November 6, 2020 | www.valcomnews.com

Pocket News

— BRINGING YOU COMMUNITY NEWS FOR 29 YEARS —



Halloween Parade at Garcia Bend

see page 12



Brian S. Chan

916-277-0737 direct
bchan@gflcapital.com
NMLS #354805
CA BRE #01867336

Zillow

Top 5 Star Zillow Review Originator in our area

GFL CAPITAL MORTGAGE
Opening Doors for Homeowners since 2007

www.GFLCAPITAL.com » (916) 823-3333 » 1100 Corporate Way, Ste 210, 95831 » BRE# 01846524 NMLS# 64367

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 • $436,000

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

Op-ed: Yes, as Christians We Say: Black Lives Matter

By Rev. Bonnie Rambob and Rev. Rajeev Rambob

Though Christians in America are a diverse group with varied expressions, political affiliations, and theologies, we all claim the centrality of the Bible. And in the Bible, Jesus calls his followers to love, tend to the concerns of the marginalized, and work to free people who are oppressed.

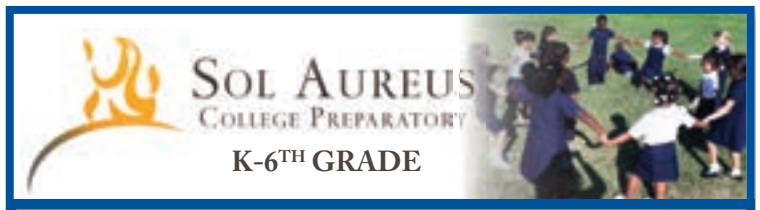
Upon witnessing President Trump's scornful responses to the Black Lives Matter movement, watching him wave our holy scripture in front of a church with plumes of tear-gas poisoning the air at his command, and seeing his inability to unequivocally denounce white supremacists at the first presidential debate, as co-pastors at Sacramento's Parkside Community Church and Christians in America, we must speak out.

It is our faith that the president professes out of one side of his mouth while refusing to denounce white supremacy out of the other. Jesus has a word for this – hypocrisy. And while President Trump's duplicity is not new, what must change are the number of Christians who are willing to refute the divisiveness the president sows and acts of violence he incites.

Following the election in 2016, Parkside Community Church, like other Sacramento-area churches, felt called to uphold our faith and to stand with our friends, neighbors, and community members by publicly opposing this Administration's Muslim country travel ban and immigration policies that separated thousands of children from their families at our southern border. This included statements on our lawn at the corner of 35th Avenue and South Land Park Drive, joining community groups at large-scale marches demanding protection and justice, and calling for support of Black and brown families facing increasing levels of discrimination and intimidation.

As Christians, we feel compelled by Jesus' vision of God's kingdom to speak out boldly against racism wherever it rises. This includes the racist biases, policies and practices infecting law enforcement agencies locally and across the country. Since 2017, a Black Lives Matter banner has greeted those who pass by our church because our Christian faith requires this of us. As people following Jesus, there were no belabored discussions in our church – other than recognition this act should have come much sooner. Clearly stating Black Lives Matter is one of

see Christians page 3



Preparation • Respect • Responsibility • Community • Excellence

Now Enrolling Kindergarten - 6th Grade
for the 2020-2021 School Year. Visit our website for more details.

Kindergarten Open Enrollment for the 2021-2022 School Year
Begins December 1, 2020

For more information please call us at (916) 421-0600

6620 Gloria Drive, Sacramento, Ca 95831
(916) 421-0600 | www.sacprep.org

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
Graphic Design: ..... Gene Espinoza

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

Vol. XXVIIII • No. 21

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

Cover photo by:
Stephen Crowley



Shown on the left is Rev. Bonnie Rambob, right is Rev. Rajeev Rambob.

CHRISTIANS:

continued from page 2

the most basic assertions we can make if we are to call ourselves Christian.

Recently, we received a letter from an unnamed source with veiled threats, incendiary questions, and stating: "it is very disturbing to see a church displaying the Black Lives Matter sign of support." Besides spewing a lot of misinformation about the Black Lives Matter movement, this person suggests we can't be a church because of our sign. Soon after receiving that letter, our Black Lives Matter sign was stolen. It's not the first time Parkside Community Church has been targeted because of our public faith and justice statements.

And again, we believe it's time as Christians to set the record straight: our Bible tells the story of Jesus who had been a child refugee, belonged to a marginalized group and defended the rights and dignity of every person he met. He spoke truth to power and called out unjust laws and practices in the face of powerful state and religious leaders. His speech and action led him to a state-sanctioned condemnation and crucifixion despite his nonviolence. Though we acknowledge Christianity is one of many great religious traditions, we are disciples of Jesus.

We recognize spirituality does not drive decisions for everyone – and we value and appreciate that in our greater Sacramento community and country. As speeches and threats by President Trump only intensify and move others to incite violence, what cannot be said enough is that he and so-called Christians who defend his blatant disregard for the gospel of Jesus, may be many things. But Christian is not one of them.

Rev. Bonnie Rambob & Rev. Rajeev Rambob are co-pastors at Parkside Community Church, located in Sacramento's South Land Park neighborhood. They are also are co-hosts of HaystacksPodcast.com - a podcast for fringe and former Seventh-day Adventists and co-hosts of Irenicast.com – a progressive Christian podcast.

Got News?

e-mail editor@valcomnews.com

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

SusieSellsSac.com



MASTERS CLUB

COOK REALTY

Susie Kuwabara Parker

Realtor® BRE#00833025

916-768-8494

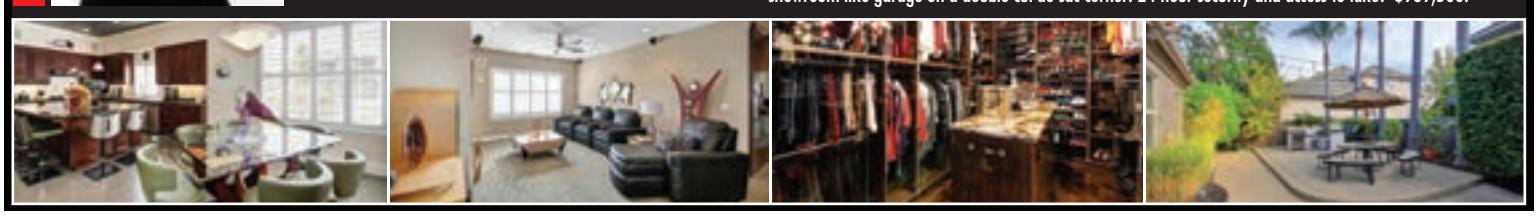
4305 Freeport Boulevard, Sacramento 95822

Native Sacramentan

Pocket/Greenhaven SPECIALIST



This is a "WOW! Stylish custom located in the prestigious Riverlake Community. Uniquely designed move-in ready home that was made for entertaining. Downstairs master, expansive kitchen and butler pantry, Room size bar and wine room make quarantining a lot more fun! Great room opens to an extension of the home along with built in barbecue/kitchen. Junior suite upstairs along with bonus room, bedroom and one of kind, customized walk-in closet. 3450 sq ft,3 bedrooms but could be changed back to 4 or 5, 4 full baths, 3 car showroom like garage on a double cul de sac corner. 24 hour security and access to lake! $969,500.



