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Pocket News

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Paddle sport games open to the public

See page 8

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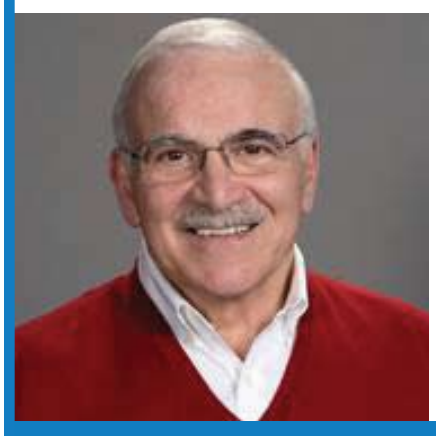

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Photo courtesy of Jennifer Goto

Jennifer Goto, a bookseller at the Avid Reader bookstore in Sacramento, holds the store's last unsold copy of a Joan Didion book, on Jan. 5.

Legacy of Joan Didion remains strong in Sacramento

Didion family, others share recollections about famous writer

By Lance Armstrong

Editor's note: This is part two of a three-part series, with the first part featuring artist Wayne Thiebaud. Parts two and three of the series are about writer Joan Didion. Both Didion and Thiebaud spent years living in Sacramento. They died two days apart in late December 2021.

Joan Didion, a renowned Sacramento-born novelist, essayist, journalist and screenwriter, died from complications associated with Parkinson's disease on Dec. 23. She was 87.

In announcing her death, her publisher, Penguin Random House, noted: "Didion was one of the country's most trenchant writers and astute observers. Her best-selling works of fiction, commentary and memoir have received numerous honors and are considered modern classics."

Among her many notable books are "The Year of Magical Thinking," "The White Album," "Blue Nights" and "Slouching Towards Bethlehem."

She also joined Tom Wolfe, Truman Capote and others as part of the 1960s and 1970s "new journalism" movement, which combined traditional journalism with nonfiction writing.

As one of Sacramento's most well-known native daughters, Joan spent her earliest years in this capital city. However, her roots ran much deeper in the Golden State, as she was a fifth-generation Californian.

Born on Dec. 5, 1934, Joan was the first-born child of Frank and Eduene (Jerrett) Didion, who were married at the Trinity Episcopal Pro-Cathedral at 2620 M Street (now Capitol Avenue) on Jan. 1, 1934.

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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 ..... Bonnie Rodriguez
Editor ..... Monica Stark
Graphic Designer ..... Liang Ly
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

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Vol. 31 • No. 3

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Cover by:
Steve Crowley

Didion:

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According to Sacramento city directories, Frank and Eduene were living at 1011 23rd St. in 1934 and 2941 Highland Ave. in Curtis Park by 1935.

The Didions, including Joan's then-3 ½-year-old brother, James, are listed in the 1940 U.S. census as living at 2211 U St. James, an El Camino High School graduate, died two years ago at the age of 80.

Joan graduated from C.K. McClatchy High School in Sacramento's Land Park neighborhood in 1952.

Long before she planted new roots in Southern California and New York, Joan gained experience as a journalist in the city of her birth, as she contributed to both The Sacramento Union and The Sacramento Bee.

In one of those articles, which was published in The Bee on Aug. 18, 1951, Joan highlighted Sacramento High School student Carol Joan Bennetts, who was then dancing in musicals of the inaugural season of the Sacramento Music Circus.

During her senior year at the University of California, Berkeley, where she earned a bachelor's degree in English in 1956, Joan won first place in an essay contest sponsored by Vogue fashion and lifestyle magazine.

Vogue awarded Joan a job as a research assistant. She accepted the position and eventually became one of that publication's editors

During her seven years with Vogue, Joan wrote her first novel, "Run River." It was published in 1963.

The book's editor was journalist John Gregory Dunne, who became her husband on Jan. 30, 1964. Two years later, they adopted their daughter, Quintana Roo Dunne.

With Dunne, Joan co-wrote several screenplays, including the film adaption of her 1970 novel, "Play It As It Lays."

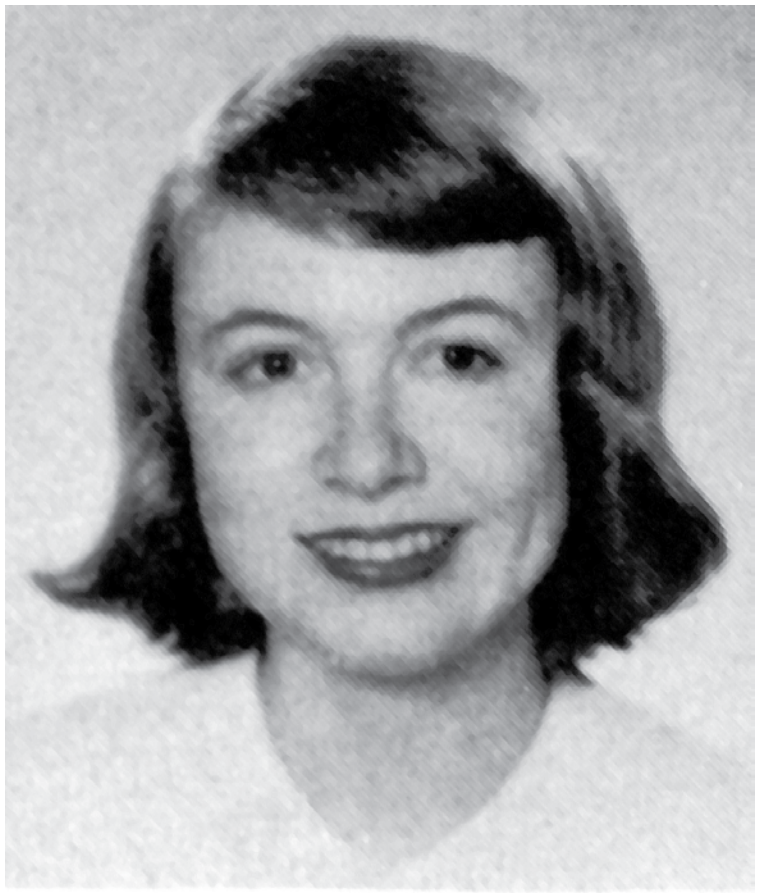


Photo courtesy of the Lance Armstrong Collection

Joan Didion is shown in her senior year photograph in the 1952 C.K. McClatchy High School yearbook.

Although Joan spent most of her life living away from California's capital city, a variety of references to Sacramento are present in her writings.

In her book, "Slouching Towards Bethlehem," Joan wrote about the "boom mentality" of California, and that "Sacramento is California."

She also referred to an Eden-like California of old, noting: "Did not the Donner-Reed Party, after all, eat its own dead to reach Sacramento?"

Didion relatives share thoughts on their cousin, Joan

Julie Didion, a local artist, responded to the passing of her famous relative.

"As Joan's Sacramento cousins, we have always been honored to count an important, incisive and downright brilliant writer as one of our family," she said. "Her books have affected and inspired our lives in so many ways, and her legacy will be huge.

"Our only regret is that our father, Bob Didion, who was the brother of Joan's father, Frank Didion, didn't grow up in the same family. Owing to the death of their mother during the 1918 flu pandemic, the boys were separated into different families. Because of this tragic event, the two families were not as close as they might have been, and we didn't have the opportunity to know Joan as well as we might have."

