

VIEWPOINT

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November 2021

Portola Way cyclists are U.S. champs in 6 events

By Andrea Rosen

Linda and John Elgart are married to cycling, as well as to each other.

Last year, the Portola Way couple continued to train hard even while national competitions were canceled due to the COVID pandemic. This year, the Elgarts competed in national championship events in August and September, collectively taking first place in six events in their age groups. They compete as amateurs.

USA Cycling Masters Road National Championships, held in August in Albuquerque, N.M., featured three types of races: road race, time trial (against the clock) and criterium (laps on a circuit).

Racers were required to demonstrate full vaccination status as well as have a negative COVID test at the track.



Photo/Jim Turner

John and Linda Elgart represented the Sacramento Golden Wheelmen (SGW) in the USA Cycling Masters Track Championships in Breinigsville, Pa.

John races in the 75-79 age group. He placed first both in road race and criterium, third in time trial.

Linda races in the 65-69 age group. She placed third in criterium, sixth in time trial and

seventh in road race.

In September, the Elgarts traveled to Breinigsville, Pa., for the USA Cycling Masters Track National Championships. They

Please see Cyclists, Page 11

2024 target for ACE rail route near Curtis Park

Light-rail connection planned at City College

By Dennis Cusick

Intercity passenger trains, which haven't traveled regularly on the tracks near Curtis Park in more than 50 years, may reappear as soon as 2024.

Plans call for the Altamont Corridor Express, known as ACE, to extend its San Jose-to-Stockton commuter rail route north through Midtown to a new station in Natomas. From the Natomas station, shuttle buses would take passengers to and from Sacramento International Airport. Expanded Amtrak San Joaquin service to Sacramento is expected to use the same tracks.

The expansion of the ACE and Amtrak rail lines includes five new stations north of Stockton – Lodi, Elk Grove, Sacramento City College, Midtown, Old North Sacramento and Natomas.

Please see Trains, Page 2

City aims for fair representation in redrawn council districts

By Bruce Pierini
and Andrea Rosen

The city is reaching out to neighborhoods to seek input on how city council district maps should be redrawn to ensure balanced districts and fair representation.

The 2020 U.S. Census numbers showed substantial growth in Sacramento's population – 524,943 in

2020, up from 466,488 in 2010.

Each elected city council member is supposed to represent about the same number of residents – approximately 65,000, based on eight districts.

To achieve the goal of equal representation, district lines must be redrawn because some districts now have more population than the average, and others have less. Districts

1 and 2 have gained population, while Districts 4, 5 and 6 have lost population.

The Sacramento Independent Redistricting Commission will draw the new council district maps.

Each council district must include neighborhoods that are geographically contiguous and must comply with the federal Voting Rights Act, which seeks to bar districts designed to

disadvantage minority populations.

The goal is that each district be composed of "communities of interest," defined as "a contiguous population that shares common social and economic interests that should be included within a single district for purposes of its effective and fair representation."

The city has set up a Geographic

Please see Redistricting, Page 5



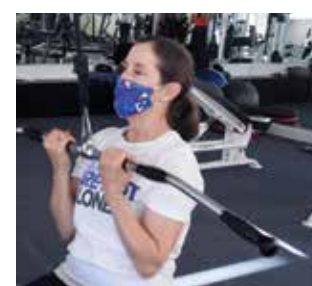
Angel Tree is returning

Maximum age of recipients has increased to 17-year-olds.
Page 3



'Claw' starts work Nov. 1

City outlines guidelines for piling leaves in the street this season.
Page 9



New personal trainer at Figure 8

Health coach's goal is for women to 'feel at home' in their bodies.
Page 11

Trains: City College station design is likely years away

Continued from Page 1

The San Joaquin Regional Rail Commission (SJRRRC) owns and operates the ACE service. SJRRRC is also the managing agency for the San Joaquin Joint Powers Authority, which manages and administers rail service Amtrak San Joaquins.

“We’re shooting for operations to begin in 2024, but that doesn’t necessarily mean every station will be operational then,” said David Lipari, marketing manager for both the rail commission and authority. He said the focus is on completing the Natomas, Midtown and Elk Grove stations first. The City College and Old North Sacramento stations would be built later.

Initially, the ACE service is likely to include one train daily in each direction. However, the system’s operators hope ultimately to have five ACE trains and two Amtrak San Joaquin trains serving Sacramento daily north and south.

The City College station, which is expected to be a transfer point for the Sacramento RT light-rail system, would be built just east of the existing light-rail station. The plans call for a 1,000-foot platform on the east side of the tracks, with a 300-foot connecting platform between the railroad tracks and the light-rail tracks.

SJRRRC has estimated that 980 ACE passengers and 200 Amtrak passengers would board or get off trains at the City College station each workday once the system is fully operational.

