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Banjo-rama:
An annual event celebrating the U.S.'s only native instrument comes to the Clarion Inn

The highest compliment a musical artist can hope to receive usually comes from fellow musicians. When banjo players gather, they often refer to Johnny Baier as "the best". While such high praise is certainly a matter of personal opinion, it is clear that his love for the banjo and the music it is capable of creating has allowed Johnny Baier to evolve into exactly what he'd hoped to become... The Banjo Man.

banjo-rama.com/performers.php

By **MONICA STARK**
editor@valcomnews.com

Some of the best banjo players in the country, if not the world, will descend upon the Clarion Inn April 11-14 for Banjo-Rama 2013.

Right now, organizers Bonnie Harris and Rex Inglis are getting the word out on America's only instrument that's native to the U.S. – the banjo.

Proud of that fact, they are set on bringing the best to town (including The Banjo Man) not just for their lively performances, but also for them to lead workshops and jam sessions, which have been known to go really late into the night.

"Once they start playing, they don't stop. They play for hours. It is so much fun. And

it's not one or two people. It's 10, 15, sometimes 20 or more and they just sit around and play songs," Harris, President of the Sacramento Banjo Band, said.

Inglis said some of the banjo stars will head up the workshops, one of them being an introduction to the instrument for someone who has never played but who wants to learn. They also might discuss how you would play banjo in a jam session and knowing proper etiquette (ie: Don't hog the jam session and don't call all the songs!) Plus there will be break out sessions, where leaders will practice what they learned in the workshop.

Organizers said they might have a "battle of the workshop band" with the added prize: If you win, you won't have to listen to the other banjo players!

At one year's Banjo-rama event, the Sacramento Banjo Band donated more than \$12,400 to children's charities, including Shriners Hospitals for Children, the Make-A-Wish Foundation, W.E.A.V.E., Sacramento Children's Home, Red Cross, Salvation Army and other charities.

"We're all volunteers — no one gets paid," Harris said. "We meet because we like the banjo and like to play banjo together. It's a culture. You

don't know it's there until you're in it," she said.

According to their website, the Sacramento Banjo Band plays 4-string banjos, with clear melody supported by strummed chords, like you would expect to hear on a riverboat or in Dixieland jazz bands. In 1960, banjoists in the Sacramento area were concerned that "America's unique instrument" and its music could be lost.

"They couldn't allow this to happen! They put an ad in the local paper inviting banjo players to meet for a jam


session. They were astonished when a very large number of banjo players showed up! This intense interest led to an active group that became the Sacramento Banjo Band, a charitable, nonprofit organization governed by a set of bylaws," states the website.

Inglis said the Sacramento Banjo Band members come from "all walks of life" including



See Banjo, page 9

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East Sac's Knott's Pharmacy has relocated to Carmichael

By BENN HODAPP
benn@valcomnews.com

Knott's Pharmacy, an East Sac presence on J Street for more than 75 years, has moved its operations to Coyle Avenue in Carmichael as of Jan. 15. But worry not, faithful Knott's customers, owner Steve Dokimos stresses that it's business as usual, even from the new surroundings.

Dokimos delivers around 20 prescriptions himself every night free of charge to long-standing customers in East Sac in an effort to show customers that they can still have their orders filled by Dokimos and company.

The pharmacy moved away from its most recent home at 4819 J St. because of a failed attempt to buy

the leased property from its owner. Dokimos, who became the owner on Feb. 2, 2002, held a 10-year lease that expired in 2012. After trying unsuccessfully to buy the property, (the owner apparently had no intention of selling) Dokimos settled on paying month-by-month rent for the next year.

After briefly considering moving into the plot next door on J Street, Dokimos decided that his best move would be to shift the pharmacy to Coyle Avenue while he tries to find another plot in East Sac.

"I'm looking for places on H Street, J Street or Folsom Blvd.," Dokimos said. "I'm working with a leasing agent to look for places."

Somewhere near the intersection of 51st and L at the old Lucky's lot would be ideal for Dokimos, as he grew up

visiting his grandmother at the intersection when he was just a boy. Despite moving his base of operations, Dokimos said that many long-time customers have stayed with him. "I get a lot of visitors from East Sac," he said. "I probably get more business catering to East Sac than I do around here."

Despite moving into a former pharmacy space in the St. George Medical Building on Coyle Ave., Dokimos wants East Sac customers, who may be unaware of the pharmacy's moving, to know that they can still do business with him.

"I want to get the word out that we moved – not closed. We are still open for business."

As far as getting back in the J Street area, Dokimos said that he would like to get a lease agreement signed with-



in the next three months and hopefully be open for business within another three months.

"We will be back," he said. "We are dedicated to our clients and we try our hardest for them."

For more information, Knott's Pharmacy can be reached at 455-3068.

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Carmichael Park pool was the site of many fond memories

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part two of a series regarding the old Carmichael Park pool, which was recently demolished.

The Carmichael Park pool, which was recently demolished, was certainly a site where many fond memories were created.

Although the pool had not been in use since the end of the 2004 swimming season, its value to the community in efforts to replace it with an aquatic center.

But for now, the site of the pool will simply expand

a lawn-covered recreational area west of the Carmichael Recreation and Park District's administration offices.

A review of some old newspaper clippings, recreational activities schedules, fliers and other documents on file with the district revealed a very active pool that was frequently utilized by many people for a variety of aquatic activities, including many swim lessons.

The majority of the newspaper clippings on file are from the 1970s, and one such article is dated July 17, 1975.

In this article, the pool is presented as follows: "A frolic in the sparkling, clear, cool blue water is the ideal pick-me-up from the oppressive heat of a summer afternoon.



The Carmichael Park pool is shown in its abandoned state in this 2009 photograph.

Photo by Lance Armstrong

The pool sports two new Duraflex diving boards, as well as a small spray pool."

A 1969 article notes that the pool would open for the season with the park in charge of its operation and the Sacramento YMCA supplying the personnel under a one-year contract.

The 1973 annual Carmichael Park pool evaluation report, which was prepared by Don Haws, the pool's manager at that time, presents an overview of activities and schedules for that year's swim season.

The park's comprehensive aquatics schedule, which was

considered one of the finest in the Sacramento area, included both public swimming and an instruction program.

Under the public swimming section of the 1973 report, it was noted that the pool, which was "heated for your swimming enjoyment," was open daily from 1 to 5 p.m. and from 5:30 to 8 p.m.

Public swimming admission was 60 cents for those 18 years old or older, 35 cents for person 6 to 17 years old and free for children, 5 years old or younger who were accompanied by an adult. A seasonal family plan was available for \$20, while a "Ten Plan" cost \$5 for those 18 and older and \$2.50 for persons, 6 to 17.

The instruction program, which was conducted in cooperation with the Sacramento area chapter of the American Red Cross, featured classes that were generally 30 minutes long.

The classes offered in 1973 included pre-school, beginner, advanced beginner, intermediate, swimmer, advanced swimmer, springboard diving, women's "Swim 'n' Trim," competitive swim, synchronized swim, junior lifesaving, senior lifesaving and water safety instruction.

But the most unique class offered at the pool was the scuba diving class, which was open to teenagers and adults, who possessed a

Pool: Site was home to championships and entertaining aquatic events

Continued from page 6

minimum of intermediate swimming skills.

The two-week-long, evening course cost \$35 for residents and \$38 for non-residents.

Those who completed the class received certification through the National Association of Underwater Instructors.

An instructor for at least part of the time that the scuba diving course was being offered was Terry Jones.

Other people associated with the pool during that era were lifeguards Linda McBeath, Marcella Payne, Harry Powell and Lori Worthington.

At least most of the pool's lifeguards were also swimming instructors.

Other instructors mentioned in reference material used for this article were Barbara Ebhart, Ron Courts and Linda Duncan.

Furthermore, Kelly Adamson was recognized as a swim lessons aid for beginners.

The 1973 schedule also included the summer swim show - "a fun and excit-

ing evening of skits, diving skills, synchronized swimming, etc."

The free-of-charge, evening event was staged by the park's pool staff and local swimmers.

The pool was the site of another swim show during the following summer. This August 16 show featured clown divers, the Rutter Pool Diving Team, the champion Carmichael Beavers Swim Team and highlights from the instructional program.

Another 1970s entertainment program at the pool occurred on Friday evening, Aug. 17, 1973. The show, which was known as "Something for Everybody," included stunt diving, a water ballet routine, springboard diving, swimming demonstrations, the "race of the century" and lifeguard rescue techniques.

