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PGCA HELD A FOOD CLOSET PRODUCE DRIVE

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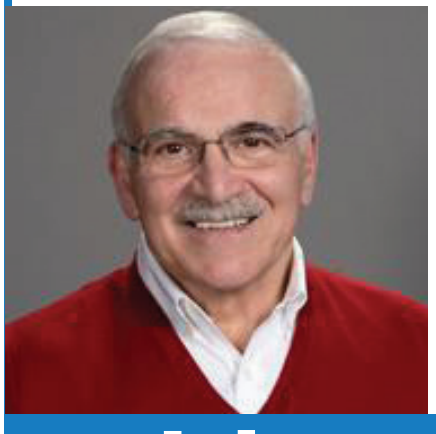

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Get your free trees:

Soon it will be tree planting season

By Devin Lavelle

We're all spending a lot more time at home these days. That inevitably gets us thinking about the things we could do to make our homes nicer, more pleasant places to spend our time – how to make our yards a cool, relaxing retreat that we really love. My favorite part of our backyard is the big redwood tree shading our home and yard. It almost feels like I'm in a forest, shadier, cooler and more relaxing than the suburban neighborhood that lies just on the other side of our house.

If you already have great trees at your home, you probably know what I'm talking about, but if not, there is a great opportunity to transform your yard – for free!

I spoke with Victoria Vasquez from the Sacramento Tree Foundation about their shade tree program and the important role trees play in making Sacramento a wonderful place to live.

Devin: Hi Victoria, thanks for taking the time to chat with me. Can you start by telling me a little about yourself?

Victoria: I'm the Neighbor-Woods organizer for South Sacramento, working to address air pollution and inequities in South Sacramento and the way we do that is with trees.

I'm the mother of two daughters, both of whom has asthma, so the work is really important to me. I've lived in Sacramento for most of my life, grew up along the river, spent my childhood playing there and built the foundation for a lifelong love of trees. Working for a nonprofit is really important to me, especially because it allows my girls to see the impact of the work that I do. I'm a nine year Girl Scout troop leader, teaching young women about the environment and their community and how to be active members of society.

Devin: That's really fantastic. You're clearly a great role model. So as neighbors are spending time thinking about home improvement, what would you recommend they think about?

Victoria: When we're sequestered in our homes and thinking about how we can improve our backyards, trees are a great option. Planting trees brings a lot of important value in terms of shade, clean air and neighborhood beauty. The Sacramento Tree Foundation can provide up to ten free shade trees for your home. It's totally free of charge, we are just looking for areas to expand our urban forest in the City of Trees.

Devin: I thought you might say that! So just order a tree, dig a hole and we're done?

Victoria: Well it's a little more complicated than that, but not by that much. Probably the most important service we offer is a free professional consultation to ensure that you are planting your trees in the right location to ensure that they grow in a way that provides great shade but doesn't interfere with sidewalks, solar generation or other infrastructure.

All of the trees that are offered are specifically and strategically chosen because they grow well in the region. They will use the appropriate amount of water for your yard and be the hardiest species of tree for your personal location. Often time people think that they like their neighbor's tree and want the same one. But that leads to issues with biodiversity. If all the trees are the same species, a disease can come through and wipe out the whole block. We'll make sure the place you plant the tree doesn't lead to roots destroying your entire backyard, they'll pinpoint the exact spot for your tree. It can even be done virtually using GoogleEarth.

We'll encourage you to call 811 before you dig because you never know what's under the ground right there. It's super important and you'll suddenly know where everything is under your house. They'll all come out within just a few days. It's a wonderful free service as well.

The tree that arrives will be a 5 gallon tree. It will seems small, but we know that the smaller the tree, the hardier it will grow. Don't be discouraged if it seems small when it comes to your door with consistent deep watering you will see growth.

see Trees page 3

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Cover photo by:
Devin Lavelle

PGCA held a food closet produce drive

By Devin Lavelle





Did you notice a small group of people standing around in the School of Engineering & Sciences' (SES) parking lot next to a table full of produce? The Pocket Greenhaven Community Association (PGCA) organized a produce drive on July 29 to help neighbors send extra produce grown in their home garden or their plots in the community garden to other community members experiencing need.

"The Pocket Greenhaven Community Association recognized through our connections in the community that many neighbors had extra fresh produce that was being given away. PGCA Board member GariRae Gray and I collaborated regarding reaching out to our fellow gardeners in the Sojourner Truth Community garden and the local crop swap group for fresh produce donations to help those in need," said Will Cannady, PGCA President, who had previously organized a drive focused around excess produce grown in the SES student plots at the community garden.

Gray described the "very generous donations of several varieties of plums, probably about 75-plus pounds of plums, plus tomatoes, cucumbers, and zucchini. In addition, several people donated six bags of non-perishables, including various pastas and mac 'n' cheese, pasta sauces, rice dinners, jars of peanut butter and jams."

PGCA coordinated with the South Sacramento Interfaith Partnership (SSIP) Food Closet, which serves food insecure neighbors in South Sacramento, including the Pocket-Greenhaven area.

"Produce grown by the community, going back into the community," as described by Simon Yeh, SSIP Food Closet Manager.

It was a beautiful thing. It was, yet, another example of how it always feels good to give back to the community.

"I was gratified at how generously people responded, some with large boxes, some with small bags, but all wanting to give their backyard produce to help others who are having difficult times during this pandemic that has financially impacted so many people," Gray said.

"I was very proud of the amazing generosity of our Pocket-Greenhaven neighbors. During these hard times our neighbors have done an extraordinary job of stepping up to support one another and this is an excellent example of that," Cannady added.

The PGCA invites any of our neighbors who have any other ideas about how we can support those in need during these difficult times to please contact us at info@pocket-greenhaven.org.

Trees:

continued from page 2

We'll even leave a laminated booklet with easy instructions on caring for the tree.

It's a lot easier than people may think. Just call us at 916-924-TREE (8733) to get started.

Devin: Absolutely, we've worked together on several tree plantings in District 7 parks and, although I started as a complete amateur, it was easy to learn – so easy my 4-year-old Henry can do it! There's a tree at Seymour Park that we consider "his" tree. It was the first one he helped plant. He's very proud of it. It's a great project to share with kids or grandkids.

Victoria: Definitely, my girls help out sometimes too. They love to point out the trees they've planted when we drive through town. I know a lot of people are scared of planting trees, because they are concerned that the tree will damage the sidewalk or other infrastructure leading to higher costs in the future. But that can really be alleviated by a free consultant with a professional, ensuring the right tree is planted in the right spot. Also, the hole is never more than 18 inches deep, it's not very labor intensive.

Devin: That's great, when you're putting in a tree that will live and grow for decades, you definitely want to make sure you do it right. Speaking of doing it right, it seems like there's huge variation in the number of trees in different neighborhoods.

Victoria: That's right. Decades ago when the city was built, the City decided which neighborhoods were going to get planting strips and which did not. Neighborhoods that do not have large front yards or planting strips have had decades of inequity. When you think of neighborhoods that are more lush like Land Park or East Sac, what you may not realize is that the city owns those trees and maintains those trees. After Prop 13, the city bought easements in wealthier neighborhoods to allow them to continue that maintenance.

