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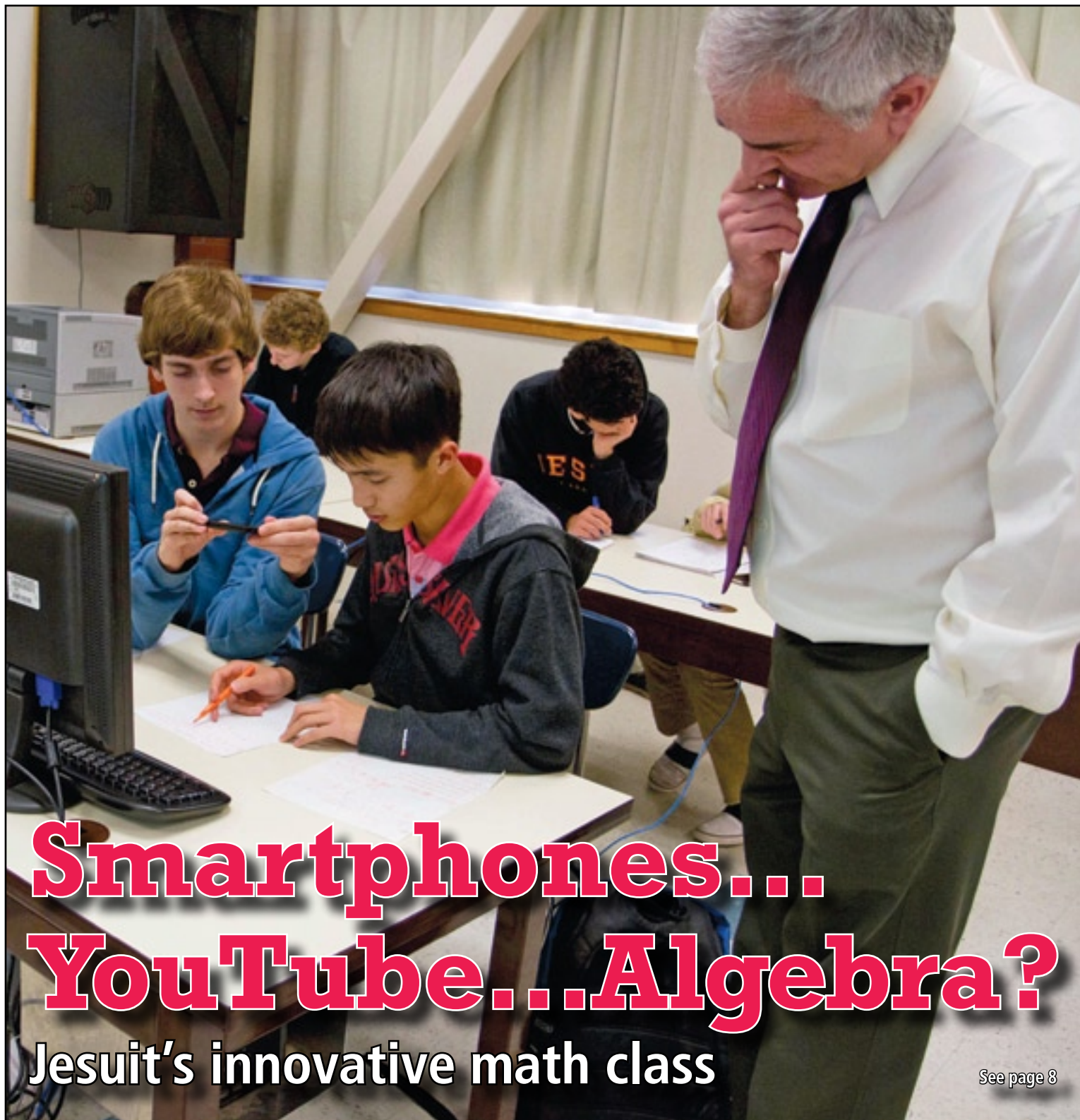
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65 million years per hour

A leisurely Cenozoic history of Sacramento County

Special to Arden-Carmichael News

Join the Sacramento Valley chapter of the California Native Plant Society for an entertaining evening of storytelling by plant ecologist and biogeographer, Bob "Dr. Bob" Holland on March 14. He will regale the audience about the fascinating interactions among vegetation, flora, geology, and soils throughout California that he has been studying for almost four decades.

Sacramento County's geologic history is much more complex than the county's subdued topography might suggest.

"Understanding this unique geologic history is pivotal to comprehending the distribution of the county's vegetation and flora," says Dr. Bob.

He melds his unique combination of botanical and geo-

logical knowledge with wry humor into an easy-going speaking style that is accessible and entertaining for scientists and non-scientists alike.

Working in surprising mixed media, Dr. Bob and his "botanartist" spouse, Ginny Dains, will walk listeners through the past 65 million years, exploring how geological history has shaped the plant communities we see around Sacramento County today. It will be quite unlike any geology talk you have experienced – especially when they serve up the conclusion. Don't miss this opportunity to be carried away by Dr. Bob's infectious enthusiasm and sense of humor!

