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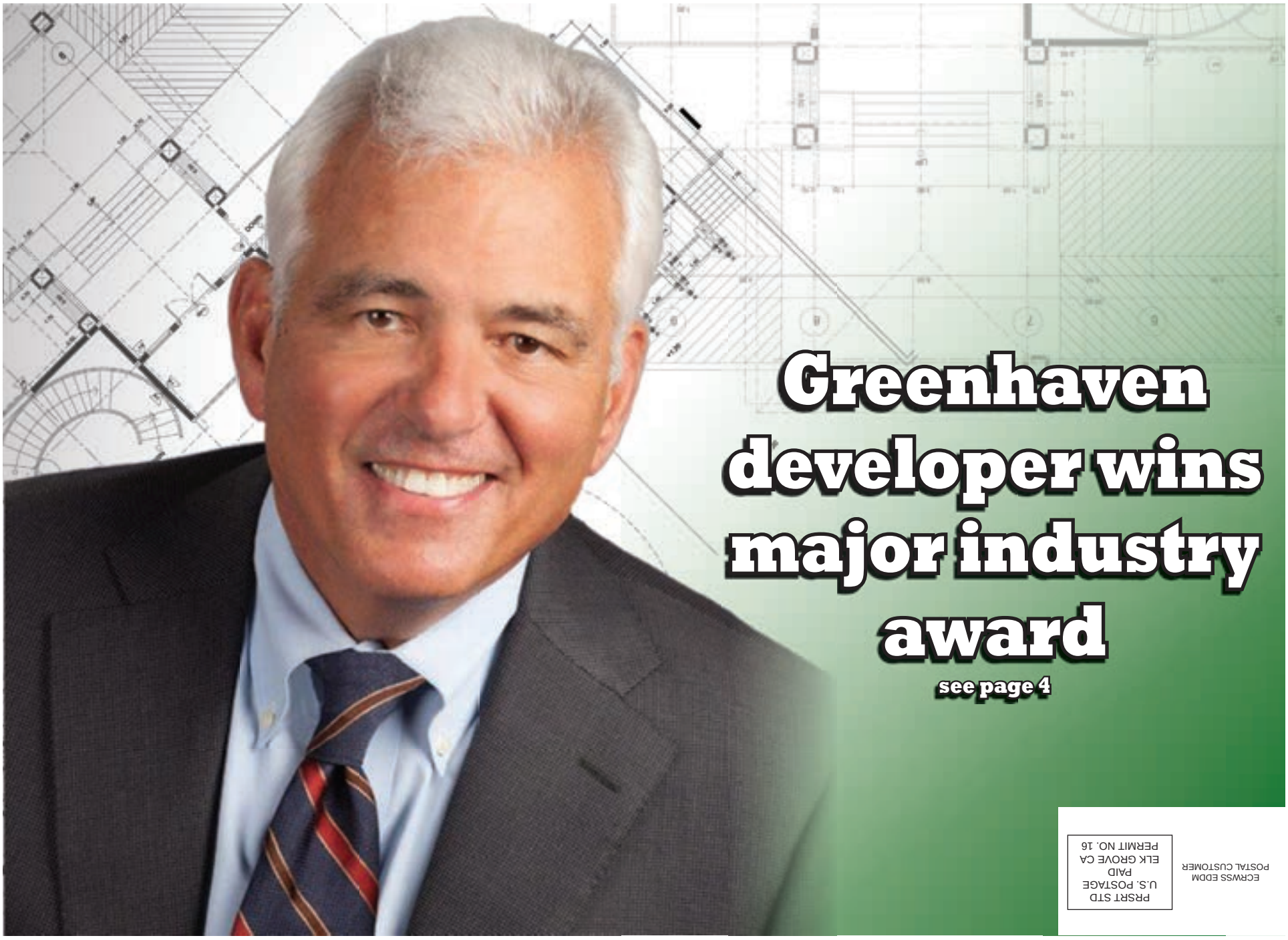

Greenhaven developer wins major industry award

see page 4

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4 Beds | 2.5 Baths | 2,322 sq ft
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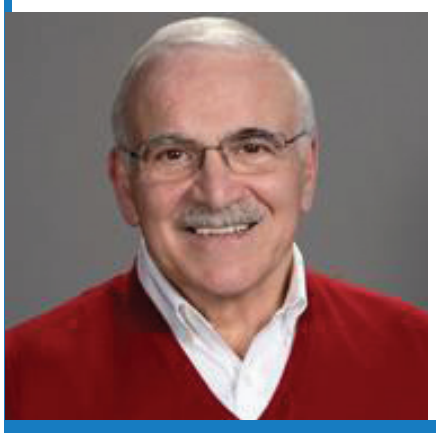

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Stage 2 Sacramento River levee work now underway in the Pocket

By Jim Geary
Special to the Pocket News

On Friday, March 12, the U. S. Army Corps Of Engineers, Sacramento District Held a two hour on-line briefing regarding the Stage 2 work to be done on our Pocket levee system on the Sacramento River. The Corps recently awarded a $29.5 million construction to Nordic Industries Inc. for 1.8 miles of levee improvements at four sites along the Sacramento River East Levee. Construction in 2021 will entail installation of seepage cutoff walls on both sides of Business 80/Highway 50 just upstream of Miller Park, on the south side of the Little Pocket, and on the north side of the Big Pocket. This article reviews the Big Pocket portion of the project.