Lower income neighborhoods don't typically have trees maintained by the city and today we see a direct effect on the residents who live there. They have the most asthma in the region, the highest temperatures, higher rates of heat death and lower birthweights, even more allergies. The heat island effect is a serious issues in many neighborhoods without shade canopies but the hot air doesn't stay in those neighborhoods and heats the surrounding neighborhoods in the region as well. Instead of having city maintained trees in planting strips, these lower income neighborhoods are expected to

see Planting page 4

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Community members and unhoused neighbors make demands

A coalition of unhoused community members and local grassroots community-based groups – Sacramento Poor People's Campaign, Sacramento Homeless Union, Sacramento Services Not Sweeps Coalition, Sacramento Area Black Caucus and Sacramento Homeless Organizing Committee – are demanding justice and dignity for our unhoused neighbors currently living at the Stockton Boulevard Encampment (5101-5261 Stockton Blvd.). They are demanding the sweeps to stop and re-locate folks to cooling centers.



Photos by Dan Bacher

Kevin Carter of the Poor People's Campaign talks to the crowd right after being on a conference call with the head county health officer about the pending eviction from the camp. The action by the county goes against CDC COVID guidelines, yet the county does it, even against the advice of their own health officer.



Jose Rodriguez, a member of the Homeless Camp's Committee, talks as Dr. Pamela, a minister that works with the Poor People's Campaign, leads the people at the press conference in prayer at the end of the event. Donta Williams, another camp resident and plaintiff in the case against Sacramento County, speaks about their treatment by the County of Sacramento.

Planting:

continued from page 3

pay to plant and care for their own trees.

Devin: That hardly seems fair. The city doesn't care for my trees.

Victoria: The long term goal is to raise the tree canopy in a socially equitable way so that all Sacramentans can enjoy cleaner air and better health.

Can I tell you an interesting story?

Devin: Please do!

Victoria: The indigenous residents of this area's whole lives depended on the oak tree. They used it for shade, jewelry, food, everything. The song rock a bye baby comes from this area, which was really about the trees. They made their cradles from the young branches and tied them into the trees when the children began to walk, watching the baby and the tree grow together. The song ends, as the bow breaks, the cradle will fall. This is talking about the life cycle of the trees, which is an important thing to think about. Trees have long lives, but they still need to be replaced and that's our responsibility.

We have often lost that connection with nature. We have grocery stores and buildings and pushed the trees away. We went from completely depending on trees, to pushing them away to replace them with hardscape. Now we're starting to understand the benefits of trees and understanding that trees are a nice, holistic way of improving the environment, capturing air pollution, improving public health. Standing next to a tree can even lower our blood pressure.

Right now, as we're stuck at home, if we're lucky enough to have our own yards, by planting trees we're doing our part, cleaning our air, cleaning our neighbor's air, it's really a team effort.

Since we have more time at home with our children now, we're showing them how we're investing in their future and caring about them by planting trees that will help fight climate change and showing them how to care for their own futures.

Devin: That's so true, thanks for your time Victoria.

Victoria: Thank you and be sure to call us at 916-924-TREE (8733) or visit sactree.org to learn more.

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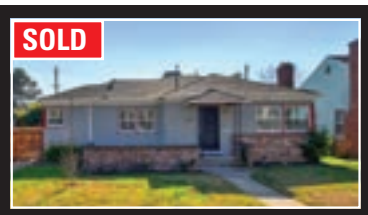
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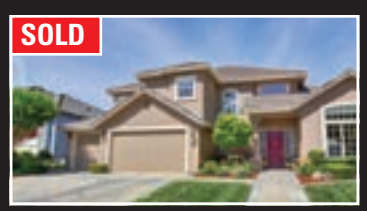
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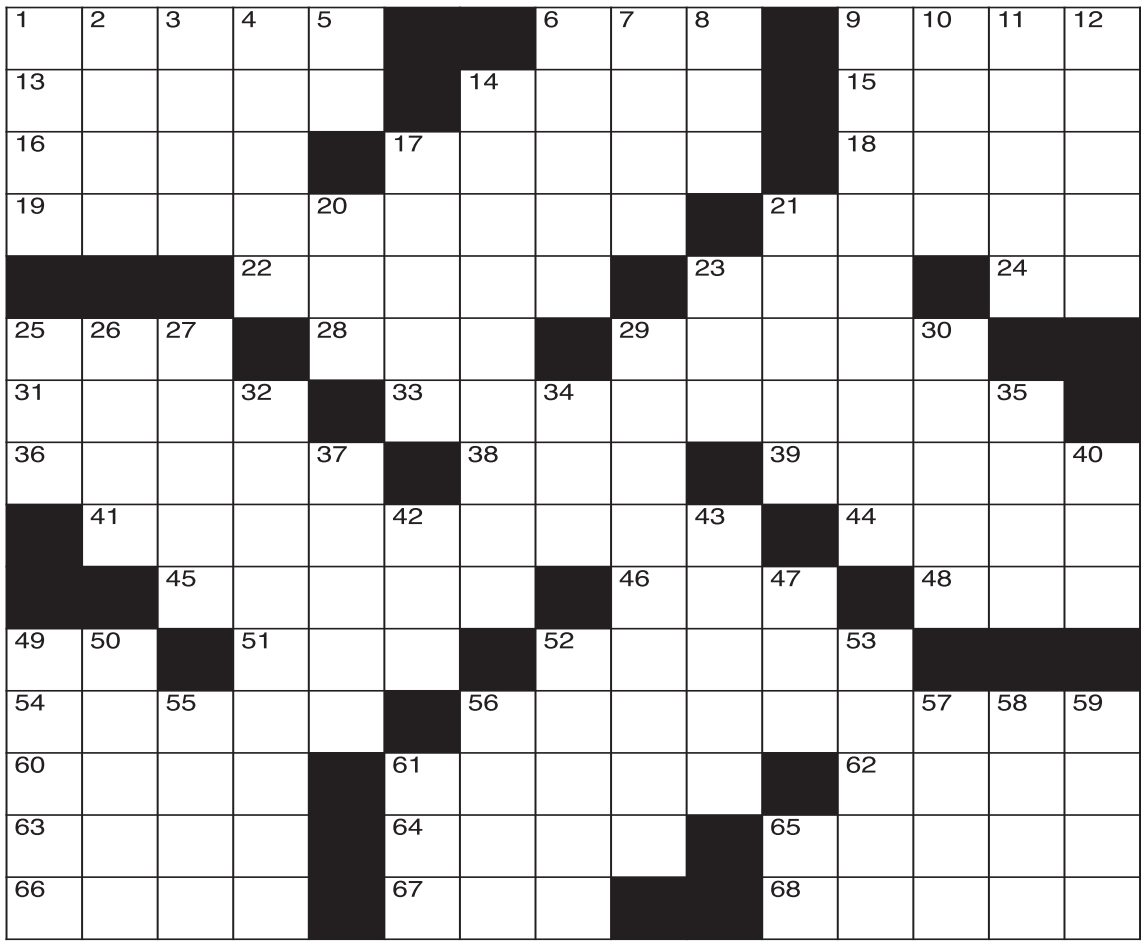

CLUES ACROSS
1. Emaciation
6. Million barrels per day (abbr.)
9. Light dry-gap bridge system (abbr.)
13. Anatomical term
14. Tropical starchy tuberous root
15. Jewish calendar month
16. Round Dutch cheese
17. Western Pacific republic
18. List of foods
19. It can strike the ground
21. Drenches
22. Some are cole
23. __ Squad
24. Expresses emotion
25. One point east of due south
28. Satisfaction
29. Holds nothing back
31. Top of the body
33. Not well-liked
36. Did slowly
38. Greek goddess of the dawn
39. Gland secretion
41. Vital to existence
44. Aristocratic young women
45. Erik __, composer
46. Not young
48. Jewish term for "Sir"
49. Secondary school
51. __ student: learns to heal
52. Regarding
54. Highly excited
56. Mainly
60. Thin, narrow piece of wood
61. Cakes
62. Biomedical nonprofit
63. Dried-up
64. One who is symbolic of something
65. Body part
66. Muslim ruler
67. Women from Mayflower
68. Notes

