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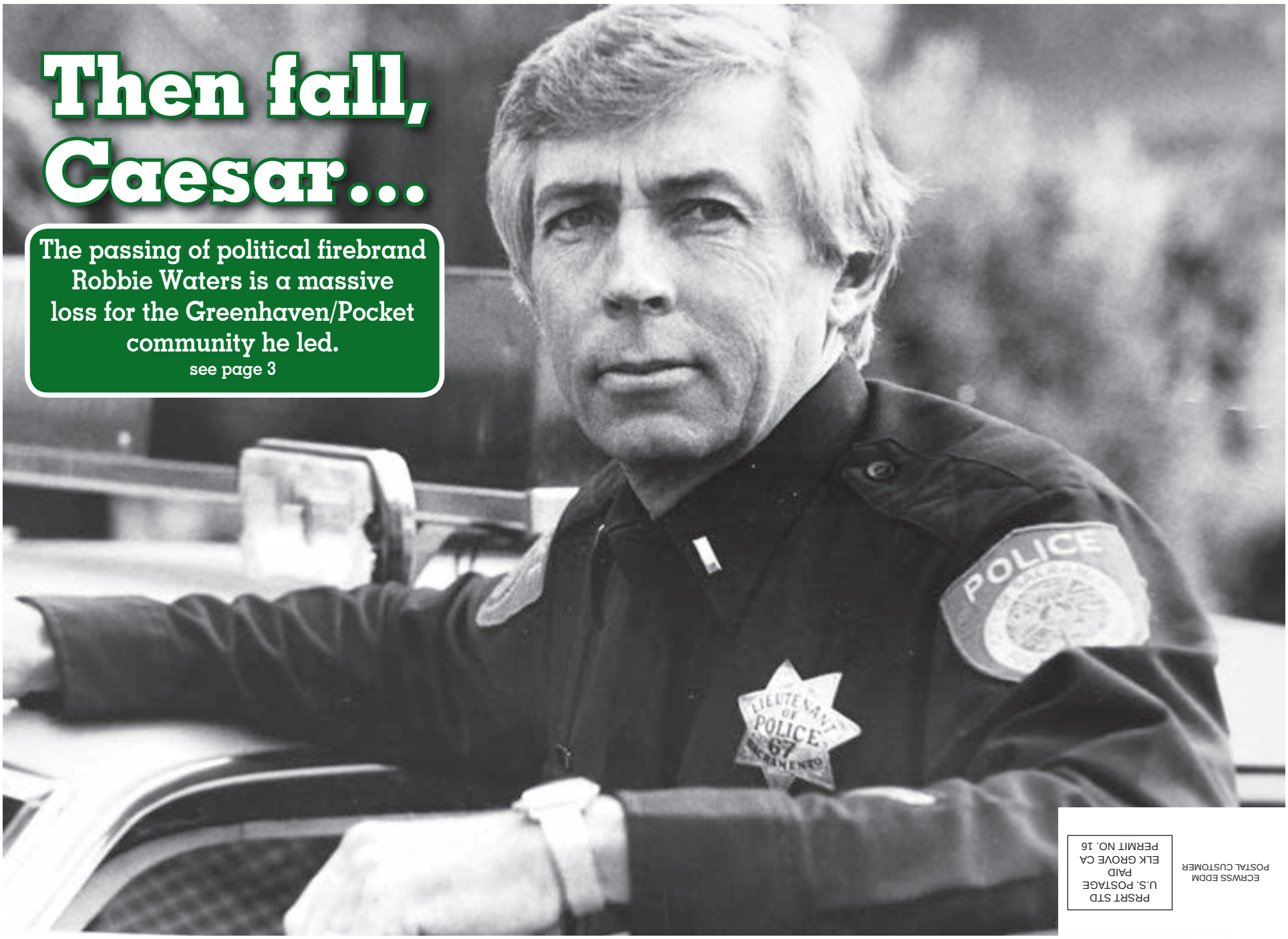

Then fall, Caesar...

The passing of political firebrand Robbie Waters is a massive loss for the Greenhaven/Pocket community he led.

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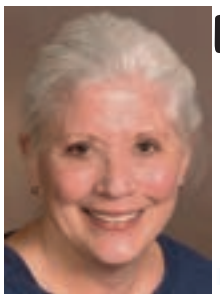

THIS 'n' THAT

by Carol Bogart

Wait, What Day Is It?

OK, I'll admit; it's starting to get to me. This NEVER knowing what day it is.

It's a frustration, I suspect, being experienced by most whose lives revolve around their calendars: the recurring and nonrecurring 'have tos.' Work reminders. Church. School sports. Medical appointments. Anything you 'plan' for.

You knew it was Sunday, because you had church. You knew it was Monday because yesterday was Sunday. Monday through Friday was school, work or both. Notated were such things as parent-teacher conferences. You didn't have to check the calendar to know what day it was. You knew it was Saturday because yesterday was Friday. And so on.

Pre-pandemic, retirees and empty nesters already knew that a seismic shift in daily routine (no work, no kids) takes getting used to.

Thanks to the pandemic, the only certainty I'm sure of now is that the News Ledger comes in the mail on Wednesdays.

Because this again-surging pandemic terrifies me, I have been very sparing in my outings. Groceries, dog walks, get the mail. That's about it. Oh! And bugs from Petco to feed the lizards. For outings that involve my car, I write it on my kitchen chalkboard before I go to bed. Example: If I need to go to Raley's for bottled water. Raley's has good bottled water. The lizards like it. (An aside: The Ledger is sold at Raley's).

To know a specific date (which I rarely need to), it doesn't help me to glance at a calendar and go, "Oh, today's Sunday, July 26." Without church, I have no clue which day is Sunday. This week, for the first time in since Christmas, I had a benchmark to refer to. On Saturday the 25th, my son came by to pick up his diploma from UC Santa Cruz, which came in the mail on Friday. On my 'big' calendar, in the block for Saturday, July 25, I wrote down "Mike, 2 p.m." That's how I know I started writing this on Sunday. Nearly all the other blocks on my calendar are blank. So different from my life in January, before I became an 'at risk' senior.

