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‘Over the Hill Gang’ still going strong

See page 6

New film documents ‘bullying’

See page 2

COMMUNITY CALENDAR, PAGES 17 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 18-19

Inside This Edition

Easter family fun

See page 18

Literacy Little League helps kids to read

See page 13

Pinewood Derby time

Boy Scouts Pony Express District holds Annual Championship

See page 5

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Controversial documentary 'Bully' comes to Tower Theatre

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

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BULLY is a newly-released film that shows the impact bullying has on American school children. The film follows the lives of five students over the course of a year.

This year, 13 million American kids will be bullied, and three million students will be absent because they feel unsafe at school.

These two facts were taken from the official website for the documentary "Bully," which will be opening at the Tower Theatre in Land Park on April 13.

The movie shows the impact bullying can have by following the lives of five children from different areas of the United States and how the bullying they are enduring has affected them and their families. The documentary was filmed over the course of the 2009-2010 school year.

Mike Oliver, owner and lead instructor of Zen Martial Arts Center at the Coloma Community Center in East Sacramento, has been following the news about "Bully" since he first heard the documentary was being made. He plans to view it and take some of his students with him.

That's because Oliver teaches "verbal judo" to both kids and adults as a tactic to combat bullies without resorting to violence. He says it's the same type of system taught to law enforcement officials to deal with criminals in a non-violent way.

"We've adapted those same principles that they use, but teaching it to kids so they can use the same skills, the same techniques to deal with bullies on the playground or school," he explains.

Oliver feels the movie will have a big impact on those that see it because the film shows the personal side of bullying.

"You're going to actually see and meet the kids and learn about them and see the things that are happening," he explains.

Another supporter of "Bully" is Carmichael resident Lisa Ford-Berry, founder of BRAVE (Bullies Really Are Violating Everyone) Society. Ford-Berry founded BRAVE Society after her son, Michael, took his own life in 2008 and she found out he had been the victim of bullying at school.

Ford-Berry says BRAVE Society was asked to partner with the movie's production studio, The Weinstein Company, to help promote "Bully" in Sacramento. Ford-Berry also urges people to see the movie and she hopes the mov-

See Bully, continued from page 3

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Bully: Film traces the lives of five students who are bullied by peers

Continued from page 2

ie will "shock the daylights" out of people.

"Something has got to be shocking enough that you look around and think,'My goodness, these are normal, average families that this is happening to,' and parents need to be fearful," she says. "I'm hoping that this movie opens it, blows the doors off of everything and gets the conversations where they need to be."

For more information on "Bully," visit www.thebullyproject.com.

Three tips for bullying victims

Mike Oliver, owner and lead instructor of Zen Martial Arts Center in East Sacramento, offers three tips for kids if they are being bullied.

Document it

Oliver says write down the date, the time, and people involved so there is a record of what happened.

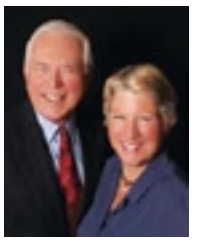
Report it

Kids need to report what happened to somebody in charge, such as a parent or teacher, Oliver says.

Ask for help

Oliver says many kids never tell anyone they are being bullied, which can lead to dire consequences.

"I always encourage kids and families to talk to somebody about it so they can at least get a sympathetic ear or maybe get some help to learn how to deal with it," he adds.



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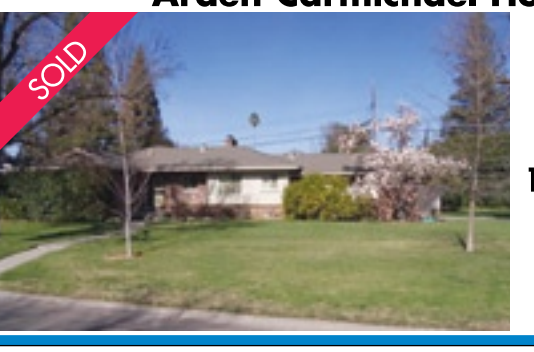

