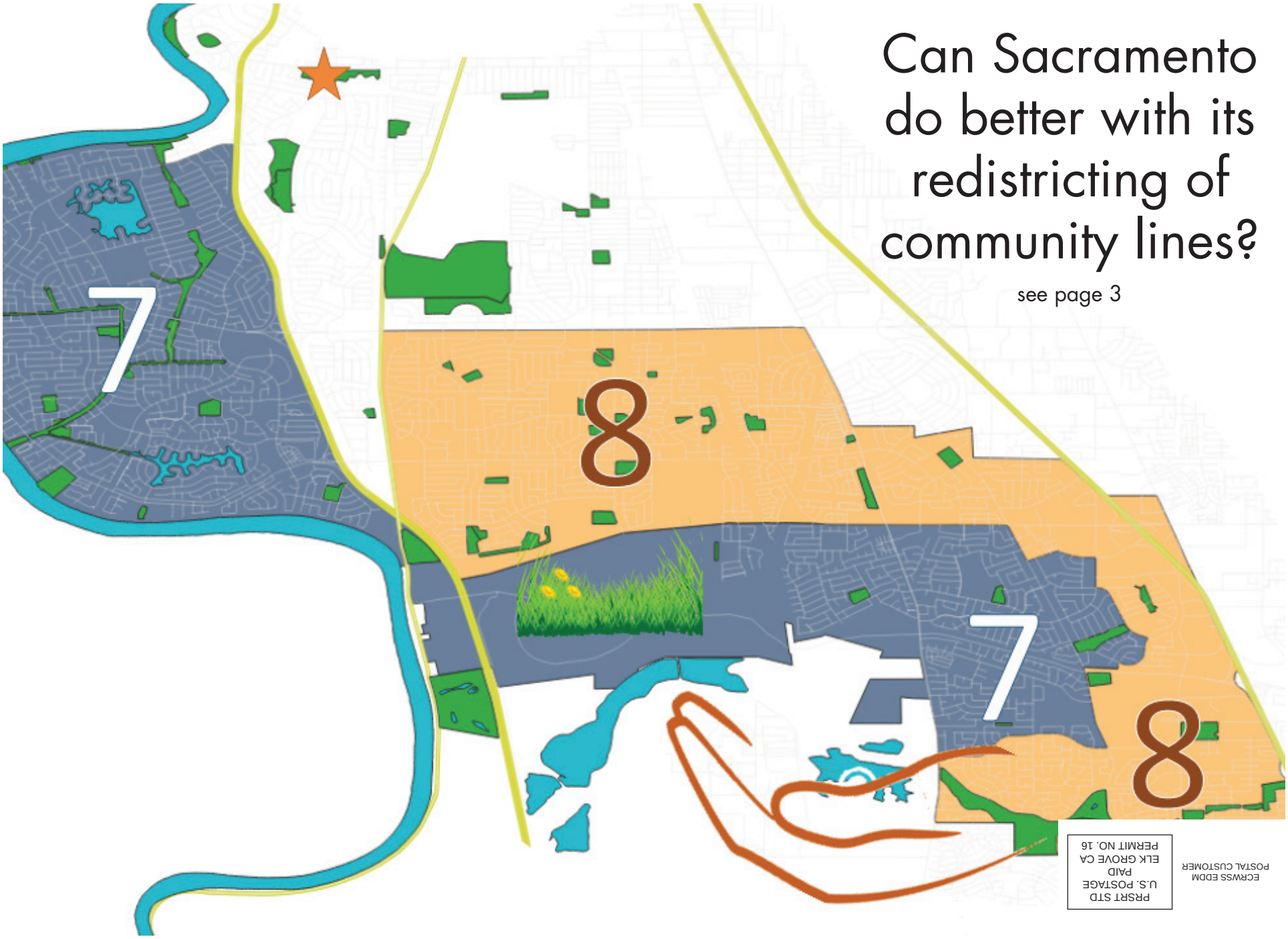
August 20, 2021 | www.valcomnews.com

POCKET NEWS

— BRINGING YOU COMMUNITY NEWS FOR 30 YEARS —



Can Sacramento do better with its redistricting of community lines?

see page 3

PRSRT STD
U.S. POSTAGE
PAID
ELK GROVE CA
PERMIT NO. 16

ECRWSS EDDM
POSTAL CUSTOMER

GREEN HAVEN
CAPITAL INC

916.476.6507
info@greenhavencap.com
www.greenhavencap.com

Hundreds of Mortgage Options
Under One Roof



Kevin Oto
koto@greenhavencap.com
5890 SOUTH LAND PARK DRIVE
SACRAMENTO, CA 95822

Licensed by the California Bureau of Real Estate, DRE License # 01721444, NMLS ID #62641
Green Haven Capital Inc. (800) 618-9508. CA DRE License #01842493. CO License #LMB 100027052. UT License #7266423-MLCO. MD Lender License #18906. NMLS #173062

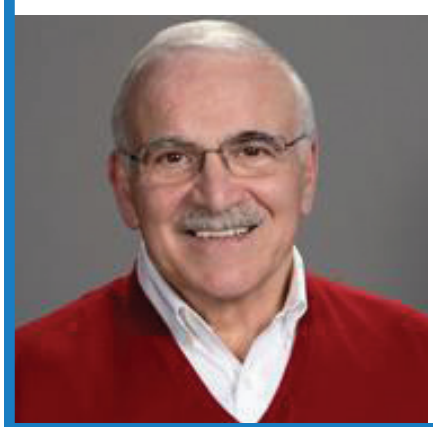
Gated East Shore at Riverlake



$610,000

7717 E. Port Drive

Light, bright and very attractive three bedroom, three bath two story halfplex with approximately 2016 sf, per county, in gated East Shore at Riverlake in the Pocket Area. Great room plan with high ceilings, gas fireplace, wood floors, formal dining, as well as a cozy breakfast nook. Separate downstairs bedroom/den/office and full bath add to the overall convenience and desirability. Spacious laundry room with a deep sink, cabinets and abundant counter space located on second floor. You will love the master suite with walk-in closet and room for your largest bedroom furniture to relax, refresh and simply enjoy! Better hurry!