Julie also shared her family's favorite quote by Joan.

"We have a favorite quote of hers, from an interview in New York magazine," she said. "She was serving lunch to the journalist and set the table with beautiful antique silver. Surprised, the writer asked, 'You use your good silver for every day?' And Joan replied, 'Every day is all [there is].'

"My husband, my daughter and I try to keep those wise words in mind, always."

Julie added that her family is appreciative of the many kind condolences they received from the Sacramento community.

"We know that Sacramento will be mourning the loss of one of its most talented native daughters," she said.

Also sharing her thoughts about Joan was Jeanne Didion Huggins, another daughter of Bob Didion.

"Joan was such a warm and welcoming hostess during our last visit in New York," she said. "In casual social settings she didn't like to discuss her published work or what she was working on at that time. She loved to laugh and tell funny stories. In addition, she was a gourmet cook."

Didion left lasting impression on Sacramentans

Maurice Read mentioned that he met Joan while he was attending Sacramento Junior College (now Sacramento City College) in 1952.

"(Joan) was in her last year (at McClatchy High)," he said. "Through her, I met Nancy Kennedy, one of her best friends. And that was (then-future U.S. Supreme Court Justice) Anthony Kennedy's older sister."

Read also shared something that Joan said many years ago.

"Somewhere along the lines, she told me that somebody asked her why she majored in English, and she said so she would always have a quote for every occasion," he said. "I've never seen that in print anywhere."

Read noted that he eventually "lost touch" with Joan.

"Joan visited us here in Sacramento once and for some reason she didn't have a place to stay, so she stayed with us for one night," he said. "That's about the last time I saw her. She and her husband moved to New York, and we just kind of lost touch."

Sacramento resident Moni Van Camp told this paper that although she never met Joan in

See Didion on Page 18





Introducing our new publisher: Bonnie Rodriguez

By Monica Stark

Bonnie Rodriguez, longtime Galt Herald Editor, is now the publisher of Valley Community Newspapers.

VCN has been under the umbrella of the former news company, Herburger Publications, since 2016 when David Herburger bought the company from George Macko.

Herburger Publications is now known as Valley Oak Press and oversees VCN, as well as The Elk Grove Citizen, Galt Herald, and the River Valley Times in Rancho Murieta. It also includes a printing press that prints each of those publications as well as contracts with other publishing businesses. The press will remain active and the pun "press" plays into the name Valley Oak Press as a printing press and news outlet.

The Herburgers owned Herburger Publications since 1959 when David Herburger's parents bought The Galt Herald and the Elk Grove Citizen.

The new publisher said she will strive to uphold the Herburger legacy. "I know that these are huge shoes to fill. The Herburgers are a household name. That has been the most overwhelming aspect of this. How do I earn any type of merit under their shadow because they have been so good? There are a lot of expectations out there," Rodriguez said.

Having worked for David Herburger since 2006, first in production and graphics, she moved on to become the Editor of the Galt Herald. She said she always appreciated the "family feel" of having worked for Herburger Publications.

"It's absolutely inviting and wonderful to work for," Rodriguez said, making that work environment a priority in her new position to retain. "I want to keep that. I want the whole company to feel like family. It's the greatest thing the Herburgers did. Happy employees are productive employees," she said.

After Covid-19 first hit in March 2020, the entire staff at Herburger Publications took a pay cut, and the financial times just didn't seem to improve. "I know it just gutted (Herburger). He loves his employees. He knew it was going to be horrible."

As David Herburger walked back into his office after announcing the pay cuts, Rodriguez said she followed him in and told him, "I don't know if this is offensive, but if you ever shut these doors, I want the Galt Herald." Having jumped into the Galt community, including leading the Chamber of Commerce as its president, she said she loved the Galt community.

"He looked up at me, and said, 'Shut the door.' I thought I got myself fired," she said. But instead, he offered the Galt Herald as a package deal with all of its sister papers as well as the printing press operations and outside jobs, she said.

Her initial thought was affirmative, as long as no there were no layoffs. Sleeping on the offer for three weeks, Rodriguez said she expressed her serious interest in the business.

Time passed and there were months when the issue wasn't discussed, but whenever it was, mutual interest was shared. She helped clear a warehouse on the press's property in Galt and fill it with a tenant. Herburger put her in front of the operations for over a year. "Just ask Bonnie," he would say to customers, recalls Rodriguez.



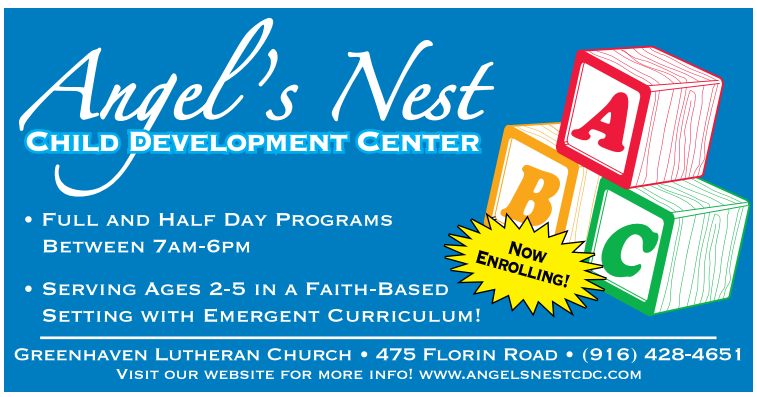
File photo

Bonnie Rodriguez the leader of the new parent company Valley Oak Press.

"He put my face out there, so (the ownership change) wasn't a shock …I just want readers and clients to know that new management cares about them and this is not a hostile takeover. David left us so that we could succeed. I am here for the long haul. I don't know if I could match 61 years. I don't think I have 61 years ahead of me. One of my children is semi interested so we will see. One child is 24 and doesn't want to do anything with it," Rodriguez said.

Keeping up with the changing media landscape hasn't necessarily been a priority in the past, but Rodriguez is making it one of hers. She's applied for new computer grants; a podcaster room may be in the future and adjustments for the press are in the works. "We'll have a better product as well and to be able to communicate with the outside world-- those are two initial changes. We also need to be

See BONNIE on Page 18





New SCOE program trains students to be education reporters

Sacramento School Beat started with a summer training in July 2021 but the idea for the program actually emerged before 2020.

By Akshaj Mehta, Natomas Pacific Pathways Preparatory

(Editor's Note: First published by https://sacschoolbeat.com)







Sacramento School beat, an effort to train high school students to report on their schools and districts to help compensate for the fewer professional reporters covering schools launched in Sacramento this past fall, funded by the Sacramento County Office of Education and nonprofit donors.

"This program is where students from the Sacramento County area write on schools and education in general. Typically student reporters do stories around their school and relationships touching on education," said Jack Fedor, a Sacramento School Beat reporter from Natomas Pacific Pathways Preparatory.

All the stories generated by the student reporters are shared with local Sacramento professional media and are free for them to use in order to help build back up school and education coverage in the region.

Sacramento School Beat (https://sacschoolbeat.com/) started with a summer training in July 2021 but the idea for the program actually emerged before 2020.

"About two and a half years ago I was talking to Louis Freedberg, then the executive director of Edsource.org. We had worked on youth journalism projects in the past and both of us bemoaned the fact that there are few education reporters anymore due to job cuts in the newspaper industry. Schools don't get the coverage they used to," said Steve O'Donoghue, the director of Sacramento School Beat.

