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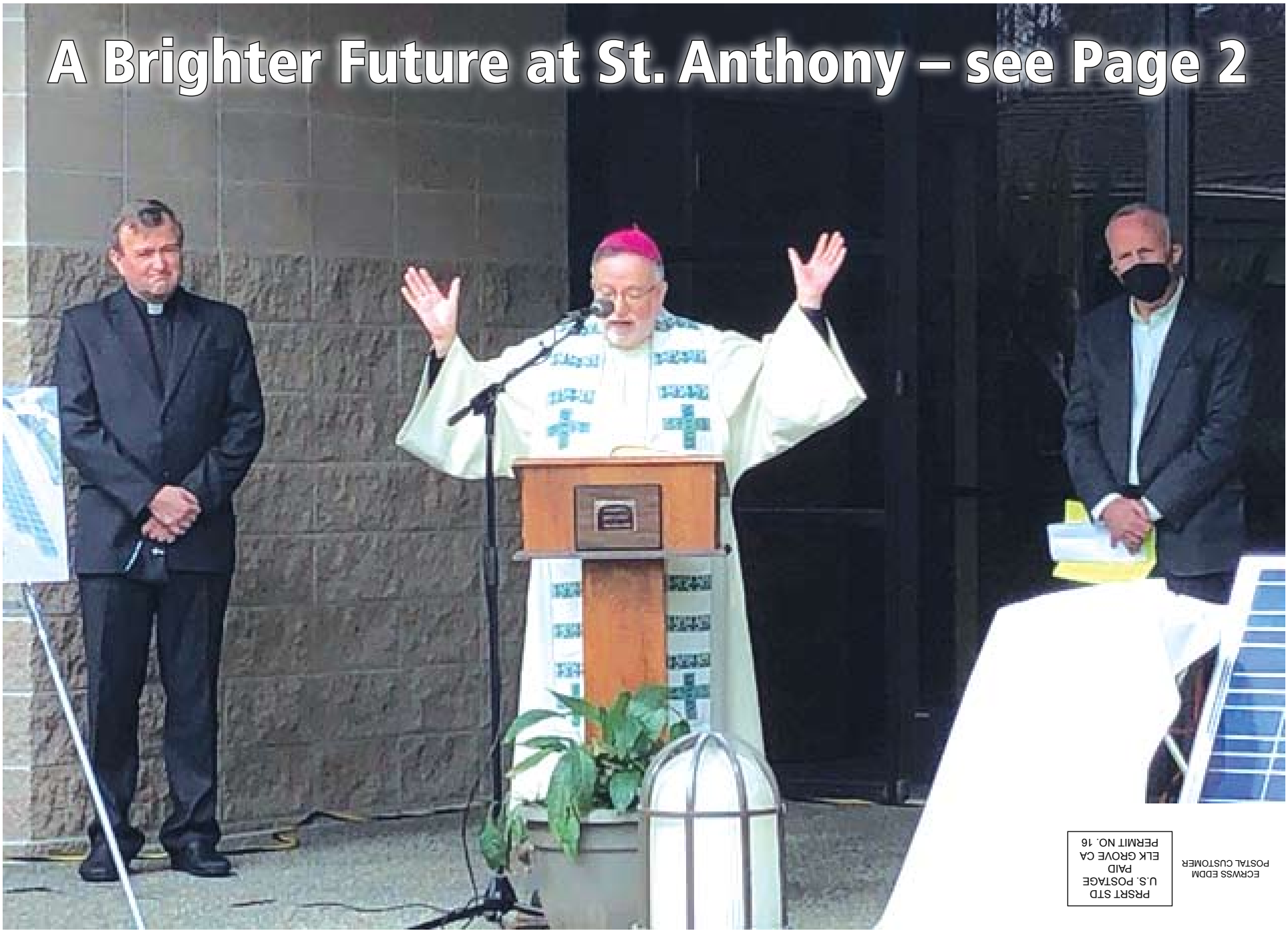

A Brighter Future at St. Anthony – see Page 2

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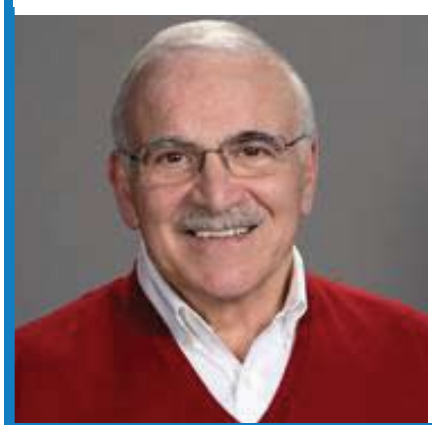

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A Brighter Future at St. Anthony

By Devin Lavelle

On a sunny Sunday, with the flip of a switch, St. Anthony parish unveiled their new solar array to the community and performed a blessing ceremony.

Inspired by Pope Francis' encyclical, a call to "care for our common home", St. Anthony parish's Social Justice Ministries made sustainability and environmental justice an area of focus in 2020 and quickly developed a proposal to review the feasibility of building a solar system to power the parish.

"This effort is about being better stewards of the worldly gift we all have been given and trying to do everything we can to leave a gift that we can be proud of to our kids, and their future kids," said Kim-Son Ziegler, one of the project leaders.

Today, Phase I is complete and online, with 81 solar panels and a collective capacity of 36.45 kW that will supply about 52,000 kWh of clean electricity each year. This will avoid about 1,100 metric tons of carbon dioxide, the equivalent of over 2.7 million miles of driving over the planned life of the system.

And that is just the beginning! Phase II was recently approved by SMUD and will more than double the capacity, totaling over 80 kW, and providing enough clean, renewable electricity to fully power the campus and all of its buildings.

The project connected the parish's faith, using everything we are

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POCKET NEWS
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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. 5

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Cover by:
Devin Lavelle

Future:

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provided in service to the world. As Bishop Jaime Soto described, "[Solar] will have many practical benefits, but for us see how we unite ourself with Creation." And Mayor Darryl Steinberg added, "When we connect faith with social action, the world changes for the better."