The construction is to be performed between April and October of this year. Similar annual contracts (Stages 3 and 4) will be awarded for 2022 and 2003 in order to complete the reconstruction of our levee system. The primary impacts of the project for 2021 on our neighborhood are described below.

1. The levee from a 1/3 of mile above Zacharias Park downriver to approximately the corner of Surfside Way and Benham Way will closed completely to the public, including those homes adjacent to the levee.

2. Zacharias Park will be the main staging point for equipment and materials. It is scheduled to remain completely closed from April to December for this project and then probably for a similar time frame during the 2022 project. Access to the pedestrian bridge over Riverside Blvd. will maintained throughout the project. North Point Way Green Space will also be used as a smaller staging area for 2021.

3. Actual construction will take place from April 1 through October, Monday through Saturday, 12 hours a day. Based upon the 2020 project, only the staging area was used for these many hours and days.

As specific sections of the levee were being reconstructed, the days and hours varied considerably.

4. The primary roads used for access will be Riverside Blvd., Grangers Dairy Road and North Point Way. These roads will be used for the movement of heavy machinery, supplies and the movement of a

substantial amount of soil, both to and from the work sites. By far the most traffic for the 2020 project were the dump trucks traveling to and from the main staging area, Garcia Bend Park. It was not unusual to see 10-15 trucks waiting on Pocket Road to gain access to the Park at 7 a.m. The trucks then rotated throughout the day removing and replacing soil.

5. In general, Pocket portion of the project consists of the removal of a minimum of 3 feet up to half of levee height for 1.4 miles, installation of a "conventional cutoff wall" down the middle of the levee approximately 80-plus deep and restoration of the levee to its present size. Specific details of the work scheduled to be done at any point on the levee can be viewed at the project's website at sacleveeupgrades.com.

6. The Corps restated that it will not replace any private encroachments removed on the levee, including fences, gates, staircases etc. The Central Valley Flood Protection Board (CVFPB) is the sole agency authorized to issue new permits.

7. Similar to the 2020 project, alternative pedestrian and bike routes will be posted along the Pocket roads, primarily Riverside Blvd. and Pocket Road.

Upon completion of all stages (all are totally funded) the Pocket will transition from one of the highest "at risk flood zones" to one of the safest bordering on a major complex of rivers in the United States.

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South Land Park businesses respond to state's full reopening plan

By LANCE ARMSTRONG



Photos by Lance Armstrong

Sergio Barrios-Roman, co-owner of Barrio Café, does not agree with the plan for California to fully reopen its economy on June 15

With Gov. Gavin Newsom's April 6 announcement that California's economy could fully reopen in June, if current COVID-19 trends continue, various South Land Park business operators last week shared their thoughts on that plan.

The two necessary conditions for this plan to go into effect are there must be a sufficient supply of COVID-19 vaccines for Californians who are ages 16 years and older, and the state's hospitalization rates must be stable and low.

California has reportedly administered 20 million vaccines, including 4 million in the state's hardest-hit communities.

If the full reopening goes into effect on June 15, the state's face mask mandate will remain in place.

During this publication's April 14 visit to the South Hills Shopping Center in South Land Park, Sergio Barrios-Roman, co-owner of Barrio Café, shared what he thinks about the plan to fully reopen the state's economy.

"I think that they are speeding a little too much (toward a full reopening)," he said. "The numbers are higher than even the last time they started to close the economy, for the second time."

Barrios-Roman mentioned that his business is currently earning about 75% of the income it was making before the pandemic, and that 50% of that money is used for the payroll of its employees. This business also began offering dinners as a result of financial challenges during the pandemic.

Beverly Chan, owner of Beverly's Unique Scrapbooking, also does not believe that California should fully reopen its economy in two months.

"I'm not happy with it, because we have socials here in the store," she said. "And my biggest problem with having people in the back (of the store) has to do with whether they're vaccinated or not.

"And I'm not sure how we would handle that. Would you ask people if they were vaccinated? Can we ask people? And if they're not vaccinated, would it be discriminating against them, if we tell them they can't attend?"

Chan added that she feels that the full reopening of the state's economy is a political move.

"I feel the reopening of the state, the whole thing is political," she said. "I don't feel that we're opening because it's safe. I think it's all political. My husband's mother is 102. The last thing I want to do is catch COVID(-19) and his mother catch it from me."

Chan noted that she was fortunate to have the type of business that did well during the pandemic, despite experiencing a four and a half-month-related closure last year.

"Basically, we sell stuff for scrapbooking and for card making, and what people have been doing since COVID(-19), they're home,"

see Reopening page 8

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Greenhaven developer wins major industry award

The North State Building Industry Association saluted legendary Sacramento-area developer William R. Parker for his induction into the California Homebuilding Foundation Hall of Fame, which honors members of the industry for lifetime achievements.

Parker, president of family-owned Parker Development Co., is responsible for some of the region's most honored communities, including Greenhaven and Riverlake in Sacramento, The Parkway in Folsom and Serrano in El Dorado Hills.

Michael Strech, the BIA's President and CEO, said Parker's selection for the Hall of Fame is long overdue.

"Bill Parker's work has been recognized with numerous national awards for design excellence and high-quality amenities, perhaps most notably Serrano's designation in 1997 as the National Association of Home Builders National Community of the Year," Strech said.