The lecture will be held Wednesday, March 14th during the monthly meeting of the Sacramento Valley Chapter - California Native Plant Society and will take place



Photo courtesy, Josie Crawford
AT THE SPEED OF EONS. Dr. Bob Holland illustrates the geologic history of the Central Valley by preparing a multi-layered salad.

at the Shepard Garden and Arts Center at 3330 McKinley Blvd. in Sacramento. It begins at 7 p.m. and is free and open to the public. Books, wildflower seeds, and other merchandise are available for purchase. Refreshments are provided.

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Dead bird first sign of 2012 West Nile Virus

Special to Arden-Carmichael News

The Sacramento-Yolo Mosquito and Vector Control District received confirmation on Feb. 14 that a house finch has tested positive for West Nile virus in Sacramento County.

This is the first bird to test positive in the entire

state and the first sign of West Nile virus activity in the area for the 2012 season.

"Finding the first positive bird is significant because it means that the virus is present in our area" said David Brown, dis-

trict manager. "With the very mild winter and the warm temperatures we've had so far, it's not unusual to find a positive bird so early."

Dead birds provide an early indication of where positive mosquito samples may

also be found and where human cases may develop later in the season.

The public is encouraged to report dead birds by calling the California Department of Public Health hotline at 877-WNV-BIRD (877-968-2473).

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American Red Cross helps military families Reunite, reconnect and rebuild after military deployment

Special to Arden-Carmichael News

The Capital Region Chapter of the American Red Cross is offering Reconnection Workshops, presented by Walmart, on March 3 and March 24 at its Sacramento office, located at 1565 Exposition Boulevard in Sacramento.

Four facilitated sessions will be offered to focus on skills building to enhance the likelihood of positive reconnections with armed forces personnel and their families following a military deployment.

"Deployments are a fact of life in the military," said Trisha Johnson, emergency services manager. "Whether a service member's absence is due to a training exercise, sea duty, combat, or unaccompanied duty in a remote location, separation and reunification pose unique opportunities as well as challenges for all family members. The American Red Cross, with support from Walmart, developed a series of workshops to assist all military families in managing the family's readjustment to the service member's return."

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mental health professionals lead participants through information and discussions designed to help them identify and respond to the challenges of readjusting to and transitioning back to a changed family dynamic. The workshops are targeted to service members and their spouses, children, parents, siblings and significant others. Topics include Communicating Clearly, Exploring Stress and Trauma, Relating to Children, and Working Through Anger. Participants have the option of choosing any or all of the workshops.

Each workshop is approximately two hours in length. Participants can take them in any order and select those most applicable to their situation. Workshops are free to military members and their families and occur in a supportive and confidential environment.

For more information about the current workshop being offered or to register for future workshops visit www.redcrossrc.org or contact Samantha Clark at (916) 993-7087 or clarksam@usa.redcross.org.



Three Generations of Big Fish Stories

When I was a kid, dad and I spent weekends at the lake with Grandad. Nothing made me happier than being with these men who I idolized.

We'd fish all day and eat all night. And in between, the two of them would be "storying" non-stop. I couldn't tell if their tales (accompanied by their guffaws) were true or just sort of true. Sometimes my eyes would get big as I heard about "the big black bear that nearly stole the car," or the "snake that slept with Grandma." Sure, they taught me to hunt and fish; but they also gave me the gift of gab – the pure joy of connecting with people.

Now dad lives alone in that cabin - neighbors stop in to check on him, they say he seems lonely. He needs help with daily tasks; food prep, housework, and transportation. He's not willing to admit he needs more help than the neighbors can give.

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'Looking Ahead to High School' at the library

Special to Arden-Carmichael News

Middle school students and their parents will learn how to prepare for the high school years at a special session, hosted by CollegeGPS at the Arden-Dimick Library on March 14 at 6:30 p.m. Registration is required to attend this event.

The high school years lay the foundation for a successful college experience. Students and parents will learn how to select coursework and extra-curricular activities during high school so as to ensure a successful college application process in the future.

CollegeGPS guides, prepares and supports students and their families as they navigate the college ad-

missions process. The primary goal is to help students find the right fit: the college where they will be successful academically and socially and where they will grow and develop into young adults prepared for life and work in the 21st Century.

There are over 3,000 colleges in the United States. Programs such as this

one helps families to find the best match.

The Arden-Dimick Library is located at 891 Watt Avenue in Sacramento. To register, visit the library, call (916) 264-2700 or visit www.saclibrary.org and click on "Events," then select the Arden-Dimick Library location.

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Arden-Carmichael News photo, Lance Armstrong

THREE GENERATIONS of the family-owned business, Cake Castle Bakery and Supplies, are (left to right): Julie (Ogg) Wong, Barbara Ogg and Makaela Mendler.

Know your neighbor

Cake Castle Bakery and Supplies has been serving the community for four decades

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

Among the longtime businesses of Carmichael is Cake Castle, a business that has been in operation since 1969.

The business is known for offering a wide range of cake-making products from cake pans and tools such as spatulas, tips and bags to cake filling and frosting. Candy-making supplies such as chocolate, candy sticks, molds and packaging are also available.

Furthermore, Cake Castle's south Sacramento location offers similar items, as well as a bakery, where the public can purchase fresh cakes, pastries and other sweets.

However, Cake Castle bakery items can be ordered through the Carmichael store, which is located at 7907 Fair Oaks Blvd., between California and San Juan avenues.

The business's large size and plentiful inventory is evident through the many Cake Castle customers who commute long distances to make purchases at either the Carmichael store or the south Sacramento store.

