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see page 8



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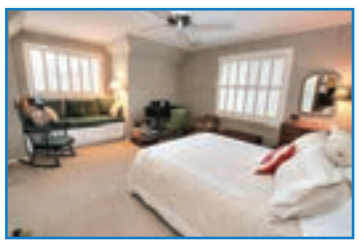



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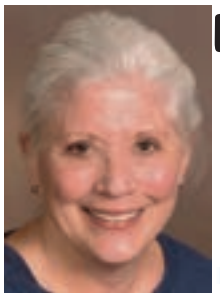

THIS 'n' THAT

by Carol Bogart

For Cats that Love the Great Outdoors



PHOTO BY JAMES McBRIDE

A 'catio' created by Sacramento artist James McBride. The cat's owner will add things for the cat to sleep and climb on.

Pocket News

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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

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Vol. XXVIIII • No. 23

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Cover photo by: Richard Masoner / Cyclelicious https://www.flickr.com/photos/bike/2110181494

For 13+ years, I've felt sorry for my Ricky. Unlike my neutered farm cats (that went outside as they pleased), Ricky, also neutered, has to settle for a sun-warmed spot on the bed, or a screened window I open for him.

This is not to say 'country' cats don't face their share of hazards. Night wanderers occasionally meet unhappy fates when glowing eyes aren't noticed by pickup drivers. A hungry hawk is as likely choose an unwary cat as it is a rabbit. Raccoon hunters, who hunt at night, may set leghold traps, which can trap a cat. And, being the curious animals that cats are, they sometimes will jump into things from which they can't escape. Such as a house under construction. Or wind up in the mouth of a dog that dislikes cats. It's a dangerous world out there for kitties.

Even now, across the river near Land Park, people have seen a bobcat. A group of coyotes is sighted regularly by the Capitol. On the Sac State campus, a mountain lion was confirmed. The river, you know. Wildlife follows it.

Nonetheless, there are pluses to having an indoor/ outdoor cat. Reduced need for a litter box, for one. Cats love to dig. They will happily fertilize your neighbor's flower bed. And yours.

Also, they are great climbers and love to sharpen their claws on trees. A plus. It spares your couch.

And then, there's this: Tired of bird seed scattered from a neighbor's feeder? Suspect it may attract rats and mice? Cats will reduce the rodent population. Also little frogs and lizards. And, their favorite, birds.

I live on Lighthouse. From my balcony one morning, I saw a kitty from across the street start to cross from our side. I shrieked just before it got thunked by a speed-

see CATS page 4

Savor a Stout at Device





By Devin Lavelle

We are back with the second article in this series as we explore the many styles of beers out there to enjoy. As the weather gets colder, I always start to turn more to darker beers, so I asked our local expert, Pocket-resident and owner and brewer at Device Brewing, Ken Anthony to share his expertise on the world of stouts and porters.

Devin: Thanks again for taking the time, Ken. Let's get started with the basics, what is a stout? What is a porter? Why are they so much darker than most other beers?

Ken: Porters and stouts are ales, top fermented ale. They are not lagers, which we talked about last time. They use dark, roasted barley malts to achieve their dark brown to black color. This also imparts flavors that accompany these malts.

The stout porter, or what became the stout, is where you typically get higher alcohol – though there are lower alcohol stouts. Porters tend to be a little bit lighter in body, a little lighter in color. The porter tends to lean more towards black coffee, where the stouts become much darker in color, richer and more full flavored. There's a blurred and thin line that separates the two and I've seen stouts that should be porters and porters that should be stouts.

Today we're talking about stouts and porters. That is not a style where we're going to have 8 or 10 of them on the board, but what we have today is our Salted Caramel Porter on nitro, our Brits in Moscow Russian Imperial Stout, our Bourbon Barrel Aged Brits in Moscow and a fourth beer that I think is worth an honorable mention in this flight.

These were styles that started in the UK and were originally intended to be lighter in alcohol and then the stout porter came along, which became just stout. There are other variations, milk stouts, sweet stouts, oatmeal stouts and so forth.

Devin: Great, can't wait to try these beers!

Ken: Let's start with the Salted Caramel Porter. This is a robust … mmm, that smells good … this is a robust porter, which means it's a little higher in ABV, 6.3%. Almost any porter you will get locally will be a robust porter.

What's really nice about this beer is the milk chocolate you get right on the nose. You smell that it almost smells like a chocolate Easter bunny. You get the nice tight beaded head you get from nitrogenated beers. For the color, it is not quite black, it's an extremely deep brown. The notes are definitely in the brown range, more than the red range, more maple than ruby or garnet. Flavor-wise, it's not a sweet beer, the sweetness that you get on the aroma is not there, right, but the chocolate, coffee, molasses character comes in. But it's not over roasted, you have a very subtle roast character compared to an imperial stout. It has a little bit of a lingering bitterness on the back of the tongue. In terms of mouth feel, it's soft and creamy, from the nitro. It's medium bodied, doesn't weigh you down. You could drink a pint or two without it being fatiguing.

It's a salted caramel porter, so we had to add salt. We used a kosher pickling salt and borrowed a sophisticated scale and experimented with a range, from almost no salt to way too much salt before narrowing it down to just the right amount. It adds to the softer mouth-feel as well.

We also have the Kiss Me, dry Irish Stout, which we typically swap out on the nitro tap with the Salted Caramel Porter. It's really nice, a bit lower in alcohol, more of a sessionable pub stout.

And, of course, we use caramelized malt in addition to the roasted malts, which comes through. I think it's delicious.

Devin: Agreed. I enjoy it, like a Guinness, but more flavorful. What's next?