"His outstanding communities are noted for their thoughtful design and amenities, such as the extensive trail system and open space in The Parkway and the spectacular golf course that highlights Serrano. Today, some 13,000 families live in Parker Development communities. And Bill was intimately involved in every aspect of the development of these communities."

Strech noted that the developments all had significant constraints that had to be overcome, such as a high water table at Riverlake and an extensive series of wetlands and vernal pools at The Parkway. These problems were overcome by creating a lake at Riverlake and a magnificent trail and bridge system at The Parkway.

"But Bill really demonstrated his vision and his ability as a problem solver at Serrano. A drought had caused El Dorado County to declare a water emergency. To overcome the challenge, Parker's team created the largest recycled water system in California to irrigate the golf course and landscaped public areas – a concept now used by developers around the country. The system saves a billion gallons a year of fresh water in El Dorado County," Strech added.

Parker said he was honored to be selected and proud of the communities his family and their long-serving team have developed.

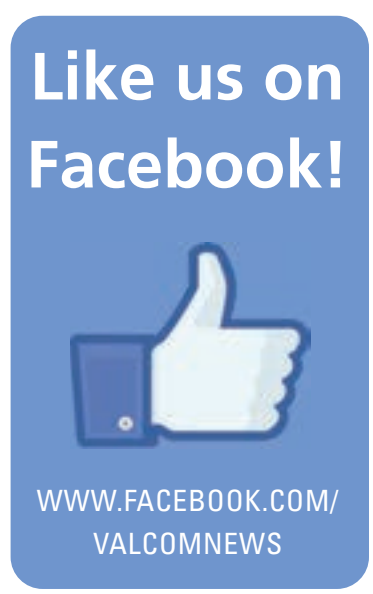
"I deeply appreciate this honor from the California Homebuilding Foundation," Parker said. "I have spent most of my life dedicated to the company and our developments. I, along with my brothers and team, have worked diligently to create communities and amenities for people to enjoy for generations to come. When I drive though one of our neighborhoods and see families walking with strollers, children biking, or how the natural landscapes are woven between the homes, I can feel proud of what we've have created."

His brother, Jim, the company's vice president, said Bill Parker has truly been a visionary who has also created a family who have worked together to make his visions a reality.

see BIA page 5







BIA:

continued form page 4

"There's a team of about 20 long-tenured employees in the company, each doing his or her part to create outstanding developments and make Parker Development Company as successful and reputable as possible," Jim Parker said. "Those standards of excellence all start with Bill. I think I can speak for all the staff when I say we are all proud to work with Bill, and Parker Development Company. I am particularly proud, because he is my brother."

The Parkers grew up with homebuilding in their blood as their father, Harold, was a leading builder in the 1950s and '60s. The company first came to national attention in 1962, when NAHB named its Greenhaven project the National Community of the Year – the same honor the company later earned for Serrano. Bill completed that project after joining the family business in 1969 upon graduation from UC Davis and serving in the Army National Guard. He became company president when his father died unexpectedly in 1976.

But as Jim Parker recalled, their "careers" began much earlier than that.

"My brothers and I worked summers, side-by-side as teenagers in Greenhaven, and I don't mean in adjacent offices – I mean in adjacent ditches. We dug ditches and spread sand and cobble around Lake Greenhaven by hand and began our economics education in the process. When we asked our father, 'Can't you do this much faster with a tractor?' he said, 'Yes, about twice as fast, but you guys cost 1/10 as much and you don't break down.'"

Like so many homebuilding leaders, Parker is also committed to giving back to his community. Through his companies and a charitable foundation he established, he has supported many local charities and non-profits, including St. Francis High School, the Boys & Girls Clubs of El Dorado Hills, Lake Tahoe and Sacramento, Saint Michael's Episcopal Day School, Sierra Forever Families, Sutter Medical Center, Mercy Foundation, 3Strands Global, UC Davis Foundation Scholarships, the YMCA of Superior California, First Tee of Sacramento, El Dorado Community Foundation and numerous local charities in El Dorado County.

He has also been a generous volunteer with the BIA, serving two three-year terms on the Board of Directors, and is also a member of the El Dorado County Association of Realtors, the Sacramento Metro Chamber of Commerce and the Grandfathers Club of America.

"It is developers like Bill Parker who have created the neighborhoods that make the Sacramento region such a desirable place to live, and who have inspired the developers and builders creating today's new home communities," Strech said. "It's an honor to know Bill, and I'm proud to congratulate him on this high honor."

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.

	×		−		22
×		×		÷	
	×		+		14
−		+		+	
	×		−		12
17		18		13	

2 3 3 4 5 6 7 8 9

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Solutions page 6

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to safety.

U D E G C N I A

Answer: Guidance

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by one letter, which has already been revealed. For example, if one clue is "Change the A from MASTER to get a new word" and the answer is MISTER. Do not change the order of the letters.

1	Unfocused	B					Bout of activity	F					
2	Chess expert		A				Summon together		U				
3	Official ambassador			V			Take pleasure in			J			
4	Spaceship					T	Grandma's chair						R
5	Grumble and whine				P		Greasy dirt					M	
6	Knitting container		A				Fence style		I				
7	Rent					S	Depart					V	
8	Serving tray		A				Lone Ranger's steed		I				
9	Come in second				C		Dinner dish					T	
10	Stroke of luck				K		Tall wine glass					T	

Solutions page 6

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Weekly Bible Studies - Jr/Sr High Events

Popular weed killer has been linked with Parkinson's disease

Over 10 million pounds of the weed killer paraquat are sprayed in the United States every year. Data from the United States Geological Survey shows that it is used heavily in the Central Valley of California. The chemical was first synthesized in 1882 and has been sold as a weed killer since 1962.

