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THIS 'n' THAT

by Carol Bogart

Superbowl SuperSpreaders & Other Dopes

Without naming names (although I'm sorely tempted), here's a true story.

A person diagnosed with active Covid-19 hosted a Superbowl party Sunday 2/7. Hard to say how many who don't know they have the virus did that, too. In the known example, a masked delivery person told said person, "I'm glad I had the shot." "Oh, I'm not doing that," said the likely superspreader – door open, voice not muffled by a mask.

The Superbowl Sunday party broke up about 8 p.m. There ensued unmasked chit chat at the door. Goodbyes were called out over shoulders; "drive safelys" shouted to departing guests.

Did the Covid-positive host warn these guests they were entering Covid Central? Did guests from Sacramento add the UK variant to the host's exposures? The variant (mutation) has been confirmed in both Yolo County and Sacramento.

A few words to our current governor: Nice timing, lifting the stay home order right before the Superbowl. Good grief. Or, for the stupid and unlucky, maybe just plain grief.

Seriously, I don't get it. Why on earth, when there are vaccines now, has the roll out been so slow? And, once rolled, why aren't more people clamoring for the shots???

I, myself, am one shot shy of Moderna's protocol that promises up to 95 percent protection from not just Covid 19, but at least one mutation, maybe more. I got shot #1 Feb. 4 at Salud Clinic in West Sac. When the county sent out its Covid vaccine questionnaire, I was quick to fill it out. The questionnaire includes the option of adding comments. I added my age (72 March 9) and underlying health conditions: diabetes, high blood pressure, cancer – each of which puts me at more risk of fatal complications. To say I've been … worried … this past year would be an understatement.

Can you believe some healthcare workers have to be bribed (paid $500) to get the shots?? Fully a third, as of earlier this month, didn't want the vaccine. That third, I should add, did not include doctors or RNs who lined up fast.

In fairness, knowing the Moderna and Pfizer vaccines utilize a brand new technology (the first 'large scale' clinical test of 'efficacy' and side effects will be when 80 percent of us have had them); it's natural, I think, to be a wee bit leery.

I was.

But I'm far more leery of having my lungs destroyed by the Covid-19 virus. For almost a year now I've conscientiously worn a mask that has a filter, both of which are washed thoroughly on the rare occasions that I leave the house, as are my hands as soon as I get home.

I pay close attention to tape on floors and stay at LEAST six feet away from other people. When someone crowds

see This 'n' That page 3

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Cover photo by:
Devin Lavelle

This 'n' That:

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me, I turn so I don't face them. Far too many fail to use the mask correctly: covering both the mouth and nose.

Availing myself of any hand sanitizer offered, I wipe off cart handles often while I shop. And, after the groceries are in the backseat and trunk, I wipe off car door handles, the steering wheel, my keys, purse handles, wallet and credit card. At home, I wash my hands as soon as I put down the bags, and again when everything's put away.

Never, not ever, not in a million years would I go to a 'get together' of any kind. Least of all, a Superbowl party with people I don't live with. What on earth was Newsom thinking?? Did he forget how the virus surged after Thanksgiving? Is he trying to pacify people who want a recall?

As I write this, just days after my first shot, I'm 55-60 percent safer than before I got it. Some who get it have reported 'moderate' side effects. I had a sore arm for a couple nights. Aside from that, nothing major. No headache. No fever.

I've read that side effects after the second shot can be worse as your 'anti-virus' antibodies gear up. Flulike symptoms, is what I've read. I've had the 5-strain flu shot. Maybe that will help.

When the county called and said I could get the vaccine, I was surprised. They pointed to the answers on my vaccine survey. Experts are predicting a new virus surge sometime in March. ICU beds could fill up fast, as might morgues and refrigerated trucks. High risk seniors (I am one) may be in them.

With all that, you, I'm sure, can appreciate my antipathy toward anti-vaxxers, anti-maskers and virus-positives who host parties.

