

'Young @ Art' competition shines spotlight on Sacramento-area youth

Second annual event is art show for local students in the sixth, seventh and eighth grades

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Martial artists punch out domestic violence

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Meet a new neighbor

First baby of Sacramento County born at East Sac's Mercy General Hospital

By **SUSAN LAIRD**
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Little Kymani Wynne was the first baby in Sacramento County to come into the world on New Year's Day. He was born at Mercy General Hospital at 12:06 a.m.

Mom Ulyessia Wynne checked in to the hospital some three hours earlier with dad Matthew Moa. When the moment came for Kymani to make his grand entrance into the world, the nurses at Mercy General let Matthew deliver his youngest son. Kymani weighed in at 7 pounds and was 20 inches long.

"This is the first one I've delivered," Matthew said with a smile.

Ulyessia was delighted that their son was the first baby born in Sacramento County for 2010.



Arden-Carmichael News Photo/Susan Laird
Embraced by his loving family, sporting a cap knit by the Mad Hatters and swaddled in a blanket proclaiming him the "First Baby of 2010, Mercy General Hospital," little Kymani Wynne is the first baby born in Sacramento County for 2010. Left to right, Si'Ala Wynne, Matthew Moa, Sitaniselao Wynne, Kymani Wynne and Ulyessia Wynne.

"It feels good," Ulyessia said. "I'm going to tell him that he was the first to rock the city."

Among Kymani's first visitors were his two older brothers, Sitaniselao (age three) and Si'Ala (age one), and their grandmothers, Karla Wynne and Toa Uhatafe. The grandmothers live

only a block apart in South Sacramento.

"It's a special bond between us," said Toa. "We have a special friendship as grandmas."

"It's a relief to have him here," said Karla. "He's the first male baby to be born here in the Sacramento area. That's exciting, to be a part of his story."



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Local Prudential offices seek community input for inaugural 'Giving Day'

By SUSAN LAIRD
Arden-Carmichael News Writer
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Prudential Realty offices in the Arden Carmichael and East Sacramento area are soliciting suggestions from members of the community for the company's first annual "The Giving Day."

"This event will be held companywide on Saturday, March 6," said Cathy Harrington, director of marketing for Prudential California/Nevada Realty. "Every one of our 39 offices has been tasked with choosing a project in which everyone can participate, and that will take four hours or more to complete."

There are over 1,800 agents at Prudential, according to Mark Paul, manager of the Arden Carmichael branch. Each branch office will select a community service project to perform and complete on March 6.

"On this corporate day of giving, it is our goal to have 100 percent participation of agents and employees through the giving of time or treasure," Paul said. "There is huge power and energy when people come together. My mission is to find a local task that will benefit from that focus."

Part of what makes this project unique is that it already has the willing volunteers and a modest budget.

Possible suggestions could be: cleaning, painting and "sprucing up" a community facility. Planting flowers or shrubs. Perhaps a senior center or a public or private school in need of help. Any idea is welcome. Members of the community are encouraged to put their thinking caps on and send in their ideas. Agents will vote for the "winning" project.

"Whatever project is chosen, we want it to sparkle," Paul said. "This is going to be fun, fulfilling and great for the community."

"We are looking for ways to give back to the community in big and little ways," Har-



Photo courtesy
A gift for the region: Prudential Realty offices in the Arden Carmichael and East Sacramento area are soliciting suggestions from members of the community for the company's first annual "The Giving Day."

ington said. "This might be painting school classrooms, helping at a soup kitchen or family shelter, or any number of ways."

"The Giving Day" is being held in honor of the founder of Prudential Realty.

"March 6th is the birthday of our company's president, Ed Krafchow, and we want to honor him by holding the Company Giving Day on his birthday," Harrington said. "This will be throughout Northern California and Northern Nevada. This is the first Giving Day in the company's history, and we plan to make this an annual tradition."

Harrington stressed that this annual event will be a "hands-on" service project.

"While giving financially is rewarding, we want these projects to allow our people to serve their community in some way," she said. "Giving in a tangible way will make it more relevant and real for all concerned. We are

encouraging our real estate agents and employees to bring in another person to the "The Giving Day." We will include clients as well."

Paul sees "The Giving Day" as an opportunity to focus on the things that really matter.

"Out there in the Big Scheme of things..." he said. "Things seem to come through the door when you let the light in."

The deadline to submit ideas is Jan. 18. Suggestions should be written and addressed directly to Mark Paul. The Arden Carmichael branch office is located at 855 Howe Avenue, Suite 2; Sacramento, CA 95825. Paul will gather the suggestions for the Arden Carmichael area, and will forward suggestions for the East Sacramento area to Tina and Rich Wilks, owners of the branch office located at 19th and K streets in Sacramento.

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Rio Americano musicians selected as finalists in national jazz competition

Special to the Arden-Carmichael News

"Spaggett!" a jazz combo comprised of Rio Americano High School students Zachary Darf, Zach Giberson, Victor San Pedro, Nathan Swedlow, Jarrett Tracy, and David Williams was selected in early January to participate in the Charles Mingus High School Competition and weekend festival at the Manhattan School of Music in New York City February 12 - 15, 2010.

"This honor brings a new level of prestige and exposure to the amazing students we work with each day. Their hard work and effort is rewarded with the opportunity to perform with some of the finest jazz musicians in the country," said Rio Americano High School Band Director Max Kiesner in response to the announcement of finalists by festival sponsors last week.

Sponsored by Let my Children Hear Music/The Charles

Mingus Institute, a New York City-based 501(c)(3) non-profit organization devoted to expanding and promoting the legacy of Charles Mingus, the festival will include master classes, clinics, lectures, and concerts in connection with Mingus music.