The Beavers team, which is well represented in the district's files, eventually relocated to the Del Campo High School pool.

But the team's home pool was not always at Carmichael Park prior to that time, as is indicated by an article in the May 8, 1969 edition of the *Carmichael Courier*.

The lead paragraph of the article reads: The Carmichael Beavers Swim Team, sponsored by the Carmichael Recreation and Park District, and opened to all families in the Carmichael area, will commence the 1969 season on Tuesday, May 13 at the northeast 'Y,' 3127 Eastern Ave."

One of the many Beavers team-related articles - a *Courier* article, which was dated Aug. 1, 1974 - announced the Beavers' aforementioned championship. The team won the Golden Valley Swim League championship by beating the previous year's champions from Folsom.

Accompanying the article were three photographs, including a photograph of coaches, Bob Van Gundy and the previously mentioned Terry Jones, who trad-

ed in their beards for a trophy. The coaches had committed to abandoning shaving their faces until the team won the championship.

Another 1970s article introduced the Aquacade event, which was presented to about 250 people through the pool's staff, in cooperation with the Beavers swim team.

The event, which included a dive through flames by park administrator Dick Pollock and a "crummy life-guard demonstration, ended with a party at Farrell's Ice Cream Parlour.

The district's spring 1997 schedule of recreational activities recognizes the Beavers team as then-heading into its 30th season.

Among the other items on file with the district is a legal notice, dated Aug. 20, 1975. The notice was directed to contractors who were interested in submitting sealed bids for "Fiber-glassing Carmichael Park Swimming Pool Contract No. 915.

Public swimming opportunities at the park's pool were not always "pay-to-play" activities, as is evident by an Aug. 16, 1978 article that announced, "Free swim Wednesdays at Carmichael Park." Regular admission prices at that time were \$1/adults, 65 cents/children, 6 to 17, and 35 cents/children, 5 and younger.

Family swim nights were also once quite popular at the park's pool.


Some locals may also recall the 30-minute "Mom & Me" swim lessons, which allowed a parent to accompany their preschool aged youngster in a course that emphasized water adjustment and simple skills.

But for whatever reason that one might remember the Carmichael pool, one thing is for certain: it undoubtedly left a positive mark on this community.

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ARTS

Art for Alzheimer's connects patients with museum outings

By MONICA STARK
editor@valcomnews.com

When she leads seniors diagnosed with dementia through the Crocker Museum, Tiffany Paige listens to them relate the art pieces to their memories of long ago.

On one outing, a man gravitated to paintings of mountains, saying he knew exactly where they are located and a woman focused on a tiny pine tree in the corner of a large landscape painting and remembered her family Christmas traditions.

"The stories go on and on," said Paige, director of the local chapter of the nonprofit Arts for Alzheimer's, which is an organiza-

tion that links artists and cultural institutions to people living with dementia and their caretakers.

Paige leads the group to three museums a month — The California Museum, The Crocker Art Museum and The California Auto Museum.

Cindi Jones, an intern for the organization, has had family members with Alzheimer's and wanted to learn more about the program and how art can be therapeutic to the elderly and how caregivers can apply the techniques used by volunteers who engage them in conversation over art pieces.

"It's getting patients more socialized and gives caregivers a break," Jones said.

That's not to say caretakers are not welcome. In fact their presence is encouraged so they can see the interaction and they can mimic the communication techniques at home or if they go to an art gallery together.

"At the museums, we have a form of conversation or communication in a non-failure type of environment so they have freedom to express themselves," Paige said.

Paige said the tour is limited to seven seniors. "If the tour gets too big, then we lose the potential to engage those in the group."

The group was really small on Friday, March 15 at the Crocker

Art Museum; in fact there was only one person with Alzheimer's, Romana and her caretaker and husband, Dave. Having a group that small enabled Paige to focus in on Romana and keep her talking through out the tour, whether it was about picnicking at the beach after looking at *Beach Day*, a painting by Gregory Kondos or about the smell of roses after looking at Edwin Deakin's *Roses*.

Through a separate organization, Arts Delivers, Paige works with local artists who loan their art to caretakers who in turn use the pieces as conversation starters.

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Crocker Art Museum:

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Friday, April 19
Friday, May 17
Friday, June 21

For more information, visit www.artzalz.org. Registration required to attend. Call 792-3281 or e-mail Paige@ArtzAlz.org



Banjo: 'You can't play a drepressing song' on it

Continued from page 3

a retired nuclear physicist who owns a banjo worth \$50,000, a retired attorney from the State of California, retired teachers. We're a bunch of retired people," he said.

"It's not just a guy chewing tobacco and wearing overalls," Inglis said.

Harris's love for the instrument came after the passing of her brother, a Dixieland musician in Germany who willed her his banjo. "I found somebody to teach me. I didn't even know what a fret was. I had no idea—none."

Meanwhile, Inglis learned to play the banjo from a friend in his rotary club. "I heard him one time at the rotary club and thought it was pretty cool. He said he teaches banjo and it turns out he is a pretty good banjo player," Inglis said.

Asked if he thinks there's a new generation eager to play the banjo, Inglis said he's heard it's making a comeback, mentioning Taylor Swift and Steve Martin as famous banjo promoters.

But asked how the Sacramento Banjo Band has changed over the years, Inglis said: "It's gotten old. The average age is 75 ... Here's what happens. Young kids - they like the banjo. They get fascinated by it, but then they get into high school and say, oh, I need to have a rock guitar. Most people don't pick it up again until their 40s or 50s."

It's as though young kids like the upbeat sound but teenagers can't relate to it. It's been said you can't play a depressing song on the banjo.

IF YOU GO:

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El Camino High School student earns annual Youth Soloist Award

By BENN HODAPP
benn@valcomnews.com

Our area can boast an impressive number of talented young musicians at any given time, but rare is it that one hears of a bassoon phenom in our area or, well, any area. Such is the case with El Camino High School sophomore Audrey Shepherd. Shepherd, 15, was awarded the annual Youth Soloist Award by the Sacramento Valley Symphonic Band Association (SVS-BA) on Feb. 20. Along with the award, Shepherd was given a \$1,000 scholarship for college.

While her talents with the bassoon are growing exponentially, Shepherd began her musical career in the fourth grade at the age of nine. Her instrument of choice was the alto sax, which she still plays in El Camino's jazz and pep bands. A bassoon first touched her skilled fingers in her eighth grade year at the age of 13. She is also a member of the Premier Orchestra of the Sacramento Youth Symphony Association.

Her love for the bassoon was influenced by her grandmother, Karen

Hung, who began playing the instrument after a 42 years hiatus. Karen offered to pay for half her reed costs, and Audrey has not put her bassoon down since, according to an article she wrote for her school newspaper! After giving up the instrument after a short time, Hung picked it back up after a 42-year hiatus in 2011. It was her grandmother's past with the bassoon that got Shepherd interested in the woodwind instrument.

The bassoon is infamous for being extremely difficult to play, which makes the sophomore's talent all the more remarkable. Shepherd explained the differences between playing alto sax and bassoon.

"They require very different embouchures and the bassoon requires a lot more air support," Shepherd said.

Not to mention the fact that the bassoon is an extremely large instrument that requires deft hands and agile fingers.

She heard about the Youth Soloist Award while playing as a member of the Capital Section Honor Band. She was given an entry form in late Jan-

uary and she prepared a piece which she played in an audition on Feb. 18 in Roseville. Just two days later she found out that she had won the award and the scholarship money.

As a result of winning the award, Shepherd will be a special guest soloist with the Roseville Concert Band on May 3 and the Sacramento Concert Band on May 6. She will perform a concerto for bassoon, written by Eric Ewazen in 2002.

"It's a modern bassoon concerto," Shepherd said. "It has four movements and I will be playing just the fourth movement. It's really fast and really technical."

Shepherd has had the piece for just over a week and she is working on perfecting it before her guest solo performance. That shouldn't be a problem for her, seeing as how she has the instrument in hand roughly four hours a day.

The scholarship money could one day come in handy for the young lady who speaks with a maturity well beyond her years. She has ambitions of attending Juilliard in New York. It is widely re-

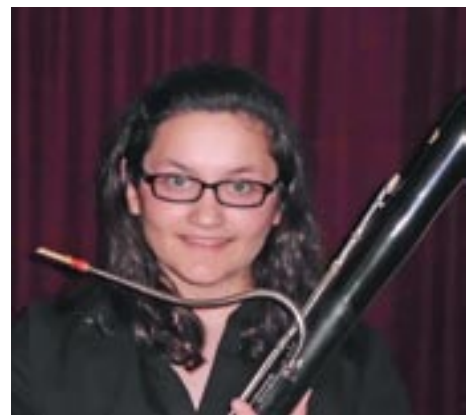


Photo courtesy of Audrey Shepherd

garded as one of the best (if not the best) music schools in the country.