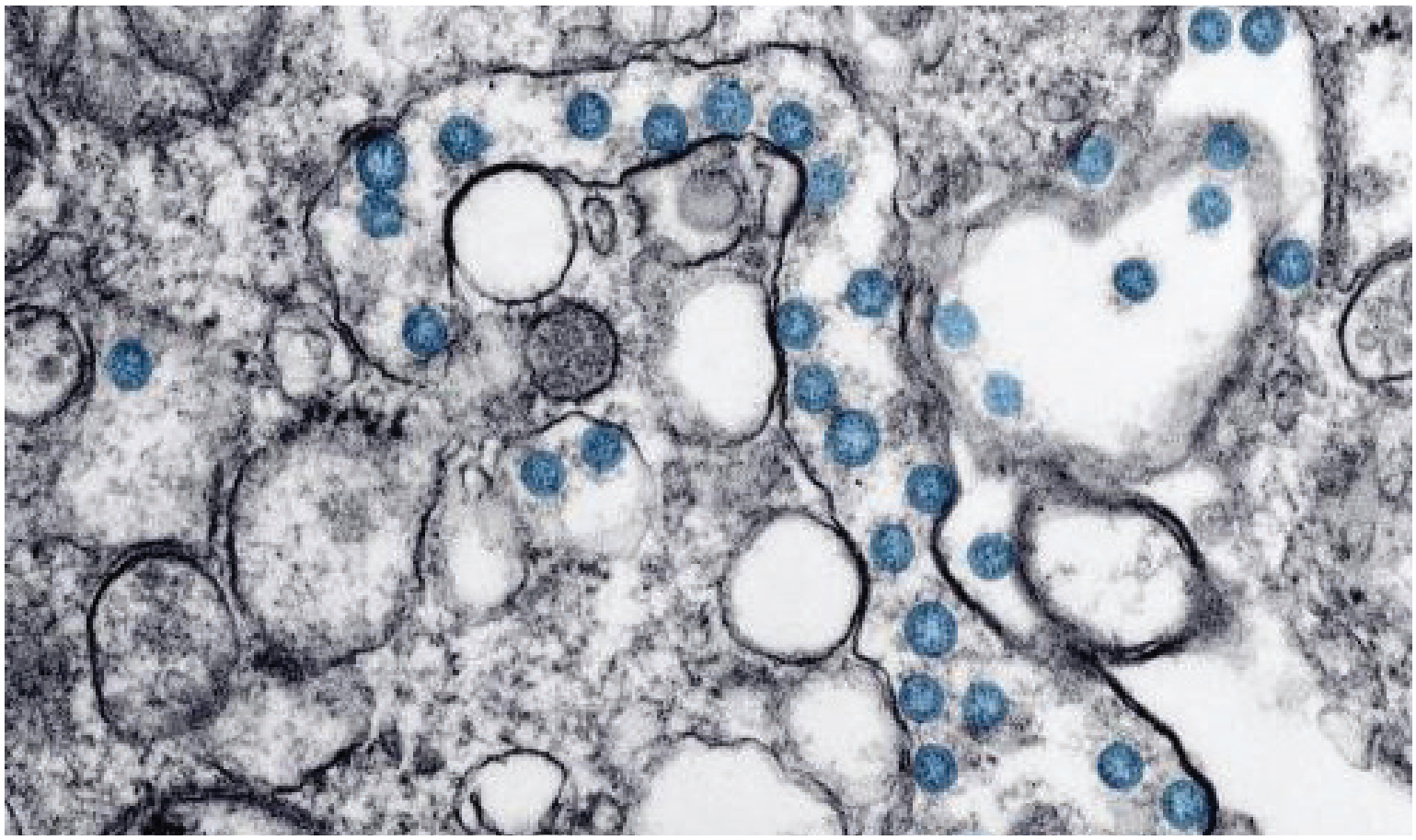

PHOTO COURTESY OF CDC

COVID-19 as first seen through a microscope. The more infectious/dangerous 'UK variant' has been confirmed in Yolo County. UC Davis is hard at work studying genomes to identify new variants (mutations). The more we fail to reduce our risk of infection (example: won't wear masks), Dr. Fauci (CDC) says the more variants there will be. Even now, we may need a booster to the original vaccine to protect us from one or more 'variants' already circulating in the United States.

America could have a handle on this by fall, says Dr. Fauci, IF we all, or at least the majority of us, do our part. Those who don't are selfish. Pure and simple. Masks for instance. Not wearing one, some insist, is their 'right' because they "don't want to."

Really. So why post speed limits? Or arrest drunk drivers? Because drivers with no regard for others might kill you, that's why.

As they say, "My 'right' to swing my arm ends at your nose." p.s. Case closed.

Covid-19 news is, as we all know, a moving target. For the latest from the National Institutes of Health, CDC, FDA and also Reuters, go to https://www.medscape.com and search Covid-19. If interested, you can sign up for email updates. Fill out Yolo County's vaccine interest form at Yolo County COVID-19 Vaccine Availability (google.com). On Feb. 5, the Moderna vaccine became available to residents ages 65+ and up in Yolo County, by appointment only and depending on supply. (The vaccine VP Kamala Harris got was Moderna's.) Questions, comments? Contact Carol at carol@bogartonline.com.

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Chinese WWII vet honored with congressional medal

By LANCE ARMSTRONG



Photo by Lance Armstrong

Freeman Lee presents the medal to Dr. Herbert Yee during the Jan. 23 ceremony.

South Land Park resident Dr. Herbert Yee, a retired Sacramento dentist, on Jan. 23 was presented with a congressional gold medal recognizing his service as a Chinese American in World War II.

This award was created through bipartisan legislation with the passage of the Chinese American World War II Veteran Congressional Gold Medal Act, on Dec. 12, 2018. It was signed into law by former President Donald Trump eight days later.

A 1942 graduate of Sacramento High School, Herbert served in the Army Dental Corps from 1944 to 1945. He enlisted in the Army at the age of 20 at the Presidio of Monterey.

Herbert currently serves as the commander of Gung Ho American Legion Post No. 696.

With 75 years passed since the end of World War II, Herbert is one of only about 200 surviving Chinese American World War II veterans in the United States out of the 20,000 Chinese Americans who served in that war.

While observing COVID-19 restrictions, a small group of Herbert's mask-wearing, socially-distanced family and friends gathered for a small ceremony in his backyard. The event was presented live through the Zoom application for those who did not attend this in-person gathering.

Among the attendees was Chiling Tong, president and CEO of the Sacramento Asian/Pacific Islander American Chamber of Commerce and Entrepreneurship, and Joel Szabat, former U.S. assistant secretary of transportation.

Freeman Lee, vice commander of Gung Ho Post No. 696, presented the congressional medal to Herbert during the ceremony.

"Today, I'm honored to present this congressional gold medal to Pvt. Herbert Yee on behalf of a grateful nation and the Congress of the United States and former President Trump of the United States," he said.

Following that presentation, Herbert described the medal as very meaningful to himself and his family.

"We will cherish it forever," he said. "We will guard it, love it, and pray for it. And I thank everybody here for your kindness, for your loyalty to our country and I'm very happy. May God bless all of us forever and forever."

