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Pocket News

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Congratulations to All of Our Pride of the Pocket Winners!

see page 7

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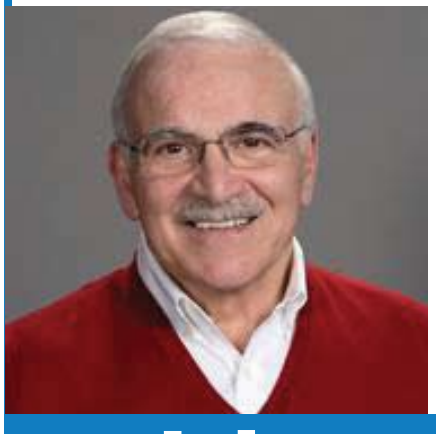

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Opinion

NO on Strong Mayor

by: Former Mayor Heather Fargo and Former Council member Darrell Fong

There are many reasons to vote NO on Measure A. And we encourage you to join us in rejecting the latest attempt to weaken the city council and your voice. Measure A is a power grab that no one has asked for, except the Mayor. If this passes more decisions will be made in private, not in public, reducing transparency and accountability.

It removes the Mayor from the City Council and he/she would no longer attend city council meetings. Despite not hearing staff presentations, council discussion or public testimony, the Mayor would have veto power over council decisions including ordinances and line items in the budget. It transfers power from the Council and neighborhoods to the Mayor. And it's too much power for any one person.

Measure A was drafted in secret, kept from public until the last minute and put on the ballot - during a pandemic with no real public discussion. We don't think any convincing case has been made that this measure is needed or will solve any existing problem. We do however have real problems. Our families and friends are struggling to pay the rent or mortgage and other bills, keeping a job (if you're lucky to have one) doing a job without getting sick, putting food on the table and educating our kids in a distance-learning environment. Now is not the time for this.

There are only 5 cities with Strong mayor cities in CA. Are Oakland, Fresno or LA doing a better job addressing the challenges

see STRONG page 18

Op-ed: Turn down the noise dare to be a part of healing efforts

By Melissa Andrews O'Kane

Noise: a sound, especially one that is loud or unpleasant or that causes disturbance

I feel profoundly disturbed. Noise from countless sources has become such an integral part of our lives that we neglect to consider its effect on us.

We are bombarded with sound, information, news, social media, surrounded by the assault 24/7. We tune it out, try to turn it down, drown it out with our own noise of choice, and escape if we can. We struggle to concentrate, focus, even think rationally at times. How do we cope? How do we ground ourselves, get centered and present, become cognizant that our hearts are crying out for an escape from the chaos?

We are a divided country. Identity politics and the media drive the current narrative and I believe the effect of both has been division. Someone recently characterized this as a break-down in our shared truth, in the shared reality that used to exist and which united us as Americans.

Are you in or out, Black or white, aligned or against?

There is scant space in between and we are overwhelmed by the disqui-

see NOISE page 18

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Editorial questions: (916) 267-8992

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Cover photo by: Courtesy

It's Time to Vote Again?



Dr. Kim Nalder from Sacramento State's Project for an Informed Electorate (PIE) to hold a voter information forum on the initiatives on Oct. 21 from 5:30 to 7 p.m.





Deputy Secretary of State James Schwab will join us to answer any questions you may have about voting in 2020.

By Devin Lavelle

Yes, sir, and yes, ma'am. Just like that, election season is upon us once again.

You may have heard that Vice President Joe Biden will be on the ballot against President Donald Trump. I'm going to assume that most of us have heard enough about that race and, other than watching a debate or two, are probably about ready to decide which box to check, cast our ballots, and hope that we don't have to see any more ads, mailers, or texts about it.

But that's not everything on your ballot!

No, no, no, once again we have a long list of statewide ballot measures to decide on. Twelve, to be exact. Propositions 14-25 include one bond measure, five constitutional amendments, five initiatives, and one referendum. That's a lot.

Worry not! In case you don't already consider yourself an expert on Dialysis (Prop 23), Cash Bail (Prop 25), and/or the technicalities of various tax assessments (Props 15 & 19), your Pocket Greenhaven Community Association is here to help!

As we did in 2016 and 2018, the Association is working with Dr. Kim Nalder from Sacramento State's Project for an Informed Electorate (PIE) to hold a voter information forum on the initiatives. Registrants will be provided videos ahead of time from an event Dr. Nalder is hosting with the Legislative Analyst's Office. Our event will focus on answering any remaining questions neighbors may have on the statewide measures.

Also, Deputy Secretary of State James Schwab will join us to answer any questions you may have about voting in 2020.

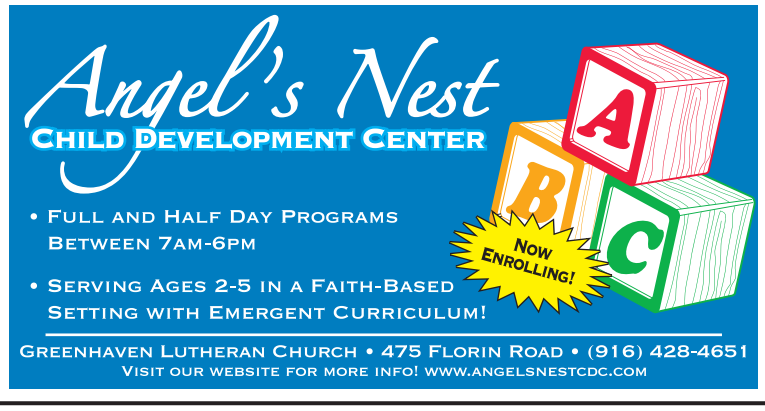
The event will be online on October 21 from 5:30 to 7 pm. Registration is required at vote.pocketgreenhaven.org. (Please send any questions to info@pocketgreenhaven.org)

Beyond that, we have more to chew on locally. While most Pocket-area voters won't have local elections on their ballots (these elections are every four years and we voted on them in 2018), there will also be three local measures:

Measure A, the 'Sacramento Mayoral Accountability and Community Equity Act' (sometimes referred to as Strong Mayor) will ask if we should shift our local government to be more like the State and Federal systems, where the Mayor (similar to the Governor or President) is responsible for administering the city, while the council (similar to the legislature or congress) is responsible for making policy.

