September 18, 2020 | www.valcomnews.com

Pocket News

— BRINGING YOU COMMUNITY NEWS FOR 29 YEARS —



LOCAL BREWERS STEP UP FOR EQUALITY WITH GREAT BEER!

SEE PAGE 3

ECRWSS EDDM
POSTAL CUSTOMER

PRSRT STD
U.S. POSTAGE
PAID
ELK GROVE CA
PERMIT NO. 16

GREEN HAVEN
CAPITAL INC
916.476.6507
info@greenhavencap.com
www.greenhavencap.com

Hundreds of Mortgage Options
Under One Roof



Kevin Oto
koto@greenhavencap.com
5890 SOUTH LAND PARK DRIVE
SACRAMENTO, CA 95822

Licensed by the California Bureau of Real Estate, DRE License # 01721444, NMLS ID #62641
Green Haven Capital Inc. (800) 618-9508. CA DRE License #01842493. CO License #LMB 100027052. UT License #7266423-MLCO. MD Lender License #18906. NMLS #173062

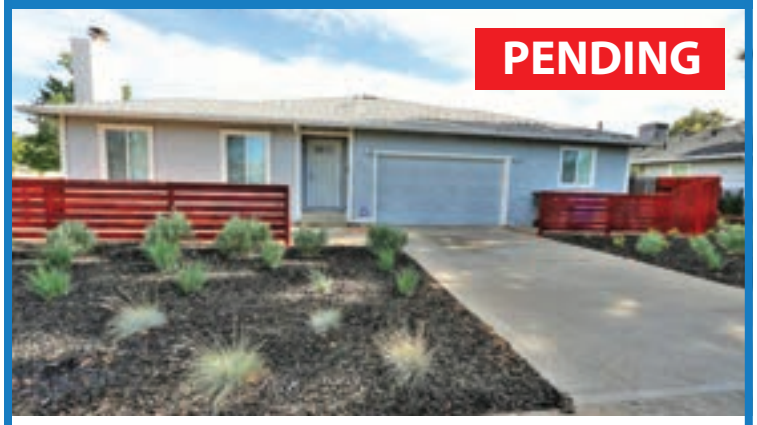
WELCOME TO 7528 DELTAWIND DRIVE



A fabulous 3br, 2.5ba two story of 1388sf, per county, built in 1986 and meticulously pampered and cared-for by the original owners. Remodeled kitchen with newer cabinets, appliances, pantry and beautiful granite counters. Don't miss the engineered hardwood floors downstairs and the fireplace insert with a gas line and circulating fan. The back yard features a shimmering blue swimming pool, two covered patio areas.

7528 Deltawind Drive • $422,500

HOLLYWOOD PARK



Remodeled single story halfplex with 3br, 2ba and 1486sf per county, built in 1987. Kitchen has new cabinets with quartz counters and new stainless appliances. New laminate flooring throughout and new carpeting in bedrooms. Both baths have new cabinets, quartz counters and linen storage. Master shower with glass doors and tiled surround, plus a walk-in closet. Spacious living room (19x14) with mood-altering fireplace.

2120 Stover Way • $415,000



BERKSHIRE HATHAWAY HomeServices | Drysdale Properties
CalDRE# 00842218

CRS CRB PRESIDENTIAL MEMBER

Nick LaPlaca
(916) 764-7500

24 Hour Info at nick.laplaca@bhhsdrysdale.com

Our Community Has Pride in the Pocket!



By Will Cannady

The Pocket/Greenhaven neighborhood is exceptional. We stand out because of the countless hours our neighbors contribute through their time, effort and leadership – all of which help to make our community an excellent place to live. For the last two years, the Pocket-Greenhaven Community Association has honored these heroes of our community through our Pride of the Pocket event. In the past, we held our event in May at the Didion School/Lewis Park Amphitheater. Thankfully we can continue this important event thanks to a virtual platform.

This year's focus will be community members who have shown selfless support for their neighbors during the COVID-19 pandemic. Pride of the Pocket will highlight our neighbors who continue to shine light during a dark time for our community members. We hope that our event will inspire others and show you stellar examples of our neighbors who have shown acts of inspiration, hope, and Pocket pride.

Please join us for this live virtual event on September 24th. Tickets are free and are available at pride.pocketgreenhaven.org. If you would like to join us please visit join.pocketgreenhaven.org. Our Association's goals are "promoting, protecting and informing an exceptional community."

In the previous edition of the Pocket News my good friend PGCA Vice-President Devin Lavelle unveiled those chosen by our elected leaders for the event. In this issue, I have the pleasure of highlighting those who were nominated by Pocket/Greenhaven community members.

see POCKET page 13

POCKET NEWS
WWW.VALCOMNEWS.COM

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

Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

Copyright 2020 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXVIIII • No. 18

1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by:
Devin Lavelle

Local Brewers Step Up for Equality with Great Beer!

By Devin Lavelle



It is always inspiring to me when people find a way to drive positive change through their businesses. They see a problem and, even knowing they can't solve it all at once, look for a way to make a difference, however small. In their own way, they find a way to take a step towards a better world for all of us.

Over the summer, many breweries around the region have been doing just that through the Black is Beautiful initiative: "a collaborative effort amongst the brewing community and its customers, in an attempt to bring awareness to the injustices that many people of color face daily. Our mission is to bridge the gap that's been around for ages and provide a platform to show that the brewing community is an inclusive place for everyone of any color. We are asking for all breweries and brewers far and wide to raise a glass with us in unison and participate in this collaboration." Over 1,000 breweries worldwide have raised that glass, but Sacramento has been the second largest participant, behind only San Antonio, the home of Weathered Souls Brewing, which created the project. I think that is something we should all be really proud of.

Each of the participating breweries create their own take on an imperial stout recipe developed by Weathered Souls and donate 100% of the proceeds to organizations in their local community that support equality and inclusion.

A number of local breweries have already sold through their stock, but as of writing, Campus Brewing in West Sac; Dunloe in Davis; Tower near Sac State; Monk's Cellar & Dark Heart in Roseville; and Claimstake in Rancho Cordova still have cans in stock. Claimstake's version was a super collaboration between many great local breweries.

And never fear if any of them sell out, more is coming!

Last week, I was invited to participate in New Helvetia Brewing's brew day and help make the latest batch of this great beer. It should be available from their tap room on Broadway in early October.

After the brew, I sat down with owner Dave Gull to talk about the project.

Devin: Hey Dave, thanks for taking the time to share your thoughts on the Black is Beautiful project. Tell me about what got you interested in it.

Dave: Marcus and Weathered Souls crafted a wonderful message and inclusive opportunity through beer. We're in the brewing business because we have a passion for beer and community, and Weathered Souls found a way to add social justice to the mix.

Devin: Absolutely, I love that. So you're donating all of the proceeds from this beer, meaning you won't make any money from it. I know that's particularly hard right now, since COVID has slowed your business so much. Why was this so important to you?

Dave: I cannot stay silent. I cannot sit back and watch as Black Americans, fellow citizens, are subjected to police brutality. I may only have a small audience to reach, but it's important to use my reach to fight for equality.

Devin: That's great. Can you tell me about the charity you selected and why it's important to you?

Dave: While there are many worthy organizations fighting for social justice and racial equality in our region, I aimed to find something with a hyper-local presence that could hopefully build bridges. And admittedly, I don't know all of the directors of non-profits or activists for racial equity so I asked for help. My friend and Wonk Wednesday co-founder Maya Wallace suggested several groups, including the Sojourner Truth African American Museum in South Sac. I reached out to Shonna at the museum and visited to discuss the beer project, learned of her (the museum's) expansion plans, and knew this would be a great fit for us both. The Sojo Museum's mission is to celebrate the African American experience, teach history and culture through art. Plus it's located in South Sac where I was born and raised.

Devin: Definitely, a great cause – and it really speaks to the "beautiful" part of the project! I had the opportunity to work with Shonna when we developed the Sojourner Truth Community Garden. OK, let's shift gears a bit and get into the beer. How would you describe the basic recipe and then how does your version differ?

Dave: Weathered Souls Brewery in San Antonio Texas launched the Black Is Beautiful beer collaboration project soon after the George Floyd video. Marcus, the founder is from Rancho Cordova, and he created a program that caught the beer industry's attention. The beer is an imperial stout, the recipe was written by Marcus and shared with every brewery that wished to participate. By the way, there's no time limit and any brewery can still brew the beer and raise funds and awareness in their communities. The recipe is a guideline, and breweries can riff on the theme or stay true to the original stout. We are staying true to the recipe, but brewed it to be a little smoother and richer. We will have it available in cans and on tap at New Helvetia.