Paraquat is popular because it is inexpensive, and it is often used on weeds which have become resistant to the herbicide glyphosate. However, it has also been banned in the European Union since 2007. One reason given for the ban was that studies linking paraquat with Parkinson's disease (PD) weren't properly taken into account when authorizing the use of paraquat in the EU.

Science links paraquat with PD

A 2009 study found that those exposed to paraquat were more than three times as likely to develop PD than those not exposed to it.

A 2011 National Institutes of Health study found that private pesticide applicators who had been exposed to paraquat were 2.5 times more likely to be diagnosed with PD compared to people not exposed to paraquat.

A 2013 study found that those exposed to paraquat were about twice as likely to develop PD than those not exposed to it.

Scientists have known for a while that paraquat can cause the symptoms of PD in animals. That's why scientists who wish to study the symptoms of PD in animals literally give animals paraquat to intentionally give them PD symptoms.

How paraquat may cause PD

Our brains contain dopaminergic neurons. These neurons produce dopamine. Dopamine may be best known as the chemical in our brains which motivates us to seek rewards. However, it is also critical to the brain's motor control, or our brain's ability to control our movements.

PD primarily affects our motor control. The primary symptoms of PD are shaking, slow movements and reflexes, stiffness, and poor balance.

Science has known since 1933 that paraquat has strong redox potential, meaning it readily exchanges electrons with other chemicals. Chemicals with strong redox potential can start a process known as redox cycling which can cycle indefinitely in the right conditions, such as inside human cells, where plenty of oxygen is present.

Redox cycling can produce molecules known as reactive oxygen species, which can cause a phenomenon known as oxidative stress in living cells. Oxidative stress has been found by a 2005 study and a 2018 study to kill dopaminergic neurons.

Dopaminergic neurons are not replaced when they die. They do not grow back. The motor symptoms of Parkinson's disease can result when too many of them die.

A 2005 study found that paraquat may kill dopaminergic neurons by creating reactive oxygen species through redox cycling.

How paraquat may get into the brain

So, it appears paraquat may cause PD by getting in the brain and killing dopaminergic neurons. Worse yet, it appears paraquat's redox cycling may repeat indefinitely in human brain cells, meaning it may continue to kill dopaminergic neurons until you die once it gets in your brain. How does it get into the brain?

It appears as if the blood-brain barrier may prevent paraquat from entering the brain through our bloodstream. However, it appears paraquat may be able to bypass the blood-brain barrier via olfactory neurons when inhaled. A 2017 review's findings supported the hypothesis that inhaled toxins may cause PD.

What is being done?

Lawmakers introduced the Protect Against Paraquat Act in 2019, which sought to ban paraquat use in the United States, but the bill died in Congress without receiving a vote.

Lawmakers then introduced the Protect America's Children from Toxic Pesticides Act in 2020. It, too, sought to ban paraquat use and it, too, died in Congress without receiving a vote.

Paraquat is not only banned in the EU, but it has been banned or is being phased out in over 30 countries, including China and Brazil.

Numerous lawsuits are now being filed across the United States by people who have developed PD after being exposed to paraquat. The lawsuits allege that paraquat makers knew or should have known it could cause PD when used as intended, but failed to warn about the PD risk and failed to instruct paraquat users on how to protect themselves from paraquat exposure, such as by using masks or gloves.

Those who have developed PD after being exposed to paraquat have two years from the date they discovered their PD may have been caused by paraquat to file a lawsuit in California.

About the author

Jeffrey Nadrich is the managing partner of Nadrich & Cohen Accident Injury Lawyers, a California personal injury law firm which represents victims of PD who have been exposed to paraquat.

Oracion Al Espiritu Santo

Espíritu Santo, tú que me aclaras todo, que iluminas todos los caminos para que yo alcance mi ideal, tú que me das el don divino de perdonar y olvidar el mal que me hacen y que en todos los instantes de mi vida estás conmigo, yo quiero en este corto dialogo agradecerte por todo y confirmer una vez más que nunca quiero separarme de ti, por mayor que sea la ilusión material. Deseo estar contigo y todos mis seres querido en la gloria perpetua. Gracias también port tu misericordia para conmigo y los míos.
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answers

6	×	5	–	8	22
×		×		÷	
4	×	3	+	2	14
–		+		+	
7	×	3	–	9	12
17		18		13	

Even Exchange
answers

1. Blurry, Flurry
2. Master, Muster
3. Envoy, Enjoy
4. Rocket, Rocket
5. Gripe, Grime
6. Packet, Picket
7. Lease, Leave
8. Salver, Silver
9. Place, Plate
10. Fluke, Flute

The Nature of Things at Effie Yeaw





The Nature of Things is Effie Yeaw's science-based program for adults who want to expand their knowledge of the natural world. Most programs in the series include both a seminar and a field study, allowing participants to gain relevant background information before applying their new knowledge or skills out in the field. Guest presenters include naturalists, rangers, photographers, authors and educators. The program is for ages 12 to adult, unless otherwise specified in program description. Program costs vary, depending on presenter, subject and number of seminar and field studies included.

Beginning Birding with Rich Howard

Virtual Lectures

Tuesdays at 6:30 p.m.