Recipe for survival

While most other businesses that were established during the era that Cake Castle was founded are no longer in operation today, the business has

managed to survive through a recipe of offering many consistent and quality products and placing an emphasis on first-class customer service.

Cake Castle did not originally include a bakery, as it was instead founded solely as a cake decorating supply store. The store's original owner was Betty May.

A year later, May sold the supply store to Jeanette "Jeri" Upchurch, who opened the Cake Castle bakery in about 1971.

The cake decorating supply store was originally located at 4020A California Ave. and the bakery was first opened only a storefront away in the same building.

Sometime in the early 1970s, a second Cake Castle supply store was opened at Lemon Hill and 47th avenues, near Sacramento Memorial Lawn and Home of Peace cemeteries. This store was also owned by Upchurch.

Although she had no idea at the time, Upchurch hired one of the business's most important employees, current Cake Castle co-owner Barbara Ogg, to work the counter in her supply store in 1974.

Two years later, Barbara was in negotiations to pur-

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See Castle, page 7

Castle: Three generations serve customers with cakes, cake making supplies

Continued from page 6

chase the Lemon Hill store, which was instead purchased by Judy Lynn Mason.

The Cake Box

Barbara continued to work at the Lemon Hill store under Mason's ownership for about three months. But her desire to operate her own business led to her establishment of a bakery known as The Cake Box at 6452 Stockton Blvd.

This short-lived business served as a sort of additional training ground for Barbara's later ownership of Cake Castle.

Barbara said that her interest in the retail bakery and supplies industry began through Southgate Recreation and Park District-sponsored cake decorating classes that she took in about 1973 from an instructor, who Barbara remembers only as Billie.

In about 1977, Phyllis Lawson, who was serving as Cake Castle bakery's manager, purchased the bakery from Upchurch.

Barbara and her husband Ron became the new owners of Cake Castle bakery on Dec. 1, 1979. The supply store was sold to Donna Graham a year later.

After the Oggs' business acquisition, Barbara was still the proprietor of The Cake Box. She maintained ownership of The Cake Box until 1982, at which time she decided to merge her businesses.

It was also at this time that Cake Castle began its long-time operation at 7601C Stockton Blvd.

Cake Castle's then-separately-owned bakery and supply stores on California Avenue relocated to 6241 Fair Oaks Blvd. in 1983.

With Graham's liquidation of her supply store in 1989, Barbara and Ron added cake decorating supplies to their bakery on Fair Oaks Blvd.

Cake Castle's Carmichael store returned to its original area in about 2000, when it was relocated to its current 7907 Fair Oaks Blvd. site.

The business's other current store has been located at 5601 66th Ave., Unit C since about 2001.

At the time that the Oggs began their ownership of

Cake Castle, the business had about 12 employees, including Nancy Breaks, Carol Heiser and Doris Miller.

In the black

Barbara said that one of her most exciting times during her ownership of Cake Castle was the moment when the business was no longer in the red.

"What was really exciting was when we had paid all the bills and our profit was a dollar," Barbara said. "I mean, that was a long time coming. We paid everything. All of our rent was paid, our electricity and everything, so we were not in the hole, so to speak. It took probably a couple of years (to reach that financial accomplishment)."

Julie (Ogg) Wong, who manages the south Sacramento store, said that the industry has changed since her family began operating Cake Castle. And as a result, she added that the business has adapted with these changes.

Cake evolution

"The pricing of cakes were a lot less back then (in the early years of the Oggs' ownership of Cake Castle)," Julie said. "And the way that (cakes) are decorated, for instance, like

(for) weddings (is different). Back then it was just butter cream. You may have had just a few different designs, more of the traditional look, whereas today you have a lot more of the TV shows – 'Cake Boss,' 'Ace of Cakes.' They want all of the fondant work, the rolled fondant."

Three generations

As a family business, Julie's father Ron and her brother, Brian, also play important roles working at Cake Castle's Carmichael store.

A third generation of the family, Julie's daughter Makaela Mendler, also works for the company.

Barbara has come full circle in her business life, considering that her career began through cake decorating classes and she now teaches cake decorating classes with Julie at the south Sacramento store.

Cake decorating classes are also taught at the Carmichael store by Cathy Bianchi.

Both Cake Castle locations are open Tuesdays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 4 p.m.

For additional information regarding Cake Castle's offerings, including its



Arden-Carmichael News photo, Lance Armstrong
MAKAELA MENDLER places icing on freshly made muffins at Cake Castle Bakery and Supplies.

cake decorating classes, call 4040 (south Sacramento store) or visit the Web site (916) 944-5055 (Carmichael store) or (916) 394- www.cakecastlebakery.com.



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Lights...Camera...Algebra!

Jesuit High School math teacher educates through YouTube

By **CORRIE PELC**
Arden-Carmichael News writer
corrie@valcomnews.com

The ability to take and post videos to the Internet with ease has become a very large part of our mainstream lives over the past few years, mainly in thanks to the website YouTube. According to an article on RealSEO.com, over 2 billion videos are viewed each day on YouTube, and over 35 hours of video are uploaded by users each minute.

While you may think the majority of those videos are of cats doing silly things, there's a new movement toward using YouTube as an educational tool. And this movement is being driven by teachers like Vito Ferrante, an algebra teacher at Jesuit High School in Carmichael.

