieces of cloth from the costume of Shinto priest. Most Mataro dolls are modeled from the Heian Period to the Edo Period. Modern style dolls and animals are available. Masanori (Isako) Wasano, director of the Northern California Shibu-Chapter Mataro Miyabi Kai will provide a demonstration of Kimekomi Dolls. Isako is an Executive Member of the Mataro Doll Craft Academy (Tokyo, Japan), an inductee of the 2011 Japanese Culture Hall of Fame in Northern California, a senior instructor for Kimekomi Doll classes in the San Jose and Sacramento, and class advisor in Stockton, Watsonville, and Monterey.

Sacramento Taiko Dan - The Sacramento Taiko Dan was founded in 1989. Its diverse membership is drawn together by a shared passion for taiko, a modern percussive art form with roots in Japanese culture and traditional performing arts. For more than three decades, the group has brought a dynamic mix of thunderous sound, toe-tapping rhythms, intricate choreography, and boundless joy to audiences throughout California, and as far away as Canada, Europe and Japan. Sacramento Taiko Dan has been performing at the Buddhist Church's Annual Bazaar and the California State Fair for decades.



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Junior Whirl

by Charles Barry Townsend

TURN-AROUND RIDDLES



1. Turn around a drink and get an insect.
2. Turn around clothes and get boasting.
3. Turn around charts and get luncheon meat.
4. Turn around openings and get exercised
5. Turn around water grass and get an animal.

TO SOLVE, turn around the letters in the first word to get the second. Example: Rail-flar.

Answers: 1. Tang-gnat 2. Garb-brag 3. Maps-spam 4. Maws-swim 5. Hoed-deer.

1.	A							H
2.		A					H	
3.			A			H		
4.				A	H			
5.			H			A		
6.		H					A	
7.	H							A

Illustrated by David Coulson

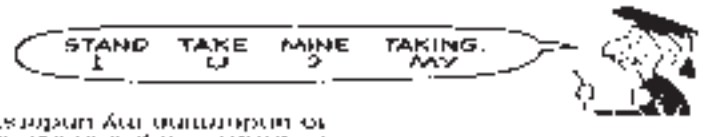
AH, HA! IT'S TIME TO FIND THE BIG WORDS!

Using the definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words, for each definition, must be unscrambled and used to form the word asked for.

DEFINITIONS	ANAGRAMS
1. An artist's tool.	(rubs + hair)
2. Turn of century light	(gash + gill)
3. Also called checkers.	(shut + drag)
4. North American weapon.	(make + thaw)
5. Hard to find in restaurants.	(hats + rays)
6. A light dimmer.	(tear + shot)
7. Fits of laughter, crying.	(yeah + stir)

Answers: 1. Airbrush. 2. Gaslight 3. Draughts 4. Tomahawk. 5. Ashtrays 6. Fire-oslet. 7. Hysteria.

AN INTERESTING REBUS! All right, students, you have two minutes to solve this puzzle.



Answer: The professor is saying: "I understand you understand."

LET'S TAKE A WORD DRIVE! Find the four five-letter words in the word square that match the definitions below.
1. A trip (DRIVE, in place). 2. Ran against others
3. A sweet decoration 4. Where something takes place.
5. Dividing lines, or borders.

1 D	2 R	3 I	4 V	5 E
2 R				
3 I				
4 V				
5 E				

Answers: 1. Drive. 2. Raced. 3. Icing. 4. Venue. 5. Edges.

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Faces and Places: Fourth of July neighborhood fun

Photos by Elizabeth Wong

Covid-19 did NOT STOP our neighborhood in the Pocket from celebrating with fireworks!



Auntie Mollie & Eliz (lawn chairs)



Hula Smiles (sparklers & "Tiny Bubbles")



"Lights of Freedom" lined up on sidewalk



Flag flying over rice crispie

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Garden guru shares advice on gardening with children



Ada Bailey, Sara Bailey's daughter

By Monica Stark

Plant whatever brings you joy. I read that book and I like the title, but the very idea is problematic since planting anything is wrought with the opposite of joy – horrible sinus pain.