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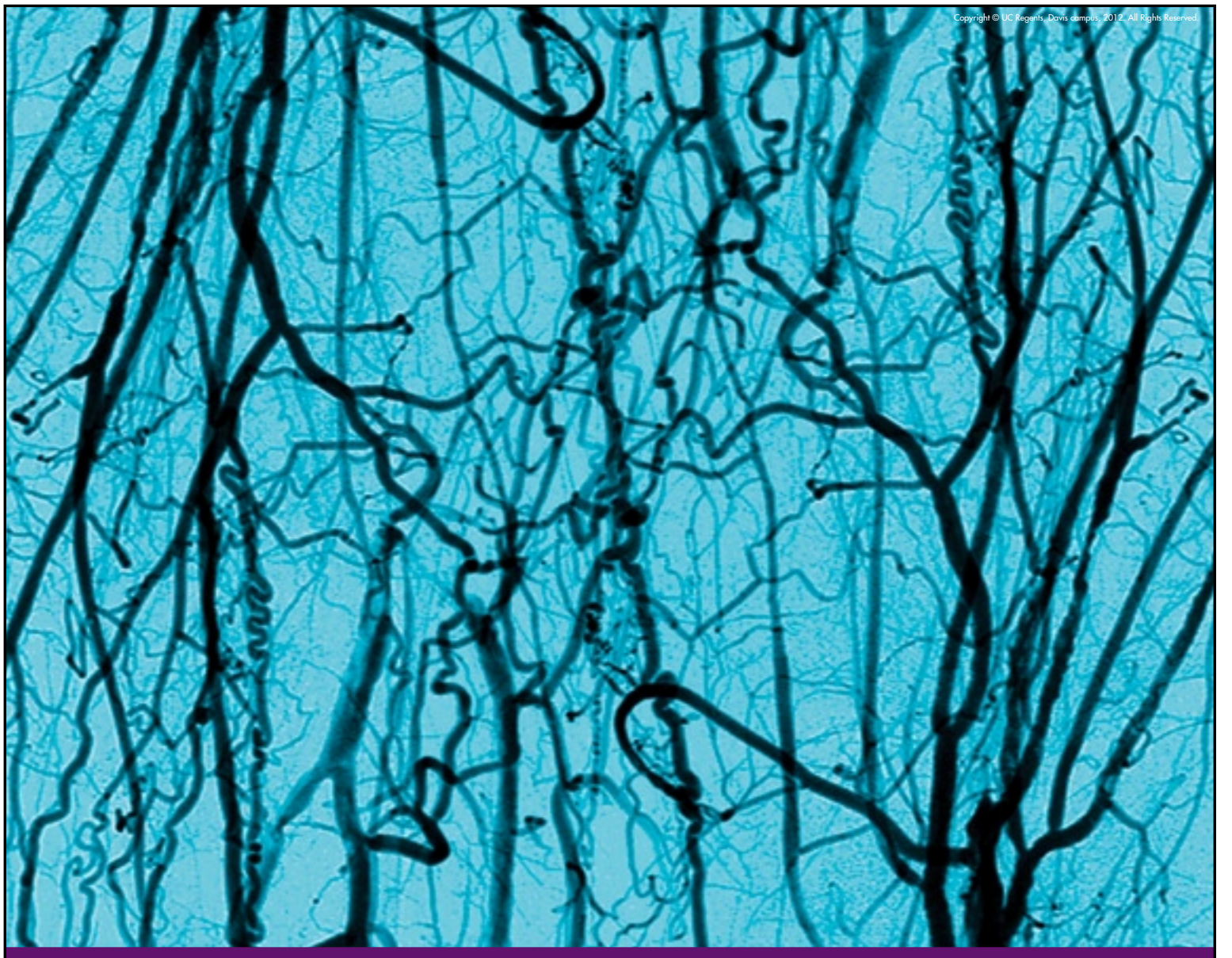

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Carmichael Library hosts 'What Your Kids are Really Eating'

Special to Arden-Carmichael News

The Carmichael Library will host a special adult program to address child nutrition on Wednesday, April 25 at 6 p.m.

