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Zoning Controversy Addressed in City 2040 General Plan

by Tony Mader

Later this year, the City Council plans to adopt an updated growth plan for how and where the City plans to grow over the next 20 years, called the “2040 General Plan.” Plans like this are important to pay attention to because – once adopted – City policymakers and staff will rely on the document as a guidepost as it evaluates future specific development. Material is available at www.sac2040gpu.org.

On January 19, City staff presented to Council a draft land-use map associated with the draft 2040 Plan. The land use map has created some controversy because it includes a proposal to permit a greater array of housing types in single-unit neighborhoods including duplexes, triplexes, and fourplexes. While River Park already has apartments and duplexes, there is some potential for impact because duplexes are currently only allowed on corner lots, and developers could attempt to build denser structures on existing single-family parcels if other restrictions can be met. Representatives from the City have stated that is unlikely in River Park due to a myriad of restrictions applicable to RP, such as setbacks and height restrictions, but we encourage residents to review the materials. A Q&A from the City that aims to rebut the criticism of the land use map is available at <https://riverparksacramento.org/wp-content/uploads/2021/02/City-QA.pdf>.

Representatives from the City joined the RPNA Board Meeting on March 18 to provide additional information, context, and how the General Plan is intended to help Sacramento achieve sustainable growth as the City expects to add 70,000 residences over the next 20 years. During the meeting, the City’s acting Long-Range Planner Matt Hartel reiterated that RP is unlikely to see a major change in development as a result of the zoning changes due to the size of the lots and the fact that no more than 40% of a lot could be covered by a structure. He also provided an overview of how the plan would change how the City approaches new development from a parking perspective. Under existing requirements, developers face parking minimums where sufficient parking spaces must be included. The revised approach would discourage parking using parking maximums. This is not expected to significantly impact River Park, but would change other parts of the City as new developments are built.

The City stated that Environmental documents will be released this summer for comment. The zoning changes described above are expected to occur in 2022. RPNA will continue to provide updates.

Upcoming Events...

RPNA Board meetings have moved to Zoom.

Please check <https://www.riverparksacramento.org> **for updates**

Fourth of July Festivities!

by Louise Dowd

It’s time to start brain-storming this year’s Fourth of July neighborhood festivities. We got some great responses last year, including the chalk-art competition. Due to the pandemic, we are faced with the same challenges this year as last year; therefore, there will be no large gatherings. So, put your thinking caps on and see if you can envision a fun activity for the neighborhood that is conducive to mask-wearing and social distancing. We would love to hear from you. Send your ideas to dowdlou@hotmail.com

For those who loved the chalk-art competition: Have no fear; that will definitely be on the agenda for this year!

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River Park Review is published 6 times per year and is available to all River Park residents at no charge.

District Three News



by Vice Mayor Jeff Harris

Theory Housing Project

The proposed student housing project at the corner of Newman Court and Carlson Drive is due for a redesign. Recently, I met with the developer to urge them to work on a plan that preserves the large redwood trees along Carlson Drive. Neighbors have made clear that they would like to see the redwood trees remain. The architects are working on a number of alternative designs and will report back to us soon. We will update the community when we hear back from the developer.

Homeless Triage Centers opening around the City

At the March 9th City Council meeting, the Council voted to open more warming/triage centers around the City. The proposal started as an effort to open additional warming centers that only provided respite from the cold or heat. I agree that it is important to give people living on the streets a place to escape the freezing cold and excessive heat, but the warming/cooling center model is flawed during a pandemic. I argued that the recent infections at the Library Galleria warming center downtown was an indication that the congregate setting model was not a workable solution. The Council and the Mayor agreed. The plan now is to bring people to safe non-congregate spaces and begin to work with them to “triage” their issues and apply the services needed to help them get to a better, more productive life off the streets. Fortunately, we have significant resources from the Federal and State governments to cover these costs.