May 18, May 25, June 1, June 8, June 15

This class will introduce the basics of birding, from binoculars to ethics. In five Zoom meeting sessions, Howard will teach the distinguishing marks of the 100 most common birds of Effie Yeaw Nature Center and the American River Parkway. Photos, many of them taken locally, will be supplemented by the sounds birds make, which are often the best way to find and identify birds.

About Rich Howard:

Rich Howard is a native Californian whose love of birds and nature has taken him to all seven continents. Since retiring as an environmental scientist in 2013, he has visited Effie Yeaw Nature Center nearly every week. Contact Sara at SaraT@SacNatureCenter.net or call (916) 489-4918.

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Binh Le, a manicurist at Royal's Nails in the South Hills Shopping Center, said that she is glad to be working again, but has concerns with the plan to fully reopen the state's economy in two months.

Reopening:

continued form page 3

she said. "So, they've been going through their photo albums and taking pictures and deciding what they're going to do with them or they've been making cards. You know, they're just trying to stay busy."

Among the businesses most affected by the government stay-at-home orders have been hair and nail salons, barbershops and nail salons.

Binh Le, a manicurist at Royal's Nails, said that she hopes that the economy will fully reopen in June.

"We would like to reopen everything for people to get around," she said. "But it's a good thing they (still) have to wear a mask. It's good for us and for everybody else, too."

Le added that she is glad that this salon is no longer closed due to a government order.

"We didn't get any money," she said. "It was bad, but now everything reopened (at 25% capacity), and so, we're really happy for it. We still worry, because the COVID(-19) is still around. We keep things clean, so maybe we don't have any more trouble or everywhere else."

Masashi Uda, a hair stylist at South Hills Hair Studio, recalled the struggles he experienced with the government mandated closures of hair salons and barbershops.

see Reopening page 9

Access Sacramento hires its first woman as executive director

By Monica Stark

(Editor's Note: I am on the Board of Directors of Access Sacramento.)

Hailing from Community Access Television, a small media center in White River Junction, Vermont, Donna Girot is the new Executive Director of Access Sacramento, the nonprofit behind Sacramento's public access television and radio stations.

Girot is the first woman to lead Access Sacramento as Executive Director.

She takes over as Access Sacramento is poised to resume some of its basic services following a year of forced COVID-19 pandemic facility shutdowns.

Girot previously worked in public access and private television production for more than eight years. She previously led global marketing and public relations operations for three national corporations.

Girot was hired by the Access Sacramento Board of Directors after a nationwide search. She replaced past executive director, Gary Martin.

Martin came to Access Sacramento from Cosumnes River College, where he was the department chair and a professor of radio, TV, and film. He had been with the program since 1993. Before his career as a teacher, Martin worked as a newscast producer at Sacramento's KXTV Channel 10, as a weekend managing editor at KTSP in Phoenix, and as a senior newscast producer at KTVN in Reno and is a member of the National Academy of Television Arts and Sciences and the Broadcast Education Association.

Girot admits she applied for the position for purely personal reasons to be with her daughter who recently had a baby.

Back when she was at Community Access Television, a media center that serves a variety of border cities in both Vermont and New Hampshire, Girot led a team who learned to make do without the expensive equipment that bigger centers, like Sacramento, have. And, ironically, access television thrived there because, she said, the power of free speech permeates the culture there. "It was a wonderfully unique experience," Girot said.

Already appreciating the diversity of the state capital and the inherent respect residents here have for cultural differences, she's hoping to use her new position to lift individual voices and community profile.

In this vein, Girot acknowledges the value of Access Sacramento's Neighborhood News, which hones the skills of school and college students by paying them to report on local happenings for Access Local TV.

In order to help Access continue to succeed in offering services, especially when in-person classes resume, "we have to ask the community to help us financially because franchised diminishing operations are going up," she said. "We're going to start acting more like traditional nonprofits. We have to be able to afford operational costs so that we can be available on weekends for working people."

Using her community-building skills she acquired over the years on the East Coast, Girot wants to tear down roadblocks and invite the community to participate. "You have to examine your own organization, what are we doing, we're all about access. We're all about community building, and access to media, and so are we doing the best job at that," she said.

Reopening:

continued form page 8

"It was really bad," he said. "When they shut us down, for a while there, it was really a struggle.

"It's going to take a while (to return to normal). This year is a hell of a lot better than last year."

Doug Tipton, another South Hills Hair Studio hair stylist, told this publication that despite the struggles he experienced during the stay-at-home orders, he does not favor a full reopening in June.

"I think it's too soon," he said. "Everybody is just in a rush to get back out and start doing what they were doing before, whether that's right or wrong. I think (the full reopening) is to appease the people. (Newsom) is keeping the people happy."

Tipton added that he is fortunate to have other income beyond his work as a hair stylist.

"Luckily, for me, I've got two or three other things I do, too," he said. "So, even with this shutdown the last year, I was able to manage."

Reyanna Hernandez, an employee of Giovanni's Old World New York Pizzeria, noted that she still supports having businesses opened at limited capacity.

"I think it's a little early," she said. "The thing is, we still have to wear masks and have to sanitize a lot more than we usually do. It's a little (premature), especially since not everyone wears a mask properly. Even if you have the (vaccination) shots, it's still not covering everything."

Hernandez also spoke about how the stay-at-home orders affected this business.