Now, what would have been appointments are Xed out. My fear of the surging virus has prompted me to cancel all of them. Nurses' aides just picketed UC Davis Med Center about 'safety' issues. UCDMC is home to my oncologist and where I have my MRIs. But hospitals, clinics, doctors' offices … all of them … they scare me. I'm cool with virtual visits. Eventually I'll have the MRI. But not now. Not when this virulent new SARS virus is filling up the ICUs in Sacramento.

So, all this has prompted me to give 'time' itself more thought.

I'm 71. How much 'time' do I have left? Maybe a lot, if I'm careful. My grandmother lived to 98, my grandfather to 91 – despite his diabetes.

And then there's this: How much more 'time' til there's a vaccine?

Throughout recorded history (one could say, for all time), 'time' has interested essayists and poets:

Time waits for no man.

Procrastination is the thief of Time. (mom posted that on my bedroom wall)

Time flies when you're having fun.

In the nick of Time.

Once upon a time (yep, there it is again), I tried and failed to read Stephen Hawking's book "A Brief History of Time." (On its face, isn't the title an oxymoron? Time's 'history' is anything but 'brief.')

Our country's next exploration of Mars (set to land a new Mars Rover on in February 2021) will be in search of ancient life. NASA already knows the red planet wasn't always a desolate, desert-like environment. Scientists believe the few drops of liquid found trapped in Mars' ancient rocks, plus today's higher resolution Rover images, are proof the planet itself was WATERY! Rivers, lakes and stuff! If sufficient evidence exists it once had life, a manned Mars mission is in the planning.

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Cover photo by: Courtesy



The Pocket Watch

By Jeff Dominguez

Then fall, Caesar…

The passing of political firebrand Robbie Waters is a massive loss for the Greenhaven/Pocket community he led



Robbie Waters was not a man who summoned ambivalent emotions among those who knew him. It may not be a conventional observation to note in memoriam that those who counted themselves as his friends were more or less in pretty close proportion to those who… did not, but it's true. Generally, a person's feelings about Robbie were either black or white. Somehow, very few opinions were ever gray.

If he liked you, there was no better friend to have in this world. He would throw the full weight and considerable power of his standing in the community and in citywide government, including law enforcement, behind your cause, whatever it may be. And if you crossed him, he was not one to forget it. You could bet that he would not allow you to forget it, either.

He loved his city, especially his district, and he devoted tireless effort throughout his life to the betterment of both. People seemed to understand that about him—it was definitely a virtue—and he won election, and re-election, to the Sacramento City Council, for four terms in total. For 16 years, 1994-2010, he found himself perched atop a mini dynasty that recalled those old Chicago political machines, all run from his nerve center, a small office in the back of the True Value hardware store he co-owned in the Promenade shopping center.

Robbie was a legit hometown boy. He was born here in Sacramento in 1936. He attended Kit Carson Junior High and Sacramento High School. He excelled at sports and grew to be a "big fish in a small pond." And as the pond grew, so did he, in proportion, putting him in the rare category of "big fish in a big pond." After graduation from Sac High in 1954, he enlisted in the United States Air Force, and, upon his return home in 1957, he joined the Sacramento Police Department (SPD), where several chapters of his considerable legend would be written.

He climbed the ranks within the SPD like the kid who free soloed El Capitan, ascending great heights at a remarkably brisk pace, employing an occasional death-defying maneuver to

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Letter to the Editor

Dear Editor,

My shock and awe was so profound, it has taken me a week to compose my thoughts in response to Ms. Lynch's column titled Fantasy Islands. I found it to be a truly equal opportunity offender as no one and nothing was left out. It was among the most hostile, hate-filled and divisive pieces I have ever seen. While I am a big proponent of freedom of the press, this content is entirely inappropriate for a community newspaper (or anywhere else as far as I'm concerned). I have advertised with you, love your papers and appreciate the local news, history, and special features about people and places. If articles like this continue, you will no longer have a readership and ultimately no papers at all.

Sincerely, Jodie Hale

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-Ben Franklin





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Don't Hoard Patio Furniture, Dine Al Fresco Instead!

By Devin Lavelle



First it was toilet paper and wet wipes. Then pork and beef started coming short, just at the start of barbecue season. Coins were the next commodity to fall victim to COVID supply chain challenges. Now, as al fresco dining has reemerged, our local restaurants are facing another shortfall I never would have anticipated.

Sacramento's Farm-To-Fork Al Fresco program allows restaurants to expand outdoor dining into sidewalks, parking lots and in select areas, even the streets. Many other areas have taken a similar approach to help restaurants stay afloat during COVID. While many are excited to enjoy the opportunity to sit down and enjoy a meal out, they do still need a place to sit.

A Taste Above has been experiencing this challenge first hand. As its co-owner Ray Gin tells us, "We were hoping to have patio service by the end of July, but it has been a huge challenge just trying to buy patio furniture. Every restaurant is looking to buy patio furniture so they are in high demand. We have tried many different sources and still have not been able to secure the table sets we want. We have our names on waiting lists with several different vendors so stay tuned. We are hoping to have patio service by late August, if we get lucky it may even be open by the time you read this." When you go, whether for takeout or al fresco dining, you can expect "freshly sanitized tables, chairs and service areas, with hand sanitizers and wipes offered to all of our guests. Our staff are required to wear face masks and gloves and will monitor social distancing."

The surge in demands from restaurants follows already high consumer demand in the spring, as many households planned for a long summer at home, putting a further crimp in the market.

Even as A Taste Above waits to get their order for patio dining sets in, they are happy to accommodate customers who are not as patient. "There are a few guests that have requested for a table to be set up for them in our patio area. We have accommodated their request and they have been very happy that we do that for them," Ray tells us. They would also be happy to accommodate you as well, if you'd like to enjoy your favorite treats on their patio. "Our guest particularly enjoy having a banh mi sandwich and fries with a Maui beer. That's by far our number one seller." My boys will also tell you that Gunther's ice cream and fruit freeze are their favorites on a warm day.

Happily, Ray says things have been looking up. "It has been a bit of a challenge. However, our business is picking up as more people are getting use to the idea of take out and ordering from Doordash, Grubhub or Uber eats. We are grateful that our regulars have been so supportive of use." (Please be sure to only use delivery services if they are recommended through a restaurant's website.)