Give me my Benadryl, a glass of wine, draw a bath and I'll see you in the morning.

When toilet paper became a rare commodity due to the corona, I freaked out and became a TP hoarder. I even joked on Facebook about how I use a roll a day to keep the boogers at bay. I had folks volunteering to make me hankies!

Sometimes my allergies actually make me sad because I want to be *that* mom, the one with the beautiful victory garden tended to with help from her 8 year old daughter. You, know, *that* Waldorf mom who also likes crafts and could sew her own darn hankies (and Covid-19 face masks, which could also be helpful with the allergies when gardening, I suppose). When I think of my dear mom friend (and friend in general) Sara Bailey I have an image of her wearing her gardening shoes, hat and gloves while her two children play in the dirt and watch the grass grow. She is *that mom* who plants joy at school. She's also my friend whose children sewed me some hankies and gave me a packet of harvested sunflower seeds. Sunflowers do bring me joy. She must have known. Afterall, Sara has two children and runs the garden program at our children's school.

Over the phone she explained the Mexican Sunflowers are easy to grow; even children have success with them. Excellent.

Also a community seed-sharer, Sara saved seeds from last year's harvest, including Mexican Sunflower, to basil, squash, pole and bush beans beans, making for neighborly exchanges during the quarantine. "Some were from seeds I saved and some were from friends and family that we exchanged with. I planted so many seeds, so I had so many to share. It was one thing we could do – share. That was like 'elevendy' years ago. It feels like 400 years ago we were planting seeds."

Her expertise working with children in the garden has grown over the years. Sara says Soil Born Farms in Rancho Cordova has helped instruct grown-ups, like herself, on how to explain plants to them. She learned that teaching kids how their hands are tools and how they can use them in the garden have born fruitful results. And, planting different size seeds requires specific handling; you can plant that one seed with your finger. "Otherwise you end up with 4 million seeds all over the place, which happens anyway, and that's totally fine. That's all part of it," she says.

If you actually want to get some gardening done, Sara recommends having a clear plan and supplies at the ready. That said, sometimes it's best not to have a plan and be more open-ended and ask them to use their senses to see what's there. "That doesn't have to be so structured. It's a balance of figuring out what needs to get done and what makes sense to do with kids and just having it really planned out."

Bringing her to a total let-go of control, Sara said gardening with children will never be the way you planned it in your head no matter how much planning you do. So much of it is going with the flow. For instance, when they ask questions, she doesn't always answer them. Rather, she lets their curiosity stay in that zone and asks them what they think.

While children at the school always ask to grow carrots, Sara advises against it. "It's not that I don't do carrots with kids – they're just hard. They don't germinate really easily and they take forever to grow." On the flip-side, radishes although aren't typically a crowd-pleasing vegetable, Sara likes to plant them with children because of how quickly they germinate. "In a short amount of time, you will have radishes, which is not a thing kids necessarily love. If you cut them up and offer them to a bunch of kids, and a couple of them like them, then more kids will try them. They are just fun to do because they happen really fast."

Additionally, she says sweet peas are fun and any type of squash are great because they grow really fast.

see GARDENING page 13



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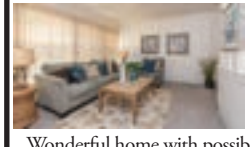

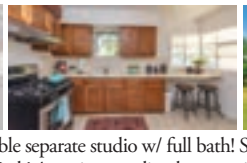



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Gardening:

continued from page 12

Sometimes things in school gardens you have to think about because things like summer squash and tomatoes do most of their growing in the summer when kids aren't there. On the other hand, pumpkins are great if someone on campus can do the watering over the summer. So, in theory when the kids return to school, they have pumpkins.

