



# ELLA K. McCLATCHY FRIENDS

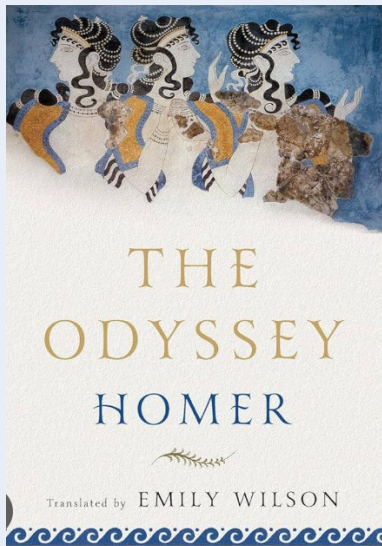
ELLA K. McCLATCHY AFFILIATE • FRIENDS OF THE SACRAMENTO PUBLIC LIBRARY

2112 22ND STREET, SACRAMENTO, CA 95818

## PRESIDENT'S CORNER

By Alice Schnaidt

Do you belong to a book group? If so, how did it come about? I joined a book group about 16 years ago when one of its members moved out of the area. My group is comprised of women who were working at the Capitol whom I met through my husband. I have known most of the members since 1977 and the bonds are close, so seeing them regularly once a month is a gift.



Today, there are still most of the 12 ladies from the time I started, though now we are down to ten people. I have learned so much from this cohort, as their talents, areas of expertise and breadth of knowledge range from directors of state departments, international librarian, fiscal analysts and private sectors managers. This variety of talent leads to so many different genres of books, many of which I had never heard and the discussions can be intense at times and quiet at others. I get to learn so many ways of interpreting the book's message and read a potpourri of writing styles.

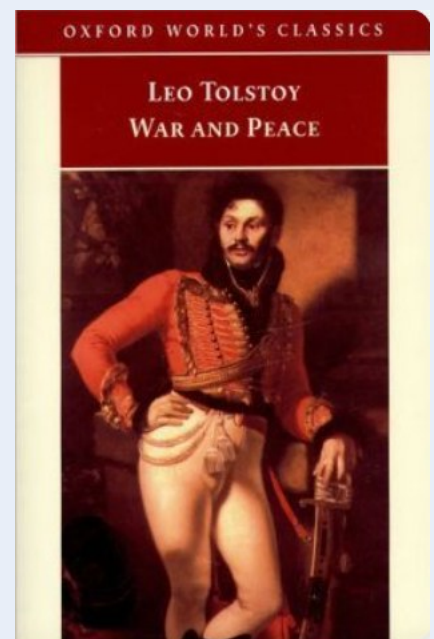
The book I chose one year was *The Phantom Tollbooth* by Norton Juster.

There was an “aha!” moment in the discussion when one member said that it was a take on *The Odyssey*, which, as I looked back, realized it was! Wow, what a mind!

Each book we have chosen seems to trigger a life experience – how we were brought up, how we deal with crises or how we view relationships, to name a few. Because we have been together for so long, many of us feel comfortable sharing more personal information, knowing that it doesn't leave the room.

If you are looking for a group to join, talk to your local librarian or click [Events - Sacramento Public Library](#), as there are many book groups held at the library. There's even a book group at McClatchy Library ([Adult Book Group: Classics - Sacramento Public Library](#)) that's currently reading *War and Peace* by Leo Tolstoy!

I cherish my book group members who expose me to so many ways of looking at the world through reading.



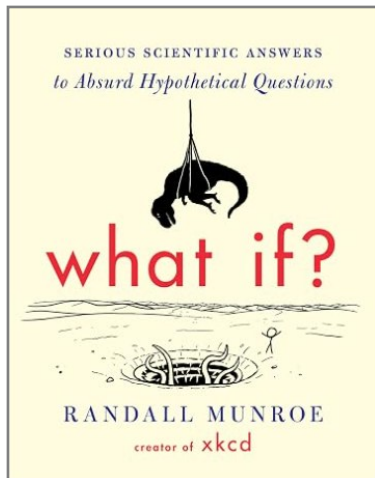
# SUNROOM SELECTIONS

By Alex Ives

## Here's the deal:

This column highlights a small number of books we think are interesting, and they will be on a special shelf in the **Sunroom Bookstore** at the **McClatchy Library**. We won't put them out until the day the newsletter (which you are reading now) has been sent. When they're gone, they're gone.