Anthony G. Baratta, DC, will discuss today's kids and how poor diet affects their mental and physical health. His program, "What Your Kids are Really Eating – and How it's Affecting their Health" will address common misconceptions about foods, additives and preservatives, child medications and more.

Baratta is a practicing chiropractor with 15 years' experience. He believes in the importance of staying in shape, with an emphasis on the benefits of good nutrition and exercise.

According to his Website, www.barattawellness.com, he believes it is high time Americans took the time to "take the proper steps and educate ourselves on what we are doing to ourselves and to preserve the quality of life we deserve…There is no time like now to make a change, a change that is not too late to make. You owe it to your spouse, significant other, your kids, your parents, loved ones and especially – yourself!"

The Carmichael Library is located at 5605 Marconi Avenue in Carmichael. For more information, call (916) 264-2700 or visit www.saclibrary.org.

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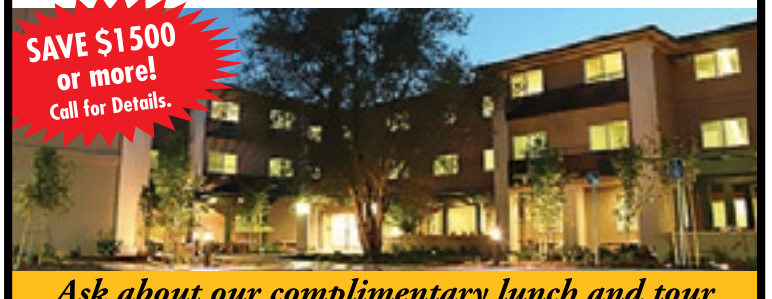

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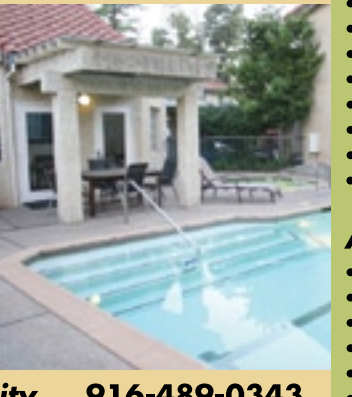

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Boy Scouts Pony Express District holds Annual Championship Cub Scout Pinewood Derby

By BILL CONDRAY
Arden-Carmichael News writer and photographer
bill@valcomnews.com

The annual Cub Scout Pinewood Derby Championship was held by the Boy Scouts Pony Express District on March 23 with the courtesy of Maita Nissan on Auburn Blvd. in Sacramento.

The Pinewood Derby is a "rite of passage" for generations of Scouts. Many a family has fond memories of all the work that goes into building a Pinewood Derby model race car…and of the excitement of Race Day. The first Pinewood Derby was held in 1953.

Kit cars

The cars were built from a kit, each having an exact size block of pine to work from. Wheels and axles were included. The boys chose the design of their cars. Fathers and father figures were able to help in carving and shaping the car. The maximum weight for a completed car is five ounces.

Fast cars

The cars are raced down a four-lane track, 40 feet in length which is inclined at the start. The cars start the timing by breaking a laser beam at the beginning of the track and each lane has a stop that the car goes over to stop the timer. The cars travel the 40 feet of track in a little more than two seconds, which translates to a "scale speed" in excess of 200 miles per hour.

All entered cars ran four heats, one in each lane. The mix of cars in each heat run was picked at random by a computer, so the cars didn't run against the same ones each time. Each car ran once in each lane, so there was no lane competition and the slowest time on each car was dropped from the competition. That way, each car's three best times were used in the competition. Sometimes, there was only a hundredth of a second between first and second place in a heat.

Concours d'Elegance

The cars were also judged for appearance. Some were quite unique. Styles included a "free style" car called "Angry Birds," an Indy Car and a CHP car with wig wag headlights and red and blue roof lights. There was also

See Pinewood Derby, page 14

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Know your neighbor

Over the Hill Gang loves sports, enjoys good times, reminiscing

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

Among the capital city's social/service clubs is the uniquely named Over the Hill Gang. But don't let the name fool you. This is one lively bunch.