Measure B has no fun name and no formal opposition. It's a simple technical adjustment to the timeline of the redistricting commission, to allow them to do their work if the decennial census data comes in a bit late due to COVID.

Measure C, the "Sacramento Tenant Protection Act", would create an elected rental-housing board and implement far more stringent rent controls than the compromise measure implemented by the Council last year. As part of that compromise, most proponents of this act agreed to remove it from the ballot, but one advocate sued to force it to be voted on.





Love a Lager, at Device!

By Devin Lavelle

There are so many beer styles out there. It can be intimidating looking at a menu with a dozen or more different beers on it. Where to start? To answer that question, I turned to our local expert, Pocket-resident and owner and brewer at Device Brewing, Ken Anthony. Over the next several months I'll sit down with him a few times to talk about different types of beers. Today, we're starting with lagers.

Devin: Thanks for taking the time, Ken. The focus of your brewery has always focused on doing the classic styles really consistently and really well – probably your engineering background coming out – so I think that makes you the perfect person to help us learn more about the different beers we can enjoy at Device and other local craft breweries around Sacramento.

Ken: I'm happy to help.

Devin: I appreciate it! So let's get started with the basics, what is a lager? What makes it different from an Ale?

Ken: Excellent question. Every style of beer can be broken into one of two categories. Ale and lager. A stout, a porter. Those are ales. IPA, ale, Blonde, ale, Berlinerweisse, ale.

The difference is the yeast. The main difference between ale and lager yeasts is where they ferment and at what temperature. An ale yeast ferments at the top of the tank, kind of like the foam in a glass of beer. It likes to hang around the top and ferment at room temp, 68 to 72 degrees. When it's done, when there's no more sugar, it will drop to the bottom of the tank

Lager yeast, in contrast, prefers to ferment in the bottom of the tank at cellar temperatures, 50 to 54 degrees. Before refrigeration you brewed and you put your beer where you could put it, whether that was underground, in a barn or wherever it was. Ambient ruled. German beer was fermented down underground in cellars where they could count on consistent temperatures in the low to mid 50s. The yeasts that naturally thrived in that environment where the ones that could ferment things in that environment.

There are malts that are appropriate or not appropriate for different styles of beer, but at the end of the day, the yeast strains are the difference.

The big thing about lagers is they're not about innovation. They're about tradition. If you're brewing lagers, you better be brewing them to tradition otherwise you're bastardizing thousands of years of brewing science and execution. Germans especially. They don't brew to change the recipe, they brew to do the best version of it. It's in very sharp contrast to everything we've been doing with IPAs and sours. The recipes are no secret. There's no secret to a Pilsner recipe. It's all about how well do you execute that. Of course you have to mention Reinheitsgebot, the German purity law. Go look that up.

It's four perfect ingredients, water, malted barley, hops and yeast and nothing else. No fruit, no wheat, no vanilla, no cacao nibs, no cinnamon, none of that stuff. Lagers are about tradition and execution.

Devin: That probably explains why lagers have been a larger portion of your offering than most craft breweries for years. Can you walk me through the different versions you make, what makes them different from one another?

Ken: Yeah, I'm happy to be able to pour you four lagers. Most breweries only offer one. The best way to walk you through them is with a tasting. Are you game?

Devin: I love the way you think!

Ken: So first we're tasting Rice Crispy Boi, which is an American Rice Lager, most similar to Bud Light. Right off the bat you notice this beer is very pale and straw-like in color, very clear. When you move on to the aromatics of it, it has a very light, sweet cereal malt character to the aroma, complimented with a very subtle rice aroma, similar to smelling a box of Rice Krispy's. When you taste it, you get that subtle malt sweetness without it being cloying. It finishes very very dry. The hop flavor is very subtle. It's in there, but it's buried deep within. No residual aftertaste. There's no bitterness lingering on the pallet. Being in the 4 percent ABV range you can drink many of these in a day and still maintain your wits about you. Really nice light summer beer. Very sessionable. It's very difficult to brew. There's nowhere to hide as far as flaws. A beer like this, an American Rice Lager, is an extremely difficult beer to brew and extremely difficult to make clean and consistent.

We're going to go diagonally to Ofrenda, our Mexican lager, comparable to a Modelo Especial. So for Ofrenda, if you notice, also a pale color, but more in the golden range. Also very very clear. There is actually corn in this beer where there was rice in the rice lager. Coupled with the yeasts, originally German strains that were brought to Mexico and became Mexican strains over years and years. If you get in there and smell that, you smell the German Noble Hops a little bit more, you also get a little bit of sulfur character, which you get out of that Augustiner yeast. You also pick up a little subtle tortilla chip, which you get in the flavor as well. Let's taste it.

Clean, a little bit more bitter. You get a touch of hops in there. This is Mexico's version of the German Pilsner, but with the corn component, which offers a completely different flavor characteristic. Very clean, but a more judicious amount of hops for a lager. Finishes very clean and very dry. Lagers typically finishes very dry. I'm getting a little bit of residual bitterness on the back and side of the pallet. This is really good with lime and salt, rim the glass with salt and squeeze a lime into it, fantastic.

Okay, Pincushion, my favorite beer. To me, this is the be-all-end-all of the beers we make. Beautiful, deep golden color. German Pil-

see DEVICE page 5



Device:

continued fro page 4

sner malt, with just a bit of dextrin malt to add a little bit of body to it, the sense that there's something there, chewy. Like I say, nice beautiful golden color, clear as a bell. Aroma is nothing but Pilsner malt and hops.