Many young musicians want to go to Juilliard one day, but relatively few are able to achieve the lofty goal. Most everyone who hears Shepherd play her bassoon, however, believes that if anyone can make it there, it's her.

"She has all the tools to do it," said Karen Gale, Audrey's private bassoon instructor. "She has a great ear and a passion for what she's doing. She's incredibly ambitious and she has something to say through her music."

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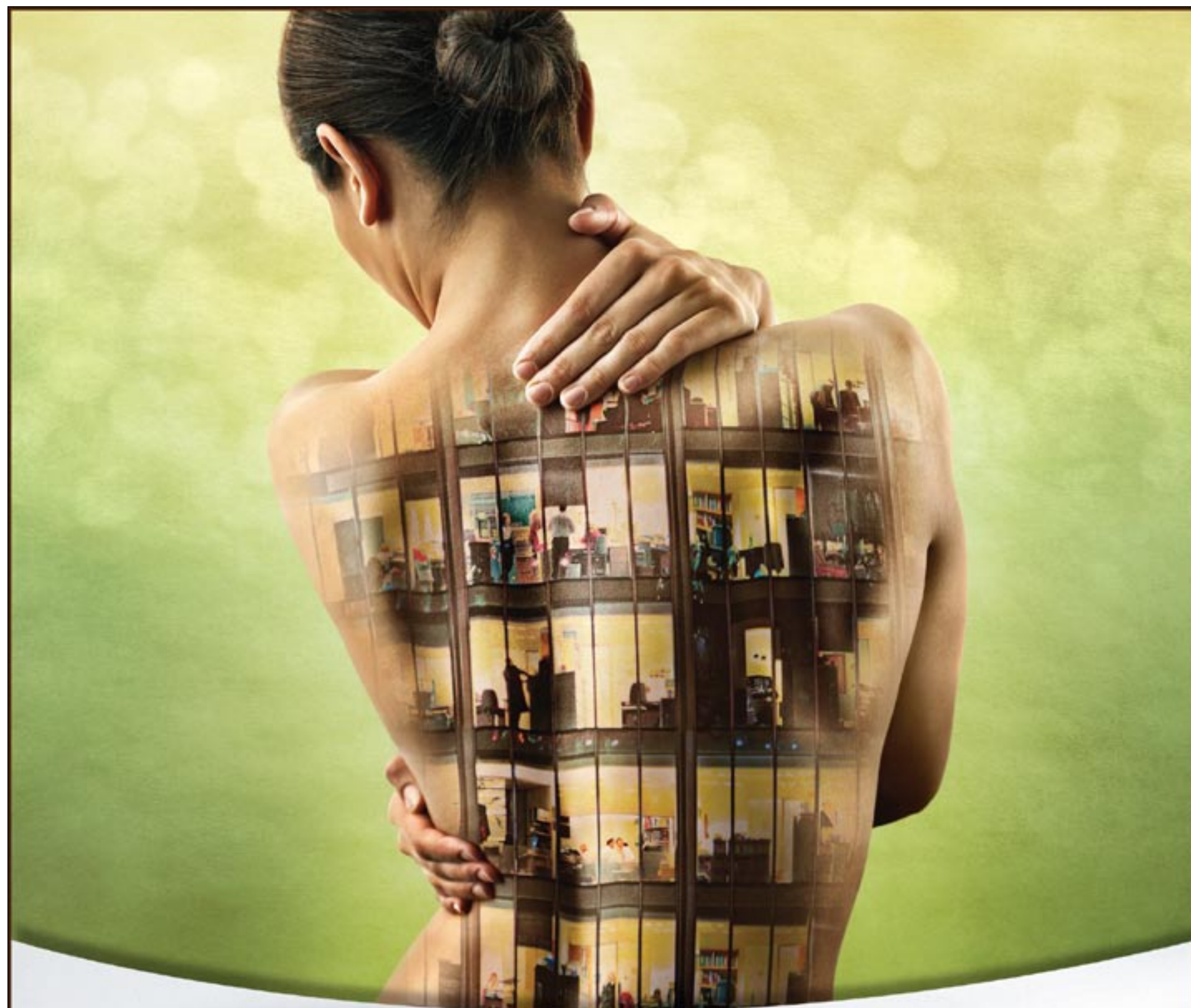
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SPORTS

Jesuit Soccer #1 in the nation?

By BENN HODAPP
benn@valcomnews.com

Year in and year out the varsity soccer team at Carmichael's Jesuit High School is top notch. Some are absolutely dominant, others are just really good. The 2012 version fell into the former category. The Marauders finished the season a ridiculous 27-1-1 and were named the top high school boys soccer team in the nation by MaxPreps, which is essentially the go-to place for everything high school sports.

For securing the nation's top rank, Jesuit was host to the Army National Guard and MaxPreps founder Andy Beal at Jesuit's spring sports rally on March 1.

"(The presentation) was pretty cool," said Jesuit Athletic Director Chris Fahey. "It was the first time that a school in our region was awarded by MaxPreps."

Along with the recognition of being number one, Jesuit was presented with a banner that will soon adorn the gymnasium as well as a trophy in the shape of a minuteman.

More than 14,000 high schools put boys' and girls' teams on soccer fields across the country, but only 20 teams (10 boys and 10 girls) will be honored by MaxPreps as part of its Soccer Tour of Champions.

While the 2012 team from Jesuit had all the skill needed to dominate, everyone associated with the team spoke to how tight the guys were as a team.

"They were truly a team. They had a few (college) scholarship players, but the entire team was selfless. They were willing to sacrifice," said Fahey.

After an early-season 2-0 loss (ironically to Jesuit High School of Portland, OR), the team had a meeting where the players came together and vowed to play better from then on. It must have worked, seeing as how the Marauders won 20 straight games following the meeting.

Jesuit Head Coach Paul Rose was excited about the presentation at the school. First and foremost he saw it as recognition of the effort put in by his players.

"You can have all the talent in the world, but if you don't work hard you won't get it done in the end,"



Courtesy photo
Jesuit soccer was ranked the number one team in the nation this past fall by MaxPreps. Shown here is the MaxPreps Tour of Champions presented by the National Guard.

Rose said. "It didn't matter who on our team scored; it just mattered that we scored and the other team didn't," he laughed.

Scoring while not allowing the opposing team to score was something that Jesuit did exceptionally well in 2012. The team allowed just eight balls to cross the line in 29 contests. Jesuit held its opponent scoreless in 23 of those games.

Jesuit was the top-ranked team in MaxPreps' 2011 soccer standings as well, but it was not one of the six schools recognized during the Tour of Champions. In its second year

of inclusion on the tour, soccer has gone from six teams recognized in 2011 to 20 in 2012. The MaxPreps website reads that the teams included on the tour "aren't just good... or great. They are relentless, tenacious and unstoppable."

With 82 wins, three losses and five ties over the last three seasons, this may be just the first of many visits to Carmichael for MaxPreps and the Army National Guard.

"It brought a smile to everyone's face when we won (the award)," Rose said. "We're glad we could bring it back to our area."

Carmichael Hawks rugby is growing in enrollment

By BENN HODAPP
benn@valcomnews.com

Gone are the days where parents and their children would decide upon participation in one of only a few sports. Baseball, soccer, basketball, maybe flag football – not anymore. Today's kids are finding their way into new sports, including the physical game of rugby. There is even a team in our very own backyard in the form of the Carmichael Hawks.

The 2012-13 season is the second for the Hawks, which fields two teams comprised of 41 players (22 on the under-10 team and 19 on the under-12 team). The team is growing in enrollment, which has team manager Kyle Tambornini thinking about expanding it to even more teams when the 2013-14 season gets underway in December.

Not so long ago it might have been difficult to get kids interested in the sport, but Tambornini explained that while there are a few nuances that take some time for the kids to master, the transition isn't overwhelming.

"It's really no more difficult to understand than any other sport," Tambornini said.

Naturally, some parents may worry about their children playing in a game that can appear brutal when watching the professionals play. Tambornini and the other coaches combat this by making sure they teach every player the essentials of how to tackle as well as how to be tackled.