CLUES DOWN
1. Not us
2. Helper
3. Bleat
4. Type of chair
5. Jr.'s father
6. Necessary for certain beverages
7. Hillside
8. Dutch painter Gerrit __
9. Gave a new look
10. Ancient Greek City
11. Confidence trick
12. Type of fund
14. From an Asian island
17. Malay boat
20. Western Australia indigenous people
21. Cluster on underside of fern frond
23. You need it to get somewhere
25. The woman
26. It may be green
27. Makes less severe
29. One from Beantown
30. Cavalry sword
32. Metric linear unit
34. Hawaiian dish
35. Yokel
37. Dissuade
40. Mutual savings bank
42. __ Caesar, comedian
43. Primordial matters
47. We all have it
49. Hermann __, author of "Siddhartha"
50. Historic MA coastal city
52. Shady garden alcove
53. Small amount
55. Horse-drawn cart
56. Nocturnal rodent
57. Spiritual leader
58. Air mattress
59. Speaks incessantly
61. Auction term
65. Atomic #62

Puzzle Solutions see page 19

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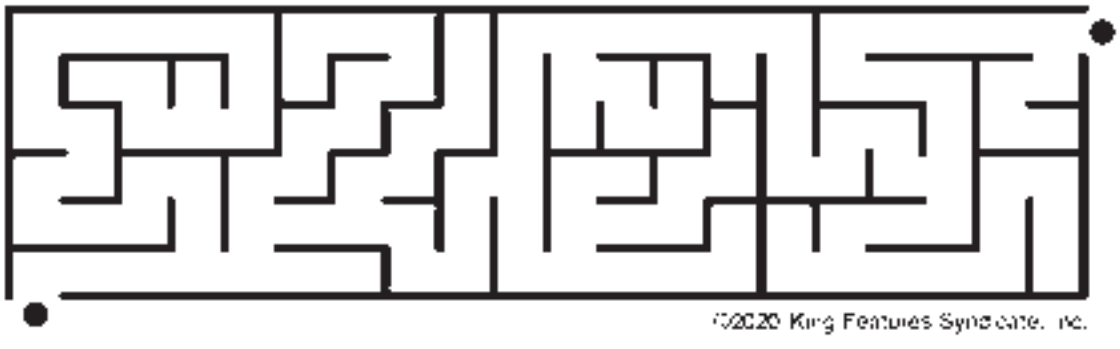

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Herbert Yee receives national recognition for volunteer service

By LANCE ARMSTRONG

Dr. Herbert Yee, a retired Sacramento dentist, on July 25 received the President's Volunteer Service Award.

This award, which was founded by the President's Council on Service and Civic Participation in 2003, is a civil award bestowed by the president of the United States. It recognizes individuals whose service has made a positive impact on communities throughout the nation, and those who inspire others to take action.

Yee, 95, was presented the award during a ceremony held before a small, socially distanced group of mostly members of his family. The event was held in the backyard of his South Land Park home.

David Yee, who presented the award, described his grandfather as a "fitting recipient of this prestigious award."

While standing the currently recommended social distance of 6 feet from Herbert, David further praised his grandfather.

"We are here to celebrate an American icon, Dr. Herbert Yee, also known as Grandpa, for his exemplary service to the community," he said.

After completing a short speech about Herbert, David presented him with the President's Volunteer Service Award certificate of achievement and a letter signed by President Donald Trump. He also received a gold medallion as part of this recognition.

The gold medal represents the highest level of achievement of this award. The award also includes silver and bronze medal recipients.

David later told this paper that Herbert earned this recognition due to his strong dedication to serving and inspiring others.

"He has volunteered his service and time in endeavors, not only related to his profession but also in other disciplines," he said. "As the president of the International College of Dentists, he advanced education and established relations with China and Vietnam during a difficult political climate.

"He has also served on boards of the Sacramento County American Cancer Society and the California State Railroad Museum, and as district governor of the Lions Club (District 4 C5)."

His leadership positions also included serving as president of the California State Board of Dental Examiners.

David noted that his grandfather has been an inspiration in his own life.

"Ever since I was a kid, I wanted to be like Grandpa and make him proud," he said. "During his life, I can only imagine the barriers that he had to overcome, paving the way for subsequent generations."

Herbert, who was born near Sing Tong Village in Toishan, China, immigrated to the United States through Angel Island at the age of 6 in 1931.

At the age of 20, Herbert enlisted in the U.S. Army at the Presidio of Monterey, and he would later become a founding member of Gung Ho American Legion Post No. 696 in Sacramento. He currently serves as the commander of that post.

A 1948 graduate of Stanford University's College of Physicians and Surgeons as a dental surgeon, Herbert worked in the dental profession for more than a half-century.

As a humanitarian and philanthropist, in 1981, Herbert became the first overseas Chinese to have a school built in China near his village. He also had a cultural center and library constructed in the same area in 2007.

Herbert, who is a descendant of California Gold Rush pioneers, additionally helped fund the restoration of his great-grandfather's herb store, which was built in Fiddletown in 1851.



Photo by Lance Armstrong

Herbert Yee, seated, is joined by members of his family at the event.

In response to his then new role with the International College of Dentists, in 1984, Herbert received praise from President Ronald Reagan.

"This honor reflects your commitment to your profession and to the organization paying tribute to you," Reagan wrote. "By your service as a dentist and as a member of your community, you have made outstanding contributions. In every area where you work, whether as a member of your profession or as a concerned citizen, your dedication is greatly respected."

Herbert was previously no stranger to Reagan, as his 54 years as a dentist includes his time as the official dentist for the staff of two governors – Reagan and Pat Brown.

He additionally served as president of the Sacramento Chinese Benevolent Association, the Sun Yat-Sen Memorial Association, and the Yee Fung Toy family association.

Herbert's longtime commitment to service also includes being inducted into the California School Board Foundation Hall of Fame and being named Humanitarian of the Year by the California Dental Association.

His notable positions also include his service as counselor of the American Dental Association's Council on Dental Education.

Herbert is also awaiting another award: the Congressional Gold Medal for Chinese American World War II veterans. But due to the novel coronavirus (COVID-19) pandemic, that award has been delayed until further notice.

In the meantime, Herbert received his latest award, with the accompanying letter signed by Trump.

"Each generation of hard-working and kindhearted volunteers helps to write a new chapter of American greatness, and our nation is proud for your commitment to this honorable tradition," Trump wrote.

Asked what he thought of receiving his latest recognition, Herbert responded with humility.

"I don't think I deserve it, but I'll accept," he said.

The award, David noted, "kind of recognizes (the) life's work" of Herbert, who was married to his wife, Inez, for more than 70 years, has four children, nine grandchildren and 16 great-grandchildren.

David added that his grandfather is a role model to him.

"I was very happy to see grandpa happy (during the July 25 ceremony)," he said. "I try to honor his legacy and try to walk in his footsteps, but it's hard to walk in footsteps of a giant."

In summarizing his grandfather's many accomplishments, David said, "His life exemplifies the American dream."



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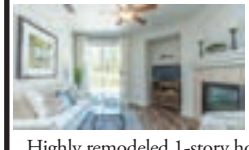





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Meet the Sacramento Squad

Four locally elected progressive women of color come together in light of recent uprisings



All photos by Stephen Crowley

The Sacramento Squad from left to right, Katie Valenzuela - Sacramento City Councilmember-Elect; Tamika L'Ecluse - American River Flood Control District Member; Zima Creason - San Juan Unified School District Member; Mai Vang - Sacramento City Unified School District Member.