Certainly, despite this all-men's group's name, its members are never too old for fun times.

A foundation of fun

The foundation of the club, in fact, was laid in the name of fun.

The Over the Hill Gang was established a quarter century ago by a group of Sacramento men who knew a lot about having fun and shared a common interest in sports.

Larry Gunst, who is the youngest surviving member of the group, recently shared his memories about how the organization was formed.

"Gene Sullivan was a customer of mine, who was referred to me by Bobby Rehm, who was an old Stockton Ports (California League baseball) player," Gunst said. "Sullivan had someone at his house (at 2751 12th St.) every day. I would stop by about twice a week. I loved to hear their stories."

'Español' beginnings

Gunst added that Sullivan eventually called him on the telephone and invited him to a luncheon, which was to be held on Dec. 10, 1985 at the Español Restaurant on Folsom Boulevard in East Sacramento.

"(Sullivan) asked me to bring a couple of wines for advertising," Gunst recalled. "He would also pass out my business cards. He was a very generous man. A hundred and four (people) showed up at that gathering."

Gunst recognizes the luncheon at the Español Restaurant as the event that led to the official establishment of the Over the Hill Gang.

"The party at the Español was the beginning of the real thing," Gunst said. "About March of 1986 at Sullivan's house, we discussed making Over the Hill Gang a real club, and we would start selling annual memberships. I remember most members wanted $6 for the dues. I said, 'If we charge $10, there would be less trouble with change.'"

So, upon Gunst's recommendation, the initial, annual cost to be a member of the club was $10. Today's annual membership cost is $15.

Arden-Carmichael News photo, Lance Armstrong

THEY STILL LOVE THE GAME. Shown left to right, Sam Kanelos, Harry Dunlop, Larry Gunst and Ronnie King are among the longtime members of the Over the Hill Gang.

Early members

The first continuously active members of the "gang" were Sullivan, Charles "Babe" Anderson, Del Silva, Frank Nugent, Billy Rico, Sonny Valine, John Rakela and Lou Brusato.

The earliest occasionally attending members of the club included Gunst, Bill Conlin, John Giannoni, Elmer Enos, Barnie Bernard, Woody Scott, Elton "Lefty" Rogers, Vic Zito, Les Lollis, Carlo Dallosta and Ronnie King.

Sullivan served as the club's first president, Nugent was the original treasurer and Rakela was the first secretary.

Regular meetings

As an official group, the "gang" began meeting on a monthly basis, mostly at the Golden Tee across from the Haggin Oaks Golf Complex, but also at The Distillery, the Palomino Room, Joe Marty's and the Hereford House. Occasional mid-week gatherings were also held at the Sheldon Inn on Grant Line Road and Glenn Dufour's

See Group, page 7

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Group: Major league sports figures from baseball, NFL are featured speakers

Continued from page 6

Broken Arrow Inn in Rocklin.

The club has been meeting monthly at the Dante Club at 2330 Fair Oaks Blvd. since the early 1990s.

Some of the members of the group also enjoy spending time visiting with fellow member, Sam Kanelos at Old Ironsides, which is owned by some of the members of the Sam Kanelos family.

Mostly baseball today

In general, the "gang" has evolved from an all-sports club, which included Dallosta, John Giannoni and Milt Cupish, who were involved in football, and soccer player Harry Slaughter, to mainly a baseball club.

A May 12, 1988 article in *The Sacramento Bee* notes that the roots of the group date back to 1946, "if not to Sister Inez's first grade class at St. Francis school, where 'gang' president Gene Sullivan and treasurer Frank Nugent were classmates in 1922."

The 1946 reference refers to when Sullivan, Nugent and other former local athletes began meeting every Friday at the Commercial Hotel at 231 I Street, near the Southern Pacific depot.

Fast friendships

It should come as no surprise that the group has deep roots, considering that its earliest members were simply men who grew up in the capital city, played local sports and attended area high schools. As a result, many of the members were friends long before the establishment of the "gang."

Gunst, who will turn 74 in July, said that when he joined the "gang" as its seventh member, he was the youngest member of the group.

Besides Gunst, Rico is the organization's only other original founding member.