The project was led by volunteer parishioners, Kim-Son Ziegler and Don Del Porto who helped lead the project management and technical evaluations. Fellow parishioner Rich Fowler, lead member of the parish Social Justice Committee provided key leadership and drive, challenging the committee into new areas of ministry and action. Parish Pastor, Fr. "Mitch" Maleszyk, came to St. Anthony parish with solar system project experience from his prior parish, St. Thomas More Catholic Church in Paradise, CA. The new climate focused ministry and Fr. Mitch's experience brought considerable optimism and enthusiasm for the possibilities of a solar system to St. Anthony parish.

Kim-Son described why this project was so important to St. Anthony. "We as a faith community are called into action to better Care for Creation and do our part to serve the greater community, those living here in our Common Home. The ultra-clean, renewable energy solar system is expected to greatly reduce the parish's carbon footprint and help to alleviate some of the power grid's reliance on dirty fossil fuels for generating energy. The use of fossil fuels has been linked to so many climate and health issues impacting the lives of so many people. It is a small way we can try make a difference, and serve as an example of the possibilities to others considering making an impact of their own." Moving forward, the savings generated by the solar system is expected to additionally reduce the parish's operating expenses. Kim-Son adds, "this will allow greater opportunity for us to fund other critical parish ministries, including service to the poor, hungry and disadvantaged in our community."



The project is a great example of a community group stepping forward to do the work to make our neighborhood, our city and our world better. It will come down to all of us doing our part. Kim-Son notes ,"we individually and collectively (including government, other congregations, organizations, communities, etc. on a local level, as well as broader level) must work together . As Mayor Steinberg said, "We cannot do it alone…it's going to take all of us together."

Kim-Son wrote, "Climate experts say our society is quickly nearing the 'tipping point' to correcting damage already done. We must 'double down' efforts to do more, now." He adds, "we are already seeing imbalances and harm to our climate and environment. This includes droughts, fires, and unseasonably dry winter being experienced here today."

As Bishop Soto reminds us, "Pray for sunlight…also pray for rain."

But don't just pray. Don't just expect government, big business or a higher power to solve societies challenges. Remember that in America – and especially in California – most climate and air pollution come from the energy we consume through our homes and our cars. You and I and everyone reading this has the power to change that.

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Local veteran to partner with Sacramento Public Library to offer art therapy program for female vets

By Monica Stark

The Sacramento Public Library and the Women's Veteran Alliance partnered up to offer female vets a 4-week virtual art therapy program, led by local art instructor and veteran, Deidre Trudeau. Participants will get to try out different media such as watercolor, pencil or collage while they have the opportunity to connect with other female vets. During the program Melissa Washington, a local representative from Women Veterans Alliance will share her story and resources available through the organization.

With the militant, regimented and left-brained lifestyles troops face while on duty, Trudeau argues for the importance of tapping into their right brains because a military lifestyle is "a far departure from the right brain thinker who is explorative and flowery and, and, and expressive. So I feel it's really important to help women tap back into the flower of themselves and the more the non regiment, non military militant aspect of their sensibility, their spirit, their psyche."

A graphic artist for over 30 years and a professional artist, Trudeau said the premise of the program is "100% around acceptance."

"Just coming to a place of acceptance in the very moment that we're in. I start them off with some really beautiful deep breathing exercises where there's a lot of imagining, I show them how our imaginations are so powerful," she said.

For example, she takes participants through a lemon exercise, leading them on to salivate and "feel the sourness of the lemon that doesn't even exist. It's just through their imaginations." She then amps their imaginations up towards imagining what they want for themselves in their lives, be it peace and calmness, a retreat for vacation. "None of that is any of my business. It doesn't matter, but I have them imagine these things."

Combined with meditative practices, the participants begin to imagine the colors, the fragrances as Trudeau helps them to hear the sounds and feel the things that they would feel if they were where they wanted to be, say a beach vacation with the ocean smell and the feel of a breeze in their hair. "By doing all of that our brain starts to make it real. Our brain starts to be convinced that that situation is a real thing. And therefore we subconsciously start working towards those goals."

So, what does that have to do with art? Trudeau says it's this: People have a personal demand on themselves for whatever it is they're trying to do and achieve. And if they think they're not creative, they close up. So she tries to say it's not about being talented. It's about doing and being and feeling and exploring.

"So I help to disarm that need to feel like they've got to perform right now and be talented at it. That's out the window: None of that makes any difference. What makes a difference is them learning to explore and to explore with the purpose of their own vibration. So if you know you're loving the color blue and you have your own reasons for it and you assign a fragrance to it."

She then has students move a pencil around a piece of paper, in different directions. At the end when they look at that paper, they start to get an idea of who they are, how they would express themselves if there were no rules and nothing mattered.

Trudeau describes the process as moving a pencil around a piece of paper, and finding out perhaps that "you're very very organic and flowery and have lots of circles and are light and gentle. You might find that about yourself."

But, she says, you also might find that you've got zigzags and you draw very dark and things are static and there's big open spaces. "All of those things say something about you and it helps you to identify the kind of energy you have while expressing without any demands on you," she said.

It's not about what's right or wrong, she said. "It just is what it is. And so that's why I really circle around the world word acceptance."

Akin to creating a looking glass with their fingers, the participants of the aptly-titled program, "Discovering the Hue of You," get to travel through this menagerie of doodling to find a place they like a lot. And, finally, participants draw that image on a separate piece of paper, which then becomes somewhat of a composition based on their sensibility.

For Trudeau, art therapy is her safest place and the course helps participants find theirs. It helps them to reignite their creative chamber. "There have been billions of people on our planet and there probably will be billions more but there's only going to be one of you. And so this helps us focus on the gem and jewel view, and that's why I call it "The Hue of You".