One of her favorite things to plant with children is borage, an annual that re-seeds itself easily. "They have awesome purplish blue flowers on them and you can pop the flower off; it's edible and tastes almost like a cucumber. Some people make tea with them. They don't take up a lot of space and they're super fun. That's one people don't know a lot about and they're cool."

Sara says that when she's at school she notices big differences in some children's behavior when they get a chance to go outside. "When you're at a school in your classroom, these walls are around you. Outside, you get to see a different part of kids. There are kids if you are sitting next to them and not looking at them and you're just digging in the dirt together, they will talk to you. You could spend a lot of time in the classroom with them and not ever hear from them directly. The garden is a really safe place for kids to be who they are. There is something for every kid. There's something that they're good at. There are some kids that are really great at ripping out weeds, some who like heavy lifting, and there's things that are more finesse like weeding in between the teeny tiny flowers."

Sara says there's a place for everybody in the garden. Perhaps there's hope.

This 'n' That:

continued from page 6

I asked, "can I improve my woods for wildlife?" He pointed to grape vines bigger than my wrist. "Leave a few for wildlife cover," he said, "but remove the rest. Grapevines will choke out the trees you want."

Heading back, we walked the deer path along the creek, and he explained the trees to me from, I guess you'd say, a John Muir point of view. How to identify a tree by the way its limbs branch. Why water loving trees, like Cottonwood, prefer a swamp. And why forest-grown trees grow straight and tall, while a single tree in a meadow has a spreading canopy. In the forest, he said, close-together saplings compete for sun. As their trunks grow, the lower limbs shear off until, eventually, only the topmost limbs are left.

Now, really. Aren't trees interesting? And here's why cities want to be known as a "Tree City," besides the aesthetics of it. Adding trees helped reduce the 'heat signature' the EPA was picking up in its flyovers of West Sacramento 10+ years ago.

Speaking of heat: These 100-degree days are killer, aren't they?! But thanks to mature shady Sycamores now lining Lighthouse, walking my Nikky won't risk a heatstroke.

Carol Bogart enjoys hearing from other nature enthusiasts. Contact her at carol@bogartonline.com.

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Olympics:

continued from page 2

the court or field it's all about winning, team, working together, and fun. Through sports we are finding a common ground. I want this program to grow and become the norm across SCUSD. I want all schools to have the amazing success we have experienced in breaking down walls and setting a new climate for all in an inclusive environment."

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Ms. Stidger and her team at John F. Kennedy High School consistently go above and beyond to serve their students. From working with leadership and other students, to creating a school-wide R-word campaign, to serving as a community sports coach, she is committed to ensuring her students have the best opportunities both on and off the playing field. The selected teachers were nominated for the recent 2019-2020 season.

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Covid-compliant 'Burner' art event allows guests to drive-thru

Whimsical installation art, mutant vehicles, and firey dance performances will be right out the window as Sacramento Valley residents by the car-load visit The Mine Shaft in Rancho Cordova for "Summer Spark drive-thru."

The two-night multisensory art experience inspired the annual counter-cultural event Burning Man takes place July 24 and 25 from 7 p.m. until midnight. Advanced per vehicle tickets are $20. Drop-in tickets are $30. The unlimited visit "arts supporter" pass costs $100.

"This is our attempt to tweak what we do to give guests this amazing experience -- inspired by Burning Man -- without leaving their vehicle," said Ed Fletcher, president of Sacramento Valley Spark, the organization behind the event. "The pandemic has been rough on many people. This is not a 'back to normal' event but will be two nights the region will soon not forget."

The drive-thru format, strict physical distancing, and mask use will be employed to minimize health risks. Guests will not leave their vehicles once inside the experience, including ordering and receiving food from on-site food trucks.

"It's the same concept as driving through a holiday light display or visiting a haunted house," said Tiffany Allen, a longtime Sacramento event producer.