Rico, 89, said that he has fond memories of the early years of the Over the Hill Gang.

"I was one of the original guys," Rico said. "We really had a good group when we started off. Gene Sullivan was one of the original guys and we used to meet at his house all the time. He was a nice guy. He went to St. Mary's College and he went to Christian Brothers (High School). Most of the guys (at the time) were Catholic and Christian Brothers guys."

A place to share

For Rico, who was a successful local baseball player in the Sacramento area for three decades, the group presents an inviting environment for him to share and listen to baseball stories.

Rico's most notable accomplishment in baseball was managing and playing for the Carmichael Firemen baseball team, which won the first Canadian-American "World's Series" for Non-Professional Baseball in 1946.

Harry Donlop is another member of the group who has plenty of baseball memories to share with the "gang."

Altogether, he spent 50 years in the game as a player and coach. This experience included working as a Major League Baseball coach.

Dunlop said that among the many highlights of his career was catching three no-hitters in 14 days in the Appalachian League in 1952.

When asked about the group, Donlop showed off his sense of humor, saying, "Whenever I've been around, I've always gone to the Over the Hill Gang. We meet down at the Dante Club and we tell each other a bunch of lies."

Like Donlop, during part of his membership in the "gang," King was not always able to attend meetings of the group on a regular basis due to his baseball commitments.

King played semi-pro baseball and is a former Major League Baseball scout, who signed many notable players, including Steve Sax and Bob Oliver.

Giving back

As a service club, the Over the Hill Gang originally raised funds and made donations to the Stanford Home for Children.

The group has also donated to the Shriners' Burn Center, the Sacramento Food Bank and St. Patrick's Home for Children.

The Over the Hill Gang encourages any man with an interest in sports and socializing to visit with the group on any third Thursday at the Dante Club.

The Thursday luncheons feature different guest speakers. Speakers of the past have included former Major League Baseball players Don Larson, Dusty Baker, Greg Vaughn and Ricky Jordan, former National Football League players Danny Bunz and Skip Vanderbundt, and professional referees and umpires.

Arrangements for speaking engagements are generally made by Jim Jorgensen.

The group also holds annual picnics, which have been hosted at the trap shoot at Haggin Oaks Golf Complex, St. Joseph Church in Clarksburg and at the Dante Club.

For additional information regarding the Over the Hill Gang, call (916) 419-4406.

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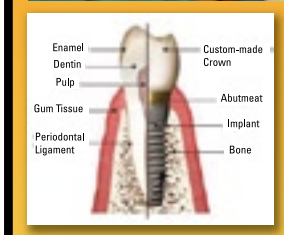

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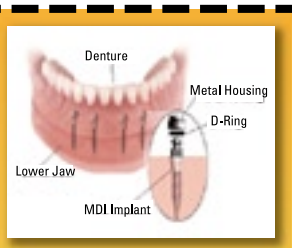

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Sacramento Children's Chorus to perform at All Saints Episcopal

Special to Arden-Carmichael News

The Sacramento Children's Chorus, directed by Lynn Stevens, will perform in a 45 minute concert following the Evensong service at All Saints Episcopal Church on Sunday, April 29 at 4 p.m. Evensong will be sung by the All Saints Augmented Choir, directed by Scott Nelson.

A free-will offering will be collected. Child care is provided. Overflow parking is available at Sacramento City College across the street. Reception to follow.

All Saints Episcopal Church is located at 2076 Sutterville Road in Sacramento.

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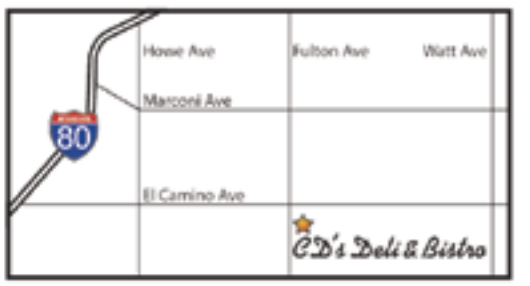

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Janey Way Memories:

Skiing with Dan Petrocchi

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

Growing up on Janey Way, we played sports almost daily.