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

Korean War Vet Receives Medal for Service



Photo by Lance Armstrong

Former South Land Park resident Bob Ceccato was honored last month for his service in the Korean War. He also served in the construction drive for St. Anthony Catholic Church in the Pocket, and owned an auto parts business in West Sacramento for nearly 50 years.

By LANCE ARMSTRONG

Bob Ceccato, a former South Land Park resident who was instrumental in the establishment of a Pocket area church, recently received an Ambassador for Peace Medal for his service in the Korean War.

He received the medal during a ceremony hosted by U.S. Rep. Ami Bera, D-Elk Grove, on Oct. 9. The medal is an expression of appreciation from the Korean government to United States service members who served in the Korean War, which occurred from 1950 to 1953.

Also referred to as the "Forgotten War," the Korean conflict was a war between South Korea, which had the support of the United Nations, mainly the United States; and North Korea,

see VET page 5

VET:

continued from page 4

which was backed by China and the Soviet Union.

During the ceremony at Margit and E. Henry Kloss Park in Elk Grove, Ceccato was joined by several members of his family, Bera, South Korean Consulate General Park Joon-yong and other representatives from the Korean Consulate in San Francisco.

Ceccato, 90, told this paper that he was "humbled" by receiving the Ambassador for Peace Medal.

"I'm not one for big celebrations myself," he said. "I've always put myself last. But I'm happy they did (present him the medal), because this is a forgotten war. The only people who knew we were there were our families and close friends. That's it.

"When we came home, there was no fanfare or what have you. We weren't given any recognition at all, and I feel that what we did over there preserved the democracies in that area – Japan and Korea."

Ceccato spoke in greater specifics about his service in that war.

"I was part of the force that entered Korea and worked on their liberation in the north," he said. "I arrived approximately a year after the war began and I spent the time with some of the earlier arrivals."

Ceccato mentioned that although he came to Korea with "18 weeks of training to kill," he was given a separate assignment two days later.

"They called 50 of us out from Northern California, told us to report to the 21st Medical Co.," he said. "We didn't know what it was. We thought we were sick or (had) some disease. They said they needed medics. They were going to train us for three weeks."

Ceccato added that he was assigned to Company L of the 21st Infantry Regiment.

"I was in the second platoon and I was the medic," he said. "The first time I was called to attend to someone, we were in the dugout under machine gun fire. We were cornered in there, trying to stay alive."

As for his second assignment, Ceccato said that he "experienced every wound I think in the book that day" in a battle at Old Baldy in west-central Korea.

"(It) was the wounds of our people I was attending to," he said. "At Old Baldy, the Chinese were bombarding it with artillery, and we had many casualties.

"I was tending to this one person who was badly wounded, and I pulled him across on the wrong side (where) artillery was coming in. I asked for help to pull him in and I couldn't get any, so I put him on a poncho and drug him across to safety."

Ceccato said that his time of service during that war was relatively short.

"I got there in June of 1951 (and) I was wounded in October of 1951, and I ended up in a hospital in Japan for a month and (was) transported back here to the states," he said.

Regarding the injuries he sustained, Ceccato said that they occurred during a mission to capture a prisoner for interrogation.

"On our way there – I'd say 100 (yards), 200 yards out of our area – we were ambushed," he said. "Mortars were coming in here, here, getting closer and closer. We were backed in.

"I was one of the oldest in our squad. I said, 'Hell, we've got to move ahead with our objective or get the hell out of here, because they've got us.'

"By that time, boom! One landed close and I was under water, bleeding. I couldn't move. Both legs were shot. Mortar – I'm still carrying some of that in my right leg. I haven't slept on my right side in 60, 70 years."

Ceccato, who earned the Purple Heart Medal for the wounds he suffered, said that his first day on assignment with the 21st Medical Co. was the only day he was scared.

"After that, you don't have time to be afraid," he said. "I can tell you that right now, because I had people's lives in my hands."

Having fought in the Korean War, Ceccato noted that he learned a very important lesson.

"Freedom is not free," he said. "That's the one thing that I think all of our young people don't understand. And other items in this world are not free. Somebody has got to pay for them."

In his postwar years, Ceccato spent 40 years living in South Land Park, beginning in 1972. He lived there with his wife, Josephine, and their four children, who all graduated from John F. Kennedy High School.



Photo by Lance Armstrong

Bob Ceccato (second from right) is pictured with several members of his family. Ceccato, a 90-year-old Purple Heart recipient, received an Ambassador for Peace Medal for his service in the Korean War, during a ceremony hosted by U.S. Rep. Ami Bera, D-Elk Grove, on Oct. 9.

Ceccato owned his own business in West Sacramento. It was originally known as West Sacramento Auto Parts.

He mentioned that he ran that store from 1963 to 1975, and then added a business partner, at which time this West Sacramento store became known as Ram Auto Parts.

During the 1970s, Ceccato served as a division chairman in the construction fund drive for St. Anthony Catholic Church's $1.2 million church and parish at 660 Florin Road in the Pocket area.

Ceccato retired from his business in 2010 and moved to Elk Grove.

One of his favorite things to do during his life was travel throughout the United States. He has visited about 30 states, and believes California is the best place to live.

Asked to summarize his life, Ceccato noted that his life has been good.

"To summarize my life in these 90 years is I'm an optimist," he said. "I made the best of everything that was thrown at me. I've had a good life."



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.