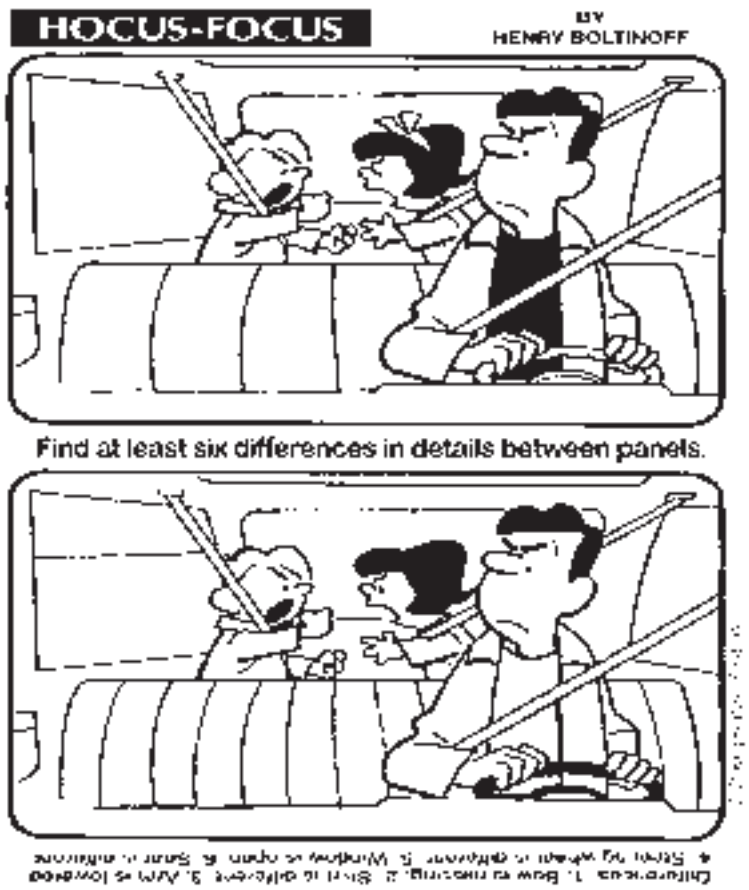
"A lot of the produce and a lot of the meats and cheese (are not always accessible right away)," she said. "It's either we don't get it or we get something else. We have to deal with what we get."

Rose Mu, a masseuse at Friendly Massage, told this publication that although she enjoys having the opportunity to work, she also wants a slower approach to fully reopen the economy.

"I don't think its OK," she said. "It's still a problem, I think. It's too early."







SMUD's Zero Carbon Plan will create a more sustainable living environment

By Gregg Fishman

By removing carbon from our power supply by 2030, SMUD is embarking on the most ambitious clean-energy path of any large utility in the United States.

Sacramento's poor air quality and the growing effects of climate change through drought and wildfires has prompted us to act as quickly as we can. Sacramento sits in one of the dirtiest air basins in the country. Our childhood asthma rates are off the charts. In the American Lung Association's "2020 State of the Air" report, Sacramento was ranked the fifth-most polluted city in the country based on days of unhealthy levels of air pollution in the ozone layer.

SMUD's 2030 Zero Carbon Plan will focus on proven and new clean technologies, new business models and partnerships, the repurposing and retirement of our natural gas plants, and regulatory and financial strategies. At the same time, we're committed to maintaining one of SMUD's greatest strengths – our affordability – by keeping rate increases below the consumer price index.

We recognize that we can't accomplish our goal by going it alone. We need the support of a wide range of players, including our residential and business customers, elected officials, local business groups, community leaders, technology companies, car manufacturers, solar companies, and more.

Please visit smud.org/zerocarbon to read both the executive summary and full plan and learn how customers can stay informed and be heard as we move forward. Together, we're going to create a more a healthier, more sustainable place to live.

Gregg Fishman is the Ward 3 Director for SMUD.

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Coinciding with Autism Awareness Month, New Kid's Book Helps Us Navigate Differences in Our 8 Senses

Published to coincide with Autism Awareness Month, and armed with a lot of confidence and inspiration, neurodiverse author Lindsey Rowe Parker releases her first children's book, Wiggles, Stomps, and Squeezes Calm My Jitters Down, with autistic illustrator Rebecca Burgess, whom Lindsey met on Twitter. The book is also available in Spanish, titled Meneos, Pistones, Y Apretones Para Calmar Mi Cosquilleo. When Lindsey became newly diagnosed with PTSD, anxiety, and ADHD, her world finally made sense—giving her the confidence as a parent to go through a medical journey with her daughter, who is autistic. This story is written from Lindsey's own sensory experiences and inspires parents who are looking for that sensory input, which they themselves may not have a name for.

The theme of Wiggles… is that the child is accepted and understood. They are not asked to change; they are supported; they can be themselves; and most importantly, they are loved. Wiggles… focuses on the eight senses: smell, sight, hearing, taste, touch, PLUS proprioception, vestibular and interoception.

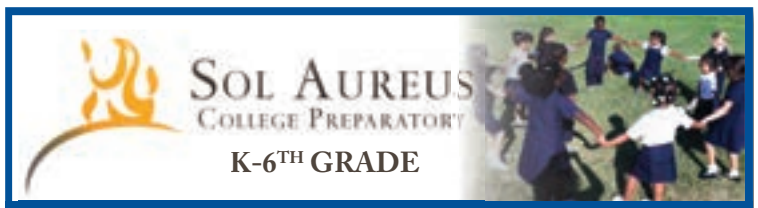
The brightly illustrated story follows a young girl with heightened sensory experiences through her day with fun, interactive sounds and motions. The reader may vicariously experience the vibration when she runs, the tap-tap-tap of her spoon on the table at mealtime, the trickle of cool water running over her hands—these are the things that calm her jitters down.