"We teach proper tackling techniques. You have to wrap up (the ball-carrier), you can't just run up and hit someone," he said.

A proper tackle is performed by the tackler being cheek-to-cheek with the person being tackled.

In other words, put your head near the rear end of the person you're tackling and wrap them up around the waist. Players are taught to go down to a knee, then to a hip, then finally to a shoulder. This gradual tackling method keeps away the bad injuries, according to Tambornini.

Tambornini is friends with Matthew Eason, who started the area's first youth rugby team in Land Park in 2007. Tambornini and Eason both played in college (Tambornini at McGeorge Law School and Eason at Sac State). Since 2007 the sport has expanded to roughly 10 youth clubs in northern California. Tambornini said that there was interest in Carmichael from day one.

The 2011-12 Carmichael Hawks club had 35 kids on the two teams and word of mouth has increased that number by six this season. The club is looking for more players for the 2013-14 season, and Tambornini explained why it may be a sport for you and your children to think about.

"It's a great team sport. Everyone gets to touch the ball. Everyone is involved," he said. "It's a good team building sport because everyone is working together at all times on the field. It's not like some sports where you can be standing around for big chunks of time without doing anything. In rugby the only way you can avoid touching the ball is by trying to avoid it."

Plus, sometimes kids just want to go out and tackle someone. Kids want to be dirty, to which many parents can attest.

"It's fun to tackle people. The kids have a lot of fun and they all work well with their teammates," he added.



Tambornini isn't just saying these things idly. His son Niko is in his second year playing on the Hawks and he loves it, according to the proud dad.

"(Niko) has a lot of energy and this helps him release it. He enjoys getting out there and tackling people," he said.

The one thing that the Hawks need in order to field a middle school team in the near future is coaches who know the game and are willing to work with kids. That's the only thing holding back the squad at this point. Anyone interested in perhaps coaching a youth rugby team can reach Tambornini at tambornini@surewest.net.

Both boys and girls are welcome on the Hawks. Sign-ups for the 2013-14 season begin in November. The 2012-13 season ends on March 30 in Dixon.

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SCHOOL NEWS

El Camino student leads students by setting a good example

Herman Thomas, Jr. remembers taking a tour of El Camino Fundamental High School after he and his mother moved to the Sacramento suburbs four years ago. His tour guide was an energetic El Camino senior in a green and white rugby shirt with a contagious passion for his school.

In that instant, Herman says he not only saw his future at El Camino, but he saw the type of person he would strive to be.

Now a senior with big dreams and an even bigger heart, Herman has become one of El Camino's most dependable boosters, whether he's playing an active role in student government and community service projects, planning pep rallies or simply helping a classmate with his homework.

Now he's the one leading campus tours for prospective freshmen.

"He's a normal kid that's got this spark in him that loves people," said Principal Jill Spears. "He embraces life, and he wants to have an impact somehow. He wants a positive impact."

Herman aspires to be the first in his struggling household to go to college. A multisport athlete and football running back with dreams of the NFL, he also wants to study engineering and learn how to run a business.

"Herman embodies the type of everyday leader in San Juan who inspires us to be our best," said Superintendent Glynn Thompson. "Everyone benefits from Herman's consistently strong character, selflessness and integrity."

Here are excerpts from a recent Q&A with Herman. You can nominate someone for a news profile at www.sanjuan.edu/leadership.

Q: Do you consider yourself an ambassador for El Camino?

A: I have taken on a role – I don't really know if ambassador would be as fitting as other titles – but I just like to think that I'm creating something here. I like to think there's already something so great here at El Camino that the staff and everyone's put together here, and I just want to bring people into it. ...

There are genuinely just good kids here, and I really enjoy the atmosphere that they give off. There is energy at El Camino. Just when you walk down the hallways – at least I feel that way – when I'm walking down the hallways at passing periods, it's just a good vibe. Everyone's high-fiving each other. There's nobody pushing each other in the hallways, there's not kids running

down the hallways screaming, chasing other kids. It's just a nice atmosphere, a learning environment that kids I feel like can definitely benefit off of.

What do you think you're creating at El Camino?

Kids are throwing out these ideas, and then sometimes they just don't get done. ... They have tons of ideas and they just don't put them into motion. I just feel like, me just jumpstarting it, just getting the little parts ... getting all the kids together and sitting down in one place, when you get those kids together their minds just take over. ... I'm just putting them together to give them the tools to get somewhere else. ...

It sounds like maybe you see yourself as more of a facilitator than an ambassador?

Yeah, bringing out the better in people. Like, they're already good people themselves, I'm just bringing it out of them. Speeding up the process.

Is that part of your philosophy on leadership? Bringing out the best in others?

I guess you could say that. ... Letting (people) know they are good people and they just kind of have to show it.

What else does it mean to you to be a good leader?

Not just bringing the best in people, but me myself having to do things, doing the right thing when other people aren't watching. That's kind of a hard thing sometimes, too. ...

So when I go home, instead of me sitting down and watching TV, me

doing my own homework. I'm always trying to help other people out, and sometimes I've kind of got to help myself out. That's one thing me and my family had to talk about a lot, because my grades actually were slipping the first semester of the school year of my senior year – you know, senioritis kicked in really early for me. Just doing my homework and bettering myself as a person too really helped me help other people. ... I can't go out and help 100 other people if I can't even get myself to do good things. ...

What personally motivates you?

I'd have to say, probably my mom. My mom grew up a single parent raising me. My dad, he was in the picture, but he just couldn't really help us out a lot, because he didn't have much to give us. He did give us the most that he could, but what he didn't my mom had to make up for. She's a very strong woman. She has diabetes and she's disabled, so it was really hard for her. I just want to kind of give it back to her.

My mom is always my biggest supporter. She's always out at the football games – she has her drums and trumpets; she's always out there with the band. She comes to my wrestling meets; she goes to my track meets. She's just so supportive of me, I feel like I can't fail when she's there. So my mom is probably my biggest motivation to succeed and go to college and make it to the next step.

Nominate an outstanding leader today, and they might also be featured in a news article: www.sanjuan.edu/leadership.

Dyer-Kelly teacher turns chance encounter into lasting literacy lesson

As Erin Cassady Sims lugged her new tree out of the lot for the holiday season, an attendant ran after her with an item that had fallen behind:

Out of the tree had dropped a green-and-white notecard with a short poem that wished its random recipient a joyful holiday.

A young student had written the verse, and just in case Sims wished to write her back, the student provided a mailing address for her elementary school miles away in Oregon.

Sims, a third-grade teacher at Dyer-Kelly Elementary School, thought she'd do something more special than simply write this girl back.

"I'm going to have my whole class write to her," she thought. As in, 31 students writing 31 letters.

What resulted in the weeks that followed the chance encounter was a lasting literacy lesson for Sims'

students. Third-graders already are required to learn how to write letters this year, Sims said, so why not correspond with a real pen pal and make a little girl's day at the same time?

"(The students) have never had an actual buddy from another school – let alone another state – to write to," Sims said. "They were really excited about it."

One by one, her students enthusiastically got to work. As they learned how to write introductory sentences, conclusions and other letter-writing fundamentals, they also came up with a lot of questions for their mystery girl:

What's her name? What color is her hair? Does she like One Direction?

When the package stuffed with letters reached the students' new friend in Hillsboro, Oregon – turns out her name is Lindsey, and she's in the fourth grade – she was ecstatic. The news was



Photo courtesy

announced over the school intercom.

And Lindsey responded to every single letter. All 31. A sampling:

Dear Jeremiah: I liked your card! You are great at drawing!

Dear Jasmine: I like soccer too! Your handwriting is great!

Dear Jaleel: I do like penguins! Your card was so good!

Andrea Ceja said she learned a lot by gaining a pen pal.

"I learned that when you ask questions, people have to answer them," Andrea said. "Also,

when you write a letter, you have to have a 'dear,' and an ending. And a body. And a name. And a date."

The students still keep in touch with Lindsey, even exchanging valentines last month. Sims said she hoped the experience was memorable.

"The fact that we took a (grade-level) standard and made it a real-life thing," she said, "I think this is something that they will never forget." –San Juan Unified School District

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Recurring runs of 'Twilight Zones': Live on Stage' hit Big Idea Theater

Big Idea Theatre is excited to announce the opening of their new "a BIT more" series. The inaugural production of the series, opening April 4, will include the live performance of two beloved episodes of the classic television show "The Twilight Zone." Join Big Idea Theatre as they re-create live on stage the episodes: The Monsters are Due on Maple Street and To Serve Man. Twilight Zone creator, Rod Sterling, wrote both episodes which originally aired in the 1960s and featured actors such as Jack Weston, Barry Atwater and Richard Kie.