Registration via Zoom is required.

Visit https://us06web.zoom.us/meeting/register/tZYoduyorTkuGdUhuQRM0pW5UehQ9aUnyqEa to register.

The first 20 people to register will receive art supplies, available for pickup at your closest Sacramento Public Library location.

The start time for the Female Veterans Art Therapy Program is 4 p.m. on Thursdays March 3, 10, 17 and 24.

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Introducing the Sacramento Children's Musical Theater



The Sacramento Children's Musical Theater is a new theater group dedicated to offering high quality performing arts experiences to youth ages 5-18. Welcoming both newcomers that are exploring performing on stage for the first time, as well as experienced performers, SCMT is committed to creating a space for all local youth.

Over the past thirty years John Bisceglie and his team have worked with thousands of children in the San Francisco Bay Area producing more than two hundred original musicals, movies, singing showcases and special events featuring kids of all ages. Now, having recently relocated to Sacramento, John is excited to introduce his program to the Sacramento valley and bring the magic of children's theater to a new community of families.

Throughout the year, SCMT will offer three live theater productions as well as a variety of acting classes and workshops. Recently the Sacramento Children's Musical Theater launched a partnership with the Fulton-El Camino Recreation & Park District, establishing that weekday rehearsals will be held at the Richard T. Conzelmann Community Center located in Howe Park. Featuring a newly renovated theater, Howe Park is centrally located and convenient to access for all.

"We are grateful to the Sacramento Children's Musical Theater for making this investment at Howe Park Theater, introducing children to the performing arts in the Arden Arcade community," shared Emily Ballus, General Manager of Fulton-El Camino Recreation and Park District. "Fostering creativity is essential to youth development so we are thrilled to be a venue that helps champion these young artists."

By creating and producing colorful youth theater productions within the community, SCMT provides performing arts training that boosts children's self-esteem, confidence, and teaches the value of teamwork.

SCMT will hold auditions on April 24th for its first live production, "Ticket To Broadway" an all singing, all dancing, dazzling salute to Broadway. The show features songs from Hamilton, Wicked, Dear Evan Hansen, Frozen, Waitress, In the Heights, Rent, West Side Story, Hairspray, Matilda, Grease, Aladdin, Into the Woods, Lion King, Les Miserables, Annie and more.

An exciting and convenient twelve-week program with only one rehearsal per week on Tuesdays makes participation fun and easy for local youth ages 5-18. No experience required, and all who audition will be accepted.

SCMT Founder John Bisceglie added, "After two years of no in-person rehearsals or live shows, we are thrilled to once again create live theater and get Sacramento kids back on stage and into the spotlight."

For more information about SCMT's youth theater productions, classes and workshops, please visit www.sacramentochildrensmusicaltheater.com or call John Bisceglie at 916-905-7514.





Justice still sought for 1984 Indian anti-Sikh bloodshed, wounds haven't healed in American Sikh community

'Na Bhulle Haan Na Bhullaange' (We haven't forgotten & we won't forget)

By Nimrat Bains
Sacramento School Beat

(Editor's Note: This article was first published on Sacramento School Beat. The link to the original copy follows the article.) Operation Blue Star was a military operation carried out by the Indian Army in order to remove Jarnail Singh Bhindranwale, a Sikh leader who led a faction that operated as a separate government in Punjab, and his followers from the Golden Temple in Amritsar, Punjab, India in 1984. But Sikh immigrants in America still memorialize this tragic event and its aftermath four decades later.

The attack was ordered by Indira Gandhi, a Hindu who was the prime minister of India from 1966 until 1977 and then again 1980 until 1984. She ordered the attack on the Golden Temple, one of the holiest sites for Sikhs. It is located in Amritsar.

The army barricaded the entire place to cut off its food supply. They electrified the Sarovar because tSikhs couldn't survive more than a few days without water. A Sarovar is sacred waters of a pool, or moat like tank, built around or close to a Gurdwara, a place of assembly and worship for Sikhs.

The attack was carried out on the martyrdom day of Guru Arjan Dev Ji, a day when the Gurdwara would be filled with innocent Sikhs. Between 5,000 to 7,000 Sikhs were killed during the attack on the Golden Temple.

DO YOU HAVE A STORY?
Tell it to us.
e-mail Monica:
editor@valcomnews.com

The Golden Temple was heavily damaged and the government provided no funding to restore it to its original state.

On October 31, 1984, Indira Gandhi was killed by her Sikh bodyguards as an act of vengeance for attacking the Golden Temple and killing so many innocent Sikhs.This began the ruthless attacks on Sikhs.

"Indra Gandhi was not innocent, since she was the one who targeted Jarnail Singh Bhindranwale and his followers rather than choosing a peaceful resolution," said Simar Gill, a sophomore at NP3 High.

The night of Indira Gandhi's assassination and the following morning, Congress Party leaders met to distribute money, liquor, and weapons to supporters cause to further harm to Sikhs.

"It was a horrible event for us Sikhs, we have been so divided ever since," said Jasmeet Virk, a senior at Natomas Pacific Pathways Preparatory high school.

Gandi's adherents handed out lists to the mobs to find the location of Sikh homes and businesses in the city of Delhi. Without the lists, it would've been impossible to find the Sikhs.

Congress Party leaders led predominantly Hindu mobs in attacks on Sikhs and the police acted as though nothing was happening, refusing to help Sikhs who were being attacked.

"It's just how the system of India works. I just feel disappointed and hurt to see what type of country India has become, to not even stand up for their own people," said Gill.

The mobs entered predominantly Sikh neighborhoods and attacked every Sikh they laid eyes on. Sikh women were raped in their own homes.. Rioters would stop public transportation then lynch and burn the Sikhs they caught on the buses.

Rioters were shouting "Khoon ka badla khoon" ("Seek blood for blood") as they tried to find Sikhs to harm.

Official numbers put out by the government said 3,000 Sikhs were killed but the number is estimated by some to be closer to 17,000.