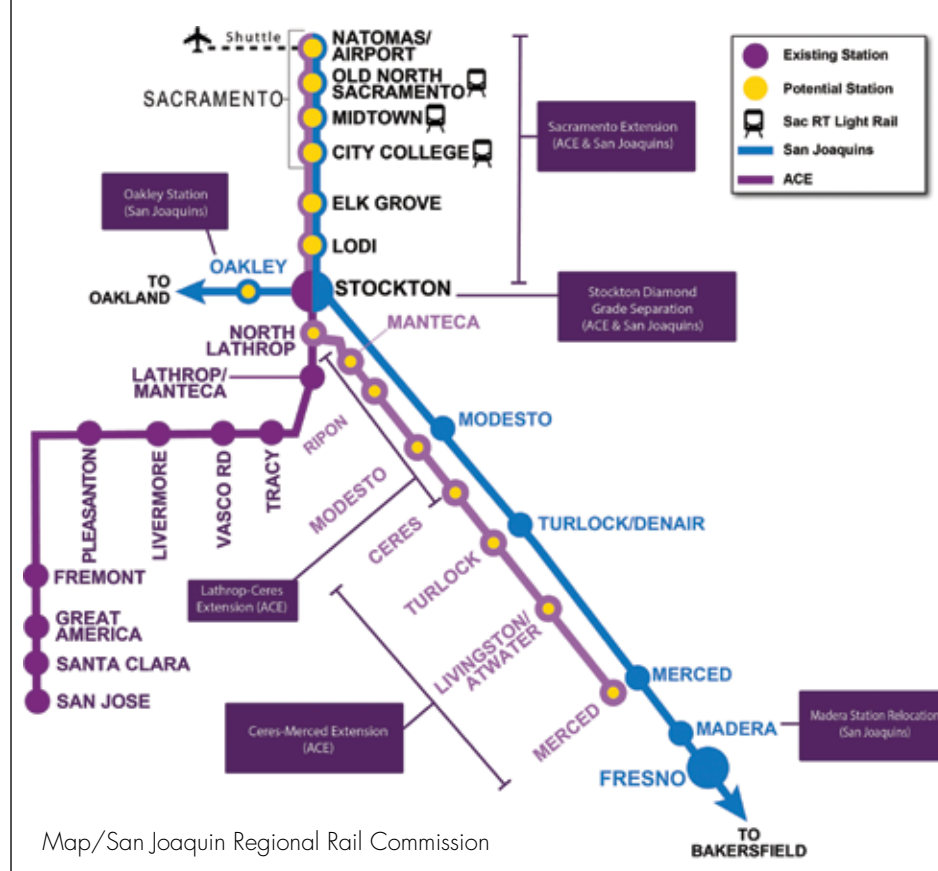
Early projections were that construction of the City College station would cost \$17.7 million. The budget for the entire project is currently \$1.3 billion, with a combination of state and federal funds committed.

Curtis Park residents were briefed about the passenger rail proposal at SCNA’s membership meeting in November 2017. SJRRRC at one time had a project completion target of 2023, but the COVID pandemic set it back.

“We’re one-and-a-half to two years behind, based on the unavailability of people to complete the project,” Lipari said. “It has definitely been delayed by COVID. Everybody was preoccupied with other things during the pandemic.”

The project received \$500.5 million in state funding as well as preliminary environmental approval in 2018. Final station designs were expected in 2020 with construction beginning in 2021.

Proposed ACE and Amtrak Rail Lines



However, public presentations on proposed station designs are just getting started. A presentation on the proposed Midtown station design at Q Street between 19th and 20th streets was scheduled for Oct. 27. Presentations on the Natomas and Elk Grove station designs will follow. A presentation on the City College station design is likely several years off.

Lipari said SJRRRC would reach

out to the neighboring communities for their input before the City College station is designed. “We don’t want to build something in your backyard that you don’t get to interact with,” Lipari said. “We’d like to build something that makes sense for everybody and isn’t a nuisance for anybody.”

Currently, the Amtrak San Joaquin route has one southbound train a day from the Sacramento Valley Station

at Fifth and I streets in downtown Sacramento, leaving at 6:26 a.m. and arriving in Bakersfield about noon; and one northbound train, leaving Bakersfield at 6:12 p.m. and arriving in Sacramento at 11:35 p.m. The trains head east from the Sacramento station and then south on tracks near Sacramento State. Before the pandemic, two trains a day operated on that route.

While the rail authority has wanted to expand the number of San Joaquin trains coming to Sacramento for some time, the tracks on that route leading to the Sacramento station were considered to be at maximum capacity. Running passenger trains to Sacramento on tracks through Midtown that have in recent years been used only by occasional freight trains was a way around that problem.

The tracks that would be used by the new intercity passenger train routes cross Freeport Boulevard at Fourth Avenue. They were once part of the Western Pacific Railroad’s Feather River Route, on which the California Zephyr passenger trains traveled between Salt Lake City and Oakland until 1970.

Amtrak took over most intercity passenger service in the United States in 1971.

The Western Pacific Railroad had its maintenance shops for about 70 years where Crocker Village has been developed. The Union Pacific Railroad absorbed the Western Pacific in 1982.



The Altamont Corridor Express (ACE) is to extend its passenger route north through Midtown.

Photo/San Joaquin Regional Rail Commission

Second Porch Picnic is resounding success

By Kathy Les

Nearly 150 households gathered on porches to enjoy dinner for the second annual Porch Picnic on a balmy evening Oct. 2.

"We set up a long table on the grass in our front yard and lit it with tea candles," said SCNA board member Lily Harris of Coleman Way. "We invited our close friends to share our delicious Porch Picnic meals. The kids loved the Hop Garden pizzas and we adults couldn't get enough of the eggplant Parmesan from Sampino's."

A crew of 15 volunteers delivered dinners hot and ready to eat. Participants had eight choices of restaurants: Canon, Hop Gardens, Pangaea Bier Café, Paragary's, Sampino's Kitchen at Joe Marty's, Taylor's Kitchen, Urban Roots Brewery & Smokehouse and Vallejo's Restaurant.

"What a wonderful concept, to have a delicious three-course meal show up on your porch at dinnertime," said Emily Lemei of Baldwin Street in Crocker Village, where meals were also delivered this

year. "We ordered food from Urban Roots, and the smoked brisket definitely hit the spot."

New this year was the chance to win one of seven raffle prizes by purchasing a dinner for two or four at \$150. Winners included Shana Cook (dinner for eight hosted by Kathy Les and Hal Thomas); Joe Barnes (one-night stay at Doubletree with breakfast for two); Fran Freitas (bottle of champagne); Karol Moncrief (case of beer from Track 7 Brewing Co.); James Ozanich (case of wine); and Sara Winter (case of beer from Oak Park Brewing Co.).

This year's Porch Picnic was the culmination of fundraising totaling more than \$160,000 during the COVID pandemic, including the Big Day of Giving and the 2020 and 2021 Porch Picnics.

The Porch Picnic was sponsored by the SCNA Development Committee, which is co-chaired by SCNA board members Kathy Les and Shannon Motley. Mimi Budd, Erik Fay, Gerre Buehler, Martin Pierucci and Jessica Bivens were involved in planning. Gerre Buehler organized deliveries and recruited volunteer drivers.



Photo/Lily M. Harris

Jill and Anthony Krutzkamp, left, and children Abrielle and Riley, dined with Chris and Lily Harris and children Roxana and Mona, and Colby Damon, right.

