

Schenirer seeks input on homeless shelter plan

By Viewpoint Staff

Councilmember Jay Schenirer is seeking neighborhood feedback on two proposed sites for temporary homeless shelters – one in the Florin Road RT station parking lot, and the other in an empty lot on X Street near Alhambra Boulevard.

Schenirer has conducted community meetings since late January but continues to accept comment at his City Hall office. City Council is

expected to vote on both sites April 23.

The X Street location is a vacant lot owned by Caltrans near where X Street dead-ends into Alhambra Boulevard in Oak Park, just northeast of the SCNA boundary and at the northern edge of Schenirer’s District 5. The Florin Road site is along the southern boundary of Schenirer’s district. Both shelters are intended to be temporary facilities that help the homeless get IDs, housing and jobs.

“I think it’s really important

that the shelters provide priority placement for individuals experiencing homelessness in each area,” Schenirer said. “Along the Broadway W/X corridor, there are any number of homeless individuals every night. I get a lot of complaints about people living under the freeways.”

In December, Mayor Darrell Steinberg asked all City Council members to suggest at least one location for a homeless triage shelter in each district. In addition to Schenirer’s

proposals, District 3 Councilmember Jeff Harris recommended space on the Cal Expo property at the southern end of Ethan Way.

Locations need to be paved, have access to water and electrical utilities, and provide enough space for at least 100 people. Because Florin Road is already paved, its startup time could be as little as six months. However, the X Street location will need to be prepped and paved, Schenirer said, and could

Please see Shelter, Page 3

Aisle names are familiar in new Safeway – even Moo Alley

By Craig McCulloch

The aisles in the new Safeway store in the Crocker Village shopping center are named after a number of Curtis Park streets, including Donner Way, Marshall Way, Portola Way and even Moo Alley, where shoppers can find ice cream.

“Adding the street names to these signs was a nice personal touch to connect Curtis Park to Safeway,” observed SCNA board secretary Kate Van Buren at the store’s March 5 opening ceremony. “I also like the wide aisle spaces.”

The store’s grand opening included a band and ribbon-cutting by Safeway management and employees, and Crocker Village developer Paul Petrovich.

Please see Safeway, Page 12



Safeway’s grand opening included a band and ribbon cutting by Safeway management and employees, and Crocker Village developer Paul Petrovich. Over 100 people attended the opening event. Photo/Will Carlton

Celebrating the theater manager

Valerie Burrows was honored with an engraved theater seat Page 2



FITSOM wellness studio

Fitness center has evolved into a wellness studio Page 5



Neighbor helps build homes in Cambodia

Patti Roberts learned construction skills in Habitat for Humanity project Page 11



24th Street Theatre patrons celebrate renovation with gala

By Judy Scheible

About 50 sponsors of the new seats in the 24th Street Theatre gathered in Curtis Hall in mid-March with the Sierra 2 staff to celebrate the renovation of the theater.

Former SCNA President Eric Johnson welcomed the donors before directing them to find their seats in the theater and enjoy the entertainment. Engraved bronze plates on the seats identify the sponsors.

Performers included the Tartan Hearts School of Scottish Highland Dance, the Aloha Polynesia Dance troupe and the Rod Stinson Band.

Bella Bru provided wine, beer and appetizers.



John Brush of Third Avenue views historic photos of the Sierra School auditorium, which became the 24th Street Theatre in 1979. He was instrumental in the construction of the risers for the theater seats as well as other parts of the school renovation project. Now 40 years later, John and his wife, Judy, are part of the group of donors to help renovate the theater again.

Photo/Heather Hogan

Engraved plates honor more than 100 theater donors

Michael & Lorraine Abate
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Seat of honor

A seat in the renovated 24th Street Theatre has been dedicated to Valerie Burrows, whose duties during her 15 years on the Sierra 2 staff have included theater manager and developing key relationships with facility tenants. Valerie has also served as interim executive director and facilities administrator. She is considered the expert on all operations of the Sierra 2 Center.



Valerie Burrows

Examples of a Sprung shelter show doors and windows in a tentlike structure. These shelters are similar to the 60-by-100-foot unit proposed for the Broadway W/X corridor that will include heating, air conditioning, toilets and showers.

Photo/Office of Councilmember Jay Schenirer



Shelter: Two sites are proposed for District 5

(Continued from Page 1)

take up to a year to be operational.

The city is requesting a 30-month lease for the Florin Road shelter, which would be open through Spring 2021. Lease terms for the X Street location are still pending. All shelters will operate 24 hours a day, seven days a week, with nightly curfews.

Schenirer called the triage shelters “low barrier to entry” because they will accept individuals with pets, partners and possessions. Adult men and women must be referred by the Police Impact Team or homeless outreach partners, who will arrange for intake and transportation.

Each shelter site would include a 60-by-100-foot Sprung shelter, which looks like a large tent but has doors, windows, heating, air conditioning, toilets and showers. Although the structure does not have a kitchen, Schenirer said food would be brought in to serve three meals a day. Private counseling and other administrative offices would likely be housed in separate modular units to be installed on site.

Support services may include health care, assistance with housing and job searches, and even a veterinarian to help care for pets. The city will also provide a free transit pass to improve access to transportation.

Funding for the proposed 100-bed shelters will come from \$15.7 million in Measure U revenue, state grants and private donations. The total cost for a two-year program is estimated about \$40 million, Schenirer said.

The city’s first triage shelter at 2040 Railroad Drive opened in December 2017 and was set to close in March, but operations are being extended through May. That 200-bed shelter, managed by Volunteers of America, cost about \$500,000 to start up and about \$411,000 a month to operate.