So the Pilsner is the IPA of the German lagers. The whole idea of the Pilsner is the water profile and the hops. It was the rebel in the history of lagers. The Czechs were the first to do it, in Pilsen, which is why it's called Pilsner. The water profile in Pilsen is extremely soft water. Just like the distilleries in Kentucky or Coors in Golden, there's a reason it's on the river. So in Pilsen, they took this wonderful soft water with great minerals and salts in the water and then they hit it with extra hops, those Noble Hops, Bavarian Mandarina, Hallertauer Mittelfrüh, Tettnanger. These wonderful Noble Hops that put off more an herbal, earthy character. In some cases you get a little bit of a citrus character, but not a lot. You don't get the big melons and fruits and berries that you get out of new world hops, the Mosaics and Galaxies and so forth. The Germans got a little jealous after a while so in southern Germany they said okay, fine. They knew how to get the water close, got the water as close as they could and brewed their version, the Bavarian Pilsner. In my opinion, the Bavarian is not is as hoppy as the Czech Pils.

Ours is very traditional. A Weihenstephaner is what we've modeled ours after. Weihenstephaner is the oldest continuously operating brewery, coming up on 1,000 years. We actually had two German PhD candidates from Weihenstephaner visit on a tour of California. John Palmer (look him up) gave them a list of 8-10 breweries to visit to learn about California IPAs and we were on that list. We talked hops and IPAs and in the end I told them they had to try my Pilsner. They said you could sell this in Germany and no one would know it was from America. Maybe they were just being nice, but I like to think they actually liked it.

Okay, Oktoberfest, the star of the show, today at least. This is the annual fest beer, we call it the feist beer, brewed in the fall to celebrate the harvest. This is our Marzen. You can range between a pale color and a very deep amber. I think everyone agrees the most common color is an amber or a copper color. This beer comes in the copper range. Amber has more red tones. I do see a little bit of Amber. It's kind of a deep honey. From an aromatics standpoint, sweet cereal, no adjuncts, just from the malted barley, the caramelized Munich malts. That's also what you smell, you're going to smell some of that caramel, like candy.

Alright, let's taste it. I taste the caramel malt coming right out front. But it's not sweet, it's still dry. There's a richer flavor from the caramel malts. The hop bitterness is way in the back. It's a heartier, malt forward beer. We're getting to fall in Germany, not quite a winter beer, but the seasons are changing and so you're wanting something a little bit heartier that will stick to your bones.

We also make a Munich Helles lager, In the Afterglow. We've won awards with that beer. It's similar in character to the Pilsner but lighter color, from less malt in the mash. We also add Vienna malt for some sharp flavor, but with less hops. Easy drinking, nothing dominates the flavor profile. I wish I had it on tap right now, I have some staff that work the bar that keep asking when it's coming back.

Devin: Oktoberfest has always been one of your big events. Can you tell me about the beer and what you enjoy so much about the German festival?

Ken: Yeah, it speaks to what this location is all about. Community, food, people getting together for a great time. The great beer, the celebration. Lots of games at Oktoberfest, there's a barrel toss they like to do. I don't know if we'll do that here. It's about celebrating getting through another summer and getting into fall. I think our location here in the Pocket is so driven by community and so driven by the people of the Pocket, I think that if we are able to execute an Oktoberfest celebration, it will definitely be focused on community.

Devin: We can definitely relate to wanting to celebrate the coming of fall here in Sac. Hopefully we're able to have that huge celebration next September. We all really need it.

Thanks Ken, I really enjoyed the beers and definitely learned a lot.

I'd encourage readers to pick up some of these cans to sip on, they'll really come to life while reading this article. And please keep on supporting all of our local restaurants so they'll still be there when we can come together again after COVID.

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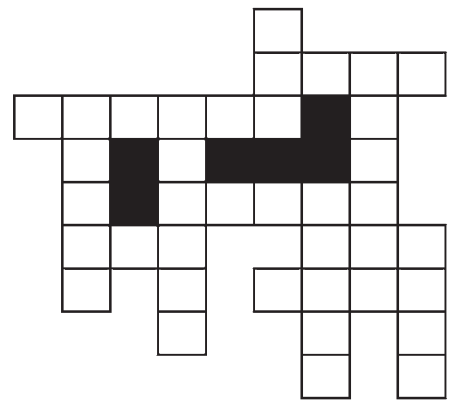

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Unscramble these twelve letter strings to form each into an ordinary word (ex. **HAGNEC** becomes **CHANGE**). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥**RATHE** becomes **HATER** or **EARTH** or **HEART**). Fit each string's word either across or down to knot all twelve strings together.

Fear Knot solutions: see page 7

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P	T	V	T	E	A	H	L	E	O	I	W	E
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O	O	M	W	P	D	V	E	I	L	E	E	N

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.

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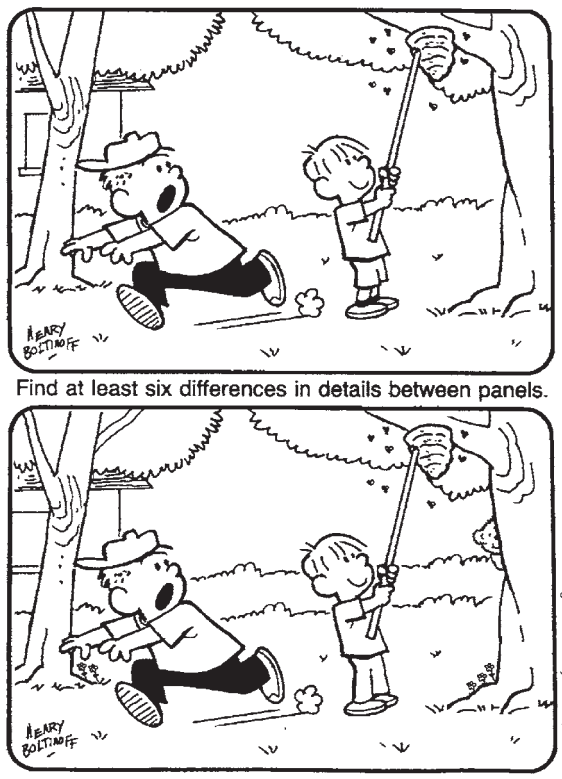
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

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Differences: 1. Bear has been added. 2. Window is wider. 3. Pants are longer. 4. Flowers have been added. 5. Bushes have been added. 6. Tree has additional limb.