The event will culminate in a "battle of bands" between twelve top big bands and combos from around the country. In the Regular Combo Category, the Rio group is one of only three combos selected nationwide, and one of the first groups ever selected to participate from outside of the New York Tri-State area.

For more information on the Charles Mingus High School Competition and Festival, visit www.mingusmingusmingus.com/jazzeducation.

The Rio Americano High School band program, under the combined direction of Josh Murray and Kiesner, provides high quality music education to over 180 students in four levels of concert



band and three jazz ensembles. Rio Americano High School bands have toured in Australia, Europe, Japan and China and won national recognition at such prestigious events as the Essentially Ellington and Monterey Jazz Festivals. Plans are currently underway for a summer 2010 performance tour of Argentina.

mer 2010 performance tour of Argentina.

For additional information on the Rio Americano High School band program, visit www.rioband.net or contact Josh Murray (jomurray@sanjuan.edu or 916-971-7512).


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Jesuit High School: A Carmichael/Sacramento tradition since 1963

By LANCE ARMSTRONG
Arden-Carmichael News Writer
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For nearly a half-century, Jesuit High School has been building a strong tradition that began very modestly with 93 freshman students under the direction of the California Province of the Society of Jesus (the Jesuits) and the Rev. Joseph Keane, as superior.

The idea for the creation of this private, Catholic faith-based, all-boys school, which is located on the border of Carmichael and Sacramento at 1200 Jacob Lane, was conceived in about the late 1950s through the leadership of Bishop Robert Armstrong.

And through Armstrong's successor, the Rev. Joseph McGucken, efforts to further this dream continued with various fundraising efforts.

During the early 1960s, Keane was sent by the Rev. John Connolly, provincial of the California Province, to initiate the preliminary groundwork for the establishment of the school.

"The miracle of Sacramento"

A major step in the process to create a Jesuit high school in the Sacramento area was taken in January 1961, as 27 acres of the old Horst Hop Ranch

were purchased by the California Province for the construction of the school.

The process of building Jesuit High School was referred to by associates of the school at the time as "the miracle of Sacramento" due to the fact that the majority of the school was built in only about four months.

The first issue of Jesuit High's newspaper, The Plank (currently known as Ye Olde Plank), provided the following commentary on this fast-paced construction, which began in May 1963: "The transformation, wrought by the firm of Harbison and Mahony, definitely borders on the miraculous."

Finally, the long-awaited day arrived on Sept. 17, 1963, as Jesuit High, with its six major buildings, became the first new high school opened by the California Province in 42 years.

Hired as the school's first principal and a history teacher was the Rev. John Geizel, who had previously served as the vice principal of Loyola High School in Los Angeles.

Other instructors at this time included: the student's chaplain, the Rev. John Ferguson, theology; the Rev. Joseph Barry, mathematics; the Rev.



Arden Carmichael News Photo/Lance Armstrong
Jesuit High School has built a nearly half-century-long tradition in the Carmichael/Sacramento area. The school was established on property that was formerly occupied by the Horst Hop Ranch.

Raymond Brannon, Latin and speech; the Rev. Carlton Whitten, English; and the school's only lay teacher, John Maher, history and physical education.

Keane, who served as a chaplain in the U.S. Navy during the Korean War, the dean of men at Loyola University in Los Angeles and athletic director at the University of San Fran-

cisco, was appointed first superior of Jesuit High on Sept. 26, 1963.

Another early faculty member was added to Jesuit's staff in February 1964, with the hiring of Brother Edward Johnson, who performed a variety of jobs, including working in the study hall, sorting and filing

See Jesuit, page 7



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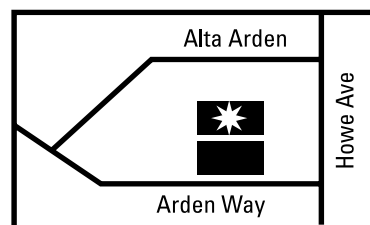
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Jesuit: 'I think our school... is a tremendous asset to the citizens of Sacramento

Continued from page 6

mail, cleaning the chapel, running errands and watering the lawn.

In October 1964, five priests, one brother and two laymen were added to the faculty.

No ordinary school

An editorial in The Plank's first issue reveals the fact that Jesuit's first students understood that their school was no ordinary school.

The editorial, which was written by student James Mark, included the following words: "When people look at us, they are looking at Jesuit High, for we are Jesuit High. The reputation of the Jesuit fathers rides with each one of us (students), here, at home and away. We are students of Jesuit High 24 hours a day (for) the rest of our lives."

A major event in the school's history occurred on Nov. 6, 1963, when Jesuit's faculty and student body selected the name, Marauders, and the colors crimson and gold.

The mascot name was selected due to the classic marauders or seafaring pirates' reputation for having such a great level of intelligence, skill and knowledge of navigation that they were considered almost invincible and the envy of all men.

The colors were chosen because crimson is the color of blood, which symbolizes courage, and gold is the most precious and valuable metal and is so deeply connected to the history of Sacramento.

The beauty of the initial landscaping on the Jesuit campus, which was increased to a total of 42 acres when additional acreage was purchased by the California Province in February 1963, was attributed to the care of Barry and Brannon.

Ferguson was also very active in Jesuit's early landscaping, as he was instrumental in the acquisition and positioning of the campus' first trees and bushes.

In addition to its landscaping and initial structures, the school also included its then-campus-famous asphalt field that was used for physical education classes and intramural sports, including football.

Jesuit's first sports team to compete against another school was its basketball team, which debuted in the fall of 1963.