Ken: Let's move on to the Brits in Moscow Russian Imperial Stout. This is in the classic style brewed out of England and exported to Russia for Catherine the Second.

On the aroma, I get black coffee, dark chocolate, maybe even a touch of date or dried dark fruit in there. You'll notice in contrast to the porter, which had an off white head, this is a light brown. It has a persistent head.

This is a black beer. It's kind of amber, maple, copper in the highlights. It's amazing how not-black it really is when you look at it through a thin strip. This is medium to full bodied. This would have been full bodied 4-5 years ago, but with the advent of the pastry stout, where the finishing gravity is similar to the original gravity of our blonde ale, this would now be considered more medium bodied. Pastry stouts are sweet and cloying, viscous, this is not that.

If you'll notice, there's a nice bitterness on this beer. We actually put more hops in the boil than in some of our IPAs. It keeps it from being too malty, keeps it well balanced – but, even with the higher IBUs, the perceived bitterness is not there, like it would be in a lighter beer.

On the flavor, I always get dark chocolate and coffee. No ashtray, no burnt character, not astringent. In beer judging, we compare astringency to the feeling of putting a teabag in your mouth. (If you don't know the taste, feel free to taste the flavor of a teabag the next time you make a cup of earl gray tea.)

It's just a very well balanced beer.

Notice as it warms, the complexity of the flavor starts to come out a little bit. These are best at a cellar temperature of 50-52 degrees. As they warm the complexity of the flavor starts to reveal. It's not practical to serve our beers at different temperatures, but the good news is, if you serve a beer cold, you can wait. What I like to do is let a stout sit a little bit, cup your hands around, so it warms from your hand temperature, that's why we serve them in a snifter glass.

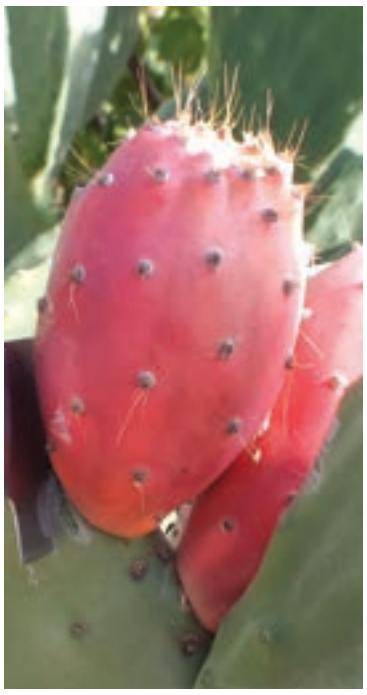
Devin: It really is amazing how much those few degrees

see DEVICE page 9





Farm and Flavor: What to do with Nopales and Prickly Pears







By Kerin Gould

I always promise not to send folks out looking for exotic ingredients, but this cactus and its fruit have loads of antioxidants, vitamins, minerals, and fiber. They may help balance blood sugar, curb inflammation, and lower cholesterol — all of which helps you fight cancer too. And look at that color! But if it didn't taste great, I wouldn't dream of recommending it.

Depending on where you live, nopal cactus grows like weeds. The ones here on the farm get no water or food and only the scantiest trimming, yet they are generous anyway. In a pinch, any Mexican grocery store will have them. The only thing stopping more folks from enjoying them is unfamiliarity. And those little stickers are daunting, but some vendors sell them pre-plucked.

If you are picking tender paddles or ripe fruit, use a big knife and a pair of tongs, and toss your harvest into a basket or bowl. Do not say, "I'll just put two fingers here…" or you will have those micro-spikes with you for a while. I say this from experience! Once back in the kitchen, continue to handle with tongs or a big fierce fork.

For the paddles, hold the thick end with your fork, and with your knife shave off the tiny needles. Wherever there was a brown dot, there should be green flesh showing through. Then trim the edges and the base off. Cut into one inch strips, then either sauté with onion, tomato and cilantro and scramble into you breakfast (eggs, tofu, what have you…) or steam and toss in a salad with onion, tomato, and cilantro and some lime juice. There is also a nopal and mole soup recipe you can find at http://producewithapurpose.thinkific.com.

The fruit can be held vertically in place with the fork, so that you can make downward cuts to remove the skin. Then cut the ends off and rinse. You can eat as is or run through a food mill and turn the fruit into a syrup (for pancakes or a parfait), pour it into molds to make popsicles, or turn it into a sorbet.



PHOTO BY CAROL BOGART

Ricky, my Bengal, likes basking in the sun. If he had a catio, he could safely go outdoors.

Cats

continued from page 2

ing Honda. From two blocks away, I heard the thunk. The driver heard it, too, and stopped, but kitty … startled but apparently not badly hurt … streaked back home. It survived. I guess it's why they say cats have nine lives.

Not all cats are as lucky.

At age 2, I learned that death was sad. We lived on a busy road in Olmsted Falls, a bedroom community near Cleveland. My mom's cat was an indoor-outdoor cat. Mom and I, one day, were headed back to the garage to get the car. My eyes fixed on our front lawn, I stopped. "Mommy," I said. "Nicky."

Nicholas Needlefoot King of the Cats (named for my favorite children's book) was halfway to the house from Bagley. One black foreleg outstretched toward the porch. His body still, not moving.

My mom ran to him. Gathered him up. Cradling him to her chest; she was crying. I'd never seen my mommy cry before. Seeing my wide, frightened eyes; Mom shook off her grief. She told me, "Wait right here," and took Nicky in the house. She came back out; we got in the car, and left. After a few minutes of silent driving, she said she'd placed Nicky in a shoebox. Nicky was dead, she said. A car had killed him. Crying again, she said, "When daddy gets home," she said, "he'll bury him." I cried, too. Dead meant sad.