"In addition to collecting some amazing art previously displayed at Burning Man, we're funding original art from some of the region's top artists working in light, kinetic, and installation art," said Allen.

"To Bee or Not to Bee," a 15-foot long honey bee is among the artwork curated for the event. The piece by Mr. and Mrs. Ferguson Art of Livermore was one of more than 400 on display at Burning Man in 2019 and one of 75 partially funded by the Burning Man Project that year.

With Burning Man canceled this year, local burners, lead by the non-profit Sacramento Valley Spark, have turned their attention to creating this unique experience.

"While adding food trucks isn't in keeping with the ethos Burning Man, we wanted to provide this amenity since for many people nights out are few and far between," said Fletcher. In keeping with the goal of making this a no contract visit, guest will order food with an app while in line and have their food delivered without leaving the queue. Confirmed food trucks Azteca Street Tacos and Drewski's Hot Rod Kitchen.

Summer Spark is supported by a grant from the City of Rancho Cordova's Community Enhancement fund. The grant has allowed us to pay artists at a time they really need it, said Fletcher. The City of Rancho Cordova's Comunity Enhancement Fund is supported by a ½ cent sales tax approved by Rancho Cordova voters in Nov. 2014. In 2019, the city approved 50 community projects totaling $2.1 million.

Sacramento Valley Spark is a 501(c)3 nonprofit inspired by the "10 principles of Burning Man." The organization is also working with the City of Rancho Cordova to create a one-year temporary art park at the Mine Shaft site.

While The Burning Man Project has endorsed the Playa Art Park project, it is not specifically endorsing the drive-thru event. A team of flow arts performers will be spinning LED and fire throughout the event.

Virtual junior ranger programs underway

Local California State Parks in Santa Cruz County are offering virtual junior ranger programs for 7 to 12 year old children during the COVID-19 pandemic. These fun, free Zoom webinars are scheduled on Mondays and Fridays at 10 a.m. each week in July. Children receive a digital stamp for each program they attend; after receiving a certain number of stamps, they can earn prizes!

SEACLIFF STATE BEACH

Facebook: @SeacliffStateBeach | Instagram: @SeacliffStateBeach

AMOSTUNIQUEAMUSEMENT ENTERPRISE

Monday, July 20 at 10am

Why do we have a sunken concrete ship at the end of a pier on our beach? Travel back in time to uncover the answers. This interactive program will be broadcast as a Zoom webinar. Registration is required. To register, visit www.tinyurl.com/SantaCruzJuniorRangers. Free event. Event made possible by Friends of Santa Cruz State Parks and California State Parks.

FROM SEAFLOOR TO SEASHORE

Monday, July 27 at 10am

How did the shells of undersea creatures end up in the cliff above the beach? Dig deeper with us to discover how. This interactive program will be broadcast as a Zoom webinar. Registration is required. To register, visit www.tinyurl.com/SantaCruzJuniorRangers. Free event. Event made possible by Friends of Santa Cruz State Parks and California State Parks.

BIG BASIN REDWOODS STATE PARK

Facebook: @BigBasinRedwoodsSP | Instagram: @bigbasin_sp

NATURAL BRIDGES STATE BEACH

Facebook: @NaturalBridgesStateBeach | Instagram: @NaturalBridgesStateBeach

AMAZING TIDEPOOL ANIMAL ADAPTATIONS

Friday, July 17 at 10am

How is it possible to live in the difficult environment of a tidepool? Discover the superheroes of the intertidal zone with a state park interpreter! This interactive program will be broadcast as a Zoom webinar. Registration is required. To register, visit www.tinyurl.com/SantaCruzJuniorRangers. Free event. Event made possible by Friends of Santa Cruz State Parks and California State Parks.