By Monica Stark

In the midst of the pandemic and racial justice uprisings after the murder of George Floyd, four elected women of color – Zima Creason, Tamika L'Ecluse, Katie Valenzuela and Mai Vang – banded together to use their platforms to save Black lives by pledging to end the financial relationship between law enforcement and politicians.

They soon became known by the community as the Sacramento Squad, a nod to the congressional Squad – Alexandria Ocasio-Cortez, Ilhan Omar, Ayanna Pressley and Rashida Tlaib.

Initially drafted by Vang, and further crafted by her "sisters", the Pledge to Reject discusses the history of law enforcement and police union political contributions and power that "warp" the conversation about public safety and it calls out those elected officials who receive those contributions as undermining community trust in their ability to perform that oversight role. The pledge calls for that conflict to end, be it from school boards, city councils, county boards of supervisors, district attorneys, state legislators, elected and appointed officials at various levels of government that hold oversight powers over law enforcement. The Sacramento Squad has urged all elected officials and candidates in the greater Sacramento region to sign the pledge to no longer accept campaign contributions from law enforcement.

"I am incredibly honored to be fighting alongside three amazing, fierce, bold and courageous leaders," said Vang. "For me, I feel like each of us play a role of moving Sacramento in a way that can meet the needs of our families and our communities. We need progressive bold leadership and that's what the Sacramento Squad embodies."

L'Ecluse said the Sacramento Squad represents a new generation of women of color representatives that push progressive policy such as medicare for all and no cops in schools. "We just roll together. We communicate every single day and we support each other every single day."

The pledge started with just the four of them and soon they were known as the Sacramento Squad. "We didn't think of the name at all," said Vang.

But, as Creason added, "We love it though."

At this point, Valenzuela said the Sacramento Squad is working to support the candidates who have signed the pledge. "I'm excited that more folks keep signing on and to see a related initiative at the state-level catching momentum as well. I think this is a real turning point for this discussion, and I'm excited that we're a part of it."

Creason, added, however that some electeds have had a negative reaction with lost endorsements. "We were called anti-union and hypocrites. The negativity comes from the system that is systematic racism. Hard things are hard and fighting racism is hard. These remarks show me that we are making an impact, that we are upsetting the system. If what we are doing didn't matter, they wouldn't care. I think we are making a real impact. We will keep up the fight."

see Squad page 13

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Exp 9/30/2020

Historic New Helvetia housing's future in question



Photo #2 Caption: This structure is one of the New Helvetia buildings that were constructed in the early 1940s to house low-income residents of the city.

Site is nationally recognized in civil rights history

By LANCE ARMSTRONG

A revitalization plan proposed by the city of Sacramento could lead to the demolition of decades-old Broadway structures of historic significance.

The Sacramento City Council on Tuesday, Aug. 25 will consider whether to approve the West Broadway Specific Plan, which includes the 360 units of the Alder Grove public housing complex and the New Helvetia Historic District.

This civic plan is a document designed to set policy for future development for the next 20 years, within a 292-acre area that is generally bounded by Highway 50 and Broadway on the north; Muir Way and 5th Street on the east; 4th Avenue on the south; and the Sacramento River on the west.

The specific plan is designed with the intention of improving the area's connectivity with Land Park, the

see Historic page 9

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Historic:

continued from page 8

Sacramento River and the central part of the city.

Within the proposal are new city streets that would run through Alder Grove – the historic New Helvetia low-income housing site – and necessitate the demolition of structures on that property, as well as displace low-income residents.

Construction on the 62 buildings of the $1 million New Helvetia housing began in 1941 on a 33-acre tract, south of Broadway, between 6th Street and 9th Street (now Muir Way).

This low-income housing project was developed as part of the United States Housing Authority.

The New Helvetia low-income structures were erected by the Campbell Construction Co. and consist of plaster interiors and brick veneer exteriors.

This housing, as well as the nearby, 391-unit Marina Vista low-income, government-owned housing project, is currently managed by the Sacramento Housing and Redevelopment Agency (SHRA). The latter project, which sits several blocks to the southwest of Alder Grove, was built in the 1950s.

The New Helvetia Historic District, which was placed on the National Register of Historic Places in 2014, is notable as the site of Sacramento's oldest public housing.

The issue of the possible demolition of historic structures within that district is of concern to various preservationists and historians, as well as many in the African American community.

Significant to the history of New Helvetia is its connection to Nathaniel Colley, who was the first black attorney to establish a private law practice in this city and the former legal counsel of the local chapter of the NAACP – the nation's oldest civil rights organization.

Chris Lango, who produced a documentary on Colley in 2013, said that in 1951, Colley was made aware that certain, mostly black residents were being segregated in 16 units within two buildings at New Helvetia.

"Colley and a group of local citizens put pressure on the Sacramento (City) Housing Authority to end that practice," he said. "They didn't have success by putting traditional pressure on them, so they kept amping it up until Colley finally filed a lawsuit against the housing authority to end that practice. That would have been in early 1952.

"Before the case ever made it to trial or anything, the judge in that case issued an injunction that put a stop to that practice."

Lango expressed a desire to have at least a portion of the historic New Helvetia buildings preserved, as opposed to "building anew and (pretending) "that nothing ever happened there."

"What I would like to see happen is when we move forward and build new buildings that we mix the old and the new and preserve the history that was there," he said. "That was the first crack in the wall of segregation (in Sacramento), that was made right there on that site. (It) was one of the early, early victories in the civil rights movement, and so the visual evidence of that victory would be erased if those brick buildings were demolished."

In response to the West Broadway Specific Plan, the Nathaniel S. Colley Sr. Civil Rights Coalition declared its "fight to preserve New Helvetia."

"Destroying a nationally recognized site of civil rights history to create a street grid aimed at alleviating future traffic congestion caused by racially insensitive urban planning only further retrenches race relations in the city," notes the organization.

The coalition also mentions its objection to the street grid proposal, stating that the project would "cut through the heart of the historic site" and require demolition of the "entire" site.

To present an alternative plan, the coalition contacted Chris Wasney, a Bay Area architect who worked with his firm to create an alternative plan.

see Helvetia page 10



Michael Stafford Sr., a 19-year resident of the Alder Grove low-income housing project, said that he supports the Nathaniel S. Colley Sr. Civil Rights Coalition's "fight to preserve New Helvetia."

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Photos by Stephen Crowley

Rosie the Riveters are fighting to save New Helvetia from proposals of its demolition. They say the most proactive way to do that is to have it listed on the City of Sacramento's historic register.

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Helvetia:

continued from page 9

That plan includes preserving and modernizing 53% of the 62 historic buildings, while still meeting the density needs that were outlined in the city's draft proposal for this district.

This alternative plan also presents a proposal to establish the Nathaniel S. Colley Sr. Center, which would educate the public about the life of Colley and past and current civil rights and community issues.

Clarence Caesar, a retired state historian, said that in working with the coalition, he became troubled with the city's proposal.

"There was a design that was part of that plan that was supposed to be New Helvetia and we discovered from some (early) renderings that we saw that New Helvetia was gone," he said. "It was replaced by a very upscale, modern looking (housing development)."

Caesar also described the historic New Helvetia buildings as having architectural importance.

"(New Helvetia's architects) were four of Sacramento's top architects at that time," he said. "To give you an example of one of them, Leonard (F.) Starks was the designer of the Elks Building (at 11th and J streets), C.K. McClatchy High School (on Freeport Boulevard) and I also think he designed the Alhambra Theatre (at Alhambra Boulevard and K Street). One of the other architects (Edward F. Flanders) designed Grant High School (with Starks). This was like an all-star team."

