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Pocket News

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Introducing local pot pie chef: Samela Rucker

See page 4

Cover courtesy of Samela Rucker

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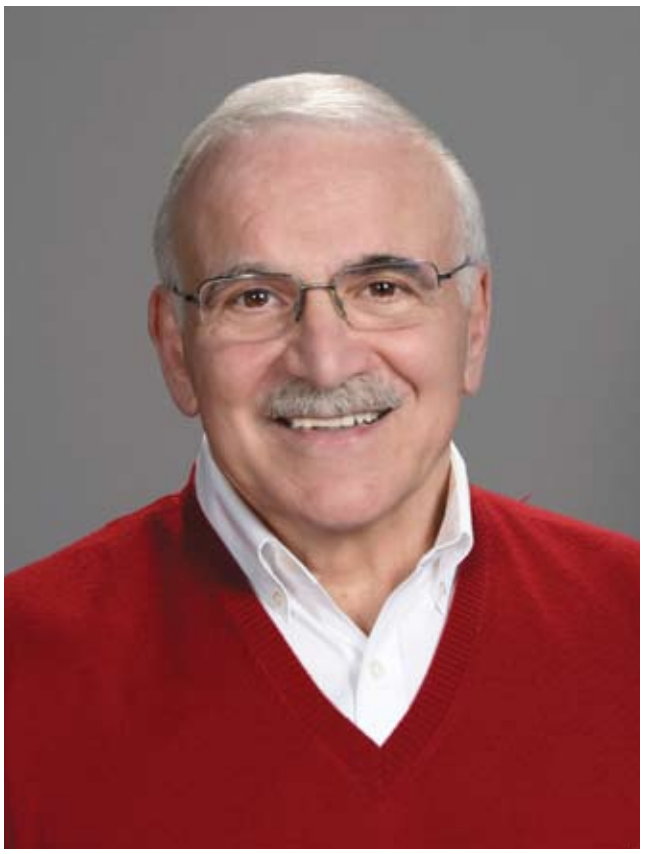

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photo by Barbara Cherry

Elks Lodge # 6 Purple Pig Fundraiser

By PER Stephen B. Clazie

Joseph "Joe" Di Pinto had a unique opportunity at Elks Lodge No. 6's annual Purple Pig Night. The Purple Pig is the fundraising arm of the California-Hawaii Elks Association Major Project, Inc. (CHEMPI).

Joe Di Pinto's unique opportunity was to help the PERS collect over $5,000. Joe, who is almost 95, wanted attendees to hand in their Piggy Bank and then reach into their pockets and make an additional donation. Joe wore a neckless lei of 50 twenty-dollar bills. Joe, who was Elk of the Year in 2012, had Kathy Smith walking through the crowd with him and taking $20 bills from Joe's lei to match every $20 additional donation given by the fellow Elks.

How did Joe do? Joe was a great success, but knowing Joe, he thought he could have done better. Joe's thousand-dollar donation took in an additional $610 for a total of $1,610 between him and the other members. Besides that, the PERS collected $5,180.53 on Purple Pig Night, and for the very first time collected more than $5,000. They had 61 people make donations that night, and 30 of them were for a hundred dollars or more. Those members who donated a hundred

See ELK LODGE on Page 7

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9Rounds in the New Year?

By Devin Lavelle

BAM, BAM-BAM, BAM

Walking into 9Rounds you're greeted by upbeat music and the rhythm of boxing gloves on punching bags. Stations numbered one through nine stretch to the back of the studio, some featuring punching bags that would be familiar to most, while others have unique bags I had never seen before.

PA PA PA PA PA PA PA

POW!Having spent the last 22 months doing everything I could to support our local restaurants get through COVID, I found COVID 19 had actually turned into the COVID 30 for many of us. A new year (and a planned spring trip to Hawaii) got me motivated to finally get things turned around. We know that a healthy, portion-controlled diet is by far the most important part of weight loss, but I also wanted to explore options for increasing exercise. It's a lot more fun than dieting on its own.

BANG-ETH! BIFF!

I decided to check back with my friends at 9Rounds. In early 2021 I wrote a featured local business story on them, on behalf of the Pocket Greenhaven Community Association. Exercise, fun and a great opportunity to support a fantastic local business! Adrienne Chargin, Suzy Foote and Heather Hoskins

THWACK, WHAM, BOOM!

Each round lasts three minutes, with time for a quick break to move between stations, the nine rounds add up to a quick, but effective thirty-minute full body workout. You start with a cardio session to get your heart rate up. It had been a while since I had used a jump rope. So after a while, I decided to switch to the cordless alternative. It gives you the same exercise, but without the frustration of tripping over the rope every third skip. This is one of the great things about their program. Every station can be adjusted for whatever level of skill, fitness and physical ability you may have.

From there, three minutes with dumbbells, doing combined arm and leg exercises. Nothing too heavy, it's focused on reps, but plenty of weight options for whatever level you came in at. It's the one exercise I was well prepared for – six years of lifting growing boys will do that.

KAPOW! Z-ZWAP!

From there, we had six rounds on the bags.

The smaller double-end bag at station 3 and the speed bag at station 8 focus on speed and precision, really working the fast twitch fibers in your arms.

The familiar heavy bag at stations 4 and 6 provides great resistance for developing more strength through your punches and kicks.

The wrecking ball bag at station 5 is a giant, round bag I had never seen before. The shape, allowing you to strike it from virtually any angle, provides great versatility and heavy resistance.

The horizontal bag, or uppercut bag, at station 7 is used to work vertical strikes from above or below. I used it for hammerfist strikes, which are a great exercise for your shoulders and back.

BOOM, BOOM, BOOM!

After the bags, you finish up with the last station of core work, crunches and planks for me and with that, you ring the bell to celebrate your workout!

Ding-Ding-Ding, three rings to celebrate a killer workout!

I skipped my favorite part, though. At one or two of the stations, depending on how busy they are, a trainer will work in with you, bringing hand pads or a shield, so you can work your punches and kicks on an active, moving target, which I thought was a lot of fun.

Overall, it was a great workout, a lot of fun. I left invigorated and not too tired – but I felt it for the next several days.

The first class is always free, and membership is by the month with discounts for longer commitments.

We're all looking to get healthier in the new year, so if this sounds like something you might enjoy, head over to Lake Crest Village (a few stores down from the Nugget) and tell them Devin sent you!