PORTOLA REDWOODS STATE PARK

Facebook: @PortolaRedwoodsStatePark | Instagram: @portola_rsp

BUILDING WITH THE BIRDS

Friday, July 24 at 10am

Discover how the birds of Portola build their nests and survive this predetor filled ecosystem. Come prepared to build your own nest! Twigs, leaves, and fluffy stuff work great! This interactive program will be broadcast as a Zoom webinar. Registration is required. To register, visit www.tinyurl.com/SantaCruzJuniorRangers. Free event. Event made possible by Friends of Santa Cruz State Parks, Portola and Castle Rock Foundation, and California State Parks.

RANCHO DEL OSO

Facebook:@RDOSP|Instagram: @ranchodeloso_

OWLS ON THE PROWL

Friday, July 31 at 10am

Do you hear owls at night? Who are they hooting at? Swoop in for a bird's eye look into the incredible world of owls. This interactive program will be broadcast as a Zoom webinar. Registration is required. To register, visit www.tinyurl.com/SantaCruzJuniorRangers. Free event. Event made possible by Friends of Santa Cruz State Parks and California State Parks.

Humans Are an Endangered Species: Will They Act to Save Themselves?

by Lawrence Wittner

Have you noticed recently that things are collapsing?

Sure, the rightwing, nationalist rulers of many countries never stop telling us that they have made their nations "great" again.

But we would have to be dislocated from reality not to notice that something is wrong-very wrong. After all, the world is currently engulfed in a coronavirus pandemic that has already infected more than 12.5 million people, taken more than 550,000 lives, and created massive economic disruption. And the pandemic is accelerating, while, according to scientists, new and more terrible diseases are in the offing.

Moreover, we are now experiencing a rapidly-growing environmental catastrophe. Not only are industrial pollutants poisoning the air, the water, and the land as never before, but climate change is making the planet uninhabitable. Extreme heat, drought, storms, floods, melting glaciers, and rising sea levels are wreaking havoc on an unprecedented scale. This June, the temperature in the Arctic reached 100.4 degrees Fahrenheit-the hottest on record.

In addition, defying all reason, nations persist in arming themselves for a nuclear war that will destroy virtually all life on earth. Publicly threatening nuclear war and casting aside or rejecting major nuclear arms control and disarmament treaties, the nuclear powers are currently engaged in an extensive nuclear weapons buildup, with the U.S. government alone planning to spend at least $1.5 trillion on this project. In response to the looming catastrophe, the editors of the Bulletin of the Atomic Scientists recently placed the hands of their famous "Doomsday Clock" at 100 seconds to midnight-the most dangerous setting in its 73-year history.

Even if these disastrous developments fail to snuff out the human race, plenty of mass misery can be expected from the rising economic and social inequality occurring around the globe. According to a UN study, released in January 2020, 70 percent of the world's people suffer from growing economic inequality. In a foreword to the study, UN Secretary General António Guterres declared that the world is confronting "the harsh realities of a deeply unequal landscape," characterized by "a vicious cycle of inequality, frustration, and discontent." Feeding on popular fears and anxieties, racism and xenophobia are on the rise.

But extinction or, at best, mass misery, need not be humanity's fate. Thanks to very substantial advances in knowledge over the centuries, plus the efforts of creative thinkers and determined reform movements, human beings have shown a remarkable ability to confront challenges and to improve the human condition. From the abolition of slavery to the creation of public education, the banning of child labor, the guaranteeing of old age security, the legalization of unions, the recognition of women's rights, and the defense of gay rights, previously unimaginable changes have been promoted and implemented.