Cats are very determined animals. They like it outside. It's their nature, having descended from jungle animals. I like the idea of catios. You can buy one online and enclose a window. But to enclose an entire patio? Wow! An exceptionally clever catio creator, Sacramento's James McBride, can add a door to a large screened in patio. Access for adding kitty's favorite hideaway, plus you can clean your gutter!

What a perfect Christmas gift for an indoors-only cat like Ricky! I rent, or I'd enclose my balcony! But if I owned a home with a patio, I'd do it in a minute. Imagine if you could enclose a tree. Add an old bookcase maybe. Cats love a nook and love to climb. Don't have anything suitable? McBride can build it.

Of course, you'll need a cat box now. But you can plant your flowerbed, and the songbirds will be happy.

Interested in a catio? For prices, email Sacramento artist James McBride at jamesmcbride1971@gmail.com. Questions, comments for Carol? Contact her at carol@bogartonline.com.



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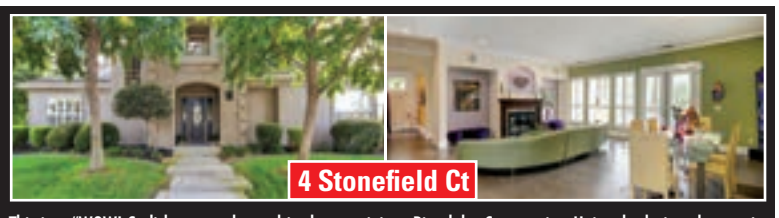

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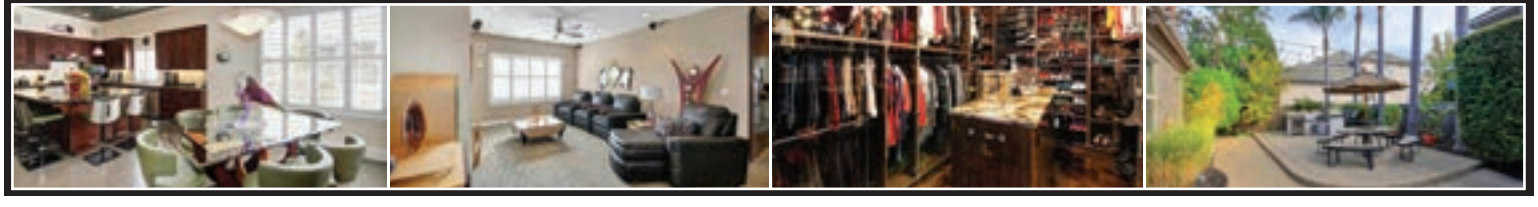

Sacramento Golfer Has Had a Year to Remember

McClatchy High Grad Adds Two Hole-In-Ones to His Athletic Accomplishments

By LANCE ARMSTRONG

South Land Park resident Bill Werry may be 84 years old, but he accomplished something in golf that most golfers of any age have not achieved: hitting a hole-in-one twice in one calendar year.

Werry, a June 1954 graduate of C.K. McClatchy High School, expressed his excitement about that feat.

"That was exhilarating," he said. "I was shocked."

His recent hole-in-one adventures began on July 16, while he was golfing at Arbuckle Golf Club, where he has been a member since 1987.

Werry recalled driving the ball well toward that hole.

"I hit the ball and it was just dead on, right at the pin," he said. "The pin was behind the sand trap and it was 6-hybrid (club he was using), and (the ball) went up real high and just straight as can be. I thought to myself, 'Geez, that could go in.'

"By the time we all hit and got up to the green, I look on the green and (there was) no ball. I came up on the right hand side of the sand trap (and) this other guy came up on the left hand side, and he could see. He said, 'Bill, it's in the hole.' I said, 'Oh, my God.' I walked over and sure enough, the ball was there (in the hole)."

On Sept. 17, Werry's wild summer in the world of golf continued as he scored his second hole-in-one in two months.

Werry's involvement as a regular golfer began about 60 years ago, and prior to this year, he only had two hole-in-ones, he noted.

"I went 33 years, I think, without having a hole-in-one and then I make two in two months," he said.

His earliest hole-in-ones occurred at Bing Maloney Golf Course, with the first coming in 1984 and the second happening three years later.

Werry's recent hole-in-ones are documented in a book that he filled with his handwritten notes.

During this publication's interview with Werry, he spoke about that book.

"I started keeping track of all my scores in 1964," said Werry as he held that book. "I've got over 5,600 rounds of golf logged in (the book)."

The book also includes a gambling history of his winnings and losings as a player.

Werry mentioned that he has played sports throughout his life, with his greatest level of achievement being as a professional baseball player for three years in the Brooklyn Dodgers organization.

As one of the two children of Marshall and Leona (Pappa) Werry, he gained an early interest in that sport.

Thinking back on his days of growing up in Oak Park, Werry

see GOLFER page 6



Photos by Lance Armstrong

Bill Werry is among Sacramento's active golfers. He began playing the game at William Land Golf Course in the 1950s.

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Photos courtesy of Bill Werry



Photo by Lance Armstrong

1) Ed Berry's Pharmacy-sponsored youth city league baseball team is shown in 1947. Bill Werry stands in the back row, third from the right. Also included in the photograph are Ed Berry (striped shirt), Frances Berry, and North Sacramento Police Chief William Wilson. 2) Bill Werry swings a baseball in his driveway at 3977 Broadway in Oak Park in about 1942.

South Land Park resident Bill Werry holds the golf balls that he hit for hole-in-ones this summer.

Golfer

continued from page 5

recalled his childhood dream of becoming a star major league player.