BERKSHIRE HATHAWAY HomeServices | Drysdale Properties

CRS CRB

PRESIDENTIAL MEMBER

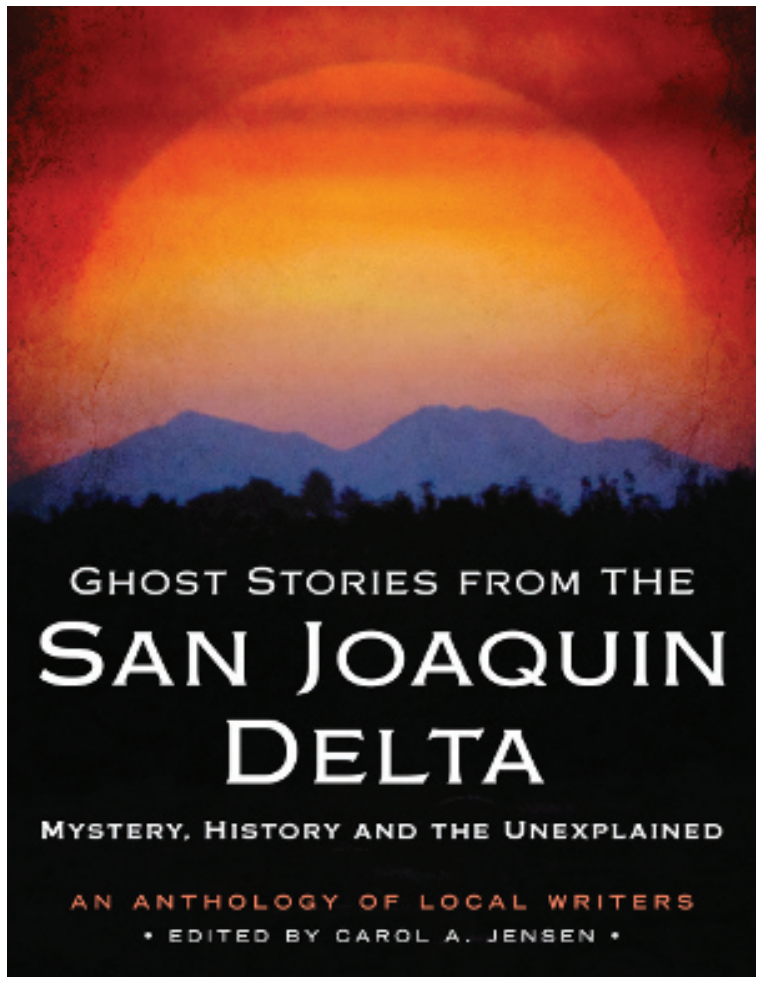
CalDRE# 00842218

Nick LaPlaca

916-764-7500

24 Hour Info @ nick.laplaca@bhhsdrysdale.com

A new book resurrects ghost stories from the San Joaquin Delta



A new book out -- "Ghost Stories from the San Joaquin Delta" -- provides an introduction to local history through stories that reflect our culture and identity. Tule fog, railroads, waterways and remote homesteads provide a rich canvas upon which local legends are built. Once home to the wealthiest pioneers in California, few today remember John Marsh.

Point of Timber, populist political wars, and ritualistic murders were once known in far eastern Contra Costa County. Truth is stranger than fiction as creation stories, cultural myths, extraordinary deaths, and unsolved mysteries from the California Delta heartland are revealed. You will find hair-raising stories of escaped anaconda snakes, missing wives, lone horsemen, train wrecks, fire and wistful love.

The communities of Brentwood, Byron, Knightsen, Oakley, Discovery Bay, Bethel Island and the Far East Islands were settled by agribusiness pioneers, exported more grain in the 1870s than the entire Mississippi Valley, and welcomed the San Pablo and Tulare railroad—and they were scary! The bandit Joaquin Murrieta stole horses here, ritualistic murders occurred on Jersey Island and Hispanic folklore brought the La Llorna legend to the waterways. Do not forget the ghosts at the Byron Hot Springs! Today, these communities are safe and secure San Francisco Bay Area suburbs. Or are they? Do not underestimate the unexplained apparition of Sarah Norton, the "White Witch," lurking just outside your home.

With 65 images and 128 pages, author Carol A. Jensen delights in discovering the history of the California San Joaquin Delta and collecting early 20th-century ephemera and documenting the cultural history of the area from those who lived, farmed, recreated and visited the beautiful California Delta. The fruits of her historical search can be found at the East Contra Costa Historical Society & Museum, Knightsen, California. She is pleased to compile and edit this anthology of Ghost Stories from the East Contra Costa County communities.

POCKET NEWS
WWW.VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

Copyright 2021 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXX • No. 16

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

Cover photo by: Courtesy

Can Sacramento do better with its redistricting of community lines?



Parks Commission invites the community to weigh-in

By Devin Lavelle

Now I love Sacramento's District 7 and it's been a great honor to represent it as Parks Commissioner for the last several years. But, for some reason, District 7 stretches almost 10 miles, from Lewis Park in the northwest, all the way to Valley Hi Park in the southeast.

District 7 includes most of Pocket-Greenhaven, but not all of it. It includes the Seymour Park greenbelt, but not Zacharias Park, directly across the street, or the residential area north of Riverside to the east of the park.

It includes most of the Valley Hi neighborhood, including Valley Hi Park, but not Wood Park two blocks away, the residences between them, or most of the businesses that serve the neighborhood. Those are in District 8, which wraps around the eastern portion of District 7, almost giving it a hug.

District 7 also includes exactly half of the Detroit neighborhood, splitting the influence of this small, underserved community, often forgotten, tucked in between the much larger Meadowview and Valley Hi communities.

And our district includes the meadow that Meadowview has a view of, connecting these distant South Sacramento neighborhoods, without adding any voters.

Why were these neighborhoods split? Frankly, the district was drawn that way to prioritize certain South Sacramento interests over others. Whether that was wise or fair is an important debate and a debate that will continue.

But in 2021, for the first time, the arbiters for that debate won't be the city council members set to run in the districts, but, instead, an independent commission. It offers the promise of impartial districts, protecting our communities, and ensuring everyone has a more fair say in their representative government.

Should the process prioritize keeping neighborhoods whole? Communities of interest? Existing lines? Something else? On August 25, from 5:30 to 7 p.m., you have the opportunity to weigh in. The Commission will be holding its public meeting focused on District 7. It will be at the Belle Cooledge Library (which astute readers might recognize is not in District 7. Perhaps it was meant as a compromise between the two ends of the district?).

I believe we can do better – and we will do better if residents like you share your input. I hope to see you there!

Whether your buying, selling or investing - call me, because "knowledge always pays the best interest."

-Ben Franklin





Mike Lee, *Broker*

888-505-8554

CalBRE# 0172405

TURN-KEY LENDING & REALTY

MikeLeeLoans@gmail.com

TKLendingRealty.com

Sac County Public Health Officer selected as Access Sacramento's "Power of Voice" honoree



By Monica Stark

(Disclosure: Monica Stark is Secretary to the Board of Directors at Access Sacramento.)

Access Sacramento Community Media named Dr. Olivia Kasirye as the 2021 Power of Voice award recipient. This local communications award honors a single, powerful voice who has brought inspiration to Sacramento County residents.

A Power of Voice honoree uses their voice in a productive or inspirational way. Powerful voices can inspire empathy and understanding; they can transmit emotion, focus intentions, inspire action, uplift the under-valued, bring about solutions, and are without a doubt an important building block of a strong community.