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D	L	B	Y	X	V	A	T	R	P	M	P	A	S	O
M	K	A	I	G	E	M	M	H	O	D	A	R	A	B
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Colombia	Haiti	Jamaica	Peru
Cuba	Honduras	Kenya	Uganda
Ethiopia	India	Laos	Vietnam
Guatemala	Indonesia	Mexico	

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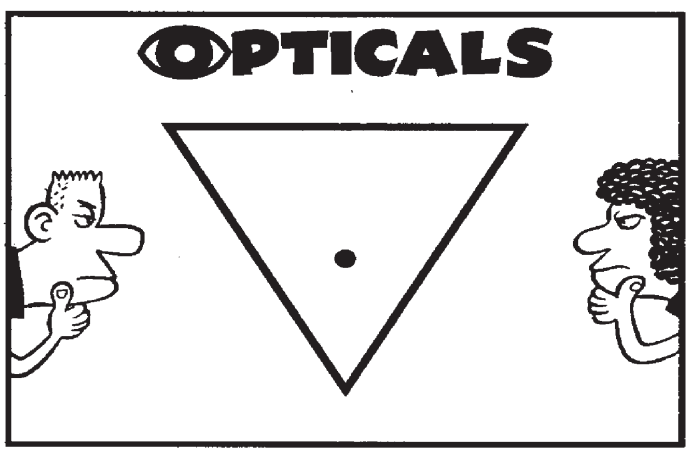
Magic Maze solutions: see page 19

OPTICALS



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IN THE TRIANGLE ABOVE, is the dot closer to the top line, the bottom point, or the middle?

Answer: The dot is in the middle, halfway between the top line and the bottom point of the triangle.

Junior Whirl

by Charles Barry Townsend

A PERCEPTION TEST

First, try solving the problem presented on the right. After solving it (?), cut out the paragraph and paste it on a piece of cardboard. On the back of the cardboard, paste the answer given below the paragraph.



AN ODD PARAGRAPH

What is particularly unusual about this paragraph? You won't find many paragraphs similar to it. In all probability you will not find out what is so unusual about it right away, but if you look at it and study it for long, it may dawn on you. If you should find out what is odd or unusual, don't say what it is until I ask you; if you can't find out, look on the back of this paragraph. Don't look at my solution until you fail to find out what is odd about it. I could throw you a hint, but I won't!

Illustrated by David Coulson

Answer: You won't find an "e" in the entire paragraph.

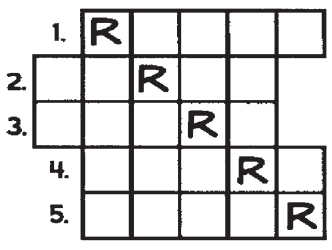
FARMER BROWN'S BARN! Farmer Brown paid 20 workmen $2,000 to put up a new addition to his barn. Each Master Carpenter made $300, each Apprentice Carpenter made $150, and each helper made $50. How many of each were included in the team of 20 workmen?



Answer: 2 Master Carpenters, 5 Apprentice Carpenters and 13 helpers. (Total salaries came to: $600 + $750 + $650 = $2,000.)

THE FIVE-LETTER WORD POWER GRID! Each of the five words needed to fill in our "word power grid" contain the same five letters. We give you one of these letters and plenty of hints below.

1. Costs per units of service.
2. Weights to deduct.
3. An intent gaze.
4. Expression of emotion.
5. Type of flower



Answers: 1. Rates. 2. Tares. 3. Stare. 4. Tears. 5. Aster.

Congratulations to All of Our Pride of the Pocket Winners!

By Devin Lavelle

On September 24, your Pocket Greenhaven Community Association held the Pride of the Pocket to recognize some of the amazing people who make this community such a wonderful place to live, work and play!

While we were sad not to be able to come together in person as a community, the upside of a virtual event is that if you missed it live, you didn't miss out! You can still head to https://www.facebook.com/PocketCivics watch the event! (No account neeed)

Please be sure to congratulate all of our awardees when you see them around the neighborhood!

OUTSTANDING POCKET-GREENHAVEN YOUTH

- Derrobair Nguyen
- Evan Fukuhara

OUTSTANDING SERVICE TO YOUTH

- Beth Koster with Sara Faraj & Dylan Cooper
- Robin Ohara

OUTSTANDING CONTRIBUTION TO SAFETY

- Tami Conger

OUTSTANDING CONTRIBUTION TO INCLUSION

- Roberto Romero

OUTSTANDING CONTRIBUTION TO QUALITY OF LIFE

- The Blessings Table
(Davina Cuellar & Tami Moy)

ELECTED OFFICIAL RECOGNEES

Senator Richard Pan: *Pocket Area Churches Together*
Assemblymember Jim Cooper: *Robbie Waters*
Supervisor Patrick Kennedy: *Jay Jugoz*
Councilmember Rick Jennings: *Meals on Wheals by ACC*
SMUD Member Rosanna Herber: *SES Assistant Principal Patrick Bohman*



And join us in thanking our sponsors, Supervisor Patrick Kennedy, Councilmember Rick Jennings, SMUD and SMUD Director Rosanna Herber! And also give a huge thanks to Pocket News for being such a great partner in spreading the word about this event every year!

FEAR KNOT

answer

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Moving School Outdoors: Planning for Outdoor Classrooms at Camellia Waldorf School







Camellia Waldorf School has come up with a creative twist for how to adapt education during these times. As Camellia Waldorf School's Acting School Director Cindy Stinson explains, "We are preparing to re-open with an outdoor program once it is determined safe to do so by Sacramento County. Waldorf schools have recognized the benefits of outdoor learning and time in nature for years, and Waldorf schools across the country are looking to re-open with outdoor classrooms."