More than 500 people have exited the Railroad Drive shelter, with 37 percent of them moving to permanent or transitional housing. Crime statistics within a half-mile of that location have decreased since the homeless facility opened there, Schenirer said.

Andy Hernandez, who lives in the Woodlake neighborhood of North Sacramento near the Railroad Drive facility, wrote a recent op-ed for *The Sacramento Bee* in which he said the facility had overcome his initial skepticism. “The people who are in Railroad are the people who were just not reachable,” Hernandez told EngageSac, an online city publication. “I want to see this expanded. I’m hoping to see this (plan) built out as quickly as it possibly can.”

NextDoor New format allows readers to find others with same interests

By Craig McCulloch

NextDoor.com has recently changed its format. Subscribers may now select several dozens of interests ranging from dogs, gardening, photography, fishing, sewing, and many others. This allows readers to find other neighbors with similar interests. It’s also used to organize the posts by the interest category.

As readers may know, there are many thefts reported on NextDoor of plants or other objects stolen from porches. Many are caught with a Ring doorbell camera, or other surveillance cameras, capturing an excellent image of the thief during the burglary.

A Hollywood Park neighbor’s small plant was stolen from their porch. This time a very unusual resolution occurred as the thief returned the plant the next night and said “sorry” into the camera. Many neighbors posted their amazed responses. Several speculated the thief was on NextDoor, realized his photo was taken and had some misgivings about his action. Another thought perhaps his mother found the plant and made him return it. One neighbor summarized it in single word: “karma.”

Friends interested in NextDoor.com suggested that we might enjoy looking at posts on Twitter about funny, unusual or outrageous posts from NextDoor in their communities. One group is @bestofnextdoor.

Viewpoint wants your story ideas

Viewpoint appreciates neighbors who submit news about their babies, new neighbors, milestones and special events. This includes letters to the editor and opinions.

Send your ideas to denniscusick52@gmail.com with Viewpoint in the subject field or call the Sierra 2 office at 916 452-3005.

Deadline for Viewpoint copy is the 15th of the month prior to publication.

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Notes from March 6 meeting

SCNA board welcomes first member from Crocker Village

SCNA welcomed three neighbors to the board: **Charles Angelis** of Marshall Way and 23rd Street, **Alex Moos** from Donner Way and **Kimberley Bond** from Crocker Drive. Kimberley is the first person from Crocker Village to serve on the board.

Executive Committee

The new Executive Committee includes **Andi Liebenbaum**, president; **Kat Haro**, vice president; **Jonathan LaTurner**, treasurer; **Kate Van Buren**, secretary; and **Eric Johnson**, member at large.

President's report

Andi addressed criticism received regarding her column in the March *Viewpoint*. To clear up any misunderstanding, Andi will work on a chronology of events for publication that will outline SCNA's significant contributions, from pushing for cleanup of the railyard site, promoting the installation of a pedestrian bridge, and collaborating with city planners to retain the charm and continuity of

the vibrant, healthy environment and unique architecture of Curtis Park.

Neighborhood Concerns

Chair **John Mathews** reported that he spent many hours meeting with residents and researching the history of Montgomery Way. Board members shared their concerns regarding the health of a city tree and esthetics of a wall in that location, but ultimately decided to let the city handle communications and code enforcement with the homeowner.

Guests **Warner** and **Angelia De Boer** and **Evelyn Fallon** from Montgomery Way shared their concerns regarding a wall under construction on their street.

Development

Chair **Kat Haro** reported ongoing work crafting a board activation plan, internal and external messaging points, fundraising events, rewriting membership and donation materials, and branding. SCNA is moving toward a donor supportive model that will help

Next meeting

The next regular meeting of the SCNA board will begin at 7 p.m. Wednesday, April 3 in the Garden Room at Sierra 2.

guide how to best be of assistance to the organization and community.

Facilities

Chair **Andrew Booth** reported that the committee has created two versions of the lease amendment, including a scope letter explaining SCNA's position and intent. Based on feedback from the city, SCNA will be able to determine future goals and objectives that feature changing and modifying spaces to best serve the community through programming.

Treasurer/Executive Director

Treasurer **Jonathan LaTurner** and Executive Director **Terri Shettle** will begin the budgeting process in the next couple of weeks. The

Crab Feed brought in net proceeds of \$4,000 with 160 attendees. Without the annual home tour in April, there will be a decline in income, so SCNA will probably not be spending on large operating expenses unless it is mission critical or a safety issue.

May and June are peak revenue times for SCNA historically. The Big Day of Giving is set for May 2. Cops & Coffee will be April 10 in Curtis Hall, open to all neighbors. The Egg Hunt and Pajama Parade will be April 20 with the Easter Bunny in attendance for family photos.

Bylaws

Andi Liebenbaum, **Angela Mia** and **Eric Johnson** have been working on the bylaws. Angela will create a document for board members to review during the upcoming board retreat. Members will identify goals, focus on where committees fit into the strategic plan, and what their structure looks like.

— *Kate Van Buren, board secretary*

President's message

Fantastic new Safeway is result of community efforts

How about that Safeway? I freely admit, while I don't like shopping generally, I truly adore grocery stores.

As some of you know, I like to cook and I also like to explore. In my travels, I have found that grocery stores, whether they are giant American-style enclosures

with aisle after aisle of thousands of neatly displayed goods, or roadside stalls offering bottled water, gum and hot sauce, present microcosms of societies.

Our new lovely neighborhood grocery store has fruits I've never seen from corners of the world I would love to see, many different fresh baked goods and offerings of meat, poultry and fish that should meet the needs of home chefs from almost every culture. And an ice cream aisle – aptly named for Moo Alley – that literally stretches from the store's front to back.