This program was made possible by multiple grants from different organizations in Sacramento.

"The core funding is coming from the Sacramento County Office of Education. California Black Media and the Dow Jones News Fund also gave us small grants and we are talking to some other funders to see if they'll throw in more funding in order to hire more students," said O'Donoghue.

Students report on schools and education from August to May and receive a $1200 stipend at the end of the academic year.

Starting this program, the program staff encountered multiple challenges as there were variables they did not account for in planning, especially Covid-19.

"Covid meant we couldn't meet with students in person in the summer. It made it harder to recruit and we had to rely on people to pass the word. We were learning things as we went," said O'Donoghue.

However, a flip side to the Covid challenge, reporter Amaya Davis from Foothill High School said she found that there are more topics to write about.

"In the sense that you have more to write about now because there's always something that's relevant because people always want to hear about COVID," said Davis.

Participants say there have been numerous benefits from the program, which requires each student to produce a minimum of one story a month.

"It was frustrating at first but it got a little easier once I got comfortable with the new writing style," said Davis. "Besides the writing style I formed opportunities and connections that I probably wouldn't have made otherwise," said Davis.

A small staff supports the student reporters. O'Donoghue coordinates and administers the program and works as a writing coach for half of the students.

Karl Grubaugh, a former professional copy editor and long-time journalism adviser at Granite Bay High School, California, is the other writing coach and helps instruct the students in journalism practices.

Casey Nichols, a retired journalism adviser and former sports reporter, is the web guru and maintains https://sacschoolbeat.com/.

Tess Townsend, is a freelance journalist and a copy editor for Sacramento School Beat.

Townsend said. "I would definitely say what I've seen is that they've gotten better in writing clarity, and focusing on the key facts instead of getting distracted. I would also say I've seen an improvement in the amount of reporting."

"I helped develop the summer program in kind of a support role. I'm not leading the organization. I do things to support Steve's, Karl's and Casey's work, so whereas they're working with (students) directly, I'm coming in at the end of the process and helping with editing," said Townsend.

Plans are to attract more funding to add more student reporters and cover more districts in the Sacramento region and to build out a collaborative effort with local college journalism programs to feed students into the next level of journalism.

The student reporters meet online via Zoom once a month for planning meetings with the staff and to have presentations by professional journalists on relevant topics. ke a teenager.

Currently students from Sacramento secondary schools Foothill High, C.K. McClatchy High, Natomas Pacific Pathways Preparatory, Rio Americano High, Kit Carson International Academy and Mira Loma High are all represented in the program. More schools and districts are planned to be included in 2022-23.

COVID pandemic increases mental health needs on high school campus

By Kayli Huang, Mira Loma High School

(Editor's Note: This article was first published on Sacramento School Beat)

This year, a Peer Mediation Group was made available to students at Mira Loma High School to support mental wellness. This group of students help their peers resolve minor conflicts and problems and steer them to resources for larger issues.

The program is launching in the wake of a nationwide spike in youth mental illness.

The COVID-19 pandemic has brought youth mental health into the spotlight as many children and teens have found themselves isolated from friends and dealing with greater stress - especially during periods when schools have gone remote.

The number of minors struggling with mental health has been climbing, according to Mental Health America (MHA) National, a nonprofit dedicated to promoting mental health. In 2021, 206,000 more youths (age 12-17) have experienced major depressive episodes in the United States compared to 2020. Most of these young people - 59.6 percent - do not receive any mental health treatment, according to MHA.

According to the National Alliance on Mental Illness (NAMI), the largest grassroots mental health organization in the US, 50 percent of all lifetime mental illness begins by age 14, and 75 percent by age 24. In other words, a lot of people who experience mental health challenges are likely to experience them before finishing high school.

Aaima Arshad is a junior at Mira Loma High School and a peer mediator. She explained that in order to become a peer mediator, training was mandatory.

"During school, we had to do mock mediations in groups and were put in the positions of both the mediator and the person having the conflict," Arshad says, "This helped us understand what it means to be in the role of a mediator and what the person with the conflict is going through, while also helping us gain experience in being a mediator. But before all of this, we were taught the process of mediation and were shown several videos of mock mediations."

While mock mediations are a great way to understand the process of peer mediation, Prachiti Kamle, a junior at Mira Loma High School and peer mediator, described the meaning behind the style of training.

"We had a 2 day training in which we covered a variety of topics to help us better help students who come to mediation," Kamle says, "A lot of our training was focused on understanding why people may feel a certain way, and how to help them convey these emotions and feelings in a respectful yet impactful manner, since sometimes the conflict could just be a misunderstanding between peers. After that, we specifically focused on methods of reaching a compromise or mutual agreement, hopefully helping both sides see why the other feels the way they did, and what they both can do in the future to resolve the issue."

There are many reasons for why high school students would want to take on the role of being a peer mediator to help out other students in their school community. For Arshad, it was the ability to gain experience in the medical field while giving back to her community.

"I feel like it is a great way of helping others and getting back to the community. I also possibly want to be a psychiatrist in the future, so counseling or being a help to others let's me try out some aspect of counseling," Arshad says, "I generally like the idea of being able to be there for others in times of need and being

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Timeless Tales: For Generations of Play

By Fairytale Town

Sixty years ago, the community came together to bring Fairytale Town to life, and they did it with donations both large and small. As one billboard put it, "Your dimes and dollars are needed."

Since opening day, more than 10 million children and adults have streamed into Fairytale Town, where they have made countless memories, made connections with children's literature, and learned through play.

Once again, Fairytale Town is asking for the support of our community to begin a new chapter: Creating an expanded Fairytale Town with new amenities and features! While Fairytale Town has served four generations well, Fairytale Town needs enhancements to meet the needs of our community.

Key Features of the Expansion:

Story Center – Children will be able to write, act out, and produce their own story in this inspiring, indoor space! The Story Center will include more hands-on interaction and all-weather programming.

New Admissions Building for Faster Entry – We will be adding more ticket windows, including a dedicated entrance just for members. This will improve accessibility and allow guests to get in the park faster.

Outdoor Classroom – An outdoor classroom will provide a more focused venue for Fairytale Town to welcome school field trips and offer workshops.

Improved and increased numbers of visitor and public restrooms – The number of visitors long ago outgrew the Fairytale Town restroom amenities currently available. The restrooms will be expanded and updated to accommodate the greater numbers of visitors we receive.

See TALES on Page 13



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File photo by Stephen Crowley

Paddle sport games open to the public

By Lance Armstrong

(Editor's Note: This is an excerpt from a January, 2021, article in the Pocket News which has been updated for 2022.)

With the growing interest in pickleball, this paddle sport is now offered at Elks Lodge No. 6 on Riverside Boulevard.

A cross between tennis, badminton and pingpong, pickleball is played on a badminton-sized court with a slightly modified tennis net.

It is a singles or doubles game played with a paddle and a plastic ball with holes in it, and includes underhand serves. Doubles are typically played at the local Elks lodge.

One rule of the game is that the ball must bounce once on one side of the court before it can be hit to the other side of the court.

As for scoring, the game is played to 11, unless additional time is needed for a player to secure a two-point advantage to gain the victory.