Ready for his close-up

Two years ago, Ferrante wanted to try using video technology for classroom instruction, so he created his

own YouTube channel, "Ferrante Math," and began posting videos of himself working out different algebra problems, showing just his hand writing out the problem and his voice explaining the process. Ferrante now has about 100 videos on his YouTube channel that he has used his iPhone or iPad to record and upload.

"In a sense it's become a type of online textbook and the kids can access it at any time if the need to," Ferrante said.

Ferrante said giving his students access to these instructional videos at all times of the day has helped him reach the various different types of learners in his class.

"Anytime you have over just one-on-one instruction, you're going to have 20 to 30 different types of learners in one classroom," he explained. "And just because an instructor said something once or even twice, that doesn't mean that everyone gets exactly what's



Photo courtesy, Jesuit High School

ALGEBRA STUDENTS at Jesuit High School Logan Kemper (left) and Michael Fat (middle) work on a math video while Vito Ferrante (right) looks on.

See Math, page 9

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Math: Traditional curricula meet new technologies for teaching

Continued from page 8

being said. So rather than needing to repeat things over and over the kids can go home and look again (at) what the instruction was.”

Handy for homework

For freshman Andres Ramirez, having access to Ferrante’s videos has been helpful when he’s home studying or doing homework.

“A lot of times when you see a teacher do a math problem, it seems really easy in the classroom and I find when I get home I totally forget how to do it,” he explained. “It’s really helpful when Mr. Ferrante posts the videos because I can go over what we learned in class and just refresh it in my memory so it will help me.”

Turning the tables

Due to the success of Ferrante’s instructional videos for his students, he decided to turn the tables and see how the students do making their own videos utilizing their smart phones. Starting this semester, every student in Ferrante’s accelerated algebra class has their own YouTube channel. They work in teams in the class during the week, taking turns videotaping each other working out algebra problems. The teammates then critique each others’ work and at the end of each week they must upload one video to their YouTube channel for Ferrante to look at. This allows him to hear the student “thinking aloud” the problem and its solution, giving him the opportunity to accurately pinpoint where a student may be going wrong or “they’re doing something very clever that maybe I hadn’t thought of,” Ferrante said.

Ferrante also said this process allows the students to learn how to work in pairs, how to give construc-

tive criticism to a teammate, and how to use technology in both an innovative and responsible way.

“I’m a real firm believer that teachers need to model the usage of technology because we care about all the bad things that happen with texting and sexting and all that sort of thing, and we can model for the kids there are better ways to use these devices,” he added.

Freshman Spencer Bluett has found the process of making his own videos has helped teach him how to combined education and technology. He also enjoys working with his partner on the videos and has found it be helpful when trying to figure out math problems.

“I like how Mr. Ferrante gives us freedom (to) go off and work together,” he said. “I think that really helps us understand because we’re the same age and we have the same questions — we can talk about it and discuss what we think about how it’s done.”

The Future

Through this process of combining education with technology, Ferrante said it has quite honestly made him a better teacher.

“I was always pretty well aware of the limitations of just a traditional classroom – I can be as eloquent as I need to be, but the reality is that in a sea of 25 faces, I’m only hitting a certain percentage of those kids that understand what I am saying,” he explained. “What it’s done for me now is it’s allowed me to have a better differentiation in the classroom. I’m able to target much more succinctly each one of the individual kids and I think that’s where education is going, quite honestly, into differentiation, individualized learning.”



Photo courtesy, Jesuit High School
USING NEW TECH. Two algebra students, Joseph Nyguen and Chris Ruggles, left to right, work on a YouTube video, using a smart-phone.

Ferrante’s success has other colleagues at Jesuit interested in the prospect of doing something similar in their classrooms.

“In education, we often talk about the importance of integrating technology and instruction to enrich lessons,” said Jesuit High School Principal Brianna Latko. “Tony Ferrante does this in incredibly creative ways, engaging students both in and out of the classroom. His innovative approach to technology as a tool for learning has benefited his students and our school community greatly.”

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Christian Brothers High School artists helping the hungry

Special to Arden-Carmichael News

Getting their hands dirty for a good cause, Christian Brothers High School's ceramics students, artists, teachers and even a few novices are working to create ceramic bowls in support of the ninth annual River City Food Bank Empty Bowls Luncheon.

On Feb. 22, approximately 40 students will be setting their alarm clocks for an early wake-up to ensure they arrive on time for the school's fifth annual Bowl-a-Thon. The 6 a.m. event is the final push in CB's efforts to complete the 300 bowls promised for this year's luncheon.

"While teenagers aren't typically known as early risers, they show up for this event enthused about the art and energized to support the cause," said CB ceramics teacher, Robert Boriskin.

"It's worth it to wake up early for a good cause," said senior Katie Hunt who has already contributed two bowls to the event. "When you think about how many people in this community go to bed hungry, it is worth it to sacrifice a little sleep to help."

Nathan Kauffman, a junior, volunteers at the Sacramento Food Bank every other Sunday.

"I'm really glad to have the opportunity to help the River City Food Bank," he said. "They do a lot of good for this community and it's a fun way to help others."