Devin: Sounds great, I can't wait to try some next month. With everything going on in the world, I'll admit, I've needed a beer from time to time to help relax. Approaching each day is just a little extra challenging right now. How are you holding up through all this?

Dave: Business is way down, probably 30% off pre-covid sales. Our team is smaller, customers can't visit the tap room, the events and activities that we've grown around the brewery are gone for now, but we're still brewing great beer. We've used this time to make some much needed repairs, maintenance and up-

see BEER page 14

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





Mike Lee, *Broker*
888-505-8554
CalBRE# 0172405
TURN-KEY LENDING & REALTY
MikeLeeLoans@gmail.com
TKLendingRealty.com



Happy 100th birthday Barbara Crockett

Sacramento legend, Barbara Crockett, will celebrate her 100th birthday on September 19, 2020. The following day, Sunday, September 20, between the hours of 4 and 6 pm, in front of Deane Dance Center, located at 3385 Lanatt Street in East Sacramento, there will be a drive-by open house for friends and admirers to drive by and show their appreciation to Ms. Crockett. Cards are welcomed and there will also be intermittent individual ballet solos performed on an outside stage by some of the current members of the Sac Civic Ballet Company.

Barbara Crockett was both a dancer and teacher at the San Francisco Ballet Company, the first ballet company in the United States. While with the company, Ms. Crockett met and married Deane Crockett, also a teacher and dancer with the San Francisco Ballet. In 1945 they moved to Sacramento to begin a dance school and company. Thus was born the Crockett Dance Studio and the Sacramento Civic Ballet Company. Through the outstanding leadership and efforts of Barbara and Deane Crockett, the first professional ballet company in the area finally came to fruition in 1985, the Sacramento Ballet Company.

Ms. Crockett has been an outstanding member of the arts community. She has served on the Board of Directors of the Sacramento Regional Arts Council and was an active participant over numerous years in the California Arts Council's Dance Panel. She has won countless awards and recognition for her service to the arts community, including Community Service Award from the Sacramento Regional Arts Council, Women in History award from the Sacramento History Center, Arts Education award from the Sacramento Metropolitan Arts Commission, as well as being awarded a California State Senate Resolution recognizing her achievements and contributions to the arts in Sacramento. Ms. Crockett was also instrumental in establishing Regional Dance America/Pacific, an organization of pre-professional ballet companies throughout the Western states.



Dancing has been in Barbara Crockett's blood her whole life. Her brother, David Wood, and her sister-in-law, Marnie Wood, were dancers with Martha Graham Company.

David Wood headed the UC Berkeley dance department for 20 years.

Both she and her husband, Deane Crockett, were professional dancers and teachers for decades.

Mrs. Crockett was still teaching ballet students well into her 90s. There is no doubt that her dancing legacy is well-established.

see Barbara page 12



SusieSellsSac.com

MASTERS CLUB

COOK REALTY

Susie Kuwabara Parker

Realtor® BRE#00833025

916-768-8494

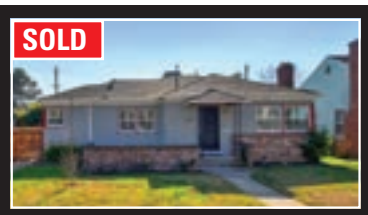
4305 Freeport Boulevard, Sacramento 95822

Native Sacramentan
Pocket/Greenhaven SPECIALIST



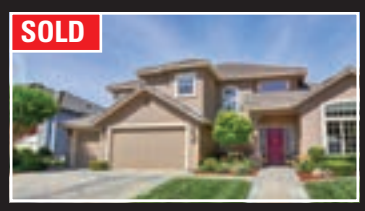
SOLD

Riverlake
7707 Rio Estrada Way $799,999
5 Beds / 3 Baths / 3,564 SqFt



SOLD

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



SOLD

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



SOLD

1601 39th Street $1,075,000
3 Beds / 2.5 Baths / 2069 SqFt



SOLD

1044 E Landing Way
$799,000



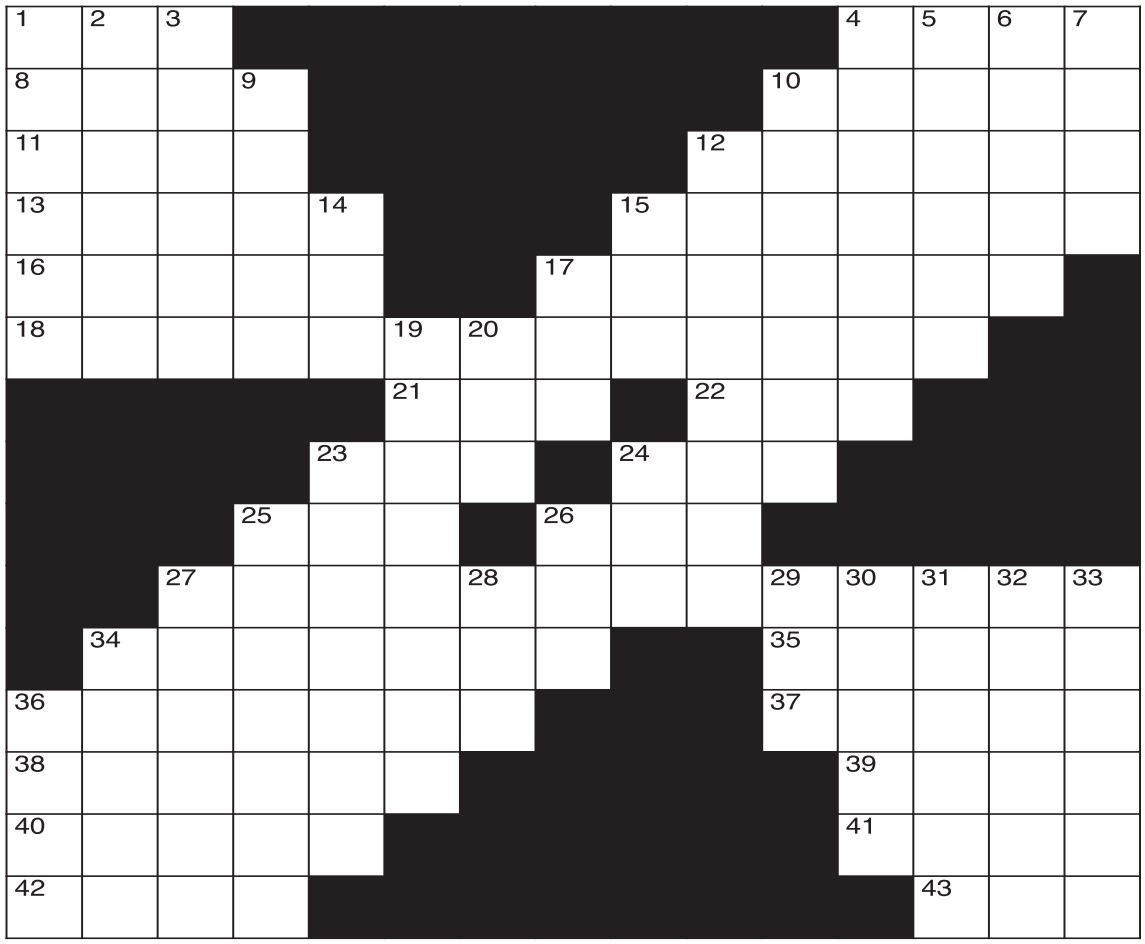
SOLD

8060 Linda Isle Lane
$489,000

Like us on Facebook!