"It's wrong that killing one person deserved for this whole genocide to occur. This wasn't the end, Sikhs continue to suffer till this day," said Gill.

The Nanavati Commission began an investigation on the 1984 Anti-Sikh Violence. It was led by Justice G.T Nanavati, a retired judge of the Supreme Court of India.

The commission submitted the report in February, 2004. It concluded that the accounts of witnesses and victims indicate the Congress leaders had incited and helped the mobs in further attacking the Sikhs.

Yet around 240 cases were closed without any investigation. It has been 38 years since the 1984 Anti-Sikh violence and only 10 cases have resulted in conviction.

"I feel truly sad, but the Indian government will never acknowledge their responsibility, because there's no pressure too, they don't care and never will," said Virk.

According to one report, a Sikh was killed every minute in the streets of Delhi during the riots.

The terrible and ruthless happenings of 1984 continue to affect the Sikh community world wide, including the United States.. It was a time that Sikhs were incredibly vulnerable and the government did nothing to help, instead incited the violence.

"This event is important because of the number of killings the Sikhs faced. If you put yourself in the position of the ones who were hanging on to their lives, it's difficult to even think about the amount of violence they were going through, seeing their family members and others being killed in front of you. It was just a miserable time, in which India took no action to stop it and shows how Sikhs were treated," said Gill.

In the past couple of years, California, Pennsylvania, and New Jersey have condemned the Anti-Sikh violence and termed it as a genocide and organized and systematic killing of Sikhs.

"Are the victims affected by it going to get justice? No. Words don't mean anything without action, what I mean by action is catching the criminals who killed and dishonored these Singhs and Kaurs," said Virk.

Sacramento Sikh students interviewed say that the 1984 events in India are not something they talk about in school despite it being a genocide of Sikhs.

"I do feel 1984 Sikh riots should be taught in schools, because it shows us one day your neighbor can be the devil," said Virk.

Sikh students say that Sikhs have been mistreated by the Indian Government for a long time, that they are mistreated for simply being Sikh.

"If we forget what happened to us it will repeat either in India, or anywhere. We are the minority. We are already small in population, we must educate ourselves in our history, no matter the generation gap between us, and the Motherland Punjab," said Virk.

Sikhs still say, "Na Bhulle Haan Na Bhullaange (We haven't forgotten & we won't forget)."

On the Web: https://sacschoolbeat.com/1085/indepth/justice-for-1984-anti-sikh-bloodshed-wounds-that-havent-healed/

Nimrat Bains is a reporter for Sacramento School Beat and a junior at Natomas Pacific Pathways Preparatory.

Luther Gardens Apartments for Seniors approved by Sacramento City Council

Recently the Sacramento City Council unanimously reversed itself and approved a 24-unit apartment building for seniors with the city planning and design review commission also voting unanimously for it.

Architect-developer Bob Pecora has been working on this project for years going through the upheavals in the real estate cycles, and the back and forth with the politics, but his steadfast persistence won the day.

This is a uniquely designed project referenced as Luther gardens apartments on an infill ¾ acre site in south Sacramento and is planned for active seniors 55 years and older. It is located conveniently to several bus lines, a train station, freeway and several shopping centers and is not far from the hospitals in the area.

The building is distinctive and bold in its design with such features as central linear skylights and slits in the floors with parapet walls around the slits and possibly with hanging plants to bring light down into the building's corridors, while at the same time adding more interest to the corridors. On the building's roof tenants can grow their own fruits and vegetables in built in planters using techniques to encourage greater yield and this activity could function in conjunction with a cooperative program with Luther Burbank High School agricultural program.





The roof also provides areas where tenants can socialize with one another, play various parlor games, have snacks and share their produce. Solar panels will be used as a cover for a parking canopy and a solar structure on the roof.

Passive solar design features will also be incorporated and the use of recycled materials is envisioned to the maximum extent possible.

Contractors who will be involved with the building would be encouraged or stipulated to have on the job apprentices to help them learn their respective trades.

See APARTMENTS on page 10

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California health classes now require more expansive teaching on mental health amidst decline in high schoolers' well being

By GraceAnn Lesser
Rio Americano High School/ Sac School Beat

Senate Bill 224 went into effect in January, requiring all California middle and high school health classes to include mental health in the curriculum.

By January 2023, the Department of Education is required to incorporate the new topics into the state standards, and school districts will be teaching the new material by the following January.

According to Rio Americano Health teacher Vicky Warren, these standards are vital to ensure consistency between educators.

"The current curriculum is extremely outdated." says Warren." The district is currently piloting new Health textbooks, which is long overdue. Most health teachers have relied on supplemental materials for the last several years to compensate for the outdated text. The real issue is that there is a lack of consistency without a reliable, vetted curriculum. One teacher may choose to cover some aspects of mental health that they feel are important and another teacher may choose other topics. A consistent, board-adopted curriculum will ensure all students receive comprehensive mental health education."

However, some educators worry about the increasing volume of material that must be crammed into a single semester, and the demands this places on health teachers.

"We already have mandates for CPR instruction and comprehensive sexual health. We need to cover nutrition, tobacco, alcohol, and other drugs as well," says Warren. "I worry that a mandated curriculum could be based on unrealistic time expectations. I don't think we're going to solve any student's

mental health crisis through instruction in the health class, but hopefully it will help students be more aware of their own mental health and those around them and that they will be empowered with access to resources so they can advocate for themselves and others."

The new curriculum will not only require mental health education for classes that did not already include it, it will expand upon any existing mental health curriculums. New standards will teach students how to spot and intervene in a mental health crisis; the impact of race, ethnicity and culture on mental health; and the defining charac-

See CLASSES on page 9

Classes

continued from page 8

teristics of serious mental health conditions such as bipolar disorder, post-traumatic stress disorder, eating disorders and schizophrenia.

Students seem to think this would be beneficial.