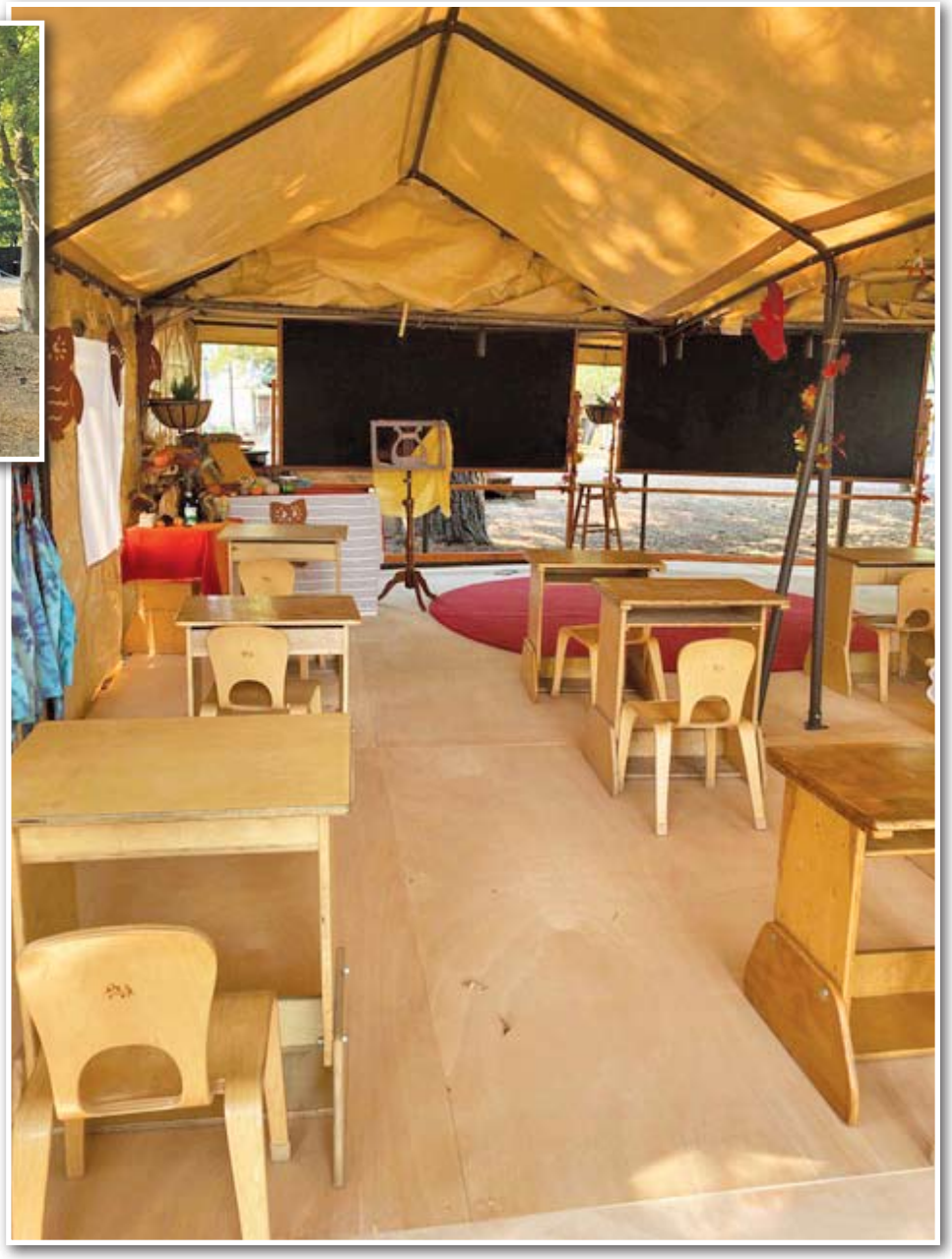
Nestled along the Sacramento River on Pocket Road, Camellia Waldorf School's three-acre campus offers plenty of space for outdoor learning. Teachers, with support from staff and parents, have been working on readying outdoor classrooms – setting up canopies, bringing desks and chairs outside, adding outdoor sinks for hand washing, and building outdoor chalkboards – in order to create a welcoming learning environment in nature.

There's a lot of recognition about the importance of being together in-person to support the students' academic learning as well as their mental health and social development. An outdoor program provides a safer way to be back together in person. Bringing class outside can help minimize the risk of spreading the virus, providing a safer environment for both students and teachers. Studies have shown that transmission of the coronavirus is much less likely outdoors than indoors due to the natural ventilation. Plus, it can be easier to maintain physical distancing outside.

At Camellia Waldorf School, even prior to the coronavirus, there was an emphasis on time outdoors. Camellia teachers have long seen the outdoors as an extension

see SCHOOL page 9





School:

continued from page 8

of their classrooms and often took their class subjects outside - math, science, music, language arts, whatever the subject, nature has a way of making it richer and more meaningful. As Kindergarten teacher Julie Mulrooney explains, "Time outdoors in nature allows for more open-ended play, along with exploring and creativity. Immersion in nature is soothing and healing especially for young children and is so needed at this time. In addition, our small class sizes allow for a strong connection between each child and their teacher, with much one-on-one time."

Teachers at Camellia Waldorf School are prepared for whatever direction the virus may bring. Though teachers are excited to return to school in person on campus as soon as they are able, they are also prepared to teach by distance learning as long as needed. As Josh Amaral, sixth grade teacher at Camellia Waldorf School describes it: "What sets Camellia apart during this time, whether we are teaching remotely or at school is the connection teachers have to each student, with individualized attention, hands-on projects that engage the children, and a school-day flow that allows children to work at their own pace. Careful thought has gone into our distance learning curriculum, with appropriate use of screen time, emphasizing interaction with the teacher and other students. The main thing we have learned during this time is the need to remain flexible."

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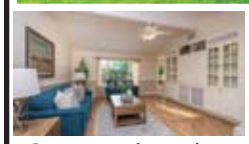





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Take a bow, Prima Ballerina Barbara!



By Judy Kent and Elizabeth X. Wong
Photos by Stephen Crowley

Sept 20th was a fun evening at Deane Dance Center to celebrate Barbara Crockett's 100th birthday bash! Many of her former ballet students were there to give her good wishes. Some of them were her earliest students, who attended her former dance studios throughout Downtown Sacramento.

Birthday party attendee Mollie Fong Chow, 92 years old, was a young teenager when she and another Chinese girl took ballet lessons under Ms. Crockett.

"It was in the early 1940s, and Ms. Crockett was teaching in a simple house located on 7th Street, between J & K. After school, we two girls walked together over to the house. It was exciting and fun, but we soon discovered we were too short... We then switched over to study Hawaiian Hula instead!" Auntie Mollie still loves dancing hula.