WWW.FACEBOOK.COM/VALCOMNEWS

CROSSWORD



CLUES ACROSS

1. Engine additive
4. Undemanding
8. "__ your enthusiasm"
10. Well-known island
11 Not saintly
12. Habitual
13. Central parts of church buildings
15. Trust
16. Intestinal
17. Deep-bodied fish
18. Live up to expectations
21. Snag
22. Partner to haw
23. General's assistant (abbr.)
24. Sheep disease
25. Male term of endearment
26. United
27. Popular TV host
34. Overnighters
35. Beloved British princess
36. Obtains from
37. Third Mughal Emperor
38. Shares the opinion of
39. Central European river
40. Feudal estates
41. KU hoops coach Bill
42. Spreads out for drying
43. "The Partridge Family" actress Susan

CLUES DOWN

1. Picturesque
2. South Pacific island country
3. Shrub of the olive family
4. Establish the truth of
5. Unfettered
6. Originations
7. Famed English park
9. Sheep's cry
10. Danced
12. More upstanding
14. Upstate NY airport (abbr.)
15. Type of lettuce
17. Place to call a pint
19. Backs
20. Partner to cheese
23. Makes it there
24. Value
25. One's convictions
26. Former CIA
27. Clashed
28. Affirmative
29. Journalist Tarbell
30. Athletic shoes
31. Roof style
32. Make possible
33. Make less dense
34. Healthy food
36. Silly

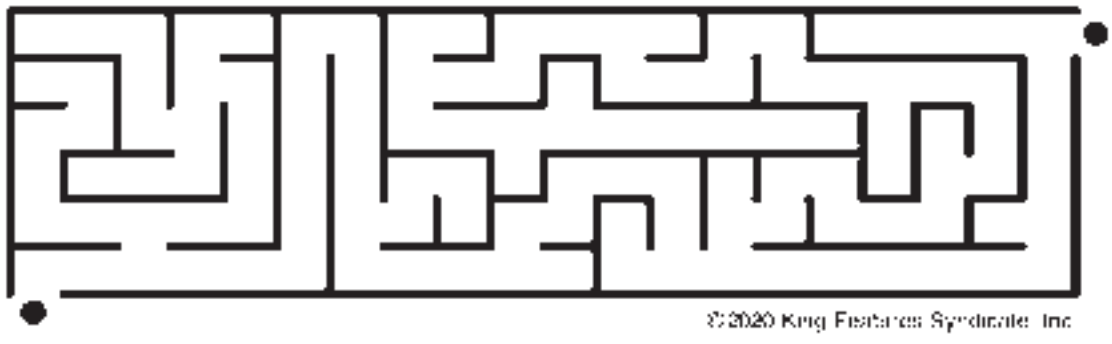
see puzzle solutions page 6

FUNERAL DIRECTORY
Call Melissa at (916) 429-9901
www.valcomnews.com
Harry A. Nauman & Son
Dignity
FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.



Ron Nakano
Broker Associate
916-396-4430
CalBRE# 00793682
Ron.Nakano@cbnorcal.com
COLDWELL BANKER
RESIDENTIAL BROKERAGE

Kids' Maze



©2020 King Features Syndicate, Inc.

GROCERY OUTLET
bargain market
YOUR NEIGHBORHOOD GROCERY STORE!
Open daily, 7am–10pm
6419 Riverside Blvd, 95831

Local gig workers participated in No on Prop 22 rally on Labor Day





By Monica Stark
Photos by Stephen Crowley

Cars decked out in No on Prop 22 signs caravanned from West Sacramento to the State Capitol on Labor Day morning. Dubbed the "Sick of Greed! Labor Day Caravan – No on 22", the caravan sought to honor gig economy workers by urging the public to vote "no" on the App-Based Drivers as Contractors and Labor Policies Initiative, which is on the ballot for the November 3 general election.

Fabrizio Sasso, the executive director of the Sacramento Center Labor Council of the American Federation of Labor and Congress of Industrial Organizations, said traditionally on Labor Day, the AFL-CIO holds a number of events, but because of the pandemic affecting everyone they decided to do a socially distanced caravan. "We are working with the folks on No on 22 because it is the most dangerous proposition on this year's ballot and we felt it was appropriate to let people know that they need to vote No on 22 and Labor Day is a perfect day to get that message out," Sasso said.

A "yes" vote determines app-based transportation (ride-share) and delivery drivers as independent contractors and adopt labor and wage policies specific to app-based drivers and companies.

A "no" vote opposes this ballot initiative, meaning California Assembly Bill 5 (2019) could be used to decide whether app-based drivers are employees or independent contractors. According to Ballotpedia,

"AB 5 established a three-factor test to decide a worker's status as an independent contractor. The three-factor test requires that (1) the worker is free from the hiring company's control and direction in the performance of work; (2) the worker is doing work that is outside the company's usual course of business; and (3) the worker is engaged in an established trade, occupation, or business of the same nature as the work performed."

On August 10, 2020, the Superior Court of San Francisco ruled that Uber and Lyft violated AB 5 and misclassified their workers. On August 20, the California First District Court of Appeal stayed Superior Court Judge Schulman's ruling from taking effect.

"Prop 22 basically allows Uber, Lyft and Doordash not to pay overtime, pay sick leave, or pay into the unemployment insurance. It's harmful for the state of California that they are not paying their fair share of taxes and so because of that, people have to vote 'no'," Sasso said.

"We shouldn't be making special rules of fewer enforceable labor laws that makes the working conditions and the work that these workers are doing, contributing to the billions of dollars of profits to these companies and they are not giving back. They are spending $100 million on this proposition and that money is better spent on their employees to make sure they have health care, paid

see PROP 22 page 7

Community Worship

Faith Presbyterian Church
625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • **428-3439**
A community loving Christ, building disciples, serving all
Worship Sunday 9 and 11 am
• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

River's Edge Church
6449 Riverside Blvd. • 391-9845
Sunday Worship: 9:00am & 10:45am
www.recsac.org

Greenhaven Neighborhood Church
630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

PUZZLE SOLUTION

S	T	P								C	U	S	H	
C	U	R	B						C	O	N	E	Y	
E	V	I	L					W	O	N	T	E	D	
N	A	V	E	S			C	O	N	F	I	D	E	
I	L	E	A	C		P	O	R	G	I	E	S		
C	U	T	T	H	E	M	U	S	T	A	R	D		
					N	A	B		H	E	M			
				A	D	C		G	I	D				
			B	R	O		O	N	E					
		J	E	R	R	Y	S	P	R	I	N	G	E	R
	V	A	L	I	S	E	S			D	I	A	N	A
D	E	R	I	V	E	S				A	K	B	A	R
A	G	R	E	E	S						E	L	B	E
F	I	E	F	S							S	E	L	F
T	E	D	S									D	E	Y





Prop 22:

continued from page 6

sick leave and overtime and they have a flexible schedule as well," he added.

Mekela Edwards, a former teacher and driver for Lyft and Uber, said she stopped driving in March due to having asthma. "With Covid, I would have a 15 percent chance of dying," she said. Complicating the matter is the fact she never received the two weeks pay that was promised to her. "I applied for that but never received any of that. I know other people who actually got sick and they were having trouble with it as well. They made it really complicated to apply anyway... I know the CEO of Uber, Dara Khosrowshahi, brags about it."

Because of the high unemployment rate, looking for work that will keep Edwards safe right now has been a challenge. "And, we don't know when this pandemic is going to end," she added. "In San Francisco, their largest market, the customers are working from home now and so the demand isn't as high. Even Uber staff who work at their headquarters are working from home now. It's hard to maneuver in a place like that. I think about going back to work but at this time, it's just not safe enough and it's not profitable enough."

Erica Mighetto said the protest denouncing Prop 22 held significance to her because it was on Labor Day, 2019, that she received a 60-day notice to vacate her apartment in downtown Sacramento. Since last November, she has been living in her car and storage unit. As a driver and organizer, Mighetto has been meeting drivers at the airport and talking to them about their stories. "I am not alone. There are a lot of drivers who are living out of their cars. It's very clear when you approach their vehicle at the airport who is."

"So, I am here today because I don't want to see any more drivers like myself be driven into homelessness and I think prop 22 could be devastating to drivers and I want to make sure they have the protections that they deserve."

Common stories she has heard from fellow drivers include regular pay cuts. ""We know when the app asks us to update, that's a pay cut... They are constantly moving the goal post. We are constantly working longer and longer hours so that we can get a bonus but that's really just a guarantee that you are going to net minimum wage so they are going to force you to work more and more hours just so that you can get by at this point," she said.

Mighetto said there was this time last year where she had to work 60 hours a week in order to pay her rent and it's really tough. "That's kind of the common thread. Lots of pay cuts and lots of moving of the goal posts and no reimbursement for expenses," she said.

"Your vehicle gets worn and you are having more and more of these maintenance issues and they are cutting your pay and you are needing a new battery. In my case last year I needed a new clutch. So the longer you drive rideshare, the more you see it's not equitable for drivers at all," Mighetto said.

West Sacramento City Council Member Martha Guerrero took her West Sacramento mayoral campaign to the streets on Labor Day in support of the No on 22 crowd. "Any worker who is willing to put all the hard work in to get the job done right for their employer needs to be provided with wages and benefits and support whether it be pension or any plan or long term. I don't think it's fair for any employee to not have holidays, paid sick days. I don't think it's fair for any of

see RALLY page 8

YEE LAW GROUP

Your Lawyer Should Know As Much About You As They Do About the Law... Talk to Mike Yee

ESTATE PLANNING & PROBATE

Practice Areas:

- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession



Mike Yee

Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.