Angel Tree program returns to Sierra 2

By Stacy Gray

The Sierra 2 Center will participate in the Salvation Army Angel Tree program again this year. The maximum age of recipients has increased to 17-year-olds.

Because of the COVID pandemic, this year more people are struggling to make ends meet. Angel Tree tags may be picked up at Sierra 2 starting Nov. 10. The tree will be set up in the hallway near Great Beginnings, accessible by both the front and back doors of the building.

To keep track of Angel tags, be sure to sign out on the log sheet at the podium in the hallway to the Sierra 2 office. Due to COVID concerns, pre-labeled donation bags will not be available. If necessary to transport gifts, there will be unlabeled donation bags for your use near the podium.

All Angel tags must be returned to the Sierra 2 office with gifts by Dec. 14. Gift items will be packed and delivered to Cal Expo on Dec. 16.

Angel Tree coordinator Stacy Gray said, "Our



Case Rodenborn, 8, of Third Avenue selects gift tags from the Angel Tree at the Sierra 2 Center in 2019.

Tags show a child's name, age and gift wishes. Gifts are distributed by the Salvation Army.

Photo/Joan Cusick

main goal is to have every 'Angel' represented for that delivery. There will be 100 Angel tags to start. If necessary, Salvation Army will provide more for us."

If you have questions or need additional information, contact Sierra 2's booking specialist Stacy Gray at stacy@sierra2.org or 916 452-3005, ext. 200. She will track the distribution of tags and receipt of gifts.

If you miss the cutoff date for delivery of Angel Tree gifts, you can take your items to Cal Expo no later than Dec. 18 for the Salvation Army to have everything ready for distribution on Wednesday, Dec. 22.

Nov. 9 webinar set on tiny homes under freeway

The SCNA Neighborhood Concerns Committee will host an informational webinar on the city's Homeless Siting Master Plan from 6:30 to 8:00 p.m. Tuesday, Nov. 9 on Zoom.

The focus will be on how the Curtis Park neighborhood may be impacted by the proposal to install 200 tiny homes to house up to 400 people under the W/X freeway between 18th and 24th streets.

Panelists will include District 5 Councilmember Jay Schenirer, Colonial Heights Neighborhood Association member Chris Jones and architect Jeff Stowell.

SCNA board member Lily M. Harris will moderate the webinar and pose questions submitted by registrants and attendees.

Register for the webinar at [Sierra2.org](https://sierra2.org). In advance of the webinar, neighbors are encouraged to email questions and concerns regarding the city's plans to NCC@sierra2.org.

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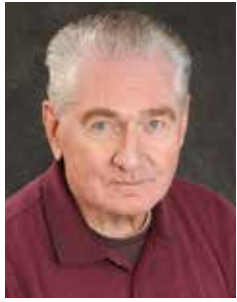
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SCNA Board
President



President's message SCNA looks forward to a robust new year

As we approach the end of our second year dealing with the COVID pandemic and its fallout, a bit of reflection is in order. Despite setbacks with the reopening of the Sierra 2 Center for the Arts and our inability to hold the usual community events, SCNA is still here and plans to be for a long time.

Fortunately, our conservative budgeting approach and strong neighborhood support have pretty much assured us of meeting our projected financial goals.

With COVID-related cases down and restrictions lessening, we anticipate a robust 2022.

Of course, even though the event schedule has been nonexistent (Porch Picnic excepted), SCNA has been incredibly busy.

The Neighborhood Concerns Committee has been handling significant and complex issues such as redistricting, affordable housing, homelessness and racial justice under very tight timelines. Because these issues transcend our geographic boundaries, developing working relationships with other neighborhood groups has taken on greater importance and is being actively pursued.

Homelessness is a particularly important matter, so SCNA is sponsoring a Webinar on Tuesday, Nov. 9, on the proposal to install 200 tiny homes under the W/X freeway between 18th and 24th streets. I encourage you to attend this important Zoom meeting.

SCNA's annual general membership meeting will be Dec. 1. This year's meeting will be conducted via

Zoom, as was last year's meeting. The meeting is open to SCNA members. If you have not yet joined, it is easy to do so online through the Sierra2.org website. Or, just contact the Sierra 2 office if you experience any difficulties. Like last year, voting will be online. Each voting member needs to provide a current email address to ensure access to an electronic ballot.

The membership meeting will include a review of SCNA's financial status, a recap of significant board actions and activities in 2021, and a presentation by the Crocker Art Museum's curator of European art, William Breazeale, on the museum's current exhibition, "Monet to Matisse," which runs through Jan. 9. Breazeale is a Curtis Park resident.

See you at the meeting.

SCNA MEMBERSHIP MEETING

**Wednesday, Dec. 1
6:30 p.m. via Zoom**

Register at www.sierra2.org

- Election of SCNA board members
- Neighborhood Concerns year in review
- SCNA financial picture
- Crocker Art Museum curator William Breazeale on "Monet to Matisse"

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Please send your story ideas to:

denniscusick52@gmail.com with *Viewpoint* in the subject line. Deadline for copy is the 15th of the month prior to publication.

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

Notes from Oct. 6 SCNA board meeting

SCNA finances improved from worst of pandemic

The SCNA board approved a fourth-quarter 2021 budget at its Oct. 6 meeting with a projected \$25,000 loss, but \$15,000 of it is depreciation and only \$10,000 a cash loss. SCNA is doing much better than during the worst of the pandemic when there was an operating loss of \$20,000.

Treasurer **John Bailey** reviewed the results of the fiscal year ending June 30, highlighting that SCNA's supporters donated more than \$100,000 and Executive Director **Terri Shettle** obtained \$61,000 in grants.

Shettle reported that the Sierra 2 Center is still dealing with staffing challenges. There isn't enough staff and has been insufficient response to job postings. There has been one part-time hire but that person is

working full-time while Sierra 2 is understaffed.

The board heard from **Jesa David** of the city's Recycling and Waste Division. She said the city would increase processing fees for waste and recycling as a result of state recycling legislation. Food scraps will no longer go into landfills but will be recycled. The city will provide public education and new containers for food scraps. The program will begin July 1, 2022.