Jasmine Yep Huynh, 39, talked to Ms Crockett via Zoom, while her mother, Elizabeth X. Wong, met Ms Crockett in person at the birthday party to update her former teachers. "I am working my 'dream job' at the San Francisco Ballet, thanks to my early training under Ms Crockett. I also studied under Barbara Crockett's daughter Allyson and her husband, Don Schwennesen at their studio on McKinley Blvd, just across the street from my elementary school," Huynh said.

They first met at auditions for the Sacramento Ballet's Nutcracker at the studios then located in Carmichael. After dancing 10 seasons of "Nutcracker," Huynh went on to UC Irvine, followed by the University of Hawaii to complete a master's degree in "Theatre for Young Audiences." And with those experiences, Huynh was hired by the San Francisco Ballet as its Associate Director of Education. "Youth in Communities " joins the school district's collaborative distance learning called "SF Loves Learning" to reach 66,000 families, during the Covid-19 lockdown. Students ages 2-7 years old can learn daily dance movements on YouTube, or on KTVU-Plus in the SF Bay Area.

Barbara Crockett was both a dancer and teacher at the San Francisco Ballet Com-

see BARBARA page 11





Barbara:

continued from page 10

pany, 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.

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 general.

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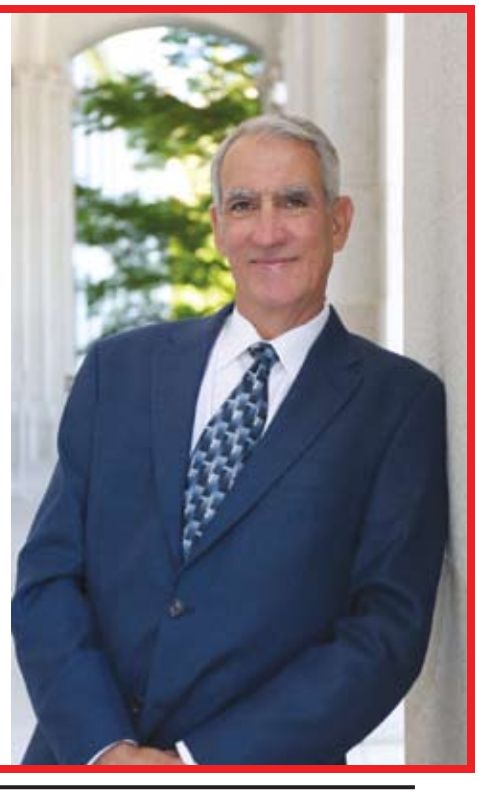

Faces and Places: Walk to End Alzheimer's Car Wash





Photos by Stephen Crowley

People enjoyed getting their car wash at the Revere Court parking for a fundraiser billed the "Walk to End Alzheimer's Car Wash." Held on the afternoon of Friday, Sept. 18. The $20 car wash included a socially distanced barbecue.

see CAR page 13

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Car:

continued from page 12









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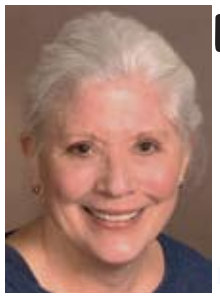

THIS 'n' THAT

by Carol Bogart

Wildfire Control with Cows?

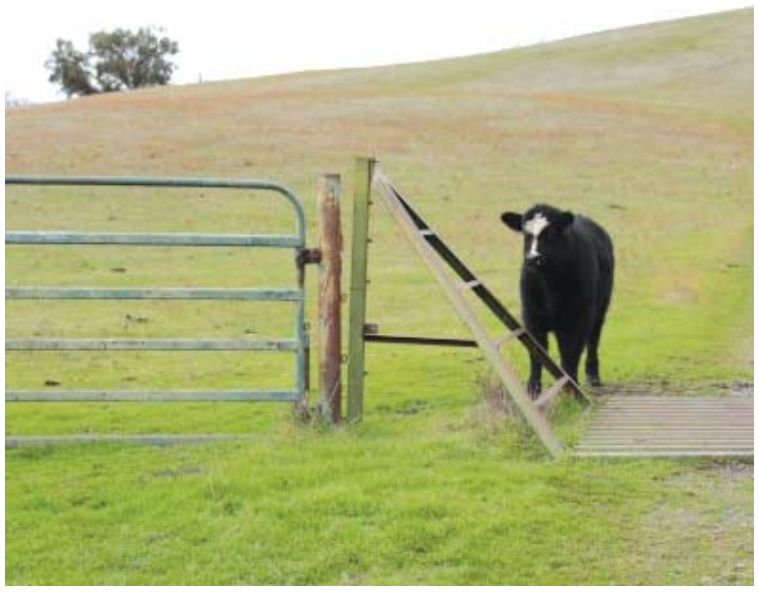

PHOTO COURTESY East Bay Regional Park District (EBRPD)
California cattle being used for wildfire control at the regional wilderness in Sunol. Notice the turf damage in the background.

First off, if you're standing behind a cow and it lifts its tail, don't light a match. Cows expel a lot of methane. That's a scientific fact. Methane, a highly flammable greenhouse gas, contributes to climate change. Serious science recommends we all become vegetarians.

Beef cattle can find a new career controlling wildfires. However, cows don't just eat dry grass. Their sharp hooves tear up the tundra. With insufficient grass roots to keep soil in place, a bare slope is prone to mudslides.

Also, cows also are highly skilled at getting out, unless you use electric fence and run it on a generator in case of power failure. Still, a windblown branch could fall on it and short it out. Imagine encountering a herd of errant cows when you're driving on I-80

And then there's this: Consider small boys who ignore signs that say 'Stay Out of Fenced Area.' I once covered a story about a park in Sunol that did/does use free range cows to 'control' wildfire-prone vegetation.

An 8-year-old kid took a shortcut across the fenced cow area with his dog. Park rangers speculated that the cows thought the big yellow dog was a mountain lion.