"I think that more serious mental health conditions should be discussed in health class because a lot of them are super misunderstood," said Rio senior Zoe Buck, who took Health last semester.

Rio senior Hannah Lee, who took Health as a freshman, seems to be in agreement.

"I do think teaching more about the serious conditions such as schizophrenia, bipolar disorder, OCD, eating disorders, PTSD, etc. would be so helpful and important for students to be educated on," she said.

Warren says these topics should be approached with caution.

"Covering conditions like eating disorders, depression, and suicide can be very tricky," she said. "These topics can be triggering and upsetting to some students who are already struggling. Leaving this out of instruction is not really an option though either. With regards to these, and other conditions like OCD, PTSD, schizophrenia I think the most helpful thing we can teach students is identifying signs and symptoms and accessing reliable resources for help."

The bill cites the effectiveness of mental health education in reducing stigma surrounding mental health issues, while encouraging awareness and seeking out help.

It also mentions the vast numbers of Californians, particularly adolescents, that struggle with mental health issues.

This struggle has been greatly exacerbated by the two-year period of isolation and uncertainty caused by COVID-19, evidenced by a national 24 percent increase in mental-health-related hospital visits for children ages 5-11, and a 31 percent increase for ages 12-17 between March and October 2020. Visits for suspected suicide attempts increased by 50 percent among teenage girls 12-17 early in 2021 compared to early 2019.

"The most significant change I have noticed in students' mental health over the course of the pandemic has to do with a decline in social skill," Warren says. "Students seem more withdrawn and less interested in engaging with each other and their teachers. In general, the energy level feels low. This could be result of underlying mental health concerns of just a generalized fatigue from the constant changes, disappointments, and fear of the unknown. We're all tired."

GraceAnn Lesser is a student at Rio Americano High School and originally published this article on Sacramento School Beat.

On the web: sacschoolbeat.com/1092/news/california-health-classes-now-require-more-expansive-teaching-on-mental-health-amidst-decline-in-high-schoolers-mental-health/

Local residents can file taxes online for free through United Way

Participants across Sacramento region can receive up to $8,000 in tax credits

Local residents throughout the Sacramento region are eligible to file their taxes online for free through United Way California Capital Region's Free Tax Prep program through April 18. Households that earned less than $65,000 in 2021 can file for free and receive up to $8,000 cash back from state and federal credits, including the federal and state Earned Income Tax Credits (EITC and CalEITC). The local United Way's Free Tax Prep program saves qualifying residents an average of $200 in preparer fees. When needed, the program provides free tax help virtually and in person in multiple languages. Two virtual tax workshops will be held on Feb. 26 and March 12 where certified volunteers will help participants prepare their own returns and answer questions before filing. To learn more about United Way's Free Tax Prep program or begin filing, visit YourFreeTaxPrep.org.

"Many families in our region have earned these tax credits, but often do not know they are eligible," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. These are important funds that local families can use to meet immediate needs and increase their household's financial stability. Our Free Tax Prep program is a key piece of United Way's work to help every family succeed so their community can too. That is square one for ending poverty in our region."

Households may be eligible for the CalEITC tax credit if the taxpayer is at least 18 years old and the household earned less than $30,000 in 2021. Many CalEITC-eligible households are not legally required to file taxes due to low income, but if they file, they can claim state and federal credits.

Families that received advance payments of the Child Tax Credit must file a tax return and could be eligible for additional Child Tax Credit payments. United Way's Free Tax Prep program can help non-U.S. residents apply for their ITIN, as ITIN holders are eligible for some tax credits. Experts recommend everyone files early, noting that many people do not realize that unemployment income is taxable. Even if people owe money, it is not due until April 18 no matter how early they file.

In 2021, more than 4,000 households across the Sacramento region filed their taxes through United Way's Free Tax Prep program, claiming a total of more than $7.5 million in credits and saving a total of $885,000 in tax preparation fees.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. With a mission to build stronger, healthier and more compassionate communities, the local United Way starts at square one: helping every family succeed so their community can too. Serving Amador, El Dorado, Placer, Sacramento and Yolo counties, the local United Way is working to meet its 20-year commitment to significantly reduce poverty in the region by helping kids excel in school, investing in families, creating meaningful partnerships and organizing to lift impacted families. For more information or to make a donation, visit YourLocalUnitedWay.org.



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Apartments:

continued from page 7

Each apartment will have either a patio or balcony with half of the units opening up to a play field, allowing the building to breathe better, thus not another building looking back on it. Apartments will have two bedrooms and be 1,000 square feet in size, much larger than what is typically found.

When built, the building will make a very positive impact on the street scene.

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

The History of Pre-Civil War Sacramento on Thursday, March 17 from 3 to 4 p.m.: Learn about the features of the Old West that played key historic roles in the famous Sacramento Gold Rush, presented by James Scott. Join ACC for a fascinating look at Gold Rush-era Sacramento through the prism of the saloon, a

CONTINUED page 14

Farm and Flavor: How green is your spring cleaning?