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

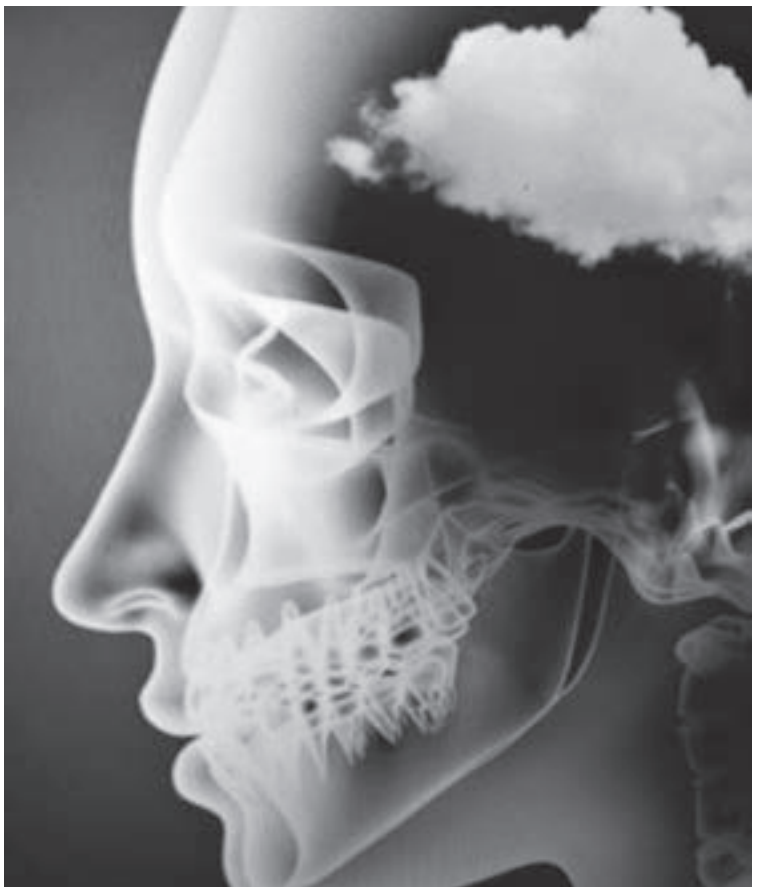
Greenhaven Neighborhood Church
630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events



THIS 'n' THAT

by Carol Bogart

How's It Going With 'Covid Fog'?



PHOTOS BY CAROL BOGART

'Brain fog' can be a Covid 19 symptom.

First let me say, I don't know whether I have the virus. Maybe I'm just reacting to the flu shot. But for all my lifelong ADHD focus issues, this impaired focus now is different.

People call when I'm sleeping (excess sleep/fatigue is another thing), and I forget to call them back. Or even post myself a note to do it. I empathize when Joe Biden seems a little fuzzy.

He's been tested Covid-free. I haven't had the swab test. Too many false negatives, plus they now know you can be reinfected.

Both of us are in our 70s. In my family, there is Alzheimer's. If it turns out he is Covid Foggy, I wonder if he'll wish he'd skipped the campaign trail. Stayed safe at home. Zoomed his platform to his followers.

I, being tech challenged, do not know how to Zoom. Three friends from my WLS-TV Chicago days are insisting that I learn. Sheila and I both were on-air reporters. She's back home in New York. Sandy, a Chicago native, is now in Florida. Suzanne, once a TV producer-writer, is in Boulder.

We've stayed in touch through social media. The three assured me they would teach me how to Zoom at their next Zoom date.

Whatever instructions they impart, I hope they impart them slowly. Maybe I'll write them down. If I remember where I put my pen.

Several articles related to Covid 'brain fog' were published in October. The New York Times reported: "Memory problems, dizziness or confusion were reported by a third or more respondents" in a post-infection survey. The Times went on, "… troubling cognitive symptoms … can include memory loss, confusion, difficulty focusing, dizziness and grasping for everyday words." Symptoms, said one brain expert, that impair a Covid survivor's ability to work and function normally.

The expert in neuro-infectious disease said people can be so disabled by Covid fog they can't work at all. What causes it? Covid inflammation of blood vessels leading to the brain, decreasing oxygen? Small strokes? Don't know. To date, MRI scans detect no brain damage.

Late last month, WebMD reported on a virus syndrome tagged as "long Covid". As the "long" suggests, sufferers display a range of symptoms for multiple weeks, not days. For 22 percent of those 70 or older, brain fog is one of those symptoms. Younger people are not exempt: For those ages 18-34, one in 10 appears to develop long Covid. The syndrome can include relapses and, in the younger victims, women are more at risk than men.

Medscape, a publication of the National Institutes of Health, on Oct. 20, published a Kaiser Health News article titled: "Older COVID Patients Battle 'Brain Fog,' Weakness, and Emotional Turmoil." The gist is, severe Covid cases that put people in the hospital, on ventilators, are most at risk for Covid brain fog. Another trigger: isolation. Recent research has concluded prolonged isolation can change the structure of your brain!

So. Nuts. Do I stay locked up in my apartment except for shopping because I don't want to catch the virus? Is it already too late? I've lost interest in TV, haven't cracked the stack of books I got at Goodwill to get me through the lockdown. Do spend hours on the computer posting weather and other news I think will help people. But contact with human beings?

No. Not much.

I worry about catching the virus. I also worry about being an a-symptomatic spreader. Recently, after not seeing me since Mother's Day, my son and his girlfriend made plans with me to go to Raku for sushi. It had just reopened for indoor dining.

I wanted to see them, but had just read how going out to eat is now linked to community spread of the virus. Plus, I wasn't feeling great. I canceled. So much for breaking out of isolation.

Dr. Fauci (we all know him. He's the virus expert who constantly contradicts Donald Trump) says we're not likely to see anything close to 'normal' until 2022. Other experts warn there are a great many as yet unknown viruses lurking in rain forest animals and one group wants to test ALL of them!

Perhaps we're pioneers in an unpleasantly changed new world.

I don't like it. I liked the old one.

They say those with Alzheimer's remember the past clearly, that it's the short term memory they lose. Standing at the kitchen sink to give the dog fresh water, I thought absently about my mother's last few months.

With dad declining rapidly from Alzheimer's and mom his sole caregiver, I called her daily. "Mom, are you having any fun?" I once asked. "Not much," she said, her voice profoundly sad and weary.

Lost in thought, unrinsed coffee mug in hand, dusk gathering, a familiar silhouette caught my eye. Hummie. Hovering at her feeder. Introspection replaced by joy.

So, I think what we have to do, as mom would say, is "think pleasant thoughts." Refuse to allow this 'new normal' to get us down. Dwell on what we have; not what we've lost. Embrace our joys. And decide fuzzy focus is a blessing.

For more information on 'long Covid' go to https://www.webmd.com/lung/news/20201022/whos-at-risk-for-long-covid. Questions, comments? Contact Carol at carol@bogartonline.com.



WALK TO FEED THE HUNGRY—IN THE POCKET!



By Devin Lavelle

Nearly all of us have done it at some point, gotten up early on Thanksgiving morning to join with tens of thousands of other Sacramentans for the Run to Feed the Hungry. Together raising hundreds of thousands of dollars for the Sacramento Food Bank.

It's often the most festive part of the day, starting at Sac State and walking or running through East Sacramento neighborhoods, wearing turkey hats and other fun costumes, enjoying cheers, snacks and sometimes even cocktails from neighbors gathering in their yards to enjoy the spectacle.

The tradition will look a little different this year – but it will still go on! Like so many things, the race has gone virtual this year. Run if you'd like, walk if you'd like, wherever you'd like, whenever you'd like – all while staying safely distanced.