Water Meter Update

The River Park Water Meter project is currently scheduled to conclude at the end of June 2021, though Covid restrictions may end up delaying the project.

To date, contractors have installed 591 meters (41%) with approximately 846 meters (59%) to go. 41,931 linear feet (78%) of water pipe has been installed so far. We have approximately 11,986 feet (22%) to go.

For more information about your connection, visit www.metersmatter.org. Enter your address under the “Project Area” section located immediately above the map.

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Homeless Master Plan Discussed at RPNA Board Meeting

by Tony Mader

Representatives from the City joined the February 18 RPNA Board meeting to discuss the Homeless Master Plan being driven by Mayor Darrell Steinberg. The discussion was hosted by Councilmember (and River Park resident) Jeff Harris, and joined by Bridgett Dean, the head of the Department of Community Response; Danielle Foster, Housing Policy Manager; Erin Johansen from Hope Cooperative; and Lisa Bates from Sacramento Steps Forward.

Councilmember Jeff Harris opened the discussion by reiterating that a component of the RPNA's initial summary of the Homeless Master Plan--that the City was considering the Sottish Rite Masonic Center parking lot as a "safe parking" location for the homeless--was incorrect. The only reason the Sottish Rite Masonic Center was shown on a related map was that the owners could apply for a ministerial permit to serve the homeless at that location, which he stated is highly unlikely.

Dean explained the role of the new Department of Community Response (created in July 2020) is to respond to homeless-related calls that were previously responded to by police. Her department interfaces with the homeless and seeks to find solutions for each individual. She is happy to take questions and reports related to homeless camps via e-mail: bdean@cityofsacramento.org

Harris, Foster, Johansen, and Bates described the multi-pronged approach the City has to mitigating the homeless challenge, which includes \$31M for affordable housing and initiatives to keep people in homes who are experiencing financial challenges with a rental assistance program (<https://www.shra.org/wp-content/uploads/2021/02/Flyer-final-BW-2.pdf>). Harris stated that homelessness increased by 20% at the start of the pandemic. He cited recent successes that include housing 2,700 individuals and picking up hundreds of tons of trash.

Bates provided an overview of the homeless population, using demographic and other information collected during the 2019 homeless census conducted by local leaders. The infographic that provides the overview is located here: <https://sacramentostepsforward.org/>

[wp-content/uploads/2021/02/Homelessness-In-Sacramento.pdf](#)

Harris talked about two factors that are making it difficult to move homeless from existing camps: (1) the 2019 Bell vs. Boise decision from the federal 9th Circuit Court of Appeals, which does not allow moving the homeless unless there are indoor shelter beds available, and (2) federal Center for Disease Control guidelines due to the pandemic that state it is better to have homeless "shelter in place".

Mayor Steinberg wants a single up-or-down vote from the City Council on the entire Homeless Master Plan in June and has challenged every member of the Council to identify sites to include in the plan. Harris explained that he is focused on CalExpo as a location in his district with a plan that would use 20 acres, which is a very small share of the overall site. He supports the Haven for Hope model in San Antonio, while it is expensive, and mentioned Boys Ranch in the County as a potential site (140 acres near Rancho Murieta).

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It's hard to focus on your job when your back hurts. Unfortunately, standing or sitting for hours can stress your back and worsen your aches and pains. These seven tips can help you reduce or prevent job-related back pain.

1. Change Your Position Often

Stress and strain on your back are more likely to occur when you remain in the same position for a long time. Whether you work in construction, drive a truck, or spend the day in an office, changing your position regularly will reduce the strain on your back.

Breaks don't have to be long to be effective. A five-minute standing or stretching break every hour or two will decrease the effects of stress and strain. If you spend most of your shift standing, incorporate a few sitting breaks into your day if possible.