The Monsters are Due on Maple Street tells the story of what happens to a group of neighbors who mysteriously lose electricity, after a shadow passes overhead, accompanied by a loud roar and a flash of light. Panic builds when a shadowy figure is seen. Will hysteria get the better of this quiet community?

In To Serve Man, a linguist and his team attempt to decipher the language of an alien race that has landed on earth. This new alien race claims to be there to help humanity, but can we really know their true intentions?

Company member Wade Lucas directs both episodes for this upcoming production. He is "positively giddy with enthusiasm to be able to bring two more episodes to life on the BIT stage! We have a group of talented and funny people on board who will really make for an enjoyable night of theater for all ages!"

Big Idea Theatre is passionate about telling stories and hopes that their new series "a BIT more" will give them an opportunity to tell more than ever before. Future productions of the "a BIT more" series will include a variety of "black-box" one acts, one man/woman shows, new works, and a regular recurring run of "Twilight Zones: Live on Stage!" The "a BIT more" series will run concurrently and in between Big Idea's main-stage productions.

Make sure not to miss the beginning of this exciting new tradition at Big Idea Theatre. Performances will be April 4 - 7, Thursday and Friday at 8:00pm, Saturday and Sunday at 5:00pm and 7:00pm. Tickets are just



Photo by Benjamin T Ismail

\$10. For more information about Big Idea Theatre, please visit their website or get connected via their mailing list, Twitter, Facebook, and blog.

Additional Information:

Who: Big Idea Theatre
What: The Twilight Zones: 2 Episodes of the Classic TV Series Live on Stage
Where: 1616 Del Paso Blvd. Sacramento, CA 95815. ph: 916.960.3036
When: Thursday, April 4th and Friday, April 5th at 8:00pm, Saturday,

April 6th and Sunday, April 7th at 5:00pm and 7:00pm

How Much: \$10

Director: Wade Lucas

Cast: Dan Beard, Dennis Beck, Bethany Hidden-Cauley, Christina Clem, Robyn Colburn, Jack Hastings, Jamie Kale, Raymond Keller, LeeMarie Kelly, Cyndi Lopez, Edward Nason, Daryl Petrig, Ariel Ryan, Ryan Snyder, Earl Victorine, Amos Wright

Carmichael Colony Neighborhood Association seeks new board members

The Carmichael Colony Neighborhood Association is seeking new board members and new members. If you are interested in becoming a part of the association, your presence is requested at the association's annual meeting set for April 16 at 7 p.m. at the Ancil Hoffman Club House.

Historical Perspective on Carmichael Colony Neighborhood Association (carmichaelcolony.org)

According to carmichaelcolony.org, the Carmichael Colony Neighborhood Association (CCNA) was formed in May 1995 and resulted from a group of neighbors concerned about after hours access issues to Ancil Hoffman Park on Kenneth Avenue.

After successfully getting the County to address the access to the park it became apparent that there was a considerable neighborhood interest to address a variety of issues in the area, including: land use/development, security, animal control, parking, traffic, and protection of wildlife to name a few.

The purpose of the CCNA is aptly spelled out in the organization's bylaws:

"... to actively preserve open space and the unique rural atmosphere of the neighborhood and to maintain its agricultural and residential features."

This neighborhood character is defined in the County General Plan and the Carmichael Community Action Plan as "Semi-Rural".

During the past 15 years the CCNA has taken an aggressive stance in maintaining the Semi-Rural character of the area. In July 2002, the CCNA, after several years of hard work, was able to have the County Board of Supervisors approve the "Carmichael Colony Neighborhood Preservation Area" (NPA) ordinance. This zoning designation provides for maintaining existing land use zoning, and related actions to insure

the current Semi-Rural character of the CCNA neighborhood.

In addition to monitoring the NPA ordinance the CCNA is actively involved in Communitywide actions in Carmichael including:

- * Sponsoring and participating on Fair Oaks Blvd clean ups on a quarterly basis.
- * Testifying before the Carmichael Community Council and Board of Supervisors on land use projects.
- * Coordinating with other neighborhood associations on community issues
- * Providing assistance to neighbors in obtaining county services .
- * Adopting Ancil Hoffman Park and Effie Yeaw Nature Center to provide volunteer services
- * Working with the Sheriff Department in assisting the establishment of neighborhood watch programs.
- * Facilitating input to the Carmichael Recreation and Park District for the Capra Park master planning effort.
- * Participating in Carmichael Community Planning efforts.

The CCNA is recognized by the County Staffs and Board of Supervisors as a credible, positive organization committed to maintaining the uniqueness and charm of the neighborhood and the Carmichael Community.

If you go:

What: Annual meeting for the Carmichael Colony Neighborhood Association

Why: There is a strong need for new membership and board positions are available.

When: April 16 at 7 p.m.

Where: Ancil Hoffman Club House, 6700 Tarshes Dr., Carmichael

Local nonprofit giving away van and mini-bus for first anniversary

For its first anniversary, Destinations Mobility is giving away a wheelchair accessible van to any California or Nevada resident who is disabled and also a mini-bus to any California or Nevada organization that can use the wheelchair accessible vehicle for its clients.

The contest opens March 20, 2013 and runs through May 20, 2013. No purchase or donation is necessary.

Entry forms for contest vehicles are available at the Destinations Mobility website, www.destinationsmobility.com.

Although winners will be selected by random drawing, the form does include a section on how the van would change the person's life or, for the business, nonprofit or church, how the bus would help the people it serves.

Winners will be announced at noon May 31 at the nonprofit's open house.

Entry forms must be received by May 20 at Destinations Mobility, P.O. Box 23100, Sacramento, 95822.

An adult can enter for a family member who is disabled. Only one entry per household or organization.

The van and bus can be seen at Destinations Mobility, 2501 Florin Road, Sacramento Monday through Friday, 8 a.m. to 5 p.m. and Saturday 10 a.m. to 3 p.m.


For more information on the contest details, visit www.destinationsmobility.com.

A photo of the van and bus is attached.

A division of the nonprofit Paratransit, Inc., Destinations Mobility sells wheelchair accessible vehicles for people with disabilities and businesses.

Founded in 1978, Paratransit, Inc. provides transportation services to individuals with disabilities as well as related agencies in Sacramento County.

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Jesuit class of 2003 graduate mourned after tragic, unexpected death

The Jesuit community came out to pay their respects to one of their own Josiah Humphreys, 28, who died brutally early Sunday, March 17. As of press time, police still haven't found the three individuals who ganged up on him and are still urging anyone with any information to come forward.

At his public memorial at Bayside Church in Granite Bay, friends and family described Josiah as a person who liked the 49ers, Star Wars and had an unforgettable smile. Friends said Josiah loved his family, spoke highly of his grandfather, and respected the strong women in his life, namely his mother, Karen Humphreys and sister Veronica Humphreys who he always wanted to make proud.

A candlelight vigil was held on Monday, March 18th at the corner of 18th and P Street, the cross streets of where Humphreys was brutally attacked. The vigil was organized in hours but the turn out amazed the family.

The family is asking anyone with any information, to call the police at (916) 264-5471 or Crime Alert at (916) 443-HELP (4357) or text in a tip to 274637 (CRIMES). Enter SACTIP followed by the

tip information. To donate to the reward fund, visit www.justiceforjosiah.com. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.

About Josiah

(justiceforjosiah.com/about_josiah)

Josiah Wainwright Humphreys was born on Feb. 17, 1985 to a loving mother and caring family.

As a youngster, Josiah attended St. Alban's Country Day School. Then, for fifth grade he transferred to Holy Family Catholic School, where he loved flag football. In 1999 he advanced to Jesuit High School, playing on the football team as a wide receiver. After graduating with the class of 2003, Josiah attended UC Santa Cruz, with a major in biological science.

Josiah is survived by his devoted mother, Karen; his ever-present, strong male role model and grandfather, Jim Ervin; and, his caring, wise, and munificent grandmother, Mona Ervin.

Josiah was the middle child, watched over by his oldest sister, Veronica, and looked up to by his little brother, Caleb.



Josiah's uncle, Mark Ervin, played an integral role in his life as a steadfast male mentor. His adoring aunts, Tracy and Jacqueline, loved him unconditionally.

Cousins Jonathan, Clayton and Matthew wrestled with him, played sports and video games, traveled the world together and will miss his presence hugely.