Whether you are more comfortable with takeout, delivery or al fresco, please do what you can to support our local restaurants, including A Taste Above. They are all struggling right now, but we need to ensure they'll still be there for us to gather in celebration with our family and friends once COVID in finally behind us.

They will all be so grateful for your support, "We would like to send a big thank you out to this great community for their support so we can continue to serve them."

To help you decide what to eat tonight, the Pocket-Greenhaven Community Association has developed a list of local restaurants with up-to-date information on dining options: pocketgreenhaven.org/restaurants/


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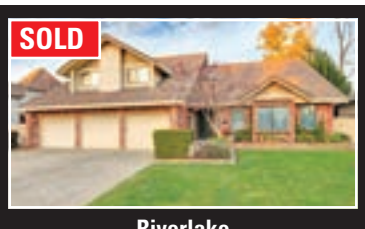
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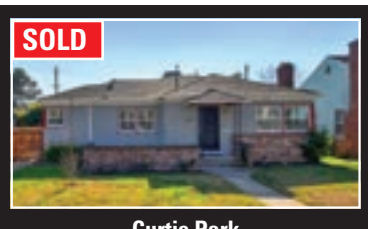
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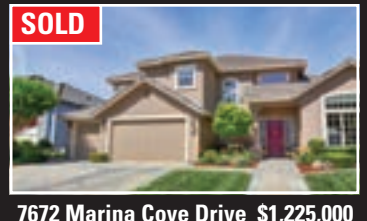
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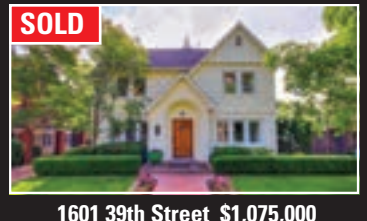
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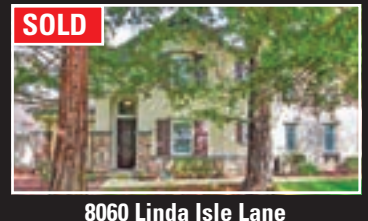
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The Harsh Reality of Anxiety Medication



By Nickolaus Hayes

Millions of Americans are worried about the coronavirus and are now increasing the rate at which they use anxiety medication. The Wall Street Journal reported that prescriptions for anti-anxiety medication have risen during the pandemic. In March of 2020, prescriptions for Klonopin or Ativan rose 10.2% to 9.7 million from 8.8 million in March of 2019. Overall, health concerns, social isolation, job loss, and now going back to work are adding significant stress to Americans. Not to mention, the civil unrest, protests, and riots that are taking place or that have taken place have also heightened people's stress. The constant news feeds, social medical, and just general conversation is enough to stress anybody out these days. Because so much of our culture revolves around taking a pill to solve our issues, it is no wonder more people are using these drugs.

The most popular anti-anxiety medications or benzodiazepines in the United States are brands like Valium, Xanax, Ativan, and Klonopin. According to the Health Policy Institute, more than 131 million people, or 66% of adults in the U.S. use prescription drugs. According to the 2018 National Survey on Drug Use and Health, an estimated 5.4 million people aged 12 or older were past year misusers of prescription benzodiazepines, which is two percent of the population—from 2015 onward this has not changed much. Also, in 2018, 1.2 million people aged 12 or older misused prescription tranquilizers for the first time, and since 2015 onward, this has also not changed much. It seems that from 2020 onward; if we make it out of this unreal year, these trends could continue. In a report released by QuintilesIMS Holding Q.N, spending on prescription medicine in the United States will increase four to seven percent through 2021.

According to the National Institute on Drug Abuse, more than 30% of overdoses that involve opioids also involve benzodiazepines. Millions of Americans are prescribed these two drugs simultaneously. In an article published in the Journal of Clinical Toxicology, it reported the rate of pediatric benzodiazepine exposure increased by 54% between 2000 and 2015. Half of all these exposures were documented as intentional abuse, misuse, or even attempted suicide. Many experts have stated that these drugs have fueled another drug crisis within the country. In an analysis done by GoodRx, in the United States, depression and anxiety medication accounted for seven percent of all filled prescriptions.

People are stressed, and that is understandable, but as restrictions ease, treatment providers, employers, families, and friends should all be aware of the potential danger of anti-anxiety drugs. The signs of a benzodiazepine overdose include trouble breathing, confusion and disorientation, blurred vision, weakness, tremors, stupor, and coma. Treatment providers within the country that offer detox should expect more people needing services. These drugs are not easy to stop using and cause dangerous physical dependence. Also, mixing benzodiazepines with other central nervous system depressants, like alcohol, barbiturates, or pain medication, increases the risk of overdose.

Taking these drugs is a risk and a decision that should not be made lightly, especially if you have not explored healthier alternatives. The stress of what is happening in our country is not going away any time soon. Now is not the ideal time to become dependent, misuse, or addicted to anti-anxiety medication. Be aware, know the risks, and understand the harsh reality of these drugs.

Nickolaus Hayes is a healthcare professional in the field of substance abuse and addiction recovery. He utilizes his experience in his writing to provide an expert viewpoint. His primary focus is spreading awareness by educating individuals on the topics surrounding substance abuse. He is a featured author of the healthcare website Addicted.org.

SOURCES

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This 'n' That:

continued from page 2

(Maybe Mars even had human life! An 'advanced' civilization. That scoffed at climate change. Just sayin.')

Well, for however long this present pandemic moment lasts, I guess all we can do is accept its 'time bandit' side effect. And meantime, hope the 'warp speed' vaccine happens in months, not years, as other nations warp right there with us. Alliances aside, whoever gets there first should, in my view, be humanitarian about it. Share it with the world, if for no other reason than to save the world's tourism and airline industries (and its restaurants).

Maybe with this pandemic God has given us some 'time' to think about what really matters. My generation was born at the close of WWII. Our parents worried about a polio pandemic. When I graduated high school (completely vaccinated and my son is, too), our class motto was: We make a living by what we get. We make a life by what we give. Paraphrasing Einstein (the father of the atomic bomb): "If there's a World War III, the next will be fought with sticks and stones."