Leaf collection will begin this November. Leaves that don't fit into yard waste bins will be collected from neat piles at the curb.

Trees for Sacramento requested a letter from the board endorsing an emphasis on "protect and preserve" rather than the city's

current "remove and replace" policy, and asking the city for full transparency on development projects regarding the status of trees. The motion was approved.

The board was asked for a letter of support for renovation of St. Joseph's Cemetery on 21st Street. The matter was referred to the Executive Committee.

Plans are underway for a webinar at 6:30 p.m. Nov. 9 about the proposal to build 200 tiny homes along the W/X freeway. Councilmember **Jay Schenirer** and Colonial Heights board member **Chris Jones** will speak at the webinar. SCNA intends to add a business representative to the panel.

President **Bill Hoover** reported a busy autumn. More volunteer work is needed by board members who

aren't active to help prevent burnout of the active members.

The Facilities Committee reported that the sign along the path to the front doors of Sierra 2 should be removed because it is in the way of the native plant garden that is being developed. The board vote was 11 in favor of removal, one opposed and one abstention. There was discussion about a new sign eventually going somewhere on the front lawn.

The city is committed to replacing the shingle roof over the daycare wing of Sierra 2 by Nov. 8.

The Nominations Committee reported that three potential nominees for board positions had been identified.

The next SCNA board meeting will be at 6:30 p.m. Wednesday, Nov. 3.

— **Bruce Pierini**, board secretary

Redistricting: SCNA wants your suggested changes to current boundaries

Continued from Page 1

Information Systems mapping program for individuals to use to suggest changes to current district boundaries for consideration by the redistricting commission.

The map accompanying this story is based on the SCNA Redistricting Subcommittee's perception of Curtis Park's community of

interest. The map, including proposed changes to District 5, has maintained the basic outlines of the district. To adjust for some population loss, SCNA has added new portions and deleted other portions, drawing on the concept of communities of interest.

South Land Park now identifies its community of interest with Land Park in District 4. To account for the removal of South Land Park from District 5 while maintaining a district population of about 65,000, the subcommittee proposes adding areas to the north and east, such as Newton Booth and Elmhurst, parts of East Sacramento, and neighborhoods immediately east of Oak Park at Stockton Boulevard.

Subcommittee members reasoned that Curtis Park has much in common with the proposed additions to the

district, which are adjacent to present District 5 boundaries, meeting the "contiguous" requirement.

At a recent Oak Park Neighborhood Association forum on redistricting, commission chair Catherine Horiuchi noted that "freeways should not be

the only or major determinant of district lines."

District 5's "social and economic" common interests

include further developments of homeless sites along the W/X freeway; the Broadway Corridor, and UC Davis Medical Center's named Aggie Square development along Stockton Boulevard.

The SCNA subcommittee's map reflects dropping certain areas south of Curtis Park with which the neighborhood has few or no direct common interests. These include South Land Park; Z'Berg Park, a triangle-shaped neighborhood south of Florin Road between Freeport Boulevard and Interstate 5; a small section north of Florin Road that more appropriately belongs in District 8; and a small tract just west of Stockton Boulevard that should be with District 6.

Community input on boundary maps is open until 5 p.m. Nov. 7. Until that deadline, individuals and

SCNA proposed District 5 map (in progress)

Base map shows current districts

Current District 5 is outlined in black

Broken yellow line is border of SCNA's proposed District 5

To be removed from District 5



organizations can comment on others' proposed maps or draw their own maps on the city's redistricting website. Proposed district maps also can be drawn by hand and submitted to the city clerk.

The SCNA subcommittee is working with the city on its map-in-progress. Those with suggestions for additional changes in SCNA's proposed map have until Nov. 6 to send them by email to NCC@Sierra2.org, with the

subject line: "Suggestions for District 5 Redistricting Map-In-Progress."

The redistricting commission will take into consideration all of the data it receives. The commission hopes to have its final district boundary maps drawn by mid-December. Final maps must be in place by February in preparation for the June primary election.

The city's redistricting website is <http://www.cityofsacramento.org/Clerk/Services/Redistricting>.

Community input sought for city's Freeport Plan

The city will host community workshops Nov. 3 and 6 to consider ways to improve safety, walkability and the overall experience for users of the Freeport Boulevard corridor south of Sutterville Road.

The 1.7-mile section of Freeport Boulevard from Sutterville Road to Blair Avenue is an important north-south thoroughfare that includes markets, restaurants and shops, supported mostly by the nearby neighborhoods. It is a former state highway with four or five lanes that serves several schools, parks and civic uses.

The city seeks input from those who use the corridor often and live around it. Based on community consultation, technical analysis, and best practices in roadway safety and design, the Freeport Plan will identify a vision for the corridor. The target approval date from City Council for the resulting plan is early 2023.

"I am very excited to hear from the people who use Freeport Boulevard to learn more about what can be done to make the street better for everyone," said Drew Hart, a city transportation planner and project lead for the Freeport Plan. "When we engage with the

"When we engage with the community early and often, the design concepts we arrive at are more effective and representative of what the people truly need."

community early and often, the design concepts we arrive at are more effective and representative of what the people truly need."

In coming months, city staff and a support group of experts will reach out through one-on-one conversations, in-person pop-up events, virtual workshops and online surveys. After an assessment of current conditions, listening sessions and collection of community feedback, residents will have the chance to preview potential design alternatives and weigh in on the future of the corridor.

Residents can register online for a virtual workshop, scheduled for 6:30 p.m. Nov. 3 on Zoom.

A walking workshop is scheduled for 10 a.m. Nov. 6 at the former Raley's supermarket parking lot

at 4690 Freeport Blvd. It will involve approximately 1.5 miles to observe challenges and opportunities for improvement firsthand. No registration is required. A map of the route will be posted at freeportblvd.com so those who arrive late can catch up.

"If people can't make either of those meetings, they're welcome to take the online survey," Hart said.

The city went through a similar process a decade ago in improving the stretch of Freeport Boulevard from Fourth Avenue to Sutterville Road. That process resulted in the reduction of traffic to two lanes, the creation of bike lanes and the elimination of some on-street parking. That project was completed in 2016.