Josiah leaves behind a host of friends and a large extended family of great aunts and uncles and second cousins who relished time with Joe during yearly Easter egg hunts, their annual great grandmother's birthday celebrations, weddings and recurring parties to rejoice in family togetherness.

CALENDAR

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

ONGOING:

Sacramento Public Library offers passport service at its Central Library
The library can now process U.S. passport applications at its Central Library, 828 I St. Passport photos can be taken at the library office for an additional \$15 fee, and checks or money orders are accepted. Hours are Tuesdays, 3 p.m. to 7:30 p.m.; Fridays, noon to 4:30 p.m.; Saturdays, 10 a.m. to 4:30 p.m.; and Sundays, noon to 4:30 p.m. Appointments are encouraged by calling the library at (916) 264-2920. Visit www.travel.state.gov for information on processing fees, proof of citizenship and required passport application documents.

The Sacramento Rose Society
Meets the second Thursday of each month at 7:30 p.m. at the Shepard Garden & Arts Center, 3330 McKinley Blvd., in East Sacramento. For more information, visit www.sactorose.org.

The Sacramento Chapter of the Women's Council of Realtors
Meets every third Thursday of the month from 11:30 a.m. to 1 p.m. at the Sacramento Association of Realtors 2003 Howe Ave. It is a luncheon and features various speakers and topics that impact business locally.

Travel club meetings slated at Arcade Library
The Sacramento Public Library invites all travelers to its monthly "No Reservations Travel Club" meetings at 7 p.m. on the first Tuesday of each month at the Arcade branch, 2443 Marconi Ave. The free adult meetings feature a speaker, plus time for exchanging travel information within the group. 264-2920 or visit www.saclibrary.org.

Finding the Right Path art exhibit
Through out the month, an art exhibition of landscape paintings by local artist Jo Anne Marquardt will be held at Sacramento City College library, third floor. Hours of the library are 7:30 a.m.-8 p.m. Monday through Thursday, 7:30 a.m.-5 p.m. on Fridays and 9 a.m. to 3 p.m. Saturday. It is closed Sunday except for a reception from 1-3 p.m. on Sun. March 10.

Carmichael clothes drive

Now-April 13. For every pound received 15 cents will be donated to Sacramento Area Creeks Council to support Creek Week. Drop off at Carmichael Recreation and Park District, 5750 Grant Ave., Carmichael, Monday through Friday, 8:30 a.m. to 5 p.m. (April 13 at Carmichael Park Band Shell). Bring clothes in plastic bags.

Fairytale Town presents its annual puppet festival

Thursdays - Sundays, May 2 - June 16. Weekdays at 10:30 a.m., 11:30 a.m. & 12:30 p.m. Weekends at 12:30, 1:30, 2:30 p.m. Children and adults can enjoy live puppet show performances inside Fairytale Town's Children's Theater. Puppet show performances from May 2 through June 2 will be performed by Puppet Art Theater Company. The festival will end with the premiere of Fairytale Town's original puppet production of "Rumpelstiltskin" from June 6 through 16. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. www.fairytaletown.org, 808-7462, 3901 Land Park Dr.

City of Sacramento announces summer youth jobs

Deadline for application, April 1: The City is hiring approximately 60 youth between the ages of 14-17 for the position "Youth Aide" which pays \$8 an hour, Friday - Tuesday, 8 a.m. to 2:30 p.m. (6 1/2 hours per day - includes 1/2 hour unpaid lunch). Applications must be returned to the Belle Coolidge Community Center (5699 S. Land Park Dr.) by 4 p.m. Monday, April 1. Program runs June 21 to Aug. 11 with training scheduled for June 19 and 20. All paperwork must be submitted for applications to be considered.

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MARCH

Kiwanis Club of East Sacramento-Midtown meeting

March 28: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCJ Med Ctr / 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

Yoga for Fitness and Fun at Belle Coolidge

March 29: Yoga at 3:30 p.m., ages 9 and up, 5600 South Land Park Dr., Sacramento. 264-2920

Bi-Polar Anonymous

March 29: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Perennial plant club's 12th annual sale of unusual plants

March 30: The Sacramento Perennial Plant Club is hosting its 12th Annual Sale of unusual and favorite plants on March 30, 2013 from 9 a.m. to 3 p.m. at the Shepherd Garden & Arts Center in McKinley Park, 3330 McKinley Blvd. Speaking at noon will be Nicholas Stodden, Director of New Plant Introductions, Monrovia Nurseries. His subject is "Behind the Curtain," a cat's eye view of the inner workings of a nursery. In addition, there will be a free raffle for Monrovia plants brought by Stodden.

Easter Bonnet Promenade Starting at the Sacramento History Museum

March 30: Dress up in your favorite Easter finery — or other historic apparel — to celebrate in high style during the 18th Annual "Living History" Easter Bonnet Promenade! You'll enjoy a leisurely one-hour stroll through the historic boardwalks and cobble-

stone streets of Old Sacramento that starts at 11 a.m. at the Sacramento History Museum. For more, visit www.historicoldsac.org or call 808-7059.

Equestrian Sunset Ride at Deer Creek Hills

March 30: Riders and horses alike, will take in the closing daylight as the sunsets over the Coastal Range. Provide your own horse, 5-8 p.m. Age 16 and older. Cost: \$20. Register online: www.sacramentovalleyconservancy.org/calendar.asp

26th Annual Pancake Breakfast and Egg Hunt

March 30: The East Sacramento-Midtown Kiwanis Club will be hosting its 26th Annual Pancake Breakfast and Easter Egg Hunt at McKinley Park's Clinie Center. Celebrate a Sacramento tradition with a free egg hunt, carnival games, and a fundraising breakfast benefiting the work of the Kiwanis in Sacramento. Breakfast will be served from 7:30-11:30 a.m., \$6 for adults and \$4 for children. Free egg hunts start at 9:30 a.m.

The Old City Cemetery Committee's Sacramento history tour for kids

March 30: Tales of old Sacramento pioneers, trappers, railroad men, society women, heroes and villains come to life on this cemetery tour specifically designed for kids in fourth grade and up. Come see why truth is sometimes stranger than fiction. Tour starts at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Free parking is available in the lot at 10th & Broadway, across the

street from the 10th Street entrance. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 264-7839 or 448-0811.

Spring Eggstravaganza at Fairytale Town

March 30 and 31: This popular, fun-filled family weekend features egg hunts, prizes, spring-themed hands-on activities and pictures with Peter Cottontail (additional cost). Daily egg hunts are held promptly at noon, 1 p.m. and 2 p.m. Hunt areas are separated by age groups as follows: 0-3 years, 4-6 years, and 7-12 years. The Fairytale Town Troupers will also open their sixth annual season with performances of "Beauty and the Beast," a retelling of the classic fairytale with music, magic and mid-century mod (additional cost). This program is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletown.org or call 808-7462.

The Fairytale Town Troupers present: "Beauty and the Beast"

March 30, 31: The Fairytale Town Troupers begin their sixth season with "Beauty and the Beast," a retelling of the classic fairytale with music, magic and mid-century mod. At the corner coffee house, beautiful Beatrix is beloved by all—until her faltering father is forced to sell out to a big-time brute who is

See more Calendar, page 22

Holy Week & Easter Services

Holy Thursday: March 28th - 7:00pm, 6:00pm First Communion Service

Good Friday: March 29th - 11:00am & 7:00pm

Easter Sunday: March 31st - 8:30am, 9:45am, & 11:00am

Breakfast: 8am - 11am (Youth Fundraiser)

Celebration Egg Hunt: 9:45am



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(916) 444-9200

CALENDAR

all business. Performances will be held in the Children's Theater. Show times at 12:30 p.m. and 2:30 p.m. Tickets are \$2 for nonmembers in addition to park admission; tickets are \$1 for members. Tickets can be purchased at the Fairytale Town main gate or at the entrance to the Children's Theater. For more information, visit www.fairytaletown.org or call (916) 808-7462.

APRIL

Sacramento Geranium Club to hold beekeeping talk

April 1: Brain Fishback, Educator and Bee Keeper will talk about how to encourage bees to our gardens. Free to the public. Light lunch after the meeting. Meetings are every First Monday of the Month. 3330 McKinley Blvd. Sacramento. 10 a.m. to 1 p.m.