The other architects of New Helvetia were Charles F. Dean and Harry J. Devine.

Returning to the possible demolition of the historic New Helvetia buildings, Caesar explained that the coalition approaches that issue very seriously.

"The city (said demolition) is really not on the table," he said. "We beg to differ. As long as we have no specific project identified as of yet for that property, then the concept of demolition is always on the table."

Caesar mentioned that because of this sentiment, the coalition is requesting that any reference to the word, "demolition," be removed from the language of the document.

Elizabeth Boyd, a senior planner with the city, stressed that the West Broadway Specific Plan is a policy document, as opposed to a project.

see Housing page 11





Housing:

continued from page 10

"I think a lot of people have the misconception that we are planning for the demolition of the site, but that's not what a policy document does," she said. "A policy document really sets the vision for 20 years in the future.

"In the scenario where there is some sort of demolition, whether it's a partial or a full demolition, what do we expect to see? And we want to see connectivity, we to see a public park, we want to see mixed-income (housing)."

Boyd also noted that the city would "not be demolishing anything."

"That's an SHRA thing," she said.

As for potential new streets on the property, Boyd said that the city is also working to have a plan in place.

"If there are changes that would allow us to connect the streets through the site, then we want to be able to ask for those when that time comes," she said. "This document provides that basis to be able to ask for things."

If SHRA ultimately decides to seek a redevelopment of the property, they would need to undergo a national process, Boyd noted.

"They still have to go through the National Environmental (Policy) Act and the National Historic Preservation Act on those processes in order to do anything at the site," she said.

Furthermore, the U.S. Department of Housing and Urban Development (HUD) would have to determine the buildings to be obsolete – that the units would be more expensive to rehabilitate than to build new structures.

Boyd also mentioned that the city has concerns about the maintenance of Alder Grove.

"We just don't have the money for affordable housing that we should have, and public housing has not been supported by our federal government to the extent that it was when it was first built," she said. "It's been (nearly) 80 years and (that housing) hasn't been maintained."

However, Boyd mentioned that SHRA obtained HUD authorization for the rehabilitation of all of its public housing throughout the county.

Because of the larger sizes of Alder Grove and Marina Vista, rehabilitation of those sites would not begin until 2030.

In the meantime, the West Broadway Specific Plan would prepare the city for the possible creation of more diversified living, Boyd noted.

"The city knows that things can change over 20 years, over 10 years, so it wants to put forth what would we want to see if they would do something different than they're currently planning, which could happen, because of changes," she said.

"So, what would we like to see this area be? And we really would like to see it as more connected and mixed income and a place where we just don't have poor people. But we're still providing affordable housing, but we're also providing for it to be a mixed-income community."

Boyd additionally noted that in the event that any changes are made to the current residents' living situation, they would be provided with relocation assistance.

The City Council's Aug. 25 teleconferenced meeting will begin at 5 p.m., and will be broadcast live on Metro Cable, Channel 14, AT&T Broadband cable system and/or rebroadcast on the Saturday following the date of the meeting. Live video streams and indexed archives of meetings are available through the city's website, www.cityofsacramento.org.

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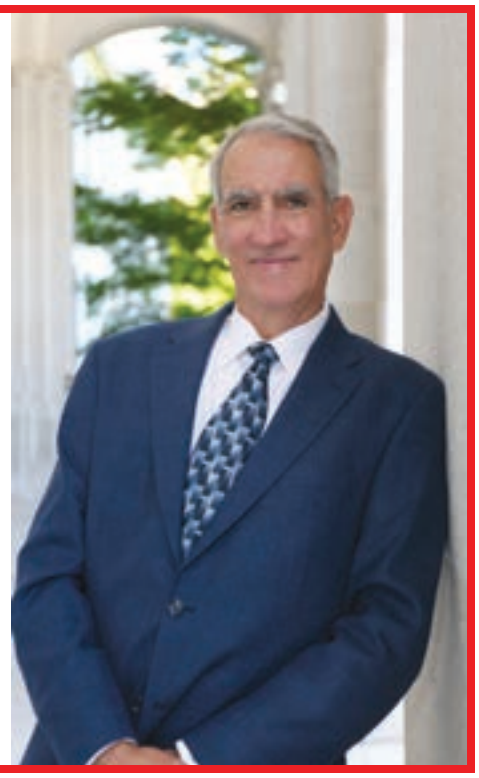

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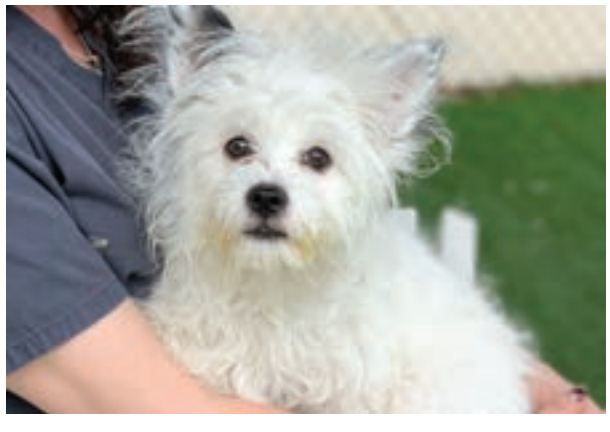

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Squad:

continued from page 7

Zima Creason

Zima Creason is a parent, advocate, and businesswoman. She serves as the Executive Director of the California EDGE Coalition and she was elected as a San Juan Unified School District Governing Board Member in 2018. She also serves as a California Democratic Party Delegate and is a member of the Blue Ribbon Commission on the Establishment of a Sacramento County Women and Girls Commission. At EDGE, she works to address the skilled workforce shortage, create pathways to the middle class, and to advance shared prosperity for all Californians. She is committed to stakeholder empowerment and coalition building to establish and sustain thriving communities. Zima has worked in the policy field since 2001 and much of her work has focused on equity as it relates to mental health policy as well as stakeholder outreach and engagement. She is dedicated to supporting people to avoid crisis outcomes, social justice, and for all Americans to have access



Zima Creason - San Juan Unified School District Member

and opportunity to achieve the American Dream regardless of their zip code, culture, ethnicity, socioeconomic status, health/mental health status, gender identification and/or who they love.

In her roles, Creason works to improve education including, but not limited to, equitable outcomes for Black kids, ending the school-to-prison pipeline, removing law enforcement from campuses, better special education services, and education that focuses on putting kids on a path to high road jobs which are jobs with family sustaining wages, benefits, and dependable schedules.

She is working to reimagine public safety including, but not limited to, ending the financial relationship between politicians and law enforcement, ending incarceration for many crimes, ending money bail, making jails/prisons therapeutic instead of torture chambers. She has worked for economic and social mobility for all Californians, especially people of color who have been locked out of prosperity.

Tamika L'Ecluse

Tamika L'Ecluse is the Secretary for the American River Flood Control District and her seat is up for re-election this November. She is the first Black woman on the board. A life-long Sacramentan, she has fond memories of weekends along our rivers. She also remembers flooded streets, school closures, and filling sandbags at a young age. Sacramento is fortunate to have two beautiful rivers, bikeable/walkable trails, and caring communities. These qualities come with great responsibility. She joined the American River Flood Control District in 2019 with the intention of using her teaching experience and neighborhood advocacy to represent North Sacramento communities, including our home, Del Paso Heights.

While serving as an American River Flood Control District trustee, she realized she could make an impact on other ways, including: Prioritizing solutions to homelessness while ensuring the safety and structure of our levees; increasing our relationship with all communities through intentional outreach and communication; ensuring workers had the necessary protections before and while the COVID-19 epidemic continues.