Call 916-927-9001 for Free Consultation

mylawyersllp.com *See our awesome reviews on:* yelp

4010 S. Land Park Drive, Suite B, Sacramento 95822





Rally:

continued from page 7

them to be without that support and independent contractors don't receive it," she said.

Guerrero highlighted the privately-run Via program that was supplementing West Sacramento's public transit and YoloBus. "All of those workers were not receiving any benefits and those are our public taxpayer dollars and I believe that the citizens that are putting money in for public dollars, it should be known that they are going to be helping the workers," she said.

"The workers don't have any health insurance and they'd be getting sick. They were transporting children, transporting the elderly. And, what happens to a worker when they are not taking care of themselves? They're going sick on the job and they don't have any sick time."

She said that the owner of Via did not resist the implementation of AB5 and asked for additional support from the city, including a revision of the contract so that the council could reincorporate the additional financing needed for him to provide the additional benefits. "I was supportive of that but the mayor decided not to re-open the contract. So it really made a hole for the owner to be able to provide support for his workers," she said.

As a privately-run business that relies on public support, Guerrero said the situation appears deceptive. "It's deceiving because they put the West Sacramento logo on the door of the Via vans. None of them are city employees; it's just a city owned van," she said.

Edwards is a part of a group of 15 female drivers who act as a support for each other. "We meet every Tuesday on Zoom. We definitely are still supporting and discussing each other and talking about the pros and cons of the proposition. The only pro that I see is that they are still promising flexibility, but other than that nothing in the bill will protect us from what's on the books right now which is ab 5, which they are not following," Edwards said.

She added that she believes the most important thing supporters can do right now is protect gig economy workers. "We should just be treated better. We are essential workers. We offer things that help this economy move. We deliver groceries. There are just so many cracks," Edwards said.

The Sacramento Coin Shop
Riverside Coins & Gold
TURN YOUR OLD COINS AND JEWELRY INTO CASH!!
Highest Prices Paid! Free Appraisals!
We Buy:
Coins:
- Gold & Silver
- Old Paper Money
- Foreign Coins/Currency
- Proof Sets
- Mint Sets
- Tokens
- Medals
Jewelry:
- Fine Jewelry
- Costume Jewelry
- Gold & Scrap Gold
- Flatware
- Sterling Silver
- Antique Wrist Watches
- Pocket Watches
3204 Riverside Blvd, Sacramento
(Across from Vic's Ice Cream)
HOURS: Tues–Fri: 10am–5pm; Sat: 9am–5pm;
Closed Sun & Mon
We also buy vintage comic books, lighters & stamps
(916) 447-2646
10% MORE
When you bring in this ad! Cannot be combined with other offers, restrictions may apply.
Exp 9/30/2020

Popular Land Park cooking instructor adjusts to pandemic offering weekly online cooking classes

On Thursdays at 5 p.m. well-respected Sacramento foodie, Paulette Bruce of Land Park, reinvents her popular Good Eats Cooking Classes with weekly highly anticipated online classes designed to appeal to everyone, from beginners to home chefs who know their way around the kitchen.

"With the COVID-19 Shelter-in-Place order, my live classes had to close in March 2020," said Bruce. "I had been asked many times by friends and family to begin teaching online classes as this new way of learning began to gain momentum and with help from Dane Henas Design and Penny Sylvia Photography it's come to fruition."

Utilizing four cameras positioned in her home kitchen, Bruce will offer recipe instruction with the added bonus of two way communication…members will be able to ask questions as she demonstrates each step of the recipe process.

(Classes are typically one hour with an optional interactive prep time starting 15 minutes before class)

"During this time I can observe what the members doing, give advice and answer their questions so they're completely prepared when the class starts." Some of the classes each month will be live on Zoom while others will be recorded and, like all the classes, available for viewing to current members, as long as their membership remains active.

During August, Bruce has hosted dry runs on Zoom using a test group and has launched a new web site — goodeatscookingclasses.com

September 3 was the first of four classes this month, with September featuring an emphasis on Italian cuisine. The concept is structured around monthly memberships.

The cost for monthly membership is only $29 per month, which includes:

- 2 Live, interactive classes via Zoom.
- 2 Recorded classes.
- Recipes and a list of recommend kitchen tools
- Bonus content & ac.cess to a private Facebook members page.
- Weekly blogs filled with tips, techniques, recipes and more.

The FAQ section on the web site answers all pertinent questions and includes a link to submit further questions and a tutorial on downloading, installing and using Zoom. As with her in-person classes, these online classes will be characterized by Bruce's larger than life, affable personality that, over the decades, has built a large, faithful following.

"I love what I do. I love to bring people together and teach them something they never thought possible to do on their own. My classes are always fun and informative. I'm invested in creating more confident and better cooks, and during this challenging time, members can achieve that in the safety of their own homes."

The media is invited to Paulette's kitchen and she is available for in studio appearances as well as phone interviews. Here's a direct link to her roasted salmon class.

https://www.goodeatscookingclasses.com/salmon-intro

Starting with her education in the kitchens of her mother and grandmother, Paulette Bruce has been a leading food expert in our region, reviewing restaurants as one of Sacramento Magazine's Dining Divas. She has also presented cooking segments on every TV station in Sacramento and has been a cooking instructor in her Good Eats Cooking Classes for 30 years.



Please
RECYCLE
this paper.
Thank You



MONA GERGEN

CalDRE# 01270375

916-247-9555

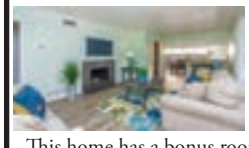
mona@monagergen.com

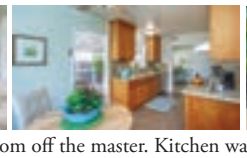
DUNNIGAN
Realtors

HIGHLY DESIRED PARKWAY ESTATES COMMUNITY



4901 I Parkway $349,000







This home has a bonus room off the master. Kitchen was remodeled with cabinets, appliances, granite counter tops, tile floors, ss steel sink, lights and faucet. Remodeled bathrooms with vanities, toilets, lights, faucets, tub, shower surround, mirrors, floors and more. Pretty laminate flooring and dual pane windows in 2020. Interior and exterior paint in 2020. Floor to ceiling windows in the spacious enclosed patio for wonderful natural light. Great space for reading or just to enjoy the sun. Nice yard for relaxing, gardening, or entertaining family and friends. Close to wonderful park to enjoy the great outdoors! Easy access to freeway, shopping and good restaurants. Beautiful curb appeal! Why rent when you can own your own! Move right into this stunning spacious affordable single story home in a great community. Wow this property shows like a model home!

3 beds, 2 baths, 1456 square feet per assessor

Chalk it Up! 30th anniversary went "around the town"

By Monica Stark
Photos by Stephen Crowley

The 30th Annual Chalk It Up Chalk Art & Music Festival came to life Labor Day weekend on sidewalks, parking lots and driveways throughout the Greater Sacramento region.

With Covid-19 restrictions on public gatherings, the festival transformed into Chalk It Up! Around The Town. In lieu of the annual art & music event held at Fremont Park in midtown Sacramento, Chalk It Up! All Around Town sought volunteer chalk artists dispatched to locations throughout the greater Sacramento region to bring their passion to the pavement all to increase support for critical Youth Art Education.

Working on a chalk portrait of his daughter, 14 year old Greta who started as a freshman at C.K. McClatchy this fall, artist Andy Huff brought new life temporarily to the pavement in front of Images Salon on Riverside Boulevard. His 22nd year participating in Chalk It Up, Huff said, "It's a little odd out here. There's not a lot of people, like normal, but it's been nice to do the thing, post pictures and all of that."Andy has been creating chalk portraits of his two children alternating years since they were babies and finds Chalk It Up as an event he can count on participating in. "For better for worse I haven't done much outside of this. Life is busy," he said. "I have this ability and it's nice to know at least once a year I'm going to go do something. Part of the cool thing is the interactiveness of it, though not this year. It's almost like a performance thing, than it is a visual art. People can interact with it, see you working." The Huff family has gotten to know the artists every year and have built a sense of camaraderie with each other. "It's so weird working by myself here," he said.