Access Sacramento Board Chair Robert Smith stated that Dr. Kasirye has been "the voice" of lifesaving information and instruction throughout the Covid pandemic. "Through television, internet, print and public meetings Dr. Kasirye has been at the forefront in providing vital public safety direction for our 1.5 million Sacramento county residents. Our Board unanimously recognizes Olivia Kasirye as this year's most important and prominent communicator. She exemplifies our definition of the Power of Voice," he said.

Almost a decade as the County's Public Health Officer, Kasirye continues to provide medical expertise and oversight on community-wide public health issues impacting county residents, including communicable disease control, maternal and child health issues, chronic diseases, and emergency preparedness and currently oversees the COVID-19 pandemic response in Sacramento County. With a Master's Degree in Epidemiology and Board certified in both preventative medicine and public health, Kasirye brings to her important communication work the power of experience and education as exemplified in her tireless community outreach.

Growing up in Uganda, Kasirye said the inspiration behind becoming a doctor started early. Her parents encouraged reading, and subscribed to Reader's Digest. "We would all read it," she said, remembering having read about the first female surgeon, and, then, as she grew older, she became more interested in the sciences such as biology.

While in rotations at pediatric outpatient clinics she said it was the environment they were in that really impacted her. "We were treating a lot of these children, and then sending them back into an environment that was actually

see Honoree page 5

SusieSellsSac.com

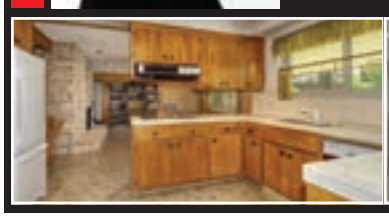


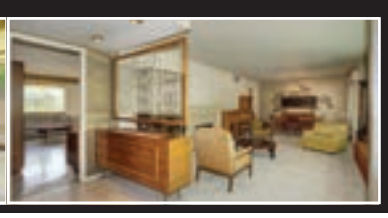
MASTERS CLUB

COOK REALTY

Susie Kuwabara Parker
Realtor® BRE#00833025
916-768-8494
4305 Freeport Boulevard,
Sacramento 95822

Native Sacramentan
Pocket/Greenhaven SPECIALIST







Welcome to the highly sought after and well established neighborhood of South Land Park Hills. Make this loved and well cared for Ranch style home into your own modern dream. Separate living and family rooms, oversized laundry room, large lot with a separate fenced area for garden or incorporate it into the backyard. Owner lived in the home for more then 50 years. $625,000.

Honoree:

continued from page 4

making them sick." Between poor sanitation and the lack of vaccines, the diseases she saw recur were preventative. "Seeing that really brought it to me that the environment is important in that we needed to be able to take care of the environment in order to protect people's health."

Those learning experiences led her to pursue a career in public health and work on measures whereby enacting some control.

When asked about some of her most proud moments as Public Health Officer, Kasirye said that when she first started in her position as Public Health Officer, she was looking at the disparities in birth outcomes and disparities in child deaths and noted the fact that the mortality rate facing African American babies was two times as high as other groups, and arming the communities with information and actually coming up with initiatives that were helping to reduce these disparities.

Recognizing how this pandemic has highlighted, and in many, exacerbated the disparities in communities. When Sacramento County received CARES funding, community testing sites have been very helpful especially in areas where there are disparities, but she and others saw that disparity come up also with vaccinations were when they started off with certain occupations like healthcare, and safety.

"A lot of people in underserved communities were left out, and we're still trying to catch up. Even now when you look at our data, you can see that people of color have lower vaccination rates, and so that's something that we work within public health is trying to identify (them)," Kasirye said.

Time has shown us that there are some Covid-19 stories that will remain with us -- that while people do see the numbers, there are lives behind them. Kasirye recalled when this whole pandemic was first starting when Sacramento County had its first case at UC Davis Medical Center. As we have seen in subsequent cases, those caregivers that had been exposed needed to be put in quarantine.

One of the stories Kasirye recalled surrounded a specific call with a father who had two toddlers at home but fortunately for him, he had parents who live nearby who were able to take him in and put him in a room by himself. "This was the first time that he was spending time away from his children and that every night he would call them. And he would just say goodbye to them over the phone and he could not touch them, he could not have them. There was just the pain in his voice as he was having to do this," Kasirye said.

Despite his pain, Kasirye spoke with him and reassured him that he had everything he needed.

But, then there was the story about a family of four who were all hospitalized because of the coronavirus, including one son with a disability who depended on his father for care. Sadly, the father died from the disease, and the mother ended up in a wheelchair. "And so you're looking at a family like that and thinking, 'Oh my, how are they going to pick up from here? How are they going to continue?'"

Then there was the story Kasirye relayed of an elderly couple, both of whom got hospitalized because of COVID-19. "They ended up in the hospital the wife died. The husband for the first time was going home by himself. And these were stories. The people. The ambulance company that was taking him home -- they called us because they said they were telling us he's going to need some help. He was on oxygen. So the first time for him to be by himself without his wife. So all of that pain…"

But with the vaccine comes hope.

"I think seeing those stories of despair, get out there, comparing it with the hope that we have right now. And I think that's the beauty and the value of the time we're living in right now where we were able to get a vaccine pretty in a relatively short time, and that we're able to give it up now and that is readily available for those are the stories that stay with me," Kasirye said.

When asked about the effectiveness of vaccines, she said to look at what's happening in the long-term care facilities. In previous surges, there would be such huge outbreaks in the facilities, with a lot of cases ending up in the hospital and a lot of deaths were among people who were coming from the long-term care facilities. But now that they are vaccinated 80 to 90% vaccination rates in those facilities, even at this point, there are very few cases. "So it just shows how effective measures like that can be," Kasirye said.

As such, a lot of the work that public health workers, doctors, and scientists do is find ways of stopping these diseases (like Covid-19) that impact communities. "A vaccine is just a small jab into your arm, and it's actually able to protect not just the person who's getting the vaccination," Kasirye added.

Her unwavering commitment to public health and also using her voice to inform the public makes her truly the best candidate for the Access Sacramento Community Media 2021 Power of Voice virtual celebration. Added Smith: "(Kasirye) is brilliant, motivated, capable and communicated so professionally and so unwaveringly that she has (helped) us stay safe during this dire health crisis." The celebration will be held on Channel 17 as well as online at accesssacramento.org, to be determined. Proceeds will benefit Sacramento Covered a non-profit dedicated to connecting underserved residents with healthcare providers, and public access broadcasting. For those interested in event sponsorship, contact Donna Girot, Executive Director, Access Sacramento at dgirot@AccessSacramento.org or call 916-456-8600, x100.