The herd's protector – a huge aggressive heifer – charged, missed the dog, got the boy, lifted him on her horns and threw him a good 10 feet. Suppose he'd been gored? Or trampled? Seriously hurt or killed? Are unrestrained cows an 'attractive nuisance' fam-

see THIS 'N' THAT page 19

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Fleet Feet announces mural and street art tours

By Monica Stark

Fleet Feet Sacramento invites the public to celebrate local murals and graffiti art with 2-hour walking tours. Guides will lead you on a tour to see some murals-in-progress (and some previous favorites) throughout Midtown, Downtown or the R Street Corridor. Be sure to bring your camera as you stroll the streets and alleyways in search of new-found-art. Enjoy the sights of the city, and discover Sacramento's commitment to urban art, and learn more about the artists who are literally painting our town. Each tour starts at 9:30 a.m. and will be about 2 to 3 miles in length. All tours are walking tours. Each tour is limited to nine participants. Social distancing will be in place and masks required for each participant. The cost is $20 (plus processing fee).

What follows is a Q and A with Event Director Kim Parrino.

VCN: Is this the first time Fleet Feet has hosted these events?

Parrino: We put together a Downtown and Midtown mural tour for the first time last August during Wide Open Walls.

VCN: What inspired Fleet Feet to hold these mural tours?

Parrino: We had such a fun time guiding the tours last year we wanted to do it again this year. In fact we expanded and added new murals to both our midtown and downtown tours.

Some of the new murals are from the 2020 Wide Open Walls event. There are so many murals in midtown especially along alley ways and the tops of buildings that we were investigating and learning about that we wanted to share these with the folks that took our tours.

We also love all the mural work around the R Street Corridor so we created a third area to tour the murals in that area. Downtown, we've expanded into Improv Alley which has several new murals for 2020.

VCN: How did Fleet Feet decide which murals to feature during this tour?

Parrino: We discovered last year that the people taking our tours could comfortably walk about 3 miles so we used that as our starting point and developed routes within that distance.

VCN: Tell us about the tour guide's interest and knowledge of the murals.

Parrino: We have several guides to support the tours that we offer. They can share the background of the artist say if they are local or have come to Sacramento from out of the country. Our guides can share the title of the artwork and any symbolism the artist is trying to convey. We have also studied what medium the artist is working in. Much of the artwork in Sacramento is done using spray paint however there are some murals that are quite detailed and the artists have gone in and painted with brushes. We've had the opportunity to talk with many of the muralists as their artworks are "in progress" so we find out some wonderful backstory information not only about the mural but also about the artists themselves. This kind of personal information really makes the tours come to life.

VCN: Do you have a favorite Sacramento mural? If so, which one and why?

Parrino: This is really difficult to answer because there are so many incredible murals in Sacramento. One of my favorites is a mural that is currently in progress by Shonna McDaniels. Ms. McDaniels is also the founder of the Sojourner Truth African Heritage Museum here in Sacramento. She is a local muralist from Sacramento. I have been watching the progress over the past several days as she sketched out the wall that her mural is on. As the piece progressed I realized she designed the mural and brought in several other artist of varying ages to assist her. She brought in some young budding artists that were so proud to collaborate on this piece.

The title of the mural is: A Seat At The Table. The mural features a Black Southern Belle. The mural is a metaphor for being able to make a difference. It represents power, success, and empowerment.

After some conversations with the artist, she shared that "A Black Southern Belle is well defined as a hard-working woman, who holds value to what she is set out to be. She set out to build relationships among women who want the same thing: achievements and happiness. The essence of a Black Southern Belle is all about community, and a community of women that lead each other to prosperity and fruition."

This is a very powerful piece. I hope that many people can now come by 1403-19th Street to view it.

VCN: Will it be featured on this tour?

Parrino: Absolutely-we actually re-routed our midtown tour so we could include this spectacular mural.



Photo courtesy

A mural titled "A Seat At The Table" by Shonna McDaniels is located at 1403 19th Street.

VCN: Does Fleet Feet do these types of walking/tour events regularly?

Parrino: This is the second year we have put these tours together. The response has been so positive that we will be offering the tours through October this year.

VCN: Is there anything else you'd like to add?

Parrino: If anyone is interested in taking the tours they can check out the tour availability at this link: https://raceroster.com/events/2020/33998/wall-to-wall

Precautions we are taking:

* Safety first—All tours are limited to 9 participants plus one guide. Both the guide and all participants are required to wear masks during the duration of the mural tour. The tour group will be asked to practice social distancing. The guide will have a small microphone to be easily heard as they share details of each mural.

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ACC's Lifelong Learning and Wellness Program is going online! This fall, we are offering a small selection of classes, workshops, and musical performances to test the waters. These offerings are **FREE** and open to everyone!

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For more information, contact ACC Senior Services at (916) 393-9026.

You can also visit our website at www.accsv.org.

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Noise:

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et and confusion swirling around us. Try as I might to live in 'the eye of the storm' I am sucked in. The contentment and peace that I strive for elude me oftentimes. How do we even discern what is real, what is true?

The line is so blurred as to be indistinguishable. Where is the common ground, our shared ideals, the collective belief in our democracy and its values? We are wandering; joy and laughter have gone missing. Our smiles are no longer visible, hidden behind masks, IF we are even smiling at all.

We are at a crossroads. If we are unable to open our hearts, remove our masks and engage in meaningful dialogue we will be lost. I challenge you to be someone who will bring back the laughter, recapture our inherent kindness and compassion.

BE that person who helps return us to our humanity.

Help us remember who we are.

Help restore awareness of our shared truths.

Decide to turn down the volume; filter out the noise; change your focus; shift your energy; choose hope.

Become part of a healing effort that will bring us out of our pandemic funk. I dare you!



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Strong:

continued from page 2

of COVID 19, homeless, affordable housing, economic development, income inequity or civil rights? We don't think so.

Under this proposal, the City Manager would only work for the Mayor who could hire and fire him, favoring political over professional management and putting everyone who works for the Manager at risk - Police Chief, Fire Chief, Finance Director, Budget Director, and over 500 exempt supervisors and managers.

Since the City Manager only works for the Mayor, the priorities, projects and services are controlled by the Mayor - that's not fair.