"We're looking at it through a slightly different lens," Hart said of the current project. While the earlier project north of Sutterville Road focused on lane reduction, "that's not on the table on Freeport Boulevard in this stretch." However, elimination of more on-street parking is under consideration, Hart said.

To learn more about the Freeport Plan, sign up for project updates, take surveys and visit freeportblvd.com.

Zoom lecture Nov. 3 on benefits of native plants

By Heather Hogan

Would you like to convert some of your garden to native plants?

In a free lecture from 6 to 7:30 p.m. Nov. 3 via Zoom, you can learn more about the native plant garden recently installed at the Sierra 2 Center. The garden is a pilot project to help increase native plant awareness and biodiversity throughout Curtis Park and Sacramento.

In the Zoom lecture, Miridae Living Labs co-founders Billy Krimmel and Caroline Larsen-Bircher will talk about planning and building the native plant garden; the benefits and importance of native plants; interesting native plants for our area; and the Seed Pile Project.

The Seed Pile Project is a community science initiative by

Miridae Living Labs and the UC Davis Department of Human Ecology to research local native plant seeds that are best at dispersing in human-altered places such as cities and roadsides.

What happens to poppy seeds that fall onto a sidewalk or get blown into a vacant lot? Under what conditions do certain species of seed spread, survive, die or thrive? Studying such questions can help the landscaping industry decide which native plants to use and the best locations for the most ecological benefit and resilience.

Participants will receive a free packet of native plant seeds, sourced and grown from local plant populations. You can sign up at <https://sierra2.org/event/garden-and-seed-pile-project/>. A Zoom link will be sent to those who register.

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Printmaking workshop:

PAINTING THE LEAVES OF CURTIS PARK

Bring leaves of all sizes from the park or your yard and learn to ink and print those leaves onto a printmaking stamp block. Leaf images will be carved into small and larger blocks for printing patterns to use on cards and gift bags.

Students will receive an instructional handout with tips and locations for more supplies for practice at home. Ages 12 and up.

Saturday, Nov. 13 • 2-5 p.m. in Room 7 • Fee: \$67 (supplies included)

Advanced registration required; attendance is limited. Register on sierra2.org



EVERYONE IS WELCOME

Activities are free, except where noted.
(Donations appreciated)

LEISURE

BOOK CLUB

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

Nov. 8: "The Joy Luck Club"
by Amy Tan

Dec. 13: "The Glory Road"
by Anita Garner

NONFICTION BOOK CLUB

3rd Thursday, 11 a.m.-noon,
Sierra 2 Green
behind Sierra 2 Center

Nov. 18: "Tightrope: Americans
Reaching for Hope," by Nicholas
Kristof and Sheryl WuDunn

Dec. 16: "Metahuman:
Unleashing your Infinite
Potential," by Deepak Chopra

LIFE HISTORY WRITING

Wednesdays, 1-3 p.m. Room 12

STITCHERS CIRCLE

A social group for sewers,
knitters and more.
2nd Thursday & 4th Monday,
2-4 p.m. Meets via Zoom.

OPEN ART STUDIO

Fridays, 12-3 p.m.
Room 11

EDUCATION

MY STORY PROJECT

Mondays, 1-3 p.m. Room 12

FITNESS

GENTLE YOGA

Wednesdays, 10-11:15 a.m.
Fees: \$60/8 classes; \$30/4
classes or \$10/drop-in. Room 12

STRENGTH & BALANCE

Thursdays, 10-11 a.m. Room 11

WELLNESS PROGRAM fees

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

CARDS & GAMES

MAHJONG

Mondays, 10 a.m.-noon.
Room 12

FUN BRIDGE (Contract)

Thursdays, 1-3 p.m.
Room 12

PINOCHLE

Fridays, 12-3 p.m. Room 12



Photo/Joan Cusick



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NOVEMBER ACTIVITIES

Due to health concerns related to the spread of the coronavirus variants, events listed below may change. Please contact groups directly with questions.

MUSIC

Beginning Taiko Drumming
3-week class

No experience necessary
Tuesdays, starting Nov. 9
6-7 p.m. in Studio 1; \$45

Intermediate Taiko Drumming
3-week class

Previous taiko experience required
Tuesdays, starting Nov. 9
7-8:30 p.m. in Studio 1; \$75
Register: kristyoshiro@gmail.com

FITNESS

U-Jam Fitness

All ages and fitness levels
Thursdays, 6:30-7:30 p.m., Studio 1
Dr. Tracie Hall-Burks
Backrowdiva2014@gmail.com

MARTIAL ARTS

Tai Chi, Qi Gong, Kung Fu
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Shaolin Martial Arts/Qi Gong
Thursdays, 7-8 p.m.;
Saturdays, 10-11 a.m., in Studio 2
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River City Taps
Mondays–Thursdays/Saturdays
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Nov. 6McLane, Justis & Barwick (Americana – guitars, dobro, vocals)

Nov. 12California Bluegrass Reunion (Guitars, mandolins, fiddles)

Nov. 20Hence Phillips Band (Americana singer/songwriter –
original bassist of Jackie Greene Band)

TWO RIVERS CIDER CO.

4311 Attawa Ave.

<https://www.tworiverscider.com>

All shows 6:30-9 p.m. Table reservations suggested.

[Advance tickets/tables available. Food truck. Outdoors with heat lamps,
mini-fire pits and blankets. Adjoining indoor venue is being built.]

Nov. 5Watt Ave. Soul Giants (Soul/rock/funk)

Nov. 6Heirloom Band (Bluegrass/country)

Nov. 11John Green & The Sidedooros (California country)

Nov. 12Mike Blanchard & The Californios (Country Americana)

Nov. 13Barnacle Bash 3

Nov. 15Tommy T & Friends (Grateful Dead Monday)

Nov. 19Red's Blues Band (Blues & roots)

Nov. 20Sean Lehe (Neo American psychedelia)

– Mindy Giles



Red's Blues will
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Photo/Maria Ratino

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POINT OF VIEW

Raking leaves is better than using blower

By Kathy Les

Leaf season is upon us and soon leaves in smashing colors will be drifting from the trees like colored snow. Why not take the opportunity to have fun raking by hand while enjoying the last warm days of autumn?