In the spring, we played sand lot baseball. In the summer, we played basketball at St. Mary's School, and in fall, we played football on the street in front of our house. Then, when we grew into the teen years, our interests began to expand.

In the early sixties, I watched the Winter Olympics and was taken by the skiers flying downhill at speeds exceeding 70 miles per hour.

I had to try that.

I told Dad that I wanted to learn how to ski, and sure enough on Christmas day, as if by magic, a pair of skis and poles appeared under the Christmas tree. Later the next week, Dad took me to buy ski boots.

I was ready to rumble.

Sadly, Dad had neither the time nor the money to take me skiing. I had to find a way to explore my passion.

It came to me in an instant.

My friend Dan Petrocchi went skiing regularly. So, I asked him to take me skiing with him. Dan said, "Sure, Marty."

A few weeks later, on a crisp, but sunny day, we set off for the slopes.

I rose early that morning, eager with anticipation, made a lunch, collected my gear and headed four houses down the street to Dan's house. There, he fastened my skis onto his ski rack, placed my gear in the trunk and off we went.

Two hours later, we arrived at the Heavenly Valley Ski Resort in South Lake Tahoe. There, we exited the car, grabbed our gear and headed for the slope. After buying our ski passes, we went up the hill on a gondola. As we ascended the hill, I looked down at the face of the mountain below us.

It looked ominous.

I hoped we weren't skiing there.

Up at the top, Dan checked our lunches and spare gear into a locker and off we went.

I had never skied before. Dan was an expert. He showed me the basics: how to stop, how to turn, and how to get back up when you fell. Then we headed off to the lift.

Dan, explained, "When the chair comes around, reach one arm back to catch it, then sit gently down."

I followed his instructions and all went well.

At the top, as we hit the drop off point, he said, "Now stand up and ski down the little hill."

Again, all went well.

Dan set off on an easy trail and I followed him down the hill.

Wow, what a thrill.

We rode back up and came down again. On each run, he taught me a little more.

Sometimes I fell, but I got right back up.

After lunch, Dan went off to ski the face of the mountain that looked so dangerous to me that morning. I continued skiing on the easier hills.

I had a blast.

At the end of the day, I went back to the lodge and sat down around a circular fireplace for a cup of hot chocolate. Dan came in a little later and joined me. He talked of skiing down the "face" and then through a steep shute called the "gun barrel." Maybe someday I would ski those slopes.

We chattered all the way home about the fun we had that day, and I arrived home, tired and a little sun burned.

When he saw me, Dad smiled.

After that day, throughout my life, I skied whenever I could and always enjoyed it. Once you have learned how to ski, you never forget.

This January, I turned 65 years of age. I no longer ski. Old football injuries have made it difficult to do those sorts of things. Now I play golf and cycle on my sleek, black road bike.

But I have not forgotten my youthful days of skiing. The shush of the skis on the slope, the wind in your face, and the quietness of the mountain, form images which linger in my memory.

Now the days of skiing with my friend, Dan Petrocchi are another exhilarating Janey Way memory.

Batter Up!

Literacy Little League gives Arden kids reading help they need

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

With today's classrooms seeing larger class sizes and teachers needing to get through vast amounts of curriculum standards throughout the year, those students that may need a little extra help with their reading may be at the risk of being left behind.

This is where the Literacy Little League comes in – a reading tutorial program for students at Thomas Edison Language Institute on Hurley Way in Sacramento.

According to the school's Title I Resource Teacher, Colleen Ughachukwu, the program gives students one-on-one help with their reading.

"We usually focus on comprehension and fluency, so we try to take the students who are reading a little bit and want to give them that extra boost so that they can become more fluent readers and have better comprehension," she explains.

The first pitch

Literacy Little League is coordinated by volunteer Dorothy Marshall – a now-retired psychologist with the San Juan Unified School District, who has been running the program for the past 16 years. She says the program focuses on helping third graders.

"The idea behind this is when kids go to fourth grade, the classes get larger and reading gets much more difficult," she explains. "There's been research that shows if students aren't up to grade level in reading by the end of the third grade the outcome is really poor, so we focus on the third grade."