2. Switch to Ergonomic Office Furniture

Ergonomic office furniture reduces stress on your back and improves your sitting posture. Office chairs designed with ergonomic features support the lumbar curve in your lower back and reduce slouching and back strain. Spine-health.com notes that your chair will be properly adjusted for your height if:

- Your arms are even with the top of your desk.
- Your feet are flat on the floor. (A small footstool can be helpful if your feet don't quite reach the floor.)
- Your thighs are horizontal.

Ergonomic furniture is just as important whether you work in an office, factory or at home. Your kitchen chair and couch probably don't offer adequate support for your back and may contribute to slouching or posture problems.

3. Practice Safe Lifting Techniques

You're more likely to strain the muscles and ligaments in your back if you don't use proper lifting techniques or lift an item that's too heavy for you to safely handle by yourself. When you lift a box or other heavy objects, crouch down and bend your knees. Bending your knees while lifting makes it easier to use your strong leg muscles and limits strain on your back muscles.

Keep the item close to your chest, and don't twist while you lift. Try picking up a corner of the box before you lift it. If it feels too heavy, ask for help or use machinery to move the item.

4. Wear Supportive Shoes

Your shoes may be a contributing factor in back pain. Your feet support the weight of your body and help keep your spine properly aligned. If your shoes aren't supportive, you'll be much more likely to experience back, hip, or leg pain. Wearing shoes with supportive arches or adding orthotics to your shoes can be helpful. Orthotics are custom-made shoe inserts that support your feet and keep them properly positioned in your shoes.

5. Try Stress Reduction Techniques

Stress can cause back pain or make it worse. In fact, 29 percent of Americans surveyed by Statista said that they thought stress was the source of their back pain. When you're stressed, the muscles in your back, shoulder, and neck become tense, which can lead to pain and headaches. Meditation can be helpful, but participating in any activity you enjoy may lower your stress level.

6. Lose Weight

If you're above your ideal weight, losing a few pounds will reduce stress on your back and your joints. In addition to straining your back muscles, being overweight or obese increases your risk of degenerative disk disease and arthritis in your spine.

7. Stop Smoking

Smoking can cause faster deterioration of the discs between the vertebrae in your spine, reduce blood flow to the ligaments and muscles in your back, and slow healing if you injure your back. In a U.S. study published in Cureus in 2016, 36.9 percent of current smokers reported back pain compared to just 23.5 percent of people who had never smoked.

The reality of the situation is that we will likely be working from home for another 6 months or longer, so if you haven't already made these "adjustments"...do so TODAY! If you have any additional questions, feel free to reach out to me at info@studleychiro.com.



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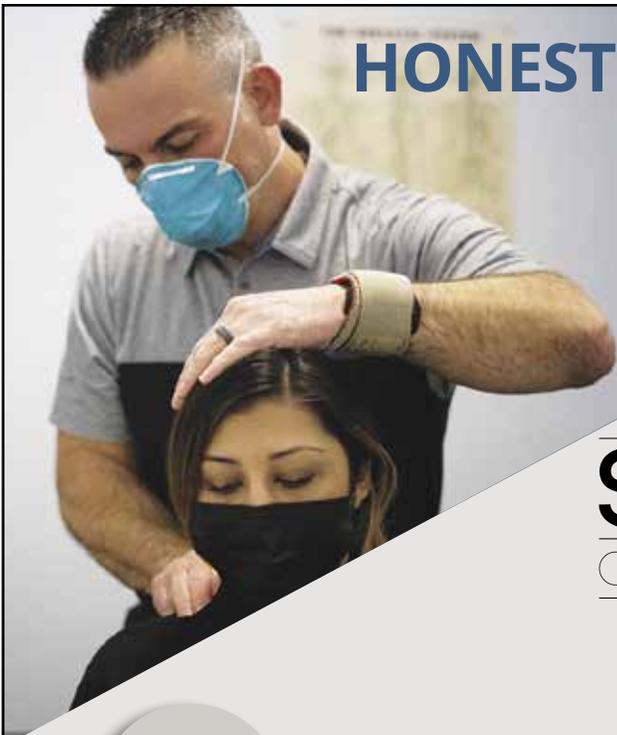
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Chocolate Chip Cookie Pie

by Debbie Vanderford

Prep time: 20 minutes

Baking time: 65 to 70 minutes

Ingredients

½ package (15 ounces) refrigerated pie crust

¾ cup (1½ sticks) of butter

½ cup granulated sugar

½ cup firmly packed brown sugar

2 eggs

1 teaspoon vanilla

½ cup flour

1 up semi-sweet chocolate chips

1 cup chopped nuts (optional)