Raking burns calories, builds muscles and affords the opportunity for family fun. Beginning Nov. 1, leaves can be stacked in the street for pickup by the city "claw" through the end of January, making the job of raking even easier.

Many in the neighborhood have regular lawn service by landscapers whose gas blowers will be working overtime. But these blowers create annoying noise and air pollution. A gas blower operating for one hour generates the same air pollution as driving a car 1,100 miles, such as from Los Angeles to Denver. The average landscaper spends 20 minutes per yard blowing.

Gas emissions are harmful to workers using blowers as well as to the immediate vicinity. Blowers worsen allergies and asthma, and irritate the lungs by propelling into the air clouds of dirt, dust and toxic chemicals that may have been applied to the lawn. Furthermore, the dust and dirt are not being removed but merely displaced.

A recently adopted Sacramento city ordinance requires blowers (both gas and electric) to cease operation when the air quality index for fine particulate matter reaches 101 or higher. It's the responsibility of the landscaper to cease blowing and/or the homeowner to ask that the blowing stop.

To determine the air quality, go to www.sparetheair.com. Violations can be reported by emailing 311@cityofsacramento.org or calling 311.

City ordinances also restrict noise from leaf blowers to 65 dBA at 50 feet away. Blowers may operate only from 9 a.m. to 6 p.m. Monday through Saturday and from 10 a.m. to 4 p.m. on Sunday.

For those frustrated with the noise and air pollution of blowers, good news is on the way. Gov. Newsom recently signed legislation requiring the California Air Resources Board to set emission standards of motorized lawn equipment to zero by 2024. This will effectively ban the sale of gas mowers and blowers, mandating electric equipment even on a commercial scale.

The measure is accompanied by \$30 million for statewide education and rebates for landscapers switching to electric. The Air Resources Board is expected to formalize the requirements soon.

Surveys and statistics show that the majority of homeowners in California and Sacramento have already switched to electric. Lagging behind are the landscape contractors still relying on older gas equipment. Once the new funding kicks in, a greater use of quieter, less polluting electric equipment is expected.

For those who still haven't converted their lawn mowers to electric, SMUD in partnership with the Sac Metro Air Quality District is offering a \$145 rebate on any new electric mower in trade for an older gas mower. Visit smud.org/lawnmower for more information.

A walk in the garden



Photo/Carol Blackman

Costumer Lynne Taylor gets creative every year with Halloween spirit on her property at 26th Street and Fourth Avenue. One of the young neighbor children named this scene "The Itsy Bitsy Spider." On the other side of her home, facing the street, is a scary skeleton looking through binoculars, sitting with his skeleton cat and dog, watching over Fourth Avenue.

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Trees in Curtis Park Mechanical claw makes 7 pickups of abundant fall leaves in the city

By Dan Pskowski

Fall is my favorite time of year in Sacramento. Cool mornings, warm sunny afternoons and no more triple-digit temperatures. Trees begin to display their beautiful fall colors.

Shortened daylight and cooler temperatures are factors that control autumn coloration. Fall colors are spectacular but last for just a short time. Soon all the leaves will fall.

Because of the abundance of leaves, the city's Recycling and Solid Waste Division brings out the mechanical claw that scoops up piles of leaves in the street. This starts Nov. 1 and ends Jan. 24. The claw will make seven pickups in the neighborhood during this period.

Residents should fill their yard waste containers first because the weekly collection will continue. Consistent use of the yard waste container will mean fewer piles in the street and more available parking.

The city has launched the free SacRecycle app designed to provide access to the claw schedule as well as garbage, yard waste, recycling and street-sweeping calendars.

The city's guidelines for piling leaves in the street:



- Allow space for water flow in the gutter;
- Place piles 6 feet from cars, boats or basketball hoops;
- Avoid placing piles in bike lanes;
- Branches should be maximum 3 feet in length and 4 inches in diameter;
- Leaves should not be in plastic bags;
- Christmas trees must be free of decorations and lights.

The green waste collected by the city goes to the Yolo County landfill, said Jesa David, spokesperson for the city's Recycling and Solid Waste Division. At the landfill, the green waste is broken down into ground cover, which is then used for landscaping and agricultural purposes. The city collected 71,000 tons of green waste in 2020.

Materials that are not acceptable include pet waste (bag it in the garbage can), excessive amounts of soil, as well as, construction materials such

The city's Recycling and Solid Waste Division brings out the mechanical claw that scoops up piles of leaves in the street, starting Nov. 1.

Photo/City of Sacramento

SCNA's Neighborhood Concerns Committee reminds residents to keep the public sidewalks pedestrian-friendly by removing low branches for a minimum 8-foot clearance and pruning encroaching shrubs and plants for a minimum 3-foot-wide path of travel.

as lumber and concrete. Claw operators picking up piles are not looking to see if there are any unacceptable materials. I've seen poop bags in leaf piles in the neighborhood. Pet waste spreads disease and contaminates the ground cover, which must then go in the landfill.

Beginning next July, residential customers' food waste will go in the green waste container instead of the garbage. The city contracted with three processors – Yolo County landfill, North Area Recovery Station and Agromin – to process the organics in 2022. When the comingling of food waste and yard waste begins, it will be processed into compost for local agricultural use and also given away to city residents.

As the leaf pickup season begins, consider using some of those leaves as mulch in your garden.

COVID infection rate down 50%

By Mike Scheible

The COVID-19 infection level has dropped by about 50% in the 95818 ZIP code area since the delta variant resulted in a two-month spike in August and September, according to recent data.

The COVID-19 infection rate, as measured by the number of new daily infections per 100,000 people, was 14 as of mid-October, compared with a September rate of 29. In the 30 days ending Oct. 18, 77 new COVID-19 cases were reported in 95818, compared with 158 for the 30-day period ending Sept. 13.

Local vaccinations continue to increase slowly. The fully vaccinated rate now exceeds 82% of the population age 12 or over, up 3% since mid-September.

Curtis Park has about 5,000 residents. It shares the 95818 ZIP code with 17,000 residents of the Land Park, Newton Booth and Poverty Ridge neighborhoods. Statistics on COVID-19 infections and vaccinations are not available publicly at less than the ZIP code area.