Ron Nakano
Broker Associate
916-396-4430
CalBRE# 00793682
Ron.Nakano@cbnorcal.com

COLDWELL BANKER
RESIDENTIAL BROKERAGE

Trivia test

by Fifi Rodriguez

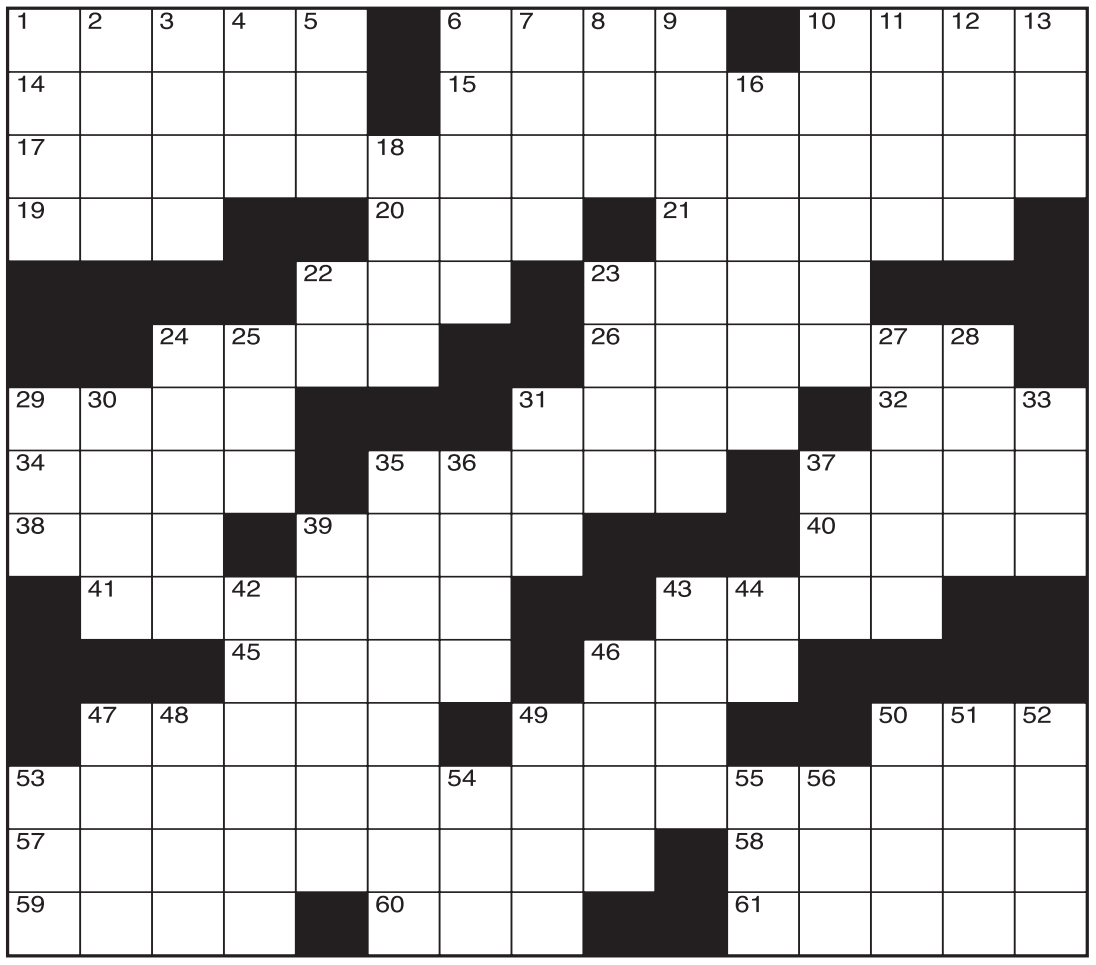
1. U.S. STATES: What is the state capital of Kansas?
2. ANATOMY: Where is the pinna located in the human body?
3. GEOGRAPHY: What is the English name for the country called Sverige by its people?
4. PSYCHOLOGY: What fear is represented in the condition called heliophobia?
5. MOVIES: Which two films had the most Academy Award nominations without winning any of them?
6. TELEVISION: How many sons did Ben Cartwright have in "Bonanza"?
7. FOOD & DRINK: What is the most popular topping on a pizza?
8. ANIMAL KINGDOM: How many quills does the average porcupine have?
9. HISTORY: Which principal countries made up the Axis powers in World War II?
10. LITERATURE: What is the name of the wizard bank in the "Harry Potter" series?

Answers

1. Topeka
2. It's the outer ear
3. Sweden
4. Fear of the sun
5. "The Turning Point" and "The Color Purple," both with 11 nominations
6. Three: Adam, Hoss and Little Joe
7. Pepperoni
8. 30,000
9. Japan, Germany and Italy
10. Gringotts

© 2021 King Features Synd., Inc.

CROSSWORD



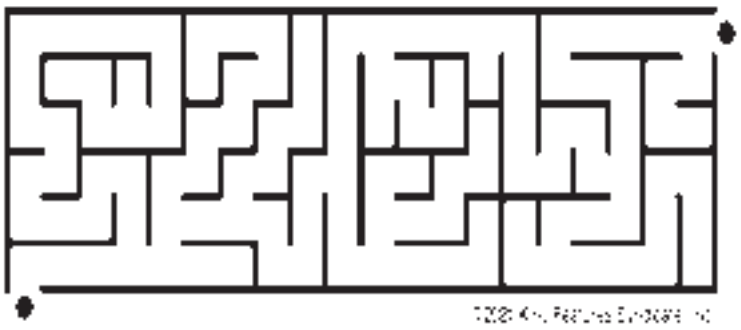
CLUES ACROSS

1. Secret clique
6. Earliest in and out
10. Ancient Egyptian symbol of life
14. Olfactory property
15. Kidnapping
17. Golf prize
19. Helps little firms
20. Cast a spell on
21. Panama is one
22. Dishonorable man
23. Sea eagle
24. Part of the healing process
26. Vin's last name
29. Wings
31. Made older
32. Political device
34. Looks like a rabbit
35. Gurus
37. Philippine Island
38. Not or
39. Hindu model of ideal man
40. Exam
41. Making less difficult
43. Without
45. Dravidian ethnic group
46. A baglike structure
47. Buenos Aires capital La __
49. Dab
50. Singers who perform together
53. Pirates' saying
57. OK to allude to
58. Somaliland diplomat
59. Has to pay back
60. Felix is one
61. Intestinal pouches

CLUES DOWN

1. Harsh cries of a crow
2. Type of horse
3. __ fide: authentic
4. Doctors' group
5. Fugitives are on it
6. Forged
7. Wild goat
8. Influential American president
9. Calls for help
10. Repents
11. Palm tree with creeping roots
12. Black powder used in makeup
13. Happy New Year
16. Stretched out one's neck
18. Whale ship captain
22. Atomic #20
23. Border
24. River that borders India and Nepal
25. After B
27. Fencing swords
28. Where researchers work
29. Expression of satisfaction
30. Broadway actor Nathan
31. Heavy, heat-retaining stove
33. A way to eliminate
35. Type of tree resin
36. Russian river
37. Children's TV network
39. Troublemaker
42. Averts or delays
43. Self-immolation by fire ritual
44. It cools your home
46. Satisfy to the fullest
47. Stinks!
48. Popular board game
49. Attack by hurling
50. A vale
51. Type of acid
52. Tasmania's highest mountain
53. No seats available
54. Licensed for Wall Street
55. Family of genes
56. Constrictor snake

Kids' Maze





Sacramento County reintroduces indoor mask mandate



West Sacramento resident Melissa Gomez mentioned that she especially supports the mask mandate, due to her medical issue that prevents her from getting vaccinated.