"The Christian Brothers' philosophy of service is alive and breathing deeply in Robert Boriskin's ceramics classes," said Eileen Thomas, executive director of River City Food Bank. "He not only helps the students create amazingly beautiful

bowls, but he takes the time to teach them the 'reason.' There is need in our community and we can all help through our own gifts and talents. His care and commitment is manifested in every bowl he throws and he models that for every student in his classroom. The Empty Bowls event has been blessed by Mr. Boriskin and CB students these past five years and River City Community Services is very grateful."

"I am so proud of the students," Boriskin said. "They work year-round to create bowls. More importantly though, they really take the time to learn about hunger in our community and embrace the opportunity to help. I'm looking forward to the Bowl-a-Thon and to continuing our support of River City Food Bank and the work they do for the community."

Empty Bowls is River City Food Bank's largest fundraising event to raise awareness in the fight against hunger in Sacramento County. The 9th annual event will take place on March 5 and 6 at a new location: the Sacramento Convention Center. The evening soup supper features wine, appetizers and gourmet soup from Classique Catering and bread and desserts donated by some of Sacramento's finest restaurants. Luncheon guests will enjoy a simple meal of soup from great local restaurants, bread, cookies and water. All attendees will select one of over 1,500 beautiful hand-made bowls donated by professional potters, glass artists, wood turners, and area students to take home with them as a reminder of the many in our community that are hungry and face an empty bowl each day. Tickets may be purchased online at www.rivercityfoodbank.org.



Photo courtesy, Christian Brothers High School
STUDENT ARTISTS at Christian Brothers High School in Sacramento are working to create ceramic bowls for the 9th annual River City Food Bank Empty Bowls Luncheon.

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School lunches see increased nutrition – and prices

By **CORRIE PELC**
Arden-Carmichael News writer
corrie@valcomnews.com

The school lunch line has come a long way over the years. Gone are the corn-dogs and French fries, and in are much healthier options like salad bars and soup. And the 'ole school lunch standby, pizza, has gotten a makeover as well – now it's made on a whole grain bread with a light marinara sauce and part-skim cheese.

"People think sometimes pizza is bad, we get a bad rap for that, but they get a healthy pizza here," said Brenda Padilla, manager of the Nutrition Services Department for the Sacramento City Unified School District (SCUSD).

Going greens

According to Padilla, over the past few years SCUSD has been implementing a number of changes in school lunches, including more whole grains, fruits and vegetables. Students also have access to a fresh salad bar every day.

"Of course, we want them to eat it. So we're introducing things to get them used to seeing them, things like spinach and kiwis," Padilla said.

These changes helped the district prepare for the US Department of Agriculture's (USDA) new rule, announced this January, that brings school nutrition meal pattern requirements in line with the latest Dietary Guidelines for Americans (DGAs). Padilla said the new regulations "change our meal patterns more than they have been changed in the last 15 years. We're required to serve a certain amount of things: that being meat, meat-alternate, bread, grains, fruits and vegetables, and

dairy milk." She said the new regulations also look at sodium and calories.

San Juan Unified School District (SJUSD) is working proactively to make changes to its school lunch program that will put it in line with the new regulations, said Director of Food Services Monique Stovall.

"We already offer plenty of whole grains and fresh fruits and vegetables for our families," she said. "We're also working very, very closely with our food vendors to make sure that the foods we already serve meet the requirements of the regulations."

Additionally, Stovall said that SJUSD's Food Services Program follows the SHAPE (Shaping Health as Partners in Education) California nutrients and menu planning program, which requires the district to have an even more stringent nutritional guidelines.

"That means that we also look at fiber and sodium much more closely than the regulations require, so students are getting a pretty healthy meal," she said.

Better choices = Increased prices

As most people know, eating healthier comes with a slightly larger price tag. To help offset rising costs in school lunches, recent federal regulations are requiring all school district in the United States to raise their lunch rates to meet an approved rate, according to information on SCUSD's Website, www.scusd.edu. The site states that SCUSD raised its rates, starting Jan. 9, by 25 cents to \$1.50 per lunch.

Padilla said the rise in prices is through the Healthy, Hunger-Free Kids Act of



Photo iStockphoto

HEARTIER NUTRITION comes with a heftier price tag. The price of school lunches is going up across the country – and in the Sacramento City and San Juan unified school districts as well.

2010, which was signed into law by President Barack Obama in December 2010.

"There is a section in there, 'Meal Price Equity,' that does require districts to bring their full-price meal rates up," Padilla said. "The rationale is to get closer to what the Federal government reimburses us for the free rate. A lot of districts already have been incrementally increasing their paid lunch rates over time and those of us who hadn't needed to do it. We were leaning that way anyway, but now that that regulation came out, we want to be in compliance so we did raise ours to ensure we are in compliance."