Preparation

Prepare the pie crust as directed on the package.

Beat the butter and sugars in a large bowl with an electric mixer on medium speed until light and fluffy. Add the eggs and vanilla and beat well. Beat in the flour on low speed. Stir in the chocolate chips and nuts.

Spread the mixture over the prepared crust.

Baking

Pre-heat the oven to 325 degrees.

Bake for 65 to 70 minutes or until a toothpick inserted into the center comes out clean.

Serve with whipped cream or ice cream.

Space does not permit all recipes submitted and those still on hand may appear in the next issue.

Articles for the Review...

To contribute, contact: Richard Vincent at 916-228-4714 or

email: rvincent@sbcglobal.net

Please put "letter to the editor" in the subject line of your email

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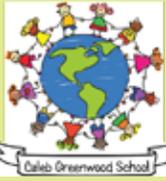
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Caleb Corner



by Mairead Reinhard

Caleb Greenwood Elementary IB K-6 School

Re-opening Sacramento City Schools

As of March 12, The Sacramento City Unified School District was still negotiating certain elements of re-opening the schools. Please refer to the District web site for the latest update.

Remembering Rosalva Carrillo

Rosalva Carrillo, or "Miss Rosie", our Office Manager, passed away recently. A strong presence in our community, she will be missed.

SCUSD News

In February, the Sacramento Unified School District voted to approve a fiscal recovery plan that preserves funding for our International Baccalaureate Program. While there is still important work to be done on this issue, we want to extend a huge "thank you" to our PTSSO and School Site Council for leading the advocacy charge, to all our Caleb families who wrote to board members and labor partners, and to our 6th-graders who advocated with their very own Save IB video.

Move-A-Thon

The Caleb Greenwood Move-a-Thon was a huge success! We celebrated with a virtual dance party led by Principal Hanson. Many thanks to our generous sponsors: **Elise Brown, Realtor • Libby Woolford of The Woolford Group • Surety1 • Szymanowski Orthodontics • Smith, McDowell, and Powell Dominic Leber of Northwestern Mutual • Nephesh Pilates • Sarah Rodriguez with Dahlia Bright Doug Dickson of Del Paso Country Club • Urijah Faber's Ultimate Fitness • Step 1 Dance and Fitness • One Flow Yoga Nicole Purcell with Daily Method • Fancy Feet Dance Academy**



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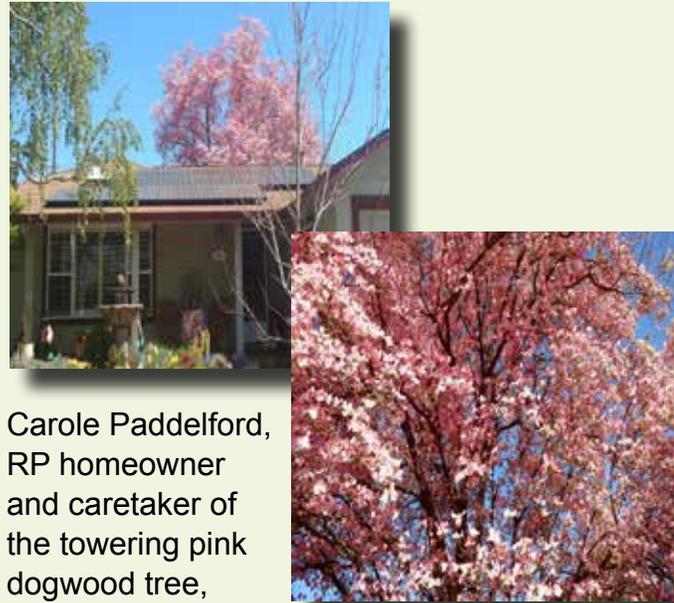
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River Park Tree Corner