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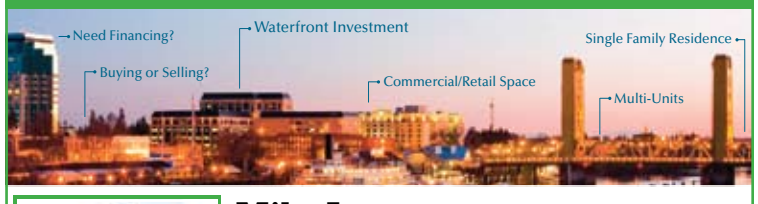
-Ben Franklin





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Introducing local pot pie chef: Samela Rucker

By Monica Stark







Known by the business name FabDiva101 on Instagram, a local home chef has garnered the reputation of always offering something different to even the most basic meal.

Samela Rucker likes blending flavors, enhancing tastes or putting together foods and flavors you wouldn't usually imagine coming together. If she dines out, she tries to recreate the meals at home to put her own spin on the meal or bring out a bigger flavor. Her ethnic background is African American and Japanese, and her siblings are African American, Filipino and German so she grew up eating many different types of dishes.

Samela usually makes pot pies during the fall and winter seasons, but plans to get them going late January 2022 this year. Seafood, chicken and tri tip pot pies made with all fresh vegetables, fresh herbs and spices, Samela makes them and sells them frozen so that people can store and bake them when they are in the mood. The pot pies are $8 each ($9 for the seafood).

Besides pot pies, which are usually sold in two days because she starts getting calls for them a month ahead, the most often requested cakes would be rum cake or Kahlúa chocolate cake.

Instagram has been a communication tool for not only advertising but has facilitated discussions regarding orders, payment and delivery or pick up instructions. She shows her dishes depicted through pictures and videos. "I like to show my ingredients and the process of me making most dishes," she says.

She's been cooking since age 12 and recalls the evening that started her on this path. "I am the oldest of seven girls and discovered cooking one evening when my mom was out late working and my younger siblings needed to eat dinner. It was the first time I cooked a whole chicken and fried it. I'm certain I cut the chicken in more pieces than defined but I just did what I remembered watching my mother do. From then on the kitchen has been my playground for both cooking and baking. I became known for the kitchen being my Happy Place." Samela has had various catering and event planning businesses. Currently she cooks for fun and by appointment when time allows.

Her reasons are succinct. "I love cooking. I love dining out. I love experimenting and creating in the kitchen. It makes me happy and I enjoy the happiness of others enjoying my creations. Cooking is very soothing for me."

Originally from Oakland, and the mother of two adult sons and one teen daughter, Samela will have more time to herself soon as her daughter will be graduating in June 2022. "Having raised all three of my children and getting them all through highschool my life will need to be filled with something enjoyable for myself. I would love to create a business of my own doing things that I love like cooking more and traveling. I have a vision of putting together group travel packages centered around unique food tours. The pandemic has caused me to have to rethink some ideas but I'm very creative so stay tuned via my Instagram," she said.

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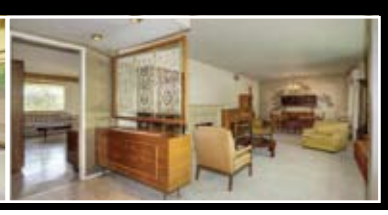



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Thiebaud, Didion drew widespread attention to Sacramento

By LANCE ARMSTRONG

Editor's note: This is part one of a three-part series about artist Wayne Thiebaud and writer Joan Didion, who died two days apart in late December 2021. This article focuses on the life and art of Thiebaud. Part two and three of the series will highlight the life and literary works of Didion.

It is widely known that many people pass away on or around Christmas Day, and for Sacramento, it lost two of its most famous people – artist Wayne Thiebaud and writer Joan Didion – during this past Christmastime.

They died two days apart, with Didion dying at the age of 87 on Dec. 23 and Thiebaud passing away at the age of 101 on Christmas Day.

Both Didion and Thiebaud had long careers and countless fans, both young and old.

With their worldwide acclaim in the arts, the impact of their deaths also reached far beyond the capital city of California.

As a tribute to their lives and artistic contributions, various locals shared their thoughts on these iconic masters of the arts for this publication.

Thiebaud, who is the focus of this first article, was known for a variety of painting themes, among which were his classic pop art of such images as pies, cakes, ice cream cones, gumballs and paint cans.

Working primarily in oils, Thiebaud was also known for landscapes, streetscapes, cityscapes and figurative paintings, and his dominant use of colors.

He began his collegiate studies at San Jose State College (now San Jose State University) before continuing his education at what is now California State University, Sacramento.

At the latter institution, he earned a bachelor's degree in art in 1951, a master's degree in art in 1953, and an honorary master's degree in fine arts in 1998.

Thiebaud's career in painting also included his work as an educator. He served as the chairman of the art department at Sacramento Junior College (now Sacramento City College) before spending many years teaching art at the University of California, Davis.

During the 1950s, Thiebaud worked as a guest instructor at the California School of Fine Arts – today's San Francisco Art Institute – and also taught art in New York.

Many notable artists studied under Thiebaud, one of whom was Sacramento artist Mel Ramos (1935-2018), who recognized Thiebaud as one of his mentors.

Thiebaud's long career as an accomplished artist is evident through his many exhibitions and displayed collections. Permanent collections of his works are located at the Crocker Art Museum, the Los Angeles County Museum of Art, and the Whitney Museum of American Art, in New York.

An example of his early notable exhibits is referred to in the July 12, 1950 edition of The Sacramento Bee.

The following words appeared in that edition: "Wayne Thiebaud, who had impressive work in the Kingsley Art Club exhibit, scores again with several pieces, the best of which is a bold print called 'Pied Piper,' creating an effect of violence and even madness by conception, design and color."

While living at 3751 2nd Ave. in August 1950, Thiebaud received honorable mention for his entry in the prints section of the California State Fair art show. He served as an exhibit designer for this fair throughout that decade.

Five months later, Thiebaud's exhibit, "Influences on a Young Painter," featured 60 of his paintings at the E.B. Crocker Art Gallery, as the Crocker Art Museum was then known.

Thiebaud's first solo art show was held at the San Francisco Museum of Modern Art in 1960.

His art was additionally featured as an example of pop art in a 1962 exhibit at the Pasadena Art Museum. The exhibit also included works by such artists as Andy Warhol, Roy Lichtenstein and Robert Dowd.

As for his earlier life, Thiebaud was born in Mesa, Arizona on Nov. 15, 1920, and moved to Southern California with his family a year later.

The 1930 U.S. census lists the then-9-year-old Thiebaud as living in Los Angeles with his parents, Morton and Jean, and his sister, Marjory. He also spent time living in Long Beach.