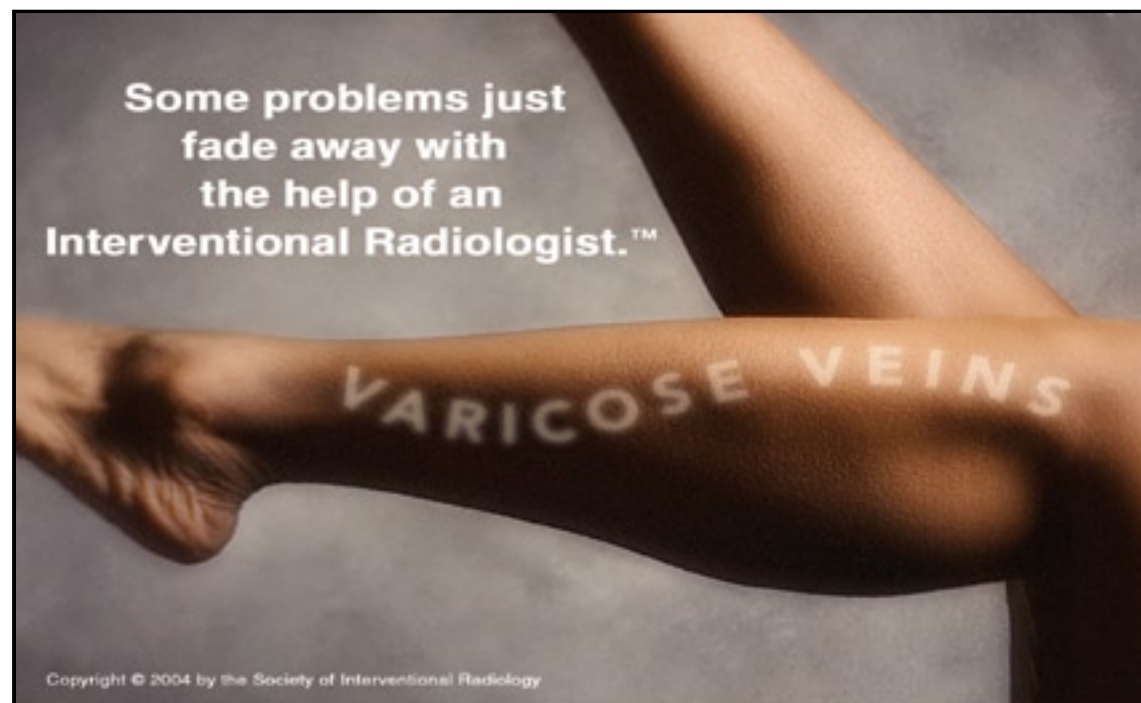
SJUSD raised lunch prices over two school years, Stovall said, bringing its current lunch prices to \$2.75 for el-

ementary and \$3.25 for middle and high schools.

"We were able to make assessments and make the adjustments in two phases to hopefully soften the impact on our families and set us up for several years to come so they don't have to see an increase every single year," she said. "We do not anticipate having to increase our prices, even with the new regulations, for hopefully at least another five years."

The extra funds generated from the increase in prices will help benefit the meal program, according to Padilla.

"The meal program is a partner in education because we all know kids can't learn if they're hungry. They need nutrition, so that money will go back in to help us," she said.



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New federal, state laws regarding tenants will affect real estate in 2012

By JOHN WOODALL
Special to Arden-Carmichael News

It's a New Year, and with it come some new federal and state regulations regarding tenants.

Some of these new laws are technical changes to amend code provisions, etc., but others will affect everyday real estate ownership and transactions. This article summarizes information provided by the legal department of the California Association of Realtors® on many of the new federal and state laws that will affect the real estate industry this year.

Tenant Eviction for Dogfighting or Cockfighting

Senate Bill 426: Any property used for willfully conducting criminal dogfighting or cockfighting is a public nuisance. A landlord can serve a three day notice to terminate a tenant for committing or permitting the public nuisance of dogfighting or cockfighting on the premises.

Tenants Displaying Political Signs

Senate Bill 337: A residential landlord must generally allow a tenant to display political signs related to elections, legislative votes, initiatives, and other political matters as specified. The landlord can make reasonable restrictions as specified, as to location, size, and duration of display, or prohibit signs that violate local, state, or federal law, or a lawful provision in an HOA's governing documents. In a single-family dwelling, a tenant's political signs can be displayed from the yard, window, door, balcony, or outside wall of the leased premises. In a multi-family dwelling, a tenant's political signs can be posted in the window or door of the leased premises.

Tenants Recycling Rights

Assembly Bill 341: A multi-family residential dwelling of 5 or more units (or a multifamily residential dwelling or business that generates more than 4 cubic yards per week of commercial solid waste as defined) must arrange for recycling services in an effort to help reduce solid waste. The required recycling services must be consistent with state or local laws to the extent that these services are offered

and reasonably available from a local service provider. A multi-family residential owner may require tenants to source separate their recyclable materials to aid in compliance with this law.

Tenants Smoking Ban

Senate Bill 332: A residential landlord can prohibit the smoking of cigarettes and other to-

bacco products anywhere on the premises, including any interior or exterior area on the property. For new tenants in 2012, the areas where smoking is prohibited must be stated in the lease or rental agreement. For preexisting tenants before 2012, a new smoking ban is a change in the terms of tenancy that requires adequate written notice, de-

pending on whether the tenancy is a month-to-month or fixed term agreement.

Victims of Domestic Violence

Assembly Bill 588: The law allowing a tenant who is the victim of domestic violence to terminate a tenancy as specified has been revised to require that the notice must general-

ly be given within 180 days of a temporary restraining order, police report, or as provided.

John Woodall, GRI, SRES is a Broker Associate with LYON REAL ESTATE. For more information, contact John at (916) 421-5421, jwoodall@golygon.com or visit www.johnwoodall.com.