By the spring of 1964, Jesuit fielded its first baseball team, fol-

lowed by its first cross country team in the fall of 1964 and its first football team in the fall of 1965.

Today, the school features 14 sports teams and has a rich history of championship teams at the league, section, state and national level.

Most recently, rugby, soccer, cross country and baseball have been the most dominant of these sports.

A new voice

Another noteworthy activity of the school during its earlier years was its Law Contest, which debuted under the direction of Brannon on Nov. 25, 1963.

With about 600 people in attendance at the Encina High School Auditorium, two mock trials were presented, including the famous Lindbergh trial.

Stephen Clavere won top honors, as he was named the best speaker of the event, which was the first law contest ever held in a California high school.

Honor student and then-future student body president Steve Ruggiero captured the best speaker award during the next Law Contest, which was held at the Loretto High School gymnasium on November 19, 1964.

Although the Law Contest was only held for a few years, clubs were a rich part of Jesuit's early history and among the first clubs to be formed at the school were the Glee Club, the Radio Club and the Sodality service organization.

Since this time, student activities at the school have expanded to include about 45 student-led clubs, ranging from service programs to international clubs to leadership organizations.

Jesuit also has a long history of visual and performing arts programs, which has evolved from the Glee Club to a full fine arts curriculum, including studio art, music and drama productions.

Another early element of the school since its beginnings was its yearbook, The Cutlass.

The original staff of The Cutlass met for the first time on Feb. 2, 1964 to plan for the creation of the 1965 annual.

When the staff, which was led by its editor and chief Mark Warren, completed the yearbook, it consisted of 36 pages with black and white photographs.

As the student body has grown throughout the years, thus has The Cutlass, as well.

The 2009 edition of the annual, for instance, included 192 pages with color photographs.

Jesuit High today

Mark Warren's brother, Tim Warren, who serves as Jesuit's assistant principal and dean of students, has seen the positive development of the school from its construction days to the present.

"When they were building the school in 1963, my father (Harry Warren) would drive us down there as kids," Tim Warren said. "My brother (Mark) was in the first class, my brother Phil was in the third class and I graduated in 1970 (in the fourth class) and two years after I graduated, I started coaching football (at Jesuit). There's never been a time that I haven't been associated with the place in my adult life. The school has really grown. I remember when the school opened. The (campus) was not always like this. There were 10 or 15 cars total in the parking lot in the early days."

Norma Nicol Hamilton, Jesuit's assistant librarian and the mother of Jesuit alumni Garrett Hamilton of the Class of 1986 and Ryan Hamilton of the Class of 1989, said that many Jesuit graduates have moved on to contribute considerably to the local and greater society.

"It's been truly a privilege to be a part of the Jesuit Ignatian tradition of education," Hamil-

ton said. "I think our school as it nears its 50th year in the Sacramento area is a tremendous asset to the citizens of Sacramento to their young men who are and who have been students (at Jesuit). I'm not sure of the number of graduates. I think its somewhere in the 6000s range, but they've gone on to do all kinds of wonderful things in California, the United States and the world in humanitarian occupations, government occupations, health and wellness occupations and legal occupations."

A few of the notable alumni include: Maj. Gen. Leo A. Brooks and Brother Brig. Gen. Vincent K. Brooks of the U.S. Army, National Football League quarterback Ken O'Brien, Major League Baseball player Lars Anderson, Olympic class runner Michael Stember and professional actor Chris Sullivan.

Another facet of the history of Jesuit is that many of the school's

former students have returned to work as members of the faculty.

Allan Darte of the Class of 1996 is one such graduate, who has returned to serve the school.

Working as the assistant admissions director and diversity director, Darte is passionate about his Jesuit roots.

"As the first person from my family to go to Jesuit, I found the experience extremely rewarding," Darte said. "I received a well-rounded, morally-based education that has inspired me to be a lifelong learner. Furthermore, I have become a part of an international network, which has given me access to invaluable experiences, resources and opportunities."

Today, Jesuit with its student body of about 1,000 and about 120 faculty and staff, continues its rich tradition of building "Men for Others" and adhering to the Latin motto, Ad majorem Dei gloriam, which is translated as "For the greater glory of God."




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Faces and places Picture from the past



Photo courtesy of Jesuit High School
Jesuit High's Chris Lorenc shakes hands with Sacramento High's Chris McMurray at the 1969 basketball Tournament of Champions, which was won by Jesuit High.

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McClatchy High student wins fifth annual Sacramento County 'Poetry Out Loud' event

Special to the Arden-Carmichael News
vcnnews@valcomnews.com

Talented and energetic students from 17 local high schools took center-stage January 7 at Rosemont High School in Sacramento County's fifth annual Poetry Out Loud recitation contest. Before a live audience and a panel of judges, each student presented two memorized poems. Students were judged on physical presence, voice and articulation, appropriateness of dramatization, level of difficulty, evidence of understanding, and overall performance.

The winner was Maya Haines of C.K. McClatchy High School, in the Sacramento City Unified School District, who will advance to the California Poetry Out Loud competition in Sacramento on March 22-23. Marsalis Cannady from Pleasant Grove High School, in the Elk Grove Unified School District, was selected as runner-up.

The Sacramento County Poetry Out Loud competition was presented by the Sacramento County Office of Education to encourage high school students to learn about great poetry through memorization, performance, and competition. The program provides students with the opportunity to perform poetry in English classes, encouraging youth to learn about great poetry through memorization and performance. Students who won contests at their high school qualified to compete at the county level.