As part of the event, Herbert's grandson, David Yee, stood before the small crowd and described the prestige of the congressional gold medal.

"Bestowed by the United States Congress, the congressional gold medal and the Presidential Medal of Freedom are the nation's highest civil awards; awarded first to Gen. George Washington by the Second Continental Congress in 1776," he said.

"The congressional gold medal seeks to honor those who have done a remarkable achievement, that has impact on America's history and culture. During World War II, Chinese Americans displayed their patriotism, loyalty and courage, despite the inequity of the Chinese Exclusion Act, which was in place at that time."

This act, which was signed into law by President Chester A. Arthur on May 6, 1882, denied any Chinese, except the relatives of American citizens, from entering the United States.

This federal law was extended for 10 years in both 1892 and 1902 and was made a permanent law in 1904. Its status remained the same until President Franklin D. Roosevelt signed the Magnuson Act to repeal the Chinese Exclusion Act on Dec. 17, 1943.

However, the Magnuson Act was subject to guidelines in the Immigration Act of 1924, which placed a low percentage quota on the number of immigrants that would be allowed to enter the United States per year.

Chinese immigration would later increase following the passage of the Immigration and Nationality Services Act of 1965.

David told the attendees that during World War II,

see Medal page 5



Medal:

continued from page 4

nearly one of every five Chinese living in the United States at that time served in the U.S. armed forces.

He added that an estimated 40% of those Chinese who served America in that war were not U.S. citizens, because of laws that denied citizenship to people of Chinese descent who were residing in the United States.

"These veterans served with honor and distinction and received many recognitions for their heroism, including even the congressional medal of honor," David said. "Their service helped overcome preconceptions by their fellow countrymen and helped pave the way for their descendants."

David also presented an overview of his grandfather's life activities and accomplishments.

He mentioned that at the age of 6, Herbert arrived at Angel Island, where tens of thousands of immigrants entered the West Coast of the United States.

As a Stanford alumnus, Herbert graduated as a dental surgeon from the College of Physicians and Surgeons in 1948.

Hebert eventually spent more than 50 years in the dental profession. During that time, he served as the official dentist for the staff of two California governors: Edmund Gerald "Pat" Brown Sr. and Ronald Reagan.

His other leadership roles have included serving as president of the International College of Dentists, president of the California State Board of Dental Examiners, counselor of the American Dental Association's Council on Dental Education, regent of the University of the Pacific, district governor of Lion's Club District 4 C5, and president of the Sacramento Chinese Benevolent Association.

In addition to his most recent award, Herbert was also recently named as the California Dental Association's Humanitarian of the Year, and he was honored by the Angel Island Immigration Station Foundation.

Regarding his humanitarianism and philanthropy, David mentioned that his grandfather funded the construction of a school near his hometown of Taishan. That institution opened in 1981, and a cultural center and library in China was named after himself and his father, Henry Yee (1897-1979), in 2007.

Herbert, who is a descendent of Gold Rush pioneers, also helped fund the restoration of his great-grandfather's herb store in Fiddletown. The old store is now a museum, and Fiddletown is a registered California Historical Landmark and is listed in the National Register of Historic Places.

Herbert was married to Inez Yee for more than 70 years, and they had four sons. He currently has nine grandchildren and 17 great-grandchildren.

Darren Yee, one of Herbert's grandchildren and the son of Herbert's since-deceased son, Douglas Yee, praised his grandfather on the day of his ceremony.

"I'm so proud of him for this accomplishment," Darren said. "To be able to see him win this award, it just means a lot to me and I know (Douglas) would appreciate it, too."

Summarizing his grandfather's life, David said, "His life exemplifies the American dream."



Photo courtesy of Yee family

Herbert Yee is pictured during his World War II Army days.

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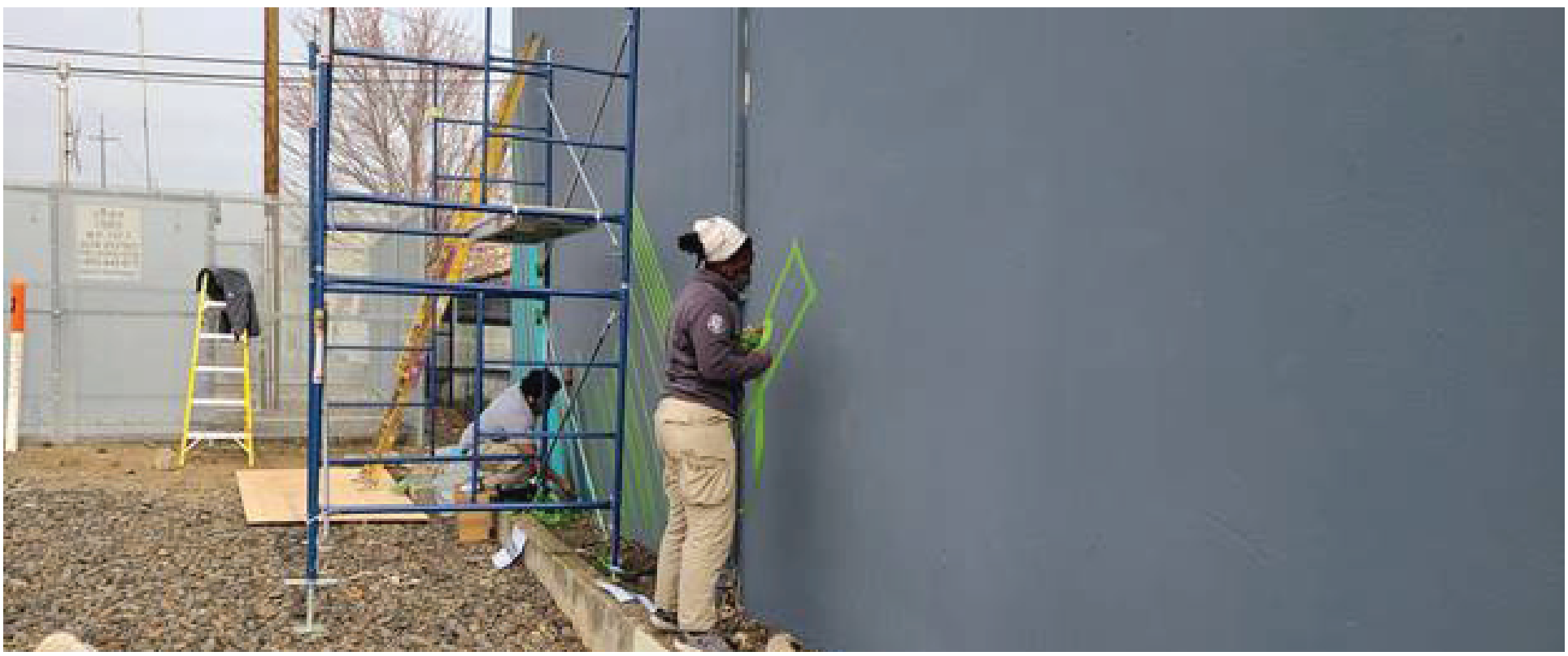
New Mural in Sacramento to be Painted at Sacramento YMCA Child Development Center