Lakefront park

Eighth Avenue and its sidewalks were under water west of William Curtis Park during the record-breaking rainstorm Oct. 24. A number of tree limbs fell throughout the neighborhood, which appeared to be spared major damage. The total of 5.44 inches of rain measured downtown was the most ever in a single day. The previous record was 5.28 inches on April 20, 1880.

Photo/Joe Shea



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City will meet challenge of homelessness

I have written extensively about homelessness in Sacramento, including the good news of the recent opening of the X Street Navigation Center.

I recognize the deep frustration among city residents over the impacts of homelessness and the adverse impacts on both those who are unsheltered and the communities in which they reside. I share that frustration.

In my nearly 20 years of public service, this is the most entrenched, complicated and heart-wrenching issue I have dealt with. On a daily basis, I receive emails, letters, texts and phone calls from constituents pleading with the city to do more, and it often feels like it is one step forward and two steps back. However, I am hopeful that we are on the right track.

As explained by Mayor Darrell Steinberg in a recent City Council meeting, here's what we're doing:

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- The city has added 545 spaces in the last year, shelter beds and permanent supportive housing units that can accommodate more than 1,000 people annually. It has also contracted with three motels for another 350 rooms that are serving as transitional family shelters with wrap-around services.

- The Comprehensive Siting Plan to Address Homelessness contains 20 priority sites that could provide more than 5,000 safe spaces, beds and roofs for people experiencing homelessness.

- City Council voted in October to pursue state Homekey funds for two existing hotels, the Staybridge Suites

in North Natomas and Best Western Pioneer House downtown, and convert them to transitional and permanent supportive housing, for a total of 310 units. The Homekey motel rooms are in addition to the 350 rooms that are being leased by the city through the motel sheltering program.

In the weeks ahead, we hope to operationalize the following sites, all approved through the City Siting Plan or expansions of existing sites:

Lexington: A 1.4-acre site at Lexington Street and Dixie Avenue, owned by the city, could accommodate approximately 50 tiny homes.

Eleanor: A city-owned parcel on Eleanor Avenue in North Sacramento, is planned for approximately 30 tiny homes.

North Fifth Street: City staff is working with their counterparts at Sacramento County to add 60 beds to this city-run shelter.

Colfax: A city-owned corporation yard at 2225 Colfax Street, is envisioned for safe car camping.

Regional Transit sites: The siting plan envisions safe parking sites on three underutilized parking lots owned by Regional Transit. The first of these, on Roseville Road, was scheduled to go to the RT board for a vote Oct. 25. It will provide space and services for people living in 100 to 300 cars, bringing structure to an area where a large homeless camp already exists. Other sites under review are at the Franklin Boulevard and Florin Road RT stations.

The Grove: The city's existing tiny home community for transition-aged youth, is pursuing a plan to add additional land to expand its North Sacramento campus.

As other sites and opportunities become known, I will bring them forward as they are vetted. We are also working on respite centers for unhoused individuals as temporary warming (or cooling) during severe weather.

I am confident we will succeed in finding compassionate and thoughtful solutions to homelessness and its root causes as long as we work together with persistence and patience.

POINT OF VIEW

Foster kids could benefit from neighbors' generosity

By Jean Minton

As a relatively new member of the Curtis Park neighborhood, I continue to be inspired by the generous spirit of our community.

One neighbor recently gathered donations for a refugee family relocated to Sacramento. Another neighbor arranges colorful bouquets from her garden's flowers, requests donations for them from friends, and donates these contributions to the Sacramento Food Bank. Many in the neighborhood have made donations to ensure the survival of the Sierra 2 Center for the Arts. The list of examples seems endless.

I'd like to suggest another cause for consideration – foster children. Child advocates have dubbed November as National Adoption Awareness Month, a time to raise awareness of the thousands of children

in foster care, needing to find their forever families. Every year, about 4,000 youths age out of California's foster care system without a permanent family. About half of these kids end up homeless or incarcerated. As we examine causes of homelessness, we can easily blame drugs, alcohol or a lack of mental health services. But that overlooks the harsh reality that we can prevent some homelessness by supporting the foster child's journey to finding a loving home early in life. The good news is that there are many ways to enhance the lives of children in foster care:

- **Become a resource family.** To learn more about fostering and adopting, visit the websites of two local agencies: Lilliput, a part of Wayfinder Family Services, Lilliput.org; or Stanford Sierra Youth & Families at ssyf.org.

- **Donate** to Sacramento Children's Home, just

south of Curtis Park on Sutterville Road, or to one of the other organizations mentioned in this article. Lilliput's virtual fundraiser on Nov. 4 will feature families describing the moment in their adoption journey that they will never forget.

- **Become a mentor.** (Go to ssyf.org/mentor.)

- **Volunteer** to be a court appointed special advocate (<https://sacramentocasa.org>).

On Nov. 17, child advocates will gather virtually to read the names of thousands of children in California's foster care system who are waiting for adoption. For more information, or to be a reader, contact kzaragoza@youthsolutions.org.

Jean Minton lives on Portola Way. She is a community board member of Lilliput Children's Services, a nonprofit seeking to improve the lives of children in foster care. jeanminton@gmail.com

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Figure 8 Women's Workout adds personal trainer to services

By Susan MacCulloch

Figure 8 Women's Workout has a new personal trainer.

Karolina Szyalnik offers private and small group circuit workouts at Figure 8 Women's Workout at 24th Street and Second Avenue. She also serves as a health coach.

Szyalnik (pronounced "Shanaleek") is a Polish immigrant. She moved to the United States in 2012. Before her current profession, she was a United Airlines flight attendant for five years, traveling the world, before settling in Sacramento. The birth of her now 2 ½ -year-old son and post-partum weight gain were the impetus to begin her next career.

"As a holistic health coach and personal trainer, instead of one area of your life, I focus on a whole-woman approach to health," said Szyalnik. "I want you to feel at home in your own body."