Thiebaud was raised as a member of The Church of Jesus Christ of Latter-day Saints and his father was once a bishop in that church.

As a teenager, Thiebaud apprenticed as a cartoonist for Walt Disney Productions in Burbank.

He later studied at Frank Wiggins Trade School, a community college in Los Angeles.

See ATTENTION on Page 8





Peter Coyl Named Library Director and CEO at Sacramento Public Library



Sacramento Public Library Authority Board is pleased to announce that Peter Coyl has been named Library Director and CEO. Coyl will take helm of Sacramento Public Library on January 3, 2022 and will lead California's fourth largest library system with its 28 locations serving Sacramento County.

"I am excited to join the Sacramento Public Library and help lead it into its next chapter," said Coyl. "It is an honor to be asked to continue the great work that has been done by the staff and board to make SPL a destination for learning in the community. SPL is well deserving of its great reputation and I look forward to building on that."

Since 2017, Coyl has served as Director of the Montclair Public Library, one of the busiest municipal libraries in New Jersey. He is the Vice President of the Freedom to Read Foundation, serves on the American Library Association's (ALA) Intellectual Freedom Committee and recently was a member of Public Library Association's (PLA) Task Force on Equity, Diversity, Inclusion, and Social Justice. He earned his master's degree in Library and Information Science from Drexel University with a concentration in Youth Services.

Coyl's love for libraries started at Sacramento Public Library where he was issued his first library card when he was 5 years old. With over 20 years of experience in libraries, he brings a diverse knowledge base in all aspects of library service ranging from circulation clerk and bookmobile driver at Rochester Hills Public Library, librarian at a K-2 international school in Taiwan, and Branch Manager and District Manager at Dallas Public Library.

"Peter brings a broad range of experience and we are confident that under his leadership the Library will continue its focus on serving the needs of our community. We're thrilled to welcome him back to where his passion for libraries began as a child," said Sacramento Public Library Authority Board Chair and Sacramento Councilmember Eric Guerra. "Throughout his career, Peter has worked to remove barriers to library access from eliminating overdue fines and developing life skills programs to support refugee communities and keeping seniors connected with Wi-Fi hotspots during the pandemic."



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Super Crossword

Answers

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Elk Lodge:

Continue from page 2

dollars will receive a gold Pig lapel pin from CHEMPI.

There were some members that stayed home for various reasons, but sent or brought donations to the office for an additional $1,098.50. That brought the total to $6,279.03. There are still mail donations coming into the office. If it had not been for Joe, the PERS would not have made the $5,000!

If you know Joe, you have heard him say, "I am just one vote, but . . ." After that Joe would then explain his point of view, like proclaiming Sacramento Exalted Ruler Rebecca Icarro's motto about saving one starfish at a time is true. This is the idea that each person and every gift can make a difference. No matter who you are and no matter how much or how little you have, your gift matters and can transform a life. Joe was one person who made a difference.

The California-Hawaii Elks have have made a difference since 1950 by raising over $116.2 MILLION to address the unmet needs of children with disabilities. The holiday season is a special time to remember all of the families struggling to make life better for their children. The Sacramento Past Exalted Rulers (PERS) hosted Purple Pig Night on Tuesday, December 21, to help children Walk, Talk, See & Play.

Starting in 2007 the Sacramento PERS have enhanced their annual Piggy Bank Night of donations and free egg nog to include a free dinner to everyone making a donation to the Purple Pig, which is the Elks Major Project. For the last ten years the Sacramento PERS have raised almost $5,000 each year in this one night event. They had never quite gotten to $5,000

The Elks 6's PERS invited all Elks and their spouses to bring their piggy-bank donations and be the guest of the PERS for a dinner of potato salad by Dayna Schilling, macaroni salad by Kim Hardin, and chilis by PERS Gunner Lester, James Nevans, Hank Peralta, and Bruce Synhorst. The PERS also served a buffet ham from Swingle s Meat Market. It was a nice bacon cut slice for making sandwiches. Besides all of the food, PERS Bruce Synhorst and John Henman had their special egg nog.

In 1950, CHEA created an organization called the California-Hawaii Elks Major Project, Inc. This unique program funds 32 paid therapists and preschool vision screeners, hired by CHEMPI, to help disabled children when no other organizations can or will. These CHEMPI professional therapists and preschool vision screeners travel, sometimes great distances, to help children get care they need.

Over 2,500 children receive specialized in-home therapy from Occupational Therapists, Physical Therapists, Speech-Language Pathologists, and Preschool Vision Screeners.

Furthermore, over 50,000 preschool children will have vision screening tests. These tests catch early signs of medical problems that once caught can be corrected early on and save a child from going blind, quite literally.

All the funds go to the California-Hawaii Elks Major Project, which makes all of the above wonderful things happen and also gives scholarships to students with disabilities seeking undergraduate degrees.

All donations are TAX DEDUCTIBLE!



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Attention:

Continue from page 4

During the 1930s and 1940s, Thiebaud worked as a cartoonist, illustrator and sign painter in California and New York.

He served his country during World War II, working in the motion picture unit of the U.S. Army Air Forces at Mather Field.

A longtime Land Park resident, Thiebaud was married twice, with his first wife being Patricia Patterson, an East Sacramento resident who he married on Dec. 17, 1944.

Thiebaud, who had four children (one adopted), married his second wife, Betty Jean (Carr) Bult, on Dec. 11, 1959. She died six years ago.

As one who would maintain a home and build a strong legacy in Sacramento, Thiebaud kept active as a member of the Sutter Lawn Tennis Club in East Sacramento, and he famously had former Sacramento Mayor Burnett Miller as his tennis partner.