"When I was 7, 8, 9 years old, in my mind and in my heart, I felt that I was going to be a major league baseball player, and I was going to make everybody forget about Joe DiMaggio," he said. "That was my childhood ambition and dream."

Werry, whose father was a building contractor/carpenter, noted that during his years at American Legion Elementary School, he was the first kid to arrive on campus each day.

"I was out there kicking a soccer ball against a brick wall or shooting buckets or doing something," he said. "I was there probably an hour before school every day."

While still in elementary school, in 1947, Werry joined his first organized baseball team.

He fondly recalled the formation of that team, which was sponsored by Ed Berry's Pharmacy in Oak Park.

"Mrs. (Frances) Berry, who was the wife of the owner of the pharmacy, her son and I were good friends in school," Werry said. "He was a year older than me. His name was Edwin.

"One day I said, 'Hey, Eddie, why don't you ask your dad if he would sponsor us in the 100-pound league in the city recreation baseball (league) in the summer. He went home and came back the next day and he said, 'I talked to my dad and he said he'll do it.'"

Werry added that Frances Berry played a big role as the team's manager.

"She was like a (Cub Scout) den mother," he said.

He also remembered that she would bring a tall container of pineapple juice and graham crackers for the team's players on game days.

Frances additionally managed the Oak Park Merchants

see HOLE IN ONE page 7

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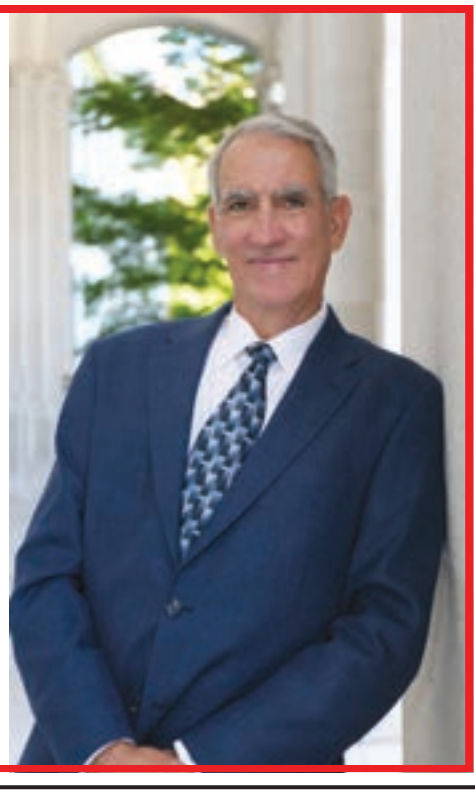

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Hole In One

continued from page 6

youth team, in which Werry was a member.

He was later a member of the Luchini Builders-sponsored youth baseball team.

In addition to his dream of becoming a major league star, Werry desired to play for the American Legion Post 61 team.

"I always wanted to go to McClatchy (High), because I wanted to play for Post 61 (American) Legion," he said. "That was always my dream as a young boy. Between my 9th and 10th grade years, I made the team for Post 61. That was wonderful. I was only 14."

With a proud look on his face, Werry pointed to a framed photograph that hangs on a wall in his living room.

"That's a picture there of that (Post 61) team," he said. "We played for the (American Legion) state championship at Edmonds Field (at Riverside Boulevard and Broadway) in 1951. We were state runner-ups.

"We got beat by (Los Angeles Crenshaw Post 715). We beat them the first day and they beat us in a doubleheader the next day. Both games that we lost in that doubleheader were one-run losses. And they went on to win the (American Legion) national championship."

The Crenshaw Post team included (then future major league player and manager) Sparky Anderson as their shortstop.

The Post 61 team won the Sacramento American Legion championship during all three years that Werry was on that team.

Werry attended Stanford Junior High School – now Stanford Middle School – but an injury prevented him from playing in regular season games of that school's baseball team.

At McClatchy High, Werry became the starting catcher on the varsity baseball team during his sophomore year.

During each of his three years on that team, Werry was named to the all-city prep team.

Werry said that it was also in high school – "or possibly junior high" – that he began golfing. He first played the game at William Land Golf Course.

After high school, he began playing for Bakersfield in the California League, in 1955.

In his second professional season, Werry played a half-season in Great Falls, Montana and a half-season in Hornell, New York.

Werry played his final season of professional baseball in Victoria, Texas.

Werry referred to the California League as a very good Class-C league.

"It had a lot of old-timers that had played major leagues and had come down," he said.

Although Werry believes he could have kept playing professionally, he noted that his performance as a player was not meeting his expectations.

It was with this assessment that Werry decided to quit professional baseball and focus on his studies at Sacramento Junior College – today's Sacramento City College.

In addition to baseball and golf, Werry is also a former marathon runner.

Although he ran his last marathon in 1983, Werry still enjoys short-distance running.

He also plays on a senior softball team in Carmichael and shows his 1966 Dodge Coronet at car shows.

Werry, who spent 38 years working for the state and played on a co-ed state employee softball team, was married twice and has two children, three grandchildren and one great-grandchild.

He currently shares his South Land Park home with his small dog, Buddy, which he rescued from the Arbuckle Golf Course in 2010.

With his many decades of playing sports, Werry said that he feels fortunate to have remained active into his 80s.

"In my own mind, I feel like I'm 60 years old," he said. "I've got some aches and pains and I don't move as fast as I used to, but I pretty much do what I want to do. I'm glad to wake up every morning, keep my health. I feel blessed."