The YMCA of Superior California is announcing a new mural has been commissioned, with work already started, at the Sacramento Central YMCA Child Development Center at 2021 W Street in Sacramento. The mural will be 120 feet long, and 16 feet high. The mural, designed by Adinah Hopkins, will begin to emerge in the coming days. Mural themes will include social responsibility and youth development, while also celebrating the nature that is native to California. The mural will greet commuters each day along the Sacramento RT Blue Line between W Street and V Street, and 19th and 20th streets.

The mural is made possible thanks to Habitat for Humanity of Greater Sacramento and AmeriCorps NCCC Pacific Region, Team Gold 3. Team members from AmeriCorps began preparing the wall for the project on Friday, February 5. The mural project collaboration came about through outreach from Jennifer Moore, YMCA Sr. Director for Youth Development. Jennifer Moore will be coordinating the volunteer efforts. Jennifer Moore can be reached at jmoore@ymcasuperiorcal.org.

"This mural reflects what we do here at the Y. We create beautiful change," said Sharna Braucks, President & CEO, YMCA of Superior California. "Our child care center specifically is helping to develop young children and our future depends on them… and you, the public at large. We are grateful to Habitat for Humanity of Greater Sacramento and AmeriCorps NCCC Pacific Region Team Gold 3 for creating something beautiful on the outside of our walls that conveys the work that we do inside of them. This mural is not just a gift to the YMCA, but a gift to the people of Sacramento."

"The mission of Habitat for Humanity of Greater Sacramento is to bring people together to build hope, homes, and community" said Leah Miller, President & CEO, Habitat for Humanity of Greater Sacramento. "We are proud to be able to play a small part in helping make this collaborative community project possible."

"As an artist I am elated to push my work out into the public" said Adinah Hopkins, Team Gold 3 Member, AmeriCorps NCCC Pacific Region. "But I really enjoy interacting with the community instead of being cooped up in a studio. The mural adds to the plethora of community's other public works further beautifying the neighborhood."

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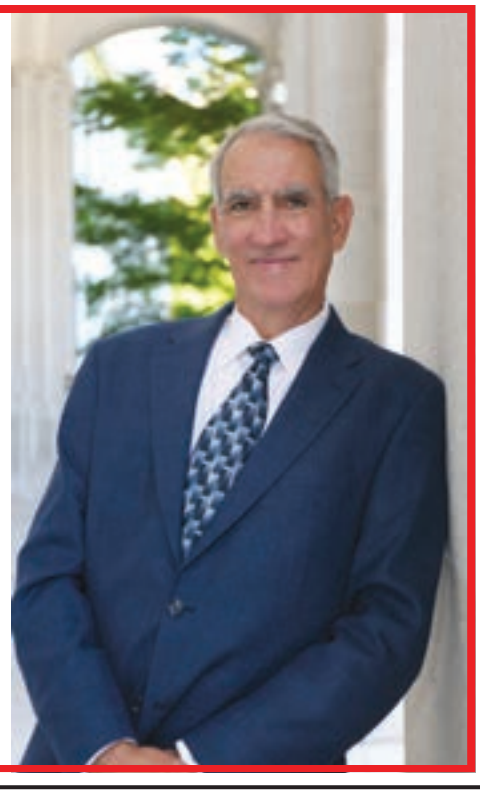

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Bringing $100 million to 1,000

SBDC initiative to connect Black-businesses with capital

Looking to take a bite out of COVID losses and rebuild a suffering segment of the economy, The Inclusivity Project launched on Feb. 16 with the goal of securing $100 million for 1,000 Black-owned businesses.

It's been estimated that half of the nation's Black entrepreneurs have been forced out of business by COVID-related circumstances, but Chris Horton isn't taking that lying down. A finance expert for the nonprofit organization Northern California Small Business Development Centers (Norcal SBDC), Horton is leading a new initiative to reach and help Black small business owners level the playing field when it comes to working capital.