Other shops, services, and restaurants are near completion, which will fill in what was once a bustling

**ANDI
LIEBENBAUM**
SCNA Board
President



train yard and then – for a very long time – a vacant plot of land that needed a great deal of energy and money to clean up and prepare it for a new life.

In the March issue of *Viewpoint*, some readers thought I was saying the neighborhood association had been absent from or otherwise negligent in encouraging the best possible cleanup and outcomes for the railyard. Nothing could be further from the truth.

As many of you know, earlier neighborhood association leaders and residents volunteered long and hard hours to push the cleanup effort, convene residents from nearby neighborhoods to learn what they would like to see on that blank land canvas, and to ensure we would end up with as clean, safe and valuable a development as possible.

In no small way, this fantastic Safeway, as well as the lovely homes (built and planned), the stores yet

to open, and the next phases of the metamorphosis of what we now know as Crocker Village, were made possible with the driving forces of community members who demanded quality every step of the way.

Also in that column, I expressed my concern that we, as representatives of SCNA, had not done a good job of reaching out to residents along Crocker Drive to make you feel welcomed and an important part of Curtis Park. That is something the SCNA board and I are addressing as we add new members to our ranks and undertake concerted outreach so that our association genuinely reflects and respects all neighbors.

The community members who drove this local, boots-on-the-ground effort to make Crocker Village a model for urban/suburban development, who exemplify community engagement and civic duty, must be thanked and recognized for their hard work. Thank you.

And I hope you enjoy Moo Alley (the one with all the ice cream), as well as all the other offerings and services in Crocker Village as much as I will.



SIERRA 2DAY

FITSOM Studios expands studio space, wellness services

By Nancy McKeever

Curtis Park entrepreneurs Marco Guizar and Katelyn O’Neil, with Ken O’Shea of Land Park, the co-owners of the newly expanded FITSOM Studios, are helping the neighborhood to shape up with new offerings based on their four pillars of wellness – mindset, breathing, massage and movement.

All four pillars are components of 25 weekly group movement classes, one-on-one sessions, and self-care classes.

Self-care is central to FITSOM. Self-massage, using simple tools, is taught to reduce deep knots and chronic pain at home and on the road. “Tune Up,” taught by Debra Panatoni, is a favorite of older members, focusing on resolving long-term pain.

Functional movement trains members to apply posture, form, and balance for a good workout with long-term benefits and reduced pain.

The Wim Hof Method combines cold thermogenesis, breathing and mindset work for improved energy and immune function.

Z-Health consciously links the nervous system with movement to improve performance.

With the expansion of space, FITSOM grew from 900 to 4,700 square feet. New space includes a large back room for loud, energetic movement classes and quieter breathing and self-care sessions. The sunny front room, which long ago was an auto repair shop, is now filled with sofas, book shelves, coffee service and work



FITSOM Studios

In a FITSOM class, members use the Theracane with breath to release the psoas — the biggest hip flexor in the body. And, they learn to how to use the Theracane to release knots and alleviate aches and pains.

tables, making a welcoming and relaxing place to meet up with friends, join in a book club, or enjoy coffee and a newspaper. Adjoining rooms provide quiet space for neuromuscular and prenatal massages.

When Marco returned from deployments in Iraq and Afghanistan in 2011, he named the studio FITSOM, an acronym for Fit State of Mind because he understood the comprehensive toll that pain and stress take on human physical and mental health.

From the start, FITSOM owners have been focused on Curtis Park community service. On many Saturday mornings, they can be found in the park at 8 a.m. teaching free breathing classes. They host workshops in

collaboration with the Sacramento Food Co-op, and run veterans groups each month.

In April, trainers will travel to Paradise to teach elementary students affected by the recent fires how to use self-care massage for stress relief.

FITSOM will host an open house at the renovated studio at 2512 Franklin Blvd. on Saturday, April 27, from 9 a.m. to 1 p.m. There will be opportunities to meet staff, learn about services and try self-care techniques. The community is invited to join or watch a movement class at 9 a.m., breathing techniques at 10:15 a.m. and a Tune-Up class at 11:30 a.m.

More information is at www.fitsomstudios.com.

Yoga offers gentle exercise with benefits for older adults

By Katie Byram

Yoga continues to be a popular choice for older adults adding exercise to their daily routines and it makes sense. For starters, yoga is one of the gentler forms of exercise with low-impact moves that involve holding poses and breathing. The practice also has mind and body benefits that can help improve flexibility, joint health and balance and reduce stress.

Heera Kulkarni’s yoga class aims to provide seniors of all fitness levels an opportunity to experience yoga that works for them. Feel Good Yoga (formerly Yoga & You) meets at 10 a.m. on Tuesdays in Room 12. Practitioners just need to arrive in exercise clothes with a yoga mat

in hand. This class invites students to come as they are, do what they can, and leave knowing they’re a bit closer to their goals.

The moves in Feel Good Yoga are geared toward seniors and can be modified to be easier or harder, based on an individual’s level. Heera plans to add themed classes, such as “meditation,” “abs and core,” and “back pain.”

For more than three years, Heera’s yoga class has been a part of the senior center’s ongoing schedule of activities,



Heera Kulkarni

and has garnered a following of students. Kathy Orihuela raves about her class: “Heera has been my yoga instructor for about three years. I had several aches and pains before I began attending her class. My posture is now much better and I have more flexibility.”

Heera welcomes new students and says, “Yoga is truly for everyone. Yoga is a self-healing practice that not only works for the body but also the mind.”

A self-described plant-based yogini from India, Heera has practiced yoga all her life and has taught for many

years. She received her yoga certification through the International Yoga Vedanta Center in India. She focuses on Ashtang Yoga, a lifestyle practice with disciplines from breathwork to meditation to diet.