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Toys for Tots began in 1947 as the "brain child" of Marine Corps Reserve Major Bill Hendricks. Hendricks' wife, Diane, handcrafted a few dolls and asked her husband to deliver them to an agency that supported children in need. When Bill could not find such an organization, Diane encouraged him to start one. Major Hendricks and the Marines in his reserve unit in Los Angeles collected and distributed 5,000 toys that year. Since then, the Marine Toys for Tots Foundation, an IRS recognized 501 (c) (3) not-for-profit charity, was established in 1991 at the behest of the Marine Corps to help run and support the Marine Toys for Tots Program.

The goal of the Marine Toys for Tots Foundation is to help bring the joy of the holidays and to send a message of hope to the less fortunate children of America. To date, the Toys for Tots Foundation has successfully distributed over 584 million toys, supporting over 265 million children.

Sacramento Elks Lodge #6 continues the long-standing tradition of its annual participation in Marine Toys for Tots Toy Drive. The Lodge's departed member, Dave Hamm, donated a new boys and girls bicycle to the toy drive each year, and through generous donations from Lodge members, the Courtland Volunteer Fire Department, family, friends, and the Dave Hamm Estate, the Dave Hamm Bicycle Fund was established, ensuring that the tradition would continue for years to come.

Richard Cherry, Past Exalted Ruler of the Sacramento Elks Lodge #6 and resident of the Pocket area, graciously spearheads the Lodge's toy and bicycle drive every year. Last year, the Sacramento Elks Lodge #6 was able to donate 17 bicycles and bags of donated toys in memory of Dave Hamm.

The Sacramento Elks Lodge #6, located at 6446 Riverside Blvd, in the Pocket area, will continue to be a designated Toys for Tots drop off location. New and unwrapped contributions of toys, as well as monetary donations to the "Dave Hamm Bicycle Fund" will be accepted during Lodge office hours until December 14, 2020.

Please call the office at 916-422-6666, extension 2 to arrange for drop offs Monday through Friday between 9 a.m. and 2 p.m. Donations to the Dave Hamm Bicycle Fund can also be made by calling the Lodge office.

Device

continued from page 3

can bring out new flavors. I'm getting giddy, thinking about what's coming next.

Ken: Yes, moving on to the bourbon barrel aged Brits in Moscow. This is a treat, we don't always have it.

From an appearance standpoint, everything is identical to Brits in Moscow, because it's the same base beer. What we do is, we've taken this beer, fermented it, then racked it into Heaven Hill fresh dumped bourbon barrels. There's still that bourbon residue in there and there's the char on the inside of the barrels, because they fire those barrels. When you smell this beer, if it doesn't smell a whole lot different, we're doing it wrong. What do you get on the nose?

Devin: Bourbon!

Ken: Bourbon! It comes through, almost a sherried bourbon. We put it into the barrels, typically we try to get at least six months of contact time. It depends on when we need it. We find that within 2-3 months the majority of the improvement has been achieved. To be honest with you, after 6 months, we don't see any actual improvement in the quality of the product. If anything we're just taking our chances with something going sideways.

Let's try it.

It just puts a smile on my face to drink that. We're sitting out here on a cold, November afternoon. We've been kicked out of our indoor dining, it's cold. And this is exactly the kind of beer I want to drink right now.

The bourbon adds a very very distinct, oaky, but not over smoked flavor. Definitely the flavor of the bourbon, which draws its flavor from the barrel. It bumps the alcohol up a bit, one, from the bourbon that extracts from the barrel and two, you lose volume from the evaporation process as it sits over time. I guess they call that the Angel's share, right.

Yumm.

Devin: You said you Heaven Hill barrels, why did you choose them?

Ken: In addition to Heaven Hill, we've also used Wild Turkey and Jack Daniels barrels in the past. We think Heaven Hill makes the best product. We don't know which whiskeys came out of them, but they make some really high end products. We found Wild Turkey was a little harsh, which makes sense because it's a harsher whiskey, while Jack Daniels is a more budget product. We just got in a new shipment of Heaven Hill barrels, so once this keg runs out, we'll have more in the late winter.

Devin: Can't wait for that! So I noticed you only have two stouts on the board, what's coming next?

Ken: Ok, so I wanted to throw a curveball in here, which is more for fun than anything else. In the midst of trying stouts and porters, we could try a Cascadian dark ale, otherwise known as a black IPA. This is Hop Creeper, it was our special release Halloween beer.

Just like a porter or a stout, this Cascadian dark ale is made with ale yeast and uses roasted malts to achieve this very, very dark, rich color. One might argue that the Cascadian dark ale is a hoppy, robust porter. Now again, I'm just kind of romanticizing the style. Obviously the level of bittering would take it out of the guidelines for a robust porter, but for fun, why not?

On the aroma, I get the roasted malts, but what else do you get?

Devin: The hops.

Ken: Bigtime hops, right? You get pine, a little bit of resin. The roasted notes are in there, but the hops are way out in front. On the appearance, you notice we have a nice off-white head, a persistent head. Significantly lighter in color than our porter, but at a glance it looks like a porter. I see an Amber undertone.

Let's go to flavor. So I get some roast, some hop bitterness, the hop flavor, evergreen, pine, cedar. That's coming from Simcoe and Cascade hops, very Pacific Northwest, very characteristic of the style.

What's interesting about Black IPAs was they were very popular in 2012, 2013, 2014. They've fallen out of fashion since then, but people still ask us to brew them all the time.

Not overly bitter, not lingering. But what I do get is that mid palate back of the tongue bitterness, piney. Very dry, it finished out very low gravity.

It's very good. Not a porter, but one could certainly argue in a court of law that this is a robust porter with a lot of hops.

In general, these beers are appropriate year round, but really start to shine in the colder months. As we hunker down for the winter, people want a little bit more body, more complexity, comfort. I believe stouts and porters provide just that.

Cheers!