Supporting the Sacramento Food Bank & Family Services is all the more important under COVID. Due to increasing unemployment rates and school closures, the Covid-19 Virus has created an environment where even more Sacramentans are suffering from hunger than ever before. According to the Food Bank, "SFBFS is being approached by agencies, school districts, families, seniors, and individuals who have never needed to utilize a food program before. Thirty-two million pounds of food have already been distributed this year — a jump from the 28 million pounds distributed in all of 2019. SFBFS is currently feeding over 300,000 hungry people per month (a 100% increase in output since the pandemic began)."

Our local Pocket Area Churches Together are stepping up to help encourage neighbors to participate and re-create a small (but safe) portion of the communal nature of the normal race.

Rich Fowler, one of the event organizers, describes the course, "We've set up a beautiful 3.1 mile walk (not run) starting at the canal on Florin Road next to St. Anthony Catholic Church. Our number one priority is to insure the safety of the walkers." In order to do that, the following guidelines will be respected:

1. There will be no mass start or mass finish
2. Walkers can start and finish any place along the route that they wish.
3. Participants can walk any time between 8 a.m. and Noon
4. Masks and social distancing will be the order of the day
5. There will be three water/refreshment stops along the way
6. Participants are encouraged to register for the ride with the SFB&FS and
7. Wear official Run to Feed the Hungry T Shirts and Turkey hats!

This has been a wonderful tradition for so many of us, it's a really cool thing that, with all we've dealt with over 2020, not only can it continue this year, but we can participate in the Run to Feed the Hungry right here in our own neighborhood.

As Pocket resident Jane Owens says, "Our family has participated in the Run to Feed the Hungry for almost 25 years. We've already signed up for this year and are excited to be able to walk with our neighbors on Thanksgiving morning. I hope many of our Pocket neighbors will join in with this COVID-safe walk."

Pastor Jeff Chapman, Faith Presbyterian Church and Chair of Pocket Area Churches Together (PACT), tells us this event takes us back to the group's founding. "PACT was created almost ten years ago to enable the faith community in the Pocket to focus together on the pressing issues in our neighborhoods. Hunger was the first issue we addressed. It is a reality in Sacramento, but it is also a reality in the Pocket.

Many people in the Pocket have done the Run to Feed the Hungry for many years. We are thrilled to be able to work alongside the Sacramento Food Bank and Family Services to put together a local Walk to Feed the Hungry and want to invite and encourage families in the Pocket to join us on Thanksgiving morning."

PACT is made up of Faith Presbyterian, St. Anthony Catholic, Greenhaven Lutheran, River's Edge, and Greenhaven Community Church.

If you plan to participate (or if you just want to be supportive) please register at www.runtofeedthehungry.com, and be sure to join as a member of the PACT team.

acc SENIOR SERVICES

Koichi & Ellen Mizushima Concert - Nov. 5, Thursday, 4:00-5:00pm

Yoga Bodhisattva - Nov. 9-23, Mondays, 11:00am-12:00pm

Tao Healing & Meditation - Nov. 10-24, Tuesdays, 6:00-7:00pm

Understanding Medicare - Nov. 17, Tuesday, 11:00am-12:30pm

Scallops Over Pasta Cooking Demo - November 19, Thursday, 11:00am-12:00pm



Sign up and join any of these free sessions at: accsv.org/online

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

7334 Park City Drive, Sacramento, CA 95831 • www.accsv.org

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

ESKATON®
Transforming the Aging Experience



Stay Active.
Stay Social.
Stay Connected.

Eskaton Monroe Lodge offers independent living that caters to a diverse range of interests and personal goals. With engaging programs and innovative technology to help keep you connected and active, you're empowered to create the self-directed life you want to lead.

Eskaton Monroe Lodge
Independent Living with Services
3225 Freeport Blvd., Sacramento, CA 95818

Discover
The Eskaton
Difference.
Schedule your
tour today!

Call for details:

916-265-0045
eskaton.org/EML

EQUAL HOUSING OPPORTUNITY
Pet Friendly

Help Make Christmas Happen for All Kids



By Devin Lavelle

If this were a normal year, the Greenhaven Soccer Club (GHSC) would be knee-deep in preparations for its 4th Annual Holiday Soccer Skills Clinic & Fundraiser, benefiting the JFK Soccer Program, Sacramento Food Bank & Family Services, and Outside the Walls Toy Drive. As Parks Commissioner, I was proud to recognize the Kennedy Women's Soccer Team for their efforts to support this event this past spring.

In the past, the toy drive has collected nearly 400 toys that were distributed to disadvantaged youth through Outside the Walls (OTW). OTW is a 501(c)3, dedicated to breaking the cycle of poverty, domestic violence, food insecurity and incarceration. OTW works with at risk youth and families; providing a wide variety of counseling services, as well as parenting classes, job training and a community closet.

Unfortunately, due to the pandemic, the clinic won't be able to happen this year, which is such a loss.

Twenty-twenty has been such a difficult year and I couldn't imagine a much worse ending than kids missing out on Christmas.

While so many of us have been blessed with good health and stable lives, there are many kids in your community who aren't so lucky. But, thanks to GHSC, we have an opportunity to step in and fill that void.

GHSC is teaming up with Council Member Rick Jennings and the Pocket Greenhaven Community Association to hold a Drive Through Toy Drive to help Outside the Walls ensure that all of their families are able to enjoy a great Christmas.

Yvette Madkins, the Founder/CEO of Outside the Walls, tells us why this is so important, "The Green-

see Christmas page 9

CHRISTMAS:

continued from page 8

haven Soccer Club's annual toy drive means so much to OTW. Because of this continual partnership we have been able to bless many less fortunate families, who have no means of providing toys for their kids. These families include moms and kids that have escaped domestic violence, families where dad or mom just re-entered society from prison, and families who are homeless. With COVID-19, this year will be extra special for our community families because many have lost their jobs, or their hours have been cut to part-time. The need is so great in our community and we are grateful to Greenhaven Soccer for their partnership."

Beth Koster, GHSC President, is spearheading this event with long time board member Robin Ohara.

Said Beth: "GHSC considers ourselves so fortunate to be part of this community. Pocket Greenhaven and the surrounding neighborhoods have enabled us to provide youth with a positive soccer experience since 1976.

"Moreover, they have consistently responded and supported us as we expanded into other areas of community service. Our community always steps up to help those in need, and that spirit of generosity is needed now more than ever as we confront the devastating economic impact of the pandemic." Added Robin, "Everyone in our community has been affected by COVID-19. Our community is strong, giving and special. Please donate a toy and help us be the community who can help other children feel special this Christmas."

In his typically humble fashion, PGCA President, Will Cannady, added: "Unfortunately COVID-19 has caused a significant economic hardship for many of our local families. Because of the amazing work done by Beth, Robin and Devin with organizing this event many of our local youth will still have a happy and joyful holiday season."