Heera is retired from her education career but is active in sharing her passions with others. In addition to teaching yoga, she leads plant-based culinary workshops and runs Raga Academy, teaching the music of India to children and adults.

Feel Good Yoga is open to all seniors, from new students to those with some yoga experience. Try the class with the Senior Center’s \$10 drop-in fee or buy a Wellness Program punch card, which reduces the per-class cost.

APRIL 2019



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Believers Fellowship
Sundays, 10:30 a.m.-12:30 p.m., Room 10
Lee Aviles, 916 203-6461

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Sundays, 10:30 a.m.-12:30 p.m., Room 9
Pastor Dorothy Hayes, 916 213-0901

Good Shepherd Parish

Sundays, 10 a.m.-12:30 p.m., Room 12
Contact: Mother Elizabeth English
916 502-6773, GoodShepherdCommunity.org

Empowerment Theological Seminary

Mondays, 6-9:55 p.m., Room 9, 916 308-7646
empowermenttheologicalseminary.com

True Life Ministries

Sundays, 2:45-4:15 p.m., Room 9
Pastor Grant Harper: 916 382-2885

DANCE

Adult Ballet

Two Rivers Dance Center
Saturdays, Studio 2
10:15 a.m., Ballet 1. 12:30 p.m., Ballet Basics
info@tworiversdancecenter.com

Irish Folk Dancing

1st and 3rd Mondays, 7-9 p.m., Studio 1
Liam Irish, 530 677-5549

Polynesian Dance

Tuesdays, 6-7:30 p.m. Studio 2
alohatyra@aol.com

River City Taps – Adult Tap Dance

See website for class schedules. Studio 1 & 3
www.rivercitytaps.com
richard@rivercitytaps.com

Auntie Amy's Hula

Thursdays, 3-4 p.m., Studio 1
Amy Cornellier, 916 792-5561

Kalanjali: Dance of India

Saturdays, 9 a.m.-3 p.m., Rooms 11
510 526-2183, katherine.kalanjali@gmail.com

Tartan Hearts

Scottish Highland Dance
Sundays, 9-11 a.m., Studio 3
tartanhearts@gmail.com
facebook.com/TartanHeartsDance

Moodment Dance Workshops

Saturdays, 2:30-3:30 p.m., Studio 2
moodmentdance.com

Treat Dance Class

Fridays (except the last), 8-9 p.m., Studio 1
Ashley Battle, (916) 399-6474

AfroRhythmx Dance Class

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225 263-1707

MUSIC

Nashville Songwriters Association

2nd Wednesday, 6:30-8:30 p.m., Room 12
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Intermediate, 8-9 p.m.
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Maestro Eric Myers: 916 276-2247

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Thursdays, 8:15-9:15 p.m.
Saturdays, 9-10 a.m.
Studio 2
Shifu Byron, lohan36@sbcglobal.net

T'ai Chi Ch'uan

Saturdays, 8-9 a.m. Studio 1
Bradford Louie, bwlouie@yahoo.com

OTHER

Cochlear Community Meetings

6-8 p.m. May 23, Aug. 15, Nov. 7 Curtis Hall
cochlear.com/US/events

Know Thyself as Soul – Meditation

1st Sunday of the month, 1-4 p.m. Curtis Hall
knowthyselfassoul.org

FITNESS

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LaToya Bufford, toybufford15@yahoo.com

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Sundays, 4-5 p.m. Studio 1
randirobinson@mac.com

Dancehall PowerUp

Thursdays, 8:30-9:30 p.m., Studio 3
LaToya Bufford, toybufford15@yahoo.com

Zumba

Fridays, 6-7 p.m., Sundays, 11 a.m.-noon, Studio 2
Abraham Contreras, pakko.zumba@yahoo.com

Weight Watchers

Thursdays, 8:30 a.m., 12:15 p.m.
Saturdays, 9 a.m. Room 10. 800 374-9191

Stilettos with KG – Ages 18+

Wednesdays, 8:45 p.m., Studio 3
krystal, kgstilettos@gmail.com

Floor Stretch & Conditioning

Saturdays, 11:30 a.m.-12:30 p.m., Studio 1
info@tworiversdancecenter.com

ART

Glass Mosaic Classes

Tuesdays, Noon-3 p.m. Room 11
karenssharp51@gmail.com

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April 6

Showtime: 6:30 p.m. show/6 p.m. doors

Tickets: FREE

Info: Angelita Taylor, 916 548-7622

The Spirit of Excellence Dance Ministry presents various ministries to include liturgical dance (praise dance), mime, sign language and poetry, as well as vocal, choral and instrumental music to glorify God through the worship arts.

SING FOR JOY: A SPRING CHORAL CONCERT

April 7

Showtime: 2-4 p.m.

Tickets: FREE

Info: Hart Senior Center

Join Singers with Hart as they present their fourth annual spring concert. This event will showcase the singing talents of the Hart Senior Center's choir led by professional music director, Christiana Quick-Cleveland, accompanied by pianist Nancy Balenzano.

DIVYANJALI 2019

April 13

Showtime: 5:30-7:30 p.m.

Tickets: FREE

Info: 916 842-4470

An annual recital by students at the Gokul Dance Academy. Witness the beauty of India's classical dances and find your feet tapping to the Bollywood dance beat. Your soul will be touched when you see little kids singing Carnatic swaras – the classical music of India.

A FINE LINE

April 14

Showtime: 3-6 p.m.

Tickets: \$75 VIP includes private garden reception, swag bag, hosted bar and chef-prepared bites

\$50 General Admission/\$60 at the door: includes champagne, chef-prepared bites and no-host bar (beer and wine available for purchase)

Purchase: foodliteracycenter.org.