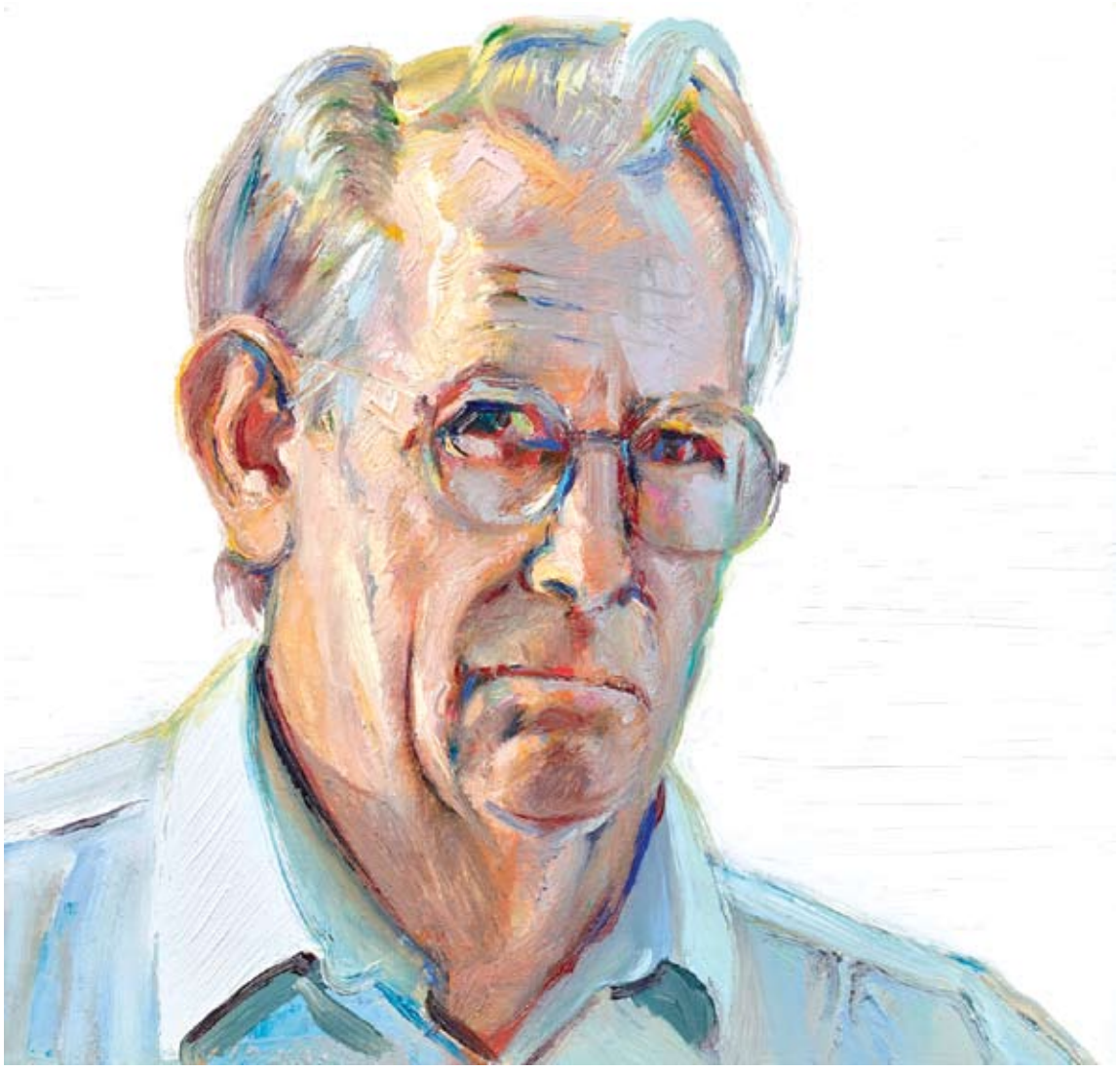

Photo Credit: Collection of Paul LeBaron Thiebaud Trust

Wayne Thiebaud, self portrait, "4 Hour Study," oil on board, 11 ½ inches by 12 inches, 1989.

Scott Shields, associate director and chief curator at the Crocker Art Museum, shared his thoughts on the importance of Thiebaud's Sacramento connection.

"For Sacramento and his importance here is that he really brought national and international attention to our region, both through his talent, but also through his imagery, and through his connection," he said. "People knew that he was from here."

As for his art, Thiebaud highlighted commonplace subject matter – things most people take for granted – such as a piece of pie, noted Shields, who authored the 2020 book, "Wayne Thiebaud 100: Paintings, Prints, and Drawings."

Shields, who knew Thiebaud personally, mentioned that he was "very humble and self-effacing."

Moni Van Camp, who was married to one of Thiebaud's best friends, Sacramento artist Gregory Kondos, until his death last year, spoke about Thiebaud as an artist who had a lot of "ingenuity" in his artwork.

"(Thiebaud) always (painted) with a lot of impasto," she said. "(He used) beautiful strokes. You look at the strokes in any of his still lifes, they didn't necessarily follow a sky pattern. They followed the image that he was painting."

Van Camp referred to Thiebaud as a person who loved Sacramento.

"Even though he had homes down near Newport Beach and an atelier in New York, all I know is that he wanted to be home in Sacramento (in Land Park)," she said.

Land Park resident Gus Moore described himself as a friendly neighbor of Thiebaud for a half-century.

"(Thiebaud was) a gracious, kind gentleman who would always stop and talk," he said. "He always had the nicest things to say about different subjects. Someone said years ago, 'Wayne was so gracious, he didn't know how important he was in the art world. He was a fine gentleman and a humble person.'"

Moore noted that Thiebaud is well remembered in his home through the several framed prints of this artist that hang on its walls.

"They just bring life (to his home) every time we look at them," he said.

Pocket resident Mary Snyder (formerly Carol Monahan), a 1963 graduate of C.K. McClatchy High School, mentioned that she and her husband, Jeff, have been longtime fans of Thiebaud's artistic works.

"We can only afford his posters," she said. "He autographed them for us. We went to all his art shows and a cocktail party (in 1984). We've been around Thiebaud and we have our pictures with him."

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Land Park Community Association partnered with Blue Star Moms

By Kristina Rogers

For the second year in a row Land Park neighbors showed their heart and donated to the LPCA/Blue Star Moms drive in December. Land Park neighbors donated $4,625 worth of items that were boxed and shipped to our overseas troops. Neighbors also gave $725 in financial donations to Blue Star Moms. Your donation helped lift the spirits of many of our service people who were separated from their families during the 2021 holiday.

Debbie Konvalin, President of Sac Blue Star Moms (CA07) sent LPCA a letter of appreciation to our community, which in part reads: "On behalf of Sacramento Blue Star Moms, I would like to express our sincere appreciation and gratitude for your willingness to partner with the Sacramento Blue Star Moms in a tremendous effort to hold a community collection drive. We know that many hours were spent combing neighborhoods and collecting products from all over the Land Park community. We cannot thank you enough for your generosity and commitment to our cause of blessing our deployed service members with a cherished CARE package with products sent from home."

Konvalin mentions that many of last year's fundraisers were canceled which left their supply shelves a bit bare and our postage budget depleted. Thanks to LPCA's donation, she says, "We are rebounding nicely and will hopefully be shipping out a few more care packages this year. Your donation will help us to do what we do best – support our troops by sending CARE packages, full of love, from home."



Craig Rutledge (left) and Art Taylor (right) of the Land Park Community Association present President of Sac Blue Star Moms (CA07) Debbie Konvalin (center) with a donation check outside of Vic's Ice Cream.