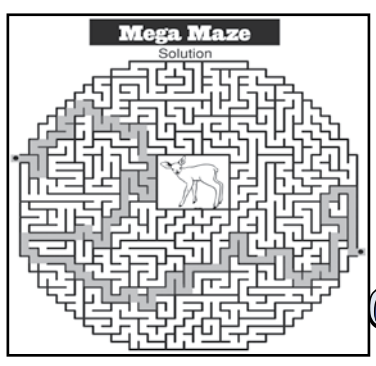
And to avoid any confusion, pickles play no role in the playing of this game.

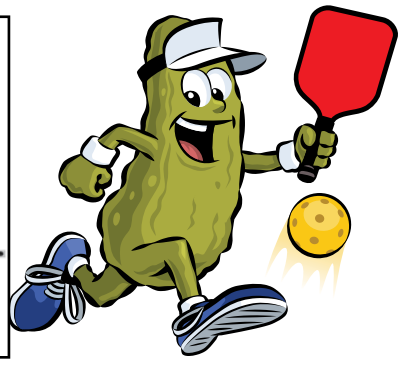
The origin of the name varies, with one of the stories being that a dog named Pickles would run off with the ball as the game was being played by the dog's owner, Barney McCallum.

McCallum, Joel Pritchard and Bill Bell, residents of the Seattle area, are credited as having created the game in 1965 as a way to cure the summertime boredom of their children.

Now a half-century later, the game has gained popularity with many people across the globe, and in the United States, it is governed by the USA Pickleball Association – an organization that "provides players with official rules, tournaments, rankings and promotional materials."

Indoor play times are Sundays, from 4 to 8 p.m. and Tuesdays, Wednesdays, and Thursdays from 9 a.m. to noon. Pickleball is free to members and there is a $5 charge for guests (up to 3 visits).





Squirrels: Unofficial residents of the Sac Zoo

By the Sacramento Zoo

When you visit the Sacramento Zoo, you expect an exciting day of lions, okapis, and flamingoes. But there is another resident at the zoo that often goes unnoticed. The humble squirrel.

Squirrels often get a bad rap. They raid bird feeders. They can chew through just about anything. They dart out in front of cars. They nest in attics. But, while sometimes inconvenient for humans, squirrels have a lot to offer. And they're a lot of fun to watch if you stop and take the time.



This prolific rodent can be found on every continent except Australia and Antarctica. Squirrels thrive in almost every habitat with some vegetation, from Sacramento's tidal-influenced freshwater marsh to tropical rainforests and semiarid deserts.

There are over 200 species of squirrels worldwide. Two of the most common species found in Sacramento are the Eastern fox squirrel and gray squirrel. Gray squirrels and fox squirrels can interbreed, potentially creating rare black squirrels.

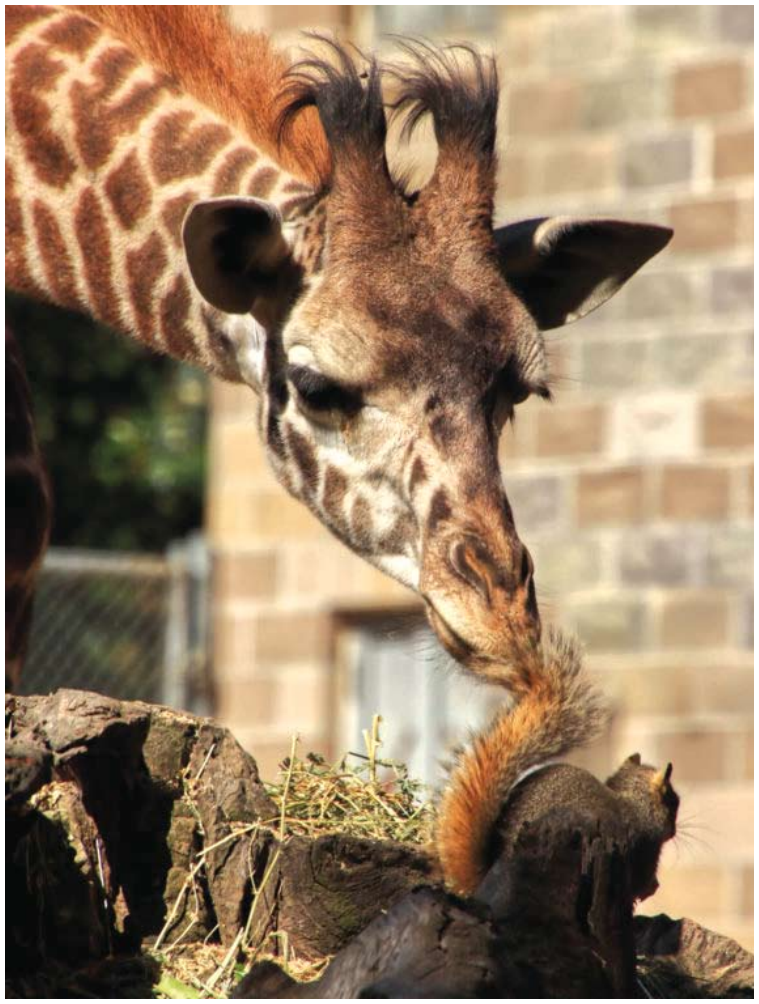
The most common squirrel at the zoo is the Eastern Fox Squirrel, not to be confused with the Western Gray Squirrel or the Eastern Gray Squirrel. Both the Eastern Gray and Eastern Fox Squirrels are introduced species, both native to eastern North America.

Fun fact: squirrels are one of the reasons straws are prohibited at the Sacramento Zoo. Even if you properly dispose of your straw in the trash can, squirrels think straws are excellent toys and tools and will pull the straws from trash cans, often depositing them in animal enclosures where they can become a hazard.

Tree squirrels help maintain plant biodiversity in forests. Squirrels bury seeds for later consumption, but then forget where they buried their cache. Over time, the seeds will sprout, expanding the forests and adding to tree diversity.

And did you know that hibernating ground squirrels, such as the California ground squirrel, may hold the key to treating strokes? Hibernating squirrels experience a loss of blood flow to their brains, like stroke patients. However, squirrels wake up without brain trauma due to a cellular process that protects brain cells. Scientists have isolated