Devin: Cheers! Thanks for the great beers and the education.

I'd encourage readers to pick up some of these in cans or growlers 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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United Way Launches Shine Your Light Campaign to Encourage Local Residents to Give and Volunteer



Photo courtesy
United Way volunteers wrap holiday gifts for local foster youth as part of a past volunteer experience. United Way's Shine Your Light holiday campaign this year will allow for social distancing while still providing opportunities for people to donate gifts for people in need, make donations and volunteer through the end of the year.

At the end of a year that has been dark for many communities across the country, United Way California Capital Region is asking residents across the region to join its Shine Your Light holiday campaign, which includes opportunities for community giving and safe volunteering during the holiday season. Visit YourLocalUnitedWay.org/Holiday-Giving.

"This is a year no one will forget – a year filled with deep pain, division and hardship," said Stephanie Bray, president and CEO, United Way California Capital Region. "Children are being asked to attend school virtually and help younger siblings. Parents have lost jobs that support their family's needs. Neighbors are struggling to stay afloat while small businesses close around them. During this dark year as we enter the holidays, we are asking residents across the greater Sacramento area to join our Shine Your Light campaign by contributing to our nonprofit partners' gift drives, volunteering and making financial donations."

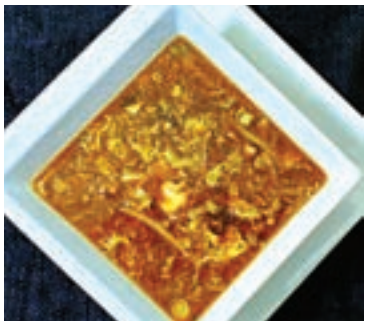
For the Shine Your Light campaign, United Way has gathered the needs of nearly 50 local nonprofits across the region on its website, including which need clothing, blankets, shelf-stable food, hygiene items, winter items, holiday gifts, gift cards and volunteers this holiday season. Shine Your Light participants also can make a financial donation to United Way California Capital Region to help lift up neighbors who are struggling, including children, foster youth, students impacted by COVID-19 and families trying to make ends meet. As part of the campaign, United Way's Women United action group that supports local foster youth is matching new donations to the group until they reach $35,000, giving donors the opportunity to double their gift.

"In these difficult times, your gift can be a much-needed light in someone's life during the holidays and in the months to come," Bray said.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation, visit YourLocalUnitedWay.org.

Soup Weather Is Here, So Please Dine Local

By Devin Lavelle





As the weather gets colder, this is both a wonderful opportunity to explore the many great soup varieties our local restaurants offer – and a really critical time to support our local restaurants, as they try to survive on just takeout and outdoor dining during a long, cold winter. Now if you are just here for a friendly reminder to #DineLocal, #TakeoutPocket and #Eat91Six and for some great soup options at local restaurants, feel free to skip to the end. But if you have a moment and would like to read some romanticized reminiscences of great experiences with soup, I invite you to read on.

When I was a kid, my family's go-to restaurant was a Chinese restaurant. In some places, it was called Daniel's Palace, and in others, Daniel's Place. We simply called it Daniel's. Daniel was a nice man and for several years, his kids swam on the same swimming team as I did. His Mongolian beef and dry-braised green beans remain the standard these personal favorite dishes are measured against. But what I remember most was when my family would go there during the winter months. Whenever the cold would creep in, the best cure we knew was Daniel's Hot & Sour Soup. Time and again, every time I was sick, it was the warmth of Daniel's soup that comforted me – kicked up by that sour tang that really felt like it opened everything up. Still today, all these decades later, it is hot and sour soup that I yearn for whenever congestion sets in and I need to remember that comforting warmth.

Memories like that, to me, speak to why it's so important to support our local restaurants. They aren't just another business, they are a place where we make memories as a family. They're where we go to celebrate our biggest achievements and our greatest joys. But they are also where we go when we are down, when we're sick, when we need comfort; serving up chicken soup for both the body and the soul.

With our region's return to purple, our local restaurants will have to forego indoor dining for the foreseeable future, likely for most of the winter, relying on outdoor dining when weather allows. Mostly takeout will keep them going.

So if you are able, please support our local restaurants, order a burger or a steak, a pasta dish or a rice dish, a salad or maybe try out a soup! There are a huge range of offerings across our local restaurants.

Hot and Sour Soup is available at New China and Beijing Garden. Wonton Soup (and its kicked-up cousin Wor Wonton) is another favorite offered at both full service Chinese restaurants as well as Chopsticks Express and A Taste Above Café. Great as a starter or a warm lunch!

If you're in the mood, explore the variety of flavors, some subtle, others dramatic, offered by the world of ramen. Rich and meaty? Spicy? Creamy? Garlicky? Fishy? Whatever your preference, I guarantee Ramen House Tenjin, Tamashii Ramen, Banzai and Edokko have a flavor that suits your palate. They do a great job separating the broth, noodles and other ingredients, so you can combine everything at home and enjoy perfectly prepared noodles, meats and veggies without overcooking from prolonged time in the hot broth. It's also fun leaving the restaurant with a huge grocery bag full of different containers, that all make up a single entrée!

If you prefer a more personalized flavor, try out the Pho at Pho Boc Hoa Viet. Vietnam's national dish starts with a delicate beef broth, rice noodles and your choice of meat, typically thin sliced to cook in the broth itself. Add fresh garnishes including basil, cilantro, radishes, chilies or lime and your favorite condiments like hoisin sauce, soy sauce, fish sauce, Sriracha, and chili paste to make a dish that is perfectly unique to you.

Also not to be missed are Tom Kha and Tom Yum from Sai Varee. Tom Kha features a light coconut broth brightened by lemongrass and lime juice, while Tom Yum is the Thai version of Hot and Sour soup.