Schools represented in Sacramento County's 2010 Poetry Out Loud competition included: Bella Vista High School (Joshua Velasco); C.K. McClatchy High School (Maya Haines); Center High School (Stephanie Martinez); Del Campo High School (Danielle Biesanz); Elinor Lincoln Hickley Jr.-Sr. High School (Raven Blanson); Elk Grove High School (Daniel Horne); Galt

High School (Alani Pineda); Gerber High School (Keshon Stewart); Inderkum High School (Ambrosia Greene); John F. Kennedy High School (Nancy Lu); Leo A. Palmiter Jr.-Sr. High School (Ian Reynolds); Mesa Verde High School (Ashley Cooke); Monterey Trail High School (Dalvin Clifford); Natomas Charter High School (Jillian Wilson); Pleasant Grove High School (Marsalis Cannady); Rio Linda High School (Cyle Hellwig); and Sacramento Country Day (Barrie Feusi).

Sacramento County Board of Education trustees Adriana X. Echandia and Greg Geeting assisted Bob Stanley, the 2009-10 Poet Laureate of Sacramento City and County, and event Master of Ceremonies, with congratulating the participants and distributing the awards.

California's overall winner will receive \$200 and an expenses-paid trip to compete in the national competition in Washington, D.C.



Photos courtesy Sacramento County Office of Education
Maya Haines, a student at C.K. McClatchy High School, was named the winner Jan. 7 at the countywide Poetry Out Loud recitation contest. Haines, pictured here with McClatchy High School teacher Janet Weeks, right and poet Michele Krueger, left, will advance to the California Poetry Out Loud competition in Sacramento on March 22-23.

The National Finals and Semifinals will be held April 26-27. A total of \$50,000 in scholarships and school stipends will be awarded at the national finals, with a \$20,000 college scholarship awarded to the national champion.

Sacramento County's Poetry Out Loud judges included: Tim Kahl, poet and Sacramento City College professor; Alexa Mergen, California Poets in the Schools; Dr. L. Steven Winlock, regional theater performer and education consultant; Peter Mohrmann, co-founder of Capital Stage; Jeff Knorr, author and poet; poet JoAnn Anglin, Los Escritores del Nuevo Sol; Michele

Krueger, California Poets in the Schools; Theresa McCourt, poet; Joshua McKinney, poet and English professor at California State University, Sacramento; and Joshua Romano, writing instructor.

Sacramento County's Poetry Out Loud program is funded in part by the Sacramento County Office of Education, the Sacramento Metropolitan Arts Commission (with support from the City and County of Sacramento), and the California Arts Council through funding from the National Endowment for the Arts and the National Poetry Foundation.



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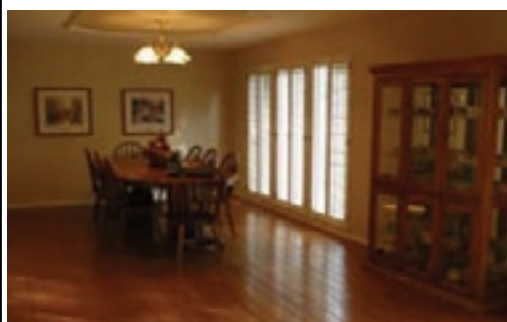
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\$500,000 gift to fund Sacramento State nursing lab

Special to the Arden-Carmichael News

Sacramento State's efforts to help meet California's urgent need for highly skilled registered nurses will get a significant boost, courtesy of a \$500,000 grant from the Frank M. and Gertrude R. Doyle Foundation, Inc. The gift from the Nevada-based foundation will equip and furnish a clinical simulation lab in the Division of Nursing's new facilities in Folsom Hall, the former CalSTRS building.

In response, the board of directors for The University Foundation at Sacramento State has pledged to raise \$500,000 in matching funds.

"We are committed to helping create an outstanding educational environment for Sac State's nursing students," said George Crandell, chair of the University Foundation board. "At some point, a nurse will touch your life. You will want that nurse to have the best training possible."

"This generous gift from the Doyle Foundation, combined with the matching commitment of the University Foundation, will allow us to make significant strides in the university's efforts to provide the state with the well-prepared nursing graduates it needs,"

"We are committed to helping create an outstanding educational environment for Sac State's nursing students," said George Crandell, chair of the University Foundation board. "At some point, a nurse will touch your life. You will want that nurse to have the best training possible."

said Carole Hayashino, vice president for University Advancement. "It is an example of the type of community support for enhancing our academic programs that forms the foundation of our Destination 2010 initiative to make Sacramento State a premier metropolitan university."

The new simulation lab will play a key role in the nursing programs' ability to expand both the number of nursing students and the preparation they receive. The lab will feature state-of-the-art human patient simulators-mannequins that mimic the symptoms and mannerisms of live patients, including a mother giving birth. These life-size "patients" will enable students to practice techniques and processes they've learned in the classroom in a hospital-type environment, complete with hospital beds and bedside monitoring equipment.

While the university has been using simulated patients on a limited basis, the new lab will improve access and bring the clinical process to play in all types of coursework. "Simulation will give us the ability, in every class, to employ the clinical environment without relying on our fellow agencies to provide services, which are in short supply," said Ann Stoltz, professor and chair of the Division of Nursing.

Stoltz says the high-level lab will also ensure the each student gets equal opportunities to put their training in practice by responding to similar scenarios.

"We can standardize the learning experience. We can make sure each student experiences the same situations, which you can't do in a clinical setting," she said.

The lab will also be available as a resource to other agencies who don't have their own simulation

equipment and as a possible training resource for first-responders to address organ and tissue donation scenarios at accident sites. At a future date, it also may be used to help students meet State of California Board of Nursing requirements for clinical hours.