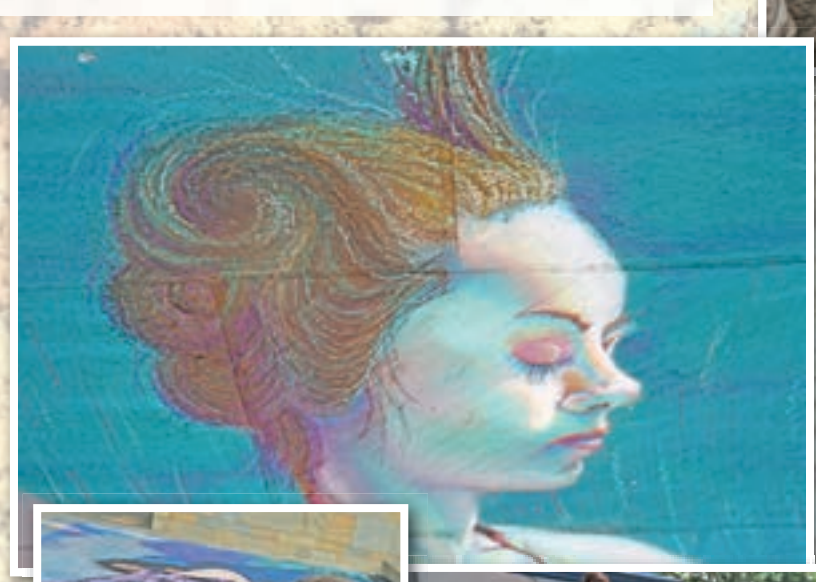
First established in 1991, Chalk It Up! is best known for the three-day chalk art festival held over Labor Day weekend. From Saturday to Monday, Fremont Park typically turns into an explosion of chalk art masterpieces, the best of Sacramento live music, interactive art activities and crafts for artists of all ages, local crafts, food and drink. The number of visitors to this free event has grown exponentially to over 60,000 festival attendees in 2019.

This year social distancing has been necessary in order to stop the spread of Covid-19, so Chalk It Up! Around The Town offered art fans, sponsors and just about anyone the unique chance to have a Chalk It Up! Art Masterpiece created at any location around town. The fees paid for these personal art creations will directly strengthen the mission of Chalk It Up! to empower and support the next generation of Sacramento artists through targeted art grants for young artists and the programs that inspire them.

Over on the steps of the CADA building on P Street, Nestor Mendoza chose to create a portrait of Winnie Harlow, a Canadian fashion model and public spokesperson on the skin condition vitiligo. "She's a woman of color and I really wanted to play up women of color can be beautiful. This is my painting titled 'Beauty in a Blue Dress.'" Based on an amalgamation of various photographs with a superimposed blue dress, Mendoza played up the blues for his piece,



















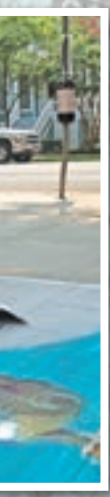












which was sponsored by the California Arts Council. At a past Chalk It Up! Event, Mendoza has portrayed Hispanic actress Florinda Mesa.

When he moved to Sacramento about five years ago, Mendoza said it was Chalk It Up! that got him back into art. "I'm 38 right now and I've only been doing art for five years. I was walking by. I saw this great event and I thought I could do it. The first few years weren't very good, but the more I do it, the more proud I am of my work," Mendoza said.

Sharing the CADA steps with Mendoza were Andrea Johnston and her adult daughter, Miya.

Andrea, a Sacramento native, has a decade of chalk experience, is an experienced artist and graphic designer shown by her close attention to detail. She portrayed a woman floating under the water draped in red cloth with a full moon shining brightly and stars swirling around. When looking to an image for inspiration, Andrea Johnston said, "She was just a woman floating under the water. There was a lot of beauty and calmness, but to me there wasn't quite enough story to it, so I decided what she needed was some juxtaposition, more to it... It seemed like a peaceful image, but yet it was someplace else," she said. So, she started to make it a bit other-worldly after taking inspiration from another image of the Milky Way. "I thought, 'Oh wow, that looks really cool' because the moon made sense as to what illuminated her and gave her that vibrancy," Johnston said. A friend came around and asked if it was similar to the movie, "Shape of Water", and Andrea said, "No, it's more like 'The Shape of Water and Space.'"

Around age 10, Miya joined her mother at chalk events. Andrea recalls Miya's first festival: "I had her do my border. I was doing giraffes. I thought she could just do my border, that would take her all day, but it took her 20 minutes."

But then Miya liked joining her mom, and as she got older, she was given more and more to do. "She really has quite a skill. Last year she did her first square. I've been amazed." Sponsored by Officer Henry Luckie Retired, Miya chalked up this dog who lives in Japan who she found scrolling through Instagram. "I found the account of the person who posts images of this dog. I really enjoy it because all the images are really cute and I decided to do this," she said.

Playfully adding rainbow hues throughout the officer's white fur, Miya said she learned to add lots of colors that you don't initially see in the image from her mom. "I learned to do that because it brings so much more life into the chalk art. It makes it look like it's actually there and real."

Over the past 29 years, Chalk It Up has supported K-12 art programs by awarding over 200 grants in excess of $100,000 to local youth projects and programs to benefit Sacramento Youth Art Education.

Past grants have been awarded to a wide variety of projects including: the creation of an art gallery at El Camino High; clay and glazes for the ceramics class at Will Rogers Middle School; a silk screen press for Sacramento New Technology High School; and the WaZoBia Arts project at Washington Elementary which introduced students to methods used in creating traditional African batik.

What about the music? Sacramento musicians supported Chalk It Up's mission by creating a 3-day live music stream of sets from their quarantine locations. Bands included Dog Party, Kevin and Allyson Seconds, Kepi Ghoulie, Honyock, Californios, Richard March, Jig Monkeys, Ryan Thompson, Gabe Nelson, Killer Couture, Jessica Malone, Mallard, Short Trip, Skyler's Pool, Jayson Angove, Girls Rock, Sam Elliot & Spiritual Disco, Sea of Bees, Landline, J Ross Parrelli.



Barbara:

continued from page 4

Both of her daughters, Leslie and Allyson, danced together at the San Francisco Ballet Company, where their parents danced before them.

Leslie Crockett later became a successful and well-regarded dance teacher at the San Francisco Ballet School and then at Marin Ballet.

Both daughters were trained by their mother, Barbara, at the Crockett Dance Studio as young girls and teenagers.

Allyson went on to have a highly successful career with the San Francisco Ballet, where she was a principal dancer for many years. There she met her husband, Don Schwennesen, a soloist with the company.

Eventually, they found their way back to Sacramento, founding the Deane Dance Center and continuing to run the Crockett-Deane Apprentice Company and the pre-professional, Sac Civic Ballet Company, with the enthusiastic support and assistance of Ms. Crockett. Their students have continued to be successful in dance companies over the years, including Joffrey Ballet, American Ballet Theater, Carolina Ballet, and Pacific Northwest Ballet, as well as many others. In addition, their students have been accepted at the most prestigious ballet intensives and college dance programs in the country.

The arts community thanks Ms. Crockett for her incredible life and devotion to dance and the arts in in general. Allyson Deane and her husband Don Schwennesen, are hoping the community will swing by in their cars and wave their support to Ms. Crockett on Sunday, September 20 between 4 and 6 pm in front of the Deane Dance Center, 3385 Lanatt St., Sacramento.

If unable to attend the drive-by party, one can join via zoom at https://us02web.zoom.us/j/86011976223. Meeting ID: 860 1197 6223.

7707 Rush River Drive,
Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

Monthly Caregiver Educational Zoom Workshop Series

"Caring for Caregivers through a Pandemic"

Tuesday's:

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

Presented by: Julie Interrante, MA

Being a caregiver in the midst of a pandemic has proven more than challenging. It is stretching the limits of our ability to be calm, to be patient, to trust, to sleep and more. Living in the time of pandemic

Please RSVP for Zoom info At
916-392-3510

CHC CHANCELLOR HEALTH CARE, LLC

Residential License #: #342700005
Day Club License #: 347001342

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

Pocket:

continued from page 2

Roberto Romero, Outstanding Contribution to Inclusiveness

Roberto Romero has taught affordable/free Spanish language classes to many Sacramento community members. His work spans the Pocket/Greenhaven neighborhood and the entire Sacramento region. Over the years Romero has influenced countless students. He is happy to teach all ages and helps people to not only learn a new language, but also a new culture. Roberto Romero actively bridges American and Latino/Chilean cultures.

Robin Ohara, Outstanding Service to Youth

Robin has given countless hours to various school functions, youth sports organizations and community events. She has been a long time member of the GHSC Board of Directors, and has also volunteered as coach for many years. Robin is the spearhead behind the GHSC/JFK Holiday Clinic; a unique fundraiser that raises money for Sacramento Food Bank & Family Services and JFK Soccer, as well as toys for Outside the Walls Toy Drive. Wherever there is a need in the community, you can usually find Robin ready, willing and able to lend a hand.