The ARFCD maintains, monitors and repairs all of the levees from I-5 Discovery Park to Rancho Cordova along the American River,



Tamika L'Ecluse - American River Flood Control District Member

and her coverage area includes Arcade Creek, the one that needs the most levee repair work which is compounded by the fact that many homeless people live in the area. "Not much water runs through there, but when the river gets higher, that creek is rushing higher and there are a ton of people who sleep in there. They're the most vulnerable because they are sleeping there and those who live a mile from the levee. Our job is to make sure there are no holes, no old pipes that need to be removed. We have to make sure we have safe regulations. Have to make sure the equipment is up and up."

She explained the levees in her area are solely meant to be blockage from flooding, they're not intended to be a recreation place. "Those are conversations for certain communities, no my community. I have a responsibility to make sure that flood control board is relevant because my community needs a voice. There needs to be an overhaul about how we work with our homeless population. We need to have social workers checking in with these folks weekly to see what they need to get them where they want to be. The best thing we can do on the flood control board is to make sure the levees have complete integrity, are safe and not fire and flood risks."

see Progressive page 14

Who has signed the Pledge to Reject?

Elected Officials

Norma Alcala - Trustee, Washington Unified School District
Will Arnold - City Council Member, City of Davis
Karen Bernal - Member, Sacramento Democratic Central Committee
Christopher Clark - President, Folsom Cordova Unified School District
Ash Kalra - California State Assembly Member *(AD-27)*
Steve Ly - Mayor, City of Elk Grove
Melissa Moreno - Trustee, Yolo County Board of Education
Tami Nelson - Trustee, Los Rios Community College District
Gloria Partida - Mayor Pro Tem, City of Davis
Don Saylor - Supervisor, Yolo County
Tracie Stafford - District Director, CADEM African American Caucus
Rachelanne Vander Werf - Trustee, American River Flood Control District
Paula Villescaz - Trustee, San Juan Unified School Board
Jackie Thu-Huong Wong - Trustee, Washington Unified School District

Candidates

Regina Q. Banks - Elk Grove Unified School Board *(Area 1)*
Linda Deos - Yolo County Supervisor *(District 4)*
Kelsey Fortune - Davis City Council *(District 5)*
Seta Ghazarian - Victor Valley Union High School District *(Area 1)*
Connor Gorman - Davis City Council *(District 5)*
Martha Guerrero - Mayor, City of West Sacramento
Larry Guenther - Davis City Council *(District 3)*
Dillan Horton - Davis City Council *(District 2)*
Fatima Malik - SMUD Board *(Area 5)*
William O'Mara - U.S. House of Representatives *(CA-42)*
Nailah Pope-Harden - Sacramento City Unified School District *(Area 4)*
Chinua Rhodes - Sacramento City Unified School District *(Area 5)*
Rev. Les Simmons - Sacramento City Council *(District 8)*
Amandeep Singh - Elk Grove City Council *(District 3)*
Danny Thirakul - Washington Unified School District *(Area 2)*
Kelly Wilkerson - Los Rios Community College District *(Area 4)*
Chris Yatooma - Los Rios Community College District *(Area 3)*

Original Signatories

Zima Creason - San Juan Unified School District Member
Tamika L'Ecluse - American River Flood Control District Member
Mai Vang - Sacramento City Unified School District Member
Katie Valenzuela - Sacramento City Councilmember-Elect

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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.

Progressive:

continued from page 13

Katie Valenzuela

Katie Valenzuela was elected to the Sacramento City Council to represent District 4 last March and will be sworn in this December. She is currently the Policy & Political Director for the California Environmental Justice Alliance, and co-chair of the Board for the Sacramento Community Land Trust. Katie has almost two decades of social justice advocacy and community organizing experience. Prior to running for office, Katie was a founding member of the Sacramento Urban Agriculture Coalition, the first Sacramento-area representative on the AB 32 Environmental Justice Advisory Committee, the first consultant for the Joint Legislative Committee on Climate Change Policies, and started her own consulting firm focused on pursuing environmental justice in California. She earned her Bachelors and Masters degrees in Community Development from U.C. Davis. Katie was born and raised in Oildale, California, and moved to Sacramento in 2009. "I hope to be a conduit to communities who want to engage in city decision-making, and to work hard to make it easy for people to know what's happening and how to express their opinions. I'm hoping to bring my decades of organizing experience to this job. My term will be four years, ending in 2024. It's too early to know what time will bring!



Katie Valenzuela - Sacramento City Councilmember-Elect

"In my ideal world, law enforcement is the last resort. I dream of people on the streets having access to housing and services to meet their needs, of youth having access to the programs and support they need to live healthy lives, and of a City that values people and workers over business interests and profit. By becoming a more people-centered community, we will reinvest in the strategies that work, and hold ourselves accountable for outcomes of improved quality of life for everyone. It seems ambitious, but extensive research and case studies tell us it's possible - and I believe Sacramento is the right city to make this dream a reality."

Valenzuela says she has been proud of our City and how we've mobilized to defend Black lives. "I've gone to several protests and saw people taking care of each other, expressing pain/frustration/hope, and literally dancing in the streets (during the Juneteenth event). It's a beautiful thing to see, and I'm incredibly hopeful that folks will stay engaged in the long road we have to achieving policy and budget justice here in Sacramento."

"District 4 is an incredibly progressive community, and many of my constituents really care about defending Black lives and standing up for justice. When I have seen racism come up, it has always been quite covert - when talking about certain groups of people or using coded language that the individual may not even realize is based on a racist foundation. For instance, I recently heard a neighbor say they were upset that 4th of July had become a gangster holiday, probably not even thinking that she was assuming this was brown and Black youth from elsewhere - not her white neighbors - that were firing off illegal fireworks at all hours of the night.

"To be anti-racist means recognizing that we all hold bias, and being comfortable naming that when it occurs so we can all learn and be better. But it also means proactively working to dismantle the systems that perpetuate systemic racism by getting involved with local groups and being willing to use time and resources to help Black, indigenous, and people of color here in our community."

Mai Vang

Mai Vang is the daughter of Hmong refugees from Laos, the eldest of 16 children, and a proud native of Sacramento. She was elected to the Sacramento City School Board in 2016, and is currently running for Sacramento City Council to represent District 8. In addition to her work as the Executive Director for the Buck Scholars Association, a nonprofit that provides college scholarships, she is also a fierce social justice advocate and an Ethnic Studies lecturer at both Sacramento State and U.C. Davis. She is running to represent her community on the Sacramento City Council because of her deep commitment to serving others and fighting for racial and economic justice.



Mai Vang - Sacramento City Unified School District Member

Growing up in poverty, Vang saw firsthand how access to wealth determined a person's quality of life and the resilience of families striving just to get by. As a result of this experience, Vang co-founded Hmong Innovating Politics, an organization whose mission is to strengthen the political power of disenfranchised communities via innovative civic engagement and strategic grassroots mobilization. Throughout her career as a community organizer and activist, Vang has worked directly on local and national issues involving education, labor, and racial/ethnic health disparities. In her free time, Vang enjoys hiking with her dog, coffee, and spending time with her 15 siblings.

"The reason I am running for Sacramento City Council is to continue my life's work for improving life for South Sacramentans. The reason I ran for Sacramento City school board was to make sure we get the resources to our students. We also know that when we think of the quality of life for our students and families, especially for our scholars, it's also about the social conditions outside of the classroom. Given the pandemic now, we are seeing the importance of collaborative partnership in order to meet the needs of our students and families that have dire need.