Henry van Dyke wrote:

TIME IS

Too Slow for those who Wait

Too Swift for those who Fear

Too Long for those who Grieve

Too Short for those who Rejoice

But for those who Love

Time is not.

Maybe our world is overdue for a global vision of prosperity. One that includes us all.

With politics so much in the news, Carol thought she'd add that she considers herself neither liberal nor conservative. She tries to be well informed when she casts her ballot (which, p.s., she does by mail), and then votes for candidates – of whichever party – and referendums that most closely mirror her own beliefs. Comments, questions? Contact Carol at carol@bogartonline.com.

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Hospice Makes a Difference in Many People's Lives

By Jan Dalske

My neighbor's mother was 96. She appeared to be in good health for a woman of her age. But, as we all know, appearances could be deceiving. She had multiple illnesses and took over 23 prescriptions daily.

She had diabetes which required blood sticks four times daily, as well as multiple shots of insulin. Her health was not great but she was alert and active at an age when most seniors are in much worse shape. Her daughter got advice from her mother's doctor to put her mother under hospice care. This made me curious to see just what hospice was and what services they offered their clients. This is what I found out.

Hospice care is designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible.

Hospice is on call twenty four hours a day.

There are four levels of hospice care, as defined by Medicare, to meet the varying needs of patients and their families. These four types of hospice include routine home care, continuous home care, general inpatient care, and respite care.

There are signs that your body could be shutting down. You could have different sleep-wake patterns, little appetite and thirst, fewer and smaller bowel movements and less pee with more pain. There could be changes in blood pressure, breathing, and heart rate.

Body temperature ups and downs that may leave their skin cool, warm, moist, or pale.

So, what exactly is hospice care? Well, unlike the other types of medical care that are out there, hospice care focuses on caring for a person who has a terminal illness as opposed to trying to cure them. While working with those who are terminally ill, hospice workers focus on providing them with pain management. They also strive to set them up with the emotional and psychological support they need during their final months, weeks, and days.

Hospice care is a concept that's still in its infancy compared to many other forms of medical care. The first hospice facility opened in London in 1967, and it took until 1974 for one to open in the U.S. But since then, hospice care has grown in popularity among many American families. More than 1.5 million people utilize hospice services every year with more than 40 percent of the deaths in the U.S. taking place while a person is taking part in a hospice care program.

So, what exactly is hospice care? Well, unlike the other types of medical care that are out there, hospice care focuses on caring for a person who has a terminal illness as opposed to trying to cure them.

While working with those who are terminally ill, hospice workers focus on providing them with pain management. They also strive to set them up with the emotional and psychological support they need during their final months, weeks, and days.

Hospice doesn't include the placement of feeding tubes, or any other steps taken to prolong life at this stage of care. However, patients who already have a feeding tube in place may benefit from hospice services. Sometimes, very close to the end of life, patients may choose to have feeding tubes removed.

Hospice is not for people who are dying. Hospice is for people who have a limited life expectancy. Hospice is for patients whose condition is such that a doctor would not be surprised if the patient died within the next six months.

There are rules for hospice. A doctor must certify that a patient meets all of these requirements: A fatal medical condition for which the patient is not seeking curative treatment. An expected prognosis of six months or less. Assisting the patient and family members with the emotional, psychosocial and spiritual aspects of dying.

The medical definition of Hospice care: Care designed to give supportive care to people in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible.

Do you know someone who was just diagnosed with a terminal illness? If so, you should know that you're not alone. Studies have shown that more than 40 percent of people have had either a close friend or family member diagnosed with a terminal illness over the last five years. You should also know that there are steps you can take to make your friend or family member's life as comfortable as possible moving forward. Knowing when to put someone in hospice care is one thing you can do to help someone who is suffering.

It's not always easy to put a loved one into a hospice. But it's often the best thing for their physical and mental well-being. While working with those who are terminally ill, hospice workers focus on providing them with pain management. They also strive to set them up with the emotional and psychological support they need during their final months, weeks, and days.

Additionally, hospice workers are capable of providing the families of those who are terminally ill with support throughout the process. They can show people how to properly care for their loved ones while offering up grief support and counseling services to them.

Hospice care is available at home for those families who don't wish to put their loved ones into a hospice facility. But in many cases, it becomes too difficult for families to care for their loved ones on their own, which is when a hospice facility can come in handy. Hospice care is available to those of all ages and has proven to be extremely beneficial to those who take advantage of it. It's designed to ensure that your close friend or family member is well taken care of towards the end of their life. There are ten signs that your loved one needs Hospice Care. Despite the many benefits that come along with hospice care, there are still some families that are hesitant about using it. They don't want their terminally ill friends and family members to feel as though they're giving up on them.

It's natural for families to feel this way. But that shouldn't stop you from considering when to put someone in hospice. It could improve their quality of life dramatically and allow them to enjoy the time that they have left rather than suffering.

1. They're Almost Always in Pain. There are a lot of terminal illnesses that force people to live with persistent pain. Terminal conditions like pancreatic cancer, Lesch-Nyhan syndrome, and more can make it virtually impossible for people to move around throughout the day. They can also take a toll on a person's mental health and make them feel miserable just about all the time. Hospice care can help these people manage their pain more effectively. Hospice workers specialize in figuring out why a person is in pain and showing them what to do to take care of it. It's not always possible to eliminate pain with hospice care. But most people can make improvements with their pain within just a few days.

2. Take Regular Trips to the ER or Hospital Does it seem like your loved one is always checking in and out of the hospital for one reason or another? You should speak with their doctor about what you can do to prevent some of the issues that are taking place. In some cases, your loved one might not be taking their medications as instructed (more on that later), or they might not be taking good enough care of themselves at home (more on that later, as

see HOSPICE page 13

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COVID-19-related order shuts down local hair salons, barbershops

By Lance Armstrong
VCN Staff Writer

The state's recent spike in confirmed cases of the novel coronavirus (COVID-19) led to the mandatory closure of local hair salons and barbershops last week.

Sacramento County public health officials issued this temporary order on July 14, after Gov. Gavin Newsom mandated that these businesses temporarily cease their operations. The order will continue until the county's public health officer decides to lift it.

Sacramento County is one of 30 California counties that Newsom mentioned in his mandate during his July 13 press conference. This county is on the state's watch list of counties that have rising numbers of COVID-19 hospitalizations.