In addition to the simulation lab, the Division of Nursing's new facility will have classroom and office space as well as standard skills labs. Stoltz says the Division of Nursing, which recently celebrated its 50th anniversary, could be physically equipped to expand its student base by Fall 2011, depending on the status of the university's budget.

The Frank M. and Gertrude R. Doyle Foundation, Inc. has a history of supporting nursing education programs in California as well as scholarships for students from northern Nevada and southern California. In awarding the gift to Sacramento State, the Doyle Foundation praised Sacramento State for its "dedication to the life-altering potential of learning that balances a liberal arts education with depth of knowledge in a discipline."

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Reunion party: Good times, good friends



By **MARTY RELLES**
Arden-Carmichael News Columnist
marty@valcomnews.com

On Dec. 27, the Janey Way gang held a reunion party. We celebrated 50-plus years of friendship and adventure. After our childhood days in East Sacramento, our lives have swirled off in very different directions, but the bonds remain strong. Now, most of us are at or approaching 60 years of age. Some, like me, are retired; others continue to work at jobs they enjoy. No matter what, on this day we reminisced, laughed, told oft-repeated stories, drank a glass of wine and enjoyed the day.

It seems like only yesterday that we ran down the sidewalk on Janey Way and took a beeline into the pit (the abandoned sand and gravel pit that abutted Janey Way on the east). Now, St. Francis High School sits on the land that once was the pit. Forts we built, lost toys, my stolen Roadmaster bike and god only knows what else are buried in that hole. I can't help thinking that something special disappeared with the filling of the pit.

We also talked about poker games at the Ducray's house, ping pong on the Relles driveway, sand lot baseball in the vacant lot, roller derby at Phoebe Hearst School, one-on-one basketball at St.

Mary's, the hub cap trick, the great beer heist, and the whole lexicon of stories that are Janey Way. During the time since these events occurred, we have lost some dear friends: Michael Gilson, Josie Tomassetti, Bernadette Tomassetti and Lynne Thomsen. We have married, divorced, re-married, raised children and now have grandchildren. The days of our youth are now long gone, but these stories live on as a testament to our friendships and to the richness of our lives.

We were blessed. We lived in a neighborhood where people looked after each other, not just a place where people drove home to after work or school. When Tom Harte and Dan Rosenblatt lost their fathers too early, people cared and looked out for them. When Michael Gilson lost his life in Viet Nam, we all attended his funeral and grieved for him. And, when people moved away from the neighborhood, we were saddened, but we kept in touch and have continued our friendships well into adulthood.

Reunion parties, like this one we held late last month, are tributes to the bonds that these friendships we have forged. We have all changed dramatically, but we have not forgotten where we came from and who our real friends are. The Janey Way memories live on and as long as I can remember them, I will continue to write about them.

"These stories live on as a testament to our friendships and to the richness of our lives."

Attention readers: New look arrives for www.valcomnews.com

The Valley Community Newspaper, Inc. Web site, www.valcomnews.com, has received a massive makeover, providing for a new and interactive experience when searching for your local news or downloading your favorite community newspapers: the Arden-Carmichael News, the East Sacramento News,

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We appreciate your comments on these developments. Send your thoughts, comments and news tips to ryanrose@valcomnews.com.

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Second annual 'Young @ Art' competition shines spotlight on Sacramento-area youth artists

By **SUSAN LAIRD**
Arden-Carmichael News Writer
susan@valcomnews.com

One of the most exciting art competitions for middle school students in the Sacramento region is calling for entries in early February.

"Young @ Art" 2010 is an art show for students in the sixth, seventh and eighth grades. It is sponsored by St. Francis High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. Students and their teachers will be recognized at the event.

The show will be held at the St. Francis High School

Arts Complex on Wednesday, Feb. 24, from 5 p.m. to 7 p.m. Awards will be presented to students and teachers at 6:30 p.m. Entries should be submitted the afternoons of Feb. 8 or Feb. 9.

"The show is for sixth through eighth graders to show their artwork together," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "We are offering a venue for middle school students to show their work outside of their own art classroom or school halls. It elevates the importance of their work to show work at an outside gallery with other artists. The experience offers students the opportunity to see peer work, to be inspired and to feel validated. Art teachers have the opportunity to see projects, assignments and mediums that

other teachers have used. They can talk to each other about the process and experience."

Last spring, some 35 schools entered the first annual "Young @ Art" show. It was a tremendous response, considering that the inaugural show launched on relatively short notice.

"We had no idea how many pieces of art to expect and were excited to see so many schools bring so much wonderful art onto our campus," Danielson said. "The opening was truly one of the warmest, fuzziest, fun events on the St. Francis High School campus. During last year's show, I silently walked amongst the hundreds of middle school artists and their support team: their parents, grandparents, siblings, and teachers who were talking to everyone, taking pictures of school groups

and individuals with their art piece, high-fiving, hugging with congrats, and collaborating. It was great."

Danielson is certain that more schools will enter this year. She is looking forward to seeing some of last year's artists return with new work and new artists join in the fun.

The arts are viewed as an important part of the curriculum at St. Francis High School.

"Creativity is an exploration of one's thoughts put on paper or other media," she said. "It uses brain skills that other 'more academic' classes may not tap. For many, art can be a calming stress-reliever and others find it more interesting to express themselves through art than through writing. Offering the arts to students allows them to find out about themselves, how they best communicate to others, how to appreciate and interpret art, and how to enjoy the process. It makes for a well-rounded and interesting person."