The Toy Drive with be held on Saturday, December 5th from 2:00-4:00pm in the School of Engineering & Sciences Parking lot (7345 Gloria Dr). If you are able, please bring new, unwrapped toys to donate.

In order to ensure everyone's safety, this toy drive will be touch-less and drive through. We'll strictly adhere to County Public Health Guidelines.

Please stay tuned to http://www.greenhaven-soccer.com and http://www.pocketgreenhaven.org for other details.

In addition to the aforementioned services, Outside the Walls also operates a FREE weekly community closet that is open every Thursday from 1p-3p for low-income, homeless and less fortunate families. Our clients are able to receive FREE items once every thirty days from our closet. Some of the items that we distribute are: bedding, clothes, appliances, furniture, vacuums, dishes, pots, pans, bathroom items, and Much More! Clients can call 916-245-0388 to schedule an appointment to patronize our closet.



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.

Land Park Community Association and Blue Star Moms Team up for the Holidays

By Kristina Rogers/LPCA Communications

The pandemic may keep some families apart this holiday season, but a few creative covid-19 safe strategies could still help many celebrate together. For our servicemen and women overseas, "social distancing" is a done deal.

As a military veteran, Art Taylor understands the emotional toll being away from loved ones can take…especially during the holidays. With this thought in mind, Art contacted Debbie at Sacramento Blue Star Moms. Art is also a longtime Land Park Community Association member and decided to find out how the organization could make a difference this year.

Blue Star Moms is a nonpartisan, non-political group of volunteer moms (and friends) who ship care boxes to troops stationed in countries like Iraq, Bahrain and Japan. Since 1942 they have delivered care boxes which include items like instant coffee, protein bars, and toiletries. Every box requested is a gift sent.

In November, the Land Park Community Association is teaming up with Blue Star Moms to collect donations for the 2020 holiday delivery. To learn details about the program, go to the LPCA website at www.landpark.org. There are several simple ways to participate;

Collect items from a Wish List and contact the LPCA to schedule a pick-up.

Become a "Street Lead" and collect donations from your neighbors. Then contact LPCA to arrange a pick-up.

Go directly to the Blue Star Mom's website to make a financial donation. Shipping charges alone can cost up to $20 per package, which

see Moms page 11





WHY PAY A HIGHER MORTGAGE

WHEN YOU DON'T HAVE TO?

COME HOME TO THE EXPERTS



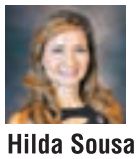
More Lenders = More Competition = Lower Rates and Fees / Multiple options to lower payments / Lower Payments = More Money in your Pocket!

916.476.6507 info@greenhavencap.com


Kevin Oto
President/Broker
BRE Lic# 01721444
NMLS ID: 62641


Kyle Garman
Senior Loan Consultant
BRE Lic# 01886785
NMLS ID: 354318


Bryan Tom
Loan Consultant
BRE Lic# 01960546
NMLS ID: 1234757


Hilda Sousa
Loan Originator
BRE Lic# 01873794
NMLS ID:1439315


Laura Corbett
Loan Originator
BRE # 01758984
NMLS ID: 1180623

GREEN HAVEN CAPITAL INC

CA BRE #01842493. NMLS ID: 173062. Equal housing opportunity lender. We do not conduct business in states where we are not licensed. Interest rates are subject to change.



Let's Brighten the Holidays



By Devin Lavelle

Twenty-twenty has been a dark year. Darkened by the virus. Darkened by job loss and economic turmoil. Darkened by political strife. Darkened by smoky, unbreathable air.

What should we meet darkness with?

We meet darkness with light – or in this case, holiday lights!

Our Pocket Canal Holiday Lights are coming back in 2020 to brighten the holidays for everyone. We can all enjoy a walk with family, seeing neighbors (from a distance) and enjoying watching the lights glisten off the water of our canals. It's really beautiful.

We will have a mile and a half of lights (nearly 30,000 lights in total!) running along both sides of the canal from Pocket Road, past Rush River and most of the way to Portuguese Park.

I'm so grateful for all of the wonderful feedback we've received the last two years and for the generous support we've received from so many in our community. I'm excited to be able to do it again this year.

But we can't do it without your help.

If you are able, please consider a donation to support the Pocket Canal Holiday Lights. Donations can be made at lights.devinlavelle.com through the Gifts to Share program (Select D7 Canal Holiday Lights). We'd be so grateful for your support. And we are so appreciative to already have sponsorships from Nugget Markets and SMUD in 2020!

To keep everyone safe, we will be using fewer volunteers than in previous years, but if you are interested in volunteering, email Will Cannady, our awesome volunteer coordinator at pocketlightsVolunteers@gmail.com.



Together, we can brighten the holidays for our whole community!

The Pocket Canal Holiday Lights is a project of Parks Commissioner Devin Lavelle, Councilmember Rick Jennings, the Pocket Canal Holiday Lights Committee and the Pocket Greenhaven Community Association.

MOMS:

continued from page 10

means your monetary donation ensures delivery.

The LPCA will collect donations throughout November with a collection deadline of December 1st.

If you know someone stationed overseas, you can ensure they receive a care package from Blue Star Moms by adding them to a list. To reach out to the organization or learn more, please go to their website at at; www.sacramentobluestarmoms.org.

The Land Park Community Association is a non-profit, volunteer-run community organization serving the Land Park area. The LPCA is currently accepting new volunteers for committees such as; Events, Public Safety, Parks and Membership. If you are interested in getting involved, or have a question, please email the LPCA at: info@landpark.org.

Artisan Studios, Inc.

is excitetd to announce

its collaboration

with our business neighbors,

Images Salon and Spa.

We now have two locations

to deliver the very best

Sacramento has to offer

in services, expertise,

and customer service;

presenting **Artisan East.**

Call for an appointment today,

we look forward to

exceeding your expectations.

10% off any one spa treatment or retail item when you mention this ad

ARTISAN SALON

916-443-5478

3198 Riverside Blvd,
Sacramento, CA 95818

ARTISAN EAST

916-448-2450

3175 Riverside Blvd,
Sacramento, CA 95818

Parade at Garcia Bend

Photos by Stephen Crowley

Families participated in a socially distant Halloween parade at Garcia Bend Park. A grand event during the pandemic, even a Tyrannosaurus rex and Lady Liberty made appearances.





















NEW LOCATION!

PEACE OF MIND.
Triple-R
ADULT DAY CENTERS

5962 S. Land Park Dr. South Hills Shopping Center







A safe & uplifting place to spend the day,
while family caregivers go to work or take a needed break.