Newsom addressed the rise in COVID-19 cases during his press conference.

"We're seeing an increase in the spread of the virus, so that's why it's incumbent upon all of us to recognize soberly that COVID-19 is not going away any time soon until there is a vaccine or an effective therapy," he said.

In her July 14 order, Sacramento County Public Health Officer Dr. Olivia Kasirye stated that this county had 150 COVID-related hospitalizations on July 10. She also noted that 16% of intensive care unit beds are available in the county, as of press time.

"Private gatherings have been identified as a significant contributing factor to the increase in transmission," Kasirye mentioned in the July 14 order. "Given current rates of transmission and increase in hospitalization in Sacramento County, there is a need to reduce nonessential gatherings where mixing and disease spread occur."

Kasirye's staff reported that as of July 15, Sacramento County had 6,174 confirmed cases and 92 deaths since March.

Sacramento County's order, which also calls for the closure of places of worship and gymnasiums, left many hairstylists and barbers frustrated.

Hair salons and barbershops in the coverage areas of Valley Community Newspapers found themselves in familiar territory.

These businesses previously experienced a temporary closure during the government stay-at-home order that affected those establishments. Hairstylists and barbers were allowed to return to work in late May.

Those reopenings came with various requirements, including that both workers and clients must wear face coverings, a new smock or cape needs to be given to each client, and working stations and high-traffic areas must be sanitized on a regular basis.

See Salons page 8



Photo courtesy of Anthony's Barbershop

Anthony's Barbershop was among the barbershops that temporarily closed through a county order issued last week.



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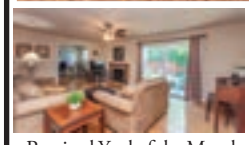





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Photo courtesy of Anthony's Barbershop

A client gets his hair buzzed at Anthony's Barbershop at 21st Street and Broadway. The county recently ordered the temporary closure of this business and other barbershops and salons.

Salons:

continued from page 7

East Sacramento

Jennifer Arrington, owner of Torque Hair Shoppe at 37th and J streets, and a licensed cosmetologist, mentioned that having to close her shop was financially challenging.

"It's been a hard struggle, I'm not going to lie," she said. "I've been in East Sac at this location where this barbershop is for 16 years and I've been licensed for 25 years and I've never had to go through anything like this.

"Barbershops, in general, don't operate on a high profit margin as it is. The money we make is month to month, it's day to day. So, it's not like we have a big reserve of funds just sitting and waiting to be used up."

Arrington mentioned that she is struggling with the decision that was made to order her business to be temporarily shut down.

"We're governed by the state of California to get that license (to work in a hair salon or barbershop)," she said. "We have to pass a test that basically ensures public safety, and it seems like that is being entirely overlooked over any of it.

"Our license is to not (spread) diseases, and it's for public safety. It doesn't mean like we have a license and we know how to cut hair. And we work with the state board all the time. We get surprise inspections. It's seems like our licenses are not being taken into account for what we do."

Pocket-Greenhaven

Brian Wong, owner of Passion Hair on Rush River Drive, also expressed concerns with his finances.

See Barbershops page 9

Barbershops:

continued from page 8

"I saved up a bunch of money," he said. "It probably will last a couple more months, but in order to last for my lease, which is another four years, I don't think that's doable. That's why I'm trying to at least get a job for like DoorDash or Postmates to at least pay for the rent."

Wong noted that his greatest frustration with the closure is having to pay rent on a shop that he is not able to use.

"It's not like there's a forgiven loan or anything, and if there is it's only accessible by certain people who have connections and everything," he said.

Wong described being caught off guard by the order to shut down his business again.

"I thought it was a joke," he said. "It's kind of like the boy who cried wolf. I was like, 'Is this real or is this fake? What's going on?'"

He added that because the order required immediate closure, he was placed in a position to quickly make phone calls to many clients who already made appointments.

"I had to manually call everybody to (say), 'Sorry, we're closing due to the governor's order,'" Wong said.

Land Park

Anthony Giannotti, owner of Anthony's Barbershop at 2408 21st St., told this paper that he was not surprised to hear about the government order to temporarily shut down his business.

"We had been kind of hearing rumors through the industry and out of the Capitol for a couple of days that we might be getting shut down again," he said. "Honestly, just looking at Newsom's guidelines and the way Sacramento County was kind of headed, it was kind of expected."

Giannotti explained that he is taking an understanding approach to the shutdown.

"I don't think there's a point in agreeing or disagreeing with (the order)," he said. "It is what it is. These are the powers that be.

"Yeah, there are other channels that we can use to put some pressure on the government, but in all reality, people are getting sick and dying, and that's a big concern. We're going to be stuck in this cycle. I think it's more important to try to deliver a health message to wear a mask and do what we can."

Giannotti added that the financial impact of running the business during the pandemic extends beyond the shutdowns.

"It's like a financial cliff," he said. "You can go from being fully booked one week to not even half booked the next week."

He also noted that a lot of people get scared to come into his barbershop.

"We do an abnormal amount of last-minute cancellations and no-call no-shows," Giannotti said. "I think people just hear a new report that comes out for the day and they get freaked out and they don't call and cancel, or they do and we don't have a chance to rebook."

Prior to the shutdown, barbers at Anthony's Barbershop were making about 65% of what they made prior to the pandemic, Giannotti noted.

Carmichael

Darryl Elam, owner of Darryl's Hair Studio & Spa, on Fair Oaks Boulevard, expressed his support of the recent county order that temporarily shut down his business.



Photo courtesy of Torque Hair Shoppe

The interior of Torque Hair Shoppe at 3716 J St. is pictured prior to its recent temporary closure. The order will continue until the county's public health officer decides to lift it.

"(That is) what we should have done – shut it back down again – because I thought we opened up too soon," he said. "Really, it's definitely hurting mybusinessandeverythingelse. But what can we do? We have to get this virus under control." Elam added that he is frustrated by the many people who do not face wear coverings or take any other precautions to prevent the potential spreading of COVID-19.

"They're just going to kill more people," he said. "It just doesn't make sense. And I don't see no other option, but to close down. It's going to hurt us all, but we have to deal with it."