Or, if you're not in the mood for Asian cuisine, Vientos offers Albondigas. If you've never had this Mexican comfort food, you're in for a treat. Think vegetable soup with a cumin and cilantro kick, plus lots of delicious little meatballs. Herbaceous, but not spicy, it's great as a starter or served with tortillas and rice for a whole meal!

Whatever flavor you're in the mood for, our local restaurants have the perfect soup to warm you up this winter. Enjoy!

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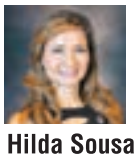
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Sacramento Self-Help Housing Invites the Community to Donate Items to "Housewarming for the Unhoused" Drive-Thru on December 12 at Cal Expo

Sacramento Self-Help Housing (SSHH) is proud to present the 3rd Annual "Housewarming for the Unhoused" winter donation drive-thru at the Cal Expo main gate loop on Saturday, December 12, 2020, from 8 a.m. to 1 p.m. The donation drive is presented by Sacramento County Board of Supervisors Sue Frost (District 4) and supported by ABC10, Mayor Darrell Steinberg, Sacramento City Councilmember Eric Guerra (District 6), Sacramento City Councilmember Vice Mayor Jeff Harris (District 3) and Sacramento Self-Help Housing Staff Member Ken Bennett. To make it as safe and easy as possible for the community to participate, SSHH staff and dedicated volunteers will be on-hand to collect linens (such as blankets, single and double bed sheets and towels), small appliances (such as microwaves, toasters and coffee makers) and kitchenware to be distributed to hundreds of recently homeless individuals in Sacramento County.

Sacramento Self-Help Housing is a non-profit 501(c)3 agency dedicated to assist those who are homeless or at risk of becoming homeless to find and retain stable and affordable housing, which is more critical than ever during the COVID-19 pandemic. The Sacramento Self-Help Housing organization is a leader in the "housing first" model of homelessness response by providing shared housing. Sacramento Self-Help Housing is partnering with Sacramento County Department of Human Assistance, the City of Sacramento and the Sacramento Housing and Redevelopment Agency to move people off the streets or emergency shelters into permanent housing. SSHH also provides homeless outreach navigation in locations throughout the Sacramento area, and a Renters Helpline which includes the region's fair housing enforcement program to address illegal fair housing discrimination.

The "Housewarming for the Unhoused" needs list includes the following (new or gently used items only please):

- Linens: bath towels, hand towels, wash cloths, single and twin bed sheets, blankets, bed pillows, dish towels
- Appliances: microwaves, toasters, coffee pots
- Kitchenware: dishes, pots, pans, silverware
- In-home activities: board games, playing cards & books
- Pet needs: dog crates

Each donation, big or small, will go directly to furnishing a home for a recently homeless individual or family in our community. For more information about Sacramento Self-Help Housing, please call 916-341-0593 or visit www.sacselfhelp.org.

Sacramento Self-Help Housing's Free Renters Helpline Continues to Experience Spike in Tenant Calls & Remains Open to Help

Sacramento Self-Help Housing's free Renters Helpline continues to experience a significant uptick in calls, and remains open and staffed with experts available to help with potential renter discrimination, tenant/landlord disputes, education on new laws about rent increase and "just cause" evictions, and temporary moratoriums due to COVID-19.

On average, the helpline typically receives just over 700 calls per month. However, from March through October during the COVID-19 pandemic began, calls to the Renters Helpline have increased and averaged 775 per month (March through October 2020). The top three reasons callers reach out to the Renters Helpline do so for help with the following: 1) end of the tenancy and evictions 2) rent increases, and 3) property maintenance.

During this challenging time, the Renters Helpful is an especially important resource for tenants as it provides an education in tenant/landlord issues and questions, which is critical due to AB 3088, the COVID-19 Tenant Relief Act of 2020. While the new law is designed to protect tenants from evictions if they have COVID-19 related economic impacts and cannot pay rent, it is complex and can be difficult for individuals to understand. The Renters Helpline can help residential tenants understand the intricacies and ensure they are complying with the law to avoid unnecessarily evictions. For instance, if AB 3088 is not extended, many tenants will be facing evictions as of February 1, 2021 if they did not return the Declaration of COVID-19 Related Financial Distress to the landlord or failed to pay 25 percent of the rent from September 1, 2020 through January 31, 2021.

Originally launched in 2016, the helpline is made possible th rough a collaboration with Project Sentinel, and Legal Services of Northern California (LSNC). The free service provides tenant