by Kate Riley and Jan Wooley

The ongoing River Park Review feature article “Show Us Your Tree” recently received entries from two proud River Park residents. The first entry celebrates a stunning flowering dogwood located on Moddison Avenue. The second highlights a majestic 73-year-old Red Oak located on Spilman Avenue.



Carole Paddelford, RP homeowner and caretaker of the towering pink dogwood tree, tells us that this glorious specimen is over 50 years old. She proudly notes: “When it blooms in the spring, people stop on the levee to admire it and take pictures.” The tree’s striking pink blossoms can be seen looming above the rooftops, a true harbinger of spring in River Park’s own backyard.

Robert Neller writes to us of his family’s “legacy” tree – a sprawling Red Oak planted by the City of Sacramento in 1947. His parents’ home on Spilman, the fifth house built in River Park, was completed and occupied by the family in July, 1947. Robert, born at Mercy Hospital in 1949, grew up in the home and remembers the family’s Red Oak well. He notes: “It was a great tree to climb and play in. In the summer, it has a full green canopy which shades the entire house and most of the street. In the autumn, the leaves turn a beautiful color.”



Have a story of a special tree with a family legacy to share? Does a majestic arboreal specimen tree shade or highlight your River Park home? Send your tree’s picture and information to kbriley@surewest.net You might find it featured in a future River Park Review “Show Us Your Tree” article!

SHOW US YOUR TREE!

Send us a picture of your River Park tree. Let us know why you love it. Is it big, is it historic, does it have flowers in the Spring or colors in the Fall? Do children play in or under it? Did the community plant your tree in one of our six Community Tree Plantings? Please email a good quality picture (it can be a phone camera pic, if it’s in focus) with your name and address. Feel free to include yourself, your family, your neighbors, and/or your pets in the picture (but that’s not required.) We won’t include your house number, but will include the street, unless you ask us not to. Let’s share our beautiful tree canopy – and how the community has worked together to re-build it! Send your picture and information to kbriley@surewest.net

Park Pets



This is Millie (about 9 years old) she grew up since kittenhood in the area around the corner of Teichert & Moddison. She has been there her whole life despite having 3 different owners over the years. At night she's part of the neighborhood watch patrol. (Her brother Oby was tragically eaten by a coyote a few years ago.) She

brings happiness to everyone in the neighborhood, especially to lifelong RP good neighbor Pat Z'berg, her current owner.

Send a quality close-up digital photo of your River Park pet to: ibd@surewest.net



River Park Garden Club Update

by Ron McCormack, Pat Smith

Spring is the time of renewal. The club will come out of hibernation just in time to hold what would have been our final calendared event of the season, a speaker meeting on Thursday, June 21, at 6:30 PM at the Shepard Garden and Arts Center. The speaker will be Greg Gayton from Green Acres nursery. He will be sharing on what's new at the nursery for 2021.

Safety protocols will be in place. The meeting will be held on the outside patio of the Arts Center.

Note, please save your garden-related items for donation to our fall sale in October. The sales are our primary source of revenue. More on the fall sale and how to donate in the summer edition of this newsletter.



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Fall Sports Review

by Devin Blankenship

Thanks to the decreasing COVID-19 rates, Sacramento County officially opened up the region for youth sports practice in early March, allowing teams to practice together for the first time in nearly a year. It was particularly sweet for families in River Park, who are hoping to watch baseball at iconic Ciavarella Field this spring after most of the 2020 season was lost due to the pandemic.