Marshall says the program works intensively with third graders who each work one-on-one with a volunteer tutor for 40 minutes on Mondays, Tuesday and Wednesdays. The students read leveled books with their tutor, after which they are asked to write a few sentences summarizing what they have read.

"That's what we're mainly working on, trying to get the students to think about the meaning of what they have read and being able to summarize it in a way that is more than just a string of details," Marshall adds. "And that ability to extract from a bunch of details is just developing at this age – most of these kids are eight or nine – so we're trying to encourage that ability because that's going to appear in all kinds of standardized tests, among other things."

Batting 1000

While Marshall works on recruiting and training volunteers for the program, Ughachukwu is the coordinator for the program at the school and is the liaison between the volunteers and the teachers. Each year she helps the third grade teachers select which students will be part of the program.

Ughachukwu says they look for students that can read a bit, but need to improve their fluency.

"Or students that can read, but just need that extra boost of comprehension," she explains. "They need someone to sit, ask them questions and help them think out their thought processes more, whereas a classroom teacher with a classroom of 20 or more can't necessarily do that all the time for those students."

This year the teachers selected eight students to receive tutoring through the Literacy Little League, as well as two alternate students for when a student is absent. Marshall says each student is assigned three volunteers – one for each day – so the students get to know their tutors well and vice versa. The program's volunteers run the gamut from those working full-time to retirees as old as 90.

"I think volunteers like the program because they get to know the kids and the reading material is interesting to the volunteers as well as the students," Marshall adds.

A home run

According to Ughachukwu, the tutors that take part in the Literacy Little League are very reliable, capable and responsible, giving the program consistency.

"And (the tutors) love to come be with the kids and the kids love to be with them and have that one-on-one attention," she says.

Marshall says that one-on-one attention is relatively rare nowadays, as these students may have parents that are too busy to read with them after school or who may not speak English.

"What we try to do is have it be like if a parent or grandparent sat down with a child at home and listened to them read and also talk about what they are reading," she says.

And Ughachukwu says the sessions with Literacy Little League tutors give students an opportunity to read and dissect a book they may not get in the classroom, and they get to practice reading 40 minutes a day. Plus she says having the students progress through the different levels of books can be a boost for them.

"It's almost like a surrogate grandparent, aunt or uncle that comes in and says 'I'm going to help you, I'm going to be here this many days of the week and we're going to help you read and be a better reader,'" Ughachukwu explains.

For more information on volunteering for the Literacy Little League, email Dorothy Marshall at dorothym@csus.edu.

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Continued from page 5

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Calendar

For more Calendar enteries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

April

Bilingual Toastmasters
April 12, 19,26: 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

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Bingo!
April 12, 19,26: 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
April 12, 19,26: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.–noon. Florin Rd. & 65th St., Sac. www.california-grown.com

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Food Addicts Anonymous
April 12, 19,26: 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
April 12, 19,26: 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. Danea Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven
April 12, 19,26: 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
April 12, 19,26: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May–Sept. 10 a.m.–2 p.m. 4th & K streets, Sac. www.california-grown.com

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Sutterville Heights Optimist Club
April 12, 19,26: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corrall, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Volkssport walking
April 12: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65t St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

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Ballroom Dances
April 13, 17, 20, 24, 27: 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

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Carmichael Geranium Society
April 13: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.–12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

Kiwanis Club of East Sacramento–Midtown
April 13, 20, 27: 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

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Rotary Club of Point West
April 13, 20, 27: 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

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Soroptimists of Sacramento
April 13, 20, 27: 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

'English Grandeur'
April 14: Join the Sacramento Choral Society and Orchestra as they perform "Song of Thanksgiving" and "Five Mystical Songs" (Vaughan Williams) and "Belshazzar's Feast" (Walton). $35-$55. Pre-talk at 7 p.m., concert at 8 p.m. Sacramento Community Center Theater, 1301 L St., Sac. www.tickets.com (916) 808-5181

Food Addicts Anonymous
April 14, 21, 28: 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.