Elam mentioned that with the economic impact that the recent closure will have on his business, he plans to seek financial assistance.

"I'm going to have to definitely apply for (assistance) and see where we go from there," he said.

Moving forward, Elam encouraged people to be safe to help reduce the spread of COVID-19.

"It's not going to get any better anytime soon, if we don't stay at home and keep our people safe," he said. "And one of the things that I would hate is to have an asymptomatic client to come into the salon and get us all infected."



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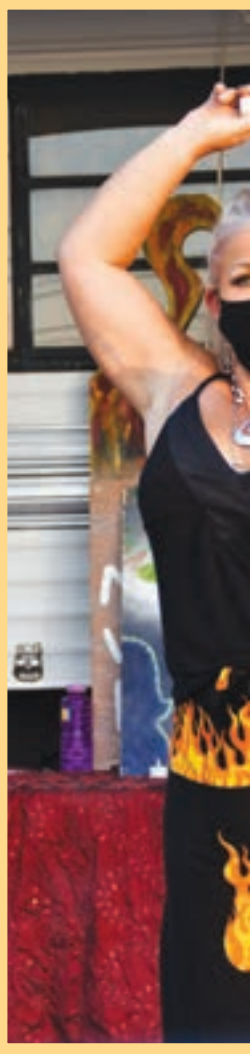


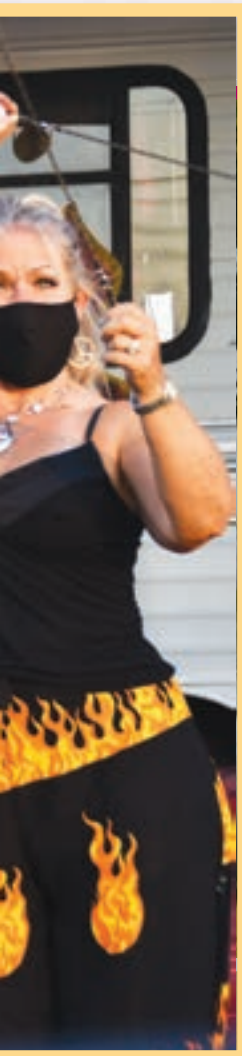




Background Art Designed by Freepik

Photos by Monica Stark

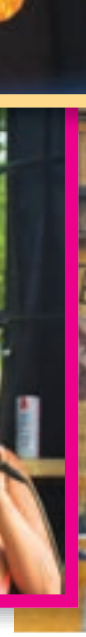
On Friday, July 24 and Saturday, July 25, Summer Spark "drive-thru" offered a unique in-car art experience allowing guests to drive through a multisensory experience inspired by the annual counter-cultural event Burning Man. The drive-thru format, strict physical distancing, and mask use was employed to minimize health risks. The one-third mile loop was activated by installation art, mutant vehicles, flow art performances, local DJs and late-night eats from food trucks. With Burning Man canceled this year, local burners, led by the non-profit Sacramento Valley Spark, have turned their attention to creating this unique experience. This project was supported by Rancho Cordova's Community Enhancement Fund, and not sponsored or endorsed by The Burning Man Project or any of its affiliates. Sacramento Valley Spark is a 501(c)3 non-profit inspired by the 10 principles of Burning Man. Summer Spark drive-thru was held at 2300 Mine Shaft Lane, Rancho Cordova.















Sacramento's Original Comedy Club is changing comedy after almost 40 years in the business

Laughs Unlimited takes the Jokes Outside in Silent Disco meets Comedy meets Block Party Style

Jennifer Canfield, co-owner at Laughs Unlimited, has come up with a new idea to keep comedy alive, the new show is like a Silent Disco using headphones for outdoor comedy. Thursday through Saturday each week in Old Sacramento you can join the fun and witness a clear representation of the kind of innovation businesses need to survive the pandemic.

The new show known as "Inside Jokes Outside Laughs" is an outdoor comedy experience in response to the outdoor requirements of restaurants to ensure the safety of patrons due to COVID-19. This new format ensures social distancing and outdoor seating under the stars while enjoying much needed laughter to lift people's spirits.

Audience members watch the show with headphones reminiscent of a silent disco to decrease distractions from the surroundings. The headphones provide a surround sound experience that creates the close intimacy of laughter in the group setting of a comedy show without the concerns of the general public hearing jokes they didn't sign up for. Comics can remain no holds barred while they enjoy one of the most popular forms of free speech.

Canfield said that laughter is important in any healing process and Laughs Unlimited has been bringing that to Sacramento for 40 years. She wanted to find a way to continue to do so safely and still have fun.

Standup comedian Carlos Rodriguez calls it a great idea. "This is a new innovative step in standup and I can see this possibly being the way we do shows even after the restrictions of COVID-19 have lifted."

As the 11th longest running comedy club in the nation, Laughs Unlimited first began providing a home for performers and audiences in Old Sacramento in 1980. They are dedicated to supporting artists and the Sacramento art community by bringing some of the nation's top comedic talent to the city. Popular and national touring headliners are featured as well as independent showcases and more each week on the Laughs Unlimited stage. Newly remodeled, (Summer 2019) Laughs Unlimited celebrates it's 40th Anniversary on August 6, 2020.

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Hospice:

continued from page 6

well). But either way, you need to do something to prevent your loved one from checking into and out of the hospital all the time. And a hospice care facility might just do the trick. A good hospice care facility will give your loved one the long-term care they need to manage their terminal illness better. It'll increase the chances of them staying out of the hospital for long stretches of time.

3. Can't Take Care of Themselves Anymore There are a bunch of daily tasks that people need to be able to do to live at home on their own. They must be capable of: eating, bathing, dressing themselves, using the bathroom, walking and more. When your loved one is initially diagnosed with a terminal illness, they might be able to do all these things with ease. But over time, they could start to struggle with one or all of them. And it'll begin to affect their health. If, for example, your loved one isn't bathing on a daily basis anymore, they'll make themselves more susceptible to certain infections. They'll also likely suffer from different skin conditions as a result.

Hospice care centers can help those with terminal illnesses to take better care of themselves. From eating regular meals to take baths every day, you'll sleep better at night knowing your loved one isn't suffering needlessly because they can't do daily tasks anymore.