Reusable Bag Ordinance Public Meeting

April 1: The public is invited to attend a meeting conducted by the City of Sacramento, Recycling & Solid Waste Division and Councilmember Steve Cohn, to provide input on elements for a Reusable Bag Ordinance with the goal of reducing the number of plastic bags that enter our local waste stream. 5:30 p.m., City Hall – Council Chambers, 915 I St., Sacramento. See www.sacreycle.org or call Erin Treadwell at 808-4934 for more information.

April Fools' Sacramento History

April 1: Starting at 6 p.m., local historians James Scott and Amanda Graham will deliver an illustrated lecture on "Incredible Occurrences in Sacramento History." The professors will speak under the auspices of the Royal Sacramento Lyceum and Hall of Antiquities, Curiosities, Rare Tomes and Manuscripts. They are perfectly acquainted with their subjects and will give a most interesting and entertaining presentation. The lecture is an annual event, which always attracts wide attention. As with the previous year, all subjects shall contain wild fabrications, and guests are encouraged to attend with friends of a trusting dis-

position. Central Library, 828 I St., Sacramento. 264-2920, www.saclibrary.org.

Rotary Clubs of Arden-Arcade, Carmichael

April 2: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

April 2: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

April 3: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

April 4: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Family/all ages art for all: recycled creations

April 4: At 3:30 p.m., join us for our monthly Art for All as we celebrate Earth Day by making Recycled Creations! There will be activities and projects appropriate for all ages. Belle Cooleage Library, 5600 South Land Park Dr. 264-2920, www.saclibrary.org.

Introduction to Powerpoint

April 4: Microsoft PowerPoint is a software program for creating and showing presentations that include slides, outlines, speaker's notes and audience handouts. In this course designed for beginners, you will learn the fundamentals of PowerPoint starting at 4 p.m. This course will consist of a series of four sessions that will be held on Thursdays: April 4, April 11, April 18 and April 25 at 4 p.m. at the Central Library. 264-2920, www.saclibrary.org. Central Library, 828 I St.

Bi-Polar Anonymous

April 5: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Elks Lodge #6 presents The Comedy Machine

April 5: 6:30pm ~ No-Host Cocktails; Show ~ 7:30pm; Advance tickets \$14; \$19 at the door 6446 Riverside Blvd., Sacramento.

Artz for Alzheimer's tour at The California Museum

April 5: A tour of The California Museum will start at 10:30 a.m. for people with Alzheimer's. Focusing on art allows them to experience something meaningful and beautiful, without challenging areas of the brain that have been affected by the disease. ARTZ Museum Tours are designed for people with dementia and their care partners, and strive to enrich the lives of all involved. Events are free. Registration is required by contacting Tiffany Paige at 916-792-3281 or paige@artzalz.org. The California Museum is located at 1020 O St.

California Writers Club meeting

April 5: Sacramento Branch presents Margie Yee Webb, author of *Car Mulan's Mindful Musings: Insight and Inspiration for a Wonderful Life*. She will address the Writers Network breakfast meeting attendees about the value of networking, face-to-face the old-fashioned way (not social networking—no computer necessary). Margie is an expert on finding people with an interest in writing. She will share her successful networking techniques and offer tips for attendees to build their personal and professional connections. The monthly breakfast meetings are held at the International House of Pancakes (IHOP), 2216 Sunrise Blvd., Rancho Cordova, 9 a.m. Meetings are free. Attendees pay for their own breakfast.

American Sewing Guild annual fabric sale

April 6: The Sacramento Chapter of the American Sewing Guild is having its annual Fabric Sale at the North Highlands Community Center, 6040 Watt Avenue, North Highlands, from 9 a.m. to 1 p.m. Bargain prices, free entry.

Fight for Air Climb

April 6: Join the American Lung Association in California Fight For Air Climb at the Wells Fargo Center in downtown Sacramento to experience the climb of your life. Fight For Air Climb is the only event in Sacramento where individuals & teams walk or stride up all 34 floors to reach the rooftop of the Wells Fargo Center, the tallest

building in Sacramento. We climb because everyone deserves to breathe clean air and because no one deserves to die from lung disease like asthma and lung cancer. For more information or to register, contact Nicole Francl at 585-7666 or visit <http://action.lung.org/sacramentoclimb>

Teen mock SAT test

April 6: Prepare for college admission by practicing with the real SAT test under real test conditions at noon. Kaplan Test Prep staff will administer the Mock SAT Test on Saturday afternoon beginning at noon. Please be prompt. Open to all high school students. Be sure to attend the follow-up session on Tuesday evening, April 16 for test results and valuable test-taking tips. Carmichael Library, 5605 Marconi Ave. 264-2920 or visit www.saclibrary.org.

Spring Show, "Harmony! Barbershop to Baroque"

April 6: The Sacramento Capitolaire Barbershop Chorus announces their spring show, starting at 3 p.m. at the St. Ignatius Center, 3235 Arden Way, Sacramento, featuring the Capitolaire Chorus and special guests: The Ambassadors Quartet, Sweet Adelines Quartet "Anticipation," and the Davis High School Madrigal Singers. Snacks included. Desserts, beer, wine & soft drinks available for purchase. Cost: \$20 General Seating; \$30 VIP (best seating & incl. two free drink tickets). For more info or to order tickets: www.capitolaires.org (888) 877-9806. Contact: Doug Vestal, (916) 601-6198, doug5265@aol.com

Notable Books: Gulliver's Travels

April 7: At 3 p.m., Notable Books presents Gulliver's Travels, the most famous work by one of the world's greatest satirists. These sessions will be conducted jointly by Professor Jason Gieger and Professor Emeritus David Bell, both from the Sacramento State English Department. Free copies of the book will be available to the first 50 attendees who want them. Central Library, 828 I St.

Cabrillo Civic Club Portuguese breakfast

April 7: The breakfast includes: linguica, eggs, sweet bread, potatoes, juice and coffee. Contact information: 916-448-8661 or 916-421-5769. Location: Cabrillo Clubhouse, 4605 Karbet Way Cost: \$8 for adults, \$3 for children under 12.

Kiwanis Club of East Sacramento-Midtown meeting

April 7: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

The Fairytale Town Troupers present: "Beauty and the Beat:"

April 6 and 7: The Fairytale Town Troupers begin their sixth season with "Beauty and the Beat," a retelling of the classic fairytale with music, magic and mid-century mod. At the corner coffee house, beautiful Beatrix is beloved by all—until her faltering father is forced to sell out to a big-time brute who is all business. Performances will be held in the Children's Theater. Show times at 12:30 p.m. and 2:30 p.m. Tickets are \$2 for nonmembers in addition to park admission; tickets are \$1 for members. Tickets can be purchased at the Fairytale Town main gate or at the entrance to the Children's Theater. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Easter Seals Benefit Stamp Show

April 6-7: Millions of stamps piled on tables, all at 2 cents each. Bourse with 11 stamp dealers, door prizes, and food available for purchase. Sponsored by the Sacramento Philatelic Society and proceeds benefit the Sacramento Easter Seals Society. For information, contact Katie Pavalasky (kpa-va@winfirst.com), 359-3720. The Saturday, April 6 show goes from 10 a.m. to 6 p.m. and the Sunday, April 7 show goes from 10 a.m. to 4 p.m. The Easter Seals Society, 3205 Hurley Way, Sacramento. Free admission and free parking is available.

South Land Park Neighborhood Association annual meeting

April 10: Come hear important neighborhood information from both SLPNA and guest speakers from the City of Sacramento and other neighbors. Pony Express Elementary School, 1250 56th Avenue. 7-9 p.m. slpna@slpna.org

Financial literacy fair at the Capitol (North steps)

April 10: From noon to 1 p.m., state controller John Chiang, Assemblymember Roger Dickinson and Senate President Pro Tem Darrell Steinberg and Commissioner Jan Owen will present a financial literacy fair, where members of the community will find resources that provide financial education and counseling related to investment, mortgage, estate planning, fraud, banking, foreclosure, bankruptcy, debt, scholarships, and taxes. State and Federal agencies will offer workshops and exhibits, along with financial institutions, lenders, and community organizations.

How to find your ancestors in the cemetery

April 11: "How to Find Your Ancestors in the Cemetery" will be presented by Paul E. Hodel at the Root Cellar Sacramento Genealogical Society meeting, 7 pm to 8:30 p.m. Christ Community Church, 5025 Manzanita Avenue, Carmichael. Free, visitors welcome

Rotary Club of Pocket/Greenhaven

April 11: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Teen book spine poetry

April 11: Celebrate National Poetry Month by searching the library shelves for books with interesting titles, and stacking them to create found poetry at 4 p.m. at Arcade Library. Vote on your favorite poem, and see your book spine poem posted online and in the library! 2443 Marconi Ave. 264-2920, www.saclibrary.org.