See ZOO on Page 10



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Worship Sunday 9 and 11 am
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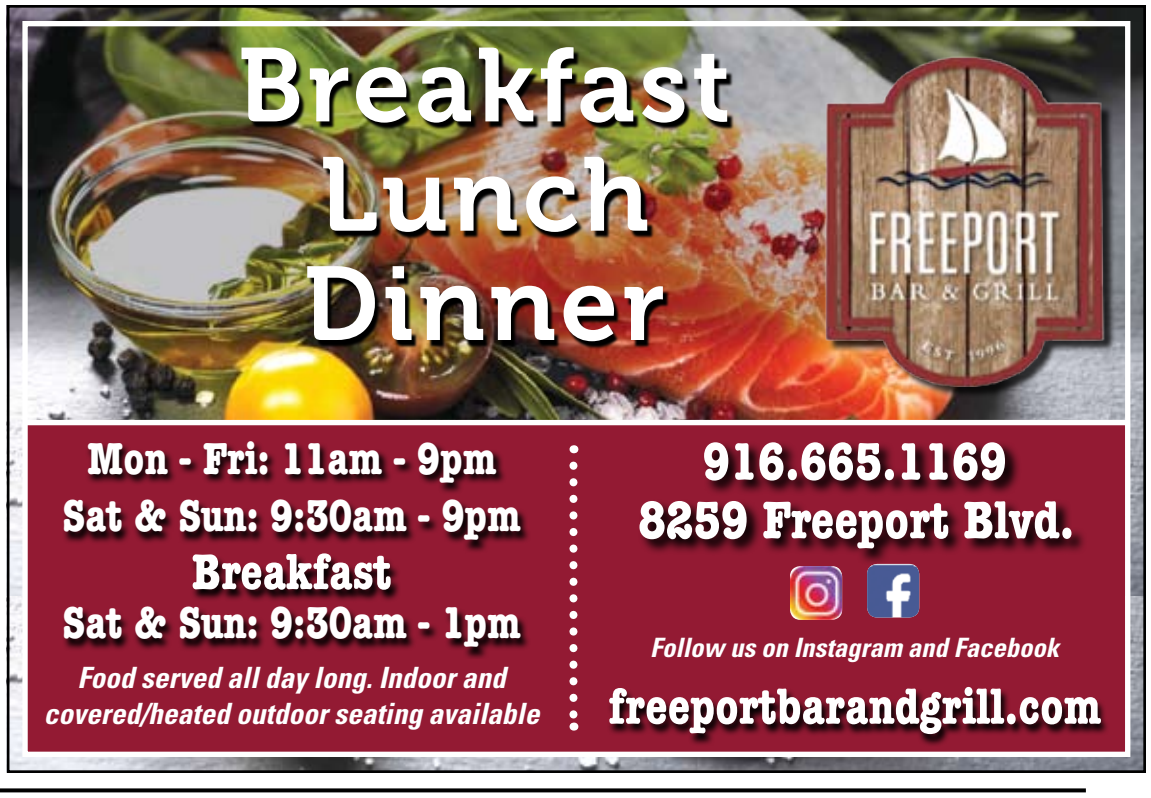
River's Edge Church

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

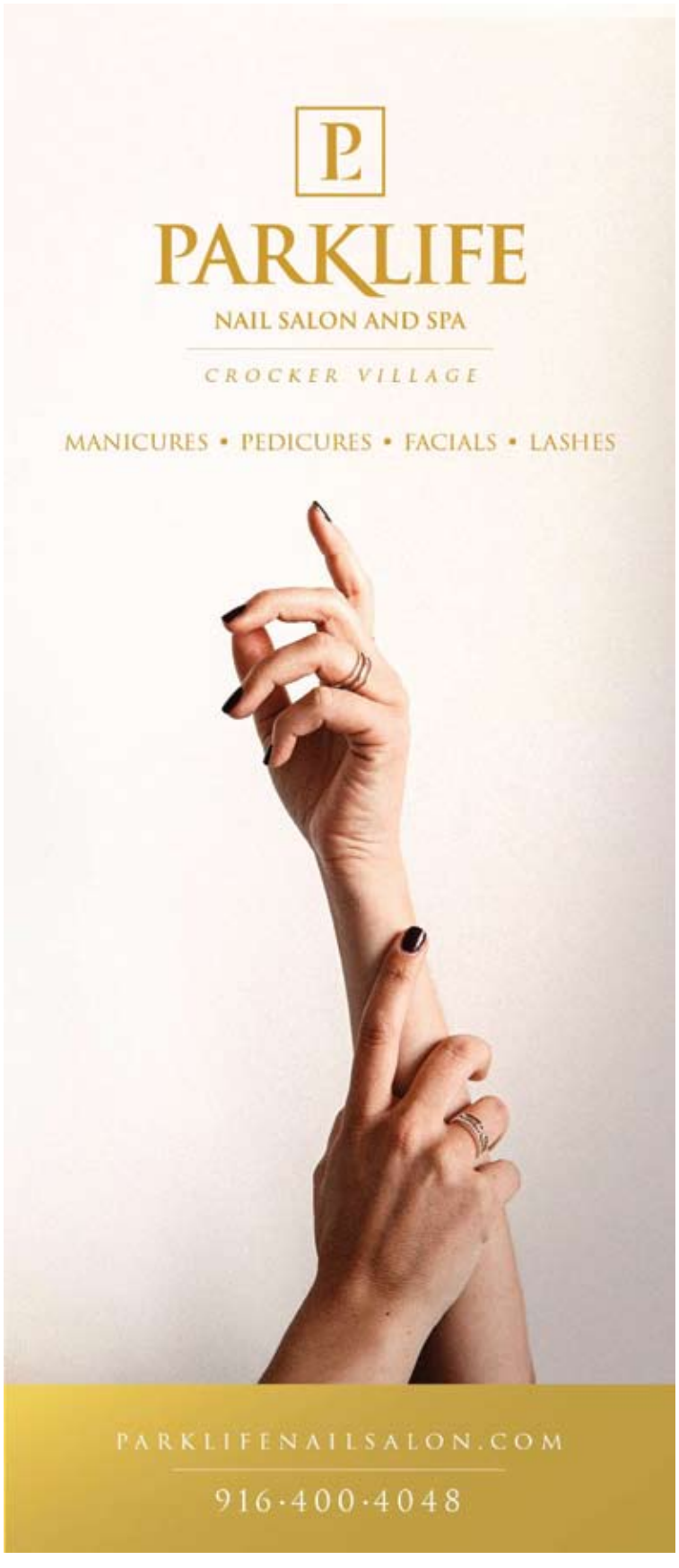


Zoo:

Continue from page 9

the enzyme that keeps oxygen-deprived brain cells from dying and research is now being conducted to hopefully create a treatment to improve stroke recovery.

The next time you visit the Sacramento Zoo, take a moment to appreciate that squirrel jumping from fence post to fence post, or stop to observe his cousin who dares to enter the cheetah exhibit in search of a nut. Think about their wonderful contributions to nature and biodiversity.



Community Briefs

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!

Root Down, Rise Up 2022, April 28, 6 to 9 pm.

3514 Broadway, Sacramento, CA 95817-2825, United States

Tickets · $45 - $70

www.eventbrite.com/e/root-down-rise-up-fundraiser-tickets-227395926337

A #SacBeerWeek fundraiser for Alchemist CDC in partnership with Oak Park Brewing Co. featuring limited release beer, dinner, and live music.

Enjoy a delicious Spring evening while supporting the work to make Sacramento the Farm to Every Fork Capital. This fundraiser event will include:

- Limited release kettle sour beer and limited release non-alcoholic seltzer made with juice from fruit gleaned in Sacramento
- Dinner, with unique appetizer, entree, and dessert options that incorporate ingredients made by local Alchemist Kitchen Incubator food entrepreneurs, grown in nearby gardens, and sourced from local farmers' markets (vegan options available)
- The chance to meet Alchemist Kitchen entrepreneurs
- Live music
- Raffle and silent auction

A laid-back evening of great local flavors and support our work connecting communities to land, food, and opportunity.

Buy tickets at: https://www.eventbrite.com/.../root-down-rise-up...

Interested in sponsoring the event? Write sam@alchemistcdc.org for more info.