Photos by Lance Armstrong

Meadowview resident Sam Gevara is among the supporters of Sacramento County's reinstated mask mandate.

Community responds to order

By LANCE ARMSTRONG

With the July 29 announcement that Sacramento County public health officials reinstated the mandate requiring people to wear face coverings in indoor, public spaces, local residents shared their thoughts on that order.

The reinstated mandate went into effect the following day and pertains to most people, regardless of whether they have been vaccinated against COVID-19. The mandate does not apply to people who are medically exempted from wearing face coverings.

Face masks are also not required for those working alone in a room or exercising.

Indoor public settings, according to the mandate, include restaurants, retail stores, movie theaters, gyms and offices.

The mandate's return occurred nearly two months after being lifted, following the end of California's color-coded tier restrictions for businesses and public buildings.

Dr. Olivia Kasirye, the county's public health officer, stated in her July 29 order that the rise in COVID-19 cases led to the reinstated order.

"Since June 15, 2021, when most restrictions from the state of California's Blueprint for a Safer Economy were lifted, the average daily incident case rate of COVID-19 in Sacramento County has increased 5.5-fold to reach the 'high-transmission' level of the U.S. Centers for Disease Control and Prevention's indicators for levels of community transmission," she wrote.

"The testing positivity rate in Sacramento County has also risen 4.3-fold since June 15. Hospitalizations from COVID-19 in Sacramento County have risen from 60 patients on June 15 to 175 patients on July 27."

Kasiyre additionally stated that the "significantly more transmissible" COVID-19 Delta variant is the predominant strain in the United States, and has accounted for 64.8% of positive specimens collected from county residents and genotyped, since June 15.

As of Aug. 4, the county reportedly had a COVID-19 case rate of 25.6 per 100,000 residents. In contrast, the case rate was reportedly 5.2 cases per 100,000 residents on July 1.

Kasiyre did not provide a date for when the order would be lifted.

Land Park resident Melanie Davis mentioned that

see Mask page 15

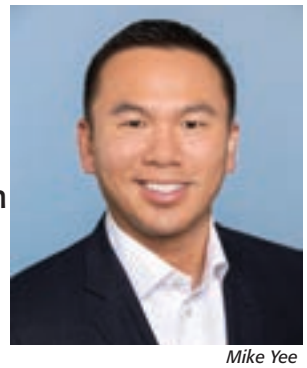
YEE LAW GROUP

Your Lawyer Should Know As Much About You As They Do About the Law... Talk to Mike Yee

ESTATE PLANNING & PROBATE

Practice Areas:

- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession



Mike Yee

Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.

Call 916-927-9001 for Free Consultation

mylawyersllp.com See our awesome reviews on: yelp

4010 S. Land Park Drive, Suite B, Sacramento 95822

National Nonprofit Day: Sacramento Local Serves as Director of U.S. Philanthropy for Global Nonprofit



On August 17th, National Nonprofit Day recognizes the positive impact that nonprofit organizations have on our local communities and around the world.

Through nonprofits, awareness, research, and aid reach the people who need it most. Nonprofits also produce tremendous benefits to their surrounding communities and the broader world.

In honor of this holiday, global nonprofit, Operation Smile is highlighting a Sacramento local that has been fundamental in helping the organization succeed. California native, Amber Leonti, is the Director of US Philanthropy at Operation Smile and has offered to share about the importance of nonprofits locally and around the globe.

Amber Leonti was born in Southern California and spent her formative years in the foothills of Northern California. Now living in Sacramento, Amber serves as the Director of US Philanthropy for global nonprofit, Operation Smile which provides free reconstructive cleft surgery and related care to areas of the world where it's need most.

"I have been a career fundraiser and when the opportunity came up to work with Operation Smile, I couldn't say no to the amazing mission, history and impact," said Amber. "We work with an extensive network of volunteers, location healthcare providers, and ministries of health to not only treat patients with cleft conditions but raise the standard of healthcare around the world."

Amber completed her undergraduate studies at UC Santa Cruz, and her graduate work in Leadership in Education at UMass Boston. Professionally she has

see Nonprofit page 9

REVERE COURT
MEMORY CARE

Wishing you All to stay well & Healthy

Educational Monthly Seminars!

If someone you love has memory loss, we can help!

We Provide?

- Free Support Groups and Education
- Day Club — Fun and Friends
- Respite — Giving Family Caregivers Much Needed Breaks
- Specialized Residential Care
- Warm feeling of home
- Caring, loving staff
- Delicious homemade meals
- Special programs

CHC CHANCELLOR HEALTH CARE, LLC

Quality they deserve… and the help you need.

Find us on Facebook
Search for Revere Court

7707 Rush River Drive, Sacramento, CA 95831
LIC 347001338; 347001342

(916) 392-3510
www.reverecourt.com





Nonprofit:

continued from page 8

over 19 years of experience building strong community relationships within profit and non-profit sectors. For nonprofits like Operation Smile, it is through the dedication of volunteers and the generosity of supporters, that the organization can fulfill their mission.

"All of our work begins and ends with our patients in mind. This is simply not possible without the support of individual donors, family foundation, corporations and other likeminded organizations," Amber explained. "The more awareness and funds we can raise, the more lives, families and communities we can help."

Amber is currently working with key supporters in a seven-state region, as well as the Director of US Development Officers. She has volunteered on missions in Ghana, Dominican Republic, and Mexico for Operation Smile. For Amber, this position is an absolute joy as it brings together health, various cultures, and the ability to travel to see first-hand the lives that donors and volunteers have changed.

When asked about what National Nonprofit Day means to her, Amber replied "Nonprofit Day represents all that is good in the world; we truly are a force for good when we work together."

Operation Smile revolutionized cleft surgery globally in 1982. With nearly four decades of experience as one of the largest surgical volunteer-based nonprofits, Operation Smile staff, its private-public partnerships and thousands of volunteers have improved the health and dignity of patients with cleft conditions, helping them to better breathe, eat, speak and live lives of greater quality and confidence.