The high school's art department and Patrons of the Arts board enjoy hosting this annual event, according to Danielson, "because it encourages students to take art in school and to draw/paint/sculpt for fun in their free time. St. Francis teachers also take the opportunity to talk informally to the students about the St. Francis High School co-ed Summer Art Workshops for middle and high school students, as well as

our well-rounded arts program for the St. Francis student."

Awards and gifts at the show will include a full scholarship to the St. Francis Summer Arts Workshop (a co-ed program worth \$350), a \$100 gift certificate to University Art, a \$100 gift certificate to Utrecht, a sketchbook and charcoal, St. Francis Arts t-shirts, thank you gifts for teachers and much more.

Artwork entries should be dropped off between 3:30 p.m. and 5 p.m. on Feb. 8 or Feb. 9 at the school's Theatre Complex Foyer. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

The limit for submissions is up to 20 pieces per school and one work per student of any medium or size.

All pictures must be matted and labeled. (It is not necessary for canvases or sculptures to be matted). The 2" x 3" label must be permanently affixed to the front, lower right hand corner of the piece. The label should list: 1. the student's first and last name; 2. student grade level; 3. school name; and 4. art teacher's name.

For more information, interested parties are encouraged to contact Danielson at edanielson@stfrancishs.org or (916) 452-3461 ext. 200. Information is also available at the school's Web site, www.stfrancishs.org.

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Martial artists punch out domestic violence

Special to the Arden-Carmichael News

Zen Martial Arts Center, WEAVE Inc., and Sacramento Parks and Recreation are teaming up to offer a free women's self-defense and empowerment seminar. The class will be held at the Coloma Community Center in East Sacramento on Saturday, Jan. 23, at 1:00 p.m. It is completely free to all women in the community ages 13 and up.

"We wanted to make sure that this class was available to everyone – especially those that need it the most," said Zen Martial Arts owner Mike Oliver.

The one hour class will not only teach women a series of easy to learn self-defense moves, but the experienced instructors will also share important awareness and safety tips that everyone should know.

"Self-defense is more than just punching and kicking," said Oliver. "Awareness is self-defense. Being around good people is self-defense. And believing in yourself and that you can achieve anything—that's real self-defense."

Before and after the class, donations will be accepted for WEAVE. One-hundred percent of all donations accepted will go directly to the non-profit organization. Donation receipts will be made available upon request. If you are unable to attend the class but would like to make a donation to WEAVE, you can do so at WeaveInc.org.

About Zen Martial Arts Center:

Zen Martial Arts Center is a martial arts school that gives children and adults the tools of the martial arts to empower themselves and turbo-charge their lives. All classes are separated by age and experience level and are taught in a safe and non-embarrassing environ-

ment. To learn more about the programs offered at the center or to schedule a trial class for you or your child, call 530-613-6779 or visit ZenMartial.com.

About WEAVE:

WEAVE is a non-profit organization that is committed to bringing an end to domestic violence and sexual assault in partnership with the community. WEAVE is the only provider of comprehensive services to victims of domestic violence and sexual assault in the county. While there are other organizations providing portions of what WEAVE provides, WEAVE is the only organization that provides the 14 core domestic violence services required by the State of California. For more information, visit WeaveInc.org.



Arden-Carmichael News Photo/Ryan Rose

Zen Martial Arts owner Mike Oliver welcomes the community to a special WEAVE fundraising event Jan. 23 at the Coloma Community Center in East Sacramento.

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GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

JANUARY

Jo Anne Marquardt art show

The Unitarian Universalist Society of Sacramento presents an exhibition of the artwork of Land Park resident Jo Anne Marquardt Jan. 22 to Mar. 21, 2010 at the USSS Auditorium located at 2425 Sierra Blvd, Sacramento. An opening reception will be held on Friday, Jan. 22 from 5:30 to 7:00 p.m. This event is free. For more information visit www.uuss.org.

JANUARY 14

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, January 14, 2010 from

1 p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Digital Photography." A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

JANUARY 15

Organic gardening

On January 15, 2010, the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program will be "Soil...not just a dirty word" by guest speaker, Steven Zien, CA Certified Nursery Professional, Living Resources Company and Sacramento's Organic Advocate. Call 916-635-6724 for information.

JANUARY 16

Elks Lodge crab feed

Elks Lodge No. 6 is holding a crab feed Jan 16. Activities include no host cocktails at 6 p.m. Dinner is at 7 p.m. There will be a raffle after dinner. Tickets are \$28. Proceeds benefit lodge scholarships for students. The event takes place at the Elks Lodge No. 6, 6446 Riverside Blvd. For more information call, (916) 422.6666.

JANUARY 18

MLK Jr. march

Monday, January 18th, 2010 Martin Luther King Jr. March and Celebration. Get Involved and Make a Difference. Visit www.mlk365.org for more information or call 920-8655.

JANUARY 20

Genealogical Association meeting

The Genealogical Association of Sacramento will have its regular meeting on Wednesday January 20, 2010 in the Belle Cooledge Library at 5600 South Land Park Drive, Sacramento. The meeting is at 1 PM The speaker will be Karen Paige from the California State Library. She will teach us how to navigate the many resources held at the California State Library. Members are encouraged to attend and please bring a friend. Interested guests are welcome too.

Tour Through the Root Cellar

Root Cellar - Sacramento Genealogical Society - January 20, 2010. Informal workshop to exchange ideas, get help and share research experiences. Presentation: "A Tour Through the Root Cellar Website" with Sandi Benward. Merrill Gardens (Garden Square Room), 7418 Stock Ranch Road, Citrus Heights, 1pm-3pm. Sign-in at front desk, get a guest badge, sign out when you leave. Free, everyone welcome. Contact John Jay (916) 331-0963, jksljay@sbcglobal.net, or www.rootcellar.org.