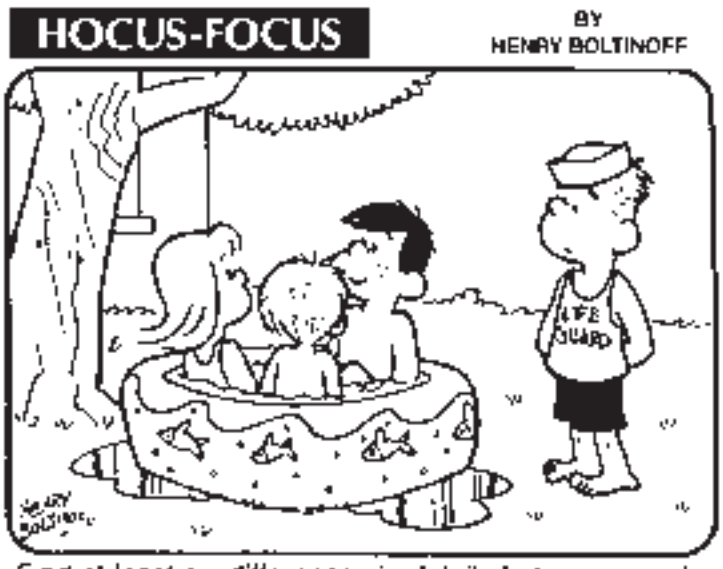
Why should we assume that we are incapable of responding to today's crises? Working together, physicians and other scientists have either eradicated or dramatically reduced the range of numerous diseases, including smallpox, polio, guinea worm, malaria, and measles. Responding to climate change activism, scientists and engineers have developed methods to utilize solar and wind power to replace fossil fuels. Similarly, critics of the nuclear arms race and wise statesmen have fostered nuclear arms control and disarmament treaties and helped prevent nuclear war. Furthermore, numerous movements have succeeded, on occasion, in securing a more equitable distribution of wealth and a reduction in discrimination.

Of course, the changes necessary to cope with today's crises will not be obtained easily. To successfully battle pandemics, it will be essential to create a far stronger public health system, accessible to everyone. Combatting climate change will almost certainly require challenging the vast power of the fossil fuel industry. To avert nuclear war, it will probably be necessary to both ban nuclear weapons and create a stronger international security system. And when it comes to securing greater economic and social equality, limiting corporate greed, taxing the rich, and reducing deep-seated prejudices remain imperative.

Even if these conditions are met, however, another challenge remains, for implementing these kinds of changes necessitates action on a worldwide basis. After all, disease pandemics, climate catastrophe, nuclear war, and economic and social inequality are global problems that require global solutions. As the director general of the World Health Organization remarked in late June, the greatest threat to humanity from the coronavirus is not the virus itself, but "the lack of global solidarity" in dealing with it. He added: "We cannot defeat this pandemic with a divided world." Much the same could be said about overcoming the other onrushing disasters.

Although there is not much time left before the world succumbs to one or more catastrophes, human beings have been able to alter their behavior and institutions. Let's hope they will rouse themselves and do so again.

Dr. Lawrence Wittner, syndicated by PeaceVoice, is Professor of History emeritus at SUNY/Albany and the author of Confronting the Bomb (Stanford University Press).



Find at least six differences in details between panels.



Differences: 1. Window is gone. 2. Girl's swimsuit is different. 3. Bra has been added. 4. Fish have changed direction. 5. Lifeguard's shirt is different. 6. Flowers have been added.

PUZZLE SOLUTION

■	B	E	V	E	L	S	■	S	I	E	G	E	S	■
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TRUMP FLOTILLA HELD OF INDEPENDENCE DAY



Photos by Eddy Salmons

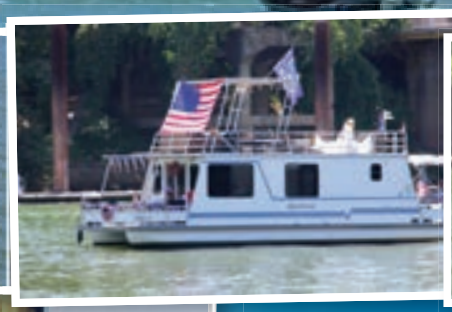
On the Fourth of July, a Trump Boat Parade was held on the Sacramento River. The Trump Flotilla started on the south side of Tower Bridge, headed toward the Virgin Sturgeon before returning back to Tower Bridge.















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