The Sacramento Suburban Writers Club meeting

April 8: Meeting to be held from 7-9 p.m. at Crossroads Christian Fellowship Church, 5501 Dewey Dr., Fair Oaks. sactowriters.com

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Sacramento Chronicles

April 9: Starting at 6 p.m., Sacramento history enthusiasts are invited to hear local author Cheryl Anne Stapp talk about her new book, *Sacramento Chronicles: A Golden Past* (History Press, 2013). *Sacramento Chronicles* surveys the history of our great city from pre-Gold Rush days through modern times. The author will be on hand to sign books following the presentation. Central Library, 828 I St. 264-2920, www.saclibrary.org.

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Creek Week 2013 - April 5-13

Come enjoy Sacramento County creeks by attending the week's activities or cleaning a creek. Celebration held at Carmichael Park, April 13 from noon to 2 p.m. Fun for all ages. www.creekweek.net, 454-4544.

The Recycling & Solid Waste Division host Free Composting Seminar

April 13: Backyard composting allows you to recycle your yard clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. Attendees are eligible for a drawing for a free compost bin. At the seminar you will learn how composting works, what materials you should and should not compost, getting the right balance of food, air and moisture, maintaining your compost pile, Vermicomposting (composting with worms), and more. Seminar goes from 8 to 10 a.m. and will be held at Camellia Park Community Garden, 6650 Cougar Dr.

2nd Annual Fundraising Walk for Save Ourselves

April 13: It's not your ordinary walk for a cancer cause. When breast cancer survivors, families, friends and supporters take a leisurely walk along the American River, Saturday, April 13, it will be to support Save Ourselves Breast Cancer Organization (SOS) — the all-local breast cancer organization run for survivors by survivors. The 4.2 mile walk starts at 9 a.m. at American River Parkway, Watt Avenue Access Park. Cost is \$35 through April 12 and it's \$40 on April 13. All registrants will receive either a SOS tote bag, SOS t-shirt or a UV trail hat, plus 1 free raffle ticket on the day of the Walk. An on-site raffle with fabulous prizes and live music will also be happening!

Spring tree tour at Capitol Park

April 14: Celebrate spring and explore the City of Trees on a guided tree tour with the Sacramento Tree Foundation. Tour starts at 11 a.m. and ends at 12:30 p.m. Rain or shine. Meet at the North steps of the Capitol on L St. Tour is free, but to ensure that you're included, RSVP to www.sactree.com/events

Sutter Children's Center Wellness Festival

April 13: Enjoy fun games, gardening and nutrition workshops, height and weight checks and more at this free celebration of active and healthy living from 11 a.m. - 3 p.m. Sutter's medical personnel will also be on hand to answer questions and provide information on childhood diseases and epidemics like diabetes, obesity and more. In addition to the fun learning activities, families can also see a live theater performance in the Children's Theater (additional cost). Admission to this program is free thanks to a generous grant from Sutter Children's Center, Sacramento, and ScholarShare College Savings Plan. www.fairytaletown.org or 808-7462. 3901 Land Park Dr.

Free golf lessons offered at Bing Maloney Golf Complex

April 14: Are you interested in starting to play golf, but not sure where to begin? Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any lev-

Kiwanis Club of East Sacramento-Midtown meeting

April 14: Visitors welcome, weekly breakfast meeting on first, second and third Fridays at 7 a.m. and dinner meeting on fourth Thursday at 6 p.m. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, 761-0984, volunteers always welcome!

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Sacramento Banjo Band presents Banjo-Rama 2013

April 11-14: The party will be at Clari-on Inn at Arden Village, Sacramento (formerly the Red Lion), 1401 Arden Way, Tyler Jackson, Johnny Baier, Charlie Tagawa, Linda Lehmann, Bill Lowrey, Igor Glenn (Jazz Cowboys), Dick Martin and local favorites Bill Dendle and Eddie Erickson with Shelley Burns will entertain with their banjo stylings and vocals. Show will be held in the lounge Friday and Saturday nights from 7-9:30 p.m. Lounge performances only (Friday and Saturday night): \$10 per night at the door. 1-day registration \$20 (includes lounge performances plus one Banjo-Rama special drink ticket; 4-day registration is \$39 (includes the lounge performance plus one Banjo-Rama special drink ticket. Ticket purchase, contact: Bonnie Harris at bans@surewest.net or 412-3020. Don't forget your banjo. There will be jamming throughout the weekend and after the show.

Annual meeting for the Carmichael Colony Neighborhood Association

April 16: The annual meeting for the Carmichael Colony Neighborhood Association (carmichaelcolony.org) is at 7pm in the Main Event at Ancil Hoffman Club House. Refreshments will be served and there is a strong need for new membership and board positions are available. 6700 Tarshes Dr., Carmichael.

SAT test secrets 101

April 16: Starting at 6 p.m., learn to score higher on the SAT using key Kaplan test-taking strategies. This workshop is open to students who took the SAT Practice Test, their parents, and anyone else interested in improving their test scores. Test results will also be available here for that test. Central Library, 828 I St. 264-2920, www.saclibrary.org.

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Beautifully updated ranch style home on a lush .65 acre lot in prestigious Arden Oaks. 4,100 square feet with 4 bedrooms, 3 full baths including a private master suite; gourmet kitchen with a center gas cook-top island, custom cabinetry; and large separate family room; private backyard and pool. \$1,300,000

CHRIS BALESTRERI 996-2244.



DEL DAYO ESTATES

3 bedroom 3½ bath with open floor plan perfect for entertaining! 2 master suites, kitchen features granite counters and stainless appliances. Landscaped yard with pool, fountain, courtyard and patios. Easy Access to American River Parkway. \$699,000

LINDA WOODS 802-8042



WILHAGGIN RANCH

Beautiful 4 bedroom, 3 bath wonderfully updated in 2008. Custom remodeled kitchen, white cabinets and Picasso granite counters, gas cooktop, double ovens and coffee station. Professionally landscaped yards have stone paver patio and a sparkling pool. \$739,000

CHRIS BALESTRERI 996-2244



ON A PRIVATE LANE

Custom 3 bedroom, 2½ bath Tutor style home on private lane off Fair Oaks Blvd. Large master suite with a walk-in closet on 1st floor. Upstairs, 2 bedrooms and a bath, plus loft/study. On almost 1/2 of an acre lot. \$424,000

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BEAUTIFUL STRENG HOME

3 bedroom 2 bath home in exceptional condition with updated kitchen and baths! Don't miss the private Japanese garden off the master bedroom with a pondless waterfall! The 3rd story has a bonus area - pyramid shape with skylights - could be an artist area or office. \$379,000

PATTY BAETA 806-7761



WOODSIDE CONDO

Fantastic open floor plan with 2 Bedrooms on lower level in private location (near satellite pool). Just steps away from the clubhouse and tennis courts. Close to restaurants, shopping, and public transportation. What a way to spend your summer!!! \$115,000

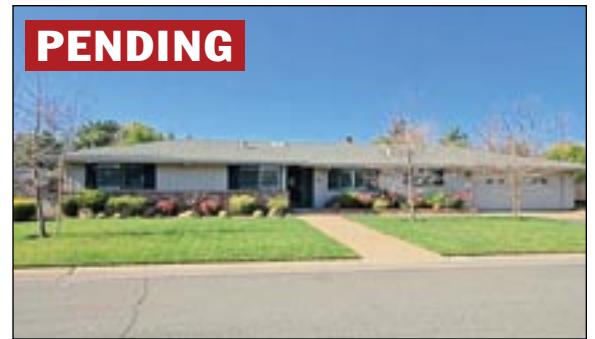
TIM COLLOM 247-8048



ARDEN ARCADE

3 bedroom 3 bath home on private gated lane features vaulted beam ceilings, wood floors, large entry leading to open floor plan and fabulous view of park-like setting. Large open kitchen with work island and big breakfast nook. Formal dining room. Wonderful private patio views spacious grounds. \$475,000

PATTY BAETA 806-7761



PRIME ARDEN OAKS

Just a short stroll to Windemere Park in this highly desirable neighborhood. Immaculate updated 3 bedroom 2 bath home featuring gleaming wide-plank wood floors, dual paned windows, plantation shutters and so much more! The beautifully landscaped yard is large and features a sparkling pool. \$495,000

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