The Sacramento Food Film Festival celebrates food and drink paired with films about our food system. This year's premier event focuses on women in the industry, featuring the film "A Fine Line" by Joanna James. "A Fine Line" explores why only 6 percent of head chefs and restaurant owners are women, when traditionally women have always held the central role in the kitchen. The perspectives and experiences of world-renowned chefs are presented in the film. The focus is on wineries, breweries, producers and businesses that are run, led or owned by women. All proceeds benefit Food Literacy Center.



LEISURE

BOOK CLUB

2nd Monday, 11:30 a.m.-12:30 p.m.

April 8: "The Soul of America" by Jon Meacham

May 13: "Real American" by Julie Lythcott-Haims

NONFICTION BOOK CLUB

3rd Thursday, 11:30 a.m.-12:30 p.m.

April 18: "The Swerve: How the World Became Modern" by Stephen Greenblatt

May 16: "The Soul of America" by Jon Meacham

FILM CLUB

3rd Tuesday, 1:30-4 p.m.

April 16: "Dave" (1993)

WOMEN'S FRIENDSHIP GROUP

2nd & 4th Wednesdays, 11 a.m.-1 p.m. Room 11

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LIFE HISTORY WRITING

Wednesdays, 1-4 p.m.

OPEN ART STUDIO

Fridays, (except the last Friday) Noon-3 p.m., in Room 11

BEGINNING DRUMMING

Tuesdays, 1-2 p.m. Studio 1

Fee: \$7 per class or \$25 for the month

POTLUCK

Last Friday of the month, Noon-2 p.m.

FITNESS

FITNESS WALKING

Thursdays, 9 a.m. Fees: free to walk; \$5/pole rentals; \$60 poles purchase Meets in the parking lot by basketball court.

GENTLE YOGA

Wednesdays, 10-11:15 a.m.

Fees: \$10/drop-in; \$30/4 classes; \$60/8 classes

Cancelled through May

EDUCATION

MY STORY PROJECT

2nd Monday, 1 p.m., and Tuesdays, 1-3 p.m.

EVERYONE IS WELCOME

Activities are free except where noted. (Donations appreciated)

Room 12 • 916 455-6339

seniorcenter@sierra2.org

WELLNESS PROGRAM

Punch cards: \$60/10 classes; \$35/5 classes; or \$10 drop-in. Purchase cards in the Sierra 2 Center office or pay drop-in fee to instructors.

HEAD SPACE

3rd Mondays, 12:30-2 p.m., Room 12

TAI CHI (Beginner, Intermediate & Mixed)

Mondays, 10-11 a.m. Studio 2

11 a.m.-noon Studio 3

Thursdays, 10-11 a.m., Room 12

PILATES WITH LAUREN

Tuesdays/Fridays

11 a.m.-12 p.m. in Studio 2

No class Tues. 4/16 – Fri. 4/26

YOGA + YOU

Tuesdays, 10 a.m. Room 12



STRENGTH AND BALANCE

Tuesdays, 11:30 a.m.-12:45 p.m. Room 12 & Thursdays in Room 11

Cancelled through May

ZUMBA TONING W/ KELLY

Wednesdays & Fridays, 10-11 a.m., Studio 3

CARDS & GAMES

MAHJONG

Mondays, 10 a.m.-noon

FUN BRIDGE (RUBBER/CONTRACT)

Thursdays, 1-4 p.m.

PINOCHLE

Fridays, 12:30-3:30 p.m.

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THE LEARNERY

Cultivating Curious Minds

Advance registration is required for all classes. Register at 916 452-3005 x208, in person at the Sierra 2 Center office or online at sierra2.org/thelearnery.



Beginning Spanish

This class is for those with little to no experience with Spanish. With fun exercises and activities, you'll learn a new language in a simplified, comfortable and fun environment. Led by Deb Fountain.

Tuesdays, April 9–May 14, 6-7:20 p.m.

Room 12, Fee: \$100



Teas of China

China is the spiritual and literal home of tea. Come taste regional specialty teas from China's various regions: rare white tea to the most commonly consumed tea in China, the Yunnan province robust tea, and the fermented pu'eh. Participants will taste six very different teas and learn the history behind the different tea regions.

Saturday, April 13, 1-3 p.m.

Room 12, Fee: \$25

Pet Portraits with Lizzy

Paint a realistic portrait of your favorite pet. Artist Lizzy Mailho will guide you through this process, sharing techniques for capturing fur texture, life-like eyes, and the details that make your fur-friend unique.

Saturday, April 20, 11a.m.-3 p.m.

Room 11, Fee: \$60

Oceans & Shorelines Watercolor Workshop

Painting bodies of water can be one of the most challenging techniques to master in watercolor. Tonja Wilcox will share what she's learned and give tips making it a little easier as you focus on where ocean meets land from a distance. Beginning to intermediate painters welcome.

Saturday, April 27, 3-5:30 p.m.

Room 11, Fee: \$40



Conversational Spanish

Learn everyday conversation, expanding verb tenses, grammar and vocabulary, and cultural enrichment. The course is tailored to a student's level and needs, so many continuing students take this class multiple times to continue growing their skills and proficiency.

Thursdays, April 11–May 16, 6-7:20 p.m.

Room 12, Fee: \$100

For more information and to see more listings, visit www.sierra2.org/thelearnery.

Egg Hunt & Pajama Parade

Parade at 9:30 am
Meet at the top of Won, Curtis Park for the parade

Crafts & Photos at 10 am
Free crafts, \$5 donation appreciated for photos

Egg Hunt at 10:30 am

Saturday April 20th

SIERRA 2 CENTER
SIERRA 2 CENTER

What's new at Sierra 2

The future of children in Turkey

Join Amnesty International-Sacramento for an evening of Turkish food and culture, a look into Turkey's family detention, and ideas on how you can help children jailed with their mothers in Turkey.