Library Updates

A History of Sacramento's African American Community - Saturday, Feb. 12 at noon

Celebrate the contributions of Sacramento's African-American community as they struggled to gain a foothold in a dynamic and often hostile environment, and meet barbers, doctors, soldiers, singers, pastors and others who settled the frontier. Presented by historian Eric Bradner and the Sacramento Historic City Cemetery Committee. This program will be held on Zoom and facilitated by the Sacramento Room.

Register at https://bit.ly/SacRoomFebEvent2022

Monday Virtual Zumba Series from 5:30 to 6:30 (through March 28)

Virtual Zumba, led by local instructor, Lisa Harris, takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called "exercise in disguise." Perfect for everybody and every body!

Please wear comfortable clothing and sneakers and be sure to have a water bottle nearby.

Register for each weekly Zumba class at: https://bit.ly/SacLibZumba2022.

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.

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

See BRIEFS on Page 11

Briefs:

Continue from page 10

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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Access Sacramento is proud to announce the "Call for Scripts"



Nine family-friendly, 10-minute winning scripts will be selected for production this spring followed by a red-carpet world premiere movie showing on Oct. 7, 2022, at 7pm in the historic Crest Theater in downtown Sacramento.

The "A Place Called Sacramento" Film Festival showcases original stories that demonstrate our region's diversity & rich culture.

Script entries are due Tuesday, March 15 at 5 p.m. and may be submitted online at AccessSacramento.org or dropped off at the Access Sacramento office at 4623 T Street, Suite A, Sacramento. There is a $25 entry fee.

This festival does more than award great writing. It is the only festival that makes filmmaking accessible by offering mentorship, low-cost workshops, a gear lending library, and other resources to help scriptwriters turn their scripts into high-quality HD movies, with little cost to the filmmaker.

During Access's 21-year festival history, 204 original films have been crafted and premiered as part of this unique all-local festival.

Access Sacramento provides four specialty low-cost workshops to help build skills in the filmmaking community as they prepare for the "A Place Called Sacramento" Film Festival. All of the details are available at Access Sacramento.org Neither previous experience nor Access Sac membership are required for these trainings.



SHORT FORM SCRIPTWRITING WORKSHOP



Access Sacramento offers an opportunity to learn from the talented writer, Dawn Spinella, on how to create and polish a short-form film script. You can attend her thoughtful workshop in-person (if you are masked, vaxxed and boosted) or you can attend virtually on Saturdays February 5th & 12, from 10 a.m. to noon.

Instructor Dawn Spinella is an award-winning writer, actor, director, and producer. Her students in the last two years have had considerable success in having their films chosen for this film competition. Her first biographical screenplay won The Alfred P. Sloan Science Screenwriting award. This led to additional biographical screenplay assignments plus other original materials with lifetime rights for production. Dawn is an adjunct professor of screenwriting at the University of the Pacific and holds an MFA from UCLA. She has taught other workshops for the California Film Foundation. The $50 class fee must be paid for in advance. Call Access Sacramento to reserve your place in the workshop, 916-456-8600 ext. 0.

To find out about additional workshops, visit AccessSacramento.org website or call 916-456-8600, ext. 0.



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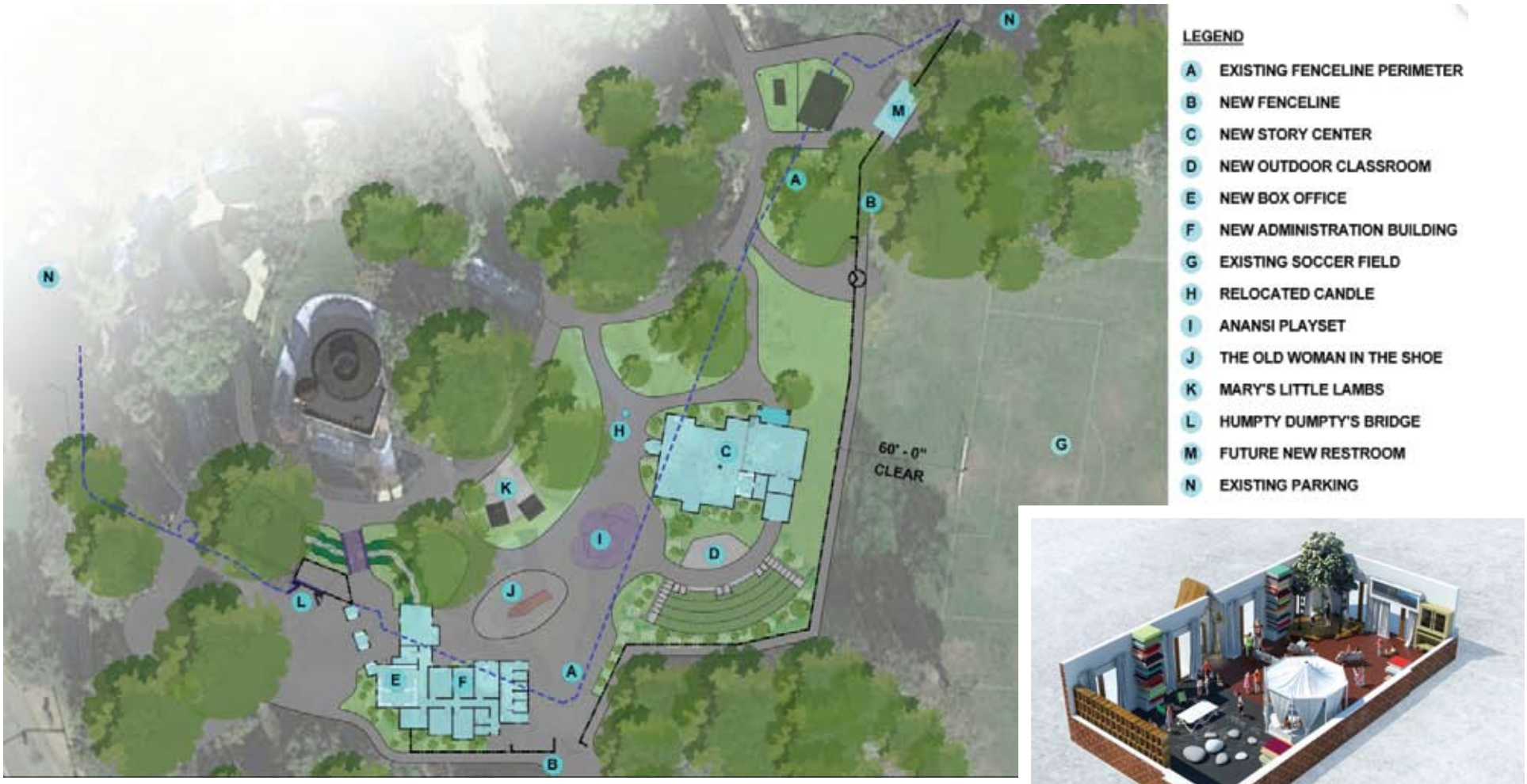

Tales:

Continue from page 7

Gift Shop and enhanced concessions – The addition of a gift shop and an expanded concession stand offering a wider variety of food and drink will be a revenue generator for Fairytale Town.

New Playsets – New playsets will add stories from different cultures to the park! And the playsets will be designed to serve children between the ages of 8 and 12 as well as our core audience of ages 1 to 7.

For more information, please contact Kevin Smith-Fagan, Executive Director, at 916-808-7060.