4. Forget to Take Medications Hospice care workers will not recommend new medications for people to try to combat a terminal illness. Your loved one's primary doctor is in charge of doing that.

However, workers can and will encourage your loved one to take their prescribed medications regularly when watching over them. This will prevent your loved one from forgetting to take their medications and suffering because of it.

Taking medications might seem like a no-brainer to you, especially if those medications are helping keep your loved one alive. But believe it or not, about 50 percent of people with chronic conditions fail to take their medications as prescribed.

You can prevent your loved one from falling into that category by entrusting a hospice care worker to make sure they take their medications. It'll stop them from suffering any more than they have to.

5. They Slip and Fall As we mentioned earlier, the pain associated with some terminal illnesses can make it just about impossible for some people to get around. They end up spending entire days in bed or in a chair because their pain won't allow them to stand up and walk.

The pain can also lead to slips and falls. It can cause injuries to occur and, in some rare instances, it can even lead to death.

If your loved one is over the age of 65, potential slips and falls should already be on your radar. Approximately 40 percent of the fatal injuries involving those over 65 are the result of slips and falls.

But you need to be especially mindful of slips and falls involving people with terminal illnesses. They're often at an increased risk of falling and hurting themselves due to their pain. A hospice care facility can reduce the risks associated with them moving around.

6. Losing Weight at a Rapid Pace Have you noticed that your loved one has lost a ton of weight in recent weeks? It could be due to the medications they're taking to the terminal illness that is wreaking havoc on their bodies. There is also a chance that they're not eating enough and losing weight because of that.

Whatever the case, your loved one's rapid weight loss should concern you. It could cause them to become very weak and make it even more difficult for them to live a somewhat nor-

see DIFFERENCE page 14







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Difference:

continued from page 13

mal life. By looking into your hospice care options, you can help them maintain a healthy weight. That alone could improve their life by leaps and bounds.

7. Also Losing Their Mental Abilities Those with a terminal illness will often lose more than just weight. They'll also start to lose their mental abilities in some cases.

This can, as you might imagine, affect them in all kinds of ways. It will: Cause them to become confused at certain times of the day, Make it even more difficult for them to carry out daily tasks, Impact their ability to stay on top of their medications

If your loved one appears to be struggling to keep things together mentally, it might not be long before it's impossible for you to give them the care they need. You'll need the assistance of a hospice care professional to guide the way.

8. Constantly Dealing With Infections Seniors are more susceptible to infections than the rest of the population.

Part of it is because many of them suffer from several different health conditions at once. All of those conditions can attack different parts of their bodies and make it difficult for their immune systems to stave off infections. But part of it is also because many of them don't take good enough care of their bodies. They don't bathe themselves properly and don't move around enough, which leaves them open to infections.

If your loved one is dealing with lots of infections on top of their terminal illness, it's going to wear their bodies down over time. It's also going to force them to spend more time in the hospital than they want. By taking them to a hospice care facility, you can eliminate at least some of the risk of infections setting in and allow them to stay a little bit healthier.

9. Struggling to Sleep Older adults should be getting anywhere from seven to nine hours of sleep every night. But some studies have suggested that up to 50 percent of them struggle to sleep at night.

Has your loved one told you that they can't sleep well anymore? It could be a result of their constant. There are some medications that can also cause insomnia.

When you place them into hospice care, someone will work with them to figure out why they struggle to sleep so much. A hospice worker will contact their primary doctor and come up with a solution to this problem.

10. Living With a Very Low Quality of Life It's often hard for those living with a terminal illness to find joy in life. Amongst all the problems that the terminal illness causes and the grim outlook for their future, people have a tough time seeing the positives day in and day out.

If your loved one doesn't ever seem happy, hospice care might be able to change their outlook on life. It'll remove some of the pain they're feeling and give them the comfort they crave. And it could very well restore their quality of life and make them feel alive again for the first time in a long time.

Understanding When to Put Someone in Hospice Is Important

The idea of hospice care might seem scary, both to you and to your loved one. Initially, it might feel like you and your loved one are both giving in to the harsh reality that comes along with having a terminal disease.

But look at it another way. Hospice care can actually give your loved one their life back in many ways and let them enjoy life while they still can. You need to understand when to put someone in hospice and make the decision to do it before it's too late.

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Pocket:

continued from page 3

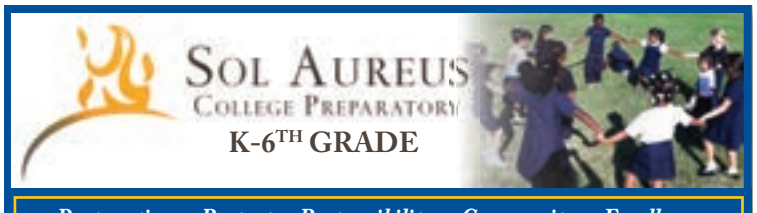
get from station to station along the route. He was in charge of the Detective Bureau, served as a Lieutenant in the Homicide Division, ran Internal Affairs. He arrested a Manson-clan member who attempted to assassinate President Gerald Ford in Capitol Park. In 1975, following a dramatic shooting incident at Neptune's Table in the South Hills shopping center, he was awarded the Sacramento Police Department Silver Medal of Valor.

Somewhere in all of this, he managed to earn his bachelor's degree in Criminology from Sacramento State University, and he graduated from the FBI National Academy in Advanced Criminology. People tend to think of Robbie as a man who's been handed things in life, but the almost absolute inverse is the actual truth. He worked nonstop for every accomplishment he realized. His heart pumped ambition. He inhaled opportunity and exhaled achievement. "Doing" was in his DNA. In 1982, he ran for his first elective office, Sacramento County Sheriff. And guess what: he won. He remained Sheriff until 1987.

His personal life, like his professional life, is marked by significant milestone achievements. His first personal home run came in the form of the diminutive Judie Kent, a blond girl he met on a blind date specially arranged after they'd spotted one another at a pool party they'd attended the week before, each with other dates. Like everything else he'd ever achieved, Robbie did whatever it took to make Judie his, and after a year-long courtship, they married. "I was 20 years old, and I weighed 99 pounds," says Judie. Over the course of their marriage, she would prove to be worth her weight in gold to Robbie.