The event is from 6-7:30 p.m. on Thursday Apr. 25 in the Garden Room and will include a light Turkish meal, tea, art exhibit and cultural sharing. A former Turkish lawyer will give a short presentation followed by a Q&A.

The event is free but donations are welcome. RSVP tinyurl.com/Turkish-children. For

additional information, email amnestysacramento@gmail.org.

Children's Spanish summer camp

Spanish Immersion classes engage students' interests to keep them active and motivated as they develop their Spanish conversation, listening comprehension and cultural awareness while having fun. Each week will focus on language and diverse cultures. This is a great opportunity for children ages 9-14 who want to learn Spanish while having fun this summer.

Classes will be held from 10 a.m. to 1p.m Monday-Friday in

Room 9. Students should bring their favorite snacks and lunch. Weekly session topics include Spain, June 24-28; Mexico, July 22-26 and Costa Rica, Aug. 12-16.

Families can attend a free introductory class and informational meeting from 2-4:30 p.m. Saturday, Apr. 20 in Room 9.

Tuition includes instructional materials and take-home supplies. Enroll before April 30 for discounted weekly tuition rates. Class size is limited. To reserve your space, or for more information, contact instructor Susan Shores at 916 996-2346 or hoy2shores@me.com.

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*In the District***Like the Kings, Sacramento is working to overcome challenges**

Prior to the start of this basketball season, pundits were predicting the Sacramento Kings would be one of the worst teams in the NBA, winning

25 games at most. Few predicted the excitement these young, relatively inexperienced players would generate.

The Kings are probably out of the playoff race, but they give Sacramento great hope for future seasons.

I admit to being a basketball junkie, having had a share of season tickets for the Kings since Day One. I voted for the Golden 1 Center and have continued to support the team in good times and bad. For me, this season was never about wins and losses; all I wanted to see from the young team was maximum effort in every game and continuous improvement. Without a doubt, they have met my expectations.

**JAY
SCHENIRER**

City
Council
Member
District 5



I look forward to next season.

I believe the Kings' season is a good proxy for the state of our city, even if you're not a basketball fan.

While we clearly have challenges, the City Council and community leaders are working hard on the challenging issues that stand between our city today and greatness for Sacramento's future. The list of issues we work on seems limitless, and nothing I could have imagined.

In addition to the matters I write about regularly – homelessness, affordable housing, equity and youth – I am sometimes amazed at the number of topics I confront, particularly as chair of the Law and Legislation Committee. In the past couple of months, the subjects have included community center renovation, sales of flavored tobacco and vaping, scooters, digital

signage at shopping centers, transit-oriented development, electric bikeshare and scooters and illegal dumping.

In addition to my City Council duties, I represent the city on boards and commissions, including SACOG, the Library Authority, SETA, Regional Transit, Sacramento Transportation Authority and the Crocker Art Museum.

Daily emails and phone calls cover

everything from the construction of front-yard walls and spas to speeding and speed bumps, cannabis and the city's responses to the recent Stephon Clark decisions by the county district attorney and state attorney general.

Please don't hesitate to call, drop me a note or meet me in the park for a walk if you want to talk about the future of our neighborhood and city.

Go Kings!

Schenirer responds to neighbors' questions about construction at Montgomery Way

As to the Montgomery Way/East Curtis Drive issue, City Councilmember Jay Schenirer's position is: "We have heard from many of you about your concerns with the construction occurring on the corner of Montgomery Way and East Curtis Drive. Please know that the city is enforcing its codes and

ordinances. The property owner will either need to remove the spa and move the wall onto her property or apply to the city for variances in both instances. Should she elect to apply for a variance, there will be public notification prior to any hearing of the zoning administrator and we will inform you of any public hearing."

*Trees of Curtis Park***Neighbor's tree could impact your improvement project**

By Dan Pskowski

Curtis Park's mature tree canopy makes it one of Sacramento's most livable neighborhoods. At heights of 65 feet or greater with equivalent spread, our trees provide an abundance of shade, oxygen and habitat for birds and other wildlife.

These large tree branches and roots often extend into the adjoining property. This may place restrictions on a neighbor's ability to install a swimming pool or masonry wall, or construct a home office above a detached garage.

Why? The excavation required for the swimming pool or masonry wall may sever too many absorbing and anchoring roots. A home office construction might require the removal of several large scaffold limbs and have a detrimental impact on the tree's health.

Prior to 1994, if a neighbor's tree limbs or roots encroached onto your property, it was your right to cut them

off at the property line without ever consulting your neighbor. Fortunately, a California appellate court ruling changed California law. Now, a neighbor must act reasonably when pruning encroaching branches or roots. Imagine having to remove a tree on your property because a neighbor's improvement project compromised the tree's stability or structural integrity by severing roots or branches.

If there is a large tree on the adjoining property, the best approach is to consult with an arborist. Do this before paying an architect to design the addition or signing a contract with the swimming pool company. The arborist will determine if your proposed project will impact the neighbor's tree.

Specific tree protection requirements should be in writing. A copy of the arborist's report should be presented to your architect or contractor, which will affect how the project is designed and constructed. Also, present a copy to the tree's owner

to allay any of their concerns about the proposed project.

A professional arborist, with the owner's written permission and applicable city tree permits, should carry out any root pruning or limb removal. If the removal of branches or roots damages the tree's health or structure, the responsible party may be liable for three times the amount of damage done to the tree, according to state law.