These are the selections:

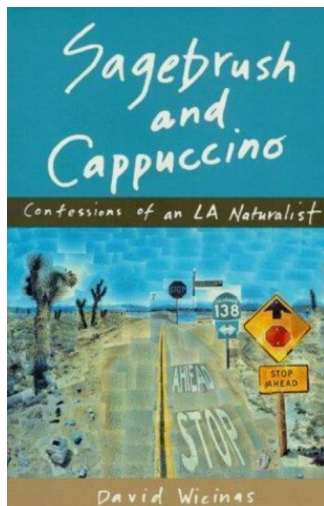
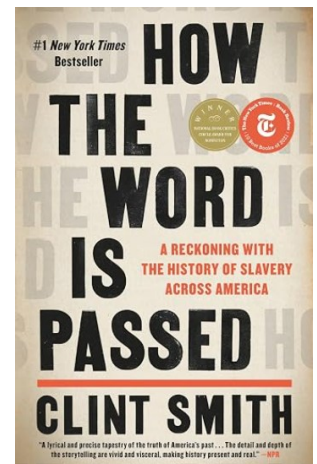


**What If? Serious Scientific Answers to Absurd Hypothetical Questions**, by Randolph Monroe. The **What If** books have been around since 2014, but while sorting through our donated books I came across this one. I had never seen it before, and I found it charming. The premise of the book is to ask a ridiculous question and answer it with factual science. Examples of some of the questions that we all want the answers to include:

- How long would it take one person to fill an Olympic swimming pool with their own saliva?
- How many fireflies would it take to equal the brightness of the Sun?
- What if you built a periodic table out of actual samples of every element?
- Could you build a jetpack using downward-firing machine guns?
- What if a T. Rex was released in New York City? How many people would it have to eat each day?

It's a fun book for both adults and children.

**How the Word is Passed: A Reckoning with the History of Slavery Across America**, by Clint Smith. The U.S. has monuments everywhere celebrating various things — explorers, settlers, wagon paths, natural phenomena, to name a few. Clint Smith takes on the monuments that explain or conceal facts about slavery. A few examples are Jefferson's Monticello, which included 400 enslaved people, most of whom were not mentioned in tours of the estate until relatively recently, or the Williams plantation, whose tours are explicitly about the facts of slavery. The author researched various archives, interviewed historians, tour guides, and visitors to various monuments and shares the emotional depth he felt at learning the facts.



**Sagebrush and Cappuccino: Confessions of an LA Naturalist**, by David Wicinas. People who live in urban areas often feel the lack of a connection to nature. The author shows us wild areas that often go unnoticed around Los Angeles and contrasts benefits of urban life to nature. Some of the wildlands he mentions are private property, and he gets his share of unfriendly dogs and exploring where there are no paths.

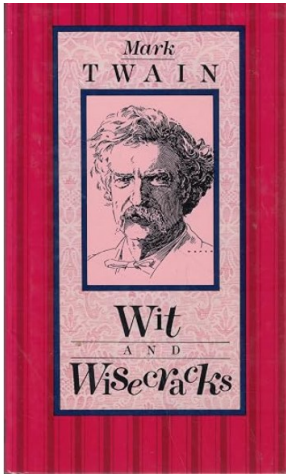
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## SUNROOM SELECTIONS

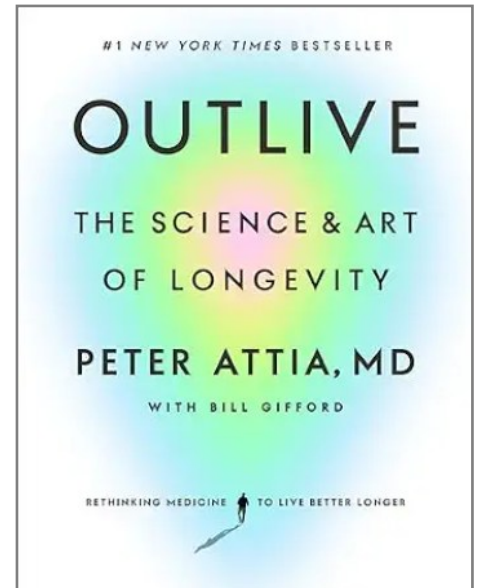
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**Found Style: Vintage Ideas for Modern Living**, by David and Amy Butler. A fun book that includes modern art, deserts, desserts, recipes for cakes, cookies, confections, and frozen treats based on iconic works of art by Kaitlin Freeman. This is pretty lighthearted. I love to read cookbooks or books about food, so this one with lots of fun pictures got my attention.