Daytime Memory Care Services since 1992

www.TripleR.org ▪ (916) 808-1591

City of SACRAMENTO
Older Adult Services




Angel's Nest
CHILD DEVELOPMENT CENTER
• FULL AND HALF DAY PROGRAMS BETWEEN 7AM-6PM
• SERVING AGES 2-5 IN A FAITH-BASED SETTING WITH EMERGENT CURRICULUM!
NOW ENROLLING!
A
B
C
GREENHAVEN LUTHERAN CHURCH • 475 FLORIN ROAD • (916) 428-4651
VISIT OUR WEBSITE FOR MORE INFO! WWW.ANGELSNESTCDC.COM


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

Halloween Special: A Monster Mystery Solved at East Lawn

Frankenstein's Monster Actor Was Thought to Have Been Interred at East Lawn Memorial Park



Photos by Lance Armstrong

A former Roseville man, Percy Standing, was interred in a crypt within the Palm Court Deluxe section of East Lawn Memorial Park 70 years ago. He shared his name with the silent-era film actor who played "The Creation" in the first feature-length film adaptation of Mary Shelley's 1818 novel, "Frankenstein."



East Lawn Memorial Park is the final resting place of more than 100,000 people.

By LANCE ARMSTRONG

With Halloween in our distant past, the timing is right to present a story of mistaken identity related to one of history's most famous monster characters: Frankenstein's monster.

Through a quick search of the internet, one can find references to the silent film actor Percy Standing as having been interred in East Sacramento's East Lawn Memorial Park.

Those references also identify this Percy Standing as having starred as "The Creation" in the first feature-length film adaptation of Mary Shelley's 1818 novel, "Frankenstein."

This 1915, silent-era film, "Life Without a Soul," tells the story of a doctor who creates a soulless man. It is ultimately revealed that the film's events were dreamed by a young man who had fallen asleep while reading Shelley's book.

That film was preceded by "Frankenstein," a 16-minute silent film, which was produced by Edison Studios, in New Jersey, in 1910. The monster in this short film was played by Charles Ogle (1865-1940).

Because of online misattributions, East Lawn Memorial Park was led to believe that the actor who played the 1915 Frankenstein's monster character was interred at that cemetery.

It was not until last week that East Lawn was informed that their Percy Standing is not the same Percy Standing who appeared in 42 films from 1913 to 1934, and was born in London on May 10, 1877.

A discovery during research for this article instead revealed that the Percy Standing interred at East Lawn was a longtime Southern Pacific employee in Roseville.

His obituary in The Sacramento Bee notes that he lived in Roseville from 1915 to 1950, was a member of the Roseville Masonic Lodge and the Scottish Rite bodies in Sacramento, and was a car inspector for the Southern Pacific.

Both this obituary and a card on file at East Lawn Memorial Park refer to the Percy Standing of Roseville as Percy A. Standing, who had a daughter named Winifred Routt. The Bee also refers to a second daughter: Nellie Rawson.

That Percy Standing – or more precisely Percy A. Standing – was born five days before Halloween in 1882 and died on September 17, 1950.

He is also referenced in voter registration listings from the 1920s and 1930s as a resident of Roseville, and his World War I registration card recognizes him as a car builder for the Southern Pacific in Roseville.

That card, which is dated Sept. 12, 1918, includes a signature bearing his full name: Percy Archibald Standing, and his birthplace as England.

He signed his World War II card in the same manner. That card, which is dated April 25, 1942, also refers to his employment with the Southern Pacific and his place of birth as England, but more specifically London.

While Percy A. Standing died at the age of 67, Percy Standing, the actor, lived to be 75 and died on March 1, 1953.

This actor's full name was Percy Darrell Standing, and he was interred in Abney Park Cemetery in London.

Last week, Craig Peterson, mortuary manager at East Lawn Memorial Park, told this publication that it was about five years ago when he first read that the Percy Standing interred at East Lawn was the actor who played Frankenstein's monster, or "The Creature."

He mentioned that while browsing the internet for details about East Lawn Memorial Park, he discovered that it did not have a Wikipedia website page.

"I see that there is no East Lawn (page), but East Lawn

see Mystery page 18

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
F.D.360
Serving Sacramento and Land Park since 1921

Preplan Today

**Call for individual or group presentations.
Remote and in-person appointments available.**



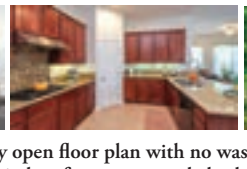
Brian C. Noble, FDR 3912
Manager of Funeral Services
bnoble@cfcssacramento.org
Main Line (916) 443-7917
www.klumppsfuneralhome.com
2691 Riverside Boulevard, Sacramento 95818



MONA GERGEN
CalDRE# 01270375
916-247-9555
mona@monagergen.com
DUNNIGAN
Realtors

Highly Desirable Elk Grove Gated Neighborhood!




Well planned single story open floor plan with no wasted space. Sparkling clean inside & out. Lovely kitchen features upgraded cabinetry, granite counters tops, dining bar, recessed lighting and tile floors. Nice kitchen and FR combo is a great place to relax or entertain. Wonderful fireplace and sliding glass door leads to a pretty landscaped backyard. Neutral colors will compliment any dcor. Ceiling fans, window furnishings, alarm and high ceilings. 4 spacious bedrooms, 2 full baths with double sinks and separate bonus room perfect for an office. Large primary suite with walk-in closet. Nice primary bath with separate tub and shower. Laundry room with upgraded cabinets & over-sized 2 car garage. Fantastic backyard with patio and low maintenance landscaping.

4 beds, 2 baths, 2405 square feet per assessor

Coping with COVID Fatigue 2.0: Tips for Processing Wildfires, Smoke, Blackouts and More

Psychologist offers emotional triage for COVID fatigue – the disaster version

It just keeps getting worse. While the world fights COVID-19, California and the West are on fire and smoke often turns the sky a chilling, glowing red. People are forced indoors. We're facing blackouts, heat waves, windstorms and evacuations. Plus, flu season waits at our door.

How does anyone cope? You'd like to step outside and scream, but you might choke on smoke or spread the coronavirus without your mask.

"We may feel like the world is broken," said Kaye Hermanson, UC Davis Health clinical psychologist in the Department of Physical Medicine and Rehabilitation. "Or that we're in a horror movie. The world is just piling on."

So how do we shore up our mental well-being as we face down the multiplying stresses of natural disasters, social and racial pain, economic fear and COVID-19, the worst pandemic in a century?

One start is to remember that we're all feeling the strain. "What we're dealing with now was unfathomable to us nine months ago," Hermanson said. "Who isn't feeling some level of helplessness or exhaustion?"

Where is the stress and COVID fatigue coming from? Every direction

It helps to remember that people experience two kinds of stress that affect our mental well-being and physical health – intense stress and prolonged stress. "We've been feeling both for months," Hermanson said.

And there is research that defines the stages of communal reactions to the stress from disasters. Right after a disaster, we tend to bond as a community with a sort of heroic spirit. Think back to the first weeks of the stay-at-home orders when everyone waved to everyone.