By Kerin Gould

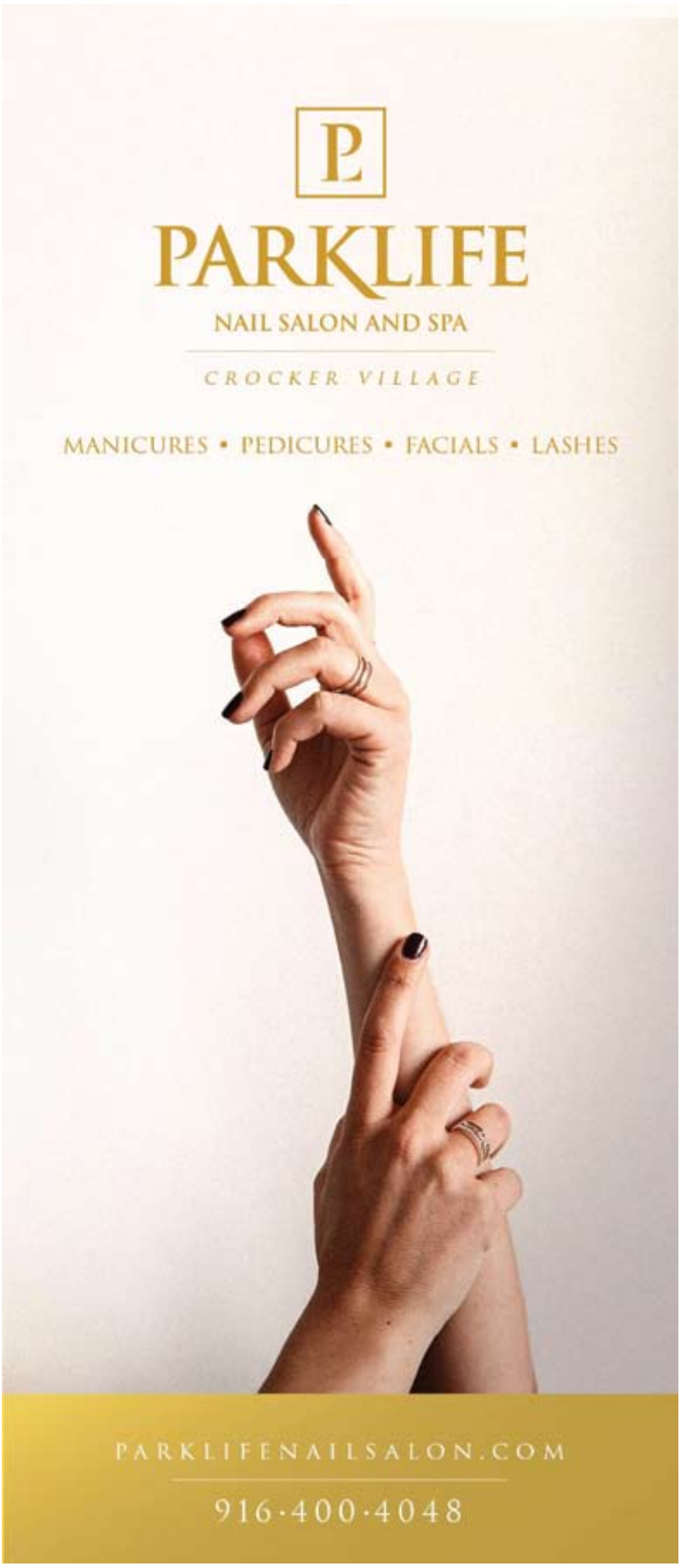
The first buds are popping, sparrows are nesting under my eaves again, and the last frost will be over soon, so thoughts turn to freshening up the house and tidying up the garden. The (battery-powered) weed-whacker is going to be used to death, and I'll be mixing some white vinegar and orange peels for window cleaning. For myself, I aim to garden with other living beings in mind, and I only use non-toxic products, because otherwise, what does "clean" really mean? Is shiny orderliness worth the negative effects of poisonous products and destructive practices?

First, if you can leave the leaves alone a little longer, leaf debris is a great place for birds to forage, for beetles to break down organic matter, and for earthworms to aerate. Some critters are dormant in there, so please don't disturb them. Perhaps the mower deck can be raised, too. The time for pruning ends soon, as trees leaf out and birds nest and raise their young. I desperately need to thin the oleanders, but I'll wait until September. The scrub jays, towhees, and brewer's blackbirds are already installed for the season. Also, when you prune, keep an eye out for praying mantis egg cases attached to branches. In each one-inch cocoon-like case, there are 50-200 individuals who will hatch and immediately get to work on managing your garden pests. As you lift tarps, boards, or what have you, please look out for lizards, too. They are trying to stay warm but may be sluggish when temperatures are low. They'll be ready to patrol your garden soon enough.

Most of all, I implore you not to use toxic sprays, such as the one whose manufacturer had to pay $10 billion in a class-action lawsuit to folks whose lymphoma was attributed to this product. Maybe you think you'll never get cancer or think that it will be worth it if you can glimpse your perfect lawn as you slough off your mortal coil and ascend (or wherever you are going), but think about your pets (with their bare feet and curious noses constantly in the grass) or your kids. Ken Cook, EWG president and co-founder, commented on a 2015 Harvard study that connected pesticides to childhood cancers: "The findings confirm parents' worst fears that they could be unknowingly exposing their children to harmful chemicals that can lead to serious, even life-threatening, illnesses.". Products with the OMRI label are certified organic, so please try those or home remedies such as vinegar.

Indoors, we can also make our cleaning deeply clean, rather than surface-clean but ugly in terms of chemical and vapor exposure. Try certified green cleaners (Green Seal or EcoLogo) without lots of dyes and scents. Open windows when cleaning. Avoid "anti-bacterial chemicals and air fresheners. Dilute products, and use no more than needed. If you are spiffing the place up, try paint with "low VOC" (less off-gassing); cabinets and carpets

See FARM on page 13





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Farm

continued from page 11

are notorious off-gassers; even some upholstery can bring unwanted toxins into your home. Get the EWG's healthy home checklist at https://www.ewg.org/healthyhomeguide.

Inside our bodies, it's also a good time for cleansing and detoxing, turning to fresh, spring foods that are full of fiber (picture tiny brooms going through your system), and energizing nutrients. Strawberries are reputed to support heart health and boost red blood cells, cilantro sequesters heavy metals and helps them exit your body, dandelion greens clean your urinary tract, artichokes and cardoons support the liver, and asparagus is considered a kidney cleanser.

Try this recipe that features asparagus!