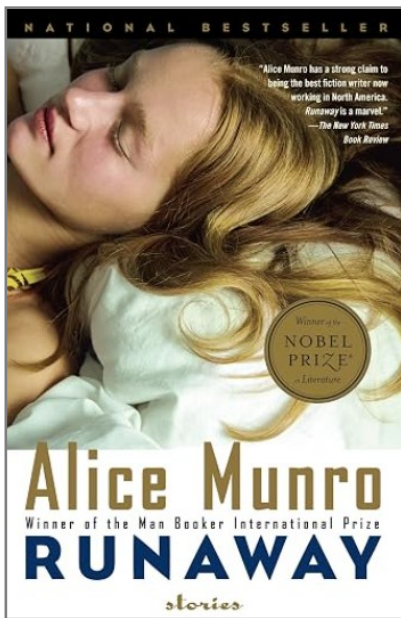
**Wit and Wisecracks**, by Mark Twain is a tiny book with a bunch of fun quotes from Twain. I imagine it being sold in a tourist shop in Gold Country, but I'd love to carry it around in my pocket hoping to whip out a useful wisecrack at the appropriate time.

**Outlive: The Science and Art of Longevity**, by Peter Attia, MD. As a person of a certain age, by which I mean old, I find myself drawn to books of this nature which suggest you can increase your health span, that is, the number of years you can expect to live free of disability and disease by making lifestyle changes. Of course it would have helped more to make these changes 20 years ago, but we work with what we've got.



He identifies the "Four Horsemen" of aging as the primary causes of declining healthspan—heart disease, cancer, neurodegenerative disease, and type 2 diabetes.

Attia advocates for early screening, personalized health management, and lifestyle adjustments such as improved sleep, regular exercise, a balanced diet, and emotional well-being. I noticed, when looking this book up, that there are also cookbooks and exercise books supporting the program. We only have this book right now.



**Runaway**, by Alice Munro, is a book of eight short stories. As with most of her work, the stories focus on women and their relationships but are definitely not romance novels. Three of the stories are linked and tell the ongoing story of one woman in different eras of her life. The final story, "Powers," is divided into five sections.

**Happy reading!**

# What's Going On Around the Library

## LATINO HERITAGE

Celebrate **Latino Heritage Month** with special upcoming events. Select Library branches are hosting family-friendly bilingual concerts, bilingual storytimes, and more in **September** and **October**.

- ♦ **Loteria at the Library:** Join us for a few rounds of Lotería (also known as Mexican Bingo) to celebrate Latino Heritage month! Lotería is fun pictorial bingo game that is traditional in many Latin-American countries. Families can learn a bit more about the history and rules of the game with a chance to play a few rounds for prizes. **When:** Saturday, September 12, 3-4 p.m. **Where:** [Martin Luther King, Jr. Library](#)
- ♦ **¡Latino! Cascada de Flores Bilingual Musical Program:** Latino Heritage Month also brings an interactive presentation for children and their families with the musical group **Cascada de Flores**. The group will share the musical story of a wizard searching for a mermaid with the help of wise sea creatures. The program will include traditional music from Latin America, storytelling, and dance in Spanish and English. **When:** Friday, September 18, 4-5 p.m. **Where:** [South Natomas Library](#). Also, Saturday September 19 (11 a.m. to 12 p.m. at [Rancho Cordova Library](#) and 3-4 p.m. at [Martin Luther King, Jr. Library](#)).

## SPOOKY SEASON

Spooky season is right around the corner, and the Library is getting into the spirit with a variety of events at local branches during **September** and **October**. They've got something for everyone - from movies, trivia, crafts, book groups, and more!

Click for [Full Schedule](#)

## MELISSA KING: ENTERS THE CHAT

Join James Beard Award-winning chef, cookbook author, television personality, and Top Chef: All Stars L.A. champion Melissa King for a conversation celebrating her new memoir, *The Girl Who Became King*. Known for her modern California Chinese cuisine and award-winning cookbook *Cook Like a King: Recipes from My California Chinese Kitchen*, King is a leading voice at the intersection of food, identity, culture, and advocacy. In conversation with **Benjy Egel** of PBS's *Abridged*, she'll reflect on her personal journey, creative career, and the stories behind her new memoir. Registration is free, and each attendee will receive a complimentary copy of *The Girl Who Became King* while supplies last. **When:** Tuesday, November 10, 7-9 p.m. **Where:** [Tsakopoulos Library Galleria](#).

## 2026 McClatchy Friends Board

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