The Sacramento Blue Star Moms is a Veteran's Service Organization that has been active since World War II, and was chartered by Congress in 1960 and supports deployed troops and their families, assist organizations who care and rehabilitate those who have been injured in the current conflicts, and they provide moral support for the families that are left behind and those families who have lost a family member while serving in the military.

Debbie partnered with several LPCA board members, including Art Taylor and Craig Rutledge who helped to collect and deliver goods to her team. Students from McClatchy High also volunteered to pass out 2,400 flyers and help spread the word to our community.

We are very proud to say, Land Park has a biiiiig heart! The Land Park Community Association welcomes other groups to partner with us in charitable acts. If you are part of a local (non-political) organization interested in partnering or sharing good works, reach out to us at; communications@landpark.org. Our board is happy to review requests and speak with you about what is possible.

To learn more about the Land Park Community Association, become a member, or how you can get involved, visit our website at: www.landpark.org

The LPCA is as active as those who join us and participate!

Kristina Rogers is the Land Park Community Association Vice President and the communications liaison.

Even Exchange
answers

1. Bless, Bliss
2. Packer, Packet
3. Noise, Norse
4. Cattle, Castle
5. Scare, Stare
6. Middle, Muddle
7. Truck, Track
8. Grant, Giant
9. Rocket, Socket
10. Weaver, Weaker

King Crossword
Answers

Solution time: 26 mins.

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

Hitori
answer

2	4	4	1	3	2
4	5	2	3	2	6
5	6	6	6	2	4
5	3	5	6	2	1
3	2	1	1	4	3
2	6	4	2	1	3

Weekly SUDOKU
Answer

8	1	7	5	9	2	3	4	6
3	6	9	1	7	4	2	8	5
5	4	2	3	8	6	1	7	9
7	5	4	2	1	8	9	6	3
1	3	6	9	4	5	7	2	8
2	9	8	6	3	7	4	5	1
6	7	3	4	5	1	8	9	2
9	8	5	7	2	3	6	1	4
4	2	1	8	6	9	5	3	7

Community Worship

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River's Edge Church

6449 Riverside Blvd. • 391-9845
Sunday Worship: 10:00am
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

Weekly SUDOKU

by Linda Thistle

		7	5			3		
	6				4		8	
5				8		1		9
		4	2					3
1				4		7		
	9	8			7		5	
		3		5	1			2
9			7			6		
	2			6			3	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Sanctify	__ __ E __ __	Nirvana	__ __ I __ __
2. Wisconsin player	__ __ __ __ R	Tiny ketchup container	__ __ __ __ T
3. Clamor	__ __ I __ __	Like Odin or Thor	__ __ R __ __
4. Group of longhorn	__ __ T __ __ __	Palace	__ __ S __ __ __
5. Frighten	__ C __ __ __	Gaze into space	__ T __ __ __
6. Intermediate	__ I __ __ __ __	Jumble, confuse	__ U __ __ __ __
7. Semi or pick-up	__ __ U __ __	Runner's course	__ __ A __ __
8. Endowment	__ R __ __ __	Titan	__ I __ __ __
9. Spaceship	R __ __ __ __ __	Electrical outlet	S __ __ __ __ __
10. Loom user	__ __ __ V __ __	Not as strong	__ __ __ K __ __

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Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

1	⑤	3	■	②
⑤	■	①	3	4
3	4	■	1	⑤
4	■	②	■	③
②	①	⑤	4	■

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	4	4	1	3	2
4	5	2	3	2	6
5	6	6	6	2	4
5	3	5	6	2	1
3	2	1	1	4	3
2	6	4	2	1	3

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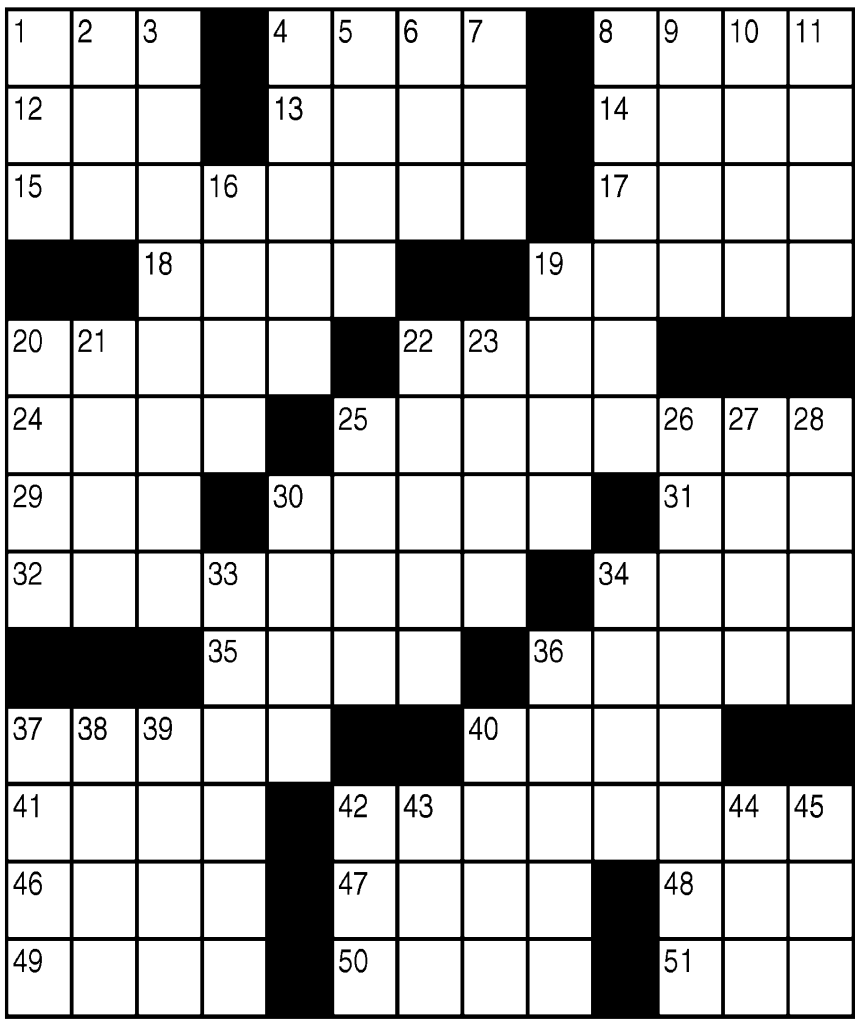
King Crossword