Robbie and Judie were blessed with three great children, each born with a brightness that threatened their father's considerable wattage, Dee Dee, Darren, and Danny. The Greenhaven neighborhood was more bare land than homes when Robbie took on the gargantuan task of constructing his own home—"Greenhaven 70" was the name of the development. With the help of many friends and family members, the home was finished in 1969,

see Fall page 18



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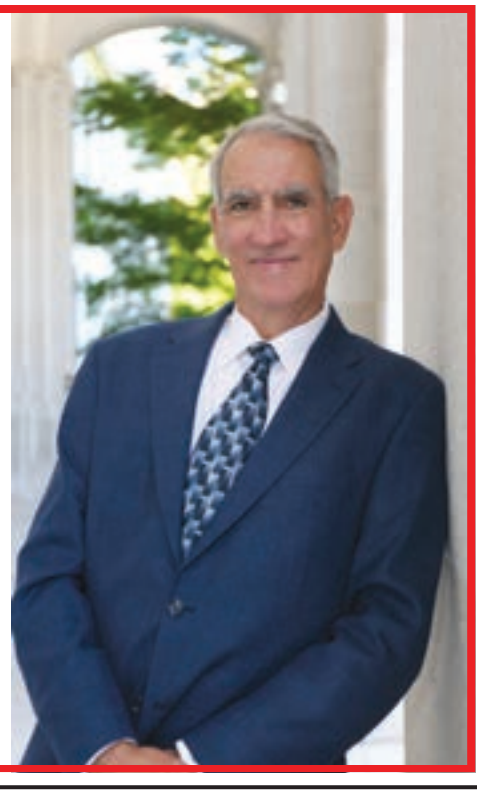

Fall:

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and the Waters moved in.

After they installed their pool, the Waters residence became a hub among the children in the neighborhood. Behind the scenes, Robbie and Judie did what they could to eke out for their kids a childhood that was as normal and idyllic as could be expected when your dad is an extremely visible public law enforcement figure, Sacramento's answer to a Clint Eastwood character, right down to the conservative politics.

Anyone who was active in any community endeavor in the Greenhaven/Pocket area was bound to cross paths with Robbie at some point. To enumerate all of his awards and accomplishments and civic memberships would be tantamount to emptying a can of alphabet soup in front of a reader. Separately, these achievements are each impressive monuments that speak volumes for his willingness to support a worthwhile cause with deeds rather than just words, for his selfless and remarkable bravery in the face of great danger, for the stunning level of proven expertise he possessed in his avocation. Collectively, they become the proverbial forest that obscures trees, a phone book of feats that simply cannot be properly appreciated when compiled into list format.

I knew Robbie because he co-owned the hardware store with my great hometown friend, Jay Weathers. Robbie always had a kind word in passing, a friendly greeting. We became forever linked in 1996, when I hatched an idea for a multi-pronged 4th of July celebration for our community—a parade, a carnival, and, eventually, an aerial fireworks display at Garcia Bend Park. It would be fashioned after the homespun Independence Day celebrations I enjoyed growing up in the Delta. It seemed to me like a natural for the Greenhaven/Pocket neighborhood.

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Caesar:

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The first thing I could think to do was to go to Robbie for help in getting my plan off the ground, so I drove over to the hardware store and found him in his "district office." He liked the idea, but he was a little skeptical about the scale I had in mind for the event. He was, after all, a politician now, and he had his eye steadfastly on the big picture, on public perception, on votes. In the end, though, he ensured that I had everything I needed to pull it off.

When the event was delivered, it was extremely well received and overwhelmingly embraced by the community. He was pleased, and he wanted a larger say in related decisions. That was a source of great conflict between us. We probably disagreed on more than we agreed on, and we argued strenuously while holed up in that back office at the hardware store. But not many people ever knew that kind of tension ever existed. In public, we were all smiles, and when it really counted, he had my back, and I had his. Politically, we were opposites, but we had this common interest that bonded us and fostered a mutual respect that remains of a value to me that I can't adequately convey with mere words. And that, for me, is saying something.

This is who Robbie… was. It hurts to refer to him in past tense now. He was constantly climbing. He was no stranger to power, and he liked it, and he was good at it. He wanted to hold onto it, and he always wanted a little more. The latter of these is an exceedingly common human quality, a great thing when it's wielded by a man whose heart is in the right place. And it's a disaster when it resides in less of a man. Fortunately for all of us, Robbie was more of a man.

Robbie seemed to be the author of the philosophy, it's better to ask forgiveness than permission. In fact, he personally introduced me to that approach to getting things done in a bureaucracy. We need look no further than the local controversy that developed when he ordered "City of Trees" to be painted on the Freeport water tower for an example. That was classic Robbie. But whenever a problem in our neighborhood came up that needed to be addressed, Robbie proved himself to be indispensable. He was supremely responsive, and he followed up the issue like a dog on a bone.

In my favorite Shakespearean play, Julius Caesar, Caesar is shown to be an incredibly effective leader, and Rome thrives under his reign. He is roundly loved by all of his people, and he loves them deeply in return. His detractors, however, point to his constant desire to expand his own power. They refer to him as ambitious, an unforgivable failing for a leader in those days. The senate members do Caesar in and turn the people against him, until Mark Antony comes along and reminds everyone that Caesar's actions were always for the good of the people. We see, in brilliant oratory, how there are always two sides to a story. Human beings—even leaders, it turns out—are made in three dimensions, not one, not two. When Rome's citizens are shown all sides of Caesar's humanity, he is universally mourned.

Robbie Waters was brutally tough. He was undeniably ambitious. He was a formidable opponent to his political enemies. He could be short, blunt, uncomfortably plainspoken. He carried a grudge. And he was unapologetic regarding all of the above. But he also loved his family with all of his heart. And he loved his city. He enforced the law, and he kept us safe. He was willing to work tirelessly on behalf of a good cause. Above all, he was a relentless advocate for our community.

I encourage everyone to consider Robbie in full 3-D when thinking about his life and his legacy. You may come to bury him, but I promise you'll end up praising him.

Rest in peace, Robbie.

Jeff Dominguez is a longtime Pocket resident and former columnist for the Pocket News. He can be reached at jeff.dominguez@comcast.net.

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