Asparagus Mousse

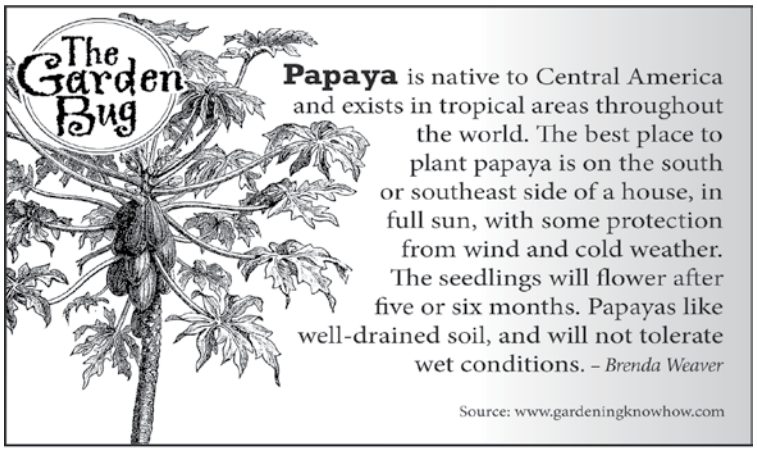
Ingredients

- 1 cup thick cashew milk or other neutral-flavored "cream"
- 1 bunch fresh asparagus, steamed with a splash of olive oil and cut into small pieces
- 3 eggs (ideally pastured, organic eggs) or a vegan substitute
- 1 tbsp corn starch or arrowroot
- olive oil
- salt and pepper
- Fine bread crumbs (or panko, gluten-free varieties do exist!)
- (Vegan) Parmesan-style "cheese"

Directions

- Preheat the oven to 355.
- Place the milk, asparagus, eggs, corn starch in the blender and puree the ingredients until the mix is very fine. Salt and pepper to taste. Mix in the parmesan if desired. Optionally, you can mix in ¾ of the asparagus and later add the remaining pieces in to add texture.
- Lightly oil a loaf pan or custard cups, then coat well with the bread crumbs.
- Pour in the egg mixture.
- Set the loaf pan or custard cups in a roasting pan and set them on the oven rack. Pour hot water into the pan, avoiding the mousse containers, to come up halfway up the sides of the dish(es).
- Bake until a knife inserted halfway between edge and center comes out clean, about 45 minutes for the loaf size, less for the smaller cups. The mousse should be firm, with light cracking on the surface, but not dry or hard.
- When done, remove from the oven and let cool on a rack. You can serve in the custard dishes, slice the flan from the loaf pan, or unmold the mousse (at your peril) by running a very thin knife around the edge before inverting it.





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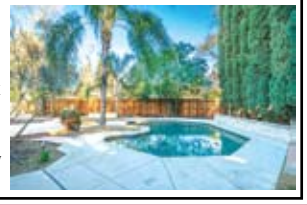
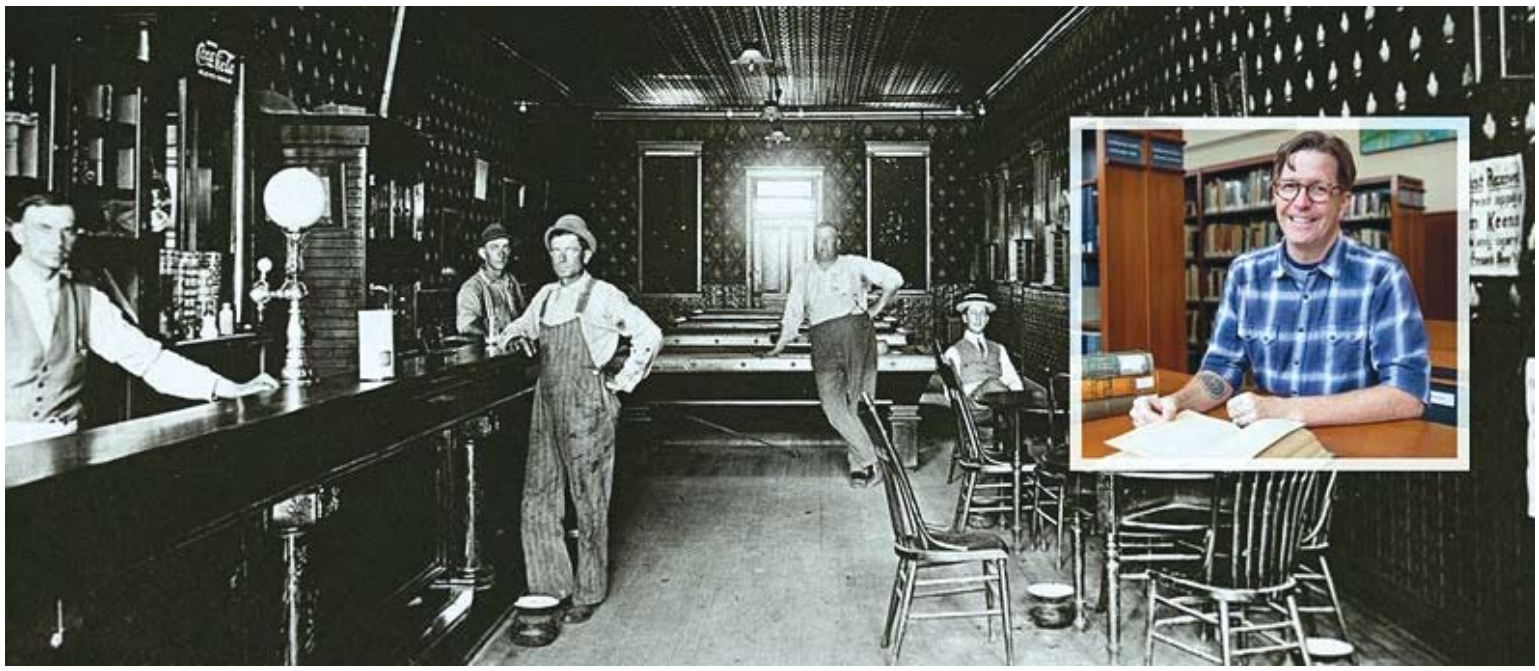


Briefs:

continued from page 10

standard fixture of the Old West and a central feature of pre-Civil War 1840s and 50s Sacramento. Alcohol production, entertainment, gambling, and other saloon activities will be presented by historian and archivist James Scott of the Sacramento Public Library.