"It's been great seeing all of the neighborhood kids at Ciavarella and Glenn Hall getting back at it," said River Park Baseball President Jason Stewart, who has two boys of his own in the league. "You can almost feel how happy everyone is to be outside and participating in competition again. It's brought some energy and excitement to the neighborhood."

River Park Baseball, which is a part of the Cal Ripken Division of the Babe Ruth League, had around 300 children aged between 5-12 sign up to play this winter with no guarantee that games will actually take place. There was only the promise that the league will be ready if local officials eventually opened the region to competition.

To plan for the possibility of an eventual return to play, the league began developing a safety blueprint by working directly with the City and County of Sacramento over the winter. Coronavirus safety measures and protocols were developed for coaches and players, including requiring masks at practices and promoting the heavy use of hand sanitizer. The league's board also elected a COVID-19 coordinator who is responsible for monitoring local health guidelines and advising the board on best practices.

The final approval from the County of Sacramento to play competition could come by the end of March if the COVID-19 infection rates continue to decrease, which means that the crack of the bat could soon be back at Ciavarella Field.

"This community has been so supportive of River Park Baseball, and we've heard from so many people who missed coming to the park last year," said Stewart. "It's gonna be an amazing feeling to



play that first game."

Youth soccer could also be returning to River Park in the fall after taking a break in 2020. The River Park Soccer Club is eyeing a possible return to the pitch, depending on local health conditions, after missing last season due to COVID-19.

According to club president Matt Battin, the club is currently monitoring local health guidelines and hopes to have more concrete news later in the spring.

"If the numbers continue to improve over the summer and into the fall, everything is pointing to us playing soccer in the fall. We're cautiously optimistic and we hope to have a normal season depending on conditions."

Battin advised parents to watch the club's Facebook feed or visit riverparksoccer.com for more information coming in the next few months.

River Park Homeowners:

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riverparksacramento.org **April 2021**

This column is run to let children in RP express their opinions. This month my next-door friend and neighbor wanted to write an article about his pet experience for the Kidz Corner.

Pollinators in Distress and How You Can Help

In the past few years, the populations of bees and butterflies have been decreasing. For example, in 2020 the Monarch population in Pacific Grove, CA, had significantly fewer butterflies than previous years. This is because of many factors, but glyphosate and neonics (a kind of insecticide) are large factors.

Glyphosate, also known as Round-Up, is the world's most used weed killer, a carcinogen, and a leading driver of Monarch butterfly decline. It doesn't hurt the Monarch butterflies directly; instead, it kills milkweed, the Monarch caterpillar's only source of food. You can help by planting (or not killing) common milkweed, swamp milkweed, and butterfly weed--all natives to this region.

Bees are affected by both Round-Up and neonics. The Round-Up affects them by killing the wild flowers they feast upon, making it harder for them to find food. The neonics, on the other hand, kill them directly. Pesticides that are meant for other insects can also kill helpful pollinators, such as bees. That's why both Monarch butterflies and bees are under threat and disappearing. But you can help!

You can help by using less pesticides or herbicides in your yard. Also, you can try to buy organic foods that did not use pesticides or herbicides to grow. If you want to start a garden, it will help out both bees and butterflies. Here's a list of flowers that pollinators love, but don't forget the milkweed!

- Aster
- Black-Eyed Susan
- Blazing Star
- Caltrop
- Creosote Bush
- Currant

- Elder Flower
- Goldenrod
- Huckleberry
- Joe Pye Weed
- Lupine
- Oregon Grape
- Penstemon
- Purple Coneflower
- Rabbitbush
- Rhododendron
- Scorpion Weed
- Snowberry
- Stonecrop
- Sunflower
- Wild Buckwheat
- Wild Lilac
- Willow
- Woodland Sage



River Park Crime Report by Richard Vincent

The LexiNexis crime map shows one reported crime from January 12 through March 12:

An aggravated assault w/o firearm on January 13 at 2:25 pm near Carlson and Moddison.

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