At Figure 8, she offers personal

Walk around park

A Figure 8 Women's Workout walk around the park will be Nov. 7, weather permitting. Meet at the gym at 9 a.m., and then walk the track path around William Curtis Park. Stay for a brief arm workout and juice, and then return to the gym for healthy snacks. There is no charge and no registration is required. This is a good excuse to get some outdoor exercise. Everyone is welcome.

training hourly sessions and circuit classes several times per week. She received her personal training certification through the National Association for Fitness. Personal training is also offered in-home or online.

As a health coach, Szyalnik is certified through the Health Coach



Photo/Judy Harper

New personal trainer Karolina Szyalnik at Figure 8 Women's Workout trains with fitness devotee Kris Backus of Portola Way.

Institute, where she undertook a six-month course focused on nutrition.

Szyalnik defines a health coach as a cheerleader encouraging clients to achieve weight loss, healthy habits, and/or consistent exercise. "Through my weight-loss program, I offer a variety of options focusing on individual needs," she said. "I do offer meal plans,

workout plans and coaching sessions for the duration of the program customized to my every client."

For more information about Szyalnik's services and pricing, visit HealthyLivingByKarolina.com or call/text 916 603-9446. Visit www.Figure8ww.com for the current circuit training schedule.

Cyclists: Cyclo-cross world championships in England in dirt, mud, snow and ice

Continued from Page 1

raced in three races in the velodrome: scratch, in which the winner is the first cyclist across the line; points, in which points are earned for five lap sprints; and individual pursuit, which is raced against the clock.

John placed first in points and individual pursuit, second in scratch.

Linda placed first in scratch and points, second in individual pursuit.

In December, the Elgarts plan

to travel to Ipswich, England, to complete in the 2021 Masters Cyclo-Cross World Championships. Cyclo-cross involves riding in dirt/mud, sand, snow and even ice – riding in a circuitous path where the cyclist encounters obstacles and barriers that require jumping on and off the bike and running with the bike when the path is too steep to ride up or down.

Linda notes, "We just feel really lucky that we love to ride our bikes."



Local photos at exhibition

Carol Mott-Binkley of Seventh Avenue will have an exhibition of what she calls "street photography," random captures that are unplanned and unposed," Nov. 4 to 27 at Archival Gallery, 3223 Folsom Blvd. The gallery is open Tuesday through Saturday 11 a.m.–4 p.m., also by appointment. The gallery will be open for a Second Saturday public reception Nov. 13 at 5 p.m. Her photo, "Beware of Dog" was taken in her Curtis Park home. Visit archivalgallery.com.

Photo/Carol Mott-Binkley

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Bret Harte teachers have passion for special education



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Nearly one third of the 200 students attending Bret Harte Elementary School are enrolled in special day classes, which are self-contained special education classes for students with intensive needs.

The school offers five such classes, from prekindergarten through sixth grade for students with disabilities. One class for prekindergarten students is taught in the Bret Harte Children's Center. Four classes for students in prekindergarten through sixth grade are taught on the main campus.

Approximately one-eighth of students in the state receive special education services, according to a 2019 report from the Legislative Analyst's Office.



These services include support for a health-related disability to additional tutoring outside of general classes. Some students are in special day classes at local public schools while other schools specifically enroll students with disabilities.

At Bret Harte, support for special education students has grown over time. Longtime special education teacher Julie Hertzig played an important role in the program's expansion. "When I came to Bret Harte 21 years ago, there wasn't a class here," Hertzig said. "I moved a class here (from my previous school). The only (special education offering) we had at the time was the resource specialist program class and we've slowly expanded."

Hertzig teaches the fourth- through sixth-grade learning-disabled class.

A second prekindergarten learning-disabled class was added this year, taught by the school's newest faculty member, Tracey Grossi. Grossi, who has taught special education for 12 years, sees the value in having prekindergarten special day classes. "We're becoming aware of how important it is to catch (learning disabilities) early and get the early intervention," she said.

In addition to two learning-disabled special day classes that work with students of varying abilities,

Bret Harte has three classes for students with a primary diagnosis of autism, including a prekindergarten class, a first- through third-grade class, and a fourth- through sixth-grade class.

Prekindergarten autism teacher Jairus Tonel is in his 18th year of teaching special education, four of which have been at Bret Harte. Prior to working in special education, he went to art school and worked as an illustrator. "When I found out a family friend had autism, I went back to school to learn more about it," Tonel said. "For preschool, we had to learn early childhood education special ed as well."

Lorena Arca, who is in her fifth year of teaching special education at Bret Harte, teaches the fourth-through sixth-grade autism class. After teaching general education for 20 years, she is inspired by her current students. "These children will inspire you, especially if you understand them, how they feel, not only to teach them, but to take care of them."

For some students, the emphasis in the classroom is on life skills and self-help skills. For others, the emphasis is on academics. As a student's academic needs change over time, they can move into a less restrictive learning environment or to general education classrooms.

Special day classes benefit families as well as students. The prekindergarten classroom may be a family's first experience accessing disability services, which continue until the student graduates from high school or turns 22, whichever comes first.

For students with autism, social interaction is key to their learning experience and makes the exposure to general education students and Bret Harte staff so important. "That's the kind of environment we want, with people who are more understanding of our students," said Karmina Jardin, who teaches the first- through third-grade autism class. Jardin earned bachelor's and master's degrees in the Philippines, and credentials in the United States to teach students with



Photo/James Tucker

From left, Lorena Arca, Jairus Tonel, Julie Hertzig, Diane Kimoto-Ross (Resource Specialist Program teacher for special needs children) and Karmina Jardin. Not pictured is teacher Tracey Grossi.

moderate to severe autism. She is in her fifth year at Bret Harte.

Bret Harte's special education program also benefits general education students who learn from their special day class peers. "I think it's the stigma and more awareness for exceptionalities and special needs," Tonel said. "You can see it on the campus. Even the students who are considered neurotypical or general education are more caring and understanding."

See's candy sale fundraiser

The Bret Harte PTA is promoting a See's Candy fundraiser from Nov. 1 to Dec. 3. Orders can be made in person in the school's front office, through an enrolled Bret Harte student, or online using the digital link. Check Bret Harte social media accounts for online ordering information: Facebook and Instagram at @brethartesac.

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