The Inclusivity Project is an initiative of the Norcal SBDC network, in affiliation with the Norcal Financial Development Corporation (Norcal FDC) and has the support of dozens of partner organizations that care about increasing the success of Black business owners.

The Norcal SBDC – which is funded in part by the U.S. Small Business Administration and the State of California – wants The Inclusivity Project to shine a light on the needs of Black entrepreneurs and provide a safety net that can help them preserve their existing business or start a new enterprise in Northern California.

Expert business advising and training opportunities are among the many resources available at no-cost to small businesses through the SBDC program. Throughout 2020, the organization has been hyper-focused on building a cache of COVID resources and being the go-to for loans and grants designed to survive the crisis.

"One hundred million dollars is a lofty goal, but the SBDC is committed to economic diversity as it breeds economic vitality, and I think we are up for the task," Horton said. "It's my hope that this opportunity will bring needed attention to Black and minority-owned businesses and demonstrate that the SBDC ecosystem serves all people and bridges pathways for minority-owned businesses to financial platforms to stand on."

For more information or to apply for services, go to TheInclusivityProject.com and sign up. For more information on the Norcal Small Business Development Center Program, go to norcalsbdc.org.

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First-of-its-kind health clinic for foster children opens in Sacramento

Clinic is a joint partnership between UC Davis Health and Sacramento County Health Center

UC Davis Health has partnered with the Sacramento County Health Center to open a first-of-its-kind clinic in Sacramento to provide medical care for children in the foster care system.

Located in the Sacramento County Health Center, it's called the CIRCLE clinic, which stands for Comprehensive Integration of Resilience into Child Life Experiences. The clinic opened last November at 4600 Broadway.

The Sacramento County Health Center is a Federally Qualified Health Center that provides primary care and behavioral health services to low income residents of Sacramento County.

The purpose of the CIRCLE clinic is to:

-offer a medical home for the children and adolescents of Sacramento County involved in child welfare

-offer primary pediatric care from UC Davis pediatricians

-coordinate specialty care

-coordinate and provide mental health services in partnership with the UC Davis CAARE Center

-screen and refer for any behavior and developmental concerns in partnership with providers at the UC Davis MIND Institute

-connect the child and family with appropriate resources in the community

-offer appropriate follow-up and communication to close the loop with child welfare providers

"The key part of this model is to provide care coordination, not only with child welfare but also with those involved in the child's life in a child-centered manner. We have integrated general pediatricians, mental care professionals, behavioral therapists and child psychiatrists, along with public health nurses and the county's child welfare," said UC Davis volunteer clinical faculty member and pediatrician Katy Carlsen, who has helped spearhead these efforts and donated funds to make this clinic possible. A UC Davis endowment has also been established to generate funds.

UC Davis pediatrician Albina Gogo has been part of a workgroup for the past three years to create this clinic and works there part time.

"Adverse Childhood Experiences (ACEs), including being in the foster care system, can create trauma and impact the health and well-being of children. The CIRCLE clinic provides comprehensive, trauma-informed, culturally-sensitive health care to help instill resilience into these children's lives, resulting in better long-term health outcomes and more stable foster home placements," Gogo said.

So far, the team has seen about a dozen pediatric patients.

"I was super excited when I heard about it," said Monica Foote, a former foster child who is now a foster parent, who came to the clinic for the first time this month. "I experienced a lot of trauma in the system and it did affect my physical health. I'm glad that there is a clinic like this. It's really touched my heart."

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★ ★ ★

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★★★ GO FIGURE!

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Food for thought...

By Melissa Andrews

There is no question that we are all getting pretty COVID-weary now after a full year. This virus has been politically weaponized and used to divide a painfully divided country even further. Masks, which haven't been scientifically proven to actually stop or reduce the spread, have been used to further antagonize folks on both sides – the mask wearers vs the non-mask wearers. We have received a barrage of data 24/7 – some true, some fabricated – but adding fuel to the fire. Virtue signaling (the action or practice of publicly expressing opinions or sentiments intended to demonstrate one's good character or the moral correctness of one's position on a particular issue) via masks, and now the vaccine, has continued to fan the flames. In the past, things such as this have brought a country together – we were 'in the fight together' against a common enemy – but not this time.

Our governor does not make laws – that is a legislative responsibility. Mandates are not laws, and last I knew, we still had some freedom of choice. Masks outside? Masks in the car when you are driving alone? Masks in your own home??? It doesn't take much research to find scientific information about the dangers of mask-wearing for extended periods of time – bacteria and fungus develop on the inside of your mask – including a fungus that is actually lethal - you are essentially re-breathing your own waste, to put it bluntly.

The fall-out and collateral damage from the lock-downs have had devastating effects on people and families – increased drug & alcohol use; child & domestic abuse and violence; depression, suicide; loss of income, businesses, jobs, life-long livelihoods that cannot be rebuilt. Children have suffered through isolation, resulting from the inability to socialize and learn in a group setting. Seniors have been among those most profoundly affected by isolation. Sadly, this list is far-reaching.

So, let's make a shift to the flip side. What are some of the benefits from the past year? Well, the air is cleaner and fresher than in decades – the result of many fewer cars on the road, people doing less driving. People have learned that they CAN work from home, again, reducing the number of commuters but along with this, businesses have realized that they can operate successfully with a remote work-force = reduced operating costs = possibly higher wages? Families have been forced together for extended periods of time – could be a plus OR a minus LOL – but COVID has offered an extended time-out of sorts, during which anyone who takes the time to reflect, might consider their priorities – take stock of what is really important: connecting with family, spouse, children and friends on a deeper level; cleaning house, both literally and figuratively to make space for what's coming next; appreciate the quiet; read a book or take a walk; prepare healthy meals and eat TOGETHER (what a novel concept, eh?); interacting with children relative to school work and the remote learning process (actually knowing what children are being taught); reduced expenses from not eating out, driving/commuting, no leisure/membership activities, actually going anywhere.