ACROSS

1 Steal from
4 Highlander
8 Streamlet
12 Historic period
13 String
14 Tom Joad, for one
15 Bridgetown's island
17 "It's — real!"
18 Intends
19 Tropical fruit
20 Jazz genre
22 Piece of work
24 Priests' garments
25 "Excellent work!"
29 Espionage org.
30 Spectrum creator
31 Ms. Thurman
32 Wavering
34 Twain hero
35 Sharp tooth
36 Clearheaded
37 Cream-filled pastries
40 Arrive
41 Jai —
42 Chocolatey frozen treat
46 Give up
47 Carry on
48 Citrus drink
49 Crystal gazer
50 Eye part
51 U.K. fliers

DOWN

1 Civil War soldier
2 Man-mouse link
3 Whom Pilate pardoned
4 Rascal
5 Atlantic catches
6 Granada gold
7 QB stats
8 Hearty
9 Furniture brand
10 Actor
11 Sultry Horne
16 Life stories
19 Site of Apra Harbor
20 "Coffee Cantata" composer
21 Writer Wiesel
22 Rubber gasket
23 Nuisance
25 Mom's mom
26 Place to get a fruit smoothie
27 Hotel chain
28 Combo
30 School orgs.
33 Not as certain
34 Seethe
36 Theater boxes
37 Campaign-funding gps.
38 Fonda's beekeeper role
39 Lose color
40 406, in Roman numerals
42 Calendar abbr.
43 Eg. and Syr., once
44 Oklahoma city
45 Ump

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Contemporary Chicana, Chicano, Chicanx and Mexican Art, Virtual Exhibition- Saturday, Jan. 22 at 5 p.m.

Sol Collective is organizing a virtual exhibition, and artist talks to highlight the work of contemporary Chicana, Chicano, Chicanx, and Mexican artists whose practices have been leaving a mark in the cultural production of their communities.

Artists have been essential to uplift the dreams, desires, and experiences of our people. They have helped to visualize the ideas and beliefs that get ingrained in our culture. Sometimes, their artworks have helped to portray, reflect, or criticize the ills of society. Other times, they have elevated significant aspects of our cultures. On occasions, they have moved from being witnesses to active participants of the social movements emerging during their times by using their tools and talent to inspire and empower our communities.

Besides highlighting the artists and their work, the project aims to address the importance of telling our own stories, owning our narrative to reflect the Chicana, Chicano, Chicanx, and Mexican experiences.

The online exhibition will be launched on January 22nd, 2022. The virtual artist talks will start on February 3rd and will continue during the rest of the month. Stay tuned for more information!

www.solcollective.org

Participating artists: Adriana Carranza and Alfonso Aceves (Kalli Arte Collective), Gilda Posada, Grabiel Grafica, Jesus Barraza (Dignidad Rebelde), José González, Jose Lott, Lapiztola Colectivo, Luis Campos García, Luis-Genaro Garcia, Ruby Chacon, Stan Padilla, Xico González.

Funded in part by the Gente Chicana/SOYmos Chicanos Art Fund, and the Greater Milwaukee Foundation.



Coat & Blanket Drive Saturday, Jan. 29- 11:00 AM - 12:30 PM

Target, 2505 Riverside Blvd.

Humanitarian Action Network is hosting a coat & blanket drive to help provide some comfort and warmth to our unhoused community members. We are a non profit organization providing direct street-level outreach. Your tax-deductible donation of adult coats and blankets is very much appreciated during these cold winter months. www.dobetterhan.org

Doggy Dash 2022- Saturday, April 23, 10:00 AM - 1:00 PM

https://www.sspca.org/doggy-dash

The Sacramento SPCA is excited to announce that this year's Doggy Dash will be BACK IN-PERSON at William Land Park on Saturday, April 23rd.

Registration will go live to the community on Monday, January 10th with early bird rates open the entire month of January. Individual registration ($25) and Team registration ($35). Prices increase by $10 starting February 1st.

This will be in-person for the largest 2k/5k dog walk and pet festival in Northern California!

Library Updates

Virtual Sacramento Superfest- Wednesday, January 26, 2022 5:30 PM - 8:00 PM

A disability film festival. Celebrate cutting-edge cinema that portrays disability through a diverse, complex and engaging lens. The festival is one of a few worldwide, completely accessible to film-goers of all kinds. Registration via Zoom is required (https://sfsu.zoom.us/webinar/register/WN_yOZbGxBjTeWJ9xdejebu5g)

After registering, you will receive a confirmation email containing information about joining the session. Films selected by disability rights advocates and filmographers. Featuring animated shorts, documentaries, mockumentaries, dramatic shorts, etc.

Event Type(s): Entertainment
Age Group(s): Adults

Pocket Library

The Robbie Waters Pocket Greenhaven Library is located at 7335 Gloria Drive. The contact information is 916-264-2920.

(No events are currently scheduled in-person at the Pocket Library.)

Belle Cooledge Library

Belle Cooledge Library is located at 5600 South Land Park Drive. The contact information is 916-264-2920.

(No events are currently scheduled in-person at the Belle Cooledge Library.)

Elks 6 Lodge Updates

The Elks 6 Lodge is located at 6446 Riverside Blvd. Contact information is 916-422-6666 and email is info@elks6.com.

Cancellation of Lunar New Year Dinner & Dance:

This event scheduled for February 4th has been canceled. Contact the Lodge at 916-422-6666, extension 2 to receive a refund.

New Yoga Classes Starting this Month

The Lodge will offer yoga classes by a certified instructor two days per week on Mondays at noon and Wednesdays at 3:30 p.m. Each session will be an hour and will be held in the Emblem Room. The classes are free to members whose membership includes the Athletic Club (AC). The cost is $10.00 for non-AC members. If you are interested in joining or would like additional information, please contact Sue Hill, Elks Member, at (215) 327-7712 or at sue.hill1200@comcast.net.

Pickleball Has Returned!

Pickleball has returned to Sacramento 6! Indoor play times are Sundays, from 4:00 to 8:00 p.m. and Tuesdays, Wednesdays, and Thursdays from 9:00-12:00 p.m. Pickleball is free to members and there is a $5 charge for guests (up to 3 visits).

Winter Blast - February 18 , 2022

Save the date for the Lodge's Winter Blast dinner and dance on February 18, 2022. Cocktail hour is from 5:00-6:00 p.m. Dinner and dancing is from 6:00-10:00 p.m.

Menu includes lasagna (meat or vegetarian), green salad, roasted vegetables, rolls, and dessert for $25 (price includes tax). When purchasing tickets, please indicate if you would like a meat or a vegetarian lasagna plate.