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Rick Jennings' district now includes Land Park

By Kristina Rogers

(Editor's Note: With Land Park now included in Sacramento's District 7, along with the Pocket/ Greenhaven and Meadowview areas, readers of the Pocket News might find it interesting how his meetings have gone with the Land Park Community Association. Kristina Rogers originally wrote this for VCN's Land Park News, PN's sister paper.)

On a chilly January 6th our LPCA board met with our new D7 Councilman Rick Jennings and his staff for a walk around William Land Park. Discussions laid the groundwork for a productive partnership in 2022. We didn't cover all 160 acres, but covered a large portion as we trekked around the WPA Rock Garden, amphitheater, Sutter Stream, Fairytale Town and the Sacramento Zoo. Jennings shared a long-time appreciation for William Land Park. He has fond memories of coaching little league at Doc Oliver Field. He continues to be an avid player among golfers on William Land Golf Course.

During the tour, Jennings said he was introduced to areas of the park he hadn't noticed before. He saw the need for maintenance and attention while noticing the park's potential. We know Land Park has been "well loved" and is a bit worn down in areas. Jennings' team is planning to address this. We discussed possible projects, such as: upgrades to bathrooms, repainting and fixing of porticos and other seating areas, plus simple upgrades to the amphitheater.

The Jennings city council team shared a basic approach to serving their constituents: provide excellent customer service and focus on raising the quality of life for all. Some projects may take more time, but don't give up.

That's the TEAM philosophy: Together Everyone Achieves More. We agree, and our beloved park is a great place to begin!

Although our board is eager to work with our new councilman and his wonderful staff, patience is important. The change in districts was immediate and D7 has several more parks now, including ours. The LPCA is meeting with the Jennings team over the next few months to discuss a "plan of action" for 2022. This includes events, public safety, zoo space discussions and other topics of interest to the Land Park community.



Photo courtesy

Shown from left to right: Craig Rutledge, LPCA President; Kristina Rogers, LPCA Vice President & Communications; Dennis Rogers, Jennings Chief of Staff; Rick Jennings, D7 Councilmember; Rick Stevenson, LPCA Board Member & Land Park Volunteer Corps; Art Taylor, LPCA Board Member; Scott Matrenec, LPCA Park Committee Chair.

Once a clear strategy is in place, you will be informed.

If you are interested in being a part of positive change for this year, consider joining the LPCA board or leading a committee. If you are not a member, become one!

Here's to a fresh start in the coming year with District 7 councilman Rick Jennings and his wonderful team!

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

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Maryellen Burns, Culinary Historian, explores the influence of immigrants on Sacramento's food culture. 2/24, 3/21, and 4/14


Julie Interrante, End-of-Life Educator and former chaplain, on how to have meaningful conversations and experiences with a loved one who is dying. 2/23, 3/1, and 3/9


James C. Scott, Archivist for the Sacramento Public Library, reveals 1850s Sacramento and its secrets. 2/9 and 3/17


Robin Withrow-Wong shows you how to stay health with plant based eating and does a cooking demo. 3/1, 3/8, and 5/15


She's back! **Soojin Yoo** will show you how to make Korean BBQ paired with fresh vegetables, dipping sauce, and side dishes. 4/21


Lana Fong Chong will conduct ACC's first-ever Joong Making Boot Camp (Chinese tamales). 2/16


Author **Kate Washington** talks about her new book, *Already Toast – Caregiving and Burnout in America*. 2/1


Author **Christine Hunter** talks about her new book, *We Can Do This!* Learn about the trailblazing political women of Sacramento from 1972 to 2014. 3/4

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Mega Maze

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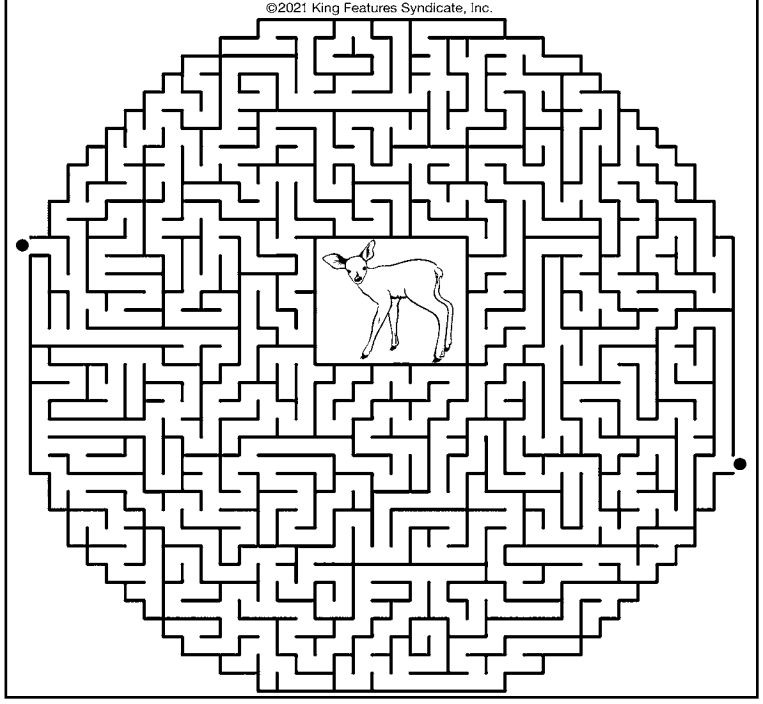

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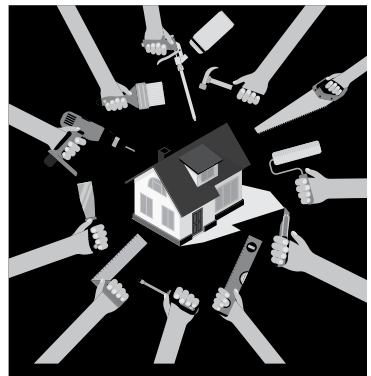

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Fun facts about the Himalayan monal



By The Sacramento Zoo

The Himalayan monal is one of the most colorful birds here at the Sacramento Zoo. Also known as the Himalayan pheasant, this bird delights guests of all ages. With that delight comes unbridled curiosity. Here are some of the most asked questions about Himalayan monals.

Where are Himalayan monals found?

Himalayan monals live in the Himalayan hill forest from Afghanistan and Pakistan through the Himalayas in India, Nepal, southern Tibet, and Bhutan. It favors oak-conifer forests rich with rhododendrons, open, grassy slopes, and alpine meadows.

What do Himalayan monals eat?

Himalayan monals are omnivorous. In the wild, they feed on a variety of insects, seeds, tubers, roots, and berries. Here at the zoo, they eat mixed vegetables, game bird chow, and insects.

Are Himalayan monals migratory?

Himalayan monals migrate across altitudes. In the summer, these birds live at 16,000 feet. As temperatures cool in the winter, the birds migrate down as low as 6,500 feet. There, they congregate in large coveys and roost together.

What is the Himalayan monal lifespan?

Himalayan monal's lifespan is unknown in the wild, but in human care they generally live 10 – 12 years.

Do Himalayan monals create nests?

Himalayan monals are monogamous and form strong pair bonds during breeding season. After mating, the female will dig a shallow nest in the ground to lay 3 to 5 eggs. The female will incubate the eggs for 27 days as the male stays nearby for protection.

When developing the film "Up," Pixar artists visited the Sacramento Zoo. They took pictures, made sketches, and observed the behavior of our Himalayan monals. Kevin, the Monster of Paradise Falls, is partially based on our birds!