While one cleft surgery can bring immediate transformation to a child's life in as little as 45 minutes, Operation Smile is committed to providing patients with health that lasts—being there to offer patients additional surgeries, dentistry, psychological services, speech therapy and other essential cleft treatments. Its training and education programs elevate local surgical standards and entire health systems to aid safe surgery and strengthen a global network to reach more people earlier in their lives. You can learn more about its transformative and healing work by visiting operationsmile.org or by following @operationsmile on social media.



MONA GERGEN

CalDRE# 01270375

916-247-9555

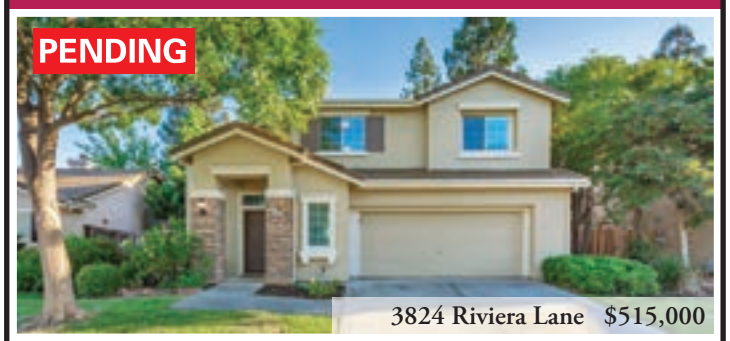
mona@monagergen.com

MASTERS CLUB

DUNNIGAN Realtors

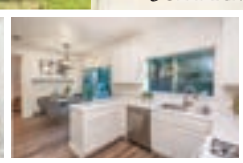
"Call me for a private showing or a free estimate of value"

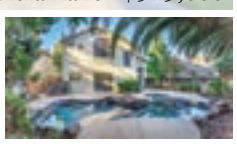
AMAZING LAKESIDE COMMUNITY



3824 Riviera Lane $515,000







This is a gated and highly desired neighborhood. Wonderful updated home with high ceilings and lots of natural light. Brand new neutral color interior paint. Fantastic brand new laminate floors. Nicely updated kitchen and bathrooms. Wonderful dining area with a wall of glass overlooking the spectacular pool. Sliding glass door brings the outdoors in. Imagine the spectacular parties with family and friends or just relaxing in your resort style private backyard.

3 beds , 3 baths, 1407 square feet per assessor

Local church extends homeless assistance to Southside area



Photos by Lance Armstrong

This homeless camp on W Street is among many such camps with border streets in Sacramento.

By LANCE ARMSTRONG

A local church's ongoing project to assist Sacramento's homeless was recently introduced at a homeless camp along W Street, in the city's Southside area.

While wearing blue T-shirts bearing the words, "Capital Dream Team," and the acronym, CCC, a group of male members of Capital Christian Center carried bags and boxes containing food and other essential goods from their vehicles to the camp.

Capital Christian Center is a longtime operating Sacramento church, which is located in the Rosemont area, near Highway 50 and Bradshaw Road.

The church's effort to bring food, clothing and other essentials to homeless camps in Sacramento was established by the church's men's group, which is known as the Capital Men.

Michael Paschenko, one of the coordinators of the church's homeless assistance program, told this publication that this group's deliveries are an extension of the church's larger food assistance program for the homeless.

"We put together about 200 bags of food for people to just drive through – and as they come through, we would be COVID(-19) compliant and have our masks on and such – and (the volunteers) hand over two bags of food to each car that came through. And that was (held on) Sundays. And now we're continuing it and increasing the number of bags."

The group recently handed out 200 bags of essentials at their church grounds and then distributed additional bags of food and other items directly to homeless camps.

"Tent city" deliveries are made by the Capital Men on the fourth Sunday of every month.

Although the area for these deliveries currently extends from the Rosemont area to the homeless camp across from Southside Park, Paschenko noted that the church hopes to eventually expand its deliveries into other nearby areas.

"As long as we (have) grocery bags to hand out, time on our hands," he said.

The bags of food and other essentials are supplemented with any available clothing, shoes and toiletries, Paschenko said.

In addition to delivering food and other essentials to people experiencing homelessness, Capital Men members also pray with them and listen to their personal stories.

In speaking about people who live on the streets, Paschenco said that among the top things that they desire are an address, which will allow them to apply for jobs, and a home where they can comfortably lay their heads at night.

He also mentioned that many homeless are sick, have dependencies and have no way of obtaining professional assistance.

"They're on the streets and they're just surviving," Paschenko said.

see Homeless page 11

Community Worship

Faith Presbyterian Church
625 Florin Road *(adjacent to Kennedy High in Greenhaven/Pocket)* • 428-3439
A community loving Christ, building disciples, serving all
Worship Sunday 9 and 11 am
• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

River's Edge Church
6449 Riverside Blvd. • 391-9845
Sunday Worship: 9:00am & 10:45am
www.recsac.org

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



Michael Paschenko, middle, is shown with residents of a homeless camp in the Southside area.

Homeless:

continued from page 10

Paschenko noted that the church's efforts to help the city's homeless is not new.

"It started with the (church's) Winter Sanctuary (in 2012)," he said. "It allowed the homeless to be bused to our church for a week or two at a time as an overflow when (Sacramento) County had run out of spaces to house them during the winter months."

As part of that program, during those winter evenings, the church's gymnasium was opened with sleeping quarters, and tables were set up for feeding the homeless. Many were shown movies, while others played games, prior to going to sleep for the night.

Each morning, the group was awakened at 5 a.m., provided with breakfast-to-go, and then they were transported back to Loaves and Fishes, a longtime provider for the homeless, on North C Street.

At the time of the church's beginnings with its food distribution program, CCC Senior Pastor Rick Cole was part of that county program, which united more than 30 churches to assist local homeless people.

Cole spent two weeks living with homeless people in Sacramento in 2014 to raise awareness and funds for the Winter Sanctuary program.

Capital Christian Center's involvement with the Winter Sanctuary continued for several years, until funding became an issue.

Paschenko told this paper that although the possibility of reintroducing that program is contemplated, it is not currently an option due to the COVID-19 pandemic.

He added that almost every homeless person aided by his church is very appreciative of that assistance.

"They are so appreciative," he said. "They feel like they're invisible. Nobody sees them, they just walk by them. They don't stop and talk to them. They cross paths by going across the street to avoid them. They don't look at them.

"So, they're everyday people, just like you and I. They've gone through some difficulties and some of them are brand new on the streets and they're learning (about that lifestyle)."

Paschenko mentioned that some of the homeless people who the Capital Men served expressed astonishment with the kindness of these volunteers.

"(They are impressed with) the fact that we would take our time to go to a desolate area where they have their tents set up, and the fact that we took our time to over there and recognize them and help them with food and clothing and such. We find areas that are so desolate that we were the first ones to ever come (visit) them.

"I can't even describe how much they appreciate that we come to them and recognize them and let them know that they're valued and that we love them. And that's why we're here."

GREENHAVEN ESTATES
Assisted Living & Memory Care

Enriching the Lives of Seniors in the Pocket Area for 30 Years!