see HELPLINE page 15



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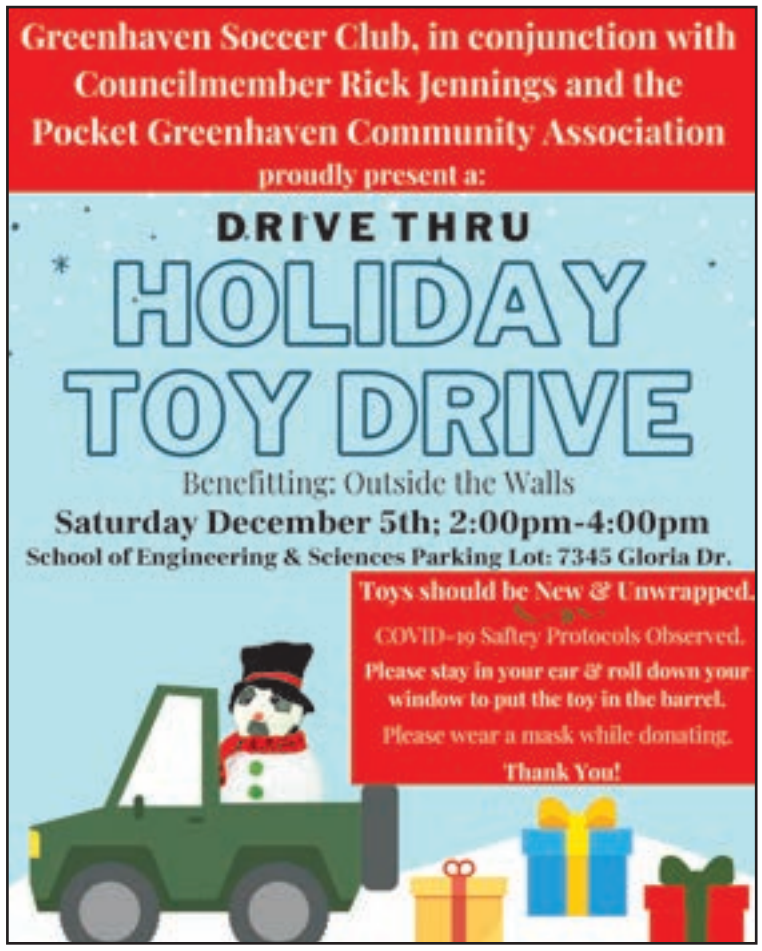
Not Too Late to Help Brighten the Holidays!

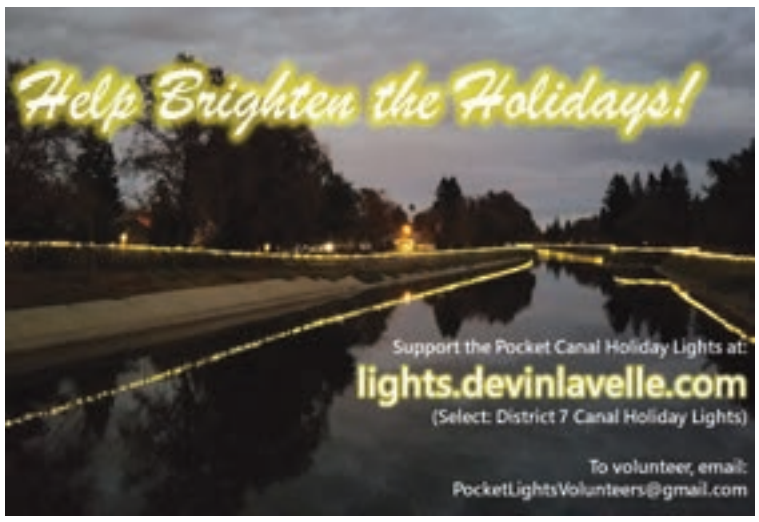
By Devin Lavelle

Whether by donating toys to help ensure children have a great experience Christmas morning or by donating or volunteering to help us light the Pocket Canal Parkway for the holidays, it's not too late to help out!

Greenhaven Soccer with Councilmember Rick Jennings and the Pocket Greenhaven Community Association are holding a touchless toy drive on Saturday, December 5. Bring new, unwrapped toys to the School of Engineering & Sciences parking lot between 2 and 4 pm to donate.

The Pocket Canal Holiday Lights are coming back, but we need your help! Donate at lights.devinlavelle.com or email pocketlightsvolunteers@gmail.com if you are interested in volunteering to help hang them!





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Helpline

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education on their rights, and dispute resolution services for residents in unincorporated Sacramento County, and the cities of Sacramento, Rancho Cordova, Elk Grove, Citrus Heights and Folsom. Experienced Tenant Advisors deal directly with concerns regarding landlord/tenant disputes and help to refer fair housing issues to the appropriate agency.

The Renters Helpline is one of a variety of programs offered by Sacramento Self-Help Housing, a non-profit 501(c)3 agency celebrating 20 years of service that is dedicated to assisting those who are homeless or at risk of becoming homeless to find and retain stable and affordable housing. To help solve the ever-increasing number of homeless men, women and families in Sacramento County, Sacramento Self-Help Housing continues to accept donations to assist with the transition of their clients from the street and onto a path of sustainable independent permanent housing.

The Renters Helpline is available at 916-389-7877 Monday through Friday from 8:30 a.m. to 5 p.m. For more information about the Renters Helpline, please visit www.rentershelpline.org; for general information about the organization or other programs offered by Sacramento Self-Help Housing, please call 916-341-0593 or visit www.sacselfhelp.org.

acc SENIOR SERVICES



Yoga Bodhisattva - Dec 7-28, Mondays, 11:00am-12:00pm

Meditation & Soul Healing - Dec 8-29, Tuesdays, 6:00-7:00pm

Movin' On Dance Fitness - Dec 10, Thursday, 11:00am-12:00pm

Baked Eggs Florentine Cooking Demo - Dec 17, Thursday, 11:00am-12:00pm

Movin' On Dance Fitness - Dec 18, Friday, 11:00am-12:00pm

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

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

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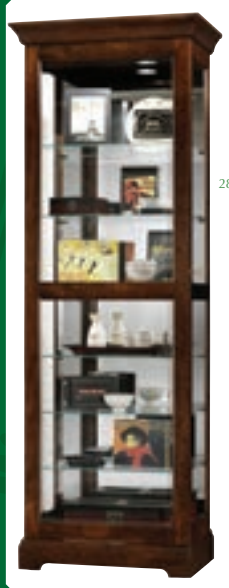

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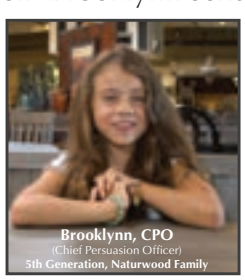

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