Loss of habitat is the largest threat to the Himalayan monal pheasant's survival. Male head feathers are a sought-out prize. Furthermore, hunting these birds for food continues to decrease wild populations. Although this bird is still common in some areas, it is unable to readily adapt to a changing environment. It has specific habitat requirements that prevent it from finding new home ranges.

The Sacramento Zoo works with visitors of all ages to increase awareness of the need to preserve whole habitats and ecosystems to protect as many species as possible. All animals interact with one another, and each plays an important role in the ecosystem. Our Red Panda Forest, where the Himalayan monal is housed, shows many species living together and explains their roles within the ecosystem.

Source: https://www.saczoo.org/2022/01/fun-facts-about-himalayan-monal/

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more digital. We have trust with print readers but we need to engage online as well."

While computers are about 15 years old and some cannot open attachments or access some web pages, the company focus, however, has always been on getting into the community, knowing the ins and outs of what's happening and reporting it with integrity.

Roy Herburger had local schools produce the contents for pages in the Elk Grove Citizen, on a regular basis. Roy Herburger has an elementary school named after him in Elk Grove. David's mother, Mary Lewis, the Citizen's former Society Editor, was involved with local organizations like the Soroptimist Club and had a column called "About Town." A park in Elk Grove is named after her.

While Rodriguez never held the role of publisher until this year, she began her tenure at Herburger Publications as a graphic artist in 2006, and by 2012 became the Editor of The Galt Herald, a position she held until year's end, 2021, along with the managing editor of the River Valley Times, which she added to her resume in November, 2016.

Her background in newspapers began when computers just began filling newsrooms and were still utilizing the "paste-up" method for production, rather than desktop publishing programs. Originally from the Granite Bay area, she fondly recalls yearbook class at Oakmont High School where their innovative teacher had them paginating their own pages. "I started with the old pagemaker and freehand and these programs that don't exist these days," she says.

After high school, she moved to Utah, lived near extended family and attended Brigham Young University. She worked at newspapers in the area there before realizing that the grind of a daily newspaper was too much for a young, growing family. So she moved on, promising herself she would never work for another newspaper. But,then about six years later, she had moved to Galt, and saw that there was a posting that the local newspaper was looking for help. She thought to herself,"'Oh, what the heck? A weekly would be much easier than daily," she recalled.

So she said she turned in her resume, not really thinking much about it, since it had been about six years since she worked in the industry, and she knew it was changing. Meanwhile, she had her second child who was just an infant at the time, and she had gone through a divorce.

But, two years later, she got a phone call from David Herberger saying,"'Hey, you submitted a resume two years ago. Are you still looking for a job? Just kind of laughing at him say, oh, gosh, now it's been eight years that I've been out of the industry. I'm sure you guys are so much further advanced than what I know. So I don't know that I you know, you guys even want me and he laughed harder than I did, and said, 'Oh, no, you need to come in and come in and come talk to us.'" So she did and found out that they were just about where she left off technology-wise at her previous job and the rest is history in the making.

Rodriguez says that probably the most daunting part of taking this leadership role is filling the difficult-to-fill Herburger shoes. "The Herburgers are a household name for the good. That has been the most overwhelming aspect of this. How do I earn any type of merit under their shadow because they have been so good. There are a lot of expectations out there."

But truth be told, from Galt Herald graphic artist to publisher of Valley Oak Press, Rodriguez has the resume, connection and heart to take on this huge task.

Didion:

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person, she was greatly inspired by the words that she wrote.

"Joan just was my inspiration for moving to Sacramento from (the University of California, Berkeley) and (the city of) Berkeley (in 1965), and 'Run River' gave me the heart of Sacramento and our (Sacramento-San Joaquin) Delta, and she did it beautifully. And I've been a fan ever since I read her first book."

Van Camp, who read four of Joan's books, also mentioned that she could relate to her writings on the loss of her loved ones.

"You know, I lost my daughter and she lost hers, then she lost her husband, and she's wrote beautiful books about losses," she said. "It just hit home for me a lot."

Pocket resident Mary Snyder (formerly Carol Monahan), a 1963 graduate of McClatchy High, where she was a classmate of Jeanne Didion (later Huggins), recalled reading "Run River," which has its setting in the Sacramento Valley.

"I was a librarian at one time, so I've done a lot of reading in my time, so (Joan wrote) something about the river (in that novel) and what it was (like living in Sacramento), which was true, being raised in Sacramento," she said.

Snyder also mentioned how Joan wrote about trying to adjust to living in New York.

"My mother was a New Yorker, but I could never go to New York with my mother," she said. "It's a total different pace of life compared to Sacramento, and I love Sacramento myself and I could relate to (Joan's) feelings, her emotions that way."

Jennifer Goto, a book seller at the Avid Reader bookstore on Broadway, just a short drive from the high school that Joan attended, told this publication last week that all but one of this business's Joan Didion books were sold out.

"We have one Joan Didion book left; it's called 'A Book of Common Prayer,'" she said on Jan. 5. "When she passed away, we had customers come in asking for her books. So, we've sold out of the rest of our stock, and many of the titles are now back ordered. So, we're waiting for more to come in – hopefully later this week."

Goto added that customers of various ages have been visiting this store recently, speaking fondly about this famous Sacramento-born author.

"Many of them just (talk) about what a loss her voice will be, and that the first time that they read (one of her books), they were really moved."





Health:

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able to resolve conflicts would act as a way to do that. I also think that things as such help you gain experience in not only mediation and being there for others, but also being able to solve your own conflicts because at the end of the day, we all have problems."

According to Kamle, another motivator for students to take on the role of peer mediator is the opportunity to improve the well being of the school as a whole by helping one student at a time.

"The most valuable thing to me when I am involved in a conflict is when someone is willing to listen (and even offer advice on occasion), as it keeps me from spiraling further into the situation," Kamle says, "I wanted to be a similar 'listening ear' for students at Mira Loma, and helping others become more open-minded makes for a more compassionate and caring school environment in my opinion."

As this program is starting up, there is lots to be done, especially as the whole world moves out of the pandemic and being socially cut off from everyone else, Arshad states.

"We have not done any actual mediation so far but from what I would assume, people are a lot more distant and would have trouble socializing again."

There are also some benefits that have come out of the pandemic, Kamle explains. Isolation, in a way, allowed for some other bonds to be strengthened.

"I think the isolation aspect of the pandemic took a major toll on the mental health of my peers and I. It was definitely difficult going from seeing each other every day to barely at all, and many of us are still working on rebuilding that social aspect of our lives," Kamle says, "These dramatic life changes were definitely not easy for many, especially when we had so much thrown at us in such a short period of time. However, I also know that many people relied on their friends for emotional support even more during the pandemic, creating stronger bonds between them."

According to Kamle, "Although the isolation was difficult, it allowed for many to reflect on their mental health, and may have provided more opportunities to process emotions and heal."

For students at school, councilors are always available to meet whenever a problem arises. There are also several crisis hotlines like The Source by the Sacramento Children's Home, the Crisis Text Line, and the National Suicide Prevention Lifeline for youths to get help, or when they just need someone to talk to.

Source:https://sacschoolbeat.com/931/indepth/covid-pandemic-increases-mental-health-needs-on-high-school-campus/



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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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