There is no argument that this has been a difficult time. There is a continuum relative to the degree to which people have been affected: some have lost everything, others have been virtually unaffected, and everything in between. I guess it's just the luck of the draw. That said, we will be experiencing the fall-out from this for decades. This virus will be replaced by some new, deadly virus; vaccines will be developed for better or worse, but it should always be one's choice whether to accept it or not, and people's choices should be honored on both sides. We should be allowed to express our beliefs without condemnation, censure or judgment. Let's demonstrate a little more tolerance, patience, openness and the ability to carry on civil discourse on important issues where we disagree. And sometimes, we simply just need to shut up and 'agree to disagree.'





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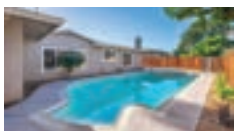

Spectacular remodel is devoted to satisfy the pickiest of buyers with its welcoming open floor plan, 3 bedrooms and 2 baths, a separate kitchen/family room combo with a wet bar and plenty of storage. Front yard features custom iron gated courtyard and backyard has a sparkling pool with all new deck and patio that will accommodate all of your post pandemic entertaining plans. This gorgeous home feels like a new home. Brand new roof, white cabinets, white quartz counter tops, high-end luxury Vinyl floors throughout and so much more. Way too much to mentions. The new kitchen and bathrooms are truly amazing. Lots of natural light shines through the dual pane windows. The lush greenbelt down the street is wonderful for walking it leads to the Sac River.

3 beds , 2 baths, 2203 square feet per assessor



1. Name the group that had a hit with "I'm Telling You Now."
2. Which Beatles song was originally titled "Daisy Hawkins"?
3. What blues singer who was born McKinley Morganfield.
4. Who originally released "Our Day Will come"?
5. Name the song that contains this lyric: "We go along harmonizing a song, or I'm reciting a poem, The owls go by and they give me the eye."

Answers

1. Freddie and the Dreamers, in 1965. Hunt up a copy of the original song (YouTube) and listen to lead singer Freddie Garrity. The world was denied a great singer when the group's success never materialized.
2. "Eleanor Rigby," in 1966. Paul McCartney wrote the song in pieces, after originally coming up with the Daisy Hawkins line.
3. Muddy Waters, often cited as the "father of modern Chicago blues." He was first recorded by the Library of Congress folk music project in 1941.
4. Ruby & The Romantics, in 1963, followed by numerous others that same year.
5. "Walkin' My Baby Back Home," most notably by Johnnie Ray in 1952. Ray was deaf due to a childhood accident, but is considered by many as the father of rock and roll.

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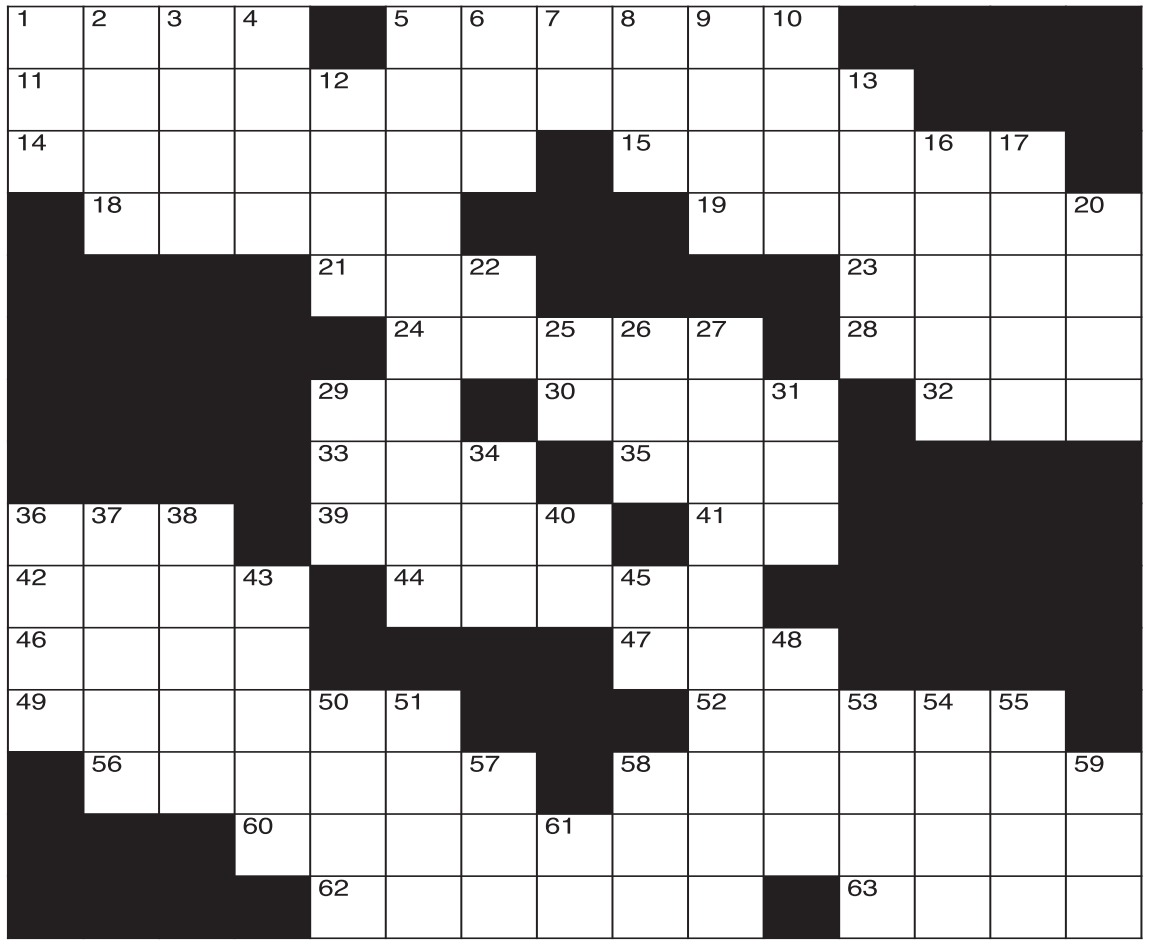
CROSSWORD