"The heat and fires and smoke are not just new disasters, they've taken away some of our coping mechanisms … It feels like we keep coming up with coping solutions, then something shuts the door on them."

Eventually, we get exhausted and wonder if things will ever get better. That's the disillusionment stage, when the heroism is replaced by frustration. That defines a lot of reactions around Memorial Day, when people just bailed on COVID-19 cautions. The predictable result was a surge in cases and the renewal of our coronavirus restrictions.

"That made it hard for some people to cope, because it felt like there was no end in sight," Hermanson said. "Now, the heat and fires and smoke are not just new disasters, they've taken away some of our coping mechanisms when we feel like we can't be outdoors. We can't go for a walk. We can't sit with a friend in our yard. There is so much we can't do."

This piling on can lead to what she called a "learned helplessness" and depression. "It feels like we keep coming up with coping solutions, then something shuts the door on them," Hermanson said. "You try and you try and you try, but nothing seems to give you the relief you're looking for."

There's one more reason the stress is piling up. Blame it on the calendar.

"With each season, there's another new loss," she said. "Summer is ending and we're feeling like we never got to decompress. Now school has started, with all the anxiety that's bringing. Next, here come the holidays. I was in the store thinking, 'What's going to happen to Halloween?'" (For the record, Los Angeles County cancelled it with a Trick-or-Treat ban. More are likely to follow.)

COVID fatigue 2.0 triage

"With everything people are facing now, sometimes the best strategy is to just do the little things you need to do to survive," Hermanson said. "When we feel like there is so much we can't do, we have to shift our focus to what we can do."

Some of her suggestions:

Take it day by day, or moment by moment: "Don't look too far down the road," she said. "Realize you will have good days and bad days, or good moments and bad moments. Realize these things can come in waves. It's OK to say, 'Right now, it's bad.' Just hang in there and ask, 'What can I do to help feel better, or less bad?'"

Be compassionate with yourself: Don't expect perfection and don't wallow in mistakes or missed chances. "Nobody prepared us for this," Hermanson said. "There wasn't a class in high school called How to Get Through a Pandemic. We're all making this is up as we go along."

Be creative about finding things to look forward to: It could be a walk (when the smoke clears), or finding repeats of a TV series you love, or, as in Hermanson's case, gathering a group of friends for a Zoom trivia night. "We write down our answers then show them. There's a certain amount of honesty involved," she said. "We have to remember the purpose is to have fun, not to win."

Find reasons to laugh: "There is a healthy physical reaction to laughing," Hermanson said. "If nothing else works, put on your favorite comedy."

Exercise: "It's still the No. 1 best thing we can do for coping," she said. "It releases endorphins and gets some of the adrenaline out when the frustration builds up. Just go for a walk, if you can. If the smoke is bad, exercise indoors. Pull up a yoga or workout video. It helps so much."

Look back, but carefully: "Don't think all the way back to last summer and those weeks you spent at the lake," Hermanson said. "But think about the past few months. We've really come a good distance. If you had told me in March what we were about to go through, it would have felt overwhelming. But think about how far we've come. Look at all the things we've managed. Look at how resilient we're becoming."

COVID fatigue 2.0 recovery – talk with someone

The barrage of stresses on top of the pandemic can make people feel helpless if they don't use coping techniques.

"Just saying it out loud is important," Hermanson said. "Find the right places and times, but do it."

Talking with family or a friend can be a big help. And sometimes people would like something more and want to talk with a trained counselor.

"Getting started with counseling can feel daunting or even more stressful," she said. So, her advice is to drop into a virtual group session.

"You can just listen and get a sense that you aren't alone," Hermanson said. "Or you can speak up when you're comfortable."

A number of organizations offer group sessions for their employees, including UC Davis Health through its Academic Staff and Assistance Program. Some public sites with groups or referrals include the U.S. Substance Abuse and Mental Health Services Administration and the Sacramento branch of the National Alliance for the Mentally Ill.

COVID fatigue 2.0 recovery – cut back or avoid social media

Seriously. Psychologists have said for years that seeing the fantastic adventures of other people can make us depressed about our seemingly simple lives. In this era of COVID-19 and piled-on disasters, social media can also prompt new layers of anger, resentment and stress.

"If we see someone out at a party not wearing a mask, it makes us angry, and maybe even jealous," Hermanson said. "Or we can get caught up trading posts with angry people who are just trying to get a reaction. Instead, try using your social media just to connect with friends, and avoid surfing and finding posts that will make you miserable. Who needs that?"

COVID fatigue 2.0 recovery – bring back the communal bond

As we get stressed and emotionally exhausted, it can be harder to be compassionate toward others. But research shows that helping another person has a good impact on our own mental well-being.

"Sometimes, we can help ourselves as much as we help someone else," Hermanson said. "It makes us feel good about ourselves and it reminds us that we aren't helpless in the world. There are things we can do."

"If you had told me in March what we were about to go through, it would have felt overwhelming. But think about how far we've come. Look at all the things we've managed. Look at how resilient we're becoming."

We can also try to rekindle the pandemic's early-stage communal bonding. "Start by being the one to wave," she said. "I find I'm constantly smiling at people and wondering why no one smiles back. It's because they can't see me smile through my mask, so I have to remember to be more demonstrative."

It's also possible fewer people wave now because seeing everyone in masks makes the world feel impersonal, the way it feels when we're driving.

"So maybe make that a small project," Hermanson said. "Just keep waving to people. Maybe we'll all feel better."

Try to stay positive

"I've been telling myself that we've been given a lot of opportunities to build resilience, and we will be incredibly resilient when we come out of this," Hermanson said. "I know there will still be days when we pull the covers up over our heads, but there will also be days when we'll laugh with our friends."

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

Certified Kitchen & Bath Remodeler

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

- 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

Fall 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

Freshen Up Your Home
VCN Special

In business since 1982

- 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

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.**

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!
Fall 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

YOUR AD HERE

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

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

ENGLISH WALNUTS

2020 crop, organic, $1.60 per pound in the shell. Franquette variety and locally grown. Delivery available. Contact us at 916-991-8431 or 916-838-3881

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

www.valcomnews.com

In the Spirit: River's Edge Church Held a Harvest Festival Drive-Thru

Photos by Stephen Crowley

River's Edge Church on Riverside Boulevard held a harvest festival drive-thru on Halloween for contactless family fun with carnival games, performers, music, prizes, and of course lots of candy. In this season of unknowns, challenges, and increased physical separation from others the church wanted to continue to offer a dose of entertainment and fun. River's Edge Church loves hosting the Harvest Festival and it is a great way to bring the community together. Although this year looked different, the hope was still that it was a fun *socially distanced* gathering space for kids and families to enjoy.



MYSTERY:

continued from page 14

is mentioned in some other Wikipedia (pages)," he said. "So, then I click on the (link for) Percy Standing and see that he was a silent movie actor (interred at this East Sacramento cemetery). I'm part of the American Theatre Organ Society. We take care of theater pipe organs and we show silent films.