Beth Koster, Outstanding Service to Youth

During the heart of the COVID-19 pandemic, Beth stepped up and supported our neighbors by creating an important mental health campaign to help support those who needed help during these difficult times. Beth had an excellent idea to promote the mental health campaign to not only our neighbors, but also to our local youth. Beth reached out to our local schools and helped assist students with promoting the mental health campaign to their peers. In addition Beth was an essential part of placing banners throughout our Pocket/Greenhaven community reminding people that it was ok to have feelings that everything was not ok and that there was always support for those who need it.



The Blessings Table (Davina Cuellar / Tami Moy), Outstanding Contribution to Quality of Life

When the COVID-19 pandemic started, Davina Cuellar set up a table near the walking bridge on Florin Rd, between Greenhaven and Havenside. It provides food and other necessities (and even fun items) provides donations for those in need throughout our community. Countless neighbors contribute to it, including Tami Moy who checks on the table daily to ensure it is stocked and regularly encourages more donations through social media. The table has been stolen twice, but the community has stepped up and replaced it each time and it still provides donations for those in need throughout our community.

Tami Conger, Outstanding Contribution to Safety

Tami was instrumental in providing household supplies to many seniors and shut-ins in the Pocket-Greenhaven area when neighbors had to shelter in place due to the COVID-19 outbreak. In one area in particular, Riverwind Place, Tami helped distribute 140 rolls of TP, 40 rolls of paper towels, 6 boxes of gloves, 6 containers of Lysol wipes and 65 masks to the senior residents. Many residents were thankful for Tami's generosity.

Derrobair Nguyen, Outstanding Pocket-Greenhaven Youth

Derrobair is an exceptional student with a strong work ethic. Derrobair is also extremely motivated and was the driving force behind creating the School of Engineering and Sciences Key Club. As a result of Derrobair's leadership, the S.E.S Key Club has assisted our community many times through a variety of activities such as helping to clean parks and assist those in need. Derrobair is an inspiration to us all and a fine example of the motivated and passionate youth in our community.

Evan Fukuhara, Outstanding Pocket-Greenhaven Youth

Evan has been a library student representative to the Robbie Waters Pocket-Greenhaven Library since he was in middle school. Evan took the challenges in his life and worked through them by helping others. Evan worked at ACC assisted services by teaching senior citizens drawing classes and has also hosted two shows featuring the residents' work. Evan also worked through his issues by setting a new goal for himself - Olympic Weightlifting. He participated in his first Olympic Weightlifting competition in September 2019, where he qualified for Youth Nationals. He will participate in Youth Nationals this June 2020 in Winston Salem, North Carolina. He is pursuing the Olympics summer games in France 2024 and he hopes to represent the Pocket where he was born and raised.

Buying • Selling • Investing

Over 30 years in the Real Estate Profession

Call Me First if You're Thinking of Selling Your Home!

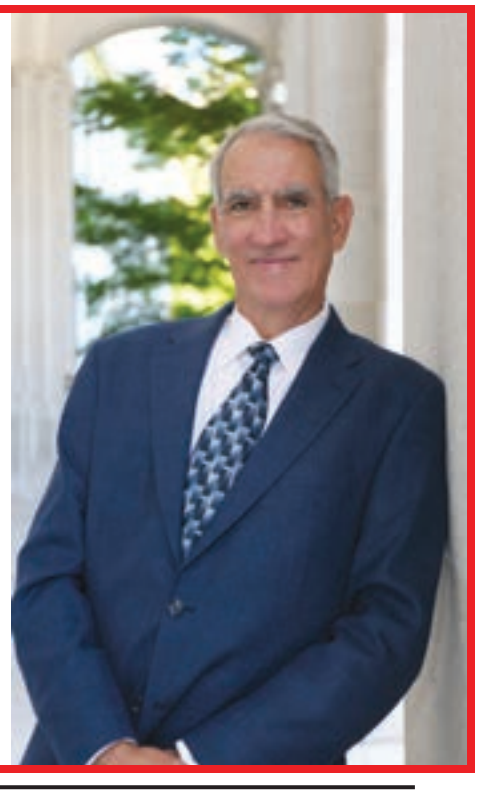
Big Heart Realty

Ron Roberts • 916-806-0118

Ron@BigHeartRealty.com

www.BigHeartRealty.com

BRE #01037639









GREENHAVEN ESTATES
Assisted Living & Memory Care

Enriching the Lives of Seniors in the Pocket Area for 30 Years!

- **Rates Starting at $2995.00**
- **Assisted Living with Personalized Care**
- **Dedicated Memory Care Neighborhood**
- **Chef Prepared Cuisine**
- **Life Enrichment Program & Daily Activities**
- **Active and Engaging Lifestyle**
- **One Bedroom Residences, 600 sq. feet**
- **Two Bedroom Residences, 900 sq. feet**
- **Memory Care, Private and Shared**

Virtual Walk Through Tours Available! Make Your Appointment Today!

For more information and our Response to COVID-19, Please visit our website at www.greenhavenassistedliving.com and Facebook at Facebook.com/GreenhavenALMC/

(916) 427-8887

7548 Greenhaven Dr. Sacramento CA 95831

greenhavenassistedliving.com

Lic# 347005239

Beer:

continued from page 3

grades to the brewery and facility. We launched a new line of hard seltzers, and continue to create new and interesting beers. But the stark truth is that small breweries, small businesses will not be able to continue unless the Feds create a new round of stimulus funding like PPP. If and when a vaccine is available, we're not likely to go back to normal since many potential customers will continue to play it safe and avoid breweries and public outings.

Devin: That's really rough. I've seen how hard it is for small business owners like you to struggle through all of this. I know you've put your savings, your time, your heart and soul into making this business successful, to being a good employer and to being a cornerstone of the community. But I know a lot of readers are looking to do what they can to support great local businesses like yours, can you share a little about your beer?

Dave: Buffalo craft lager was the inspiration to start new Helvetia in the first place. We're having fun with other beers too. 916 Pale Ale is an obvious nod to local. Molly American red ale honors a local famous actress from the area. Homeland Stout is named after the location of our brewery. Indomitable city double IPA which is coming out in about two weeks was the motto for the city of Sacramento and there's a whole story behind that which is a lot of fun. Ultimately our beer celebrates Sacramento.

Devin: Such great beer! NE Land Park and Fog Door IPAs are two of my favorites – and your imperial chocolate porter is fantastic. I also really enjoy that you pay homage to Sacramento's history, both in the décor of the brewery and in with beers like Buffalo Lager and Rufus Burgess Golden Ale. Where did that come from?

Dave: We brew many styles of beers. Your classic lagers and ales and we've recently launched our Kindred Spiritz line of hard seltzers. I was inspired to launch New Helvetia Brewing Co. to resurrect the historic Buffalo Beer brand. Before prohibition, Buffalo Brewery was the largest brewery west of the Mississippi with nearly global distribution. Out of the little town of Sacramento, that was no small feat. Most of our core beer brands have a local historic connection or story. Some other beers are simply whimsical names for rotating or one-off beers. Head to newhelvetiabrew.square.site to order your beer for pickup.

Devin: I love the focus on history and the important role it plays in giving us perspective about the world we live in. Any last thoughts to share?

Dave: Definitely. Covid is not the only plague affecting America. We tiptoe around it, speak in code, try to downplay it or outright deny it. But it is so glaringly obvious, and it's always been there but we refuse to face it. Refuse to acknowledge it. Racism is alive and well, and emboldened by a political climate in the US that gives it cover. I realize that I won't change many minds by stating this out loud, but at this point, anyone who cannot see that Black Americans are being held back, right now in 2020, by a system of government, education, employment, law enforcement, courts, drug policy, housing policy, banking, transportation, and on and on, are simply choosing NOT to see it. And the root cause of their choice to not acknowledge this obvious systemic oppression is racism. If your response to professional athletes making a statement by striking is ANGER because they are protesting and interrupting your sports entertainment, you have some seriously flawed priorities. Do you really place more value in being entertained by professional athletes, many of whom are Black, than in the lives of Black Americans who are shot or killed by police, which is the reason for their protest in the first place? Why did the Milwaukee Bucks walk off the court before their NBA Playoff game? Were you angered more by the fact THAT they walk off, rather than the reason WHY they walked off?

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

Certified Kitchen & Bath Remodeler

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

GUTTER CLEANING

Prime Quality Maintenance

- **GUTTER CLEANING**
- **Window Cleaning** (inside/out/screens washed)
- **Pressure Washing** (all surface areas)
- **Junk Removal/Hauling**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured

CSL# 996271



Call or Text Jesse: 916 417-4231

CALLING ALL PROVIDERS OF...
HOME IMPROVEMENT SERVICES

ADVERTISE YOUR BUSINESS IN THE NEW YEAR!!!
FOUR NEIGHBORHOODS, ONE PRICE
AFFORDABLE | CONSISTENT PRESENCE

REACH YOUR TARGET MARKET

FREE AD DESIGN

CALL MELISSA TO SCHEDULE YOUR AD NOW!