CLUES ACROSS

1. One of Noah's sons
5. Openings
11. Rising from the dead
14. Expressions for humorous effect
15. North American country
18. Flowed over
19. Tags
21. Long-lasting light bulb
23. Off-Broadway theater award
24. Khoikhoi peoples
28. Beloved movie pig
29. South Dakota
30. Tai language
32. Get free of
33. Afflict
35. Transmits genetic information from DNA
36. Commercials
39. Digits
41. Expression of sympathy
42. Bleats
44. Swiss Nobel Peace Prize winner
46. Vegetable
47. Turf
49. Disorganized in character
52. Takes
56. Rules over
58. More fervid
60. Sweet drink
62. Cry loudly
63. A friendly nation

CLUES DOWN

1. A title of respect in India
2. His and __
3. Employee stock ownership plan
4. A type of bond (abbr.)
5. Acting as if you are
6. Affirmative
7. Not caps
8. Type of medication
9. Monetary unit
10. Private school in New York
12. Small stream
13. A person of wealth
16. Exclude
17. Someone who vouches for you
20. Vegetable part
22. Gov't lawyer
25. Term to address a woman
26. Swiss river
27. About senator
29. __ Paulo, city
31. Native American tribe
34. "Titanic" actor
36. Campaign for students' rights (abbr.)
37. Capital of Senegal
38. Slang for military leader
40. Football's big game
43. Women who threw themselves on funeral pyres
45. Equally
48. Forest animal
50. Heavy stoves
51. Releasing hormone (abbr.)
53. Song
54. Type of pickle
55. Offer in return for money
57. Soviet Socialist Republic
58. Burns wood (abbr.)
59. Beloved singer Charles
61. Three-toed sloth



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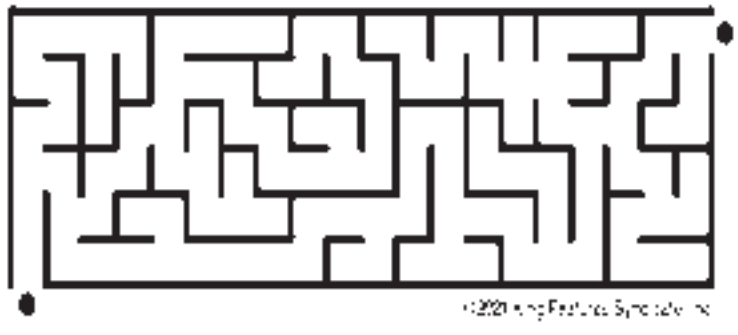
Kids' Maze



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Caffe Latte



By Devin Lavelle

The Pocket Greenhaven Community Association's featured business is Caffe Latte, join us as we get to know its new co-owner, Fadi Tashman. He and his brother, Suleiman recently purchased the restaurant from its longtime owners Teresa and Daniel LaVelle who are enjoying retirement.

Devin: Hi Fadi, thanks for taking the time to talk to me. Congratulations on your new business! Can you tell me a little bit about yourself and your background?

Fadi: Thanks, Devin! We are excited to be here! It has been my passion and my dream to run my own restaurant for years! While I was attending San Jose State, I started working at a restaurant called Squat and Gobble. After graduating I was promoted to manager and really enjoyed learning the whole business, but making people happy is always my number one target.

Devin: Makes sense that you are in the front of the house then.

Fadi: Yes, I'm taking care of the customers while my brother Suleiman is in the kitchen making the food. He followed a similar path. He was attending the Academy of Art, where he finished his Master's in Film Directing while cooking at Crepevine. While we have our own jobs, we are really partners and share everything in the development of the restaurant from the design of the menu to the internal decoration.

Devin: That's great. It's awesome you have that kind of relationship with your brother. Family is so important. This must have really been a difficult time to go into business, as hard hit as restaurants have been during the pandemic?

Fadi: Yes, it is scary. Every day is stressful, hoping things will improve enough to start offering indoor service. We had been talking with Daniel and Teresa about purchasing the restaurant before COVID happened. That put the process on hold for a while. After a while, we were able to make a deal that worked for them and us so we bought it. We are very excited and truly appreciate all of the customers who have been eating on our comfortable patio and getting takeout. We cannot wait to have big groups return for their morning coffee after COVID.

Devin: It is really brave that you were willing to invest in your business and our community with all the challenges and uncertainty of COVID. I've had so many gatherings and meetings over coffee with friends from around the community over the years. I'm looking forward to being able to do it again someday soon. So items on the menu look similar, but there are also a lot of new, exciting choices. What should neighbors expect when they come in?