JANUARY 21

Brown Bag Poetry Readings

The Sacramento Poetry Center, 828 I Street, will hold a poetry reading from noon to 1 pm, the third Thursday of every month,

at the Central Library. Brown Bag poetry begins Thursday, January 21st and continues through the year. Sacramento poet Mary Zeppa will host the readings with assistance from poet Lawrence Dinkins and Poet Laureate Bob Stanley. Bring a brown-bag lunch and your favorite poem, or you may select from material available in the library. More information: 916-264-2920

JANUARY 22

Annual hot crab feed

Annual HOT Crab Feed & Auction Benefitting Courtyard School. Featuring the Captain Bob's famous HOT CRAB! Delivered live to the event, prepared onsite and served HOT to your table. All you can eat HOT crab, pasta, bread and salad! No to go bags, please. Tickets are \$50 per person; limited seating at 300. \$450 if you order a table of 10. The event will benefit Courtyard School and will feature raffle items, live and silent auction as well as a dessert auction. The evening starts at 6pm with a social/cocktail hour followed by dinner at 7:30 p.m. Located at the Dante Club, 2330 Fair Oaks Blvd. Tickets can be purchased at the school: 205 24th Street, Sacramento, CA 95816. For more information contact the school at 916-442-5395.

JANUARY 23

Women's Self-Defense Class/WEAVE Fund Raiser

Held Saturday, Jan. 23, at the Coloma Community Center, 4623 T St., from 1 to 2 p.m., learn the tools necessary to increase your awareness, defend yourself from bodily harm, and turbo-charge your life by becoming self-empowered in this safe, fun, and non-embarrassing seminar for women. The instructor has taught active law enforcement and security guards the same proven

techniques that you will learn. Start the new year feeling smart, safe, and strong! This Women's Self-Defense Seminar is being offered to the community for free as a fundraiser for WEAVE by Zen Martial Arts and Sacramento Parks and Recreation. Donations for WEAVE will be accepted at the class. Receipts available. For more information, call 530-613-6779 or visit ZenMartial.com.

JANUARY 27

Embroiderer's Guild meeting

Embroiderer's Guild of America, 7 p.m. Wednesday, January 27, 2010, SMUD Building, 6301 S Street. We will be stitching Kissing Pillows. This is a national project donated to the military. Visitors welcome. For more information, call (916)961-3558.

FEBRUARY 1

Free Hula Dance Class

Enjoy fun, exercise, and friendship ~ Hawaiian Style on the February 1st, from 9:30 to 11am. Move your hands and hips to the soothing sounds of traditional island music. Learn to do the Hula the fun and easy way. Anuhea Toyama will teach simple dance steps and graceful hand movements in this free class. Please sign up in advance by phoning 808-5462.

FEBRUARY 2

Wine social at Casa Garden

The next event at the Casa Garden Restaurant: It's different from the usual lunch/show in that it's a wine social. The chosen presenter describes the white wine being poured as Casa serves a hors d'oeuvre that compliments white wine. After a little more discussion about the winery/vineyard, the presenter describes the red wine being poured while a different hors d'oeuvre is offered. Then you are served the entree you've selected, non-alcoholic beverage, and dessert - tax and gratuity all for \$20.00!! Reservations are required. For more info or tickets, call (916) 452 2809.

FEBRUARY 3

Zumba Class

Event is Wednesday sessions beginning February 3, 2010 from 6:30-7:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$20 for 4 week sessions. FREE parking. Register at La Sierra Community Center. Call 483-7826 for more information. The latest in cardiovascular workouts! Move and groove to Latin rhythms for an aerobic exercise that burns 600-800 calories all while having fun.

FEBRUARY 6

School crab feed

St. John the Evangelist School presents its 27th Annual Crab Feed Dinner on Saturday, February 6th from 6pm to midnight. No host bar from 6pm to 7pm, 7pm to 9pm is dinner and raffle and from 9pm to midnight is dancing. Tickets are \$39 per person and can be purchased in the school office at 5701 Locust Avenue, Carmichael. Dinner includes salad, pasta, crab and dessert. All proceeds go to the school for yearly expenses. Call 481-8845 for more information.



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FEBRUARY 6-7**Jewish Film Festival**

Humor Abounds at the 13th Annual Sacramento Jewish Film Festival, Saturday February 6 and Sunday February 7, 2010. It all happens at the Historic Crest Theatre 1013 K Street. Advance tickets are on sale now at the Crest Box Office and tickets.com. Tickets are \$10 general admission, \$8.50 for seniors, students and Friends of the Festival. Festival passes are \$34 general, \$30 for seniors, students and Friends of the Festival. Saturday and Sunday Day passes are \$18.00, \$16.00 for seniors, students and Friends of the Festival. For additional information go to www.thecrest.com, www.sacjfff.org or by calling 916-442-7378.

FEBRUARY 9**Gray Panthers meeting**

Pending state and federal health legislation will be the topic of the February 9th meeting of the Gray Panthers of Sacramento. Specialists in the health field, as well as members of the audience, will express their views on this subject. The meeting, which is open to the public, will be held at 1 PM at the Hart Senior Center, 915 27th Street, Sacramento (between I and J Streets). Further information can be obtained by calling (916) 921-5008.

FEBRUARY 11**Computer club meeting**

The Mission Oaks Computer Club will meet on Thursday, February 11, 2010 from 1:00 p.m. to 3:00 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Using Online Bill Paying Systems." A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

FEBRUARY 14**Concert at All Saints**

Matthew Walsh, Organist and Maria Caswell, Violinist, in Concert at All Saints Episcopal Church, 2076 Sutterville Rd., Sacramento, on Sunday, February 14, 2010 at

4:00 PM. Music by Rheinberger, Bach and others, with \$10 donation. For more information, visit www.allsaintssacramento.org or call 455-0643.