The pro-side says there is too much power in an "unelected" City Manager, but that really distorts who City Managers are. They work for the entire city council and are professionals, providing valuable checks and balance to political agendas, and their jobs are at risk every day! The Mayor is still elected only every 4 years.

Measure A earmarks $40M every year for "inclusive economic development" although the Mayor has told city staff worried about layoffs that it is "aspirational." No one has said which city departments and programs will be cut to allow that transfer of funds – Note: usually cuts start with our libraries, parks, recreation and code enforcement. Other possible cuts could be fire and police staffing. We don't know.

This "Strong Mayor" proposal was studied by the League of Women Voters in 2009 and 2013; as did Eye on Sacramento and a Charter Review Committee. All rejected a change to a "Strong Mayor" form of governance as not a good fit for Sacramento, with its neighborhood based council districts. Again, in 2012 the city council voted not to institute the strong mayor and in 2014 the voters did the same.

Previous Mayors included Phil Isenberg, Anne Rudin, Joe Serna, Heather Fargo, and Kevin Johnson were considered strong and able to get their agenda done by working with others. We think that can still happen.

There are equity measures included that sound good, but we don't need a strong mayor or charter change to do them. They were added to convince you to vote for it. They could be done now if the Mayor and Council wanted to.

If these sweeteners and the $40M promise are so good for poor communities, why are 3 of our Councilmembers who represent some of the poorest parts of Sacramento Del Paso Heights, South Sacramento, and Gardenland/ Northgate- all opposing?

You can like the mayor, but oppose Measure A. He says the current system is working fine, it could just be better - but ask yourself - better for whom?

This measure is funded by big money and special interests who know it is easier to convince one elected official rather than the majority of the council and the public.

Measure A will concentrate the power in the hands of a few. It does not create more transparency and accountability. It does the opposite because more decisions will be made behind closed doors.

If you agree, we need your help to reach the voters; Talk to your neighbors and friends, endorse the opposition, get a lawn sign, volunteer to make calls and donate.

For more information, go to www.NoWayMeasureA.com

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This 'n' That:

continued from page 2

ilies of such boys can sue and win? This kid was just shaken up a little. He was lucky.

So, you know. Things to think about before California decides cow weed control is superior to goats. It WOULD be nice to wait to use goats until AFTER spring's wildflowers bloom. Goats will eat anything: small trees, bushes, rare plants, wildflowers. Cows will eat grass right down to the dirt. So, factor in the cost of hay. Cows love oats, too, if they can get it. And apples. My Gladys – a big black cow I loved but never turned my back on – loved an apple.

So that's it on the cows vs. wildfire subject. Now, let's talk about masks again. And how you see few people wearing one in West Sac anywhere but in the stores.

My friend, Lynne, tells me most people she sees in Southport aren't wearing one. Very few have one on when out and about in Broderick. This morning, walking, I saw a family group, Muslims, covered completely from head to foot … except their faces. Other than the head to foot attire, they're no different than most others I see out walking.

The LA Times abashedly admits "we don't know" the long-term health impacts of inhaling smoke. Well, here's a clue. A lung expert told the Sacramento Bee that tiny particles from that smoke wind their way down into the smallest alveoli (air sacs) in your lungs.

Now, suppose Covid 19 gets in there, too. Or you, who dislike vaccinations as well as masks, don't get vaccinated for the flu and get pneumonia.

Flu season's right around the corner.

I think about all the ash still trapped in low spots on my car. And in crevasses on trees. On leaves and roofs. In gutters. Ready to be blown back into the air with the least breeze. I put my mask back on.

With so many wildfires still burning in California, who knows where the wind may blow?

I don't want to die from suffocation. It's how my mom died. Intubated for pneumonia, her eyes were panicked when the tube was removed to clean it and she couldn't breathe. At all. To reduce her need for oxygen, she was paralyzed. I hope someone told her why she couldn't move. They'd weaned her partway off the ventilator when an accident occurred. Someone forgot to put the hydration monitor on her ear.

Her strong heart pumped the excess liquid back into her lungs. And that was it. My mother slowly drowned. The ventilator was turned back up to 100 percent. Her lungs, weakened from the pneumonia, couldn't take the increased pressure. It blew out the lining of her lungs.

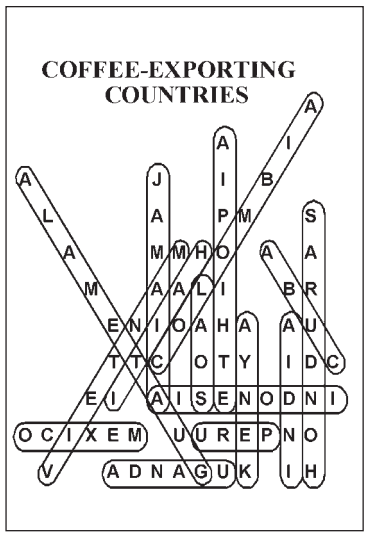
Mom lasted a day before the remaining oxygen in her blood was gone. One by one, her organs died. That strong heart was the last to go.

Will having tiny toxic smoke particles in your lungs compromise your long-term health? What do firefighters' families say? For me, 'moderate' air quality isn't good enough. Until, consistently, we're told our air is at least as good, I'll wear a mask -- even when I get the mail.

To know what suffocation feels like, try this. Hold your breath 'til you just can't anymore, then make yourself do it for five more seconds. Now imagine that feeling every waking second – until your brain dies.

IF there's a bed with ventilator available during flu/covid season, hospitals may not allow you to be by your loved one's side. I was holding mom's hand when she died. Helpless to help her. All I could do was pray for her and cry.

To check the air quality in West Sac before you go outdoors, go to airnow.org or sparetheair.com. For a UC Davis study of wildfire smoke and your lungs, visit: https://iopscience.iop.org/article/10.1088/1748-9326/aba6af. Questions, comments for Carol Bogart? Contact her at carol@bogartonline.com.



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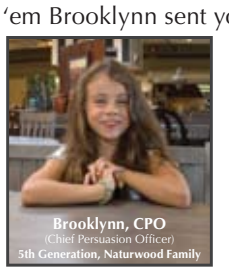

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