What about trees on the property line? "Trees whose trunks stand partly on the land of two or more coterminous owners belong to them in common," the state's Civil Code says. Therefore, both owners must be in agreement on the care or removal of the line trees. Arborists don't recommend planting trees along the property line because they could eventually grow large enough to become line trees.

When a tree triggers a dispute between neighbors, it causes anxiety. I've seen situations escalate to the



Photo/Dan Pskowski

Mature tree on property line.

courtroom. I recommend professional arbitration and mediation services to settle tree disputes. There's a fee, but it's less than the cost of going to court.

A friendly game of cards



Vic Cima is among the Senior Center's "regulars" for Friday pinochle.

Photo/Joan Cusick

Asha Yoga studio opens on Franklin Boulevard

By Judy Scheible

Asha Urban Baths has expanded to a new location. The popularity of hot baths, massages and yoga classes had the original business bursting at the seams at 2417 27th St.

In February, owner Cori Martinez opened Asha Yoga at 2910 Franklin Blvd. (just south of Fourth Avenue). The yoga space in the rear building of the original site will be part of a major expansion that will include a second soaking bath.

Martinez said the new soaking bath will be about 30 percent larger and will include some social days, which means guests may talk above a whisper.

The expansion will include an enclosed courtyard between the two buildings. The rear building will have a dry sauna, a cold-bucket shower and a salt room, which will create seashore-like air for relaxation

and to enhance breathing for asthmatics.

Construction has started, but Martinez keeps the workers at bay when massages are in session. She expects the expansion to be completed by summer. The new yoga studio is already running at full steam, with 10 yoga teachers and four types of yoga, from strength-building to meditative.

"Our strength-building class is taught at a slower, mindful pace," said Martinez, who taught yoga for 20 years but is taking a break. The yoga studio also has a monthly program on Saturdays for girls ages 6-11.

Before opening her business in Sacramento, Martinez and her husband, Josh, lived in Hilo, Hawaii, and raised mushrooms. Josh Martinez, the son of Rudy and Becky Martinez, grew up on Fifth Avenue in Curtis Park.

For more information, see ashaurbanbaths.com and ashayoga.com.

Sierra 2 participates in creativity month

By Heather Hogan

Sierra 2 is urging the neighborhood to celebrate California's first Arts, Culture and Creativity Month in April and applaud the positive impact of the arts on the community's health, prosperity and happiness.

Gov. Gavin Newsom has proposed adding \$10 million to the state's permanent arts budget, bringing stability to ongoing grants and programs. If the proposed budget passes, more grant programs would be available to support public access to the arts.

With the Big Day of Giving approaching on May 2, the Sierra 2 Center wants to remind the neighborhood that it relies on grants and donations to fund projects like the recent restoration of the 24th Street Theatre. At the same time, Sierra 2

seeks to do more, such as a community learning garden, a kitchen and a designated Learnery space. Donors can designate Sierra 2 and SCNA as recipients of Big Day of Giving donations.

With neighborhood donations, Sierra 2 Center for the Arts & Community is better able to offer many artists and entrepreneurs the opportunity to begin their businesses and talents in the neighborhood. For example, the Sugar Plum Vegan Bakery at Curtis Hall started with local accounts and now supplies stores regionally, from the Bay Area to the foothills. Dance troupe Rincones De Mi Tierra outgrew the Sierra 2 studios with so many participants that it had to move on to a larger space. Tonja Wilcox began teaching painting at the Learnery and now offers monthly painting classes throughout Sacramento venues.

Sierra 2 Center invites neighbors to embrace their creativity this month by trying a dance or Zumba class, relaxing with yoga, exploring painting, learning Spanish, seeing a show in the theater, or just strolling around the neighborhood for inspiration.

We hope you will support
Sierra 2 Center and SCNA.

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Giving**
MAY 2

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Neighbor donates museum-worthy butterfly collection to UC Davis



Photo/Will Carlton

Bill Patterson holds one of his many displays that he is donating to the Bohart Museum of Entomology at UC Davis.

By Judy Scheible

Bill Patterson's lifetime fascination with butterflies started when his mom gave him a butterfly net when he was 6 years old. Now, he's nearly 80, with a collection approaching 40,000 butterflies from all over the world.

Bill and his wife, Doris Brown, live on Fourth Avenue. Both are retired.

Bill's specimens, which include moths, range from tiny to huge and from iridescent blues to forest-floor browns. He has meticulously catalogued and mounted the winged beauties in dozens and dozens of trays that slide into airtight cabinets, which line the walls of two small rooms.

Butterfly posters decorate walls, and small, tidy stacks of photos tell of recent butterfly trips, most for observing these days rather than collecting.

For years Bill let butterflies help him decide where to travel. Bill has taken his nets to Turkey, Greece, Spain, France, Brazil, New Guinea, Thailand, Malaysia, Indonesia, Kenya, Tanzania and Rwanda.

Bill is an entomologist and retired teacher. He used his knowledge of butterflies in the proposed Auburn Dam site to show the area's great biodiversity. He also documented the moths and butterflies at the Quail Ridge UC Davis Natural Reserve.

He decided to find a new home for his vast collection. The beneficiary is the Bohart Museum of Entomology at UC Davis.

Museum director Lynn Kimsey said, "We're excited to receive (the collection) because he has species ... that we do not have ... but also because of the really great condition of the specimens."

Kimsey remarked how meticulous Bill has been in cataloging the place and time each specimen was collected. She estimates that 25 percent of Bill's collection will add new specimens to the museum's collection and will elevate the museum's status to one of the most important in the West.

"Even with species we do have, his specimens will undoubtedly add to our knowledge of where these species are found," Kimsey said. "They represent biological snapshots in time and space. ... Collection specimens provide information needed to look at habitat change, loss of biodiversity and many other changes that we're now worried about."