FEBRUARY 15**American Heritage Day**

American Heritage Day event at 10 a.m. to 2 p.m., 8201 Greenback Lane, Fair Oaks. The 8th Annual American Heritage Day will be held at Mr. Vernon Memorial Park. This event brings history to life for children with hands on/re-enactment performances. Families can enjoy over 17 different performances and continuous free entertainment. For more information, call (916) 969-1251.

FEBRUARY 18**What Do I Do with All This Stuff?**

Event is Thursday, February 18, 2010 from 10 a.m. to 11:30 a.m. Carmichael Park Clubhouse, 5750 Grant Ave, Carmichael. FREE class, but must pre-register by calling 485-5322. Start 2010 with a clean-sweep! Surrounded by clutter? Need to organize years of belongings, mementos and paper? This class will help you begin the task of sorting and disposing of clutter to help keep things manageable.

FEBRUARY 24**Los Ninos Service League**

The Los Ninos Service League is holding its next recruitment drive for volunteers to work within our organization. We would greatly appreciate it if you would post the following notice in your next upcoming publication. Thank you in advance for your continued support of the Casa Garden Restaurant and Sacramento Children's Home. Want to give back to our community and have fun too? Become a volunteer in the dining room, kitchen, or garden at the Casa Garden Restaurant. The restaurant, located in the Curtis Park neighborhood, has been raising funds for the Sacramento Children's Home since 1974. For more information about being a volunteer, please join us at our restaurant on February 24, 2010, 9:30 a.m., at 2760 Sutterville Road, Sacramento, CA 95820. Please RSVP by calling (916) 452-2809, as we look forward to meeting you.

Embroiderer's Guild of America

Embroiderer's Guild of America, 7 p.m. Wednesday, February 24, 2010, SMUD

Building, 6301 S Street. "Petite Project" from National EGA. (A bookmark). Visitors welcome. (916) 961-3558

FEBRUARY 26**Crab feed**

South Sacramento Rotary invites you to attend its 28th Annual Crab Feed and Silent Auction, Friday, February 26 at 6 p.m. The event will be at the Elks Lodge No. 6, 6446 Riverside Blvd. All proceeds go to support schools/charities in the community. Call (916) 428-0311 or (916) 396-7244 for tickets. Tickets: \$40.

MARCH 6-7**2010 Camellia Show**

The Camellia Society of Sacramento's 86th Annual Show will be held Saturday, March 6 and Sunday, March 7 at the Sacramento Memorial Auditorium, 1515 "J" Street. Sacramento's official flower is scheduled for public viewing from 3 p.m. to 5 p.m. on Saturday, and 10 a.m. to 5:00 p.m. on Sunday. Admission is free. Doors to the exhibit hall will open Saturday, March 6, at 7:30 a.m. for registration and entry of competitive camellia blooms and or floral arrangements, and will close at 10:00 a.m. All entries must be in place and completed by 10:00 a.m. at which time judging will commence. Entry cards and show information may be obtained in advance of the show from Bob Logan, 500 Stillwater Court, Lincoln, CA 95648, (916) 434-8618 or Don Lesmeister, 4512 Marble Way, Carmichael, CA 95608, (916) 967-8420 or Gary Schanz, 1177 Cavanaugh Way, Sacramento, CA 95822, (916) 447-1969. Entry cards will also be available at the show. For information and space reservations regarding floral arrangement entries, please contact Floral Arrangement Chairperson Mary Arakelian (916) 632-0220.

MARCH 14**Sacramento Symphonic Winds Concert**

Event is Sunday, March 14, 2010 from 3-4:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person, seniors and kids under 12 FREE. Plenty of FREE parking.

International Folk Dance Concert

A colorful show of ethnic dance and music for the whole family. March 14, 2010, 1 p.m. CSUS Student Union Ballroom, 6000 J St, Sacramento, Free Parking. \$7 per person, under 18 years free. This is our 54th year presenting a variety of groups performing dances from around the world - originally started as part of the Sacramento Camellia Festival. Folkdancesac.org.

MARCH 17**St. Patrick's Day Concert with The Swingmasters**

Event is Wednesday, March 17, 2010 from 6:30-8:30 p.m. La Sierra Community Center, 5325 Engle Road, Carmichael. \$5 per person. Plenty of FREE parking! Get your green on and come dance an Irish jig. Festive refreshments for sale.

ONGOING**American Legion Dance**

The American Legion Dance, Held on the first Friday of each month from 7 - 10 p.m. at Veterans Memorial Hall at Royer Park in Roseville, featuring ball-

room, Latin, swing, and night club dances with DJ Bob Wayman. The public is invited and singles are welcome. There is a great wood dance floor, good parking, no-host bar, soft drinks, and snacks. Come dance and make new friends. The hall is located at 110 Park Drive. Cost \$8. Info: (916) 783-7267. Proceeds go to support the troops and our veterans.

MONDAYS**Gray Eagles**

Gray Eagles - a M/F social group sharing WW II history of military or sport aviation. Former air, ground, or carrier crew, or anyone interested will enjoy our monthly speakers. Topics include B-17s, Reno races, Fire attack A/C, Airshows. Drop by to visit - FREE. We meet the second Monday, each month at Hometown Buffet, 4300 Florin Rd. (private dining room), Sacramento, 11:30 - 1:30. See www.grayeagles.net or call Lou @ 421-0844.

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

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