"As the current pandemic continues to impact our city and our neighborhood, while the struggle is wide-spread, it's not equally shared. And what we are seeing Black, Brown and Indigenous are bearing the brunt of the devastating effects of Covid. Moving forward it's incredibly important for policy makers, those in position of power to make sure we center on families and communities. It's got to be the core of the recovery. Some of the issues are emergency rent and mortgage payment assistance," she said.

She and her team put out a survey to distribute to residents that was the highest priority, followed by food assistance, mental health and social services and business recovery for minorities and women-owned businesses.

"In education, we are seeing the need to address digital inequity because many of our students while we can provide them with a laptop, often times families don't have access to wifi. There are buses with wifi and those are great but we got to meet them where they're at and that's at their home. (Wifi) is a means for survival from government assistance programs to everything else. You need access to that not just for our scholars but for our families in general. It's a larger conversation about public broadband. It's a right."

As an organizer, Vang fought for ethnic studies to be a requirement for SCUSD students, and as a school board member she had the honor of voting it to become a requirement. "I think it's really important for students to understand the lived experiences and struggles of other students of color, of other Black and Brown students of color. We know that in itself won't solve the issue, it's also about who's teaching it, the pedagogy and the curriculum, but it's the first step."

Once she get to city hall it's about co-creating solutions together with the community to address the needs and challenges. "I will announce what that looks like. It's the people-power piece. I think like an organizer."

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Op-Ed: Anti-racism….and nothing less

By Sonia Lewis

It can't just be me, in noticing a difference in responses from a large part of the white community with respects to the deaths of George Floyd, Breonna Taylor, and Ahmaud Arbrey? My speculation is the sensibilities of white folks have been ruffled and disturbed to the core; so much so, that the pieces of the puzzle are finally beginning to make sense about systemic racism. Ever since the very public lynching of George Floyd, I've noticed a greater willingness of whites and non-Black people of color to show up and fight the very same fight Black folks have been fighting since the first auction blocks were established in 1619, off the shores of the Carolinas promoting chattel slaves as property.

Reality check….white supremacy is a very false ideology created by white men to justify the ill treatment of people they forced into chattel slavery. PERIOD. And with that reality, it is beyond time America accept the ugly history associated with the founding of this country on the backs and breast of Black people. We have to not only, not shy away from this truth but be willing to redefine equity, justice, freedom, liberty and humanity; while re-imagining power structures, reparations, crime, punishment and the distributions of resources.

Today, it is important to start with a basic understanding that slavery was a very lucrative economic system, deeply connection to the foundation of who and what America was and still is to this day. Anyone not willing to accept that African slaves (and their descendants) built this country is ignoring a very important part of the American story. And when you ignore the truth, you erase the people and their suffering, pain and oppression of their lived experiences. We collectively have to commit to no longer shying away from the Black lived experience, as if we've seen no evil, heard no evil or spoken no evil. We have a duty to acknowledge and rectify the lingering consequences of slavery and systems intentionally designed to keep white supremacy a functioning part of the power structure in this country's democracy and economy.

If you haven't figured out by now, I am Black; and I can proudly say, I have lived unapologetically and authentically Black for the majority of my almost 50 years of being alive. But not only have I lived my Black experience, I have also lived that of my mother's Black lived experience, and her mother's Black lived experience and the very Black experiences of those, whose precious feet touched the Carolina soil and auction block when slavery began in this country. I want you to know, my generational wealth is rooted in trauma, destruction and theft from an inherently racist system designed to prevent my ancestors, myself and my grandchildren from surviving and thriving. I am not exaggerating about how pervasive the reach of institutional racism goes, instead I want to encourage those reading these words to change the trajectory, so the outcome is different for my grandchildren's children.

Now, I can refer you to a multitude of historically, evidence-based accounts of how the slave was conditioned to accept the circumstances of less than, while white folks simultaneously convinced themselves of the need to anchor this notion of superiority. However, today, I am not here for a history lesson, instead I am here to share with you why you must own your anger about the murder of George Floyd. Own the righteous indignation that has caused you to show up at protests. But more importantly, own your white privilege and for non-Black people of color, own your proximity to whiteness and desires to be model minorities. Don't subscribe to being an ally, because it is no longer enough to ally your way through community hoping to make it back to the comforts of your home, where you can continue to ignore the problems going on outside of your door. Ally-ship is weak and empty at best, and is never really self-initiated…. hence the problem, when one isn't willing to sacrifice self-comfort for the humanity of others. But, I want you to know we see your efforts in this moment, as well the importance of you to this movement.

There is a real opportunity in this moment, that I am not willing to just let pass by for the sake of accepting the status quo and normality in knowing my grandchildren will be relegated to the bottom rung of the ladder, because white supremacy continues to be this thing that dictates the control of outcomes. In this moment, we all have to do something different. First, with being willing to have uncomfortable conversations about race and disparities in this country. I need white people to step up to the plate and actually find solutions to fix this problem called racism. Rev. C.T. Vivian, a Civil Rights icon who fought right alongside of Martin Luther King, Jr., once said, "Blacks have a condition, not a problem. Whites have the problem called racism. And racism creates our condition." We can no longer pretend that occurrences like George Floyd are anything new. See I was taught about Emmitt Till's lynching-death in 1955. And I refuse to ignore the similarities in the public display of lynching Black bodies, from before Till's death and after Floyd's death, as the proverbial knee continues to land on to the neck of the collective Black lived experience.

Furthermore, I have to say, I am tired of my Black labor being exhausted and used to lift whites and non-Black peoples understanding of this problem. My psychological, mental, emotional and physical health need attention and I can no longer give it away to those who refuse to do the leg work and commit to growing around the reality of racism, white supremacy, white privilege, white fragility, anti-Blackness, and racism. The good news is, we can learn together; and I know this to be true because I recently curated a safe space for white women to learn about anti-racism. This 4-part webinar series entitled "White Women: You May Have Racist Tendencies If…."was one of many first steps. I gave a very vulnerable look into my life and that of my parents and other Blacks, layering the learning curve with "when we do everything right" and the system prevails to destroy our ability to fight. We took several deep dives into understanding how white supremacy became a thing, explored the importance of existing while white in diverse environments, and the importance of being accomplices in this work to abolish the broken systems that have allowed racism, injustice and disparity to exist in the first place.

While I love having conversations about the complexities of race, culture and power structures, I hate when the struggles of the most marginalized in community are co-opted into this thing that white people take over, as if experts in the field.

If you don't hear anything else from this article, I want the major take away to be….racism wasn't created by Blacks, indigenous people or other people of color for that matter. And with that being said, we shouldn't continue to hold the responsibility of fixing racism.

I will continue this work as an Anti-Racist educator and training facilitator. My business ASCRIBE Educational Consulting has not only developed learning modules for schools, but for organizations and workspaces seeking to strategically implement plans for racial equity, while shifting the narra-

see Anti-racism page 18

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Op-Ed: Shifting the power structure

Real leadership exists from the bottom-up with young, people of color organizers pushing for change

By Connie Reeder

From the middle of March until the middle of May, Sacramento's streets were totally empty. We were all holed up at home, trying not to die and trying not to kill our loved ones. Then, out of this collective cocoon, came all the outrage after George Floyd was murdered. Everyone was in the streets protesting a history's worth of police brutality against Black people. And we're going to keep fighting.

How much violence and resistance have we witnessed from the powers we're seeking to change? We're still seeing videos of officers gassing and shooting rubber bullets on protesters.

We're watching people getting kidnapped.

We've seen high schoolers arrested.

We've seen our friends bruised and bloodied bodies, sunset hour curfews, not to mention the National Guard's presence sent here to intimidate and potentially kill us.

To say leadership at the top is "bad" would be a gross understatement. We've been in a top-down leadership crisis under capitalism, and it gets worse everyday.