Fadi: Good question. We definitely wanted to keep the most popular favorites, dishes like the Potato Platter and Corned Beef Hash.

Devin: I see you still have a Croissant Breakfast Sandwich. That was always my favorite!

Fadi: Yes, we do! My favorite is the Shawerma. It has a sliced chicken breast, marinated and grilled, wrapped in lavash with creamy garlic and pickles, served with Caesar salad. We do it with our homemade garlic aïoli sauce. It's presented in the real style of Shawarma which only has chicken, pickles, and garlic aïoli nothing else. Another personal favorite is the

see Cafe page 15

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Music program continues unique series of events during pandemic



The Cosumnes River College (CRC) Music Department continues its unique series of online performances as a way to serve students "outside the classroom" during the pandemic. The college remains in an online teaching environment and the music program is responding with creative new ways of reaching its students and community.

The music department created "CRC Music: In the Studio" last fall as a weekly series featuring innovative artists who pushed the boundaries in their fields. The series also highlighted student voices through a series of open mics and student ensemble performances.

The series was so successful, the music department decided to continue the program this spring semester.

"This series is a tremendous opportunity for our students to interact weekly with world class artists from across North America, including some right here in our own backyard," said CRC Music Professor Kurt Erickson.

Erickson added that the CRC music department is taking the lead by providing innovative programming one would expect to find at world-renowned, four-year universities, not at the community college level.

The innovation of putting something like "The CRC Music: In the Studio" together is what is putting this department at the forefront of creative programming in the community.

The "In the Studio" events take place each Friday at 12:00 pm and feature a rotation of special guests, student performances, and workshops with live Q&A.

For more information on this series of events or the CRC Music Program, contact Erickson at EricksK@crc.losrios.edu or Omari Tau at WilliaO@crc.losrios.edu.

Go Figure!

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Cafe:

continued from page 11

Asian Chicken Salad. I love the fresh-roasted peanuts tossed with coconut and honey, especially when you mix it with the homemade sesame soy dressing!

Devin: I have had both of those dishes and enjoyed them a lot! What else should neighbors look for?

Fadi: First of all, you'll notice we've updated the decoration quite a bit. Every day after we close, we work for several hours to improve the space. People have really been enjoying the new, quiet music we've added. We will have three TVs up for customers to enjoy when we are able to offer indoor dining. We replaced the main sign, but also kept the old sign as decoration on the back wall. Suleiman was excited to add crepes to the menu. He makes them as really tasty sweet treats. We also have great breakfast dishes including pancakes, French toast, and The Mission breakfast burrito. Lots of options to incorporate fresh fruit into these dishes for a healthy but delicious choice! We also have several burger and sandwich options and the soup is delicious, it rotates daily. Suleiman would also want to make sure that I mention that we only use fresh meat, nothing frozen. It makes a big difference in the flavor and the texture of our food. And in the next month or so, we plan to roll out an expanded vegetarian menu.

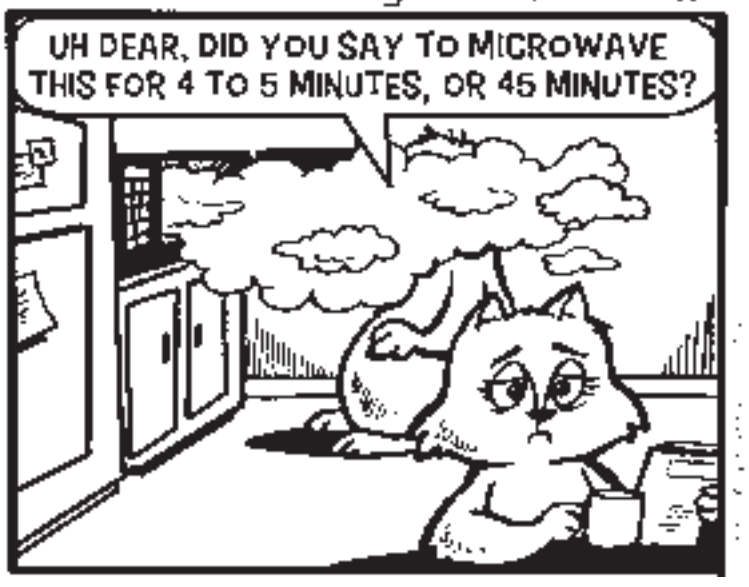
Devin: Sounds great. You really have brightened things up quite a bit in here. Last question, and then I'll order the Club Sandwich and the soup of the day (tomato-basil). I'm getting hungry hearing about all your food! Why did you decide to do business here in the Pocket-Greenhaven neighborhood?

Fadi: Truthfully, it was just good luck. We were looking for an opportunity to purchase an existing restaurant and this came up. We feel so lucky to be in such a great neighborhood, though. The people are so friendly and supportive. We feel like we were instantly a part of the community.

Devin: That's wonderful, this community is so tightly knit. I love to hear that you have been embraced so quickly. And I have heard great feedback on NextDoor and Facebook as well! I hope any neighbors that have not had the chance yet come pay you a visit at Riverlake Village (Pocket & Greenhaven or check out the website at caffelatterestaurant.com/). Welcome to the neighborhood!

Local businesses interested in being featured can visit featured.pocketgreenhaven.org.

Just Like Cats & Dogs — by Dave T Phipps



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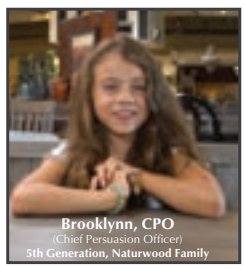

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