Advanced tickets only. Call the Lodge office at (916) 422-6666 to pay for your tickets by phone or stop in during regular business hours.

Save the Date! Crab Dinner - March 25, 2022

Save the date for the Lodge's Crab Dinner on March 25, 2022. James Nevans, Past Exalted Ruler, will be chairing this event. Early bird tickets will be $70 a person. More information to follow.

Fairytale Town Updates

Fairytale Town is located at 3901 Land Park Drive.



Volunteer Orientation - Saturday, February 12 at 10:00 am - 11:00 am

Do you want to help us make magic?! Become a Fairytale Town Volunteer! Our New Volunteer Orientation sessions provide an in-person showcase of our different Volunteer Programs, how to navigate our Volunteer online database, Better Impact, and a tour of Fairytale Town. To get started, visit the Volunteer page to create a Better Impact account and sign up for a session.



Girl Scout Badge Night- Comic Art Badge - Thursday, February 24th @ 5:00 pm - 7:30 pm

Girl Scout Cadettes can earn their Comic Artist badge. This two-and-a-half-hour workshop will fulfill all badge requirements and include a snack break.

Newspaper cartoons, comic books, graphic novels . . . comic art is a broad, exciting, and growing field. Comics are sometimes described as "sequential art," though some are only one panel. So, what is a comic, exactly? It's a visual story told however you would like to tell it. Go for it!

Girls will receive a certificate and their badge at the conclusion of the event.

Adults must be accompanied by children and children must be accompanied by adults in order to gain admittance to Fairytale Town.



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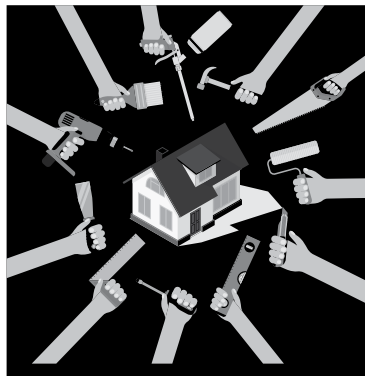

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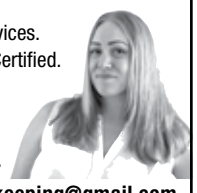

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True Crime Mini Con & Superfest Disability Film Festival to be held online

Sacramento Public Library is hosting two free virtual events later this month.



True Crime Mini Con (January 22 at 11 a.m.)

Fans of the popular true crime genre will feel right at home during this virtual event featuring documentary filmmaker Joshua Zeman, author Katherine Dykstra, forensic genealogist Janice Sellers, and a true crime pub trivia quiz by Sacramento quizmaster Kevin Ice. For more information, visit www.saclibrary.org/TCMC2022.

Superfest Sacramento (January 26 at 5:30 p.m.)

This virtual festival on Zoom features a dozen short films selected by disability rights advocates and filmographers. For more than 30 years, Superfest has been celebrating diversity with cutting-edge cinema portraying disability through a complex and engaging lens. Superfest is one of a few worldwide, completely accessible festivals for film-goers of all kinds. For more information, visit www.saclibrary.org/superfest.

GALT

15th Annual Galt
Winter Bird Festival

Saturday, February 5, 2022 from 10 a.m. to 3 p.m.

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Youth Art Contest

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PRESENTATIONS
Conservation Ambassador, Gabriel Kerschner
Cal-Waste, Leesa Klotz
Hawks, Honkers and Hoots, Kelli Moulden
Going Batty, Corky Quirk
Keynote Speaker, John Ehrenfeld

ENGAGING TOURS
Tall Forest, Dr. John Trochet
Delta Birding Tour, Chris Conard
Staten Island Sunset Tour, Emily Wells
Cal Waste Recovery Systems Materials Tour
Guided Photography Walk, Cosumnes River Preserve
Tracks and Scat Walk, Cosumnes River Preserve

Tundra Swan

Chabolla Community Center
610 Chabolla Avenue
Galt, CA 95632

Space is limited, sign up for tours now at www.ci.galt.ca.us/WBF or for more information call: 209.366.7180

CAL-WASTE RECOVERY SYSTEMS · SMUD · Conservation Farms & Ranches · F&M BANK · The Galt Herald · California Rice