916.429.9901

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 213-3740

Neil McIntire — C.S.L.# 394307

HANDYMAN

D&H Service



Office: **916-428-5907**
Cell: **916-206-8909**

25 years of experience

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

HANDYMAN

Summer Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING/SHRUB REMOVAL
- PRESSURE WSHING

CALL LESTER
(916) 838-1247
LIC# 128758/REF

Pressure wash your driveways clean! Your decks too!
Clean out your garage! Replace tt old lawn too!
Hard work-not a problem!



SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 20 YEARS*

HANDYMAN

FREEDOM HANDYMAN SERVICE

I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Disposals & Air gap replacement - Demolition
Sprinkler repair & New Valves - Carpentry - Electrical
Plumbing - Sheetrock - Ceiling Fan installation
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL! **Call Eric (916) 470-3488**

PAINTING

GARY'S PAINTING

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

CSL #734323

FREE Estimates!

McClatchy '67

(916) 725-8781



Call 916-429-9901

Our Readers Need Your Service!

It Pays to Advertise!

Advertise your service in this section, today!



Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

CSL# 432951



- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp

(916) 591-5056

PLUMBING

Mack's Plumbing

Repairs - Replacement - Service

916 761-5780

License # 784099

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

TILE WORK

NIETO's TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TILE WORK

BAXTER TILE

EXPERT INSTALLATION REMODELING & REPAIR

Ceramic • Marble • Granite • Floors • Counters • Walls

42 Years Experience • FREE Estimates

916-213-4669

License #668100

Advertise

your company ONLINE, today!

Call 916-429-9901 for more information.

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
37 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

Please RECYCLE this paper. Thank You

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 37 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

HANDYMAN

CLEAN-UP SPECIALS!
SUMMER Yard Clean-Up Special – Yard clean-up. Rain gutter cleaning, pressure washing/ power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **22 yrs. exp. Specials for seniors. Licensed**

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

Do you enjoy making people smile?

Do you want to work with people who care? Are you ready to join a team that makes a difference every day? If so, you may be interested in becoming a caregiver!

Stop by Today!

www.reverecourt.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

HANDYMAN

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock,Plaster, Stucco, Repairs and Remodeling, you name it! **Lic# 908942. Call Steven at 230-2114.**

TAX PREPARER

#1 CONCIERGE TAX PREPARER
37 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

YOUR AD HERE

RESERVE YOUR SPACE IN THE CLASSIFIEDS! CALL 916-429-9901

Check out the Home Improvement Guide
Call Melissa at 429-9901
for ad rates.

www.valcomnews.com

FARM AND FLAVOR

NOTES FROM THE FARM



By Kerin Gould
Special to Valley Community Newspapers

Summer has been hell here. The stress of the pandemic/quarantine/isolation that leaves us way too much time for reading the news (make it stop!), the smoky air and constant threat of grass fires (had one just across the street, but our firefighters are incredibly fast!), and the record heat have resulted in many of us spending time indoors like it was a Buffalo NY winter rather than a California summer. Can't wait for autumn and it's not about pumpkin-spice coffee!

But while I am whinging and moaning, plants just hunker down and do what they can to stay alive and bear fruit/offspring. They keep going through their cycles. Somehow, the watermelon has been luscious, pears were wonderful, the cosmos flowers are still entertaining pollinators, the wonder-berries are defiantly abundant, and the quince is bending the branches with its heavy fruit. Tomatoes have been less hardy, getting thick skins and a more savory flavor. Even the tomatillos are having a rougher time, though they are incredibly resilient.

Since we essentially have two springs here, it's nearly time to turn things over and start again. In order to suppress weeds without chemicals, I will be covering one area to "solarize" it: no light and lots of heat under black weed-cloth will kill off seeds - that's the theory. In two other areas I will be planting a winter cover crop to nourish and restore the soil. Both methods aim to keep nutrients, water and carbon in the ground so that crops grow better and provide more flavor and nutrition. And it will be a clean slate for spring. A few winter veggies in the hoop-house will be enough for my household til spring. Just hunkering down and going through our cycles.

Don't forget to continue, year-round, come hell or high water as it were, to get produce from your local small farmers as much as possible!

Kerin Gould, Ph.D. is the founder of Produce with a Purpose and provides biweekly online classes on healthy cooking and eating, particularly for folks fighting cancer. For more information: producewithapurpose.net

New all-day academic support for youth offered during pandemic

Sacramento families struggling to make online distance learning work during the coronavirus pandemic now have a new free program to provide all-day structured academic support from 7 a.m. to 6 p.m. The program aims to support vulnerable children who are struggling with online learning by providing Wi-Fi access, additional academic support and childcare while parents and guardians work outside the home.

The Sacramento Childcare Learning a Student Support (CLASS) program are being held at Joe Mims Jr. Hagginwood Community Center, Oak Park Community Center, George Sim Community Center, and

Sam & Bonnie Pannell Community Center.

Students have been referred from various school districts into the CLASS program during a priority enrollment period to ensure students who are most in need of academic support were reached. A waitlist is now available and will open on a first-come, first served basis to targeted populations including low-income, English language learners and students with disabilities.

To sign up for the waitlist, email Scott Jensen at sjensen@cityofsacramento.org.

For more information please visit https://sacramentocityexpress.com/2020/09/03/new-academic-support-program-at-city-community-centers-will-help-with-distance-learning/.

List with Dee and she will put you on TV

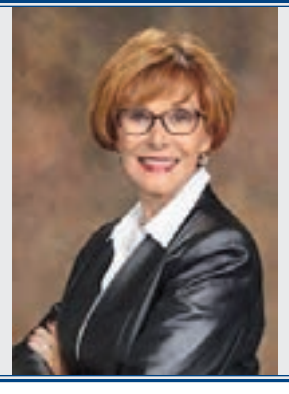
Thinking of Selling.

Dee has an awesome program for you. She will Provide:

1. A Professional Photographer
2. 1/12 page print ad on the Sacramento Magazine
3. Virtual tour placed in MLS
4. 30 second spot on CBTV show
5. Professional TV spot posted on Your Tube channel
6. Prepare professional brochures
7. Send out jumbo "Just Listed" postcards
8. Send "Just Listed" eBlast to all my Sales Associate's sphere
9. I will have the CB Mobile Brochure technology and sign rider installed

So Call Dee Now!!

Presidential Member of Masters Club. Relocation agent. Short Sale specialist



Dee Schwindt
REALTOR Emeritus
Coldwell Banker
Residential Brokerage

Cell: **916-704-0718**
Office: **916-341-7852**
CallDeeFirst.com
CalDRE# 00498850

Wishing Well®

7	3	6	7	7	7	3	4	7	5	3	5	4
E	A	U	H	N	A	B	B	P	N	U	L	E
7	4	3	7	5	6	7	5	3	5	3	6	5
P	P	N	D	O	S	U	V	D	E	A	C	E
3	6	8	6	3	4	7	2	7	3	4	8	5
N	O	O	M	I	R	I	R	N	D	E	C	A
2	7	2	3	5	7	2	7	5	6	2	3	5
I	F	N	F	B	S	G	S	O	L	I	L	U
6	5	4	5	3	5	6	7	6	3	7	5	6
M	O	P	N	I	D	O	I	N	G	S	S	U
6	2	6	6	3	2	6	3	6	7	4	6	2
S	O	E	O	H	V	N	T	S	Y	A	E	E
7	4	7	6	4	6	7	6	7	6	4	6	6
O	R	U	S	E	T	R	O	S	O	D	A	Y

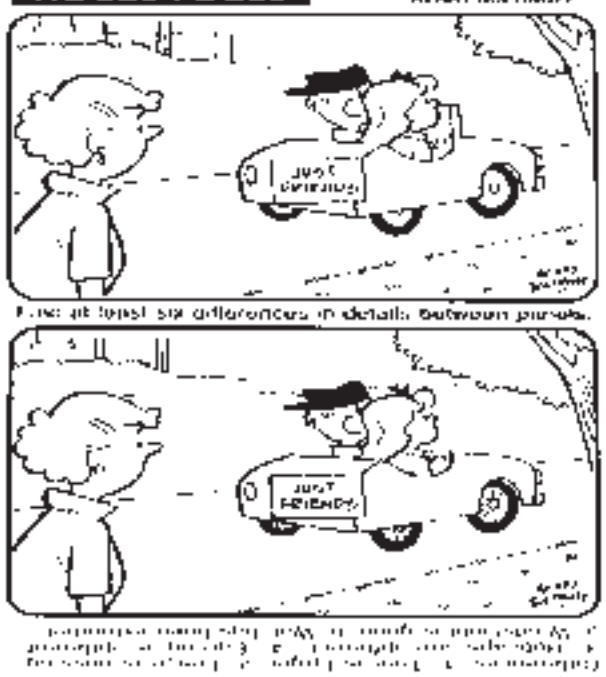
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers left to right. Then read the message the letters under the checked figures give you.