- Assisted Living Rates Starting at $3040
- Memory Care Rates Starting at $3115
- Assisted Living With Personalized Care
- Dedicated Memory Care Neighborhood
- Chef Prepared Cuisine
- Life Enrichment Program & Daily Activities
- Active and Engaging Lifestyle
- One Bedroom Residences, 600 sq. feet
- Two Bedroom Residences, 900 sq. feet
- Memory Care, Private and Shared

Walk Through Tours Available! Make Your Appointment Today!

For more information and our Response to COVID-19, Please visit our website at www.greenhavenassistedliving.com and Facebook at Facebook.com/GreenhavenALMC/

(916) 427-8887

7548 Greenhaven Dr. Sacramento CA 95831

greenhavenassistedliving.com

Lic# 347005239

INSERTS!

Your Company, Our Distribution!

You or Your Company Can Have Your Flier or Postcard Inserted in our publications! We Have Great Rates!

CALL 916-429-9901 for Information

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 213-3740

Neil McIntire — C.S.L.# 394307

GUTTER CLEANING

Prime Quality Maintenance

- **GUTTER CLEANING**
- **Window Cleaning** (inside/out/screens washed)
- **Pressure Washing** (all surface areas)
- **Junk Removal/Hauling**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured

CSL# 996271



Call or Text Jesse: 916 417-4231

ADVERTISE YOUR BUSINESS IN THE NEW YEAR!!!
FOUR NEIGHBORHOODS, ONE PRICE
AFFORDABLE | CONSISTENT PRESENCE

REACH YOUR TARGET MARKET

FREE AD DESIGN

CALL MELISSA TO SCHEDULE YOUR AD NOW!



916.429.9901

HANDYMAN



D&H Service

Office: **916-428-5907**
Cell: **916-206-8909**

25 years of experience

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

HANDYMAN

Summer Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING/SHRUB REMOVAL
- PRESSURE WSHING

CALL LESTER
(916) 838-1247
LIC# 128758/REF

Pressure wash your driveways clean! Your decks too!
Clean out your garage! Replace tt old lawn too!
Hard work-not a problem!



SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 20 YEARS*

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!

Grab Bar Installations - Demolition
Sprinkler repair & New Valves - Carpentry - Electrical
Plumbing - Sheetrock - Ceiling Fan installation

Fix leaks of all types

Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL! **Call Eric (916) 470-3488**

LANDSCAPING

CBC eLANDSCAPES

Drought Tolerant Designs for the Sacramento Valley

CARU BOWNS mla, aicp
PRINCIPAL PLANNER & DESIGNER
CARU@CBCeLANDSCAPES.COM

www.CBCeLandscapes.com

PAINTING

GARY'S PAINTING

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

CSL #734323

FREE Estimates!

McClatchy '67

(916) 725-8781



Call 916-429-9901

Our Readers Need Your Service!

It Pays to Advertise!

Advertise your service in this section, today!



Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

CSL# 432951



- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp

(916) 591-5056

PEST/TERMITE SERVICES



Protect Your Investment

Initial Start-Up ~~$159~~

NOW ONLY *$49

We Defend Against: Ants, Spiders, Earwigs, Wasps, Rats/Mice, Cockroaches and More!

(916) 389-BUGS (2847) • www.defenderpest.com

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

TILE WORK

BAXTER TILE

EXPERT INSTALLATION REMODELING & REPAIR

Ceramic • Marble • Granite • Floors • Counters • Walls

42 Years Experience • FREE Estimates

916-213-4669

License #668100

TILE WORK

NIETO'S TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883



Advertise

your company ONLINE, today!

Call 916-429-9901 for more information.

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER

38 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst a.k.a "Mama Bear" (916) 640-3820

www.taxirene.info · taxireneinfo@gmail.com

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES

Put our 38 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic Web Design, Set-up Social Media, Business Concierge Shopping, Marketing and much more. Please contact Irene Senst a.k.a "Mama Bear" (916) 640-3820

www.taxirene.info · taxireneinfo@gmail.com

HANDYMAN

CLEAN-UP SPECIALS!

Summer Yard Clean-Up Special – Yard clean-up. Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **22 yrs. exp. Specials for seniors. Licensed**

Please RECYCLE this paper. Thank You

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

Do you enjoy making people smile?

Do you want to work with people who care? Are you ready to join a team that makes a difference every day? If so, you may be interested in becoming a caregiver!

Stop by Today!

www.reverecourt.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

TAX PREPARER

#1 CONCIERGE TAX PREPARER

38 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst a.k.a. "Mama Bear" (916) 640 - 3820. Same low 1990 rates.

www.taxirene.info · taxireneinfo@gmail.com

Race for the Arts 5K Run/Walk with Kids Fun Runs and Free Arts Festival set for Aug. 28



Photo by Tia Gemmell

Experienced runners and casual walkers are ready to start the entertainment-filled racecourse at William Land Park.

Grab your running shoes and come out and enjoy the 22nd Race for the Arts 5K Run/Walk & Kids Fun Runs. It's fun for the experienced runners and the casual walkers with entertainment (on the racecourse and on stage), food for sampling, and food for purchase, plus hands-on booths all make it more than a run, it's an experience. Teams of 10 or more receive 20 percent discount. The event includes a free arts festival

Have a favorite nonprofit arts organization or school program? Collect pledges (due October 1) and designate any California literary, performing, cultural, visual, or culinary arts organization or school and they will receive 100% of pledges designated to them. Pledges are due Oct. 1 but are not a requirement of the race.

TIME: 7 a.m. Registration (or register at http://www.RaceforthеArts.com, or mail your registration to Race for the Arts, P.O. Box 799, Folsom, CA 95763)
8:10 a.m. – Kids Fun Runs
8:35 a.m. – 5K Run/Walk
8 a.m. – 1 p.m. Free Arts Festival

WHERE: William Land Park, Sacramento (across from Sacramento Zoo and next to Fairytale Town)

COST: $15 - $35 (cost varies, depending on age and date of entry). A 20% discount for teams of 10 or more. Registration includes an event T-shirt, refreshments, and the free arts festival.

INFORMATION: (916) 966-8893 / www.RaceforthеArts.com / sallyrice@RaceforthеArts.com

Puzzle Solutions

C	A	B	A	L	■	F	I	F	O	■	A	N	K	H
A	R	O	M	A	■	A	B	D	U	C	T	I	O	N
W	A	N	A	M	A	K	E	R	T	R	O	P	H	Y
S	B	A	■	■	H	E	X	■	C	A	N	A	L	■
■	■	■	■	C	A	D	■	E	R	N	E	■	■	■
■	■	S	C	A	B	■	■	D	I	E	S	E	L	■
A	L	A	E	■	■	■	A	G	E	D	■	P	A	C
H	A	R	E	■	S	A	G	E	S	■	C	E	B	U
A	N	D	■	R	A	M	A	■	■	■	T	E	S	T
■	E	A	S	I	N	G	■	■	S	A	N	S	■	■
■	■	■	T	O	D	A	■	S	A	C	■	■	■	■
■	P	L	A	T	A	■	P	A	T	■	■	D	U	O
S	H	I	V	E	R	M	E	T	I	M	B	E	R	S
R	E	F	E	R	A	B	L	E	■	Y	O	N	I	S
O	W	E	S	■	C	A	T	■	■	C	A	E	C	A

Mask:

continued from page 7

she believes in following the county's mask mandate order.