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CALENDAR

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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

FEBRUARY

Bilingual Toastmasters

Feb. 23, March 1, 8, 15, 22, 29: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Feb. 23, March 1, 8, 15, 22, 29: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Feb. 23, March 1, 8, 15, 22, 29: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 23, March 1, 8, 15, 22, 29: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic

Disease group

Feb. 23, March 1, 8, 15, 22, 29: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven

Feb. 23, March 1, 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sacramento Downtown Plaza

Farmer's Market

Feb. 23, March 1, 8, 15, 22, 29: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

Feb. 23, March 1, 8, 15, 22, 29: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Understanding Your Phone Bill

Feb. 23: Free workshop. 2 p.m.-3 p.m. Asian Community Center. 7375 Park City Dr., Sac. Lucy Chao (916) 393-9026 ext. 322

Ballroom Dances

Feb. 24, 28, March 2, 6, 9, 13, 16, 20, 23, 27, 30: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Best Friend Fridays

Feb. 24, March 2, 9, 16, 23, 30: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Kiwanis Club of East Sacramento-Midtown

Feb. 24, March 2, 9, 16, 23, 30: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m.-8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Feb. 24, March 2, 9, 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Feb. 24, March 2, 9, 16, 23, 30: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Country Club Plaza Farmer's Market

Feb. 25, March 3, 10, 17, 24, 31: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 25, March 3, 10, 17, 24, 31: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Safari Tours

Feb. 25: The City of Sacramento Dept. of Parks and Recreation's "Safari Tours" travel program features one day trips for active adults that offer a variety of activities at an affordable price. 10 a.m.-noon. Free. Coloma Community Center, 4623 T St., Sac. (916) 808-8687 www.cityofsacramento.org/safari

Nor Cal Big Bands Preservation

Society Dance

Feb. 26: Enjoy dancing to the sounds of the big bands of the early and mid-20th century. 1 p.m.-5 p.m. Singles and couples of all ages are welcome. Special talent at 1 p.m. Snacks at 3 p.m. Prizes at 4 p.m. Dance hosts available. Regular admission \$12, \$11 per person in groups of 10 or more and \$10 for Nor Cal Big Band Gold Card Society members. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

Carmichael Farmer's Market

Feb. 26, March 4, 11, 18, 25: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemon-eysmartusa.org

Co-Dependents Anonymous

Feb. 26, March 4, 11, 18, 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Feb. 26, March 4, 11, 18, 25: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Families Anonymous

Feb. 26, March 4, 11, 18, 25: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addition problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

State Parking Lot Farmer's Market

Feb. 26, March 4, 11, 18, 25: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

Feb. 26, March 4, 11, 18, 25: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Hatha yoga

Feb. 27, March 5, 12, 19, 26: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Nicotine Anonymous

Feb. 27, March 5, 12, 19, 26: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Rotary Club of South Sacramento

Feb. 27, March 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org

Tai Chi & Chi Keung

Feb. 27, March 5, 12, 19, 26: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Feb. 27, March 5, 12, 19, 26: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.free-toasthost.org

Rotary Club of Arden-Arcade

Feb. 28, March 6, 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Feb. 28, March 6, 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Upholstery class

Feb. 28,29, March 6, 7, 13, 14, 20, 21, 27, 28: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Co-Dependents Anonymous

Feb. 29, March 7, 14, 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Rotary Club of East Sacramento

Feb. 29, March 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

Senior Wednesday Club

Feb. 29, March 7, 14, 21, 28: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020



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What does Black History Month mean to you?

By **CORRIE PELC**
Arden-Carmichael News writer

Lauren Hammond
Gambling Control Commission Appointee First African American woman elected to the Sacramento City Council Represented 5th District for the City of Sacramento from 1997-2010



"Most Americans appreciate the music created by us baby boomers. Funk, rhythm and blues and rock and roll changed the world forever. Black athletics transformed professional sports. But I doubt most Americans know the air conditioner was invented by a black man named Frederick M. Jones in 1949, the automatic gear shift by Richard Spikes in 1932, and Sarah Boone – the ironing board in 1887. Sacramento has its own history makers like the late Nathaniel Colley (who was) a great civil rights lawyer who helped integrate South Land Park, and Dr. William and Kathy Lee who launched the Sacramento Observer in 1962."

Pleshette Robertson
CEO & Founder, SacCultural-Hub.com Media Company
Chief Editor, THE HUB Magazine



"Black History Month designates a special month to pay tribute and homage to past and current community leaders, trailblazers, pioneers, and history makers who have contributed to the well-being of African Americans on political, economical, and social levels of society. Laws were changed due to some influential African Americans (but not limited to) Dr. Martin Luther King, Jr., Malcolm X, Harriet Tubman, W.E.B. DuBois, Angela Davis, Frederick Douglas, Sojourner Truth, Marcus Garvey, Rosa Parks and President Barack Obama. As February is spotlighted as Black History Month, I honor those many other African Americans for their achievements and accom-

plishments in the fight for equality and freedom for us to survive and succeed in society despite the insurmountable obstacles that we have had to face."

David DeLuz
President and CEO, Greater Sacramento Urban League



"Black History Month is an opportunity to remember the greatness of our ancestors on this continent, and to marvel at the strength, perseverance and fortitude they displayed in the face of incredible odds. To see first-hand the moral character, dedication and pride they had for their people, faith, family and nation. It is an annual reminder of how I must carry myself in order to preserve the legacy, and what I must demand of myself and others to live up to it."