Carmichael Farmer's Market
April 15, 22, 29: Carmichael Farmer's Market. 8 a.m.–1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

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Co-Dependents Anonymous
April 15, 22, 29: 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
April 15, 22, 29: 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

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Families Anonymous
April 15, 22, 29: 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
April 15, 22, 29: 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

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Sunday Support for the Widowed
April 15, 22, 29: 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
April 16, 23, 30: 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
April 16, 23, 30: 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

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Faces and places

Annual Breakfast and Easter Egg Hunt in Carmichael Park

By BILL CONDRAY
Arden-Carmichael News writer & photographer
bill@valcomnews.com

The Carmichael Park and Recreation District held its annual Breakfast and Easter Egg Hunt in Carmichael Park on April 7.

The local Kiwanis Club served a breakfast of pancakes, sausage patties, fruit cup and milk or coffee. The Kiwanis Orchestra provided the musical entertainment.

The Easter egg Hunt was a "shotgun" start for all age groups to the lights and horn of a Sac Metro fire engine. The plastic eggs filled with treats vanished quickly with the higher age groups. The "Two and under" group took a little longer, with parents helping.

Information and activities booths were on hand for families. Children were able to try their hand at watercolor painting, among other activities.

Assembly Woman Susan Peters was in attendance with some wrapped chocolate eggs, answering questions and getting further acquainted with people in her district.

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Chinese Grace Bible Church
6656 Park Riviera Way

- Ask-a-Doctor: Talk with health and medical professionals
- Screenings: Blood Pressure, Hearing, BMI
- Bone Marrow Drive
- Tai Chi / Chi Gung (Chinese Exercise)
- Kid Zone, Prizes, Refreshments

www.chinesegracebiblechurch.org

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Thursday, April 26 – 11:30 a.m. to 12:30 p.m.
Tuesday, May 22 – 11:30 a.m. to 12:30 p.m.
Seating is limited to 30 attendees per seminar
St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
(I-80 @ Greenback)
Reservations Required RSVP to Lisa West @ (916) 732-2020
Presenter: Josh Tuttle
General Manager
East Lawn Mortuary & Sierra Hills Memorial Park
Funeral Director Lic#3435
30-minute presentation followed by a question and answer period.

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Egg Hunt: Local Kiwanians served a delicious community breakfast

Continued from page 18

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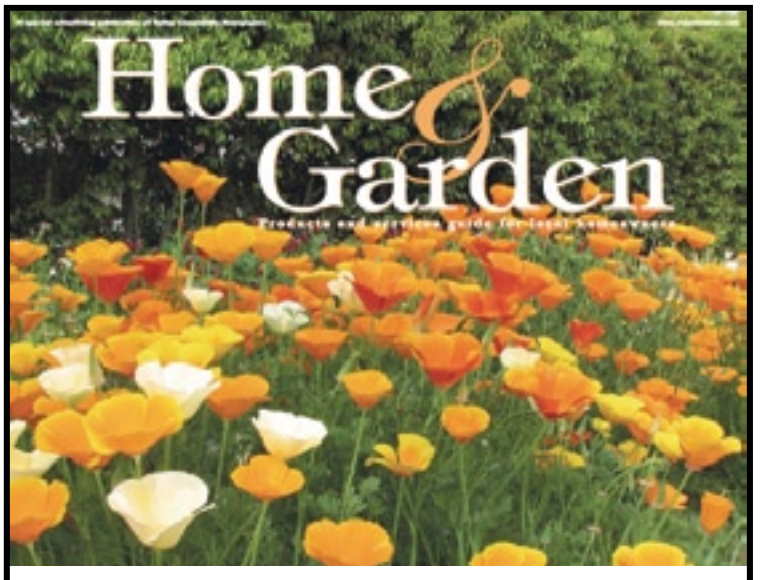

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This lovely 3 bedroom 2 bath home is in immaculate condition. Features include formal dining room and breakfast nook, family room fireplace, hardwood floors, dual pane windows and lovely manicured garden. HVAC unit approx. 2 years old. See 4625morpheuslane.ePropTour.com $310,000

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