"So supposing we hit the body with a tremendous-whether its ultraviolet or just very powerful light, and I think you said that hasn't been checked-but you're going to test it. Supposing you brought the light inside the body! Then I see the disinfectant where it knocks it out in a minute. One minute. And is there a way we can do something like that, but injection inside or almost a cleaning? Because you see, it gets in the lungs. I'm not a doctor, but I'm like a person that has a good you-know-what." Points at his own head.

And death tolls are on the rise.

And George Floyd was killed over a counterfeit check. Cops in riot gear plow vehicles into crowds of protesters and Trump praises himself and law enforcement for doing a "tremendous job."

But we're not having it – not from Donald Trump, not from the cops, not from Darrell Steinberg.

Strong Mayor is an insult. Especially since The #BLM movement is stronger than it's ever been and he's done nothing, but place law enforcement and property and profit over Black lives. Strong Mayor is an insult.

Thankfully, our community leaders are strong. We have real leadership from the bottom up. Working class leadership. If I could say one good thing about the pandemic, it would be that it shed light on the gross devaluation that capitalism places on the most valuable people.

We're in the midst of a new power structure. Not power-over but power-together. The balance is shifting.

We saw this with #MeToo when groups of people, often overlooked and unheard, showed us something that our public "servants" would not. Not that it was a huge secret since so many of us have experienced sexual assault and harassment firsthand, but what I'm trying to say is that The People are our guides.

Our role models are our community organizers. Young, people of color organizers pushing for change. We can't wait for Fall for things to change. It has to happen everyday with us.

Anti-racism:

continued from page 17

tive of equity and centering the voices of those closest to the pain.

We have even committed to bringing this work to a white man centered audience, because it is important for white men to be brought forward on this journey of growth. I admit, it was a hard decision to create a series for white men, because truth be told, I am triggered by white men and the very essence of why they feel superior in every situation.

I, as a Black woman, have been overlooked by white men, as well as objectified and fetishized by white men. The challenge is to bring a few good men along to do this work.

While, I confess I DON'T HAVE ALL OF THE ANSWERS ABOUT RACE RELATIONS….I am committed to be present in moments of discovery, with the hopes of helping people to embrace the full essence of HUMANITY. See, humanity doesn't require investigations, it requires heart, courage and compassion for what is just. The question isn't if you are a racist, but what does your moral compass tell the world about your commitment to humanity? Humanity should always supersede norms, traditions and decorum; it is literally waiting on us to make it happen now. This is what I know for sure, America is just as much mine, because my ancestors sacrificed it all, by way of blood, sweat and tears in order for America to be America. I urge you to not shy away or ignore the discomfort in this moment of changing race relations, and to always center those who are marginalized in community when you vote, where you live and work, and how you spend your money. My grandchildren's children are depending on you to do the right thing today.

For up to date information on the work ASCRIBE Educational Consulting is offering in community, follow on FB & IG @ASCRIBEsuccess and on TW @AscribeEd. For questions about programing and trainings, please email Sonia Lewis at ascribe.consulting@gmail.com.

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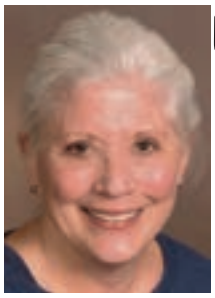

THIS 'n' THAT

by Carol Bogart

Do You Get Dressed These Days?

Not a few people I know admit they now stay in their pajamas all day long. Without jobs to go to or kids to take to school, even styling one's hair can be a bother. Especially if you reeeeeeeally need a haircut.

This is not the first time I've experienced the 'too much time, too little structure' dilemma. Here's a story.

Back when I was a TV news reporter and working in Chicago, contracts there were 'renewed' every 13 weeks. Thirteen weeks! Little more than three months in, you could be fired. Before the Internet ruined everything (because people can find stuff out all by themselves), TV station ownership was a license to steal. For advertisers, TV commercials, especially during prime time news shows and the Superbowl, were both effective and VERY pricey. News people themselves were 'overhead'. The cost of TV anchors and reporters cut into a station's bottom line.

But, with money to burn, TV stations did such things as, gasp, pay moving expenses! Really! Even for reporters! With each, the station hoped to improve the 'product' in its news division. The flip side: Huge markets like Chicago would move someone they wanted from one end of the country to the other at the drop of a hat – and drop a 'flop' (say the sales manager didn't like a talent) just as quickly.

Throughout the year, but especially during 'ratings' periods (when 'eyes watching' are being measured), 'audience research' could and often did determine a new, or even long-time, talent's fate. If said 'product' proved unpopular, every 13 weeks, the news department could unload it. That happened to my friend, Sheila.

I met Sheila in Miami when I was interviewing for a job at her then-station. She was friendly, smart and funny. Sheila, very poised, black, quick and stylish, was from New York City. I was a country bumpkin from a farm.

We became fast friends.

At WLS, stylish Sheila 'adopted' me. My '60s bellbottoms, she said, would have to go. So, too, my '60s hairdo. After work, a group of us would meet up on Rush Street. As we walked along, Sheila joked, "I love hanging out with Carol. She makes the rest of us look so good!" I knew it was true and it made me laugh.

Maybe three cycles into my 13 weeks contract, WLS let Sheila go. She refused to let me be sad. She told me about the time a car slowed down and an excited someone called out: "Aren't you Sheila Stainback!?" (In Chicago, on-air talents are celebrities.) Sheila said she shrugged and said, "I used to be." Someone else asked, "So what are you doing now?" She shrugged again and said, "My hair. My nails." (Gotta love her, dontcha?)

This brings us to the subject of this column. If you don't even bother to get dressed, do you do your nails? I've been somewhat amused by hair and nail places that insist they are "essential businesses." But that's because I've RARELY done my nails, and I've cut my own hair for years. (When one is indigent, one saves money where one can.)

The only time I paid much attention to my nails was seeing a replay of my first TV liveshot. Front and center, my white knuckled fingers gripping the microphone), ragged nails and all.

A little background: As a toddler, I was a finger sucker. Mom tried slathering my right index finger with 'Thumb' – a horrible tasting liquid meant to deter a kid from thumb sucking. A sucked thumb could mean braces later to correct bucked teeth.

I preferred my right index finger. Liked it SO much that when I took piano lessons at age 7, the finger stuck straight out. To be honest, it still kind of does, even though I gave up finger sucking early. As soon as I could master getting ANY finger in my mouth, I took up nail biting. And then that TV liveshot horrified me.



PHOTO BY CAROL BOGART

This is my nail polish collection. The newest bottle is three years old.

Although I don't paint my nails, I do admire perfectly manicured fingertips. For very special occasions, I might buy a fresh bottle of nail polish. In my bathroom, I have a small collection of not-fresh polish. I should discard those bottles. But they're so full, and it seems so wasteful.

"How were you able to break yourself of nail-biting?" you might ask.

Vanity. Pure vanity.

Carol has had fake nails applied just once so as to have a perfect French manicure for her wedding. Then, her terrier dog in Denver dug out from under her privacy fence and got hit by a car one street over. To get to 'Annie' quickly, Carol climbed the 6-foot fence – and promptly broke three nails. The manicurist did an emergency fix. The nails looked alright in the wedding photos. But for Carol, that was it: Active tomboy or perfect nails? Tomboy won, hands down. Questions, comments? Contact Carol at carol@bogartonline.com.

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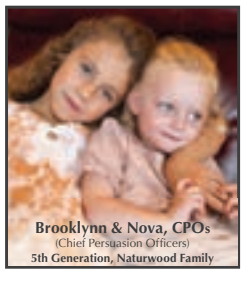

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