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Saturday, March 3, 2012
9 a.m. – 3 p.m. FREE

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4701 Gibbons Drive, Carmichael
972-0336 MORPD.com

Show Your Family Roots

All-day seminar hosted by Root Cellar Sacramento Genealogical Society
Sat., March 31, 9 a.m. to 3:45 p.m., doors open 8:30 a.m.

Four sessions by internationally-known genealogical author, George G. Morgan
Bring Them Back to Life: Developing an Ancestor Profile; Push and Pull: The Reasons for Migration; Sidestep Genealogy; & the Genealogist as CSI

Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd.
Advance registration required: \$25 members; \$30 non-members; after March 12-\$35.
Reg form at www.rootcellar.org. Contact Diane at rootcellarsgs@gmail.com

Cal Middle School's Annual Fundraiser

Spring Thing

An evening of food & drink from Sacramento's finest
\$30 per person in advance
\$35 at the door
Purchase tickets from calmiddlespringthing.com or from Cal Middle School 1600 Vallejo Way

Saturday, March 17
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Boy Scouts hold e-waste drive

Story and photos by **BILL CONDRAY**
 Arden-Carmichael News photographer
 bill@valcomnews.com

Members of Boy Scout Troop 802, including the Scouts, their leaders, e-waste committee members, and adults, participated in an e-waste drive at Country Club Plaza Shopping Center on Saturday, Feb. 18.

Early in the morning

They started setting up at 6:30 a.m. Bruce Somers, committee chair, held an orientation and safety meeting with the participants. The donators started arriving early at 7:30 a.m. and they were taken care of prior to the official starting time of 8 a.m.

In the first bin were items with screens (TVs, monitors etc) and the other bin contained other e-waste items.

The Scouts directed the incoming traffic, checking with the donors to meet state regulations, and then directing them to

See Scouts, page 19



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Benefit for Sacramento Artists Council, Inc.
 a non-profit Charity

1st annual SACRAMENTO chilli and beer festival

• Chilli cook off contest
 • Beer tasting provided by local brewers

March 3rd
 12 p.m. to 4 p.m.
 Southside park (2115 6th street)
 Get tickets at sacramentochilliandbeerfestival.com

7th Annual

Animal House

Juried Fine Art Exhibition of Animal Themed Artworks.
 It's a ZOO out there!

February 21 – March 10, 2012
 SPCA Animal Rescue and Artists Award Reception on Second Saturday, March 10, 2012, 5:30-8:30pm. Painting demonstrations by artists and live music by Breez Food and refreshments.

Gallery hours Tuesday 11am-7pm,
 Wednesday through Saturday 11am-3pm.

"Jungle Bird" by Barbara Kempe
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 (916) 971-3713 • www.sacfinearts.org

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Scouts: 25,000 pounds of material kept out of local landfills

Continued from page 18

the unloading area. Adults unloaded the e-waste into the large bins and everyone received a 'thank you' as they departed. All of this took place at a comfortable pace going through the whole system.

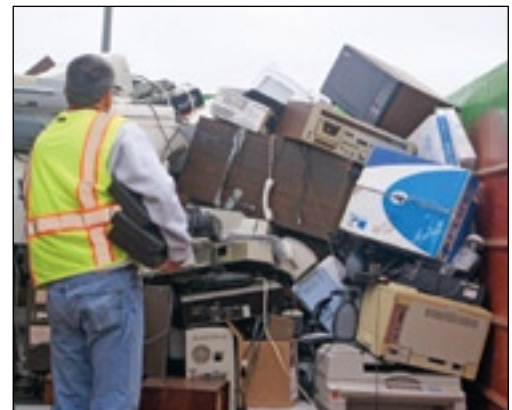
The Scouts and adults had lunch in shifts, so the e-waste unloading could continue. A lot of hot dogs with all the trimmings, assorted fruit, lemonade and water were consumed.

The cars and pickups streamed steadily through all day until after closing at 1 p.m. Three bins were filled and moved to CEAR, who will recycle the contents. All computer hard drives will be shredded to protect any information that was still left on them.

Green with the Boy Scouts" and providing a much needed service to the communities we live in. With the completion of this seventh e-waste drive, the goal of 375,000 pounds total should be met in keeping that much recycled material from the landfills.

At the close of the drive and the last bin picked up, the parking lot where the drive was held left no sign of the day's activity, in the typical Boy Scout way.

The event and others like it have generated funds to help the Troop 802 and the Pony Express District "Friends of Scouting" drive. The e-waste drives also help the local communities by keeping e-waste out of landfills.



Got News?

e-mail susan@valcomnews.com
or call 916-429-9901

Special Worship Services

Lenten Services:
Wednesdays at 6:30pm
February 29th through March 28th

Palm Sunday:
April 1st - 7:45am, 8:30am, 11am

Holy Thursday: April 5th, 7pm

Good Friday: April 6th, 11am & 7pm

Easter Sunday: April 8th, 8:30am, 9:45am, & 11am

Easter Breakfast: 8am - 11am (Youth Fundraiser)

The Lutheran Church of the Good Shepherd
1615 Morse Ave. | 483-0451 | www.goodshprd.org



Great results
Approximately 25,000 pounds of e-waste was recycled from this event meeting the Scouts goals of "Going

Spring Craft Faire

Saturday, March 3
9am - 3pm • FREE



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