Lindsey recounts, "There were sensory preferences that I had as a child that I thought were weird or strange, not like other kids I knew. Through pediatric occupational therapies with my kiddos, I have a greater understanding of not only some of their sensory needs, but my own. It's like a lightbulb went on, and I thought, "Oh wow, now I get it." On working with Rebecca to illustrate the book, "Rebecca was absolutely the perfect person to bring this story to life because she understood life's experiences as an autistic person. You can feel the support and understanding in the illustrations."

Author Lindsey Rowe Parker is a mom at the tail end of toddlerhood, embracing the next phase of parenting while learning to navigate and advocate for her young autistic daughter. With a recent adult diagnosis of ADHD, and a new deeper understanding of her own sensory experiences, she has begun to delve into the neurodiversity community, learning all she can from neurodiverse voices. This is her first picture book, and she hopes it connects with everyone who has felt the need for a wiggle, stomp or squeeze! Lindsey lives in the Richmond, VA, area with her family. Rebecca "Bex" Burgess is an autistic illustrator living in the UK. They love history and nature, but comics and illustration most of all! Their passion has led them to work with the likes of The Guardian and Jessica Kingsley Publishing. Rebecca is most famous for their online comic, Understanding the Spectrum, explaining autism that has been shared in several books and used by parents, teachers and doctors. For more information, please visit wigglesstompsandsqueezes.com.

Wiggles, Stomps and Squeezes Calm My Jitters Down

Publisher: BQB Publishing
Release Date: April 1, 2021
ISBN-10: 194544892X
ISBN-13: 978-1945448928
Hardcover/$14.95
Available from Amazon.com



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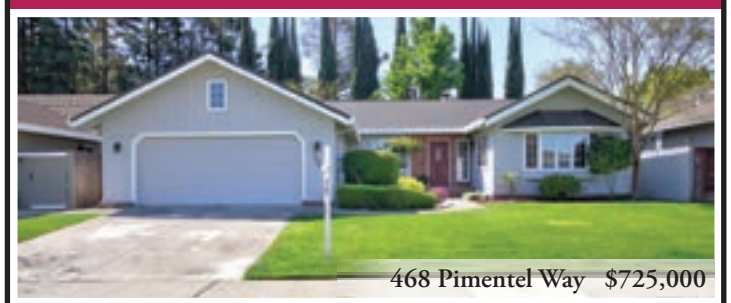
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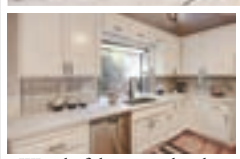
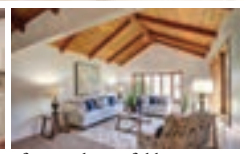
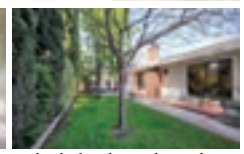

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Created by Students: New SCUSD Mental Health App Available

In honor of May is Mental Health Month, the Sacramento City Unified School District is excited to announce the launch of the SCUSD Youth Mental Health Wellness app, grace (Giving Resources and Care Every day). This wellness app was created by students, for students with local resources, a calming room, and more.

This app was made possible thanks to grant funding from Kaiser Permanente.

To download, visit www.preparedapp.com/grace or look for the app in your Apple or Android store.

SCUSD thanks the many students and staff who took their time to provide thoughtful feedback and guidance to ensure this app meets students' needs. Much gratitude to the Student Support & Health Services and the Prepared App teams for making this happen!



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Midtown Farmers Market now underway

The Midtown Association is pleased to announce another exciting expansion of the Midtown Farmers Market to accommodate more than 130 farmers, growers, and vendor booths, now through the month of October. Proudly presented by Sutter Health and always bursting with fresh fruit, produce, and gourmet or locally made goods, the footprint of the Midtown Farmers Market will soon extend along K Street from 19th to 21st streets joining the existing footprint on 20th Street between J and L streets. Originally launched in 2013 on a much smaller scale, the thriving open-air market is available year-round on Saturdays from 8 a.m. to 1 p.m. (note the market hours change slightly based on the seasons and time of year).

The Midtown Farmers Market expansion will allow more space for new vendor offerings such as Organic Apples from Chinchiolo Family Farm, Tea and Scones from Saucers Tea Company, and Macramé products from Mimi's Macrame, to name a few. And, to celebrate and amplify our region's diverse street food culture, shoppers are encouraged to seek out the three "Street Food Sacramento" grant award winners that include Boone's Red Onions (pickled red onions), Épicée (hot sauces and candied jalapenos), and also La Minerva (drowned tortas, marinated pork tortas, crisply potato tacos, shrimp, fish or meatless ceviche, and more) that will debut at the Midtown Farmers Market on the day of the expansion. To add to the festive open-air experience, Sacto Swing Co., a local jazz ensemble that is often at the market, will be playing in the intersection of 20th and K streets from 9 a.m. to noon this Saturday.