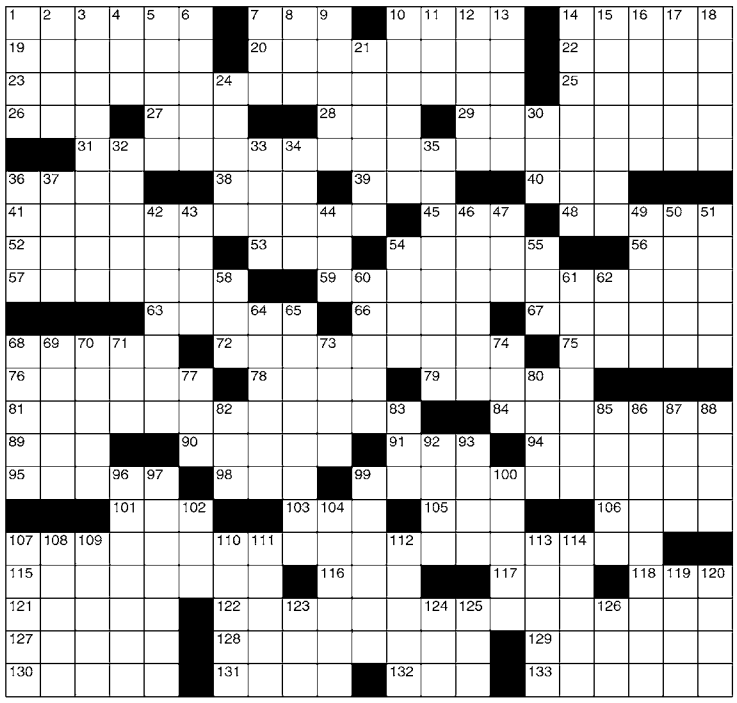
Super Crossword — OFF DUTY

ACROSS

1 Pillager
7 Branch of Buddhism
10 Mosque minister
14 Stallone role
19 Large lizard
20 Shirt-pocket audio player
22 Wine coolers
23 Gasohol, e.g.
25 Italy's largest port
26 Apartment, e.g.: Abbr.
27 Sculling need
28 That, in Spanish
29 America's Cup sport
31 Passed-on value system, say
36 Ever and —
38 "The Fresh Prince of — -Air"
39 Volkswagen hatchback
40 Ellipsis bit
41 Serious moral offense
45 Big Apple airport code
48 Superbright colors
52 "Relax, GI!"
53 — Kippur
54 Song of thanksgiving
56 Drink sample
57 Tattoos and piercings
59 Journalistic profession
63 Childbirth assistant
66 Two-spinoff CBS series
67 Quit sleeping
68 Very manly
72 Like gross profits ... or how the ends of eight answers in this puzzle might appear
75 Digital greeting
76 Illicit love affairs
78 Helen's city
79 4-point Scrabble piece
81 Events to move merchandise for charity
84 Redgrave of film
89 Ending for Canton
90 Leg bone
91 Pro hoops gp.
94 Tested the weight of by lifting
95 Take hold
98 Flanders on "The Simpsons"
99 Bucolic byway
101 Here-there linkup
103 Madam's partner
105 Plains tribe
106 Shady giants
107 Earnings not allocated for necessary items
115 Very brave
116 Adam's partner
117 Suffix with northwest
118 Provided with a meal
121 Razor-honing band
122 It may be trespassed on
127 Move around like a baby
128 Bristlecone, for one
129 "Tru" subject
130 Made of turf
131 River through Flanders
132 37-Down part: Abbr.
133 Neighbor on "Seinfeld"

DOWN

1 Perjurer, e.g.
2 Leer at
3 Earned more points than
4 — Bo (fitness system)
5 Register, to a Brit
6 Rushed toward
7 Pimple
8 Start for dermis
9 Many a fiction book
10 Newborn
11 Egyptian — (certain cat)
12 In the blink of —
13 Grinding tooth
14 "You said it!"
15 Transparency film
16 "MIB" part
17 Ride to bust
18 Plains tribe
21 Fashion
24 Caribbean isle
30 "El —" (1961 epic film)
32 Oct. 24 observance
33 Count (on)
34 Besides that
35 Boisterous merriment
36 Hail — (yell "Taxi!")
37 Western mil. alliance
42 Dancer Duncan
43 Roman despot
44 Global financial gp.
46 Reaches
47 Jacuzzi sigh
49 Honshu port
50 Saltpeter
51 Fork out
54 Purple-brown
55 School lobby gp.
58 Soaking spot
60 One way to serve ham or pastrami
61 "It's Pat" star Julia
62 Tic-toe linkup
64 Leaves alone
65 "Yes, sorry to say"
68 Former fillies
69 Entertain
70 Tailed orbiter
71 Engine noise
73 Dancing girl in "Return of the Jedi"
74 VII times II
77 Boss of a cpl.
80 Actor Bert of "The Wizard of Oz"
82 A, to Wilhelm
83 — -cone (frozen treat)
85 Actor — Zimbalist Jr.
86 Robbed
87 Stitched line
88 Counts up
92 Wave-tossed bobber
93 Voting "no"
96 Exclusive group of people
97 Lack of a response
99 Fancy tie
100 Copier ink
102 Agent, for short
104 "The nerve!"
107 Wafers, e.g.
108 Prelim
109 Fine fiddle
110 Prone to tilt
111 "The Wire" actor Elba
112 Trendy again
113 Earthen pot
114 Comparable (with)
119 Feminizing suffix
120 Batik artisan
123 Feminizing suffix
124 Ending for cannon
125 Cribbage pin
126 Green-minded gp.



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Farm and Flavor

Benefitting from cozy hibernation: Eating well now to healthily to bounce into spring

Kerin Gould

Every January 1st, we seem to expect some miraculous renovation in the world, as if turning over the odometer in an old car to all zeroes would make it a new car. Last year at this time, many of us expected a lot, hoping for relief from the pandemic s tedium and tension, the political circus, and the scary climate crisis, as if flipping a page on the calendar would magically fix it all. By the end of the year, we were all a bit less naïve and much more burned out and edgy. Many of the exhausted farmers I know decided not to grow anything this winter, just let the soil rest under cover-crops, let our bodies and minds rest, and reassess at planting time.

We can benefit from winter's slower pace more than ever this year. Cozy hibernation is the positive spin on quarantining and social distancing, just as plants hide under mulch, dormant while they await spring.

As soon as we have some dry, cold days, it will be time to prune the fruit trees and berry canes, get rid of whatever won't add to the wellness of the plant and its ability to happily produce. The same may go for clearing out the dead weight in both our closets and perhaps our social lives.

While everything is dormant, since our soil doesn't freeze here, we can plant or plan for new native trees and wildflowers that will support pollinators and other beneficial garden friends. We can also put out some food or water for birds and other animals ahead of rough weather. I think this metaphor is pretty clear…

Soon it will be time to add specialized, organic fertilizer to the fruit trees (goat poop!) and compost to the garden plots to make it all grow in a vibrant, balanced, strong way. One New Year's resolution that actually can affect real change for us is to nourish ourselves with more fresh, local, and seasonal foods to boost our immune systems and help us weather the literal and metaphoric storms ahead…so we come out of hibernation in spring with energy and resilience.

I don't mean a diet, a slog through failed willpower and food that tastes like dirt and twigs! How about a delicious upgrade, full of color and flavor?

If you feel deprived, especially during these slow, gray months, it will backfire spectacularly even before the first candy temptations of Valentine's Day. If we say we want to turn over a new leaf, literally, this is the best time of year for leafy greens and other cool season crops, including the nutrient-rich broccoli-cabbage family.

Chard, kale, spinach, mustard, bok-choy…but don't force yourself to nibble them raw like a rabbit! And the easiest short-cut of all: microgreens! No peeling, chopping, etc. just rinse and add to everything.

Here is a recipe that packs in greens, has cold-fighting lemon and garlic too, yet doesn't even require cooking. Slide it in among the snacks while the game is on and nobody will realize it's healthy!

Greener than Green Goddess Dip

Ingredients:

1 avocado
1 cup minced parsley leaves
3 tablespoons minced fresh chives (one bunch)
1 big bunch of watercress, spinach or micro greens, minced
1 clove garlic, chopped
3/4 cup plain, unsweetened non-dairy yogurt
2 tablespoons freshly squeezed lemon juice
Salt and pepper to taste

Directions:

Place all ingredients in a "bullet" type blender or use a stick blender and a tall-sided bowl. Blend all until creamy. Serve with crudités, rustic bread, or crackers or, for a great plating effect, Belgian endive leaves can be arranged in a big bowl around the dip like a sunflower.

Kerin Gould, PhD. Is a grower, writer, and educator who lives on a small farm in Elverta. Her book, "Produce with a Purpose: So Your Doctor Told You to Eat More Fruit and Vegetables…Now What?" is available from online booksellers. For more information, go to http://producewithapurpose.net





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