"I'm all for contributing to whatever the solution is, and if that means we all have to wear masks now," she said. "I work in the medical setting, so I've had to wear one from the beginning. So, it's not much of a change for me."

Curtis Park resident Kathy Strawser also believes in following the order.

"I always wear the mask (in public)," she said. "Everyone in my family is vaccinated, so when I'm at home, I don't wear the mask. If I go to Safeway or (in a gas station), paying cash for my gas, then I put the mask on."

Former Land Park resident Lisa Santos, bartender at the XO Lounge, noted that she does not agree with the mandate's requirement for vaccinated people to wear masks indoors in public places.

"I think if you were (vaccinated), I don't think it should apply to you," she said.

"I do think that it's unfortunate that people still have to wear (face coverings). I'm not about government at all, and I think you should do what you want to do."

Stefon Love, who identified himself as a homeless man who lives in the area, believes that it was not necessary to reinstate the mandate.

"On this pandemic and things that are going around with the mask, even though the government says we don't have to wear the mask ever since June, but we have to turn back around and wear them, to me I can understand the panic," he said. "But this is something that if 1,000 people ain't dying in one city to the other to the other, I really think they overregulate.

"I understand the concern, because I'm concerned about it, but I don't think the government or the city where you live (needs) to go this far."

While sitting inside a Land Park business, Gerry Kushida shared his thoughts on the mask mandate.

"The variant is so powerful, I guess, it really effects everybody," he said. "So, we're going back to square one (with face coverings), I think. So, we've got to be careful. Hospital rates are high. I'm concerned about it. What can we do? Everybody's rebelling against wearing masks, and they don't want to get vaccinated.

"I think it's up to you. If you want to wear your mask, fine. If not, fine."

Little Pocket resident Lein Shanahan said that he is frustrated with the "flip-flopping" of the mandate.

"To me, it's like, we got vaccinated, trying to get back to normal life and you want to flip-flop and say, 'Oh, now that you're vaccinated, you've got to go (back) and wear masks.'"

Steven Quarles, a 1975 graduate of John F. Kennedy High School, mentioned that he questions the recent mask mandate.

"I don't give (an expletive) what the government thinks," he said. "I'll be damned if I'm going to follow anything they say. I've always felt suspect. You know, conspiracy theorist."

Asked about the mandate, Meadowview resident Sam Gevara noted that he has grown frustrated with Gov. Gavin Newsom.

"We should have (continued to wear) masks before the second opening," he said. "Our governor. He don't care. He would rather have us get sick and die. So, I would rather have people inside the stores or buildings have masks on, because you don't know who got sick, who's not.

"Personally, I think (the mandate) is a good idea, but most people, they don't realize that. It's really stupid all these people sitting around not wearing a mask. It's dumb. I believe the real-life science. I don't believe the fake news stuff."

Oak Park resident John Williams told this paper that he supports the reinstated mask mandate.

However, he noted that although he is very concerned about the spreading of COVID-19, he does not attempt to promote his view with others.

"A grown man or woman has to make their (own) choice," he said. "I don't judge. Just don't give (the virus) to me."

Katie, a nurse in the community who did not want to share her last name, supports the reinstated mask mandate.

"I'm all for the mask mandate," Katie said. "Our hospitals are being overflowed again. We don't have the means to keep up with the rate that it's going up, and if masks can help cut that down even a little bit, I think it's an easy concession to make for the betterment of everyone around you."

She also commented on the COVID-19 variant.

"We're already seeing it mutate so far, and we're already seeing it become smarter than us at this point," she said. "So, I think wearing masks can keep us smarter than mutations. If wearing masks cuts down the ability for it to further mutate, so our vaccine might not even work anymore, I think we've got to do our part."

West Sacramento resident Melissa Gomez mentioned that she especially supports the mask mandate, due to her medical issue that prevents her from getting vaccinated.

"I think the mask mandate is a good thing to do, and I think we should be wearing them," she said. "I haven't gotten sick since we had to (wear them)."

Experience doesn't cost you more... It Pays!



38 Years Experience - References
Greenhaven / Pocket Area Specialist
Masters Club, Outstanding Life Member

Bill Bonner

(916) 320-1888
Bill@PocketAreaHomes.com

CalDRE# 00692245

BERKSHIRE HATHAWAY HomeServices | Drysdale Properties

A member of the franchise system of BHH Affiliates, LLC.

GreenhavenPocketHomes.com

St. Anthony Parish

COMMUNITY & CULTURAL FOOD FESTIVAL

SATURDAY
September 11, 2021

INTERNATIONAL FOOD BOOTHS

- Filipino
- Mexican/Tacos
- Nigerian
- Polish
- Greek
- Hamburger/Hot Dogs/Pizza
- Paella
- Ice Cream
- Desserts

BOOTHS

- Country Store
- Books
- Garden Shop
- Face Painting

GAMES

- Children's
- Cake Spin
- Wine Spin
- Pull Tabs
- Bingo

ENTERTAINMENT

Flag Ceremony & National Anthem
Carmel Quintet Jazz Group
Folk Guitar Club
Chinese Community Church Ukulele & Hula Fellowships
Jazz Music
Terry Sharp Group
BLITZ Barbershop Group

- Flu Shots 1pm - 4pm or until they run out
- Old School Car Show Noon - 4 pm
- Special appearance "Elsa" from Frozen

LABOR DAY

EVERY sofa & loveseat,
EVERY bedroom set,
EVERY dining set,
EVERY home office,
EVERY kid's room,
EVERY recliner,
EVERY accessory
is ON SALE!*



PLUS

LABOR DAY
MEGA
CLEARANCE
20 - 60% OFF!

Naturwood®
HOME FURNISHINGS

12125 Folsom Blvd. Rancho Cordova
916-351-0227
Mon 10am – 8pm • Tue – Thu 10am – 6pm • Fri 10am – 8pm
Sat 10am – 6pm • Sun 11am – 6pm

"Tell 'em Brooklynn sent you!"



www.naturwood.com

Largest Selection of
★ PROUDLY ★
MADE IN THE USA
with U.S. & Imported Materials
Products

*Sale applies to all indicated items except "Special Buys" and Serta iComfort mattresses. Some items are limited to stock on hand. Sale ends September 6, 2021.