"We are fortunate to have been allowed to remain open over the past year to provide easy accessibility to fresh and locally made and grown foods," said Emily Baime Michaels, Executive Director of the Midtown Association. "With a flourishing market located in the heart of Midtown's Lavender Heights area in front of the bustling MARRS building that is home to numerous business-es and outdoor brunch spots, we are thrilled to continue to expand our year-round market that has clearly been embraced by a community hungry to support local farmers, vendors and artisans. We are steadfast in our commitment to celebrating a diverse street food culture while feeding curiosity about where our food comes while connecting with the amazing local chef and restaurant community in Midtown."

Owned and managed by the Midtown Association and with physical distancing measures in place, the Midtown Farmers Market continues to grow and evolve to reflect the dynamic and eclectic tastes of the surrounding neighborhood. More information about the Midtown Farmers Market is available at www.midtownfarmersmarketsac.com.

In addition to offering numerous public transportation options, Midtown Sacramento is walkable and bike/scooter/car-share friendly with plenty of parking available in nearby garages plus various lots throughout Midtown. For additional transportation information, visit www.easeintomidtown.com. For more information about Midtown Sacramento in general, special events and activities, and the Midtown Association, please visit www.exploremidtown.org or follow on social media – Facebook at www.facebook.com/exploremidtown/ and @ExploreMidtown on Instagram and Twitter.

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Solve the code to discover words related to cats.
Each number corresponds to a letter.
(Hint: 5 = **C**)

A. **23 10 9 18 24 10**
Clue: Relating to cats

B. **5 9 6 20 25**
Clue: Curved, pointy nails

C. **21 2 8 8**
Clue: Low, vibrating sound

D. **25 5 8 6 26 5 13**
Clue: Mark the surface

Answers: A. feline B. claws C. purr D. scratch

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Daniel Roest & Sean O'Connor Concert - May 20, Thursday, 7:00-8:00pm

ACC Music Makers Workshop - May 27, Thursday, 2:00-3:00pm

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The Fairytale Town Troupers is a Theatre Arts program that teaches the essentials of live stage production in a practical rehearsal and performance format. The Troupers program is open to young actors aged 5 to 18. Internship opportunities are also available for ages 18 to 21. In this unique program, novices work side-by-side with seasoned veterans to gain invaluable hands-on experience in the art of producing live theatre.

The lineup for this year's Fairytale Town Troupers 2021 season is as follows:

"MERMAID-A-GO-GO!"

In this original re-imagining of the classic fairytale by Hans Christian Anderson, the year is 1966 and our Little Mermaid washes ashore on the West Coast of the United States in the middle of an All American, Retro-Rockin' Beach Party. There will be plenty of music, magic, mischief, and mermaids --and family friendly fun. (Note: this is NOT the Disney version.)

"MERMAID-A-GO-GO!" performance will be on the outdoor "Mother Goose Stage" on July 17-18-24-25, 2021 with Saturday and Sunday matinees at 12:30 and 1:30 p.m..

AUDITION APPOINTMENTS for "MERMAID-A-GO-GO!" will be scheduled in May.

see Troupers page 17

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Troupers:

continued form page 14

Interested performers should e-mail mrlee@fairytaletown.org for details.

"The Princess of Camelot"

An original musical fantasy adventure that features a lost princess, a secret sword, and a mysterious wizard, along with plenty of swordplay and sorcery, all family friendly, of course.

This production will be adaptable to the indoor Children's Theater stage if Covid restrictions are lifted prior to rehearsals. "The Princess of Camelot" is scheduled for performances on November 6-7-13-14, 2021.

The Fairytale Town Troupers program is led by Fairytale Town's Education & Theatre Arts Specialist John Lee, an award-winning local playwright, director and actor. For more information about the Fairytale Town Troupers, contact Lee at mrlee@fairytaletown.org or by phone at 916-808-5474.

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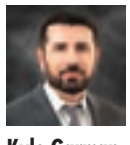

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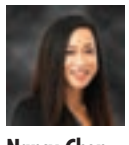

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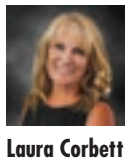

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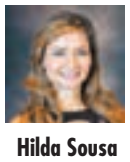

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A MARCH AND CEREMONIES BROUGHT AWARENESS OF MISSING AND MURDERED INDIGENOUS WOMEN









Photos by Monica Stark

A collective of Indigenous women has been organizing with family members of Missing and Murdered Relatives throughout Northern California. They held a march on unceded Nisenan from Sutter's Landing to Sutter's Fort on Saturday, April 24, which began and ended in prayer. Families carried large banners, which showed large photos of their missing relatives.







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38 Years Experience - References
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HOME SALE



$2879 reg $3199
Fenwick Leather Power Sofa 89″
Loveseat **$2799**



$3099 reg $3439
Toulouse Bookcase Wall



$1349 reg $1479
Sun Valley Queen Storage Bed
King Storage Bed **$1569**
Nightstand **$369**
Chest **$779**
Dresser **$799**
Mirror **$199**



$1449 reg $1639
Cattail Table *42x60″ with 2-18″ leaves*
Side Chair **$349** Sideboard 56″ **$1599**

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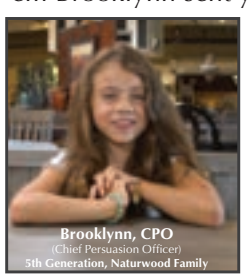
"Tell 'em Brooklynn sent you!"



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Sale applies to all indicated items except all "Mega Clearance", "Special Buys", and Serta iComfort. Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sizes and colors are approximate. Sale ends May 16th, 2021.