"So, for example, we have a student studying the changes in insect species in the Channel Islands off California over the past 100 years, and most of this information is being gleaned from specimens in collections."

Another beneficiary of Bill's donation is his wife, Doris, who will gain room for her paintings.

Habitat volunteer builds simple homes in rural Cambodia

By John Mathews and Patti Roberts

Patti Roberts mixed concrete, shaped rebar, carved notches in wood beams, smoothed bamboo culms, nailed in a bamboo floor and dug a latrine hole.

The Fifth Avenue neighbor put these newly learned construction skills to use in February during a Habitat for Humanity project in Cambodia. Habitat for Humanity partners with people in communities all over the world to help build or improve a place they can call home.

The Global Village project was in a remote area a half-hour from Battambang, where the Habitat team helped erect two houses and a latrine for two fishing families who lived in collapsing shacks. The families were identified by local Habitat leaders as most in need.

The 14-person Habitat team, ages 16 through 78, gathered in Cambodia from all over the United States. One of the Habitat leaders from San Francisco, Una Kinsella, is the sister of Carmel Brown, who lives with her husband Steffan Brown on Marshall Way.

"I felt such a privilege to participate in this amazing project," said Patti. "It's such a wonderful way

to connect with different cultures and communities by working side-by-side with the families and local builders. The families were so inviting, and the local construction manager had so much patience with us novice builders."

The finished homes were simple elevated one-room homes, with no plumbing or electricity, but lifesaving for the families because they are sturdy, above floodwaters, and ready for major storms.

The two families' dozen children watching the build were a particular joy, Patti said.

"The kids were adorable and it was so fun to witness their wonderment and squeals of delight when we brought out bubbles, balloons, and other small items new to them," she said. "They gathered around in excitement to see photos and videos of themselves taken with some of our cell phones."

Patti previously participated in Global Village projects in Guatemala and Brazil.

"I'm looking forward to future builds in areas around the world," she said. "The hardest part is deciding when and where, the easiest part is the honor and fun of working hand-to-hand with the local families and great Habitat team members."



Habitat for Humanity

Working side-by-side with the families, Patti Roberts of Fifth Avenue felt privileged to participate.

Safeway: Store has pre-cooked takeout items for grab-and-go

(Continued from Page 1)

An estimated 100 to 150 people attended the opening event in addition to the many Safeway employees, many of whom came from other stores to use their experience setting up the new store.

Safeway spokeswoman Wendy Gutshall said the store is approximately 55,000 square feet in size. "Like our other newer stores, this one has a lot of pre-cooked take-out items convenient for working families to grab and go," she said.

The many skylights throughout the store caught the attention of SCNA President Andi Liebenbaum. "I hope the store does well and neighbors get good use out of it," she said.

The fruits and vegetables in the produce section were artistically displayed. Bell peppers were arranged in rows by their color – green, yellow, red and orange. Cauliflowers were lined up with purple, yellow, green and white. SCNA board member Laurie Harder remarked, "I like how the produce is beautifully arranged. It is very colorful. I wonder how long it can stay like this."

About 30 retail businesses are planned in the shopping area. Opening the first week of April is Pet Supplies Plus. It is moving to this larger location from Sutterville Road and Freeport Boulevard, another Petrovich development.

Several businesses are health-related, including City Sports, a gym membership club, with an indoor swimming pool coming soon. Next to the gym will be The Joint, a chiropractic office. Other businesses will include Banfield Vet Hospital, Pacific Dental and Great Clips hair stylist business, which will relocate from Sutterville Road and Freeport Boulevard.

Also expected to open soon are Pete's Coffee, Panda Express, Hawaiian Ono (Hawaiian style barbecue), Firehouse Subs, Five Guys Burgers and Fries, Nekter Juice Bar, and Happy Lemon (serving Asian tea).



Photo/Craig McCulloch

Artistically displayed, bell peppers and cauliflower were displayed in rows by color. Board member Lori Harder said, "I like how the produce is beautifully arranged. I wonder how long it will stay like this."

Brad Street, Safeway's Northern California president, presented checks for \$2,500 each to the Sacramento Children's Home and the Sacramento Food Bank at the grand opening. The Sacramento Children's Home, across Sutterville Road from Curtis Park, has been in existence for 152 years and helps more than 7,000 children per year. The Food Bank, headquartered in Oak Park, assists about 230,000 people with food annually and provides a variety of family assistance services.

Pancake breakfast April 27 at Bret Harte

By Viewpoint Staff



The PTA's annual all-you-can-eat pancake breakfast will be from 8 to 11 a.m. Saturday, April 27, at Bret Harte Elementary School, 2751 Ninth Ave.

Tickets are \$5 per person for scrambled eggs, bacon, fresh fruit, coffee, milk, juice and pancakes. Tickets will be sold in advance at the school

office or purchased at the breakfast.

The breakfast is a fundraiser to support Family Movie Night, STEM Night, Harvest Festival, Garden Curriculum and End of the Year School Dance.

To volunteer, call the school office at 916 277-6261, or Daniel Savala at daniel.savala.206@my.csun.edu.

Cops & Coffee set for April 10

By Viewpoint Staff

SCNA is providing another opportunity in April for neighbors to ask questions, voice concerns and get to know the police who patrol the neighborhood.

Neighborhood police officers will be available for coffee and conversation at 6 p.m. April 10 in Curtis Hall at the



Sierra 2 Center.

The mission of the Cops & Coffee program is to break down the barriers between police officers and the people they serve.

The periodic get-togethers were created last year by SCNA's Neighborhood Concerns Committee.

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