ACC Senior Services is to pleased produce this live, exclusive event from Sacramento Room of the Sacramento Public Library. ACC will be livestreaming it on YouTube, Facebook, and Zoom. Join James as he shows you rare photos, artifacts and publications from pre-Civil War Sacramento. The virtual event will be held on Thursday, March 17, from 3 to 4 p.m. Register on eventbrite: https://www.eventbrite.com/e/the-history-of-pre-civil-war-sacramento-with-james-scott-tickets-236252877717



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!

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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.

Yoga Classes

The Lodge offers 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 7:00 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).

Karaoke Every Thursday night. Call the lodge for more information.

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.

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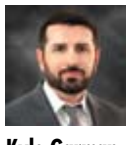
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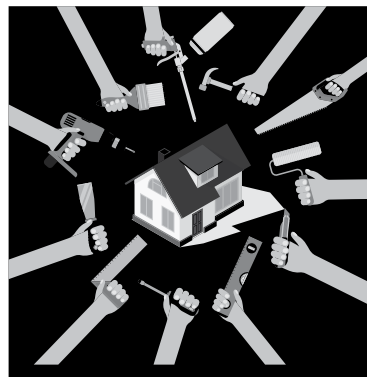

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Puppet Art Theater Company at Fairytale town presents The Three Billy Goats Gruff

Puppet Art Theater Company presents the tale of The Three Billy Goats Gruff in the Children's Theater. This production starts with the classic race of The Tortoise and the Hare. Hare, super speedy; Tortoise, slow and steady. Who will win? The conclusion of the race takes place on the "Troll Bridge" waking up the Grumpy Old Troll. Then watch on as the Three Billy Goats find a way to outwit the Troll and get across the bridge so they can enjoy the field of green, green grass. Little Billy, his older sister Brittany, and their father Bruno all try to trip-trap their way across the bridge.

Tickets are $1 for members and $2 for nonmembers, in addition to paid park admission. Tickets can be purchased at the Fairytale Town Box Office or at the entrance to the Children's Theater 15 minutes prior to show time. All performances take place in Fairytale Town's indoor Children's Theater. Masks are required for all people over 2 years of age while inside the theater.

The approximately 20-minute shows are on Saturday, April 2 and Sunday, April 3 with showtimes at 12:30, 1:30, and 2:30 p.m.

For more information, visit fairytaletown.org or call (916) 808-5233.



Scout Night: Space Explorer

Calling all Girl Scout Daisies! Join us for an evening of fun and earn your Space Science Explorer badge on Thursday, April 7 from 5 to 7:30 p.m. This two-and-a-half-hour workshop will fulfill all badge requirements and include a snack break. Space scientists are people who study outer space—what's in the sky. In this badge experience, you can be a space scientist as you look at the sky and talk about what you see. Girls will receive a certificate and their badge at the conclusion of the event. $15 per scout, cost includes a snack and badge.

For more information, visit fairytaletown.org or call (916) 808-8884.

Spring Eggstravaganza

Join Fairytale Town for an egg-citing weekend featuring egg hunts, prizes, spring themed arts and crafts and more on Saturday, April 16 & April 17 from 10 a.m. to 3 p.m.

After the egg hunt, make your way to Mr. McGregor's Garden to redeem your eggs for a prize! Kids can choose from a variety of new prizes

See PUPPET on page 19



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Puppet

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based on the number of eggs they collect. Please note: One prize zone visit per child and a maximum of 10 eggs can be redeemed.

Puppet Art Theater Company will also be on hand performing "Bunny Boot Camp" in the Children's Theater. Tickets are $1 for members and $2 for nonmembers. Show times are at 12:30, 1:30, and 2:30 PM. Puppet show tickets can be purchased at the entrance to the Children's Theater 15 minutes prior to show time. Masks are required for all people over 2 years of age while inside the theater.

Plus, visit with Peter Cottontail on the Mother Goose Stage from 10 AM – 3 PM. Professional digital photos will be available to purchase for $5 or take your own for free. Make spring-themed crafts, including bunny ears, from 10 AM – 3 PM. Spring Eggstravaganza is a special ticketed event. Tickets will go on sale March 1. Weather Permitting.

For more information, visit fairytaletown.org or call (916) 808-5233.

National Superhero Day

Calling all superheroes! Come dressed in your capes and masks for a day of fun at Fairytale Town, Thursday, April 28 from 10 a.m. to 2 p.m. Meet your favorite superheroes and complete a superhero craft activity!

Weekday admission is $7 for adults and children ages 2 and older. Members and children ages 1 and under are free. For more information, visit fairytaletown.org or call (916) 808-5233. Weather Permitting.

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BY HENRY BOLTINOFF



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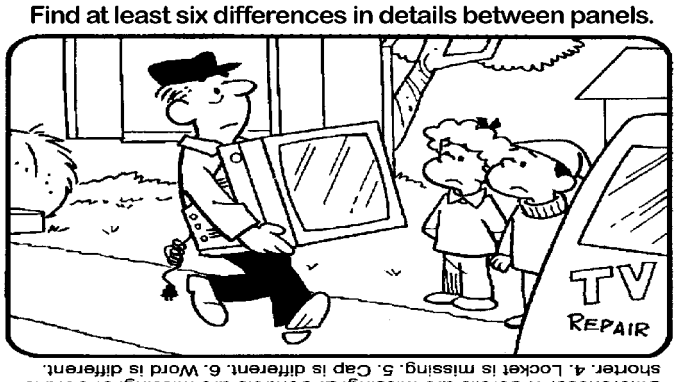

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Differences: 1. Scrolls are missing. 2. Controls are missing. 3. Cord is shorter. 4. Locket is missing. 5. Cap is different. 6. Word is different.

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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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