"So, I thought, 'Well, let me look through the list (of Standing's films) and see if I know any of (them).' I'm looking through them and I don't recognize any of the titles exactly, but then I saw 'Life Without Soul.'"

Peterson recalled being excited to read that one more notable person was interred at East Lawn Memorial Park.

"It's pretty exciting," he said last week before learning about the mistaken identity. "The great thing about working in a cemetery like this is the stories of people, and being here since 1904, we have a lot of stories, we have a lot of people – over 100,000 that are interred here. So, when I find somebody like this (at the cemetery), that's a little above average story, it's kind of an interesting find, kind of an exciting find."

Among the notable people who were interred at East Lawn Memorial Park were U.S. Rep. Robert Matsui, Sacramento Mayor Joe Serna Jr., restaurateur Frank Fat, and Newton Jasper Earp, the half-brother of Wyatt Earp, the notorious deputy town marshal who participated in the legendary gunfight at O.K. Corral in 1881.

Later last week, after learning that East Lawn Memorial Park is not the final resting place of the actor who played the role of "The Creation" in the first feature-length film adaptation of Mary Shelley's "Frankenstein" novel, Peterson said he was glad to have the record set straight.

"Based on a find on Wikipedia and then the Find A Grave (website), we thought that we had the Percy Standing that was the actor who had been the first (feature-length film) Frankenstein's monster, and we were kind of excited about that," he said. "But now we're finding as we're diving into it more and finding an obituary from the Percy Standing that we have here at East Lawn that it was not the same Percy Standing that was the actor, but (one who) worked for the railroad.

"So, we're happy to have the record set straight. Hopefully, Wikipedia and (Find A Grave) will be updated somewhere along the way."

The latter website, as of last week, included pages for both of these Percy Standings, and each of those pages included references to the actor.

As for the Percy Standing, who was an actor, his first film experience was a non-leading role in the American short film drama, "His Wife's Child."

He appeared in two other films – one short- and one feature-length – prior to appearing as "The Creation" in "Life Without a Soul."

That film, which was written by Jesse J. Goldburg and directed by Joseph W. Smiley, is considered a lost film.

An original lobby card for the film includes the following description: "A dramatic masterpiece pulsating with heart interest, interwoven with a love tale of sacrificial devotion."

Railroad history buffs or anyone else who is interested in viewing the final resting place of the Percy Standing who is interred at East Lawn Memorial Park should visit the Palm Court Deluxe crypts in the southeast portion of this cemetery.

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

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

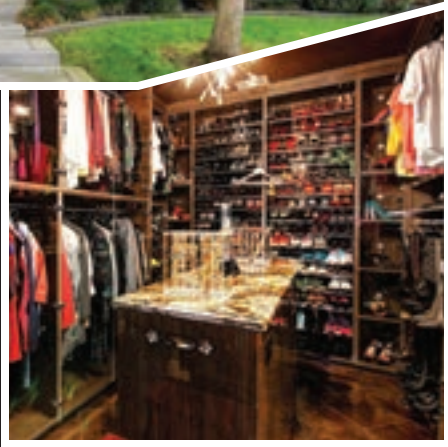


Dee Schwindt
REALTOR Emeritus
Coldwell Banker
Residential Brokerage

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











SusieSellsSac.com



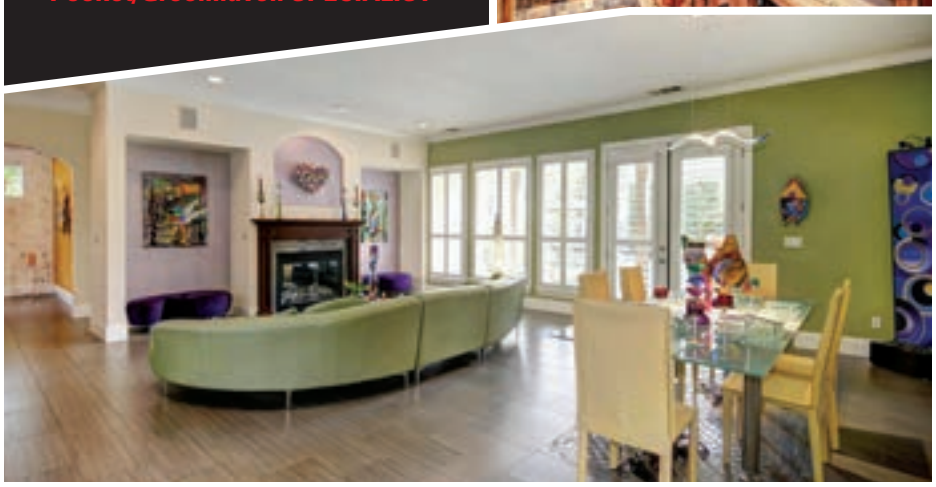
Susie Kuwabara Parker

Realtor® BRE#00833025

916-768-8494

4305 Freeport Boulevard, Sacramento 95822

Native Sacramentan
Pocket/Greenhaven SPECIALIST





Prestigious Riverlake Community: **4 Stonefield Ct, $969,500**

This is a "WOW! Stylish custom located in the prestigious Riverlake Community. Uniquely designed move-in ready home that was made for entertaining. Downstairs master, expansive kitchen and butler pantry, Room size bar and wine room make quarantining a lot more fun! Great room opens to an extension of the home along with built in barbecue/kitchen. Junior suite upstairs along with bonus room, bedroom and one of kind, customized walk-in closet. 3450 sq ft,3 bedrooms but could be changed back to 4 or 5, 4 full baths, 3 car showroom like garage on a double cul de sac corner. 24 hour security & access to lake!

MASTERS CLUB
SACRAMENTO ASSOCIATION OF REALTORS®

COOK REALTY

In-Stock

Dining Sale!



Sale $229 reg $259 266029
45" Round Pedestal Table
Side Chair $259

Guests are on their way!
Is your dining room ready?

We have over

70

Dining Sets IN-STOCK
& ready to go for your
holiday entertaining!



Sale $329 reg $369 185223
42" Round Pedestal Table
Side Chair $99



Sale $349 reg $399 236476
36"x51" Leg Table w/15" butterfly leaf
Side Chair $99



Sale $599 reg $649 340849
40"x60" Leg Table w/18" leaf
Side Chair $119



Sale $649 reg $729 486394
40"x76" Pedestal Table w/20" leaf
Side Chair $119



Sale $779 reg $869 510962
54" Round Pedestal Table w/18" leaf
Side Chair $209

All dining room furniture is on Sale!*



Brooklynn, CPO
(Chief Persuasion Officer)
5th Generation,
Naturwood Family

"One Week Only!"



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



Products

*Sale applies to all indicated items except all "Clearance" and "Special Buys". Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sale Ends 11/08/20.