Just Like Cats & Dogs

by Dave T. Phippe



HOCUS-FOCUS



Find at least six differences in details between panels.

TURN-AROUND RIDDLES



1. Turn around **full of things** and get **introduced to.**
2. Turn around **a food** and get **to stupefy.**
3. Turn around **a flood** and get **to refine.**
4. Turn around **toys** and get **a small stain.**
5. Turn around **a measurement** and get **a cart.**

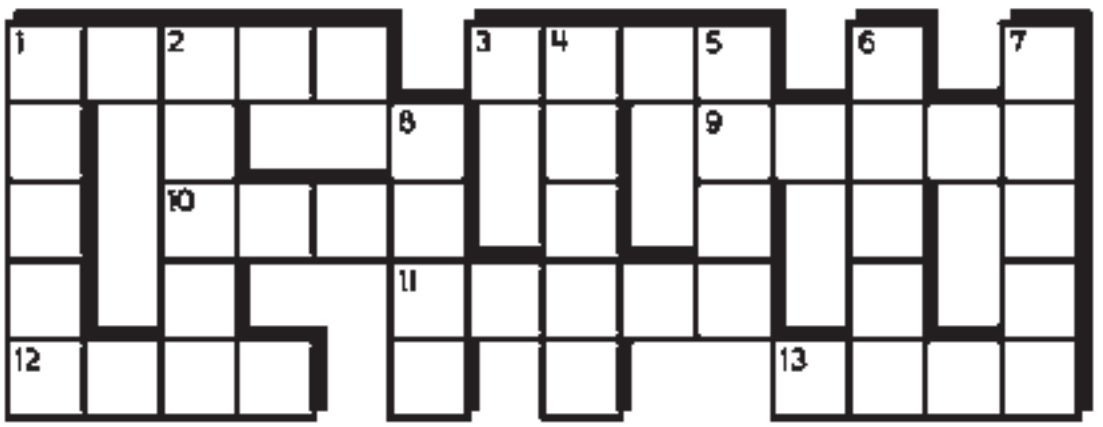
© King Features Syndicate, Inc.

To solve, turn around the letters in the first word to get the second. Example: Garb-brag.

Answers: 1. Teem-meet. 2. Nuts-stun. 3. Tide-edit. 4. Tops-spot. 5. Yard-dray.

Junior Whirl

by Charles Barry Townsend



BAKING FUN! Above is a crossword puzzle grid. Below are words pertaining to baking and bakeries that you will need to complete the puzzle, using the trial-and-error method. Try to finish before the slice of pie disappears.

4-letter words:	5-letter words:
HEAT	ANGEL
OLEO	APPLE
PANS	FLOUR
POTS	SPICE
SALT	TREAT
TART	WAFER
	WHEAT
	YEAST



Answers: (Across) 1. Water. 3. Pans. 9. Apple. 10. Oleo. 11. Treat. 12. Tart. 13. Heat. (Down) 1. Wheat. 2. Flour. 4. Angel. 5. Salt. 6. Spice. 7. Yeast. 8. Pots.

TWO QUICKIES!

1. How can you add 10 to nothing and end up with a large animal?
2. How can you subtract one from 19 and end up with a larger number?

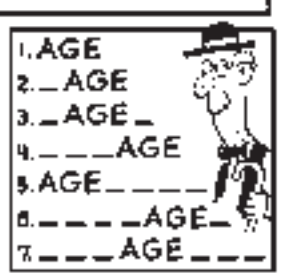


Answer: Both questions use Roman numerals. 1. Add "X" to "O" and you get "OX." 2. Take the "I" from "XIX" and you get "XX" (20).

A PROBLEM FOR THE AGES!

In this puzzle, all of the words we are searching for contain the word "AGE." The following hints should help you to "AGE" with dignity:

1. AGE (given).
2. One who is wise.
3. Measuring instruments.
4. Public respect.
5. Lists of things to do.
6. Corridors
7. An enclosure.



Answers: 1. Age. 2. Sage. 3. Gages. 4. Homage. 5. Agendas. 6. Passages. 7. Menagerie.

The Case for Adopting Senior Dogs



When considering adopting a dog into your family, many people often think that a cuddly, energetic puppy is the most appealing choice. Though puppies are fun and undeniably cute, the cuteness doesn't come without a lot of work. There is a definite case to be made for senior dogs.

These elder pups often get overlooked at the shelters. But they need good homes, too – even more so than the younger pups. Shelters usually have a larger senior pet population and by adopting one, you are truly saving and changing a life.

Some of these older dogs have been cast aside for unfortunate reasons by their families - maybe even simply because they just aren't as peppy as they used to be. Imagine the sense of betrayal a dog might feel! One would think that this would harden a dog's demeanor and they would never love again. On the contrary, most dogs are even more eager to love and are willing to open up their doggy hearts to another family.

The following are a few points to keep in mind when you are making the choice to add to your family:

1. As prospective pet parents, you might think that seven dog years equals one human year but dogs age differently based on their breed. The larger breed dogs tend to age more quickly than smaller breed dogs. Giant and large breeds are considered to be seniors when they reach around six or seven years-old while medium breeds are considered to be seniors closer to eight or nine years old. Smaller breeds are seniors when they reach about ten to 12 years of age.

2. With good nutrition, proper exercise and veterinary care, your senior pups will live a great life as your companion and family member. Keep in mind that although senior dogs have established personalities and most often are house and obedience trained, old dogs certainly can learn new tricks!

3. As previously mentioned, there is no doubt that puppies are cute. However, remember the time it takes to potty train them. If you are mature, yourself, and don't have the patience for crate-training and pee pads, an older dog is best for you. They have been in homes before and, for the most part, are crate trained and know that the potty is outside.

4. If you are looking to adopt a "furever" friend who understands what it's like to be a member of a family "pack" and will learn quickly what is expected of them in their new home, a senior dog may be the best choice for you. Many of these older dogs are not in shelters for behavioral problems. They lived with, and were loved by, a pet parent who passed away and these grieving pups by no fault of their own were placed in a shelter.

Contact your local shelter and/or rescue organization to see if they have a senior dog that will be best suited for your family's lifestyle. A senior dog offers a lifetime of unconditional love to share with you and your family.

For over fifteen years, Susan Marie has been spreading the word about puppy love through her national weekly radio show, The Doggy Diva Show. Susan is also the author of the award-winning Miss Olive children's book trilogy The Doggy Diva Diaries.

Experience doesn't cost you more... It Pays!



38 Years Experience - References
Greenhaven / Pocket Area Specialist
Masters Club, Outstanding Life Member

Bill Bonner

(916) 320-1888
Bill@PocketAreaHomes.com

CalDRE# 00692245

BERKSHIRE HATHAWAY HomeServices | Drysdale Properties

A member of the franchise system of BHH Affiliates, LLC.

GreenhavenPocketHomes.com



Sofa Sale

All sofas, loveseats, sectionals, chairs, ottomans, and recliners are on sale!*



92" Virginia
$999 reg $1099
252025



83" Apollo
$2699 reg $2999
910181



85" Westway
$1399 reg $1579
630257



2 pc Kimberly
$2129 reg $2469
639207

Choose from over 85 Sofas, 35 Sectionals, 90 Chairs & 70 Recliners

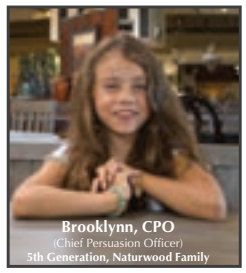
Naturwood®
HOME FURNISHINGS

12125 Folsom Blvd. Rancho Cordova

916-351-0227

Mon 10am – 8pm • Tue – Thu 10am – 6pm • Fri 10am – 8pm
Sat 10am – 6pm • Sun 11am – 6pm

"Tell 'em Brooklynn sent you!"



www.naturwood.com

Largest Selection of

★ PROUDLY ★
MADE IN THE USA
with U.S. & Imported Materials

Products

*Sale applies to all indicated items except "Special Buys" and all "Clearance". Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sizes and colors are approximate. Sale ends September 30th, 2020.